

TRACKS



September/October 2013

Volume 26, No. 5

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

New Mexico Adventure

Mike organized a GLS outing in northern New Mexico this summer, staying at his cousin's place in Questa, on the western side of the Taos Mountains.

Part I

By Mike Brostoff

Things I enjoyed about the trip to New Mexico this year:

- Sharing my real family with GLS
- Our July 4th celebration, including:
 - John Clarke reading the Declaration of Independence on his iphone
 - Alan's accompaniment on Laura's beefalo drum
 - Smores
- Everyone did different things, and everyone found plenty of stuff to do.
- Dramatic weather. This led to ad hoc sleeping arrangements. A couple people never even set up their tent, but slept the whole time in their car.
- 10,000 ft. peaks in the area. I took

the son of my cousin Michelle (the host) to 12,448 ft. Cabresto Peak, which is behind the domes. He grew up around the domes and had never thought about what was beyond them and above them.

- I wanted to go to summits and ridges every day, which usually meant 15 mile hikes (aka "Mike's daily death march"). Alan and John were dismayed at the lack of variety. John wanted streams, woods, lakes and meadows which, I explained, you get to visit on the way to the summits.
- There's a series of wilderness areas in the area by the domes and Taos. When you get to the top of one summit there, you can see out to all the other summits you are going to climb.

Part 2

By Laura Rainey

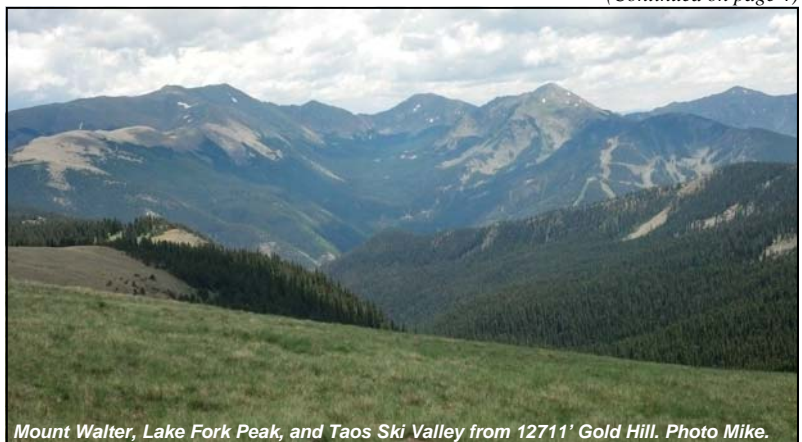
Karen and I started off our long-awaited trip by spending the first night in Holbrook AZ at the world-famous Wigwam Motel on the old Route 66 (yes, we stayed in a teepee room!).

We then spent the next morning exploring the Petrified Forest National Park, which is in the Painted Desert in Arizona. Although we were in a heat wave (already over 100 degrees by mid-morning), we were surprised to see so few people on the Long Log Trail, which takes one through the highest density of petrified trees in the park (and in the world!). Over 200 million years ago, the trees washed into an ancient river system forming ancient log jams and were quickly buried under sediment and debris. Minerals, including silica dissolved from volcanic ash, slowly replaced the wood over time, forming beautiful exposures in the

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At Ghost Ranch. Photo Laura.



Mount Walter, Lake Fork Peak, and Taos Ski Valley from 12711' Gold Hill. Photo Mike.

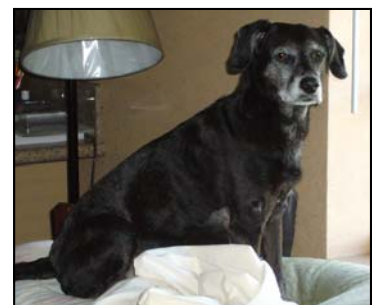
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Remembering Chamaca

For the Wednesday night hiking gang, Chamaca Olea was a well-known figure. Dora's faithful companion was always there, often leading the way or shepherding the group.

Her trail etiquette was outstanding, and a solid example to all new dogs. She never cut you off and then stopped so you'd trip; she came when called, never barked, and

(Continued page 3)



Safety Corner

By Marie Ammerman
Extra Food

We've talked about navigation; taking a buddy; tell someone where you're going. What more could we have to talk about? Well, this is GLS, so of course we must talk about food! Most of you know what you like to take on a hike. Sometimes lunch breaks on the trail evolve into mini-episodes of a Food Network hiking special. We ogle one another's lunches, ask questions about ingredients, take little tastes. This is great, but what about that thing in those Ten Essentials? The extra food one? Is it really worth taking extra food?

In a word, yes. You never know when your return to the trailhead could be delayed. There might be a surprise lightning storm and you have to wait it out under cover. Someone (Heaven forbid!) could get hurt, and it could mean a long wait for Search and Rescue to show up. You might have car trouble at the trailhead.

Or someone might be ogling your lunch because they didn't bring enough. You might even underestimate the wear and tear a certain outing might take on your body, and be hungrier than usual. And if you are backpacking, even more things might happen.

So what should you take? Well, the general consensus seems to be that you should take something not quite so yummy. If you take something you really love to eat, the temptation to eat it and not leave it in your bag might be too great. You want to find something that you can keep for a long time in your pack, won't be easily destroyed by knocking around in your bag, and which would give you a decent amount of energy should you need to eat it.

Many people carry energy bars of various kinds, and this can be a good solution. Other ideas include a packet or two of tuna (be sure to have a plastic fork or figure out how to eat it without one); jerky of any kind, and there are many kinds available these days; a freeze-dried backpacker's meal (keep in mind you'd have to eat it cold, maybe); or even candy

bars. Personally, I like to keep snack-sized Payday candy bars in my pack (no, I am not paid to endorse this candy bar!) because they last forever, I like 'em pretty well, and they provide protein, sugar for a little kick, carbs, and even a little salt, sometimes needed on a hot day. Pre-packaged tuna and crackers or peanut butter crackers can last a while, though they are more fragile; and dried fruit is also a very good choice that lasts a long time. Just remember to check your stash of extra food once in a while and be sure it's still fresh and intact.

How much you take really depends on what type of outing you're doing. A simple day hike from a designated trail head, especially a popular trail, wouldn't require more than an energy bar or two. For something longer, or off-trail, you might want to take just a bit more. The hazards that might cause a delay in your hike increase with mileage and more rugged terrain. Backpackers should look carefully at the proposed trip, evaluate the risks and the amount of time it would take to get

(Continued next page)

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 queenpin@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 September 10, at 7pm.

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.

Solstice Canyon + Beach

On Augusts 3, Anna and Tom led a hike in Solstice

Canyon in Malibu, up to the ridgeline to see the views, and past the ruins of the Roberts house, designed by Paul

Williams, and on to the beach for lunch and the chance for boogie boarding or a dip in the Pacific.

Photos Nancy



Beach Bike Ride

On July 27, Mike and Nancy again led a

bike ride from Pacific Palisades to Palos Verdes, with stops for breakfast, lying on the beach, a matinee at the Old Town

Music Hall, dinner, and a ride on the Ferris Wheel on the Santa Monica Pier. Until next year!

Photos Nancy



Safety Corner - Extra Food

(Continued from the previous page)

back to their cars or a town, and plan accordingly. If you are going backpacking and aren't sure about what to take in this regard, there are several GLS leaders who do a lot of backpacking and who would

probably be quite happy to give you a little advice. Never hurts to ask. And it doesn't hurt to experiment, either. If you have a great find or idea about this kind of food, please let me know. If we get a lot of good feedback, I'll put the list in the next Tracks. Thanks!

In the end, you will probably never need that little bit of extra food. At least, until the zombie apocalypse happens, or, failing that, you get locked out of your house after a long day on the trail and have to wait for the locksmith. You just never know.....

Remembering Chamaca

(Continued from the first page)

was friendly to all. She never wanted to cancel a hike; her enthusiasm helped Dora win the 100 Outings award and other awards for doing so much for GLS. Fittingly, on a Wednesday night in July, as the group was reaching the top of Mt. Hollywood to enjoy the view, Dora was at home helping Chamaca make the transition to a new trail, a new view.

To Chamaca - off leash forever!
Marie Ammerman

A TRIBUTE TO MY BELOVED CHAMACA
(July 24, 1998 – July 24, 2013)

from Mommy Dora and sister Sister

You came into my life a tiny black puppy, seemingly all legs and a head, a gift from a dying man, arriving to protect me, to love me, and to keep me company.

When my Chamaca and I first went for a walk, whenever I would stop to talk with someone a little longer than I should have, she would become impatient and chew her leash and scoot off on her own. One day, I turned around and I saw a little black dog on the other side of a main street and I

turned back to my friend and kept talking. I turned again and saw that little black dog on the other side of the street, walking on her own. I pulled on the leash and realized then that there was no weight on the leash, and that that little black dog over there was my own little Chamaca. I understood then that I should not interrupt her long walks, and that the leash somehow would be an impediment to her freedom for walking, which in time

would become miles long hikes.

I noted her leadership skills early on, when, at the doggie park, she would start running in big circles, making most of the dogs follow her lead. Often, there were up to 15 dogs of various breeds, running just to keep up with her.

My very smart and adorable Chamaca became a strong hiker dog by joining GLS for about 11 years. She was always anxious to hike and did not like to skip a Wednesday hike. Around 6 pm, she would sniff her leash, and begin jumping between the leash and me, knowing it was time to prepare for hiking with GLS at Griffith Park. Chamaca helped me to scout, to lead, and to earn a number of hiking prizes.

Mommy will miss you every minute. Chamaca, I thank you very much for your unconditional love and warm companionship. You made me feel safe and protected. I have to say that you accomplished your assigned mission especially well.

My adorable Chamaca, please remember us. We will remember you forever.

Mommy and Sister.



Chamaca and Sister, with GLS, marking their arrival at Mission Point in O'Melveny Park

New Mexico Adventure

(Continued from the first page)

logs of clear quartz, purple amethyst, yellow citrine, and smoky quartz. It is so cool to be able to walk among these petrified tree logs



Big petrified wood log. Photo Laura.

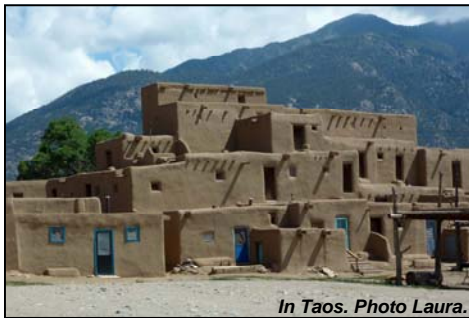
today, some of which measure over 100 feet long on the ground and at one time reached 200 feet when alive.

Later in the day, we arrived in New Mexico at the Domes, just in time to see everyone sitting for a delicious dinner. Mike's cousin was a fabulous host and amazing cook. The property is located north of the small village of Questa, located on the Enchanted Circle scenic highway, near the confluence of the Rio Grande and the



Red River. The weather was dramatic - although we set up our tent, intense lightning storms during a few nights had us cowering in fear - so much so that folks let us spend the night indoors on the futons (very comfy!).

The next day, several in the group visited the Taos Pueblo, a World Heritage site and home of the Taos people and their ancestors for over 1,000 years. The largest two of these adobe structures called Hilauuma (north house) and Hlaukwima (south house) are considered to be one of the oldest continuously inhabited communities in the U.S. About 150 people live in the Pueblo full time. Others live part



time, and split their time between their modern homes and the Pueblo. We attended a really interesting walking tour, with a wonderful and informative young guide. We visited the old church ruins and cemetery, first built in 1619, and then



destroyed in the Spanish Revolt of 1680. A few highlights included eating freshly-made Indian fry bread. While we waited for the fry bread to be prepared, we chatted with the grandmother and her talented photographer grandson, and learned about the village and various relatives.

We also walked through the pueblo, and learned of the architecture and preserved ancient ways of life. I ended up buying a very cool hand drum made with beefalo skin, which later became the source of our July 4 entertainment, when Alan channeled his historic drummer boy talents by accompanying John's thoroughly dramatic reading of the Declaration of Independence (this gave me goosebumps!).

The area had abundant hiking opportunities. In the afternoon of a very hot day, several in our group enjoyed a very steep hike down to the confluence of the Rio Grande and the Red River (and then back up!).



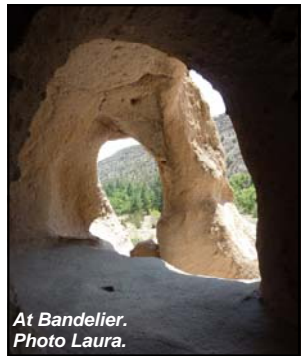
Geologically, the area has a great history. About 25 million years ago, the Questa caldera had an explosive event that spewed red hot lava and ejected lots of densely welded tuff. Tertiary volcanoes in the area add to the beautiful and interesting landscape. Molten magmatic activity during the Tertiary period is responsible for much of the mineral wealth along the Enchanted Circle.

Other activities included a visit to Georgia O'Keefe's home in Abiquiu, where she lived from

1949 until shortly before her death in 1986 at 98 years of age. We also visited nearby Ghost Ranch, noted for being Georgia O'Keefe's summer home. When there, one can't help but feel artistically inspired by the amazing landscape forms and intensely colored red, white and tan cliffs of sediments of the Chinle Formation. An added bonus was that this place of beauty was also a famous paleontological site for fossil Triassic dinosaurs. We spent most of our time there watching a mother barn swallow feed her babies!



For me, the biggest highlight of the trip was our visit to Bandelier National Monument. Evidence of human presence goes back 11,000 years. We saw petroglyphs, dwellings carved into the soft rock walls (of the welded tuff from the nearby Valles Caldera), and standing masonry walls. You can actually climb ladders and sit inside the cliff dwellings and look out over the beautiful canyon. What an awesome and amazing place!



More pictures on page 9.



Susan's Two Sierra Nevada Mule Packs

By Susan Campo, story and photos

In August, GLS offered two mule packing trips in the Sierra Nevada.

August 19-23

We camped at the Upper Pine Creek Lake. Ms. Diane, the assistant leader, organized a "trash bag" salad so everyone could enjoy their veggies as well as the great chicken Kim brought. Since rain was

threatening, we cut the evening short and saved the great quesadillas for a hot breakfast. Delicious! Gracias, Diane!

We did two, lovely hikes that day with our eyes on the clouds. Got back to camp at 3 pm just in time to jump into our tents for a round of heavy rain and exciting hail. We hopped in and out of our tents and managed to eat dinner like Firemen on call. Thunder boomed again, and I told THOR to go back to Norway and stop bugging us! It worked because the next day was a California perfect day, full sun and blue sky.

We did the cross-country route to

ITALY PASS. The group had lunch at 12,400 ft. and heard the story about how Diane had been there 40 years before on a back packing trip. Our backs couldn't do that today, so mule packing is a great way to have adventures by hiking! It was a grand view all the way back past Honeymoon Lake to our base camp at Upper Pine Creek.

When we got back to civilization, we heard about the horrible fires in the Sierra. Luckily we were not bothered by smoke on either trip.

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Ready at the trailhead.



Hiking in the rain.



Susan at Italy Pass



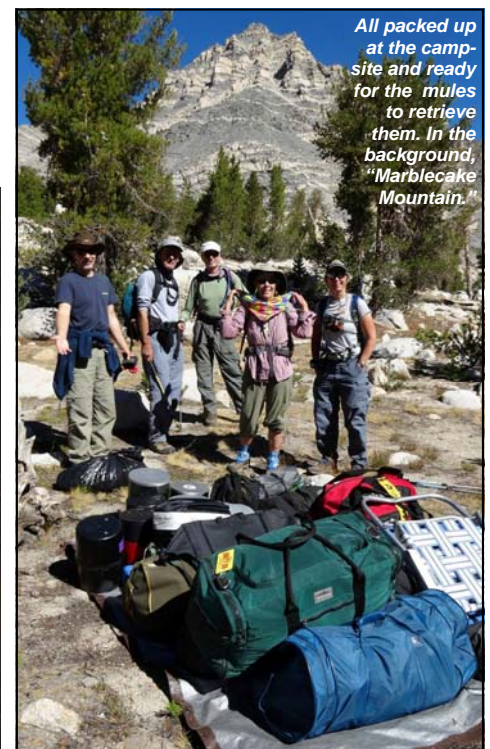
Dave's Pass



Jeanine and Jerry with coffee cup substitutes.



Quesadillas for breakfast.



All packed up at the campsite and ready for the mules to retrieve them. In the background, "Marblecake Mountain."



Upper Pine Creek Lake at dusk.

Conservation Notes

By Tom Molloy

Fukushima nightmare spreads across the Pacific

As reported in the Huffington Post last week, beneath Fukushima's crippled nuclear power station, a massive underground reservoir of contaminated water that began spilling from the plant's reactors after the 2011 earthquake and tsunami has been creeping slowly toward the Pacific. Experts fear it is about to reach the ocean and greatly worsen what is fast becoming a new crisis at Fukushima: the inability to contain vast quantities of radioactive water. This is in addition to the discovery earlier this week of a 80,000 gallon leak from a tank that stores contaminated water used to cool the reactor cores. Both have few viable solutions.

About 1,000 tons of underground water from the mountains flows into the plant compound each day, of which 400 tons seep into the reactor and turbine basements and get contaminated before

entering the sea, according to an estimate by Japan's Agency for Natural Resources and Energy.

Scientists, pointing to stubbornly high radioactive cesium levels in bottom-dwelling fish since the disaster, had for some time suspected the plant was leaking radioactive water into the ocean.

After a nearly two-year delay, construction of an offshore steel wall designed to contain contaminated water has begun.

The utility has also proposed building frozen walls – upside down comb-shaped sticks that refrigerate surrounding soil – into the ground around the reactor areas, but that still has to be tested and won't be ready until 2015 if proved successful.

Prime Minister Shinzo Abe earlier this month announced that the government would intervene and provide funding for key projects to deal with the contaminated water problem.

“This is a race against the clock,” said Toyoshi Fuketa, a commissioner on Japan's Nuclear Regulation Authority.

Some 1,000 steel tanks built across the plant complex contain nearly 300,000 tons (300 million liters, 80 million gallons) of partially treated contaminated

water. About 350 of the tanks have rubber seams intended to last for only five years with a plan to build additional tanks with welded seams that are more watertight, but will have to rely on rubber seams in the meantime.

“Any contamination in the groundwater would eventually flow into the ocean. That is very difficult to stop even with barriers,” said Ken Buesseler, a marine chemist at the Woods Hole Oceanographic Institution in Massachusetts. He found that radioactive cesium levels in most fish caught off the Fukushima coast hadn't declined in the year following the March 2011 disaster, suggesting that the contaminated water from the reactor-turbine areas is already leaking into the sea. Studies show that radioactive fish from Fukushima have appeared even as far east as California, but the radiation levels present are not thought to be a danger to consumers.

This is a sobering story and especially poignant in light of nuclear apologists in the media of late touting nuclear energy as our best option to combat global warming.

Sierra Mule Pack Trips

(Continued from the previous page)

August 25-28



The storm had brought landslides to Horton Lakes so leader, Susan, negotiated an alternate base camp with the mule packers. We went all the way over Pine Creek Pass to camp at the head of French Canyon. The weather was perfect all days. HEATHER SARGEANT, the

assistant leader, showed great kindness and patience for one of our members who experienced fatigue and elevation sickness.... For the next two days, he used the base camp for rest and relaxation and eventually hiked out safely.

Like a real mountain gal, Wendy showed us how to camp without a tent. Dave guided us in an exciting game of Horse Collar; Kim helped us ID the flora and fauna while Jeanine kept us laughing! The group generally went to bed early to keep warm.

The cross-country day hikes from camp were fantastic. Aug. 26 we climbed back above our camp to alpine landscapes. We found the Royce Lakes which were



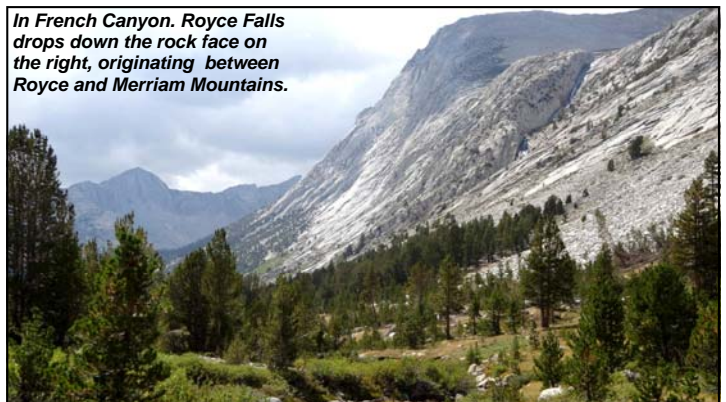
Scrambling down from Dave's Pass

hemmed by the Merriam and Royce Mtns. We did some boulder hopping past Lake 11750', which we named HEATHER'S LAKE. Such a grand lake needs a grand name! Lunch was enjoyed at DAVE's Pass, about 12000'. We joked that we had climbed this pass backwards since it was

(Continued on page 8)



At camp in French Canyon.



In French Canyon. Royce Falls drops down the rock face on the right, originating between Royce and Merriam Mountains.

Outings & Events

September

September 7, Saturday

O: Zuma Loop Trail

Alan Schimpff, Tom Molloy

This a great strenuous work out rewarded by beautiful scenery. The trail includes two major ascents, a descent into Zuma Canyon crossing a stream and a transverse along a ridge with beautiful ocean views. Round-trip 11 miles, 2800 elevation gain and loss. Bring at least 2 quarts of water and the 10 essentials. Meet at 9: 30 AM at the trailhead. If taking the 101 west, turn left on Kanan Road and head over the mountain until PCH. On PCH, head northwest for about ½ mile (or two stoplights) until you reach Busch road. Turn right on Busch and follow it to the end of the road, which is the trailhead, park there. If taking PCH West, pass Kanan Road until you come to Busch Road about ½ mile (or two stoplights) later. Turn right on Busch and follow it to the end of the road, which is the trailhead.

September 10, Tuesday, 7:00 pm

GLS Management Committee Meeting

More information on page 2.

September 15, Sunday

O: Mt. Timber (8303')

Dora Olea, Jeff Bates

With a moderate pace, we will trek Mt. Timber trail up Icehouse Saddle via Icehouse Canyon trailhead. 9mi. rt., 3303ft.

gain/loss with some steep up and down sections. We will pass through a forest of Incent Cedar, Ponderosa and Sugar Pines. From the saddle, we will look into the inviting Cucamonga Wilderness country and down over the Lytle Creek drainage. The boulder strewn floodplain of 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. Meet at the parking lot at 9am. Display Adventure Pass on your parked vehicle. Rain cancels. Questions? Contact Dora chamaca1954@att.net.

September 21, Saturday,

O: Throop and Hawkins from Dawson Saddle

Jeff Johnson, Nancy Beverly

6.5 miles, 1800' gain and loss, from Dawson Saddle, 7900', to Throop Peak, 9138', to Mt. Hawkins, 8850' on the Dawson Saddle Trail and the PCT, then back again. This hike starts at elevation and includes a considerable climb so, if you are not familiar with the territory, consider it strenuous. Big views all around from the high ridges. Meet 8 am at La Canada rideshare point, or 9 am at Dawson Saddle. Bring lunch, plenty of water, layers for changes in the weather. Adventure Pass required for trailhead parking. Questions? Call Jeff Johnson 562-434-8473.

Sept 28 & 29

WTC, GLS

I: Mt. Silliman (11,188') 11 miles rt, 4300' gain

Anne Mullins, Beth Epstein

Come see the fall colors in Sequoia National Park. Strenuous but moderately paced backpack from Lodgepole to Silliman Lake, 3200' gain (first 3.5 miles are on trail with some use trail; last mile is a cross country climb up to the lake). Sat. evening happy hour. Climb Mt. Silliman Sunday morning (2 miles cross country rt, 1000' gain) and then pack out. Return to cars late Sun. afternoon. Must be comfortable with cross country and Class 2 terrain and travel on steep friction slabs. Group size limited due to permit. Permit fee. Send recent conditioning and hiking experience, contact numbers, and carpool info to leader. Questions? Contact Anne, hike2thepeak@gmail.com), or assistant Beth, b.epstein@verizon.net.

October 5, Saturday

O: Oak Glen Apple Outing

Marie Ammerman, Amanda Smith

Join us for a full day of exploring the apple orchards, restaurants, and nature trails of Oak Glen. Located approximately 1.5 hours away from L.A., off the 10, several farms in this little town offer pick-your-own apples, musical entertainment, antique shopping, and more. The Wildlands Conservancy maintains a reserve here of over 2,000 acres, which includes easy trails to wetlands and a grove of ancient trees. There are restaurants for lunch, or you may

(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

bring your own and take advantage of the picnic areas in the reserve. Please RSVP no later than September 25 to Marie at ammermanm@yahoo.com (818-842-6401); or Amanda at amandajillsmith@gmail.com (323-646-0771) to attend and get more information.

October 20, Sunday

O: La Brea Tar Pits/ Fairfax District/ Farmer's Market Barbara Edwards, S.K. Chiou

Ever have an urge to meet mastodons, camels and saber-toothed cats from prehistoric LA? Then join us for a natural history tour of the "tar pits" at Rancho La Brea, and a walk around the historic Fairfax district. We will end our walk at The Original Farmer's Market. Meet at 9:00 a.m. in front of the Page Museum for bagels and coffee, 5801 Wilshire Blvd., Los Angeles, CA 90036 (next to LACMA). Tar pits tour led by SK starts at 9:30 a.m. Fairfax district walk led by Barbara starts at 10 a.m. Plenty of free street parking is available in the neighborhood, south of Wilshire. Be prepared for 4-5 miles of walking. Heavy rain cancels.

October 26, Saturday

O: Cucamonga Peak (8859') via Icehouse Canyon Dora Olea, Kirk Olsen

Cucamonga Peak is the only wilderness in Southern California that encompasses parts of two national forests – Angeles and San

Bernardino. Even though, this hike is usually rated strenuous, we will make our best to transform it into a strenuous-moderate version. First of all, we will start the hike from the Icehouse Canyon trailhead.

Secondly, we will hike up in a moderate-easy pace. Thirdly, we will have a relaxing-snack-break at the Icehouse Saddle. And finally, we will bring plenty of water and lunch to eat at the top. 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, 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 the Mt. Baldy Road in the Mt. Baldy Village. Rain cancels. Questions? Contact Ldr: Dora at (213) 200-0239.

Oct 31 - Nov 3, Thu - Sun

O: Morro Bay Barbara Edwards, Judith Demarah, Grace Hengst

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

We are again planning for leaders to be able to take the every-four-years first aid refresher class all together, with GLS covering half the cost of the class for active GLS leaders. Details still being worked out. If interested, please email Jeff Johnson at jjg@cheerful.com.

December 21, Saturday O: Christmas Tree Count and Winter Solstice Walk Susan Campo, Diane Zaeffel

More info in the next issue of Tracks.

February 16, Sunday O: Snowshoe hike, Mt. San Jacinto Kirk Olsen, Dora Olea

Sierra Mule Pack Trips

(Continued from page 6)

one of the main features we kept in sight during the first mule pack trip.

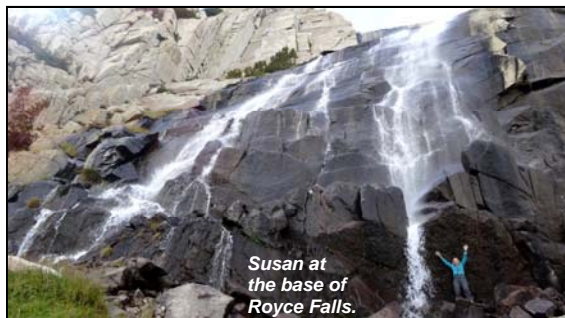
The next day Susan offered a full day, 9 mile cross-country loop around French Cyn. basin. We hiked to the mile long French Lake, and attached unnamed puddles; onward to the respectable Little French Lake and upward to the Petite Lakes. Then over the ridge at 11400' Steelhead Lake appeared, another huge mile long lake and excellent lunch site.

Following the outlet of Steelhead downward we reached L Lake, short for its elbow shape. At this point we found the use trail, but chose not to use it!

We took the ridge route instead until we could see Elba Lake and followed its outlet down into French Cyn., heading straight toward the glorious Royce Falls. Because of its changing angle, one can only see half of the falls from a distance. The

middle third of the falls was reached by an angled climb over slick rock. Hurray....a very happy day!

Not everyone did all of this hike, but everyone did enjoy beautiful French Canyon.



Outings and Events

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

Full details of this campout and overnight backpack in Joshua Tree in a later issue of Tracks.

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 Ltd: Dora at (213) 200-0239.

LTC Announcement

October 5, 2013, 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 (lcregistrar@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).

New Mexico Adventure

(Continued from page 4)



At the Wigwam Motel. Photo Laura.



On the way to Cabresto Peak. Photo Mike.



Weather on the Gold Mountain loop. Photo Mike.



At Bandelier National Monument. Photos Laura.



In Taos. Photo Laura.

September and October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEP 1	2	3	4 Griffith Park Nancy, Mike	5	6	7 Zuma Loop Trail Alan, Tom
8	9	10 GLS Management Committee Meeting More info on page 2	11 Griffith Park Anne, Dora	12	13	14
15 Timber Mountain Dora, Jeff B.	16	17	18 Griffith Park Dora, Jeff B.	19 full moon 	20	21 Throop & Hawkins Jeff J., Nancy
22	23	24	25 Griffith Park Anne, Nancy Signal Hill	26	27	28 Mt. Silliman Backpack Anne, Beth <i>Anne's I provisional</i>
29 End Mt. Silliman backpack	30	OCT 1	2 Griffith Park Dora, Mike	3	4	5 Oak Glen Apple Outing Marie, Amanda
6	7	8	9 Griffith Park Anne, Mike	10	11	12
13	14	15	16 Griffith Park Nancy, Dora	17	18 full moon 	19
20 Tar Pits/Fairfax/ Farmers Market Barbara, SK	21	22	23 Griffith Park Dora, Mike	24	25	26 Cucamonga Peak Dora, Kirk
27	28	29	30 Griffith Park Anne, Dora Signal Hill	31 Morro Bay car camp Barb, Jude, Grace <i>Through Sunday</i>	NOV 1	2

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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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.

Pool Party at Sherry's Place



Some of the crowd at Sherry's place in Thousand Oaks on August 11 for a pool party and potluck.

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: _____

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Regular	\$39	\$47	Membership Dept.
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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

FRIP#
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