



# BOULDER

## motherlode chapter-sierra club

July-August 1986 ISSUE #16

### THE CHAIR'S CORNER

The summer season is getting into full swing in the valleys but spring is just arriving in parts of the high country. If you've been to the mountains and the gorges it's apparent that there is a lot more snow and water this year than is "normal". (I've also heard that there are an excess of mosquitos!) Trails covered by patches of snow may provide some navigational challenges. Check routes for possible snow slopes and major stream crossings. Ice axes, ski poles, and a rope could come in very handy. The Section has available a 9mm rope which can be used.

Come share your summer adventures at the Peak and Gorge summer BBQ picnic to be held Tues. Aug. 19 in East Portal Park at 51st and M Sts. Check Bonanza or call me or Barbara Hinkle for details. (There will be no meeting in July.)

The Peak and Gorge Section will be seeking new 'officers' or steering committee members this fall in order to begin planning over the winter for next year's activities. Positions to be filled include: chairperson, meetings coordinator, training coordinator, treasurer, and tripkit caretaker (and anything else deemed desirable or necessary). Roger Rollins will hopefully continue his role in the selection of the award receivers of the Dan Dobbins Fund for Youth. John Sarna, who moved here last year from southern California, has volunteered to be the new editor of the Boulder. This is his first issue and he is hoping to receive your support, which means that your articles or whatever are especially invited (and in fact are necessary for a successful newsletter).

In May I talked with Robert Howell, the Sierra Club's insurance advisor. He informed me that classified ads are unnecessary for private trips to be publicized in the Boulder. It is sufficient to state clearly that your trip is a private, non-Sierra Club trip. (This had been questioned by the M.L.C. Executive Com., but it has now been clarified.) We will put such notices in a separate section. Mr. Howell also told me that the Club's insurer (Scottsdale), which objected to "mountain climbing", has responded in writing to officially accept the Class 3/Class 4 split and the classification definitions provided by the American Alpine Club. Now we at least know we are covered when leading Class 1, 2, or 3 trips, even though we may be climbing "mountains". The Club hopes to be able to replace the Scottsdale company in October with one which at least doesn't mention mountain climbing in its exclusions. But don't hold your breath!

Have a pleasant and safe summer season!

Jackie Stroud



## Wilderness Skills Program

Peak and Gorge training activities have helped some fifty students learn or refresh important outdoor skills so far this year. The spring program included my navigation course and Andy's ice ax training in March and April, Dr. Judith Fairchild's presentation of wilderness first aid topics, and a mountaineering rockcraft day in May. Special thanks go to Jackie, Andy, Preston, Judith, Harry, John, Anne, Charlie and Bill for countless hours planning and teaching, and to Al Gutowsky and Outing Guidelines for their support.

Planning is afoot now for this fall's courses. Preston Andrews is preparing the way for an avalanche safety class scheduled for when the snow next flies. I'm looking for a volunteer (or two) to teach wilderness survival. I envision the course as an evening's presentation followed by an overnight trip to practice the ideas in the field - of course the instructor gets the final word. Any takers?

In addition, I'd like to hear from anyone who can suggest other classes or presentations that might encourage more outings participation, raise participants' level of safety, skills and confidence, or attract new club members.

Doug Joy, 443-7564

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### PRIVATE, NON-SIERRA CLUB TRIPS

There is a private, leaderless group of people getting together for mid-week exercise in the foothills. Meet at B of A in Roseville Square. We leave promptly at 5:30 on Wednesdays. Charlie found out out how promptly. You are invited.

**Private Trip: Mt. Robson in the Canadian Rockies in August. Ice ax and crampon experience a must. Details call Roger Rollins at 331-5609.**

PRIVATE TRIP

Mt. Abbott via SE Buttress

Sometime in August

Terry Wenner and Doug Joy are planning to lead a small group on a climb of Mt. Abbott via the Southeast Buttress. The route promises a lovely and fairly short approach along Little Lakes Valley, extensive class-3 on sound granite, and a high central-Sierra summit, 13,714 ft. The planned schedule calls for a Friday evening to Sunday evening weekend. The permit is in a snafu at press time, so call Terry at 361-9284 or Doug at 443-7564 for details. Call before August 1 - group size will be limited to six or so.

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REMINDER FOR TRIP LEADERS

The fall schedule of trips for the period September 15-December 15 is due to Wayne Luney by Aug. 10th. Please have them to Jackie by Aug. 6th.

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Personal First Aid Kits

At our May 20 Peak and Gorge meeting Dr. Judith Fairchild presented a very informative lecture - discussion on First Aid for common mountaineering accidents. The following is a list of what she carries in her Personal First Aid Kit.

- 4 4x4 Gauze Pads
- 1 4 Inch Gauze Roll
- 1 Roll, Adhesive Tape
- 4 Betadine Swabs or Pads
- 10 Band-aids, Assorted Sizes
- 2 Packs, Steri Strips or Butterfly Closures
- 1 Triangular Bandage
- 10 Packs of Aspirin, 2 5-Grains Tablets Each
- 1 4 Inch Ace Wrap Bandage
- 1 Wire Splint
- 1 Package, Spenco Second Skin
- 1 Scalpel or Razor Blade

Medications:

- |        |                 |                    |
|--------|-----------------|--------------------|
| 10     | Tylenol #3      | Pain               |
| 10     | Kefzol, 250 MG  | Antibiotics        |
| 5      | Compazine, 5 MG | Nausea             |
| 10     | Lomotil         | Diarrhea           |
| 2      | Dulcolax        | Laxative           |
| 10     | Benadryl        | Antihistamine      |
| 1 Tube | Kenalog Cream   | Steroid            |
| 10     | Diamox Sequels  | Diuretic (for AMS) |

Nice to have:

- Injectable Epinephrine
- Injectable Demerol
- Injectable Compazine
- Injectable Lasix

Many of the above Medications are not available over the counter so consult with your doctor.

For more information on FIRST-AID KITS see the article in the Sierra Club's July/August Sierra Magazine, "A WILDERNESS FIRST-AID KIT" by Steve Donelan.



## RESPONSIBILITIES of LEADERS and PARTICIPANTS

The following was developed by the Mother Lode Chapter Outings Guidelines Committee. Your comments or questions may be directed to Al Gutowsky, Chairperson of that Committee. These items can hopefully serve as useful guidance on outings.

### LEADERS

- (a) to have attended the chapter's Outings Leaders Training Program.
- (b) to hold a current first-aid card and to satisfy any other leadership requirements established by the Sierra Club and the chapter's Executive and Outings Committee.
- (c) to maintain leadership skills necessary to leading a safe and enjoyable outing.
- (d) to recommend potential new leaders to the section chair as well as to educate and train new leaders when they act in the capacity as assistant leader.
- (e) to inform trip participants as to their responsibilities for promoting trip safety.
- (f) to assure any necessary equipment, e.g., first aid kit, clothing, the ten essentials, ice axe, etc., is present during an outing.
- (g) to make decisions and demonstrate leadership authority that will promote outings safety and enjoyment.
- (h) to exercise sound judgement and remain flexible in the face of unexpected events, accidents, and inclement weather.
- (i) to encourage outings participants to achieve their full potential by serving as a role model.
- (j) to be aware that a leader cannot do everything nor should the leader try; rather the leader should delegate duties to others whenever possible.
- (k) to walk softly through the wilderness, striving to leave not the slightest trace of one's passage.
- (l) to ensure that every trip member can be reasonably expected to complete the planned trip with a margin of energy for safety and enjoyment.
- (m) to maintain communication among the members of the party so as to ensure group safety and enjoyment.

### PARTICIPANTS

- (a) to be aware that a safe outing depends upon each trip participant being sensitive to the need to behave in a manner as to insure one's own personal safety as well as that of the group.
- (b) to follow the instructions of the outing's leader.
- (c) to inform the leader and receive permission before leaving the group for any reason.
- (d) to possess the appropriate equipment on an outing, e.g., the ten essentials, maps, correct footwear, ice axe, etc.
- (e) to possess the appropriate experience or skill to enjoy an outing safely.
- (f) to inform oneself, particularly by contacting the trip leader, of the particulars required for a safe trip.
- (g) to be in proper physical condition to enjoy the trip.
- (h) to be aware that when a person joins a group, the group goals take precedence over individual preferences.
- (i) to walk softly through the wilderness, striving to leave not the slightest trace of one's passage.
- (j) to make the leader aware of one's own limitations of energy, skills, or knowledge.



### CLASS 3 ROCKCRAFT TRAINING - May 17, 1986

Since Class 3 is generally easy climbing, most persons can usually do it without any particular difficulty, regardless of "technique" used. However, the learning of good/appropriate technique is important because: 1) it is safer, 2) it is best to practice good rather than bad habits at all levels of climbing, 3) it requires less energy which can be of critical importance on longer climbs and climbs at higher altitude, and 4) it "feels good" and is aesthetically pleasing.

For reference, the following definition of Class 3 climbing has been provided by the Sierra Club National Office: "Easy climbing. Extensive use of foot and hand holds. Moderate exposure. Take a rope. Some climbers may wish to be belayed."

As usual, Doug Joy did an excellent job of planning and organizing the training. He presented the rope training and some fundamentals to the group as a whole; then we divided into 3 small groups for climbing practice and instruction. The other two instructors were Preston Andrews and Jackie Stroud. Material covered during the day included:

1. The definitions and characteristics of different classes of climbing with consideration given to size of handholds, footholds, and exposure.
2. The advantages and disadvantages of various types of footwear.
3. The importance of careful thinking, concentration, the use of deliberate movements, the testing of footholds and handholds before committing weight to them, and the three point stance.
4. The related importance of taking responsibility for one's own actions for personal and group safety.
5. Identification of "suspicious" looking rocks that may be loose and present a hazard either to oneself or to others.
6. Identification and use of rocks, rock formations and configurations and the proper use and position of the body for safe Class 3 climbing, such as body away from/not hugging the rock. Demonstration and practice of applications of pressure or force in different directions by feet, hands, etc. for various types of moves.
7. The difference that exposure makes in the way one feels about the security of the climbing-- even though the actual terrain may be identical.
8. The difference between up climbing and down climbing on Class 3 terrain and the need to remember that down climbing is usually more difficult. Also the difference between climbing with and without a pack on one's back.
9. Basic rope management for belays and anchors if used in Class 3 climbing. Use of the easily learned and remembered follow-through figure-of-eight knot. (Instruction provided on level ground to comply with present national policy.)
10. Discussion of safety regarding electrical storms. Warning signs: rapid cloud build-up, buzzing noise or sensation, hair standing up. Places to avoid: high points and ridge tops, over-hangs, caves, and rock faces. Actions to take.

The above training occurred on and near some lesser formations at the Lover's Leap climbing area (highway 50). There was an instructor to student ratio of 1:3 which provided considerable personal attention. Due to this ratio and the absence of the use of ropes on climbing surfaces, we were able to concentrate on actual climbing techniques. We hope more trip participants take advantage of these sessions in the future.

J. Stroud



June 28: Pacific Crest Trail to Anderson Peak and Tinker Knob

Twenty-three Sierra Clubbers started up Anderson Peak, and 21 came back down. But hey, who's counting? Certainly not John Sarna, fearless but modest, who was leading his first hike of the year. John ventured out just six days after a disastrous trip to Sierra Buttes - a trip characterized by excessive heat, a late start, a long drive and an indefinite route.

By contrast, the 14-mile trip to Anderson and Tinker Knob was generally spectacular. The weather was sunny but cool, the climb from 7,060 to 8,983 was gradual and the views took in a clear sky as well as Truckee, Lake Tahoe and the Sierra.

Of course, it's more fun with a few obstacles. The PCT yielded to snow near Anderson. It took a Class 2 - maybe Class 3 - stretch up rocky terrain to reach the summit. We used hands not just for balance, but for grip. And the hawk blew hard over the mile-long route between the two peaks. In spots, it blew the snow uphill into our faces.

Pat Purcell accompanied us. He carefully pointed out a unique species of weed. It was either "bladder locoweed" or "local bladder weed." More research is needed on this subject. Designated co-leader Carolyn Clark opted out - she was already at UCLA studying Serbo-Croatian dialect - and was replaced by her cohort, Stockton Bobby Maher. With CC gone, the typical Stockton contingent is down to one.

- Ted Reed

Mt. Fillmore

June 14, 1986

An unusually cool Saturday morning found 13 eager souls on their way out of town for some easy peak climbing. The destination was northeast of Marysville about 65 miles. The excitement started for the leader before we got to the trail head as he tried to navigate his low-slung car over the road set up for high-clearance vehicles. But that didn't compare with what his passengers felt as he headed for the edge to avoid a particularly large boulder. The day was ideal to top of Fillmore, where we ate lunch and listened in on an animated political discussion. The Navy treated us to a couple of close fly-bys. It looked like they were having fun too. We then traversed at a leisurely pace over to the top of Mt. Etna. On the way back down to the cars several of us spotted a small bunny. Someone reported asking its name and finding out it was Bugs. The remaining interest was watching 13 individuals try to decide on a restaurant in Marysville. We almost had the waitress in tears at the nice Mexican place we stopped at. Seems we may have offended her with our sense of humor or her sense of smell!!!

Roger Rollins



SOUTH YOLLA BOLLY

May 17, 1986

Cancelled because the roads were still closed by snow. This particular year of heavy snowfall meant that May was a little too early for this trip.

MT. TALLAC

May 10, 1986

We hiked in from the Mt. Tallac trailhead just north of the Fallen Leaf Lake turnoff on Highway 89. The ranger station near the trailhead off 89 was still closed. The eight participants were Pete Yamagata, Roger Rollins, Howard Cole, Neil McMillan, Roger Ehret, Mike Cullen, Charlie Smith and Rex Smith. There was lots of snow but it was very firm, which made for easy climbing and some good glissading on the descent. The day was partially overcast and some strong winds provided a good test for our gear. The views from Mt. Tallac make this a very worthwhile climb. Most of the party stopped at Tortilla Flat in Placerville for a tasty Mexican dinner.

BUENA VISTA PEAK

June 7-8, 1986

Boris Nahlovshy and I led a trip to this peak via the scenic Chilnualna Falls trail in Southern Yosemite. The brave participants included Camille Nahlovshy, Tobi Tyler, John Besbekow, Roger Ehret and Bill Hauser. ---- More on this trip next issue ----

Rex Smith

CURRENT(11,513) & DUCKWATER(11,188)

May 24, 1986

It took a long 8 hour drive to reach our car camp at White River Campground about 50 miles southwest of Ely, Nevada. Anticipation was high regarding the next days climb of both peaks. At 6AM, six of us rode southwest from the primitive campsite in 2 cars down FS 407 and turned right onto FS 644. We soon left the cars and followed the road due west toward a saddle between the 2 peaks. A 4x4 could have saved us 2 or 3 miles of hiking. In any case, it took 5 full hours of hard work to get through the trees, then snow and skree, up to the top of Duckwater, but what a view was included for lunch! Harry Erl opted to glissade down and guard the cars while the rest of us worked a sharp ridge toward Current. As we approached the peak from the north, it became obvious that the only decent ascent must be from the south. Howard Steidtmann broke steps in the snow along a steep slope just below the west end of the summit block. Progress was difficult, as the snow had a hard crust but was soft underneath.

The south ridge of Current turned out to be an easy climb without snow. The peak was conquered after 10 hours of steady climbing (6000' gain). I also felt too conquered to enjoy the splendid views and dismayed at the lack of a register to sign. Unfortunately, the safest way back appeared to be the roundabout way we came up. Being too tired for exploration (and since it was getting late) Boris Nahlovsky, Rex Smith, and Howard took turns following our old trail, but often breaking through the now-softer snow. Once back on the north ridge, Camille Nahlovsky looked back on our tracks and made that oft heard comment, "I don't believe we did that." But soon after, we came to a happy ending - a chance to glissade down about 1500' (Camille's first) and a long walk back to the cars as the twilight set in. Total time to climb both peaks was 13 hours.

To top off the weekend, Boris, Rex, Howard and I did Hamilton the next day. We started at 2PM after driving 3.4 miles from Belmont Mill (again, a 4x4 would have saved us 1000' of climbing) and did some aggressive climbing to reach the peak by 4:30. After taking in the views (including Wheeler Peak 60 miles to the East), we found an excellent slope to glissade down and, after another long stroll, met Harry and Camille at Belmont Mill. Since we couldn't find another 'easy' peak to bag the next day, everyone settled into a well-deserved nights rest near the ghost-ridden Belmont Mill followed by an even longer ride home.

John Sarna



Traverse of Jack's and Dick's Peaks

June 27-28, 1986

The nasty part was the night before. The Chinese restaurant was decent if a bit pricey, the food good and the rice plentiful for those of us who were loading up on carbohydrates. We camped at Eagle Point, sacking out by 10:30, and only then did we get the double-whammy - it was too hot to stay in a sleeping bag and the mosquitos were too hungry to sleep out. Safe in his tent, only Robin Rutherford slept well.

As planned, we rolled out at 5:00 to down a quick breakfast and send one car to Eagle Falls. Those of us waiting tried to nap or read. The drivers met us on the trail above Fallen Leaf at 8:00. The trail to Grass Lake was obvious and easy, except for the stream crossings. Tobi Tyler demonstrated early on her knack for finding the best trail or crossing. We continued from Grass Lake to Heather with a wary eye on the dark grey clouds building over the crest, planning to evaluate the weather carefully during lunch - and before we committed to the peak. Our lunch spot, part way up the south gully of Jack's, commanded a lovely view of Aloha's icebergs, Pyramid, Price, and a growing expanse of clear blue sky. We went for it.

Mixed talus and snow, mostly snow, led us to the south ridge. I couldn't help but favor the long lines of steps over last year's grind up the scree, especially following in Jim Lawrence's solidly-kicked steps. We topped the ridge some hundreds of meters south of the summit. The traverse was class 2-3. Debbie Bulger and I marvelled at the view of Desolation Wilderness and cursed the wind. It gusted from 40-60 kmh and made balance precarious. One gust took my hat. We made the top in a few minutes, at 3:00 p.m.

Concerned by the late hour, I ruled out Dick's Peak. We set off via the Jack's - Dick's ridge to descend to Dick's Pass, but made the ridge saddle in such short order that I reversed my decision. We were racing darkness from then on, but motivated by the prospect of the second summit. The remainder of the ridge to Dick's was as loose and unpleasant as I had remembered, but much shorter. We made the summit at 4:10, in the least time we had projected.

We had no time to stay, and after only a few minutes for photos, water and congratulations, we headed down the east ridge for the snow. Charlie Smith led the group down the glissades, a thousand feet of incredibly firm and smooth snow, but the fun part was over all too soon. We contoured toward the east shore of Dick's Lake, where we flailed for a couple of precious hours on steep and undercut snow and rock benches before we found the trail. 7:00!

While Charlie and Jim checked near Dick's Lake for a friend who had tentatively planned to meet us there, Debbie, Robin, Tobi, and I scouted the trail ahead. Sure enough, another snowbank covered the trail for hundreds of meters, but a bit of careful map reading took us to a nearby lake where Tobi (as usual) picked it up again. We were all tired, and darkness found us soon, but the trail was easy and everyone was in good spirits as we made our way by twilight and flashlight to the waiting car at 10:00. A long, hard and successful day.

D. Joy



## SPRING, SIERRA NEVADA

Once more golden Scorpio glows over the col  
Above Deadman Canyon, orderly and brilliant,  
Like an inspiration in the brain of Archimedes.  
I have seen its light over the warm sea,  
Over the coconut beaches, phosphorescent and pulsing;  
And the living light in the water  
Shivering away from the swimming hand,  
Creeping against the lips, filling the floating hair.  
Here where the glaciers have been and the snow stays late,  
The stone is clean as light, the light steady as stone.  
The relationship of stone, ice and stars is systematic and enduring:  
Novelty emerges after centuries, a rock spalls from the cliffs,  
The glacier contracts and turns grayer,  
The stream cuts new sinuosities in the meadow.  
The sun moves through space and the earth with it,  
The stars change places.

The snow has lasted longer this year,  
Than anyone can remember. The lowest meadow is a lake,  
The next two are snowfields, the pass is covered with snow,  
Only the steepest rocks are bare. Between the pass  
And the last meadow the snowfield gapes for a hundred feet,  
In a narrow blue chasm through which a waterfall drops,  
Spangled with sunset at the top, black and muscular  
Where it disappears again in the snow.  
The world is filled with hidden running water  
That pounds in the ears like ether;  
The granite needles rise from the snow, pale as steel;  
Above the copper mine the cliff is blood red,  
The white snow breaks at the edge of it;  
The sky comes close to my eyes like the blue eyes  
Of someone kissed in sleep.

I descend to camp,  
To the young, sticky, wrinkled aspen leaves,  
To the first violets and wild cyclamen,  
And cook supper in the blue twilight.  
All night deer pass over the snow on sharp hooves,  
In the darkness their cold muzzles find the new grass  
At the edge of the snow.

poem submitted by Charlie Smith  
author: Kenneth Rexroth  
from: In What Hour 1940



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