



MOUNTAIN WEST OUTDOOR CLUB NEWSLETTER
SEPTEMBER, 2023

PHOTO CAPTION:

The long and winding road
That leads to your door
Will never disappear
I've seen that road before
It always leads me here
Leads me to your door

Beatles, 1970

Cyclists: Steve Waltari, Deb Rose, July'23



MWOC Annual Picnic Celebration

When: 11 Sep 2023 6:00 PM, MDT

Where: Kristin Armstrong Municipal Park Shelter, 500 S. Walnut St., Boise

The time has come at last! The theme is Hawaiian, so don your flowered shirt, put on your lei, and come to the picnic. Socializing starts at **6:00 p.m.**, followed by dinner at 6:30, and raffle at 7:30. Stay and have a blast.

Would you like to help? We're looking for assistance with set up, serving, raffle prize runners, and clean up. Contact Janette Young at janettey99@gmail.com to let her know of your availability and interest.

- You must register for the picnic but it is FREE for MWOC members. If you still haven't made a reservation, contact Janette Young (above) to see if there's enough food on order to accommodate you.
- We are asking everyone to bring their own plates, tableware, napkins, and beverages (no alcohol, no glass).
- There will be a raffle for lots of fun prizes.
- We recommend that you bring your own chair since bench seating will be limited,
- *IF* there is food left over, and you wish to take some home, please bring your own container(s) for the food.
- Please be aware that if you forget items at the picnic site, they will be discarded.

MENU FOR THIS YEAR'S PICNIC:

Luau House Salad
Coconut Rice
Teriyaki Chicken
Kalua Pig
Grilled Vegetable Kabobs
Sweet Potato and Spinach Salad
Pineapple Upside Down Cake
Tropical Fruit Punch

UPCOMING MWOC EVENTS



MWOC MONTHLY MEETING

Date & time: Monday, October 2, time TBA (probably 6:00 PM)

Place: 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.

Winter meetings happen indoors at Idaho F&G and don't include dinner. In place of a potluck dinner, we have interesting speakers. The October meeting will feature Traci Swift, Outreach Coordinator for the Nature Conservancy in Idaho. Her topic is "Building Partnerships for Vibrant Communities and a World Where Nature Thrives". The mission of The Nature Conservancy (TNC) is to conserve the lands and waters on which all life depends. TNC has conserved more than 450,000 acres of iconic landscapes and important habitat, and over 200 river miles in Idaho since 1965. Today, TNC has three focus areas: Land and Water Conservation, Regenerative Agriculture, and Climate. Traci will cover three projects in particular: Silver Creek Preserve, the City of Trees Challenge, and restoration at Diane Moore Nature Center.

Traci is also a board member of the Treasure Valley Canopy Network, and an avid outdoorsperson.



RAKE-UP BOISE, November 2023

MWOC traditionally participates in this charitable event, helping elderly and disabled people clean up their yards in the Fall. Mary Brown has graciously volunteered to lead the Rake-Up contingent again this year. Details will be forthcoming via separate email soon. The target dates may be either November 11 or November 18, TBA. If you'd like to participate, please contact Mary at brownmeb@gmail.com.



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, 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 (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, 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.

- **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 or email the Tour Director, Robin Howe, at ROBINCOOKSANDSEWS@GMAIL.COM.

MISCELLANEOUS BUSINESS

UPCOMING ELECTION OF MWOC OFFICERS

As you may remember, MWOC transitioned to a system in which we elect half our officers every year. The new system provides continuity in that the new, incoming officers will overlap with half of the old, outgoing officers.

In December, we'll hold an election to replace the Vice President (currently Judy Farnsworth), the Membership chairperson (currently Claire Veseth), and the Communications chairperson (currently Jim Wolf). So far as I know, none of the incumbents are seeking re-election. Please contact one of the current officers if you have questions or would be interested in one of these positions.

MWOC MONTHLY MEETING, Monday January 8, 2024

The monthly meeting is usually held on the first Monday of each month. We're delaying the January meeting until the second Monday, January 8, to avoid New Year's Day. I know we're all dedicated members but surely we'll have something more important on NYD.

ACHD Launches Interactive Online Bicycle Map

Bicyclists can now access the Ada County Highway District Bicycle Map. It 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.

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.

The updated Ada County Bike Map is available on ACHD's website, achdidaho.org. Physical copies of ACHD's Official Bike Map can be requested at (208) 387-6100.

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

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>.

Please direct questions to Claire Veseth, Membership Chair, at CBVESETH@GMAIL.COM.

CLUB EVENTS SINCE LAST NEWSLETTER

Thanks to everyone for sending current photos. There's a LOT that goes on between newsletters.

PLEASE Keep those emails and photos coming! (Email addresses at end of newsletter.)

ALASKA CRUISE, August 23-30, 2023

This event certainly happened but I haven't heard any stories about it yet. I think I received a couple of photos but can't locate them now. So, cruisers, please send me some stories and photos! I'll put them in next month's newsletter. Meanwhile we'll just make stuff up, like when Tom Worsley wrestled the Alaskan grizzly bear. It probably didn't happen but it's entertaining to think about it.

PADDLE THE MEANDERS IN McCALL, August 24

Likewise, I think this happened but have no details. Somebody, anything? It was a huge riotous party and everyone got arrested. Not really....

RECURRING MONTHLY EVENTS

Tuesday hikers visited Bogus Basin (twice), Hull's Gulch, Dry Creek, and Sweet Connie trails.





Wednesday hikers visited Pierce Gulch, Bogus Basin, Bonneville Point, Rocky Canyon, and Broken Horn. Pierce Gulch was especially interesting, a new addition to our catalog of hikes!

Thursday hikers visited Table Rock, Merrill Park, and Bethine Church trails.

photo courtesy of Deb Rose



Kayakers navigated Cascade to Cabarton on the North Fork of the Payette River.

Friday bikers visited Guerber Park, Greenbelt/Banbury, Boise Bench, and East Boise. Special thanks to Pat Alexander for filling in while Greg Farmer is away.

(photo is me on the Mayfield Road, courtesy of Deb Rose.)



Thursday Afternoon Nordic Ski/Snowshoe group stopped meeting due to lack of snow. They will resume in January.

PARTING SHOTS



George & Sharon Moses travelled the Silk Road with Road Scholars.

(color me green with envy)



Greg Farmer practicing his "Contemplative Explorer" persona
at Bonneville Point.



Summiting Mount Kilimanjaro / Uhuru in Africa, August 2023. A demonstration of what can be accomplished with youthful exuberance, travel fever, and a little spare cash. Features included gale force winds, temperatures to 10 below zero, and relentless elevation gain. My favorite story was the group of wealthy Russians who had enough of suffering and paid \$24,000 for a helicopter off the mountain.

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 Shari Wright, 208-391-8598.

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).

FRIDAY BIKING GROUP email announcements are sent each week with location and time. Rides are moderately-paced with no drastic elevation changes, and almost all are pavement rides. No one will be left behind. Rides last 2-3 hours and often conclude with a coffee stop. If you have questions, please contact Greg Farmer, 208-908-8124.

General Announcements

MWOC officers

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.

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