

Richard L. Henke
34 Malaga Place East
Manhattan Beach, CA
1988 RCS-R

90266

THE **NEWSLETTERS**

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A six page issue.

A newsheet published by and for the Ski Mountaineers and Rock Climbing Sections of the Sierra Club's Angeles Chapter since 1938. Send subscriptions and address changes to Pat Holleman, 1638 6th St., Manhattan Beach, CA 90266. \$7 per year due in October.

1988 SMS Clinic and Training Camp

Once again Southern California's whimsical weather cooperated and both training events occurred on schedule. First, on January 16th the XC Downhill Clinic was held at Mt. Pinos.

On a day that was predicted to be stormy, we received sunshine, strong breezes, and the big storm held off until the next day when it closed Interstate 5. Following a short tour to the broad open slopes above the parking lot, we located an area of firm snow covered with just an inch of powder. Just like the groomed slope of a ski area. After dividing the 21 students into 3 groups, Pat and Gerry Holleman, Dick Smith and Eddie Nunez, and this reporter started the skiers thru the basics. Everything from kick turns, side slipping, snowplows, to telemarks and a few other variations.

Instruction and practice continued to mid afternoon, and by the looks of the quick descent back to the cars, everyone gained confidence and had a good experience while learning new skills.

The next event, the Training Camp, occurred on Jan. 30-31, and was held at the Snow Valley Ski Area and Keller Hut. Attendees included 24 students and staff members Paul Harris, Don Pies, Gerry and Pat Holleman, Joy Fagert, Rose Lynch and Mark Goebel. This event originally began as a true snow camp, but due to inconsistent snow, we moved to the local ski areas where machine made snow is available. Plus the Hut makes a much nicer tent on a long winter night. Also, for the last several years we have chosen Snow Valley for its gentle and spacious slopes, and relatively short lift lines. This time, although there was plenty of snow, the surface was of bullet proof quality, but still very suitable for instruction. One student even came with edgeless skis, and exhibited some of the best control and clearly increased her skill level.

Again our instruction started with the basics and progressed to the more advanced turns, all designed for survival and fun in the backcountry. The day ended with some free skiing and then back to Keller for dinner and other tidbits of information (ski tuning and waxing, repair kits and some slides). Rose organized dinner with major assistance from Joy and Pat. A fantastic lasagna dinner, prepared by Rose and Pat was eagerly received, and we thank all for their potluck contributions.

Although our ranks diminished on Sunday (it was Super Bowl Sunday), those who remained were treated to uncrowded slopes and lots of fun skiing. We were surprised to learn that an Auto Club card will get you a lower lift price than the group rate!

Both events serve several purposes. Many new individuals have been introduced to the SMS, and we hope to see them again. The participants have received a good foundation towards the improvement of their skills and enjoyment of the sport, and finally, the SMS treasury has been well strengthened. Many thanks to all who helped and participated.

MG

MUGELNOOS STAFF

Editor.....Pat Holleman
 Mugelprinter.....LeRoy Russ
 Mugelnoos Chairman.....Dick Smith
 Mugemailer.....Pat Holleman
 Reporters.....Jim Erb, Joy Fagert,
 Mark Goebel, John Gonzales, Mike
 Jelf, Rose Lynch, Pete Matulavich,
 Ruth Mendenhall, Donna
 O'Shaughnessy, John Wedberg.

NEXT EDITOR: Eddie Nunez
 1901 Hollyvista Ave.
 Los Angeles, CA 90027
 (213) 666-7487

NEXT ISSUE: April 19, 1988
 COPY DEADLINE: April 12, 1988
 PHOTO DEADLINE: April 5, 1988

NEXT MUGELNOOS MEETING

Tuesday, April 19, 1988. Joint SMS
 - RCS Meeting. "SLIDE SHOW MEDLEY":
 BRING YOUR FAVORITE SLIDES OF THE
 SEASON OR ALL-TIME CLASSICS. Grif-
 fith Park Ranger Station, 7:30 p.m.

SMS SCHEDULE

Mar 19-20 Sat-Sun Ski Mtneers
 T: Mt. Hoffman (10850'): Hike and
 ski to the top of Mt. Hoffman. Sat
 8.5 mi. and 5100' gain. Sun 1700'
 gain and ski out. Send SASE and
 experience to Leader: Dave Furlong.
 Asst: Andy Fried.

Mar 26-27 Mt. Perkins via Arm-
 strong Canyon - Fried,
 Duryea

April 9-10 Baldy Hut - Secor, Wed-
 berg

RCS EVENTS CALENDAR

Mar 19-20 Sheep's Pass.....J-Tree
 Ron Hudson/Phil Rablchow--
 **Student's Special/Campsite
 #1 Fri/Sat Night

Mar 26-27.....Sulcide
 Tim Ryan/Dick DeRusha

Apr 3-4 Easter Wknd.....Owens Ridge
 Greg Vernon/??

Apr 9-10Red Rocks, Nev
 LeRoy Russ/Margo Koss

Apr 16-17 North Domelands Backpack
 Greg Vernon/??

Call trip leader (preferably) or RCS
 Chair for info. Trips with ??
 leader have to be cancelled if no
 Assistant Leader signs up.

Trip Leaders Home Phone Numbers:
 Tim Ryan (805)526-4430
 Greg Vernon (619)375-2612
 LeRoy Russ (213)227-4973
 Ron Hudson (818)342-9544
 Donna O (RCS Chair) (213)320-2891

NOMINATIONS FOR '87-'88
SMS CENTRAL COMMITTEE

Anna Zordan is looking for can-
 didates for next year's Central
 Committee. Candidate nominations
 include recommendations for
 others, volunteers, and appoint-
 ments if Anna gets desperate.
 Nominations must be made by April
 1 in order to get on the April
 Mugelnoos ballot. Send nomin-
 ations to: Anna Zordan, 2975
 Eucalyptus Ave., Long Beach, CA
 90806, (213) 427-0681.

NEW HOME, NEW PHONE, NEW ARRIVAL.

Tony, Mariko, and Erika Bird, 9800
 Vesper #112, Panorama City, CA
 91402, (818) 895-1223. Joined by
 Nicholas Kitamura Bird, 8 lbs. 15
 oz., Feb. 13, 1988.

GONE: Old-time SMS member
 Phoëbe Russell Sumner died Aug. 20,
 1987. Some of her cartoons were
 reprinted in the Feb. Anniversary
 issue of Mugelnoos. RDM

FOR SALE: Full length Volkswagon
 Van. Roof rack. LeRoy Russ,
 (213) 227-4973.

CUSTOM CLIMBING AND SKIING PACKS
 available for reasonable prices
 from Evolution Alpine Equipment
 AKA Richard Lake, now living in
 Santa Barbara at 1606 Grand Ave.
 Apt. B, 93101. Phone (805) 963-
 3004. Write for product descrip-
 tions.

FOUND ITEMS

Two pads, one elastic
 bandage (now used), Feb.
 15 at Sheep Pass. Mike
 Jelf, (213) 326-3430.

LOS ANGELES TIMES
 February 25, 1988

Cloud Seeding in Sierra

The Los Angeles Department of
 Water and Power announced plans
 Wednesday to seed clouds over the
 Eastern Sierra next month in hopes that
 it will lead to long-term snow packing
 that will increase the city's water supply.
 The DWP plans to begin seeding the
 clouds March 11 and continue the opera-
 tion for a month, said Le Val Lund, DWP
 engineer for the Los Angeles Aqueduct.
 The effort, which must be approved by
 the Los Angeles Board of Water and
 Power, is expected to increase the re-
 mainder of this year's precipitation by
 about 5% over the mountains, Lund said.
 "Although conditions are not as criti-
 cally dry as last winter, the existing
 snowpack is only 70% of normal for this
 time of year," he said.
 The program is aimed at increasing the
 snowpack for water supply runoff and
 improving winter recreational opportu-
 nities in Inyo and Mono counties.

BAD TIMES AT SAN JAC

With the SMS Wilderness Race cancelled due to a lack of interest, Greg Jordan, Don Pies and Pete Matulavich skied San Jacinto on Saturday, February 20th.

We encountered virtually every snow condition known to man -- none of it skiable. After bagging the peak and catching some rays, we had a wretched time skiing back to the tram. The major problem was icy, wind-sculpted snow, sometimes referred to as "death cookies" when they break off in that shape. These cookies were definitely the size grandma used to make.

There's still quite a bit of snow locally, at high elevations, and if it doesn't storm again, we figure San Gorgonio will be a good bet for some "spring" skiing in March. But what do we know?

PM

Pear Lake Revisited

Once again the ski mountaineers slogged their way up and over Heather Gap to drink the waters of the Kaweah River, and ski the corn tortillas of the tablelands. This time we were joined by four, then three new and outstanding members of the SMS; Steve, Howard and Fred, who had better temper their progress lest they surpass their mentors and ruin a good friendship. Upon arrival in the basin, Howard was found to have several "weighty" items of gustatorial delight in his pack which he laid upon our snow table, thus being unanimously proclaimed honorary "Fearless Litter" for the month of February. Snow camping the first night was painless, thanks also to the foresight of Eddie Duraflame Nunez, as we sipped brandies and munched popcorn around a toasty fire. Saturday night was spent in utter luxury in the hut, recalling the days perfect turns and memorizing Trivial Pursuit questions. The daytime temperatures remained quite cool, which kept what snow there was in pretty good shape. You could honestly say it was powder in some spots!

Tom Duryea was placed on probation for forgetting 3 of the 10 essentials. Tom Slider gets honorary mention for making it to the top of "cardiac hill". (See you in April, Tom?)

RAL

THE SMS GOES TO MAMMOTH

February 6 & 7, 1988 found 10 otherwise sane and logical Ski Mountaineers making a pilgrimage to the holy mountain of Mammoth. Spiritual leaders in L.A. and Orange Co. reported that negative actions incurred during previous ski trips (ie crossing tips, cutting lines, quitting early) could in part be reconciled by carving perfect S turns from summit to parking lot. Other ski activities, ie cross country skating, were also reported by high ski lamas to provide good Karma in future lives.

Saturday, seven pilgrims put there \$27 in the Mammoth Mtn. collection plate and were rewarded with pew cards which when attached to their clothes, provided unlimited rides on lifts. Three pilgrims, Dick Smith, and Gerry & Pat Holleman decided to pay homage to the snow gods by circuambulating the Lakes at the bottom of the Mtn. (counter-clockwise of course). The gods were pleased by the actions of all pilgrims, and blessed them with warm, sunny days and soft packed powder.

On Sunday, a few different pilgrims circuambulated the Lakes and seven other returned to the Mountain. Some of the pilgrims used skinny long boards to carve their turns, and others used shorter fat boards. Many beautiful S turns were carved and this greatly pleased the gods. The pilgrims included the likes of Dick Smith, Mark Goebel, Chuck Wilts, Paul Harris, Paul Shubert, Lisa Freundlich, Tom Duryea, G & P Holleman, and Joy Fagert. Many prayers of Thanksgiving were offered for the lovely abode where we pilgrims rested our weary bones and regret that our host, Owen Maloy, could only join us in spirit.

JRF

FROM THE RCS CHAIR

The heading ought to read 'From the RCS Bed'. I aggravated an old back injury the week of the Jan 10th class and have been out of action since. I'm working, minding the doctor's orders and seeing a chiropractor, too. All trips have been cancelled. To add insult to injury, I've had the flu since last Tuesday and this is my first timeup for any length of time. I'll try to make this short.

Congratulations to the 87/88 Class of RCS Students! Hope you had a great time and will continue to climb with us. You'll notice in the Events Calendar that the first Students Special is March 19-20 at Joshua Tree. At this climb, we are asking Regular members not to form climbing teams until each and every student has been teamed with a Regular member. Call the leader, let him know you're coming and that you'll need a climbing partner. See you there.

Both Mike Meyer and Mike Jelf are sporting leg casts: Meyer from basketball injury and Jelf an unnamed injury in January aggravated by a slider at the J-Tree Climb in February. Get well soon, guys.

I hope by the time this is published I've found someone to fill out the remainder of the year as Secretary. Due to personal reasons, Mike Meyer has resigned. It would be helpful if the new Secretary has an IBM computer, but not mandatory. Any volunteers?

Also, I'm soliciting members who are willing to present programs during the RCS-hosted meetings, or who know someone we can contact. I need help with this since I'm not up and around very much right now. The RCS-hosted meetings are May thru September.

See you on the rocks (if I ever get well!). Donna O

ON-GOING CRACK CLIMBING WORKSHOP

PROGRESS REPORT - FEBRUARY 1988

With Dale Heuermann's lead of Cake Walk (5.9), all participants have now achieved Level 1. Six have reached Level 2. Two, Tom Brogan and Greg Rzonca, have accomplished Level 3. Our two lady participants, Pat Lysgaard and Theresa Rutherford, fired their first-ever 5.10 crack leads on Right Baskerville Crack!

Level 3 routes completed by various participants include A Woman's Work is Never Done (5.10c), Bruiser (5.10c, TR), Halfway to Paradise (5.10, TR), Roller Ball (5.10a), Super Roof (5.9), Tax Man (5.10a), and Tinker Toys (5.10b).

Workshop participants are aware of the four basic factors which influence athletic performance, namely general health, mental preparedness, technique, and physical fitness. Most are actively seeking improvement in each of the components of physical fitness, which include muscle development, flexibility, kinesthetic factors, aerobic conditioning, and ideal body composition.

An example of one who has shown real commitment to physical fitness is Tom Brogan. He jogs 15 miles per week, works out with free weights, and has installed and uses both a Bachar ladder and a Metolius Simulator. Tom is 5 ft 10 in tall, yet since the workshop began he has trimmed his weight from 152 lb to 135 lb. His body fat content, measured by the immersion method, is a remarkably-low 5 percent. He is finding, as have the French and others, that extremely low body fat contributes very significantly to maximum performance on the crags.

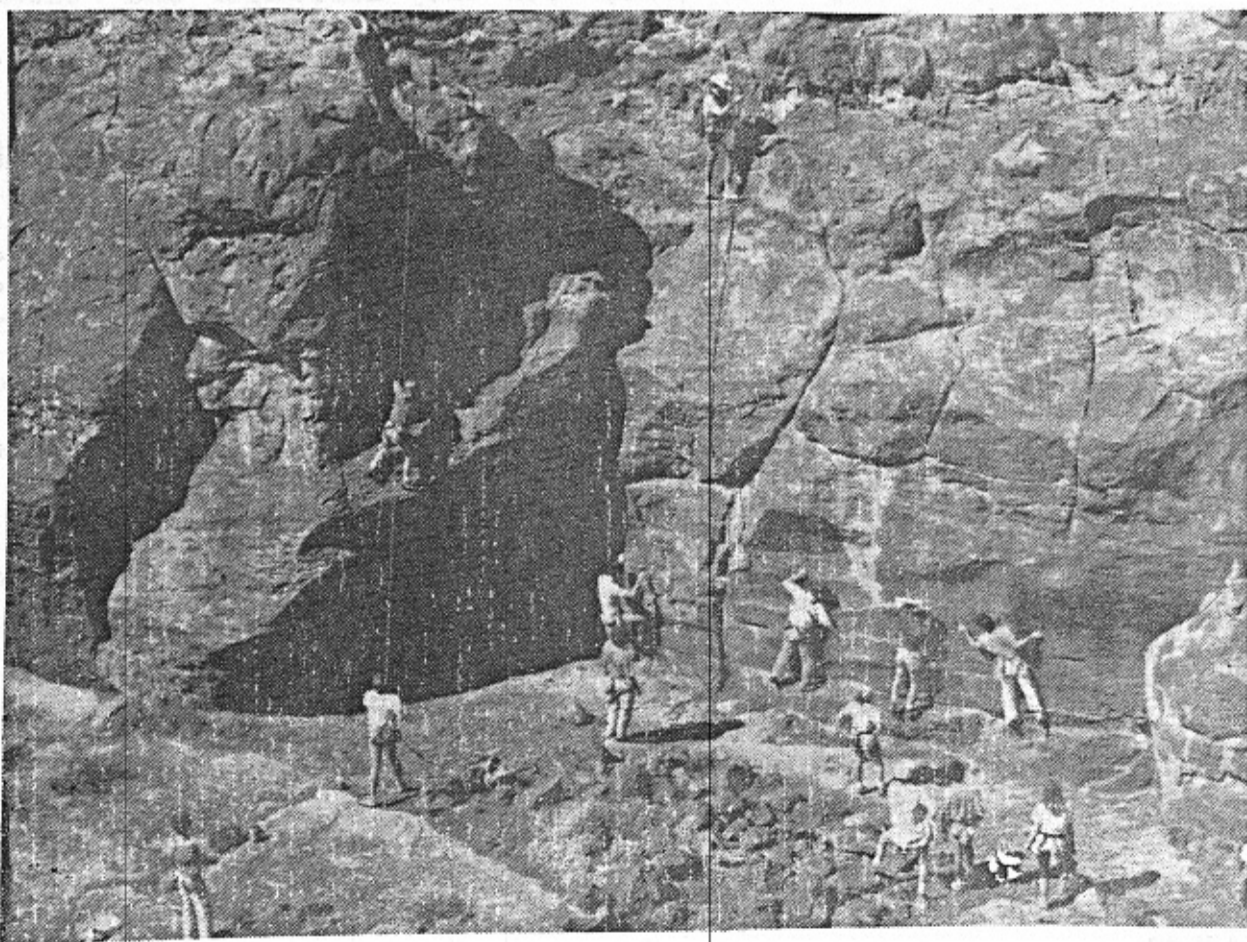
During the final two months of the workshop, we will concentrate on Level 4 routes, including such test pieces as O'Kelley's Crack (5.10c) and Rubicon (5.10d).

Jim Erb and Theresa Rutherford

BALDY HUT REPORT

Until the February heat wave hit we were enjoying some of the best early season skiing on Baldy in about 4 years. The January storms left about 18" or so of ground cover above the Hut, and after this had a chance to consolidate, several excursions to the summit and Devils Backbone areas resulted in very enjoyable touring. The apex of the early season was reached on January 30th, when 12 skiers clambered up the mountain, two of them on 3-pins; a glorious day of running the upper gullies on Baldy's famous corn snow under a cloudless purple sky was the outcome. The scheduled SMS tour the following weekend was less than memorable, due to a midweek storm depositing enough new snow to create a condition of alternate crust and wet glue. Nonetheless, three alpiners and a couple 3-pinner got some exercise and fresh air, mostly calling it quits after a single run. (One of the 3-pins was seen performing jump-tellies in the upper bowl... outrageous!)

Jim Powers is moving to Arizona, relinquishing his position as Baldy Hut Chairman after twenty years! The Hut has been blessed over the years with dedicated, industrious, enthusiastic Managers, and Jim Powers is the last of these, carrying on the tradition started in 1937 by George Bauwens. Powers hands over the reins to Gary Johnson -- and we might say a more talented and sincere person would be hard to find. (JW)



ROMP IN CIRCUS STANCES — Climbers assume acrobatic poses to celebrate the graduation of the Class of '88 March 5 at Fossil Falls. Being performed are the Pinwheel (left), a 5.7, and the 5.9 groundling traverse. —Staff Photo

RCS TRAINING TRIP

March 5-6, 1988

Everything went well at Fossil Falls with 40 participants, fine weather, and good climbing. The days were 72 degrees and clear, and the moon was out at night. Saturday night called for hors d'oeuvres and mulled wine, the wine courtesy of Tom Jeter. Lots of climbs were set up and the students climbed themselves into exhaustion. In other words, this was the average great Fossil Falls trip! JG

Climbs, Crumbles and Comminution

JOSHUA TREE, FEB. 13-15

Presidents' Day Weekend went well, considering the fractured leadership: Listed leader John Moore was called away on business. Margo Koss was on the injured list, after a berserk computer printout trolley bit her foot at work. The second-string leader retreated to the city Feb. 14 under a hail of arrows shot by a kid with wings.

Still, thanks to the generous one-day round trip of Emory Yount Saturday and the timely presence of Claude Lane Monday, officially sanctioned trips went up on those days with hardly a half hitch.

Ten climbers enjoyed high temperatures into the low 70s Saturday with little wind, as Jim Matthews led Elaine Berke and Mary Starkweather on Cap Rock's Nobody Walks and Falling Star. Jim noted the direct finish on Visual Nightmare, listed 5.10A, is now a 5.10C crumble, minus several flakes.

Mike Feldman, Dale Hanes and Don Havens kindly took gambling applicant Dale Barringer (he bet he'd get a multi-pitch climb if he showed up, and won) on an Intersectional Zig Zag variation. Later Hanes and Havens perused Mike's Books and played on Water Trough and Papa Woolsey, while the others pierced the Eye on Cyclops.

The notable event Saturday was a leg fracture on Old Woman, accomplished without RCS assistance. Campfire was enlivened by the Oranges, several Crackers and guests from the University of Arizona.

Sunday reportedly went well, with only Barringer and Feldman climbing, while Susan spectated.

Monday Claude, no longer amongst the Crack People, sanctioned another pleasant day. He and Greg Rzonca frolicked on Horse & Buggy and Loose Lady, while Graham Breakwell (his surname adumbrates) and R.J. Secor SECoVar.ed. Bob Henderson joined the leader for SE Corner, Mike's Books and a start at Southwest Passage. Alas, a drop in fitness and lack of recent practice led the lead into a slider with five feet of runout, worsening an earlier-felt snapping sensation in the right foot. After Bob tried the move on lead (with pre-tested pro) it was close to the 2 p.m. check-in, and the trip ended as scheduled.

Epilogue: The fifth metatarsal apparently had been cracked for several weeks. The fall made it an easy break to spot on X-rays. At this writing surgery and screw insertion are planned.

Moral: When you think there's snapping where there isn't supposed to be a joint, get an X-ray, even if it doesn't hurt.

Additional Moral: Don't do bench steps barefoot.

Final Moral: Don't stop working out, however busy you become.

—MJ

UPDATE: Showing the X-rays to an orthopaedist for a second opinion brought this word: "That's not bad. We'll put a walking cast on it." Which he did.

EDIFYING MORAL: When someone tries to sell you surgery, get a second opinion.

—MJ

THE MUGELNOOS

Pat Holleman

1638 6th St.

Manhattan Beach, CA 90266