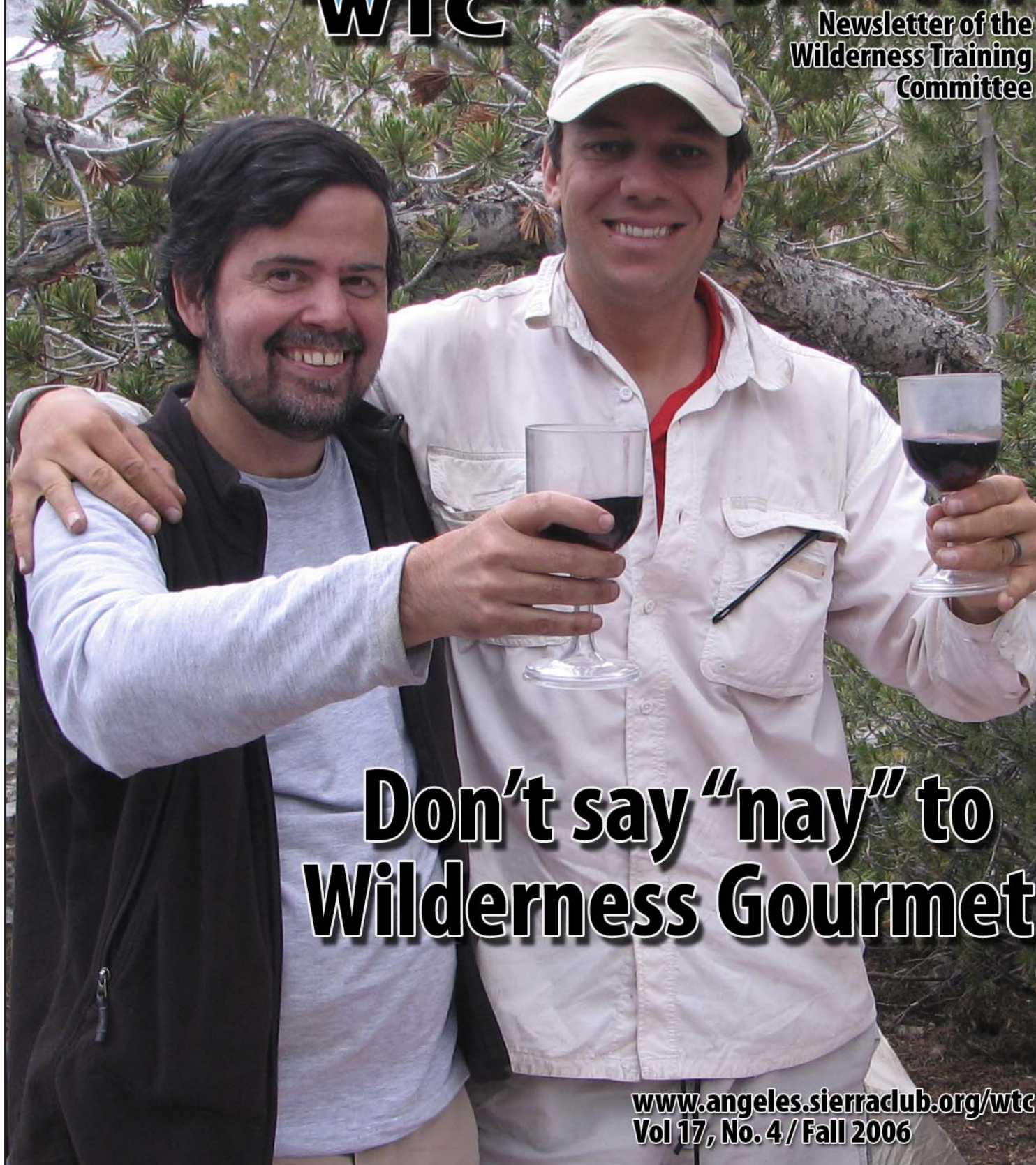




# Newsletter

Newsletter of the  
Wilderness Training  
Committee



**Don't say "nay" to  
Wilderness Gourmet**

[www.angeles.sierraclub.org/wtc](http://www.angeles.sierraclub.org/wtc)  
Vol 17, No. 4 / Fall 2006



## WTC Officers

See page 8 for contact info

## WTC

Chair  
**Scott Nelson**

## Long Beach

Area Chair  
**KC Reid**  
Area Vice Chair  
**Dave Meltzer**  
Area Trips  
**Mike Adams**  
Area Registrar  
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WTC Outings Chair and Area Trips  
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Area Registrar  
**Kirt Smoot**

## San Gabriel Valley

Area Chair  
**Anne Marie Richardson**  
Area Vice Chair  
**Scott Leavitt**  
Area Trips  
**Beth Epstein**  
Area Registrar  
**TBD - Contact area chair or group leader**

## West Los Angeles

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**Jane Simpson**  
Area Vice Chair  
**Gerard Lewis**  
Area Trips  
**Marc Hertz**  
Area Registrar  
**Ann Pedreschi**

*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:

**All Area Graduations will be held October 21 and 22 at Indian Cove in Joshua Tree NP**

Each area has reserved at least one group site at Indian Cove campground for graduation. Please contact your group leader to find out where your group is meeting.

There are special outings planned for this weekend – please check the “outings” section of the newsletter to find these special opportunities.

## Need a WFA refresher?

### The first aid requirements for group leaders and assistant group leaders are changing in 2007:

#### WTC Group Leader:

Must hold appropriate Angeles Chapter leader rating per the WTC Policies and Procedures (i.e. M or E)  
Must hold current CPR certificate (Red Cross – adult, or equivalent) (currency as stated on certificate) (WTC Safety Policy)  
Must have taken Wilderness First Aid training within 3 years (effective January 2007) (WTC Safety Policy) (this supersedes the National requirement listed after)

#### WTC Assistant Group Leader:

Must hold appropriate Angeles Chapter leader rating per the WTC Policies and Procedures (i.e. I, M, or E)  
Must hold current CPR certificate (Red Cross – adult, or equivalent) (currency as stated on certificate) (WTC Safety Policy)  
Must have taken Wilderness First Aid training within 3 years (effective January 2007) (WTC Safety Policy) (this supersedes the National requirement listed after)

If you are in need of a refresher course, we have just the course for you. Come spend a Sunday at beautiful Harwood lodge, with Steve and his group.

#### Nov 5 / Sun

##### C / Wilderness First Aid Refresher

Runs from 8 am to 5:30 pm Sunday. Fee includes instruction, notes, lunch and snacks. Wilderness first aid course of at least 24 hours within previous 8 years required to enroll. Fee \$50 (full refund through Oct 7). For application send e-mail to Ldr: Steve Schuster .

**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](http://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.

If you are a new leader, we also have a class for you. An introductory wilderness first aid class for beginners. Come see what WFA is all about!

#### Nov 4 / Sat

##### C / Intro to Wilderness First Aid

Runs from 8 am to 5:30 pm Saturday. Fee includes instruction, notes, lunch and snacks. Existing leader rating or proof of previous CPR course required to enroll. Fee \$50 (full refund through Oct 1). For application send e-mail to Ldr: Steve Schuster

## 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 2007 WTC application information.**

## Headline Deadline

### For publication in the Winter 2007 WTC Newsletter:

**November 20** 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.

**Nov 10** Last day for trips to be submitted to the WTC Outings Chair for publication in next Angeles Chapter Schedule 304 (Mar 1 – Jun 30). Provisional trips and leaders should already have an LTC review. Restricted trips should prepare a Mountaineering Application

### On The Cover

Ron Campbell and Ed Cottone kick off the celebration of Decadent Wilderness Weekend IV, with a nice, unassuming Merlot.

Photo by Gary Novotny

# Wilderness Gourmet

## Cover Story -

Kay Novotny, WTC Newsletter Editor

***A trip into the wilderness does not have to mean subsistence on freeze-dried, prepackaged, often tasteless, meals. Here are some suggestions for delicious foods which can be prepared in the backcountry.***

One of the hits of Decadent Wilderness Weekend IV was a cranberry couscous, prepared by Karla Reinhardt. She prepared this dish in a Jetboil canister. Other delicacies included fresh baked pizza with artichokes and goat cheese, sizzling fajitas in toasted tortillas, marinated mushrooms, and cream cheese filled olives.

All of this shows that the limit to your backcountry cuisine is only your imagination.

The pizza was baked in a Backpacker's Pantry Outback Oven, which is a special cooking system which circulates heat around a non-stick pan, producing oven-like results. The Outback oven is heavier than a regular cooking pan, but much lighter than other oven type systems. They can be purchased directly from Backpacker's Pantry, or from other outlets, and come in a couple of sizes, priced from \$45.00 to \$70.00.

The couscous was cooked in a Jetboil canister. Jetboil systems are also readily available from most camping equipment stores. The advantage of the Jetboil system is speed to boiling. The recipe for the couscous was adapted from a recipe published in the May issue of Backpacker magazine, and goes like this:

1 C water	1/2 bullion cube
3/4 C couscous	1 t curry powder
Pinch of turmeric (or cumin)	1/2 C dried cranberries and pine nuts (or trail mix w/o chocolate)
1 T olive oil	Canned tuna or chicken (optional)

Boil water. Dissolve bullion cube. Add couscous and stir. Remove from heat. Add fruit/nuts. Stir. Let stand 5 minutes. Add oil and spices. Serves 2.

For marinated mushrooms, combine 2 parts olive oil to 1 part good balsamic vinegar - enough to cover the mushrooms completely. Marinate for at least 24 hours.

As many of our fellow backpackers have already discovered, another great place to find culinary delicacies which travel well is Trader Joe's market. Trader Joe's carries many varieties of dips, spreads and cheeses which can be served with crackers, bread or chips. Their chocolate truffles have been the hit of many a backcountry happy hour, as have their chocolate covered pretzels.

If you are a fisherman, and are planning to supplement your menu with fresh-caught trout, try the recipe below. It was purportedly Ernest Hemingway's favorite, and it has drawn rave reviews from many of our hiking companions:

Juice of 1 lemon	1/4 cup dried chives
Salt and pepper to taste	Bacon strips
Reserved bacon fat	3/4 cup pancake mix
2 TBS cornmeal	

Mix the pancake mix and cornmeal together in a baggie. Clean the fish, remove heads. Combine lemon juice, chives, salt and pepper together. Stuff the cavity of the fish with some of the lemon juice mixture, and a bacon strip. Coat the fish with pancake mix and cornmeal. Fry in bacon fat until the fish is browned on both sides and flakes with a fork. Recipe will coat about 10 fish.

Bon Appetite!



# 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

### Sep 15-17 / Fri-Sun **NEW!** Wilderness Adventures, WTC I / Mt Pickering (13,474'), Joe Devel Pk (13,327')

Opportunity to explore country at S edge of Whitney Group. Fri strenuous 10 mi, 2400' gain trail backpack via lovely Cottonwood Lakes to camp near creek west of New Army Pass. Sat strenuous xc 10 mi, 3600' gain climb of the two peaks, plus 600' gain on trail back to camp. Sun return to cars. Must be comfortable with steep, off-trail hiking. Send \$10 permit fee, 2 sase, phones, email, recent conditioning/experience, rideshare info to Ldr: Mark Mitchell. Co-Ldr: David Coplen.

### Sep 16 / Sat WTC O / Nike Base Rendez-Vous Hike #6

WTC Introductory Hike: Westridge Road to Nike Base; Reseda Blvd. to Nike Base: Learn about the Wilderness Travel Course on this 7 mi rt, 1000 feet gain hike in the Santa Monica Mts. The hike will include info on wilderness first aid. Westsiders Meet 8 am end of Westridge Rd (Sunset Blvd to Mandeville Cyn Rd, N 1/4 mi to Westridge Rd, L to end); observe street parking restrictions. Valley-ites meet at top of Reseda Blvd. at 8 am; choice of free or paid parking areas – pay attention to signs. Ldrs: Bill Jackson, Robert Myers. Assts: Melody Anderson, Ann Pedreschi, Kathy Rich, Eric Scheidemantle.

### Sep 16-17 / Sat-Sun WTC M / Mt. LeConte (13,930)

Restricted to Sierra Club Members with third class climbing experience; helmets required. Meet Sat 7:00 am at Meysan Lakes trailhead. Pack in 4 mi, 3500' gain to camp to Meysan Lake. Sun climb LeConte, 1.5 mi, 2500' gain and pack out. Not for WTC students. Send climbing resume, recent conditioning, sase/esase, H&W/C phones, \$6 permit fee to Garen Yegparian. Asst: Virgil Shields.

### Sep 16-17 / Sat-Sun WTC, Wilderness Adventures I / Chocolate Pk (11,862')

Be awed by fall foliage, practice route-finding and get a peak in Bishop Creek drainage. Sat backpack 3.5 miles 1400' gain to Saddlerock Lake and explore lakes in the area. Sun pack out, climb Chocolate via x-country route 1.5 miles, 400' loss, 800' gain, and return to trailhead. Send sase > with \$7 permit fee, excess refunded at trailhead, to Ldr: Jane Simpson, Co-Ldr Adrienne Benedict.

### Sep 22-24 / Fri-Sun WTC I / Mt Silliman (11,188')

Fri backpack 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, 2500' gain and return to camp for group happy hour. Sun pack out. Comfort on class 2 granite slab required. There will be a permit fee of approx \$3 each collected at the hike. Send sase/esase with contact and rideshare info, recent backpacking and conditioning experience to Ldr: Gary Novotny. Asst: Mike Adams.

### Sep 23-24 / Sat-Sun **NEW!** Sierra Peaks, Hundred Peaks, WTC I / Mt Silliman (11,188')

SPS Intro trip for new and prospective members. Saturday backpack 3.5 mi, 2000' gain to camp, at a moderate pace. Time to relax or explore. Sunday 4 mi rt, 2500' to summit. Return to camp and pack out to cars. Bring goodies for happy hour Sat. night. Send SASE or email with recent experience and conditioning to Ldr: Gary Schenk. Co-Ldrs: George Wysup and Mark Roberts.

### Sep 24 / Sun **NEW!** LTC, WTC I / Grinnell Ridge Navigation

Navigation noodle in San Bernardino National Forest for either checkout or practice to satisfy either Basic (I/M) or Advanced (E) level navigation requirements. To receive homework assignment, send sase with navigation experience/training, rideshare info, H&W phones & email to Ldr: Harry Freimanis. Co-Ldr: Phil Wheeler

### Sep 30 / Sat **NEW!** LTC Deadline for Leadership Training Seminar

Last day for receipt of application and payment by LTC Registrar for enrollment in October 14 seminar. Next seminar: Spring 2007. Registrar: Steve Botan

## October

### Oct 1 / Sun WTC, Hundred Peaks I / San Rafael Pk (6666')

Moderately strenuous 10 mi rt, 2400' gain hike in the Sespe Wilderness (Los Padres National Forest). via trail and cross country route to San Rafael Peak. Apart from forest dominated by Jeffrey pines, pinyons and sagebrush, the area contains many fascinating geological formations-including Mutau Flat Rock, a sacred site to the Chumash Indians. Send email (preferred) or sase, with contact info and recent conditioning to Ldr: Kathy Rich. Asst: Jane Simpson.

### Oct 7-8 / Sat-Sun WTC, Wilderness Adventures I / Last Chance Backpack to Tahquitz Peak

This is your last chance to graduate WTC! Sat backpack, 4 mi 1600' gain, frm 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. (not as bad as it sounds!) Send 2 sase (or email), resume of conditioning & experience, H&W phones, rideshare info to Ldr: Georgette Rieck Co-Ldr: Jason Lynch.

### Oct 10 / Tue WTC O / Nike Base Rendez-Vous Hike #7

WTC Introductory Hike: Westridge Road to Nike Base; Reseda Blvd. to Nike Base: Learn about the Wilderness Travel Course on this 7 mi rt, 1000 feet gain hike in the Santa Monica Mts. The hike will include info on winter travel. Bring headlamp or flashlight. Westsiders Meet 6:30 pm end of Westridge Rd (Sunset Blvd to Mandeville Cyn Rd, N 1/4 mi to Westridge Rd, L to end); observe street parking restrictions. Valley-ites meet



## October continued

at top of Reseda Blvd. at 6:30 pm; choice of free or paid parking areas – pay attention to signs. Ldrs: Jane Simpson, Marc Hertz. Assts: Robert Myers, Sarah Myers.

### Oct 13-14 / Fri-Sat **DPS, WTC** **M / Bridge Mtn (6988'), Moapa Pk (6471')**

Join us on some excellent desert rock in Nevada. Comfort on Class 3 rock required. Restricted to SC members. All restricted trips now require everyone's complete medical info for the National Sierra Club. Send email w/ recent experience and condition- ing, SC#, completed Medical Form to Ldr: Jeff Dhungana. Co-Ldr: Doug Mantle.

### Oct 14 / Sat **NEW!** **LTC** **Leadership Training Seminar**

Become a qualified Sierra Club leader. For info, see LTC section in front of Big Schedule. Deadline for receipt of application and payment is Mar 31. No registration after this date or at door. Next seminar: Fall 2007. Registrar: Steve Botan

### Oct 14-15 / Sat-Sun **WTC, Hundred Peaks** **I / Quail Mtn (5813')**

Easy paced but moderately strenuous 14 mi rt, 1800' gain, to the highest peak in Joshua Tree National Park. Enjoy spectacular desert scenery and learn about the Wilderness Travel Course or satisfy WTC graduation requirements. Substantial cross- country travel with some steep, rocky portions. Send email (preferred) or sase, with contact info & recent conditioning to Ldr: Robert Myers. Asst: Ted Slap.

### Oct 21 / Sat **NEW!** **WTC** **M / Peak 4,377'**

Joshua Tree NP WTC graduation trip to this great class 3 peak near Indian Cove with WTC/OC leaders. WTC or equivalent skills required and comfort on class 3 rock required. Group size limited. Participants must have suitable skills and conditioning. Climbing helmets required. Send class 3 rock experience, conditioning and contact info to Ldr: Jennie Thomas (jenniet@uci.edu). Assts: Alex Amies, Tom McDonnell, Ron Campbell, and Ed Cottone.

### Oct 21 / Sat **NEW!** **WTC** **I / Indian Cove Navigation Practice**

This navigation practice will take place during the Wilderness Travel Course graduation in beautiful Joshua Tree National Park. We will travel cross-country to practice navigation skills learned in the class and develop new skills. Participation limited to WTC students. For more information and meeting place, send email (preferred) or sase, with contact info & recent conditioning to Ldr: Robert Myers. Co-Ldrs: Marc Hertz, Bill Jackson, Will McWhinney, Ann Pedreschi, Georgette Rieck, Jane Simpson

### Oct 22 / Sun **NEW!** **LTC, WTC** **I / Indian Cove Navigation**

Navigation Noodles to satisfy Basic (I/M) level navigation requirements. Sun only for practice or checkout. To receive homework assignment, send sase with any navigation experience/training, or WTC, rideshare info, H&W phones & email to Ldr: Harry Freimanis. Co-Ldr: Phil Wheeler

### Oct 28 / Sat **NEW!** **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 & compass. Beginners-to-rusty oldtimers welcome. Not an LTP checkoff. Many expert leaders will attend; many "I" rated leaders started here in the past. Recent no-shows required a \$25 deposit, refunded at trail-head. Send sase, deposit (Sierra Club), phones to Ldr: Diane Dunbar. Co-Ldr: Richard Boardman

## November

### Oct 28-29 / Sat-Sun **NEW!** **Desert Peaks, WTC** **I / Waucoba Mtn (11,123')**

**List Finish:** High point of the Inyo Range near Big Pine. About 6 miles, 4000' gain. Day hike the peak Saturday. Saturday night carcamp nearby for potluck party. Send email or sase with phone numbers, address, carpool info to Ldr: Ron Hudson. Asst: Erik Siering, Edd Ruskowitz, Gary Schenk, Alex Amies

### Nov 4 / Sat **LTC, Harwood Lodge, WTC** **C / Intro to Wilderness First Aid**

Runs from 8 am to 5:30 pm Saturday. Fee includes instruction, notes, lunch and snacks. Existing leader rating or proof of previous CPR course required to enroll. Fee \$50 (full refund through Oct 1). For application send e-mail to Ldr: Steve Schuster

### Nov 5 / Sun **LTC, Harwood Lodge, WTC** **C / Wilderness First Aid Refresher**

Runs from 8 am to 5:30 pm Sunday. Fee includes instruction, notes, lunch and snacks. Wilderness first aid course of at least 24 hours within previous 8 years required to enroll. Fee \$50 (full refund through Oct 7). For application send e-mail to Ldr: Steve Schuster.

### Nov 5 / Sun **NEW!** **WTC** **O / Chantry Flat/Winter Creek Loop**

A WTC Introductory Hike. Learn about the Wilderness Travel Course and meet WTC instructors on this easy paced 6 mi rt, 1800' gain hike in beautiful and historic Santa Anita Canyon. From Chantry Flat, we will hike the Lower Winter Creek Trail down into Santa Anita Canyon, crossing the creek several times, to Hoegee Campground, then return via the Upper Winter Creek Trail. Meet 8am at the bulletin board in the lower Chantry Flat parking lot. (From I-210, exit at Santa Anita Ave & go north. Santa Anita Ave. becomes Santa Anita Canyon Road. Proceed on Santa Anita Canyon Road to the gate. If road to Chantry is closed, we will meet instead at Trail Park in Sierra Madre & hike the Old Mt Wilson Trail to Orchard Camp.) We should return to Chantry by noon, where we'll have an optional picnic lunch. Bring lugsoles, ten essentials, rain protection. Adventure Pass required for parking. Food & drink and Adventure Pass available at Adams' Pack Station at Chantry. Ldr: Melody Anderson, Asst: Bill Jackson.

### Nov 11 / Sat **NEW!** **WTC, Hundred Peaks** **I / Bernard Pk (5430'), Little Berdoo Pk (5440')**

Two lesser traveled HPS peaks in Joshua Tree National Park with views into the Coachella Valley. 7 mi rt, 1800' gain, entirely cross county. AWD or 4WD vehicles preferred, due to sandy nature of road. Send email or sase with contact info & recent conditioning to Ldr: Robert Myers. Co-Ldrs: Susan Richmond, Jane Simpson.

### Nov 11 / Sat **NEW!** **WTC** **O / Vulture Crag**

Learn about WTC on this easy hike to Santa Ana Mountain rock formation, 6.0 mi with 1100' gain. Meet 7:30 am Tustin Rideshare Point or 8:00 am at Santiago Truck Trail TH on Modjeska Grade Road, just off of Santiago Canyon Rd. Bring ten essentials, 2 qts water, lunch and lug soles. Rain Cancels. Ldrs: Gary Bickel, Tom McDonnell.

### Nov 12 / Sun **NEW!** **WTC, Hundred Peaks** **I / Lost Horse Mtn (5313'), Ryan Mtn (5457')**

We will visit Lost Horse Mine and learn about the history of these two peaks in Joshua Tree National Park. Lost Horse is 5 mi rt, 900' gain. Ryan is 3 mi rt, 1100' gain. Send email or sase, with contact info & recent conditioning to Ldr: Robert Myers. Co-Ldrs: Susan Richmond, Jane Simpson.

## November continued

**Nov 18-19 / Sat-Sun NEW!**



**LTC, WTC**

### I / Indian Cove Navigation

Navigation Noodles to satisfy Basic (I/M) level navigation requirements. Sat for practice, skills refresh, altimeter, campfire. Sun for checkout. To receive homework assignment, send sase with any navigation experience/training, or WTC, rideshare info, H&W phones & email to Ldr: Harry Freimanis. Co-Ldr: Phil Wheeler

**Nov 18-19 / Sat-Sun NEW!**



**Hundred Peaks, WTC, Desert Peaks**

### I / Villager Pk (5756), Rabbit Pk #2 (6640)

Very strenuous cross country backpack to these Santa Rosa Mountain peaks. Early Sat start to Villager will be 7 mi, 5000' gain carrying all your water for the weekend, ugh. The desert terrain is steep and rocky with abundant cholla. Sat evening relax and enjoy a traditional Sierra Club happy hour. Early Sun start to Rabbit, return to camp, pack up and hike back to cars, 14 miles, 3000' gain, carrying much less water. Rain cancels. Send sase or 2 sase, phone, recent conditioning/experience to Ldrs: Wayne Vollaile, Ron Campbell.

## December

**Dec 2 / Sat NEW!**



**LTC**

### O / Basic GPS Class

Introduction to Global Positioning System for all outings, at Eaton Canyon Nature Center, Pasadena. No registration at door, space limited, apply early. Starts 9 am indoors for GPS characteristics, features, receiver operation & use, personal selection criteria, and use with maps (provided). Hands-on field practice after lecture. Bring your GPS, but we will have loaners. Send sase, H&W phones, email, any GPS experience, your GPS model, \$15 LTC for rent & materials (no refund 5 days prior) to Ldr: Harry Freimanis, Co-Ldr: Phil Wheeler

**Dec 2 / Sat NEW!**



**WTC**

### O / Temescal Pk (2126')

Learn about the Wilderness Travel Course on this hike through oak glens and chaparral in Topanga State Park. Info will be provided on the ten essentials of safe mountain travel. We will hike to the park's highest peak with spectacular views. 8 mi rt, 1100' gain on fire road and trail. Meet 9 am at Trippet Ranch fee parking lot (from Topanga Cyn Blvd, east on Entrada Dr for about 1 mi, turning left at every opportunity until parking lot). Ldrs: Robert Myers, Jane Simpson.

**Dec 2 / Sat NEW!**



**WTC**

### O / Sugarloaf (3227'), the easy way

Opportunity for prospective WTC students to learn on this "upside-down" hike from OC WTC leaders, 7.2 mi, 700' gain, 900' gain on return. Meet 7:30 am at the South Orange County rideshare. Bring ten essentials, 2 qts water, lunch and lug soles. Rain Cancels. Ldrs: Gary Bickel, Greg De Hoogh.

**Dec 3 / Sun NEW!**



**20s30s, WTC**

### I / Carey's Castle

Nav adventure hike in Joshua Tree. Discover a hidden miner's cabin in Joshua Tree National Park! 8 mi rt, 1300' gain xc hike across desert, dry streambeds, with lots of class 2 boulder scrambling. Send email or sase with H&W phones, recent experience/conditioning to Ldr: Sridhar Gullapalli. Asst: Adrienne Benedict.

**Dec 9 / Sat NEW!**



**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 & compass. Beginners-to-rusty old timers welcome. Not an LTP checkoff. Many expert leaders will attend; many "I" rated leaders started here in the past. Recent no-shows required a \$25 deposit, refunded at trailhead. Send sase, deposit (Sierra Club), phones to Ldr: Diane Dunbar. Co-Ldr: Richard Boardman

## December continued

**Dec 10 / Sun NEW!**



**LTC, WTC**

### I / Warren Pt Navigation

Navigation noodle at Joshua Tree National Park for either checkout or practice to satisfy either Basic (I/M) or Advanced (E) level navigation requirements. To receive homework assignment, send sase with any navigation experience/training, or WTC, rideshare info, H&W phones & email to Ldr: Harry Freimanis. Co-Ldr: Phil Wheeler

**Dec 10 / Sun NEW!**



**WTC, OCSS**

### O / Lion Cyn Falls

Join a few of the Orange County WTC leaders on a stroll through the Santa Ana Mtns chaparral, 10 mi rt, 1500ft gain. Picnic at Lion Cyn Falls hopefully not dry. Meet 8 am at lot across from Hwy 74 Candy Store or 7:30 am at South Orange County rideshare. Bring 2 qts, lunch, lugs. Rain cancels. Ldr: Tom McDonnell. Asst: Cheryl Gill.

**Dec 10 / Sun NEW!**



**WTC, 20's & 30's Singles, Long Beach**

### O / WTC Introductory Hike Mt Wilson Trail/Manzanita Ridge

Invigorating conditioning hike at a moderate pace. 10 mi rt, 3000' gain. Leaders will provide an overview of the Wilderness Travel Course (WTC), which begins Jan 2007. Subjects include safe mountain travel, map and compass, wilderness first aid. Meet 9 am trailhead at Mira Monte Ave and Mt Wilson Trail Dr (take I-210 to Baldwin Ave exit, take Baldwin N to Mira Monte, R to trailhead). Bring hiking boots, 2 liters water, snacks to share. Ldrs: David Meltzer, Melody Anderson, Sridhar Gullapalli.

**Dec 16-17 / Sat-Sun NEW!**



**Hundred Peaks, WTC, OCSS**

### I / Snow Camping - Cornell Pk (9750')

San Jacinto Pk (10,804') Moderately paced and moderately strenuous snow camping and peak climbing trip in the San Jacinto Wilderness. 4 mi, 1500' gain for the first day from the Palm Springs Tram, most with full backpack while on snowshoes. 7 mi of peak climbing, 2000' gain with snowshoes and daypacks the second day, before we pack out 2.5 mi to the tram. Send sase or 2 sase, phone, recent conditioning/experience to Ldr: Lisa Buckley. Asst: Wayne Vollaile.

## 2007 - January

**Jan 6 / Sat NEW!**



**WTC, OCSS**

### O / Sitton Pk (3273')

Intermediate conditioning hike at a moderate but challenging pace in the beautiful Ortega Mountains. 9.5 mi and 2000' gain. This may be just what prospective WTC students would like. Enjoy lunch and 50 mile vistas in every direction at the summit. Meet 7:30 am at the South Orange County rideshare. Bring ten essentials, water, lunch and lug soles required. Rain cancels. Contact leaders for more information. Ldr: Lisa Buckley. Co-Ldr: Wayne Vollaile.

**Jan 13 / Sat NEW!**



**WTC, Hundred Peaks**

### I / Warren Pt (5103')

Practice navigation for Sunday's checkoff on this 6 mile rt, 1300' gain hike in the pinyon pine and juniper region of western Joshua Tree National Park. We will take a cross-country route to approach Warren Pt from the west and practice micro-navigation skills along the way. Send email (preferred) or sase, with contact info & recent conditioning to Ldr: Robert Myers. Co-Ldrs: Susan Richmond, Jane Simpson.

**Jan 14 / Sun NEW!**



**LTC, WTC**

### I / Warren Pt Navigation

Navigation noodle at Joshua Tree National Park for either checkout or practice to satisfy either Basic (I/M) or Advanced (E) level navigation requirements. To receive homework assignment, send sase with any navigation experience/training, any WTC, rideshare info, H&W phones & email to Ldr: Harry Freimanis. Co-Ldr: Phil Wheeler

Jan 14 / Sun **NEW!**



WTC

## 0 / Bedford Pk (3800')

WTC students - to check your fitness before your Conditioning Test Hike. Moderate pace consistently uphill 7 mi rt, 2000'. Great views of Baldy, San Geronio and San Jacinto. Meet 7 am at the North Orange County rideshare, or 7:30 am at end of Silverado Canyon. Pack the ten essentials, water (2 quarts), snacks. Rain cancels. Ldr: Edd Ruskowitz. Co-Ldr: Melissa Kane.

Jan 27 / Sat **NEW!**



LTC, Sierra Peaks, Desert Peaks

## M/E: Local Baldy Snow Practice

Review all aspects of snow climbing, including rope travel, use of the ice axe, snow anchors. For anyone wishing to practice their skills or brush up on new techniques, especially for aspiring M and E candidates. Restricted to SC members with prior experience with ice axe. Lack of snow may cancel. Send SC#, climbing resume, email, H&W phones to Ldr: Nile Sorenson. Co-Ldr: Tom McDonnell

Jan 27 / Sat **NEW!**



WTC

0 / Sugarloaf (3227'), the hard way

Opportunity for 2007 WTC students to get really prepared for the conditioning test with OC WTC leaders, 9.0 mi, 2700' gain. Meet 7:30 am at the South Orange County rideshare. Bring ten essentials, 2 qts water, lunch and lug soles. Rain Cancels. Ldrs: Gary Bickel, Greg De Hoogh. Feb 3 / Sat LTC, Sierra Peaks, Desert Peaks

Feb 3 / Sat **NEW!**



LTC, Sierra Peaks, Desert Peaks

## M/E: Local Baldy Snow Practice

Review all aspects of snow climbing, including rope travel, use of the ice axe, snow anchors. For anyone wishing to practice their skills or brush up on new techniques, especially for aspiring M and E candidates. Restricted to SC members with prior experience with ice axe. Lack of snow may cancel. Send SC#, climbing resume, email, H&W phones to Ldr: Nile Sorenson. Co-Ldr: Tina Bowman.

Mar 31 / Sat **NEW!**



LTC

## Deadline for Leadership Training Seminar

Last day for receipt of application and payment by LTC Registrar for enrollment in April 14 seminar. Next seminar: Fall 2007. Registrar: Steve Botan

Apr 14 / Sat **NEW!**



LTC

## Leadership Training Seminar

Become a qualified Sierra Club leader. For info, see LTC section in front of Schedule. Deadline for receipt of application and payment is Mar 31. No registration after this date or at door. Next seminar: Fall 2007. Registrar: Steve Botan



Pat Arredondo shows off her whole wheat Naan

Photo by Gary Novotny



# 2007

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](http://www.angeles.sierraclub.org/wtc)

Withdrawal from course: Students withdrawing from WTC are entitled to:

(1) Full refund (less a \$25.00 service charge) before the first class.

(2) A 50% refund before the fourth class.

(3) No refund after the fourth class.

If you have prepaid for the required text or the optional compass, that amount will be refunded only if you have not received the item.

### Course Fees:

Sierra Club members (on or before 12/15/06) **\$230** ☐  
(after above date) **\$245** ☐

Sierra Club membership no. \_\_\_\_\_  
or membership application date \_\_\_\_\_

Non-members (on or before 12/15/06) **\$245** ☐  
(after above date) **\$260** ☐

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

Optional Suunto MC-2 professional mirror compass **\$30** ☐

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

WTC Registrar

2390 Crenshaw Blvd. #343

Torrance, CA 90501



# Outings Leader Directory

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

Palisade glacier nestles at the foot of Mt Sill

Photos by Gary Novotny



Jim Dohn, Colette Simonds, and Jean Konhoff negotiate a rocky ledge



“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) \_\_\_\_\_

Membership Categories	Individual	Joint
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



# Lions and tigers and... Bananas Foster?

Reclaiming the good life

A trip write up by Ron Campbell

**Cloudripper (13,525 ft.), (almost)**

**Aug. 19 & 20, 2006**

Near sunset at Sixth Lake, Ed Cottone poured a few glubs of Captain Morgan's Spiced Rum into the sauté pan, swirled it and lit the rum with a match.

The flame danced for a few moments, keeping well below a pine branch. A ranger had pretended not to hear when we'd described the intended high point of our dinner plans.

Decadent Wilderness Weekend IV drew eight people to a campsite beneath Cloudripper's southeast face in August. We took time to smell the wildflowers, to say nothing of the wine and artichoke hearts. We admired the peaks but didn't quite get around to summiting any because we wanted to return to the trailhead in time to buy ice cream.

All in all, it was an antidote to the traditional peak-bagger's weekend. And that was the whole point.

Every weekend from late April to late October, Angeles Chapter members rush to the Sierra to prove themselves by conquering peaks -- a curious phrase since the mountains neither surrender nor even acknowledge our brief presence.

One weekend every summer, a handful of nonconformists visit the mountains with an unapologetically sensuous agenda: to eat, drink and be merry in beautiful surroundings. And maybe, if time allows, climb a mountain.

We left the Glacier Lodge trailhead at a reasonably luxurious 8:30 a.m., visited the Lon Chaney cabin and slowly eased our ways past Lakes 1, 2, 3 and 4, reaching our campsite overlooking the south shore of Sixth Lake in mid-afternoon.

After Ed and I vainly tried to persuade the group to pick up camp and move across the outlet to an even better site, we settled down for serious business.

Out came a red-and-white checkered tablecloth, two brass candlesticks (heavy buggers) and two candles, only one of which stayed lit.

Pat Arredondo dug out appetizers: whole-wheat Tanoodri nan with two pesto dips - artichoke-lemon and sun-dried tomatoes. Sal Palaez contributed smoked Gruyere. From my pack I produced Crimini mushrooms, marinating for the previous 36 hours in a 2-to-1 mix of olive oil and balsamic vinegar with a large garlic clove. Karla Reinhardt cooked cous-cous with cranberries.



Ed and Priscilla Cottone flambe up a batch of Bananas Foster for Decadent Wilderness Weekend IV. Photo by Gary Novotny.



# Gourmet backpack, continued...

## Reclaiming the good life

Kay and Gary Novotny meanwhile fired up their oven and prepared their famed back-country pizza: a Boboli crust slathered with basil pesto, topped with artichoke hearts, Feta cheese, Portobello mushrooms and a two-cheese topping. It went quickly.

Ed and Priscilla Cottone volleyed with their own entrée: chicken fajitas with peppers and onions in toasted tortillas.

Our wine offerings were small but good, a boxed Sangria provided by Pat and a BV Coastal Merlot, tastefully served in a Platypus with a vintage label.

Last year's Gourmet Backpack dinner ended with Godiva ice cream and Kahlua. Ed and Priscilla were determined to top that this year. Ed lugged vanilla ice cream up the hill in a bag of melting ice; it was soft-serve consistency by dinner. Priscilla made a small but potentially important culinary discovery: If life or the grocery store gives you green bananas, put them in a bear canister for a day and they'll be perfectly ripe by dinner. They halved the bananas end-to-end and sautéed them in a mixture of brown sugar and margarine. After several minutes, when the bananas had softened, Ed added the rum, flambéed the sauce and cooked for perhaps a minute longer. They served the bananas and sauce over the ice cream.

At 6:30 the next morning, five of us set out for Cloudripper. Gary, who had spent three rain-drenched days the previous summer contemplating this climb, predicted it would take an hour to get from camp to the base of the peak. He was right. Not liking the look of the steep, 1,000-ft. scree slope ahead, I led the group to the right, toward talus. This brought us to the saddle at 9 a.m.

Ed and I had decided the previous day on an early turnaround time to ensure we made it back to the Glacier Lodge Store and its ice cream cooler before closing time at 6 p.m. We gamely set up the ridge toward the summit. But 9:45 a.m., our agreed turnaround time, found us 800 feet below the summit.

Which would it be: Ice cream or the peak?

With this group, the answer was obvious. At 5 p.m. I was licking a strawberry fruit bar.



Cloudripper awaits the dawn assault with a stony facade.  
Photo by Gary Novotny





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Karla Reinhardt prepares a batch of cranberry couscous in her Jetboil for Decadent Wilderness Weekend IV.  
Photo by Gary Novotny