

TRACKS



May/June 2013

Volume 26, No. 3

On the web: <http://angeles.sierraclub.org/gls/>



GLS hikers at Tri-Peaks, above Thousand Oaks

Ten Peaks and Points in the Santa Monicas

By Wendy T., photos Jeff Johnson

This was not a typical "blue sky day" hike. Mostly, the sky was iron-gray and we bumped up against fog banks all along the trail. But the atmospheric vapor added a primeval, mystical feel to our 12-mile trek

through the Santa Monica Mountains. Ten adventuresome hikers, led by Susan C. and Dora... we could have been in Jurassic Park with a dinosaur rounding the bend at any moment.

The leaders dubbed the hike "Ten Peaks

and Points" but as we went along, we added a few and it was more like 12 or 15, depending on who was counting. Despite the low cloud cover, there were times when the mist parted to give us sweeping views

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GLS Tree Planting

By Nancy Beverly, story and photos

How's this for a statistic: our GLS group of 13 planted 130 trees at the Chilao Campground area on March 2. Or even better, how's this: all of the groups combined on that day planted 715 trees at Chilao -- yee ha! Tree huggers and tree planters drove up into the Angeles National Forest on a warm

Saturday at the start of March to help rehabilitate a small section that had been ravaged by the Station Fire, which burned through 160,577 acres (251 square miles) back in the summer of 2009. Tree People organized the day, provided the tools, gloves and hardhats, and gave us instructions on proper planting technique. Planting goes on all through the winter and spring, so if you

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Safety Corner

By Marie Ammerman

Pre-Trip Planning

Some of the best strategies for staying safe in the wilderness start before you set foot out the door. It's not just making sure you have the right gear and a map. Put plans in motion that will help you have the very best outcome in an emergency.

One of the main points to staying safe is the buddy system. We've all heard it before - don't hike alone! Taking a hiking partner along is one of the best ways to make sure that if something happens to you, you'll get help as quickly as possible in your given situation. If you're alone and unconscious,

that isn't going to happen. Sometimes, though, the lure of solitude in Nature is just too much, and we have to get out there on our own. If you do, it is even more imperative that you keep these guidelines in mind than it is for groups.

First, have a back-up person. Ask someone to await your group's return, and give them a time by which they should call the authorities if you haven't called to say you're safely out of the wilderness, and be sure to give them the number to call. You can find this number by calling the ranger station near your trailhead and just asking them who your back-up should call if you fail to return.

Second, have an itinerary and stick to it. Tell your back-up person what trailhead

you'll be starting from and where you plan to camp if it's an overnight trip. If you'll be going off-trail, tell them when you are likely to do that, where, and when you are likely to get back on trail. This way, if searchers haven't seen you on the trail, they'll have a good idea where else to look.

Third, if you come across other hikers, at least say hello. Give a friendly wave or smile, and let 'em see your face. Searchers will want to know your last known location, and those other hikers could tell them.

Fourth, don't stray from your itinerary unless it's absolutely necessary - like, "forest fire coming at you" necessary, or a trail that's suddenly inaccessible for some

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GLS Management Committee Meeting March 28, 2013

The GLS board held a meeting/conference call on March 28. All but Brad were present on the call.

We debated the value of hosting a table at Long Beach Gay Pride (May 18-19) and determined that if we could gather enough

volunteers to work at the table, then it continues to be a good outreach opportunity for our group. SK volunteered to help with the application process and to contact Jeff J. to further coordinate. The board also discussed the great success of

our camping trips and discussed potential camping trips for the fall. The next GLS board meeting/conference call is scheduled for May 13, the Monday before Long Beach Pride so that we can address preparations for that event.

Amanda Smith

25th Anniversary GLS T-Shirts!

The GLS 25th Anniversary logo has been printed on heather gray T-shirts, like the ones shown in the photo. T-shirts are \$15 each, available in unisex sizes Small/Medium/Large/X-Large.

To order a T-shirt, please make a check payable to "GLS" and mail to: Amanda Smith, 831 Kodak Drive, Apt. 1/2, Los Angeles, CA 90026. Please be sure to include the size of T-

shirt you are requesting along with your phone number and/or email address in case we need to get in touch with you. If you need the T-shirt shipped to you out-of-town, please contact Amanda with the details first so we can estimate shipping costs before you write a check.

Questions? Email Amanda at quepnpin@earthlink.net.



Information about GLS

General questions about GLS, call Grace at 323-697-6886 or Mike at 818 399-4035.

Questions about a specific event, please call the leaders listed in the schedule. Contact info is inside the back page.

Sign up for the FREE GLS email list, with a weekly email digest of GLS events, go to: <http://angeles.sierraclub.org/news/MailingLists.asp>. Your email address remains confidential and is not displayed to others.

Next GLS Management Comm. Meeting

The next GLS management committee meeting has been scheduled for May 13.

GLS management committee meetings are (usually) held about every two months, on weeknight evenings, by conference call. All GLS subscribers are welcome.

You may call one of the committee members to confirm meeting time, how to call in, or ask about the agenda, or for other information.

GLS Mission

The Gay & Lesbian Sierrans Section of the Angeles Chapter fosters the purposes of the Sierra Club by making available a wide range of events for gays, lesbians, and their friends. These activities include conservation, education, hikes, bike rides, beach walks, car camps, boat trips, social gatherings and fundraising.

GLS Newsletter

The GLS newsletter, TRACKS, is published six times a year. Annual subscriptions are \$15 for issues sent by US mail, \$10 for issues sent in PDF format by email, \$25 for both. Three year subscriptions are, respectively, \$35, \$20, and \$55. Send subscription requests and related membership correspondence to: GLS, P.O. Box 1300, South Pasadena CA, 91031-1300.

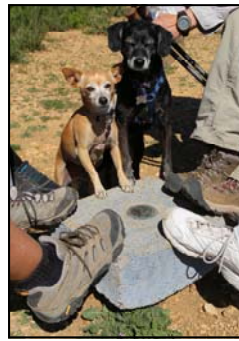
Mgmt. Committee

Grace Hengst,
Chair
Sharon Hartley,
Co-Chair
SK Chiou,
Treasurer
Amanda Smith,
Secretary
Brad Keistler,
At-Large

Other GLS Volunteers

Membership,
Jeff Cuevas
Conservation,
Tom Molloy
Webmaster,
Alan Schimpff
TRACKS Editor,
Jeff Johnson

.....
Our outing volunteers are listed on page 11.



O'Melveny Park

By Jeff Johnson

This was our third year in a row for a springtime hike on the steep green hills of O'Melveny Park above Granada Hills. The early wildflowers were blooming, and we stopped a number of times to take pictures.

Unlike last year, when the rain was falling sideways and we couldn't see more than a couple hundred feet, this year we had a beautiful sunny sky, with the marine layer covering the valley below us.

We plan to repeat the hike for a fourth time in March next year, and hope you will join us then.



Top, the wide open slopes and ridges around Mission Pt. (Jeff J.). Above, group shot at a very breezy view point beside the trail (Nancy). Above right, all feet on the summit marker at Mission Point. (Jeff J.). Below, one of the steep sections on the trail. (Jeff J.). Right, Nancy among the lupines (Tedd).



Safety Corner

(Continued from the previous page)

reason. If you do have to change your itinerary, try leaving a note or marker of some sort to let people know where you are going. It may not be possible, but it's worth a try.

Fifth, give your back-up person any other information that might help find you if you become injured or lost - the names and number of people in your group; your vehicle's license plate number, the color of your pack and/or tent, and some of the places you hope to see while you're out. If you or someone in your group has a medical condition - diabetes, epilepsy - consider letting your back-up person know that. They don't need to know who it is, but letting searchers know this information will mean they'll be prepared with specific

items if necessary.

Last, there are ways in which technology can help you. It's now possible to buy locator devices that allow you to let people know, via social media, that you're all right out there. They come in several makes, models, and types, with a varying price range. The SPOT locator is very popular, and allows the user to leave a pre-arranged message on social media. Others are one-time use beacons designed to give searchers a signal to home in on when they are out in the field looking for you. Take the time to do some research online, or ask at your local outdoor sports outfitter to find one that works for the type of trips you plan to take. It's a good idea for at least one person in any group to have one of these devices, and solo hikers really should consider it money well-spent. It's not a life

insurance policy - after all, those only pay out when you're dead, but these devices can help make sure that doesn't happen. There are also websites where you can register your trip, and, if you don't return on time, an email will be sent to whomever you have designated as your emergency contact. It's not as immediate as a beacon, but it's sure better than nothing.

One last note: "Be the hiking partner you wish to see in the world." In other words, if you want a hiking partner who has the skills and determination to rescue you if you become injured, BE that kind of hiker yourself. Take first-aid classes, navigation workshops, and stay fit. Just as you are looking for a stand-up, rock-steady hiking partner, so is that ideal hiking partner. Keep your skills sharp, hone your common sense, and plan well.



Patches of snow on the slopes of the front range.



Peas in bloom by the trail

Millard Canyon to Mount Lowe

By Susan Campo, story and photos

On March 9, Dora was our wonderful GLS leader and Diane her assistant. Dora inspired us to hike from Millard Canyon to the top of Mt. Lowe. We began the trip surrounded by green grass, tall oaks and even several wildflowers in bloom (early!).

Seven participants enjoyed the hike and five of those chose to hike to the summit in spite of several miles of snow near the top. The changing scenery was especially beautiful that day!



Starting up, still below snow level.



At the top of Mt. Lowe.

Tree Planting

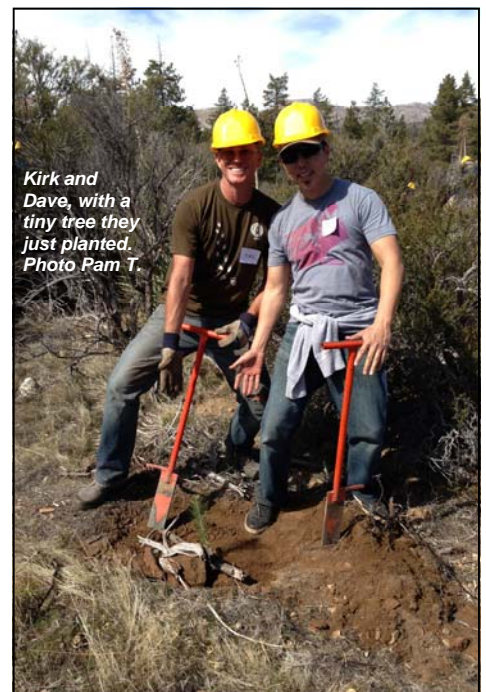
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don't want to wait til the next GLS tree extravaganza, you can sign up on your own at <http://www.treepeople.org/> (look under

the Volunteer tab; down the page is a calendar). It was pretty labor-intensive work and it was not a short drive getting there, so GLS thanks you -- and the forest thanks you!



GLS tree planters at Chilao, in chic hard-hats. Photo Nancy.



Kirk and Dave, with a tiny tree they just planted. Photo Pam T.

Snowshoe on Mount San Jacinto

By Nancy Beverly, story and pictures

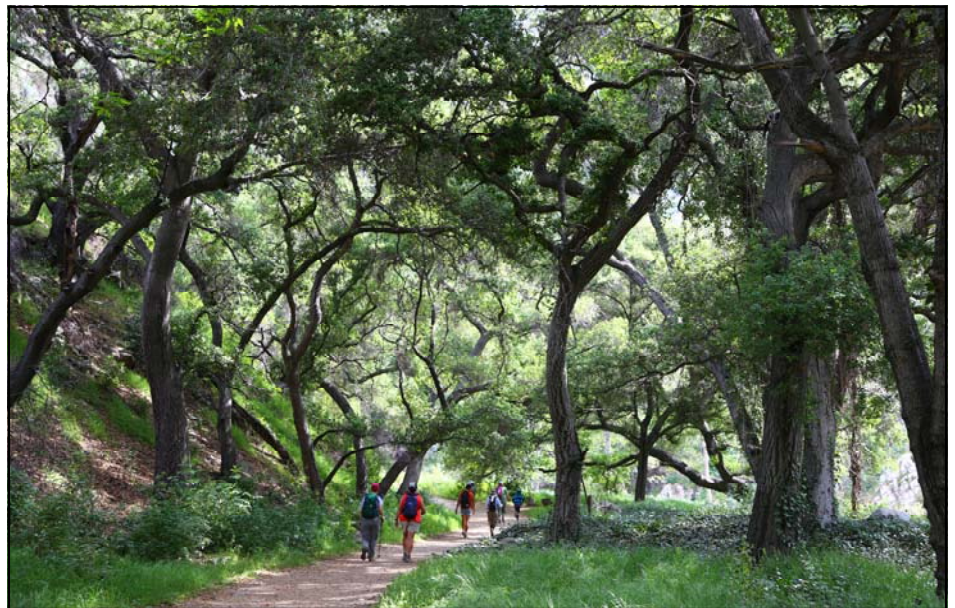
Two years ago we went snowshoeing up at San Jacinto on Super Bowl Sunday and this year we went on Oscar Sunday (Feb. 24) and we had a fabulous time again, without having to get cinched into evening wear and put on high heels. Our merry band of seven, led by Kirk and Dora, took the Palm Springs Tram up to 8500+ feet and then once strapped into snowshoes, hiked the Willow Creek area this year -- less ice than over in Long Valley, our previous trip's trek. Temps were in the mid-30s and in the sun, we felt... well, not exactly

toasty, but certainly comfortable. The high winds that were forecast (and which we felt on I-10 as we drove to Palm Springs -- tumbleweeds on the highway, anyone?) kicked up only a couple of times. We capped off the three hour hike with some hot food and beverages at the cafeteria. Your intrepid reporter made it to her annual Oscar party only a half hour late -- and no one seemed to care I was in warm-up pants and a shirt that wicks sweat. Rest assured, if I knew I was going to run into Jennifer Lawrence, believe me, I would've found some formal-wear to put on.



Arroyo Seco

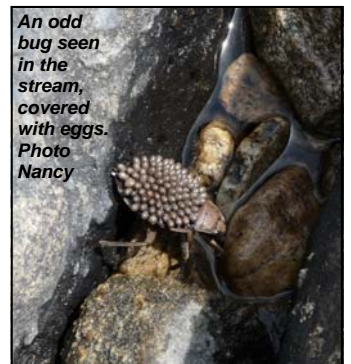
Dora led us on pleasant hike up the Arroyo Seco on April 7, walking under the oaks by the stream. It was about as diverse a group as ever shows up for a GLS hike, old hikers and new, dogs and children. After lunch below a waterfall, we returned the way we came, about nine miles in all.



Dendromecon in bloom. Photo Jeff J.



Marie B. and Deena by the splashing water. Photo Nancy.



An odd bug seen in the stream, covered with eggs. Photo Nancy

Conservation Notes

By Tom Molloy

Is your cat a fatal feline?

A new Smithsonian Conservation Biology Institute study reveals that cats kill 2.4 billion birds and 12.3 billion mammals every year in the U.S alone. Two to four times the number that they were expecting. The study made outdoor cats a greater

threat to wildlife than any other human-linked source, including pesticides and collisions with cars, windows and windmills. As we know, domestic cats are non-native to our environment. Although they also prey on vermin like rats (the only silver lining as long as you don't kiss them after, and they don't bring them back to you to handle), they also kill native shrews, squirrels, chipmunks and voles. Although stray cats account for most of the damage,

pets that are allowed to go outside do up to 30% of the killing. An average pet house cat that is allowed outdoors kills up to 18 birds and 21 mammals annually. Goods thing we keep our Maeve and Fiona indoors. Those of you that know Maeve, know that her stats would be record-breaking....

<http://www.nature.com/ncomms/journal/v4/n1/full/ncomms2380.html>

On Sandstone Peak, also known as Mt. Allen.



The bare foot.



At Inspiration Point.



Ten Peaks and Points

(Continued from the first page)

of Sandstone Peak, Boney Ridge, Exchange Peak, Balanced Rock and other highlights.

We made a detour to the Turtle, a massive rock formation that doesn't get many visitors. Then came a riddle: Is the Turtle holding up the world, like in mythology, and if so, what holds up the turtle? Answer: Another turtle. Like they say, don't overthink it.

So, there we were, exploring a small cave, when one of our hikers scraped himself on a rock and needed a band-aid. That sparked one of those provocative trail discussions: Do we all have the Ten Essentials in our packs? Short answer: Um, no, this writer never carries a corkscrew or emergency manicure kit.

Then came the tougher follow-up question: Does anyone know what exactly is on the list of Ten Essentials? The hike leaders grinned patiently while the rest of us made wild guesses.

Extra food and water... that's easy. Also matches. Sunglasses, yes. Sunscreen... suprisingly, no. A hat? No again. How about a whistle to help searchers find you if

you're lost? Nope. A knife, of course. Hmm, we were having trouble getting to 10!

So Mike B. tried to help us out. He said it's supposed to be stuff you'd need strictly for survival if you got stranded in the wilderness. So, in theory, you'd need sunglasses to avoid getting blinded. But sunscreen to ward off cancer-causing U-V on your skin or blistering sunburn... nah, just tough that one out.

OK, "first aid kit" brought us to six on the list, still four short. Oops, map and compass, haha! That one finally popped into our heads. Of course, that's if you know how to use a compass, which unfortunately most people do not. My helpful work-around suggestion -- "Heck, GPS is the way to go!" -- got drowned out fast. Battery could die, could fall into water, it might malfunction, geez, you'd be inviting disaster for sure if that's all you had.

Finally, Mike ticked off the Ten Essentials on his fingers but my trail-weary brain didn't absorb the remaining ones. So I looked it up when I got home.

Turns out there are different lists of the Ten Essentials floating around. The Sierra Club has this one: map, compass, flashlight

with spare batteries and bulb, extra food and water, extra clothing, pocket knife, fire starter, matches in a waterproof container, sunglasses and sunscreen (haha Mike, you were wrong!), first aid kit.

The REI list adds "altimeter" to "map and compass" (ya spoze they wanna sell ya something?), combines firestarter and matches as one item, and adds "emergency shelter." Whoa, are they kidding? Like everyone is going to tuck a pup tent into their packs? Also on their list: all-purpose "repair kit and tools." Shoot, I guess I'd better find room for the corkscrew and manicure kit after all.

They mention a whistle as a suggested item. Personally, I think a whistle is a must. I have been on at least one way-out-there hike where luckily we had whistles because we had to find one another in some confusing off-trail spots. Besides, they're handy for warding off annoying hikers.

It's all enough to make your pack really bulge for a day hike. I'd venture a guess that 95 percent of the people we pass on the trail are not carrying even half of those items. What's on *your* list of Ten Essentials?

Climbing the last few feet up Boney Peak.



A little cave near the top of Exchange Peak.



On Sidesaddle Peak, with Tri-Peaks in the background.



Outings & Events

May

May 4, Saturday

**O: Laguna Coast Wilderness Park
Karen Lovett, Laura Rainey**

Join us on this easy walk to Orange County's only natural lake. This will be a perfect opportunity for those new to hiking to see what it's all about and why we love it. We will take the Lake Trail out and back for a total of about 2 miles and then take Barbara's Lake Trail which takes us right along the lake and adds another half mile. This is a flat walk with negligible gain and loss. For those that are up for it, once we finish the lake walk, there are other easy trails we may choose to explore. Park at the Nix Nature Center (\$3 fee) and meet at the entrance to the Center at 10am. Bring snacks and water. Dogs not allowed. The nature center is at 18571 Laguna Canyon Rd. (Route 133) in Irvine, 3.5 miles south of I-405, and 5.3 miles north of PCH (Rte. 1), Laguna Beach. Questions? Contact leader at 562-438-3418.

May 11, Saturday

**O: Channel Island Day Hike
Mike Brostoff, Tom Molloy**

The Channel Island day hike has now become an annual GLS tradition, attracting over two dozen participants each time. We will be taking a ferry to Santa Cruz Island where we will be offering a variety of hikes for different levels. There is no drinking water or food on the Island. So pack your pack like a normal outing. After returning to

the mainland, we will head over to a nearby restaurant (optional.) We will meet at Island Packers 1691 Spinnaker Drive Ventura Harbor 93001 at 715 AM (805) 642-1393. The boat leaves at 8:00 AM. The ride is an hour and we should return to Ventura Harbor by 6:30 PM. The cost for the trip is \$65.00. Most of the fee pays for the ferry, the extra will be sent to Sierra Club conservation. Send a check made payable to GLS to: Mike Brostoff, 11220 Moorpark #110, Studio City CA 91602. Please include a note indicating whether you are interested in dinner afterwards, your e-mail address and the best phone number to reach you at. If you do not have e-mail then please include a SASE. Bring minimum 2 quart water, lugsole hiking boots, snacks, & 10 Essentials. Note: in the rare case that weather may be poor, call 805-642-1393 after 5:30AM on the day of the trip. A recording will indicate if the boat is canceled. Contact Mike to see whether there is still space on this trip, 818-399-4035.

May 18 - May 19, Sat - Sun

**O: Long Beach Pride
Jeff Johnson, S.K. Chiou**

We will be at Long Beach Pride again this year, with our booth again staffed by GLS volunteers. Stop by if you are there.

May 25, Saturday

**Mt. Lewis, Mt. Sally, Vetter Mountain Photo Shoot
Nancy Beverly, Jeff Johnson**

Three peaks in one (trip)! Well, actually, the trips to the peaks are fairly short – the emphasis will be on taking pictures. So if you're wanting to rack up mileage, this isn't

the outing for you. If you don't like to take photos, also pass this one by. Mt. Lewis is two miles roundtrip but with 485' of gain (topping out at 8396' – not easy, you'll feel the altitude). Mt. Sally (5408') is also two-miles rt with 600' of gain. Vetter (5908') is four miles roundtrip, 520' of gain – and who knows what other interesting scenic things we might stop and snap shots of along the way. Bring your camera, lugsole boots, water, snacks, hiking poles if you use them, sunscreen, hat, and money to stop at Newcomb's Ranch for refreshing drinks. Leave doggies at home – they might get bored as we line up our perfect shots. Meet at 9 a.m. at the La Canada Rideshare Point off Highway 2. Questions? nancybeverly@sbcglobal.net.

June

June 2, Sunday

**O: Marina Del Rey Urban Walk
Barbara Edwards, S.K. Chiou**

We start by wandering through the peaceful marina and experience its serenity. Then we'll enter the southern end of Venice's Grand Canal and follow the popular path along the canal. Here we will find remnants of old Venice, Abbot Kinney's turn of the century vision of an American city resembling Venice, Italy. Now, most of the canals are buried beneath an upscale neighborhood. The path ends at Ballona Lagoon Marine Preserve, a small natural saltwater estuary that was once part of a vast wetlands stretching for thousands of acres. We will then walk out toward the ocean on the jetty, returning to our cars after

(Continued next page)

Weekly Griffith Park Conditioning Hikes

What: Every Wednesday night, join us for a moderate (strenuous if you are out of shape) hike to Mt. Hollywood, 6 miles, 1145' gain/loss. This is a great mid-week workout. Lug-soled boots are best for traction, but some hikers wear sneakers. Bring a quart of water, snacks if you like, and a flashlight if not used to hiking in the dark. We have a few tiny breaks on the way up, stop at the top, gawk at the city lights until we get a chill, and then

return to our cars by approx. 9:30 p.m. Dogs are welcome; bring a leash and extra water. Rain cancels.

When: Every Wednesday, (except holidays) 7 p.m. sharp, end by 9:30 p.m.

Where: By the flagpole near the vending machines at the Crystal Springs Griffith Park HQ/Visitors Center, 4730 Crystal Springs Drive, LA.. (Note: Mapquest, Google Maps, etc. may be misleading.)

Directions: (1) From I-5 north,

exit at Griffith Park exit, 0.25 mi. beyond Los Feliz Bl. Make a right turn at the 3-way stop sign. Proceed 0.6 mi. and turn in the driveway just before the Ranger Station. If you miss the driveway, proceed 0.1 mi, turn right at the stop sign, drive 0.15 mi. to the parking lot. (2) From Los Feliz Bl., turn north on Crystal Springs Dr. Proceed 0.5 mi. to the 3-way stop sign, go straight, and then follow (1) above directions to the Ranger Station. (3) From Fwy. 134 East, exit Victory Bl. Turn right at the stop sign, then

immediately left onto Zoo Dr. Wind around about 2 miles and turn onto Crystal Springs Dr. south. There may be detours. Proceed approx 1 mi. Turn left at the 4-way stop sign at the Ranger Sta./Crystal Springs area. Drive 0.15 mi and park. (4) From Fwy. 134 West, keep to your right coming out of Glendale. Exit at Zoo Dr, just past San Fernando Rd. Wind around past the Western Heritage Museum to Crystal Springs Dr. Turn left, and proceed as in (3) above.

Signal Hill Conditioning Walks

What: Up, over and around Signal Hill. 3-4 miles, 500-750 ft. gain/loss. Easy if you are in good shape, moderate and

maybe even strenuous if you are out of shape. Walking on pavement and gravel. Sensible walking shoes,

water, layers for cool evening breezes. Drizzle goes, rain cancels. Questions? Call Jeff 562-434-8473.

When: Every *last* Wednesday of the month (except

holidays), at 7:00 pm. Back at the cars around 8:30 pm.

Where: Meet on Industry, just west of intersection with Redondo, in Signal Hill. Plenty of street parking.

Outings and Events

sauntering and viewing wildlife along the beach. No elevation gain. 5 miles r/t. Meet in front of Noah's Bagels, 546 Washington Blvd, (near Ocean Ave) at 10 am. Plenty of free parking on residential streets of Venice. Questions? Contact Barb at greyhund@sbcglobal.net.

June 8, Saturday

O: Altadena to Idlehour Trail Camp Dora Olea, Kirk Olsen

Bring your bathing suit and potluck item to share for this local hike. In a moderate easy pace we will reach a secluded spot of unusual natural charm, the canyon bottom at Idlehour Trail Camp. Here the creek experiences one of its few serene moods, and fine forest of oaks, bay and big-cone spruce provides cover. In this woody haunt once stood Camp Idle Hour, a small trail resort of the Great Hiking Era. The name signified the quiet, restful mood of the place, and throughout its existence (1915 – 1929) the camp was a favorite of lovers of sylvan seclusion. The trailhead starts at 1006 ft., we will hike up to Henninger Flats (2550 ft.) toward our destination at 2680 ft. 5.4 miles each way with 1674 ft. loss and gain. Bring lug soles, bathing suit, sunscreen, sunglasses, hat, three liters of water, and potluck item. Dogs must bring their own water. Bathrooms at Henninger Flats. Meet at the corner of Pinecrest Dr. 2300 E. and Crescent Dr. 2100 E. at 8 am. Driving directions: From the 210 E., exit on 28/ Altadena / Sierra Madre Blvd. Turn left onto N. Altadena Dr., then turn right onto Crescent Dr., last, turn right on the first right that becomes Pinecrest Dr. Rain cancels. Must RSVP to leader Dora chamaca1954@att.net.

Jun 15, Saturday

O: Navigation Practice Hike Marie Ammerman, Eva Eilenberg

For anyone with some navigation experience and the desire to build on it, this hike will take us into some of the most beautiful high country of the Angeles National Forest. We'll hike along a ridge trail with spectacular views; eat lunch beneath soaring Jeffrey pines, and get some fresh air as we spend the day comparing the terrain with our maps and taking bearings on the peaks in the distance. Expect a hike of 8-10 miles, depending on how long we take practicing at each stop. Gain of approximately 2200', taking us up over 8,000'. Sorry, but this is not a hike for people with no navigation experience; if you have taken a Very Basic Nav Workshop, WTC, or another navigation course, please indicate that when signing up.

You need to know basic map and compass vocabulary and have a rough idea how to take a bearing, but you do not have to remember everything or even be super good at it! This hike will help you remember what you learned and improve your skills in a no-pressure setting. Please contact Marie Ammerman to sign up and get meeting times, locations, and map information. RSVP is a must to attend. You will need a compass, and you WILL be required to provide your own topo map—instructions will be provided when you sign up. Plan to begin hiking early and to spend most of the day in the mountains. No dogs, please, you will be busy, they'll be bored. Questions? Contact Marie at ammermanm@yahoo.com.

Jun 22 - Jun 23, Sat - Sun

O: Backpacking to San Geronio Mt., via Vivian Creek Dora Olea, Kirk Olsen

This impressive but majestic mountain is the highest peak in the South California, with an altitude of 11,502' ft. Our backpacking trip is classified as a strenuous, but we will travel at easy pace over two days. Saturday we'll backpack 5.5 miles with 3360' gain from Vivian Creek Trailhead to High Creek Trail Camp, set up camp, explore the area and



GLS at Descanso Gardens, March 30. Photo Nancy.

enjoy Happy Hour as we prepare for an early start the next day. Sunday morning we'll travel 3.8 miles to the peak with a light load before we return to camp, pack up and hike down to the trailhead. Experienced backpackers only. Contact Ltd: Dora at chamaca1954@att.net with recent backpacking experience and conditioning for trip status and details.

Jun 30 - Jul 6, Sun - Sat

O: Northern New Mexico Mike Brostoff, Grace Hengst

Spend a week in Northern New Mexico at Takoja Retreats. Nestled on 40 acres, 28 miles north of Taos, the Takoja Retreat Center is surrounded by tall mountains and wide expanses of sage and cedar. There are many activities to suit everyone from

exploring unlimited hiking trails and mountains, (including Wheeler Peak, the highest mountain in New Mexico standing at over 13,000 feet) to Taos with its pueblo and diverse artist scene. The mountains offer much more wildlife viewing than we are accustomed to in California. Bighorn sheep, black bears, and marmots are common, with an occasional mountain lion or porcupine sighting for the off trail adventurer, and don't forget, the coyotes will sing you to sleep every star-filled night. There will be a few group activities, but most of the week is left free to spend the time as you wish. You have your option of camping on the property or staying in the two Adobe domes complete with kitchen, bathrooms and showers. They've added authentic New Mexico cuisine to complement the full buffet breakfasts served every day. In addition, there are three complete evening dinners and one supper of gourmet leftovers.

Price for the trip varies depending on the accommodations you choose:

Dome: Private 2 person loft with bathroom:

\$400 (per person)

Dome: Communal sleeping area: \$365

Camping: \$315.

Since the acoustics of the domes can generate a lot of noise, we are encouraging people to camp. Campers will have access to the bathrooms and showers. Please send check payable to GLS, phone number, address and email address to Mike Brostoff 11220 Moorpark #110 North Hollywood, 91602. If interested in the loft, please contact Mike first to check for availability. The trip is open.

Jul 19 - Jul 21, Fri - Sun

O: Marie Ammerman Backpack Marie Ammerman, TBA

Aug 16 - Aug 18, Fri - Sun

I: Marie Ammerman Backpack Marie Ammerman, TBA

Aug 20 - Aug 23, Tue - Fri

O: Mule Pack, base camp Upper Pine Creek

Susan Campo, Diane Zaepfel

Tues.(6:45am) -Friday(5 pm)

What a fabulous opportunity to explore the wilderness above Bishop, CA! The mules save your back by carrying in our camping supplies and dropping them at our base camp. You hike with only your day pack. The hike to the base camp is "moderate", 2000 feet gain and 6 miles to camp at 10,000 feet elevation. You are free to relax, fish, enjoy nature around the many lakes of the area. One day some will want to explore west toward Italy Pass. Another day we can go south on a trail over Pine Creek Pass to the lake area (Moon

Outings and Events

Lake) at the top of French Canyon. (We will be north of where we hiked one day last summer on the Mt. Humphrey Mule pack trip.) Optional hikes range up from 6 to 12 miles RT (visit up to 12000 feet elev.), but you can also spend the days doing less strenuous nature walks at 10000 ft. You will need to drive up to our pack station on Aug. 19 and camp overnight for free or drive up from Bishop very early on Aug 20. We are finished by 5 pm on Aug. 23. You must reserve asap. The good news is that this packer is more reasonable than last year; we get the dunnage drop for \$275 each (a bargain!). Email leader soon with personal questions and to show your interest. NOTE: Some of those people on the above Mule Pack trip will be staying over in Bishop for the nights of Aug. 23 and 24 so as to position ourselves again for the SECOND mule pack adventure. We will use that time to do laundry, buy more food, eat , drink and REST! YOU are welcome to sign up for just one of the 2 consecutive mule pack trips or both. Questions? Contact Susan at susanlucillecampo@yahoo.com.

Aug 25 - Aug 28, Sun -

O: Mule Pack II,-base camp Horton Lake (optional Wed. hike up Mt. Tom) Susan Campo, TBA

This trip is open to beginners and does not involve as much elevation gain or distance as the previous mule pack. We will walk in approximately 5 miles, 1000 foot gain. However, for those well conditioned and prepared, (leader's approval necessary), we will use one of our lay-over days to hike up Mt. Tom, 13652 elev., 3652 ft. gain, partly on "use trails" and scree (6 miles RT depending on route from base camp, "Strenuous" hike). Others can relax in the meadows and lakes below and will enjoy their experience as well. Other days we will explore the upper Horton Basin together and sit by a beautiful waterfall. You will see Four Gables Peak looming above us. Gorgeous! (This trip is slightly more than the first one because of a fuel surcharge to bring the mules over and back to the Pack Station by trailer.) Less than last years dunnage drop, this trip is \$290 per person. You must reserve asap. Email the leader soon to indicate interest and ask questions. NOTE: If you want to attend the GLS campout at Rock Creek, you can do your laundry in Bishop and be right on time for your next outing! Questions? Contact Susan at susanlucillecampo@yahoo.com.

Aug 29 - Sep 1, Thu - Mon

**O: Rock Creek
Barbara Edwards, Grace Hengst, Jude Demarrah**

Palisades Group Campground lies along Rock Creek in Inyo National Forest, 15 miles south of Mammoth Lakes. The campground sits at an elevation of 8,800 feet, at the bottom of a steep canyon adjacent to Rock Creek and amidst the shaded aspen and lodgepole pine trees. The area is home to abundant wildlife, including black bear, mountain lions, mule deer, pine martin, pika and many species of fish and birds. Hiking, scenic driving, photography, wildlife viewing and fishing opportunities abound, with local lakes and streams within walking and driving distance. A catch from the creek may including brook, brown, rainbow and stocked Alpers trout. There are numerous hiking trails in and around Rock Creek Canyon, some of which meander around high-elevation alpine lakes. Flush toilets and potable water at site. Showers nearby. This is BEAR COUNTRY, all food and toiletries must be stored in bear lockers. \$35 per person for 5 nights of camping. RVs extra. Space is limited. Well behaved dogs permitted. Send check made out to GLS to: Barbara Edwards, 1739 S. Sherbourne Dr., L.A. 90035. Questions? Contact Barb at greyhound@sbcglobal.net.

Oct 31 - Nov 3, Thu - Sun

**O: Morro Bay
Barbara Edwards, TBA**



December 21, Saturday

**O: Christmas Tree Count and Winter Solstice Walk
Susan Campo, Diane Zaepfel**

March 15, Saturday

**O: O'Melveny Park
Dora Olea, Jeff Johnson**

The second-largest park in L.A. County, second only to the expanses of Griffith Park on the opposite site of the Valley, offers the best view of the San Fernando Valley. We will take a stroll along citrus groves, grassy fields, and a riparian canyon in this tranquil park situated in Granada Hills. The first 0.9 mile explores the initial section of the well-maintained lawns shaded by oaks and eucalyptus trees extended over a quarter-mile into Bee Canyon Trail. For a better view of the Valley and a good workout we will hike up the challenging Mission Point Trail that climbs over 1,000 ft in 1.5 miles. A moderate pace hike with approx. 4 miles round trip.

1,400 ft. elev. gain/loss. Short car shuttle. Bathrooms and water at the trailhead. K-9 welcome. Bring water, lug soles, sunscreen, and a your lunch. Meet 9 am. From CA 118, exit at Balboa Blvd. and head north 2.3 miles to Sesnon Blvd. Make a left on Sesnon, following it for just over 0.5 miles to the entrance of O'Melveny Park on the right. Free parking, carpooling is recommended. Questions? Contact Dora at chamaca1954@att.net.

Non-GLS Outings

**Nature Knowledge Workshop
Natural Science Section, Angeles Chapter
June 7 - 9, Fri evening—Sun afternoon**

Enjoy a weekend of nature discovery in the San Bernardino Mountains. Learn about the wonders that surround you from naturalists who share their expertise in bird and mammal identification, ecology, geology, entomology, botany, and a variety of other subjects. Location: A streamside camp in the San Bernardino Mountains near Barton Flats Cost: Sierra Club members: \$153; non-members: \$173. Two nights lodging in dormitory cabins (6-8 people per cabin; bring your own sleeping bag). Tent or car camping is also available (bring your own tent). The camp staff serves six hearty meals (Friday dinner to Sunday lunch). Workshops and instruction on insects, birds, geology, botany, ethnobotany, ecology, and mammals. Three guided nature walks in a variety of habitats at the camp. LTC credit available for Sierra Club Leaders. Application form and photos of prior years' workshops at Natural Science Section website: www.angeles.sierraclub.org/nss.

**Introductory Backpacking Course
May 1, 8, 11, 18-19, 2013**

Orange County Sierra Singles

Learn from Sierra Club leaders how to safely travel in the wilderness. Course is designed for beginners and seasoned backpackers looking to brush up on skills. Topics include: clothing for all kinds of weather, conditioning, equipment, first aid, wilderness leave no trace ethics and more. Class includes conditioning hike on May 11 and an easy backpack trip in the local mountains on May 18-19. Additional optional hiking, camping and backpacking opportunities TBA. Supply your own gear, equipment rental and sharing options available. \$30 (payable OCSS). Reservationist: Fran Penn fpenn@rutan.com. Leaders: Fran Penn (fpenn@rutan.com) (714-747-1019), Kim Breul, Todd Clark, Sylvie Cote, Sharon Kirk, Cheryl McMurray, Virgil Talbot, Dave Black, Joe Harvey, and Gigi Logan. May 1 and 8 classes will be held at the Costa Mesa Community Center, 1845 Park Avenue, Costa Mesa, CA 92626.

May and June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APR 28	29	30	MAY 1 Griffith Park Eva, Anne	2	3	4 Laguna Coast Wilderness Park Karen, Laura
5	6	7	8 Griffith Park Marie, Dora	9	10	11 Santa Cruz Island Day Trip and Hikes Mike, Tom
12	13 GLS Management Committee Meeting	14	15 Griffith Park Nancy, Jeff B.	16	17	18 Long Beach Pride SK, Jeff J., GLS volunteers <i>Through Sunday</i>
19 Long Beach Pride	20	21	22 Griffith Park Anne, Dora	23	24 <small>full moon</small> 	25 Angeles Crest Three Peaks Photo Outing Nancy, Jeff J.
26	27	28	29 Griffith Park Dora, Marie Signal Hill	30	31	JUN 1
2 Marina del Rey Urban Walk Barbara, SK	3	4	5 Griffith Park Anne, Marie	6	7	8 Altadena to Idlehour Trail Camp Dora, Kirk
9	10	11	12 Griffith Park Marie, Eva	13	14 <i>t</i>	15 Navigation Practice Hike Marie, Eva
16	17	18	19 Griffith Park Dora, Nancy	20	21	22 San Gorgonio Backpack Dora, Kirk <i>Through Sunday</i>
23 <small>full moon</small>  San Gorgonio Backpack 30 New Mexico Mike, Grace Through July 6	24	25	26 Griffith Park Amanda, Dora Signal Hill	27	28	29

GLS Leader Contact Information

Please call after 9 AM and before 9 PM

Alan Schimpff	310-589-9125	alanschimpff@netscape.net
Amanda Smith	323-646-0771	queenpin@earthlink.net
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Anne Mullins	323-522-6640	hike2thepeak@gmail.com
Asher Waxman	323-876-2889	amuirman@yahoo.com
Barbara Edwards	310-839-0593	greyhound@sbcglobal.net
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Susan Campo	626-688-8642	susanlucillecampo@yahoo.com
Teresa Nick	612-384-0421	nickx002@tc.umn.edu
Tom Molloy	310-589-9125	tomsmolloy@yahoo.com

GLS Outings Volunteers

Mike Brostoff, Outings Schedule
Contact Mike about scheduling outings, to check for available dates, and to submit write-ups.

Dawn Wilson, Outings Liaison to Angeles Chapter
Contact Dawn about questions of leadership requirements and Sierra Club

Outings Policy. Dawn is the primary person to read the communications from the Angeles Chapter regarding outings and inform the other leaders.

Laura Rainey, Weekly Reminder
Laura sends out the weekly email announcing upcoming events. If an event must be altered or canceled after publication, e-mail Laura and cc Mike.



Cherries and azaleas in bloom at Descanso Gardens. Photo Nancy.

Important Outing Information

Waiver

To participate in a Sierra Club outing, you must sign a liability waiver. If you would like to read a copy of the waiver before the outing, go to: <http://www.sierraclub.org/outings/chapter/forms/>, or call 415-977-5630.

Rating Codes

These codes indicate the technical difficulty, not the strenuousness.

O Applies to uncomplicated outings such as hikes on trails or the equivalent (with minimal navigation skills).

I Includes outings that involve cross-country travel where navigation is necessary. Rougher ground than "O" outings may be traversed, and use of hands for balance may be necessary. Climbing level: 2nd class terrain.

C Events under external

control of a non-Sierra Club entity, (i.e. ranger, guide, concessionaire).

Outing Reservations

Reservation fees of from \$5-\$15 are refunded only when you show up and if they aren't needed to offset costs.

Cancellation policy on more expensive trips is as follows: Cancellation within 30 days, no refund without replacement. If your spot is filled, 90% will be refunded. This policy is in effect unless the leader states otherwise in writing. Always send two SASEs, contact and drive/carpool information. Make checks payable to "GLS".

Dogs

For most people, the presence of a well-behaved dog can be entertaining, or at worst a mild annoyance. However, this is not true for everyone. Some people suffer from various

levels of fear of dogs. Because of this, and the potential intrusion on wildlife, the Sierra Club policy is that dogs are not allowed on Club outings unless the write-up states DOGS OK. Make sure you bring adequate food, water, a bowl, and a long leash.

Seller of Travel Notice

CST 2087766-40. Registration as a seller of travel does not constitute approval by the State of California.

Adventure Pass

National Forests in Southern California (Los Padres, San Gabriel, San Bernardino, and Cleveland) require parked cars to display an Adventure Pass. The pass is available from ranger stations, sporting goods stores, and other local merchants and costs \$5 per day or \$30 per year. Plan on getting it before your outing, as most outlets do not open early. Many Sierra Club members dispute this user fee and

protest it by not buying a pass, possibly incurring a ticket. The choice is yours.

Carpooling

To facilitate the travel logistics for outings, participants often make carpooling arrangements. The Sierra Club does not have insurance for carpooling arrangements and assumes no liability for them. Carpooling, ride-sharing, or anything similar is strictly a private arrangement among participants. Participants assume the risks associated with this travel.

Rideshare Points

Directions to all rideshare points in the Angeles Chapter Schedule of Activities or at: http://angeles2.sierraclub.org/get_outdoors/know_you_go/rideshare_meeting_places

La Canada Rideshare Point

Exit 210 at Rte 2 / Angeles Crest Hwy. Go N (uphill) 1/4 mi on Rte 2, park at curb on right, on long uphill.

TRACKS

SIERRA CLUB/GLS

P.O. BOX 1300

SOUTH PASADENA, CA 91031-1300

TRACKS

Subscribe to TRACKS, the GLS newsletter, and find out about all the GLS outings and events every month. You do not need to be a Sierra Club member to subscribe.

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Fill in this form and send it with a check made out to GLS to:

GLS

P.O. Box 1300

South Pasadena, CA 91031-1300



Contributions, gifts and dues to the Sierra Club are not tax-deductible; they support our effective citizen-based advocacy and lobbying efforts. Of your dues, \$7.50 goes for a subscription to *Sierra* magazine, and \$1 for your chapter newsletter.

Name: _____

Address: _____

City, State, Zip _____

Category:	Individual	Joint	Mail to:
Introductory	\$25		Sierra Club Membership Dept. P.O. Box 52968 Boulder, CO 80322
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Supporting	\$75	\$100	
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Senior	\$24	\$32	
Student	\$24	\$32	
Limited Income	\$24	\$32	

When you join the Sierra Club, please use this form. The FRIP no. on the form brings part of your membership dues to GLS

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