



Explore, enjoy and protect the planet

Vol. 51, No. 1, January 2006

Inside

PRESSING SECTION BUSINESS2
 TRIP LEADERSHIP WORKSHOP3
 Save This Weekend! March 3 - 5, 2006
 BASIC BACKPACKING COURSE3
 Eight Consecutive Tuesdays, beginning
 April 18, 2006
 MEETING MINUTES FOR DECEMBER3
 WE HAVE A VOLUNTEER4
 SIGNIFICANT INTEREST IN SAVING LODGE4
 Over \$100,000 donated
 JOHN MUIR QUOTE5
 Our fellow mortals
 16-HOUR WILDERNESS FIRST AID CLASS5
 February 11-12, 2006
 WASHINGTON, D.C.'S TOP TURKEY IS.5
 EDITOR'S COLUMN5
 Feeling cooped up during the off-season?
 ACTIVITIES (*none scheduled*)
 LIVING IT UP! SUBMISSIONS6
 MEMBERSHIP/SUBSCRIPTION CHANGE FORM6

BASICS OF SNOW CAMPING

Monday, Jan 9, 2006, 7:30 – 9:30 PM

Location change (this month only):

Covington School
205 Covington Rd
Los Altos, Ca

From the south, take I-280 north to Magdalena east, cross Foothill Expressway onto Springer, then take the second left, which is Covington.

From the north, take I-280 south, exit at El Monte east, continue on El Monte past Foothill Expressway, take the first right on Giffen Rd, then at the bend, continue left on Covington Rd.

From the east, take El Monte off El Camino Real and turn left on Giffen Rd, (just before Foothill Expressway) then at the bend, continue left on Covington Rd.

(Continued on next page)

Sierra Club, Loma Prieta Chapter, Backpack Section (BPS)

c/o Katherine Greene
PO Box 390578
Mountain View, CA 94039

Backpack Section (BPS)

<http://lomaprieta.sierraclub.org/bps/>

Founded January 13, 1956, the BPS is an official activities section of the Sierra Club's Loma Prieta Chapter, serving San Mateo, Santa Clara, and San Benito counties in California. The Section sponsors backpacking trips to wilderness and scenic areas, ranging from easy beginner weekend outings to more rigorous expeditions of up to two weeks, no matter what the season. Most trips are within California and Nevada, mainly in local, state, or national parks, national forests, wilderness areas, and national monuments. All trip leaders are volunteers, and fees for trips are limited to actual costs incurred for expenses, such as group meals and permits.

Officers and Appointees

Chair

Dan Cobb, 650-631-9303
danielcobb11@yahoo.com

Vice-Chair/Equipment Manager

Matt Hahne, (408) 749-9968

Secretary/Living It Up! Editor

Jean Higham-Sergeant, (408) 937-8116
jean@effable.com

Treasurer/Refreshments

Elizabeth Barry (408) 238-1336
elizabeth@lsil.com

Outings Chair

Steve Stearns, stearns@ieee.org

Conservation

Marjorie Ottenberg (408) 867-4576
marjott@yahoo.com

Membership

Katherine Greene, bloominkat@yahoo.com

Programs

Dave Barry, (408) 238-1336
david.j.barry@netzero.com

Webmaster

Steve Sergeant (408) 937-8116
stevesgt@effable.com

Loma Prieta Chapter

3921 E. Bayshore Rd, Ste 204
Palo Alto, CA 94303
(650) 390-8411

Sierra Club

85 Second St., Second Floor
San Francisco, CA 94105-3441, USA
Telephone: (415) 977-5500
FAX: (415) 977-5799

(Snow Camping, continued)

This will be a joint meeting with the Ski Touring Section. Chris MacIntosh and Steve Sergeant will present an introduction to snow camping, and what you need to know to have fun and be safe when camping in the winter wilderness.

The Peak Climbing Section and the Ski Touring Section are sponsoring a separate snow camping seminar. The following is the write-up from Track, the Ski Touring Section newsletter:

CAMPING? IN THE SNOW? YES! Seminar prepares you for camping happily in the snow, and gives tips for day skiers or snowshoers caught out overnight. Participants must be experienced summer backpackers as this course will give you winter information and tips but doesn't teach basic backpacking. Three evening classes, held in the Palo Alto area, on Tues, Jan. 17, 24 and 31. One weekend field trip on Feb 4-5, 2006. Limited to 40 participants for the evening sessions, and 25 participants on the outing. \$40 cost includes books, instruction, and some common equipment used on field trip. To sign up, send \$40 check, payable to BSCS, to P.O. Box 802, Menlo Park, CA 94026. Include your name(s), phone #, email, postal address, Sierra Club member number (if oversubscribed, preference will be given to members). Upon receipt, we will acknowledge and send info and directions.

Have a happy new year and wonderful backpacking adventures in 2006!



PRESSING SECTION BUSINESS

There was a delightful holiday party in lieu of Section business last month, which means we still need to hold officer elections and vote on how Basic Backpack Class funds shall be distributed.

Upcoming officer elections are of particular concern. Dan Cobb is vacating his role as Section Chair. We need nominations for a new Chairperson, and we also need a quorum in order to hold elections.

Trip leaders: We also need to set a mutually agreeable date and location for our next trip-planning meeting.

All members: please show your support for the Backpack Section by attending our January meeting! 🏔️

TRIP LEADERSHIP WORKSHOP

Save This Weekend! March 3 - 5, 2006

Leading an activity section trip involves a lot more than just getting your first aid certificate and posting a notice in the chapter and section newsletters. A good trip requires planning, effective communication, and leadership in addition to activity specific skills.

On March 3 – 5, the Backpack Section will sponsor its eighth Trip Leadership Workshop at the Sierra Club Hiker's Hut in Sam MacDonald County Park. Instructors will include Backpack Section trip leaders and invited guest speakers. This workshop is recommended training for anyone who leads trips into remote areas, from day hiking on trails to multi-day treks cross-country. The

Workshop will fulfill all or most of the new training requirement for Sierra Club Level 2 Outings Leaders. This year's workshop topics include:

- Responsibilities of leaders and co-leaders
- Sierra Club policies and requirements
- Trip planning
- Permit requirements
- Leadership on the trail
- Orienteering (land navigation)
- Leadership challenges
- Leader's horror stories
- Backcountry cuisine
- Dealing with emergencies
- Nature interpretation
- Leave No Trace

The Hiker's Hut is an hour's drive from most of the South Bay, and an easy 1.5 mile hike in from the parking lot. This is luxury camping - the hut has an electric stove for cooking, a refrigerator, a wood stove, and a sleeping loft to keep you warm and dry. Breakfast will be provided; lunches will be on-your-own; and Saturday dinner will be potluck. Most of the training will be on Saturday, so the workshop can be done as a Saturday only activity for those with limited time. But those who stay over till Sunday will enjoy a day hike to practice newly-acquired docent and navigation skills.

Cost for the weekend including all course handouts is \$40. Interested? For more information and to sign up, contact Steve Stearns at stearns@ieec.org or (408) 531-2166. 🏠

BASIC BACKPACKING COURSE

Eight Consecutive Tuesdays, beginning April 18, 2006

Interested in learning how to backpack but don't know how to get started? Done some backpacking but want to learn the principles — what to buy, where to go, what to bring? The Backpack Section's Basic Backpacking Course is for you.

The course includes eight two-hour evening classes and three backpack trips. The classroom sessions will be held in the Mountain View/Palo Alto area, on eight consecutive Tuesdays, beginning April 18, 2006. Here is a partial list of the topics covered in the evening sessions:

- What to bring on your first backpack trip
- Choosing and fitting a backpack
- Clothing
- Shelter

- Food and cooking
- Map and compass navigation
- Survival and group dynamics
- Health hazards; introduction to backcountry first aid
- Minimum impact
- Wilderness permits and trip planning

The first backpack trip will be over the weekend of May 6 – 7, and will be to a local park or open space. The second trip will be May 20 – 21, and may require driving to the trailhead on Friday night before the trip. The third trip is scheduled for three days, June 2 – 4 (Fri-Sun), and will be to the Sierra if the snowpack allows. The third trip will require driving up the night before (Thursday). To go on the third

trip, you must have participated in one of the first two trips.

The class is limited to 40 people on a first-come basis. Anyone under 18 years of age must be accompanied by an adult. Trips are limited to class members only.

The course fee of \$80 includes a text book and other class materials but does not include costs and fees incurred for transportation, parking, or permits for the trips. The class proceeds, after expenses, are donated to conservation and trail maintenance groups. Instructors are volunteers from the Backpack Section and receive no compensation.

[Continued on the next page]

MEETING MINUTES FOR DECEMBER *submitted by Jean Higham-Sergeant, Secretary*

This was our holiday get-together, and so instead of a business meeting, we held a potluck and enjoyed the simple pleasure of conversing with

one another. We also watched a short Sierra-Club produced video, "The True Cost of Food." After watching the video, some commented

afterwards that they intend now to shop more frequently at local farmer's markets. 🏠

[Basic Backpacking Class]

To sign up for the course, send name, address, home and work telephone numbers, email address, and a check for \$80 made out to

“Backpack Section.” Confirmations, directions, and further information will be provided by email. Please send your information and check to: Basic

Backpacking Course, 2960 Monte Cresta Dr, Belmont, CA 94002.

If you have any questions about the course, please contact Dan Cobb at dmcobb@sbcglobal.net or Steve Stearns at stearns@ieee.org.

LIGHTWEIGHT BACKPACKING CLASS

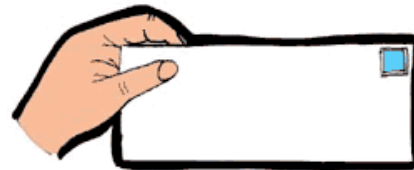
Tentatively planned for April. Details to be announced.

WE HAVE A VOLUNTEER! *by Jean Higham-Sergeant, Editor*

In recent issues I've been calling for newsletter article submissions, and for a volunteer to print and mail *Living It Up!* each month. I'm still calling for submissions, but we now have a generous volunteer who will lend a

hand in making sure you continue to receive your copy of the newsletter.

Thank you, Mary! 🙏



SIGNIFICANT INTEREST IN SAVING CLAIR TAPPAAN DEMONSTRATED

Over \$100,000 was donated to the Sierra Club in response to a BOD challenge

If you are one of the many people who helped save Clair Tappaan Lodge (CTL), thank you!

In 2004, the Board of Directors (BOD) issued a challenge to Clair Tappaan Lodge: Raise \$100,000 by September 30, 2005, or face shutdown and sale. The ensuing campaign to save the beloved lodge succeeded, because more than 25% over the minimum was raised — \$126,305!

The BOD issued yet another challenge: Increase the lodge occupancy to the breakeven point in 2006. This means they have to attract 3000 more visitors this year than they did last year.

What you can do to assure the future of CTL

Come visit! If you've never been to Clair Tappaan, you don't know what you've been missing. If you've never used snowshoes rent a pair there and learn. For winter weekends, make your reservations early; the Lodge tends to fill up. Consider visiting during the week in winter; you avoid the traffic, and you get a discount on your stay as well. For information

about staying at the Lodge, visit www.ctl.sierraclub.org or call (800) 679-6775.

Volunteer to keep the Lodge going. There are jobs with all levels of time commitment, especially for activity leaders and for enthusiastic volunteers to help contact groups that might like to stay at the Lodge. To volunteer, contact Tony Loftin at hikingtony@earthlink.net.

Beautiful CTL

CTL, the Sierra Club's flagship lodge, is located only a few miles from Donner Summit on historic route 40. The Lodge is a base for year-round recreation, and offers a variety of programs that support sustainable practices and the Sierra Club's mission to “explore, enjoy and protect the wild places of the Earth.” In winter you can cross-country ski right out the back door or downhill ski at nearby resorts.

The Lodge, its nearby backcountry huts, the beautiful surrounding mountains, the warm friendly ambiance of the Lodge embody the spirit of the Sierra Club: care for the

environment, love of the outdoors and outdoor recreation. People who share the same values meet and make new friends around the fireplace. CTL is often the first place where people are introduced to the Sierra Club. You get all this and three great meals a day for a very reasonable price. The cost is low so families can teach their children to love the outdoors.

Rustic CTL stands in contrast to the standard slick ski resort. The living room, dining room, and library retain the congenial and cooperative spirit of the volunteers who built the Lodge in 1934. You meet people from Northern California and around the world who share your values for enjoying and protecting the outdoors.

Use the Lodge often, volunteer your skills to help the Lodge, talk it up among friends and groups and help preserve this Sierra Club jewel.

Accommodations in cozy private rooms, semi-private rooms, and men's and women's dorms include three meals per day. 🙏

**JOHN
MUIR
QUOTE****Our fellow mortals**

“Why should man value himself as more than a small part of the one great unit of creation? And what creature of all that the Lord has taken the pains to make is not essential to the completeness of that unit — the cosmos? The universe would be incomplete without man; but it would also be incomplete without the smallest transmicroscopic creature that dwells beyond our conceited eyes and knowledge. From the dust of the earth, from the common elementary fund, the Creator has made Homo sapiens. From the same material he has made every other creature, however noxious and insignificant to us. They are earth-born companions and our fellow mortals. . . . This star, our own good earth, made many a successful journey around the heavens ere man was made, and whole kingdoms of creatures enjoyed existence and returned to dust ere man appeared to claim them. After human beings have also played their part in Creation's plan, they too may disappear without any general burning or extraordinary commotion whatever.”

A Thousand-Mile Walk to the Gulf, 1916.

**A NEW SIERRA CLUB TV
SERIES
The Sierra Club Chronicles**

The countdown to the Sierra Club Chronicles TV series has begun. It will launch on Link TV on January 12, 2006. Produced by Robert Greenwald (Wal-Mart: The High Price of Low Cost, Outfoxed) in association with Sierra Club Productions, Chronicles captures the extraordinary efforts of diverse people across America all united in common cause — the fight to protect their families, communities, and the lands and livelihoods they love from pollution, corporate greed, and short-sighted government policies.

The first of seven monthly Chronicles episodes is “9/11 Forgotten Heroes.” These first responders answered the call to Ground Zero — assured that the air was safe. Now years later they still suffer health problems and have to fight the government for health benefits. Read more on this and all the episodes at www.sierraclubtv.org and sign up to host a house party in January. A new program will broadcast the second Thursday of each month at 8:30 pm Eastern and Pacific through July 2006. Link Satellite TV can be found on DirecTV channel 375 and Dish Network channel 9410. Don't have satellite TV? We can send you a DVD. 📺

Clip art credit goes to *Clips Ahoy!*
Free Clip Art Island at
<http://www.clipsahoy.com/>.

**16-HOUR WILDERNESS
FIRST AID (WFA) CLASS
February 11-12, 2006**

The Sierra Club requires that outing leaders be trained in first aid (<http://mitchell.sierraclub.org/outings/policy/FirstAid/index.asp>).

Our Chapter will be offering a 16-hour WFA class taught by Bobbie Foster of Foster Calm.

Due to everybody's December and January holiday schedules, it is recommended that you sign up early to assure a place in the class, and for advanced receipt of study materials.

If you have questions or need an application, contact Tom Morse at tripbtom@aol.com or 650-593-5123. Complete an application and write a check for \$85 payable to “Sierra Club Loma Prieta Chapter,” and send them to class coordinator Tom Morse, 1188 Walnut Street, San Carlos, CA 94070-4910.

Your refund (if any) will depend on when you cancel and whether there is a qualified replacement available to take your place. 📺

**WASHINGTON, D.C.'S TOP
TURKEY IS. . .**

The Sierra Club Insider asked readers to vote for the biggest turkey in Washington, D.C. The winner, California Congressman Richard Pombo, grabbed more than a third of the 3,700 votes cast. (But Tom DeLay made a respectable second place showing.)

EDITOR'S COLUMN by *Jean Higham-Sergeant, Editor*
Feeling cooped up during the off-season?

by *Jean Higham-Sergeant, Editor*

Just take a look at our activities schedule this month. We're not doing much backpacking during the winter, are we? Does that mean we're keeping our bodies out of the drizzle and cool weather, and parking them in our comfy easy chairs instead? Let's hope not!

Winter is a good time to explore those summer-sun-baked locales. You know, the ones that are just too hot for us during the conventional backpacking season. Here in the Bay Area, we've got Henry W. Coe State Park (Morgan Hill), and trails between Del Valle Regional Park (Livermore) and Mission Peak Regional Preserve (Fremont).

Further from home, but not too far away, you can actually take pleasure

in desert experiences without fear of heat stroke and dehydration. There's Joshua Tree National Park, the Panamint Valley, and the Anza Borrego Desert State Park

If you have a hankering for the Sierra, then have you considered taking up winter activities? Camping in the snow is a realistic option; it

[Continued on next page]

