



Newsletter

Newsletter of the Wilderness Training Committee

City Boy Goes Vertical

Long Beach WTC assistant leader Dave Meltzer pauses for a picture atop Mt. Whitney this summer. See page 3 for his story.



www.angeles.sierraclub.org/wtc
Vol 16, No. 4 / Fall 2005

WTC Officers

See page 8 for contact info

WTC

Chair & Outings
Tom McDonnell

Long Beach

Area Chair
KC Reid
Area Vice Chair
Vacant
Area Trips
Mike Adams
Area Registrar
Jean Konnoff

Orange County

Area Chair
Cheryl Gill
Area Vice Chair
Ed Morente
Area Trips
Tom McDonnell
Area Registrar
Kirt Smoot

San Gabriel Valley

Area Chair
Anne Marie Richardson
Area Vice Chair
Scott Nelson
Area Trips
Beth Epstein
Area Registrar
Patricia Bolde

West Los Angeles

Area Chair
Jane Simpson
Area Vice Chair
Gerard Lewis
Area Trips
Marc Hertz
Area Registrar
Rona Amichai

The WTC Newsletter is published quarterly for students and staff of the Wilderness Training Committee and delivered via U.S. mail or distributed at class sites. It's also available in color on the WTC website:
www.angeles.sierraclub.org/wtc as a download in PDF format.
All questions, copy and photo submissions should be directed to Kay Novotny, WTC Newsletter Editor at (562) 860-4078, or emailed to:
knovo@comcast.net

WTC Info Line 310-967-2029

Graduations!



Patch, patch, who has earned their patch? Below is the schedule for WTC graduations for 2005. Every student who has completed the graduation requirements and has mailed their completed student card to their area registrar will receive the coveted WTC patch at the graduation ceremony for their group. Even if you have not completed your requirements for graduation, please come to the graduation celebration to enjoy yourself and cheer for your classmates! All students are welcome.

Graduation Schedule:

West LA WTC Graduation, Oct. 15-16, Sat-Sun

... at the Keller Peak ski hut. Car camp. Possible local trail and/or cross country day hikes. Sun Graduation Ceremony. Please carpool since parking is limited. Contact your WTC group leader for details.

LB-SB WTC Graduation, Oct. 22-23, Sat-Sun **NEW SITE!**

... at Indian Cove Campground Joshua Tree National Park. Car camp. Possible local trail and/or cross country day hikes. Sat evening Graduation Ceremony. Contact your WTC group leader for details.

San Gabriel Valley WTC Graduation, Oct. 22-23, Sat-Sun

... at Indian Cove. Car camp. Possible local trail and/or cross country day hikes. Sat evening Graduation Ceremony. Please carpool, due to limited parking permits. Contact your WTC group leader for details.

Orange County WTC Graduation, Oct. 22-23, Sat-Sun

... at Indian Cove Campground Joshua Tree National Park. Car camp. Possible local trail and/or cross country day hikes. Sat evening Graduation Ceremony. Contact your WTC group leader for details.

A New Look

The outings section of your newsletter is getting a new look. Instead of having the outings separated into different sections by type, all outings will be listed in chronological order, and will be tagged with icons to indicate the type of outing they are. We are hoping this new organization will make it easier for people find all of the outings available for a particular day or weekend, regardless of outing type.

The icons we will be using to identify the outing types are:



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



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



Training opportunities are identified by a book. WTC students should find these trips within their abilities.



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.

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

Transportation Notice In the interests of facilitating the logistics of some outings, it is customary that participants make voluntary 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.

Contents

Page 2 has Graduation information and the WTC Officer listings.

Page 3, enjoy our cover story, an inspirational tale of how WTC has enhanced one person's life.

Page 4 is the start of the Outings descriptions.

Page 7 is our ETC page. In this issue: How to become a Sierra Club Leader, by Gerard Lewis

Page 8 contains the leader directory (print version).

Pages 10 and 11, enjoy a trip write up "Doing Goode and Eating Well", a gourmet backpack trip to Mt. Goode, as described by Ron Campbell.

Tell a Friend

You may not know this, but most WTC students first hear about the course through a friend or relative. If you've enjoyed WTC, tell a friend. Or a relative, an acquaintance, business associate, your receptionist, the UPS guy (I think his name's Brown), the annoying neighbor down the street with the yappy dog... no, wait; scratch that last one...

See page 7 for 2006 WTC application information.

Headline Deadline

For publication in the Winter 2006 WTC Newsletter:

December 15 Last day 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

Dave Meltzer on Mt. Whitney, photo by Gary Novotny

WTC and Inspiration

Cover Story -

Kay Novotny, WTC Newsletter Editor

"City-Boy", David Meltzer is a poster-boy for the positive effect the WTC program can have on people's lives. He has graciously allowed us to share his story of self-discovery. Read on -

When Dave met his wife Barb in 2000, he was a 44 year old self-described work-aholic. As Chief Financial Officer of Charter Realty Group, he was essentially married to his job, his only outside interest being his relationship with his two teenage sons from a previous marriage.

But Barb was an avid hiker, and encouraged Dave and his sons to join her on a hike in Will Rogers State Park. Dave brought along his "essentials" consisting of 2 bottles of water and 3 granola bars for four people in an old book back pack. Four hours later, with water and food exhausted, and their party thoroughly lost, Barb and Dave decided Dave needed some training. Barb had taken the WTC course before, but had not completed her experience outings, so they signed up together.

Assigned to the Long Beach group 1, Dave quickly earned his "city-boy" nickname by admitting he could get lost in Will Rogers State Park, his "camping" experience consisted and staying at the Four Seasons Hotel and his conditioning program consisted of walking to his car in the morning. However, as the class progressed, and Dave's interest grew, no one asked more questions, or worked harder on pushing their limits. With each success, Dave's confidence improved - completing the Mt. Wilson conditioning hike; finding the pine tree at Joshua Tree NP; reaching the top of "4377" at Joshua Tree; using snowshoes for the first time in Ice House Canyon; trekking to Tyee Lakes in the snow; and surviving snow camp for the first time.

Dave says that LB leader Mike Adams, who was very supportive and patient with him along with the other leaders, made the WTC experience awesome. Bob Beach was also a great inspiration for him. Bob co-leads a WTC group while in his 80's, after taking up hiking in his 40's. At 44, Dave began to look at his life differently, putting his work into a different perspective. He began to realize that you can work to live, instead of live to work.

After finishing his WTC experience trips, Dave was motivated to stay on with the group as an assistant leader - using the opportunity to pass on the knowledge and enthusiasm he gained to the next classes of students. With the occasional lapse (like torching the picnic table at snow camp), Dave is an inspiration himself, for the students who aren't sure they can make it. He has been where they are, and succeeded. Dave is also the first person to volunteer when the group needs someone to help out with the logistics for trips, etc.

Dave is now an "O" rated Sierra Club leader, has passed his navigation test, and will lead his final "I" level provisional trip in November. This summer, Dave also tested the rare air above the Sierra - going vertical on a trip to the top of Mt. Whitney. For many people, the trip to the top of Mt. Whitney begins at Whitney portal. For Dave, he had to travel a long ideological journey, just to make it to the portal - and he credits the WTC program and Barb with giving him the inspiration to make that journey.



Dave Meltzer and his wife, Barb, on the Mt. Whitney trail. Pictures by Gary Novotny.



Outings

Please see Outings Leader Directory on pag 8 for SASE and contact information.



WTC experience trips are identified by a backpack



Outings of interest are identified by binoculars

NEW!

– Indicates new trip not listed in a previous WTC Newsletter



Training opportunities are identified by a book



Last, but not least, the gnarly (technically challenging) trips are identified by an ice-axe and crampons.

September

September 17 / Sat

LTC

Deadline for Leadership Training Seminar

Last day for receipt of application and payment by LTC Registrar for enrollment in Oct 1 seminar. Next seminar: Spring 2006. See application on LTC web site: <http://angeles.sierraclub.org/ltc>. No registration after this date or at the door. Registrar: Steve Botan.

September 17-18 / Sat-Sun

WTC

I / North Maggie Mt (10,234')

Sat hike in from Hidden Falls (Mt. Home State Forest) through beautiful Sequoia grove to camp along middle fork of Tule River (2 mi. – 900' gain). Climb peak Sat afternoon xc (2.5 mi. 3025' gain) along forested/brushy route to top. Return to trail head. Send email/sase with recent conditioning, experience, ride-share info (WTC students include area/group, and leader) to Ldr: John Cyran. Asst: Ron Campbell.

September 17-18 / Sat-Sun

Wilderness Adventures, WTC

I / Mt Morgan (13,748')

Backpack: Starting at Rock Creek Lake trailhead, backpack 4 mi, 1300' gain to camp at Francis Lake (10,900'). Then dayhike 8 mi, 2800' gain to summit via cl 2 route. Enjoy Happy Hour and group camaraderie Sat evening. Backpack out on Sun. Send 2 sase or email, w/complete contact info and resume of recent backpacking and climbing experience to Ldr: Jason Lynch. Co-Ldr: David Coplen.

Sep 17-19 / Sat-Mon

Sierra Peaks, WTC

M / Mt Gayley (13,510'), Temple Crag (12,976')

Sat 5 mi, 2400' gain backpack from Glacier Lodge to base camp west of Willow Lake; Sun climb Gayley 2 mi, 3100' gain via "Yellow Brick Rd"; Mon climb Temple Crag 1.5 mi 2700' gain via SE face and pack out. Send e-mail & SASE, H&W phones, recent conditioning & experience, rideshare info and \$5 check for permit fee made out to 'SPS' to leader. Ldr: Virgil Popescu, Asst: Patty Rambert.

Sep 18 / Sun **NEW!**

WTC

I: Nav 'Till It Hertz:

Malibu Creek State Park 5 mi, 300' gain. Use it or Lose it! Spend most of day with Navigation Instructors sharpening your skills with map & compass. Not a checkoff, but you'll be prepared. Send e-mail for information & required materials to Ldr: Marc "Roadkill" Hertz. Assts: Adrienne Benedict, Gary Embry, Jane Simpson, Gerard Lewis, Susan Richmond, and the rest of the usual suspects.

September 23-25 / Fri-Sun

WTC

I / Mt. Silliman (11,188')

Fri backpack approx 4 mi, 2000' gain on a use trail from Lodgepole, Sequoia NP to Silliman Lake area. Sat climb peak for incredible views of the Great Western Divide, 4 mi rt, 2,500' gain and return to camp for group happy hour. Sun pack out. Comfort on class 2 granite slab required. No tigers please. There will be a permit fee of approx \$3 each collected at the hike. Send esase with contact & rideshare info, recent backpacking & conditioning experience to Ldr: Cheryl Gill. Co-Ldrs: Janet Yee, Jane Simpson.

September 23–25 / Fri–Sun

Sierra Peaks, WTC

M / Tower Pk (11,755')

Join us to celebrate the 50th anniversary of the Sierra Peaks Section. Northern Sierra Class 3 Mountaineers Peak. Strenuous trip (29 miles RT, 4500' gain) restricted to Sierra Club members. Participants must be comfortable on Class 3 rock. Friday backpack from Leavitt Meadows Trailhead to camp at Tower Lake (13 miles, 2400' gain). Saturday climb peak (2100' gain) and pack out part way for short hike out on Sunday. Send e-mail with experience and recent conditioning to Ldr: John Cheslick. Co-Ldr: Patty Rambert

Sep 24 / Sat

WTC

I / Geocache Romp in the Santa Monica Mountains

Map and compass getting you down? Need gadgets? Get out your GPS units and join with us as we search for geocaches in the Santa Monica Mountains. We plan to cover about 8 – 10 miles on this moderate trek through one of our Southern California treasures that the Sierra Club was instrumental in saving. For information and details contact Ldr: Virgil Shields. Asst: Ann Pedreschi

Sep 24 -25 / Sat-Sun

WTC, Palos Verdes - South Bay

I / Excelsior Mtn (12,446'), Dunderberg Pk (12,374')

Don't miss out on this final experience trip before graduation in the beautiful fall colors of the Sierra north of Yosemite. Sat backpack 2.5 mi, 1200' gain from Virginia Lakes to camp at tarn below pass. Climb Excelsior's north ridge, 4 mi xc, 2100'. Sun leader's choice on Dunderberg – bumpy SW ridge, 5 mi, 2000' gain or pack down and dayhike from cars. Send email, experience and conditioning, H&W phones, rideshare info to Ldr: Jeff Dhungana. Asst: Barry Holchin.

September 24–26 / Sat–Mon

Sierra Peaks, WTC

I / Silver Peak (11,878')

Join us for a 3-day backpack on the western side of the Sierra north of Lake Thomas Edison. Saturday backpack 5 mi to camp at Devil's Bath tub Lake with time for fishing and or relaxing. Sun climb peak 10 mi. 4000 gain rt. Mon. retrace our steps back to the cars. Good condition required. Send email or sase with conditioning, experience, phones to Ldr: Greg Roach. Co-Ldr: Mirna Roach.

September 25 / Sun

LTC, WTC

I/M/E / 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. To receive homework assignment, send sase, navigation experience/training, any WTC, rideshare info, and H&W phones to Ldr: Harry Freimanis Asst: Bob Bradshaw.

October

Oct 1 / Sat 

LTC

Leadership Training Seminar

Become a qualified Sierra Club leader! Griffith Park, Los Angeles County. See application on LTC web site: <http://angeles.sierraclub.org/ltc> Deadline for application submittal is Sep 24 prior to seminar date. No registration at the door. Registrar: Steve Botan.

Oct 1 / Sat 

LTC, WTC

I / Mt Lowe (5603') Beginning Navigation Clinic

5 mi, 500' gain. Spend the day one on one with an instructor, learning/practicing map and compass. Beginners to rusty old timers welcome. Not a checkoff. Many expert leaders will attend; many "I" rated leaders started here in the past. Recent no-shows require a \$25 deposit, refunded at trailhead. Send large sase early with check made out to Sierra Club, H&W phones to Ldr: Diane Dunbar. Co-Ldr: Richard Boardman

October 1-2 / Sat-Sun 

Sierra Peaks, WTC

I / North Maggie Mtn (10,234')

Join us to celebrate the 50th anniversary of the Sierra Peaks Section. Great intro to SPS backpack for recent WTC graduates interested in bagging their first peak in the Western Sierra. Plan on a leisurely start Saturday morning from Hidden Falls campground. Backpack in (2-3 miles) followed by happy hour Saturday night. Sunday morning peak climb (approx. 3 miles, 3000 ft. gain) cross-country. Return to the cars Sunday late afternoon. Send email with experience (including WTC group information) and contact information to Ldr: Jennie Thomas. Asst: Greg Roach.

Oct 1-2 / Sat-Sun 

Wilderness Adventures, WTC

I / Last Chance Backpack to Tahquitz Peak

This is your last chance to graduate WTC! Sat backpack, 4 mi 1600' gain, from Humber Park in Idyllwild to Tahquitz Valley and set up camp. Then dayhike to the summit of Tahquitz Peak Sat afternoon and return to camp and enjoy a garbage-bag Salad. Sun hike to Skunk Cabbage Meadows and Red Tahquitz Peak, return to camp and pack out. Must carry all the water you need for the weekend. (Sorry!) Send 2 sase (or email), resume of conditioning & experience, H&W phones, rideshare info to Ldr: Georgette Rieck. Co-Ldr: Jason Lynch.

October 8-9 / Sat-Sun 

WTC

I / San Jacinto (10,804'), Cornell (9,721')

Sat backpack 6 mi, 3300' gain, from Humber Park to Round Valley; climb Cornell to lunch ledge. Sun climb San Jacinto 1700' gain: out. Send 2 sase, resume with recent experience and conditioning, home and work phones and email if preferred to Ldr: Mike Bolde. Asst: Pat Bolde.

Oct 8-9 / Sat-Sun 

WTC

I / Quail Mtn (5,813')

Backpack in beautiful Joshua Tree National Park. Sat hike 5 mi with easy gain to Juniper Flats and set up camp. Continue xc 2 mi hike 1000' gain to the highest peak in the park with stunning view all around and even a chance to see Big Horn Sheep. Dry camp—you must carry all of the water you will need. Sun hike out. Send ESASE, H&W phones, ride share info and recent conditioning/hiking experience to Ldr: Patrick Vaughn. Asst: Bill Jackson.

Oct 16 / Sun 

SPS

SPS 50th Anniversary Banquet

Join the SPS group celebrating their 50th anniversary. Watch a Dave Sholle video, and Doug Mantle as master of ceremonies. Everyone is welcome. Les Freres Taix restaurant, Los Angeles. Contact Gary Schenk for tickets (see leader list) \$28.00, or Patty Rambert, Chair, Sierra Peaks Section (SPS).

Oct 22 / Sat 

LTC, WTC

I / Sheep Pass Navigation

Navigation noodles at Joshua Tree NP for either checkout or practice to satisfy the Basic (I/M) level navigation requirements. To receive homework assignment, send navigation experience/training, any WTC, rideshare info, H&W phones, sase to Ldr: Harry Freimanis. Asst: Bob Bradshaw.

October 29 / Sat 

Outings Management Committee

Chapter Outings Assembly

All Outings Chairs, Outings Leaders, and outings participants are invited to this conference. Discussions of policies, procedures, and practices. Possible training opportunities. Save the date. Eaton Canyon Nature Center in Pasadena. For more information see the LTC web site: <http://angeles.sierraclub.org/ltc/schedule.html>

November

Nov 5 / Sat 

WTC

O / Allen Pk (5795)

Easy paced 7 mi rt, 1300' gain on dirt road and bit of steep use trail. We will hike through the Wildlands Conservancy's Bearpaw preserve to this HPS peak in the San Bernardino Mountains. Along the way we will stop at a waterfall and learn about the Conservancy's conservation efforts. Send email (preferred) or sase, with contact info and recent conditioning to Ldr: Robert Myers. Asst: Bill Jackson.

Nov 5 / Sat 

LTC, Harwood, WTC

C / Wilderness First Aid Introduction

1-day course introducing basic topics of wilderness first aid. Not offered to meet I/M/E wilderness first aid training requirement. A current Angeles Chapter leader rating or a previous CPR course. Fee (\$50) includes lunch and snacks. For application send e-mail to Ldr: Steve Schuster. See <http://home.mindspring.com/~sks.wfac/>

November 6 / Sun 

LTC, Harwood, WTC

C / Wilderness First Aid Course Refresher

1-day course suitable as a refresher. Not offered to meet I/M/E wilderness first aid training requirement. A previous wilderness first aid training course of at least 24 hours within eight years is a prerequisite. Fee (\$50) includes lunch and snacks. For application send e-mail to Ldr: Steve Schuster. See <http://home.mindspring.com/~sks.wfac/>

Nov 12-13 / Sat-Sun 

LTC, Sierra Peaks, Desert Peaks, WTC

M/E / Indian Cove Rock Checkoff

For M & E candidates wanting to check off leadership ratings. At Joshua Tree National Park. Practice and instruction available for those wanting to brush up on new techniques. Restricted to SC members with some prior basic training on rock. Send 2 sases, SC#, climbing resume, email, H&W phones to Ldr: Dan Richter. Co-Ldr: Pat McKusky.

Nov 12-13 / Sat-Sun 

LTC, WTC

I / Indian Cove Navigation

Navigation noodles at Joshua Tree NP to satisfy the Basic (I/M) level navigation requirements. Sat for practice, skills refresh, altimeter, campfire. Sun for checkout. To receive homework assignment, send navigation experience/training, any WTC, rideshare info, H&W phones, sase to Ldr: Harry Freimanis. Asst: Bob Bradshaw

November continued

Nov 13 / Sun 

20's and 30's Singles, WTC

I / Carey's Castle

Joshua Tree National Park mystery whose location is a long held secret. Carey's Castle constructed within the outcropping of granite boulders is an old miner's cabin. 8 mi xc, 1275' gain, with class 2 boulder scrambling. Bring water, lug soles and layered clothing. Send sase or email. H&W phones, recent experience and conditioning to Ldr: David Meltzer. Co-Ldr: Kristen Mahaffey

Nov 19 / Sat 

WTC

O / Inspiration Point (4520')

Learn about the Wilderness Travel Course on hike to Inspiration Point. Moderate paced 8 mile rt, 2,600' gain hike up Castle Canyon passing historic Echo Mountain and on to Inspiration Point. Return via the Sam Merrill trail. Meet some of our leaders and staff on introductory WTC conditioning hike. Meet 8:30 top of Lake Avenue in Altadena. Bring minimum 2qts water, lunch and lug soles. Rain cancels. Co Leaders: Ted Slap and Jane Simpson.

2006

Jan 14-16 / Sat-Mon 

Nordic Ski Touring, WTC

I / Mountain Home State Forest Ski Tour

Ski tour and snow camp among the sequoias. Sat ski with overnight packs up unplowed road to Balch County Park, 4 mi., 1300' gain, and set up camp. Sun loop excursion, 10 mi., 400' gain/loss past the Hercules tree, return for group happy hour. Mon ski back to cars. Intermediate cross-country skills and snow camping experience required. Lack of snow cancels. Send email and experience info to Ldr: Maria Roa. Co-Ldr: Anne Bittner

Feb 11 / Sat 

Angeles Chapter

Annual Volunteer Training Workshop

New members of management committees are among the primary beneficiaries of this program, but all members benefit from the variety of training and informational sessions included in the workshop. Help strengthen our chapter and plan to attend this event. If you have any questions, would like to participate in the the Workshop, or help organize it, contact Garen Yegparian at 818/563-3918 or by email at yegh-pairiank@earthlink.net.

Environmental awareness credit opportunities for advanced LTC leader candidates ("I","M","E") include animal tracking, native and edible plants, nature awareness, field ecology courses and trips:

- Jim Lowery's Earth Skills, 1113 Cougar Ct., Frazier Park, CA 93225; (661) 245-0318; (www.Earthskills.org) for a schedule of classes. Specialties: Animal tracking, native plants, wilderness skills.
- Chris Nyerges' School of Self-Reliance, P.O. Box 41834, Eagle Rock, CA 90041; (323) 255-9502; www.self-reliance.net. Specialties: Native and edible plants.
- Rancho Santa Ana Botanic Garden, 1500 N. College Ave., Claremont, CA 91711; (909) 625-8767; (www.rsabg.org). Specialties: Seminars & field trips on California native plants.
- Joshua Tree National Park Association, 74485 National Park Dr., 29 Palms, CA 92277; (760) 367-5525; www.joshuatree.org. Specialties: Field classes on desert ecology, geology.
- Local community college or University extension courses in an earth science or biological discipline

2005 CPR and First Aid

Free CPR and First Aid

Thanks to a grant from the Friends of the Angeles Chapter Foundation (FACF), the Leadership Training Committee is again offering free CPR and First Aid Training in 2005. The one-day class satisfies the CPR requirement for an "O" level leadership rating, as well as the Sierra Club's National Leader Standards for 1st aid currency. It also satisfies National Parks leader requirement for CPR.

Please note: This is not a Wilderness 1st Aid course and it does not count toward the Sierra Club WFA requirement for I, M or E ratings, nor for the Sierra Club WFA refresher. However, this course does fulfill the CPR component of the Sierra Club "O" leadership rating, National Leader Standards for 1st aid currency and National Parks requirements.

The 2005 class schedule will be conducted on Saturdays on the following dates:

September 17 – Los Angeles

September 17 – Orange County

November 5 – Los Angeles

November 12 – Orange County

The Los Angeles classes will be held at the Los Angeles American Red Cross offices at 2700 Wilshire Blvd., Los Angeles, CA. The Orange County classes will be held at a residence in Newport Beach, on the Balboa peninsula.

For all the details, including information on how to sign up for free CPR and First Aid Training go to www.angeles.sierraclub.org/ltc and click on the "Free CPR & First Aid Classes" link.



Baboon Lake, June, 2004
Picture by Gary Novotny

ETC.

All you ever wanted to know about becoming a Sierra Club leader -

By Gerard Lewis

Becoming a Leader:

Now that you have completed, or are completing, your requirements for WTC Graduation you may ask yourself, "What am I going to do next year?"

You may feel eager to share your enjoyment of the outdoors with others as a Sierra Club Outings Leader. The Leadership Training Committee can give you the preparation you need for certification by the Angeles Chapter Safety Committee as a qualified leader of safe, enjoyable outings.

What Are The Qualities Needed For Leadership?

Good judgment, inspiration, and awareness are some of the important qualities in a leader.

Why Be A Sierra Club Leader?

Well, first of all, as a leader you can go where you want, with whom you want, and at the pace you want. As a leader, you also gain leadership skills and confidence that applies to your professional life. In addition, many leaders derive satisfaction from sharing the wilderness experience with others.

Explore the Leadership Training Program

The Leadership Training Program (LTP) is conducted by the Leadership Training Committee (LTC) and provides trainees with the attitude, knowledge and skills essential to sound leadership of Angeles Chapter outings. The LTP prepares graduates for certification at one of four categories, or levels, which are designated "O", "I", "M" and "E". "O" level trips are basic level outings which can include overnight stays, but do not require navigation skills. "I" level outings include cross-country travel where navigation skills are required. They may also include skiing or snow travel. "M" level trips include up to class 3 level rock climbing, and snow trips will require ice-axe training and the ability to self-arrest. "E" level trips include more exposure than "M" trips, and require the use of ropes for safety.

Requirements for becoming a leader at the basic "O" level are:

1. Current Sierra Club membership
2. Participation on five Sierra Club trips/hikes
3. Passing an open book pre-seminar exam from the Leader Reference Book (LRB)
4. Attendance at an all day LTP seminar
5. Completion of first aid and CPR training
6. Satisfactory completion of a provisional outing

Enrollment Information:

You may obtain an application either by sending a large (#10) self-addressed, stamped envelope (SASE) to: Steve Botan, LTC Registrar, 18816 Thornwood Circle, Huntington Beach, CA 92646, or may print out a hard copy of the application to mail to the Registrar. The application can be found on the LTC web page at <http://angeles.sierraclub.org/ltc>.

The fee for the LTP is \$25 including the Leadership Reference Book (LRB) and \$10 without the LRB. The fee also includes the all day seminar and a leader recognition patch with a certificate. The registrar must receive the completed application at least two weeks prior to the seminar. The seminar is held twice a year on a Saturday in the spring and fall. **Hurry!** The fall LTP Seminar for 2005 is scheduled for **October 1st**.

Gerard Lewis, Ahumada@aol.com.

2006 WILDERNESS TRAINING COMMITTEE COURSE APPLICATION

Check location preference:

- ☐ Long Beach-South Bay ☐ West L.A.
☐ San Gabriel Valley ☐ Orange County

Name _____

Address _____

City & State _____ Zip _____

Phone (Eve) _____

Phone (Day) _____

Email _____

How did you first hear about the WTC? _____

I'm registering with a friend or group and want to be assigned to the same group as: _____
who is ☐ an instructor ☐ a co-applicant

Students must be at least 14 years old. Students under 18 years old must be accompanied by a parent or legal guardian throughout the entire course. For additional information about gear and conditioning requirements, call the info line at (310) 967-2029 or check our web site www.angeles.sierraclub.org/wtc

Withdrawal from course: Students withdrawing from WTC are entitled to (1) a full refund (less a \$25.00 service charge) up to 10 days before the first class; (2) a 75% refund on or before the first class; (3) a 50% refund on or before the fourth class; (4) no refund after the fourth class. Refunds for the required text made only if you've not received the book.

Course Fees:

Sierra Club members (on or before 12/15/05)	\$220 <input type="checkbox"/>
(after above date)	\$235 <input type="checkbox"/>
Sierra Club membership no. _____	
or membership application date _____	

Non-members (on or before 12/15/05)	\$235 <input type="checkbox"/>
(after above date)	\$250 <input type="checkbox"/>

Required text "Freedom of the Hills" 7th edition \$20 ☐

Make checks payable to WTC and send to: Total \$ _____

WTC Registrar

P.O. Box 2262

El Segundo, CA 90245

Coming Next Issue...

The ETC section will hold the first WTC "garage sale" in quite a while. If you have gently used items you would like to part with, contact Gerard Lewis at Ahumada@aol.com.

We also always appreciate trip write-ups and photographs from WTC outings, both during class and experience trips. Please send trip write-ups or submissions to:

Kay Novotny, Newsletter Editor, knovo@comcast.net.

Outings Leader Directory

Please see the Outings Leader Directory on page 8 of the WTC Newsletter print version for SASE and contact information



“To explore, enjoy,
and protect the wild
places of the earth;
to practice and
promote the
responsible use of
the earth’s ecosystem
and resources;
to educate and
enlist humanity to
protect and restore
the quality of the
natural and human
environment...”



**SIERRA
CLUB**
FOUNDED 1892

MEMBERSHIP

Name _____

Address _____

City & State _____ Zip _____

Phone (optional) _____

Email (optional) _____

<u>Membership Categories</u>	<u>Individual</u>	<u>Joint</u>
Introductory	<input type="checkbox"/> \$25	
Regular	<input type="checkbox"/> \$39	<input type="checkbox"/> \$49
Supporting	<input type="checkbox"/> \$75	<input type="checkbox"/> \$100
Contributing	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175
Life	<input type="checkbox"/> \$1,000	<input type="checkbox"/> \$1,250
Senior	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
Student	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
Limited Income	<input type="checkbox"/> \$25	<input type="checkbox"/> \$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



MMmm Goode...

Doing Goode, and Eating Well

A trip write up by Ron Campbell

Mount Goode (13,085 ft.)

Mount Agassiz (13,893 ft.)

Aug. 27-28, 2005

The pine duff (also known as "dirt") nicely set off the linen tablecloth and brass candlesticks. The vintage wine, custom packaged in plastic bottles, complimented the smoked salmon blinis, marinated Portobello mushrooms and Godiva Belgian Chocolate ice cream.

That's the way it was at the Decadent Wilderness Weekend III.

Oh, yes, and we climbed a couple of 13ers too.

Seven of us met at the South Lake parking lot shortly after 8 a.m. Saturday. The weather was sunny but not hot - ideal hiking weather. We arrived at Bishop Lakes by 11 a.m., a full hour ahead of my pessimistic forecast.

I had originally planned to climb Mount Goode on Sunday, descend the southwest side, contour to Bishop Pass and then climb Mount Agassiz. After Tom McDonnell and Patrick McKusky both assured me that I was nuts, I privately crossed Agassiz off my plan.

But when we arrived at Bishop Lakes Goode was right there, calling to me. Right then, co-leader Georgette Rieck and I decided to climb Goode immediately, before dinner, and set aside Sunday for Agassiz.

From Bishop Lakes, Goode looks about a football field away. That turns out to be the wrong cliché: It's more like a Rhode Island away. First, Bishop Lakes is the wrong starting point. You have to aim somewhat north of the peak to reach a sandy area above the first talus slope; the best way to get there is from Saddlerock Lake, just north and 100 vertical feet below the Bishop Lakes basin.

The climber's second decision is what to do after reaching the sandy area. You can take a diagonal toward the peak through a field of boulders ranging in size from microwaves to SUVs. That was my decision.

Or you can exercise the miraculous virtue of hindsight: Stick to the sandy area until you are directly below the summit; then head straight up through a well-worn talus field. All seven participants summited Goode after a four-hour climb; we easily could have shaved 30 or even 60 minutes from that time by staying low longer.



Mt. Goode from Bishop Lakes
Photo submitted by Ron Campbell

MMmm Goode, continued...

Doing Goode, and Eating Well

Back in camp, it was time for the gourmet potluck. We spread an autumn-themed linen tablecloth on the ground, added the candlesticks and attempted to light the candles in the erratic wind.

Next we broke out the appetizers: smoked salmon on blinis (small buckwheat pancakes) with cream cheese, capers and, a heavenly touch, fresh dill; Kalamata olives; fresh shrimp with cocktail sauce; Portobello mushrooms and miniature plum tomatoes, marinated in olive oil, balsamic vinegar and garlic; and stuffed grape leaves.

Diners had a choice of three red wines, each tastefully packaged in Nalgene or Platypus bottles: Frei Brothers Petit Syrah (2003), Fat Bastard Merlot (2003) and Black Mountain Fat Cat Cabernet (2002). Georgette helpfully left the cork in her Fat Bastard. (And yes, that really is its name, and yes, it's French.)

We had two entrée choices. Most diners chose, well, both. First off the mountaineering stove was capellini (angel hair pasta) in puttanesca sauce with goat cheese and freshly grated Parmesan. Next up: shrimp and rice with Mandarin oranges and almonds in a sesame ginger sauce.

For dessert, Georgette whipped out a surprise package, a 7-lb. cooler loaded with, oh, 6-1/2 lbs. of dry ice and two pints of ice cream – Godiva Belgian Dark Chocolate and Santa Barbara Vanilla Bean. Diners drizzled their ice cream with Kahlua. The ice cream would have been outstanding by itself; with the Kahlua it was as blissful as the night sky. We toasted ourselves to bed at 9:30 p.m. after a suitably slow-paced dining experience. Any restaurant critic who could survive the hike would have given it four stars.

At 5:30 a.m. a few of us were awakened by a rockslide on Picture Puzzle Peak. At 6 a.m., I tried to arouse those who weren't disturbed by hundreds of tons of moving granite. Just three of us were awake, fed and ready to hike when we set out for Agassiz at 7:20 a.m.

We summited Agassiz shortly after 11 a.m. The views were among the most spectacular I have ever seen in the Sierra. Just to the south, Sill, North Palisade and Thunderbolt seemed close enough to touch – but you already know how poor a judge of distances I am. Tom and Humphreys dominated the horizon to the north. To the southwest we enjoyed a fine view of the Black Divide. While taking in the scenery from the summit, we supped on roasted garlic and three cheese potato chips with leftover Kalamata olives.

The descent was extremely tedious. I'm sure there is a good route off Agassiz. I am equally certain that it was not the route we took.

A few hours later we returned to the parking lot, toasting a fine weekend with Sam Adams Summer Ale.

Participants were Lisa Buckley, Daryn Dodge, Marlen Mertz and recent WTC graduates Roger Behrens and Brandon Mosst.

My thanks to Georgette for her usual great co-lead, to Lisa for her help on Agassiz and to Daryn for carrying that heavy cooler of ice cream up and down Mount Goode without even once asking what was inside.



Setting the table for a gourmet feast
Photo submitted by Ron Campbell



P.O. Box 2262, El Segundo, CA 90245

PRESORTED
FIRST CLASS
U.S. POSTAGE
PAID
ANAHEIM, CA
PERMIT NO. 514

Gary Novotny and Sharon Moore ponder the meaning of life at Samuelson's Rocks in Joshua Tree NP



Photo by Kay Novotny