

# TRACKS



July/August 2010

Volume 23, No. 4

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



## GLS Hikes on Santa Cruz Island

By Mary Conte

*Call me Ishmael!*

The seas were rough and although we weren't seeking out the whales, the experience did cause me to reflect on those seafaring stories. (Something like WHY would anyone do this...remind me again!) In fact, Island Packers to the Channel Islands had cancelled all seaworthy vessels Wednesday and Thursday because of wind.

What's more, the volunteer ranger said that no hiking took place on the island on Friday as no one could stand up.

However GLS participants met bright and early on May 1st at 7:15 a.m. in Ventura Harbor and chose one of four hikes dockside. Here were the choices:

1. Potato Harbor with Robin Ridinger for 4 miles.

*Above, hikers on Montanon Ridge, north of the peak of El Montanon. Across the channel is Ventura County.*

2. Smuggler's Cove with Marie Ammerman and Jeff Bates for 6 miles.
3. El Montanon with Alan Shimpff and Jeff Johnson for 10 miles.
4. El Montanon and Beyond for 15 miles with Mike Brostoff and Jeff Cuevas.

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## Silver Lake Stairs

By Nancy Beverly

Our GLS Silver Lake Stair Extravaganza began June 6 at the famed Music Box Stairs on Vendome (site of the Laurel & Hardy short where they, yes, tried to get a piano up the stairs) and ended back at the same spot — 2100 stair steps later (1700 up and 400 down with no repeating!). In between we worked up quite

*(Continued on page 4)*



## Message from the GLS Chair

A big thank you to all who volunteered at our Long Beach Gay Pride booth – Leigh Ann, Gina, Eric, Laura, Karen, Barb, S.K.,

Cyndee, Sharon and Mary C. We collected 10 pages of email addresses – lots of potential new hikers for our group thanks to your efforts!

An extra special thanks to Jeff Johnson who worked long hours at the booth AND had photos made into glorious new banners

– the booth display looked fantastic! We'll be using those banners for years to come. Why, we could even use them to march in the West Hollywood Gay Pride parade in June 2011.

*Nancy Beverly*

## GLS at Long Beach Pride

*Another cheerful weekend meeting and greeting the visitors to the GLS table at Long Beach Pride. It was busy, particularly while Sharon was pulling them in on Sunday. Here are some of our volunteers, visitors, and neighbors. Can you tell which are which?*



## If You're a Leader...

*By Nancy Beverly*

... and haven't led an outing in awhile, please consider jumping in and adding something to our calendar. There are over 30 leaders listed for our great organization – if everyone led two outings a year, we'd have the calendar completely filled and

then some. The activities don't have to be climbs to a 10,000' peak – although those are fun (in their own oxygen-deprived hallucination-inducing way). I've slapped pool hall outings, Metro art tours and stair walks onto the calendar. Cool incentive: If you're thinking of becoming a leader or need to re-new, we will pay half of your first aid course!

Thank you to Karen Lovett for sprucing up our final version of the trip expense sheet. A copy has been sent to all the leaders for future trips.

We also received good feedback from leaders regarding the new trip guidelines document. We'll be distributing the revised version soon.

## Information about GLS

**General questions about GLS**, call Grace at 323-227-6444 or Mike at 818-763-5799

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

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

## Next GLS Management Comm. Meeting

The next GLS management committee meeting is scheduled for **Tuesday, September 21, 7 PM**, Committee members will meet by conference call.

GLS management committee meetings are (usually) held about every two months, on weeknight evenings. All GLS members are welcome to attend.

You may call one of the committee members to confirm meeting time or to ask about the agenda. Contact a committee member for the conference call number.

### GLS Mission

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

### GLS Newsletter

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

### Mgmt. Committee

**Nancy Beverly**,  
Chair  
**Barbara Edwards**,  
Co-Chair  
**S.K. Chiou**,  
Treasurer  
**Jeff Johnson**,  
Secretary  
**Christy Varni**,  
Member at Large

### Other GLS Volunteers

**Membership**,  
Jeff Cuevas  
**Conservation**,  
Tom Molloy  
**Webmaster**,  
Alan Schimpff  
**TRACKS Editor**,  
Jeff Johnson

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

# Jeff Johnson Wins Award for TRACKS!

By Anna Baum

By now you've probably noticed the high quality of the newsletter you're reading. Well, others in the Angeles Chapter noticed it too, including the Executive Committee, which recently honored editor-in-chief Jeff Johnson with the Lori and Robin Ives Excellence in Media Award for his work on TRACKS. Created in 2004, the award is given for the best newsletter, website, series of articles, radio or television spot, or campaign in any media that promotes conservation action in the Angeles Chapter.

We who have reaped the benefits of Jeff's 6-1/2 years of service to the Gay & Lesbian Sierrans Section might take the excellence of the newsletter for granted. We are reminded by this award just how rare such excellence is, and how much of an impact it has on the Sierra Club's mission of conservation. The award gives us an opportunity to admire TRACKS, and reflect (in my case, with awe) on how one man single-handedly organizes, edits, proofs, and publishes this bi-monthly newsletter.

Several of us gathered on the evening of May 3, 2010 at the bucolic Brookside



Country Club in Pasadena to attend the Los Angeles Chapter Awards Banquet. Present to witness Jeff receive his award were Marie Ammerman, Anna Baum (courtesy of Sherry, who kindly donated her ticket), Nancy Beverly, Mary Conte, Karen Lovett, Sharon Hartley, and Christy Varni. Sierra Club President Allison Chin was the keynote speaker. State Assemblyman Anthony Portantino, who represents the 44<sup>th</sup> District in the San Gabriel Valley, also spoke.

Ron Silverman, Sr., Chapter Director, presented the award to Jeff amidst much hooting and hollering from our table in the back. Jeff's speech stood out from the many brief speeches given by other awardees, characterized by the warmth and camaraderie of the GLS Section. "Anyone who has been involved in the Gay and Lesbian Sierrans knows that it's like family, and doing the newsletter for the people you like and love is fun," Jeff said. "If it weren't fun, I wouldn't be doing it."

Not only does the newsletter contain Tom Molloy's Conservation Notes, it also, by its clear and inviting layout, attractive photos, and engaging and succinct articles, keeps people reading it, thereby nurturing their relationship to the outdoors and their commitment to conservation. It's impossible to gauge the true impact of the high standard of TRACKS; we know that we enjoy it, and that it's a significant factor in creating the community that we've become as well as a source of pride for those associated with GLS. Thank you, Jeff for your intelligence, creativity, attention to detail, art direction, and your patience with all of us who send our articles in late! Most of all, thank you for the time and care you take to share your talents with GLS.

## GLS Management Committee Meeting, June 21, 2010

On the call: Nancy Beverly, Barb Edwards, SK Chiou, Christy Varni, and Jeff Johnson.

We discussed the latest revisions of the Leader Guidelines and the GLS Trip Financial Report form. Nancy will make revisions incorporating comments and distribute new versions for review. Barb used the expense report for the Big Bear trip.

We discussed how things went at Long Beach Pride this year, with the new banners. Things went well, we collected a lot of email addresses for sample issues. Nancy suggested walking in the big pride parade in LA next year, using the banners.

SK reported that the issue with the collection agency and the nagging phone calls to various members seems to be resolved.

We also heard that a check for \$581 was sent to Tom, to send on to the Sierra Club for conservation purposes. This money was the profit from the Santa Cruz Island and Malibu fundraiser brunch outings this year. Other GLS donations to the Sierra Club this year were \$2000 donated to the Chapter, in response to the call for the Chapter's Sections and Groups to support the Chapter, and \$400 for Sierra Club conservation purposes. GLS also donated \$100 to the Wildland Conservancy, which owns the Wind Wolves Preserve, where we have had outings three successive years.

We discussed the state of the GLS website, and whether or how contact information should

be listed. Nancy will be in touch with Alan about that.

We discussed what has been happening with the Kathy Brizzard Memorial Bench in Griffith Park, which is a private effort of some GLSers. The bench and plaque are paid for and ready to go, but the city has not prepared the foundation for the bench, so there's no telling yet when it make sense to plan a dedication event.

We discussed the possibility of listing GLS events on Meetup.com, which does require a monthly fee, and would require GLS people to maintain the information listed. Jeff J. will see how other Sierra Club groups have done with

listings there.

Nancy suggested coordinating a GLS trail maintenance day with the American Hiking Association's National Trail Day again in 2011, as we did in 2009. Nancy got the promised National Park one day pass after her participation in the event last year.

Nancy reported that she has been able to get GLS pictures in most of the issues of the Lesbian News this year, great free publicity.

We agreed to have the photo contest again this year at the holiday party, and to provide some modest prizes, like last year.

Next meeting is scheduled for September 21, at 7pm, by conference call.

Jeff Johnson





GLS commandeers the pirate ship at a community center in Silver Lake. Photo, Nancy.



At the top of the hill, before descending the long stairs toward Silver Lake Reservoir.



Eva photographing GLS stair walkers in front of a Schindler house on our route.

## Silver Lake Stairs

(Continued from page 1)

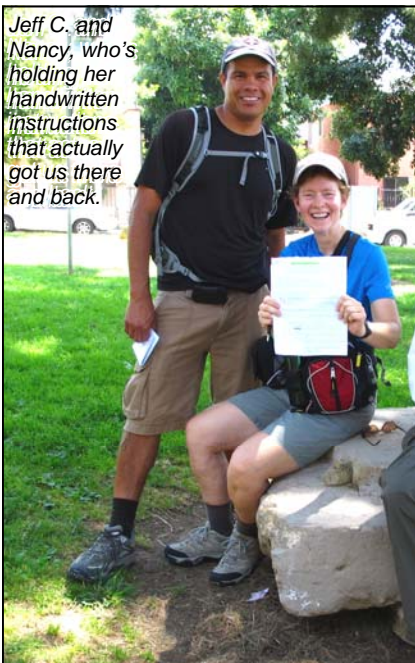
a sweat on this warm Sunday.

As the Intrepid leader (but Sherman Oaks resident), I stuck faithfully to the handwritten directions I'd jotted down when I scouted the hike several weeks before with local stair expert Dan Koeppel leading the way.

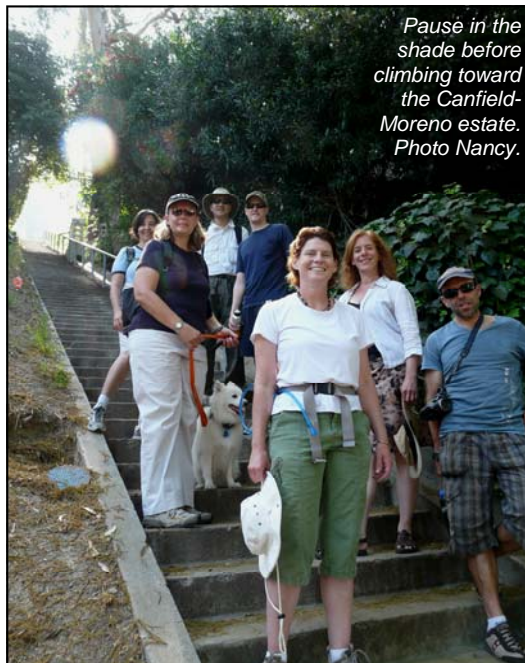
Twelve trusting souls followed me and no one mutinied (although we did board the pirate ship in the playground). In fact, everyone seemed to have a good time — so much so that a couple of the guys RAN up some of the stairs — just for extra kicks. The walk also provided Kevin ample photos ops of fences, doors and lawn vegetation ideas for his new home — glad we could help out, Kevin!



And down we go toward Silver Lake Reservoir. Photo Nancy.



Jeff C. and Nancy, who's holding her handwritten instructions that actually got us there and back.



Pause in the shade before climbing toward the Canfield-Moreno estate. Photo Nancy.



More stairs under the palms and the bougainvillea.



Before the Saturday hike. Photo Sharon H.



A break on the Sat. hike. Photo Sharon H.

## Big Bear Campout

By Marie Ammerman

Cold nights, warm days, gorgeous scenery, and laughter overflowing. These were the gifts 20 women found up in Big Bear on Memorial Day weekend. Once again, Barb put together another great car camp, with the very capable assistance of Heather S., who led hikes on both Saturday and Sunday, and managed to make it look like a stroll in the park.

Most folks arrived on Friday at Serrano campground, a beautiful place with large sites, friendly, efficient staff, and HOT showers. (Well, they were hot if you let someone else go in first and warm them up. I found out the hard way, and had a cold shower on Saturday. Sunday was much better.) We were spread out along one arm of the loop, and Barb designated a double space, with two picnic tables, as Potluck Central. That night we had the first of our great campfires, around which stories were swapped and the fate of the world was debated.

Unfortunately, in large campgrounds there's always someone who doesn't get the

concept of community living, so we did have noise after quiet hours began. We talked to the camp host, however, the next day, and subsequent nights were much quieter. Just one of those things to expect and learn to deal with.

Saturday saw fourteen of us starting off on foot from our campground to the Cougar Crest trailhead, which was maybe a quarter to a half mile away. It's located on the other side of route 38, but there's a very nice tunnel that runs under the road, so it's a very safe walk. Not long up the trail there's a turn-off for the Big Bear Discovery Center, a well-run, educational nature center that several campers later visited on their own.

The trail led up through chaparral and forest to the Pacific Crest Trail, which we followed for about a mile or so. At that point, Heather ordered an "about face!" and we turned around and made our way back to the junction of the two trails for a leisurely lunch, enjoying the shade and the views of the blue, sunlit lake, backed by still-snowcapped mountains. We returned the same way, having traveled about 6

miles. The afternoon was spent in resting, reading, talking, and getting ready for another fabulous potluck.

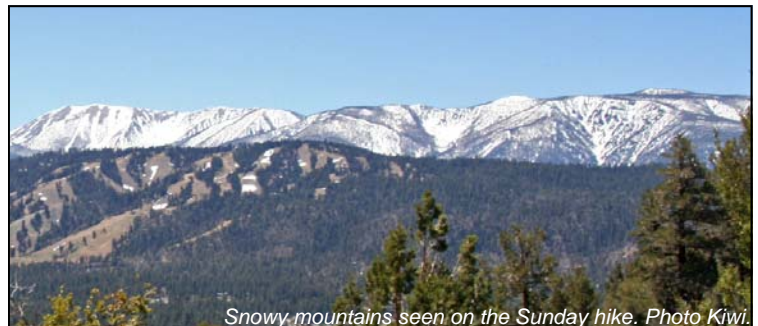
On Sunday, several folks went with Heather on her second hike, about nine miles from the Grays Peak trailhead to Hanna Flats campground. This hike followed a recently opened trail through a burn area, and some of the hikers later talked about how the area had a strange beauty all its own, as the forms of the burned trees and scrub were more clearly seen against the stark background.

Others of us walked the three and half mile bike path that runs along the north shore of the lake, enjoying lunch and lake breezes in the grass. Still others simply lounged around camp, getting some much-needed R&R. We had another good fire, though the night was warmer than previous evenings.

Many of us left early the following morning, though it was tough to go. It was a lovely weekend in all respects, and fortunately, Barb was already making plans for next year, so if you missed this one, keep your eyes on Tracks for next time.



Lake wetlands, and the mountains beyond. Photo Winnie.



Snowy mountains seen on the Sunday hike. Photo Kiwi.



Before the Sunday hike. Photo Sharon H.



Hiking in a burned area on Sunday. Photo Sharon H.



Communing with the spirits. Photo Kiwi.

# Conservation Notes

By Tom Molloy

In light of the oil catastrophe in the Gulf of Mexico, please write the President and your Senators and Congressmen to demand a moratorium on offshore drilling.

Tell them to use this disaster as a wake up call to end our addiction to oil, which is responsible for so much of the turmoil our country faces today. (two wars, global warming and the environmental catastrophe in the Gulf). We have the technology to create a clean energy future. Our politicians

have been talking about doing so for decades, and now we have every impetus to implement the plan.

The President:

<http://www.whitehouse.gov/contact>

Your Senators and Congressmen:

<http://www.usa.gov/Contact/Elected.shtml>

## Santa Cruz Island Hikes

(Continued from page 1)

Sign ups were pretty evenly distributed: the 10-mile hike had 12 participants, while the 15-mile hike had 10, the 6-mile 9, and the 4-mile 7.

The ride out was rough enough to get the partially-seasick sitting outside eating ginger candy and hanging on to avoid drenching splashes. But on the island it was clear. The 15 and 10 mile hikes afforded 360 degree views at the ridge where El Montanon is the tallest peak at 2000 feet at this portion of the island. After lunch on the 10 mile hike the wind picked up and hikers were glad to get off the peak and start their hike down the mountain. The adventure for the 6 mile hike was a backpack attack by a tangerine-hungry raven. A few lucky hikers spied a Channel Island Fox near the camping areas. There was also a museum to explore with a few purported sleeping bats. After another bouncy ride home we were happy to sit down at the Greek restaurant at the harbor.

Video highlights appear on the 4-minute version of our adventures which can be seen at: <<http://www.youtube.com/watch?v=8kQanjx4utQ>>. Hopefully no actual composers were harmed in the making of this video.



Hikers heading eastward along the road that rises from Scorpion anchorage, with Anacapa Island in the distance.



Lotus argophyllus var. niveus, a rare and endangered species that we saw on the high island ridges.



Pausing at an intersection on the flatlands below Montanon Ridge.



The narrow-leaved lupine on the island.



Hikers on the high and exposed Montanon Ridge, almost to the peak, which is in the distance.

# Outings & Events

## July

**Jul 1 - Jul 5, Thu – Mon**

**O: Bishop Carcamp**  
**Karen Lovett, Heather Sargeant**

The participant list for this trip has been set. Questions about the trip (before July 1), call 562-438-3418.

**July 11, Sunday**

**O: Sandstone Pk. via Mishe Mokwa Loop**  
**Tom Molloy, Alan Schimpff**

6 miles RT, 1400 ft altitude gain/loss, approximately 4 hours hiking. This moderately paced hike takes us on a lovely loop through a shady canyon and past stunning igneous rock formations then on to the highest peak in the Santa Monicas. Great views of the ocean, and a breezy cool location for the late summer. The middle part of this hike is shaded, but the rest of it is exposed so please bring plenty of water (3 liters at least), sunscreen, hat, snacks/lunch. Dogs on leash are welcome; remember to bring extra water for them too! Rain cancels. Meet at Sandstone Peak trailhead parking lot at 9 AM. From Malibu: take Pacific Coast Highway north past the Ventura County line. East on Yerba Buena. The Sandstone Peak trailhead parking lot is approximately 5.5 miles from PCH, on the left side, about 1/2 mile after Circle X Ranch. An alternate route from Westlake Village and the 101: exit on Westlake Blvd from the 101 Freeway, and follow it south for several miles as it merges with Mulholland Highway. Turn right onto Little Sycamore Canyon and it will become Yerba Buena Road as you cross the county line. Proceed

on Yerba Buena Road for about 4+ miles to trailhead to the 2ND (!!!) parking lot on the right side. If you see the Circle X Ranch, you've gone too far. A note to those who suffer from motion sickness: the Malibu route is slightly less curvy than the Westlake Village route. Also, please be aware that there are 2 parking lots (!!!) for this loop trail. We will meet at the Sandstone Peak lot, which is the first parking lot on the left, (1/2 mile past Circle X Ranch) as you are coming up Yerba Buena from Malibu/PCH. RSVP to <tomsmolloy@yahoo.com>.

**July 17, Saturday**

**O: San Jacinto Peak Hike**  
**Alan Schimpff, Eva Eilenberg**

Moderate, 11 miles roundtrip, 2300' gain. Meet at 8:45 a.m. to catch the tram at the Palm Springs Aerial Tramway (<http://www.pstramway.com/tickets-gifts.asp>) that, in 12 minutes, takes us 8,500' up the mountain. The first 2 miles of trail traverses a lovely pine forest, passing through Round Valley. The 3rd mile is an ascent to Wellman Divide. At this point the trail heads north towards the peak. Near the summit we will pass a small stone cabin, and after an easy rock scramble up 100 yards or so, we reach San Jacinto peak (10,834') and the great view. Directions: From Interstate 10, take the Palm Springs exit (Hwy 111) and drive 9 miles to Tram Way road. Turn right and follow the road 3.5 miles to its end at the tramway parking lot. Tram ticket price is \$22.95. RSVP to Alan at 310-589-9125.

**Jul 23 - Jul 25, Fri – Sun**

**O: Mt. Islip/Little Jimmy Campground**  
**Easy Backpack**

**Robin Ridinger, Marie Ammerman**

Easy 2-night backpack. Robin's O-2

backpacking provisional. Meet 9AM Friday, July 23rd at rideshare point. RSVP to Robin at [rridinger@gmail.com](mailto:rridinger@gmail.com) or 310-293-2446 for sign-up and rideshare information. Adventure Pass required for those who drive up. We'll drive about 65 miles to Islip Saddle on Friday. Return Sunday afternoon. Stunning views of the San Gabriels, Mojave Desert, LA all the way to the ocean and Crystal Lake. Happy hour Friday night – please bring something to share. We'll offer a 1950' gain peak climb from Little Jimmy Camp to Mt. Islip (summit is 8250'). Other hikes as the group decides. Little Jimmy campground is only 2 miles from the parking lot at Islip Saddle, but it is steep and we will hike it in 2 hours. Bear cans and water are a MUST for participation. Marie Ammerman saw a bear cub here last year. Please one gallon of water – it could be dry and hot. And one piece of firewood. There is a spring 1/4 mile from camp but it might be dried up and the water should be treated. Pit toilets in camp.

*Nuthatch photographed by Heather McNaught at the Big Bear camp on Memorial Day.*



## August

**August 1, Sunday**

**GLS Splash Bash Potluck!**

**Sherry Thomas**

**O: Neighborhood Walk**

**Nancy Beverly and Grace Hengst**

GLS member Sherry Thomas is hosting a pool party at her Thousand Oaks home. Please bring bathing suits, towel, flip flops

*(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, 5 miles, 1145' gain/loss. This is a great mid-week workout. Lugsoled 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 PM  
Dogs are welcome; bring a leash and extra water. Rain cancels.

**When:** Every Wednesday, (except holidays) 7 PM sharp, end by 9:30 PM

**Where:** By the flagpole near the vending machines at the Crystal Springs Griffith Park HQ/Visitors Center, 4730 Crystal Springs Drive, LA. (Note: Mapquest, Google Maps, etc. may be misleading.)

**Directions:** (1) From I-5 north, exit at Griffith Park exit, 0.25 mi. beyond Los Feliz Bl. Make a right turn at the 3-way stop sign. Proceed 0.6 mi. and turn in the driveway just before the Ranger Station. If you miss the driveway, proceed 0.1 mi, turn right at the stop sign, drive 0.15 mi. to the parking lot. (2) From Los Feliz Bl., turn north on Crystal Springs Dr. Proceed 0.5 mi. to the 3-way stop sign, go straight, and then follow (1) above directions to the Ranger Station. (3) From Fwy. 134 East, exit Victory Bl. Turn right

at the stop sign, then immediately left onto Zoo Dr. Wind around about 2 miles and turn onto Crystal Springs Dr. south. There may be detours. Proceed approx 1 mi. Turn left at the 4-way stop sign at the Ranger Sta./Crystal Springs area. Drive 0.15 mi and park. (4) From Fwy. 134 West, keep to your right coming out of Glendale. Exit at Zoo Dr, just past San Fernando Rd. Wind around past the Western Heritage Museum to Crystal Springs Dr. Turn left, and proceed as in (3) above.

## Outings and Events

and a dish to pass. Late afternoon easy-to-moderate 3-mile loop hike in Sherry's neighborhood led by Nancy Beverly and Grace Hengst. Two miles on pavement, one on dirt, sneakers with tread are fine or hiking boots if you need them. Dogs welcome at party, must be on leash for hike (coyotes are in the hood). 2:00PM - 8:00PM. RSVP by July 29th, 2010, to Monica or Shirley, 818 766-9881

### August 7, Saturday

#### O: Marathon Beach Bike Ride & Activities

Mike Brostoff, Amanda Smith

A 45 mile round-trip bike ride along the coast from the Palisades to Palos Verdes. This trip is a series of beach activities strung together by biking. We will meet at 8:00 AM in the Palisades. We will bike for one mile and eat a leisurely breakfast at Back to the Beach, a restaurant with tables outside on the sand. We will then bike 20 miles through many beach communities until we reach Torrance where we will relax, lay out in the sun, swim, or whatever. Afterwards we will turn back and head to El Segundo where we will catch a 2:30 matinee at the Old Town Music Hall. The Old Town Music Hall is like walking into a movie theater from the 1930s. They have a Wurlitzer Organ complete with a wall full of neon pipes and other instruments. The movie is usually preceded by a sing-a-long and a Laurel and Hardy short. After the film, we will head to Venice for dinner at the C&O Trattoria. Following dinner, we will ride the Ferris Wheel on the Santa Monica Pier in memory of Kathy Brizzard who suggested adding this event to the journey. We will complete our final leg of the journey returning to the Palisades with a magnificent view of the sunset over the Pacific. Bring: a bike; bike lock; spare tire and/or patch kit; bike pump; helmet; headlight; bathing suit and change of clothes if you plan to swim; beach towel; water (we can refill along the way); money for breakfast (about \$12.00), movie (\$8.00), dinner (about \$15.00) and extra for snacks along the way; library books you want to return (we pass the Marina Del Rey Public Library). For more information and to reserve a spot, contact Mike Brostoff, 818-763-5799.

### Aug 12 - Aug 16, Thu – Mon

#### O: Kings Canyon National Park Christy Varni, Mike Brostoff

Many consider Kings to be a second place finish to Yosemite but King Canyon followers consider it be number one. Kings is a picturesque gateway to some of the High Sierra's finest scenery. There are numerous hikes and nature trails in Kings, one being Zumwalt Meadow Nature Trail which is not to be missed. Roads End is just down the street

which is a starting point for many backpacking trails as well as day trails. We may spend a day up in Sequoia National Park for those wanting to take a daytrip into that park. We have group site "D" at Canyon View group campground. There are flush toilets, water, a store and coin showers near the group site. Bring a potluck dish for Friday night and a bundle of firewood. Cost is \$40 per person and checks can be made out to "GLS" and sent to 2449 E. 5th St #10, Long Beach, CA 90814. Questions, email <cvarni2001@yahoo.com>.

### August 14, Saturday

#### O: West Fork San Gabriel River Bike Mary Conte's Provisional Mary Conte, Amanda Smith alternative:

#### O: Gentle San Gabriel River Walk Susan Campo, Eric Sas

Join us for a beginner bike ride on The West Fork of the San Gabriel River. The total bike loop is 12-18 miles. The trail is a service road that starts from the Highway 39 West Fork bridge and heads 6.5 miles west to a small campground, gaining 450 feet elevation in the process. For an extra challenge, for those adventurous climbers with lower gearing, just past the campground, the trail rapidly becomes quite steep and eventually reaches the top of the Cogswell Dam. Many waterfalls, swimming holes, and catch and release fishing. No one will be left behind. Take Highway 210E exit Azusa Avenue/39 which becomes San Gabriel Canyon Road. Adventure Pass can be bought at the Ranger Station. Meet at the turnstile to the paved path at the far end of the parking lot. Bring snacks, water, helmet, patch kit, extra tube(s). Mountain bikes, hybrids and road bikes welcome. Meet at 9AM. The entire group is welcome to participate in an optional lunch following the outing...Mexican food in Azusa! Anyone who doesn't have a bike for the ride can also participate in a simultaneous gentle walk for about an hour along the level service road by the creek, led by Susan Campo and Eric Sas.

### August 22, Sunday

#### O: A Day At the Beach Tom Molloy, Alan Schimpff

Come join us at Zuma Beach for the day. Optional activities will include volleyball, a walk to Point Dume, a walk to view tidepools at low tide at Little Dume Beach, a hike in Zuma Canyon, playing cards, boogie boarding, body surfing, ocean swimming. Optional lunch at Spruzzo's restaurant about a five minute walk away, or bring your own. Bring all of your beach toys, umbrellas, chair, drinks, cooler, games etc. Low tide is around 5:00 PM. So we'll probably do the optional tidepools towards late afternoon. We'll play

most things "by ear", a largely unstructured day, so you can arrive late. Meet 10 am at Westward Beach, Malibu. Westward Beach is a road past the intersection of PCH and Kanan Dune, after Heathercliff, but before Busch and Zuma Beach, Turn L on Westward if you are travelling on PCH in a NW direction. Park on Westward Beach Road in front of the volleyball nets. If you get there late, you may have to park at end of road to the parking lot where you pay, or park on PCH. RSVP to <tomsmolloy@yahoo.com>.

### August 28, Saturday

#### O: Mt. Waterman Nancy Beverly, Marie Ammerman

We usually hike to Mt. Waterman at dusk and make it a moonlight-coming-back hike – but here's the hike in daylight in case you're wondering what the place looks like in fully-lit glory – massive rocks and tall trees abound! It's six miles roundtrip, 1300' gain/loss – a moderate hike but you'll feel the elevation as Mt. Waterman is over 8000'. Bring a snack or light lunch to dine on at the peak. Well-behaved dogs on leashes welcome – don't forget water and snacks for them, too. We'll be meeting at 8 a.m. to beat the heat... and going up Big Tujunga to avoid the road closure on Angeles Crest Highway in La Canada. Bring money if you'd like to have a cold drink or lunch at Newcomb's afterwards, which is open as of this writing. RSVP via email to the leaders for the rideshare point in Tujunga: nancybeverly@sbcglobal.net or ammermanm@yahoo.com

### Sep 3 - Sep 6, Fri – Mon

#### O: Morro Bay State Park Barbara Edwards, Grace Hengst

Join us for an end of the summer, Labor Day camping trip. Morro Bay is considered to be the largest, least disturbed saltwater marsh on the California coastline. This magnificent natural area provides a haven for an extraordinary range of bird life. It is a major stop on the Pacific flyway for migratory birds, and around 70,000 birds may be seen on the bay on a given day. It is both a State and National Estuary. Morro Bay State Park is within minutes of a heron rookery, Montaña de Oro State Park, the El Moro Elfin Forest and Audubon's Sweet Springs Nature Preserve. The park is located 200 miles northwest of L.A. Some activities include: hiking at nearby Montana de Oro, kayaking or walking in estuary, birdwatching, or strolling into town for fresh seafood. We have a group campsite and hot showers are available. Per person, \$60 for 3 nights camping and all parking fees. Some RV space available. Send check (made out to GLS) and email address to: Barbara

(Continued next page)



## Outings and Events

Edwards 1739 S. Sherbourne Dr. L.A. 90035.

### September 18 - 19, Sat. – Sun O: Backpacking to Bishop Pass Dora Olea, Robin Riding

Twenty miles west of Bishop sits South Lake, the starting point for this adventure. Our overnight backpacking will begin there. The trailhead starts at 9800 ft., hiking and winding through beautiful alpine scenery. In about three miles and 1000 ft. elevation gain, Long Lake will come into view. That is where we will be camping on Saturday, an absolutely gorgeous spot surrounded by magnificent mountain peaks. From there, it is another three miles to the summit, on Sunday, at 12,000 ft. with Kings Canyon on the other side. Total elevation gain 2,200 ft. and 12 miles round trip back to the trailhead. Meet at 9 AM at the trailhead. More details at the reservation time -RSVP to <doraolea@yahoo.com>.

### September 19, Sunday O: Ojai Valley Bike Trip (Casitas Springs)

**Tom Molloy, Alan Schimpff**

Moderate 18 mile round-trip in the Ojai Valley vicinity Near Casitas Springs/Oak View. This is a wide, double-track dirt road, technically pretty easy with great views. Optional lunch at Buccolli's Italian restaurant (cash only). Meet at 10:00 AM. To get there: Take Highway 33 east off of the 101 freeway in Ventura, past the point where it turns into a two-lane road. Drive through Casitas Springs, past the right-hand turn for Nye Road, and look for the sign for Sulphur Mountain Road. Park along the road before the gate. This is where we will meet. Watch out for "no parking" signs. Bring appropriate clothing, helmet, bike lock, water, spare inner tube. Note that you must have a helmet to ride with the group. Rain cancels. RSVP to <tomsmolloy@yahoo.com>.

### September 25, Saturday O: All GLS Trail Maintenance Day Anne Mullins, Mike Brostoff

Here's a chance to give back to the environment, have fun with the rest of the GLS, and find something good to eat, too! All members are encouraged to come out and help. There will be a range of activities available, from picking up trash to hard digging; there's something for everyone. A potluck lunch follows, with a special treat from Porto's Bakery to be provided (please don't bring a dessert!) We hope to add an even deeper sense of purpose to the GLS section, so please take this opportunity to come out and make a difference. What to bring: work gloves (if you have them), water, lug soles, potluck

item. We will be doing trail maintenance at the Pines Area off the Angeles Crest Highway. We will be meeting at the La Canada rideshare point at 8:30 am, then carpool to our spot. Adventure Passes not needed to park at Pines Day Use Area. Clean up starts at 9:00 and continues for 2 -3 hours, followed by the potluck, and then a leaders meeting. RSVP to Anne Mullins, 323-522-6640, so she can tell the ranger how many are attending. From the 210 intersection with Hwy 2, Angeles Crest Highway, go 9 miles north to intersection of Angeles Crest Highway and Angeles Forest Highway. Left onto Angeles Forest Highway, 1/4 mile to Pines Day Use Area, on the left.

### October 17, Sunday O: Leo Carillo State Pk to Nicholas Flats Tom Molloy, Alan Schimpff

This panoramic hike starts at PCH heads up to Nicolas Flats and Nicholas Pond, and then descends part way into the valley on the other side. On the return, the hike descends a different hillside overlooking the ocean offering one of the best sweeping views of the ocean. The descent is steep and can be slippery. Be prepared to fall on your butt a couple of times. 10 miles, 1800' We'll go through chaparral plus a beautiful oak forest at the top. This trip requires a car shuttle. Meet at 10 AM at the Sycamore grove along PCH, right past the Decker Canyon Road intersection with PCH. This is directly across the street from the house at 33148 Pacific Coast Highway. From there we'll carpool shuttle one mile down the road to our starting point at Leo Carillo. Bring two or more quarts water, lunch, good lug sole hiking boots, plenty of endurance. Trekking poles recommended but optional. RSVP to <tomsmolloy@yahoo.com>.

### October 23, Saturday O: Millard Canyon Marie Ammerman, Nancy Beverly

Info to come in next Tracks.

### November 6, Saturday O: Mount La Tuna Marie Ammerman, Nancy Beverly

It's not on any lists, but it does exist: Mt. La Tuna here we come! Join us for an up-and-down hike that rolls along the Verdugo hills and enjoy good company and great views of the San Fernando Valley, Griffith Park, and even the ocean if we're lucky. We'll start at 9 a.m. Bring lugsoles or good trail runners, snacks, 2 liters water, lunch, and clothes for any weather. Approx. 6.5 miles RT, 1800' gain/loss. Please RSVP to leader Marie Ammerman to sign up and get meeting point, other information. Her e-mail: ammermanm@yahoo.com. Well-behaved dogs are welcome; local regulations require

leashes at all times. Rain cancels.

### Nov 25 - Nov 28, Thu – Sun O: Thanksgiving Outing Susan Lucille Campo, Alan Schimpff

*Currently, all hotel rooms are booked — wait list only for hotel rooms. A few camp sites are still available. Contact Susan promptly if you are interested.*

Enjoy Thanksgiving weekend, 3 nights at Panamint Springs, a private resort located near Death Valley National Park. We will begin our outing with a traditional buffet at noon on Thursday, turkey, all the trimmings and homemade pumpkin or apple pie. The first organized walk will be short but help our tummies. Susan has scouted and planned all new hikes for GLS for every day, including Sunday. All hikes are rated I (off trail), but only require the ability to walk 6 miles with less than 1000 ft. gain /loss. The group will be doing similar hikes with 2 levels offered...a total of an easy 6 miles per day or the 7- 9 mile moderate option. Most participants will be leaving on Sunday morning, but there will be a final strenuous level hike on Sunday....16 miles, 2200 foot gain/loss offered to those capable and willing to drive home to LA later that day. Unlike Susan's past trips, this time we will try *two* cost options. If you go under the "hotel option", you will be in a room with private bath for two thru Sunday morning. There is a restaurant on the premises. For those wanting the "camping option" you will sleep in your van or tent. You can economize by bringing all your own food *except* for the Thanksgiving buffet which is for everyone. There is a gas station and store on the premises, but the supplies of healthy food are not dependable. It is 50

miles to Olancho and farther to a good grocery store. While daytime temps can be very enjoyable, if you chose to camp, you *must* have the *equipment* needed to stay warm and dry on cold nights. Remember daylight hours are short in Nov., but on a happy note, the campground has heated showers with indoor restrooms. In the evenings Susan has planned for both GLS campers and hotel guests to socialize together. Prices (check made out to GLS and sent to the leader) are: Hotel option \$190 each or Camping option \$42 each. Both include your lodging fees and Thanksgiving dinner. If you are 90% sure you want to attend and know which option you prefer, email Susan *now* to be put on the list. *Full payment for everyone due Oct.1.* Full refund given until Nov. 1. This trip will be limited in size!!! If you are sure you can attend, email Susan promptly at <susanlucillecampo@yahoo.com>.



# July and August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4</b>	<b>5</b> <i>end Bishop Creek</i>	<b>6</b>	<b>7</b> <b>Griffith Park</b> Amanda, Nancy	<b>JULY 1</b> <b>Bishop Creek</b> <b>July 4th Campout</b> Karen, Heather <i>through Monday</i>	<b>2</b>	<b>3</b>
				<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b> <b>Sandstone Peak,</b> <b>Malibu</b> Tom, Alan	<b>12</b>	<b>13</b>	<b>14</b> <b>Griffith Park</b> Marie, Grace	<b>15</b>	<b>16</b>	<b>17</b> <b>San Jacinto Peak</b> Alan, Eva
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> <b>Griffith Park</b> Nancy, Ginger	<b>22</b>	<b>23</b> <b>Little Jimmy/ Mount Islip</b> <b>Easy Backpack</b> Robin, Marie <i>through Sunday</i>	<b>24</b>
<b>25</b> <small>full moon</small>	<b>26</b>	<b>27</b>	<b>28</b> <b>Griffith Park</b> Dora, Amanda	<b>29</b>	<b>30</b>	<b>31</b>
<b>AUG 1</b> <b>GLS Splash Bash</b> <b>Potluck</b> Sherry, Monica  w/ <b>short hike</b> Nancy, Grace	<b>2</b>	<b>3</b>	<b>4</b> <b>Griffith Park</b> Amanda, Grace	<b>5</b>	<b>6</b>	<b>7</b> <b>Marathon Beach</b> <b>Bike Ride</b> Mike, Amanda
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> <b>Griffith Park</b> Marie, Dora	<b>12</b> <b>Kings Canyon</b> <b>Campout</b> Christy, Mike <i>through Monday</i>	<b>13</b> Mary's provisional	<b>14</b> <b>San Gabriel River</b> <b>Bike Ride</b> Mary, Amanda  w/easy river walk Susan, Eric
<b>15</b>	<b>16</b> <i>end Kings Canyon</i>	<b>17</b>	<b>18</b> <b>Griffith Park</b> Marie, Eva	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b> <b>Beach Day,</b> <b>Zuma Beach</b> Tom, Alan	<b>23</b>	<b>24</b> <small>full moon</small>	<b>25</b> <b>Griffith Park</b> Dora, Nancy	<b>26</b>	<b>27</b>	<b>28</b> <b>Mt. Waterman</b> <b>by Day</b> Nancy, Marie
<b>29</b>	<b>30</b>	<b>31</b>	<b>SEPT 1</b> <b>Griffith Park</b> TBA	<b>2</b>	<b>3</b> <b>Morro Bay</b> <b>Campout</b> Barb, Grace <i>through Monday</i>	<b>4</b>

# 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	queenpin@earthlink.net
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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
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Teresa Nick	612-384-0421	nickx002@tc.umn.edu
Tom Molloy	310-589-9125	tomsmolloy@yahoo.com
Will McWhinney	323-221-0202	willmcw@gmail.com

## GLS Outings Volunteers

### Mike Brostoff, Outings Schedule

Contact Mike about scheduling outings, to check for available dates, and to submit writeups

### 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 rest of the leaders.

### Laura Rainey, Weekly Reminder

Laura sends out the weekly email announcing upcoming events. If an event needs to be altered or canceled after publication, e-mail Laura and cc Mike.

### Dave Benson, Outings

#### Submission to Angeles Chapter

Outings to be published in the Angeles Chapter Schedule must adhere to Chapter formatting guidelines. Mike B. forwards outings for the chapter schedule to Dave, who ensures that they meet these guidelines before sending them to the Chapter.

### Anne Mullins, Trail

#### Maintenance/Leader Meetings

Three times a year, we volunteer for trail maintenance for one of the local parks. Afterward, we hold a potluck followed by a leaders meeting. Anne coordinates the trail maintenance work and the potluck. Mike facilitates the leaders meeting.

## 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/>](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/ carpool points in the Angeles Chapter Schedule of Activities or at: [<http://angeles.sierraclub.org/pvsb/pages/rideshare.html>](http://angeles.sierraclub.org/pvsb/pages/rideshare.html)

### La Canada Rideshare Point

Exit 210 at Rte 2 / Angeles Crest Hwy. Go N 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.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Email: \_\_\_\_\_

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Send print TRACKS by US mail \$15 - 1 yr; \$35 - 3 yr

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

GLS

P.O. Box 1300

South Pasadena, CA 91031-1300



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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

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

FRIP#  
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