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BACKPACK SECTION, LOMA PRIETA CHAPTER

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BPS MEMBERSHIP ROSTER

Section members and public are invited. Directions are on page 2.

SEASON KICK-OFF MEETING

Monday, April 14, 2008 at 7:00 PM

NOTE: Location and time changes this month

The Sports Basement is hosting our season kick-off meeting! The Sports Basement is an outdoor gear and sporting good store in Sunnyvale. (See page 2 for directions.) They're providing a nice spread of refreshments. Better yet, there will be a gift for every BPS member who attends, and a prize drawing at the end of the evening.

The goal of this month's meeting is a membership drive. We'll present an overview of the trips we've planned for this coming season, and describe the Basic Backpacking and Lightweight Backpacking courses. Come meet the instructors of our courses and leaders of our trips. Come as members to make prospective new members feel welcome.

Bring your friends and family, and invite your interested neighbors and coworkers.

Backpack Section
 Sierra Club, Loma Prieta Chapter
 3921 E. Bayshore Road, Suite 204
 Palo Alto, CA 94303

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 Stearns, (408) 867-2100, stearns@ieeee.org

Vice Chair/Equipment Manager

Matt Hahne, (408) 749-9968,
matthahne@sbcglobal.net

Secretary

Suzanne Schleck, suzanne111@gmail.com

Treasurer

Karen Keller, (408) 531-0261,
karen_e_keller@yahoo.com

Outings Chair

Steve Stearns, (408) 867-2100, stearns@ieeee.org

Conservation

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

Membership

Renee Rivera (408) 525-8599,
reneemaririvera@yahoo.com

Programs Coordinator

Vacant

Webmaster

Steve Sergeant (408) 937-8116
steve.sergeant@lomaprieta.sierraclub.org

Living It Up! Newsletter Editor

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

Season Kick-Off Meeting

Monday, April 14, 2008 at 7:00 PM

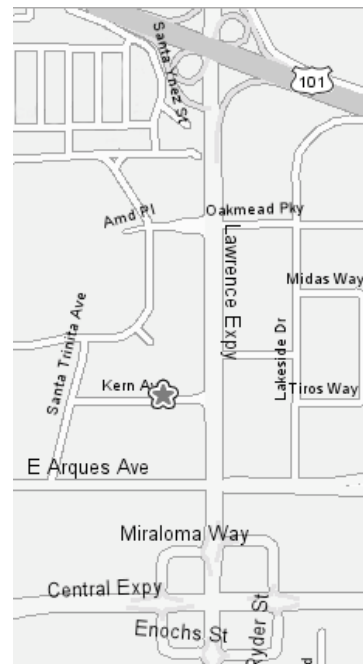
Hosted by

The Sports Basement

(This month only)

Directions

The Sports Basement is located in the old Fry's Electronics building at 1177 Kern Avenue in Sunnyvale. From Highway 101, take the Lawrence Expressway south to Kern Avenue. Turn right. The Sports Basement parking lot is the first driveway on your right.



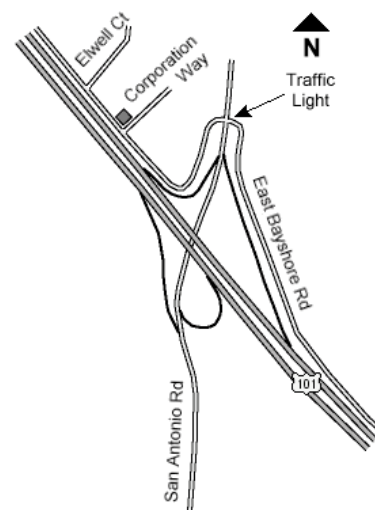
Standard Details and Location for the Backpack Section Meetings

(For Season Kick-Off meeting, see directions above)

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. The evening's program is followed by a refreshment break, then Section business, conservation issues, trip reports, and discussions of up-coming trips.

Address

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



BASIC BACKPACKING COURSE, APRIL 15 – JUNE 3, 2008

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 8 consecutive Tuesdays beginning April 17, 2007. 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 and boots
- Tents and other shelters
- Food and cooking
- Map and compass navigation
- Handling backcountry

- emergencies
- Introduction to backcountry first aid
- Minimum impact
- Wilderness permits and trip planning

The first backpack trip will be over the weekend of May 3-4, the second trip will be May 17-18, and the third trip will be May 30-June 1 (Fri-Sun),



and will be to the Sierra if the snowpack allows.

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.

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: Daniel Cobb/Backpacking, P.O. Box 404, 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.

MEETING MINUTES

January 14, 2008 *Submitted by Suzanne Schleck*

Joint Meeting with Ski Touring Unit

Steve Sergeant welcomed the 24 people present. Steve stated there are still backpack unit positions that need to be filled: newsletter editor, programs chair and refreshments.

John Cortes discussed the ski touring group and positions that are open. John Langbein reviewed ski touring trips planned for this winter.

Steve Sergeant announced a light weight backpack class on April 5th and the basic backpack class in mid-

Steve and John discussed snow camping, snow camping equipment, clothing, cooking and shelters. The meeting ended at 8:30 PM.

February 11, 2008

(Minutes not available.)

March 10, 2008 *Submitted by Jasjit Gill*

Steve Stearns, chair person, opened the meeting. Attendance: 18 members.

Discussed Trip leader requirements:

- Sierra Club member
- Backpack Section member
- Attend 16-hour Wilderness class
- CPR certification is not required

Steve Stearns recommends taking Outdoor Leadership Training (OLT) class 101 and 201. OLT 101 is an

online class. Email Steve Stearns for more information.

Basic Backpacking class starts on April 15; Lightweight class is on April 5 and 6; Next meeting may be at Sports basement. Stay tuned for more information.

Walter Melvin announced a trip to Sky Camp (Point Reyes national Park) on May 3. It is 2.2 miles, 200' Elevation change.

Steve Sergeant announced a lightweight trip in Ohlone wilderness trail on April 12 and 13. It is 29 miles starting from Del Valle to Stanford Ave in Fremont.

All members watched a Documentary called 'Rheem Creek and Breuner Marsh – A Promised Land.' 🏠

WILDERNESS FIRST AID CLASS—SEPTEMBER 27-28, 2008

The Sierra Club requires that outing leaders be trained in first aid (<http://mitchell.sierraclub.org/outings/policy/FirstAid/index.asp>). For simple outings, 6-8 hours of training every three years is considered sufficient. The Loma Prieta Chapter has been offering such classes for some time; they are also available through the American Red Cross. For more challenging outings, a 16 hour Wilderness First Aid class or 80 hour Wilderness First Responder class is either recommended or required. Our Chapter will be offering a 16 hour WFA class taught by Bobbie Foster of Foster Calm in September 2008.

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.

Bobbie has been involved in outdoor recreation/education for over 12 years. As an employee of the University of California at San Francisco Medical School outdoor program "Outdoors Unlimited," she served as the coordinator of the whitewater canoeing program and was a back country skiing leader/

instructor, a back packing leader, budgets manager, publicity coordinator, and risk management supervisor. In 1994, she found her true passion in the field of first aid. She served as OU First Aid Coordinator and Lead Instructor from 1994 to 2001, when she set up her own instructional company. Often assisted by her husband Atwood and several graduates of previous classes seeking additional training as volunteers, she teaches a range of classes at various locations (often including OU) throughout northern California. For more information, see <http://www.fostercalm.com>.

The Loma Prieta Chapter WFA class will convene promptly at 8 AM, Saturday, 27 Sep 2008, in the Raptor Suite (large, first-floor meeting room) at the Peninsula Conservation Center, 3921 East Bayshore Road, Palo Alto (for a map, see <http://lomaprieta.sierraclub.org/directory.html>). The Saturday class will run until 5 PM with a one-hour break for lunch. The schedule Sunday will be the same except that the afternoon will be devoted to outdoor 'scenarios' in which students will practice their skills, and there will be a written test.

To enroll in the class, complete the application and send it with a check for \$95 payable to "Sierra Club Loma Prieta Chapter" to:

Tom Morse
1188 Walnut Street
San Carlos, CA 94070-4910

To the extent possible, applications will be processed in the order received, except that Sierra Club members will receive priority until two weeks before the class. You will be notified of your status when your application has been received. If accepted, the instructor will mail you a packet of materials a couple weeks before the class.

It is recommended that you sign up early to assure a place in the class, and receipt of study materials in advance.

If you have questions or must cancel, contact Tom Morse (see below) as soon as possible. Your refund (if any) will depend on when you cancel and whether there is a qualified replacement available to take your place.

Class Coordinator: Tom Morse
tripbtom@aol.com 650-593-5123 📞

JOHN MUIR QUOTE

We all dwell in a house of one room

How hard to realize that every camp of men or beast has this glorious starry firmament for a roof! In such places standing alone on the mountain-top it is easy to realize that whatever special nests we make - leaves and moss like

the marmots and birds, or tents or piled stone - we all dwell in a house of one room - the world with the firmament for its roof - and are sailing the celestial spaces without leaving any track.

*From the
Sierra Club
John Muir
Exhibit Web
page. 📖*



A NEW ZEALAND ADVENTURE *by Herb Steierman*

T'was the dark hours before Thanksgiving, when all through the flight few creatures were stirring, to slumbers delight. The attendants were watching our comfort and care, in hopes to hide their mischievousness lair. To the way-back machine these gremlins proclaim, transport these

souls on a New Zealand airframe. By the end of the flight turkey-day had been missed, instead to pleasant times, a holiday, a sprite's love tryst.

Indeed I did board a New Zealand Airlines plane the evening before Thanksgiving for what was an 11 week holiday. My activities included

tramping and photography and bird watching and kayaking and eating and drinking beer and meeting interesting people and sometimes just enjoying the rain. Read about my adventure at <http://www.wildtramper.com>. 📖

TRIPS

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	
<i>Distance in Miles</i>	<i>Rating</i>	<i>Elevation in Feet</i>	<i>Rating</i>	<i>Description</i>	<i>Code</i>
0 – 5	1	0 – 1,000	A	Cross-country*	-xc
5 – 7.5	2	1,000 – 2,000	B	(Off-trail travel with backpack)	
7.5 – 10	3	2,000 - 3,000	C	Lightweight	-lw
10 - 15	4	3,000 +	D	(Fitness/base pack-weight requirements)	
15+	5				

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

Schedule

Apr 12 (2 days) Ohlone Wilderness (5C-Lightweight)

Del Valle to Stanford Ave., Steve Sergeant, leader.

May 31 (3 days) Point Reyes (2A)

Bear Valley to Palo Marin, Nancy Barlow, leader.

Jun 6-9, 2008 (Fri-Mon) Dome Land Wilderness, Sequoia NF (2B)

All on trail; start and finish at Big Meadow, visit Manter Meadow, South Fork Kern River (fishing option), pass and return through Dome Land. Hot water commissary breakfasts (3), individual commissary lunches (4), central commissary dinners (3). Send \$15 check for three dinners, with reservation info, to Matt Hahne, 1209 Crescent Terrace, Sunnyvale 94087. Big Meadow Trailhead loop, Matt Hahne, leader, co-leader to be announced.

Jun 20-23 (Fri-Mon) Emigrant Wilderness, Stanislaus NF (2B-xc)

“Seldom Seen Lakes.” Crabtree Camp trailhead. About half off-trail; start and finish at Crabtree Camp, visit several lakes, e.g., Leopold Lake and Toejam Lake, plus canyons, ridges, and convoluted glacier-carved granitic ridgelines. Hot water commissary breakfasts (3), individual commissary lunches (4), and central commissary dinners (3). Send \$15 check for three dinners, with reservation info, to Matt Hahne, 1209 Crescent Terrace, Sunnyvale 94087. Matt Hahne, leader, co-leader TBA.

Jun 27 (3 days) Toyabe NF (2B)

Leavitt Meadows to Fremont Lake, Nancy Barlow, leader.

Jul 3-6 (Thu-Sun) King Range, Sinkyone Wilderness SP (2B)

“Lost Coast Ramble.” All on trail. Details to be announced. Cecily Harris/Matt Hahne, leaders.

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.

Jul 7 (7 days) PCT Section M (3B)

Highway 49 (near Sierra City) to Bucks Summit (near Bucks Lake), Dorie Stoessel, leader.

Jul 15 (2 days) PCT Section M (4A)

Lookout Rock south to Sawmill Tom Creek Road, Dorie Stoessel, leader.

Jul 19 (2 days) PCT Section M (4A)

Lookout Rock south to Sawmill Tom Creek Road, Dorie Stoessel, leader.

Jul 19-20 (Sat-Sun) El Dorado NF (2B)

El Dorado National Forest, 2B Upper Truckee River Basin. Big Meadow to Carson Pass. Car Shuttle.

This moderate trip traverses a volcanic and granite basin, an area supports over 300 species of wildflowers, shrubs, and trees. Let's see how many we can identify on this

[Continued on next page]

