



**MOUNTAIN WEST OUTDOOR CLUB NEWSLETTER**  
**JULY, 2023**

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*Editor's note:* Thanks to everyone who provides photos of members, activities, and just plain funny stuff! Please keep sending those things! I think we'll have plenty of material for a year-in-review issue in December!

Send to: [jawolf05@msn.com](mailto:jawolf05@msn.com)

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PHOTO CAPTION: Majestic bald eagle in Alaska, June 2023.

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## MWOC JULY MEETING, Monday July 3, 6:00 PM

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

Life in Idaho can be most excellent, and no time is better than summer! We have hiking, camping, biking, rafting, fishing, and much more, plus the urban pleasures of Boise. Let's make the most of it before somebody starts a wildfire! Our July potluck dinner begins at 6:00 PM. There is no business meeting because most of the officers are out having fun. Bring a dish to share, and drinks and a place setting for yourself. No alcohol is allowed in Municipal Park. There are no speakers at our summer meetings.

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## UPCOMING MWOC EVENTS

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**MWOC INDEPENDENCE DAY PARTY, Tuesday, July 4, 6:30 PM**

**Tom & Cheri Worsley, 816 N Marshall St, Boise**

"Let's enjoy the fireworks and festivities at the nearby park after we have our own party and potluck. We are within walking distance to the park and have a nice big backyard to visit and maybe play a few yard games. I'll grill the traditional hot dogs and hamburgers. Everyone bring a dish to pass. Feel free to use the grill for anything you might like to cook. There will be water and iced tea but bring your favorite adult beverage. We can walk to the park or just to the top of the hill on Americana to watch the fireworks."

**Please email or text so I have a head count.**

You might need to bring a chair depending on head count. We can gather and visit around 6:30 PM and plan on eating about 7:30 PM.

Cheri & Tom Worsley

cell 208-870-7444

email [cheriworsley@gmail.com](mailto:cheriworsley@gmail.com)





## NEIGHBORHOOD BLOCK PARTY, SUNDAY AUGUST 6, 4:00-6:00 PM

**Rod Haars & Laura Jenki, 3344 E Red Stone Dr, Boise**

"Two hours of live music, snacks, drinks (alcoholic and not), cake, and ice cream! Please come help us party with friends and neighbors.

Music by Lauren and the Nostalgics, sweets from Pastry Perfection, and ice cream from Stella's. Yes, it will be hot--it's August--but there will be tents, misting fans, and chairs in the shade.

Children and guests are welcome. We do ask that you **RSVP by July 23** so we can tell the caterers how much food and drink to bring.

The easiest route to our house is to go out Warm Springs Avenue from downtown Boise. Turn left (north) at the stoplight at Windsong Dr (just past the golf course) and stay on Windsong until it T-intersects at Trent Point Dr. Turn right and, two streets later, turn right onto Red Stone Dr. We're the first house on the right (ivory-colored ranch with light green trim and red brick). There's parking on the streets, but we encourage car-pooling as a courtesy to our neighbors."

Laura Jenki

email [laura.jenski@gmail.com](mailto:laura.jenski@gmail.com)

cell 208-860-9477

{*Editorial comment:* Photo is a garden party at Buckingham Palace. Hats and jackets are optional at MWOC events. The Queen Consort will not be present at Rod and Laura's.}





## **KIRKWOOD HISTORIC RANCH IN HELL'S CANYON, August 1-15**

### **volunteer opportunity**

The Kirkwood Historic Ranch is located within the Wild and Scenic Snake River corridor of the Hells Canyon National Recreation Area. The main purpose of the site is preservation and interpretation of Hells Canyon and historic ranching. Visitors are introduced to the historic ranching lifestyle in the canyon and thereby gain an appreciation of man's presence and influence since the turn of the century.

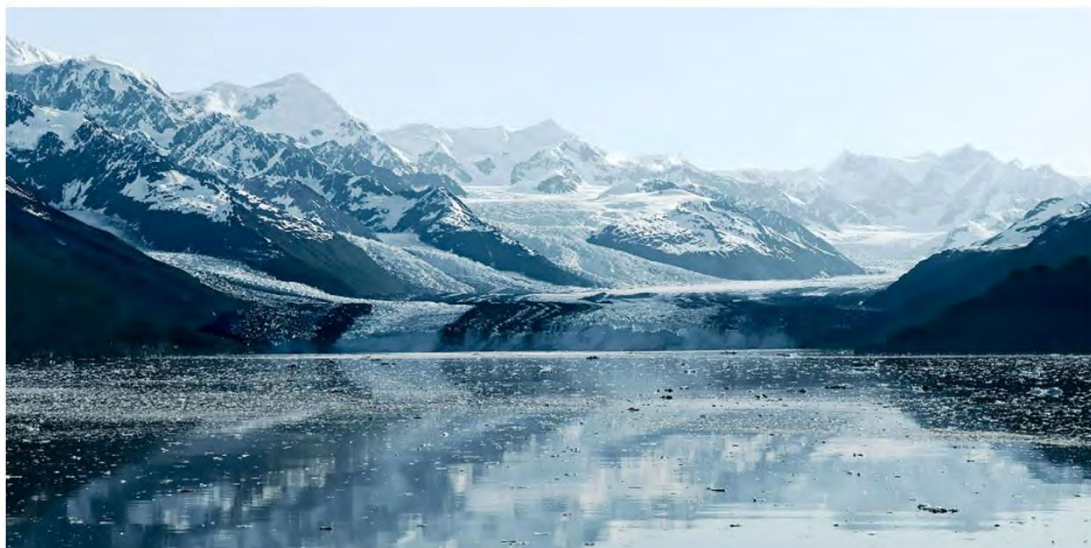
The volunteer program at Kirkwood provides the backbone and support for this interpretive effort. While the Ranch is both remote and isolated, Kirkwood hosts over 15,000 visitors each year. Visitors access the site via jet boat or hiking the 6 mile Snake River Trail from Pittsburg Landing.

Volunteers live in the historic ranch house, a small two-story frame building. The downstairs has a bath, kitchen, and root cellar, while the upstairs has a living room, two bedrooms, and a sleeping porch. The water source is the Kirkwood Spring, currently on a solar filtration-purification system. Kitchen appliances consist of a wood cook stove, a three-burner propane hot plate, and a propane refrigerator with a small freezer. The house is completely furnished.

Volunteers are provided with a Forest Service radio for daily check-ins and a satellite phone (for emergencies). There is no cellphone service and no electricity. Volunteers provide their own food and personal effects. There will be time to hike, fish, and explore the area. Volunteers need to be healthy, outgoing, and adventurous with basic skills necessary to function effectively and safely in a primitive setting. Responsibilities include welcoming and escorting visitors around the site daily, and maintaining the buildings and grounds.

I have reserved the first two weeks in August 2023.

For additional information contact Lyn Siebold at [SIEBOLDJL@YAHOO.COM](mailto:SIEBOLDJL@YAHOO.COM).





## ALASKA CRUISE, Wednesday August 23, Vancouver BC

We have about 12 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 on August 23, 2023. Late August to early September allows for the possibility of seeing the Northern Lights as well as wildlife before they 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](mailto:mmckeen@princesscruises.com). Please reserve through Mike. There is no additional cost but will increase our discounts.

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





### **PADDLE THE MEANDERS IN McCALL, Thursday August 24**

The "Meanders" is not a cow disease but rather a lovely, placid section of the Payette River, just north of Payette Lake near McCall. The river is cool and often shaded, so August is the perfect time to kayak or SUP it.

Meet at 9:45 AM sharp in the parking lot off Warren Wagon Rd. (Contact Liz for directions to the parking lot. It's about seven miles north of the intersection of Highway 55 with Warren Wagon Road in McCall.) Kayaks/Canoes/SUPs are available to rent (cash only) at Backwoods Adventures, 208-469-9067, no reservations. We will paddle upstream from Payette Lake for about an hour, take a lunch stop, then return about one hour or more. BYO lunch, beverage, sunscreen, etc. There are no rapids, but participants must have some experience. The drive from Boise takes about 2.5 hours plus 30 minutes down Warren Wagon Road. Rentals can be busy; we will leave promptly. Contact Liz McWhorter at 208-891-0426, [LIZBETH83703@YAHOO.COM](mailto:LIZBETH83703@YAHOO.COM).





## MWOC ANNUAL PICNIC, Monday September 11, 2023

If you attended one of these in the past, you'll know it's lots of fun! There are 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.

For September only, the monthly meeting / annual picnic will be held on the second Monday, September 11. The first Monday in September is Labor Day. Despite numerous inquiries, I cannot tell if Cheri Worsley will return from Alaska in time to reprise her Hawaiian hula outfit.

Janette Young, [janettey99@gmail.com](mailto:janettey99@gmail.com)

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## EMPIRE STATE TRAIL BIKE TOUR, JUNE 2-7, 2024

"We'll start our tour at Battery Park in Manhattan and finish in Albany NY. We'll bike 200 miles of the trail, covering 28-47 miles each day. Along the route, we'll see all manner of scenery! The trail is a mix of paved bike path, rail trails, and quiet roads. At Albany we'll turn in our bikes and return to the City by train.

[Discovery Bicycle Tours](#) is putting together our tour. The package includes 5 nights lodging and most meals, a guided bike tour of Manhattan, detailed maps and itineraries. We'll have full van support – **PLUS** the use of a bike and a helmet. To learn more information about the tour, go to: [Empire State Trail](#).



**COST.** The cost of the tour is \$2895 (more for single occupancy). Airfare is not included. A \$500 deposit is required to reserve a spot. The deposit is refundable up to 60 days before the tour begins (which is the same day the final payment is due). We'll have a private tour *if* 10 people sign up *and* we will receive a 10% discount that will be refunded at the end of the tour.

**Planning.** We are planning to stay in Manhattan the night before the tour. A list of hotels in the Battery Park area will be available when we have the list of participants. Of course, you can spend time before or after the tour in the City on your own."

### Come cycle with us!

1. Call Jane at (802) 457-3553 today to register. Tell her you are with Mountain West Empire State Tour with Peggy and Judy as contacts.
2. Then **text** Peggy Killen, (208) 484-7946, or **email** Judy Farnsworth, [jfarnsw@me.com](mailto:jfarnsw@me.com), to tell us you've signed-on!!



### CROSS CANADA BIKE TOUR, 2025

MWOC member, Fran Wolfe, suggested this event. It is not an MWOC-sponsored event and has not been vetted, but it sounds pretty interesting for a certain kind of person. A dedicated biker, for sure. CCCTS is Cross Canada Cycle Tour Society, [CCCTS.ORG](http://CCCTS.ORG) (not to be confused with CCTS, Close Combat Training System, LOL).

Here are some preliminary details on a potential Cross Canada 2025 tour:

- **Timeframe** – About 3 months or 90 days over the summer,
- **Route** – Begin in Victoria, B.C. and end in St. Johns, Newfoundland,
- **Daily Distances** – Average about 90 to 120 kilometers, but there could be a few days that are longer and days that are shorter,
- **Cost** – Cost of the tour is unknown at this early stage but a rough estimate is \$8,000 to \$10,000 CAD per person. Efforts will be made to economize whenever possible but without sacrificing comfort.
- **Group Size** – Minimum 16, maximum 24,
- **Method of Travel** – Follow the "CCCTS camping system", which involves renting a truck to carry gear and for emergencies. Group cooking in teams.

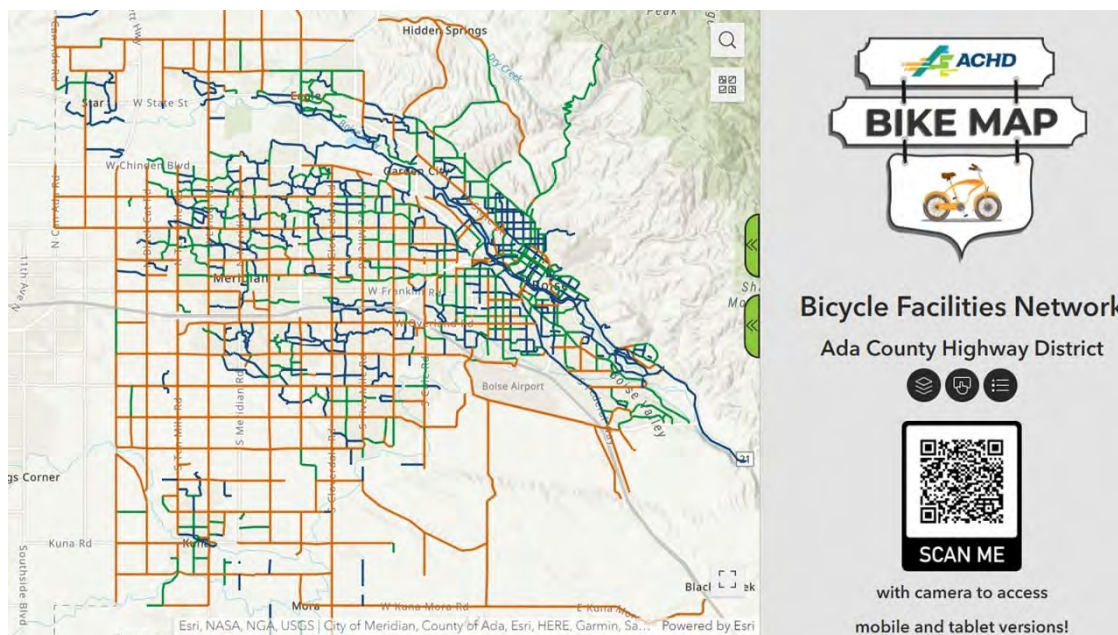
- renting a truck to carry gear and for emergencies, group booking in teams, using CCCTS camping equipment, etc.,
- **Camping vs. Motels** – Camp about 5 nights per week and stay in motels about 2 nights per week or possibly sometimes 3 nights a week,
  - **Rest Days** – Rest days, averaging 1 day per week, usually following the first night in the motel,
  - **Food/Meals** – This tour will eat well. All tour members will serve on a cook team, and each team will cook approximately 1 day per week. There will be plenty of nutritious and delicious food provided as part of the tour (no scrimping on the food budget) for 3 meals per day plus snacks, except for layover days when tour members will have the opportunity to eat out.
  - **Driver** – Hire a dedicated driver so tour members can ride the entire distance. ("EFI" in bikepacking parlance)
  - **E-Bikes** – E-bikes welcome, since we will use campgrounds set up for power plug-ins. Spare battery(ies) on the truck will be required,
  - **Planning Committees** – All participants will be required to serve on one or more planning committees (e.g., Route, Accommodations, Safety, Equipment Management, Food)
  - **Senior Advisory Committee** – A Senior Advisory Committee (SAC) will be formed with a few longtime club members who have led CCCTS camping trips and/or ridden the Cross Canada tour with our club. This committee will review and provide guidance on all aspects of planning for the tour.

Direct inquiries to Fran Wolfe at [FLYINGBYTHESOMP@GMAIL.COM](mailto:FLYINGBYTHESOMP@GMAIL.COM) or email the Tour Director, Robin Howe, at [ROBINCOOKSANDSEWS@GMAIL.COM](mailto:ROBINCOOKSANDSEWS@GMAIL.COM).

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## MISCELLANEOUS BUSINESS

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### ACHD Launches Interactive Online Bicycle Map

Bicyclists can now access the [Ada County Highway District's Bicycle Map](#) from anywhere with ACHD's newly-launched online version.

The Ada County Bike Map shows the bicycle network throughout Ada County as well as public amenities and features including bike shops, libraries, hospitals, schools, and parks.

The map is color-coded to show the level of comfort of each route. Users can learn more about each type of bicycle facility through a link on the map. The map also features different layers, including satellite imagery, topography, terrain, and more, to help bicyclists navigate the network.

With the map moving online, ACHD can also make ongoing updates to the map as the bicycle network continues to grow.

The online version allows users to access the bike map from anywhere, and also provides a place for users to report incidents along the road, such as debris, cars, or other obstructions in a bikeway.

Along with the map, bicyclists will find information regarding State of Idaho rules, bicycle facilities, and best practices. Also incorporated are different elements of the current guidelines and best practices for bicycle planning, including the District's Roadway to Bikeway Master Plan Addendum, Livable Streets Performance Measures, and FHWA Bike Network Mapping Idea Book.

The [online desktop version](#) includes access to tablet and mobile-friendly browser views accessible through a QR code.

The 2023 Ada County Bike Map is produced by ACHD. With each iteration comes improvements and new information.

The updated Ada County Bike Map is available on ACHD's website. Physical copies of ACHD's Official Bike Map are also available and can be requested by contacting ACHD at (208) 387-6100 or [achdidaho.org/tellus](http://achdidaho.org/tellus).

{Note: If the links above do not work, use the ACHD website or paste the following string into your browser:

<https://experience.arcgis.com/experience/8da1bbcec38e4681aa6f753c92c3ff6f> then click "Let's Go" in the bottom right corner.}



## IDAHO CENTENNIAL TRAIL HIKER'S GUIDEBOOK

by Lisa & Jeremy Johnson

You may remember this charming young couple from their MWOC presentation last winter. They hiked the entire Idaho Centennial Trail and now have written a guidebook about it. The book may be purchased for \$36.95 at:

<https://hikingidaho.com/product/idaho-centennial-trail/>

"Stretching nearly 1,000 miles from Nevada to Canada, the Idaho Centennial Trail (ICT) passes through some of the most dramatic scenery in the state of Idaho. Pristine alpine lakes, wildflower-filled meadows, soaring mountains, lush forests, and rarely visited wilderness await those who explore its wild, rugged, and remote trails. This up-to-date guidebook contains all the information you need to thru-hike the entire trail. The I.C.T. was researched and hiked by Lisa and Jeremy Johnson in 2020. The book is organized into seven regions. Each region contains sections that include detailed trail descriptions, camp-to-camp mileage, alternate routes, and access points. Whether you are hiking a section (i.e. the Sawtooth Wilderness, the Selway-Bitterroot Wilderness, the Frank-Church River of No Return Wilderness, etc.) or the entire trail, you'll find this book to be an invaluable resource.

- At-a-glance details including trail distances, hiking seasons, elevation gain and loss, and camping options.
- Sights and side-trips along the trail route, including hot springs, as well as historical and cultural interests.
- Recommended itineraries for thru-hikers.
- Advice on planning and preparing for the trip, including information on gear, safety, and resupply locations.
- The book is printed in full-color."

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## RIDGE TO RIVERS PLANS NEW ACCESSIBILITY TRAILS

**Grove Trail:** A new accessible pedestrian-only trail will connect with and parallel the current Grove Trail in Hulls Gulch Reserve. The approximately 0.4 mile section will turn the trail into a loop creating a longer trail experience for users.

**Red Fox Trail:** The relocation of a portion of Red Fox Trail in Camel's Back Reserve will mitigate the build-up of deep sand that can inhibit use for those in wheelchairs or who use other devices to improve mobility. The 100 foot long reroute will also improve safety and connect users with other accessible trails nearby.

**Red-winged Blackbird Trail:** The project includes widening the trail, a small realignment and the addition of surface material to make it easier to navigate for people with mobility devices. Once finished, the trail will provide an additional loop opportunity for users of all abilities.

For more information, check the R2R website:

<https://www.ridgetorivers.org/>

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## NEW TUESDAY HIKE ORGANIZERS

We welcome our new Tuesday hike organizers effective July 1st.

"Please let MWOC members know we are always looking for hike leaders and substitutes. We also welcome any suggestions for new hikes and favorite hikes that have not been done in awhile."

Gary and Shari Wright  
208-391-8598  
[rejuvdesign@hotmail.com](mailto:rejuvdesign@hotmail.com)

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## MWOC POLICY ON DOGS

"It is recommended that dogs NOT attend MWOC hikes. Even though the dogs may be on a leash, there is concern about the safety of hikers with dogs on the trails. If you feel that you must bring your dog, it is requested that you hike at the back of the group with the dog on a leash at all times."

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## 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 an event leader who needs 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 Jenki, [laura.jenski@gmail.com](mailto:laura.jenski@gmail.com)

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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](http://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](http://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>.

Please direct questions to Claire Veseth, Membership Chair, at [CBVESETH@GMAIL.COM](mailto:CBVESETH@GMAIL.COM).

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## GUEST PARTICIPANTS

We welcome guests and prospective members to join our activities (hiking, biking, kayaking, etc). New members are always welcome! But participants must know their own capabilities and participate at their own risk. Accidents and medical emergencies do happen sometimes. We'd like to limit the potential liability of MWOC administrators and event leaders by having everyone sign (electronically) a liability waiver. Members sign the waiver as part of the electronic renewal process every year. Event leaders are expected to carry an electronic link on their cellphones so that visitors can sign the waiver at the trailhead. (The link is depicted above. It can best be downloaded from Scott Stolhand's email dated 05/15/23.) Most (but not all) trailheads have cell service. If you know that someone will attend a future event, please sign them up ahead of time.

Potential new members are asked to join MWOC after attending 2 events as a guest.

Most hike leaders have a QR code on their cell phones that allow participants to sign the liability waiver at the trailhead. Cell service is required. If you're bringing a guest to a remote trailhead, please print the liability waiver from the website and bring it already signed.

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## 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.)



### "POT PARTIES" WITH MARY

Our ever-busy Mary Brown and several other members participated in two Audubon Society work parties to re-pot native seedlings that will ultimately create habitat for birds.



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Tuesday hikers visited Military Reserve, Stack Rock, Bogus Basin, and Upper Hulls Gulch. The Bogus outing included a wine break to celebrate a wedding anniversary for Wendell Martin & Janette Young.



Wednesday hikers visited Deer Creek (Alvena's Trail), the Adelman mine, Military Reserve, and the Bob's/Corral loop. Note the large rock cairn behind the hikers in the photo. It's a familiar feature at the apex of Corrals Trail.

Thursday hikers visited the Greenbelt in Boise and in Eagle.

I don't have a photo so I'm toasting Wendell & Janette.





Thursday Afternoon Nordic Ski/Snowshoe group stopped meeting due to lack of snow. They will resume in January. Try not to think about it while enjoying summer.

Kayakers & SUP'ers remain inactive due to some health problems but hope to re-start soon. If you would like to lead a kayak day trip, please contact Francesco Satta (email address below). These are typically flat-water events, I believe, nothing dangerous.



Friday bikers visited Lucky Peak dam, Boise Bench neighborhoods (twice), and Eagle. Coffee and pastries may have been involved at various times





## MISCELLANEOUS PHOTOS

*Above:* Morel season! Yum!!

*Middle:* Miles and miles of rural Idaho along Mayfield Road near Boise.

*Below:* Headed home from the Boise Foothills.

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## 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](mailto:capitanosatta@yahoo.com)).

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## 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](mailto: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](mailto: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](mailto:laura.jenski@gmail.com).

### MWOC officers

**Greg Farmer**, President  
[remraf@rocketmail.com](mailto:remraf@rocketmail.com)  
208-908-8124

**Judy Farnsworth**,  
Vice President  
[jfarnsw@me.com](mailto:jfarnsw@me.com)  
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**Laura Jenski**,  
Treasurer  
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