

THE LOOKOUT

Volume XLIII Number 4 July - August 2006
OFFICIAL NEWSLETTER OF THE HUNDRED PEAKS SECTION



Patty Rambert, Hiker, Climber, Ski Mountaineer Dies In Climbing Accident

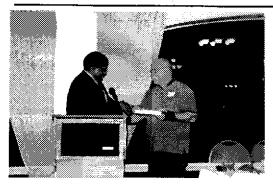
The hiking community was stunned to learn that Patty Rambert, mother, grandmother, wife, hiker, ski mountaineer, chair of the Sierra Peaks Section in 2005, and Hundred Peaks Section member, died in a climbing accident on Mt. Mendel (13,710') in the Sierra Nevada on May 31, 2006. She fell white descending the peak.

"Patty was one of those rare individuals who, upon meeting for the very first time, you felt as if you'd been friends with her forever. She had that rare quality of making you feel you were right at home with your best friend, fully accepted and loved as you are.

What a privilege to have known her and hiked with her. She has enriched so many lives. What a loss to the world. More than a simple mind can comprehend. The pain is real..... and tempered only through the memories of shared joys. Thank you, Patty." (Suzy Hermann)



Patty Rambert



David Eisenberg, right, receives award from Chapter Chair (2005) Virgil Shields

David Eisenberg Receives Angeles Chapter Lifetime Service Award

At the recent Angeles Chapter Awards Banquet, David F Eisenberg received a Lifetime Service Award for his many years of outstanding service to the Angeles Chapter. David has been the editor of the Angeles Chapter Schedule of Activities for several years. He has served as Chair, editor of The Lookout, and in several other capacities for the Hundred Peaks Section. Congratulations, David!

Upcoming Events

July 11, Tue Management Committee meeting

at Newcomb's Ranch

July 22, Sat Waterman Rendezvous

Sept 12, Tue Annual Business Meeting

at Eaton Canyon Nature Center

Oct 7 - 8, Sat - Sun Fall Festival with HPS, DPS and SPS

Jan 20, 2007 Sat Annual Awards Banquet

The Hundred Peaks Section Website

http://angeles.sierraclub.org/hps/

The website, maintained by Karen Leverich and Wolf Leverich, is loaded with information:

- ♦ Upcoming events
- Peak List
- Peak Guides
- List of members and their achievements
- Awards won by HPS members
- Climbing archives
- ♦ Bylaws
- Links to climbing sections, the Angeles Chapter, and to the national Sierra Club



Hundred Peaks Section Membership Report By Greg DeHoogh

Achievements

100 Peaks

1079 Wavne Bannister 1080 Pat Vaughn

January 25, 2006 April 9, 2006

Iron Mountain No. 1 Cuyamaca Peak

List Completion No. 2

Zobeida Molina December 3, 2005 Silver Peak

25 Snowshoe

12 John McCarty 13 Edith Liu

March 23, 2006 April 6, 2006

Round Top Tecuya Mountain

100 Explorer Peaks

Tom Hill

November 16, 2003

Thomas Mountain

New Members

New Subscriber Dale L. Roehrkasse Michael W. Irving Kathy Rich Sandra Nakamura Andrew Baldwin George Kenegos

Karen Struck

Donors

Joel Goldberg and Sally Cassidy \$10 Dale L. Roehrkasse \$50

Debbe Nye \$10 George Kenegos \$20 Mars Bonfire \$500

Total 449

61 Subscribers

Membership Counts 388 Members (335 primary + 53 household)

2006 Hundred Peaks Management Committee

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HPS Co-Webmaster

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Bob Thompson 2706 Honolulu Avenue #103 Montrose, CA 91020 -1751 Home: 818-249-1237 HPS Peak Guide Mailer

Joe Young 12551 Presnell Street Los Angeles, CA 90066-6730 Home: 310-822-9676 Fax: 310-301-9642 Email: joengeri@comcast.net HPS Historian **HPS Lookout Editor**

✓ indicates voting member of the Management Committee

REGISTER BOX

By Jim Adler

Since the last Register Box four summits joined the ranks of the missing. None of the erstwhile were reported replaced or found . Register reports were received from Peter Doggett, Don Cwik, Kent Schwitkis, and Joe Young.

Missing and deficient registers:

2Q Weldon Peak	missing 7-05
3E Tehachapi Mtn.	deficient 9-03
4H Sawmill Mtn.	missing 7-05
6H San Rafael Mtn.	deficient 12-05
10l Mt. Hillyer	missing 12-05
11A Josephine Peak	missing 6-04
12A Mt. Deception	missing 3-06
12B Mt. Disappointment	missing 3-06
12C San Gabriel Peak missing	3-06
14A Waterman Mtn.	missing 7-04
14B Twin Peaks	missing 7-04
14E Middle Hawkins	missing 9-05
14F Mt. Hawkins	missing 8-04
16C Pine Mtn.	missing 11-05
16J Mt. Harwood	missing 5-04
19C Sugarpine Mtn.	deficient 1-06
19F The Pinnacles	missing 1-06
20A Round Mtn.	missing 2-06
24D Anderson Peak	deficient 12-05
26B Quail Mtn.	deficient 11-04
32E Cuyamaca Peak	missing 5-06

If you are climbing any of the above peaks, please consider bringing a new register can and book. If you discover a peak which needs a new register can, please let me know by mail addressed to Jim Adler, 836 Alandele Ave., Los Angeles, CA 90036-4625, or telephone at (323) 931-6844 or e-mail at jimadler @ mindspring.com. Also, please advise if you have replaced any of the missing or deficient registers or discover that any of the above reports are erroneous or out of date. (Since register books and pencils are so easy to carry all the time, peaks where only books or pencils are needed are not listed.)

Don't Get A Ticket

Turn on your headlights between La Cañada and the Angeles Forest Highway.



ur newsletter, THE LOOKOUT, is published six times a year. Final dates for receipt of material are February 1 for the March-April issue; April 1 for the May-June issue; June 1 for the July-August issue; August 1 for the September-October issue; October 1 for the November-December issue; and December 1 for the January-February issue. If you send film photos please write your name on the back of each photo. Please in each photo whether identify all subjects When taking photos digital or film. participants to please ask sunglasses! If you remove want the film photos returned so and include a please state Articles may be return SASE.

edited for length appropriateness. Please photos, etc to Joe Young, Street, Los Angeles, CA

Joe at (310) 301 - 9642; or email to joengeri@comcast.net. THE LOOKOUT is the property of the Hundred Peaks Section.

New Hundred Peaks Section Bylaws. Approved, Now In Effect

send articles.

12551 Presnell

90066 - 6730, fax to

Last year the HPS membership approved two major changes in our Bylaws, and the Chapter ExCom has approved our changes:

- (1) Elimination of the requirement that we have a Management Committee meeting every month. We now must hold Management Committee meetings every other month, with additional meetings only as needed.
- (2) The creation of two-year terms for Management Committee members. This year's (2006) election will be the first to vote for members serving two-year terms. 2006 is a transition year. Three candidates elected in 2006 will serve two-year terms; three will serve one-year terms. These six, plus this year's Chair, will comprise the 2007 Management Committee. In 2007, all candidates will be running for two year terms. The winning four candidates, plus the three candidates elected to two-year terms in 2006, will comprise the 2008 Management Committee.

Tribute to Patty Rambert By George Wysup

Wife, mom, grandma, stalwart climber, M-rated leader; an unusual combination, you must admit. I was proud to be Patty Rambert's friend. But then she was everyone's friend. Quite a woman, our Patty. I have been on several hikes and backpacks and led trips with Patty, and she invariably made the experience more enjoyable. She just seemed to lift the spirits of the entire group around her with that smile, words of encouragement, and such a positive attitude. Well, we know all that.

When I first met her I confess I had the impression that she was a happy airhead. This was an SPS trip to Baldwin and Red Slate, Ron Hudson and Penelope May leading, on Sept 6, 2001. After we climbed 1500 feet or so, a couple of miles from the cars, she suddenly remembered not locking the car. We waited a couple of hours while she went back and locked the car. "Airhead," I said to myself.

Happy and fun to be around, yes. Airhead, no way, as I learned after getting to know her better. Last year we served together on the SPS management committee. She was Chair, and she badgered me into running. How could I refuse? Somehow, she made all on the committee want to participate and do our share. She was the great conciliator when tempers flared or people got a bit headstrong. As the leader of a group she was actually a bit conservative, and kept everyone in line, without seeming to do that. Her mind was razor sharp,



Edith Liu took this picture of Patty Rambert while on a winter outing in Yellowstone National Park in January 2005.



Bill Burke took this photo of Patty Rambert on an outing to Delamar, Little Bear and Bertha, March 2005.

but she seemed almost to want to hide that from people.

Outgoing, yes. Giving of herself, yes. One way this showed was in her lecturing and leading for orange County WTC. A gearhead, yes. She always had some of the latest and best clothing and equipment. But she put that gear to good and constant use.

Outwardly, she seemed carefree and even a bit laid back. That didn't fool me. Her passion was to finish the SPS list and she didn't have many peaks to go. She scheduled her DPS list finish (on Waucoba Mtn) for October. She had about 110 HPS peaks to go, though this was her third priority. Alas, all this was not to be.

What happened on Mt. Mendel on May 31, 2006? We will never know the exact details. She and her partner had turned back before reaching the summit of this 13,710 feet high, class 3 rated, mountain because the "good" snow had become ice higher up. The east face is quite steep, as one can see from the close contour lines. Perhaps the "good" snow wasn't so good where Patty was standing. Performing a self arrest with an ice axe seems easy in training. But no one trains on the east face of Mendel. If you fall, chances are you continue to fall. If you live, they make a movie. If not, your friends write nice things about you. Patty was so nice. I will miss her.



Advance Schedule of Hundred Peaks Section Activities June 30 - December 17, 2006

By Karen Isaacson Leverich

Come get high with us.

Jun 30-Jul 2 Fri-Sun WTC, Hundred Peaks

I: San Bernardino Peak (10,649'), San Bernardino East Peak (10,691'), Anderson Peak (10,840+'), Shields Peak (10,680+'): Friday long backpack at an easy pace on trail 6 miles 4000' gain to Trail Fork Camp. Saturday bag the peaks in an easy 7 mile loop, 1800' total gain with much cross-country and minor boulder hopping. Also visit 1852 survey monument. Sunday easy backpack out. Send sase/email conditioning/experience (WTC leader if applicable) to Leader: GARY BICKEL Co-Leader: PAT VAUGHN

Jul 1 Sat Hundred Peaks

O: Shields Peak (10,680'+), Anderson Peak (10,840'+), San Bernardino East Peak (10,691'), San Bernardino Peak (10,649'): Join group for lovely, big hike to four high peaks. The entire hike will be 20 miles round trip on good trait with 5000' of gain. Brisk pace. Bring water, lug soles, lunch, and hat. Send email to Leaders: PETER DOGGETT & IGNACIA DOGGETT

Jul 2 Sun Hundred Peaks

O: Sugarloaf Mountain (9952'), Onyx Peak #1 (9113'): Join hike for briskly-paced stroll. The entire hike will be 8 miles round trip on good trail with 1600' of gain. Bring water, lug soles, lunch, and hat. Send email to Leaders: PETER DOGGETT & IGNACIA DOGGETT

Jul 5 Wed Hundred Peaks

O: San Gorgonio (11,499'): Spend another long day on the San Bernardino ridge doing this old favorite. 15 1/2 miles round trip, 5420' gain. Contact leader for meeting place and time. Leader: DAVE COMERZAN Co-Leader: INGEBORG PROCHAZKA

Jul 5 Wed Hundred Peaks

O/I: The Pinnacles (5737'), Mount Marie Louise (5507'): Hike these two easy peaks near Lake Arrowhead. The total hike will be 6 miles round trip with 1600' gain. Bring water, lug soles, lunch, and hat. Send email to Leader: PETER DOGGETT Assistant Leaders: IGNACIA DOGGETT, GREG DeHOOGH, KAREN LEVERICH

Jul 5 Wed Local Hikes, Hundred Peaks

O: Winston Ridge (7003): 7 miles round trip, 1500' gain from Cloudburst Summit loop and return. Meet 9 AM La Canada rideshare point with water, lunch, good footwear. Leaders: BETH MIKA, DAN BUTLER

Jul 8 Sat Hundred Peaks

M: Lity Rock (8000'), Suicide Rock (7528'): We'll follow two separate climber routes to these spectacular rocks in Idyllwild, totals for the day 5 miles round trip, 3200' gain. Lity Rock is a moderately strenuous climb in steep, rocky terrain, with some previous experience in 3rd class climbing required. Suicide Rock is a fine afternoon stretch. Do one or both. For trip information or to reserve a spot, send sase or esase with recent climbing experience to Leader: TOM HILL Co-Leader: GEORGE WYSUP

Jul 8 Sat Hundred Peaks

New Outing, first time published

O/I: Fish Creek Saddle and Lake Peak (10,161'): 10 miles, 2180' gain. Moderate hike at a relaxed pace to enjoy wildflowers. If time, energy and interest allow, may add nearby Grinnell and/or 10K Ridge. Wilderness permit limits group size. Please e-mail leader with sase for status and details. Leader: SUZY HERMANN Co-Leaders: DORIS DUVAL, WOLF and KAREN LEVERICH

Jul 8 Sat Pasadena, Hundred Peaks

O: Mount San Antonio (Baldy) (10,064'): Very strenuous day hike of 12 miles round trip, 6000' gain to the summit of Mount Baldy via Bear Flat. Not for beginners. Bring water, lunch, layers, boots. Rain cancels. Contact leader for meeting place and time. Leaders: MEI KWAN Co-Leader: LINDA HILLMAN

Jul 8-9 Sat-Sun WTC.Hundred Peaks

I: Drury Peak (10,160'), Folly Peak (10,480'), San Jacinto Peak (10,804'): 16 mile round trips, 3500' gain in San Jacinto Wilderness. Moderately paced backpack along scenic Fuller Ridge Trail to Little Round Valley Campground. Hike through groves of white fir and enjoy spectacular views over the desert and down into San Gorgonio Pass 7000' below. Mostly cross country routes to all 3 peaks, with some boulder scrambling to reach the summits. Permit limits group size to 12. Send email (preferred) or sase, with contact info and recent conditioning to Leader: KATHY RICH Assistant: JASON LYNCH

Jul 9 Sun Hundred Peaks

I: Sam Fink Peak (7339'): Strenuous hike in San Jacinto wilderness involves 4500' gain (1900' on return) and 16 miles round trip. Some steep cross-country to bag summit. Bring water, lunch, sturdy boots, stories about Sam to share on summit. Meet 6 AM at Pomona rideshare point, Leaders: JOE YOUNG, BOBCAT THOMPSON

Jul 11 Tue

Management Committee meets at Newcomb's Ranch on the Angeles Crest Highway. Please contact any member of the Management Committee if you wish to attend.

Jul 12 Wed Hundred Peaks

O: Delamar Mountain (8398'), Bertha Peak (8201'), Gold Mountain (8235'), Silver Peak (6756'): Join brisk hike to four Big Bear peaks. The entire hike will be 10.6 miles round trip with 3300' of gain. Bring water, lug soles, lunch, and hat. Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT, GREG DeHOOGH

Jul 12 Wed Local Hikes, Hundred Peaks

O: Waterman Mountain (8038'): Nice loop on trail and old roads starting and ending at Buckhorn. 7 miles round trip, 1500' gain. Meet 9 AM La Canada rideshare point with water, lunch, good footwear. Leaders: SOUTHERN COURTNEY, BETH MIKA

Jul 15 Sat Hundred Peaks

O: Tahquitz Peak (8846'), Red Tahquitz (8720'): Moderately paced hike in the beautiful high country of the San Jacinto Wilderness from Humber Park. 9 miles, 3200' gain on trail and use trail. Participation is limited by permit, so SASE or send remail to Leader; PAUL GARRY Co-Leader; GERARD LEWIS

Jul 15 Sat Hundred Peaks, Wilderness Adventures

I: Sam Fink Peak (7339'): Moderately paced 15 mile, 3000' gain/loss, one way hike in Mount San Jacinto State Park. We will ride the tram from Palm Springs up to 8400', climb a peak with great desert views, hike across forested San Jacinto Mountains, and descend to kdytlwild. Wilderness permit limits group size. Email Leader for status and details. Bring 3-4 quarts water, lunch, lugsole boots, hat, sunscreen, \$25 Tram Fee. Leader: TED LUBESHKOFF Co-leader: WAYNE VOLLAIRE

Jul 15-16 Sat-Sun Wilderness Adventures, Hundred Peaks

O: San Bernardino Mountains Backpack-San Gorgonio Mountain Dayhike: Scenic 6 mile, 1300' gain backpack to camp at Dry Lake. Sunday optional dayhike to San Gorgonio Mountain (11,506'), 11 miles round trip, 2500' gain, then all pack out with gear, 6 miles to trailhead. Some backpacking experience and good conditioning required. Send sase, recent experience/conditioning, \$20 (Wilderness Adventures-returned at trailhead) to Leader: ROSEMARY CAMPBELL Co-Leader: MARK MITCHELL

Jul 16 Sun Hundred Peaks

O: San Gorgonio Mountain (11,499'): Hike Southern California's highest peak. The hike will be 15.5 miles round trip with 5400' of gain. Will hike via the Vivian Creek Trail and a Wilderness Permit will be required. Brisk pace, not intended for new hikers. Please notify leaders of intention to participate one week before hike. Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT

Jul 19 Wed Hundred Peaks

O: Pyramid Peak (7035'), Pine Mountain #2 (7054'), Lion Peak (6868'): Hike these three peaks on the Desert Divide south of San Jacinto Peak. The entire hike will be about 11 miles round trip with 2000' of gain. Bring water, lug soles, lunch, and hat. Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT, GREG DeHOOGH

Jul 19 Wed Lower Peaks, Hundred Peaks

New Outing, first time published

1: Ladyface (2036'): Possible new addition to the Lower Peaks list. Moderate 3.5 mile 1200' gain hike on use trail with class 2 climbing near the peak (no beginners please). Stunning views of Agoura Hills and Malibu. Meet at 6:30 pm on Kanan

just south of the 101 freeway and adjacent to Cornell Road. Bring snack to share, water, headlamp and a windbreaker. Rain postpones. Leaders: PAMELA ROWE, ADRIENNE BENEDICT

Jul 21 Fri Hundred Peaks New Outing, first time published

1: Three Sisters (8100'): A pretty forested peak in San Bernardino National Forest, 7 miles round trip on road and cross-country, 1800' gain. Mellow pace. Email or SASE early to Karen. Leaders: WOLF & KAREN LEVERICH, MARS BONFIRE

Jul 22 Sat Hundred Peaks

The 13th Annual Great Waterman Mountain (8038') Rendezvous and Informal Pot Luck: HPS invites you to join us for our annual party atop Waterman Mountain. Plan on spending some time on top getting acquainted and having fun (and eating) as most hikes won't be returning to the cars until late afternoon or early evening. Be sure to bring lots of food and drink to share with other hungry hikers. Rain cancels.

Jul 22 Sat Hundred Peaks

O: Waterman Mountain (8038'): Easy to moderate hike to the top of this peak to meet and picnic with other HPSers. 8 miles round trip, 1200'gain. Meet 9:30 AM at La Canada ride share point. Leaders: FRANK DOBOS, LAURA QUINN

Jul 22 Sat Hundred Peaks

O: Mount Waterman (8038'): Of the several routes to this peak, we'll take the one that starts at Three Points. 12 miles round trip, 2200' gain. Contact leader for meeting place and time. Leader: DAVE COMERZAN Co-Leader: INGEBORG PROCHAZKA

Jul 22 Sat Hundred Peaks

I: Mount Akawie (7283'), Kratka Ridge (7515'), Mount Waterman (8038'): Warm up on easy Akawie (400' gain, optional), then move vehicles to enjoy an interesting cross-country Kratka-to-Waterman loop scramble in forested terrain; total for all three peaks comes to a moderately strenuous 8 miles round trip, 2900' gain, including the easy trail return after the Rendezvous celebration. Experienced hikers meet 6:30 AM La Canada rideshare point. Bring some water, good footwear, and celebratory items for the Rendezvous. Leaders: TOM HILL, GEORGE WYSUP, PAT ARREDONDO, DON CWIK, MARLEN MERTZ

Jul 26 Wed Local Hikes, Hundred Peaks

O: Timber Mountain (8303'): 10 miles round trip, 3300' gain. Strenuous but with a slow to moderate pace via beautiful Icehouse Canyon up into fragrant Jeffrey Pines. Shorter option just to Icehouse Saddle (8 miles round trip, 2600' gain) available. Meet 8:30 AM at the public parking lot at the intersection of Mill Avenue and Baldy Road (take 210 freeway, exit at Baseline, turn left (W) and backtrack short distance on Baseline to Mill Avenue, then go north on Mill to Baldy Road). Bring water, lunch, good footwear. Leaders: DORIS DUVAL, GABRIELE RAU

Jul 26 Wed Hundred Peaks

O/I: Grays Peak (7920'+), Little Bear Peak (7621'), Arctic Point (8336'): Hike these three peaks in the Big Bear area. The entire hike will be about 10 miles round trip with 2500' of gain. Bring water, lug soles, lunch, and hat. Send email to Leaders: PETER DOGGETT & IGNACIA DOGGETT Co-Leaders: GREG DeHOOGH, KAREN & WOLF LEVERICH

Jul 30 Sun Hundred Peaks

l: San Bernardino East Peak (10,681'), San Bernardino Peak (10,649'), Anderson Peak (10,840'+), Shields Peak (10,680'+): Ascend via Momyer trail, descend via Forsee trail. Very strenuous hike involves 22 miles 6200' gain. Car shuttle. Bring water, lunch, sturdy boots. Meet 6 AM at Mill Creek Ranger Station on highway 38. Leaders: JOE YOUNG, BOBCAT THOMPSON

Aug 2 Wed Local Hikes, Hundred Peaks

O: Mount Islip (8250'): 6 miles round trip, 1500' gain on good trail. Meet 9 AM La Canada rideshare point. Bring water, lunch, good footwear. Leaders: BRUCE CRAIG, DAN BUTLER

Aug 5 Sat Hundred Peaks

O: Mount Pinos (8831'), Sawmill Mountain (8818'), Grouse Mountain (8650'+), Cerro Noroeste (8286'): Join group and with help from vehicles, walk only one direction. Beautiful area, brisk hike. The entire walk will be about 6.8 miles with 2000' gain. Bring water, lug soles, lunch, and hat. Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT

Aug 5 Sat Hundred Peaks, Wilderness Adventures

I: Etiwanda Peak (8662'), Cucamonga Peak (8859'): Moderately paced 18 mile, 4600' gain, round trip hike in Cucamonga Wilderness. Ascend via Chapman Trail. Descend via Icehouse Canyon Trail. Cool peaks, great views. Soak feet in refreshing creek after peaks. Wilderness permit limits group size. Email Leader for status and details. Bring 3-4 quarts water, lunch, lugsole boots, hat, sunscreen, small towel. Leader: TED LUBESHKOFF Co-leader: VIRGIL POPESCU

Aug 6 Sun Hundred Peaks

O: Brush Mountain (7040'+), San Emigdio Mountain (7495'), Antimony Peak (6848'): Join hike in the Frazier Park area. The entire hike will be 7.2 miles round trip with 2100' of gain. Brisk pace. Bring water, lug soles, lunch, and hat. Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT

Aug 9 Wed Local Hikes, Hundred Peaks

O: Mount Gleason (6502') & Messenger Flats: 7 miles round trip, 1300' gain. Lots of nice shade on this hike and great place for lunch. Meet 9 AM at La Canada rideshare with water, lunch, good footwear. Leaders: JENNIFER WASHINGTON, DON SIMINSKI, SOUTHERN COURTNEY

Aug 12 Sat Hundred Peaks

New Outing, first time published

O: Mount Islip (8250') 16th Annual Peaknic Hike: Peaknic at Little Jimmy Campground. Moderate pace. 6 miles round trip 1300' gain. Meet at 9 AM La Canada rideshare point. Bring lugsoles, water, your best potluck item, good cheer. Leaders: MIKE & DOTTY SANDFORD, FRANK DOBOS, LAURA QUINN

Aug 12 Sat Hundred Peaks

New Outing, first time published

O: San Gorgonio (11,499): Help leaders prep for Mt. Whitney. 15 miles, 5400' gain. This will be a very strenuous, fast-paced outing NOT suitable for beginners. Bring plenty of water, lunch, well-fitting sturdy boots. Participation limited by permit. Meet at Mill Creek Ranger Station on Hwy 38 at 7:00 AM. Leader: JOE YOUNG Co-Leader: BOBCAT THOMPSON

Aug 15 Tue Hundred Peaks

New Outing, first time published

O: Wilson Ridge Cleanout: San Gabriel Peak (6161'), Mount Deception (5796'), Mount Disappointment (5960+), Mount Markham (5742'), Mount Lowe (5603'), Occidental Peak (5732'), and Mount Wilson (5710'). Gather all the HPS peaks along Wilson Ridge on this classic skyline above Pasadena, moderately strenuous 10 miles round trip, 3200' gain. An early start gets this ridge done. Call or email leader about 5 days early for trip info. Leader: TOM HILL Co-Leader: GEORGE WYSUP

Aug 18 Fri Hundred Peaks

New Outing, first time published

I: Galena (9324'): Day hike this steep one in the San Bernardino Mountains. 8 miles, 3200' gain round trip. Moderately paced, very strenuous hike over very slippery, very steep, rocky cross-country terrain. Terrain limits size of group. Esase (preferred) or sase with recent conditioning to Karen. Leaders: WOLF & KAREN LEVERICH, MARS BONFIRE

Aug 19 Sat Hundred Peaks, Verdugo Hills

O: Mount Disappointment (5960+'), Mount Deception (5796'): Hike up to these peaks on the JPL trail, slide part way down on a shortcut trail. Steep 6 miles round trip, 1800' gain. Meet 9 AM at La Canada ride share point. Bring water, lunch, lug sole boots. Rain cancels. Leaders: FRANK DOBOS, MARY McMANNES

Aug 19 Sat Hundred Peaks

New Outing, first time published

I: San Gorgonio Mtn (11,499'), Jepson Peak (11,205'), Dobbs Peak (10,459'): Join this loop hike through beautiful wilderness back country, strenuous 14 miles round trip, 6000' gain. We enjoy the Vivian Trail to the high point of Southern California, followed by a marvelous cross-country ridgeline return from Dobbs to vehicles in the afternoon. Reserve early since group size limited by permit. Send sase or esase with recent conditioning and experience to Leader: TOM HILL Co-Leader: GEORGE WYSUP

Aug 19 Sat Hundred Peaks, Palos Verdes South Bay, Natural Science

I: The 9 Peaks: San Gorgonio (11,499'), Jepson Peak (11,205'), Little Charlton Peak (10,696'), Charlton Peak (10,806'), Alto Diablo (10,563' UTM 0511689/3776043), Shields Peak (10,680'), Anderson Peak (10,840'), San Bernardino East Peak (10,691'), San Bernardino Peak (10,649'): Moderately paced, strenuous 21 miles, 6700' gain. Bring 10 essentials, lunch, and water. Take time to learn from our naturalist about the fauna and flora. Natural Science credit available for LTC

candidates. Esase with recent conditioning, phone & rideshare information to Leader: KENT SCHWITKIS Co-Leader: HARVEY GANZ Co-Leader & Naturalist: SHERRY ROSS

Aug 20 Sun Hundred Peaks

O: Pine Mountain #1 (9648'), Dawson Peak (9575'), Wright Mountain (8508'): Hike three of the peaks north of Mount Baldy. The entire hike should be about 6 miles round trip with 2800' of gain. Brisk pace. Bring water, lug soles, lunch, and hat. Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT

Aug 23 Wed Local Hikes, Hundred Peaks

O: Mount Islip (8250'): 6 miles round trip, 1500' gain, always a good hike. Meet 9 AM La Canada rideshare point with water, lunch, good footwear. Leaders: BETH MIKA, DORIS DUVAL

Aug 26 Sat Hundred Peaks, Natural Science

I: Sugarloaf Mountain (9952'): Explorer route from west side to visit huge western junipers along the way. Moderate to strenuous hike on road and steep use trail. 9 miles, 2800' elevation gain. Email George with contact info and recent conditioning. Leaders: GEORGE WYSUP, TOM HILL, KENT SCHWITKIS

Aug 26 Sat Wilderness Adventures, Hundred Peaks

O: Mount Hawkins (8850'): Join us for this popular 10 mile round trip, 2400' gain scenic route from Islip Saddle. Moderately paced, not suitable for beginners. Meet 8 AM La Canada rideshare point with 3 quarts of water, lunch, good footwear, clothing layers (including raingear). Leaders: ROSEMARY CAMPBELL, SOUTHERN COURTNEY

Aug 26 Sat Pasadena, Hundred Peaks

O: The Three T's from Baldy Ski Lift: Moderately strenuous, 9 mile hike. First 3 miles 2700' gain, last 6 miles 3400' loss. We'll take the Baldy Ski Lift (\$5) to Baldy Notch, then hike Thunder Mountain, Telegraph Peak and Timber Peak, then down ice House Canyon to the parking lot. A short car shuttle is required. No beginners please. Meet at the REI parking lot in Arcadia at 8 AM. (Santa Anita Ave. 3 blocks south of 210 FWY at 214 N. Santa Anita Ave.) or at Mt. Baldy Ski Lift parking lot at 9 AM. Bring 3 quarts of water, lunch, lugsoles, hat. Leaders: GARY KINSLEY, CHRIS SPISAK

Aug 27 Sun Hundred Peaks

l: Pine Mountain #1 (9648'), Dawson Peak (9575'), Wright Mountain (8508'): Explorer route to the first 2 from Lupine campground. Visit Wright on return. Short car shuttle. Strenuous hike on seldom used trail. About 13 miles, 4400' elevation gain with very steep and loose portion. Cross-country shortcut possible. Email George with contact info and recent conditioning. Leaders: GEORGE WYSUP, TOM HILL, PAMELA ROWE

Aug 30 Wed Local Hikes, Hundred Peaks

O: Middle Hawkins (8505') from Islip Saddle: Scenic 8 miles round trip, 2000' gain hike with great views. Meet 9 AM La Canada rideshare point with water, lunch, good footwear, suitable clothing layers. Leaders: ROSEMARY CAMPBELL, DON SIMINSKI

Sep 2 Sat Hundred Peaks

O: Sewart Mountain (6841'), Snowy Peak (6532'), Black Mountain #2 (6202'), McDonald Peak (6870'), Alamo Mountain (7360'+): Hike these 5 peaks near Gorman. The entire hike will be 13 miles round trip with 4800' of gain. Could be very brushy. Fairly strenuous. Brisk pace. Bring water, lug soles, lunch, and hat. Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT

Sep 3 Sun Hundred Peaks

O: Sawtooth Peak (5200'+), Burnt Peak (5788'), Liebre Mountain (5760'): Clean out this area with one nice day of brisk hiking. The entire hike will be 10 miles round trip with 2500' of gain. Some steep firebreaks on first peak, the rest is easy! Bring water, lug soles, lunch, and hat. Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT

Sep 6 Wed Local Hikes, Hundred Peaks

O: Bare Mountain (6388'): 6 miles round trip, 1800' gain from Pinyon Flats, 800' gain on return. Meet 9 AM La Canada rideshare point with water, lunch, good footwear, suitable clothing. Leaders: GARY BICKEL, DORIS DUVAL

Sep 9 Sat Hundred Peaks

Rescheduled from May 21

I: Pallett Mountain (7660'+), Goodykoontz Peak (7558') from the north: Here's an opportunity to experience the remote portion of the Burkhart Trail as we ascend from Devils Punchbowl to newly listed Goodykoontz Peak from the north, strenuous 16 miles round trip, 4700' gain (less if we can receive permission to pass through the Lewis Ranch), mostly on trail. This approach visits picturesque countrysides seldom viewed by ordinary hikers. Send sase or esase with experience

and conditioning to Leader: TOM HILL Co-Leaders: GEORGE WYSUP, LAURA JOSEPH, MARLEN MERTZ, JOE YOUNG

Sep 12 Tue Hundred Peaks

Annual Business/Management Meeting: All are welcome to attend our annual business meeting, where nominations are finalized for next year's Management Committee. In addition, proposals for Bylaw changes, peak additions and deletions and other matters on which members will vote are discussed and votes are taken on whether to put them on the ballot. The business meeting follows the monthly Management Committee meeting. Refreshments provided by the committee. 6:30 PM management meeting; 7 PM business meeting. Eaton Canyon Nature Center (1750 N Altadena Dr in Pasadena; N from I-210 on Altadena Dr 1 1/2 miles, enter parking area on right shortly after crossing New York Drive.)

Sep 13 Wed Local Hikes, Hundred Peaks

O: Barley Flats (5500') from Alder Creek: Hike this drive up by a beautiful alternative route. 8 miles round trip, 2100' gain. Bring water, lunch, sturdy boots, Meet 9 AM La Canada rideshare point. Leaders: JOE YOUNG, BOBCAT THOMPSON

Sep 16 Sat Hundred Peaks, Palos Verdes South Bay, Natural Science

I: Yucaipa Ridge: Little San Gorgonio Peak (9133'), Wilshire Mountain (8832'), Wilshire Peak (8680'), Cedar Mountain (8324'), Birch Mountain (7826'), Allen Peak (5795'): Moderately paced, very strenuous over very steep, very slippery, brushy, rocky, but very pretty cross-country terrain, 12 miles, 5000' gain. Take time to learn from our naturalist about the fauna and flora. Natural Science credit available for LTC candidates. Some dirt road driving. Bring 10 essentials, lunch, and water. Esase with recent conditioning, phone & rideshare information to Leader: KENT SCHWITKIS Co-Leader: BARRY HOLCHIN Co-Leader & Naturalist: SHERRY ROSS

Sep 16 Sat Hundred Peaks

Rescheduled from April 1st

O: Wilson Ridge Cleanout: San Gabriel Peak (6161'), Mt Deception (5796'), Mt Disappointment (5960+), Mt Markham (5742'), Mt Lowe (5603'), Occidental Peak (5732'), Mt Wilson (5710'): Gather all the HPS peaks along Wilson Ridge on this classic skyline above Pasadena, moderately strenuous 10 miles round trip, 3200' gain. Call or email leader during the week before the hike for trip info, Leader; TOM HILL Co-Leaders: LILLY FUKUI, PAT ARREDONDO, DON CWIK

Sep 17 Sun Hundred Peaks

O: San Rafael Mountain (6593'), McKinley Mountain (6200'+): Hike two of the BIG Three in one nice day. Entire brisk-paced hike will be about 20 miles round trip with 4700' of gain. Expect to take about 9 hours. Bring water, lug soles, lunch, and hat, Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT

Sep 17 Sun Hundred Peaks

New Outing, first time published

MI: Antself Rock (7679'), Apache Peak (7567'), Spitter Peak (7440+'): Strenuous, moderately paced outing to these desert divide peaks. First peak (Antself Rock) 5 miles round trip, 2500' gain requiring class 3 ascent after difficult traverse of the Sam Fink trail; participants should be comfortable with moderate exposure on solid rock. Other peaks (optional) are class 1 and add 5 miles, 1900' gain mostly on PCT. Easy dirt road driving; high clearance vehicles recommended. Apply by email to reservationist George, with class 3 rock experience, recent conditioning, and contact info. Leaders: DON CROLEY, ASHER WAXMAN, PAMELA ROWE, MARLEN MERTZ, GARY SCHENK, GEORGE WYSUP

Sep 23 Sat Hundred Peaks, Verdugo Hills

O: Vetter Mountain (5908'), Mount Mooney (5840'): 4 miles 1000' gain easy hike paced to suit for beginners. We will visit one of the Forest Service still standing lookout. Meet 9 AM at La Canada ride share point with lunch and liquid. Leaders: FRANK DOBOS, DELPHINE TROWBRIDGE

Sep 23 Sat Hundred Peaks, Palos Verdes South Bay

I: Old Man Mountain (5525'), Monte Arido (6010'): Moderate 6 miles round trip, 1600' gain hike on road/cross-country in Santa Barbara County with lots of dirt rd driving. Inability to obtain special permit cancels trip. Bring 10 essentials, lunch, and water. Esase with recent conditioning, phone & rideshare information to Leader: KENT SCHWITKIS Co-Leaders; BARRY HOLCHIN, PAMELA ROWE

Sep 23 Sat Hundred Peaks

l: San Guillermo Mountain (6602'), Lockwood Point (6273'), Frazier Mountain (8013'): Come enjoy easy peaks in Ventura backcountry. First San Guillermo, 2 miles round trip, 800' gain, cross country. Short drive to Lockwood. Lockwood is 5

miles round trip and 700' gain on trail and cross country. Drive up Frazier Mountain on way back to L.A. Moderately paced, newcomers welcome. Some dirt road driving. Meet 8 AM at Sylmar rideshare point. Bring minimum 2 quarts. water, lunch, Forest Service Pass. Recent rain cancels. Leaders: VIRGIL POPESCU, PAT ARREDONDO

Sep 23-24 Sat-Sun Sierra Peaks, Hundred Peaks

I: Mount Silliman (11,188'): SPS Intro trip for new and prospective members. Saturday backpack 3.5 miles, 2000' gain to camp, at a moderate pace. Time to relax or explore. Sunday 4 miles round trip, 2500' to summit. Return to camp and pack out to cars. Bring goodies for happy hour Saturday night. Send SASE or email with recent experience and conditioning to Leader: GARY SCHENK Co-Leader: GEORGE WYSUP

Sep 27 Wed Local Hikes, Hundred Peaks

O: Bighorn Peak (8441'): 10 miles round trip, 3400' gain. Strenuous but slow to moderate pace via Icehouse Saddle and Kelly Camp. Meet 8:30 AM at the public parking lot (Mill Avenue and Baldy Road - July 26th outing to Timber for more detail). Bring water, lunch, good footwear. Leaders: DORIS DUVAL, GARY BICKEL

Sep 30 Sat Hundred Peaks

i: Grouse Mountain (8582'), Sawmill Mountain (8818'), Mount Pinos (8831'): Visit two Kern and Ventura county high points via the Boy Scout trail. About 13 miles, 4200' elevation gain, mostly on trail. Email Torn with contact info and recent conditioning. Leaders: TOM HILL, LAURA JOSEPH, GARY SCHENK

Sep 30-Oct 1 Sat-Sun HPS, PV-SB, Natural Science, Long Beach

t: Tehachapi Mountain (7960+*), Black Mountain #3 (5686*), Black Mountain #5 (7438*), Weldon Peak (6320*): Day 1: Moderately paced hike of about 4 miles round trip, 1000' gain to Tehachapi Mountain followed by cross-country steep 1700' gain, 3 miles round trip hike to Black #3. Night 1: Stroll up Black #5 (3 miles, 1200' gain) after the potluck. Day 2: 7 miles, 1600' gain (800'+800') on PCT and cross-county with short final optional rock scramble. Take time to learn from our naturalist about the fauna and flora. Natural Science credit available for LTC candidates. Some dirt road driving. Bring 10 essentials, lunch, water, and your car camping stuff. Esase with recent conditioning, phone & rideshare information to Leader: KENT SCHWITKIS Co-Leader/Naturalist: KEITH MARTIN

Oct 1 Sun WTC, Hundred Peaks

l: San Rafael Peak (8666'): Moderately strenuous 10 mile round trip, 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 Leader: KATHY RICH Assistant: JANE SIMPSON

Oct 4 Wed Local Hikes, Hundred Peaks

I: Waterman (8234') to Newcomb's: After a steep but short hike it is mostly down hill to Newcomb's. Takes a car shuttle but it is a fun hike. Meet 9 AM at La Canada rideshare point with water, lunch, good footwear. Leaders: BETH MIKA, BOB THOMPSON, SOUTHERN COURTNEY

Oct 6-7 Fri-Sat Hundred Peaks, PV-SB, Natural Science

O: Palm Springs Tram (8450'), Mt San Jacinto (10,804') Moonlight Hike: Strenuous hike for tigers only, 10 miles, 8300' gain to tram with additional 10 miles round trip, 2400' gain to the peak. We'll start hiking before midnight Friday. We'll have two groups, one San Jacinto bound and the other naturalizing at a more relaxed pace. Bring money for tram ride and taxi back to cars. Send email (preferable - bholchin@cox.net) or sase with carpool info, conditioning/experience to Leader: BARRY HOLCHIN Co-leaders: TONY TRULL, KENT SCHWITKIS, SHERRY ROSS

Oct 6-9 Fri-Mon Hundred Peaks, Desert Peaks, Sierra Peaks Fall Festival in the South Sierras: Lots of hiking and climbing, lots of evening partying. Bag scenic peaks from all three climbing section Lists. Hikes range from moderate on-trail hikes to full-up technical rock climbs. Saturday night happy hour, potluck and campfire at Powers Well. Camp in Walker Pass or Indian Wells campgrounds, primitive camping in Indian Wells Valley or stay at motels in Ridgecrest or Lake Isabella. More activities, hikes, and climbs will be added closer to the event: check http://angeles.sierraclub.org/hps/outings.htm#fallfestival for details on all the outings and how to participate. For directions to Powers Well and other information, contact HPS Chair; WINNETTE BUTLER

Oct 6 Fri LTC, Sierra Peaks, Hundred Peaks

E: Five Fingers (Aquila Peak) (5174'): Climb each of the five fingers of Aquila Peak near Ridgecrest. Much of the route is class 3, but has class 4 and 5 roped climbing sections. Start in Indian Wells Canyon, climb up and traverse the whole

ridge. Good exercise of climbing skills for Sierra peaks. About 3 miles, 2500' gain for the day. Participants must have harness, helmet, and other climbing gear. It is a restricted trip; to participate you must be a member of the Sierra Club and have suitable rock climbing experience. Send sase or email, SC#, climbing resume, completed medical form to Leader: RON HUDSON Assistant: ASHER WAXMAN

Oct 6 Fri Hundred Peaks, Sierra Peaks

O: Lamont Peak (7429'): It's a trail, but it's steep. Wonderful views of the Southern Sierra are earned in 4 miles round trip, 2400' gain. Dirt road driving, but 4WD not necessary. Stay over and party with HPS, DPS and SPS at nearby Powers Well. Send e-mail or SASE to Leader: WINNETTE BUTLER Co-Leaders: MEI KWAN, KAREN & WOLF LEVERICH

Oct 7 Sat Hundred Peaks

I: Lightner Peak (6430'); Need a pathfinder to Lightner? Let's try the northern route. Start drive from Fall Festival at Powers Well (no water here) at 7 AM. About 10 miles, 4200' gain, mostly trail with some brushy cross-country. Moderate pace should get us back in time for pot luck. Gear instructions from leaders at festival. Leaders: SANDY BURNSIDE, SANDY SPERLING

Oct 7 Sat Hundred Peaks

I: Mount Jenkins (7921'): Peter and Ignacia are leading Owens - we can wave to them from atop nearby Jenkins. We'll even start hiking from somewhere nearby in Indian Wells Canyon. Figure 6 miles round trip, 2500' gain, some of it steep and rocky. But the descent is fun. Then head back down to Powers Well for a potluck with your peak bagging buddies from the various Peak Sections. Find us Friday evening at Powers Well or send e-mail or SASE to Leader: WOLF LEVERICH Co-Leaders: GREG DeHOOGH, KAREN LEVERICH

Oct 7 Sat Hundred Peaks

O: Owens Peak (8435'): Climb this great peak in the Southern Sierra. The hike will be 7 miles round trip with 3200' of gain. Brisk pace on road and use trial. Bring water, lug soles, lunch, and hat. Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT

Oct 7 Sat Hundred Peaks, Sierra Peaks

New Outing, first time published

t: Pinyon Peak (6805'): Join us for Fall Festival as we climb this Walker Pass peak via the Old Lodge cross-country route from Hwy 178. Moderately strenuous 6 miles round trip, 3100' gain. Terrain is often steep as we negotiate ridgelines through a vast pinyon pine wilderness. Optional car camp at Powers Well. Send sase or esase to Leader: TOM HILL. Co-Leaders: GARY SCHENK, MARLEN MERTZ

Oct 8 Sun Hundred Peaks

O: Sunday Peak (8295'), Bohna Peak (6760'): Hike Sunday on Sunday. The entire hike will be 6.5 miles round trip with 2400' of gain. Brisk pace on nice trails. Bring water, lug soles, lunch, and hat. Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT

Oct 8 Sun Hundred Peaks, Desert Peaks

O: Siebert Cabin and Complex Tour: Approximately 2 hours walking, light hiking tour of Siebert Cabin Complex and mine area in Indian Wells Valley Canyon with local volunteer/historian GEORGE BALAND, followed by ice cream social. Meet 10 AM at Powers Well. Leaders: WINNETTE BUTLER, MEI KWAN, KAREN & WOLF LEVERICH

Oct 8 Sun Hundred Peaks, Sierra Peaks

New Outing, first time published

I: Scodie Mtn (7294'): Another Fall Festival trip. For this prominent peak near Walker Peak we create a loop route featuring scenic canyons and ridgelines, guaranteed! Moderately strenuous 9 miles round trip, 2600' gain. Send sase or esase to Leader: TOM HILL. Co-Leaders: GARY SCHENK, MARLEN MERTZ

Oct 9 Mon Hundred Peaks, Desert Peaks, Pasadena

O: Telescope Peak (11,048'): After partying all weekend with HPS, DPS, and SPS, how about a DPS peak? We'll car camp the evening before somewhere nearby, then follow the well-maintained trail to the high point of Death Valley National Park, 14 miles round trip, 3200' gain. Send e-mail or SASE to Leader: WINNETTE BUTLER Co-Leaders: MEI KWAN, KAREN & WOLF LEVERICH

Oct 11 Wed Local Hikes, Hundred Peaks

O: Mount Williamson (8214'): 7 miles round trip, 1700' gain from Eagles Rest Picnic area and back. Cool drinks at the end. Meet 9 AM La Canada rideshare point with water, lunch, good footwear. Leaders: ROSEMARY CAMPBELL, SOUTHERN COURTNEY, JENNIFER WASHINGTON

Oct 14-15 Sat-Sun Hundred Peaks

I: Palm View Peak (7160'), Cone Peak (6800'), Pyramid Peak (7035'), Pine Mountain #2 (7054'), Lion Peak (6868'): Canceled, Leaders: GEORGE WYSUP, LAURA JOSEPH, PAMELA ROWE, KENT SCHWITKIS

Oct 14-15 Sat-Sun WTC, Hundred Peaks

t: Quail Mountain (5813'): Easy paced but moderately strenuous 14 mile rt, 1800' gain, to the highest peak in Joshua Tree National Park. Enjoy spectacular desert scenery and tearn 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 Leader: ROBERT MYERS Assistant: TED SLAP

Oct 14-15 Sat-Sun Hundred Peaks, PVSB, Natural Science, Long Beach

I: Scodie Mountain (7294'), Heald Peak (6901'), & maybe Nicolis Peak (6070'): Day 1: Moderately paced, moderately strenuous over steep, slippery, rocky cross-country terrain, 7 miles rt, 2300' gain. Car camp and happy hour Saturday night. Day 2: Very strenuous, moderately paced 12 miles, 5000' gain cross-country hike with some rock scrambling in beautiful Sequoia National Forest. Car camp advised Friday evening due to early start on Saturday. Take time to learn from our naturalist about the fauna and flora. Natural Science credit available for LTC candidates. Bring 10 essentials, tunch, and water. Esase with recent conditioning, phone & rideshare information to Leader: BRUCE CORNING Co-Leader: KENT SCHWITKIS Naturalist & Co-Leader: SHERRY ROSS

Oct 14 Sat Hundred Peaks

I: Shay Mountain (6714'), Little Shay Mountain (6635'), Ingham Peak (6355'), Hawes Peak (6751'): 11 miles, 3500' gain, mostly cross country, to bag the Big Pine Flat Four. Stay for Sunday's hike or come for just one day. E-mail or SASE early to Leaders: VIRGIL POPESCU, PAT ARREDONDO

Oct 15 Sun Hundred Peaks

I: Silver Peak (6756'), Gold Mountain (8235'), Arctic Point (8336'): A nice group of peaks north and east of Big Bear Lake. Approx 12 miles round trip, 3000' or more elevation gain. E-mail or SASE early to Leaders: VIRGIL POPESCU, PAT ARREDONDO

Oct 15 Sun Hundred Peaks, Verdugo Hills

O: Sunset Peak (5908'): Post Harwood Party hike to this peak known of its great views. 7 miles round trip 1500' gain. Meet 8:30 at Harwood Lodge or 9 am at Cow Canyon Saddle off Glendora Mountain Road. Bring water, something to share. Leaders: FRANK DOBOS, LAURA QUINN

Oct 15 Sun Pasadena, Hundred Peaks

O: Inspiration Point (5908'): Moderately strenuous, and moderate pace, 11 miles round trip, 2800' gain hike to Inspiration Point via Echo Mountain and Castle Canyon trail, return via Sam Merrill trail. Wonderful view of Los Angeles Basin. Meet 8 AM N end of Lake Street, Altadena. Bring water, lunch, boots. Celebrate leader birthday, bring goodies to share. Rain cancels. Leaders: MEI KWAN, WINNETTE BUTLER

Oct 15 Sun Hundred Peaks New Outing, first time published

I: Ross Mtn (7402') from Vincent Gap: We warm up by first going over Baden-Powell in order to reach this remote and difficult San Gabriel summit in the Wrightwood area. Very strenuous but moderately paced, 14 miles round trip, 5000' gain. Note that more than 2000' of this gain is on the return climb from Ross back to Baden-Powell. Send sase or esase with recent conditioning and experience to Leader: TOM HILL. Co-Leader: MARLEN MERTZ.

Oct 21 Sat Hundred Peaks

I: Mount Sally (5408'), Mount Mooney (5840'), Vetter Mountain (5908'), Mount Hillyer 6200'): Possible lead-the-list celebration, depending heavily on "fire and rain" status of previous outings. Each peak involves a separate, easy hike averaging 600' gain in the same area of Angeles National Forest, do one or all. Meet 8am La Canada rideshare point. Bring some water, some footwear, some lunch, some friends. Contact leader in the event of a serious storm threat to determine trip status and possible date for rescheduling. Leader: TOM HILL Co-Leaders: GEORGE WYSUP, PAT ARREDONDO, DON CWIK, MARLEN MERTZ, TBD

Oct 21 Sat Hundred Peaks, PV-SB, Natural Science, Mountain Bike

i: Madulce Peak (6536'), Big Pine (6800'), West Big Pine (6490'): Very strenuous, moderately paced 31 miles, 4700' gain, hike & bike ride on road and trail. Adding the Pines will add 10 miles & 1800' gain. Carcamp advised Friday evening due to early start on Saturday. Take time to learn from our naturalist about the fauna and flora. Natural Science credit available for LTC candidates. Bring 10 essentials, lunch, and water. Esase with recent conditioning, phone & rideshare information to Leader: KENT SCHWITKIS Co-Leader: BARRY HOLCHIN Naturalist/Co-Leader: SHERRY ROSS

Oct 22 Sun Hundred Peaks

O: Twin Peaks (7761'), Waterman Mountain (8038'): Hike these two great peaks in the cooler fall months. Total hike will be about 10 miles round trip with 3200' of gain. Brisk pace and strenuous. Meet 8 AM La Canada rideshare point. Bring water, lug soles, lunch, and hat. Leaders: PETER DOGGETT, IGNACIA DOGGETT

Oct 25 Wed Local Hikes, Hundred Peaks

O: Twin Peaks (7761'): 11 miles round trip. Gain 2000' out, 1200' on return. Strenuous hike but at slow to moderate pace from Buckhorn. Meet 8:30 AM at La Canada rideshare point with water, lunch, good footwear. Leaders: DORIS DUVAL, DON SIMINSKI

Oct 28 Sat Hundred Peaks

I: Deer Mountain (5536'), Strawberry Peak LO (6153'): Lake Arrowhead area. Dirt road drive to trailhead. Cross Deep Creek from PCT and hike steep cross-country to unremarkable summit. 4 miles, 1800' elevation gain. Second peak (former HPS listed peak) is a driveup to an operating fire lookout. Email George at least 3 days before the hike for details. Leaders: GEORGE WYSUP. PAT ARREDONDO

Nov 4 Sat Hundred Peaks, Palos Verdes-South Bay

New Outing, first time published

I: Crafts Peak (8264'), Butler Peak (8535'), Grays Peak (7920') and Deep Creek Hot Springs (5' deep): 15th semi-annual Fall Deep Creek Hot Springs hike/soak/swim with a few more peaks. Moderately paced 13 miles with cross-country, 3000' gain. Bring lunch, water, rain gear, lugs (swim suit optional). Significant dirt road driving, but high clearance not required. Plan on spending full day - it's near Hesperia via Big Bear. We'll definitely be hiking back in the moonlight. Possibility of doing Delamar Mountain, depending on hiking speed - hot spring is priority. Rain cancels. Send email (preferable - bholchin@cox.net) or sase with conditioning and carpool info to Leader: BARRY HOLCHIN Co-leader: WAYNE VOLLAIRE

Nov 4 Sat Hundred Peaks

New Outing, first time published

O: Hildreth Peak (5065), Old Man Mountain (5538), Monte Arido (6010): Hike all three of the peaks from the Potrero Seco Road. This will be a brisk-paced hike along mostly fire roads. We will hike 20 miles round trip with 6700' of gain. Bring water, Jug soles, lunch, and hat. High clearance vehicles will be helpful. Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT

Nov 4 Sat Hundred Peaks, Palos Verdes-South Bay

New Outing, first time published

I: Exploratory trip to Valyermo Peaks 6621 and 5316: From South Fork Campground on the Antelope Valley side of the San Gabriels we explore prominent peaks so remote they are unnamed. For Peak 6621, strenuous 2 miles round trip, 2000' gain via an ascent that follows a steep ridgeline. For Peak 5316 afterward if time permits, moderate 2 miles round trip, 800' gain that features vistas of the tortured rockscapes of Devils Punchbowl. We will place registers on the summits. Optional Sat night carcamp that would fit well with the Mt Lewis exploratory hike on Sunday. Send sase or esase with recent conditioning and experience to Leader: TOM HILL Co-leader: ASHER WAXMAN

Nov 5 Sun Hundred Peaks

New Outing, first time published

O: Peak Mountain (5843'), McPherson Peak (5749'): Join this very easy hike to two Santa Barbara County peaks. The total hike will be about 1 mile round trip with 400' of gain. High clearance vehicles will be helpful. Send email to Leaders: PETER DOGGETT, IGNACIA DOGGETT

Nov 5 Sun Hundred Peaks

New Outing, first time published

I: Mount Lewis (8396) from the North: We revisit the steep cross-country ascent of Mt Lewis from the Antelope Valley side of the San Gabriel Mountains; strenuous 7 miles round trip, 3700' gain. A tough but adventurous trip for strong hikers. Send sase or esase with recent conditioning and experience to Leader: TOM HILL Co-Leaders: PAT ARREDONDO, LAURA JOSEPH, ASHER WAXMAN, GEORGE WYSUP

Nov 11 Sat Sierra Peaks, Hundred Peaks

New Outing, first time published

I: Owens Peak (8,453'): Join us for our Third Annual Armistice Day outing. This year is a joint celebration of the 88th anniversary of the end of The War to End All Wars, and the 50th anniversary of the first SPS outing to Owens Peak. This will be a moderately paced, mostly cross-country loop hike on steep ridges, 7 miles round trip, 3200' gain. Phone or email leader the week prior to the trip for information. Snow cancels. Leader: GARY SCHENK Assistants: TOM HILL, LAURA JOSEPH, GEORGE WYSUP

Nov 12 Sun Hundred Peaks New Outing, first time published

I: Skinner Peak (7120'): Moderate exploratory route in semi-desert terrain to this peak in the Southern Sierras, 8 miles round trip, 2300' gain. Some steep ridgelines; great scree slope descent. Significant dirt road driving. Consider staying over from the Owens Peak Saturday trip in the area. For details send sase or esase to Reservationist: GARY SCHENK Leader: TOM HILL Assistants: GEORGE WYSUP, LAURA JOSEPH

Nov 19 Sun Hundred Peaks New Outing, first time published

O: Barley Flats (5600'+), Mount Lawlor (5957'), Strawberry Peak (6164'): Start and finish at Red Box. The entire hike is about 10 miles round trip with 2600' of gain. Some adventure. Not intended for beginners. Meet 8 AM at La Canada rideshare point. Bring water, lug soles, lunch, and hat. Leaders: PETER DOGGETT, IGNACIA DOGGETT

Dec 2 Sat Hundred Peaks New Outing, first time published

O: Mount Emma (5273'), Old Mount Emma (5063'): Hike these two easy peaks in Los Angeles County. The hike will be 4.5 miles round trip with 2000' of gain. Brisk pace. Meet 8 AM at La Canada rideshare point. Bring water, lug soles, lunch, and hat. Leaders: PETER DOGGETT, IGNACIA DOGGETT

Dec 3 Sun Hundred Peaks New Outing, first time published

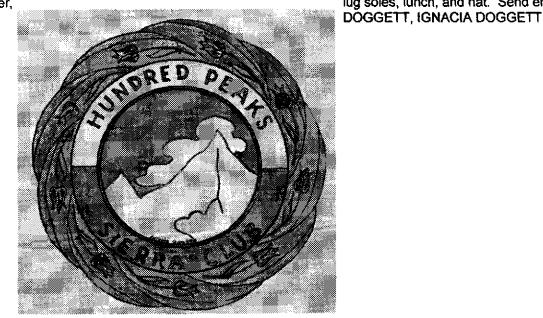
O: Mount Sally (5408'), Mount Mooney (5840'+), Vetter Mountain (5908'), Winston Peak (7502'): Hike these four nice peaks in the Angeles Forest. The entire hike will cover about 6 miles round trip with 1650' of gain. Brisk pace. Meet 8 AM at La Canada rideshare point. Bring water, lug soles, lunch, hat, and windbreaker Leaders: PETER DOGGETT, IGNACIA DOGGETT

Dec 17 Sun Hundred Peaks New Outing, first time published

O: Modjeska Peak (5496'), Santiago Peak (5687'): Hike these two fine peaks in Orange County. The total hike will be about 14 miles round trip with 4200' of gain. Brisk pace. Add 4 more miles if gate locked. Meet 8 AM at La Canada rideshare point. Bring water,

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to Leaders: PETER



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Rideshare Information and List of Leaders

La Cañada: Angeles Crest Hwy (Hwy2), Just N of Foothill Kent Schwitkis schwitkii@earthlink.net Fwv (I-210). Park on Angeles Crest Hwy only Don Siminski dsiminski@aol.com Towne Av exit from SB Fwy (I-10), S 1/2 Pomona: Jane Simpson isimple@earthlink.net block, park along curb Ted Slap sierra@yahoo.com Sylmar: Encinitas Av. S of Roxford St. Roxford Sandy Sperling ssperling1@verizon.net exit from I-5 Chris Spisak chris.spisak@ckarch.net **Bobcat Thompson** bobcat237@sbcglobal.net Contact information for leaders with outings in this issue **Delphine Trowbridge** delphinetr@sbcglobal.net Tony Trull of The Lookout: 310-326-8874 Patrick Vaughn pearly@yahoo.com Wayne Vollaire avollaire@adelphia.net Pat Arredondo paarredo@verizon.net Jennifer Washington jwash@earthlink.net Adrienne Benedict 805-374-1960 Asher Waxman Gary Bickel amuirman@yahoo.com gbickel@socal.rr.com George Wysup georwy@charter.net Mars Bonfire 661-609-8218 Joe Young joengeri@comcast.net Sandy Burnside KBURNSIDES@aol.com Dan Butter dncbutler1@netzero.net If you are a Sierra Club member, you receive the Angeles Winnette Butler Winnetteb@earthlink.net Chapter Schedule of Activities (if you live in Los Angeles Rosemary Campbell hiker.rosemary@sbcglobal.net and Orange counties). That way you have ALL the Dave Comerzan comerzan@verizon.net bcoming@ix.netcom.com **Bruce Coming** addresses (email and regular mail, as well as telephone numbers) of ALL leaders. However, you must be a Sierra Southern Courtney oldhikersc@charter.net Club member to receive the Schedule of Activities. To Bruce Craig brucra2@aoi.com become a member, make a copy of the below form, fill it Don Croley drcrolev@msn.com Don Cwik out and mail it with appropriate check amount to the ocriskmgr@hotmail.com address indicated: Greg DeHoogh gdehoogh@yahoo.com Frank Dobos frdobos@earthlink.net Peter & Ignacia Doggett PeterDoggett@aol.com Sierra Club Membership Application Doris Duval duv14@sbcqlobal.net FRIP [F94Q W 0452 1] Lilly Fukui Lfukui@bonnebridges.com Harvey Ganz harveyganz@earthlink.net Name _____ Paul Garry pwgarry@earthlink.net Suzv Hermann grmshq@socal.rr.com Address _____ Tom Hill tomlyns@earthlink.net Linda Hillman Ighillman@earthlink.net Barry Holchin bhoichin@cox.net rfhudson@worldnet.att.net Ron Hudson Laura Joseph ljoseph2@earthlink.net State _____ Zip Code Gary Kinsley ecovideo@cs.com Mei Kwan hike4adventure@yahoo.com Karen & Wolf Leverich hikes@mtpinos.com Membership Categories Gerard Lewis ahumada@aoi.com Ted Lubeshkoff jeannstar@sbcglobal.net Introductory \$25 Jason Lynch bandido@backpacker.com Regular \$39 (Individual) Keith Martin kwmartin@verizon.net \$47 (Joint) Mary McMannes marymuir@earthlink.net Marlen Mertz MBMertz@aoi.com Send this form and a check payable to the Sierra Club to Beth Mika 909-593-0055 Sierra Club, P. O. Box 52968. Boulder, CO 80322. Mark Mitchell markm@lacma.org Robert Myers rmmyers@ix.netcom.com Dues are NOT tax deductible. Virgil Popescu gillypope@comcast.net The dues include subscription to Sierra Magazine. If you Ingeborg Prochazka ingebike@comcast.net live in Los Angeles or Orange Counties, your dues also Laura Quinn lq1026@yahoo.com include a subscription to the Southern Sierran newsletter Gabriele Rau gtrau@aol.com and to the Angeles Chapter Schedule of Activities. Kathy Rich KRich@hei.org Sherry Ross chlross@vahoo.com Pamela Rowe agouraqt@yahoo.com

dotts333@adelphia.net

outings@hbfun.org

pacific333@adelphia.net

Dotty Sandford

Mike Sandford

Gary Schenk

Angeles Chapter Fundraisers 84 Resana Lewis

JULY 15-16, 2006 Sat-Sun

C: Trail-By-Rail Ventura to Port Hueneme Lighthouse Coastal Hike. 6:00am Amtrak to Ventura; after a brief walk around historic Ventura to visit the haunts of Edgar Rice Burroughs, author of Tarzan, we will hike south along the coast to the 108 year old Port Hueneme lighthouse. Tour of lighthouse and Seebee Museum. Overnight in Oxnard and train back to L.A. by 2:30pm. Ability to walk 12mi. \$167 (\$187 non-mem) includes railfare, motel, entrance, donation. Send check, sase, Sierra Club #, /H&W phones/email to Leader: Roxana Lewis, co-leader Dotty Sandford

AUG 13, 2006 Sun

O: 6th Graze Little Tokyo: Total immersion walking, eating tour of Little Tokyo. Start with a Docent tour of Japanese American Natl Museum, do some nibbling on Lotus root, cured bamboo, pressed shark, pounded rice as we wend our way to a Buddhist Temple and finish with an opportunity to see the Nisei Week Parade. An enriching experience for those souls who always wanted to know about unusual Asian food but were afraid to ask. Easy.1.2mi. 9am-3pm. \$30 (\$50 non-mem) Includes museum, ample grazing, donation. Send check, sase, Sierra Club # to Leader. Roxana Lewis, co-leader Dotty Sandford.

Love to hike in the Sierra? Hate to carry a back pack? Consider this: On the Angeles Chapter Mule Pack Section trips, a handsome mule carries between 40 and 50 pounds of gear and goodies for you and, when the week of hiking is over, the same handsome fellow returns to carry your stuff out. Can you beat that?

As you have surely heard from anyone who has gone on a mule pack trip, they are FUN! During the day, you do whatever you like: bag peaks, passes or lakes, or sit around and meditate, or fish, orwhatever. In the evening, we bring out the wine (no kidding), everyone contributes something

yummy, and we indulge in the world famous mule pack happy hour – actually, a potluck dinner.

There are two trips this summer that are being led by HPSers and that have vacancies:

Saddlerock Lake July 23-30 led by Sandy Burnside, Laura Joseph and Yvonne Tsai has one opening. Lots of peaks on this one. Contact Laura.

Purple Lake Aug 24-30 led by Dan Butler and Laura Joseph. Lots or lakes and passes. Contact Dan. Check the mule pack section website or the Schedule for details on each trip.

Here's the birthday list for July and August!

First	Last	Date of birth	Zobeida	Molina	07/22
			Robert	Hicks	07/25
Ray	Wolfe	07/01	Lew O.	Amack	07 <i>1</i> 26
Elisabeth	Cohen	07/01	Gordon J.	MacLeod	07/26
Barbara	Guerin	07/01	Robert J.	Wyka	07 <i>1</i> 29
Bill	Hauser	07/04	Patty	Kline	07/29
Kenneth	Croker	07/04	Charlie	Knapke	07/30
Helena	Czepiec	07/04	Bruce	Morgan	07/30
Diane	Baker	07/04	Bill	Lien	07/31
Richard	Hoesly	07/05	Patricia	Arredondo	08/02
Ursula	Mayer	07/05	Fred	Johnson	08/02
Betty	Sterrett	07/07	Keats	Hayden	08/06
Robert	Cates	07/07	Matthew	McHale	08/08
Bob	Curran	07/08	David F.	Jensen	08/08
Jeffrey W.	Koepke	07/09	Kay	Machen	08/09
Haven	Fearn	07/09	Joy	Brooks	08/10
Ingeborg	Prochazka	07/12	Keith	Christensen	08/11
Beth	Summers	07/14	Howard	Eyerly	08/11
Betty	McRuer	07/15	Kirt	Smoot	08/14
Janet	Howell	07/16	James	Heard	08/21
Frank	Meyers	07/17	Walter C.	Whisman	08/24
Homer	Wilson	07/18	Peter	Rosmarin	08/24
George	Wysup	07/18	Larry K.	Shumway	08/29
W. Ross	Yates	07/19	Benjamin O.	Beasley	08/29
Rick	Fleming	07 <i>[</i> 21	William	Meyerchak	08/30
Keith	Burnside	07 <i>[</i> 21		-	

Current Trip Reports

Monument Peak #1, Sheephead Mtn, Oakzanita Peak Allan Pincus Celebrates 100th Peak Spring Fling: May 7, 2006 Leaders Tom Hill, George Wysup, Marlen Mertz By Tom Hill

Foster's Monument...

Well, it was a beautiful, sunny-but-just-cool-enough morning after a nice Foster Fling breakfast when ten of us assembled and headed directly up the jeep road from Foster Lodge - the three leaders, joined by participants Zobeida Arauz, Laura Franciosi, Cheryl Gill, Rick Breytsprack, Jennifer Washington, Kim Pincus, and Allan Pincus. This is actually my favorite route to Monument Peak. We simply stayed on the jeep road, continuing east over the next rise until we met the PCT Trail. Then an easy south trek on the trail got us shortly to the PCT use-trail turnoff, then south up through the brush to the nearby summit. Although it bristles with high-tech communication equipment, this peak somehow has always felt a little desolate to me, like it's in fact really a spare part in some larger system. Just fine by us since the view was spectacular this day.

Close encounters on Sheephead... Then we caravanned to the trailhead for Sheephead. Now that the access gate was open, we drove to the beginning of the standard route and repeated our rattlesnake warnings. Well worth it, for we encountered a nice diamondback soon enough. But wait! It was fake, but very cleverly done, somebody's practical joke! Thus deconditioned and full of bravado we soon passed the carcass of a wild boar. Ha! Surely a fake, even to its torn tendons and protruding ribcage. But somehow I resisted the urge to stroke the sinister remains. On to the peak! Then back to the vehicles! Ye gods, there's even a different snake this time, even more life-like! No fear this time, let's not be fooled again, although I must confess to being somewhat haunted by that incessant, fearsome clickiting that surely sounded like restless rattles. And then the whole concoction moved deeper into the underbrush. Away from us. Hmmm. it's real.

Allan's moment on Oakzanita...

Then on to Oakzanita, a notable peak for Allan Pincus as he was joined this day by spouse Kim in celebrating his 100th HPS peak. He has been pursuing these peaks for several years and I've seen him on a number of occasions. Our meetings have always occurred on interesting trips, so it was a pleasure to celebrate with him. Our straightforward trail brought us neatly to the top and to the party refreshments sorely needed.

Congratulations, Allan!

Mt. Lewis (almost) May 13, 2006 By Tom Hill

[Editor's note: A helicopter rescue was required on a recent attempt of Mt. Lewis.]

The victim, who wishes to be unidentified, rejoined the group later that day in fine health (!!) at nearby South Fork Campground for a planned party celebration in honor of Zobeida Arauz...she had just backed into a 2X List finish when Pilot Knob was suspended. The trip had 16 participants. It was quite an adventure.

We can probably set up a side business, selling T-shirts. "I survived Mt Lewis May 13, 2006" comes to



Victim is lifted away from the ridge to Mt Lewis by means of a bear hug. Photo by Rudy Fleck.

mind as one of several initial offerings...

Or we can simply give kudos to all of you wonderful leaders and participants, who joined together without complaint to get us all in a mood not only to celebrate with one another afterward, but to give a sigh of relief that we can survive such setbacks and continue again some other day.

Special thanks to Rudy Fleck, for the photos. I sent the extraction picture with the airborne paramedic

bearhug to editor Joe Young. He wracked his brain for other similar incidents and came up empty. Does anyone recall something similar? So the story will be written and published in the next Lookout...

Special thanks to Peter and Ignacia, for going down the mountain to talk to rescue personnel ... and then careening back up again to the group! Amazing. Special thanks to Doris Duval, who first brought the problem to the attention of all of us. Special thanks to Pat and Laura, for their leadership during the trip and during the event. Special thanks to Beate Quednau, who placed the call and handled the interchange very professionally. Special thanks to Asher Waxman, for his calm presence and advice to the Leader. In fact, a very special thanks to each and every one of you, for team spirit and for bringing the matter to a successful conclusion!

Finally, a special thanks to Zobeida, who had the awesome foresight to finish her 2x List *before* this particular trip, taking the pressure off the emergency. That was one heckuva party afterward, for several reasons!! Man was I happy to finally chug that bottle of champagne in my pack that went up the slopes, then down, and almost back again.

Goodykoontz Peak A Private Trip May 31, 2006 By Joe Young

Ten hikers met on a recent Wednesday to check out a route to Goodykoontz Peak which avoids crossing the area in the Angeles National Forest that has been closed in order to protect an endangered species, the yellow legged frog. We hiked from Buckhorn Campground on the Burkhart Trail for a couple of miles until it intersected the Pacific Crest Trail, where there was a sign saying "no entry." We walked the short distance where the two trails were coterminous, and found another "no entry" sign clearly indicating that hiking along the PCT was forbidden, but also located in a manner to make it clear that passage on the Burkhart Trail IS permitted. Therefore we concluded that our traverse along the Burkhart Trail to the base of the west ridges of Goodykoontz was not in violation. We concluded, however, that hiking on the Rattlesnake Trail is not allowed.

We hiked a short ways past the Mile Post 2 and headed up a steep ridge, brushy at times, to a bump 6709' which we nicknamed Bobcat Knob. From there we headed on up to the summit of Goodykoontz. On return we descended to Bobcat Knob, then took an adjoining ridge back to the Burkhart Trail which is even more open. Either ridge works well.

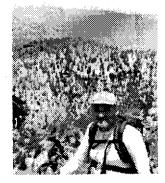
Specifications: 10 miles round trip, 3200' of gain on a beautiful late Spring day.



Hikers pose for Bobcat Thompson's camera on the summit of Goodykoontz Peak. Seated, left to right: Joe Young, Ginny Heringer, Asher Waxman. Standing: William Simpson, Lily Fukui, Val Saubhayana, Sonia Arancibia, Diane Dunbar, and Tom Hill.



Lilly Fukui holds a debit card she found on the summit of Circle Mountain. She is standing with Tom Hill. Photo by Chris Spisak.



Frank Goodykoontz with Goodykoontz Peak in background.

Hiking on a Hot Day – How Much to Hydrate??? by Ginny Heringer

It's summer time - it's time to get out to the mountains and hike! Don't forget to take a hat. sunscreen, and lots of water! Experts agree about the hat and sunscreen, but no longer agree about all that water. A recent article in The New York Times warns about the dangers of hyponatremia, or overhydration, a condition that results when too much water dilutes the sodium content of the blood, leading to a feeling of faintness and disorientation, even coma and death. According to the article. athletes who exercise for only an hour or two - the fastest runners. the basketball and tennis. players - rarely suffer from this problem; apparently they're too busy exercising

they don't sweat as much as the faster exercisers, so they don't lose as much water that way, leading to a greater imbalance. How do these new findings affect hikers? We're certainly among the slower exercisers, and we carry lots of water bottles and "hydrate" frequently. Before the hike and at every rest stop, the leaders are sure to remind us to take a big drink. On a recent hike that I led, one participant began to cramp up: it was hot, he was drinking lots of water, and he told me he was on a

low-salt diet: fortunately a small can of V-8 tomato juice. not the low-sodium kind, revived him quickly. A lot of hikers use sports drinks meant to supply electrolytes, but a Boston Marathon study indicates that these drinks don't contain enough sodium to help restore the appropriate balance. Maybe a high-sodium drink or even a little table salt would be more effective. I've seen a Hundred Peak Section leader work wonders with small amounts of table salt. The article corrects a few more myths about drinking: we don't need eight glasses a day - four is enough for most people. We don't get all our water from fluids - fruit and ice cream also contain a lot of water (wish we could take ice cream hiking!). Coffee isn't as bad as we thought - it's a diuretic only for people who aren't used to drinking it. For proper hydration, the author recommends that we know our own individual guidelines rather than following some general rules. Some people sweat more than others: if you see salt collecting on your hiking clothes, you'll need to replenish that salt. Your urine should be clear and pale, not dark and cloudy (hard to tell when you urinate on the ground). and your skin should bounce back when pinched. Another trick is to weigh yourself before and after you exercise. If you've lost weight, you should drink more water, and if you've gained weight, you should drink less. With a new understanding of the balance of water and sodium, we can look forward to hiking safely through the next few months of triple-digit temperature, zero-humidity days of Southern California.

Hundred Peaks Section Angeles Chapter Management Committee Meeting Minutes

Date: Location:

Tuesday, March 14, 2006

Acapulco Restaurant, Glendale

Mcomm Members Present: Winnette Butler, Dave Comerzan, Jim Fleming. Wolf Leverich, Karen Isaacson Leverich, Lynda Armbruster, Greg De Hoogh. Mcom Members Absent: None. Non-Mcom Members

Present: None

to drink a lot of water. It's

the slower runners who

that tend to suffer. Also -

stop often for a drink

The meeting was called to order at 6:40 pm by Winnette Butler. Chair.

Dave Cornerzan submitted the minutes of the February 21, 2006 meeting for approval. m/s/p.

Committee Reports:

TREASURER: Sandy Burnside: Wolf Leverich submitted the financial report for February for approval. m/s/p. (see attached)

MEMBERSHIP: Greg de Hoogh: The membership report was submitted for approval. m/s/p. (see attached) Wolf noted that the next LTC is coming up shortly and we should encourage people to obtain leadership ratings. The concept of Honorary subscriptions and memberships for life was discussed and confirmed that it will continue. The issue of birthday milestones in the Lookout was discussed. It was agreed that birthdays of members and subscribers will appear in the Lookout. Karen will redesign the subscription form on the website.

OUTREACH: Lynda Armbruster: Lynda reported that a presentation about HPS was made at the Orange County WTC by Tina Bowman. Sandy Sperling volunteered to handle outreach for Long Beach. San Gabriel and West L.A. sections have not responded to our requests. A discussion on ways to attract new members followed.

PROGRAMS: Joe Fleming: Spring Fling. Some issues discussed were: Places to stay. Winnette will get a list of places to stay in the area for people who don't want to stay in the lodge. Winnette will put a flyer in the next Lookout advertising Spring Fling. Clean-up. Jim will head up the clean-up duties. Food: Lynda will head up

the food duties. We agreed to provide soda and wine for the potluck, cut fruit, bagels, rolls, juice, coffee and tea for breakfast. Times: It was agreed that Sunday's breakfast would be from 6:30 to 8:00. Potluck will depend on when the Ranger is speaking. Joe has made arrangement for the speaker. Paper Goods; Jim will bring the paper goods – plates and cups. Karen reported that many hikes have been scheduled.

Fall Festival: It has been confirmed that the potluck will be held Saturday night at Powers Well, complete with happy hour. Hikes and events will be scheduled Friday through Monday. Winnette reported that George Ballent, a local historian, will give a tour a restored cabins in the area, followed by an ice cream social.

OUTINGS: Karen Isaacson Leverich: First Aid Classes. It was felt that this should be done at a region level. It is the Outings Chair responsibility to make sure all leaders have their first aid qualification met. Karen stated that most of our leaders have met this standard. Lower Peaks Committee. Karen submitted a request from George Wysup, LP Outing Chair, that LP scheduled hikes be put in the Lookout. It was discussed and agreed that this would present no problems and we should do it. Karen will research the Outing Requirements to make sure there is nothing to prevent this.

Wolf presented the concept of accelerating outing publications. Wolf stated that several sections are publishing outing dates on their websites as soon as they are received. Apparently this is not a problem with the Safety Committee as long as a disclaimer accompanied it stating this outing has not been published on paper yet. A motion was made that we start doing this on the HPS website. m/s/p.

Wolf presented the concept of a bi-weekly hot sheet of hikes being lead. It was discussed andagreed that we should begin this. m/s/p.

MOUNTAIN RECORDS: Wolf Leverich: Wolf had nothing to report. Pilot Knob is still up in the air. A letter with a stamped, return envelope has been sent to Josephine Stone. It was agreed that if we do not get a response, we will suspend this peak.

CONSERVATION: Mei Kwan: No report was submitted.

OLD BUSINESS:

By-laws. It was reported that Joe has the most recent by-laws that were approved by the Chapter. Dave will get a copy from Joe.

National Sierra Club Audit. Nothing to report at this time.

NEW BUSINESS: M/E Outings.

Currently, we have certain routes that require M/E leaders to lead even though the routes we take are O/I routes. Wolf will follow up with the Safety Committee on

how we can schedule these M/E routes.

Future Meetings: Based on the new by-laws, meetings will only be held in odd months and December. The April meeting has been cancelled. Future meeting dates are: May 9th, July 11th - Newcombs, September 12th Eaton Canyon, November 14th, December 12th

The meeting was adjourned at 8:30 by Winnette Butler, Chair.

Respectfully submitted: Dave Comerzan

Letter From the Chair

Ey Winnette Entler

Another year has rolled around and it's time again to pick out your hike for The 13th Annual Great Waterman Mountain Rendezvous and Informal Potluck, Saturday, July 22nd. Please join us for our annual party atop Waterman Mountain. Plan on spending some time on top getting acquainted and having fun (and eating). Be sure to bring a dish to share with other hungry hikers. There's also a rumor that someone will be celebrating a second list finish that day. You have several hikes to choose from:

O: Waterman Mountain (8038'): Easy to moderate hike to the top of this peak to meet and picnic with other HPSers. 8 miles round trip, 1200'gain. Meèt 9:30 AM at La Cañada ride share point. Leaders: FRANK DOBOS, LAURA QUINN

O: Mount Waterman (8038'): Of the several routes to this peak, we'll take the one that starts at Three Points. 12 miles round trip, 2200' gain. Contact leader for meeting place and time. Leader: DAVE COMERZAN Co-Leader: INGEBORG PROCHAZKA

I: Mount Akawie (7283'), Kratka Ridge (7515'), Mount Waterman (8038'): Warm up on easy Akawie (400' gain, optional), then move vehicles to enjoy an interesting cross-country Kratka-to-Waterman loop scramble in forested terrain; total for all three peaks comes to a moderately strenuous 8 miles round trip, 2900' gain, including the easy trail return after the Rendezvous celebration. Experienced hikers meet 6:30 AM La Cafiada rideshare point. Bring some water, good footwear, and celebratory items for the Rendezvous. Leaders: TOM HILL, GEORGE WYSUP, PAT ARREDONDO, DON CWIK, MARLEN MERTZ

understand that during my participation in this Sierra Club Outing, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which are inherent in each Outing and cannot be eliminated without destroying the unique character of the Outing. These inherent risks include, but are not limited to, the Injuries and Damages are involved in adventure travel such as Sierra Club Outings and I appreciate that I may have to exercise extra care for my own person dangers of serious personal injury, property damage, and death ("Injuries and Damages") from exposure to the hazards of travel and the Sierra Club has not animals, trip members, trip leaders and assistants or third parties, either as a result of negligence or because of other reasons. I understand that risks of such and for others around me in the face of such hazards. I further understand that on this Outing there may not be rescue or medical facilities or expertise tried to contradict or minimize my understanding of these risks. I know that Injuries and Damages can occur by natural causes or activities of other persons, Sign-in Sheet & Acknowledgment of Outing Member Responsibility, Express Assumption of Risk, and Release of Liability necessary to deal with the Injuries and Damages to which I may be exposed. In consideration for my acceptance as a participant on this Outing, and the services and amenities to be provided by the Sierra Club in connection with the Outling, I confirm my understanding that:

- I have read any rules and conditions applicable to the Outing made available to me; I will pay any costs and fees for the Outing; and I acknowledge my participation is at the discretion of the leader.
- The Outing officially begins and ends at the location(s) designated by the Sierra Club. The Outing does not include carpooling, transportation, or transit to and from the Outing, and I am personally responsible for all risks associated with this travel. This does not apply to transportation provided by the Sierra Club during the Outing.
- If I decide to leave early and not to complete the Outing as planned, I assume all risks inherent in my decision to leave and waive all liability against the Sierra Club arising from that decision. Likewise, if the leader has concluded the Outing, and I decide to go forward without the leader, I assume all risks inherent in my decision to go forward and waive all liability against the Sierra Club arising from that decision.
 - This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.
- Sierra Club, its officers, directors, employees, agents, and leaders from any claims, damages, injuries or losses caused by my own negligence while a employees, agents, and leaders from any and all liability on account of, or in any way resulting from injuries and Damages, even if caused by negligence of the Sierra Club its officers, directors, employees, agents, and leaders, in any way connected with this Outing. I further agree to HOLD HARMLESS the To the fullest extent allowed by law, I agree to WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY the Sierra Club, its officers, directors, participant on the outing. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me on the Outing.
- I have read this document in its entirety and I freely and voluntarily assume all risks of such Injuries and Damages and notwithstanding such risks, I agree to

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Early Sign-Out			
Car License			
Emergency Phone			
Home Phone			
Address			
Signature			
Name			