

TRACKS



November/December 2016

Volume 29, No. 6



Exploring in New Mexico

By Laura Rainey

Crossing the Rio Grande near Taos, in New Mexico. Photo Laura.

The Rio Grande is one of the most significant rivers in the American southwest. Starting from south central Colorado, it completes its journey downstream at the Gulf of Mexico. Its existence and formation can be attributed to its location, the Rio Grande Rift, where the

earth's crust is opening up (literally unzipping!), and given time, will be filled by an inland sea. This Rift Valley has spectacular geology and beautiful landforms, and has brought together several cultures. Centuries old Native American Pueblos and old Spanish villages dot the

river valley, and more recently, GLS arrived to enjoy nearly a week of exploration of this amazing area at the famous Takoja Retreat in the northern Rio Grande valley.

Shortly after our arrival, we experienced

(Continued on page 6)

GLS Information	2
Party, Photo Contest, Election	2
Outing Reports	1, 5-6, 8-9
Outings & Events	7-9
Calendar	10
Leader Contact Info	11
Important Outing Info	11

Checking in With Mary Adair

By Jeff Johnson

Most of us have met Mary at least at the GLS holiday party and heard stories of her work with the AIDS Healthcare Foundation in California, Africa, and elsewhere. In one capacity or another, professional or personal, Mary has been face-to-face with HIV since it came in the early 1980s.

HIV has changed so many things about

the world we live in now, and Mary's perspective is so distinctly different from anyone else I know, I wanted to hear what she had to say about the past, the milestones gone by, the state of things now, and what might be ahead. I sat down with Mary and Grace at their house a little while ago and we had a long talk.

(Continued on page 3)

GLS Photo Contest

It's back! Submit your pictures from GLS hikes in the past year. We'll all be looking at the pictures at the **Holiday Party on Dec. 5** and voting for our favorites then.

- Any GLS subscriber may submit up to 10 photos taken on GLS outings between Dec. 1, 2015 and Nov. 30, 2016.
- Submit photos before December 1 to: <alanschimpff@netscape.net>.
- Submit photos as digital files, JPEG format (.jpg). Any size is all right, but very large photos may be resized smaller to work better online.
- Photos may be of any subject relevant to the mission of GLS.
- Consider whether the people in your pictures are OK with it.
- Holiday Party attendees will vote for their favorites at the party.
- Winners will be published in Tracks.
- Submit each photo with:
 - Your name
 - Name and date of the GLS outing when you took the picture
- Optional title for the picture
- Optional description, up to 50 words
- Optional contest category (or categories) for each picture
- Voters will vote for their favorites overall and in some categories:
 - Group shot
 - GLS people
 - On the trail
 - In camp
 - Flora (plants and trees)
 - Fauna (animals)
 - Landscape and scenery
 - Humor
- GLS will provide a slide show of the pictures at the Holiday Party, so we can view them there before voting.
- Photos will be posted for viewing online at: <http://www.flickr.com/photos/43971315@N03/> without your name but with the descriptive information you provide and with an identifying number.
- In case of questions, GLS management committee members will decide how to proceed.

GLS Election

If you are a GLS subscriber...

Please vote for management committee members who will serve for the next two years. You can vote by mail or by email—instructions on the ballot sent with this issue.

Holiday Party

Sat., Dec. 3, 2 - 6 pm
at Grace and Mary's house in Los Angeles

More info on page 8

Photo contest info to the left

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.

GLS Tracks online: <glstracks.org>

Requires username/password, provided to GLS Tracks subscribers

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 expected in December.

GLS management committee meetings are held about every two months, usually on evenings during the week, 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/Sierra Club, 65 Pine Ave. #326, Long Beach, CA 90802.

Management Committee 2016

- **SK Chiou**, Chair
- **Kyla Hjertstedt**, Co-Chair
- **Tim Vo**, Treasurer
- **Tammie Barta**, Secretary
- **Jen Dooley**, Member at Large

Other GLS Volunteers

Membership,
Tammie Barta and
Kyla Hjertstedt
Conservation,
Tom Molloy
Webmaster,
Tammie Barta
TRACKS Editor,
Jeff Johnson

.....
Outing volunteers listed page 11.

Mary Adair

(Continued from page 1)

How Mary Started Working with AIDs

I was working in the lab at Kenneth Norris cancer hospital on the USC campus as a phlebotomist, someone who drew blood. I was going to school for singing at Cal Arts. I was hired in different companies to sing. I sang a lot in early music groups too, a lot of Renaissance and Baroque music. I was very focused on my career in music when I was working at the cancer hospital.

In 1982, I saw the first person that had this weird disease. They didn't have a name for it, nobody knew what it was. He was a gay man. I just remember how horrible it was for him. We would get dressed in a space suit to go in to his room. They wouldn't clean his room. They left his food outside. Everyone was terrified, but I think it's mostly because he was gay.

Being a lesbian, it really made me mad. So I wore a mask and a gown and some gloves, but I didn't do the whole space suit. I remember I went in to see him. He was really suffering. I just said "I want you to know that someone from your community is here to help you, and I'm really sorry about this." And he cried, and I cried. It just sort of started from there.

I segued [1984-85] from USC to 5P21 clinic, which was the AIDS clinic in Los Angeles County Hospital [University of Southern California 5P21 Rand Schrader Clinic]. I was doing the same type of work, but got promoted to research assistant. I was handling blood bank for USC. All the bloods I would draw I would spin down and save, put in ultra-low freezers so that they could look at things later on.

I was working at the AIDS clinic and seeing these guys wasted and covered in Kaposi's Sarcoma, these most beautiful gay men, disfigured. My particular clinic was a research trial looking at the effect of chemotherapy on Kaposi's Sarcoma. [KS was considered a blood-related lesion.] The men were in these long, long, long benches, it felt like half a block down, the whole ward, these skinny wasted men sitting next to each other, fifty in a row. I would start the I.V. I was really good at that because I worked in cancer. The nurse would come right behind me and shoot in the chemotherapy [for KS]. I would just go down the bench like that. And then they started throwing up in these little paper bags, people having diarrhea, and falling

down on the floor. Oh my God!

I called my two best friend, Michael Weinstein and Chris Brownlie. "You've got to see this, we have to do something, this is Dante's Inferno."

We were involved in the early days of the Gay and Lesbian Services Center. We had a political background, so I thought we should be advocating or telling people what was going on. At work I'm watching people die horrible, horrible deaths, and I'm thinking to myself this is going to kill everybody, and nobody seems to care.

I just felt like it was about homophobia. If this had been a disease that affected white straight men, people would have done something about it, but because it was gay, it was another stigma added onto this.

When these young men would have to tell that they have AIDS, it immediately meant that they were gay. So it was a double whammy of coming out of the closet and dealing with a life-threatening illness at the same time. And a lot of them were being rejected and thrown out of homes. We would see them in the LA County ER, dying, in gurneys, in the hallway.

The Beginning of AHF

So we decided we should start a hospice, because there was no other treatment, and people were dying without their families. So that's what we did in 1987—we started advocating for a hospice. But we were not medical people, we were just advocates. We didn't know we would end up having to do it ourselves.

We got \$200,000 from Gene LaPietra, who used to do the Circus Disco, right here in Hollywood. He gave us the first money to get started on the hospice.

My friend, Chris Brownlie, had been diagnosed with AIDS and we were dealing with him being sick. I was working in the clinic. Grace and I took care of him. He would spend weeks in our house recovering. Then Michael [Weinstein] or Chris would go out, start a march or try to do some campaign.

When my friend Chris died, we were by his side. I just decided, I knew at that moment, without even saying it, that I would give my life to AIDS. I didn't want anyone to go through what he went through.

I stopped school at Cal Arts. I was working all day and at night I was going to LACC to get my prerequisites. About three years later I was accepted into the USC Physician Assistant program. During that

time, before I went to PA school, AIDS Hospice Foundation became AIDS Healthcare Foundation. I was on the board during that time, the chair, 1990 to 92. I had built the Carl Bean House [hospice, opened 1992], and also Linn House [hospice, opened 1995].

We went into the clinic business because LA County was inundated. The only treatment was Bactrum [a sulfa drug used to prevent pneumocystis pneumonia and toxoplasmosis] and AZT. There was a 6-month waiting list at LA County, at 5P21 [clinic]. So we decided, well, let's open a clinic. I was there to open Hollywood and the downtown clinics, the first two clinics. I went to PA school from 92 to 94, graduated, and went to work at AHF.

So I've been there now 22 years. And during that time, we've seen treatment become available and people start to live.

To Africa

In 2000, we convinced Michael to go this international AIDS conference in Durban, South Africa. We got this bug then because, wow, they're going through what we went through in the States – nobody listening and all these people dying. Of course their incidence was a thousand times higher than ours, 30 to 40 million people infected, mostly in southern Africa. There was a group of advocates who were very much like us in the beginning who were just trying to get something going for people there but weren't getting anywhere.

In 2004, Michael sent me to South Africa for AHF, then to Uganda, to open our first clinics in Africa. We've been there now over 12 years.

We were only treating people in Los Angeles and San Francisco, and now we're all over the United States and we are in 36 countries in the world. We're treating about 650,000 people for free all over the world. It's been this amazing revolution, and I feel incredibly proud to be part of it. It has been my life. It's taken a great toll on me personally, all the death and dying has really affected me. But also the fact that that's all I've done for 35 years.

Death Valley

I think Grace takes very good care of herself. She was an AIDS hospice nurse during the horrible time when everyone was dying so that's why our home life was so involved with it. Her patients were dying like the ones I was seeing at the clinic, but her patients had insurance and mine didn't. We were both dealing with mostly gay men

(Continued on page 4)

Checking in with Mary Adair

(Continued from page 3)

and the fact that these horrible deaths were happening. But Grace, she loves nature so much, the Sierra Club was the perfect outlet for her. It was wonderful that she had that. She had a whole community of people that really helped her, and was there for her in a way. My community was people with HIV. I think she really took good care of herself by finding something outside of that.

Grace: Back in 1989 we were going to go to Death Valley, Pete Geissler was leading a [GLS Thanksgiving] trip to Death Valley. Mary and I had done a hike together in Sycamore Canyon with Pete Geissler, she was able to do that. So, we talked about going to Death Valley and put our money in and everything. But then Chris [Brownlie] was dying. He didn't die until after Thanksgiving.

Mary: Yeah, we ended up not going. We kept thinking we wanted to be with him. He asked me, Mary, will you make these things happen at my death, and I said yes. Have certain people there, for people to do certain things, say things, hold his hand. He got that. I couldn't imagine leaving and not being there when he actually died.

What Mary Sees Now at AHF

As a lesbian, knowing of the horror of AIDS, and coming through to this point, I don't understand gay guys anymore. I don't understand why they put their life at risk. I don't understand why they haven't learned. What I see now is this carefree attitude like "all we have to do is take a pill." But that's not all there is. If you get infected now, yeah, we have treatment, but that treatment comes with a cost, physically, emotionally, socially, every way.

And then the issue of the STDs, and Grindr. You can't have that much exposure to a lot of different people's body fluids because eventually something else will happen. That's what we should have learned from AIDS, and we didn't. Now it's let's take Prep, let's not use condoms, and I'm thinking Oh my God, I'm just waiting for the shoe to drop. And it is, now.

A resistant gonorrhea is occurring that is not going to be treatable. Or we'll have to have a hospital stay with I.V. antibiotics. It might not kill you right away, but I don't think you're going to be a very happy person. Because you're going to have a lot of pain and discomfort. Most gay men have probably had one experience of having the

clap or gonorrhea, and it's painful, you burn when you urinate, you have pus coming out, that's just the penis. The rectal area, it's still painful, you bleed and you have pus coming from there, and you feel like you have to go to the bathroom all the time. And the severe cold sweats from the cramping, it's not fun. Testicles get huge, like the size of basketballs. Seriously, not fun. And we're going to be seeing that.

Gonorrhea is something that I treat three or four times a day every day in my clinic. And these are HIV positive guys, having all kinds of sex. You can say they're non-detectable and they are not going to spread the virus. Fabulous, but that doesn't mean that they can't be spreading syphilis and hepatitis C, anal cancer because of HPV, herpes, this resistant gonorrhea, which may really set off a new epidemic of very serious health concerns in the community.

I'm thinking to myself, why did I do this? Why did I give so much of my life to my community, to my brothers, to some of my sisters but mostly my brothers. "I want what I want, and I want condomless sex, and you can't tell me blah blah blah. And if I want to shoot up crystal, that's my life." And that's what I hear all the time. And then I hear, "I want my olys, because I have back pain." They want to sell it for crystal, and then when I don't give it, they threaten me, yell at me, call me names.

[Most of the patients at my clinic] are still the underserved. It's a lot of the people who don't have insurance. They have Obamacare now, which is great, in terms of people getting care. A lot of them are homeless, a lot are mentally ill, drug addicted.

But a lot of what I'm hearing is not from them, it's the guys in West Hollywood. They're not necessarily my patients, but I do see them. We're seeing it in our clinic in West Hollywood, the same kind of attitude. I'm wondering, what have we learned from this?

If you look on websites at articles, people write about having bareback sex, and how now they can have bareback sex freely. I can understand that you want that full experience, especially if you really love somebody. You have the right to that, but think about the consequences that come when you take that right and multiply by a thousand in a year. You're going to end up with something.

I'm not trying to be judgmental about anal sex, but it's the way that people get sick. You have to say: if I want to stay

healthy, this is what I have to do. And what I hear from people a lot is: I don't care.

Young people want that experience of what we had in the 70s or early 80s, but it's a different time. We have to take some responsibility for ourselves and for the people we love. We didn't know about AIDS then, we didn't know it was that virus. But we're smart, we should know that something else is going to come around. And it is coming around, it's going to be here.

About Transgender People and Hormones

I'm really happy with how we've grown as a nation, how we accept gay people, and now maybe transgender people. [There's been a growth in] activism in the transgender community. But then most of them who are not in it, because of the stigma, are on the streets. They're getting HIV, and they're getting all these other problems, and drug addiction on top of it. A lot of them don't speak English, and they're here illegally.

I think when you care for someone, with any disease but especially with such a chronic, potentially debilitating disease as HIV, you have to take care of the whole person. The reason the person has this disease is because they are trans, and there is no other way for them to make a living, because of the stigma. A lot of what I try to do is to [get them to] stay on the medicine and get into treatment for drug addiction, or whatever. Sometimes you're successful and sometimes you're not. I'm very proud of that work because it's a group of people that really needs some care and love, and they haven't gotten it anywhere.

[I had] a patient, an HIV positive gay man, who felt female. He wanted to be a female. I helped her do that, get on the hormones. I went through the whole process of knowing her, first as a gay man, and then as a straight woman. Before that, he was always coming in with gonorrhea, and this that and the other. He just loved sex when he was a man. When he [had started taking the female] hormones, I asked her "how do you feel now about sex?" "Well I could care less about sex." I asked, "what do you mean?" She said, "the thing that excites me is when someone treats me like a woman. That turns me on so much." The whole thing about going out to get laid, and he didn't care who it was, or if he knew [the guy] or ever saw him again, that was completely gone. So I thought the hormones really do create an

(Continued next page)

Mount Hillyer – Timeless Beauty

By Nancy Beverly

I first climbed Mt. Hillyer back in the early 1990's with my then-mountain bike group the Wombats (Women's Mt. Bike and Tea Society, and yes, we did occasionally serve iced tea afterwards!). I've since hiked it a time or two with GLS but not in many years, and so when we visited it back in September, I'd actually forgotten how beautiful the trek is. Large boulders and tall Jeffrey Pine trees abound. We had a solid turnout of 14 hikers, and I had the pleasure of teaching them to sniff the trees to take in the yummy sweet butterscotch scent when the trees are warmed by the sun.

I loved that our gang really appreciated the splendors of the Chilao-to-Hillyer hike, but as we encountered some bikers, I was also struck with the fact that I don't have the quick reflexes to bike that trail any longer. And the Wombats would cover not just the part GLS did but we'd link together several sections of the Silver Moccasin Trail as it's called up there – how did I have that stamina? Oh, wait, I was in my early 30's...

I'm a little sad I can't do the trail like a flying kamikaze, but I'm certainly glad I'm still hiking (just a little soft tissue knee damage to be cognizant of) and still appreciating the timeless beauty – even if



time is creeping up on me. And just like with the Wombats, we stopped at Newcomb's Ranch afterwards for some grub (and waited forever for our food to arrive...). Some things never change.

Top: Nancy taking pictures on the boulders near the summit. (Jeff J.) **Below left:** Smelling the pines by the trail. (Nancy) **Below center:** Relaxing in the sun on the rocks after lunch. (Jeff J.) **Below right:** Group shot near the summit of Mt. Hillyer. (Nancy)



Checking in with Mary Adair

(Continued from previous page)

interesting thing there.

I went to a transgender medical session [with Grace]. I was treating so many of them, I wanted to make sure I was doing the genital exams and everything I need to do in a way that was appropriate—I wasn't sure what that was. There was a panel of people who talked about what it was like. On the panel there was a female that went to male. You would never know that he had ever been a female. She had a mastectomy, a beard, no hips. One thing about males who were females is that they tend to be short, like 5'5", not very tall. So the voice, everything, you would never know. He told us a story.

He was sitting in the clinic because he needed to have a pap smear—can you imagine, you're a guy, but you still have to have a pap smear. They called his name from the middle of the waiting room, but her female name. He was humiliated, getting up and responding to the name to go for the exam. That was horrible.

Sometimes you make a mistake, someone's just calling a patient, it doesn't

say "transgender" at the top of it, just their name. If you don't know that patient, you might say "hey Jose, come on in," and now they're Josefina. Now we put it in large letters at the top, so we don't make that mistake.

Grace: When we first went to that conference, there was this female to male guy. He used to be a lesbian feminist, but now he takes testosterone and everything. And now he objectifies women.

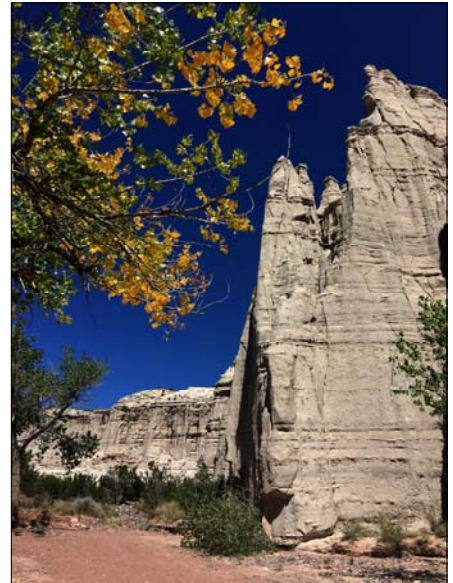
Mary: "All I want to do is just fuck every woman I see." It's the testosterone! I said "how is your sexual life different?" "Oh, well, I just want to fuck every woman I see." That's what he said to me. For a lesbian feminist, that would be about the worst thing you could say, to objectify a woman in that way. I had to laugh. And I was standing right in front of Grace when I said to this guy, "what kind of

women are you attracted to?" "Whoa, somebody who looks like you, baby." He's coming on to me! And Grace is right there, and they had introduced her as my partner. That was very bizarre!

Next issue of Tracks: Mary's work with the AIDS Healthcare Foundation in Africa.

Below: Mary doing rounds with doctors and medics in the AHF clinic in Zambia.





New Mexico

(Continued from page 1)

the most amazing double rainbow that framed our abode - the two salmon colored dome houses (we should also appreciate the fact that Mike was at the end of the rainbow). We were greeted with Mike's recounting of his spine-tingling tales of his solo efforts to get to the trail head under very muddy conditions. Lucky for him a Good Samaritan rescued him, and he was able to enjoy the hike. The not so lucky rental car spent, the entire week drying out.

While Mike was hiking solo each day, us women took day trips to various places of natural and cultural beauty. Visiting the Taos Pueblo (continuously occupied for over 1,000 years!) really is impressive as one gains a sense of time and the deepness of the cultural ties to the land. Scrambling along the cliff dwellings of Bandelier National Monument was equally impressive and inspiring, as were the vertical cliffs of volcanic ash deposits that the cliff dwellings were carved into. People on the trail stopped and marveled at Kiwi's nimbleness as she scooted up numerous



ladders to the cliff house above.

We quickly sauntered through Georgia O'Keefe's home in Abiquiu, and experienced for ourselves her inspiration from the nearby dramatic and colorful geologic formations of Ghost Ranch and Plaza Blanca. Doctor Carol's ability to provide a clear, simple and interesting explanation of the many valence states of iron (oxides of which impart various colors to the beautiful rocks) was truly a highlight of the trip for me.

We also explored Los Alamos, which is rapidly developing as a newly formed national historic park. We viewed the original boy's ranch school building which

later became an administrative building for the infamous Manhattan Project. The historical buildings are currently undergoing renovation, and should be even more fun to explore in the near future. We visited the nearby science museum where Doctor Carol once again dazzled us with her explanation of various things technical and chemical. All along the way, Kiwi and Jo were great company with their enthusiasm and willingness to see various new places and listen to us geeks talk geology and chemistry.

We spent a lovely afternoon walking at Valles Caldera, which is a notable example of a collapsed volcano. What made the day extra special was Mary's enthusiasm and smile as she joyfully experienced the resident prairie dog town and the beautiful landscape of this place of geologic wonder. We also marveled at how Kiwi saved herself from blowing away when a strong gust blew through the parking lot. You go girl!

It was a great trip, and we give much thanks to Mike and his family for hosting GLS in this special place.

MORE PICTURES ON PAGE 8

Top left: Rainbow on arrival. (Laura)

Top center: Climbing ladders at Bandelier. (Laura)

Top right: At Plaza Blanca near Abiquiu. (Laura)

Above center: Arriving at the domes. (Laura)

Below left: In front of the dome building at Takoja Retreats, where the group stayed. (Heather McN.)

Below center: Gate at the Los Alamos lab. (Laura)

Below right: Exploring the volcanic geology of the Valles Caldera with Laura. (Laura)



Outings & Events

November 2016

November 5, Saturday

O: Ventura to Ojai Bike Ride

Kyla Hjertstedt, Tammie Barta

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 9:00 a.m. sharp (we'll aim to hit the trail by 9:10am; 9:15 a.m. at the latest) 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.

November 13, 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 10:00 am 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.

November 26, Saturday

O: Mount Zion Loop

Dawn Wilson, Amanda Smith

Join us for a substantial post-

Thanksgiving hike to burn off the holiday calories. We'll start from Chantry Flat in the Mt. Wilson front range and hike a scenic 9.4 mile loop, starting with the Gabrielino Trail to Sturtevant Camp, and return by way of the Mt. Zion and Upper Winter Creek trails, for a total elevation gain of 2100'. Bring at least 2 liters of water, sturdy hiking shoes, the Sierra Club "10 Essentials," lunch and snacks, and dress in layers. Dogs on leashes are welcome, bring extra water. Adventure Pass is required on your parked vehicle. Carpooling is strongly recommended as this is a popular spot and the parking lot fills up early. Meet at the Chantry Flat parking area, next to the first restrooms on your right at 8:00 am sharp and ready to hike. Directions: From the 210 Foothill Freeway in Arcadia take the Santa Anita Ave. exit north approx. 6 miles to Chantry Flat. Rain cancels. Questions? Contact Dawn at dawnxwilson@gmail.com or 612-384-0180.

December 2016

December 3, Saturday

O: Holiday Party

Grace Hengst, Mary Adair

This year the GLS Holiday Party is again at Grace and Mary's Mount Washington home. This is a time to talk with other GLS members and just have fun sharing the holiday spirit! The festivities start at 2pm and finish at 6pm.

(Continued next page)

Weekly Griffith Park Conditioning Hikes

What: On Wednesday nights, 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

Please bring a **potluck item** to share, and let Grace know what item you plan on bringing. GLS provides beverages, plates, silverware, and lasagna (vegetarian and meat).

There will be 2 door prizes, a **“Half & Half” raffle** in which there will be 30% to first winner, 20% to second winner, and half goes to the GLS treasury.

There will also be a **silent auction**, so bring to the party a new or used hiking/camping/other item, in good condition, that you are ready to pass along. The proceeds go to GLS. Please reclaim any unsold items at the end of the auction.

Also, view and vote on photos submitted for the **GLS photo contest**—guidelines for the contest are on page 2.

We will count the ballots for the GLS Management Committee election and announce the new board members at the party.

Send a check to **“GLS”** for the admission charge of \$5.00 or bring cash. Send to: Grace Hengst, 1717 Burnell Drive, Los Angeles, CA 90065. Enclose SASE if you need directions to the house.

Caution: Software mapping services can get you lost in this area, so call Grace at 323-697-6886 in the days before the party if you need clarification.

Parking: you may need to park on the surrounding streets, as there is no legal parking on Burnell Drive.

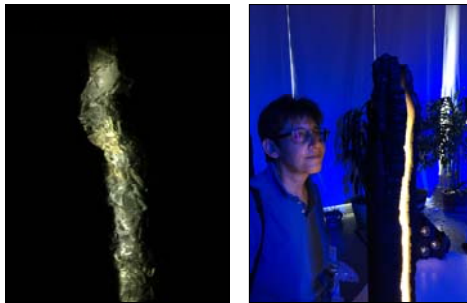
December 10, Saturday
O: Inspiration Point via Echo Mountain
Mary Pickert, Gail Wise

Come take a break from the holiday madness and work off those extra treats you’ve been enjoying this season! From the ruins of a turn-of-century resort to city views, this hike provides an opportunity to enjoy L.A. history and hike the edge of the Angeles Forest. We’ll start by zig-zagging the southwest base of Echo Mountain and hike alongside many regulars to the top of

Brewery Art Walk

Seen on the **October 23 Brewery Art Walk in L.A.**
Left: The old brewery building. (photo Carol)
Center: Art on display. Karen is next to a piece made

of ashes from a forest fire. (Photos Laura)
Right: The view from the top of the brewery complex, and lunch afterward. (photos Laura)



More pictures from New Mexico

Top row, L to R: Petrified log in Petrified Forest Nat'l

Park (Laura); colorful hills in P.F.N.P. (Heather McN); petroglyphs at Petroglyph National Monument near Albuquerque (Laura). 2nd row, L to R: Georgia

O’Keefe’s house at Abiquiu (Laura); Taos Pueblo (Laura); building at Los Alamos that was the Fuller Lodge of the Los Alamos Ranch School (Laura).



Outings and Events

the peak. We'll begin to appreciate the city views as we ascend the mountain. After 3 miles, we'll reach the top, take a short break to walk among the ruins of the Mt. Lowe Railroad, see where the resort once was, imagine traveling the funicular that once came up the mountain, and have a chance to learn about some local history from the historical markers. We can even test whether "Echo" mountain is named correctly! Next, we'll continue up on the Castle Canyon trail, deeper and higher for another two miles until we reach the pavilion at Inspiration Point. Hopefully if it's a clear day, we can try out the "finding

tubes" to look out at the city. We'll loop back down on the Sam Merrill trail, enjoying the shaded forest as we descend. Bring at least 2 liters of water, sturdy hiking shoes, the 10 essentials, lunch and layers. Dogs welcome on leash. Heavy rain cancels. Meet at 7:45 for an 8:00 am sharp departure at the Cobb Estate gate. Total Miles: about 10.4. Gain: 2,740 feet.

From the 210 freeway, take the Lake Avenue exit north from Pasadena into Altadena. Continue on the road for about 3.8 miles as it climbs a hill and park near the sharp left hand turn outside the Cobb Estate, at the intersection of Lake Ave and E. Loma Alta.. No permits are required to

park in the neighborhood. For questions, contact Mary at mmpick@yahoo.com or 213.705.2175 or Gail at gailwise2@gmail.com.

December 17, Saturday O: Christmas Tree Count Susan Lucille Campo, Diane Zaepfel

JOIN US TO WALK FROM 6 miles (to a much longer option) as we see all the pretty downtown decorations and count all decorated trees just for fun. Wear good walking shoes and bring money for lunch. Meet at 9 am sharp in front of the Red Line Metro entrance....out on the street at the corner of 7th and Figueroa St., L.A.

Mount Wilson Loop

By Susan Campo, story and photos

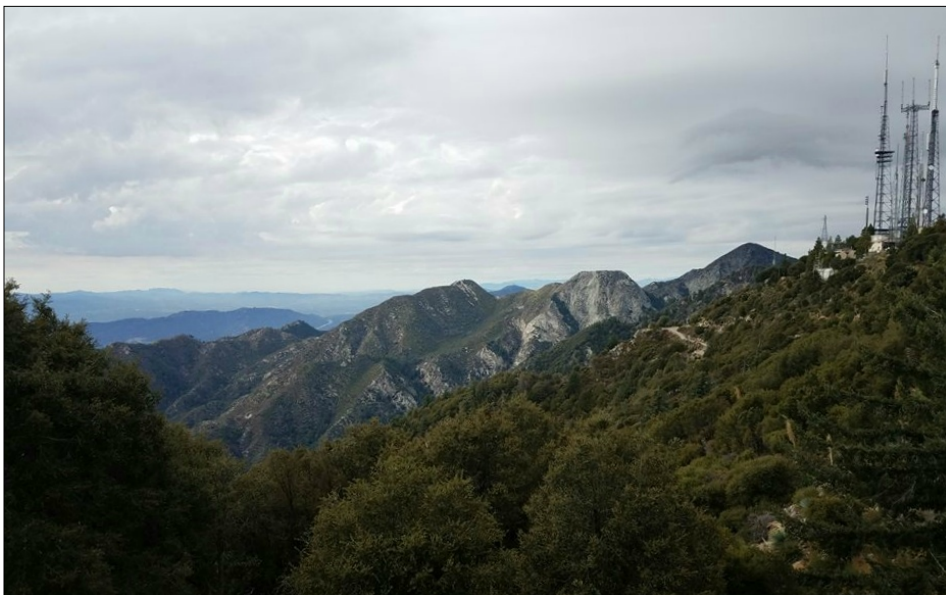
Mt. Wilson is one of the TOP SIX peaks listed for Los Angeles area. On October 29, 2016, ten people were given the opportunity to summit under the GLS leadership of Dora Olea. I also want to thank Dora for asking me to be her sweep. She showed great leadership and concern for all participants on this outing. I think GLS is lucky to have her!

We started the day by getting the last parking place at the trailhead at 6:30 am for the hike scheduled at 7:30am. Dora waited patiently for people to arrive, park down the

mountainside and walk back up to the trailhead. We discussed the almost impossible parking situation at Chantry Flats. We both decided we could park elsewhere next time, and I will look into the proposed shuttle bus from the Gold Line. We waited till almost 8 am before starting with our group of ten.

Today was especially crowded with police cars and TV vans from several TV stations....and the Search and Rescue teams were there. An experienced hiker had been missing since Thursday. They handed me a description of the 63 year old man who had been hiking alone. We would look for him during our 16 mile loop hike. There are many narrow spots along that trail with severe drops. Luckily the officials found him first. He had a fatal fall of 41 feet, only 1.5 miles into the hike.

The group enjoyed eating together at the Cosmic Cafe when we reached the top of Mt. Wilson. I took a photo of 3 gals gobbling down the much needed and enjoyed chili. I also wanted to show the



delicious apple pie they serve up there, but Bruce inhaled it sooooo fast that I didn't have time to pull out my cell phone. Ha! No one forgot their lunch, but the delectable goodies proved more tempting than a cold sandwich. We gained the energy needed to burn off another 1000 calories on the long hike back down.

I do believe that the Mt. Wilson loop trail is one of the most beautiful hikes in our local mountains. Today we could see clearly to Catalina Island. The green mix of Alders, pines, firs and a few Sycamores turning golden along with the good company refreshed our minds and bodies. If the tragedy of the solo hiker found today could teach us anything, it would be to be thankful for GLS so we don't have to hike alone. It is safer for everyone!

November and December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCT 3	4	NOV 1	2 Griffith Park Dora, Mike	3	4	5 Ventura Bike Ride Kyla, Tammie
6	7	8	9 Griffith Park Jan, Amanda	10	11	12
13 full moon  Long Beach Walk Laura, Karen	14	15	16 Griffith Park Dora, Mike	17	18	19
20	21	22	23 Griffith Park Nancy, Gail	24	25	26 Mount Zion Loop Dawn, Amanda
27	28	29	30 Griffith Park Mike, Mary Signal Hill	DEC 1	2	3 GLS Holiday Party Grace, Mary
4	5	6	7 Griffith Park Amanda, Anne	8	9	10 Echo Mountain Mary, Gail
11	12	13 full moon 	14 Griffith Park Jan, Nancy	15	16	17 Christmas Tree Count Susan, Diane
18	19	20	21 Griffith Park Mike, Nancy	22	23	24
25	26	27	28 Griffith Park and Signal Hill Both canceled this month	29	30	31

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	ambaumlosangeles@gmail.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
Jan McInnis		jan.mcinnis@gmail.com
Jeff Cuevas	626-644-9879	cuevas777999@yahoo.com
Jeff Johnson	562-434-8473	jjg@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	626-419-4193	khjertstedt@gmail.com
Laura Rainey	562-438-3418	geowmn@verizon.net
Marie Ammerman	818-406-3529	ammermanm@yahoo.com
Mary Conte	213-810-3939	

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
Tammie Barta	626-354-2820	tambarta@gmail.com
Ted Hirscher	415-706-5923	ted12339@aol.com
Teresa Nick	612-384-0421	teresa.nick@me.com
Tom Molloy	310-589-9125	tomsmolloy@yahoo.com

Outings Volunteers

Mike Brostoff, Outings Schedule

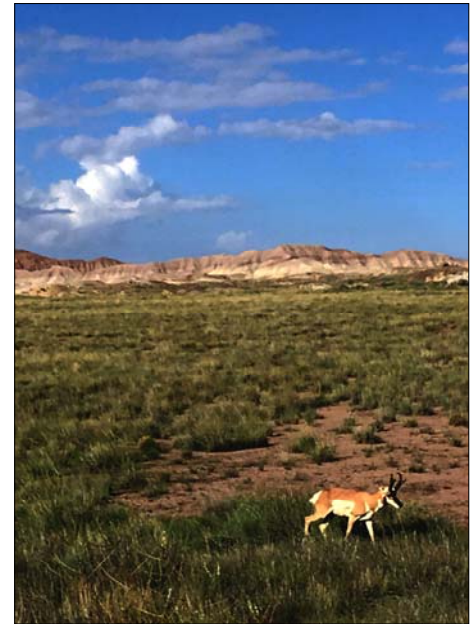
Contact Mike about scheduling outings, to check for available dates, and to submit write-ups.

Dawn Wilson, Outings Liaison to Angeles Chapter

Contact Dawn about questions of leadership requirements and Sierra Club Outings Policy. Dawn is the primary person to read the communications from the Angeles Chapter regarding outings and inform the other leaders.

Laura Rainey, Weekly Reminder

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



Pronghorn antelope at the Petrified Forest National Park. (Laura)

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, (such

as a ranger, guide, or a concessionaire).

SE Social event.

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 the long, wide, straight uphill section thru a residential neighborhood.

TRACKS

SIERRA CLUB/GLS
65 PINE AVENUE, #326
LONG BEACH, CA 90802

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: _____

- New Renewal Gift Change of Address
- Send print TRACKS by US mail \$15 - 1 yr; \$35 - 3 yr
- Send email TRACKS (pdf file) \$10 - 1 yr; \$20 - 3 yr
- Send print and email TRACKS \$25 - 1 yr; \$55 - 3 yr

Fill in this form and send it with a check made out to GLS to:
GLS
65 Pine Avenue, #326
Long Beach, CA 90802



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 _____

Category:	Individual	Joint	Mail to:
Introductory	\$25		Sierra Club
Regular	\$39	\$47	Membership Dept.
Supporting	\$75	\$100	P.O. Box 52968
Contributing	\$150	\$175	Boulder, CO 80322
Life	\$1000	\$1250	
Senior	\$24	\$32	
Student	\$24	\$32	
Limited Income	\$24	\$32	

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

FRIP#
F94QW04721