



World Wide Web Address: <http://lomaprieta.sierraclub.org/pcs/>

## Next General Meeting

**Date:** Tuesday, April 13  
**Time:** 7:30 PM  
**Program:** Climbing in Ecuador: Avenue of the Volcanoes by Kelly Maas  
**Location:** Peninsula Conservation Center  
 3921 East Bayshore Rd  
 Palo Alto, CA

**Directions:** From 101: Exit at San Antonio Road, Go East to the first traffic light, Turn left and follow Bayshore Rd to the PCC on the corner of Corporation Way. A sign marking the PCC is out front. Park behind.

Deadline for submissions to the next Scree is Sunday 4/25/2004 Meetings are the 2nd Tuesday of each month.

## PCS Trips

PCS trips must be submitted through the Scheduler (see back cover for details). Trips not received from the Scheduler will be listed as PRIVATE, without recourse.

### Rock Climbing Clinic

**Dates:** April 24-25th (Sat, Sun)  
**Leaders:** Ron Karpel, Rick Booth, Scott Kreider  
**Location:** Pinnacles NM  
**Leader:** Ron Karpel email: [ronny@karpel.org](mailto:ronny@karpel.org)  
 Rick Booth email: [rwbooth@comcast.net](mailto:rwbooth@comcast.net)

Our clinic will emphasize safe rock climbing using rock climbing gear. The goal is to help beginner rock climber get more comfortable with outdoor climbing. We will practice climbing rock routes of levels up to about 5.9.

Participants will train in general use of ropes, tying knots, harnesses, using protection devices, setting anchors, using slings and carabiners, providing belay to leaders, top rope belay to followers, tying in to a belay station, using belay devices, and rappelling. We do not intend to train in leading rock climbing.

To participate, you must be a Sierra Club member, and you will need to sign the standard Sierra Club waiver and sign-up sheet. Include your Sierra Club member number with your application request. Applications without a SC number will not be accepted.

### Rock Climbing in Yosemite NP

**Dates:** May 8-9, 2004  
**Maps:** Yosemite NP  
**Guide Books:** Too many to list here  
**Leader:** Ron Karpel, [ronny@karpel.org](mailto:ronny@karpel.org)  
**Co-Leader:** Rick Booth, [rwbooth@comcast.net](mailto:rwbooth@comcast.net)

This is an official trip of the Sierra Club. You must be a Sierra Club member to sign-up.

We are organizing a weekend long trip to Yosemite NP for clean and simple rock climbing fun. You must have a partner, and one of you needs to be able to lead SAFELY the routes you are going to climb, while the other partner must be able to follow (at least). You also must use your own gear. You must use a helmet.

I will be happy to keep a "looking for a partner list", but you will need to make the contact.

To sign-up, send a climbing resume (rock climbing), the name of your partner (or if you want to be on the "looking for partner" list), and your Sierra Club member number to the above e-mail address or call Ron Karpel at 650-594-0211 at home. Cost of site is \$6/night

### Irish Canyons

**Date:** June 4-6 (Fri-Sun)  
**Description:** Irish Canyons  
**Leaders:** Ted and Connie, 480-961-0370

Irish Canyons of the North Wash (located near Hanksville, Utah). The conservation theme for this trip will be ongoing discussion of drought conditions in the Southwest and the effect on the Colorado River ecosystem.

### Maidenwater Canyon

**Date:** June 4 (Fri)  
**Description:** Maidenwater Canyon rappel hike  
**Leaders:** Ted and Connie, 480-961-0370

This is a very physical canyoneering adventure requiring constant downclimbing, wading, stemming, chimneying and the possibility of a short swim near the finish. There will be at least 5 rappels (or more) up to 30-feet. Long sleeve shirt and long pants are strongly recommended or you will leave some skin on the canyon walls. Please waterproof your gear and bring a change of clothes for after the hike.

### Leprechaun Canyon

**Date:** June 5 (Sat)  
**Description:** Leprechaun Canyon rappel hike  
**Leaders:** Ted and Connie, 480-961-0370

This is a physical canyoneering adventure requiring constant downclimbing, squeezing, stemming and chimneying, and is a good introduction to the "Mae West" type of slot, where the canyon bottom is so narrow in some places that you will have to stem above the canyon floor for extended periods of time. Good rock climbing

skills are a bonus. There will be a few rappels up to 50-feet. Not for full-figured folks who would find it impossibly difficult in some parts of the canyon because of the tight squeezes. Long sleeve shirt and long pants are strongly recommended or you will leave some skin on the canyon walls. Don't wear your Sunday best, either, as you will surely shred some clothing in this slot. A headlamp is recommended because of a remarkably dark section.

Editor's Note: The next five trips are sponsored by The Palo Verde Group (Sierra Club section from Phoenix) which is inviting members from California to participate in their canyoneering activities. These are restricted Sierra Club trips approved by the Mountaineering Oversight Committee.

### **Irish Canyons**

Date: Jun 4-6 (Fri-Sun)  
Description: Irish Canyons of the North Wash  
(near Hanksville, Utah)  
Leaders: Ted and Connie, 480-961-0370

### **Blaney Canyon Rappel**

Date: June 6 (Sun)  
Description: Blaney Canyon rappel hike  
Leaders: Ted and Connie, 480-961-0370

This is a half-day canyoneering adventure requiring lots of stemming, squeezing, downclimbing and scrambling. A few rappels up to 45-feet.

### **Zion Canyoneering**

Date: June 18-20 (Fri-Sun)  
Description: Zion Canyoneering (Utah)  
Leaders: Ted and Connie, 480-961-0370

Conservation theme for this trip will be ongoing discussion of the latest revisions to the Zion Nation Park general management plan.

### **Misery Canyon**

Date: June 18 (Fri)  
Description: Misery Canyon rappel hike  
Leaders: Ted and Connie, 480-961-0370

This is a long canyoneering adventure that will take us beyond Checkerboard Mesa all the way to the East Fork of the Virgin River and back. Requires scrambling, downclimbing, stemming, wading, swimming, and several rappels up to 60-feet. Wetsuits may be advisable for those who chill easily. Please waterproof your gear and bring a change of clothes for after the hike. The hike out may be hot and dry, so bring plenty of water.

### **Birch Hollow**

Date: June 19 (Sat)  
Description: Birch Hollow rappel hike  
Leaders: Ted and Connie, 480-961-0370

This canyoneering adventure features about 10 rappels up to 100-feet. There will be bushwacking, scrambling, downclimbing, and possibly some wading. The hike out may be hot and dry, so bring plenty of water.

### **Keyhole Canyon**

Date: June 20 (Sun)  
Description: Keyhole Canyon rappel hike  
Leaders: Ted and Connie, 480-961-0370

This is a half-day canyoneering adventure contingent on us drawing enough permits from the Zion lottery system. There will be scrambling, downclimbing, wading, swimming, and a few rappels up to 30-feet. Wetsuits may be advisable for those who chill easily. Please waterproof your gear and bring a change of clothes for after the hike.

## **Private Trips**

Private trips may be submitted directly to the Scree Editor, but are not insured, sponsored, or supervised by the Sierra Club. They are listed here because they may be of interest to PCS members.

### **Birch Society**

Peak: Birch Mountain (13,602'), Mount Tinemaha (12,520')  
Date: Apr 2-4 (Fri-Sun)  
Difficulty: class 2, ice axe, crampons, skis, snowshoes, snow travel  
Contact: Aaron Schuman, [climberaaron@comcast.net](mailto:climberaaron@comcast.net)

Two big peaks, both just east of the Sierra crest, are dusty and thirsty in the summer, but in April, they are a pleasure to do as an early spring snow climb. We'll make our approach up Tinemaha Creek, camp two nights at a flat site near the creek headwaters, climb Birch from the south and Tinemaha from the north.

### **Diamond Peak**

Peaks: Diamond Peak (13,127')  
Difficulty: class 2, snowshoes, ice axe  
Dates: May 22-23 (Sat-Sun)  
Map: Mt. Clarence King topo  
Contact: Bob Suzuki, [SuzukiR@sd-star.com](mailto:SuzukiR@sd-star.com)  
3646 El Grande Ct., San Jose, 95132  
w: 408-918-2588, h: 408-259-0772

Ample soft snow may make for a strenuous backpack to camp. Otherwise, this should be a straightforward climb with a long drive home. Some snow travel experience required, and a \$10 deposit to cover cost of the permit (forfeited if cancel, difference refunded at TH).

### **Needham or Bust**

Peak: Needham Mtn (12,520+)  
Date: June 12-13 (Sat-Sun)  
Difficulty: class 2s3, ice axe, crampons  
Map: Mineral King topo  
Contact: Bob Suzuki, [SuzukiR@sd-star.com](mailto:SuzukiR@sd-star.com)  
3646 El Grande Ct., San Jose, 95132  
w: 408-918-2588, h: 408-259-0772

Needham Mountain, for various reasons, has eluded previous attempts to stand on it's coveted summit. With cooperation of the weather, this weekend will finally be different.

Planned is a pleasant backpack from Mineral King up to Crystal Lake. Sunday morning we'll climb and descend an 11,500', possibly snowy, ridge above camp, traverse past Amphitheater Lake, and successfully ascend the south slope of Needham Mountain. Ice axe and crampons required; also a \$10 deposit to cover cost of the permit (forfeited if cancel, difference refunded at TH).

### **Iron Mountain**

Peak: Iron Mtn. (11,148')  
Date: June 26-28 (Sat-Mon)  
Difficulty: class 2, ice axe, crampons  
Map: Cattle Mtn, Mt Ritter topos  
Contact: Bob Suzuki, [SuzukiR@sd-star.com](mailto:SuzukiR@sd-star.com)  
3646 El Grande Ct., San Jose, 95132  
w: 408-918-2588, h: 408-259-0772

Iron Mtn sits at the southern end of the Ritter Range and the Minarets. We'll approach this less visited area of the Range via the Fern Lake Trail, starting from within Devils Postpile National Monument. This climb will be attempted in the 2-day weekend. However, we'll have the optional day if snow conditions make for slower progress. Ice axe, crampons and group bear canisters required, snowshoes will depend on conditions. Also required, a \$10

deposit to cover cost of the permit (forfeited if cancel, difference refunded at TH).

### **Nepal - Chulu West 21,700 ft**

Date: October 1, 2004  
Peak: Chulu West  
Contact: Warren Storkman, [dstorkman@aol.com](mailto:dstorkman@aol.com)  
A trekkers peak- Class A - moderate to difficult 16 daytrek/climb

### **Aconcagua 22,800 Argentina**

Date: December 28, 2004  
Peak: Aconcagua  
Contact: Warren Storkman, [dstorkman@aol.com](mailto:dstorkman@aol.com)  
A difficult walk-up to the highest peak in South America

Editor's Note: The following courses are either taught by Bobbie Foster of FosterCalm or are sponsored by her organization. These are listed here because they should be of interest to PCS members. This information was sent to me by Debbie Benham.

## **First Aid Classes**

### **Adult CPR**

Date: April 13, Tue, 6:00 PM –10:00 PM  
Location: UCSF San Francisco  
Contact: Outdoors Unlimited at 415-476-2078 for registration info or contact Bobbie Foster at [bobbie@fostercalm.com](mailto:bobbie@fostercalm.com)

### **Patient Assessment Skills**

Date: April 14, Wed, 7:00 PM- 10:00 PM  
Location: UCSF San Francisco  
Contact: Outdoors Unlimited at 415-420-5553 for registration info or contact Bobbie Foster at [bobbie@fostercalm.com](mailto:bobbie@fostercalm.com)

Free Seminar sponsored by Outdoors Unlimited, and UCSF San Francisco. Come practice your patient assessment skills ... fun and a great review.

### **Wilderness Medicine Seminar**

Date: April 24, Sat 8:30 to 5:00 PM  
Location: UCSF Medical Center  
Register: [info@backtoearth.org](mailto:info@backtoearth.org) or 510-528-3987, FAX 510-2179707  
[www.backtoearth.org](http://www.backtoearth.org)  
Mail: Back to Earth  
1801 Rose St. #5  
Berkeley, CA 94703.

The Wilderness Medical Society is an international, non-profit organization of physicians and wilderness educators. Registration includes a copy of the WMS Practice Guidelines for Wilderness Emergency Care, 2nd Edition, 2001 and many handouts. Our speakers will bring you up to date on emergency care for travel and outdoor activities. Registration at door: \$50. More information: [www.wildernessemergencycare.com](http://www.wildernessemergencycare.com). Advance registration discount until 4/16: \$45 general and \$40 with proof of membership in a sponsoring organization: Wilderness Medical Society, Sierra Club, or National Ski Patrol.

Great Info by Many Experts Listed as Follows:

#### **Food & Waterborne Disease by Mark Stinson, MD**

What diseases can you get from contaminated food or water in wilderness and foreign travel? What are your options for disinfecting water, and how well do the different methods work?

#### **Heat Illness by Mark Stinson, MD**

Warm weather and vigorous activity can cause heat illness, unless you know how to protect yourself. How does the body cool itself, what can you do to help, and how can you recognize and treat heat illness

#### **Wilderness Wound & Burn Care**

##### **Steve Donelan & Mark Stinson, MD**

How do you clean and protect wounds, control pain, and reduce the risk of infection in the wilderness?

#### **Wound Care & Bandaging Workshop by**

##### **Mark Stinson, MD & WFR instructors**

In a wilderness situation, you need to be able to clean wounds effectively to prevent infection, and apply bandages that will stay on during a long walkout or evacuation. We'll practice irrigating simulated wounds and bandaging all parts of the body, using cravats and gauze rollers.

#### **Herbal First Aid by Charles Garcia**

There are many useful as well as potentially harmful plants in the wilderness. How can you identify them and use them to treat injuries and medical problems?

#### **Bites & Stings by Snakes & Insects by Steve Donelan**

Every contiguous state except Maine has venomous snakes, and their bites can do serious damage. Bites and stings by spiders, bees, and other arthropods can also have serious effects. What are the hazards, how can you avoid them, and what should you do if you are stung

**Mark Stinson** is Associate Clinical Professor at the University of California Davis School of Medicine and practices at Contra Costa Regional Medical Center. He is Medical Team Manager of the Oakland FEMA urban search & rescue team, and has been involved in disaster responses and adventure medicine all over the world.

**Charles Garcia** is Director of the California School of Traditional Hispanic Herbalism. He lectures at the University of California, Berkeley, California State University at San Marcos, and the San Francisco Healthcare Consortium.

**Steve Donelan** teaches, develops wilderness courses and trains instructors for many organizations. His Wilderness Emergency Care textbook and Instructor's Guide are published by the American Safety & Health Institute ([www.ashinstitute.com](http://www.ashinstitute.com)). See his web site for more information: [www.wildernessemergencycare.com](http://www.wildernessemergencycare.com).

### **Scenario Play Day**

Date: May 8, Sat, 8:30 AM – 5:00 PM  
Location: Mount Sutro, San Francisco - map and details will be provided upon registration.  
Contact: Outdoors Unlimited 415-476-2078

This is a fun way to practice your wilderness first aid skills -- lots of fun and an opportunity to learn lots. If you have had at least an 8 hour wilderness first aid class in the last 5 years and spend time in the outdoors away from quick access to professional care, this day is for you. Practice your bandaging and splinting, wound care, spinal clearing and leadership skills. And of course you will get plenty of practice and feedback on the key to good patient care: the patient assessment. Figure out what's wrong and where to go from there. Spend a day, learn to save a life. What a deal.

P.S. Don't be shy, it's called 'Scenario Play Day' so you'll have fun no matter what, and meet like minded people.

Helping out -- if you have helped teach a wilderness first aid class before and wish to come as an assistant and also participate as an rescuer in the scenarios please contact bobbie at [bobbie@fostercalm.com](mailto:bobbie@fostercalm.com)

## Elected Officials

Chair:

Pat Callery / [pcs-chair@climber.org](mailto:pcs-chair@climber.org)  
1225 Bracebridge Court  
Campbell, CA 95008  
408-871-8702 home

Vice Chair and Trip Scheduler:

Linda Sun / [lindasun@sbeglobal.net](mailto:lindasun@sbeglobal.net)  
P. O. Box 3208  
Saratoga, CA 95070  
408-378-7533

Treasurer and Membership Roster (address changes):

Jeff Fisher / [hanlcanne@msn.com](mailto:hanlcanne@msn.com)  
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650-207-9632

## Publicity Committee Positions

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Scree is the monthly journal of the Peak Climbing Section of the Sierra Club, Loma Prieta Chapter. Our official website is [http:// lomaprieta.sierraclub.org/pcs/](http://lomaprieta.sierraclub.org/pcs/)

## Subscriptions and Email List Info

Hard copy subscriptions are \$13. Subscription applications and checks payable to "PCS" should be mailed to the Treasurer so they arrive before the last Tuesday of the expiration month. If you are on the official email list ([lomap-pcs-announce@lists.sierraclub.org](mailto:lomap-pcs-announce@lists.sierraclub.org)) or the email list the PCS feeds ([pcs-issues@climber.org](mailto:pcs-issues@climber.org)), you have a free EScree subscription. For email list details, send "info lomap-pcs-announce" to "[listserv@lists.sierraclub.org](mailto:listserv@lists.sierraclub.org)", or send anything to "[info@climber.org](mailto:info@climber.org)". EScree subscribers should send a subscription form to the Treasurer to become voting PCS members at no charge. The Scree is on the web as both plain text and fully formatted Adobe Acrobat/PDF.

## Rock Climbing Classifications

The following trip classifications are to assist you in choosing trips for which you are qualified. No simple rating system can anticipate all possible conditions.

- Class 1: Walking on a trail.
- Class 2: Walking cross-country, using hands for balance.
- Class 3: Requires use of hands for climbing, rope may be used.
- Class 4: Requires rope belays.
- Class 5: Technical rock climbing.

**Deadline for submissions to the next Scree is Sunday 4/25/2004. Meetings are the second Tuesday of each month.**



Peak Climbing Section, 789 Daffodil Way, San Jose CA 95117

"Vy can't ve chust climb?" - John Salathe

**First Class Mail - Dated Material**