



Mountain West Outdoor Club Newsletter
April, 2023

"Some day, when trees have shed their leaves, and against the morning white
The shivering birds beneath the eaves have sheltered for the night,
We'll turn our faces southward, love, toward the summer isle
Where bamboo spires the shafted grove and wide-mouthed orchids smile.

We will seek the quiet hill where towers the cotton tree,
And leaps the laughing crystal rill, and works the droning bee.
We will build a cottage there beside an open glade,
With black-ribbed blue-bells blowing near, and ferns that never fade."

"After the Winter" by Claude McKay

PHOTO CAPTION: Table Rock in late winter frost, March 2023.

Editor's note: The April newsletter is horribly late for which I blame the effects of busyness and travel on the aging brain. Our esteemed colleague, Carol Meli, will produce the May newsletter. I will pick up again in June. -JW



MWOC MARCH MEETING, March 6

General Business Meeting included a brief Treasurer's report, a summary of the recent Hike Leader's meeting, MWOC business cards, and Tuesday hike leaders.

"Trek to Everest Base Camp"

The intrepid MWOC trekkers – Janette Young, Wendell Martin, Judy Lam, Jeffery Rosendin, and Cliff Callow – made an informative and scenic presentation of their November trek to Everest Base Camp in Nepal. The three-week trek was arranged and supported by the Boise-based Himalayan trekking company, *Hike with Sherpa*.

Being a more “mature” group of trekkers, they “snailed” their way 43 miles and 8000 feet in vertical elevation to reach the Everest base camp. Along the way they stayed in rustic Himalayan trekking lodges, visited a number of Buddhist monasteries, and attended the annual “Mani-Rimdu” Buddhist festival in the village of Tengboche.



MWOC APRIL MEETING, April 3

General Business Meeting included a brief Treasurer's report, the upcoming trail maintenance project, and the annual picnic.

"IDAHO CENTENNIAL TRAIL"

The Idaho Centennial Trail was recognized as the state trail in 1990. It travels through some of the most rugged and remote country in the Lower 48, including three designated wilderness areas, one proposed wilderness area, and several roadless areas. As long trails go, it's regarded among the most difficult in the nation, suitable for advanced thru-hikers and other masochists. It spans the length of Idaho from the

Nevada border to Canada. Boise natives, Jeremy and Lisa Johnson, told us of their epic 982 mile trek during 51 days in the summer of 2020.

Their video can be viewed at <https://youtu.be/mquDUzs9bi4>. Their travel guidebook will be published this Spring.

MWOC MAY MEETING, Monday May 1, 6:00 PM

The pavilion in Kristin Armstrong Municipal Park, 500 S Walnut St, Boise

Note the earlier time. Summer meetings are a potluck dinner -- BYO drinks, place setting, and a dish to share. No alcohol is allowed in Municipal Park.

UPCOMING MWOC EVENTS



WANDERING WHEELS BIKE GROUP

We've been working on a joint enterprise between MWOC and the Wandering Wheels (WW) bike group. You can find them on Facebook. WW has been around Boise for decades, slowly fading out in recent years after their founder moved away and then...Covid. MWOC member, Rob Fisher, is working to resurrect the group with regular meetings and monthly rides. Interestingly, a contingent of the Old Guard (WW previous management) has been about the same thing, resulting in some competing events. We'll have to see how this plays out.

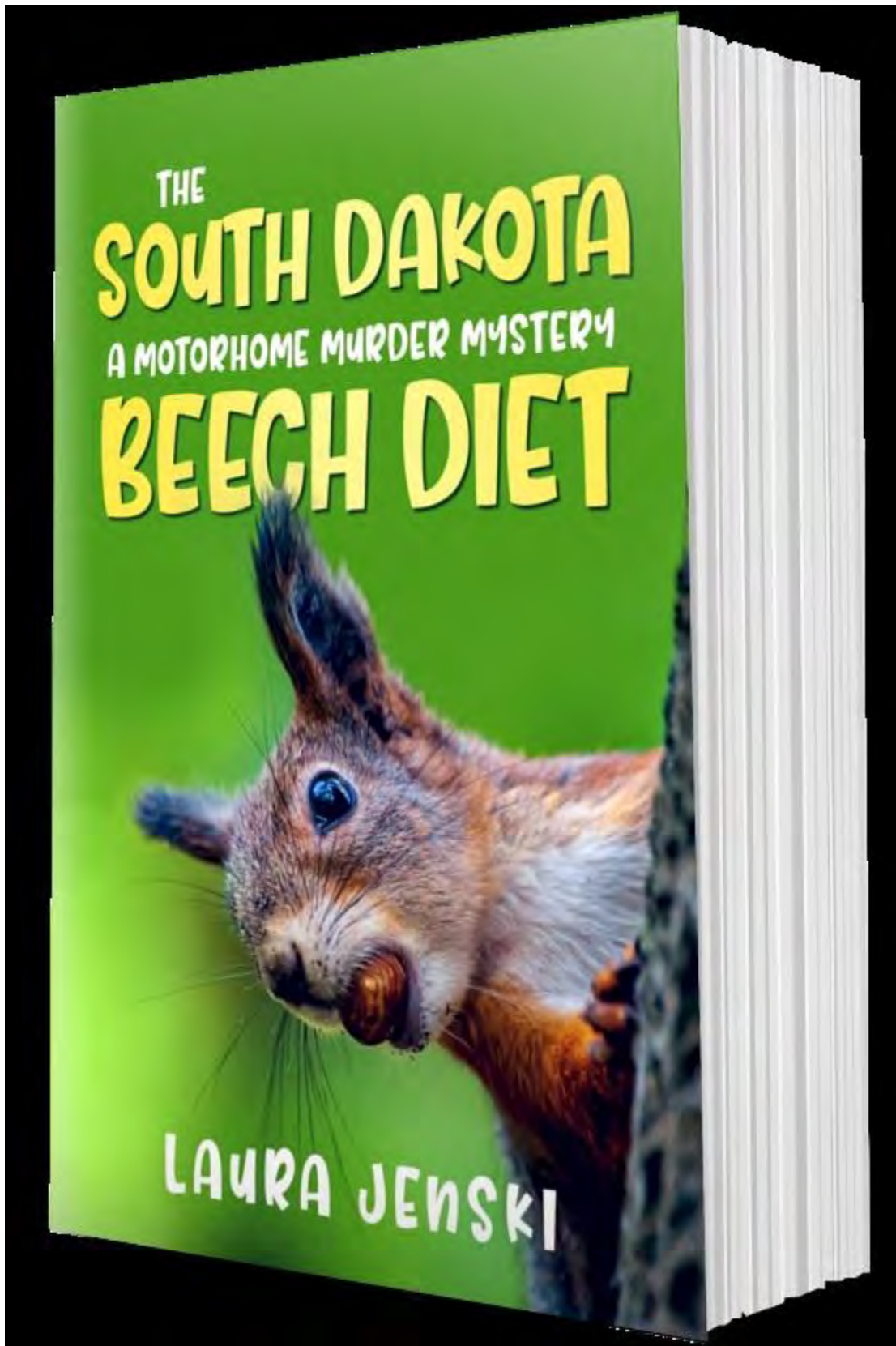
The planned March ride to Hilltop Cafe and the planned April ride to Mayfield Road were both cancelled for weather.

Upcoming events include:

- Tumbleweed Open House and Garage Sale on Saturday, April 15, 10:00 AM - 2:00 PM, at 121 E 38th St, Garden City. Tumbleweed is a bike shop associated with the WW Old Guard. They're offering free espresso in the morning, beer in

the afternoon (BYO cup), and free bagels. They request cash for purchases under \$500. OK then.....

- Camp coffee and conversation (BYO camp coffee) on Weds April 19, 9:00 AM, under the shelter at Esther Simplot Park. It's Rob and the WW New Guard. This event might be quite fun, a chance to meet the club members and talk about biking!
 - WW bike ride to Mayfield Road, Saturday April 29. Very athletic riders will meet at Lucky 13 Pizza, 3662 S Eckert Road, at 9:00 AM, planning to ride to the dam and up Lydle Gulch to Bonneville Point. Those of us who are less athletic can meet them at Bonneville Point (automobile access off Black's Creek Road) at 10:30 AM. The group will ride Mayfield Road out-and-back so you can turn around when desired. The group will re-convene for beer and pizza at Lucky 13 around 4:00 PM.
 - WW swap meet for bikes, gear, and travel stuff on Sunday April 30, noon to 5:00 PM, at Lost Grove Brewing, 1026 S LaPointe St. This is also Rob and the WW New Guard.
 - When last discussed, weekend camping rides are planned for May 19 and October 6. Details TBA.
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Thank you to the MWOC members who were beta readers for my Motorhome Murder Mystery, "The South Dakota Beech Diet." The book launched on April

1. It's a farcical novella based very, very, very loosely on the MWOC. Club members who want a complimentary e-book copy should email me at laura.jenski@snowboundstories.com. I always appreciate reviews, especially nice ones. For those willing to write a review, here is the [book link for Amazon.com](#), [guidelines](#), and [instructions](#).



Lava Hot Springs Trip, May 15 – 19, 2023

You are invited on a *Hot Springs Adventure* in Lava Hot Springs, ID. Save the date and call NOW to make your own hotel or KOA campground reservations!

Lava Hot Springs (elevation ~5000 ft) and the surrounding area has lots of hiking, soaking, and history to explore. I've scheduled a variety of adventures. Every day you can soak in hot mineral springs if you'd like.

Monday: Drive to Lava Hot Springs by way of *Craters of the Moon* (180 miles/3 hrs) and take a break at the *Craters* for lunch and a hike. Arrive in Lava Hot Springs (Craters to Lava – 130 miles/2 hrs) around 5 pm. Cocktails at 6:00 PM.

Tuesday: Morning, hike Goodenough Campground Trail (4.7 miles/3 hours) only 20 miles/30 minutes away. Afternoon, Donata Hot Springs in Downey (~10 miles away). Evening, potluck supper.

Wednesday: Head East toward Soda Springs, pack lunch, visit Chesterfield Settlement, Soda Springs, Hooper Springs, Miter Cave, Black Canyon, Sheep Rocks Canyon ... other sights ... Back to Lava in late afternoon. Free evening. 7-9ish - Visit Hot Springs for evening soak.

Thursday: Head East and South to Bear Lake (60 miles/1 hr). Visit Bear Lake National Wildlife Refuge for birders OR alternative hikes in morning (West Mink Trail) and afternoon. 6ish - Group Dinner at local restaurant. 7-9ish pm - Visit Hot Springs for evening soak.

Friday: Check out, head to Massacre Rocks (along I86 in American Falls) and then Minidoka National Historic Site (WWII Japanese Internment camp - just east of Jerome) ... maybe, maybe ... if we need more hot springs, stop at Miracle Hot Springs in Buhl on way home ... only adds about 40 or so miles, soak for 45 min – 1.5 hours. 5-6ish – be home in Boise.

{An intervention will be held for victims of permanent prune-skin after this outing.}

Lodging:

- **Riverside Hot Springs Inn and Spa** (255 E Portneuf St, 208-776-5504, ask for Senior Special, available M-Th nights only, this hotel has 3 soak tubs in the basement, includes free breakfast each morning for 2, \$35 food coupon each day for use in the restaurant for dinner, unlimited, but scheduled indoor soaking).
- **Lava Hot Springs Inn** (1 Center Street, 1-800-527-5830, this hotel has multiple room options, 4-6 outdoor hot springs on property, breakfast included, and unlimited outdoor soaking included for guests.) For non-guests of the hotel, it has unlimited all day soaking for \$15/day.
- **Lava Hot Springs WEST KOA** (89 N Center St, 208-776-5209) 3 tents sites, 4 pulls throughs and 4 deluxe cabins. No discounts for groups, but sites/cabins/pull thru sites are available, and this KOA is literally across a side street from the Lava Hot Springs Inn, sits along the river and about 100 yards from Indoor Olympic size hot springs pool.

The world-famous Lava Hot Springs is walking distance from the hotels, it has 5-6 big pools from 102-114 degrees and costs \$8.00/soak (less for seniors). Plus, an Olympic-size hot springs swimming pool – indoor and outdoor – is close by.

If you would like to join us, please book your own reservations, and then email me back that you are going with us. I'll develop a separate email list once we get to April 2023.

Dorothy Sammartino

Dorothy.Sammartino@gmail.com

208-412-9705

KIRKWOOD HISTORICAL RANCH IN HELL'S CANYON, August 1-15

Lyn Siebold is looking for volunteers to accompany her on this trip. Could be kinda' toasty in August. If interested, please contact her directly. We'll try to get better details for next month's newsletter.

Lyn Siebold, 208-321-8272, sieboldjl@yahoo.com (I think that's SIEBOLDJL) or mlsiebold88@gmail.com (that's MLSIEBOLD88).



ALASKA CRUISE, Wednesday August 23, Vancouver BC

We are at 12 or 13 cabins. Please note the contact person at Princess has changed. Also, if you would like to go and prefer having a roommate, please contact me. I might be able to make suggestions.

Princess 7-day cruise plus 5 night land tour, leaving Vancouver August 23, 2023. Late August to Sept. allows for the possibility of seeing the Northern Lights as well as wildlife before they go to hibernate AND the kids are back in school. The cruise is a voyage of the glaciers with several stops along the way. Land travel is done by rail to two different Denali area lodges. The tours are guided, with lodging and meals included. Princess has a program that includes Naturalist and Park Rangers for a more educational experience.

Check out full details here: <https://www.princess.com/cruise-search/details/?voyageCode=H326&resType=T&tourCode=T3APA5&fareType=BESTFARE>

Questions about the cruise can be directed to Mike McKeen with Princess Cruise. His number is 1-800-901-1172 ext. 21775. Give my name and Mountain West Outdoor Club. We will get additional onboard credit for scheduling as a group. His email

is mmckeen@princesscruises.com. Please reserve through Mike. There is no additional cost but will increase our discounts.

Also, you can call or email me cheriworsley@gmail.com 208-870-7444. I will maintain a separate email list rather than sending to all MWOC members.

MWOC ANNUAL PICNIC, September 2023

If you attended one of these in the past, you'll know it's lots of fun! There is a delicious catered meal, games, and prizes. **Volunteers are needed now** for the food committee and the prize committee. Please contact the coordinator, Janette Young, if you're interested.

We'll confirm the date for the next newsletter. The first Monday in September is Labor Day.

Janette Young, janettey99@gmail.com

MISCELLANEOUS BUSINESS

CREATING EMAIL GROUPS IN WILD APRICOT

I've created a group in Wild Apricot called 2023 Officers. If you want to create a group, here's a quick step-by-step description:

- Main menu > Members > Groups. Click on button "Add new Group"
- Enter title and description, and click "Save" button.
- The new group appears in the list. Click on the group name.
- On the screen that appears, click on "Manage Participants" button. This will bring up a box and a list of all current members. Highlight a member's name and click on "Add" button. The chosen members will appear in the box.
- Be sure to save your work before exiting

If you want to use this group as a contact list for emailing, add these steps:

- Main menu>Members>List
- Click on Advanced Search tab
- (Remove any existing criteria) Click "Add criteria"
- From the drop-down menu, choose Group Participation
- Click on the desired group name.
- Where it says "Save search as:" enter a title.

- Click Save button

When you compose an email, choose the "Contact List" option for recipients and your group name will appear in the box of saved searches. You only need to go through these processes once, as the group and search will be saved.

Laura Jenski, laura.jenski@gmail.com

WILD APRICOT SMARTPHONE APP

Are you interested in an app that has many features of the MWOC website but runs on your Android or iPhone? Are you a hike or other activity leader needing quick access to a member's contact or emergency contact information?

Wild Apricot (the company MWOC uses for membership, website, emailing, etc.) has a Members App you can download from [Google Play](#) or the [App Store](#). With it you can view a directory of members, send an email to a member, renew your membership, view and register for events, and more. (There are a few things you can't do, mostly related to event registrations.)

Let me know if you have questions or need assistance. Wild Apricot has posted user guides for [iPhone](#) and [Android](#). I'd also be interested in your feedback on this app, which I will share with Wild Apricot.

Laura Jenski, laura.jenski@gmail.com

Members are invited to **update their MWOC profiles** to insure accurate information, including phone numbers for emergencies.

Here is the updated 2022 Mountain West Outdoor Club member directory.

[Members Mountain West Outdoor Club Directory \(Nov 2022\).xlsx](#)

A PDF copy of the directory and the interactive member directory are online at www.mwocid.org, under "Members Only" (you must login to view members-only resources).

You can always change your contact information (Profile) in the Member Directory by going to the club website, www.mwocid.org, logging in with your email and password, and clicking on your name in the upper left hand.

Don't know your password? Click here to create/change your password for the MWOC website: <https://mountainwestoutdoorclub.wildapricot.org/Sys/ResetPasswordRequest>.

Thanks,
Claire Veseth
Membership Chair

CLUB EVENTS SINCE LAST NEWSLETTER

Thanks to everyone for sending current photos. There's a LOT that goes on between newsletters. Keep those emails and photos coming! (Email addresses at end of newsletter.)



ARIZONA TRAIL SECTION HIKE, MARCH 2023

Mary Brown, Judy Farnsworth, and Marla Holmes went on a long-anticipated section hike of the Arizona Trail. These guys are accomplished, hard-core backpackers so it's always a vicarious thrill to hear what they've done. Mary was sidelined early on with a knee injury; there's absolutely no truth to the rumors that it was due to a

gunfight or bear wrestling. I have no doubt that Mary will return for a re-match as soon as she's healed up.

MWOC TRAIL MAINTENANCE PROJECT

Monday, April 10, Big Springs Trailhead

I believe this event happened but have no feedback on it. Email suggests that they had some cancellations and were shorthanded. We'll hope for more details and some pictures in the next newsletter!

Tuesday hikers visited Table Rock, Surprise Valley, Lucky Peak Dam / Foote Park, and the Greenbelt.

Tuesday hikers please take some photos! This picture is a Weds hike. BTW there are deer in the photo.



Wednesday hikers visited Somerset Ridge, Barber Pools, 8th St Extension, and the Greenbelt.

Thursday hikers visited Military Reserve, Camels Back, Bethine Church Trail, and the Greenbelt.



Thursday Afternoon Nordic Ski/Snowshoe group stopped meeting after February. Bogus Basin will stay open until May 6th this year! There's still time to do some skiing!

Kayakers are on hiatus, I think, having frozen solid at last. They will thaw out again in Spring. It won't be long now!







MISCELLANEOUS PHOTOS

Upper left: McCall, April 18, 2015

Upper right: McCall, same view, April 8, 2023. Idaho weather -- you have to love it.

Lower: Snowbird Resort, Utah, has a skier tunnel bored right through the mountain. Pretty cool, ya?

CLUB ACTIVITIES

MONTHLY MEETINGS are held on the first Monday of each month. Winter meetings (October thru April) take place at Idaho Fish & Game Headquarters, 600 S Walnut St, Boise. Enter by the southeast doorway, not the main entrance. There should be a club member at the door. Summer meetings (May thru September) take place nearby at the pavilion in Kristin Armstrong Municipal Park, 500 S Walnut St, Boise. Summer meetings are a potluck dinner -- BYO drinks, place setting, and a dish to share. No alcohol is allowed in Municipal Park.

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 January.

KAYAK GROUP occurs (mostly) weekly. If you are interested in kayaking, please contact Francesco Satta (capitanosatta@yahoo.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 you post an email. For inclusion in this monthly newsletter send details to jawolf05@msn.com.

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.

MWOC officers

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