



Mountain West Outdoor Club Newsletter
January, 2023

"It was winter, near freezing.
I'd walked through a forest of firs

when I saw issue out of the waterfall
a solitary bird.

It lit on a damp rock
and, as water swept stupidly on,
wrung from its own throat
a supple, undammable song.

It isn't mine to give.
I can't coax this bird to my hand
that knows the depth of the river
yet sings of it on land."

The Dipper by Kathleen Jamie

PHOTO CAPTION: Brilliant colored lights beyond
counting. Christmas lights in Caldwell, Idaho.

MWOC Monthly Meeting, Monday, December 5

At the administrative meeting, we re-hashed some old issues and prepared to pass the baton after the annual MWOC election. Food and jocularly were enjoyed.

At the general meeting, we discussed the impending election of officers and a special ballot item to amend the bylaws. The election will be held electronically later in December.

The evening was capped by Steve Cox, president of the Idaho Museum of Mining and Geology, who presented a virtual road trip of geology along the South Fork of the Boise River and the Anderson Ranch Dam. He included a vivid description of the massive avalanche that struck the workers' camp during dam construction.



MWOC JANUARY MEETING, Monday, Jan 2, 7:00 PM

Idaho Fish & Game Headquarters, 600 S Walnut, Boise

"Minutes of the General Business Meeting" (title required by our bank) will reflect the outcome of the recent election of officers. The election was held electronically with about 1/5 members responding. Greg Farmer was elected as our new President, replacing long-serving Wendell Martin. Laura Jenski was elected as our new Treasurer, replacing MWOC stalwart, Ruth Garcia. Bylaws amendments were approved with only one negative vote.

"MWOC Member Travelogue". Our January program will be a travelogue put on by members, sharing highlights of favorite trips taken during 2020, 2021 or 2022, aka "Covid times". It's an opportunity for all of us to borrow ideas for trips we might like to take.

An administrative meeting will be held beforehand at Deli George, 220 S Broadway Ave, at 5:30 PM. Food and drink are available for purchase. Interested members are always welcome to attend.

Don't attend either meeting if you're feeling ill. Masks are optional.

UPCOMING MWOC EVENTS



MWOC Nordic Ski and Snowshoe Group will begin on January 5, continuing every Thursday through February. The general schema is to meet at Miller's Gulch trailhead to set up carpools to Bogus Basin, leaving the parking lot at noon. Miller's Gulch trailhead is a parking lot with toilet, located about 3 miles north of Highlands Elementary School on Bogus Basin Road. Trail passes and rental gear are available at the Nordic Lodge. Snow sports will take place at Bogus Basin for a couple of hours, followed by snacks in the Nordic Lodge, and returning to Miller's Gulch no later than 5:00 PM. Historically, snacks were brought to be shared. Look for email announcements every week. Contact Ruth Garcia, the organizer, if you have any questions.



WANDERING WHEELS BIKE GROUP, Monday Jan 23, 6:30 PM

Greg Farmer and Jim Wolf met recently with new MWOC member Rob Fisher to discuss biking activities. Rob is a long-time (founding?) member of the local bike group, Wandering Wheels (WW). WW held biking events for years before falling silent due to loss of leadership, Covid, etc. Now it's being revived! WW's main claim to fame is bikepacking (backpacking on bicycles) but other events may be included in the future. WW members have lots of touring experience, are generally good-natured, and are about our same (ahem) age. I've ridden with some of them and can attest, these guys are the real deal.

An introductory meeting will take place on **Monday, January 23**, 6:30-8:30 PM, at Barbarian Brewing Taproom, 114 E 32nd St, Garden City. Cash bar, no food available (so eat before coming). Seasoned riders, MWOC members, beginning bikers, aspiring bikepackers, and the general public are invited. It should be a fun evening! I encourage all interested persons to attend!

Heads up! An early season day ride may be posted for **Saturday, January 28**, weather permitting, to Eagle and back for burritos. Look for an MWOC email posting soon.



McCall Winter Trip, January 24-26, 2023

Hello winter enthusiasts!

Ruth Garcia is reviving the annual MWOC winter trip to McCall. It's a few days before the Ice Carnival so you will still see some sculptures in process. This trip is open to Nordic and Alpine skiers as well as Snowshoers. However, it is easier to be in the same cabin and carpool depending on the activity you choose.

Go online to reserve a cabin in Ponderosa State Park at ReserveAmerica.com. When you open it, be sure to go to the right side of the screen and specify "cabins, yurts or lodgings" then look to see what cabins (and their specifics) are available for those dates. (Jan 24-26). If there is a "C" beneath the date, then call 1-888-922-6743 to make the reservation. (Hint; the newer cabins are Eagle, Owl, MuleDeer and Whitetail.) There is already a men's cabin and a women's cabin in process, and there may be openings in those.

Breakfast and lunch are on your own. Evening meals are usually done as a group -- more information to come. So find your roommates and be ready to assign one person to each cabin for the refundable credit card payment when booking. Be sure to read the fine print on the website!!

If you choose to book other lodgings in town, we will stay in touch about each day's meet times. Let me know if you have any questions.

Ruth Garcia

ruthg1617@gmail.com (preferred)

208-891-3146 (text)



Women's Field Trip to the Skyline Yurt, February 28 - March 3

Looking for one more woman to round out a group of 4 to snowshoe into the Skyline Yurt on Tuesday, February 28, 2023, departing on Friday, March 3. Cost is \$92.50 per person. Plan to do some snowshoeing, game playing, reading, and kick-back relaxing. Contact me for more info.

Darla Rhude

darlar0220@gmail.com

727-688-6645

{Note: This email was sent over a month ago, so the single spot may be filled. But you never know, or there might be a cancellation, so inquire if interested.}



Lava Hot Springs Trip, May 15 – May 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.

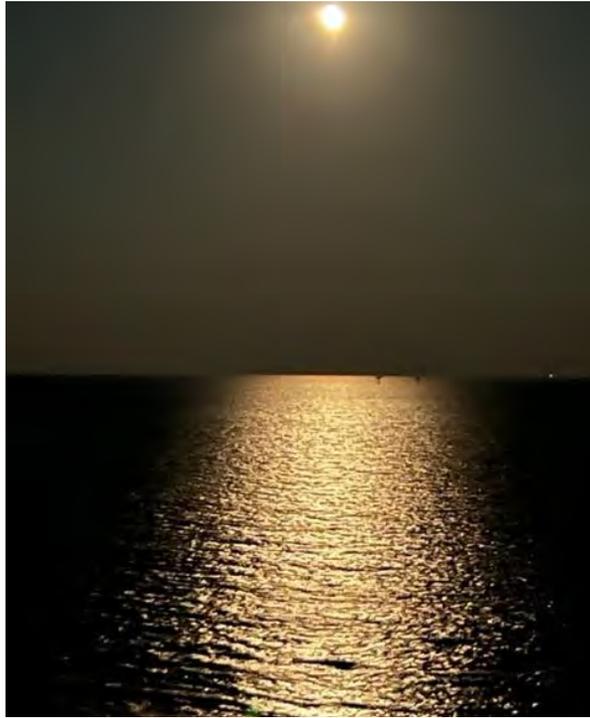
The world-famous Lava Hot Springs is walking distance from the hotels, it has 5-6 big pools from 102-114 degrees and costs \$8.00/soak (less for seniors). Plus, an Olympic-size hot springs swimming pool – indoor and outdoor – is close by.

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



ALASKA CRUISE, Weds August 23 2023, Vancouver BC

"Taking an Alaska cruise has been on my bucket list for awhile. I'm hoping it is of interest to you too. I think traveling as a group would be a blast. Please contact {Cheri Worsley} if you are interested. You may also contact Brian, the trip planner with Princess Cruise Lines.

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>

There are many different options with prices starting about \$2000 per person, double occupancy. It is also possible to only do the cruise without the land portion that starts about \$650 but will not count towards a group discount. I'm planning on getting a package that includes the tips, some drinks, and wifi. The current promotions allow for only a \$100 refundable deposit so the risk is small. I recommend you reserve a cabin now if there is any interest at all. We may be able to set up special group excursions depending on the number.

Questions about the cruise can be directed to Brian with Princess Cruise. His number is 800-901-1172 ext 41057. Give my name and Mountain West Outdoor Club. We will get

additional onboard credit if we schedule at least 5 cabins. His email is bmeece@princesscruises.com. Please reserve through Brian. 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.

MISCELLANEOUS BUSINESS

MWOC annual dues are payable by January 1st on the MWOC website, mountainwestoutdoorclub.wildapricot.org. Twenty bucks gets you activities with your friends all year long, monthly meetings, a free catered picnic in August, and the inestimable pleasure of reading these newsletters twelve times.

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



BIKE TRAVEL CASE FOR SALE

Trico Iron Bike Case. Brand new, never used, still in original shipping case. Always stored inside. It was bought for a bike tour that never happened. It measures 47" by 30" by 10", 31 lbs. Local pickup preferred. Cash only, \$425 or best offer (compare on Amazon, \$599). Inquiries to Deb Rose, dtravrose1@aol.com

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.)



RAKE-UP BOISE, version 2.0

MWOC received a second assignment to rake yards for citizens who can't do the work themselves. TEN volunteers showed up despite only 24 hours notice. Good work, team! The homeowner was very appreciative as shown in the photo above. Thanks to Mary Brown for organizing!



GAME DAY, Sunday, Dec 11

John and Anne Olden volunteered their home for snacks and board games on a chilly afternoon. Attendees were numerous and amiable. Vast fortunes were won and lost. (OK, maybe not that last bit.)



CALDWELL CHRISTMAS LIGHT SHOW, Weds Dec 14

Several carloads of MWOC people traveled to Caldwell for the annual holiday light show. There were millions of colored lights along with music and good cheer. Some of these displays are really clever. Thanks to Rod Haars and Butch Fox for organizing the evening. (BTW, Butch, we miss you at weekly hikes!)



MWOC CHRISTMAS POTLUCK, Sunday Dec 25

Wendell and Janette revived a wonderful MWOC tradition, hosting a potluck dinner in their home for members who find themselves alone at Christmas. The tradition was held for many years until the hosts could no longer manage it. Now it's revived! I have no news about it except that the food was excellent and the conversation superb.

Tuesday hikers visited Eagle Sports Complex, Pamela Baker Park, Camel's Back / 8th St, and the Greenbelt.



Wednesday hikers visited Table Rock Mesa, Central Rim, Harris North, and Greenbelt.

Special mention: Terry and Kay Stoll led 17 hardy souls on a speed hike, 6 miles in less than 2 hours on the icy Greenbelt. Bravo all !!

Thursday hikers visited Whitewater Park, Harrison Hollow, Veterans Park, and the Greenbelt.

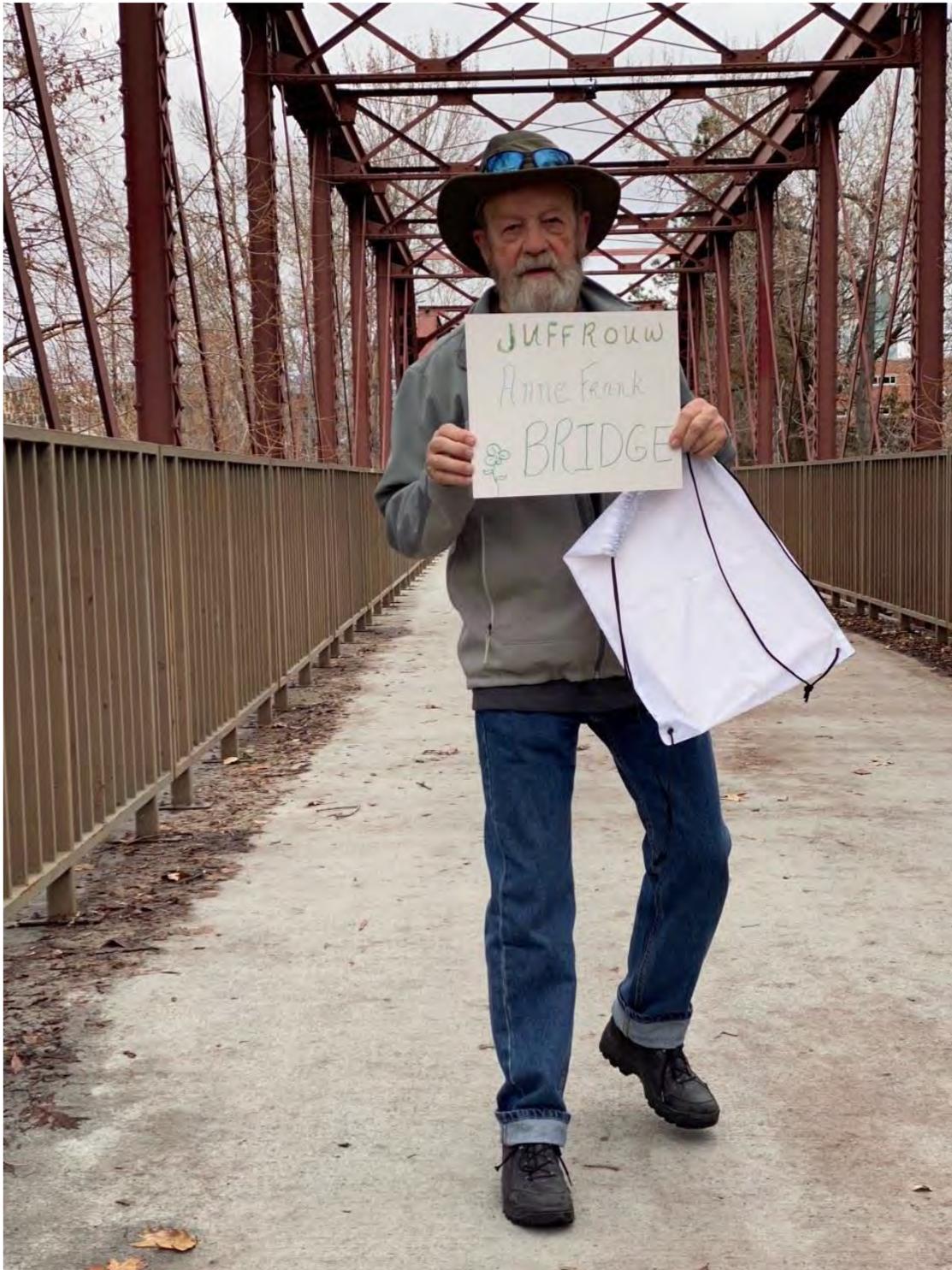
I didn't have a Thursday picture this month so I have Terry and Judy making snow angels on a Weds hike.



Thursday Afternoon Nordic Ski/Snowshoe group will start up again in January and February. Look for announcements by Ruth Garcia in weekly emails.

Kayakers? I think the weather finally got too cold, even for these crazy folks.





PARTING SHOT: OK, Terry, what's "JUFFROUW"? Ellie Mae's brother?

CLUB ACTIVITIES

MONTHLY MEETINGS are held on the first Monday of the month 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.

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 starts up again in January and February.

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

MWOC officers

Greg Farmer,
President remraf@rocketmail.com 208-908-8124

Judy Farnsworth, Vice
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Laura
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Wolf, Communications jawolf05@msn.com 208-860-2193

this monthly newsletter send details to jawolf05@msn.com.

Claire
Veseth, Membership cbveseth@gmail.com 208-301-3841

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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