

TRACKS



January/February 2017

Volume 30, No. 1



Above, Mike's double-winning photo from the photo contest. More photos on page 5.

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GLS Holiday Party

The GLS Holiday Party was again at Grace and Mary's great place in Mount Washington in L.A. We enjoyed the potluck, talking to our GLS friends, and the view of L.A. from the balcony. Kyla Hjerstedt managed the silent auction, taking over Barbara Edward's job of recent years. Jen Dooley circulated to sell tickets for the raffle. As the sun set, we looked at the photo contest photos on the big TV, and marked our votes.

We were sorry that Mary was feeling under the weather at party time this year.

GLS Election

The new GLS Management Committee members voted in before the party are Carol Jeffcoate and Alan Schimpff.

Carol lives in Long Beach and has been an active hiker with GLS for several years. Recently she became a rated and active leader, and has been one of the regulars at the Signal Hill walks on the last Wednesday of each month.

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2016 Photo Contest

One of the features of the GLS Holiday Party for the last few years has been the photo contest. It has been a way to review activities of the past year and to share some of our favorite pictures.

People submit photos they took on GLS outings, then people attending the party view a slide show of the photos and vote for their favorites in several categories. Here are the favorites for this year.

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Checking in with Mary Adair II: In Africa

Jeff Johnson

Part 2 of an article drawn from an interview with Mary Adair and Grace Hengst. Mary has been with the AIDS Healthcare Foundation (AHF) since its beginnings in the 1980s.

Mary: In 2000, we convinced Michael Weinstein [President and one of the founders of AHF] to go to an international

AIDS conference in Durban, South Africa. We met with Advocates in South Africa, learning that they were going through what we went through in the United States in the 80s – nobody listening, no treatments available, 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.

(Continued on page 3)



Nancy Beverly

Ventura to Ojai

GLS riders took the 32-mile round-trip bike ride from Ventura to Ojai on November 5 with Kyla and Tammie. The trip followed the bike path uphill along the Ventura River and then, after lunch in Ojai, back down the same way.

Long Beach Walk

We took a walk around Long Beach on November 13 with Laura and Karen. We started at Bixby Park, worked our way east, including a stop at Rosie's Dog Beach, and then had lunch in Belmont Shore.



Laura Rainey



Laura Rainey



Jeff Johnson.

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 January.

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

Committee positions for 2017 have not been decided.

- Tim Vo
- Tammie Barta
- Jen Dooley
- Carol Jeffcoate
- Alan Schimpff

Other GLS Volunteers

Membership,
Tammie Barta

Conservation,
Tom Molloy

Webmaster,
Tammie Barta

TRACKS Editor,
Jeff Johnson

Meetup
Nancy Beverly

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Outing volunteers listed page 11.

Mary Adair in Africa

(Continued from page 1)

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 then, 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.

Grace: In Africa, what they really needed was more people to take care of people with HIV. The medical care there was really limited, the number of people trained, one doctor for every 10,000 to 20,000 people. When Mary went there and developed that HIV Medic training program. It started in 2004 and now it's becoming widely accepted. We're going to need Task Shifting like that—allowing lower cadres of medical personnel to take on roles of nurses, such as taking blood, vitals, triage, counseling and testing for HIV.

Mary: It's exciting for me that that's finally taken off. It's necessary if there's one doctor and four nurses for every 10,000 people in a country where 15-20% of their people are infected with HIV. And in the early 2000s, it was 40%, 50% in some places.

There was a Salvation Army hospital campus in Zambia, it's been there since the early 1900s. The AHF clinic in Zambia was opened there. I started going there in 2004. In the U.S., people were living and taking their meds and things were getting better. I got there and it was like going back to the '80s, the long lines I saw in in 1982 and 1983. People were dying there, it was horrible.

I was working in this village for three months, training this cadre of people. I would go walking every morning, down this long, long road. People would be left off at the main road and then walk 30 kilometers to get to the AHF clinic, the one clinic that treated HIV in this huge district in Zambia. I remember walking and thinking something's missing. What is it that is going on in this place? And I realized what it was: there was a whole generation of people who weren't there. Anybody from 40 to 60 years old, they were not there, they were gone, they were dead from AIDS. You had teenagers and very young kids, and you had old people. The mothers and the fathers were not there.

They left enormous, enormous numbers of orphans. Other families that survived took them in. They were extremely poor, extremely poor. They're mostly farmers so if there was a bad drought, they had no money, and it was very, very difficult.

Interestingly, you would see woman and children with KS, not just men, but also women and children covered with KS. But the most prevalent disease that I saw, when people were very ill, and I'd say the number one killer, was crypto meningitis [cryptococcal meningitis]. The major drug was called diflucan or fluconazole. The governments couldn't afford it, so a drug company would give out the diflucan. But they would stock out and then the people would die. And when you die of crypto, you are dying of severe headache, severe vomiting. Because it's infected your brain, it stops your ability to breathe, your heart to beat, and eventually it kills you. It was right back to the things we saw in the U.S.

The amazing thing that I saw in these people that was so different from what I saw in the United States at the time was the horrible stigma. It was about the same as here in the early 80s, but it wasn't the gay thing. There it meant you were a terrible person because you had sex or you did drugs. Nobody wanted to say they had it, or thought they had it. So many people came in sick and dying.

In Uganda, community activists had invited AHF in and AHF had opened this very small clinic in a town. AHF could only afford to put 20 people on treatment, so I drew blood from 100 people. We took 20 of the lowest CD4 counts or T cell counts, meaning that they were very sick. We didn't even have viral load there at all. These people had like 20 or 30 T cells. And of the 20 people that we started on treatment, 16 are still alive today, which is amazing.

They were like "We've got to live because there's no one to take care of my kids. I want to dig." "Dig, what does that mean?" "I want to dig the earth up, I want to be able to grow my fields and feed my kids." Those people took their medicine!

The people who lived in the cities and had good jobs and insurance, they would get the medicine, it was no issue. They had to pay for it, and they paid for it. Our clinics serve people in rural areas. When we started, they bartered a lot, and had very little money. If they made \$300 a year, that was amazing.

They would say the Africans can't tell time so they won't know when to take their drugs. At that time you had to take the drugs two times a day. So I said to them "They say Africans won't know when to take their medicine. How will you know when to take your medicine?" They said

"When the rooster crows, and when the cows come home." And that is exactly right, I timed it, it was 6 AM and 6 PM. We had the best adherence, it was amazing, it was like 98%. Nobody did not come back, unless they died for some other reason. And that's what we found in most of our experience there.

I went back to Uganda a year or so ago. I was talking to someone, "I wonder how those people are that we started on treatment." They said "Oh, well there are quite a few of them here today. Do you want to see them?" I haven't seen these people in 12 years. I go by and I see this grown man. He was 8 when we put him on treatment. Now he's 20. He's a beautiful young man who just got married to a woman who's positive. She's pregnant, and they have a negative baby. And they're happy, they take their meds, they're non-detectable. I was just crying, I can't believe that we're really seeing the benefits of this, that people survived, and here's this 8-year-old boy who would be dead in any other situation and now he's a 20-year-old guy, working and taking care of his family. I met several people, and it was very touching.

Very early on, a woman in Zambia who came to the clinic told me that she was leaving her abusive husband. She was pretty sure he was infected, she was afraid she would get infected. She had just had a baby and she had three other small children. She went through the fields, through the bush, for three days to get to the clinic. When she came upon a little village with little grass huts, or whatever, they would just take them in without question, feed them, and the next day they left. That's how she ended up getting to our clinic. I made her get tested. Initially, she was my maid in this house, she said "I come with the house." She cleaned and made our meals. She turned out to be able to read very well. I got her into the class, and now she is my very best clinician. She is amazing in the clinic. She tells the doctor what to do and they follow her directions because she knows so much.

She came from being a maid and now, she dresses well, she's built a house, she's sending her kids to school, because they get a salary and insurance from AHF. It's really nice when you go back and you see these people who came in with sandals that were so old they were going to break on their feet, and tattered clothes. But always clean. Now they come in dressed to the nines. When I go there to do follow-up visits and lectures, this is a secondary gain. Their lives change so much by having a job, and they are giving back to their communities.

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Mary Adair in Africa

(Continued from page 3)

They stay in the village because they are not a doctor or nurse who then gets pulled out. For doctors, “Oh, why don’t you come to London or come to the United States and work,” where they can make a lot more money. These people stay in their communities, they are still working there, and are very highly regarded.

I’m trying to get Grace to go back because I really want to take her to Victoria Falls. I keep saying “Grace you’ve got to see this, it’s one of the eight wonders of the world, it’s completely amazing.” I’ve been like three times already because we have a clinic very close, in Livingstone.

When I come back from Africa, people ask “Did you see lions or giraffes?” I say “Where?” “You didn’t?” “No, they are in parks, huge parks.” People think they’re just walking around. There are some areas that are still so rural that there are maybe a few giraffes or elephants that come through.

For people visiting, I think it’s eye-opening to see a clinic there, the healthcare there as opposed to here. It changed my life, the way that I think about things. I don’t need another this or that. But then it creeps up on you, and you forget. Then I go back there and think I don’t need all this stuff I have in my life, I don’t need this to live. They don’t have much in their homes, just enough to get by.

The greatest honor I’ve had in my whole life – if someone gave me a million dollars, it wouldn’t honor me as much. Before I left one time, the woman who used to be my maid and is now one of the HIV Medics, she wanted me to meet her mother and her children. We went all around through the bush and finally we got

to these two little grass huts. Her mother comes out with a live chicken to give to me. “Thank you, I can’t take a chicken on the plane, but thank you.” I had left her some things I wasn’t going to take back to the United States, she said “I want to show you what I did with all the things you gave me.” So she showed me her little hut. Mostly people just have a mat on the floor, and some pots and pans. She had the blowup bed that I had, the little table and chairs that I had, some camping chairs that we’d sit on by the fire. I was so pleased for her because she was so proud. But when I turned to leave, to walk out the door, right on the wall, there was a picture of me. I couldn’t believe it. You would see it when you were leaving, but you wouldn’t necessarily see it when you were walking in. I said “You have a picture of me on your wall.” She said “Oh yes, you’re my mother and you’ve helped me so much.” I didn’t even know that she’d had a picture taken of me, but she did and it was up on her wall. So here’s a picture of me in a hut in the middle of rural Zambia. It was just so touching, I cried, I was so honored.

Because they are still so close to the earth, everything in their life is about farming, fishing, cutting down trees for firewood. Their life is really close to the earth. Our lives are so far away from it. We’re always looking at some screen, I feel like people don’t even talk to each other anymore. I miss that. I miss that community, people sitting around and talking and sharing in a different way. But it’s hard to live there, I lived there for three months, it was very difficult, but I got used to it. Then when I came home, I felt overwhelmed by everything.

When I go back, I go back for just about a month at a time, and go around to

the different clinics. Like I’ll start in Uganda, and I do update training for the people I trained, and hear about their work. And now they are presenting to me, with their data. These are community people, but after all these years, they’re writing abstracts, which is amazing. I feel so proud of them, I can’t even believe it. They’re having a good life, and surviving. A lot of them were infected themselves.

It took so long for the ministry of health of any country to accept our program because they wanted it to be in a university setting, or a college setting, they wanted it not to be three months but a year. What we were doing was responding to an emergency. With 40 million people infected, you’ve got to get people on the ground right away. So that was the idea of three months of training and then you’re in the field doing the work and helping the doctors see if they can get more people in treatment. Countries wouldn’t accept that at first. AHF was very small then, so we didn’t have a lot of clinics for graduates of the program to be hired into. We didn’t think it was reasonable to train all these people who then wouldn’t have a job.

Now, since 2013, the ministry of health of Zambia has approved the curriculum that I developed and are now certifying these people for the first time. I’m so excited about it. I don’t have to train people anymore, all I have to do is train trainers, then they do all the training. That’s a breakthrough in one country. Now Sierra Leone wants to look at it. Nigeria wants me to go and train nurses. Nurses can prescribe the anti-retroviral treatment now in some counties. In South Africa nurses can treat, and also in Nigeria. So they wanted me to go there, and spend some time training them. So finally, it’s taking off.

Hoegge’s Loop

Looking at the likelihood of rain on Nov. 26, Gail and Amanda decided to shorten the planned Mount Zion hike from

Chantry Flat to a shorter loop through Hoegge’s Camp. The biggest challenge of the hike was probably the tight parking at Chantry Flat, where the lot fills up early most days. Some of us arrived enough

ahead of time to have breakfast at the picnic tables or take a pre-hike nap.

The hike was a pleasant opportunity to catch up with friends on the trail. And we did return to the trailhead still in sunshine.



Photo Contest

(Continued from page 1)



Voting carefully at the holiday party

① All-Around Favorite and Landscape & Scenery Fav.

Mike Brostoff. (front page)
A rainbow near Takoja Institute, north of Taos, New Mexico, the base for the July, 2016 New Mexico trip.

Favorite Runners Up

- ② **Jeff Johnson.** On the Dec. 27 Zuma Ridge Loop, descending toward the Pacific. Ocean
- ③ **Heather McNaught.** Summer lightning during the July 2016 New Mexico trip.
- ④ **Susan Campo.** At the BAPS Shri Swaminarayan Mandir in Chino Hills, visited on May 22.

⑤ Fauna Favorite

Heather McNaught. An antelope seen close up on the July 2016 New Mexico trip.

⑥ Flora Favorite

Susan Campo. A white thistle seen while hiking during the Memorial Day weekend Telescope Peak trip.

⑦ Humor Favorite

Susan Campo. The rear view of peacock displaying at the L.A. Arboretum on March 13.

⑧ GLS People Favorite

Susan Campo. Mike Brostoff and the kringle that he brought to share with everyone on the Memorial Day weekend Telescope Peak trip.

⑨ On The Trail Favorite

Heather McNaught. Carol looking for footing on a steep dune at Great Sand Dunes National Park during the July 2016 New Mexico trip.

⑩ In Camp Favorite

Susan Campo. After a cold and snowy night in camp on the Memorial Day weekend Telescope Peak trip.

⑪ Group Shot Favorite

Alan Schimpff. GLS women in Grace and Mary's garage during the 2015 GLS holiday party.



②



③



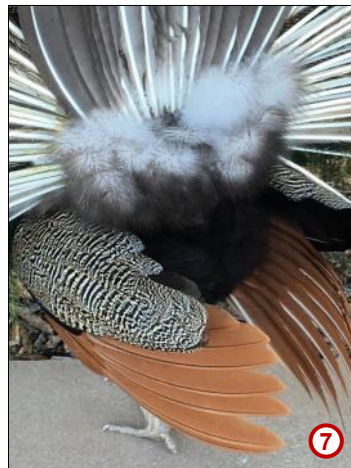
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Conservation Notes

By Tom Molloy

“A Historic Commitment to Protecting the Environment and Addressing the Impacts of Climate Change”

As we brace ourselves for what looks to be the worst administration in history, relating to issues of environmental integrity, respect for wilderness and wildlife, and for scientific enquiry, we should comfort ourselves with remembering the last eight years of quite the opposite.

President Obama will likely be remembered as the biggest champion of the global and national environment, with his seminal decisions supported by the scientific method. Much of what he preserved and changed, has national and global implications, but quite a lot is in our back yard, with huge preservation of our

deserts and local mountains. Please take to time to bathe yourself in his stellar environmental accomplishments.

The page will be taken down in mid-January (if not sooner by hackers): *A Historic Commitment to Protecting the Environment and Addressing the Impacts of Climate Change* (www.whitehouse.gov/the-record/climate)

Wildlife Overpass on the 101 Freeway

The purchase of 71 acre Chesebro Meadow in Agoura not only preserves vanishing rare Santa Mountain Mountains Meadow habitat from previously proposed urban development, (homes, jail, schools in name a few planned uses), but now paves the way for the desperately needed wildlife overpass to provide safe passage for wildlife to cross the 101 Freeway.

The recent deaths of more mountain lions crossing freeways and highways in the Santa Monica Mtns. and Simi Hills in their search for undeveloped habitat shows

the critical need. Although it's only one spot in a hundreds of mile long stretch which few animals will find, at least it is something and hopefully will preserve the gene pool with lions crossing in both directions. That is the last hope to avoid their extinction in the coming decades. In August, researchers at the National Park Service, UCLA, UC Davis, and Utah State University released a report saying that there's a 98% chance that the lions will go extinct if they're not given a chance to roam outside of the Santa Monica Mountains.

Towards the 7 million land acquisition of the meadow, the Santa Monica Mountains Conservancy will be contributing \$2.55 million, and the Los Angeles County will pay an extra \$1.1 million. State funds will come from Proposition 50, a \$3.4 billion bond measure that was passed by voters in 2002 to pay for natural resources. The wildlife crossing will be the largest in the world. The estimated \$33 million to \$38 million wildlife bridge will be privately funded .

Inspiration Point via Echo Mountain

Here are pictures taken by Susan on the hike up to Inspiration Point on Sat. Dec. 10, led by Mary Pickert and Gail Wise.



Susan Campo

Rain was forecast for the afternoon. Getting an early start, the hikers reached the viewing platform with the famous viewing tubes and had a beautiful view over cloud-covered Los Angeles.

The rain that all L.A. was waiting for did come, but only after the hikers were back down dry and on their way home.



Susan Campo

GLS Holiday Party

(Continued from page 1)

Alan was on the Management Committee several years ago, when he was particularly active in helping to build up the group's financial cushion. Alan has been a rated hike leader for many years. Alan and Tom Molloy live in Malibu.

Tammie Barta was re-elected to



continue on the committee for second term. Tammie has been managing glstracks.org, maintains our subscriber database, and is a rated hike leader. Tammie and Kyla live in Temple City, and have hosted GLS outings in Big Bear.

Jen and Tim Vo will continue on the committee for another year.

SK said goodbye from Port Townsend, WA, where she and Barb moved this year. SK has been a reliable and steady management presence as Treasurer for many years. We will miss her and Barb.

Awards

This year, Dora was the only leader to get a Kathy Brizzard 100 Hikes Award, having now led more than 300 hikes for GLS. You may have noticed that Dora has been leading more hikes recently than any

other GLS leader, including Wednesday evenings in Griffith Park.

Sierran of the Year was awarded to Jeff Johnson this year. Jeff has been a leader for many years, continues to organize the monthly Signal Hill walk, and has been doing the newsletter since 2004, with no apparent end in sight.



Outings & Events

January

January 14, Saturday
O: Potluck + Game Night
Nancy Beverly, Devorah Servi

And now for some indoor fun for you single gal hikers: potluck and game night! Bring a yummy dish and/or delightful beverage to share (we'll provide plates, cups, utensils and water) and games if you have them – and we're devising some get-to-know-you games, too. Gathering time is 5 p.m., ending time is when our sides hurt from too much laughter :). The event is at a private residence in the Miracle Mile mid-city area of L.A. and space is limited – you must RSVP to attend (no later than January 11), at which point the address will be sent to you. Contact Nancy, nancybeverly at sbcglobal.net with questions/RSVP. Game on!

January 15, Sunday
O: Devil's Punchbowl to Devil's Chair & Optional Ranger's San Andreas Fault Tour
Gina Masequesmay, Susan Campo

Tucked north of the San Gabriel Mountains, this is a beautiful desert mountain hike with an array of flora, trees and rock formations that you could further explore at the Nature Center. Created by two faults, the Devil's Punchbowl area provides fascinating geological edification. Join us on a 3.25 miles to the Devil's Chair for a panoramic view of jutting rocks. Elevation begins at 4758 ft., peaks at 5310 ft., then descends us to the Devil's Chair at 4935 ft. We will enjoy the scenery and

snacks before we hike back 3.25 mile to the Nature Center for a picnic lunch. Please bring lunch, 2 L of water and snacks. After lunch, you have the option of staying for the 1 o'clock tour of the San Andreas Fault led by a ranger there. There is water and a restroom at the Visitor's Center. There is no water and no restroom on the trail. Lug sole shoes, layers clothing, hat, sunglasses, sunscreen, gloves and trekking poles would also be useful for you. Temperature expected to be 40s to 50s. If you have questions, please contact Gina. If there is heavy rain or snow (not sprinkles), the hike will be canceled. Carpooling is encouraged to save gas and prevent getting lost when you have an extra navigator.

Meet before 8:15 AM outside the Visitor's Center. After sign-in and orientation, we will begin the hike at 8:15 AM. Expect to be back by noon. Trailhead address: 28000 Devil's Punchbowl Rd., Pearblossom, CA 93553. Nature Center coordinates: N34° 24.839' W117° 51.497'. To carpool: Meet at Newhall Ride and Share 7: 00 AM at Newhall Ave. and Wager Road. Take Newhall Ave. Exit from Hwy 14 North). Gina's Google number is 818.835.1059. Gina's email: masequesmay.gina@yahoo.com.

January 28, Saturday
Mt. Lukens via Haines Canyon in Tujunga
O: Amanda Smith / Gail Wise

This is a moderate-to-strenuous 10+ mile loop hike to Mt. Lukens (aka Sister Elsie Peak), the tallest peak inside the LA city limits. We'll take the less traveled route up Haines Canyon Mountain Way, join the Sister Elsie trail for a bit, then take the

"shortcut" climb up the Old Mt. Lukens trail, to connect with the Rim of the Valley Trail to the summit. While this is not the steepest route to this summit, it is still a very challenging uphill climb, with over 3,000 feet of elevation gain in under 4.5 miles. We'll come back along the Rim of the Valley trail all the way. The first 3 miles will be in a fairly shady canyon, but the majority of the hike will be exposed as we climb through chaparral to the peak and come back down the south face of the mountain. We will visit the summit briefly to check out the multiple radio/TV transmitter towers, then have our lunch (away from the transmitters) at the Pigpen cistern. The views from this mountain are spectacular in every direction and well worth the effort. Please note, there can be a considerable temperature variations between the trailhead (1,928') and summit (5,066') -- with chilly temps and sometimes snow on top in winter months.

This will be a moderately paced hike, estimated length is 6-7 hours, not including drive time. Bring the 10-essentials, plenty of water, lug soles, clothing layers suitable to the varying temps, gloves, hat, sunscreen, sunglasses, lunch, and snacks. Well-behaved dogs on-leash are permitted, however, please ensure your canine companions are also prepared for possible cold temps at the summit, etc.

To access the trailhead from the 210 Freeway in Tujunga, exit Lowell Street and go north until the road ends. Turn left on Day Street, then right onto Haines Canyon Avenue, and continue towards the end of the road. Haines Canyon Ave ends at the first gate (which may or may not be

(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

closed), and becomes a private road above the gate. If you reach the fenced catch basin on the right, you've gone too far. Parking is restricted above address number 10430 -- about a block south of the yellow Dead End/No Hunting sign. Heed all parking signs and please be respectful that you are parking in a quiet neighborhood.

Meet at 8 AM at the yellow "Dead End/No Hunting Sign" near the end of Haines Canyon Avenue ready to hike.

Contact: amandajillsmith@gmail.com / 323-646-0771

February

February 5, Sunday

O: Lower & Upper Canyonback Trails, Santa Monica Mountains Anna Baum, Mary Pickert

Lower Canyonback Trail crosses Canyonback Ridge and offers spectacular views of West Los Angeles, Santa Monica Bay, the skyscrapers in Century City, the skyline of downtown Los Angeles, neighboring ridges and the Getty Museum. We'll hike from the top of Kenter Avenue along ridges and briefly through Mountain Gate Country Club Estates, then onto Upper Canyonback Trail to Mulholland Drive. We'll return the same route. There is both a wide fire road and a narrow single-track running along Canyonback Ridge; we'll take the wider, gradual road for the most part, with a few diversions on the steeper single-track for views and a rest spot with swing hung from a Live Oak. 8 miles round-trip, mild to strenuous in parts, approx. 1000' gain/loss. To get to the trailhead: From Sunset Boulevard 1.5 miles west of the 405, turn north on Kenter Ave. Drive 2.1 miles up the ridge and park along the street in front of the gate. Trailhead address: 1567 North Kenter Avenue, Los Angeles, CA 90049. Trailhead coordinates: 34.081754, -118.494577 (34° 04' 54.31"N 118° 29' 40.47"W). Wear sturdy shoes, bring at least two quarts water, 10 essentials, lunch, snacks, sunscreen. Heavy rain cancels. Hike begins 9 a.m.

February 11, Saturday

O: Westridge Sunset / Full Moon Hike Anna Baum, Nancy Beverly

Join us for a sunset / full moon hike in the Santa Monica Mountains. We'll meet at 5:00 p.m. at the top of paved Westridge where the fire road of the same name begins. This is an easy to moderate 7.4 mile out 'n' back hike with some modest hills along the way (the first two miles are uphill, but it's gradual). Bring lugsole boots, water, dinner and layers for the night chill. There is a little park at the turnaround spot - which has picnic tables, a restroom

and a water fountain (none of those are at the trail head). The sun sets at 5:34, the moon rises at 6:35, so we'll have light at the start, but it'll be dark on part of the journey. As with Griffith Park, which we hike in darkness much of the year, we're on a wide fire road and the bounce from the city lights should be enough to illuminate the way until the moon does its thing.

Bring a light for emergency purposes if you like but we won't turn them on otherwise. Directions: go west on Sunset Blvd. from the 405. At the light at Mandeville Canyon Rd., turn right. At the first stop sign (Mandeville Lane is on the right), roll forward a few feet to Westridge and turn left. Stay on Westridge all the way to the top -- ignore the many turn offs along the very steep way including the one to Banyon (the hike isn't nearly as steep as the drive up!). Park on paved Westridge, the little dirt lot at the top is a bit tight on space. Rain cancels. Questions? Contact Nancy, nancybeverly at sbcglobal.net.

February 18, Saturday

O: Bedford Peak Jeff Johnson, Laura Rainey

Bedford Peak is in the central Santa Ana Mountains, 3800 ft. elevation. Our very moderately-paced hike will be 7 mi. RT, 2000 foot gain and loss, on old fire road now closed to traffic. From the ridges that we will climb to, views north to the San Gabriel, San Bernardino, and San Jacinto mountain ranges, often under winter snow in February. Our route is low enough that it is rarely snowy. Geological information about this historic mining district from Laura Rainey. Possible moderate paved stream crossing to reach the trailhead. Meet 9 AM at the end of Silverado Canyon Road, at the locked gate. If the gate is open, you can drive 200 yards further, cross the stream, trailhead parking just beyond the stream on the left, Adventure Pass required for parking. Bring water, lunch, layers for weather possibilities, trail footwear. You must contact Jeff before the outing -- weather conditions may lead to a last-minute diversion to an alternate trailhead. Carpooling possible from Long Beach rideshare. Questions? Call Jeff, 562-434-8473.

February 26, Sunday

O: Strawberry Peak (6164') from Red Box (4640') Dora Olea, Diane Zaepfel

Highest of all summits of the front range of San Gabriels is Strawberry

Peak, a lump-shaped mass of granite boulders rising 6164' above sea level. With slopes tapering precipitously on all sides, it is easy to get that top-of-the-world feeling. The peak was labeled by wags at Switzer's Camp back in the 1880s, who fancied a resemblance to a strawberry standing on its stem. This delightful trail trip will take us over the mountains from Red Box to Strawberry Meadow - three small meadows close below the great north cliff of Strawberry Peak. After reaching a saddle, the trail serpentine its way along the mountainside; and we, then, start our steep scramble up to the summit. This moderate hike is around 8 miles rt. with 1400' elevation/loss gain. Dogs welcome on a leash. Must bring 2 liters of water, lug soles, sunscreen, your lunch, hiking poles, hat, sunglasses and dress in layers. Adventure Pass is required on your parked vehicle. Willing to drive or ride for carpooling. Meet at La Canada rideshare point at 7:45 am and ready to take off at 8:00 am. Rain or snow cancels. Questions to leader Dora at chamacasister@gamail.com.

Future Outings

March 5, Sunday

O: O'Melveny Park to Mission Point Dora Olea, Jeff Johnson

The second-largest park in L.A. County, second only to the expanses of Griffith Park on the opposite site of the Valley, offers the best view of the San Fernando Valley. We will take a stroll along citrus groves, grassy fields, and a riparian canyon in this tranquil park situated in Granada Hills. The first 0.9 mile explores the initial section of the well-maintained lawns shaded by oaks and eucalyptus trees extended over a quarter mile into Bee Canyon Trail. For a better view of the Valley and a good workout we will hike up the challenging Mission Point



On the Hoegee's Loop hike, returning to Chantry Flat.
Photo Jeff Johnson

Outings and Events

Trail that climbs over 1,000 ft. in 1.5 miles. A moderate pace hike with approx. 4 miles round trip. 1,400 ft. elev. gain/loss. Short car shuttle. Bathrooms and water at the trailhead. K-9 welcome. Bring water, lug soles, sunscreen, and your lunch. Meet 9 a.m. From CA 118, exit at Balboa Blvd. and head north 2.3 miles to Sesnon Blvd. Make a left on Sesnon, following it for just over 0.5 miles to the entrance of O'Melveny Park on the right. Free parking, carpooling is recommended. Rain cancels. Questions to leader Dora at chamacasister@gmail.com.

March 10-12, Friday – Sunday
O: Backpack: Warren Peak (5,103') + Panorama Loop (5,023'), Joshua Tree National Park
Dora Olea, Jeff Johnson

At 5,103 feet, Warren Peak is the 10th highest peak in JNP. This backpack is for well-conditioned beginners and above hikers. Join us on this moderate "welcoming Pre-Spring Backpack" to the western portion of Joshua Tree National Park. This trip will cover approximately 8 miles and about 1,149' of gain/loss over Sat. and Sun. On Friday, we will sleep at specific campground (optional). On Saturday, we will pack in about 2.5 miles and set up the camp in the middle of nowhere and then on to Warren Peak (5,103') for possible views of Little San Bernardino Mountains, Eureka Peak (5,518'), San Jacinto Mt. (10,834') of JTNP, and return to camp. On Sunday, we will hike Panorama Loop in 2.8 miles, which offers fantastic 360-degree views, including (on clear days) views of the Salton Sea to the southeast and return to break camp and hike back to the cars. Most hiking routes will be on dry sandy streambeds. This time, there isn't stashed water, so every participant MUST carry their own water for Sat. and Sun. Interested participants must provide a hiking resume by February 28 or early for consideration. Optional Mexican Feast on Sunday. Space is limited. For more info\cost\ and RSVP, contact leader Dora at chamacasister@gmail.com.

April 15, Saturday
Introductory LTC Seminar for Prospective Angeles Chapter Leaders
Eaton Canyon Nature Center, Altadena, California

Take that first step and become a Leader! Offered just twice a year, the next Sierra Club Angeles Chapter's Leadership Training Seminar is scheduled for Saturday, April 15, 2017. Learn about the best leadership practices in our outings program. This all-day event covers group management, our ratings system, rules of

conduct, safety and much more, from presentations, breakout groups and scenarios. Time: Arrive at 7:30 a.m., done by 4 p.m. Address: 1750 N Altadena Dr., Pasadena. Register by April 1. Information to apply at: http://angeles.sierraclub.org/ltc_leadership_seminar.

April 23, Sunday
O: Mt. Lowe (5603')
Dora Olea, Nancy Beverly

Join us for a hike up Mt. Lowe once known as "Railway to the Sky," Los Angeles' first funicular. Only a few foundations exist today! A moderate paced hike. We will pass a beautiful waterfall in the distance, nice trees and views of the city. Gain/loss 3,798 ft. in 13 miles RT. From the summit we will see Mt. Markham, Brown Mountain, Mt. Disappointment and San Gabriel Peak. Dogs welcome on a leash. Must bring Adventure Pass, 2 liters of water, lug soles, sunscreen, and your lunch. Meet at 8:45 a.m. in the Millard campground parking lot. We will take off at 9:00 a.m. sharp. Directions: from the 210 East exit on Lincoln Av. Head north 1.9 miles. Turn right on W. Loma Alta Dr., make a left on Chaney Trail (flashing red light) 1.5 miles to the parking lot. Rain Cancels. Questions to leader Dora at chamacasister@gmail.com.

September 3 - 9, Sunday - Saturday
O: New Mexico: North of Taos
Mike Brostoff, Grace Hengst

Spend a week in Northern New Mexico at Takoja Institute. Nestled on 40 acres, 28 miles north of Taos, the Takoja Institute is surrounded by tall mountains and wide expanses of sage and cedar. There are many activities to suit everyone from exploring unlimited hiking trails and mountains, (including Wheeler Peak, the highest mountain in New Mexico standing at over 13,000 feet) to Taos with its pueblo and diverse artist scene. The mountains offer much more wildlife viewing than we are accustomed to in California. Bighorn sheep, black bears, and marmots are common, with an occasional mountain lion or porcupine sighting for the off trail adventurer, and don't forget, the coyotes will sing you to sleep every star-filled night. There will be a few group activities, but most of the week is left free to spend the time as you wish.

You have your option of camping on the property or staying in the two adobe domes complete with kitchen, bathrooms and showers. They've added authentic New Mexico cuisine to complement the full buffet breakfasts served every day. In addition, there are three complete evening dinners and one supper of gourmet leftovers. Price for the trip varies

depending on the accommodations you choose:

Dome: Two person loft with private bathroom: \$410 (per person)
Dome: Communal sleeping area: \$375
Camping: \$325

Since the acoustics of the domes can generate a lot of noise, we are encouraging people to camp. Campers will have access to the bathrooms and showers. Please send check payable to GLS, phone number, address and email address to Mike Brostoff 11220 Moorpark #110 North Hollywood, 91602. If interested in the loft, please contact Mike first to check for availability. The trip is open to 15 people.

Outside Outings and Events

The following events are not administered by the Angeles Chapter of the Sierra Club, which takes no responsibility and makes no representations or warranties about the quality, safety, supervision or management of the events. This event is published here as a reader service because it may be of interest to recipients of this publication.

Women's March LA - downtown LA, Pershing Square to City Hall
January 21, Saturday, 9am - 4pm

Your GLS friends will be there and hope you will too! Details at <http://womensmarchla.org/>. The Women's March is a national movement to unify and empower everyone who stands for human rights, civil liberties, and social justice for all. We march to support and inspire each other and the nation to celebrate, honor and protect our diversity, freedom and human rights. We gather in community to find healing and strength through civility, and compassion. This is a non-partisan march. We welcome all people to join us as we unite locally and nationally, on January 21, 2017, to stand together in justice, respect and inclusion for all.

First Aid Classes
MPRD Ranger Station, Frazier Park
Jan 15, 22, and 29th

Happy New Year GLS! This is Beth Pfeiler from United Trail Maintainers of California next door at Mt. Pinos Ranger District, Los Padres. I wanted to invite GLS to First Aid/CPR classes that are **free** in Frazier Park at the MPRD ranger station located on Lockwood Valley Road. The dates are Jan 15th, 22nd, 29th. They are one day classes and they include Blood-Borne Pathogens. Each participant receives a card and the training includes AED. They are also good for those who participate in hikes and events with groups on the forest. Contact me at bglidergirl@aol.com for sign-ups. Thanks, Beth.

January and February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JAN 1	2	3	4 Griffith Park Mike, Amanda	5	6	7
8	9	10	11 Griffith Park Dora, Mike	12 full moon 	13	14 Single Gals Potluck and Game Night Nancy, Devorah
15 Devil's Punchbowl Gina, Susan	16	17	18 Griffith Park Jan, Dora	19	20	21
22	23	24	25 Griffith Park Gail, Dora Signal Hill	26	27	28 Mount Lukens Amanda, Gail
29	30	31	FEB 1 Griffith Park Anne, Dora	2	3	4
5 Canyonback Trails, Santa Monica Mtns Anna, Mary	6	7	8 Griffith Park Dora, Gail	9	10 full moon 	11 Westridge Sunset / Full Moon Hike Anna, Nancy
12	13	14	15 Griffith Park Nancy, Dora	16	17	18 Bedford Peak, Santa Ana Mtns Jeff J., Laura
19	20	21	22 Griffith Park Dora, Nancy Signal Hill	23	24	25
26 Strawberry Peak from Red Box Dora, Diane	27	28	MAR 1 Griffith Park TBA	2	3	4

GLS Leader Contact Information

Please call after 9 AM and before 9 PM

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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.



Coyote observing the speed limit in New Mexico. Photo Susan Campo

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.

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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#
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