

























### Natives, from page 7

can reach 7 feet tall. Opposing leaves are toothed and lance-shaped. Most reproduction is from its shallow rhizomes, but seed-bearing flowers also grow from leaf axils and appear as brownish, somewhat “catkin-like” drooping clusters.

Medicinal use of *Urtica* has been recorded from the 10<sup>th</sup> Century, when it was considered one of the Sacred Herbs. It was used as a poultice for many ailments, from gout to menstrual problems, and to counteract the pains of rheumatism and arthritis. In the Bronze Age, nettle stems were pounded in water into fibers which could be twisted into string and woven into fishing nets.

More recently, early American Indians often whipped themselves with the leafed stems for bone ache and arthritis. It was also cooked and eaten or used as a tea for a spring tonic. This has been accepted as a valid use by the Self-Heal Herbal Centre of Victoria, B.C., Canada, since *Urtica* contains “secretin which causes the bowel to slough off its heavy mucous lining from eating the heavier winter foods” (*Discovering Wild Plants*, Janice J. Schofield).

Schofield herself says that in her home nettles “serve as seasoning, tea, plant fertilizer, shampoo, hair rinse, liniment and favorite spring green.”

It’s probably doubtful whether any of us will be making such good things from any nettles we encounter, but it’s good to know that this much-maligned plant has such great hidden virtues. Meanwhile, we can prepare ourselves for any unexpected meetings with a light over-shirt at the very least.

### Trail from page 9

Goat Peak Trail #135, reputedly the steepest in Idaho, takes just three heart-stopping miles to gain 4,000 feet.

All of the above trails are accessed from Lightning Creek Road #419.

We then follow southeast along the Hope Fault to famous Trail #65, leading four miles to the top of Scotchman Peak itself.

After a ten-mile gap between trailheads is Trail #998, leading five miles to Star Peak. We are planning to finish Trail #999 by this summer’s end, a three mile rebuilt historic section connecting to #998 that takes allows hikers to avoid a road.

Next is Blacktail Trail #997, two-and-a-half miles that climbs toward (but not to) Pilik Ridge.

Turn north along the eastern boundary to Pilik Ridge Trail #1036, which leads 11 long miles to Star Peak Lookout.

Four miles up Montana 56 is Dry Creek Road # 1118 and the trailhead for Dry Creek Trail #1020, which runs south five miles between the proposed wilderness boundary and Bull River, connecting to Hamilton Gulch Trail #1019, Star Gulch Trail #1016 and terminating at Napoleon Gulch Trail #1035.

Trail #1019 runs three and a half miles to the top of the ridge between Hamilton Gulch and Dry Creek. Trail #1016 leads five

miles to Star Peak Lookout. Trail #1035 climbs four miles to Trail #1036.

Classified as a trail, but really a closed (and very grown-in) road is Dry Creek Trail # 1021, beginning at the end of Road #1118 and running seven-plus miles to near the divide between Dry Creek and the South Fork of Ross Creek.

Ross Creek Trail #142 begins at the west end of the loop at Ross Creek Cedars Scenic Area. Trail #142 leads five miles through cedar forest and terminates at the “wall,” where upper Ross Creek begins to climb toward the Craggs separating it from the East and West Forks of Blue Creek.

At mile two on Trail #142, Trail #321 turns left and climbs three miles to the south fork of Ross Creek falls before petering out in the upper basin.

Beginning at the end of Spar Lake Road #384, Trail #143 leads four miles to Little Spar Lake. A half mile from the trailhead, Trail #324 splits off and climbs very steeply two and a half miles to Spar Peak. At the top of the ridge between Spar Creek and Ross Creek, Trail # 513 leaves Trail #324 and runs about three and a half miles east along the ridge top before intersecting a prospect road.

So, there you have it; all told, there are 21 “official” trails in the Scotchman Peaks and about 95 miles of tread, give or take a few miles. A lot to take care of.

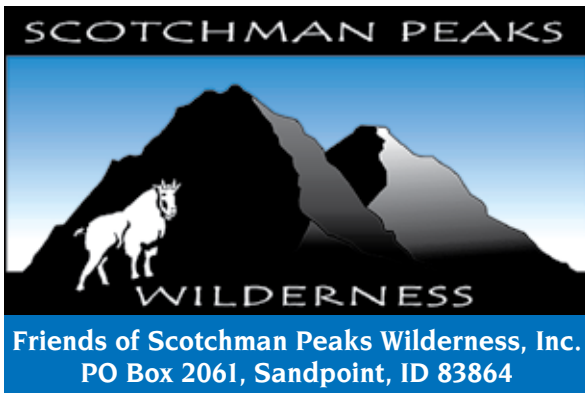
The Forest Service is a great partner, but they no longer have the resources to do it all themselves. That’s why Friends of Scotchman Peaks have lined up to help them, and why we want you to come help us. We hope to see you out there this season. Watch for your “Trail of Opportunities” in the next issue of *Peak Experience*.



### 2014 Idaho Master Naturalist Course

The Pend Oreille Chapter of the Idaho Master Naturalists is looking for new members interested in actively working towards the stewardship of Idaho's natural environment. Conservation Education and Citizen Science Training classes will be offered from April 8 through May 20, 2014, Tuesday and Thursday afternoons and some Saturdays at the Waterlife Discovery Center, 2100 Lakeshore Dr., Sagle, (the old Sandpoint Fish Hatchery). See details at [www.idahomasternaturalist.org](http://www.idahomasternaturalist.org) click on the Sandpoint link in the left hand column. The class schedule and application will be found there. **The deadline for application is April 1, 2014.**

Contact us at Idaho Master Naturalists, Pend Oreille Chapter, PO Box 1062, Sandpoint, ID 83864 or [imn\\_sandpoint@gmail.com](mailto:imn_sandpoint@gmail.com).



## 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: \_\_\_\_\_

Phone: \_\_\_\_\_

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.

### Board Members & Staff:

EXECUTIVE DIRECTOR:  
Phil Hough, Sagle, ID  
(208) 946-9127  
[phil@scotchmanpeaks.org](mailto:phil@scotchmanpeaks.org)

CHAIRMAN &  
MONTANA DIRECTOR:  
Doug Ferrell, Trout Creek, MT  
(406) 827-4341  
[doug@scotchmanpeaks.org](mailto:doug@scotchmanpeaks.org)

SECRETARY:  
Carol Jenkins, Sagle, ID  
(208) 265-9204  
[carol@scotchmanpeaks.org](mailto:carol@scotchmanpeaks.org)

TREASURER:  
Jacob Styer, Sandpoint, ID  
(828) 989-8095  
[jacob@scotchmanpeaks.org](mailto:jacob@scotchmanpeaks.org)

EAST BONNER  
COUNTY DIRECTOR:  
Neil Wimberley, Hope, ID  
(208) 264-5379  
[neil@scotchmanpeaks.org](mailto:neil@scotchmanpeaks.org)

Bill Martin, Troy, MT  
(406) 295-5258

Will Valentine, Sagle, ID  
(208) 255-1114  
[will@scotchmanpeaks.org](mailto:will@scotchmanpeaks.org)

Maggie Pittman, Coeur d'Alene, ID  
(208) 818-7875  
[maggie@scotchmanpeaks.org](mailto:maggie@scotchmanpeaks.org)

LINCOLN COUNTY COORDINATOR  
Molly Kieran, Troy, MT  
(406) 293-2934  
[molly@scotchmanpeaks.org](mailto:molly@scotchmanpeaks.org)

PROGRAM COORDINATOR:  
Sandy Compton, Heron, MT  
(208) 290-1281  
[sandy@scotchmanpeaks.org](mailto:sandy@scotchmanpeaks.org)

PROJECT COORDINATOR:  
Kristen Nowicki, Sandpoint, ID  
(208) 627-2448  
[kristen@scotchmanpeaks.org](mailto:kristen@scotchmanpeaks.org)

NEWSLETTER EDITOR:  
Ann Wimberley, Hope, ID  
(208) 264-5379  
[ann@scotchmanpeaks.org](mailto:ann@scotchmanpeaks.org)