





Mountain West Outdoor Club Newsletter

May, 2022

The weather can't decide what it wants -- snow one minute, sunshine and warmth the next. We shouldn't object to the rain. We need the water! But c'mon Mother Nature!! The trails are calling to us!!

The photos (above) were taken at a Florida golf course this month, not very far from one another. A metaphor for the vicissitudes of life, yes?



MWOC POTLUCK MTG, Monday, May 2, 6:00 PM, Municipal Park Pavilion

We're having an actual Potluck meeting outdoors on Monday, May 2. Ruth, our sensible treasurer, obtained permission for us to meet under the nearby pavilion so we'll be dry even if it rains. It's the same place we have our annual picnic. Please bring food, just like in the old days, as well as your own beverage and place-setting. Alcohol is not allowed in the park. You may wish to bring an outdoors chair so we can spread out if it's not raining. There will be a brief Administrative meeting beforehand at 5:30 PM; interested parties are welcome to attend. There is no speaker at outdoor events. Hope to see you there!

Don't attend if you are unwell, unvaccinated, or unboosted. Thank you for looking out for yourself and others.

SPRING ADOPT-A-TRAIL PROGRAM

The trail maintenance that was scheduled for April 28 was cancelled.

The new date is **MONDAY, MAY 2**. A few of those who signed up before have volunteered again, but we still need a lot more help!

DATE: MONDAY, MAY 2

TIME: 12:00 PM noon

PLACE: BIG SPRINGS TRAILHEAD

DIRECTIONS: At the corner of State and Horseshoe Bend Road, turn **RIGHT**, continue for 1.2 miles, then turn **RIGHT** onto Big Springs Blvd, continue through the subdivision on Big Springs until you come to a dead end.

Please RSVP by email to kaysmith805@gmail.com or by phone to Kay Smith, 208-230-1574.

Thank you for volunteering!



ANNUAL WILDFLOWER DRIVE & WALK

Saturday, May 21, 8:00 AM, Winco Meridian

"Let's meet at the northwest corner (nearest the intersection) of the WinCo parking lot in Meridian at 8:00a.m. to car pool. This will be a long day, so pack a lunch, water, snacks, etc. We will go to Jordan Valley, and drive the Owyhee Uplands Backcountry Byway. We'll be stopping often to look for flowers and stop at the North Fork Crossing campground for lunch. We can get dinner at Grand View or Mountain Home before heading home. This trip is WEATHER dependent! No dogs, please! If interested, call Alvena at 208-658-9081 for details."

Thank you, Alvena!



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BOISE CHORDSMEN A CAPELLA CONCERT

Saturday, May 21, Cloverdale Church of God, 3755 S Cloverdale Road

The Boise Chordsmen will present their 65th Anniversary Show, "Through the Years" on May 21st, with two shows, one at 2 pm and another at 7 pm. The show will consist of past and present songs from past shows, as well as your favorite quartets. Senior tickets are 8:00 PM at the door.

This is not an MWOC-sponsored event but it seems like something that might be of interest to members. Thanks to Kay Stoll, who knows the singers.

CAMPING TRIP TO HELPER UTAH, June 7-11

HELPER, UTAH. Never heard of it? It is a fun little town in the middle of Utah that has several things going for it that got my attention. Mainly, there is a lot to do! Hiking, fishing and biking plus several interesting museums. Also, there is a 45-mile drive through the "Nine Mile Canyon" that we could spend a day exploring. 3 days should cover the highlights then we can all take off in different directions on other adventures.

"The trip is still open to all. We have over 20 people signed up for hiking, biking, a day trip in "Nine Mile Canyon", museums, happy hours and lots of socializing. I'm working with Castle Gate RV Park for tent and RV sites and one remaining cabin.

Check it out and if you are interested give Bonnie Perri a call or text at 208-571-9885 or email her at BP.56@hotmail.com."



CLUB EVENTS SINCE LAST NEWSLETTER

The interesting photos (below) have nothing to do with MWOC hikes but I've run out of pertinent photos. Thanks to Deb Rose and others for sending nice pix.

EVERYBODY PLEASE SEND NEW PHOTOS OF OUR HIKES!

Tuesday hikers...



Wednesday hikers...

Thursday hikers...



BIKE RIDES!!



Kathy Johns organized a 12-mile out-and-back mountain bike ride to Wees Bar on the Snake River. About 14 intrepid souls made the trek, reported to be challenging but fun.



Liz McWhorter has graciously agreed to lead some Group I rides in May when she gets her new bike. Others have expressed an interest in leading some rides as well. I will start posting rides next week, maybe experiment with some different rides to get folks in the saddle. C'mon, bikers! (The bike in the photo is one of Deb Rose's adventure bikes.)



Deb Rose on the Old Emmett - Horseshoe Bend Road. Deb is an intrepid cyclist who has been more places than most of us can imagine. (She's an MWOC member but this was not an MWOC-sponsored event.)



Boise to Celebration Park, the second organized bike overnight of this season. I managed to miss them both! (not an MWOC-sponsored event)

MISCELLANEOUS NEWS

Thanks to Peggy Belau for posting a Monday Aerobic Hike. I was out-of-town or would have attended. I'm not sure I could keep up with Peggy but willing to try!

Pat Alexander is posting rides on her eBike MeetUp group if you're interested.

Best of luck to Chuck Staben, who is starting a thru-hike of the Pacific Crest Trail this month. Chuck will send GPS updates to interested dot-watchers. Take some pictures, Chuck, because you'll have to give an MWOC presentation!

MWOC hikers should carry emergency ID. The concern is that someone could have a medical issue while hiking such that we would need to call for help or notify a relative. Options include:

- Carry your wallet. Put a card in your wallet that states any medical issues and person to notify (include phone number).
 - Claire Veseth has found a way to include emergency information on your iPhone. Go to <https://support.apple.com/en-us/HT207021> for instructions. We assume that Android phones have something similar. Jitterbug anyone?
 - Several of us wear personal identification in the form of RoadID (www.roadid.com). These are sturdy, stylish items that come in the form of bracelets, necklaces, or anklets. Each item bears a link and password so that First Responders can look up your medical problems, medications, next of kin, health insurance, etc. I wear mine even for local rides and trips to the gym. I may keel over but First Responders will know who I am! (Disclaimer: MWOC has no relationship with RoadID. There are probably other similar products that are just as good, cheaper, and so forth.)
 - We invite other ideas to keep everyone safe. We have to look out for each other.
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CLUB ACTIVITIES

MONTHLY MEETINGS are held on the first Monday of the month at the Idaho Fish & Game Headquarters. We will return to outdoor meetings in May, 2022.

TUESDAY HIKES email announcements are sent each week with location and time. Hikes are of moderate difficulty, 4 to 6 miles, lasting approximately 2 to 2.5 hours. Starting time varies with time of year and weather conditions. If you have questions, contact Pat Dailey, 208-272-0639.

WEDNESDAY HIKES email announcements are sent each week with location and time. Hikes are fast-paced, of challenging difficulty, 5 or more miles and lasting 3 or more hours, depending on trail and weather conditions. Challenging difficulty means that you'll need to be in good hiking condition because of significant elevation gain and/or increased mileage. If you have questions, contact Scott Stolhand, 208-891-2214.

THURSDAY CASUAL HIKES email announcements are sent each week with location and time. Hikes are slower-paced, less than two hours, and involve minimal elevation gain/loss. If you have questions contact Liz McWhorter, 208-891-0426.

THURSDAY SKI GROUP has finished until next Winter.

KAYAK GROUPS and **BIKING GROUPS** will pick up soon when the weather improves. If you are interested in kayaking, please contact Francesco Satta (capitanosatta@yahoo.com). If you are interested in biking, please contact Jim Wolf (jawolf05@msn.com).

General Announcements

EMAILS Local mid-week activities (hikes, paddles, bike-rides, etc.) are announced through Wild Apricot emails. If you have questions about sending or receiving e-mails, please contact Jim Wolf at jawolf05@msn.com.

Planning or thinking of an excursion where you would like to invite like-minded souls? Any officer will help

MWOC officers

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MWOC WEBSITE You don't have to login to visit most of the MWOC pages, including the calendar of events, news, and resources. The pages that require login are your own profile, membership directory, and Gallery. If you haven't already created a password for the website, click on Login at the top of the page, enter your email address, and click "Forgot password." You will receive an email message with instructions. Please address questions to laura.jenski@gmail.com.

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