

TRACKS



September/October 2015

Volume 28, No. 5

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

On a Hot Day in August...

By Jennifer Dooley, photos Jeff Johnson



GLS hikers on the shoulder of Mt. San Gabriel just below the peak, looking toward the radio towers and the old Nike missile site on the summit of adjacent Mt. Disappointment.

Five of us braved the 90-degree heat on August 16th to tackle the summit of Mt. San Gabriel.

The original plan was the ever-popular Dawson's Saddle to Mt. Baden-Powell hike; however, a brush fire had broken out in the Angeles National Forest north of the Glendora area. Since the fire had grown to over 2,500 acres by Saturday, it was decided that Baden-Powell would have to wait. Despite this setback, we five were still jonesing for a

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GLS in New Mexico

By Laura Rainey, story and photos

In late June, a number of us headed out by caravan to our GLS destination at Takoja Retreat in northern New Mexico.

For some, traveling through the summer heat of the desert in this long stretch of desert might not be considered the highlight of a trip, and many probably prefer to drive on through to get where they are going as quickly as possible. Not for us.

We had our initial stop at Peggy Sue's in Yermo, Arizona, followed by a peaceful walk through the nearby Daggett Pioneer Cemetery. It's hard to imagine now, but this area apparently was the hub of the Mojave area in the late 1800s and provided important services to nearby mines. The cemetery's numerous gravestones for people of all ages from this period serve as a reminder of the challenges of living in such a remote, harsh area.

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Message from the GLS Chair

As we all know, there is a huge drought going on, and massive wildfires all over the West. It's a mess!

All I can say is to please be careful out there, and if our leaders start requiring RSVPs and sign-ups for their hikes, it will be because they will want to contact you in case a fire or other emergency means canceling or changing the hike. So if a hike requires a sign-up, please do so! It will be very helpful to everyone.

I wish you all a safe rest of the summer, and remember—hunting season starts soon!! Wear bright colors and be alert.

Marie Ammerman

Be Prepared! Plan Ahead For Fire Safety

Hiking and Camping Tips for Wildfire Safety *by Marie Ammerman*

With this drought, the entire year is California's new fire season. Some things to keep in mind:

- Always check with the ranger station for the district you plan to visit; they will know of any fires in the region. Remember that many ranger stations do not have someone to answer phones on the weekend. Of course, check the news online or on television.
- Once you know the name/location of a fire, you can check for updates at www.inciweb.ncwg.gov; they update between 8 a.m. and 9 p.m. every day.
- It's not necessary to stay out of a forest/region completely if there is an active fire, though. Listen to the advice of rangers, make sure you know just how far away the fire is, and in what direction it's heading. Also keep in mind air quality issues, weather, your gear, and the stamina of your participants when deciding if you should go or not. But if you are at all unsure, don't take chances; you can always hike or camp another time.

To modify a phrase:

Prior Planning Prevents Posthumous Pity!

Other tips:

- Be sure you know the level of fire danger, and any fire restrictions in the area you will visit.
- Before you even leave home, study a map of the area. What are some possible escape routes if a wildfire starts near your camp or trail?
- Make sure your camp stove is working properly; a malfunctioning stove could cause a serious fire in seconds.
- If you are staying in a campground, consider bringing a fire extinguisher for emergencies.
- Pack a light-weight, collapsible water carrier for holding water to douse your campfire.
- If fire danger is very high, try to plan meals that don't require cooking.

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25th Anniversary GLS T-Shirts!

The GLS 25th Anniversary logo has been printed on heather gray T-shirts, like the ones shown in the photo. T-shirts are \$15 each, available in unisex sizes Small/Medium/Large/X-Large.

To order a T-shirt, please make a check payable to "GLS" and mail to: Amanda Smith, 831 Kodak Drive, Apt. 1/2, Los Angeles, CA 90026. Please be sure to include the size of T-

shirt you are requesting along with your phone number and/or email address in case we need to get in touch with you. If you need the T-shirt shipped to you out-of-town, please contact Amanda with the details first so we can estimate shipping costs before you write a check.

Questions? Email Amanda at amandajillsmith@gmail.com.



Information about GLS

General questions about GLS, call Marie at 818-406-3529 or Mike at 818 399-4035.

Questions about a specific event, please call the leaders listed in the schedule. Contact info is inside the back page.

Sign up for the FREE GLS email list, with a weekly email digest of GLS events, go to: http://angeles.sierraclub.org/mailling_lists. Your email address remains confidential and is not displayed to others.

On Meetup: www.meetup.com/GLS-Gay-and-Lesbian-Sierrans

On Facebook: www.facebook.com/groups/87511347304

Next GLS Mgmt. Comm. Meeting

The next management committee meeting is scheduled for Wed., Sep. 30 at 6:30 PM.

GLS management committee meetings are held about every two months, usually on weeknight evenings, by conference call. All GLS subscribers are welcome.

You may call one of the committee members to confirm meeting time, how to call in, or ask about the agenda, or for other information.

GLS Mission

The Gay & Lesbian Sierrans Section of the Angeles Chapter fosters the purposes of the Sierra Club by making available a wide range of events for gays, lesbians, and their friends. These activities include conservation, education, hikes, bike rides, beach walks, car camps, boat trips, social gatherings and fundraising.

GLS Newsletter

The GLS newsletter, TRACKS, is published six times a year. Annual subscriptions are \$15 for issues sent by US mail, \$10 for issues sent in PDF format by email, \$25 for both. Three year subscriptions are, respectively, \$35, \$20, and \$55. Send subscription requests and related membership correspondence to: GLS, P.O. Box 1300, South Pasadena CA, 91031-1300.

Mgmt. Comm. 2015

Marie Ammerman,
Chair
Tim Vo,
Co-Chair
Kyla Hjertstedt and
Tammie Barta,
Secretary
SK Chiou,
Treasurer
Dawn Wilson,
Member at Large

Other GLS Volunteers

Membership,
Jeff Cuevas
Conservation,
Tom Molloy
Webmaster,
Kyla Hjertstedt
TRACKS Editor,
Jeff Johnson

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

Fire Safety

(Continued from the previous page)

On Arrival:

- Check to be sure fire danger levels and restrictions have not changed since you prepared at home.
- Always follow instructions immediately if told to evacuate by Forest Service personnel.
- Back your car into its parking space in the campground or at the trailhead in case you must leave in a hurry—seconds count!
- Keep necessary items, such as medicines, in the car, or in an easy-to-grab bag in a designated place, so you won't be tempted to search for them instead of evacuating right away.
- Keep a bucket of water and a shovel near your campfire at all times.
- NEVER leave a campfire or lit stove unattended.
- Make sure your fire is out cold to the touch before leaving or going to bed.
- Always be aware of your surroundings

If you smell smoke while out hiking...

...try to determine the source, but don't take too much time about it. If you have to, abort your hike and turn around or find another route to safety. If you find

a wildfire beginning, don't try to put it out unless it is very small, such as an abandoned campfire. Even then, use your best judgment. If you can get to help quickly, it may be better to do that, especially if it is a windy day—it's hard to put out a fire with limited means, and if you become injured or killed, there will be no one to report the fire at all.

If you are trapped by a wild fire...

...while hiking, do not seek shelter in a gully or canyon. These can act like chimneys, creating a pathway for the fire to follow. Instead, seek a large lake or stream, or, if there is no water nearby, bare, stony ground, preferably on a ridge. Look for a bare spot and stay to the uphill side of it. Cover yourself with whatever clothing you have, or even a sleeping bag, and keep your pack on your back for extra protection unless you have stove fuel in it and have no time to get it out and toss it away. Keep your head covered; if you have time, wet a bandana or shirt and keep it over your nose and mouth. Lie on your stomach facing away from the fire, near the uphill side of the bare space, and cover your head and face as much as you can. With luck, the fire will jump the bare spot and you. Be prepared for intense heat and possibly some burns—the point is to survive.



Mature trees near Crystal Lake that were killed in the 2009 Station Fire.

San Gabriel Peak

(Continued from page 1)

hike, even in the heat, so we met at the La Canada rideshare to hatch a plan. Several of the GLS leaders came armed with great alternate ideas. Leader Jeff's plan to ascend Mt. San Gabriel and be back to the cars by noon won out. Piling into Gail's Subaru, we zipped on up to the trailhead near the Red Box ranger station, the temperature already well over 80 degrees at 8 am.

The first 1.5 miles or so were shaded by a variety of tree cover, and we all enjoyed the respite from the heat. Although we didn't have heat to contend with at that point, we had bugs! Gnats and flies, oh my!



A butterfly on poodle dog bush, a plant that follows fire.

Swatting our way up the trail, we emerged at the road below Mt. Disappointment. A short walk down this road led us to the exposed, winding, and steep trail that was to take us to the 6,161ft high peak of San

Gabriel. The sun was warm but not stifling, and the views were gorgeous and clear. We could easily see all the way to Palos Verdes, even on such a warm day! After a brief snack and scenery break, we headed back down the way we came. Making great time on the now-warmer downhill, we logged a total 4.5 miles and made it back to the cars right at our estimated time of noon. Great planning, Jeff...you nailed it!

A few of us had worked up an appetite and went to Cacao in Eagle Rock for lunch based on Gail's suggestion. The food was delicious and the company delightful!

Our Mt. San Gabriel outing turned out to be a great way to (almost) beat the heat.



Looking toward L.A. through trees killed in the 2009 Station Fire.



Brush was cleared on both sides of this section of trail below the radio towers on Mount Disappointment, apparently as a fire prevention measure.

GLS in Northern New Mexico

(Continued from page 1)

For our first night, we stayed in the infamous teepees of the Wigwam Motel in Holbrook Arizona. This is a great stop if you want to take a moment to savor the historic past of Route 66. I couldn't help but wonder where my family stayed when



Cemetery at Daggert



The teepees in Holbrook

they came through here in the 50s, on their way from Missouri to settle in southern California. The construction of Interstate 40 really impacted towns that were bypassed, and Holbrook was no exception. Even though parts of it seem like a ghost town, there still are many cool places in this former cowboy town that one can visit.

The next stop was the nearby Painted Desert and Petrified Forest National Park. The beauty of the multi-colored badlands is only surpassed by the amazing views of the fossilized logs throughout the park. During a power outage at the park's visitor center, we were very fortunate to have one of the interpreters guide us through the geological process this former tropical rain forest underwent as the fallen logs were

embedded in river sediment and then later, as a result of nearby volcanic ash deposits, transitioned to stone via cellular replacement of organics with minerals, such as quartz. These "petrified" logs were then later exposed, and are today considered some of the densest exposures of petrified rocks in the world. Using our cell phones as flashlights, our guide showed us around the darkened visitor center's exhibits, as she enthusiastically described the diversity of fossils found in this area. How cool is that! A short hike nearby confirmed that this was truly an amazing place to visit, at any temperature.

After a long drive the second day, dinner in Taos was at Sonic with a double treat - a pickled jalapeno chocolate shake and a brilliant colorful sunset. It wasn't long before we arrived at the property, where Anya and her little Cairn Terrier Millie greeted us. They were the

most gracious hosts! Millie and Carlos soon became inseparable, and Millie also became Karen's new little bed buddy. The Takoja domes were very comfortable and the dramatic monsoonal weather made every day into an interesting adventure. We had it all - clouds, lightning, thunder, hail, and oh yes, Mike playing the castanets. We kept threatening to dress him up as Carmen Miranda...

Numerous Native American Pueblos are around the Santa Fe area, and we visited the San Ildefonso Pueblo, home of Maria Martinez, who



Mike in New Mexico

was very well known for her revival of Pueblan black pottery. Later, we visited the town of Los Alamos and saw rustic Fuller Lodge, home of the historic Los Alamos Ranch School. This beautiful rustic log cabin was later used as a dining hall to support the Manhattan Project. These historic buildings are now open to the public and are destined to become part of the Manhattan Project Historical National Park, one of the nation's few parks to focus on American Industry and highlight the

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Fuller Lodge in Los Alamos



In the Valles Caldera National Preserve



The Takoja domes in the landscape.

Twin Peaks

By Jeff Johnson, story and photos

Twin Peaks is the prominent mountain in the heart of the San Gabriels surrounded by Mt. Waterman on the north and, on the west, south and east sides, by various tributaries of the West Fork of the San Gabriel River. Though you can see Twin Peaks from many places in the San Gabriels, it is not a short and simple jaunt to get there. The only sensible way there is to hike over or around Mt. Waterman, then drop down to the saddle between Waterman and Twin Peaks, then scramble up from the saddle on a “trail” to the peaks. The distance between the eastern and western peaks is about 0.6 mile.

The last time I was at Twin Peaks was probably 20 years ago when I was a little spryer than I feel today. I remembered these things: a scramble up from the saddle to the peaks on no trail at all; passing *Lilium parryi* (lemon lilies) on the trail to Twin Peaks; records from the 1960s in the register on the western peak. Dora did this hike very recently and reported that today there is a trail all the way to Twin Peaks from the saddle. So, feeling that I could probably still make it, I joined the GLS group going there on July 11.

We started at Buckhorn, familiar to most as the start point for most hikes up Waterman. At the familiar junction about two thirds of the way to the summit of Waterman, where we turn right to go to the summit, we turned left instead and went down the Waterman Trail toward Chilao. After dropping down long enough that we were already dreading the climb back up again on the return, we came to the another



First view of the eastern peak of Twin Peaks from the shoulder of Mount Waterman.



On the summit of the eastern peak of Twin Peaks.

trail junction, where we turned left toward the saddle between Waterman and Twin Peaks. And continued dropping.

We passed a rivulet that even in this drought year had some running water and, yes!, some lemon lilies. But we were a couple weeks too early to see them in bloom.

After reaching the saddle between Waterman and Twin Peaks, and passing the “heliport” on the saddle, we started up toward Twin Peaks. I can report that there is a trail, but we didn’t find that trail until

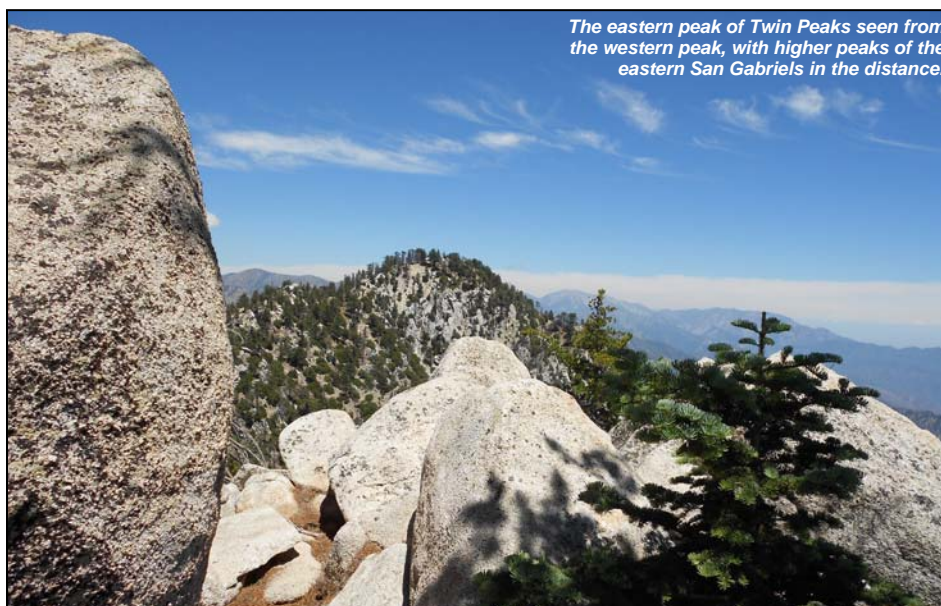
we were most of the way up.

At the eastern peak, the higher of the two, we had our lunch, checked the time, then headed for the western peak. As the afternoon got later and we were still not there, we decided 30 more minutes then we head back regardless so we can be sure to be down in daylight. But in 20 minutes, we were there.

But where is that register? And then we saw it—the old red-painted-can kind of register, stuck way up on top of a boulder. Can we get there? Rock climbing at this late hour? As tired as we are? That we would be foolish, we decided. So we left without seeing what’s in the register today.

On the return, the climb back up the south face of Waterman was as exhausting as expected. Dora and Ted, however, who’d been backpacking recently, didn’t seem to have any trouble.

When we did all make it back to the cars safely and in daylight, we declared victory and declared that we probably don’t need to do that hike again until we are in much better shape.



The eastern peak of Twin Peaks seen from the western peak, with higher peaks of the eastern San Gabriels in the distance.



That's the register

Co-leader Kyla deciding that, no, trying to reach that register can on top of that boulder is not worth the risk right now.

Kearsarge Pass and Onion Valley

By Heather Sargeant, photos from Nancy Beverly except as noted

Eight lucky GLS members met at Onion Valley Campground for a fabulous trip in June. We had walk-in camp sites at Onion Valley, situated at 9,200 ft., above the town of Independence in the eastern Sierras. At that altitude we huffed and puffed to haul our camping gear in to set up in our three sites.



We could hear the nearby stream flowing from our tents at night. At the top site we had the biggest camp fire ring I have ever seen, and we enjoyed sitting around a fire in the evenings.



Our leader, Dora, kept us busy! On Friday we hiked up to Flower Lake, situated at 10,498 ft, to acclimate, with each person bringing an item to share for our picnic lunch at the lake. Afterwards we wandered around to the far side of the lake, and a couple of brave people swam in the

chilly water. Returning to camp, we prepared another of Dora's famous garbage bag salads to have with our dinner.



Our most challenging hike was on Saturday to Kearsarge Pass (11,823 ft), which has magnificent views looking over into Kings Canyon National Park.



It is a busy spot, with plenty of day hikers like ourselves, but also numerous through hikers coming off the John Muir Trail to resupply. We passed several lakes, and the wild flowers were impressive, seeing as this was another dry year in the Sierras.



Not wanting to waste a minute, we got up early on Sunday morning and hiked to Robinson Lake, which was very pretty, with shooting stars at the water's edge. After a snack, we headed back to camp to pack up, and reluctantly start on the long drive home, but with plenty of happy memories of a special time spent together.

Thank you, Dora.



Conservation Notes

By Tom Molloy

President Obama announces plan to fight climate change

The President just released his Clean Power Plan - a historic step in the fight against climate change. In the announcement the President cited among other things, that the past three decades, the percentage of Americans with asthma has more than doubled, and climate change is putting those Americans at greater risk of landing in the hospital. Extreme weather events - from more severe droughts and wildfires in the West to record heat waves - and sea level rise are hitting communities across the country. He went on to explain that 14 of the 15 warmest years on record have all occurred in the first 15 years of this century and last year was the warmest year ever.

The Clean Power Plan establishes the first-ever national standards to limit carbon pollution from power plants. The press release states that we already set limits that protect public health by reducing soot and other toxic emissions, but until now, existing power plants, the largest source of carbon emissions in the United States, could release as much carbon pollution as they wanted.

The final Clean Power Plan sets flexible and achievable standards to reduce carbon dioxide emissions by 32 percent from 2005 levels by 2030. The states will be able to develop tailored implementation plans to meet those goals. When hearing the Republican Parties bitter response to the plan, it's noteworthy to know that California is well on it's way to meeting far more aggressive goals/mandates that are already in place in California. Also notable, is that the Sierra Clubs' "Beyond Coal Campaign" started in 2002, has resulted in stopping 184 new coal fired power plants from being built, and has assisted to retire 191 all ready up and running coal burning power plants. Keep your donations going to the Sierra club for the great work!

Rim of the Valley study released

A report earlier this year issued by the National Park Service recommended more than doubling the size of the Santa Monica National Recreation area by incorporating half of the proposed Rim of the Valley corridor. The report says that the most practical way to achieve a rim of the valley park network is to expand the boundaries of the SMMNRA to incorporate parts of the Simi Hills, Santa Susana Mountains, the L.A. River to the foothills of the San Gabriels. Many were disappointed that the NPS opted to propose Alternative "C" which expands the park by 173,000 acres vs. Alternative "D," which would have expanded the park by 313,000 acres. Please advocate for this new parkland, particularly alternative "D." It is critical to sustain key wildlife linkages, a sustainable wildlife gene pool, and of course recreational opportunities for the millions of people in the surrounding areas. The

Outings & Events

September

Sep 3 - Sep 8, Thu - Tue

O: Rock Creek, Palisades group site, Carcamp

Barbara Edwards, Grace Hengst

Palisades Group Campground lies along Rock Creek in Inyo National Forest. 15 miles south of Mammoth Lakes. The campground sits at an elevation of 8,800 feet, at the bottom of a steep canyon adjacent to Rock Creek and amidst the shaded aspen and lodgepole pine trees. The area is home to abundant wildlife, including black bear, mountain lions, mule deer, pine martin, pika and many species of fish and birds. Flush toilets and potable water at site. Showers nearby.

September 12, Saturday

**O: Mount Washington Urban Hike
Grace Hengst, Barbara Edwards**

Nestled in the hills near downtown LA, Mt Washington is populated by artists, free spirits and Bohemian types (and our own GLS leader!). It is also home to the world's headquarters of the Self Realization Fellowship. Join us as we roam the hills on which this idyllic neighborhood filled with eclectic and historical architecture resides. As a bonus, we will encounter stunning views of the San Fernando Valley and downtown L.A., and we will fill our spirits with peace and epiphany as we stroll through the venerable grounds of the SRF headquarters. Leashed dogs permitted. 5

miles r/t, 1000 ft gain, many hills. Bring lunch. Rain cancels. Meet at 8 AM, at Grace's, 1717 Burnell L.A., 90065. Hike starts at 8:15 AM.

September 20, Sunday

**O: Long Beach Walk
Laura Rainey, Karen Lovett**

Join us for an easy 5 mile round trip urban walk (<100 ft gain). We'll start out in the beautiful historic Bluff Park, then walk along the beach and then head up to Second Street in Belmont Shore to grab a bite at one of the many local eateries. We'll then walk back to our meeting point. Meet at 10:00am in front of the Bixby Park Bandshell, located at 130 Cherry Avenue. Dogs on a leash are welcome, and if they attend, we may go to the infamous Rosie's Dog Beach for the beach section of our walk. For more information, please contact Laura at geowmn@verizon.net.

Sep 26 - Sep 27, Sat - Sun

**O: L.A. Theatre Outing
Nancy Beverly**

Build a new table to seat a family of eight? No problem. Navigate a life-threatening illness with the same precision and grace? Pretty tricky. Find out how master craftswoman Cam and her partner Meredith read the signs, pick the treatments and hold on to their lives in GLS leader Nancy Beverly's new drama HANDCRAFTED HEALING. The play will be performed at Studio / Stage, 520 N. Western Ave., one block south of Melrose. Performances are Saturday, Sept. 26 and Sunday, Sept. 27. Plenty of street parking.

This is a "workshop" production, so entrance is by donation. Seating is limited, though, so reservations are a must and can be made at Brown Paper Tickets. Check out the GLS Meet Up page later in Sept. for the link to reserve a spot or email Nancy at nancybeverly@sbcglobal.net for the info.

October

October 4, Sunday

**O: Malibu Creek State Park,
M*A*S*H site - Tammie's provisional
Tammie Barta, Nancy Beverly**

Join us for an easy day hike in the Malibu Creek State Park for Tammie's provisional hike to become a Sierra Club leader. Our hike will take us to the site where the TV show M*A*S*H was filmed from 1972-1983. When we reach the M*A*S*H site, we'll stop for a snack break and to let people explore the site. Approx. 5 miles RT with a 216' elev. gain/loss. The trail is hard packed in most areas and partly shaded. This is an easy hike, but there is a moderate section that has 174' elev. gain in .3 mile.

Hike starts at 9 a.m. Bring lug soles, snacks, water, 10 essentials and cash for parking. Meet in the 2nd parking lot, near the restrooms/information signs at 8:45 am. There's a \$12 parking fee for the park, unless you have a State Parks pass. If you would like to carpool into the park, to split the parking fee, meet in the parking lot on the west side of Las Virgenes Rd., just north of Mulholland Hwy at 8:30 a.m.

Directions: from the 101 Freeway, exit

(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:** Near the flagpole and picnic tables at 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). (3) From Fwy. 134 West, take the Zoo Drive exit, turn left onto Zoo Drive and proceed as above (directions 2).

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

at Las Virgenes Rd. in Calabasas and head south for several miles where the first lighted intersection is Mulholland Hwy. The park entrance is just past Mulholland on the right.

Rain Cancels. Questions? Contact Tammie at 626-354-2820 or tambarta@gmail.com.

October 10, Saturday

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

Gail Wise, Gina Masequesmay

From the Dawson's Saddle trailhead on Angeles Crest, we'll hike up a narrow ridge and have expansive views to both the east and west. Below Mt. Throop, we connect with the PCT running along the summit ridge of the San Gabriels toward our goal, Mt. Baden-Powell. There's a good chance of seeing gliders along the way. Near the summit, we'll come 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 near the summit where we will have the entire Angeles National Forest to gaze upon in panoramic splendor before returning the way we came. This 8.8 mile hike with 1,500' elevation gain is 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. Bring warm layers as it can get cold at this elevation at this time of year, a waterproof shell, and at least two liters of water (three liters is better). Lug soles are mandatory. Meet at 8:00 a.m. at the La Canada rideshare point. Plan on the hike and the drive there and back taking all day. Rain/snow cancels. For questions contact Gail at gailwise2@gmail.com or 310-433-2298.

October 17, Saturday

O: Cucamonga Peak (8859') via Icehouse Canyon

Dora Olea, Jeff Johnson

Cucamonga Peak is the only wilderness in Southern California that encompasses parts of two national forest – Angeles and San Bernardino. Even though this hike is usually rated strenuous, we will make our best to transform it into a strenuous-moderate version. First of all, we will start the hike from the only easy access to the peak—the Icehouse Canyon trailhead. Secondly, we will hike up in a moderate-easy pace. Thirdly, we will have a relaxing-snack-break at the Icehouse Saddle. And

finally, we eat our lunch at the top. It is a long hike, but the view from the summit, taking in the eastern end of the range, the San Bernardino Valley and the mountains beyond, is well worth the effort.

12 mi RT; 3800' gain/loss. Bring 3 liters of water (more if it's hot out), lug soles, hiking poles, your lunch, sunscreen, hat, sunglasses and dress in layers. Dogs must bring their own water. Adventure Pass is required on your parked vehicle. Carpooling is strongly recommended. Meet at 7:45 a.m. at Icehouse Canyon parking lot off the Mt. Baldy Road in the Mt. Baldy Village. Rain cancels. Questions? Contact Dora at chamacasister@gmail.com.

October 24, Saturday

**O: Ventura to Ojai Bike Ride
Kyla Hjertstedt, Nancy Beverly**

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 9:15 a.m. sharp (we'll hit the trail no later than 9:30 a.m.) 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, sunscreen, and plenty of water. RSVP required—Kyla at khjertstedt@gmail.com

October 31, Saturday

O: Long Beach Historical Cemetery Tour

Laura Rainey, Karen Lovett

Please join us on Halloween as we experience the Historical Society of Long Beach's beloved historical cemetery tour. This is a "living" tour, where actors in period attire tell the stories of our dearly departed at Long Beach's oldest cemeteries (Sunnyside and Long Beach Municipal). This is an easy walking tour (<2 miles), where we will visit numerous grave sites to hear the stories of people who shaped the city's political past, as well as the more amazing stories of ordinary folks who were all a part of Long Beach's historical mosaic of cultures. Located on Willow Street between Orange and California, and adjacent to one another, Long Beach Municipal Cemetery and Sunnyside Cemetery are "home" to more than 20,000 past residents of the city. Wear comfortable shoes, as you will be wandering around uneven grounds. Dress accordingly—the morning may be chilly and the afternoon quite warm. There is some parking inside the cemetery and easy parking in the surrounding neighborhood. Tickets (General Admission is \$20/person) are sold the day of the tour only, from 8:30 a.m. until noon at the entrance (just inside the Sunnyside Cemetery main gateway on Willow Street). The tour takes approximately two hours to complete, and the last presentations are at 2:00 p.m. Tours run continuously. For our GLS group - please meet at 8:45 a.m. (with your purchased ticket) near the ticket booth. Please obtain your own ticket, and then meet us for the first 9:00 a.m. tour (better to do this while it is still cool out!). Look for Karen wearing a glittery spider on her head and her partner Laura wearing beagle ears. Optional lunch afterwards. Questions? Please contact Laura at geowmn@verizon.net.

November

November 8, Sunday

O: Three T's: Thunder Mt. (8587'), Telegraph Peak (8985'), Timber Mt. (8303) from Baldy Notch to Icehouse Canyon Loop

Dora Olea, Heather Sargeant

We will start at the Mount Baldy ski lift parking area (6320'), take the chair lift up to the Baldy Notch (7840') then we will hike the Three T's. From Timber Mountain,

(Continued on the next page)

Outings and Events

we will descend through Icehouse Canyon. We will be hiking at a moderate pace. Around 8.5 mi, 2700' gain/3400' loss. This trip requires a car shuttle back to the starting point. If chair lift is not working, this will add an additional 1500' gain. Must be comfortable hiking long distances at altitude. Moderately strenuous day long hike with possible spectacular views of the mountains. Bring hat, jacket, sunscreen, hiking poles are strongly recommended, lunch, 3 liters of water, 10 essentials, \$ for lift (approximately \$20). Rain cancels. Meet 7:00 a.m. *sharp* at the Icehouse Canyon parking lot. Adventure Pass must be displayed. Space limited by permit; leaders will provide wilderness permit. Registration required before October 31. For more info and RSVP, contact Dora at chamacasister@gmail.com.

Dominguez Gap Wetlands

By Jeff Johnson, story and photos

On July 18, a large group of GLS hikers took a walk through neighborhoods of north-western Long Beach to visit the Dominguez Gap Wetlands next to the Los Angeles River.

This area used to be a bald and inaccessible flood control basin. A project completed in 2008 converted the basin on the east side of the river to a storm water collection and treatment facility, planted with native vegetation, and with paths for people, bikes and horses. That is where we walked. Treated water from the collection basin is now transferred to a settling

basin on the west side of the river, where it recharges the aquifer beneath. The new public paths are regularly full of pedestrians from the neighborhood and walkers from groups like the Sierra Club Long Beach group.

After the hike, we assembled in nearby Scherer Park for some birthday treats that Laura and Karen brought. Thanks!

Now, here's the challenge for next year: will we be able to come up with a walking route that gets us to the settling basin on the west side of the river?



Below: A wall covered with grape vines by the L.A. river. Below right: Ducks in the wetlands expecting handouts. Above right: Birthday treats.



GLS in Northern New Mexico

(Continued from page 1)

role of science, technology, engineering and math.

We then visited Valle Grande National Preserve, which is a spectacular location to view a caldera (collapsed magma chamber). This place was truly my favorite stop on the whole trip, and is a geological wonderland! Our hike started off with thunder and lightning, and then rain. As we walked the trail in the rain, we ended up following a herd of momma and baby elk, ultimately gathering into a herd of about 30 in all. I'll never forget the eerie sounds of the high-piercing calls of the babies, followed by the calls of the mothers as they ran near us. One of the hikers on this trip learned the value of wearing appropriate hiking attire in the event of bad weather.



We also visited the Great Sand Dunes National Park and Preserve nearby in Colorado. We started out by walking through grassland,

then crossed a river, then climbed the dunes. These are reportedly the tallest dunes in North America, and have an impressive diversity of ecological habitats. After playing in the river, Karen had an impressive collection of sediments in her shorts and

various other places. On the drive back, some of us visited San Luis (reportedly the oldest town in Colorado), where we walked up the hill to visit the shrine.

From Colorado, we went south along the northern Rio Grande Valley, back to the domes. It is interesting to note the Spanish influence throughout villages in the northern Rio Grande valley, whereas Pueblos are dominant along the Santa Fe area located further south. The trip also included numerous amazing nearby hikes, and many yummy family-style breakfasts and dinners (thank you Anya!). All made it safely back home, and have since been day dreaming of the larger than life weather, scenery, history and culture of New Mexico.

Thanks to Mike and his family for such a wonderful and memorable trip!



Medano Creek in the Great Sand Dunes National Park and Preserve in Colorado.



Karen absorbing some local color below the sand dunes.

September and October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUG 30	31	SEPT 1	2 Griffith Park Dora, Nancy	3 Rock Creek Carcamp Barb, Grace <i>Through Tuesday</i>	4	5
6	7	8 <i>End Rock Creek</i>	9 Griffith Park Dora, Gina	10	11	12 Mt. Washington Urban Walk Grace, Barb
13	14	15	16 Griffith Park Dora, Jan	17	18	19
20 Long Beach Walk Laura, Jeff J.	21	22	23 Griffith Park Dora, Mike	24	25	26 LA Theatre Outing Nancy
27 ^{full moon}  LA Theatre Outing Nancy	28	29	30 Griffith Park Anne, Dora Signal Hill	OCT 1	2	3
4 Malibu Creek State Park, M*A*S*H site Tammie, Nancy <i>Tammie's</i>	5	6	7 Griffith Park Nancy, Dora	8	9	10 Dawson's Saddle - Throop Junction - Mt. Baden-Powell Gail, Gina
11	12	13	14 Griffith Park Dora, Jan	15	16	17 Cucamonga Peak via Icehouse Cyn Dora, Jeff
18	19	20	21 Griffith Park Anne, Dora	22	23	24 Ventura to Ojai Bike Ride Kyla, Nancy
25	26	27 ^{full moon} 	28 Griffith Park Nancy, Dora Signal Hill	29	30	31 Long Beach Historical Cemetery Tour Laura, Carol

GLS Leader Contact Information

Please call after 9 AM and before 9 PM

Alan Schimpff	310-589-9125	alanschimpff@netscape.net
Amanda Smith	323-646-0771	amandajillsmith@gmail.com
Anna Baum	310-990-0610	ambaum@dslextre.com
Anne Mullins	323-522-6640	hike2thepeak@gmail.com
Asher Waxman	323-876-2889	amuirman@yahoo.com
Barbara Edwards	310-839-0593	greyhound@sbcglobal.net
Beth Epstein	562-439-0646	b.epstein@verizon.net
Carol Jeffcoate	562-985-1007	
Dawn Wilson	612-384-0180	dawnxwilson@gmail.com
Diane Ru	626-688-8642	zappydz@gmail.com
Dora Olea	213-200-0239	chamacasister@gmail.com
Gail Wise	310-433-2298	gailwise2@gmail.com
Gina Masequesmay	818-835-1059	masequesmay.gina@yahoo.com
Grace Hengst	323-697-6886	gracehikes@roadrunner.com
Heather Sargeant	909-336-2836	heathercsoo@aol.com
Jeff Cuevas	626-644-9879	cuevas777999@yahoo.com
Jeff Johnson	562-434-8473	jgj@cheerful.com
Jim Angus	323-895-0001	jim@jimangus.com
Judith Demarah	818-451-8403	
Karen Lovett	562-438-3418	klovett2000@hotmail.com
Kirk Olsen	562-434-8675	kso@kirkolsen.com
Kyla Hjertstedt		khjertstedt@gmail.com
Laura Rainey	562-438-3418	geowmn@verizon.net
Marie Ammerman	818-406-3529	ammermanm@yahoo.com
Mary Conte	213-810-3939	maconte@hotmail.com
Mike Brostoff	818-399-4035	mbros4162@yahoo.com
Nancy Beverly	818-681-5192	nancybeverly@sbcglobal.net

S. K. Chiou	714-554-9513	skchiou@yahoo.com
Susan Campo	626-688-8642	susanlucillecampo@yahoo.com
Teresa Nick	612-384-0421	teresa.nick@me.com
Tom Molloy	310-589-9125	tomsmolloy@yahoo.com

Remembering one of our own – Kathy Brizzard

Well, here is my last Sierra Club Sign-in Sheet and Liability Waiver that I received from Kathy in a pad of 100.

Kathy provided all GLS leaders a pad of 100 waivers for us to use when we lead our hikes. She did not know that,

pretty soon, those sheets would be a way of keeping herself hiking on every trail with the GLS gang. Indeed, we remember her on every hike. Her memory stays alive in every trail, peak, carcamp, mountain or lake. In a way, she wanted us to carry “something” from her in our hikes. She did not know that in time her wishes would well served by all the leaders.

Kathy’s pads of 100 waivers inspired GLS to create the GLS KB MILESTONE AWARD for leaders who have led 100 GLS hikes. Now, some GLS leaders are being awarded for leading 200 or even 300



outings.

These photos were taken during our Weekly Conditioning Hike at Griffith Park on Wednesday, July 1st, 2015, the regular GLS hike where we go up to the summit of Mt. Hollywood and back down to Kathy’s bench.

Dora Olea



Important Outing Information

Waiver

To participate in a Sierra Club outing, you must sign a liability waiver. To read a copy of the waiver before the outing, go to: <<http://content.sierraclub.org/outings/local-outdoors>>. Questions? Call 415-977-5528.

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://angeles.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, straight uphill section.

TRACKS

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

TRACKS

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

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Fill in this form and send it with a check made out to GLS to:
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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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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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