



Explore, enjoy and protect the planet

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WILDERNESS EMERGENCY COMMUNICATIONS

Monday, March 13, 2006 at 7:30 PM

Your companion is seriously hurt, and you're hours, or even days, away from help. Steve Stearns talks about communicating from the back country

In a serious wilderness emergency you might need to summon outside help fast. Signaling mirrors and smoke signals may work. How good are cell phones in a wilderness emergency? Or for that matter, citizens band and FRS radios or personal emergency beacons? Tonight's talk will give a comprehensive look at available electronic communication devices, and will give a detailed comparison of them all. With the right equipment, you can cut hours or days from a rescue. Come to this month's meeting and learn the options for wilderness communications.

About Steve Stearns

A long-time member of the Backpack Section, trip leader, backpack instructor, and former

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

Steve Sergeant, 408-937-8116
backpack.chair@lomaprieta.sierraclub.org

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@ieec.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
steve.sergeant@lomaprieta.sierraclub.org

Loma Prieta Chapter

3921 E. Bayshore Rd, Ste 204
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Sierra Club

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

Meeting Details and Location

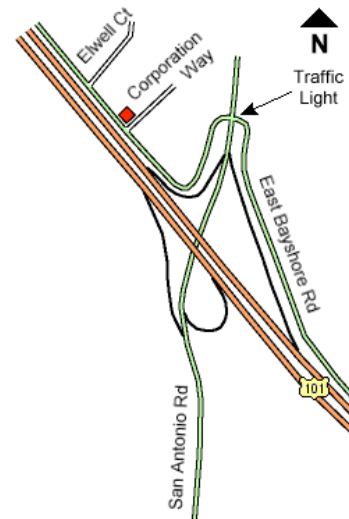
Members and nonmembers are invited to attend Section meetings. Meetings are held at Acterra in the Peninsula Conservation Center on the second Monday of every month except July and August. The evening's program is followed by a refreshment break, then Section business, conservation issues, trip reports, and discussions of upcoming trips.

Address

Acterra Building
Peregrine Room
3921 E Bayshore Rd
Palo Alto, CA 94303

Directions

From Highway 101, exit San Antonio Rd (north). At the first traffic light, turn left onto E. Bayshore Rd, and continue 0.2 miles. Acterra is located at the corner of E. Bayshore Rd and Corporation Way.



Evening program: Wilderness Emergency Communications, continued

Section chair, Steve is also an electrical engineer who is an expert on digital communication systems, cellular and two-way radio technology, antennas, and how signals travel. He holds two FCC licenses: amateur Extra class, and a commercial general radio operator license with ships radar endorsement. He was broadcast engineer at an AM-FM radio station in Southern California before moving to the Bay Area. Steve's been known to send "Radiograms" to his mother from camp. 📡

NEW SECTION CHAIR

Section Officers Elected

Dan Cobb, Section chair for the previous two years, was compelled by changes in his schedule to step down. We thank Dan for all the hours and effort in that capacity he made on our behalf. Dan plans to maintain an active role in the Section as a trip leader and the lead Basic Backpacking Class instructor.

Steve Sergeant was elected Section chair. All other officer positions remain unchanged: Matt Hahne, Vice Chair; Jean Higham-Sergeant, Secretary; and Elizabeth Barry, Treasurer. 📡

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.

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

A class in advanced skills and gear for low-impact, long-distance wilderness travel

Imagine backpacking, and feeling like a you're on a day-hike. How much farther could you go? How much more could you see?


If you're an experienced backpacker, find out in our class on lightweight and ultralight backpacking skills, gear, and techniques.

12 hours of classroom sessions will be held in one intensive weekend

starting April 8th. Topics covered include:

- Philosophy and style
- What's in your pack?
- Clothing as a system
- Lightweight systems: shelters, packs, and sleeping gear
- Home-made gear
- Tarp skills
- Safety and preparedness
- Trip planning

An outing will follow, tentatively scheduled for the weekend of April 29th. The outing will be a Bay-Area overnight, covering about 10 miles per day.

A \$40 fee will be charged to defray the costs of the class. Please contact the instructor for details and to register: Steve Sergeant, at (408) 937-8116, or steve.sergeant@lomaprieta.sierraclub.org. 

MEETING MINUTES FOR FEBRUARY *submitted by Jean Higham-Sergeant*

Several members and guests were in attendance. With a quorum present, we voted to distribute \$1500 in the following manner:


- \$500 – Portola and Castle Rock Foundation
- \$500 – Save-the-Redwoods League
- \$400 – High Sierra Volunteer Trail Crew

\$100 –Loyola Elementary School, Los Altos (host for the Basic Backpacking Course)

The annual Section officer election was also held. Steve Sergeant was elected Section chair. Matt Hahne is vice chair, Jean Higham-Sergeant is secretary, and Elizabeth Barry is treasurer.

A trip planning meeting for trip leaders was announced, and will be

conducted on Monday, March 5, 7:30 PM, at the Acterra Building.

The evening program was a fine presentation by Bob Madgic about lightening strikes at Half Dome, and his new book *SHATTERED AIR: A True Account of Catastrophe, Courage and Rescue on Yosemite's Half Dome*. 

NEW TRIP LEADERS? *by Steve Sergeant*

Trip Leadership Workshop was held March 3 - 5

The Backpack Section's Trip Leadership Workshop was held over the weekend of March 3 - 5 in the hiker's hut at Sam Macdonald County Park. Four students attended (Ann Gorby, Karen Keller, Lowell Moulton, and Mark Lynch). The instructors were Steve Stearns, Matt Hanhe, Jo Ann Cobb, and me.

Some of us hiked into the hut by headlamp on Friday night. On Saturday morning we began our somewhat abbreviated class — we focused on leadership on the trail, trip planning and preparation, and on being an interpretive guide, providing the students with resources to learn more about leader challenges, emergencies, and land navigation on their own. That

eliminated a half-day of orienteering exercises and an extended day hike, and left us with an intense 10+ hours of classroom time in the hut.

On Saturday evening we shared a potluck dinner. On Sunday we hiked back out together.

Attending the Trip Leadership Workshop is one of the requirements for becoming a Backpack Section trip leader. The Sierra Club has established new standardized leadership training programs. Our future Trip Leadership Workshops will bring us in full compliance with those standards. Although in the past we have offered the Trip Leadership Workshop every other year, we plan to hold it again next year to meet the Sept. 1st deadline for compliance with the new standards. 🗨️

JOHN MUIR QUOTE



Congress has at length been convinced . . .

“When the New England pilgrims began to fish and build, it seemed incredible that any species of destruction could ever be made to tell upon forests and fisheries, apparently so boundless in extent; but neither our “illimitable” forests or ocean, lake or river fisheries are now regarded as inexhaustible.

“Uncle Sam seldom manifests any disposition to look very far into the future; nevertheless, Congress has at length been convinced that our stores of trees and fishes may be exhausted, and has therefore commenced the manufacture of laws for their protection or restoration. Some fifteen years ago, individual States began to consider the permanent welfare of their fisheries; but it was not until the year 1872 that Congress began to move in the matter. The appropriation for the wants of the Commission for the present year amounts to \$30,000.”

"Salmon Breeding," *Daily Evening Bulletin* (San Francisco) 29 Oct. 1874.

ATTENTION TRIP LEADERS

Get your trip on the calendar

Our trip planning meeting was held Monday, March 6. Trip leaders described the trips they're proposing for the upcoming season. The meeting provided an opportunity to seek suggestions, advice, and general comments from other trip leaders who may be familiar with the proposed routes and destinations.

If you were unable to attend the meeting, or if you have additions or changes to make, please submit your proposed trips or changes to the trip leader email list, or contact a Section officer for submission requirements.



BOOK REVIEW

***The High Price of Materialism* by Tim Kasser** *Reviewed by Gordon LaBedz, National Sustainable Consumption Committee*

Anyone interested in sustainable consumption can take heart from the groundbreaking science in this book on the underlying "big picture" in our materialistic culture. Author Tim Kasser is a psychologist at Knox College who has extensively researched the relationship between consumerism and happiness. Surprise! He

empirically demonstrates that materialistic values undermine our well-being and increase the risk of unhappiness in life. Dr. Kasser has also co-authored a fascinating study with Kirk Warren Brown, psychologist at Virginia Commonwealth University, entitled "Are Psychological and Ecological Well-being Compatible?" published

in *Social Indicators Research* (2005) 74:349-368. Their research showed, among other findings, that voluntary simplicity related to higher 'ecologically responsible behavior,' which was compatible with higher 'subjective well-being.'

To form a Sustainable Consumption Committee in your Chapter or Group, contact GLaBedzMD@aol.com. 🗨️

ACTIVITIES

General information

Trip registration

Participants need not be Section members, however, trip leader approval is required. Contact the trip leader to preregister. For by-mail trip registration, send the trip leader two large, self-addressed, stamped envelopes (SASEs) with your name, address, work and home phone numbers, e-mail address, a summary of your back-packing experience, and if specified in the trip description, send a check made out to the trip leader.

Trip ratings

Max Daily Mileage		Max Daily Elev Gain		Additional Criteria	
Distance in Miles	Rating	Elevation in Feet	Rating	Description	Code
0 – 5	1	0 – 1,000	A	Cross-country* (Off-trail travel with backpack)	-xc
5 – 7.5	2	1,000 – 2,000	B		
7.5 – 10	3	2,000 - 3,000	C	Fast and light (Fitness/base pack-weight requirements)	-f&l
10 - 15	4	3,000 +	D		
15+	5				

* Any trip may include optional cross-country hikes from camp
NR = not rated (Contact trip leader for information)

Schedule

Mar 25 - 26, Late-Season Snow Camp, 1A-xc

An easy ski/snowshoe backpacking trip on mild terrain, to one of two possible locations, depending on snow conditions: Lake Aloha in the Desolation Wilderness, or as a fall back, somewhere off of Yosemite's Glacier Point Road. We'll go about 5 miles by cross country skis or snowshoes into our campsite. Given time after setting-up camp, we'll explore the area a bit.

This is a good trip for someone who wants to try a snow-backpacking trip for the first time. Prior experience with car-camping in the snow is strongly advised. The leader can advise you on appropriate gear and preparation. If you are skiing instead of snowshoeing, you should have

Up-to-date trip information

All trip information is subject to change. The Section Web site at <http://lomaprieta.sierraclub.org/bps/> may reflect changes that occur after *LUI!* publication. Contact the trip leader for up-to-date information.

Liability waiver

All participants on Sierra Club outings are required to sign a standard liability waiver. You may review the liability waiver in advance at <http://www.sierraclub.org/outings/chapter/forms/>, or

contact the Outings Department at (415) 977-5528 for a printed version.

The Sierra Club assumes no responsibility of liability for transportation by private vehicle.

Equipment loans

Two bear canisters and some trail maintenance tools are available for loan (deposit required) to Section leaders and members. For details, contact Matt Hahne, Equipment Manager, (408) 749-9968.

experience skiing with a full pack (on a hut trip, for example). The trip is individual commissary, but participants will be encouraged to team-up for shelter and cooking. Limited to seven participants. Co-listed with the Ski Touring Section.

To register, contact the trip leader: Steve Sergeant, steve.sergeant@lomaprieta.sierraclub.org, 408/937-8116.

Apr 15 - 16, Ohlone Trail Overnight, 5C-f&l

Get in shape, and shake-down your gear for your fast and light trips this summer! Hike the entire 30 mile Ohlone Trail as an overnight from Lake Del Valle near Livermore to Stanford Avenue in Fremont. This trip includes a total of 6,000 ft accumulated climbing, and spectacular views from Rose Peak (3,817 ft) and Mission Peak (2,517

ft). In between we'll spend the night at Maggie's Half Acre in the shadow of Rose Peak. Saturday will be a short day of 11 miles plus some short scenic detours, Sunday will be a more ambitious 19 miles. Some day hiking groups regularly traverse this trail in a day, so an ultralight backpacker should be able to cover it in two! Individual commissary. Limit 7 participants. Through-hike requiring car shuttle. Ultralight trip with special gear and fitness requirements.

To register, please contact the leader for the address to send \$7 for camp site registration, your proposed itemized gear list with weights, and a filled-out copy of the Sierra Club Medical Form: Leader: Steve Sergeant, 408/937-8116, stevesgt@effable.com.

Note: Registration is final on Friday, April 7th. No refunds or sign-ups after that date.

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