



Explore, enjoy and protect the planet

BACKPACK SECTION, LOMA PRIETA CHAPTER

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The public is invited to monthly meetings and programs.  
See page 2 for details and location.

## CALLING ALL MEMBERS AND INTERESTED PARTIES

### Business and Discussion Meeting

**Monday, November 13, 2006 at 7:30 PM**

#### Topics for Discussion:

- People in the Bay Area lead exceptionally busy lives, and fewer young adults are interested in backpacking. How do we stimulate participation in Section activities?
- Several active Section officers and appointees are leaving the area. We urgently need new volunteers. Do you know anyone who might be interested?
- More groups are scheduling their meetings at Acterra in the Peninsula Conservation Center, which means we're being squeezed into smaller spaces. Do you have any ideas where we might hold our meetings, especially the ones that attract more than usual people? 🏕️

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 Director

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  
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

## Meeting Details and Location

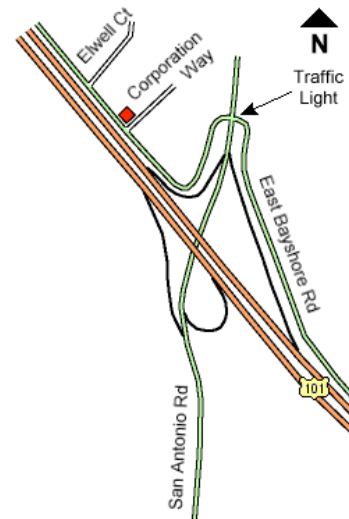
Members and nonmembers are invited to attend Section meetings. Meetings are held at 7:30 PM at Acterra in the Peninsula Conservation Center on the second Monday of every month except July and August. The evening's program is followed by a refreshment break, then Section business, conservation issues, 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.



## PROGRAMS DIRECTOR, TREASURER, AND REFRESHMENTS PROVIDER NEEDED

### Treasurer

The treasurer is an elected officer of the Section. Our treasurer keeps track of our sections funds, of course. It takes about an hour a month to deposit any new membership checks or checks from our classes, write checks for section expenses, such as our newsletter, and reconcile the bank statements. At each monthly meeting, the treasurer gives a report on the financial status of the Section. Once a year, in December, the treasurer prepares an annual written accounting report for the chapter, which takes four or five hours. The treasurer should have basic knowledge of spreadsheet software.?

### Programs Director

The programs director is an appointed position. The job centers around planning evening programs for up to eight or nine Section meetings per year. There are lots of possibilities. Many of us are eager to share our trip pictures, the Sierra Club puts out occasional movies and other presentation materials we can use, and there are local authors, experts, and organizations in our community who are looking for ways to reach out to others with their environmental or backpacking-related news. Let your

*[Continued on next page]*

[Volunteers Needed, continued]

imagination run, or solicit suggestions from other Section members! Whatever your style, you may be exactly what we're looking for: - someone who is reliable and wants to

help keep our Section meetings relevant and interesting.

#### Refreshments

It's been a long-standing tradition that we provide some sort of refreshment during the break between

the evening program and Section business.

If you're interested in helping in any of these capacities, please contact Section Chair, Steve Sergeant, at [backpack.chair@lomaprieta.sierraclub.org](mailto:backpack.chair@lomaprieta.sierraclub.org) or at (403) 937-8116. 🗺️

## NEW NORTH COAST WILDERNESS *from the Sierra Club Insider, October 24, 2006*

### North Coast Wild Heritage Wilderness Act

On October 17, President Bush signed into law the North Coast Wild Heritage Wilderness Act, authored by Senator Barbara Boxer and Representative Mike Thompson. Also supported by Senator Dianne Feinstein, the bill will protect roughly 275,000 acres of new wilderness in five Northern California counties, including the King Range Wilderness on the so-called "lost coast," the longest stretch of undeveloped

coastline in the lower 48 states. The act protects habitats for numerous endangered and threatened species, including the bald eagle.

The bill's passage follows years of hard work by the Sierra Club and other citizen activists on the North Coast and around the state.

For more information, go to [http://redwood.sierraclub.org/Campaigns/Wilderness/Index\\_Wilderness.html](http://redwood.sierraclub.org/Campaigns/Wilderness/Index_Wilderness.html).



## MEETING MINUTES *submitted by Jean Higham-Sergeant, Secretary*

### October 2006

At the October meeting, there were 18 people in attendance.

Following trip reports, Lowell Moulton presented the evening program: a slide show about his recent three-week trek in New Zealand. Section business followed the evening program.

There are Beginning Backpack Class funds from this year's class that need to be disbursed. Potential recipients will be discussed at the November meeting.

Section elections are being delayed until December. A nomination committee of three volunteers, Lowell Moulton, Joe Schmidt, and Joy Ho, was appointed to determine who might be nominated as Section officers.

There was the reminder that we need to publish the membership roster in an upcoming newsletter. Past rosters included only name, phone number, and city of residence. The roster facilitates making contacts for trip planning and carpooling, and should be published in January or February.

There will be a trip planning meeting, for trip leaders only, will be scheduled in February. The date is yet to be determined.

Dave Barry reported that he contacted several people, and found three who are interested in becoming Section trip leaders. Steve Stearns will assemble Beginning Backpack Section Class participants from the last few years so that we can send a letter of invitation to them to become leaders. Steve Sergeant plans to draft the letter.

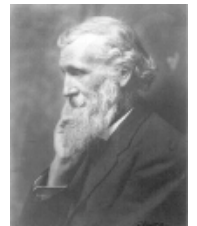
If there is enough interest, the next Trip Leadership Workshop will be held in March.

Steve Sergeant will find out if the entire Raptor Suite will be available for our annual holiday party in December. If not, we may want to consider another location. Marj Ottenberg will find out where the local Audubon Society holds their meetings.

As it was this year, the January meeting will be a joint meeting with the Ski Touring Section (STS) for a presentation about the upcoming

Chapter-sponsored Snow Camping Class. Lowell Moulton will check with Janet Hoffman of the STS to see if she can arrange to use Covington School again for the meeting. 🗺️

### JOHN MUIR QUOTE



#### Fountains of Life

"Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity; and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life."

From *Wild Wool*, 1875.

## WILDERNESS FIRST AID CLASS

February 10 – 11, 2007

The Sierra Club requires that outing leaders be trained in first aid (<http://mitchell.sierraclub.org/outings/policy/FirstAid/index.asp>). For Backpack Section trip leaders, a 16-hour Wilderness First Aid (WFA) class is required, and an 80-hour Wilderness First Responder class is recommended. Our Chapter is offering a 16-hour WFA class, taught by

Bobbie Foster of Foster Calm, in February 2007.

Foster Calm Wilderness First Aid teaches patient assessment and response to such conditions as shock, bleeding, head and spinal injuries, musculoskeletal injuries, wounds, heat, and cold in a non-urban setting.

This WFA class will be held Saturday and Sunday, February 10<sup>th</sup> and 11<sup>th</sup>, from 800 AM to 5:00 PM.

Tuition is \$90. \$50 scholarships are available, through our Section Outings Chair, from the Sierra Club Outings Department.

To enroll in the class, contact Tom Morse, Class Coordinator, at [tripbtom@aol.com](mailto:tripbtom@aol.com) 650-593-5123. 🏠

## SNOW CAMPING SEMINAR CAMPING? IN THE SNOW? YES!

Snow camping allows you to backpack in all seasons. By snowshoeing or skiing far into the wilderness, you can visit the Sierras with its thick layer of snow and enjoy the scenery far from the crowds; no competition for the “best” campsites! The skills obtained from the Loma Prieta's Snow Camping 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.

### Evening classes

Three evening classes, held in the Stanford area, on Thursday, January 18; Tuesday, January 23; and Thursday, January 25.

### Field trip

One weekend field trip on February 3 – 4, 2007.

### Tuition

\$40 cost includes books, instruction, and some common equipment used on the field trip.

To sign up, send a \$40 check, payable to BSCS, to P.O. Box 802, Menlo Park, CA 94026. Include your name(s), phone number, email, postal address, Sierra Club member number (if the class is oversubscribed, preference will be given to members). Upon receipt, we will acknowledge and send information and directions.



### Questions?

Contact Chris MacIntosh at 650/325-7841, [cmaci@sbcglobal.net](mailto:cmaci@sbcglobal.net); or Steve Sergeant at 408/937-8116, [steve.sergeant@lomaprieta.sierraclub.org](mailto:steve.sergeant@lomaprieta.sierraclub.org). 🏠

### Snow Camping Seminar Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Sierra Club Member?  Yes  No Member Number: \_\_\_\_\_

## BACKCOUNTRY KITCHEN *by Jean Higham-Sergeant*

### Tired of instant oatmeal?

One of my husband's specialties is oatmeal. He takes whole rolled oats (not the quick kind), toasts them in a dry skillet, then cooks them up with lots of cinnamon. Sometimes he mixes in some rolled rye or barley, too. We like to eat it with crushed peanuts and Brazil nuts, and with plain yogurt, sweetened with a ripe mashed banana and assorted other fruits. We usually only do this at home.

Instant oatmeal, however, disappoints me, even on the trail. Here's a variation on a recipe I found in **Lip Smackin' Vegetarian Backpackin'**. It's an alternate to that old standby oatmeal, and might be worth trying.

### Hot Couscous Breakfast

#### Ingredients *(one serving)*

- 1/3 cup Fantastic Foods whole wheat couscous
- 2 tablespoons nonfat powdered milk
- 2 tablespoons chopped dates or dried fruit
- 1/2 tablespoon brown sugar
- 1/16 teaspoon salt
- 1/2 teaspoon cinnamon
- 2 tablespoons chopped walnuts or other nuts

### Directions

#### At home

Measure ingredients into a ziplock bag.

#### On the trail

Add to 2/3 cup boiling water. Stir and cook for two minutes. Remove from heat and let stand covered approximately five minutes until all water is absorbed.

#### Optional

For extra creaminess, flavor, and calories in cold weather, add butter to taste. 🍴

## ACTIVITIES AND TRIPS

### General information

#### Scheduled Trips

We've just ended another successful backpacking season. There are no more trips scheduled for this year. Look for the 2007 schedule in the April LIU!

### Seeking Trip Leaders

We're seeking people to plan and lead backpack trips. A trip leadership workshop for new leaders, and for current leaders wanting to refresh their skills, will be available early in 2007. If you're an experienced backpacker,

or if you've taken our Beginning Backpacking Course, you might be a candidate. Please contact our outings chair, Steve Stearns, or our Section chair, Steve Sergeant.

## Living It Up! Submissions

Thank you to everyone who contributed this month to *Living It Up!*

Articles of interest to other backpackers are welcome and encouraged. Your submissions make

this newsletter more interesting and relevant for all of us.

For e-mail submissions, please type LIU somewhere in the subject line, then send plain text or Word

files to [jean@effable.com](mailto:jean@effable.com), or call (408) 937-8116.

*The submission deadline is the last Monday of each month.*

