Okay, heel on ridge, foot in crack, four points of contact... OC student Sandy Farwell showing how it's done near the summit of Peak 4377 in Joshua Tree NP as student Elizabeth Kihm and instructor Jack Kieffer look on.

Welcome

to the Wilderness Travel Course Class of 2015

Ed. note: This column is reprinted from last year – and the year before that and the year before that and... Why? Because I can't think of a better introduction for the course and what it teaches us. So there.

think we all know the earth wins out in the end. We've seen evidence of ancient civilizations buried beneath Mother Nature's last word. We've witnessed her untimely reminders, from Mt. St. Helens to the devastating forest fires and hurricanes to the quick and effortless wrath of Asia's tsunamis. Despite our desire to control everything around us, the earth is always in charge. Dams will break, buildings will fall and nature will reclaim herself.

"Step into the or wilderness and you've stepped into a time machine."

one might look at old city photos and think, "Wow, it sure looked different in those days." But look in the photo again — at the mountains, the trees, the animals and the sky. For those,

nothing's changed. Step into the wilderness and you've stepped into a time machine: everything around you is no different from the world your ancestors inhabited.

A lush forest doesn't mind a fire; the trees will come back in 10, 20, maybe 50 years. But we might not. So we form groups like the Sierra Club to try and preserve that which nature will allow for our lifetimes and our children's lifetimes.

As a training arm of the Sierra Club, the Wilderness Travel Course will teach you that, by insulating yourself from the elements, you're robbing yourself of the oldest relationship man has. Teddy Roosevelt felt deeply enough to establish the National Parks System. Indeed, the Bible says we're to be stewards of the earth. WTC will teach you the skills to be comfortable and to weather the wilderness. Nature will teach you why those skills can change your life for the better... and for good.

Welcome to WTC, where your eyes will be opened and your feet may be sore (pay attention to the boot lecture to placate your piggies). A good deal of this course will emphasize help over hinder. You'll learn which clothes will warm you, which boots support you and what food will sustain you. You'll learn to look at a map and see paths where there are no roads, to use a direction finding device that requires no batteries, and to release abilities in yourself that know no bounds.

Of course you'll also learn how to dig a snow cave, friction a slab, divine squiggle and take a split. You'll learn to carry more (stuff) while carrying less (weight), that canteens went out with the cavalry and that there is such a thing as too much food. You'll learn to layer, edge, plunge-step and kick-step; you'll learn to get high, but that too high may cause drowsiness, AMS, HAPE or HACE (not a very good time to be operating heavy machinery). You'll learn why the Atkins diet is not a hiking diet and you'll learn that cotton kills.

But the best, life-changing part of WTC? You'll make new friends (yeah, it's one of our sound bites, but it's true). Bonds and carpools will form, and you'll be one with the world's oldest G-rated recreation: you'll walk the earth. Side effects include tree hugging, disdain for "private property" signs and a strengthened heart – physically and emotionally.

There's a reason WTC Newsletter cover photos always include people. The Wilderness Travel Course is all about people. It's the portal through which the vague and the oblivious discover anew what has always been. It's like walking down a street that, for years, you've only driven.

So, walk on. Stop (smell flowers). Have fun and welcome nature with open fleece and sticky soles. Know you'll forever look back on WTC as the beginning of some of the best times of your life.

- Edd Ruskowitz, Editor





2014 OC Whitney Group enjoying a Snow Camp tradition.

HEADLINE DEADLINES

For publication in the Spring 2015 WTC Newsletter: February 13 For publication in the Summer 2015 WTC Newsletter: May 22

These are the last days for outings 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.

OUTINGS

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 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.

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

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 at WildernessTravelCourse.org as a download in PDF format. All questions, copy and photo submissions should be directed to Edd Ruskowitz, WTC Newsletter Editor, at hikinedd@yahoo.com

On the Cover 2014 WTC/OC students at Snow Camp

WTC Info Line: (310) 967-2029

snowshoe across a drained Lake Sabrina in the Eastern Sierra. Photo by Edd Ruskowitz.

OFFICERS

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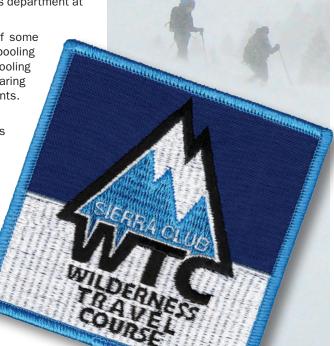
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Winter, 2015



The outings published in this newsletter are sponsored by a variety of Sierra Club groups and sections. As a WTC student, your training places you in good standing with other groups and sections of the Angeles Chapter of the Sierra Club who welcome your participation. For a full listing see the Chapter's Schedule of Activities at angeles2.sierraclub.org/activities

- **WTC Experience Trip** Trips that qualify as WTC experience trips.
- **Trip of Interest** Outings of interest do not qualify as WTC experience trips, but can be... well, very interesting.
- Training Opportunity WTC students should find many of these trips within their abilities.
- **Mountaineering** Technically challenging, typically not suited to WTC students. Strong students with prior mountaineering experience may qualify.

TO RESERVE YOUR PLACE ON AN OUTING, follow the instructions listed in the trip description and provide all the information requested by the leader, typically your 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. A SASE is rarely requested, but if it is send a 9.5 x 4 inch self-addressed, stamped envelope (SASE) along with your information.

You may be placed on a waiting list if a trip is full. If your plans change and you need to cancel your reservation, it's very important that you contact the leaders to let them know of your revised plans, even if you are on the waiting list.

January 10-11 | Sat-Sun LTC, WTC, HPS, DPS, SPS III | Indian Cove Navigation Noodle

Navigation noodle at Joshua Tree National Park to satisfy the basic (I/M) level navigation requirements. Saturday for practice, skills refresher, altimeter, homework, campfire. Sunday checkout. Send email/sase, contact info, navigation experience/training, any WTC, leader rating, rideshare to Leader: Robert Myers. Assistant: Phil Wheeler

January 14 | Wed

III 0 Whiting Ranch/Billy Goat Loop Hike

Join us for a strenuous, moderately-paced 7 mi rt 1400' gain/ loss hike up Serrano Canyon and Dreaded Hill to Four Corners and the Billy Goat Trail, returning through Sleepy Hollow with possible deer sighting. Bring 2 liters water, snacks, hiking boots, sun protection, \$3 for parking or annual pass. Meet 8:30 am at the Glenn Ranch Rd entrance in Lake Forest. Exit I-5/405 at Bake Pkwy, go E 5 mi, R on Portola, L at Glenn Ranch Rd ½ mi and L into parking lot. Rain cancels. Ldr: Sharon Kirk (sl.kirk@sbcglobal.net) Asst: Audrey Tomovich

January 15 | Thu WTC O A Mid-winter Night's Stair Hike; Hike 5 of 8

4 mi, 2 hrs. Fulfill your New Year's resolution to hike more stairs. If your New Year's resolution included hiking stairs with a heavy backpack, even better. Meet 6:30 pm at Thirsty Crow, 2939 West Sunset Boulevard (90026). Bring water, adventurous spirit, strong legs, and deeper appreciation of stairs. Flashlight optional. Heavy rain cancels. Ldr: Sarah Quist, Co-ldr: Anne Mullins

January 17 | Sat

OCG

III 0 La Vita Trail Hike

A remote and relatively unknown loop through the back hills of Brea in the Chino Hills State Park. A 4 mi loop, 1100' gain, along a trail crossing Sonome Creek. Meet 9 am in Olinda Village at 200 Verbena Ln (and Olinda Dr (not Place); off Carbon Canyon Rd) Bring water, a snack, and sturdy shoes. Rain within 48 hours cancels

January 21 | Wed

OCG

Ⅲ 0 Laguna Coast Wilderness/Boat Canyon

6 mi, 1000' gain from Dartmoor Gate in Laguna Beach to Willow parking lot via Boat Road/Bommer Ridge/Laurel Cyn. Return by catching the OCTA bus on the "safe" side of Laguna Cyn Rd with a transfer in Lag Bch for return to Dartmoor. Bring hiking boots/water/snack/money for bus (\$1.50-\$2.00). Meet 9 AM at end of Dartmoor St (free parking). From end of Lag Cyn Rd, R on PCH to Viejo St, turn R, then L on Hillcrest 1 block, R on Dartmoor to end. Rain cancels. Ldr: Pete Height prheight@cox.net. Asst: Judy Mulry

January 28 | Wed O Bear Canyon Loop

OCG

7 mi, 1000' gain up from the Candy Store through chaparral and oaks and wildflowers, then up the ridge to 4 corners and back by shady Pigeon Springs. Meet 8:30 am at South Orange County rideshare point, or 9:00 am at the Candy Store on Ortega Hwy parking lot with Forest Service Pass. Bring 2 qts water, snack/lunch, hiking boots. Rain cancels. Ldr: Mike Sappingfield (mikesapp@cox.net) Asst: Sylvia Stevenson

WAS Wilderness Adventures Section | PVSB Palos Verdes South Bay Group | LB Long Beach Group | OCSS Orange County Sierra Singles | SPS Sierra Peaks Section | HPS Hundred Peaks Section | LPC Lower Peaks Committee | WTC Wilderness Travel Committee | LTC Leadership Training Committee | DC Desert Committee | NS Natural Science | PG Pasadena Group | VH Verdugo Hills | BC Backpacking Committee | OCG Orange County Group

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January 29 | Thu

WTC

Ⅲ 0 A Mid-winter Night's Stair Hike; Hike 6 of 8

5 mi, 2 hrs. Train for winter outdoor adventures by exploring stairs and steep hills around Los Angeles. Bonus points for carrying a heavy backpack as if you're on the JMT. Meet 6:30PM at Red Lion, 2366 Glendale Blvd (90039). Bring water, adventurous spirit, strong legs, and appreciation of stairs. Flashlight optional. Heavy rain cancels. Ldr: Anne Mullins, Co-ldr: Alex Prieto

January 30 - February 1 | Fri-Sun OCSS III | Winter Sports Bus Trip to Mammoth Lakes

Join OCSS for an awesome weekend adventure!. This trip has it all: Learn to cross-country ski in the backcountry with experienced instructors; enjoy backcountry ski touring and snowshoe touring with leaders; XC ski on your own at Tamarack Nordic Ski Center; Downhill ski or snowboard on Mammoth Mtn. Newcomers and Non skiers Welcome!! Stay at Quality Inn (2 per rm, 2 beds, priv.bath) close to shopping, night life, free shuttles. Leave O.C. 2 PM with pickup in San Fernando Valley. Return O.C. Sun. 10PM. Incl. bus, lodging, breakfasts, happy hour, Sun. dinner & bus refreshments. Send email address (or 2 SASE), phone#, \$310 w/SC# / \$330 non-mem (check payable OCSS). To Reserv: Donna Specht, 22221 Wood Island Lane, Huntington Beach, CA 92646. (donnaspecht@juno.com) Leader: Mark Fleming, Asst. Ldr: Homer Tom, Backcountry Ski Instructors: Julie Smith-Meek & Scott Meek. Snowshoe Leaders: Dave Black, Lisa Buckley.

February 8 | Sun WTC III | Mt. Pinos Navigation Practice on Snowshoes

Ever wonder what it is like to navigate in snow? Find out on this navigation practice as we take a cross-country route to Mount Pinos (8831'). Four miles round trip, 700 feet gain. Snowshoes required. Send email/sase, contact info, navigation experience/ training, any WTC, leader rating, rideshare to Leader: Robert Myers. Co-Leaders: Ann Pedreschi Shields, Adrienne Benedict, Jane Simpson

February 12 | Thu V O A Mid-winter Night's Stair Hike; Hike 7 of 8

3.2 mi, 1.5 hrs. Prepare for upcoming trips on stairs and steep hills around NE Los Angeles. Carry all your new gear in a backpack to train for backpacking and for show & tell. Meet at 6:30 PM at Superior Market on 133 W Avenue 45 (90065) in Highland Park. Bring water, adventurous spirit, strong legs, and deep love of stairs. Flashlight optional. Heavy rain cancels. Ldr: Sarah Quist, Co-ldr: Homer Tom

February 26 | Thu WTC 11 O A Mid-winter Night's Stair Hike; Hike 8 of 8

3 mi, 1.5 hrs. Prepare for summer trips by backpacking stairs around downtown LA. Optional weighted backpack will increase difficulty. Meet at 6:30 PM by Grand Central Market, 340 S. Hill Street (90013); near Pershing Square Metro Stop. Bring water, adventurous spirit, strong legs, and admiration of stairs. Flashlight optional. Heavy rain cancels. Ldr: Anne Mullins, Co-ldr: Paul Garry

March 13 -15 | Fri-Sun OCSS, PVSB

Ⅲ I Winter Combo Bus Trip to Mammoth Lakes

Ski Downhill or Snowboard on Mammoth Mtn. Daily guided backcountry ski tours and snowshoe tours with the leaders. Visit geological formations. Quality Inn lodging, two persons-2

beds/private bath, microwave, fridge, indoor spa. Close to shopping, night life, casual and fine dining, free shuttles. Leave Orange County 2:00 pm. South Bay and Sylmar pick-up later. Return Orange County Sunday approx 10pm. Includes bus, lodging, full breakfast, happy hour, bus refreshments, Sunday dinner. Send 1 large sase, OR E mail address, phones, \$310 (check payable to Orange County Sierra Singles) to Reserv: Beth Martin, 530 South Lake Ave. #708, Pasadena CA 91101 (whmscl@sbcglobal.net). Leader: Keith Martin (keithwmartin@sbcglobal.net). Asst: Donna Specht Staff: Mark Mitchell, Snowshoe: Kent Schwitkis, Sherry Ross.

March 28 | Sat LTC Deadline for Leadership Training Seminar

Last day for receipt of application and payment by LTC. Register for April 11 seminar to be held in Pasadena area. See LTC website (http://angeles.sierraclub.org/ltc/) for registration information. No registration after this date or at the door. Next seminar: Fall 2015.

April 4-5 | Sat-Sun WTC | Quail Mountain (5814), Samuelson's Rock

Moderately strenuous 14 mi rt 1800' gain, backpack to Quail Mtn, highest point in Joshua Tree NP using mostly cross-country route. Sat easy paced 4 mi to camp, set up, then 6 mi rt to Quail and back to camp for happy hour. We will encounter some rough, rocky section on Quail. Sun, 2 mi rt xc trip to Samuelson's Rock. Bring 10 essentials, minimum 6 liters water (dry camp), boots and layered clothing. email, H&W phones, w/recent experience & conditioning to Ldr: David Meltzer. Asst: Brian Decker

April 11-12 | Sat-Sun LTC, WTC, HPS, DPS, SPS II Navigation: Places We've Saved Noodle in Mojave National Preserve

Join us for our 10th navigation outing at this jewel of the Mojave, which was preserved under the California Desert Protection Act as a result of the efforts of Sierra Club activists and others. A basic to advanced cross-country navigation 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 Leader: Robert Myers. Assistants: Ann Shields, Virgil Shields, Adrienne Benedict

April 11 | Sat LTC Deadline for Leadership Training Seminar

Become a qualified Sierra Club leader. Seminar in Pasadena Area. For information, see the LTC website (http://angeles.sierraclub.org/ltc/). Deadline for receipt of application is March 28. No registration after this date or at the door. Next seminar:

April 22 | Wed LTC, SPS, DPS, WTC Workshop Advanced Mountaineering Program (AMP11) – Basic Safety System

First of 4 climbing workshops open to SC members with prior roped climbing experience. Today's indoor evening workshop of 4 hours reviewing ropes, knots, harnesses, helmets, and basic climbing gear will take place in Pasadena. As space is limited priority will be given to participants who commit to all four workshops. Send e-mail with SC#, resume, phones to Ldr: Dan Richter (dan@danrichter.com). Asst: Pat McKusky

Winter, 2015 5

Fall 2015.

April 25 | Sat LTC, SPS, DPS, WTC **IR M/E R** Advanced Mountaineering Program (AMP11)

- Belaying

2nd of 4 climbing workshops open to SC members with prior roped climbing experience. Today at Stoney Point in Chatsworth, focus is on belaying and principles of anchor building. As space is limited priority will be given to participants who commit to all four workshops. Send e-mail with SC#, resume, phones to Ldr: Dan Richter (dan@danrichter.com). Asst: Pat McKusky

April 25-26 | Sat-Sun LTC, WTC, HPS, DPS, SPS **I Warren Point Navigation Noodle**

Navigation noodle at Joshua Tree National Park to satisfy the basic (I/M) level navigation requirements. Saturday for practice, skills refresher, altimeter, homework, campfire. Sunday checkout. To participate, send email/sase, contact info, navigation experience/training, any WTC, leader rating, rideshare to Leader: Robert Myers. Assistant: Phil Wheeler

LTC, SPS, DPS, WTC May 2 | Sat **III** M/E R Advanced Mountaineering Program (AMP11) - Rappelling

3rd of 4 climbing workshops open to SC members with prior roped climbing experience. Today at Stoney Point in Chatsworth, focus is on rappelling. As space is limited priority will be given to participants who commit to all four workshops. Send e-mail with SC#, resume, phones to Ldr: Dan Richter (dan@danrichter.com). Asst: Pat McKusky

May 9 | Sat LTC, WTC

III I Navigation: 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, rideshare info, \$25 deposit, refunded at trailhead (Sierra Club) to Leader: Diane Dunbar. Co-Ldr: Richard Boardman

May 9-10 | Sat-Sun LTC, SPS, DPS, WTC **III** M/E R Advanced Mountaineering Program (AMP11) - Rock Climbing Techniques and Anchors

4th of 4 climbing workshops open to SC members with prior roped climbing experience. This weekend completes the series of AMP workshops and focuses on climbing and anchors. As space is limited priority will be given to participants who commit to all four workshops. Send e-mail with SC#, resume, phones to Ldr: Dan Richter (dan@danrichter.com). Asst: Pat McKusky

June 13 | Sat WTC. HPS

III I Navigation: Heart Bar Peak (8332)

Practice navigation for Sunday's checkoff on this 7 mile round trip, 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 Leader: Robert Myers. Co-Leaders: Jane Simpson, Adrienne Benedict, Ann Pedreschi Shields

Ⅲ WTC Experience Trip **Ⅲ** Trip of Interest

June 14 | Sun LTC, WTC, HPS, DPS, SPS III I Navigation: Grinnell Ridge Navigation Noodle

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 Leader: Robert Myers. Assistant: Phil Wheeler

July 17-19 | Fri-Sun **WTC III** I Mt. Tom (13,652)

Climb the most prominent mountain visible from Bishop and the upper Owens Valley. Friday backpack from Pine Creek 4 miles and 3100' gain to Gable Lake. Saturday ascend 7 miles RT and 3250' gain to summit Mt Tom. Late season snow may divert peak to Four Gables (12,720'). Sunday pack out. Send e-mail or SASE, \$5 permit fee, recent experience and conditioning, and contact info to Ldr: Stephanie Smith, Co-Ldrs: Linda Campbell, Mike Dillenback

August 2 | Sun LTC, WTC, HPS, DPS, SPS III I Navigation: Mt. Pinos Navigation Noodle

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 or sase, navigation experience/training, rideshare info, contact info, any WTC, leader rating to Leader: Robert Myers. Assistant: Phil Wheeler

September 20 | Sun LTC, WTC, HPS, DPS, SPS III I Navigation: Grinnell Ridge Navigation Noodle

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 Leader: Robert Myers. Assistant: Phil Wheeler

November 14-15 | Sat-Sun LTC, WTC, HPS, DPS, SPS III Indian Cove Navigation Noodle

Navigation noodle at Joshua Tree National Park to satisfy the basic (I/M) level navigation requirements. Sat. for practice, skills refresher, altimeter, homework, campfire. Sun. checkout. Send email/sase, contact info, nav experience/training, any WTC, leader rating, rideshare to Ldr: Robert Myers. Ass't: Phil Wheeler

LTC, WTC, HPS, DPS, SPS November 14 | Sat III M-R Navigation: Workshop on 3rd Class Terrain

This navigation workshop is limited to individuals participating in the Indian Cove Navigation Noodle and is intended to explore special navigation issues that arise on 3rd class terrain. Class 3 rock travel experience required. Restricted to Sierra Club members. Helmets and medical forms required/group size limited. Send email/sase, SC#, class 3 experience, conditioning, contact info to Leader: Robert Myers. Co-Leader: Jack Kieffer

LTC, WTC, HPS, DPS, SPS December 6 | Sun III I Warren Point Navigation Noodle

Navigation noodle at Joshua Tree National Park for either checkoff or practice to satisfy the basic (I/M) level or Advanced (E) level navigation requirements. To participate, send email/sase, contact info, navigation experience/training, any WTC, leader rating, rideshare to Leader: Robert Myers. Assistant: Phil Wheeler

MI Mountaineering **III** Training Opportunity

WAS Wilderness Adventures Section | PVSB Palos Verdes South Bay Group | LB Long Beach Group | OCSS Orange County Sierra Singles | SPS Sierra Peaks Section | HPS Hundred Peaks Section | LPC Lower Peaks Committee | WTC Wilderness Travel Committee | LTC Leadership Training Committee | DC Desert Committee | NS Natural Science | PG Pasadena Group | VH Verdugo Hills | BC Backpacking Committee | MP Mule Pack

WTC Newsletter

OUTINGS LEADER DIRECTORY

To reserve your place on an outing, contact the leader as specified in the trip description. Include your name, address, home & work phone numbers, your WTC leader's name, the outing you wish to join, your experience, your physical conditioning routine and whether you need or can offer a ride to the outing.

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