



Newsletter

Newsletter of the Wilderness Training Committee

Ron Campbell Presents...

Gourmet Backpacking

www.WildernessTravelCourse.org
Vol 21, No. 1 / Winter 2010

WTC Newsletter

WTC Newsletter

2

Vol 21, No. 1 Winter 2010

WTC Officers

See page 8 for contact info

WTC

Chair

Jane Simpson

Long Beach

Area Chair

David Meltzer

Area Vice Chair

Kay Novotny

Area Trips

Mike Adams

Area Registrar

Joan Rosenburg

Orange County

Area Chair

Edd Ruskowitz

Area Vice Chair

Cheryl McMurray

WTC Outings Co-Chair and Area Trips

Tom McDonnell

Area Registrar

Wendy Miller

San Gabriel Valley

Area Chair

Bob Draney

Area Vice Chair

Steve Curry

Area Trips

Josh Hibbard

Area Registrar

James Matrens

West Los Angeles

Area Chair

Gerard Lewis

Area Vice Chair

Bob Myers

WTC Outings Co-Chair and Area Trips

Adrienne Benedict

Area Registrar

Ann Pedreschi Shields

Welcome to WTC!

Welcome to the world of WTC. You have made a decision to join a select group of people who have a unique relationship with our natural world. Most of the volunteers and students who make up the world of WTC will tell you that after experiencing the program, they never look at the world in quite the same way as they used to. Your old, comfortable cotton jeans and t-shirts will no longer be your hiking garb of choice. The phrase "waterproof boots" takes on a whole new meaning. Packing light becomes a religion. You will learn new limits to what your physical body can accomplish, and you may proceed past your mental "comfort zone" as well.

You will learn about "pocket rockets" and backpacker ovens. You will learn that you can pack light and eat well, too. You will learn the mysteries of snow camp - just how can you spend two nights in the Sierra in the winter without freezing, and where do you go when you need to go?

You will learn about the beauty and glory of a moonlit hike through the snow. You will learn kick-stepping, plunge stepping, and how to stay vertical on a pair of snowshoes. You will navigate across the desert, and learn how to "see" the features of the terrain in a topo map.

Most of all, we hope that you will come to agree that we all need to work hard to maintain our wilderness areas, that they are a National Treasure beyond measure, and that every American has a responsibility to keep the wilderness alive for the next generation to experience - perhaps through WTC.

Trips Liability Notice

Liability Waiver Notice: To participate in a Sierra Club outing, you will need to sign a liability waiver. To see a copy of this waiver prior to attending the outing, please see www.sierraclub.org/outings/chapter/forms, or contact the outings department at (415) 977-5528 for a printed version.

Transportation Notice: In the interests of facilitating the logistics of some outings, it is customary that the participants make voluntary carpooling arrangements. The Sierra Club does not have insurance for carpooling arrangements and assumes no liability for them. Carpooling, ridesharing or any similar arrangement is strictly a private arrangement among participants. Participants assume the risks associated with this travel.

California Sellers of Travel Disclaimer: CST 2087766-40. Registration as a seller of travel does not constitute approval by the State of California.

Headline Deadline

For publication in the Spring 2010 WTC Newsletter: Feb 15

For publication in the Summer 2010 WTC Newsletter: May 15

These are the last days for trips to be submitted to the WTC Outings Chair. Provisional trips and leaders should already have an LTC review. Restricted trips should prepare a Mountaineering Application.

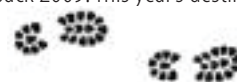
For publication in the 314 Angeles Chapter Schedule (Jul 5 - Oct 31): Mar 9

For publication in the 315 Angeles Chapter Schedule (Nov 5 - Feb 28): Jul 9

These are the last days for trips to be submitted to the WTC Outings Chair. Provisional trips and leaders should already have an LTC review. Restricted trips should prepare a Mountaineering Application.

On The Cover

Ron Campbell leads a group of intrepid adventurers on Decadent Wilderness Weekend VII, also known as Gourmey Backpack 2009. This year's destination? Cliff Lake.



The WTC newsletter is published quarterly for students and staff of the Wilderness Training Committee and is distributed at class sites. It is also available in color on the WTC website: <http://www.wildernesstravelcourse.org/> as a download in PDF format. All questions, copy and photo submissions should be directed to Kay Novotny, WTC Newsletter Editor, at knovotny27@gmail.com or (562) 860 - 4078.

WTC Info Line: (310) 967 - 2029

Wilderness Gourmet 2009

Living the high life at 9,000 feet - submitted by Ron Campbell (continued on page 10)

In the Sierra, you can test the limits of human endurance, stare death in the face, and overcome primal fears atop knife-edge ridges; or you can eat great food, drink good wine and still make it inside your tent before a torrential downpour. It was an easy choice for the 10 participants in Decadent Wilderness Weekend VII, aka the Gourmet Backpack.

Our summer 2009 locale was Cliff Lake, five miles by trail from Courtright Reservoir on the west side of the Central Sierra. This region gets little attention from Southern California climbers, although there are several worthy summits. The long hot drive through the San Joaquin Valley, past the fabled scenic delights of Bakersfield, might explain the lack of interest. We gathered at 8:30 a.m. Saturday at the trailhead just north of the Trapper Springs Campground and moseyed up the mountain to Cliff Lake, arriving just in time for lunch. We had planned a Sunday climb of Three Sisters, which is on the SPS list, and Dogtooth Peak. But after taking a long look at the dark clouds, co-leader Ed Cottone and I decided to make a quick dash to Dogtooth.

From the east shore of Cliff Lake, a trail heads northeast to a saddle at 9,900 feet overlooking the Dinkey Lakes. Before reaching the saddle we left the trail, veering north-northeast toward Point 10,179 on the map. Five years ago, when I brought my sons here on a backpack, my younger boy named this hill "Crystal Peak" for the extraordinary profusion of colorful quartzite rocks.

From Crystal Peak it's an easy hike to the western face of Dogtooth. As the slope gets steeper, you traverse left, up a series of boulders. Near the base of the main peak, duck under a tree and cut right into a gap separating the true peak from another "tooth." The main Dogtooth is an easy class 3 scramble, no more than 60 feet high. But because of the exposure, helmets are a good idea. We spent little time on top. Clouds covered most of the nearby peaks, though I think I caught a glimpse of Goddard.



Outings

To reserve your place on an outing, follow the instructions listed in the trip description and provide all the information requested by the leader. If a SASE (self-addressed, stamped envelope) is requested, send a 9.5 x 4 inch envelope along with your information. Typically requested information includes name, address, home & work phone numbers, WTC leader's name, the name and date of the outing you wish to join, and your experience and physical conditioning. You may be placed on a waiting list if the number of persons interested in the trip is large. If you change your plans, it is very important that you contact the leaders to let them know your revised plans, even if you are on the waiting list.

Please see the Outings Leader Directory on page 8 for contact information.



Trips which qualify as WTC experience trips are identified by a backpack logo.



Training opportunities are identified by a book. WTC students should find many of these trips within their abilities. Snow travel training will require prior experience.



Outings of interest will be identified by binoculars. These do not qualify as WTC experience trips, but they are very interesting.



Last, but not least, the gnarly trips are identified by an ice-axe and crampons. These are technically challenging trips - typically not suited to WTC students. Strong WTC students with prior mountaineering experience may qualify.

December

Dec 19/Sat



0/Rocky Peak (2714')

Energetically paced 5 miles round trip, 1100' gain to the third highest peak in the Santa Susana Mountains. Rocky Peak straddles the Los Angeles and Ventura Counties with views of the San Fernando and Simi Valleys. Enjoy a healthy workout and some fresh air (above the smogline) just in time for the holidays. At the top you can have one foot in Los Angeles and the other in Ventura County. Meet at 9am at the trailhead just North of 118 freeway off Rocky Peak Exit. Park on South side of freeway and walk across bridge to trailhead. Bring 1 liter of water, snack, lugsoles, hat, sunscreen, sunglasses. Dress for the weather. Heavy rain cancels. Ldr: Eli Kashman (ekashman@gmail.com), Asst: Gerard Lewis.

WTC

January

Jan 2/Sat



0/Chumash Trail (2450')

Start the New Year off right with a pleasant hike in the Santa Susana Mountains, 5 miles round trip, 1100 feet gain on a trail with great vistas and sandstone formations. There are several spectacular vistas where you can look out over the city of Simi Valley and on a clear day you can even see the Channel Islands. It's not unusual to see hawks circling above and even a deer once in a great while. Seasonal streams run through the park, and after a good rain, waterfalls cascade down the canyons. Meet at 9:00 am at the trailhead. From Highway 118/Simi Valley Freeway in Simi Valley, exit on Yosemite Avenue. Drive 0.4 miles north to Flanagan Drive and turn right. Continue 0.8 miles to the trailhead at the end of the road. Bring 1 liter of water, snack, lugsoles, hat, sunscreen, sunglasses. Dress for the weather. Heavy rain cancels. Ldr: Wende Berke (Wende793@aol.com, 310-277-6636). Asst: Gerard Lewis.

WTC

Jan 9/Sat



LTC, WTC, Hundred Peaks, Desert Peaks, Sierra Peaks I/Warren Pt (5103')

Practice navigation for Sundays checkoff on this 6 mile rt, 1300' gain hike in the pinyon pine and juniper region. We will take a cross-country route to Warren Pt and practice micro-navigation skills along the way. Send email (preferred) or sase, with contact info & recent conditioning to Ldr: Robert Myers. Co-Ldrs: Adrienne Benedict, Ann Pedreschi Shields, Jane Simpson.

January continued

Jan 10/Sun



LTC, WTC, Hundred Peaks, Desert Peaks, Sierra Peaks I/Warren Pt Navigation

Navigation noodle for either checkout or practice to satisfy the Basic (I/M) or Advanced (E) level navigation requirements. To participate, send email/sase, contact info, navigation experience/training, any WTC, leader rating, rideshare, to Ldr: Robert Myers. Asst: Harry Freimanis

Jan 16-17/Sat-Sun



Desert Peaks, WTC MR/Eagle Mtn #2 (3806'), Smith Mtn (5913'), Corkscrew Pk (5804')

Climb striking Eagle Mtn. #2 east of Death Valley via a non-standard route involving additional class 3 climbing fun, 3 mi rt, 1800' gain. Afterward end the day on nearby Smith Mtn, 6 mi, 2500' gain, and then we'll car camp nearby in order to do Corkscrew, 7 mi rt, 3300' gain, Sun morning. Helmets, experience with exposed class 3 rock, medical form required. Send climbing resume, Sierra Club number, and contact information to Ldr: Matthew Hengst (mhengst@hotmail.com). Co-Ldr: Kathy Rich.

Jan 23/Sat



0/Sitton Pk (3,273')

Leisurely paced 10 mi rt, 1400' gain hike to Sitton Peak in the Santa Ana Mtns. Meet 8 A.M. at Parking lot next to Candy Store off Ortega Highway (for directions go to www.ortegaokas.com/store). 2010 WTC student's welcome and encouraged to attend. This is a good WTC pre-conditioning hike. Meet WTC leaders and ask questions about the WTC course. Bring water, hiking boots, 10 essentials, sunscreen, snack lunch, Adventure Pass, Rain Cancels. Leader: Bill Payne, Assistant: Matthew Hengst. Contact Bill Payne at leakycanoe@yahoo.com or 951-840-8786.

WTC

Jan 30/Sat



LTC, Sierra Peaks, Desert Peaks, Hundred Peaks M/E/Local Baldy Snow Practice

Come review snow climbing, rope travel, ice axe, and snow anchors. Practice your skills or brush up on new techniques. Especially for aspiring M & E leader candidates. Restricted to SC mbrs with prior experience with the ice axe. Lack of snow may cancel. Email SC#, climbing resume, email address, phone # to Ldr: Nile Sorenson Co-Ldr: Tina Bowman.

February

Feb 13/Sat



**LTC, Sierra Peaks, Desert Peaks, Hundred Peaks
M/E/Local Baldy Snow Practice**

Come review snow climbing, rope travel, ice axe, and snow anchors. Practice your skills or brush up on new techniques. Especially for aspiring M & E leader candidates. Restricted to SC mbrs with prior experience with the ice axe. Lack of snow may cancel. Email SC#, climbing resume, email address, phone # to Ldr: Nile Sorenson Co-Ldr: Doug Mantle.

Feb 27/Sat



NEW!

WTC

I/Carey's Castle

8 mi, 1300' gain. Join this desert adventure. Come walk through narrow canyons in search of an odd dwelling built under a boulder, moderate rock scrambles included. Bring lunch & 4 quarts of water. Heavy rain cancels. Send name, address, phone, rec exper and email to: Leader: Jose Mendez. Asst: Gary Novotny.

March

Mar 13/Sat



NEW!

Verdugo Hills, WTC

O/Brand Park Ridge Romp

Do Mt. Baldy without the drive and in sight of your car! Hike up and down steep ridges for a strenuous 10 mi, 4000' gain hike. Meet 7:00 am beside the Brand Library. Use I-5, exit Western, head east. When the road ends at the (now closed) Brand Park entrance, turn right and go to main entrance at Grandview. Park in the uppermost lot. Co-Ldrs: Garen Yegparian, Bruce Hale.

Mar 13-14/Sat-Sun



NEW!

WTC

I/Eagle Mtn # 1 (5320)

Join us for this Riverside County desert adventure. 10 mi rt, 2300' gain in the remote Eagle Wilderness in the Colorado Desert. We will start at Cottonwood Springs and first visit the Mastodon "Gold" Mine and then travel xc to our dry campsite at the base of the Eagle Mts; 3.5 mi, 700' gain to camp. From our camp, we will travel xc 2 mi, 1700' gain to summit the highest peak in the Eagle Mts. WTC or similar experience. Send email (preferred) or sase, with contact info & recent conditioning to Ldr: Monica Suva. Assistant: Robert Myers.

Mar 20/Sat



WTC

O/East Ridge Trail Loop – Caspers Wilderness Park

Moderately strenuous 7 mi, 500' gain loop hike to the Bell Canyon Trail. We will make our way down the Bell Canyon Trail into a nice oak woodland. Pace will be moderate with some stops to look at local wildflowers if requested. Meet at 9am at the East Ridge Trail trailhead within Caspers Wilderness Park. There is a small fee to park, so carpooling is encouraged. Bring water, a snack/lunch for the top, and entrance fee. Rain cancels. Ldr: Linda Robb. Asst: Gwen Sharp.

Mar 20-21/Sat-Sun



NEW!

WTC

I/Cornell Peak (9750')

Snow camp in the San Jacinto area. We will be taking the tram up and camping in Tamarack campgrounds. Estimate 7.5 mi rt on snow, 1800' gain. Must have previous snow camp experience. Send email (preferred) or sase with contact info, recent conditioning to Ldr: Ron Rebensdorf. Co-Ldr Sarah Myers Rebensdorf.

March continued

Mar 26-28/Fri-Sun



**Natural Sciences, LTC, LB, WTC, Desert Peaks
O/Desert Ecology Workshop**

Explore important waterways on the borders of Mojave and Colorado Desert during spring wildflower season. Observe birds and other wildlife, flora, and human impact on the desert. Car camp at Whitewater Preserve near Palm Springs, Ridge hike Fri, canyon hikes Sat/Sun, potluck Sat, LTC credit available. \$30 to SC Natural Sciences Section w/ SC#, \$35 w/o. Details via E-mail or SASE. Send payment, conditioning, contact, and carpool information to Ldr: Sharon Moore. Asst Ldr/ Naturalists Sherry Ross and Ginny Heringer, Asst Ldrs: Mei Kwan and Margot Lowe.

Mar 27/Sat



LTC

Deadline for Leadership Training Seminar

Last day for receipt of application and payment by LTC. Register for Apr 10 seminar. Next seminar: Fall 2010. See ad in Chapter Schedule.

Mar 27-28/Sat-Sun



NEW!

WTC

M/Queen Valley

Enjoy Spring wildflowers on this backpacking trip in scenic Mojave Desert of Riverside County. We will take exploratory cross-country routes in the Queen Valley area, taking in a peak along the way. Route will include Class 3 rock scrambling; helmets required. 9 mi rt, 1000' gain. WTC or similar experience. Send email (preferred) or sase, with contact info & recent conditioning to Ldr: Robert Myers. Asst: Eric Scheidemantle.

April

Apr 10/Sat



LTC

Leadership Training Seminar

Become a qualified Sierra Club leader. For info, see LTC p. xx. Deadline for receipt of application and payment is Mar 19. No registration after this date or at door. Next seminar: Fall 2010. See ad in Chapter Schedule.

Apr 10/Sat



P VSB, Long Beach, Natural Science, WTC

I/Careys Castle

9 mi rt, 1400' gain. Moderately strenuous XC hike through sandy, rocky canyons to a miner's hidden home in the desert wilderness. Must be comfortable with boulder hopping. Rain postpones to 4/17. Send email or sase with phones, recent experience/conditioning to Ldr: Diane Wood. Asst. Ldr: Sharon Moore.

Apr 10-11/Sat-Sun



WTC, DPS

MR/Bridge Mtn (6995')

A hop across the Nevada border for a fun climb on fantastic Red Rock sandstone. Saturday, a late start and a short backpack to camp. Sunday, climb Bridge, then back to camp and out to cars. 12 mile total rt, 3100' gain. Must be comfortable on exposed third-class rock. Helmet and medical form required. Restricted to Sierra Club members. Send email with experience and conditioning to Ldr: Regge Bulman (r_bulman@fastmail.us). Asst Ldr: Eric Scheidemantle.

Apr 11/Sun



LTC, Sierra Peaks, Desert Peaks, WTC

E/M/Stoney Point Rock Workshop/Checkoff

This intermediate and advanced workshop is based on the rock requirements for M and E leadership. Checkoffs for M and E rock must be pre-arranged. It is a restricted trip; to participate you must be a member of the Sierra Club and have suitable rock climbing experience. Helmet and climbing gear required. Email or send climbing resume, completed medical form (2 copies—include SC# on form), address and phone to: Ldr: Ron Hudson. Co-Ldrs: Greg Mason, Pat McKusky.

WTC Newsletter

WTC Newsletter

6

Vol 21, No. 1 Winter 2010

April continued

Apr 17/Sat



NEW!

DPS, WTC

MR/Spectre Point (4400'), Dyadic Point (4360')

Climb these rugged peaks in the beautiful Coxcorn Mountains in Joshua Tree. From highway 62, we'll hike cross country up washes and class 2 rock to Spectre, and then class 3 rock to unlisted Dyadic Point; 16 miles r/t, 2,300 ft. gain. Expect a long day due to rugged terrain, though we should be rewarded with blooming wildflowers. Send SASE/Email with experience, conditioning, climbing resume, medical form, phone, and carpool information to Ldr: Joe Speigl (jspeigl1@yahoo.com), Co-Ldr: Kathy Rich.

Apr 17/Sat



Hundred Peaks, Palos Verdes - South Bay, WTC I/Deer Mtn. (5586') and Deep Creek Hot Springs (5' deep)

20th semi-annual Deep Creek HS hike/soak/swim with another shot at Deer Mtn. Moderately paced 17 mi, 5400' gain, mostly utilizing the PCT. Bring 10 essentials, lugs, (swim suit optional), and water tolerant shoes for creek crossing (could be high water – trekking poles recommended). High clearance vehicles desirable for dirt road driving. No beginners. Plan on spending full day – it's near Hesperia. Rain cancels. Send email (preferable – bholchin@cox.net) or SASE with carpool and recent conditioning info to Ldr: Barry Holchin. Co-Ldr: Wayne Vollaire.

Apr 17-18/Sat-Sun



LTC, WTC, Hundred Peaks, DPS, Sierra Peaks I/Indian Cove Navigation

Navigation noodle to satisfy the Basic (I/M) level navigation requirements. Sat for practice, skills refresher, altimeter, homework, campfire. Sun checkout. Send email/sase, contact info, navigation experience/training, any WTC, leader rating, rideshare, to Ldr: Robert Myers. Asst: Harry Freimanis.

Apr 17-18/Sat-Sun



Desert Peaks, WTC

I/Martinez Mtn (6,560+')

Enjoy desert scenery on this challenging point-to-point backpack featuring a peak in the Santa Rosa Wilderness near Palm Springs. Water will be scarce so be prepared to carry extra. Saturday: 11 miles, w/approx 3000' gain climbing Martinez Mtn. 3+ miles will be cross-country. Sunday: 14 mile hike out with car shuttle return. Send email, phone #s, conditioning, and recent backpacking experience, including comfort w/XC travel. Ldr: Dave Scobie, Asst: Beth Epstein.

Apr 24/Sat



Palos Verdes – South Bay, Hundred Peaks, WTC M/Strawberry Peak (6164')

Moderate 7 mi rt, 2500' gain. New route this year because of recent fires – more distance, less gain. Experience and comfort on class 3 rock required. If inclination and time permit, we'll also do Josephine Peak (5558'), adding 3 mi and 700' gain. Meet 9 am parking area at Angeles Crest/Angeles Forest junction (11 mi from La Canada). Bring good boots, something with "strawberries" to share on top. Rain cancels. Ldrs: Barry Holchin, Bob Beach.

Apr 24-25/Sat-Sun



LTC, WTC, Desert Peaks, Desert Committee I/Places We've Saved Navigation Noodle in Mojave National Preserve

Join us for our eighth annual journey through this jewel of the Mojave; preserved under the California Desert Protection Act, as a result of the efforts of Sierra Club activists and others. A basic to intermediate xc navigation day-hike workshop will be conducted out of the Mid Hills area in the pinyon and juniper forests at 5500' elevation. Potluck and social on Sat, and for those arriving early on Fri. Limited to 14 participants. Send email/sase to Ldr: Robert Myers. Co-Ldrs: Virgil Shields, Harry Freimanis.

April continued

Apr 24-25/Sat-Sun



LTC, Sierra Peaks, Desert Peaks

M/E/Sierra Snow Checkoff/Practice

For M & E candidates wanting to check off leadership ratings or others who wish to practice new techniques. Restricted to SC members with some prior basic training with the ice axe. Send SC#, climbing resume, email, H&W phones to Ldr: Nile Sorenson. Co-Ldr: Doug Mantle.

Apr 30-May 2/Fri-Sun



NEW!

WTC

I/Pear Lake (9500')

WTC Experience Trip: Snow shoe in beautiful Sequoia National Park from Wolverton to Pear Lake and enjoy stunning alpine lakes and rock formations. Fri hike 6 mi, 2250' gain to Pear Lake past Heather, Aster and Emerald Lakes. Sat leisure at camp with optional trip to meadows above Pear Lake. Sun pack out. Send email with experience and conditioning to Ldr: Eric Scheidemantle. Asst: Ron Rebensdorf.

May

May 8/Sat



LTC, WTC, Hundred Peaks

I/Beginning Navigation Clinic

Spend the day one-on-one with an instructor, learning/practicing map and compass in our local mountains. Beginners to rusty old-timers welcome, and practice is available at all skill levels. Not a checkout, but it will help you prepare. Many expert leaders will attend; many I-rated leaders started here in the past. 4 mi, 500' gain. Send SASE, phones, \$25 deposit (Sierra Club, refunded at trailhead) to Ldr: Diane Dunbar. Co-Ldr: Richard Boardman.

May 21-23/Fri-Sun



LTC, Harwood Lodge, WTC

C/Wilderness First Aid Course

Runs from 8 am Fri to 5:30 pm Sun. Fee includes lodging, meals and practice first aid kit. Proof of CPR within previous 4 years required to enroll. Fee \$205 with SC#/\$215 non-member (full refund through April 16). For application contact Ldr: Steve Schuster.

May 22-23/Sat-Sun



LTC, Sierra Peaks, Desert Peaks

M/E/Sierra Snow Checkoff/Practice

For M & E candidates wanting to check off leadership ratings or others who wish to practice new techniques. Restricted to SC members with some prior basic training with the ice axe. Send SC#, climbing resume, email, H&W phones to Ldr: Tina Bowman. Co-Ldr: Tom McDonnell.

June

Jun 5/Sat



NEW! Hundred Peaks

I/Grinnell Mtn (10,284'), Lake Pk (10,161')

Meet at Lost Creek Trailhead (6320'). 5.3 miles on trail to Grinnell Ridge (8132'), then cross-country up to peak. Optional side trip to Lake Peak before continuing down to Dry Lake (9065') and then out via trail. A moderately strenuous 15.5 miles with 4000-4400' gain. Send esase/sase (email preferred), recent conditioning, H/W phones to Ldr: Nick Hooper (hoops225@gmail.com). Asst: Eric Scheidemantle.

June 5/Sat



LTC, WTC, Hundred Peaks, Desert Peaks, Sierra Peaks I/Heart Bar Peak (8332')

Practice navigation for Sunday's checkoff on this 7 mile rt, 1400' gain hike. We will take a cross-country route to Heart Bar Pk and practice micro-navigation skills along the way. Send email (preferred) or sase, with contact info & recent conditioning to Ldr: Robert Myers. Co-Ldrs: Jane Simpson, Adrienne Benedict, Ann Pedreschi Shields

June continued

Jun 5-6/Sat-Sun

MR/Mt McAdie (13,799')



Sierra Peaks, WTC

An impressive and beautiful peak on the southern end of the Whitney zone, usually overlooked by the thousands heading to Mt. Whitney. Sat, hike up the main Mt Whitney trail to camp at Consultation Lake (5 mi, 3700'). Sun, climb snow and 3rd class rock via Arc Pass and McAdie's east side (2 mi, 2000'), then pack out. Trip restricted to Sierra Club members with experience on exposed third class rock at altitude. Helmets, ice axe, and crampons required. Send SASE/ESASE with experience, conditioning, climbing resume, medical form, phone, and carpool information to Ldr: Joe Speigl, Asst: Anne Marie Richardson.

Jun 6/Sun



LTC, WTC, Hundred Peaks, Desert Peaks, Sierra Peaks I/Grinnell Ridge Navigation

Navigation Noodle in San Bernardino National Forest for either checkout or practice to satisfy Basic (I/M) or Advanced (E) level navigation requirements. Send email/sase, contact info, navigation experience/training, any WTC, leader rating, rideshare, to Ldr: Robert Myers. Asst: Harry Freimanis.

Jun 12-13/Sat-Sun



WTC, Sierra Peaks, Palos Verdes – South Bay M/Sirretta Peak (9,977') and Taylor Dome (8,802')

Get some introductory M-level climbing in the Domeland Wilderness of the Southern Sierra. Sat backpack from Big Meadow to Sirretta Pass, 2.5 mi, 1700'. We'll pitch tents; then continue 1 mi, 500' gain to Sirretta Peak. Happy hour follows at camp. Sun pack out to cars, drive short distance to TD trailhead, then climb 5 mi rt and 1200' gain to Taylor Dome. Comfort on easy 3rd class required, WTC students welcome. Send esase (preferable — bholchin@cox.net) or 2 sase, recent experience and conditioning, carpool info to Ldr: Barry Holchin. Co Ldr: Eric Scheidemantle.

Jun 12-13/Sat-Sun



WTC

I/San Jacinto Pk (10,804'), Jean Pk (10,670'), Marion Mtn (10,320'), Newton Drury (10,172)

Let the Palm Springs Tram take you up to the trailhead. This will be a moderately strenuous but picturesque route. Traveling the trail to Round Valley we will set up tents and resupply with water. We will travel on trail towards Jacinto and head south off trail to Jean Peak. We will head towards Newton Drury and if time allows Marion Mt. After our cross country travels we will head up the trail to San Jacinto Peak. Sat 6.5 mi 3000' gain (1.25 miles xc). Sun 5.5 mi 1100' gain. Permit limits group size. This trip fulfills requirement for graduation from WTC. Send esase/sase (email preferred) & condition- ing to Ldr: Robert Gunn. Asst: Reggie Bulman.

August and beyond

Aug 1/Sun



LTC, WTC, Hundred Peaks, Desert Peaks, Sierra Peaks I/Mt. Pinos Navigation

Navigation noodle in Los Padres National Forest for either checkout or practice to satisfy Basic (I/M) or Advanced (E) level navigation requirements. Send email/sase, contact info, navigation experience/training, any WTC, leader rating, rideshare, to Ldr: Robert Myers. Asst: Kim Homan

August and beyond

Aug 13-15/Fri-Sun



NEW!

WTC

I/Big Pine Lakes, Palisades Glacier Area

Backpack to explore the upper reaches of Big Pine Creek Basin and the Palisade Glacier with great views of some of the Sierra's high peaks. We will camp near Third Lake along the North Fork of Big Pine Creek. From our camp, we will ascend to explore Sam Mack Meadow and the glacial lakes at the base of Palisade Glacier (12,200'). Substantial cross-country travel over Class 2 terrain, including the possible climb of an unnamed peak in the vicinity. 16 mi rt, 4100' gain. Send email (preferred) or sase, with contact info & recent conditioning and experience to Ldr: Robert Myers. Co-Ldr: Dwain Roque.

Aug 27-29/Fri-Sun



NEW!

WTC

I/Thousand Island Lake, Peak 10,344'

Friday backpack 8 mi, 2000' to camp at picturesque Thousand Island Lake in Ansel Adams Wilderness near Mammoth. Sat climb cross country, class 2 route to Peak 10,344', 6 mi rt, 800'. Sun pack out. Shuttle fee of \$7 from Mammoth Mountain to Agnew Meadows trailhead required. Send email (preferred) or sase, with contact info & recent conditioning to Ldr: Robert Myers. Co-Ldr: Sarah Myers Rebensdorf.

Sep 26/Sun



LTC, WTC, Hundred Peaks, Desert Peaks, Sierra Peaks I/Grinnell Ridge Navigation

Navigation Noodle in San Bernardino National Forest for either checkout or practice to satisfy Basic (I/M) or Advanced (E) level navigation requirements. Send email/sase, contact info, navigation experience/training, any WTC, leader rating, rideshare, to Ldr: Robert Myers. Asst: Harry Freimanis

Oct 9-10/Sat-Sun



NEW!

WTC

I/"Really Last Chance" Graduation Trip

Easy paced backpacking trip. We will take exploratory cross-country routes in the Queen Valley area, taking in a peak along the way. Learn about the Wilderness Travel Course or satisfy WTC requirements on this "really last chance" graduation trip. 9 mi rt, 1000' gain. Send email (preferred) or sase, with contact info & recent conditioning to Ldr: Robert Myers. Co-Ldr: Chi Choi.



Watch for a continuation of the series of photographic articles in the Summer 2010 WTC Newsletter issue!

Outings Leader Directory

Unless indicated by a letter "c" (cell), "w" (work), the numbers listed are home phone numbers and should be respected as such. To reserve your place on an outing, contact the leader as specified in the trip description. Include an information sheet with the following information: your name, address, home & work phone numbers, your WTC leader's name, the outing you wish to join, your experience, your physical conditioning program and whether you need or can offer a ride.

Name	Contact
Beach, Bob	rabeach4@juno.com
Benedict, Adrienne	sierraadrienne@verizon.net
Berke, Wende	Wende793@aol.com
Boardman, Richard	rb543@verizon.net
Bowman, Tina	tina@bowmandesigngroup.com
Bulman, Reggie	r_bulman@fastmail.us
Choi, Chi	ChiAChoi@aol.com
Draney, Bob	rrdraney@yahoo.com
Dunbar, Diane	dianedunbar@charter.net
Epstein, Beth	b.epstein@verizon.net
Freimanis, Harry	hfreimanis@socal.rr.com
Gunn, Robert	RobertJGunn@Verizon.net
Hengst, Matthew	mhengst@hotmail.com
Heringer, Ginny	ginnyh@ix.netcom.com
Holchin, Barry	bholchin@cox.net
Homan, Kim	kimshoman@hotmail.com
Hudson, Ron	hudsonrf@verizon.net
Kashman, Eli	ekashman@gmail.com
Lewis, Gerard	Ahumada@aol.com
Mason, Greg	greg@nosam.org
McDonnell, Tom	t.mcdonnell@sbcglobal.net
McKusky, Patrick	patrick.mckusky@lausd.net
Meltzer, David	DWM@CRGPM.com
Mendez, Jose	jomende76@yahoo.com
Moore, Sharon	justslm@earthlink.net
Myers, Robert	rmmyers@ix.netcom.com
Myers Rebensdorf, Sarah	msmyers@ix.netcom.com
Novotny, Gary	knovotny27@gmail.com
Novotny, Kay	knovotny27@gmail.com
Payne, Bill	leakycanoe@yahoo.com
Pedreschi, Ann	apedreschi@sbcglobal.net
Rebensdorf, Ron	rebs2@ymail.com
Rich, Kathy	kathrynrich@gmail.com
Richardson, Anne Marie	annemariesc@yahoo.com;
Robb, Linda	kingfisherfan1@cox.net
Roqué, Dwain	dwain.roque@verizon.net
Ross, Sherry	chlross@yahoo.com
Ruskowitz, Edd	hikinedd@yahoo.com

Name	Contact
Scheidemantle, Eric	scheie@alum.rpi.edu
Schuster, Steve	steve.n.wfac2@sbcglobal.net
Scobie, Dave	davescobie@gmail.com
Sharp, Gwen	socalgeogal@yahoo.com
Shields, Virgil	vshields@alumni.caltech.edu
Simpson, Jane	Jsimple@earthlink.net
Sorenson, Nile	nsorenso@pacbell.net
Speigl, Joe	jspeigl1@yahoo.com
Suua, Monica	mosuua@gmail.com
Vollaire, Wayne	avollaire1@verizon.net
Wood, Diane	diawo@hotmail.com
Yegparian, Garen	yeghpairiank@earthlink.net



SIERRA
CLUB

FOUNDED 1892

MEMBERSHIP

Name _____

Address _____

City & State _____ Zip _____

Phone (optional) _____

Email (optional) _____

Membership Categories

Individual

Joint

Introductory

☐ \$25

Regular

☐ \$39

☐ \$47

Supporting

☐ \$75

☐ \$100

Contributing

☐ \$150

☐ \$175

Life

☐ \$1,000

☐ \$1,250

Senior

☐ \$25

☐ \$35

Student

☐ \$25

☐ \$35

Limited Income

☐ \$25

☐ \$35

☐ Check enclosed, made payable to the Sierra Club

Please charge my ☐ Mastercard ☐ Visa

Cardholder Name _____

Card Number _____

Expiration Date _____

Contributions, gifts or dues to the Sierra Club are not tax deductible; they support our effective, citizen-based advocacy and lobbying efforts. Your dues include \$7.50 for a subscription to Sierra magazine and \$1.00 for your Chapter Newsletter.

Please mail this form to:

Sierra Club
P.O. Box 52968
Boulder, CO 80322-2968

Angeles Chapter of the Sierra Club,
Wilderness Training Committee

FRIP # F94Q [N0469] - 1



Wilderness Gourmet 2009, cont.

Back in camp, I marked our dining area in the traditional fashion, with a few inflatable pink flamingos to blaze the path between the kitchen area and the dining room. We covered a convenient low boulder with a tablecloth, set up brass candlesticks and began the feast.

Lisa Buckley defended her title as Queen of Appetizers with a stunning presentation of figs with goat cheese and lavender. Angela Zarate offered a salad of tomato, basil and mozzarella. I produced French onion soup gratinee with sourdough croutes and a dash of brandy. Dawn Kovner and Alan Klackner prepared backpacker's sushi – crab, seaweed and wasabi on sesame crackers. Then came the entrees.

Jim Montross served sea scallops in olive oil and garlic atop a bed of wild rice with peas, carrots, corn and tomatoes. It was extraordinary. Kwee Thio offered a nice dish of beef with mushrooms. Marcus Thiebaut delivered gluten-free fusili with rice, soy and pesto, topped with albacore. After spending a good part of the afternoon at the lakeshore Ed Cottone returned with several trout, which he served with caramelized onions and fresh lemons on the side. I cooked pasta with Andouille sausage and fresh fried sage.

Wine? We had a bit, all of the red persuasion. Lisa brought Twisted Old Vine 2007 Zinfandel, Thio offered Spanish Sangria, Dawn a Menage a Trois Meritage, Ed a Turning Leaf 2004 Pinot Noir, and I a Castoro Cellars 2006 Zin. Between the gourmet food and the wine, we were in very good spirits by now. But dessert can raise even the highest of spirits. Fruit starred in our desserts this year. Lisa served pound cake with a plum-raspberry compote and star anise. Dawn cooked vanilla custard with fruit compote. Jim and Angela (mostly Angela) made short cake with fresh berries and whipped cream. And Stephan Gallon contributed some wonderful homemade almond pear tarts.

John Muir is supposed to have said, "It never rains at night in the Sierra." As we were finishing the last of the dessert by candlelight, it began to rain. At first it was gentle, and we continued talking and cleaning. Then it began to pound down, like an avalanche of liquid rocks. We ran for our tents. It rained all night, breaking a little after dawn Sunday. Ed and I abandoned our plan to climb Three Sisters, leaving time for a gourmet breakfast.

I served Hangtown Fry, a scramble of eggs, bacon and breaded oysters said to have been the last meal of many a condemned man in Placerville; like the Gold Rush cooks who invented it, I got no complaints. Lisa made French toast, serving it with fresh peaches, honey, syrup and powdered sugar. Ed caught and cooked more trout. Dawn made Beignets, a type of scone.

We trundled down the trail under dark skies and rolled down the mountain road in intermittent rain. But I felt something was missing. When we reached Shaver Lake, I knew what we needed to finish the trip in proper style. We stopped at the Shaver Lake Deli. They serve ice cream.





Knarly Manzanita

WTC Newsletter

WTC Newsletter

12

Vol 21, No. 1 Winter 2010

Thousand Island Lake and Banner Peak

