

# TRACKS



January/February 2014

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

## GLS Holiday Party

The GLS holiday party was again held at Grace and Mary's house in the Mt. Washington neighborhood of L.A. Thanks again to our welcoming hosts!

The three newly-elected mgmt. comm. members were announced: Marie, Dawn, and Tim will serve in 2014 with current members Amanda and SK (see page 2, at the bottom). All are familiar faces in the GLS family.

Once again this year, awards of all kinds were given to GLSers to show appreciation for their contributions to the group.

- Sierran of the Year: Anne M.
- Still the Leader of the Packs: Susan C.
- Still the Meetup Maven: Nancy B.
- Still the Queen of Campouts: Barb E.
- Ten Years of Making Tracks: Jeff J.
- La Cabra Montesa al Rescate: Dora O.
- Kitty-Cat Rescue: Laura R.
- Endurance: Mike B.
- Party Hostesses of the Year: Grace H. and Mary A. (see below, just below)

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*Coming out into the post-Station Fire landscape at the top of the trail. Photo Asher Waxman.*

## Shortcut Canyon to Red Box

*By Susan Campo*

On November 30, GLS had a beautiful hike in Shortcut Canyon in perfect fall

conditions. We saw lots of sycamore trees in fall colors, and also lots of bear poop.

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*Mary and Grace get their award*

## Pacific Crest Trail in Big Bear

*from Onyx Saddle to Coon Creek Jump Off*

*By Kyla Hjertstedt, photos Nancy Beverly*

What's better than having a cabin in Big Bear? Getting to share that space with friends, of course!

On November 16, Mike and Nancy led an 11 mile hike on a section of the Pacific Crest Trail (PCT) just south of Big Bear City that reaches the highest point on the PCT (8,750 feet) in the San Bernardino Mountains.

The hike started at the Onyx Summit turn out, just off highway 38, with weather crisp, sun shining, and white clouds in the distance contrasting the fall mountain backdrop. Throughout the day the trail offered views of San Gorgonio and San Jacinto as well as the usual mixture of cedars, pines, furs, and Manzanita common to Big Bear.

About two miles in we passed the Predators in Action wild animal training

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*Clouds fill the valley below the trail.*

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## Safety Corner #6: Fitness

By Marie Ammerman

This is the time of year when gym membership is on the rise, folks buy new running shoes and ankle weights, and all those holiday treats catch up to us. It's also the time of year when hikers start dreaming of spring. In SoCal, we don't have much of an off-season, but we do slow down a little during the holidays. All of which means it's not a bad idea to start getting into shape for the busier outings schedule of spring and summer.

There's not a lot I can say that you don't already know. Eat right, get enough sleep, drink enough water, get exercise. There are, however, some specific things you can work on to make future trips safer and more enjoyable.

First, flexibility is very important. We all know the "up against the car/wall/tree" stretch for our calves. This also keeps the Achilles tendon supple, which is very important. I know—I'm sidelined now, in part because I didn't take care of that tendon. Keeping all body parts flexible, however, is helpful for hiking because you simply don't know what you'll run into out there. In an accident, you may be asked to help carry someone's gear, pull someone up a slope, or be forced by a landslide to climb a rocky section with hands and feet. Keeping limber is vital to preventing debilitating injury. Yoga classes are great for keeping flexible, but there are many books or DVDs that can also give you guidance.

For the same reasons, overall body strength is equally important. Again, classes, books, DVDs can help with weight and strength training. You don't need to

join a gym to get results; simple calisthenics using your own body weight, if done properly, can be quite effective. Hand weights and ankle weights are less expensive than a gym membership, and can really add to your exercise routine.

These are things that most of you already know and do. There are other things you can do, however, that you might not be thinking of as helping to keep you safe in the wilderness, but they can play a prominent role in your safety.

It goes without saying that for most of us, our eyes are the single most important tool we use when hiking, besides our feet, of course. Even if you don't wear glasses, consider getting your eyes checked, and if you do wear glasses, be sure your prescription is up to date and that you have a spare pair in your pack in case your main pair breaks. It's great to bring a map with

*(Continued on next page)*

## Mgmt. Comm. Meeting

The GLS Management Committee met before the holiday party in December to

make plans for the party and to review finances and other issues for the group. The committee decided to again this year donate \$1000 to the Angeles Chapter. The

next meeting date was not set, in anticipation of new committee members about to be elected, but it's expected the committee will meet again in Jan. or Feb.

## 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](mailto: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 January.

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.

### Management Committee members for 2014

**Dawn Wilson, Tim Vo, Amanda Smith, SK Chiou, Marie Ammerman**

Management Committee positions will be decided at the first meeting in 2014.

### Other GLS Volunteers

**Membership,**  
Jeff Cuevas

**Conservation,**  
Tom Molloy

**Webmaster,**  
Alan Schimpff

**TRACKS Editor,**  
Jeff Johnson

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

# Morro Bay Camping Trip

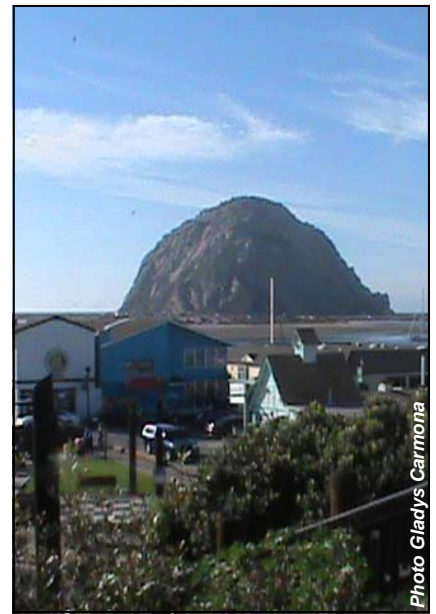
By Robin Kay Quinn

In June, I signed up for the October/November Moro Bay camping trip on a whim, after a lovely Marina del Rey canals hike lead by Barb Edwards and S.K. Chiou. That gave me four months to savor the idea. I was not disappointed.

Our leaders (Barb, Judith Demarah and Grace Hengst) had reserved the two group campgrounds at the top of Morro Bay State Park. This meant we had our own space away from the masses, and that we would be camping in a Eucalyptus forest. My pal Glad and I had decided to stay all three nights (Thursday, Friday, Saturday) and some were even adding Sunday night at the end.

In a word (OK two), the Morro Bay area is spectacularly beautiful. Highlights of our

visit include good weather and not freezing at night (friends had warned me that I would!), a cliffside hike in Montana de Ora State Park (highly recommended), a Friday evening supper at a nearby popular Mexican restaurant, kayaking interrupted by a bank of sudden fog, a visit to the farmer's market in town (where I scored duck eggs [a first!] to scramble for my Sunday breakfast campside), a Saturday night group potluck fireside, enjoying visits with fellow campers (some LA friends) and independent adventures Glad and I took on our own (such as a bayside hike along the boardwalk built through a wetlands). The trip was totally engaging (I didn't look at my email once), and I thank the leaders for securing such a wonderful spot for all of us to enjoy. Also gracias to Lisa Ludovici for being a great local tour guide and hike leader!



## Safety Corner

(Continued from previous page)

you, but if you can't read it, it's not much good.

It's also important to bring sunglasses along on your outings. Even if you don't wear them often, they can give your eyes a break on a long, sunny hike.

Whether or not your feet are troubling you, it's a good time of year to evaluate your hiking shoes, and to either buy new ones, clean or repair the old ones, and to replace the insoles. Now is the time to

break in a new pair of boots when the days, and outings, are shorter and somewhat less strenuous. Do it now and be ready to hit the ground hiking.

It's also time to evaluate your joints, your old weak points, and previous injuries. Is that niggling little pain in your calf a problem, or just fatigue? What about that old back injury? How is it REALLY doing? Be honest, and if you know something's not quite right, get thee to a doctor! Or go back to doing those exercises the physical therapist taught you. You

know, the ones you were supposed to keep up with, even during the holidays. Work on these things now, get a jump on them with your doctor's advice and treatment, and you'll be ready when the longer hikes show up in the Tracks schedule.

Wilderness safety depends on knowledge, common sense, and a few simple skills, but having a fit body makes outings safer and much more enjoyable.

Happy 2014!



## GLS Holiday Party

(Continued from page 1)

- Wednesday Night Warriors: Grace H., Mike B., Marie A., Dora O., Nancy B., Amanda S.
- Most Enthusiastic GLS Participant: Leah R.
- Let's Get Physical!: Mary A.
- Hot Chick: Wendy T.
- Most Helpful: Tim V.
- Emergency Responder: Jude D.

And, in the 5th year of the photo contest, all the winners came from three photographers: congratulations Susan, Heather, and Alan!

1. Heather McNaught, All-Around Favorite (1 of 3); "Mt. Morgan in its stark reality as a storm was coming in and it's time to get out of here."
2. Susan Campo, All-Around Favorite (1 of 3) *as well as* Landscape/Scenery Favorite; Upper Pine Creek Lake at dusk.
3. Alan Schimpff, All-Around Favorite (1 of 3); Bighorn on Wheeler Peak, N.M.
4. Alan Schimpff, GLS On The Trail Favorite; "ascending through aspens."
5. Susan Campo, Group Shot Favorite; Sidesaddle Peak.
6. Heather McNaught, Fauna Favorite.
7. Heather McNaught, GLS People Favorite; "close encounter while checking for bees."
8. Susan Campo, Humor Favorite; "two bald heads are better than one."
9. Heather McNaught, GLS In Camp Favorite; "not sure about this Champagne thing."
10. Susan Campo, Flora Favorite; woolly blue curls.



# Millard Canyon

By Jim Angus, photos Susan Campo

On Saturday, Nov. 16, a group of intrepid hikers departed the Millard Canyon Campground for Echo Mountain. The weather was dour. It was cold, damp and rain was a possibility, but since the trail was not at risk for flash floods, we decided to press on.

The trail starts out steep and gets your blood flowing. You pass through a mixed oak woodland on a north facing slope, so you get lots of trees, wild flowers and shade. Soon the trail evens out and you're

presented with north facing views of the mountains and canyon. Although the trail that leads directly to the Millard Canyon Falls is closed, this "high road" offers excellent views of those same falls.

Soon after, the trail steepens and you climb to the Sierra Saddle and the Mt. Lowe Railroad bed. The Sierra Saddle offers panoramas of both Millard Canyon and Pasadena.

In this case, it also offered the group a needed respite. Because of the increasingly cold, damp and windy conditions, we decided to call it a day and return to the campground.

As an avid hiker, rain doesn't necessarily mean a trip is cancelled. As a Sierra Club leader though, one must assess both the conditions as well as the abilities and preparedness of the group. It's all about keeping it safe and fun!

(Ed: this was Jim Angus's provisional hike)



Jim gives the trailhead talk.



## P.C.T. in Big Bear

(Continued from page 1)

ground that butts up to the PCT; no tigers visible on this trip but we did get a close up view of a bear and a lioness.

The highlight of the trip came about a mile later as the trail opened up to a view of a mountain ridge struggling to hold in a dense blanket of white clouds that completely hid any trace of the valley below; the scene was literally breathtaking.

Coon Creek Jump Off marked our turnaround point, so we picked a spot for lunch before heading back. Maybe it was the elevation, or maybe it was just me, but I'm pretty sure the hike back was twice as long as the hike in...nonetheless we all (much more quietly) soldiered on until we found our way back to Onyx Summit.

After a shared meal at a local Mexican restaurant we ended the evening back at our house with a warm fire, Oreos, and good

conversation.

The next day led us to our second hike. This time we caught the PCT off of Polique Canyon Road on the North side of Big Bear Lake. Though our hike was relatively short, we got a few great views of the lake down below. A perfect end to an excellent weekend!

A big thanks to Mike and Nancy for organizing the outing!



# Conservation Notes

By Tom Molloy

## Leo Carrillo / Decker Canyon loop preserved

On Nov 18th, the board of the Santa Monica Mountains Conservancy

approved funds to assist with acquisition of eight parcels of land that will connect Leo Carrillo State Park with Charmlee Park. This area is the car shuttle loop hike we've done from Decker Canyon to Leo Carrillo connected on top by Nicholas Flats and pond. Many did not know that the trail going from Decker at PCH up to

Nicholas Flats was privately owned and under threat of development. Decker Canyon is one the most remote areas of the mountains up until now now preserved, home to badgers, bob cats, mountain lions, bald eagles and the rare ring-tailed cat.



Photos Susan Campo



Photo John Clark



Photos Susan Campo



## L.A. Christmas Tree Walk

On December 21, Susan led a group through downtown L.A. to find Christmas trees. They saw more than 300 trees on their walk!



Photos Nancy Beverly



At Disney Hall.



At the Biltmore.

Photo John Clark

## Shortcut Canyon

(Continued from the first page)

The group, led by Susan Campo and Dora Olea, took a unanimous vote and made the trip from 6 miles to 10 miles.

We arranged a car shuttle so that we could visit the entire West Fork Canyon and exit at Red Box.



Susan Campo



Snow on the eastern peaks of the San Gabriels

Photo Asher Waxman



Bear poop!

Asher Waxman



Asher Waxman

# Outings & Events

## January 2014

**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. Questions? Call Gail at 310-433-2298.

**January 19, Sunday**

**O: Cheseboro, Palo Comado and Upper Las Virgenes Canyon Loop**

**Jim Angus, Dora Olea**

Ever wonder what it would have been like to hike the San Fernando Valley and the foothills of the Santa Monica Mountains before it was built up and paved over? This is your chance! Just west of the Valley lies a large open space preserve consisting of the Upper Las Virgenes, Cheseboro and Palo Comado Canyons. Stroll through intact oak woodland along shady streams on roads that have never seen pavement. Explore the upper canyon where the oaks give way to chaparral and shepherds once pastured their flocks. This is a moderate but long hike, a little over 10 miles for the full loop, with an elevation gain/loss of about 1,200 feet. The pace will be slow but steady. Well behaved dogs are welcome. Bring lunch, at least 2 liters of water (extra water for dogs), lug soles, layered clothes, rain and sun protection. Meet at 9 am at the second and final parking area near the start of the Modelo Trail. From Highway 101/Ventura Freeway in Agoura Hills, exit on Chesebro Road. Continue one block straight ahead, past the stop sign, to Palo Comado Canyon Road and turn left. Drive 0.3 miles to Chesebro Road and turn right. Continue 0.7 miles to Cheeseboro Canyon Road and turn right. The trailhead parking lot is 0.2 miles ahead. (Lat: 34.156073 Lon: -118.731257) Heavy rain Cancels. Questions? Call or text Jim at 323-895-0001 or email him at jim@jimangus.com. Trail Map: <http://www.nps.gov/samo/>

[planyourvisit/upload/Cheeseboro07.pdf](http://planyourvisit/upload/Cheeseboro07.pdf).

**Jan. 25, Saturday**

**O: Devil Canyon**

**Dora Olea, Susan Campo**

On the corner of San Fernando Valley, Devil Canyon sports abundant growths of live oaks and willow and a small, intermittent stream. We will admire the wind-and-water-carved sandstone bedrock along both sides of the canyon. This sandstone, a part of the same formation exposed at Stony Point and Santa Susana Pass, originated from marine sediments laid down roughly 80 million years ago. Shallow caves can be found in Devil Canyon's tributaries-especially Falls Creek-if you don't mind a little bushwhacking. Moderate hike. Dogs welcome. Bring water, lug soles, sunscreen, and your lunch. Meet 9 am. For driving directions and more details about the trip, please email the leader Dora at [chamaca1954@att.net](mailto:chamaca1954@att.net).

## February

**February 2, Sunday**

**O: Heritage Square Museum, Lummis Home Historic Walking Tour**  
**Laura Rainey, Karen Lovett**

Join us for an easy walking tour of this living history museum as we explore the settlement and development of Southern California during its first 100 years of statehood. Over the past 40 years, the Heritage Square Museum has acquired eight historic structures from locations around LA, all of which exhibit the rich

*(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.

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## Outings and Events

cultural and architectural history of Los Angeles. The Museum is located at 3800 Homer Street in Los Angeles off the 110 Fwy, 10 minutes northeast of downtown. Admission is \$10 (adults). Meet at 11:30 am at the Palms Depot, which is where the guided tours start hourly. For more information and directions, please see: <http://heritagesquare.org/visit>. The Heritage Square/Arroyo Gold Line Station is nearby, but please check for walking directions on getting to the Heritage Square from the station: <http://www.yelp.com/biz/heritage-square-arroyo-gold-line-station-los-angeles>. Time permitting, we will then go to the nearby historic Lummis Home for a brief free tour: <http://www.socalhistory.org/historical-sites/lummis-home.html>. Questions? Please email the leaders at [geowmn@verizon.net](mailto:geowmn@verizon.net).

**February 9, Sun.**

**O: Griffith Park in Shortcuts and Ridges  
Dora Olea, Nancy Beverly**

Come and hike the Griffith Park lomas and veredas as the banditos did. As the banditos, we will hike and hide ourselves by hiking mostly on the shortcuts, sometimes not too short, and the ridges, sometimes not too rigid. As the banditos, we will sweat and stink but will not complain. As the banditos, we will share food if we have something left. As some banditos, we will carry our dogs, which carried their own water. As the banditos, if there is a bonita doncella in disgrace (give her my ph. #), we will rescue her. As the banditos, we will be captured and brought back to reality for a hot shower and warm bed. Between 5/6 miles, 1145' gain/loss. Bring lugsole shoes, plenty water, something to eat, trekking poles, sun, dress in layers, screen and hat. Dogs are welcome. Rain cancels. Inquires to Dora at [chamaca1954@att.net](mailto:chamaca1954@att.net). Meet at 9 am at the flagpole near the vending machines at the Crystal Springs Griffith Park HQ/Visitors Center, 4730 Crystal Springs Drive, LA. *Directions are the same as for the regular Wednesday night Griffith Park hike, given on page 7.*

**Feb 14 - Feb 17, Fri - Mon**

**O: Presidents Day weekend Anza Borrego State Park  
Barbara Edwards, Grace Hengst, Jude Demarrah**

Come celebrate Presidents Day with 3 nights of camping in the beautiful desert. Anza-Borrego Desert State Park is the

largest State Park in California. The park features washes, wildflowers, palm groves, cacti and sweeping vistas. We may have the chance to see roadrunners, golden eagles, kit foxes, mule deer and bighorn sheep as well as iguanas, chuckwallas and the red diamond rattlesnake. Average temps are low 70s daytime and night mid 40s. Activities will include plenty of nature walks and hiking. Hot showers available. Well-behaved dogs permitted in campground but not on trails. Cost is \$45 per person for 3 nights of camping and all parking fees. We have 2 group sites. Some RV sites available. Please send check (made out to GLS) and email address to: Barbara Edwards, 1739 S. Sherbourne Drive, Los Angeles CA 90035.

## Future Outings

**March 1, Saturday**

**O: Los Angeles Arboretum and Botanical Garden  
Barbara Edwards, S.K. Chiou**

Occupying the heart of the historic Rancho Santa Anita, the Los Angeles County Arboretum & Botanic Garden is a unique 127 acre botanical garden and historical site. Home to plant collections from all over the world, including many rare and endangered species, The Arboretum also houses outdoor historical landmarks that include Native American, Rancho Period, and late 19th century treasures. The Arboretum is also an animal sanctuary. In addition to The Arboretum's famous peafowl, visitors will see species of resident and migratory birds, aquatic creatures, as well as numerous species of small reptiles and mammals. Plan on a 3 mile stroll with 200 ft. gain. We will return to our cars for an early picnic, and then continue on our walk. If we are lucky, we will see the pink trumpet tree, a South American native that produces its brilliant display of color in early spring through early summer. Meet at 9:30 am at the entrance. Bring lunch. Rain or excessive heat cancels outing. Admission \$9 adults, \$6 seniors. Free parking. Please RSVP to leader if possible, in case of last minute changes: [greyhound@sbcglobal.net](mailto:greyhound@sbcglobal.net). From the 210 heading east, exit Baldwin, turn right (south); go for 1/4 mile. The Arboretum will be on the right, 301 North Baldwin Avenue, Arcadia, CA, 91007. <http://www.arboretum.org/>.

**March 8 - 9, Sat - Sun**

**O: Backpack: CHRT, Joshua Tree National Park  
Dora Olea, Jeff Johnson; and Susan Campo supporting**

Backpacking at Joshua Tree on the California Riding and Hiking Trail is our next adventure. This time we will hike about 16.5 miles in two days. It is a beautiful experience that you cannot miss. On Saturday, we will pack in about 6.5 miles and set up the camp in the middle of nowhere. On Sunday, we will hike out around 10 miles. This trip requires backpacking experience and involves a car shuttle. Optional Mexican Feast on Sunday. Space is limited. Cost is only \$20 per person. This includes camping fees on Friday and other group expenses. For more info and RSVP contact leader Dora at [chamaca1954@att.net](mailto:chamaca1954@att.net), or phone 213-200-0239.

**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 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 leader Dora at (213) 200-0239 or [chamaca1954@att.net](mailto:chamaca1954@att.net).

**May 24 - May 26, Sat - Mon**

**O: Telescope Peak  
Susan Campo, TBA**

This wonderful hike in DEATH VALLEY NATIONAL PARK will not be hot like the rest of the park at this time. Hopefully all snow has just melted off the peaks and

## Outings and Events

nights will be cold. Only experienced hikers should apply. Trip is limited to 10 and mostly determined by your means of transportation. Mahogany Flats ( 8,100 feet elev.) campground is 1.5 miles up a very steep gravel road past the Charcoal Kilns and is accessible ONLY by 4x4 , high clearance vehicles (strong trucks). Mahogany Flats has no water so you must be prepared for wilderness camping. Thursday, we will drive up and save campsites in case you need to come on Friday night. Friday we will stretch our legs on Wildrose Peak about 10 miles, 2,200 ft gain. Saturday will be a rest and acclimatization day. Bring some fun games. Sunday we climb Telescope Peak, 14 miles RT, 3000 ft gain. NOTE: The Leader Susan reserves the right to change the day of the hike to Sat. due to weather. Monday morning we depart for home. This hike was first led by Susan in the early years of GLS; then led yearly by Steve Green for several years, making it a historic GLS hike. This is the leader's favorite hike in Southern California because from the top you can see the highest peak in the USA, Whitney, AND the lowest point in the USA, Badwater! If you wish to reserve, you MUST send leader your info. AND hiking experience AND the type of vehicle you will be driving AND if you are willing

to take any passengers. Even parking space is limited up there.

**Jun 5 - Jun 8, Thu - Sun**

**O: Pismo Beach  
Barbara Edwards, TBA**

**June 7, Saturday**

**O: East Fork San Gabriel River  
Dora Olea, TBA**

**Jul 19 - Jul 20, Sat - Sun**

**O: Backpacking to San Jacinto  
Dora Olea, TBA**

**Sep 6 - Sep 8, Sat - Mon (anticipated dates)**

**O: White Mountain Campout and Hike  
Susan Campo, TBA**

## Non-GLS Outings

*The following outings are presented by Angeles Chapter Wilderness Training, and are co-led by Will McWhinney, past Angeles Chapter GLS outings chair.*

**March 29, 2014, Saturday, 8:00AM**

**I: Last Chance Mtn. (8456 ft.), Death Valley Nat'l Park; moderately strenuous Angeles Chapter Wilderness Training Course, 20s & 30s Section  
Benjamin Bowes, Will McWhinney**

Enjoy a beautiful cross-country, springtime day hike to Last Chance Mountain at the north end of Death Valley National Park. The hike will be 7 miles round-trip with

approximately 2300 ft. of gain. Optional car camp Friday & Saturday nights under a new moon near the entrance to decommissioned Crater Mine. *You may pair this trip with the day hike to Sandy Point on Sunday, March 30.* Bring 10 essentials, 3 – 4 liters water, and a pleasant demeanor. Wilderness Travel Course, or similar experience & training, is encouraged. Send experience, current conditioning and contact information to leader Benjamin Bowes bowes.benjamin@gmail.com.

**March 30, 2014, Sunday, 8:00AM  
I: Sandy Point (7062 ft.), Death Valley National Park; moderately strenuous Angeles Chapter Wilderness Training Course, 20s & 30s Section  
Benjamin Bowes, Will McWhinney**

Cross-country, springtime day hike to Sandy Point near the north end of Death Valley National Park. This hike affords panoramic views of the Eureka Valley and snowcapped Eastern Sierra Nevada Mountains in the distance. 11-mile round-trip with approximately 2000 ft. of gain. Bring 10 essentials, 3 – 4 liters water, and a pleasant demeanor. Wilderness Travel Course, or similar experience & training, is encouraged. Send experience, current conditioning and contact information to leader Benjamin Bowes bowes.benjamin@gmail.com.

## Zuma Canyon

*By Susan Campo, story and photos*

The Zuma Canyon hike led by Susan

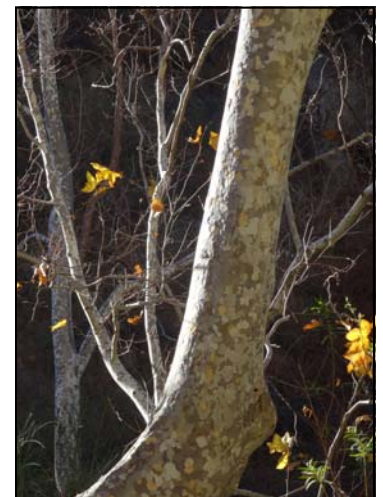


and Tom was a new addition to the Malibu hikes for GLS.

Everyone survived the rugged canyon but some came out with a few sore muscles and bruises.

We enjoyed the unusual conglomerate rocks and the autumn-colored sycamores.

It was a beautiful day so, on the ridge route back to the trailhead, we had beautiful views out over the ocean.



# January and February 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>DEC 29</b>	<b>30</b>	<b>31</b>	<b>JAN 1</b> Griffith Park No hike	<b>2</b>	<b>3</b>	<b>4</b> Topanga Canyon Gail, Susan <i>Gail's provisional hike</i>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Griffith Park Nancy, Mike	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> Griffith Park Anne, Nancy	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b> Cheseboro, Palo Comado, Las Virgenes Cyns Jim, Dora	<b>20</b>	<b>21</b>	<b>22</b> Griffith Park Anne, Dora Signal Hill	<b>23</b>	<b>24</b>	<b>25</b> Devil Canyon Dora, Susan
<b>26</b> <small>full moon</small> 	<b>27</b>	<b>28</b>	<b>29</b> Griffith Park Dora, Mike	<b>30</b>	<b>31</b>	<b>FEB 1</b>
<b>2</b> Heritage Square Museum, Lummis Home Laura, Karen	<b>3</b>	<b>4</b>	<b>5</b> Griffith Park Dora, Mike	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> Griffith Park Shortcuts and Ridges Dora, Nancy	<b>10</b>	<b>11</b>	<b>12</b> Griffith Park Dora, Mike	<b>13</b>	<b>14</b> Anza Borrego State Park Barb, Grace, Jude <i>Through Monday</i>	<b>15</b>
<b>16</b>	<b>17</b> <i>End of Anza Borrego</i>	<b>18</b>	<b>19</b> Griffith Park Nancy, Teresa	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b> <small>full moon</small> 	<b>26</b> Griffith Park Nancy, Teresa Signal Hill	<b>27</b>	<b>28</b>	<b>MAR 1</b> LA Arboretum and Botanical Garden Barb, SK

## 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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Anne Mullins	323-522-6640	hike2thepeak@gmail.com
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.



Walking around Mt. Washington with Barb and Grace Nov. 23. Photo Susan C.

## 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](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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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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