



PEAK EXPERIENCE

The Newsletter for Friends of Scotchman Peaks Wilderness, Inc.

Volume 9, Number 4 • July/August 2013

Mission Statement

“Spanning the Idaho/Montana border, the Scotchmans are one of the last, and largest, wild areas in our region. We conduct education, outreach and stewardship activities to preserve the rugged, scenic and biologically diverse 88,000 acre Scotchman Peaks Roadless Area. We believe the Scotchman Peaks deserve congressional designation as Wilderness for the benefit and enjoyment of current and future generations.”



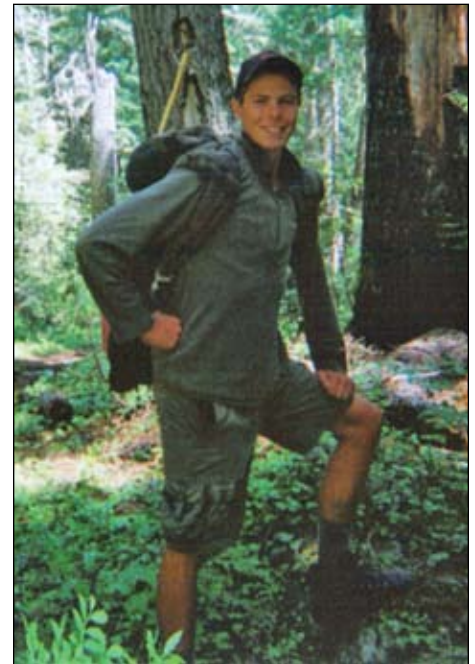
Friends of Scotchman Peaks Wilderness, Inc. (FSPW) is a non-profit organization. The proceeds from all events and sales benefit our wilderness preservation efforts. Donations are tax deductible.

If you are receiving this newsletter by mail and have an email address please help us save postage by sending us your email address.

Editor: Ann Wimberley
Layout and design: Celeste Grace

High School Essay Winners

The 2013 Friends of Scotchman Peaks Wilderness High School Essay competition for graduating seniors garnered more than sixty entries this year, from Thompson Falls, Noxon, Libby and Troy in Montana; and Clark Fork, Sandpoint and Lake Pend Oreille High Schools in Idaho. This year's thematic requirement was "A most memorable wilderness experience, a first-hand account of an experience of the author or an account of a story related to the author by a friend or relative. The experience may have happened in any Wilderness, designated or proposed, and must portray traditional wilderness activities such as backpacking, camping, hunting, fishing, berry picking, or horseback riding." As always, the responses were diverse, personal, often humorous and heartfelt.



High school essay winner Alex Walt

Photo courtesy of Alex Walt

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Wild Creatures of the Scotchmans

Wetland Critters: An Honorable Mention

By Brian Baxter

A short convoy of rigs snaked through the Bull River Valley winding its way while meticulously searching and scanning. Our "Old Growth Ecology" class stringer of 4 WD vehicle assortments made a reptilian like transition going in to the Ross Creek Cedars. I was hoping a wetland creature might share itself with us and then we'd have a picture to accompany a "Wetlands Critters," overview I thought might be timely for early summer with the kids out of school.

Lo and behold, not five minutes into our hike while discussing the diverse forbs, one of the young folks spotted a frog. We talked about the Ross Creek Cedars as a key component in the connectivity of the local Rockies ranges - How a young male lynx might make its way from the East

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The Future Looks Bright

Note: Our events calendar is also available online. Check for further details, changes and new additions at www.scotchmanpeaks.org/category/events/

- July 4:** Parades galore for Friends of Scotchman Peaks to walk in. Sign up with phil@scotchmanpeaks.org for Sandpoint, neilwim@yahoo.com for Clark Fork, and sandy@scotchmanpeaks.org for Heron or Noxon. Help out in the booth at Troy by writing to kristen@scotchmanpeaks.org
- July 8 - 10:** Botanical survey backpack in Lightning Creek "Treasured Landscape."
- July 12:** Workday on the Star Peak Historic trail reconstruction; Volunteer to trails@scotchmanpeaks.org; Botanical survey day in Lightning Creek "Treasured Landscape."
- July 13:** Botany field trip to Black Peak with botanist Peter Lesica. Co-sponsored by Montana Wilderness Association and Montana Native Plant Society.
- July 17:** Botanical survey day in Lightning Creek "Treasured Landscape."
- July 24:** Botanical survey day in Lightning Creek "Treasured Landscape."
- July 25:** Noxious weeds survey day in Lightning Creek "Treasured Landscape."
- July 26 - 28:** Wilderness Ranger Apprenticeship Weekend. A campout for high school kids entering their senior year focused on learning wilderness trail building skills, leave no trace and safety; all on the historic Star Peak trail reconstruction project. This is a free activity. Meals provided. Space is limited. Write to sandy@scotchmanpeaks.org.
- July 29:** Assist the Montana Conservation Corps to their camp at Star Peak. FSPW volunteers sought to help pack food and

equipment to the lookout for the MCC 10-day stint on the Star Gulch trail.

- August 9:** Workday on the Star Peak Historic trail reconstruction; Volunteer to trails@scotchmanpeaks.org
- August 9 - 11:** FSPW volunteers will participate in the Huckleberry Festival in Trout Creek. Write to kristen@scotchmanpeaks.org
- August 12 - 15:** Botanical survey backpack in Lightning Creek "Treasured Landscape."
- August 16:** Workday in upper South Fork of Ross Creek. Volunteer to trails@scotchmanpeaks.org
- August 20 - 24:** Bonner County Fair. Volunteer for FSPW's largest outreach event of the year at kristen@scotchmanpeaks.org
- August 23:** Workday on the Star Peak Historic trail reconstruction; Volunteer to trails@scotchmanpeaks.org
- August 27 & 28:** Botanical survey days in Lightning Creek "Treasured Landscape."
- September 3 - 6:** FSPW Exec Phil Hough travels to Seattle for presentations at Woodland Park Zoo and a showing of *Grass routes: Changing the Conversation*.
- On The Horizon**
- September 9 - 12:** Botanical survey backpack in Lightning Creek "Treasured Landscape."
- September 28:** FSPW celebrates National Public Lands Day with a workday in Morris Creek.
- October 5:** Annual Adopt-A-Highway cleanup. Highway 200 near Clark Fork Contact jacob@scotchmanpeaks.org
- October 5 - 6:** Sixth Annual Scotchman Peaks Plein Air Paintout. Write to neilwim@yahoo.com
- October 24 - 27:** National Wilderness Stewardship Conference in Big Bear California.

Scotchman Past

By Sandy Compton

What's in a name? If you could ask the late Ella Ewing, she might tell you it makes a mountain of difference.

Mrs. Ewing was born Ella Pilik on February 13, 1905, in Noxon, Montana. Her parents were John and Ada Pilik, and they eventually moved into the Bull River drainage and took up a homestead there. Ella went to school at Bull River and then moved away to Spokane, where she graduated from North Central High School.

Ella didn't forget the West Cabinets. And the folks of the country she grew up in didn't forget her family. But they did get the name wrong.

The long ridge stretching east for over six miles from Star Peak to Bull River has been called alternately Pellick Ridge — from 1936 to 1966, the Forest Service maps reference the name "Pellick" — and Pillick Ridge — in 1966, the name changed to "Pillick." Closer, but no cigar.

Ella died at 96 in October of 2011 in Farmington, Washington, but in 2005, when she was 90, she petitioned the Forest Service to correct the spelling to "Pilik," supporting her request with family records. The Forest Service in turn notified the US Board on Geographic Names, a branch of the US and the Board agreed to correct the name, writing in their opinion:

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Over the Top Volunteer(s)

Friends of Scotchman Peaks is a volunteer-driven organization. Even though FSPW has part-time staff, it is our volunteers and volunteerism that make the earth turn in our efforts to achieve wilderness designation. Each year at the annual State of the Scotchmans, we name our top volunteer of the year as well as express our appreciation for a few of the others who have stood out over the previous year. For the 2012/13 cycle, we recognize Don Clark of Libby for his active and continued support in Lincoln County; Kelsey Brasseur for her enthusiasm for our mission and her work in other conservation efforts; Irv McGeachy for his commitment to trail projects, and particularly the Star Peak rebuild; Michelle McGeachy for her help with sorting photos from the MSBI research; Ken Thacker for his enthusiastic attention to weeds; and Mark and Karen Sheets for their help and support in Sanders County.

Each year, we pick one outstanding person to honor as our "Old Goat of the Year," and this year we chose the indefatigable Phil Degens for that honor. Phil, who is "somewhere past 70," is a guy who shows up for everything from preparing mustelid bait to swinging a Pulaski, and always with a smile on his face and a great attitude. We even had to ask him to take a night off from working at the soup kitchen to make sure he would be at the State of the Scotchmans to get his recognition plaque. Phil is going to further honor us by riding with a select group of volunteers from other organizations in and around Sandpoint in the Fourth of July Parade.



Phil Degens shows off his "Old Goat" plaque with Sandy Compton and Phil Hough

Photo by Deb Hunsicker

These are certainly not our only "over-the-top" volunteers. The list goes on and on, but for this issue we would like to also especially recognize those volunteers who make up our Board of Directors. Most all of them are founding board members who have been part of the board since the beginning. Carol Jenkins, of Sagle, is Vice-Chair and Idaho Director as well as Secretary. Doug Ferrell, of Trout Creek,

is Vice-Chair and Montana Director. Jacob Styer, of Sandpoint is our Treasurer. Neil Wimberley, of Hope, is East Bonner County Director. Bill Martin, of Troy, and Will Valentine, of Sagle make the rest of the Board. In addition to his duties on the Board, Will also keeps up with our list of Friends. Two others are Ann Wimberley, our newsletter editor, and Celeste Boatwright Grace,

who lays out the newsletter. Chairman Phil Hough is also our paid executive director, but he works a lot more hours than he gets paid for, as does the rest of the staff.

Friends of Scotchman Peaks Wilderness is lucky to have some of the best volunteers in the world, and we want to thank each of you. Even if you didn't get mentioned here — this time — we know who you are, and we appreciate all you do.

Cinnabar Challenge Grant is on again!

Once again, the Cinnabar Foundation has awarded a challenge grant to the Friends of Scotchman Peaks Wilderness. If you want to assist us in our efforts to protect the Scotchman Peaks as Wilderness, and particularly in continuing our involvement the Multispecies Baseline Initiative, aka the Wolverine Study, this is the perfect time to send in a contribution - Cinnabar will provide matching funds for up to \$3,000 in donations. Your donations to either our general budget or the Wolverine study will qualify for matching funds from Cinnabar, up to their limit. This is a great opportunity for you to double your money!





Message from the Chair

Wilderness: A Legacy Connecting Our Past and Future

Wilderness, a vision of hope, is naturally “forward looking”, a place where our children will be able to connect to nature as we do. FSPW describes our work as: “*For our Families, for our Future*”.

Wilderness also connects us with our past. We want to feel a similar sense of awe as did our forbearers when they first set foot on this wild continent. We want to explore dark and mysterious forests, cross vast plains of prairie grass and paddle waters unmarred by the wake of other boats. We want to look at the world with the same sense of wonder as those who stepped off the Mayflower, or set out in Conestoga Wagons. We want to pass on to our heirs the legacy we received from our ancestors.

We can only do this because of the efforts of those who came before us. As our continent was being settled and resources developed, there were people who saw the value of land for development as well as the need to conserve resources for future use *and* to preserve wild country. Among the luminaries whose vision and work shaped policies at critical times are Aldo Leopold, Bob Marshall, Theodore Roosevelt, Gifford Pinchot, John Wesley Powell, John Muir and Henry David Thoreau. They left great legacies and their passion, insight, decisions and work still inspire and shape conservationists today.

While these men were influential, our individual passion for nature is often shaped by our family. Reading “Walden” or learning about Teddy Roosevelt inspires us; yet, our core individual values and interests are shaped most directly by our families. Values that are often times handed down generation by generation. We need to cultivate this same appreciation for nature with today’s children, just as our parents and grandparents cultivated it in us.

As I write these word on “father’s day”, I am reminiscing about my childhood and the love my parents instilled in me for the great outdoors, from the time I was barely old enough to walk. My dad took me on many hiking, paddling, fishing and camping trips through my teen years, a tradition we continued even as I was an adult. He shared and instilled within me a love for wild country.

When I was 10 we took our first wilderness canoe trip into the far northern reaches of Maine. We celebrated my 12th birthday on the Missinaibi River in Northern Ontario; far from civilization, in ten days we only saw other people one time. I learned to make fire with water soaked wood, patch a canoe, and navigate using maps, compass and dead reckoning. My father also showed me that we need wild places to define who we are, how we are connect to the world and to each other.

Those who knew my dad know that he loved to tell stories, often repeating favorite ones. He was continuing an oral tradition of passing on history, the same way as many cultures have done.

I never knew my grandfather personally, but I feel a strong bond with my grandfather through my dad and his stories. Philip Rice Hough was the first ranger on duty in the Great Smoky National Park when it was created in 1930s. Earlier he had been part of a 4 man team that travelled by mule in 1921 into central Alaska, surveying the northern boundary of McKinley National Park. He was an avid outdoorsman, adventurer and a conservationist.

His grandfather, Franklin B Hough was commissioned by congress in 1876 as the first “US Forest Agent” and did the first survey of America’s forests. As a result the “Department of Forestry” was created, with Franklin as its first chief from 1881 to 1883, the precursor to the National Forest Service. Our family conservation roots run deep.

My dad was the bridge that connected us all. His stories instilled more than an interest in wild country; they instilled a sense of obligation and commitment, passion and perseverance to see that we treat nature with the utmost respect. We need to care for the natural world: to complete the vision of our ancestors, for ourselves, our families and future generations.

I am proud to be a part of this legacy, connecting past, present and future. I would not be doing this today if it were not for my dad’s influence. My father recently passed away, but he lives on in the spirit of wilderness which I carry forward. More than a father and son bond, we are part of a timeless connection, a part of the legacy on which conservation work depends and flourishes. On this father’s day, I salute my dad, and all the fathers who over the generations have shaped the world and have passed on some wild parts for their sons and daughters.

–Phil Hough

From the Top

What an amazing number of volunteer opportunities are in this issue and so many volunteers! It’s especially great to see young people joining the Friends as we spread the word about the value of wilderness. Even the dogs are joining the fun.

See you on the trail!

–Ann Wimberley



Scotchman Birds

Songs and Ears

By Jon Isacoff, PhD

Some will have us believe that birding by ear is an “advanced birder” skill, only for pros and die-hards. Is it so? Hardly. I find that more and more as years go on, I bird by ear and less by sight. Possibly this has to do with my vision deteriorating more quickly than my hearing. For others, the opposite may be the case. But all else equal, very tiny objects hiding in dense needles, foliage, or even worse *inside* the trees (aka, woodpeckers, nuthatches, owls) are easier to hear than to see. And early summer is the prime time for hearing birds singing in the Scotchman’s.

As with visual ID, birding by ear is as easy or as hard as you want it to be. But if you can hear it, you can learn it. Next time you’re on a stroll (or intense climb, or snowshoe) in the Scotchman’s, take some pauses and give a good listen. If it’s relatively early in the day, odds are you’ll hear birds singing. And chirping, chipping, buzzing, and pecking. With just a tiny effort, you can start to distinguish things: call notes, which are usually one or two distinct chirps or chips, vs. full songs, which are often many notes and very musical. Many bird songs have patterns. Note: did the song ascend or descend in pitch? Was it staccato or were the notes slurred together? Was it more warbly or more machine-gun like? Was it just a few notes, say less than 10, or was it an endless symphony?

Making some observations to answer these questions can greatly narrow down the possibilities for ID. With a little practice, you can ID birds by sound just as by sight. One last key piece of information: how do you check your ear to see if you got it right? There are two options here: one, you can purchase CD’s with bird songs: the *Birds of the Pacific NW* CD set is among the best out there and covers nearly all birds that are found in the Scotchman’s. The other option is to



Vireo

Photo by Jon Isacoff

surf the web for free downloads, which are increasing in volume, quality, and availability every year. Typically free downloads are shorter and slightly less crisp in quality than CD’s, but this is not always the case.

So what will you hear if you go birding by ear in the Scotchman’s? Well, pretty much every type of bird that’s been in these pages for the past several years! Early summer is the prime time for Warbler, Vireo, and Flycatcher songs in the deep forests and streamsides. Learning these distinctive songs is challenging, but it will enhance the character of your Scotchman’s experience forever.

But one final thought for the doubters and skeptics: think owls. Widely admired, rarely seen, often heard. If you’ve always wanted to find owls in the wild, your ears will be your best guide and with a little luck and perseverance, you may even get to see one too!

Tales of the Scotchmans

Scotchman 2.5

By Celeste Grace

Three peaks, five men, a crazy leader, 7,000 feet elevation gain, 16 miles and me. Recipe for disaster or just another day of fun in the Scotchman Peaks? Only time would tell. Jim Mellen’s idea of a fun but challenging day hike involved hiking from Big Spar Lake trailhead, to Little Spar Lake, over vertigo ridge, to Scotchman 2, then Scotchman Peak, finally summiting Goat Peak, and emerging at Lightening Creek. It sounded like a good idea



Eric and James traversing a little ledge

Photo by Celeste Grace

when I signed up for the trip, but as the day drew closer and rumors of the difficulty loomed, I questioned my sanity.

We met at the trailhead for dinner and camping Friday night. We pitched our tents in the dark, then gathered to eat, socialize, and sign waivers. As I looked around at the group, it became patently obvious how outclassed I was: among the

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**Creatures, from page 1**

Cabinets down the North Fork of Bull River, sneaking along at night across the valley and pass Ross Point, silent pathway treading up into the Scotchman Peaks. Riparian old growth areas are often connected intimately as in the case of wetland critters. Montana Quarterly just had an article "Rethinking the Swamp, Montana Mends It's Wetlands." FSPW is now working at scheduling a "Wetland Wonders," class in the early fall due to less "I.P.," or insect pain.

In addition to our little friend, the spotted frog, the serenade of the Pacific Chorus Frog is heard during breeding

**Spotted Frog****Photo by Miles Schuman**

season in spring. This smaller frog is usually two inches in length with a distinct eye stripe that ends at the shoulder and obvious toe pads. Other amphibia, meaning "double-life", metamorphose or change from tadpoles or larvae into adults. Might be "Long Toed Salamander" or "Coeur

D'Alene" salamanders around. Both rare and locally distributed, the Coeur d'Alene is generally dark with a brighter stripe down the middle of the back. The Long Toed, as the descriptor indicates, has the longest toe on the hind foot being larger than the sole. There is also a green -yellow stripe down the back.

Reptiles were the first invertebrates to become independent of the water. This was helped by two adaptations, shelled eggs, and dry, scaly skin. The Northern Alligator Lizard is recognized by indistinct black and brown bands/cross bands and is about five inches long. Western Skinks are rarer, having a broad, brown stripe with a black edge running lengthwise down the back. Both are found under logs near streams. Look where Blue Herons hunt and feed in slow water for fish, crustaceans, tadpoles and reptiles. Painted Turtles are a treat when caught napping or sunning on down logs. A Rubber Boa could be a cool find! This small stout snake averages 15 inches and has small eyes and a blunt tail. This slow moving snake, looks and feels like rubber, hence its name. This predator feeds on small mice, shrews, salamanders, snakes, and lizards.

Western Toads and Western Terrestrial Garter snakes and the common garters abound! So grab a kid or two and go feel young again! Explore the mudlands and wonders of our marshes, swamps, bogs, fens, and riparian areas. Along the way, don't forget to keep an eye out for eagles, herons, moose, beaver, ermine, mink and other critters that inhabit wetter landscape areas.

Make no mistake, the amphibians and reptiles of the Northern Rockies are survivors in their own right, and are worthy of our respect.

Join us in the fall for our "Wetland Wanderings and Wonders" Class. Email Sandy at: sandy@scotchmanpeaks.org or b_baxter53@yahoo.com.

Brian Baxter is a field ecologist with over 36 years in the bush, and over 15 years as an outdoor educational instructor.

Scholarships, from page 1

"We had some great essays this year," said FSPW program coordinator Sandy Compton. "It's hard to choose the 'best,' because there are so many good ones."

The winners for 2013 were: Makayla Cichosz-King from Libby; Michaela Curry from Troy; Cassidy Smith from Clark Fork, Kieri McCommas from Lake Pend Oreille High, Brandon Piazzola from Noxon, Alexandra Kremes from Sandpoint; and Alex Walt from Thompson Falls. Each received a check to be spent as they see fit and a certificate of award.

Alex Walt's essay was judged as best of all entries, for which he received a bonus of \$250. He wrote of picking huckleberries in the Spanish Peaks Wilderness: "The beauty of the wilderness leaves its footprint on you. It is a fossil kept close, and when recalled, brings back cherished feelings and connections to the natural world. My favorite memories of the wilderness lie by all the thickets I sat in on those hot afternoons. Sure, I might be robbing the bears of their deserts, but who could deny a plump berry on a hot August afternoon."

Read all the winning essays online at www.scotchmanpeaks.org/blog.



Scenic Tour of Kootenai River (STOKR)

By **Molly Kieran**

On May 11, five Friends of the Scotchman Peaks Wilderness fed 285 bicycle riders food and drink. The food was prepared and donated by folks from Libby and Troy. This event for Habitat for Humanity has been taking place for several years. This would be our 4th year volunteering to man the stop at Sylvanite in the Yaak. These riders pedal for 98 miles from Libby and Troy on Hwy 2 along the Kootenai River. Past Troy they turn on to the Yaak River Road and pedal along the Yaak River. They roll into our rest stop about 15 miles up the Yaak River Rd. for food and refreshments. Then they are back in the saddle and heading up to the town of Yaak – 2 bars, a mercantile and gas pump. From there they hang a right and are headed down the Pipe Creek Road all the way to Hwy 37 which takes them back to Libby. It is an absolute delight to visit with these dedicated cyclists. As usual our fellow “Friends”, Jim Mellen and Jacob Styer, were among first to arrive. This event brings cyclists from many areas including Washington and Canada. Many thanks to Matt Bowser, (who joined us from the Yaak Valley Forest Council), and our FSPW volunteers Charlie Clough, Don & Monni Clark for their time and support. You couldn’t ask for a better crew.



Matt Bowser, Don Clark, Monnie Clark and Charlie Clough prepare to feed STOKR cyclists

Photo by Molly Kieran

Scotchman Natives

Humble Plantain is treasure-house of benefits

By **Valle Novak**

Plantain, or Plantago, is so commonplace that it generally goes unnoticed and unremarked. But this humble relative of the banana is such a treasure-house of once-recognized but generally forgotten benefits that it deserves a second look by hikers, campers and even gardeners.

Described in Peterson’s Field Guide to Edible Wild Plants as “low, homely plants. Flowers greenish white, tiny; in tight slender heads atop a leafless stem. Leaves in basal rosettes,” Common Plantain is recommended for use in salads or as a cooked green.

I’ve always known that common plantain (*P. major*) is edible, but never thought of trying it because of the coarse and stringy leaves. However, a chance “encounter” in Gregory Tilford’s “Edible and Medicinal Plants of the West”* (while researching something else) got me involved in the long and revered history of Plantago.

First of all, Tilford remarks on the fact that plantain is so common that we “step on it enroute to the vegetable garden, unaware that it may be more nutritious than the vegetables we tend,” being high in vitamins C, A and K. He points out that it was once a food crop, and that the whole plant is

edible raw or cooked with a flavor “similar to that of Swiss Chard”. Though tough and fibrous, he says the strong leaf fibers can be easily removed after boiling, which greatly improved the leaves’ palatability.

That alone makes plantain a valuable forage or survival plant, but it’s the medicinal value that makes it truly shine. Every source I located pointed out various qualities and uses that make it almost a panacea. The seeds make an effective laxative and source of dietary fiber; the mucilaginous leaves contain soothing anti-inflammatory qualities; the crushed leaves, applied as poultices, sooth minor injuries and wounds. In survival situations, Tilford says “the remarkably strong leaf fibers of mature plants can be peeled away from the leaf veins and used as thread, fishing line, or even suture material”.

P. major and English plantain (*P. lanceolata*) were considered old even in John Gerard’s day (late 1500’s), for in his Herbal he talked of the “ancient writers” who revered the herb and stated that “the juice dropped in the eies cooles the heate and inflammation thereof.” This was agreed to a century later by Nicholas Culpeper, who, in the mid-1600’s, also pointed out in his Herbal that a decoction of the whole plant

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Peak Views

Hike date	Exertion Rating	Destination/ Hike Name	Leader(s)	Description and contact info
7/13/13	M/S	Botany Hike with botanist Peter Lesica	Judy Hutchins	Contact info: jhutch7494@aol.com; 406-847-2717 Meet in the parking lot just west of the Naughty Pine Saloon, Trout Creek, Hwy 200 at 9:00am MDT. Car-pool to the head of White Pine Creek and hike up a ridge to 6546' Black Peak, of the higher points in the Coeur d' Alene Mountains looming over the southern end of the Trout Creek drainage. The hike will be 5-6 miles round trip with about 1400' gain. Some off-trail but mostly on USFS trails through Mountain Hemlock/ Subalpine Fir forests and we will look for rare plants such as <i>Ivesia tweedyi</i> and <i>Douglasia conservatorum</i> .
7/19-21/13	S+	The Andrew Spring Backcountry Trip	Sandy Compton	Contact info: sandy@scotchmanpeaks.org Enter via The East Fork of Blue Creek and exit to the Ross Creek Cedars. This 3-day, 2-night hike will explore upper Ross Creek. Both nights will be spent at the Andrew Spring, which will allow for a central day of exploration in the crags Group size limit 8 - Distance: 12 mile.
7/20-21/13	S	Goat Peak Saddle and Scotchman Peak	Joa Harrison	Contact info: sigmatero@yahoo.com We will spend all day climbing Goat Peak (Trail #135, 4200' elevation gain) at an easy pace then drop down 300' into the saddle between Goat and Scotchman to camp overnight in an area with incredible views. An early morning alpine start with headlamps will get us to the summit of Scotchman in 900' for a gorgeous sunrise. Trail #65 down from Scotchman is far less steep than Goat so the hike down should be pleasant. We will have young kids on this hike so the pace will be very reasonable with lots of stops and time for nutrition and hydration. Although these trails are steep with a fair amount of elevation gain, the easy pace combined with spreading the climb over two days should be doable for moderately experienced backpackers in reasonable shape. Ultralight backpacking gear is highly recommended. You will need to haul lots of water.
8/12/13	S+	East Fork Peak	Chuck Gross	Contact info: liv2trek@live.com Join us on a 3200' climb almost 4 miles to the summit of East Fork Peak and look into the heart of this rugged, beautiful area and the Lightning Creek drainage. Get a glimpse of rarely-seen Alpine Larch. Straddle the state line of Idaho Montana just east of the summit as you enjoy views of many Western Cabinet peaks including Savage Mountain and Scotchman #2. Bring plenty of water. This hike is dry after crossing a creek near the beginning. Expect to take up to 3 hours up and a couple of hours to return to the trailhead
8/20/13	S+	Sawtooth Mountain	Sandy Compton	Contact info: 208-290-1281 or sandy@scotchmanpeaks.org We will begin in the East Fork of Blue Creek and climb to the summit of 6500 foot Sawtooth Mountain and exit through the South Fork of Ross Creek. This is arguably the hardest day hike in the Scotchman Peaks, but well worth the effort. Walk across a pristine, primitive landscape and gain rare views of the internal Scotchmans and the Crags. Bring your headlamp. Round trip: 12 + miles. Elevation gain, 3500 + feet.
8/25/13	M	Ross Creek Falls	Neil and Ann Wimberley	Contact info 208-264-5379 or afwim@yahoo.com or neilwim@yahoo.com Hike through the Ross Creek Cedar Grove and past to the Ross Creek Falls in the upper reaches of the South Fork of Ross Creek. A lovely hike through old growth and a cool way to spend a summer day. Round Trip 6 + miles. Elevation gain: 3500+ feet
9/7/13	Easy	Kid's hike in the East Fork of Blue Creek	Celeste Grace	Contact info: 208-627-2463 or celestegrace@gmail.com Explore the base of Practice Mountain. Find the secret spring. Bring your lunch and your Mom and Dad if you want (or leave them behind). Car pooling available. About five hours. Parent release required.
9/19/13	M	Loveland Peak	Mindy Ferrell	Hike Leader: Mindy Ferrell, 406-827-4341 Full moon over the Scotchmans. On Thursday, September 19th, we will carpool to within 1 1/2 miles of Loveland Peak and its adjacent ridge system. Moonrise is scheduled for 7:30 p.m. and it will illuminate the entire south facing slopes of the Scotchman and Cabinet Wilderness. We'll howl and feast and dance before returning to the valley floor sometime around midnight.
10/5/13	E/M	Highway 200 Cleanup Hike	Jacob Styer	Contact info: jacob@scotchmanpeaks.org Help us do our part to keep Scenic Route Idaho State Highway 200 clear of trash. Two miles of ditches make for a four-mile round trip. Trashbags, gloves and lunch provided.
10/12/13	S	Scotchman Peak	Phil Hough and Deb Hunsicker	Contact info: 208-946-9127 or phil@scotchmanpeaks.org This is the classic hike up the namesake peak for our proposed wilderness. It's short but steep. We will go at a slow pace so that steady effort is all that is needed to summit. Wide panoramas and stunning views of lake Pend Oreille, along with fall colors and possibly late season huckleberries will be highlights. 4 miles one way, 8 round trip with an elevation gain of 3,800 feet.

E = Easy; M = Moderate; S = Strenuous



Tales, from page 5

hikers were fast marathon runners, ironman competitors, RAAM riders, the co-author of THE authoritative books on hiking the Cabinets and the Selkirks, and a father and son team who had a lifetime of just “popping up” some of the most difficult mountains in the region. Again.... What was I thinking? But any inkling of insecurity was washed away as the skies opened and some of the hardest rains of the season poured down all night. We awoke early, partially in anticipation of the adventure, and partly for self preservation. If we slept too much longer, we surely would have drowned.

We stuffed everything we did not need in the cars, and set out. Within 100 yards, we faced the first stream crossing, which had swollen into a roaring little river with the torrential rains. We decided to take our shoes off so as not to have soaking feet all day. Very soon we would realize what a futile gesture that was. The first several miles consisted of verdant ferns and lush trees. Everything was so heavy with water, we could barely see the trail. It also meant everything from waist down was drenched from forging through the dense wet growth. The bear grass was well hidden, and thus even more treacherous than usual. Clouds had settled low and thick, so the long distance scenery was negligible.

We arrived at Little Spar Lake. The clouds started to lift just enough to whet our appetites for the potential of views. Our intrepid leader decided at that point to give us an option, an “out” if anyone felt particularly strong about hiking in inclement weather. This would be the place to turn around and head back. We were all in.

We bushwhacked up through mist and pines. As we climbed out onto the snowy ridge in the shadow of Son of Savage, the clouds became thinner. We walked on snow, hopped across talus. Saw Horseshoe Lake, with its myriad of glacial colors. We crept across vertigo ridge and found the fabulous stone throne. From here we eyed Scotchman 2, the first of the three peaks we were to conquer. We ultimately decided to forgo summiting in light of the weather and time. We skirted below it, while the Compton Crags spread out like a picturesque mural before us, intermittently obscured by just a few lingering clouds. We found the perfect rock table for a brief picnic. More bushwhacking, talus leaping, bear grass slipping, and we were soon on a ledge below Scotchman. By now, the sun was peeking

out in earnest and this rock ledge held the perfect heat of a thousand light years of sun. We took off boots and drenched socks and as the heat slowly seeped into our waterlogged bodies, we were ready to summit Scotchman. The goats were there to greet us, happy to find that there were other souls willing to brave the elements.

A quick glissade down the snowy slope of Scotchman towards Goat (the mountain, not the creature), and we “popped” up to the top for some additional views. The back side of Scotchman, Scotchman 2 and Black Top all dazzled in the afternoon light.

As we picked our way down Goat (the steepest trail of the day) we were all grateful for the work that had been done by a hand-



Breaking for lunch on a perfectly suited rock as the clouds break

Photo by Celeste Grace

ful of FSPW volunteers earlier in the year (hundreds of fallen trees had been sawed and removed from the trail). The only remaining mysteries of the day lay in front of us: would our cars (or at least A car) have been moved to the appropriate end point? Would there be a key? And would there be any beer left in the cooler? The answer to all was yes, and as an added bonus, our injured-reserve co-leader Sandii Mellen was there too, having hiked back from Little Spar Lake solo, brace tightly secured to her still ailing knee. What a welcome sight!

As we all carefully lowered ourselves into our camp chairs, we toasted and laughed, and I didn't even hear a whisper about “never again” or “bad weather”. The group, as I am finding repeatedly, was as tough as anything dished out to it.



Past, from page 2

“The proponent states that she is the daughter of John Pilik (b. 1883), who acquired property at the eastern end of the ridge in 1919, obtaining a homestead there two years later. She included with her application excerpts from the 1920 and 1930 Federal Censuses that listed the Pilik family as residents of Sanders County, along with a copy of John Pilik’s homestead application.”

The plot thickens.

“The 1919 patent application had recorded the family’s name as Pelik, while a 1936 USFS map labeled a lookout station on the feature with the name Pellick Ridge Lookout (the station was constructed in 1935 and abandoned around 1941). The latter name was also applied to the ridge on USFS maps published in 1958 and 1964 and on an Army Map Service map of 1967, but in 1969, the BGN was asked to consider a request to change the spelling to ‘Pillick.’ According to two local ranchers and a USFS employee, the family spelled its name Pillick, and so the BGN approved the request accordingly.”

They at least got the pronunciation right, even if the spelling was not.

The report continues: “The name ‘Pillick Ridge’ appeared on USGS maps published in 1978 and 1982 and on more recent USFS maps. Citing the historical documentation supporting the spelling ‘Pilik’ and a lack of evidence that there has ever been a family in the area named Pellick or Pillick, the Forest Service recommends approval of the change to Pilik Ridge. The



Seems someone has been been working on the sign at “Pilik” Ridge already

Photo by Sandy Compton

Sanders County Commissioners and the Montana Board on Geographic Names also support the change.”

In June of 2006, the Board on Naming honored their recommendations, voting 10 to 1 to make “Pilik” the official name of the ridge. The single negative vote was cast “in the belief that there was insufficient evidence that the proposed name is any more accurate historically than the existing name, and as such, the feature should not be renamed.”

Maybe the dissenter was concerned about the cost of changing the name on the maps, but that argument hardly trumps Ella Pilik Ewing’s. After all, she grew up at the east end of the ridge, and she should know how to spell her own name. The Friends will have to change the spelling in the next iteration of the Scotchman Peaks map.

Along The Trail

May 3: FSPW Exec Phil Hough joined Wildman Pictures’ Jake Glass at Muhlenberg College for a showing of *Grass routes: Changing the Conversation*

May 3 – 6: FSPW program coordinator Sandy Compton traveled to Boise for a Zoo Boise presentation.

May 11: Volunteer and riders from FSPW participated in the 2013 STOKR bike ride to raise funds for Habitat for Humanity in Lincoln County

May 10 – 12: Trail Skills Class was held at Bull River Campground. FSPW staff and volunteers received chainsaw, crosscut and trail building skills training.

May 17 – 19: Phil Hough and Sandy Compton attended Wild Idaho, the annual Idaho Conservation League gathering at Redfish Lake. While there, they presented *Grass routes: Changing the Conversation*.

May 31: The State of the Scotchman was held at Eureka West in Sandpoint. The annual meeting featured recognition of our volunteers as well as a presentation on Hiking With Dogs, with Ruffwear spokesman Whitney “Allgood” La Ruffa and his hiking companion Karluk the dog.

June 1: National Trails Day featured a FSPW “doggy” hike on the new Star Peak trail.

June 6 - 7: A dozen volunteers, including Master Naturalists and Native Plant Society members, joined FSPW and Forest Service staff for two days of training on weed identification and survey techniques for weed monitoring project at the Sandpoint Ranger District Office.

June 8: Ten students joined instructor Brian Baxter for a class on Old Growth Ecology at Ross Creek Cedars.

Continued, Page 11



Natives, from page 7

or dried leaves thereof would help “expel sediment and stones” as well as comforting piles, and sweetened with honey, helped allay bronchitis and asthma.

In 1814, English herbalist Robert Thornton wrote that (plantain) “appears to be the great vulnerary of the ancients” and “it is curious that it is the chief remedy for the cure of the bite of the rattlesnake” – discovery of which was attributed to the experience of a Carolina Indian.

Still, Plantago remained unstudied until in 1993, Japanese researchers reported that compounds isolated from plantain were strongly anti-inflammatory. Later studies by Norwegian and Japanese found that compounds from the leaves of P. major stimulated the immune system.

There you have it, hikers and gardeners – the Superman of the weed world. Let us not take this little fellow for granted any longer, but give it the respect it deserves!

By the way, a much coveted plant – especially when we were gathering native plants for the emerging arboretum – was Rattlesnake Plantain. It has prettily marked mottled green/white leaves, and is NOT a member of the Plantago family at all. Our area USDA “Field Guide to Forest Plants of Northern Idaho” gives it its own listing under the family Orchidaceae



Plantago Major

Photo by Marilyn George

and remarks on its resemblance to the Plantago family, but describes it at the “most common orchid in northern Idaho forests. Indians once thought it was a cure for rattlesnake bites, thus its common name....”

So, one has to wonder, was the plant in Carolina really a plantain at all? Rattlesnake Plantain has the basal rosette of leaves, but “shinier” than the coarse-ribbed plantain – and its stem is not naked, but part way up is spiraled by many small, dull white to greenish hood-shaped flowers, (which sometimes grow in a one-sided manner). Plantago itself is not even men-

tioned in our Idaho booklet. Whatever, we can enjoy both the plants for their individual traits (beauty in one and practicality in the other) and once again give a Thank You for the beneficence of Mother Nature!

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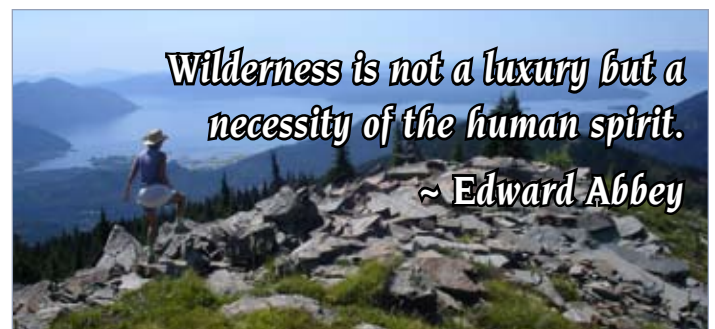
Along the Trail, from Page 10

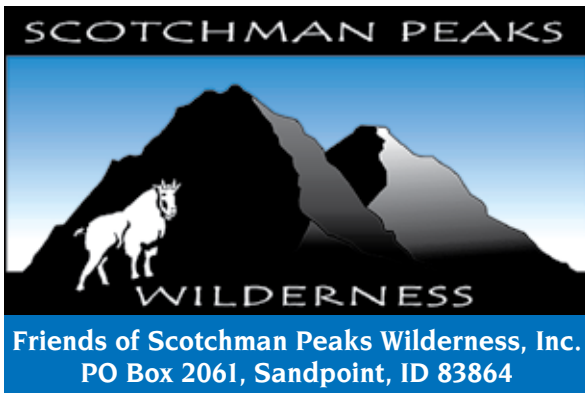
June 9: Volunteers and staff from FSPW, Cabinet Resource Group and the Forest Service joined forces for a National Trails Day work and weed event at Bull River Campground prior to the annual Sanders County Picnic.

June 12 – 14: FSPW, Master Naturalists and Native Plant Society volunteers joined FSPW and Forest Service staff for a three-day training class in botanical survey techniques and field identification of native plants for our botanical study project in the Lightning Creek “Treasured Landscape.”

June 21: FSPW Trail Crew volunteers and staff worked on new Star Peak trail.

June 24 – 26 and 28 – 30: FSPW staff and volunteers took part in Wilderness First Aid Classes with Long Leaf Medical instructing.





How You Can Help

Support Friends of Scotchman Peaks Wilderness

As concerned citizens, we support protecting and preserving the Scotchman Peaks area for ourselves and future generations. Highway 56, Highway 200, Lightning Creek Road, and Rattle Creek/Keeler Road surround this 88,000 acre scenic area which straddles the Idaho and Montana border. Wilderness Designation for the Scotchmans will protect plants and wildlife, including the endangered grizzly bears, mountain goat, and bull trout; it will protect water quality; and it will preserve a special place for future generations. In addition, local communities will benefit from the unparalleled recreational and economic opportunities such wilderness provides.

Name: _____

Address: _____

e-mail: _____

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Donation enclosed (optional). Donations are tax deductible.
 Please make checks payable to the Friends of Scotchman Peaks Wilderness, Inc. Detach & Mail to the address above.

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