



Newsletter of the Peak Climbing Section, Sierra Club, Loma Prieta Chapter

May 1990

Vol. 23, No. 5

Next Meeting

Date: Tuesday, May 8, 1990

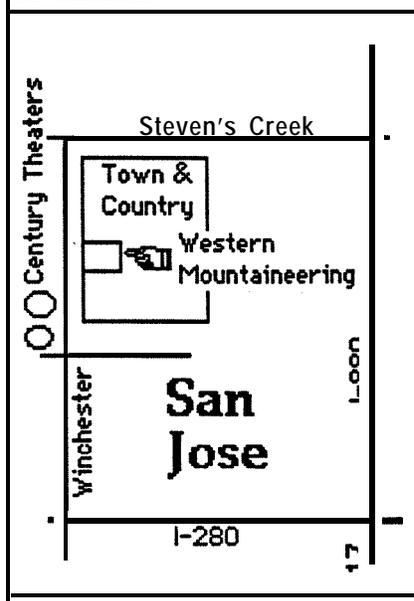
Time: 8 PM

Location

Western Mountaineering
 Town & Country Shopping Cntr.
 San Jose

Program:

When the winter snows blanket the Sierra, the high peaks become a ski mountaineer's paradise. The job of ascent becomes just a prelude to the exhilaration of cutting turns in perfect corn snow. Join Butch Suits for this slide show of his recent ski adventures.



Les Alpes Francaises

by an Accidental Californian

A few years ago, I was a regular happy camper in the French Alps, as they had more to offer than the grey Parisian suburbs. Here is my "Review" of a couple of places in the French Alps for all the PCS happy campers who are thinking about a European Vacation.

My favorite is the "Massif de l'Oisans," about two hours of driving west of Grenoble. The massif is accessible from its outside (villages of La Grave and Vallouise) and from its center (hamlet of La Bérarde).

Many stylish peaks provide challenges for peak baggers and rock climbers of all levels: Le Pelvoux, la Barre des Ecrins, La Meige, Les Bans, to name only the most famous. For a long time Le Pelvoux was thought to be the highest peak in France...until someone climbed it and found Mont Blanc above. Rock climbers ought to keep in mind that the rock here is not very safe, so a helmet is mandatory. For the backpackers, the "Tour d'Oisans," or GR54, goes

around the whole massif and takes about 3 weeks.

Number 2 is naturally the "Massif du Mont Blanc." There are many hikes and climbs that start from the Chamonix area: using a cable care to "Aiguille du Midi" is costly (\$17) but it gives you a head start to a peak or to the Cafe-Bar at the top. Several other gondolas help reaching Peaks within a day. The "Tour du Mont Blanc" is a very popular 8-10 day backpacking trip that requires some endurance and a complete set of rain gear.

Hiking up Mont Blanc is feasible (a sequel of the Death March). Endurance is a must. The only technique involved is the ability to use an ice-axe and crampons for hours, while roped. Two nontechnical routes are possible: one takes one day from Aiguille du Midi, "La Grade Traversée." The other route, more popular and crowded, through Aiguille du Goûter, takes two days and a memorable night at the Refuge

(Contd p. 4)

Upcoming PCS Trips

May 5-6
Black Cone (4,525")
 Ventana Wilderness
 Class 1
Leader: John Ingvoldstad
 (415) 604-3156 W
 (408) 259-3399 H
 Good beginner trip. Hike in
 via Willow Creek from Arroyo
 Seco. Some cross country

May 6
Portola Peak
 Class 1
Leaders: Henry Bugatto
 (408)446-4062
 Warren Storkman
 (415) 493-8959

May 12 & 13
North Dome (7,542')
 Class 1
Leaders: Debbie Bulger
 (408) 476-2837
 Kai Wiedman
 (415) 347-2843
Hike past the top of Upper
 Yosemite Falls to the summit
 of North Dome where we will
 spend the night basking in the
 light of the recently full moon.
 About 4,000' elevation gain.
 The stunning view of Half
 Dome is **worth** the hike. \$5
 campsite fee. Call leader for
 details. Lightning cancels.

May 19-20
Buena Vista Peak, 9709"
 Class 2
Leader: Aaron Schuman
 (415)494-3299
 Don't be deceived by the low

elevation of the summit- the
trailhead (Wawona) is only
 4200'. We'll get a healthy **work-**
out hiking up alongside
 Wawona Dome and Chilnualna
Falls. Expect sweeping views of
 the Jllilouette Basin and the
Clark Range. Yosemite quad.

May 25-28
 Mt. Eddy (9,025')
 Class 1
Leader: Bill Bausch
 (415) 327-4662
Car camping and day hiking in
mountain range due west of Mt.
Shasta. Drive up Friday PM and
stay in campground near Mt.
 Shasta City, hike 12 miles with
 1,000' elevation gain up Mt.
 Eddy, the highest peak in NW
Calif. Barbeque in campground,
 stargaze, and hike about 11
 miles on Sunday (Mt. Bradley
5,556'), and 5 miles on Monday
 (Black Butte 6,358').

June 16-17
 Highland Peak (10,974')
 Hawkins Peak (10,023')
 Class 2 with a few easy
 Class 3 moves
 Leader John Ingvoldstad
 Co-leader: Kate Ingvoldstad
 (415) 604-3156 (John at
 work)
 (408) 259-3399 H
We'll take a break **from** our
 soak in Grover Hot Springs
 to climb. Car camp with
 day climbs. Don't leave
 home without it (Swimsuit)

June 16-17
 Mt. Dana (13,053')
 class2
Leaders: Anne Gaillard
 (415) 324-3049
 (408)982-4288
 Judith Yarborough
 (415) 725-1773 W
 (415) 854-9288 H
 A nice easy warmup for sum-
mer climbing. Car camp in
Tuolumne Meadows. \$5 fee
 for campsite.

June 30-July 4
 Mt. Williamson (14,375')
Class 2-3
 Leader: Brian Healy
 90-C Flynn Ave
 Mt. View, CA 94043
 (415) 968-6234
A 5-day trip to California's
 2nd highest mountain for
 those who **are** not up to doing
 Williamson in a weekend
 About 22 miles roundtrip and
 a **10,000'** total elevation gain.
 A 75' easy Class 3 section
 near the top of the peak.
 About **2/3** of the route is on
 the Shepherd Pass trail, the
 rest is cross-country. One
 night camping at the very
 isolated Williamson lakes
 (12,500') west of the peak.
 Mt. Whimey quad. To sign
 up, please send leader a check
 for \$5 and an SASE.



First Aid Course

Private Trips

A basic first aid course with some emphasis on **wilderness** situations will be held at Peninsula Conservation Center, 2448 Watson **Court**, Palo Alto. The course meets the Sierra Club leadership requirements for two years.

It will be held Saturday, May **19, 8:30-5:30**. To register, send a check for \$35 and SASE to Health Education Services, 200 Waverley, Menlo Park, CA 94025. Give name, address, and phone number. For more information, call (415) 321-6500.

Even More Upcoming PCS Trips

June 30-July 1

Graveyard Peak
Class **2+**

Leaders: Aaron **Schuman**
(415) 494-3299 H
(415) 335-1901 w
Paul Vlasveld
(408) 241-1144 h
(408)257-7910 w

August 20-29

Roper's 'High Route' Part 1
Leader: Ray Stafford
(415) 852-6310

Roper's 'High Route' parallels the John Muir Trail except that it is above tree line, **frequently** off trail and has many opportunities for peak climbing. Part 2 will be done next year.

May **5-6**
Pilot Knob #1
class2

May **12-13**
Mt. Corcoran
class3

Leader for the above 2 trips: Chris Yager
(209) 394-2696

May **5-12**
San Rafael Swell, Utah
Central commissary base camp trip. Mostly dayhikes, 1 **possible** overnight. Class 24, elevation **4,000-6,500'**. Petroglyphs, **pictographs**, shmning scenery; possible rope climbs. For application, call **Marj Ottenberg/Bob Wallace**, (408) 867-4576.

May **21-22**
Lone Pine Pk & Mt Corcoran
class 3
Leader: **Chris Yager**
(209) 394-2696

May **26-28**
Mt Shasta (14,162')
class2
Leaders: **Kai Wiedman**
(415) 347-2843
Peter Maxwell
(415) 324-3049
Via **Hotlum/Bolam** Ridge. "The safest and most reliable route on the North Side. " Come join us for a magnificent alpine **adventure**.

Jul **1-15**
Evolution Basin Base Camp
Leader: **Kai Wiedman**
(415) 347-2843
This region is one of the **real** gems of the Sierra with a concentration of **Class 3** and 4 ridges and faces. We will attempt to climb Mendel, Darwin, Hoeckel, Huxley and the Hermit. Make plans early for this dream vacation. Must be a competent 3rd class climber.

May 26-28
Keith, Bradley & Center Pks
class2

June **2-3**
Mt. Mills
class 3

June **9-10**
East Vidette
class3

Leader for the above 3 trips:
Chris Yager
(209) 394-2696

June **16-17**
Koip Peak
class2
Kai Wiedman
(415) 347-2843

Join us for this moderate peak climb via the historic Mono **trail**. Ice axes needed for blance only as we explore the north side glacier

June **16-17**
Disappointment Pk
Class 3

June **23-24**
Mt McGee
class3

June **30-July 4**
Evolution Range
class 3

Leader for the above 3 trips:
Chris Yager
(209) 394-2696



Les Alpes (eontd)

du **Goûter** where 300 people pile up in a 150 people hut; this route is somewhat more dangerous because of rock falls on the way up to the Aiguille **Goûter**. Hiring a **guide** is quite expensive (in 1989, the **standard** price was about \$400 for two people for the **Grande Traversée**, not including the cable car and the food), but it provides not only safety in a couple of **airy/crevassy** places but **also...coaching** when you think you are going to die. If you decide to get a guide, I would recommend contacting one of the three guide companies as soon as you get to Chamonix because the weather is very changeable and you may have to wait several days for the Perfect Day.

Ranking the guide companies in size, from the biggest to the smallest: Bureau des Guides de Chamonix Mont Blanc (50-53-00-88), Association **Indépendante** des Guides du Mont Blanc (50-53-27-05), and Club **Alpin Français** (50-53-S-03). Whichever route you choose to take, whether you have a **guide** or not, be prepared to **live...one** of the Longest Days of your mountaineering life.

Enjoy!

--Anne **Gaillard**

June Meeting Preview

Johann Richard Hechtel, the 17 year old award winning **mountaineer** will present a slide show entitled "A European Vacation." Pacific Mountaineering.

Trip Report

An Expedition to the Bars, Restaurants and Power Plants of the East Side-Feb. 10-11

The most terrifying part of our adventure ended when we escaped the clutches of Friday night traffic and began heading out along Highway 580. Our first **restaurant** stop was in Modesto at a place called something like the Upside Down Horseshoe. The spot was recommended to us by a girl we met in a gas station. Tim was food poisoned there so we gave it a zero star rating.

Our next stop was June Lake, where after some searching we found a spot where there was bare ground and no gale force winds so we could sleep.

Then, up the next morning for pancakes in Lee Vining (only place, four stars). After breakfast we toured the Rush Creek Power Plant. Very quiet, plenty of parking, four stars. We then climbed up some railroad tracks, cut across to the left, and found some ice falls. **As the** climb was too high to top rope (about 300'), Tim lead and Balu belayed, and then passed and lead. I stayed below and coiled the first rope after seen the difficulty at the second belay and having brought only

one axe (great excuse) thinking we would top rope and have axes to spare. While Tim and Balu climbed the falls, I climbed an adjacent ice chute that had some old kick steps in it.

Then down to the bar with a pool table near June Lake for beers and eats and I won one game. O.K., my partner put in the eight (four stars, good chips). That **night**, full moon, great campsite, then a fabulous morning view of Mono Lake with a rose-clouded sunrise.

Great waffles with whipped cream and fresh strawberries at a restaurant across from the bar at June Lake. I read up on the prison break at Convict Lake in a book I found in the small library there. The lady who owned the place had pinned up a great WWII poster featuring her father (four stars).

One final power plant was up near Tioga Pass (two stars, limited parking, noisy). We hiked up the creek to the ice falls. We set up a top rope on the far left route. Tim belayed Balu part way, I belayed Tim part way, it started to blizzard (great excuse) and we had to clean up. But just let me at that vertical ice.

--Mark Malachowski

WANTED: An editor for the August issue of Scree. Contact Judith Yarborough-(415) 854-9288.

Miscellaneous (and Sometimes Questionable) Contributions

Men of Character

A companion and I spent a tight belayed to a small ledge a couple of feet long and 18 inches wide--13,000 feet up an overhanging face in the Italian Dolomites. We had been benighted on it by a sudden snowstorm and were soaked to the skin, but because this was August in Italy, we were climbing light, which meant we had neither protective clothing nor food. The route finished up a thousand foot vertical corner, down which a waterfall of melted snow was pouring. It froze solid during the night and privately both of us assumed that we would do the same. But neither of us mentioned the possibility because to have done so would not only have undermined our confidence to complete the last 500 icy feet the next morning--if there was a next morning for us--it would also have been a violation of privacy. our survival depended, as much as anything else, on tact. It was not just a question of being young enough and fit enough to withstand the cold, we also had to behave well and respect each other's feelings. Melodrama and self pity would have done us in more surely than the freezing temperature.

Taken from *A Test of Will* by A Alvarez, submitted by Kai Wiedman.

Editor.

Before last month's article, "Earth Day and Beyond," I was climbing better than any time in my life. Fear was an unknown as I braved high and desperate stems and liebacks, free solo, over the cragiest of landings. After reading the article, I was stumbling on trails and clinging to class 3 slopes. With such lines as "we are folks with...a somewhat shy nature" the article had turned my self image from desperado/hardman into namby-pamby shrinking violet.

Was the author to blame for introducing the subjective danger (see *Freedom of the Hills* for a complete discussion on subjective dangers) of self doubt into the readers' minds? No PCSer would do such a thing! Clearly, the author started out to extol the macho nature of environmentalism, an activity that every hardman/hardwoman should include in their daily training routine. But, midway through the article his/her mind was invaded by Lemurians (see *Scree* May 1988) intent on once again halting a Kai Wiedman attempt on the virgin summit of Mt. Shasta. .

So start thinking of environmentalism as the macho, fun-hog thing it is. If it helps, crush some cans bare-handed before recycling them, or punch out an industrial polluter. And start thinking of yourselves for what,

in your hear of hearts, you know yourselves to be: blood-thirsty Heathens, marauding HUNS, ENVIRONMENTAL-IST HARDMEN/HARD-WOMEN. Get rid of all this Yuppie Angst and just do it! If you don't we'll never climb that damn mountain!

-A Concerned Hardman

There is no greater detriment to a woman's personal appearance than a camping trip. Hair, makeup, clothing: the whole ball of wax is trouble with a capital T. You want me to give you some pointers on turning a camping trip into a pleasant, feminine experience? Nocando. Take my advice and skip it. Camping is a one-way trip to Ickyville.

First of all, no woman ever came up with the idea of camping. Name me one pioneer woman who ever said, "Forget building the cabin, Jake, let's just sleep in the dirt." Never happened. You think a woman ever wrote songs like, "Tenting Tonight on the Old Campground" or "Don't Fence Me In?" No way. Women like being fenced in. Fencing in is what we're all about.

Taken from *Mein Camp* by Tana Wedum from *WESTWORD* magazine, submitted by Eugene Miya.

The Reluctant Activist

With Earth Day just behind us and the summer backpacking season just ahead, I'd like to share some information about the effects of eating animal products on our environment. Also since so many people ask me, 'What DO you eat?', I'd like to share some vegan (**pure vegetarian**) **backpacking meal** ideas. It's easier than you think.

Did you know that to produce one pound of beef, 16 pounds of grain and soybeans, 2,500 gallons of water, and the energy equivalent of one gallon of gasoline are needed? **If Americans** reduced their meat intake by only **10%**, the extra grains and soybeans could feed 60 million people--all the people who starve to death each year on this planet. The meat industry uses more than 50% of all water used in the U.S.; if we taxpayers did not subsidize this water usage, we would pay **\$89/pound** for steak. 20 vegetarians can be fed on the amount of land needed to feed one person consuming a **meat-based** diet. We lose 4 million acres each year due to topsoil depletion, and 85% of this loss is directly related to livestock raising. Given these figures, we see how the consumption of a meat-centered diets is wasteful, inefficient, and harmful to our environment. Not only that but

it is also quite harmful to **our** health (read ***Diet for a New America*** by John **Robbins** for the complete story).

It's easy to prepare delicious, nutritious vegan meals in the backcountry. You can get all the calories you need to climb all day and all the enjoyment of a tasty meal without eating **animals**.

Breakfasts are a cinch, with dry cereal in a small container of soy milk, or any of a variety of hot cereals, bagels with margarine, honey, or jam. Some dried fruit and a hot beverage, such as mint tea complete the meal.

Lunches I find the trickiest meal without the standard sandwich slab of bologna, and normally without the use of a stove. However, there are lots of ways to go: try a tofu burger sandwich, these are delicious and loaded with calories for that afternoon summit bagging. **Or** almond butter and banana sandwich. Vegetarian **paté** on crackers. If it's just an overnight trip, try a container of brown rice with tofu when you really need the slow-burning energy. Even in summer, it should last for a day.

One dinner I like is couscous mixed with dried tomatoes, peas, a packet of instant miso soup, and a little soy, vinegar, and oil. The couscous cook

quickly. I think the tofu products suitable for backpacking all pretty **awful**, particularly the dried stuff (the kitchen sponge). I rest assured that I am getting sufficient protein in the grains, vegetables, and other soy products. Instant potatoes are another quick cooking, light-weight base into which you can add whatever flavorings you like: **curry** spices, Italian, miso, etc. Miso really enriches the flavor of soups or stews; just pack a small quantity in a **ziplock** bag. There are mixes that you can add water to and fry in oil to make a meatless burger. Brown rice is doable, but takes a long time to cook. Bulgar or noodles are quicker. I like a mixture of spaghetti, chunks of tofu burger, and tomato sauce.

--submitted by Ginny Fleming

The California Sno-Park program has proposed expansion of the Carson Pass **Sno-Park** facility. This would allow more people to use the area for cross-country skiing, etc. so the Forest Service would like to have comments on the idea. Please send your comments to District Ranger Judith Yandoh, Amador Ranger Station, 26820 Silver Dr., Pioneer, CA 95666 by May 20. You may also call for more information: Chuck Lowrie, Amador Ranger Station, (209) 295-425 1.

Guerrilla Warfare Climbs

Following the time honored tradition of the Old John Society and Los Cientos Club, I propose a new subsection of the PCS to be known as **SPS (Sneak Peak Section)**.

All members of the SPS must be sworn to secrecy and not admit Sierra Club membership to any landowner or public official.

The real purpose of climbing peaks on private property is to demonstrate in a clear fashion that no one person or entity has the right to exclude other people **from** climbing a named mountain peak. Just as ocean **front** owners can't keep the public from access to the beach, the same should hold true for mountain peaks. No owner, private or corporate, has the right to keep the public from access to a mountain peak.

Our society does nothing to protect mountain summits outside of State and Federal areas. Under current laws, the owner of a mountain peak can simply build a house right smack on the summit with no regard for the peak itself.

Architects have succeeded in giving first-class old buildings certain protection, but a comparable concern for and protection of our special and unique mountain summits does not exist.

Mountain peaks have rights! Let's climb as many private peaks as possible.

[--submitted by Bill Hauser

SPS Rating System

Class S1=Private property but no fences, ranches, gates or signs (Mt. Harbin 2582')

Class S2=Private property but no signs. Maybe a fence or two (Santa Ana Mt. 3112')

class S3=Private property signs, locked gate, fence or 2, but no ranch houses (Palo Escrito 4465')

Class S4=Signs, locked gates, many fences, ranch houses currently occupied (Weller Pk 2450')

Class S5=Signs, gates, many fences, ranch houses occupied, plus barking dogs (Mt. Boardman 3626')

Class S6=Signs, gates, fences, occupied houses, barking dogs, and the houses have clear view of the route (Sonoma Mt. 24633)

Class S7=Signs, gates, fences, houses, barking dogs, and active security patrol on duty (Mt Black & Mt. Day)

Class S8=Signs, gates, fences, houses, dogs, patrol, plus county sheriff or local park ranger (Poverty Ridge)

Class S9=Signs, gates, fences, houses, dogs, patrol, sheriff, plus local ownersthreatening climbers with guns (Rose Peak 1974')

Class S10=All of the above plus climbers with guns (Mt. Isabel)

Class S11=Trespass on military bombing ranges (Copper Mm. 2678

California trespass law, Section **602(k)**, reportedly requires all of the following to be **In Violation**: The land must be fenced AND signed AND one must fail to leave the property on request,

Treachery on the Peaks

The April edition of City Sports magazine disclosed under the title:

A Mountainous Feat Special Olympians Conquer Snows of Kilimanjaro

that "on February 23, five Special Olympics athletes...were among the first group of mentally handicapped individuals ever to summit 19,432' Mt. Kilimanjaro."

Clearly this honor undoubtedly belongs to one of our own PCS members. The article also states that "the team encountered the worst storm on Kilimanjaro in 75 years, complete with howling winds and snow." Aren't worst storms usually "complete with howling winds and snow?"

Oh, sure, you're saying, "The Bozo's just jealous. After all, in the game of Alpine Mountaineering, where altitude means everything, a bunch of retarded guys just beat his best by almost a mile." But did you know that several years ago, past-president Stafford negotiated a treaty with Special Olympics, whereby they would stay out of the hills if PCS agreed to say out of track and field?

Well, the gloves are off now. The PCS has challenged Special Olympics to a track meet. Anyone interested in competing should contact Coach 'Rainmar Stafford immediately.

--submitted anonymously
(Itfigures--Ed.)

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SCREE is a publication of the **Peak** Climbing Section of the Siiia Club. **Loma Prieta Chapter**. Subscriptions are \$10 per year. **Checks should be sent to the treasurer, Dinesh Desai.**

PCS meetings are held on the second Tuesday of every month. see **SCREE** for meeting **location** atld program **information**.

Trip classifications:

Class 1: Walking on a **trail**.

Class 2: walking **cross-country**, using hands for balance.

Class 3: Requires use of hands for climbing. A rope may be used occasionally.

Class 4: Requires rope **belays**.

Class 5: Technical rock climbing.

Deadline for SCREE contributions is two weeks **before** the next meeting. Mail your contributions to the **SCREE** editor.

For change of address or address corrections, write or **call**
Paul Vlasveld, 157 Kellogg Way, Santa Clara 95051. (408)
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