

TRACKS



May/June 2014

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

On the CHRT in Joshua Tree with Dora and Susan

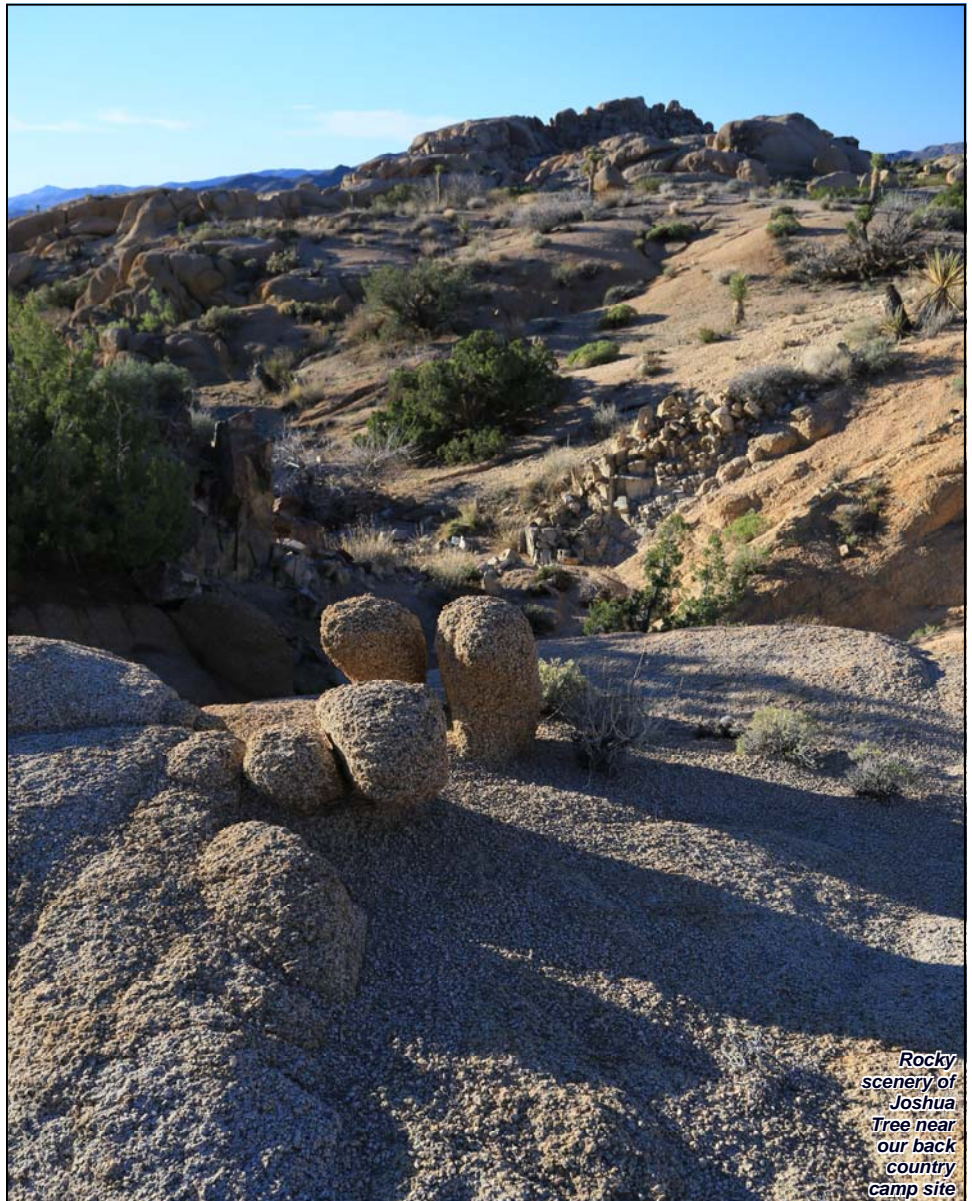
By Jeff Johnson, story and pictures

Dora and Susan arranged a really good backpacking trip at the beginning of March on a section of the California Hiking and Riding Trail in Joshua Tree National Park. The trail runs 35 miles from the west side of the park at Black Rock campground to Twentynine Palms on the north side of the park. For this trip, we hiked 16.5 miles, starting in the middle near Ryan Campground, heading east and north.

Susan and Dave got there a few days early to find a campsites at the Ryan Campground so the rest of use would have a place when we arrived on Friday night.

Early Saturday we loaded our extra water in Susan's Big Blue, and headed up the hill to see the ruins of Ryan Ranch, then headed east. The trail is as regular as you would expect for a riding trail, with no

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Rocky scenery of Joshua Tree near our back country camp site



Loading up Big Blue at Ryan Campground.

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La Jolla Canyon – Returning After the Fire

By Nancy Beverly

One year ago, the first week of May 2013, a raging fire tore from Camarillo all the way to ocean, charring 86% of Point Mugu State Park. Christened the Springs Fire, it wiped out the vegetation in both Sycamore and La Jolla canyons; 12,000 of 14,000 acres burned. GLS has hiked there

many times over the years – in fact, our very first hike was in La Jolla Canyon back in 1986. Before this intrepid hiker joined GLS, she was an intrepid mountain biker and Sycamore's many trails were some of her favorite dirt riding.

So going back to Pt. Mugu on March 22

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Message from the GLS Chair

The recent meeting of the board focused on finances and gaining new members. We also talked about creating documents for the board that will help make the transfer of responsibilities even easier in the future.

One important decision was to take a break from having a GLS booth at Long Beach Gay Pride. We have had a booth for many years, but in recent times we have not gained many members from this event, which is an expensive one for us. Therefore, we aren't going to be represented there this year, but will concentrate on using Meet Up and other social media to get the word out about what

our group has to offer.

Once again we can use your help. Word of mouth is a great way to advertise our organization, but there may be other venues we haven't tried. Please let us know your ideas!

And thanks for all your support and dedication to GLS.

Marie Ammerman

Safety Corner #7 Water, Water Everywhere

By Marie Ammerman

But is it? In these days of climate change and drought, water is not only scarce, but even more necessary when hiking. Spring brings out the hiker in all of us, but temps climb rapidly here in SoCal, and it's really important to stay hydrated. Many of us are seasoned hikers and know our water needs for various distances and

levels of exertion, but for those who are new to hiking, be sure to read the hike description in Tracks carefully. Most leaders will tell you how much water to bring; even if you have hiked a long time, please take the leader's water requirement seriously. Most outings have been scouted by the leaders thoroughly, and the leaders know whether or not the trail is exposed to hot sunshine, and if water is available or not on the trail. If there is no amount mentioned in the description, you can always contact the leaders and ask what

they recommend.

Sometimes, especially when backpacking or camping, we need to rely on water sources in nature. Unfortunately, the days when we could just fill our canteens from a sparkling mountain stream are over. With human beings everywhere in the mountains, pathogens are found in a great many water sources. To stay safe, it's best to treat such water before drinking. There are many ways of doing this. Boiling the water is always effective, but this isn't

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GLS Management Committee Meeting, March 27

SK reported on finances and also educated the board on our most common & frequent expenses, which in turn led to wider discussion on ways to reduce expenses, increase revenue and continue to maintain a healthy reserve in the bank. More to come on that topic.

The board is considering sponsoring one of the Angeles Chapter's newcomer open-house events- it's an opportunity for interested non-members to learn more

about the various sections and activity groups in the Angeles Chapter. We would love for some of our regular participants as well as our leaders to consider helping out at the event. Your enthusiasm and love for GLS is the best testament to this great group!

The board officially confirmed that we will take a year off from Long Beach Pride as our participation has not significantly benefited the section in recent years.

In terms of new leader support, Marie suggested that we create a new leader kit which will contain copies of the many forms leaders need to carry & use, so they're all in one convenient packet. Marie is also working on gathering all the details, account numbers, databases, resources, passwords, etc for the section into one handy master document that can be accessed by board members and passed on to future GLS boards so it's all in one place.

Next GLS meeting is planned for late May, 2014.

Amanda Smith

<h3>Information about GLS</h3> <p>General questions about GLS, call Marie at 818-406-3529 or Mike at 818 399-4035.</p> <p>Questions about a specific event, please call the leaders listed in the schedule. Contact info is inside the back page.</p> <p>Sign up for the <i>FREE</i> 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.</p>		<h3>Next GLS Management Comm. Meeting</h3> <p>The next GLS management committee meeting is preliminarily planned for late May.</p> <p>GLS management committee meetings are held about every two months, on weeknight evenings, by conference call. All GLS subscribers are welcome.</p> <p>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.</p>	
<h3>GLS Mission</h3> <p>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.</p>	<h3>GLS Newsletter</h3> <p>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.</p>	<h3>Mgmt. Comm. 2014</h3> <p>Marie Ammerman, Chair Tim Vo, Co-Chair Amanda Smith, Secretary SK Chiou, Treasurer Dawn Wilson, Member at Large</p>	<h3>Other GLS Volunteers</h3> <p>Membership, Jeff Cuevas Conservation, Tom Molloy Webmaster, Alan Schimpff TRACKS Editor, Jeff Johnson Our outing volunteers are listed on page 11.</p>

Birds at the Arboretum

Barb and SK took GLS to the Los Angeles Arboretum on March 30.

Among the many plants and landscapes to see at the arboretum, and a birthday celebration for Grace, Heather McNaught found birds to photograph, in the air, in trees, on the nest, and in the water.



*Top: bird of prey lurking in a eucalyptus.
Above left: green heron.
Above: mockingbird.
Above right: hummingbird nest with chicks.
Left: Bees and hummingbird sipping from a pillar flower.
Right: Peacock in a tree.
Photos from Heather McNaught.*



Safety Corner #7

(Continued from page 2)

always convenient. One of the most popular ways of purifying water on the trail has been to use a pump-style water filter; these are sometimes expensive, but a good filter can give you peace of mind.

One drawback of filters is that they take up space and add weight to one's pack. Other, smaller options include iodine tablets, which kill bacteria with chemical; or pen-style water treaters that kill bacteria with UV light. There are also now water bottles that have a filter in the cap, in between the bottle and mouthpiece. You can fill them, and drink straight from the mouthpiece, or squeeze the water into another receptacle. Be sure that whatever purification system you choose will kill the

most pathogens possible, and not just make the water taste better. Read labels, do some research, and talk to other hikers, including your GLS leaders.

Carrying your water is another consideration. On most hikes, a simple water bottle or two is fine, but many people like to use hydration bags, with tubes and mouthpieces. These come in different sizes, and make it easy to drink water while on the move. The drawback to these is that the bags are carried inside the backpack, so you cannot see how much water you have left. If you have trouble judging how much water you have been drinking, you will want to think carefully about this option. One perk, however, is that being carried inside the pack keeps the water insulated, keeping it cooler than in a water bottle carried in a

pocket on the side of the pack. If you do get one of these, be sure to get a mouthpiece that has a locking mechanism. It's worth the minimal amount of extra expense to be sure your water won't leak all over if the mouthpiece is accidentally compressed. If cared for properly, these bag systems can last a long time, and, unlike a water bottle, they are almost impossible to lose on the trail.

There's no way to describe, in a short article, all the different brands and options of purifiers and carriers available. It's worth taking the time to check out options offered online or in your local outdoors store, and to experiment with various containers and purification methods. Take the time to assure your health and enjoyment by educating yourself about how to treat and carry this most important resource.



Lunch on Sunday. Photo Jeff Cuevas.

CHRT in Joshua Tree

(Continued from page 1)

steep hills. We passed many of the lumpy rocks and hills that you expect to see in Joshua Tree, and also passed what we imagined might have been the head and torso of a giant woman who had fallen in pieces from the sky.

When we crossed the Geology Road, we met up with Susan and Big Blue, picked up our supplies for the evening, and then on to the scenic spot under a hill that Dora and Susan had picked for us. For dinner, we enjoyed Dora's garbage salad, made from everyone's miscellaneous contributions, served from a actual garbage bag.

Susan had told us to expect a remote site visit in the evening from a park ranger. Sure enough, right after dinner the Stranger Ranger of Joshua Tree showed up to give us an informative talk about Joshua Tree natural history. Thanks for arranging that, Susan! As dusk was settling, Susan and Dave returned to the truck for the night.

In the morning, we continued east to Pinto Basin Road, where we again met Big Blue, loaded water, dropped off a few heavy camp items, and continued north, with Dave and Susan joining us.

The trail heads downhill along a long wash that runs out the north side of the park. It was full of flowering plants. The *Yucca brevifolia* in bloom was impressive and very different from the *Yucca whipplei* we see in the San Gabriels. We looked a long time for a cactus in bloom and finally saw a few near the end. We also saw many gourds along the way, and the vines they grew on, all dried up from the previous year. And many flowers we couldn't name.

We hear that Dora and Susan may be planning to do the other half of the CHRT in Joshua Tree in the Fall or next Spring. Can't wait to see what's on the other half of the trail! But will Stranger Ranger be back again?



Garbage salad for dinner!



Stranger Ranger visits us after dinner Saturday night.



Before sunrise at our back country camp site in Joshua Tree.

La Jolla Canyon

(Continued from page 1)

this year was tough. Since the fire, a little bit of vegetation has sprouted up, but as with the Station Fire in the San Gabriel mountains or the Griffith Park fire, both



A bee busy pollinating



Fire-killed shrubs resprouting from the roots



from a few years ago, the trees are blackened skeletons. In my lifetime, in all of those locations, they won't be back.

This is the point in the story where I'm supposed to remind myself that on the giant 24-hour clock measuring the history of planet Earth, man's presence here is at a second before midnight. Worse things have happened than these fires, and the Earth recovers. Humans come and go, and the Earth endures. And yet, it hurts to see such destruction.

We headed out of the parking lot... and the first thing we saw were the destroyed bathrooms, followed soon by the Yucca plants that look like crispy pineapples, and the hillsides of trees and shrubs with their naked black arms raised to the heavens asking why.

I don't know why.

But we hiked. And we talked. And those are the reasons I love GLS. I caught up with old pals (welcome back Amanda from your year's hiatus to heal, and Teresa, from your and Dawn's several years in Minneapolis!) I got to know new ones (welcome to the group Liz!). I took a lot of photos – the charred stuff and the little green stuff – even a few teeny flowers – poking up and reminding us that under the deadzone is eternal life.

Wanting it all to be "pretty" and like it once was? Not a great idea. I couldn't have prevented this fire nor can I change the outcome. So I accept the canyon on its own terms, the way it is now, a good lesson for accepting people the way they are. Sometimes they change, sometimes they don't. But there's stuff sprouting below the surface, even if we can't always see it.



Coreopsis, not yet in bloom



Singed Yucca whipplei resprouting

Conservation Notes

By Tom Molloy

Valley Fever, Be Aware

Many of us have known people who have gotten sick from Valley Fever while camping and hiking in the southwest. Some people die of the ailment, especially if not quickly treated. Check out this link to stay aware of symptoms. Valley Fever is becoming more prevalent due to increased disruption of the soil due to existing wilderness areas being razed for

development, which is what it makes it a conservation-worthy topic. The range of the disease is from Texas to California. www.cdc.gov/features/valleyfever/index.html

Local Coastal Program Approved for the Santa Monica Mountains

The California Coastal Commission last month approved a landmark land use plan for the Santa Monica mountains.

The plan will give LA County the authority to approve building projects and land use in the unincorporated areas of

Santa Monica Mountains in the “coastal zone” — an area of about 80 square miles adjacent to Malibu city limits. The California Coastal Commission’s Ventura office has been the authority for decades, deciding each project on a case-by-case basis.

The newly approved plan will provide a more uniform set of development guidelines. The Sierra Club and Heal The Bay support the plan. Among other things, the plan prohibits new vineyards due to pesticide and water use, but does allow some small organic farms.



Vernal Equinox on Signal Hill

On a recent Signal Hill walk, one of the walkers pointed out that an installation in Sunset View Park, at Hill St. and Skyline Dr., is a sundial that is set up to align with the sun at solstices and equinoxes. At sunset March 20, the day of the equinox, Carol Jeffcoate went back to see what happens, and took the pictures on the right. The sun shines through the slot in the middle one of the three pillars on the west side of the circle onto a flat side of the center pillar. The north and south pillars are for the solstices. Unfortunately, we were told, a house now blocks the suns at the summer solstice.



At sunset, the sun shines through the slot between pillars on the side and hits a pillar in the middle.



Deer's leg found by the trail.

Puerco Canyon to Goats Buttes East

By Jeff Johnson

On April 26, Anna led a cheerful GLS group up Puerco Canyon Road in Malibu to the Backbone Trail, and on to a point by Goats Butte East that many of you may remember. It was a beautiful, clear, cool, sunny day.

Along the way we passed the dismembered leg of a deer, a reminder that there are wild animals in these hills. We also passed Calochortus in bloom, and prickly phlox, and Indian paintbrush, and other colorful Spring flowers.

If you have been to this spot before, you may remember the spiral there. It has grown a few more loops recently. And between our scouting trip the week before and April 26, someone spray-painted the rocks red, white, and blue. I don't know whether that counts as cheerful graffiti or evil pollution or art, but I'm sure it won't be that bright very long on the hilltop in full sun.



Calochortus by the trail.



On the Backbone Trail.

Outings & Events

May 2014

May 3, Saturday

O: Channel Island Day Hike
Mike Brostoff, Amanda Smith

NOTE: THE STARTING TIME IS AN HOUR LATER THAN PAST YEARS

The Channel Island day hike has now become an annual GLS tradition, attracting over two dozen participants each time. We will be taking a ferry to Santa Cruz Island where we will be offering a variety of hikes for different levels. There is no drinking water or food on the Island. So pack your pack like a normal outing. After returning to the mainland, we will head over to a nearby restaurant (optional.) We will meet at Island Packers 1691 Spinnaker Drive Ventura Harbor 93001 at 8:15 AM (805) 642-1393. The boat leaves at 9:00 AM. The ride is an hour and we should return to Ventura Harbor by 6:30 PM. The cost for the trip is \$65.00. Most of the fee pays for the ferry, the extra will be sent to Sierra Club conservation. Send a check made payable to GLS by April 17th to: Mike Brostoff, 11220 Moorpark #110, Studio City CA 91602. After April 17th, please contact Mike to check for availability. Please include a note indicating whether you are interested in dinner afterwards, your e-mail address and the best phone number to reach you at. If you do not have e-mail then please include a SASE. Bring minimum 2 quart water, lugsole hiking boots, snacks, & 10 Essentials. Note: in the

rare case that weather may be poor, call 805-642-1393 after 5:30AM on the day of the trip. A recording will indicate if the boat is canceled.

May 10, Saturday

O: The Getty Museum
Nancy Beverly, Jeff Johnson

How's this for an art mash up: Ansel Adams, Jackson Pollack and Queen Victoria. Crazy, right? So join GLS on an art extravaganza trip to the Getty where you can see Ansel's landscapes, a restored Jackson mural, and portraits of the Queen + photos she collected when photography was in its infancy. The Getty opens at 10; we'll meet at the Bad News Bears (I'm not kidding) Little League baseball parking lot at Sepulveda & Ohio no later than 9:30 a.m. Or you can meet us at the start of the Getty tram ride a little after 10. Museum address is 1200 N. Sepulveda, and parking there is \$15 (hence the concept of carpooling from the baseball lot). After taking in all of the new aforementioned exhibits (plus catching Van Gogh's Irises from the permanent collection because you should), we'll gather for lunch and discuss our impressions. Bring money for parking plus your sack lunch (there is a restaurant but it's pretty pricey and busy). Questions? Contact Nancy – nancybeverly at sbcglobal.net

May 15, Thursday

O: Mount Wilson
Susan Campo, Jim Angus

YES, we are trying something different. Let's do a conditioning hike during the

week, daytime. Maybe someone has the day off, is retired or just is tempted to play hookey! This Mt. Wilson hike will be shaped like a lollipop from Chantry Flats. 4800 foot gain in 14 mi RT....not for beginners! BUT it will be slowish and gentle as possible on the bones...a social and conditioning hike! Contact leader if you are coming or for more info! Meet at Chantry Flats by 8 am. (Take Santa Anita Ave. north off the 210 and drive all the way up the mountain to parking lot.) Rain cancels. Well behaved dogs on leashes okay.

May 22 - May 26, Thu - Mon

O: Hiking the TOP of Death Valley
Susan Campo, Heather Sargeant

THERE IS STILL ROOM ON THIS TRIP BUT ONLY FOR SOMEONE WITH A 4X4 WHO IS WILLING TO HELP GET OTHERS TO THE CAMPSITE.

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 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

(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

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.



May 24, Saturday

O: Dawson's Saddle (7900') - Mt. Throop Junction (8790') - Mt. Baden-Powell (9,400')
Gail Wise, Nancy Beverly

Glider sightings, ancient trees and beautiful vistas in every direction -- what's not to like? As we hike a narrow ridge up the Dawson's Saddle trail, we'll have expansive views both east and west. We'll then connect with the PCT near Mt. Throop on our approach to Baden-Powell. There will be a good chance of seeing gliders along the way. Near the summit, we'll say hi to the Wally Waldron tree, which, at 1,500 years old is one of the oldest living trees in the San Gabriels. We'll enjoy lunch on the summit where we will have the entire Angeles National Forest to gaze upon in 360 degree panoramic splendor before returning the way we came. This 8.8 mile hike with 1,500' elevation gain will be

challenging for the weekend day-hiker as almost all of it is above 8,000 feet. Sun screen is a must and a hat is highly recommended due to the strength of the sun at that elevation. Also bring layers and at least two liters of water (three liters are even better). Lug soles are mandatory. We'll start in the morning to avoid afternoon thunderstorms, but bring a waterproof shell/poncho/garbage bag just in case. Meet at 8:00 am at the La Canada rideshare point. The drive to the trailhead will be about an hour and 15 minutes. For questions contact Gail at gailwise2@gmail.com or 310-433-2298.

June 2014

Jun 5 - Jun 8, Thu - Sun

O: Pismo Beach

Barbara Edwards, Grace Hengst, Judith Demarrah

Join us for a weekend of fun, just 3 hours, 175 miles, northwest of L.A. on the central coast. This area is home to the endangered Pismo clam and our campground lies adjacent to a freshwater lagoon that attracts both indigenous and non-native migratory birds. A wooded nature trail will take you around the lagoon and a short hike will lead you through the dunes to the beach. The Oceano sand dune area is recognized by scientists and conservationists as the finest, most extensive coastal dunes remaining in California. Activities could include hiking, bird watching, beach and dune walks. The charming town of Pismo Beach is a mile away and the Monarch Butterfly Grove, home to a large colony of monarchs every winter, is also nearby. Cost is \$58 per person for 3 nights camping. Or \$45 per person for 2 nights camping (Fri and Sat) This price includes all parking fees. Hot showers available. LEASHED dogs permitted in campground but not on state park trails. Send check made out to GLS to: Barbara Edwards, 1739 S. Sherbourne Dr., L.A. 90035.

June 7, Saturday

O: East Fork, San Gabriel River – Bridge to Nowhere
Dora Olea, Jim Angus

Born of snow-fed rivulets, the many tributaries of the East Fork of the San Gabriel River gather together to form one the liveliest mountains streams in the San Gabriel Mountains. Along a section called "The Narrows," the East Fork squeezes through the deepest gorge in South California. At the lower portal of this

gorge, miles from any existing roadway, stands the curious "Bridge to Nowhere," a relic of an attempt in the 1930s to establish a highway link between the San Gabriel Valley and Wrightwood. A catastrophic flood in 1938 demolished most of the road-to-be, leaving the bridge stranded upstream. Even though, it is a moderate-kind-of- strenuous hike with 1000ft gain and loss, we will pace our trekking for about 9.7 miles. Limited shade, mostly gradual with some rugged terrain and rock scrambling. Wading through ankle to thigh high water is unavoidable so bring an extra pair of socks. There are a minimum of four river crossings on the hike up the canyon. Special features to find: Swam Rock, Sheep Mountain Wilderness, Bridge to Nowhere, wildflowers, deer, bighorn sheep, and "dreamers" along the river digging for gold. National Forest Adventure Pass. Dogs welcome. Bring plenty water, lug soles, hiking pool, sunscreen, sunglasses, hat, and your lunch. Meet 8 am ready to hike at the parking lot. Driving Direction: Carpooling is recommended from Target at Colorado and Sierra Vista in Eagle Rock. (MUST RSVP if you are carpooling from Target.) Take 210 East, exit Azusa / 39 hwy. Turn left on N. Azusa/39 Hwy., it changes to N. San Gabriel Canyon Rd. drive up for over 10 miles turn right onto E. East Fork Rd. up to the parking lot (Camp Bonita Rd.), before a sharp right onto Glendora Mountain Road. Questions? Dora at chamacasister@gmail.com

June 14, Saturday

O: Mount San Antonio "Mt. Baldy" (10,064') & West Baldy (9,988')
Dora Olea, Sharon Kirk

Join us for a steep and strenuous but moderately paced hike to one of our favorite local peaks. We'll start at Manker Flats with a brief stop at the SC San Antonio Ski Hut, arriving at the top of Mt. Baldy, 9 mi rt, 4000' gain/loss. If time and energy permit we'll walk over to West Baldy (9,988', not an official HPS peak) before returning the way we came to the TH. Meet at 7:00 am at the Manker Flats TH (at locked gate to the Baldy fire road) or 5:30 am at the Tustin rideshare (R side of Stater Bros). Bring 10 essentials including 3 liters water, lunch/snacks, lug-soled boots, hat, sunscreen, layers, rain gear. Rain cancels. Leaders: Dora Olea chamacasister@gmail.com and Sharon Kirk sl.kirk@sbcglobal.net.

Outings and Events

June 28, Saturday

O: Ontario Peak (8693') and Bighorn Peak (8441')

Dora Olea, Kirk Olsen

From Icehouse Saddle the long, multiple-humped Ontario Ridge juts southwestward, standing above 8000' for some 2 miles, separating the San Antonio from the Cucamonga watershed. Blanketing the upper north slopes of the ridge is a lush forest – rather dense in sheltered recesses, thinning out on the crests of white fir, ponderosa and sugar pine and, higher up, lodgepole pine. The Ontario Peak Trail traverses this ridge, staying just on the north side of the crest, from Icehouse Saddle to the 8693' summit. En route it visits Kelly's Camp – established as mining prospect by John Kelly in 1850, turned into a trail resort by Henry Delker in 1922, and now an unimproved wilderness campsite with its cabin foundations and a small spring, flowing in early season beyond the camp as one of the best camps in the eastern high country. 13 miles rt, 3600' elevation gain/lost. Bighorn is an optional peak depending on the time, adding 1.8 miles. This hike is rated as moderate to strenuous; however we will hike at a moderate pace both peaks. National Forest Adventure Pass is a must to park. Bring 10 essentials, 3 quarts water (more if it's hot out), lug soles, hiking poles, sunscreen, sunglasses, hat, snacks and lunch. Meet 8 am ready to hike at the parking lot. Directions: 210 E. exit on Baseline Rd. Turn left, Next light turn right on Padua Av., right onto Mt. Baldy Rd. Go past Mt. Baldy Village 2mi. Turning right at Icehouse Cyn. Questions to leader Dora at chamacasister@gmail.com

June 29, Sunday

**O: Make-Your-Own First Aid Kit
Marie Ammerman, Tim Vo**

A First Aid Kit is a must for every hiker or camper, even when on a Sierra Club outing. Leaders can only carry so much! Be able to help yourself if an emergency arises by making your own kit for \$12.00 for GLS members; \$15.00 for non-members. The leaders will pool the money to take advantage of bulk discounts, selecting items with hikers in mind, and then we'll all get together to divvy up the supplies, and talk a little about specific circumstances in which you might need some of these items. This is NOT a First Aid certification course; instead, it's a chance to have a little fun with friends and share the expenses of

creating a personal first aid kit to keep in your backpack. Space will be limited, so sign up right away with Marie by mailing a check, payable to GLS, to Marie Ammerman, 5744 Ensign Ave., North Hollywood CA 91601. Please include an email address and phone number. For questions, contact Marie at ammermanm@yahoo.com, 818-406-3529. Location and meeting time will be given to all participants upon sign-up. Deadline for signup: May 22 to give us time to order supplies.

Future Outings

Jul 19 - Jul 20, Sat - Sun

**O: Mt. San Jacinto Backpack
Kirk Olsen, Dora Olea**

This moderately strenuous trip is a great introduction to backpacking for beginners while still being fun for those with more experience. On Saturday we'll ride the Palm Springs Aerial Tramway to the Mountain Station (8,516 ft. elev., bring \$\$ for tram) followed by a leisurely 2-3 mile backpack (600 ft. gain) to our campsite. After preparing camp we'll have plenty of time to explore, play games or just relax. Sunday we'll do a 6 mile RT day hike to the peak (10,804 ft. elev., 1,700 ft. gain/loss) where we'll enjoy a spectacular view encompassing much of Southern California. After breaking camp we'll backpack down to the Mountain Station (600 ft. loss) where we'll board a tram and ride to the desert below. To reserve your spot mail a \$12 check payable to GLS to the attention of Kirk Olsen, 3350 E 7th St Ste 301, Long Beach, CA 90804. Include your contact information (incl. e-mail, telephones) and a summary of your hiking experience (including elevation) and fitness level. Registered participants will receive gear list and time/location specifics. Permit is limited to 12 participants. Questions? Contact Kirk Olsen at kso@kirkolsen.com.

Aug 29 - Aug 31, Fri - Sun

**O: White Mountain Hiking
Susan Campo, TBA**

This is a classic hike on trail to a 14,252 foot peak, near Big Pine, CA. On Sunday there will be an Open House at the USC Research Station which means we can drive up a bit more to the higher trailhead making this hike 10 mi RT and 2000 ft gain/loss. Do not underestimate this hike as the elevation can make it extremely difficult. NO BEGINNERS! Please do not attempt this hike if you are inexperienced with altitude and its effect on your body!

Aug. 29 Drive up from LA and meet at a primitive site for camping.

Aug. 30. We will acclimatize with a moderate hike in the interesting Bristlecone forest and re-group at a remote primitive location.

Aug. 31. At dawn drive up the 13 mi gravel road to the gate of the Research facility and start at the highest possible trailhead to climb the White Mountain. After the hike you are free to depart for home or continue on next adventure with Susan (see Mt. Tom below). No fee is charged for this trip, but you will be expected to "chip in" for carpooling to the trailhead if needed or for some group supplies, happy hour, or snacks.



Our fact-filled visit from the Stranger Ranger of Joshua Tree

Other Outing

The following is a privately sponsored and administered trip. The Sierra Club takes no responsibility and makes no representations or warranties about the quality, safety, supervision or management of this trip. It is published as a reader service because it may be of interest to recipients of this publication.

9/2/2014, Climb Mount Tom, 13652 ft. elevation from the locked gate below Horton Lake near Bishop

I am looking for a few companions that are very experienced with peak bagging, hiking up and down steep scree, and in moderately good shape, willing to stick together and (optionally, possibly, have already bagged this peak previously?!) Mt Tom for us would be 11 miles RT, one day, 3800 ft gain/loss. We will do the last mile of scree ascent slowly and steadily. After the White Mt. GLS trip Aug 29-31, I will drive to Bishop for the luxury of motel living and fatten up for this event (at least 2 nights of rest). If you are not on the White Mt. hike, then we could meet no later than the evening prior to our Mt Tom hike. Call or email Susan Campo for discussion.

May and June 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL 27	28	29	30 Griffith Park Nancy, Dora	MAY 1	2	3 Channel Island Day Hiking, Santa Cruz Island Mike, Amanda
4	5	6	7 Griffith Park Anne, Gail	8	9	10 Getty Museum, LA Nancy, Jeff J.
11	12	13	14 <small>full moon</small>  Griffith Park Anne, Dora	15 Mount Wilson Susan, Jim	16	17
18	19	20	21 Griffith Park Nancy, Teresa	22 Top of Death Valley Susan, Heather S. <i>through Monday</i>	23	24 Dawson's Saddle to Baden-Powell Gail, Nancy
25	26 <i>end of Top of Death Valley</i>	27	28 Griffith Park Dora, Anne Signal Hill	29	30	31
JUNE 1	2	3	4 Griffith Park Gail, Dora	5 Pismo Beach Barb, Grace, Jude <i>through Sunday</i>	6	7 Bridge to Nowhere Dora, Jim
8 <i>end Pismo Beach</i>	9	10	11 Griffith Park Nancy, Dora	12 <small>full moon</small> 	13	14 Baldy and West Baldy Dora, Sharon Kirk
15	16	17	18 Griffith Park Dora, Teresa	19	20	21
22	23	24	25 Griffith Park Dora, Nancy Signal Hill	26	27	28 Ontario and Bighorn Dora, Kirk
29 Make Your Own First Aid Kit Marie, Tim						

GLS Leader Contact Information

Please call after 9 AM and before 9 PM

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Teresa Nick	612-384-0421	teresa.nick@me.com
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.



The view over the hillside in La Jolla Canyon on the March 22 hike. See the front page. Photo Nancy Beverly.

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

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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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GLS

P.O. Box 1300

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Name: _____

Address: _____

City, State, Zip _____

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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

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