

TRACKS



November/December 2013

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

Rock Creek Trip (with Wedding!)

By Marie Ammerman, photos Eileen Connors

Barb Edwards did it again. This year's Rock Creek Lake camping trip was a great success, and for no small reason. The main event was a wedding. Yep, you read it right! We had the usual beautiful hikes in Little Lakes Valley and up to the Hilton Lakes, led by Lisa L.; people ate pie from the Pie in the Sky Café at Rock Creek Lake Resort until it was coming out of their ears; I taught a basic nav clinic; campfires burned each night; the creek sang its robust lullaby in our ears each night, and the stars were as bright as last year, but the biggest event of all was the wedding of Barb and SK on Saturday.

Oh, Saturday was a day of great excitement all around. First thing in the morning, Wendy T. had to decommission her new camp stove. She'd had trouble with it for a couple of days, and then, at breakfast, she suddenly went anti-social, telling the startled campers sitting at the table to "get away!!!" The stove had caught fire. She and Eileen C. had a very calm conversation. "Wendy, should I get my fire extinguisher?" asked Eileen. "Yes, yes, you should." Wendy proceeded to use a towel to drag the stove to the ground, where Eileen calmly put out the fire with a single puff from the extinguisher. Marie B. got it on video, and Coleman is going to "get it" from Wendy!

The weather also added excitement on Saturday. While many went off hiking, 10 folks stuck around camp for the nav clinic. Halfway through, a big, black cloud came

over, and we adjourned to clean up camp and batten down the hatches. And make a pie run. The rain wasn't too bad, and we reconvened, only to have another cloud come and dump hail! Jude walked around in the hail storm with her umbrella, providing Marie B. with another opportunity to take video.

Yes, yes, I'm coming to the wedding. The decision to marry was not made in haste, but the decision to do it at Rock Creek was. Barb notified the participants ahead of time, just so they would not be surprised, but possibly she also wanted to weed out anyone who might have an objection and wouldn't forever hold their peace. So we all knew that a wedding would take place, but not much more, mainly because no plans had been made beyond that of having camper Shelley S. do the officiating. She is registered with Universal Life Church to officially perform weddings, and now that California has gotten its act together, the marriage will be legal.

Eileen, Shelley's wife, was an amazing



organizer. The group came up with lots of ideas to add to Eileen and Shelley's own, and it turned into quite an event. Barb and SK announced their decision that every

(Continued on page 4)



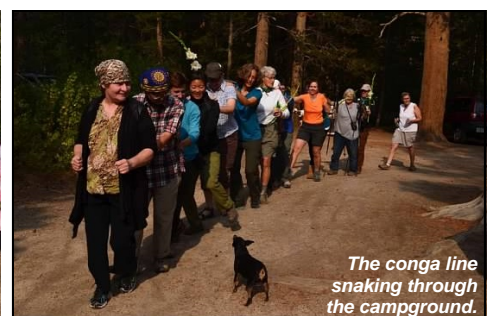
The arch of crossed hiking poles.



Shelley performs the service, with ring bearers Wendy and May flanking Barb and SK.



The married couple running the gauntlet of merry bubble-blowers.



The conga line snaking through the campground.

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Safety Corner

By Marie Ammerman

The onset of autumn brings relief from the heat, renewed enthusiasm for the beauty of nature, and the sweet sounds of rifle shots. No, really. They may not be sweet, but those ARE gunshots you're hearing out there. Hunting in our local mountains is legal at this time of year; in fact, rabbits, coyotes, and other animals may be hunted during other times of year, but hunting these animals is not common. Deer season runs from October 26 to November 24, and deer are the most popular target around. Bear season runs from August 17 through

September 8, but may last longer under certain circumstances. The most important things to remember during hunting season are being aware of your surroundings, and making sure others are aware of you. If you notice a lot of deer tracks on the trail, rest assured that hunters have noticed this, too. Make noise— sing, talk, yodel! These are all sounds that could only come from a human being, unless there are some really advanced bears out there.

Wearing bright colors is a strategy we all know. You can get those "hunter orange" hats pretty cheaply at Big 5, Army surplus stores, and other outlets. There are also cheap plastic vests to be had. Running stores are a good source of highly visible shirts

and jackets.

Keep in mind that hunters are not allowed to shoot in and around developed areas, such as campgrounds (including trail camps like Little Jimmy), trail heads, and picnic areas. If you want to hike in the height of hunting season, it's possible to do so safely if you plan a route that takes you to popular destinations, and if you include picnic areas and trail camps in your itinerary. Also, consider a later start than you might normally. Many hunters like to get out early, when most animals are active.

Getting a later start at this time of year isn't as much of a liability as it might be at the height of the summer heat, and with

(Continued on next page)

Minutes of the GLS Management Committee Meeting September 10, 2013

Sharon, Grace, Amanda, and SK were on the call, Barb and Jeff J. listening in.

The committee decided to pay the full \$60 cost of the first aid refresher class for active GLS leaders, and to cover the cost for new leaders when they get certified and start leading.

Grace agreed to have the holiday party

again at their place, on December 7. The committee agreed to pay the expenses associated with the photo contest again. The committee will consider awards and other holiday party preparations at the next meeting.

There was discussion of nominees for the three vacancies on the management

committee at the end of this year. SK agreed to continue for another term. The committee will consider other members to replace Brad and Grace, whose terms are ending this year.

Another meeting will be planned for November, before the holiday party.

Jeff Johnson

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

A firm date has not been set for the next GLS management committee meeting, in November.

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.

GLS Holiday Party

Sat., Dec. 7, 2 - 6 pm
at Grace and Mary's
house in Los Angeles

More information on page 8

2013 Photo Contest

Info and guidelines
on page 6

Why wait for Spring cleaning? If you have trail guides, travel books, bestsellers, field guides, camping or hiking gear in good/clean condition (tents, sleeping bags, boots, poles, backpacks, etc), or anything else you want out of the closet - come to the GLS holiday party and donate them to the silent auction fundraiser. All proceeds go to GLS. Barbara Edwards will be our auction coordinator.

GLS Election

If you are a GLS subscriber, please take a moment to vote for GLS management committee members.

A ballot is included with this issue.

You can mail the ballot or email your vote. Addresses are listed on the ballot.

Safety Corner

(Continued from previous page)

winter coming on, it's actually a good idea if you're heading into our local mountains. As you know, rain falls up there more frequently than it does here in the flatlands, and if the temps overnight get low enough, there will be "black ice," meaning patches of ice that are thin and see-through, making them pretty much invisible and deadly. Waiting until the sun has warmed the road a bit is a great idea.

Prepping for winter hikes in the L.A. area isn't a whole lot different from prepping for summer hikes, especially if you're staying in the lower elevations. Do remember, though, that not only do you need extra layers, but you also need extra calories. Our bodies have to work harder to keep us warm when we take a break on a cold day, so it's a great excuse for slipping in that extra pack of peanut M&M's!

It's also important to remember to drink enough water. We often don't feel as thirsty in the cold as we do in the heat, but it's still possible to get dehydrated. And when we're dehydrated, our bodies cannot regulate internal temperatures efficiently. Another thing to remember is sunscreen—you know it, but when the sun's warmth is welcome, it's easy to forget. It's also easy to pop on that warm, woolly hat, and forget it has no visor to protect your nose like your baseball cap has, so sunscreen is doubly important. Chapstick is a good item to remember, too. In snow, you can use chapstick to coat the under part of your nose so it won't burn when the snow reflects the sun's rays upward.

If your winter hike does take you into areas that might be snowy, of course snow shoes or cross country skis are a fun way to travel, but if you don't have those or don't know if there will be snow, it's a good plan to take something you can add to your boots

to give you traction. Full-on crampons aren't usually necessary for simple hikes on moderate trails, and can be expensive; however, there are cheaper alternatives that can really save your trip. This website has an extensive selection; I am not endorsing this company, but looking at their page will give you a good idea of the kinds of products that are out there. Do your research and consider investing in a pair of traction devices, no matter where you get them from: <http://www.thewarmingstore.com/ice-cleats.html>.

If you do head up into the mountains, please be sure your vehicle can handle it. Four-wheel drive is very nice, but not always necessary. Chains are required in many areas. Check online or ask at your local auto supply store to find the chains that are right for your car, and practice putting them on before you go up to the trailhead. It's not difficult to do, but it does take a little practice to get it right, especially when your hands are cold. Keeping a tarp or old jacket (or both) in the car to protect you and your clothing from dirt and slush is helpful. Also keep gloves, a small shovel to dig yourself out if it snows while you're hiking, a windshield scraper for the same reason, and a bag of kitty litter to provide traction for your wheels if you get stuck in an icy spot. Water, extra food, a flashlight, and a blanket or two should be in your vehicle as well, just in case you get stuck and have to wait for help. If you do have to wait for help, it's best to run the car's heater in intervals, not continuously, and be sure to keep a window cracked, especially if the snow is still falling. A clogged tailpipe and a tightly sealed car are not a good combination. Do NOT walk away from your car to get help unless you know exactly where you are and exactly how to get to that help. It's always easier to spot a car than a person from a distance, and you stand a

much better chance of making it out just fine if you have shelter. Cell phones don't always work in the mountains, but personal locator devices like the SPOT usually do. As usual, it's best to take a buddy with you, especially in snow conditions.

Should you get stuck in a snowstorm on the trail (which none of you will because you will watch the skies and turn around if a storm is approaching), again, do not keep going unless you know exactly where you are and can see the trail and know exactly where you're going. It's best to find a place out of the wind but close to or on the trail, and make a shelter if you can. Fallen branches leaning against a downed tree or a boulder will work; you can make a snow shelter if you know how, but you should be careful with these, as they can collapse. Using snow to insulate a shelter made of sticks and branches is a better choice if you don't know how to make a snow cave. There are classes, workshops, and books that can give you information about how to do this and how to survive in the snow, all of which you should consider if you're planning to do a lot of snowshoeing or skiing.

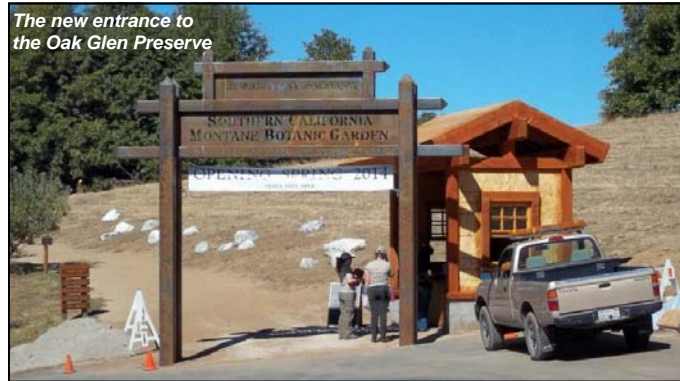
The best way to avoid getting stuck, short of not going at all, is to plan carefully and keep an eye on the weather, both before you go and as you hike. If you are on Facebook, there is a FB page called Angeles Crest Highway which often posts updates about road conditions in the Angeles National Forest. There is also a CalTrans website for road conditions on mountain highways: <http://www.dot.ca.gov/hq/roadinfo/mtnhwys.htm>. There are numerous weather websites that you can find for weather reports.

Fall and winter are wonderful seasons for hiking, and there's no reason you shouldn't get out there and enjoy it. As usual, common sense and good prep are key to making it happen.

Oak Glen Preserve

By Marie Ammerman, story and photos

On October 5, Amanda and I led an easy outing to Oak Glen, an apple farming community in the mountains about 1.5 hours away from L.A., including the Oak Glen Preserve, which is owned by the Wildlands Conservancy, the same organization that owns the Wind Wolves Preserve. No real hiking, as we were both injured, but lovely strolls, good company, apple picking and good eats!



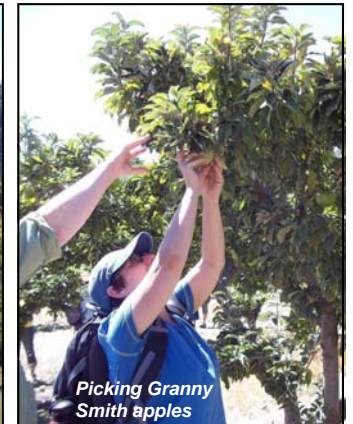
The new entrance to the Oak Glen Preserve



Sequoias on TWC land.



An apple orchard at TWC's Oak Glen Preserve



Picking Granny Smith apples



GLSers walking in Oak Glen



Pie eaters and cider drinkers



Apple pie

Rock Creek (with Wedding)

(Continued from the first page)

single camper would be a bridesmaid, and Tim V. was volunteered as "flower girl." Tim good-naturedly took on the responsibility, going so far as to drive all the way to Bishop and procure real flowers. What a beautiful gesture, Tim! He also purchased a cake and made a card, so the celebration dinner was special.

That evening the rains had stopped, the sun was low in the sky, and Mary Adair sang "Here Comes the Bride" with special lyrics by Grace Hengst, while Barb and SK walked through a long arch, not of crossed swords, but of crossed hiking poles, formed by all the bridesmaids, who were also each holding a flower. Standing with Barb and SK were ring bearers Wendy T. and May Y. After the simple but lovely ceremony by the creek, they walked back with bubbles blown at them by all the bridesmaids. The

entire group then fulfilled Barb's dream of processing across the camp in a conga line to the site chosen for the wedding photos. Eileen took many photos, using her years of photography experience to do professional shots of the happy couple and their attendants. Although everyone wore basic camp clothing, all took the time to make sure they were at least clean and had their hair combed. Barb and SK each wore special head scarves. Barb's was a lovely vintage scarf that had belonged to her mother, and SK's was a vibrant blue one covered with colorful beading, purchased as a gift for her by Barb when the two visited SK's native Taiwan. They were a cute and happy couple.



After this the usual potluck was held, followed by toasts and wedding cake. The "bouquet," symbolized by one large flower petal, was given to Barb to toss, who promptly dropped it into the lap of Jo T., who was sitting next to her long-time partner, Heather McN. Who knows when the next wedding will be?

Cucamonga Peak

By Susan Campo, story and photos

On Saturday, 10/26 Dora led the hike to Cucamonga Peak, 8859'. We started in Icehouse Canyon with the usual walk through the Rock Garden where boulders look like large slabs of marble cake. Layers were twisted and folded into every conformation and conglomerate rocks look like cookie dough filled with all good things! The whole canyon was aflame with golden leaves that reflected in the creek and pools.

When we reached Icehouse Saddle, we socialized and took a long break. When we proceeded to the trail on the north-facing

slope that switch-backs toward Cucamonga Peak, we were surprised at the amount of snow and ice that had accumulated over the trail. The group moved slowly upward undaunted. Finally we reached the sunny top of Cucamonga Peak. We could "peak" over the walls that separate a huge metropolis from our quiet natural refuge on the mountains. We could see across LA County to the highest peaks in Orange County.

Dora made a strenuous hike into a very enjoyable moderate hike by her exceptional pacing of the group. She also showed great sensitivity to the safety of everyone. Even two new women who had not been hiking in a long time were able to summit and also

get back to the cars without too much wear and tear due to Dora's expert steady pace.



Dora on Cucamonga Peak



Marble cake rocks



In Icehouse Canyon



Fall foliage in Icehouse Canyon



On the trail above Icehouse Canyon



The north-facing side of Cucamonga Peak.



The view to the east from the top of Cucamonga.



Susan on top, with the Santa Ana Mtns in the background.



The view to the south from the top of Cucamonga.

Conservation Notes

By Tom Molloy

Comparing Energy Sources

Some of my avid readers have asked me to find a source of information for energy source comparison. While there are many avenues to get this information, many are written by energy companies. I found this one, which appears unbiased. It was created through a public radio project. Take a look so you're educated when you do have a choice, and when these choices make it into our political

decisions and through your votes. <http://burnanenergyjournal.com/major-sources-of-energytheir-advantages-and-disadvantages-ii/>

Rio Grande Del Norte National Monument

If I remember correctly, those of you who were on the New Mexico trip this past year, may have hiked in this new National Monument. Last March, President Obama established the Rio Grande Del Norte National Monument. This area is 240,000 acres which include the Rio Grande Gorge and averaging

about 7000 ft includes Ute ountain rising over 10,000.ft. It provides refuge for wildlife including golden eagle, cougar, elk, and black bear to name a few. The size of this monument is 8 times larger than Point Mugu State Park, a real treasure including several different eco zones from high thick forest to desert scrub. Rafting, hiking, fishing and mountain biking are some activities you can have here. Learn more at: http://www.blm.gov/nm/st/en/prog/blm_special_areas/national_monuments/rio_grande_del_norte.html.

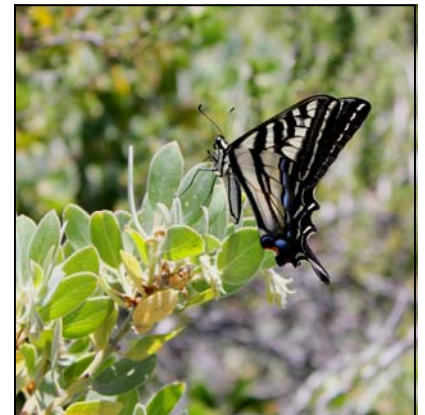


Above, GLS on the Trail favorite, 2011
Misty Ascent
Santa Cruz Island trip, May 2011
Right, Fauna favorite, 2012
Pale Swallowtail Butterfly
Sturtevant Falls/Mt. Zion hike, June 2012

Goodbye to Tedd

Many of you know Tedd Wenrick from local GLS hikes, usually carrying his camera and taking pictures. Tedd is retiring and moving east to be near family and friends.

Here are a couple pictures from an informal farewell hike with Tedd on Nov. 2 in Arroyo Seco. Also, here are a couple of his winning photos from past GLS photo contests.



GLS Photo Contest

It's back! Submit your pictures from GLS hikes in the past year. We'll all be looking at them at the Holiday Party on Dec. 7 and voting for our favorites then.

- Any GLS subscriber may submit up to 10 photos taken on GLS outings between Dec. 1, 2012 and Nov. 30, 2013.
- Submit photos before December 4 to: <alanschimpff@netscape.net>
- Submit photos as digital files, JPEG format (.jpg). Any size is all right, but very large photos may be resized smaller to work better online.
- Photos may be of any subject relevant to the mission of GLS.
- Consider whether the people in your

- pictures are OK with it.
- Holiday Party attendees will vote for their favorites at the party.
- Winners will be published in Tracks.
- Submit each photo with:
 - Your name
 - Name and date of the GLS outing when you took the picture
 - Optional title for the picture
 - Optional description, up to 50 words long
 - Optional contest category (or categories) for each picture
- Voters will vote for their favorites overall and in these categories:
 - Group shot
 - GLS people
 - On the trail

- In camp
- Flora (plants and trees)
- Fauna (animals)
- Landscape and scenery
- Humor
- GLS will provide a slide show of submissions at the Holiday Party, so we can view them there before voting.
- Photos will be posted for viewing online at: <<http://www.flickr.com/photos/43971315@N03/>> without your name but with the descriptive info you provide and with an identifying number. The Flickr address will be posted on our website, angeles.sierraclub.org/gls
- In case of questions, GLS mgmt comm members will decide how to proceed.

Outings & Events

November

November 9, Saturday

O: First Aid refresher

Amanda Smith, Jeff Johnson

9:00am - 1:00pm

First Aid refresher class November 9, at the Red Cross office in Arcadia. This class is required for O-level leaders to maintain O-level leader certification with the Sierra Club. GLS covers 100% of the cost of the class for leaders who have been active with GLS in the last year. For new GLS leaders who become active during the next few months, GLS will reimburse for this class when they get their leadership certification from the chapter. For anyone else interested, the cost is \$60, a slight discount from the normal \$70 cost. The class is scheduled 9:00 AM to 1:00 PM at Red Cross, 376 W Huntington Dr., Arcadia, CA 91007, 626-447-2193. Exit 210 at Huntington Drive, head west on West Huntington Drive. Just after the ambulance entrance to the Methodist Hospital at 300 W Huntington Drive, turn left into the parking lot right before the Red Cross building. If you not signed up yet, please contact Jeff Johnson, 562-434-8473.

November 10, Sunday

The Laramie Project: Ten Years Later
Nancy Beverly

In 2008, on the eve of the tenth anniversary of Matthew Shepard's murder approaching, Moisés Kaufman [Tectonic Theater

Project] started thinking about legacy, transformation and about what had come out of Matthew's murder. How had Laramie ultimately been affected by the crime and the media frenzy that followed? Several members of the Tectonic Project returned to Laramie to ask many of their original interviewees how the town had changed, and also interviewed people they hadn't talked to the first time, including the perpetrators of the murder as well as Matthew's mother, Judy Shepard. The Laramie Project: Ten Years Later is the powerfully dramatic result of those interviews. This has gotten fabulous reviews, hope you can join me. Tickets are \$25: <http://laglcculturalarts.eventbrite.com/>

November 16, Saturday

O: Sunset Ridge Trail from Millard Canyon to Echo Mountain - Jim Angus Provisional

Jim Angus, Susan Lucille Campo

Same old, same old, NOT! Approach Echo Mountain and the remains of the historic railway and the White City from a new direction. We'll leave from the Millard Canyon Campground trailhead and hike up through a wooded canyon above the falls, then up a steep incline to the bed of the old railway. From there, it's a gentle hike to Echo Mountain and the historic ruins. We'll take some time to have lunch and explore the ruins of the White City then return the way we came. Be prepared for some great views. This is a moderate but long hike, approximately 9 miles/2000 foot gain/loss. The pace will be slow but steady. Well

behaved dogs are welcome. Bring lunch, at least 2 liters water (extra water for dogs), lug soles and sun protection. Meet at 8 am at the Millard Canyon parking lot. Note that an Adventure Pass or National Park/Federal Lands pass is needed to park at the campground. From the 210 exit Lincoln Ave head north 1.9 miles. Turn right on W Loma Alta Dr., make a left on Chaney Trail (flashing red light) 1.5 miles to the parking lot. Rain Cancels. Questions? Call or text Jim at 323-895-0001 or Susan at susanlucillecampo@yahoo.com.

Nov 16 - Nov 17, Sat - Sun

O: Pacific Crest Trail from Onyx Saddle to Coon Creek Jump Off
Mike Brostoff, Nancy Beverly

We will hike a 5.5 mile section (11 miles total) of the Pacific Crest trail in the San Bernardino Mountains. Starting at the Onyx saddle which is South of Big Bear, we will head south on the PCT. After 2 miles, we will pass a wild animal refuge of rescued animals including tigers, bears and lions. The trail passes within a few yards of their cages. We will break for lunch at the Coon Creek Jump Off, a spectacular, steep granitic defile, then retrace our steps to the trailhead. This is a moderately paced hike with steady gain and loss in both directions, approximately 1500' gain total. Bring lunch, at least 2 liters water, lug soles and sun protection. We will meet at 8 a.m. in Angelus Oaks (about 1 hour and 45 minutes from LA), then caravan another 30 minutes to the trailhead. For those of you who don't want to make the drive back the

(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

same day, GLS members Tammie and Kyla have graciously offered to host 8 of us total (including Mike & Nancy) in their Big Bear home Saturday night. We will be having a group dinner for those sleeping over, which is \$5.00. The hike is free. To make a sleepover/dinner reservation, send a check by November 9th made out to GLS to Nancy Beverly @ 13449 Riverside Dr., Apt. C, Sherman Oaks, CA 91423. For more information or to simply RSVP for the hike portion and get directions, contact Nancy Beverly at 818-681-5192 or nancybeverly@sbcglobal.net.

November 23, Saturday

O: Mount Washington Urban Hike Grace Hengst, Barbara Edwards

Nestled in the hills near downtown LA, Mt Washington is populated by artists, free spirits and Bohemian types (and our own GLS leader!). It is also home to the world's headquarters of the Self Realization Fellowship. Join us as we roam the hills on which this idyllic neighborhood filled with eclectic and historical architecture resides. As a bonus, we will encounter stunning views of the San Fernando Valley and downtown L.A., and we will fill our spirits with peace and epiphany as we stroll through the venerable grounds of the SRF headquarters. Leashed dogs permitted. 5 miles r/t, 1000 ft gain, many hills. Bring lunch. Rain cancels. Meet at 9 AM for coffee and bagels, at Grace's, 1717 Burnell L.A., 90065. Hike starts at 9:30.

November 30, Saturday

O: Angeles Crest Hwy Via Shortcut Cyn to West Fork Campground Dora Olea, Susan Lucille Campo

An easy short hike. 6 miles rt. and 1800' feet elevation loss and gain. Years ago,

before the Los Angeles Crest Highway was a reality, Shortcut Canyon felt trod of many boots and hooves. The busy trail, built in 1893 by Louie Newcomb, Arthur Carter and John Hartwell, was the major route into the Charlton Flat-Chilao-Buckhorn backcountry. The canyon and trail were so named because it greatly cut the distance into the mountain interior. Shortcut Canyon is a woodsy delight, and the West Fork retains its charm of yesterday. You will get the feel of the old San Gabriels when bandits, hunters, anglers and prospectors rambled into the then-wild heart of the range. Bring lug soles and extra socks, your sandwich, sunscreen, hat and sunglasses as well as plenty of water. Dogs must bring their own water. Bathrooms during the hike. MUST display an Adventure Pass at the trail-head. Meet at the la Canada-ride-share at 9:00 am sharp. Driving directions: Ride-Share is La Canada Angeles Crest Hwy (Hwy 2), Just N of Foothill Fwy (I-210). Park on Angeles Crest Hwy only. See more at: http://angeles2.sierraclub.org/get_outdoors/know_you_go/rideshare_meeting_places. Rain cancels. Questions? Contact Dora at (213) 200-0239 or chamaca1954@att.net.

December 7, Saturday

O: Holiday Party Grace Hengst, Mary Adair

This year the GLS Holiday Party is again at Grace and Mary's Mount Washington home. This is a time to talk with other GLS members and just have fun sharing the holiday spirit! The festivities start at 2pm and finish at 6pm. Please bring a potluck item to share, and let Grace know what item you plan on bringing. GLS provides beverages, plates, silverware, and lasagna (vegetarian and meat). There will be 2 door prizes, a "Half & Half" raffle in which there will be 30% to first winner, 20% to

second winner, and half goes to the GLS treasury. There will also be a silent auction, so please bring a new or used hiking/camping/other item, in good condition, to the party. The proceeds go to GLS. Please reclaim any unsold items at the end of the auction. Also, view and vote on photos submitted for the GLS photo contest. We will count the ballots for election to the GLS Management Committee and announce the new board members at the party. Send a check to 'GLS' for the admission charge of \$5.00. Send to: Grace Hengst, 1717 Burnell Drive, Los Angeles, CA 90065. Enclose SASE if you need directions to the house. Caution: Mapquest can get you lost in this area, so call Grace at 323-697-6886 in the days before the party if you need clarification. Parking: you may need to park on the surrounding streets, as there is no legal

December 14, Saturday

O: Zuma Canyon Susan Campo, Tom Molloy

Come to Malibu to enjoy an 8 mile loop around Zuma Canyon with only 800 ft. gain/loss. 2.5 miles of the loop is on a "use trail" which means you should be comfortable walking on un-even surfaces and rocks. The rest of the hike is on fire roads with a moderately steep incline. We hope to get nice views of the ocean as well as the shaded valley with varied coastal vegetation. Because of the chance of accidentally touching poison oak, we ask that you carry or wear long sleeves and pants. Also bring clothing suitable for the weather that day, hiking poles if you use them, lunch, 2 liters water. Lug sole boots are a requirement. RAIN CANCELS. Meet at 9 sharp in the parking lot at the end of Busch Drive off of Hwy 1 in Malibu (just north of Point Dume and across the Hwy from Zuma Beach).

These pictures were taken by a GLS hiker on a recent non-GLS outing Can you tell where this is and what these pictures show?



Outings and Events

December 21, Saturday

O: Christmas Tree Count and Winter Solstice Walk

Susan Lucille Campo, Diane Zaepfel

We will celebrate the season with a walk through downtown Los Angeles. We will count and photograph (both optional) the Christmas trees and Menorahs. We will walk at least 6 miles, city streets with some sets of stairs. Susan guarantees visiting 30 decorated trees or she will let you photograph her standing on her head in front of City Hall. We will be stopping for treats (optional) and a special El Salvadoran lunch, YUMMY PAPUSAS!. Bring your camera (shooting lights on trees is not as easy as it sounds!) Bring money for treats and an economical, fun lunch. Also bring a small water and wear weather appropriate clothes with comfortable walking shoes. Meet at 9 am near the Gold Line Metro Stop for Little Tokyo/Arts District on the corner of FIRST ST AND ALAMEDA ST. (The hike will end at the Central Station Gold Line stop or you can return to Little Tokyo.) Heavy rain cancels.

January 4, Saturday

O: Topanga Canyon: Trippet Ranch (1200') – Hub Junction (1980') – Eagle Rock (1860')

Gail Wise, Susan Campo

Gail Wise's Provisional Hike. Start the New Year off right with a pleasantly invigorating 5 mile hike in Topanga State Park. We will take the fire road to Hub Junction, then loop around to Eagle Rock, where we'll enjoy a snack and spectacular ocean views (weather permitting) before heading back to the ranch. Approx. 800' elevation gain. Bring water, snacks, sunscreen, hat, sneakers or lug soles and an

extra layer or two in case it's chilly. Meet at the picnic tables / restroom at the Trippet Ranch parking lot at 9:00 a.m. If you want to avoid the parking fee (\$10), park on Entrada for free and walk into the park. Rain cancels. No dogs allowed (sadly). Directions: from PCH, turn inland on Topanga Cyn Bl at the Malibu Feed Bin, go approximately 4.6 miles through town and then turn right onto Entrada Road. Follow Entrada as it winds up the hill about a mile to Trippet Ranch Parking lot. From the 101, exit on Topanga Cyn Bl, take Topanga Cyn south approx. 7.8 miles and turn left onto Entrada (about 1 mile after you see the Topanga Fish Market), then follow Entrada to Trippet Ranch per above. Call Gail if you have questions: 310-433-2298.

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 at (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

Two days of springtime hiking through Joshua Tree National Park. Saturday night camping on the trail. Full details in the next 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 or chamaca1954@att.net.

May 24 - May 26, Sat - Mon



O: Telescope Peak Susan Campo, TBA

Details in the next issue of Tracks.

These pictures were taken by a GLS hiker on a recent non-GLS outing Can you tell where this is and what these pictures show?



November and December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 <i>End Morro Bay carcamp</i>	4	5	6 Griffith Park Nancy, Dora	7	NOV 1 <hr/> 8	2 <hr/> 9 First Aid Refresher Class Arcadia Red Cross
10 The Laramie Project Nancy	11	12	13 Griffith Park Nancy, Mike	14	15	16 Sunset Ridge Jim, Susan <i>Jim's Provisional</i> PCT, San Berdos Mike, Nancy <i>Through Sunday</i>
17 full moon  <i>End PCT hike</i>	18	19	20 Griffith Park Dora, Mike	21	22	23 Mt. Washington Urban Hike Grace, Barbara
24	25	26	27 Griffith Park Nancy, Dora Signal Hill	28	29	30 Angeles Crest, Shortcut Cyn., West Fork Dora, Susan
DEC 1	2	3	4 Griffith Park Dora, Mike	5	6	7 GLS Holiday Party Grace, Mary
8	9	10	11 Griffith Park Anne, Dora	12	13	14 Zuma Canyon Susan, Tom
15	16	17 full moon 	18 Griffith Park Dora, Nancy	19	20	21 Christmas Tree Count, Winter Solstice Walk <i>Susan, Diane</i>
22	23	24	25 Griffith Park No hike Signal Hill No hike	26	27	28
29	30	31	JAN 1 Griffith Park No hike	2	3	4 Topanga Trippet Ranch Gail, Susan <i>Gail's Provisional</i>

GLS Leader Contact Information

Please call after 9 AM and before 9 PM

Alan Schimpff	310-589-9125	alanschimpff@netscape.net
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Asher Waxman	323-876-2889	amuirman@yahoo.com
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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.



Important Outing Information

Waiver

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

Rating Codes

These codes indicate the technical difficulty, not the strenuousness.

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

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

C Events under external

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

Outing Reservations

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

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

Dogs

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

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

Seller of Travel Notice

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

Adventure Pass

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

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

Carpooling

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

Rideshare Points

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

La Canada Rideshare Point

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

TRACKS

SIERRA CLUB/GLS
P.O. BOX 1300
SOUTH PASADENA, CA 91031-1300

TRACKS

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

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Fill in this form and send it with a check made out to GLS to:
GLS
P.O. Box 1300
South Pasadena, CA 91031-1300



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

Name: _____

Address: _____

City, State, Zip _____

Category:	Individual	Joint	Mail to:
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Senior	\$24	\$32	
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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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