

TRACKS



July/August 2013

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

Poem to Santa Cruz

By Michael Vilkin, photos Jeff Johnson

"Oh boy!"

Stride, talk, walk, drink, trudge, climb.

"Great view!"

Eat, climb, drink, trudge, drink, gasp.

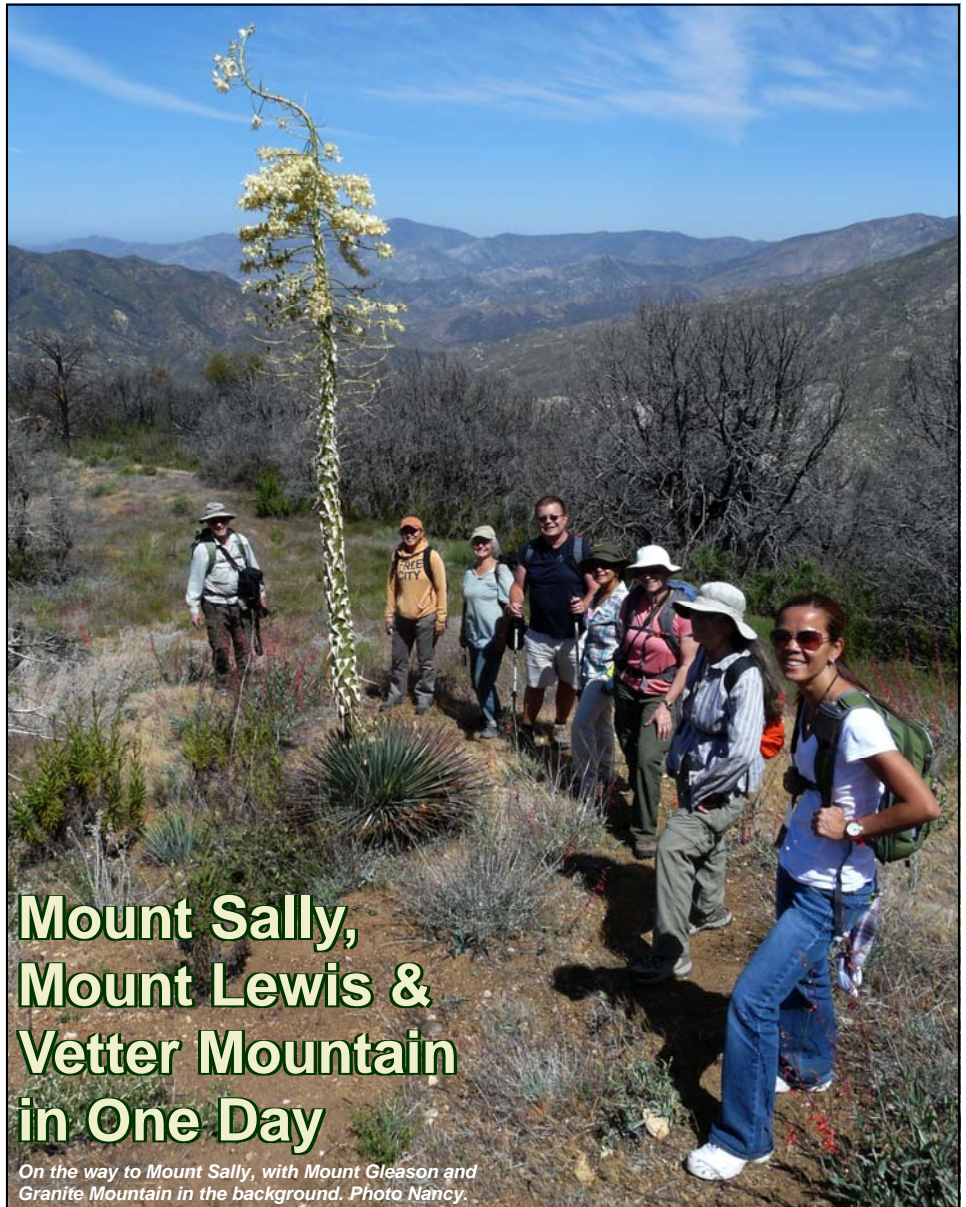
"Whew!"

You must know how fun the trip to Santa Cruz must have been if it inspires such grand poetry, albeit a Haiku.

This was my second camping trip to Santa Cruz Island, my second trip with Alan Schimpff, and my first hiking experience with the GLS. Alan and I have known each other since 1996 during which time I have repeatedly said how much I like camping. Alan finally held me to it and I'm very glad he did for several reasons.

First, I got to know Alan better. No matter how well you know someone, you see a different side of them when you travel with them. I've known Alan to be a caring, competent soul by how well he cares for Tom. I didn't expect I'd fall under the same umbrella. But every time I admitted what I'd forgotten to bring... toothpaste, flashlight, kerchief... Alan happened to have a spare to lend me. Alan also made sure I knew how to set up my tent, cook my food and pace myself on the trails. While Alan definitely stands out to me as a great camping companion, I also found my other GLS companions to be supportive and helpful. If I ever have to

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Mount Sally, Mount Lewis & Vetter Mountain in One Day

On the way to Mount Sally, with Mount Gleason and Granite Mountain in the background. Photo Nancy.

By Nancy Beverly

This has to have been one of the most diverse hikes we've done in GLS—covering three peaks and Newcomb's Ranch restaurant (twice!) in one day. It was also a day set aside for taking photos of Nature in all her glory—and the outing didn't disappoint on that front, either.

We started by hiking a mile up to Mt. Sally, which sits about 19 miles from La

Canada via Angeles Crest Highway. Even though the Station Fire had left a lot of burnt branches and the itch-inducing poodle-dog bush in its wake, towering Yuccas and wild flowers like Showy Penstemon were in abundance. (The pretty yellow non-native Spanish/Scottish Broom was making a grand appearance, too.) We went at a snail's pace to make sure we covered all the

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Safety Corner

By Marie Ammerman

Medical Emergencies

Medical emergencies are generally rare on our outings, but they can and do happen. Make sure you do your part before the outing to make sure any medical problem can be resolved with the minimum amount of stress to everyone involved. For starters, be sure you have the right conditioning level for the outing you're attending. And make sure you have the right equipment, including a first aid kit.

Going into the wilderness without a first aid kit is really...misguided, shall we say? But going into the wilderness with a big ol' first aid kit you know nothing about is only marginally better. Angeles Chapter leaders are required to keep certified in basic first aid, and every leader carries at least a small kit in his/her pack. But here's a news flash: the chapter now instructs leaders to use an injured participant's own first aid kit before using the leader's kit. Why? For many reasons, chief among them being that no

leader can, or should have to, haul enough first aid supplies to take care of everyone on an outing. Of course, not everyone is likely to be injured, but stranger things have happened, and we are asked to be as prepared as a person can reasonably be for any eventuality.

So, the point is, bring a first aid kit with you, and make sure you know how to use what it contains. Essentials to include would be band aids, antibiotic ointment, alcohol wipes, a needle for removing splinters, moleskin for treating blisters, and whatever pain killers, allergy medicine, or other medication you would personally use. This last is important, because leaders are not allowed to dispense or administer medication to outing participants. So if you start having a headache or an allergic reaction to something, you'll want to have your own stash of medication.

This brings up another point. If you have a medical condition such as diabetes, severe allergy, asthma, or anything else that might crop up during the outing, please let one of your leaders know beforehand, and if you use emergency medication, let the leader

know where you keep it in your pack. Leaders cannot give you medication, but they can help you get to it in an urgent situation. And if they know about your condition, they can come to your aid much more effectively than if they have to guess what's happening to you if you can't speak. And rest assured that any such information about your health will not be told to anyone unless necessary in an emergency situation.

Lastly, please be sure to provide an up-to-date emergency contact number on the sign-in sheet. If you can't speak for yourself in an emergency, it is vitally important that we be able to contact to someone who can speak for you, or who can contact your family and let them know something's wrong. Giving an emergency number not only helps you, but also means the leader will not be put in the position of having to track down someone to respond to a doctor or hospital's questions about your health or treatment.

Leaders: we are tentatively planning our every-four-years group first aid refresher class for November 9. If interested, please mark your calendar.

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 quepin@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.



San Gorgonio Mountain, Part 1

By Kirk Olsen

We had beautiful blue skies and mild weather for the June 22-23 backpack on



In the San Gorgonio wilderness. Photo Kirk.



Dora on the trail. Photo Kim.



Photo Barry.

San Gorgonio Mountain. We gathered in the Vivian Creek Trail parking lot at the appointed 7:00 am time, with co-lead Kirk getting the very last available parking spot. Co-lead Dora was right; this place fills up fast on weekends! After introductions and some clothing/equipment adjustments we set off on.

The first mile found us hiking along and then in the very wide wash of Mill Creek with no visible water flowing. Still, we heeded the posted sign warning of potential flash floods and crossed to the opposite shore as quickly as we could. The next mile consisted of steep switchbacks that made some question the wisdom of signing up for this adventure. Fortunately, just after we passed a sign announcing we were entering the San Gorgonio Wilderness area, the terrain moderated markedly and we entered a beautiful area with pines, firs and cedars above and bracken fern along the shore of Vivian Creek. We continued climbing gradually until we reached Halfway Camp, where the flora changed to timber and manzanita. Just past the camp we stopped for lunch and to rest our already weary selves a bit before continuing on to High Creek Camp, our destination for the day.

After setting up camp and filtering lots of water we ate dinner together and made plans to set out at 8:00 am the next morning. Some rangers we had seen in the parking lot were erecting new signs at High Creek and Dora took the opportunity to discuss our plans with them. Taking into account the six hours it had taken us to reach the camp, they calculated that we needed to start by 7:00 am the next morning in order to reach the peak and return to the parking lot by dark. We heeded their advice and revised the plan accordingly.

Sunday morning we headed up to the peak at 6:50 am. It took us an hour to travel the mile of steep switchbacks directly above the camp. At this point the pines thinned out and the sun was in full glory, so we made a point of only stopping to rest when there happened to be a tree that provided some shade. We were so excited when we summited at 11:00 am and we took lots of pictures to prove it! For about 45 minutes we rested, ate lunch, and walked around the top taking in the fantastic

360 degree view we had of Big Bear, the Coachella Valley, the Banning Pass and Mt. San Jacinto. Had it not been hazy we could have seen even more.

Just before noon we headed down the trail and retraced our steps. We maintained a steady pace and the rangers were right – exactly as we reached our cars at 9:00 pm we had to turn on our flashlights! We were all tired and sore and happy to be finished, but also sad that our weekend on this beautiful mountain was over.

San Gorgonio Mountain, Part 2

By Dora Olea

We were lucky; the campout was on the Super Moon night. The ranger explained the best spot to see it. We decided to go there after our sumptuous Garbage Salad potluck for dinner. Jerry and Kim led the way, but 7pm was too early. The Super Moon showed up in the middle of the night. It illuminated the whole campground and woke me up. Another thing that kept us awake was the angry bear visiting the campsite. Or maybe it was just a camper snoring.

The next day, on a brief break two miles away from the peak, Jeff sat on a rock, which was the only rock available. When he stood up, somehow his shorts were torn off from the waist seam-line through his right leg seam-line, exposing a little more leg than expected on a back country hike. Also, Jeff's water bladder was empty. Somehow, the mouthpiece valve was missing. How did that happen? Dora looked in her 11 essentials for duct tape and started to tape the shorts together, which did not work because the shorts were wet.

Also, because it was hot, no one wanted to share their water. But at the summit, wandering among the rocks, Dora and Christina found a water bladder full of water. Dora asked the Ranger if it was his. He said no. So this is how our lucky Jeff got water on San Gorgonio, and enjoyed a breeze on the trip down the mountain.

For most of the hikers, this was the first time up majestic San Gorgonio mountain.

Santa Cruz Island

(Continued from the first page)



A Steller sea lion seen as we left port.

escape into the woods during an invasion or insurgency, I would definitely want to have GLS members as companions.

Second, the island is a beautiful treat! I had been to Santa Cruz Island only once and didn't see much of it on

the first trip. On this trip we hiked to Montanon Peak, which I hadn't intended to reach; however, with encouragement from Mike Brostoff I made it to the top and then down to Smuggler's Cove before returning



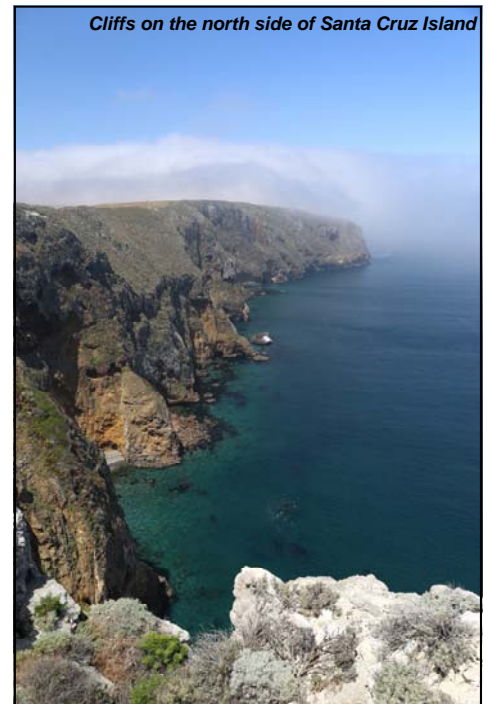
Getting organized at Scorpion Cove before starting the hike to El Montanon.



Coreopsis on the seaside cliffs

to Scorpion Harbor. The island is full of wonderful scenery (see Haiku; second line), with twisted trees, lush grasses, gorges, shimmery water and lovely vistas. Alan and I are both fledgling artists and I found many things on the island that I would love to capture on a canvas if talent permits.

Third, I learned interesting things from the array of people in the GLS. I learned from Marie Ammerman how stature is not a measure of how much weight someone can carry. I have full faith that if I ever break a leg on a hike, she would happily toss me over one shoulder and whistle as she carries me down the mountain. I learned from Mike Brostoff that by taking several delicious and healthy ingredients and mixing them into a mash and putting them in a baggy for lunch you can make something simultaneously healthy and unappealing. And I learned from several people that if you are ever in need of sandpaper, that a brisk walk through dry grasses



Cliffs on the north side of Santa Cruz Island

Scorpion Cove seen from the road that leads to the rest of the island. The day glow blue-green plant in the foreground is fennel, an invasive exotic that

has just been sprayed with colored herbicide. Fennel used to be ubiquitous on the island, but a decade of management has brought it under control.



will convert your socks into an abrasive that without careful picking will do to your skin what sandpaper does to wood.

And last but not least, I lost weight over the weekend! The GLS is the new Weight Watchers!

I am looking forward to future trips with the group. I bought a backpack, tent, sleeping bag, cookware and the like. I hope to meet you all soon, and I promise I will be prepared to lend you something rather

be the borrower!

PS: if you Google my name, I am the artist, not the murderer in San Diego.



Dudleya on a cliff

Navigation Practice Hike

By Marie Ammerman, photos Nancy Beverly

We couldn't have had a better day for this hike if we'd ordered it from a catalogue. Clear skies, cooling breezes, fresh greenery springing up everywhere was our reward for making the trek up into the Angeles National Forest to practice map and compass skills. Twelve participants tested their knowledge and practiced terrain recognition, taking bearings in the field, and plotting bearings

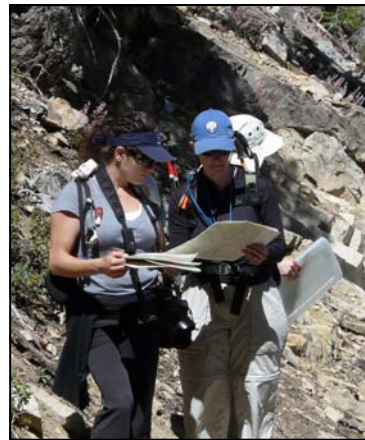
on the map.

Everyone was enthusiastic and ready to work hard, and by the end of the day, everyone surely knew more than when they started. So did I! I always learn a lot when I teach others, and Eva felt the same way. Hopefully, the participants learned as much as we did.

We took the trail to Little Jimmy Campground, then went on to Windy Gap. It wasn't a long hike, mileage-wise, but it took us over two hours because we kept stopping to check the map and talk about the terrain features around us. It's impossible to explain what we did in all



that time, so next time there's a Nav Practice Hike, consider joining us and find out how much fun it is for yourselves. Special thanks to all the participants for being so committed to learning, and to Eva for being such a stellar co-leader.



Laguna Coast Wilderness Park

By Jeff Johnson

Sometimes you see a hike on the schedule that seems to have a few things ready to go wrong. For Karen's short hike from the Nix Nature Center near Laguna Beach on May 4, the weather looked like it was going to be hot, or wet, or hot *and* wet, the parking lot looked like it was going to be overflowing, and just a few hikers were expected other than some new people from Meetup who offer...how shall we say... don't show up.

In the end, it turned out to be pleasantly

sunny, cool and breezy, 13 people showed up, and a cycling event nearby pulled most of the bikers to another parking lot so everyone was able to park. Half the group came from Meetup, some new to GLS, including two sisters and their daughters.

The Nix Nature Center is on route 133 between Irvine and Laguna Beach. Many adjoining pieces of land are publicly owned open space, with miles of trails along ridges and valleys. CalTrans widened route 133 a few years ago, and the agreed-on revegetation program is ongoing. Our route took us through acres of native plants, including oaks, elderberries, various cactuses, wild grapes, poison oak, one blooming California rose, as well as lots of

the non-native mustard and hemlock that are ubiquitous in southern California.

The destination was Barbara's Lake, the largest natural lake in Orange County, where we saw ducks bobbing and diving. We were accompanied along the way by Susan Munson, Nix Nature Center docent and GLS subscriber.

Thank you, Karen!



Conservation Notes

By Tom Molloy

Fly, Drive, or Ride?

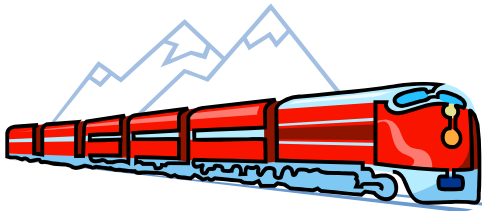
The Learning Channel and Planet Green recently wrote on how to reconcile wanderlust and concern for the planet (at least in long distance U.S. travel) short of setting out using your own two feet or a



bike. The results: Driving in a Prius (or another car that gets similar fuel economy, like many modern diesels do) and

sharing that car with three other people had the lowest impact on the environment. Next, taking the bus for long distances consistently had the lowest emissions of all public transit methods. (This isn't the case for inner city travel.)

Roughly equal in emissions are either



taking the train or driving all by yourself in a car with high fuel economy. Either way, this is about 4 times the emissions of sharing that car.



bus, or about ten times that of sharing your Prius.

Emissions of trains

and buses get reversed for inner city travel. According to Carbonfund.org, for trips under 20 miles -- due to differences in the type of vehicles used on these routes -- train comes out ahead. That 20-mile trip into the next county on a train would emit about 7 lbs of CO₂, while in a bus it would emit about 13 lbs of CO₂. The best short distance public transit option is clearly the train.

Let's leave aside going on a road trip with friends or family in your fuel efficient hybrid. If you're the solo traveler, no matter if you've got a hybrid sedan or a gas guzzler, driving really doesn't fare well in terms of emissions. That leaves us with public transit options.



For long distance travel in the US the bus is the least emitting option, with trains coming out at about double the emissions. No matter how you cut it, flying is the most carbon-intense option.

In fourth place is driving all by yourself in a car that gets 'average' fuel economy. This is just about as bad as flying for a cross country trip, at roughly 2,446 lbs of CO₂ in one direction. That works out to be eight times worse than sharing your highly fuel efficient car with your friends, or five times worse than the bus.

The fastest way of traveling has the highest carbon emissions, but this one gets a bit more complicated, because there are genuine differences between the amount of emissions per mile on a short-haul flight versus a long haul flight. Due a variety of factors (the type of plane used, altitude, number of passengers) short haul flights have significantly higher emissions per mile than do long haul flights.

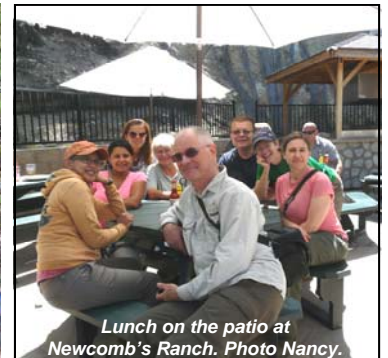
What this means is that a one-way trip from NYC to San Francisco emits about 2,500 lbs of CO₂ including radiative forcing -- about five times the emissions of taking the bus or eight times sharing that Prius. A commuter flight from New York to DC emits about 240 lbs of CO₂ -- six times the emissions of taking the



Tedd wrangles hikers for group shot. Photo Nancy.



Descending Mount Lewis. Photo Tedd Wenrick.



Lunch on the patio at Newcomb's Ranch. Photo Nancy.

Sally, Lewis, and Vetter

(Continued from the first page)

flowers and angles with our cameras. After returning to our cars (and plucking Foxtail out of our socks) we hit the road, made a quick bathroom stop at Newcomb's and then traveled up to Dawson's Saddle, which sits 45 miles from town.

This was the trailhead for Mt. Lewis -- a very short (merely 1 mile roundtrip) hike but one of the steepest hikes your intrepid leader has ever done (500' of gain in a half mile!). Our hearty (and winded) band of nine enjoyed snacks and lots of picture-taking at the top. Then it was a careful descent back to the cars, and a late lunch at Newcomb's -- a place the motorcycle

crowd and the local Steller's Jays like to hang out (and steal French Fries -- the jays, not the bikers).

Our final peak of the day was the easiest (and yet the longest, at four miles roundtrip) hike -- up an old paved road to Vetter Mountain. The Station Fire burned the previous fire lookout tower but a temporary one is in place (where GLSer Marie A. volunteers in the summer to keep watch). The late afternoon breeze cooled us off as we took in the view: a 360 degree panorama of the San Gabriel Mountains.

A big pat on the back to our participants for being up for the challenges of the day -- from dancing around the pointy Yucca leaves and poodle dog dogging us, to

slogging up some steep, loose hillsides. The laughter, stories -- and of course Nature's splendor -- made for a great outing



Marie B. at the new makeshift fire lookout on Vetter Mountain. Photo Jeff J.

Outings & Events

July

Jun 30 - Jul 6, Sun - Sat

O: Northern New Mexico

Mike Brostoff, Alan Schimpff

This trip is full.

Info from Mike at 818 399-4035.

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.

July 20, Saturday

O: Grammy Museum

Nancy Beverly, Amanda Smith

If you haven't been to the Grammy Museum downtown, you're in for a real treat. The museum is chock full of interesting pop music exhibits, from documentaries to costumes to interactive music displays. Right now there's a Ringo Starr exhibit – featuring his Sgt. Pepper suit! If we get at least ten people to RSVP to the leaders by July 18th, we can get a group rate of \$10 a ticket (tix are regularly \$12.95). The official address is 800 W. Olympic Blvd. (corner of Olympic Boulevard and Figueroa Street), in the L.A.

LIVE district. Meet at 12:30 p.m. at the museum entrance on Figueroa Street. Fearless leader Nancy will be taking the Metro Red Line to the 7th St./Metro Center Station, which is a 7 min. walk from the museum. There are many privately owned parking lots in the vicinity and many offer flat rate parking, but bear in mind the museum does NOT offer validated/ discounted parking at those lots or the ones in the L.A. LIVE complex. Here's the link to the parking page so you can plan ahead: <http://www.grammymuseum.org/visit/planning-your-visit/parking>. After we roam the museum for a couple of hours, we'll stroll up the street to a photo exhibit near Figueroa and 7th Street. Wear comfy shoes, and bring cash for entrance fee, parking/ Metro, souvenirs, and perhaps a soda afterwards.

July 27, Saturday

O: Marathon Beach Bike Ride & Activities

Mike Brostoff, Nancy Beverly

A 45 mile round-trip bike ride along the coast from the Palisades to Palos Verdes. This trip is a series of beach activities strung together by biking. We will meet at 8:00 AM in the Palisades. We will bike for one mile and eat a leisurely breakfast at Back to the Beach, a restaurant with tables outside on the sand. We will then bike 20 miles through many beach communities until we reach Torrance where we will relax, lay out in the sun, swim, or whatever. Afterwards we will turn back and head to El Segundo where we will catch a 2:30

matinee at the Old Town Music Hall. The Old Town Music Hall is like walking into a movie theater from the 1930's. They have a Wurlitzer Organ complete with a wall full of neon pipes and other instruments. The movie is usually preceded by a sing-a-long and a Laurel and Hardy short. After the film, we will head to Venice for dinner at the C&O Trattoria. Following dinner, we will ride the Ferris Wheel on the Santa Monica pier in memory of Kathy Brizzard who suggested adding this event to the journey. We will complete our final leg of the journey returning to the Palisades with a magnificent view of the sunset over the Pacific.

Bring: a bike; bike lock; spare tire and/or patch kit; bike pump; helmet; headlight; bathing suit and change of clothes if you plan to swim; beach towel; water (we can refill along the way); money for breakfast (about \$12.00), movie (\$8.00), dinner (about \$15.00) and extra for snacks along the way; library books you want to return (we pass the Marina Del Rey Public Library). For more information and to reserve a spot, contact Mike Brostoff.

August

August 3, Saturday

O: Solstice Canyon hike and afternoon boogie boarding

Anna Baum, Tom Molloy

7.1 miles RT, 2,000-ft altitude gain/loss, moderate to strenuous. This invigorating hike is steep in parts, and pays off with a

(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

stunning view of Pt. Dume and the Malibu coastline. We will be doing the Rising Sun-Sostomo Loop, with its climbs up and down canyon walls, alternating shade and exposed road. Along the way we rest at the romantic ruins of Tropical Terrace, once the most idyllic home in Malibu.

Afterward, we'll cross PCH and eat lunch and swim at the state beach.

Meet at the Solstice Canyon trailhead lot at 8:30 am sharp. From PCH, turn on to Corral Canyon Road, drive 0.2 mile to Solstice Canyon Park gateway. There's overflow parking at the entrance, and a more spacious lot 0.3 mile farther inside at the main trailhead where we'll meet. Bring 10 essentials, 2-3 qts water, lunch, snacks, lugsoles, hiking poles, bathing suit and towel; boogie board if you have one.

August 11, Sunday

**O: GLS Splash Bash Potluck!
Nancy Beverly, Mike Brostoff**

GLS member Sherry Thomas is hosting a pool party at her Thousand Oaks home. Please bring bathing suits, towel, flip flops and a dish to pass. There may be an easy-to-moderate 3-mile loop hike in Sherry's neighborhood. Two miles on pavement, one on dirt, sneakers with tread are fine or hiking boots if you need them. Dogs welcome at party, must be on leash for hike (coyotes are in the 'hood). 2:00PM - 8:00PM. Mark your calendar. Contact Sherry Thomas for more info, 818-674-2288, DRSherryThomas@yahoo.com.

August 17 - August 18, Sat - Sun

I: Muah Mtn. Backpack (WTC Experience Trip)

Marie Ammerman, Jim Fleming

Muah Mountain in the Sierras offers breathtaking views of the Owens Valley and the Golden Trout Wilderness. This trip will take us through meadows and pine forests to the top of the 11,016' peak. We'll start early on Sat. morning, hike to our camp, go cross country to the top of the peak, and finish the day with a group happy hour. Sunday we'll have the choice to pack out at a leisurely pace, or possibly bag another nearby peak, depending on weather, group preference, and other safety factors. While the trip is designed to fulfill requirements for a WTC experience trip, giving WTC students first dibs on the available spots, anyone interested is welcome to apply. Keep in mind that water sources are seasonal in this area, and you must be capable of packing in all the water you will

need, as there is no guarantee we will find any. Basic trip stats: Approx. 12.5 miles RT, 2715' gain; with a second peak added it's approx. 16.5 miles RT, 4515' gain. Information about camping near the trailhead will be supplied. Feel free to contact Marie with questions; to apply, please email your recent backpacking experience and information on your level of condition-ing to Marie Ammerman at ammermanm@yahoo.com no later than July 31st.

Aug 20 - Aug 23, Tue - Fri

**O: Mule Pack, base camp Upper Pine Creek
Susan Campo, Diane Zaepfel**

Trip full, wait list only. Contact Susan for info, susanlucillecampo@yahoo.com.

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 Lake) at the top of French Canyon.

Aug 25 - Aug 28, Sun -

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

Trip full, wait list only. Contact Susan for info, susanlucillecampo@yahoo.com.

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.

Aug 28 - Sep 2, Wed - Mon

**O: Rock Creek
Barbara Edwards, Judith Demarah,
Grace Hengst**

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 include 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. RV's extra. Space is limited. Well behaved dogs permitted. Send check made out to GLS to: Barbara Edwards, 1739 S. Sherbourne Dr., L.A. 90035.

Future Outings

September 15, Sunday

**O: Mt. Timber (8303') via Icehouse Canyon
Dora Olea, Jeff Bates**

Mt. Timber from Icehouse Canyon trailhead, via Icehouse Saddle. 9 mi. round trip, 3300 ft. gain/loss, some steep up and down sections, moderate pace. We will pass through some of the finest stands of incense cedar in the range, as well as Ponderosa and sugar pines. From the saddle, we will look into the inviting Cucamonga Wilderness country and down over the Lytle Creek drainage. Fairytales suggest that the magnificent cedar beams for Mission San Gabriel were cut in the canyon, then laboriously dragged down to the lowland by oxen teams. The lower reaches of the canyon are dotted with private cabins. Once there were many more; the big flood of 1938 wreaked havoc here, as it did in other canyons. Today, boulder-strewn Icehouse Canyon bears testimony to nature's torrential fury. Bring lug soles, dress in layers, sunscreen, sunglasses, hat, and three liters of water. Dogs must bring their own water. Bathrooms at the trailhead. Driving Directions: Drive to Icehouse Canyon parking area, 1.5 miles above Mt. Baldy Village just off Mt. Baldy Road. Display Adventure Pass in your parked vehicle. Rain cancels. Questions? Contact Ldr:

Outings and Events

Dora chamaca1954@att.net.

October 26, Saturday

O: Cucamonga Peak (8859') via Icehouse Canyon

Dora Olea, Kirk Olsen

Cucamonga Peak is in the only wilderness area in Southern California that encompasses parts of two national forests – Angeles and San Bernardino. Although this is a strenuous hike, our moderate pace, relaxed snack breaks at Icehouse Saddle and leisurely lunch at the top will make the hike seem less difficult. It is a long hike, but the view from the summit, taking in the eastern end of the range, the San Bernardino Valley and the mountains beyond, is well worth the effort. 12 mi RT; 3800' gain/loss. Bring at least 2 liters of water, lug soles, your lunch and snacks, sunscreen, hat, sunglasses and dress in layers. Dogs must bring their own water. Adventure Pass is required on your parked vehicle. Meet at 9:00 a.m. at Icehouse Canyon parking lot off Mt. Baldy Road 1.5 miles above Mt. Baldy Village. Rain cancels. Questions? Contact Ldr: Dora at chamaca1954@att.net.

Oct 31 - Nov 3, Thu - Sun

O: Morro Bay

Barbara Edwards, Grace Hengst, Judith Demarah

Join us for Halloween! Morro Bay is considered to be the largest, least disturbed saltwater marsh on the California coastline. This magnificent natural area provides a haven for an extraordinary range of bird life. It is a major stop on the Pacific flyway for migratory birds, and around 70,000 birds may be seen on the bay on a given day. It is both a State and National Estuary. Morro Bay State Park is within minutes of a heron rookery, Montaña de Oro State Park, the El Moro Elfin Forest and Audubon's Sweet Springs Nature Preserve. The park is located 200 miles northwest of L.A. Some activities may include: hiking at nearby Montana de Oro, kayaking or walking in estuary, bird watching, or strolling into town for fresh seafood. We have two group campsites and hot showers are available. Dogs are permitted but are not allowed on any state park trails and must be on leash at all times. Per person, \$55 for 3 nights camping and all parking fees. Or \$40, per person, for 2 nights (Fri-Sat). Send check (made out to GLS) and email address to: Barbara Edwards 1739 S. Sherbourne Dr. L.A. 90035.

November 9, Saturday

Leaders' First Aid Refresher Class

GLS leaders! We have tentatively scheduled our every-four-years first aid refresher class for this day. Please mark your schedule!

December 21, Saturday

O: Christmas Tree Count and Winter Solstice Walk

Susan Campo, Diane Zaepfel

More info to come.

February 16, Sunday

O: Snowshoe hike, Mt. San Jacinto Kirk Olsen, Dora Olea

Join us for a leisurely snowshoe hike on groomed trails near the Palm Springs Aerial Tramway Mountain Station (elevation 8,516 ft.). Meet at the Valley Station at 10:30 am with snowshoes in hand - they can be rented at any good sports shop if you do not own them. Please allow time to park and ride the bus. We will purchase our tickets and ride up together. Once situated we will hike for approximately 3 hours and then eat a warm meal at the Mountain Station cafeteria. Distance and elevation gain will depend on our speed - approx. 3 miles and 500 ft. Ticket, weather and cafeteria information available at www.pstramway.com. Note: We have learned though experience that renting snowshoes at the top is not a viable option. Dress appropriately and bring water, snacks, snowshoes and money for the tram & cafeteria. RSVP to Ldr: Dora (213) 200-0239 or chamaca1954@att.net so we know to expect you.

Mar 8 - Mar 9, Sat - Sun

O: Backpack, Joshua Tree Dora Olea, Jeff Johnson

Back country hike and campout in Joshua Tree. More info to come.

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 side 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 Ltd: Dora at chamaca1954@att.net.

LTC Announcement

October 5, Saturday

Outdoor Leadership Training Costa Mesa

Interested in becoming a Sierra Club outings leader?

Angeles Chapter is home to one of the largest outings programs on the planet – thousands of trips ranging from beach barbecues to mountaineering expeditions. You can take the first step toward becoming a leader by attending a class offered by the chapter Leadership Training Committee on Saturday, October 5 at the Costa Mesa Neighborhood Center.

The seminar covers all the basics of leadership. Experienced leaders will tell you how to plan a trip, prevent problems on the trail and make sure that everyone – including you – has a great time. They'll also explain good conservation and safety practices. And they'll give you tips for getting your "O" rating quickly and then, if you choose, pursuing more advanced ratings. You can find out more about the advanced ratings and other leadership information on the LTC website. <http://angeles.sierraclub.org/ltc/>

The all-day class costs \$25 and includes a copy of the LRB. The application is online at http://angeles.sierraclub.org/ltc/transfers/ltp_application.pdf

Mail the application and check, payable to Sierra Club, to Steve Botan, LTC Registrar, 18816 Thornwood Circle, Huntington Beach 92646. You also can reach Botan by phone (714-321-1296) or e-mail (ltcregistrar@hundredpeaks.org).

Applications and checks are due September 21, 2013. Scholarships are available for those with financial need. Apply to LTC Chair Tina Bowman (tina@bowmandesigngroup.com).

July and August 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUN 30 New Mexico Mike, Alan <i>Through July 6</i>	JUL 1	2	3 Griffith Park Nancy, Eva	4	5	6 <i>End New Mexico outing</i>
7	8	9	10 Griffith Park Marie, Dora	11	12	13
14	15	16	17 Griffith Park Nancy, Jeff B.	18	19	20 Grammy Museum Nancy, Amanda
21	22 <small>full moon</small> 	23	24 Griffith Park Marie, Mike	25	26	27 Marathon Beach Bike Ride and Activities Mike, Nancy
28	29	30	31 Griffith Park Dora, Jeff B. Signal Hill	AUG 1	2	3 Solstice Canyon and Boogie Boarding Anna, Tom
4	5	6	7 Griffith Park Mike, Dora	8	9	10
11 GLS Splash Bash Pool Party Nancy, Mike	12	13	14 Griffith Park Dora, Nancy	15	16	17 Muah Mountain Backpack Marie, with Jim Fleming <i>Through Sunday</i>
18 <i>End Muah Mtn. Backpack</i>	19	20 <small>full moon</small> 	21 Griffith Park Anne, Mike	22	23 <i>End Upper Pine Creek Mule Pack</i>	24
25 Horton Lake Mule Pack Susan, Diane <i>Through Wednesday</i>	26	27	28 Griffith Park Dora, Anne Signal Hill Rock Creek Barb, Grace, Jude <i>Through Mon, Sept. 2 End Horton Lake</i>	29	30	31

GLS Leader Contact Information

Please call after 9 AM and before 9 PM

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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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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.

GLS at Long Beach Pride 2013



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.

Name: _____

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- New Renewal Gift Change of Address
- Send print TRACKS by US mail \$15 - 1 yr; \$35 - 3 yr
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- Send print and email TRACKS \$25 - 1 yr; \$55 - 3 yr

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
Regular	\$39	\$47	
Supporting	\$75	\$100	
Contributing	\$150	\$175	
Life	\$1000	\$1250	
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

FRIP#
F94QW04721