

# TRACKS



September/October 2014

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



## Big Scenery at Big Pine

*By Nancy Beverly, story and pictures*

While Susan Sontag gave us *Illness as Metaphor*, I prefer hiking as metaphor. When I'm standing down in the valley and looking up at jagged peaks miles away, oh, many thoughts come to mind. What have I gotten myself into? Can I make it? Am I fit enough to do this? How fast can I do this? Get to the top! Get the goal accomplished!

On Saturday August 23rd, co-leaders Jim and Dora plus Mary, Mark, Sparky Dog and I went from our campground nestled next to Big Pine Creek, up along the South Fork of Big Pine to a little Sierra Nevada

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## Walking in Huntington Beach

*By Pam Prichard, photos Jeff Johnson*

On a bright and sunny Saturday, seven adventurous souls met in Huntington Beach for a brave and daring 10 plus mile hike to Newport Beach.

First stop - Central Park, where a flock of birders with high tech cameras and scopes pointed out some rare birds. We gazed up at the pin tailed wydah, originally from Africa, but now procreating in Orange County with much success. An interesting fact about the pin tailed wydah is that it lays eggs in nests of other birds, and those birds end up raising young that look nothing like them. Jury is still out as to whether this is detrimental to the native Southern California songbird population.

After meandering through Central Park, we stopped to check out the Shipley Nature Center. They've re-created native habitat of the area, to give an idea of what Huntington Beach was like before it was developed. You can check out their website at [www.shipleynature.org](http://www.shipleynature.org).

From the Nature Center, we headed west - to the ocean and the sea breeze! A brief stop to remove our

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*Looking for the wydah in Huntington Beach Central Park*



*Under the pier in central Huntington Beach*

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## July 4th Fireworks from Signal Hill

*By Jeff Johnson*

The verdict—the fireworks over the Queen Mary were disappointing. But that was just the end of the evening, everything else was great.

Starting with the potluck chez Carol in the nearby Artcraft Manor neighborhood of Long Beach. Ask yourself this: At a GLS

potluck, which participants usually bring the healthy and morally unambiguous food, including, for example, four vegan dishes with quinoa, and a terrific-looking and tasty, colorful salad? That's right. And which participants usually bring dessert, which in this case included mangoes with

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## Message from the GLS Chair

Hello, People! I'm here to say that NOW IS THE TIME.

If you wish to nominate someone for **recognition at the annual Holiday Party** for an amazing, heroic act, a fun and fantastic event, or a simple act of kindness, please email me or any of our Board members. Just about anything goes, so cast

your mind back over the year and tell us what you found. You don't have to come up with an award name or anything special. Just tell us the story.

We've had a great year so far, and we have more good times coming up, too. Keep your membership up to date so you'll know what's coming. Please save the date for the Holiday Party in December, and, closer to the present moment, consider coming to the **Angeles Chapter Newcomer Open House** on September 25

at the L.A. Zoo. It's a fun and informative event.

If you're considering becoming a GLS leader, the **required one-day seminar** is coming up on Oct. 25. Follow the link below for information on how to sign up, and be sure to ask our current leaders any questions you might have about anything leader-like. Thanks to all of you for all your support! Leadership seminar info: <http://angeles.sierraclub.org/ltc/>

*Marie Ammerman*

## Safety Corner No. 8 Wildfires

By Marie Ammerman

Well, folks, with global warming and arsonists and drought, this is really no longer the start of fire season. Instead, fire season has been happening all summer. Still, we have to begin somewhere when talking about fire and safety in the wilderness, and there's no time like the present.

There are two things to keep in mind. You don't want to be a victim, and you don't want to be an accidental arsonist. The main thing to remember to avoid both is to be aware of the fire conditions in the area in which you plan to hike or camp, know

the weather forecast, and know the fire restrictions that may be in place in the area as well.

Most of the time, campfires are restricted to fire rings in developed campgrounds, but sometimes even those are banned. Ask before you light that match. When camping in the Angeles National Forest, you don't need a campfire permit for fires or stoves in developed campgrounds, but if you are doing "dispersed camping," that is, just going off trail and finding a spot to pitch a tent, you do need a permit. They are free, and are good until the end of the calendar year. Ranger stations and visitor centers are the places to get one. And yes, you even need it if you're only using a backpacking stove.

You all know about putting out your

fire before going to bed; did you know that even if it looks like it's out; a high wind can fan a fire back into flames in minutes? Wind and low humidity are the worst combination in the forest. When you add a careless camper, the situation can become deadly.

Avoiding becoming a victim begins at home. Know what fires may be burning in the area already; plan escape routes from all parts of your intended path, and have a plan in place for each one. Do the usual- let someone know where you're going, when you'll be back. If there's a register at the trailhead, sign in. In an emergency the forest service will use it to find anyone who might have become trapped by the fire. Once out there, pay attention as you hike. If

*(Continued on the next page)*

## GLS Management Committee Meeting, July 29, 2014

The board met on July 29, all members were present.

We discussed logistics for GLS

participation in the Sierra Club Open House party. (Sept 25 @ the LA Zoo) and began preliminary planning for the annual Christmas

The board will convene again on Sept 29. *Amanda Smith*

<h3>Information about GLS</h3> <p><b>General questions about GLS</b>, call Marie at 818-406-3529 or Mike at 818 399-4035.</p> <p><b>Questions about a specific event</b>, please call the leaders listed in the schedule. Contact info is inside the back page.</p> <p><b>Sign up for the FREE GLS email list</b>, with a weekly email digest of GLS events, go to: &lt;<a href="http://angeles.sierraclub.org/news/MailingLists.asp">http://angeles.sierraclub.org/news/MailingLists.asp</a>&gt;. 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 scheduled for September 29.</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 &amp; 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><b>Marie Ammerman</b>, Chair <b>Tim Vo</b>, Co-Chair <b>Amanda Smith</b>, Secretary <b>SK Chiou</b>, Treasurer <b>Dawn Wilson</b>, Member at Large</p>	<h3>Other GLS Volunteers</h3> <p><b>Membership</b>, Jeff Cuevas <b>Conservation</b>, Tom Molloy <b>Webmaster</b>, Alan Schimpff <b>TRACKS Editor</b>, Jeff Johnson ..... <b>Our outing volunteers are listed on page 11.</b></p>

## Safety Corner—Wildfires

*(Continued from the previous page)*

you smell smoke, and you know there are no campgrounds nearby, look for a smoke plume. If you see one, get out of there! Even if you don't see one, follow your instincts and flee if you're worried. Fire can move amazingly fast, and it moves fastest uphill. Unlike in war movies, retreat IS an option- the best one!

If you are in the path of a fire and don't have time to get away, stay calm. Remember that fire moves fastest up canyons and gullies, which act as natural chimneys. If you have to choose, get up on a ridge and out of the canyons. Look for water sources, wet patches, rocky or sandy areas with little vegetation. If on a fire road, stay on it, but move closer to the uphill side. If you have time, remove any dry brush around your spot. Keep upwind as much as possible.

Wherever you are, find or create a depression if you can, remove any synthetic clothing that could melt to your skin, and lie face down. Use a wet bandana to cover your mouth and nose; your backpack can protect your back from falling embers.

Once the fire has passed, which could take a while, don't move right away. The ground may be hot, and burning tinder could still be flying around. When you do get up, look to see where the fire front has gone, and walk away from it. Knowing your emergency routes will come in handy here, too. You may well have burns on your skin and smoke in your lungs, but you're alive, and you want to stay that way. Having escape plans will help you make better decisions in spite of your injuries.

As soon as you are out of harm's way, whether you had the fire pass over you or you were able to avoid it, be sure to either sign out of the trailhead register or stop in at a ranger station to let them know you had signed in but are out of the wilderness. This will save them hunting for you when it's not necessary, and free up resources to help others.

There are many websites that discuss this situation, and all have good tips. Do

some research online, plan ahead, and stay safe.



*GLS Three Ts hike, Oct. 25, 2003. In the Jan/Feb 2004 issue of Tracks, Nancy Beverly reported that on reaching Icehouse Saddle, this is what they saw. When they got back to the cars hours later, they found roads were blocked and rangers were waiting for them, they were the last ones out. This fire later became known as the Old Fire. Photo Marie Baca.*

## Big Scenery at Big Pine

*(Continued from the first page)*

Mountains gem called Willow Lake. Along the way we communed with Foxtail Pine, cousin to the ancient Bristlecone Pine, and listened to Jim explain some of the geological history revealed in the craggy rocks.

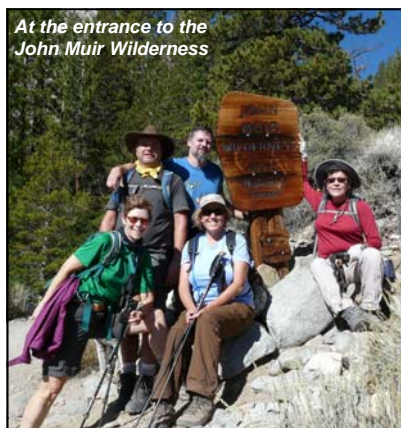
On Sunday we did the North Fork of Big Pine, wending our way past the rushing creek, more pines and even some quaking Aspen, up to actor Lon Chaney Sr.'s stone cabin (built in 1929/30, thanks to a pack train bringing materials to 9200'). It sits right next to a quiet stretch of the creek and made for a relaxing rest stop and turnaround point.

We got there putting one foot in front of the other, paying attention to which trail to take, taking brief breaks to catch our breath, and sharing stories about our lives and lovers.

Before you know it, the destination – be it a lake, a cabin, a new job or a new writing project – is in hand.



*At the Lon Chaney cabin*



*At the entrance to the John Muir Wilderness*



*Foxtail pines*

## July 4th Fireworks, Signal Hill

*(Continued from page 1)*

sticky rice and apricot pastries. Yes, you got that right too. Though raucous rule-breaker Dawn brought hot dogs, and I had more than one.

After eating, we headed for the hill—Signal Hill. Signal Hill (elevation 365 ft.) is the only real hill around Long Beach, and most of it is actually in the City of Signal Hill (population 11,465). At the northern end of the hill, Hilltop Park has an completely open view of the sunset and of everything else from Seal Beach in the southeast, around clockwise past most of Los Angeles County to Mt. Baldy in the northeast. That panorama includes the Queen Mary, three miles away in Long Beach harbor where, most years, the ship's operators put on a fireworks show.

Lots of people climb Signal Hill to watch the fireworks. The Signal Hill police block off the streets around Hilltop Park, allowing pedestrians to walk up the middle of famously steep Hill Street. When we

arrived around 8pm, just before sunset, hundreds of cheerful and patient people were already there, and there was still plenty of room on the grass.

As it got dark, fireworks were popping off everywhere down below in the neighborhoods of Long Beach but none in crowded Hilltop Park. And it's been like that every year I have gone there. How do you explain it? Evidently there is a strong reverse correlation between willingness to climb a hill and desire to blow up fireworks next to people. That's fine with me, I'd rather get home with hearing undamaged.

And at 9 pm, when the official fireworks started, they were...how shall we say...three miles away. Which for the purpose of watching fireworks is not ideal. The smoke of the fireworks built up during the show until you could barely see the fireworks going off at all. The well-behaved crowd was on its feet and heading downhill before the show was over.

Perhaps this is another example of getting as much as you pay for. But that



wouldn't take into account a great dinner together, a pleasant evening walk, a chance to sit around on the grass talking, and another pleasant walk home.



## Learning About Nepal

*By Jeff Johnson, story and most pictures*

Eight GLS hikers were in Nepal in October 2013. We did not all travel together all the time, but we visited most of the same places. We started and ended with a few days in and around Kathmandu, the ancient and bursting capital of modern Nepal. We flew to the Tenzing Hillary Airport in the town of Lukla at 9,400 ft. for a couple weeks of walking in the Solukhumbu district, the well-traveled area leading to Mount Everest. Some of us got to over 18,000 ft. elevation. While we were walking, we saw the expected spectacular mountain scenery and had some of the expected difficulties associated with high-altitude hiking.

### Carrying

No motor vehicles carry freight through the high mountains of Nepal where we went. There are no vehicle roads. Yet it's not what we would call roadless wilderness. People have lived there for eons and carried trade goods from place to place on well-traveled footroads. And they still do. From the time we left on foot from the "the most dangerous airport on Earth" at Lukla to the time we returned there, we constantly saw Nepali porters carrying enormous loads.



Photo Wendy T.



Photo Wendy T.

Top left: a porter's load and tukma at Pangboche.  
Top right: flip flops in the snow.  
Bottom: a porter with a load of plastic pipes.

Nepalis are not large people, compared to Americans. Many porters had only flimsy footwear. Their loads were typically carried in woven reed or wood baskets, usually hanging from a tump line over the forehead. While we beefy American tourists had only the most up-to-date lightweight equipment from REI, these porters carried rough, unwieldy loads that sometimes appeared to outweigh the porters themselves.

Many porters had a piece of practical trail equipment I had never seen or heard of before – a tukma. A tukma looks like a hefty wooden walking stick with a T-shaped handle on top. The main purpose of a tukma is as a prop for the porter to put under his load to support it when stopping on the trail to rest.

Some well-traveled routes have stone benches at load height at convenient stopping places. Porters (and tourists also) can park their loads on the benches before heaving them off. It avoids having to lower the load to the ground, and then pick it up again later.

What do porters carry? We saw cases of beer; bags of garlic and onions, dry food (flour, pasta, rice), and cooking oil; sawn lumber, plywood and other building materials; lots and lots of tourist baggage; goods to be sold at

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## Walking in Huntington Beach

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shoes and socks and then we were walking along the water's edge, on a gorgeous SoCal day. No better place to be! The water was a beautiful clear green color and a perfect temperature to provide relief from the heat of the day. We looked a bit like aliens, with all our survival gear, as most



people were in their swim suits, but we were prepared for anything.

The first few miles of our beach walk had us dodging dogs of every shape, age and size. Shortly after we got to the pier, we stopped for lunch (and some home made paletas from a little cart), and decided we needed to pick up the pace. Turns out that there are many, many distractions on a beach hike.

Shoes and socks back on and the remaining miles were passed on the bike/walking path. No time to stop and gawk, but we did pass an endangered least tern natural preserve. There was a sign that said they had 510 nests there in 2014 - wow! Many thanks go to our wonderful Team Leaders Jeff and Nancy.

Nancy drove six of us back to the starting point and we really amused people in the parking lot as the six of us with all our gear exited the vehicle. Especially Jeff who unfolded himself out of the trunk!!



Popsicles at the beach



*These lifeguards had just finished rescuing some swimmers who were clinging to other peoples' surfboards. We were impressed to see three lifeguards jump in as the both the lifeguard boat and the lifeguard truck pulled up.*



Nancy, Pam and mystery woman

## Learning About Nepal

(Continued from the previous page)

markets. Trains of yaks or dzos (which are a cross of yaks with other cattle) carried the heaviest loads, such as gas cylinders. We saw some women porters, but most of the commercial porters were men and, I judged, most of the local residents carrying firewood were women.

Where does the commercial freight come from? Some lands at the airport at Lukla. Some is carried from the roadhead at Jiri, about a week's walk from Lukla (at tourist pace). Some things are produced in the mountains, such as lumber and potatoes.

Who are the porters? Commercial porters seem to be local rural people who are participating in a part of the local economy that pays cash. Without carrying work, they might be subsistence farmers on a high-altitude mountainside or might leave to work in the city. We saw porters who could be school children and porters who could be grandparents. For porters carrying tourists' stuff, a decent rate of pay is said to be the equivalent of \$10 a day. Porters working for local businesses make less.

The result is that things carried a long way are not expensive. A beer that someone has carried for days almost to within sight of Mt.

Everest probably costs less than a beer you'd buy at a brew pub in California.

Which approaches another subject: What happens to the beer can when it's empty? Where does unburnable trash go? We saw little trash during our walking days. Though we saw occasional trailside collection bins for glass, metal, and plastic, I doubt any sensible Himalayan tourist would carry goods packaged heavily in metal or glass to consume on the trail and discard in a trailside bin. They'd buy those things at a lodge and leave the empties there. One day we did see trash pits by a local path, well away from the main tourist traffic. That was probably local people's trash. I wonder whether there is a pittance to be made carrying recyclables down to Jiri, since porters and yak trains would otherwise be going there empty to pick up commercial loads. But that is only speculation. Kim in our group had been in Annapurna in Nepal. He saw government employees there collecting trash.

## Glacial Lake Outburst Floods

The mountains of Nepal have many glaciers. Glaciers grow when snow falls at high elevation and builds up until it's compressed to ice and is heavy enough to start sliding downhill. As the ice slides, it carries with it a load of rock

scraped away from the bedrock or fallen from above onto the ice. Where a glacier ends, the glacier's load of rocks is deposited in a pile called a terminal moraine. Many glaciers end at a terminal moraine that holds the end of the glacier at an elevation much higher than the floor of the valley where the moraine was formed.

As climate change has brought warmer temperatures to the Himalayas, the ice at the bottom of many glaciers has melted. This means that the ice behind the moraine has become a lake, and the lake water is retained only by what is, basically, a rock pile. Any deterioration of the moraine or disturbance to the lake water that allows water to start flowing over or through the moraine can start rapid erosion of the moraine, causing the lake to drain suddenly. That is a glacial lake outburst flood (GLOF).

A well-known GLOF originated at a lake called Dig Tsho in 1985, a few miles above the town of Thame, which we visited. An avalanche fell into the lake causing a wave that led to the moraine being breached. Things I have read online say that this flood killed a number of people, destroyed agricultural land for many miles downstream, and destroyed 14 bridges over the river. Everything in the floodplain of the river was swept away or buried in debris.

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# Marathon Beach Bike Ride

Photos Mike Brostoff, Susan Campo, and Nancy Beverly (...editor not really sure about a couple) Mike's bike ride from Pacific Palisades

to Palos Verdes and back took place again this year on August 9. Some people came for different parts of the outing, some for the ride, some for a nap on the beach, some for lunch. For many of the participants, this was their second or third time to take part in this outing!



## Learning About Nepal

(Continued from the previous page)

We walked in and above that floodplain. We saw what appeared to be scoured slopes above the river and terraced fields slipping down toward the river. It was not clear whether these things may have been caused partly by the flood 28 years earlier. It was clear that only small trees were growing in the flood plain.

Another well-documented GLOF in the area we visited happened in 1976 on another tributary of the same river. It originated at a glacier below Ama Dablam, a beautiful 22,493 ft. mountain that was visible for many days on our trip. Where that flood left the high valley of

the glacier and dropped into a larger river valley below the town of Pangboche, it wore a trench in the hillside opposite the town. You can see that trench in the picture below of our group as we left Pangboche.

### Ambition and Caution

Almost every day we walked we saw helicopters flying up and down the valleys approaching Everest. We were told that the helicopters were evacuating tourists in trouble at high altitude, and that the helicopter ride down costs thousands of dollars. In a poor country where porters work for ten dollars a day, that is a lot of money and it must be a good business.

We had all bought insurance against the possibility that one of us might be one of those unfortunate tourists who would need that ride.

One day we were told that the helicopters we saw just then were bringing casualties down off Ama Dablam. Two climbers in an experienced Korean team had been caught in an avalanche and died.

A few days later in Pangboche, opposite Ama Dablam, we passed a loaded train of yaks on the trail. We were told that the yaks were carrying supplies for a different

expedition to Ama Dablam.

When we arrived at the renovated temple in Pangboche, we were let in to look around and take pictures in the colorful and cluttered interior. On the upper level of the temple, the monk in charge of the place performed some sort of ceremony with chanting and beating a drum and attendants arranging various plastic containers. This, we were told, was a blessing for the expedition whose baggage we had just passed on the trail. They had stopped at the temple and asked for, or commissioned, this blessing for the success of their expedition.

### Electric Power

We had reliable electric lights everywhere we stayed in the Solukhumbu district. In most villages we also had cell phone reception and, if we paid extra for it, we could have wifi.

Where does the electricity come from? Running water is an abundant resource in the high mountains that powers prayer wheels, community grain mills, and hydroelectric generating plants. Sunlight is another abundant resource that can generate power. We saw both hydroelectric generating plants and solar panels in the Solukhumbu district.

After I returned home, I did some reading about small rural hydroelectric generating

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Our group as we left Pangboche. The double peak above us is Ama Dablam.

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## Outings & Events

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### September

**September 21, Sunday**

**O: Ventura to Ojai Bike Ride**

**Nancy Beverly, Jim Angus**

Join us for a bike ride on the Ventura River Trail, casually-paced, 32 miles round-trip with a very gradual uphill climb from downtown Ventura to downtown Ojai. The paved path is about 3-5% grade, with approximately 750' total gain/loss. Along the way, we'll enjoy the natural scenic beauty of the Ventura River watershed as well as some public art. Once we get into downtown Ojai, we'll stop at the Ojai Café Emporium for a yummy lunch. The ride, including pit-stop breaks & lunch, is expected to take approximately 4-5 hours. Directions: The bike path starts in the city of Ventura at the west end of Rex Street, a couple of blocks north of Main Street and just east of the 33 freeway. There is parking on Main Street nearby, or in the paved lot 100 yards west of the 33 underpass on the south side. Meet at 9:30 a.m. sharp at the Ventura entrance to the bike path, the end of Rex Street at Dubbers Street. From Los Angeles, take the 101 North and exit in Ventura at California Street (exit 70A). Turn right on California, then left on Main Street, right on N. Olive and left on Rex, where you'll see the entrance to the bike path. From Santa Barbara, take 101 south, and exit in Ventura at Ventura Avenue (exit 70A), go

straight on Ventura Avenue, left on Main St., right on N. Olive and left on Rex. What to bring: Along with a multi-speed bike (mountain bikes, hybrids and road bikes are all fine -- beach cruisers are not), helmets are mandatory! Please also bring a bike lock, patch kit/spare inner tube, money for dining, and layered clothing. Ojai tends to be very hot in Sept., so bring sunscreen and enough water as well. RSVP required – nancybeverly at sbcglobal.net.

**Angeles Chapter Open House at the Zoo  
September 25, Thursday, 6:30-8:30 pm**

Help support GLS and learn more about the Sierra Club's largest Chapter. Many of the Chapter's sections will be represented here. You can learn about what they have to offer, and let them see what great people we have in GLS! We will have our own table at this event, so come on out and enjoy the evening with us. The Hundred Peaks Section, Sierra Peaks Section, Wilderness Travel Course, and more—they'll all be there! Some food and drink will be available; last year there were raffles and fun prizes given away. Bring your friends and family! Help build bridges to the great Sierra Club community and make new friends. Please, if you have one, please be sure to wear your GLS t-shirt. For information, please contact Marie at ammermanm@yahoo.com. Location: Los Angeles Zoo, (Grand Room) Griffith Park. Park in zoo main parking lot. Enter at Security office, main entrance. Tell guard "Sierra Club," then follow signs to the Grand Room.

**September 27, Saturday**

**O: Zuma Loop Trail**

**Alan Schimpff, Tom Molloy**

This a great strenuous workout rewarded by beautiful scenery. The trail includes two major ascents, a descent into Zuma Canyon, crossing a stream and a traverse along a ridge with beautiful ocean views. Round-trip: 11 miles, 2800 elevation gain and loss. Bring at least 2 quarts of water and the 10 essentials. Meet at 9:30 AM at the trailhead. If taking the 101 west, turn left on Kanan Road and head over the mountains to PCH. On PCH, head northwest for about ½ mile (or two stoplights) until you reach Busch Road. Turn right on Busch and follow it to the end of the road which is the trailhead, park there. If taking PCH west, pass Kanan Road until you come to Busch Road about ½ mile (or two stoplights) later. Turn right on Busch and follow it to the end of the road which is the trailhead. Questions? Contact leaders at 310-589-9125.

### October

**October 4, Saturday**

**O: Cajon Pass**

**Mike Brostoff, Grace Hengst**

Cajon Pass is the mountain pass between the San Bernardinios and the San Gabriels where interstate 15 heads north from LA. We will meet at the intersection of the 15 and the 138 and hike 5.5 miles west on the Pacific Crest Trail, and then return. We will walk underneath the 15, through the

*(Continued next page)*

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### 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:** The Crystal Springs Griffith Park HQ/Visitors Center/Ranger Station, 4730 Crystal Springs Drive, LA. (Note: Mapquest, Google Maps, etc. may be misleading.) **Directions:** (1) From Los Feliz Blvd. (which

you can reach from I-5 or coming from Hollywood), turn north on Crystal Springs Dr. Proceed 0.5 mi. to the 3-way stop sign, go straight, and proceed 0.6 mi. and turn right in the driveway just after the Ranger Station. Drive around behind the Ranger Station to Park. Then meet us in the courtyard in the center of the buildings (picnic tables, soda machine, big tree). (2) From Fwy. 134 East, exit Victory, turn right at bottom of ramp. Make immediate left onto Zoo Drive. Drive through

the park, passing the zoo on your right and the Gene Autry Museum on your left. Curve around and pass the golf course. You'll come to a stop sign at Griffith Park Drive & Crystal Springs Road (which is the road you're on now, it changes names). Proceed one more block to the next stop sign at the Ranger Station and turn left. Drive all the way around behind the Ranger Station to park. Then meet us in the courtyard in the center of the buildings (picnic tables, soda machine, big tree).

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### 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

Southern Pacific Railroad tracks, over the San Andreas Fault and passing by many outcroppings of the Mormon Rocks. Bring water, sun protection, layers especially if it is cold, lunch, 10 essentials. Hike starts at 9:00 AM. If conditions are bad at the pass but good elsewhere, we will find an alternate hike. For more information and to RSVP, contact Mike Brostoff. mbros4162@yahoo.com

**October 12, Sunday**

**O: Mt. Disappointment (5994'), San Gabriel Pk (6161') and Mueller Tunnel Dora Olea, Gail Wise**

Let's start with the name: Why is this mountain called "Disappointment"? Why such a weird odd name for a mountain - disappointment? Indeed, it was a disappointment for the government surveyors who lugged their equipment to the top of the mountain in 1875, but the mountain was not high enough, so they had to continue to the higher summit of San Gabriel Peak to do their surveying. The reward was and still is that the views from both summits are panoramic. A moderate-paced 7 miles rt. loop with 1400' elevation gain and 1019' loss. Last but not least, we will hike the famous Cliff Trail between

Eaton Saddle and Markham Saddle, now bypassed by the Mueller Tunnel. This trip requires a shuttle and a National Forest Adventure Pass for parking. Dogs carry their own water. Bring 10 essentials, 3 qtrs. water (more if it's hot out), lug soles, hiking poles (optional), sunscreen, sunglasses, hat, snacks and lunch. Meet 8:20 am because we will taking off at 8:30am sharp. Directions: 210 W. exit on Angeles Crest Highway, La Canada rideshare point for carpooling. Questions? Dora at [chamacasister@gmail.com](mailto:chamacasister@gmail.com).

**Saturday October 18**

**Evening Meditation Hike on Westridge Nancy Beverly, Anna Baum**

Join us for a silent, walking meditation hike in the Santa Monica Mountains as the sun goes down. We'll meet at 5:45 p.m. at the top of paved Westridge where the fire road of the same name begins. After some brief instructions and a little centering exercise, we'll head off. This is a moderate 7.4 mile out 'n' back hike with some modest hills along the way (the first two miles are uphill, but it's gradual). Bring lugsole boots, water, snacks, and layers in case it gets chilly. No dogs please. There is a little park at the turnaround spot - which has picnic tables, a restroom and a water

fountain (none of those are at the trail head). We may or may not break the silence to check in and see what insights people have had along the way. The sun sets at 6:15, so we'll have twilight at the start but it'll be dark on the return. As with Griffith Park, which we hike in darkness much of the year, we're on a wide fire road and the bounce from the city lights should be enough to illuminate the way back. Bring a light for emergency purposes if you like but we won't turn them on otherwise. Directions: go west on Sunset Blvd. from the 405. At the light at Mandeville Canyon Rd., turn right. At the first stop sign (Mandeville Lane is on the right), roll forward a few feet to Westridge and turn left. Stay on Westridge all the way to the top - ignore the many turn offs along the very steep way including the one to Banyon (the hike isn't nearly as steep as the drive up!). Park on the paved street, the little dirt lot at the top is a bit tight on space. Questions? Contact Nancy, [nancy@sbglobal.net](mailto:nancy@sbglobal.net).

**Leadership Training Seminar**

**Saturday, October 25**

**8:00 AM to 5:00 PM (time tentative)**

**Angeles Chapter Leadership Training**

Become a qualified Sierra Club leader. The

## Learning About Nepal

*(Continued from page 6)*

plants. I learned there are significant practical problems for hydroelectric power plants and electrical distribution systems in remote mountain areas. Where does a community of subsistence farmers find the technical expertise to maintain the facility? Where do customers living at the margins of a cash economy find the money to repay the capital costs of the project, or even the maintenance costs?

The Khumbu Bijuli Company is probably the best documented hydroelectric power project in the area we visited (Khumbu is the area; bijuli is electricity). Many documents online describe this project and its history, notably *Energy from the Top of the World: Small Hydropower Plant Thame-Namche Bazar, Nepal*, published in 2001. Our route took us past the company's building in Thame village.

Austrians were involved from the early days of this project in the 1970s, as a model project involving Austrian technology and knowhow. The initial site chosen for the power plant was close to the river that runs through the village of Thame, below the town of Thame. In 1985, the Dig Tsho flood destroyed the power plant while it was under construction. Since the Austrians evidently felt an obligation to deliver on expectations, the project continued and was completed after many years.

The new power plant was built at a different site, this time well above the river. A pipeline feeds the power plant from the headworks in the town of Thame above. The project included laying underground cables to distribute electricity throughout the area, including to the regional centers of Khumjung and Namche Bazar, which are miles away.

Almost all the materials used to build this

project had to be carried two weeks to get there. The heaviest equipment was too big to strap to an animal so was delivered to the 11,800 ft. elevation site by helicopter. The miles of distribution cables were buried in trenches dug by people.

As we made our way from Khumjung to Thame, I thought the trail seemed surprisingly well built, fitting perhaps for an ancient salt trade route between Tibet and India. When we came to a concrete vault in the trail, with a manhole cover, these romantic delusions were dispelled. We were walking over electric cables.

The most obvious benefits to those towns are electric lighting and wireless phone and data services. But we noticed other benefits to the tourist-based economy. The Hotel Camp de Base has laundry service that returned clothes cleaned and dried within hours. Bakeries reportedly have electric ovens instead of gas or wood ovens.

Deforestation is a significant concern in the area, so electric cooking is a significant benefit.

An ironic recent development in Namche is a pizza restaurant that advertises wood-fired ovens. Our head guide said dismissively that he had never eaten there.

*(Continued on the next page)*



Waiting at a high point on the path from Thame to Namche.

## Outings and Events

Leadership Training Program can prepare you to lead Angeles Chapter outings. Whatever your passion -- biking, climbing, hiking, photography, rafting, sailing, skiing, and much, much more - the LTP is your gateway to leading groups of folks who share your passion. Seminar at the Costa Mesa Community Center, 1845 Park Avenue, Costa Mesa, CA 92627. For information, see the LTC website (<http://angeles.sierraclub.org/ltp/>). **Deadline for receipt of application is October 11.** No registration after this date or at the door.

**October 25, Saturday**

**O: Orchard Camp, via Sierra Madre Dora Olea, Diane Zaeffel**

Que calor! Let's beat the heat with a moderate paced hike, 9 miles rt with 2000' elevation gain/loss on a trail that the Gabrielino Indians forged as a footpath on their way to the majestic Mt. Wilson. Later on, around 1800s, two colorful mountaineers, George Aiken and George Islip, planted a small grove of apple, cherry, plum and chestnut trees. With the maturity of these trees, the place became known as Orchard Camp. On our way back, Diane will take us for a delicious lunch in a funky place which is her specialty. Bring 2 liters

of water, lug soles, sunscreen, and snacks. Dogs welcome. Bathrooms at the trailhead. Meet at Miramonte Ave. near the junction of Mt. Wilson Trail Rd. at 8am. Driving Directions: From the Foothill Freeway (210) in Arcadia, exit on Baldwin Ave. and head north. Turn right on Miramonte Ave. near the junction of Mt. Wilson Trail Road, which is on your left. Rain cancels. Questions? Contact Dora, (213) 200-0239 or [chamacasister@gmail.com](mailto:chamacasister@gmail.com).

## Future Outings

**November 1, Saturday**

**O: Vasquez Rocks Dora Olea, Grace Hengst**

Amazing what 25 million years of earthquake activity can do! A beautiful outcropping landscape of rocks' history that began in prehistoric times when the sandstone rocks were uplifted at a picturesque angle, showing their jagged red features. In 1874 Tiburcio Vasquez, one of California's most notorious bandits, used these rocks to elude capture by law enforcement. It has been a popular filming location for movies, television shows and commercials. We'll hike up to the Sanctuary Cave, over the Bandito Trail and the Geological Trail. About four miles with elevation gain/loss of less than 1000 ft. Great

opportunities for taking pictures as well as identify many species of flora and perhaps fauna. K-9s welcome. Bring lug soles, lunch, sunscreen, hat and sunglasses as well as plenty of water. Contact leaders Grace (323) 697-6886, or Dora (213) 200-0239 or [chamacasister@gmail.com](mailto:chamacasister@gmail.com) with any questions about the hike. Meet 9 am. From the Antelope Freeway (14) near Canyon Country, exit on Agua Dulce Road. Head north 1.5 miles. Agua Dulce swings west and you join Escondido Canyon Road, proceeding 0.25 miles to the signed Vasquez Rocks County Park entrance on your right. Rain cancels.

**Nov 7 - Nov 10, Fri - Mon**

**O: Joshua Tree Carcamp Dora Olea, Grace Hengst**

Circumstances of life have prevented us from putting a foot on the ground at J-T. Well, now we are going to put both feet: for one day, two or three (you choose). We will have hikes from 8 miles rt. to a 5 miles rt. or if you choose just to read or catch up with your needlework, this is the trip for you. The campsite has a limited space for participants and parking; therefore, carpooling is recommended. Cost not exceed \$20.00 dollars. To reserve your spot, you MUST mail your check before Saturday, November 1st. RSVP and more details, contact Dora at (213) 200-0239 or [chamacasister@gmail.com](mailto:chamacasister@gmail.com).

## Learning About Nepal

*(Continued from the previous page)*

Where hydroelectric power is not available, solar power must be an increasingly reasonable possibility. I have no idea what the costs are in rural Nepal, but an online search for "Nepal solar power systems" shows that many businesses are ready to sell their goods and services in the hinterlands.

On our highest elevation day, we got to Gorak Shep, which is the last stop before Everest Base Camp. A lodge there had impressive banks of solar panels. Since these solar panels aren't shown in photos taken a few years ago I deduce that the equipment has only recently gotten cheap enough to make the investment worth it. The payoff seems impressive: they were charging \$5 for wifi and they were getting it. So now you when you snap your selfie with Mount Everest in the background you can post it right away on Facebook. That's what Edmund Hillary would have done, right?

## That's the Life

We met most of our guides and all of our porters for the first time after we landed at the airport at Lukla. Once we landed and collected our baggage, and were shown into the tea room of the Sherpa Hotel across the alley from the airport. Here we were introduced to the order of things on this kind of trip.

We sat behind the traditional desk-like tables round the perimeter of the room. Our guides

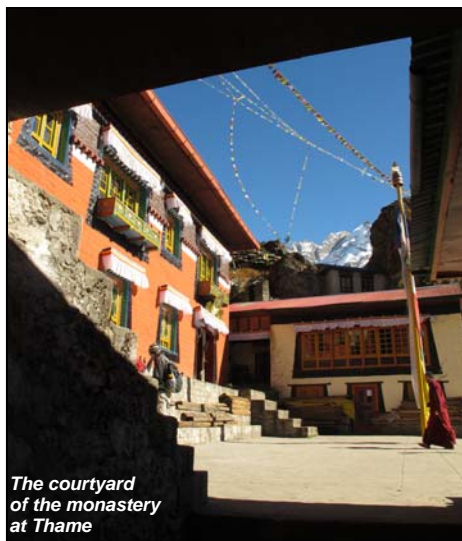
came by to write down our orders for drinks. In the land of questionable water and probable dehydration, the drinks are always something made with hot water such as milk tea (sweetened tea with milk added - probably powdered milk) or "hot lemon" (think of diluted Tang). When not serving the guests, the guides sat at their own table. The porters were rarely seen at all and never seen inside a tea room.

We did come up with a workaround to soften this prohibition against mixing clients and crew - we played cards. Kim found he had three decks of cards in his baggage, and I knew

a card game that involved three decks of cards and could accommodate quite a few people. Once we all learned the game and invited the guides in, it turned out that the guides were sharper card players than the guests. Fortunately we had enough sense not to gamble money or even to keep cumulative score.


At the end of our days walking, we returned to the Lukla airport for our flight back to Kathmandu. While we were waiting inside the airport, we could look out a window and see a group of men on the steps of a building across the alley. One of our assistant guides was there. He had been paid off at this aerial port of entry and now was waiting and hustling his next job. For a couple of days, he had been fielding phone calls discreetly. He is married with two children in a village a few days walk from Lukla.

We saw our head guide for the last time at dinner in Kathmandu. He had been describing to us his next job. Almost without a break between jobs, he was off to lead Japanese geologists to their study site on a glacier. He had guided for that group for several years. Compared to the situation of our assistant guides now left hanging out at the airport, this seemed as close to a steady job as a guide could hope for. When I told him about seeing our assistant guides on the steps, he just said "that's the life." But he also told us that both of them had already been hired and, as we were speaking, were taking that group up the trail that they had brought us down a couple days earlier.



The courtyard of the monastery at Thame

# September and October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AUG 31</b>	<b>SEP 1</b>	<b>2</b>	<b>3</b> Griffith Park Gail, Mike	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> <small>full moon</small> 	<b>9</b>	<b>10</b> Griffith Park Nancy, Dora	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> Griffith Park Dora, Mike	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> Ventura to Ojai Bike Ride Nancy, Jim	<b>22</b>	<b>23</b>	<b>24</b> Griffith Park Anne, Dora Signal Hill	<b>25</b> Angeles Chapter Open House at the Zoo	<b>26</b>	<b>27</b> Zuma Loop Trail Alan, Tom
<b>28</b>	<b>29</b>	<b>30</b>	<b>OCT 1</b> Griffith Park Gail, Anne	<b>2</b>	<b>3</b>	<b>4</b> Cajon Pass Mike, Grace
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> <small>full moon</small> 	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b> Mt. Disappointment, San Gabriel Peak Dora, Gail	<b>13</b>	<b>14</b>	<b>15</b> Griffith Park Dora, Nancy	<b>16</b>	<b>17</b>	<b>18</b> Meditation Hike on Westridge Nancy, Anna
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Griffith Park Dora, Mike	<b>23</b>	<b>24</b>	<b>25</b> Orchard Camp via Sierra Madre Dora, Diane LTC Seminar
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Griffith Park Mike, Dora Signal Hill	<b>30</b>	<b>31</b>	<b>NOV 1</b> Vasquez Rocks Dora, Grace

# GLS Leader Contact Information

Please call after 9 AM and before 9 PM

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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](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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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.

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City, State, Zip \_\_\_\_\_

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Contributing	\$150	\$175	Boulder, CO 80322
Life	\$1000	\$1250	
Senior	\$24	\$32	
Student	\$24	\$32	
Limited Income	\$24	\$32	

When you join the Sierra Club, please use this form. The FRIP no. on the form brings part of your membership dues to GLS

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