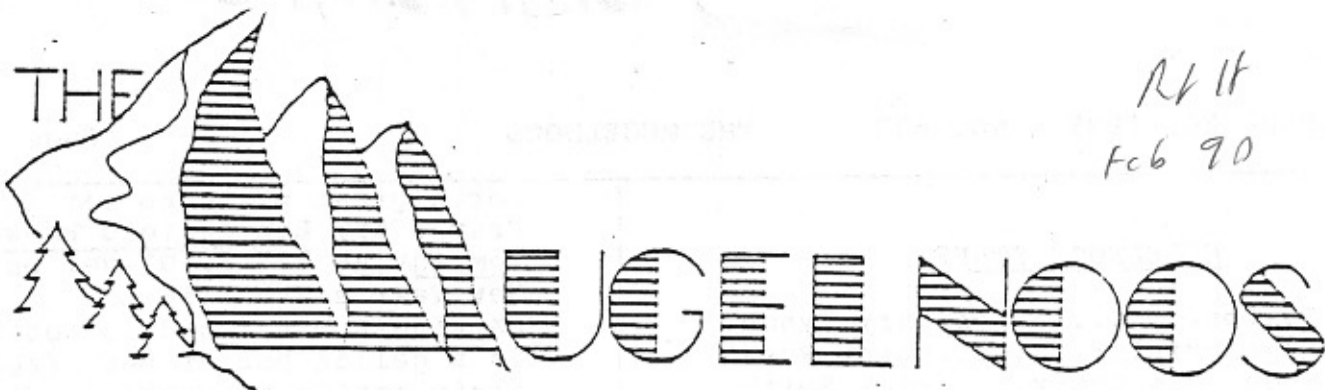


THE

R/H  
Feb 90

February 20, 1990

NO. 677

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. SUBSCRIPTION COST IS NOT TAX DEDUCTIBLE as a charitable contribution.

### SANTA ROSA MOUNTAINS SKI TOUR

Can one find untracked snow and solitude in the Los Angeles area on a weekend after the first big storm of the season? Yes and no!

No one I talked to had ever skied in the Santa Rosa Mountains. Highway 74 (called the Pines to Palms Highway) connects the pine covered area around Idyllwild to the deserts of Palm Springs. About 16 miles east of Mountain Center, a dirt road heads south toward Santa Rosa Mountain and Toro Peak. At the junction, the elevation is 4700 feet but the road climbs rapidly and reaches the summit of Toro Peak at 8700 feet in about 15 miles. The storm that occurred in the Los Angeles area on 17, 18 January dropped snow down to 2000 feet so we were hopeful that the road would be covered.

Jim Farkas and I camped at the junction of Highway 74 and the dirt road and started skiing early Saturday morning on 20 January 1990. The road was snow covered but much to our surprise, we found we were skiing over the tracks of numerous vehicles that had been there the previous day. As the sun rose, we were passed by a number of trucks, jeeps, etc., that seem to flock to this area after a snow to test out their 4 wheel drives. However, the vehicles caused us no problem. After about 5 miles, we entered a beautiful pine forest. The tree branches were covered with hoarfrost and were extremely beautiful. The day was very clear and you could see for miles. At the 10 mile point at about 8000 feet, the 4 wheel drive vehicles reached the end of the line, and we had untracked light powder for the remaining distance to Toro Peak. We camped just below the peak where the nighttime temperatures were quite cold; probably about 10 degrees F.

In the morning, we skied to the top of Toro Peak which contained quite an array of microwave equipment and antennas, all covered with tons of ice and snow. From this vantage point we could see the Anza Borrego Desert, Joshua Tree National Monument, Palm Springs, and the peaks of San Jacinto, San Gorgonio, and Baldy. It was truly a wonderful viewpoint. (There was even some talk of a ski traverse to Rabbit Peak. But it was concluded that a larger storm might be needed) The ski down was pleasant and uneventful. We met two other skiers (locals who informed us that this area had not been discovered yet as a ski area.) who had driven in about 5 miles on the road before using skis. They offered us a ride which we accepted gratefully since the 2 days of sun had turned the lower part of the road to mud. We were back home by 6 P.M. Sunday evening.

At the higher elevations, one will find snow all winter. There are places where one can get off the road and Telemark deep powder. The best time to visit, however, is after a heavy snow. Best of all would be to use a 4 wheel drive to cover the first 5 miles of the road which is not that interesting.

R.H.

MUGELNOOS STAFF

Editor.....Rosemary Lynch  
Mugelprinter.....Leroy Russ  
Mugelnoos Chair.....Dick Smith  
Mugelmailer.....Pat Holleman  
Reporters.....Rich Henke,  
Walt Boge, Marcia Male, Pete  
Matulavich, and Mark Goebel

NEXT MEETINGS

March 20, 1990 will feature  
"Back Country Skiing in Southern  
Wyoming and Across the Continental  
Divide" by Tom Davis.

April 17, 1990 will feature  
"Skiing to the South Pole" by  
Ron Milnarik.

At: Griffith Park Ranger Station  
Auditorium  
4730 Crystal Springs Drive  
Los Angeles, CA

NEXT ISSUE: March 20, 1990

COPY DEADLINE: March 13, 1990

PHOTO DEADLINE: March 8, 1990

NEXT EDITOR: Rosemary Lynch  
4075-C LaSalle Ave.  
Culver City, CA 90232

UPCOMING TRIPS

Feb. 24-25, Tele Races/Keller  
Nancy Gordon/Paul Harris  
Mar. 3-4, Nordic Race/Yosemite  
Gerry Holleman/Pat Holleman  
Mar. 10-11, Duck Pass/Mammoth  
Owen Maloy/Kathy Crandall  
Mar. 17-19, Pear Lake  
Tom Duryea/Nancy Gordon  
Mar. 24-25, Morrison Canyon  
Marcia Male/Kathy Crandall  
New Trip: Mar. 31-Apr. 1  
San Gorgonio Ascent  
Marcia Male/Mark Goebel

For a great place to eat in  
Fresno try Butterfield Brewing  
Company at 777 E. Olive. Our  
New Year's Eve trip to  
Ostrander Hut found us toting  
in a gallon box of beer from  
their onsite brewery, a great  
place to carbo load before a  
trip or replenish after one.

For Sale: Salewa Bindings  
brand new, paid \$80, will  
take best offer. Call Bill  
at (818)-565-0545

California Mountaineering Club

The Calif. Mountaineering Club  
has been formed to lead trips to  
technical peaks in the Sierra  
Nevada, the desert southwest of  
the U.S., and Mexico.

The membership standards are  
nowhere near as rigorous as rumor  
gossip, hearsay, and speculation  
have made them out to be. In  
essence, the Board of Directors  
expects that every candidate  
knows how to rope up, belay,  
rappel, set anchors, and have  
experience in snow travel. All  
experienced mountaineers are  
encouraged to apply.

Send a SASE to the CMC secretary:  
Rick Beatty, 110 S. El Nido, #40,  
Pasadena, CA 91107, and request  
an application for Charter  
Membership.

**DENNIS THE MENACE** By Ketcham



"Furries are something that just gets  
your hopes up."



SKI CAPS!  
THEY WARD OFF THE CHILL.



**SMS TREASURY UP 600%**

In my final treasurer's report, I'm pleased to inform you that SMS coffers are up again for the 2nd year in a row. In the two years I've been treasurer, I've seen our bank account grow from a paltry \$600 to its current \$3600 plus. There are a number of reasons for this. First, and let's face it, we're a cheap group. One of the cheapest in the Angeles Chapter. Second, we've brought in considerable sums of money from several activities. In the past two years, increases have come from the following areas. Amounts are approximate as I no longer have the records.

SMS clinics and camps (Thank you Mark Goebel and associates):	\$ 1,500
Disbursements from Mugelnoos subscriptions (Thank you Pat Holleman):	\$ 1,500
The sale of patches and pins (Thank you phantom huckster):	\$ 500

Outlays have been minimal and have been limited to the reimbursement of section-related out-of-pocket expenses, and we've been damn scrutinous about that!

I hope the new Central Committee will continue in the fine tradition of conservative fiscal responsibility established by most of the officers of the previous two committees.

The new secretary-treasurer is fellow ski bum, Greg Jordan. I must confess, I have my doubts about Greg. He's an executive in the defense industry and we all know how those guys like to spend our money.

PM

MOUNT PINOS SKI TOUR

The first check-out tour of the nineties took place at Mount Pinos on January 6. At least fifteen skiers had called and said they wanted to go but only half of them showed up. Admittedly, those were the optimists for it was expected that conditions would be marginal.

That, indeed, turned out to be the case. However, we found some good and cold powder here and there on the North facing slopes. The meadows on top were skiable but rocks and bare spots were plentiful. In spite of these obstacles the intrepid group made it to the top in time for lunch at condor look-out.

The best snow and some opportunities for a few telemark turns were found on the East facing slope leading down to the parking lot. Ron Robinson was signed off as eligible for Section Membership and to go on SMS overnight tours.

WB

## Going Light: 7 Days and 35 Pounds

Are you tired of packing 50 or 60 pounds on a seven day ski tour? Here are some tips on going light. Sure you have to make a few sacrifices, but consider how much more you will enjoy the skiing and the beauty of the mountains in winter.

Let me preface this article by stating that I'm 5'8" and the weights are based on my gear which is not necessarily the lightest nor is it the heaviest. Most important, remember that going light does not mean going without. You must always be prepared for the unexpected—accidents, bad weather, and maybe even an extra night or two out.

Although everything I say applies to fall, winter and spring, the sacrifices required by going light are less noticeable in the spring when the days are longer (less time in tents), the weather is generally milder (don't have to crawl into the bag so early), and there's often sun for drying things.

### The Basics

Your pack and sleeping bag will probably be the two heaviest items you carry other than food. There is also a great variation in their weights from one to another depending on the material, buckles, zippers, straps, and other features. Remember that cordura material is heavy and it is so course that in my opinion it can never be truly waterproof. Lighter packcloth is better, but keep in mind that all the stitching, zippers, and flaps on a pack make them susceptible to leaking too.

The weight of sleeping bags also vary a great deal. Some of my friends do spring tours in the Sierra with a North Face Gold Kazoo (it's light!). I'm the other extreme using a Western Mountaineering Goretex Middle Bag with extra down (it's warm!).

Keeping your sleeping bag dry is critical to survival when you are traveling light in the winter. Goretex on the outside and/or a vapor barrier (a thin coated nylon sack) on the inside are excellent ways to accomplish this.

Nearly everyone I see carries way too much in the form of a sleeping pad. Thermarests (TM) are nice and comfortable, but they are heavy. I carry 3/8 inch thick blue foam which is hip length. I empty my pack at night and place it under my legs, and I place my extra clothes under my sleeping bag.

Pack with side pockets	72 oz
Garbage bag (cover for pack)	1 oz
Sleeping bag	56 oz
Pad	8 oz

### Clothes

The rule with clothes is "if you can't layer it, don't take it." Before you leave home try putting on all the clothes you plan to take. If you can't get it on, then leave it at home. One exception to this rule is spare socks and gloves.

The philosophy of no extra clothes requires that you be very careful to keep everything dry. Using this method you quickly realize that the only difference between the clothes you would take on a spring trip in the Sierra and a winter trip in the Rockies,

is the weight of the clothes, not the quantity. Remember, if worse comes to worst, holding up in a tent in a warm sleeping bag until the sun shines is always an alternative.

In the list that follows no weight is given for items which are worn while skiing. Obviously, this will vary depending on the weather and your exercise level.

Polypro hat (stuff it in the Goretex parka pocket)	
Head band (stuff it in the Goretex parka pocket)	
Baseball cap	
Underwear (1 spare pair—a luxury?)	1 oz
Thermal underwear (light weight)	4 oz
Bibs	
Goretex pants	15 oz
Liner socks (2 spare pairs)	4 oz
Knicker socks (1 spare pair)	4 oz
Ski boots	
Gaitors	
Down booties (a luxury I can't live without)	7 oz
Polypro turtleneck zip-front shirt	
Thermal undershirt (light weight)	4 oz
Pile jacket	20 oz
Down vest (a jacket weighs 9 oz more)	13 oz
Goretex jacket	
Gloves (2 pairs and overmitts; one pair in pack)	4 oz
Handkerchief	

### Community Equipment

The following list of community equipment is based on three people per tent and two tents; that's a total of six people. The weight per person changes depending on the ratio of people to tents and whether a second stove is carried when there is only one tent (normally it's one stove per tent).

An easy way to save weight is to leave your conventional tent at home and take a Chouinard Pyramid. This tent is simply a tee-pee with no floor; the Pyramid is suppose to sleep two and the Megamid is suppose to sleep three. However, three and four can fit in them respectively if you dig a pit and place the Pyramid on top. The reason this technique works is that the sloping walls of the tent are replaced with the vertical walls of the pit.

There are lots of tricks associated with digging a good pit for a Chouinard Pyramid. Stacking blocks of snow, which are removed from the pit, around the edge of the pit make it only necessary to dig half the depth. Sloping of walls can add lots more room. Sloping the tops of the snow blocks can be critical in preventing snow buildup on the tent. Practice before setting out on a trip.

Don't take the pole that comes with the Pyramid. It is useless when you use the pit method described above. The pole is replaced with telescoping avalanche probe ski poles. Also, four tent stakes are enough because you can use skis for the other pull-outs.

*Continued on Page 6*

### FRAMPTON DIES

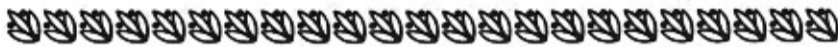
One of the first SMS members and noted Claremont photographer, Bob Frampton, passed away recently. Bob was very active in the SMS in the early years and his photographs have helped document our section's history. Many of them have been used in several historical books on the local mountains.

I had spent many hours with Bob, poring over his photographs, and listening to his fascinating accounts of the early days while preparing several feature articles about the SMS for the SOUTHERN SIERRAN. He was a generous man and always had time for one "last" question.

While Bob was not an active skier in his later years he did attend the old-timers reunions and contributed articles to the Mugelnoos. He was a leader with the Mt. Baldy Group and One Hundred Peaks section and participated in many weekend hikes.

The SMS will miss Bob, but fortunately we'll always have his photographs to remember him by.

PM



900 E. Harrison B35  
Pomona, Calif. 91767  
January 25, 1990

Pat Hollenman  
1638-6th Street  
Manhattan Beach, Calif. 90266

Dear Friend -

I've had a great deal of pleasure scanning the January mugelnoos. However, I am not in a position to more than dream about your exciting trips and future plans.

I am not continuing Bob's membership, since he died August 2, '89.

He was a charter member of the Ski Mountaineers, and had been active in the Ski Mountaineers and Sierra Club since 1934. He loved the mountains. Since he was born and raised in Claremont, he felt that Baldy was in his own back yard!

It is great to see that the love of skiing, hiking and rock climbing is not only still active, but growing in interest and enthusiasm.

Sincerely,  
May Frampton

P.S. In the early 40s, I edited the Mugelnoos for a short time!

LEADERSHIP TRAINING CLINIC AT ROCK CREEK LODGE

Professional Ski Instructors of America (PSIA) offer biannual conventions that are primarily for preparing those apprentice and associate certified instructors to attain full certification. There's an Alpine and a Nordic Division. PSIA Western Division Nordics have Dr. Mark Magney as their Chairman, and John Moynier as their chief examiner. They have developed a program that gets more exciting every season. I wish to introduce the Ski Mountaineers to their programs, as they are open to any technical level of skier. Each clinic is geared at discussin and demonstrating a rapid progression of techniques in various conditions or levels. The Nordic division covers telemark as well as all forms of track skiing. As leaders, and guides, we also have a responsibility to assist our members and trip participants in developing their skills and confidence.

I've associated with PSIA on several occasions over the last seven years, and always come away with more understanding of our favorite sport, and even more ecstatic. This last Symposium in December at Royal Gorge and Sugar Bowl, over at Donner Pass, is a good sampling of their all star clinicians. Herb Davis, member of the National Nordic Team, and Chairman of the National Nordic Education Committee; Paul Peterson, Director of Bear Valley Ski School; Peter Ashley, a past National Ski Team Coach; Chuck Lyda, member of the National Biatholon Team, who did a Biatholon clinic as well; Bela Valdez, Director of Alpine Skills International, who did a very intense and exciting "Steep and Off-Piste" clinic; Norm Wilson, the Avalanche expert, did e slide show and all day clinic; and if that's not enough, the modest Jimmy Katz, an international 3-pin expert, showed up to join in on the fun and also gave a "personal skills" development and "Steep" clinic. His recent article appears in Rock & Ice, November/December 1989 : The Cold War Thaws on Liberty Ridge.

The spring symposium will be both the Nordic and Alpine division events, on April 26-29 at Alpine Meadows. For non-members, the clinics generally run \$40/day plus lift ticket. Anyone interested in attaining information send me a SASE, and as I get more info, so will you.

Marcia Male; 1459 Westgate Ave, #1; LA, CA.; 90025.

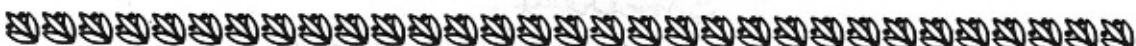
There will be a pre-course clinic for PSIA Day Tour Leadership Certification March 2-4 at Rock Creek Lodge. The clinic will focus on avalanche evaluation, route finding, and navigation skills on Saturday with backcountry ski skills and leadership covered Sunday. Cost is \$160 for including clinic fees, accomodations, meals and rentals. The deadline for registration is past, but there may still be space; contact John at Rock Creek (619)-935-4452.

PS: Keep in mind that these PSIA recommendations come from a rather intermediate, but enthusiastic, backcountry skier; so don't shy away.  
M.M.



LOCAL SNOW REPORT

Mt. Pinos 1-805-245-3050  
Mt. Waterman 1-818-790-2002  
Mammoth Mt. 1-213-935-8866  
or 1-714-955-0692  
Palm Springs Tram/San Jacinto  
1-619-325-4227



## 1990 SMS Training Clinic &amp; Camp

January 20

Our annual XC Downhill Clinic did take place after a one week delay for additional snow. It had been clear from the reports that there just wasn't sufficient snow to safely teach downhill techniques at Mt. Finos on the scheduled date. However, a prediction for more snow did come true, and only a few of those 18" rocks showed themselves through the 20" of snow.

The early season drought did seem to stifle interest in the clinic, plus with the delay we ended up with only 5 students. Instruction was provided by myself and Howard Schultz. Also turning out were Andy Fried and Anna Zordan. Andy provided a check out for another attendee, Peter Green. Judging by the smiles on everyone's faces at days end, new or old ski skills had been sharpened by a fun day on the boards.

January 27-28

In contrast, the Keller Hut weekend for the Training Camp went off right on schedule, with a full complement of students, 27, and plenty of real and machine made snow on Snow Valley's slopes. Since last year, Keller has received new paneling in the front room, as well as new benches and cushions. Upstairs, are all new sleeping pads and the addition of insulation against the roof continues.

The Camp's major function is the instruction of skiing skills, and this was provided by Paul Harris, Dick Smith, Howard Schultz, and Mark Goebel. Rose Lynch again provided one of her famous after skiing Hut dinners to the hungry group; and Anna Zordan as reservationist, received the letters and phone calls from many. While Santa Ana winds blasted the city, at resort level there were only cold gusts which kept the snow nice and crisp.

Students ranged in ability from advanced beginner to upper advanced; all working toward improvement of their nordic downhill skills. However, it is worth reporting that student Elliot Sculton (really an alpine racer at heart), took time out from skinny ski practice and won a first in a Snow Valley slalom race and even beat the pace setter!

By days end, everyone had a story to tell...whether it was a first place, or first time down from the top of the mountain. A good day of skiing.

MG

**Keep Track of Nordic Ski Issues**

"Organized backcountry Nordic skiers" may appear to be an oxymoron to you, but consider the alternatives. For too long we have been taking only pictures and leaving only tracks.

Three years ago a group of backcountry skiers decided that the future of backcountry skiing was looking grim. Places where we used to ski are becoming housing developments, locked up by resorts, or under study for inclusion into alpine ski areas. Helicopter skiing with its attendant intrusive noise is available to the affluent and snowmobilers have a strong lobby to promote their activity.

This group decided to take positive steps to make the needs of backcountry skiers more visible to the powers who make decisions which affect their sport. The *Nordic Voice*, the newsletter of the Conservation Committee of the Ski Touring Section of the Sierra Club's Loma Prieta Chapter was the result.

The *Nordic Voice* is the focal point for the gathering and dissemination of information on issues which affect backcountry skiers. You will find articles on Land Management Plans, OHV Plans, ski area developments and expansions, changes in SnoPark, parking issues, and more. We also arrange and attend Forest Service meetings, mark trails, work on the creation of new backcountry ski huts, and occasionally we even publish an article solely about the joys of backcountry skiing.

Subscription to the *Nordic Voice* is absolutely free. We will keep you informed about the issues and hope that you will write a letter when the need arises. To receive your free subscription please write: *Nordic Voice*, 3383 Burgundy Drive, San Jose, California 95132.

## Going Light

*Continued From Page 5*

In general my friends and I take one stove per tent. If there is only one tent we often take a second stove as a precaution. One pint of fuel per person seems to be enough provided you 1) melt snow and boil water only (requires using "add boiling water only" foods, 2) are very careful not to waste fuel, and 3) find some running water (in spring this seems to be possible).

Tent (2 x 24 oz + 6)	8 oz
Tent stakes (8 x 2 oz + 6)	3 oz
Stove (MSR w/o fuel bottle) (2 x 16 oz + 6)	5 oz
Fuel (1 pint per person for 7 days plus bottle)	18 oz
Pot (1 per stove) (2 x 14 oz + 6)	5 oz
Collapsible water bottle (1 quart) (4 x 1.5 oz + 6)	1 oz
Group first aid kit (24 oz + 6)	4 oz
Altimeter (4 oz + 6)	1/2 oz
Maps (6 x 1 oz + 6)	1 oz
Repair kit (inc. spare ski tip) (48 oz + 6)	8 oz
Shovels (4 x 24 oz + 6)	16 oz
Snow saw (6 oz + 6)	1 oz

### Food

In the simplest terms, I eat "add boiling water only" foods for breakfast and dinner, and heavier foods containing fats at lunch. Sticking to this I know 1-1/2 pounds of food per day is more than I can ever eat and 1 pound per day is adequate. After getting all my food together I weigh it. Even allowing for an 8<sup>th</sup> day, I know that 10 pounds is enough.

Many people have trouble paring down their food. One suggestion is to not bundle several meals together. Set out each meal separately. On some mornings you might eat two oatmeals or two granola bars or some dried fruit or .... But are you really going to eat that much of each item each day? Taking a bag of candy can be deceptive; if you're going to eat two pieces per day you only need 14. Don't just eyeball a piece of cheese or salami; figure out how much you need. If you eat 1 ounce of salami and 2 ounces of cheese per day then you need a total of 21 ounces for a week.

I even go so far as figuring that the first day and in some cases the last day are not full days so I don't need as much food. However, keep in mind that I'm not advocating short rations. I even believe in taking some spare food. Keep in mind that one full day of extra food can keep you comfortable for more than one day if you are holding up in a tent and not exercising.

For me the key to drinking enough water is adding flavoring to the otherwise yucky melted snow in plastic bottles. Carrying a sugared drink mixes can easily add a pound or more, and it's a poor way to get calories. Alternatives are to use artificially flavored drinks or add a small amount of ascorbic acid which can be carried in powder form.

The number one thing I have learned is not to take any food which I know I do not like. If you don't eat something because you don't like it, then it's just extra weight. If you are having trouble finding breakfast foods which you find appetizing, take

lunch or dinner foods for breakfast.

Total food 160 oz

### Miscellaneous Items

Compass (carry around neck)	
Headlamp	7 oz
Knife	3 oz
Spoon	1/2 oz
Cup (2 cup measuring cup)	3 oz
Water bottle (1 quart with water)	37 oz
Glacier glasses (only case in pack)	2 oz
Sun Screen	3 oz
Lip cream	1/2 oz
Personal first aid kit	9 oz
Toilet paper	5 oz
Stuff sacks for odds and ends	8 oz
Camera (can vary a great deal)	16 oz
Film	6 oz

### Ski Equipment

Skis	
Poles	
Skins	8 oz
Wax (share)	10 oz
Avalanche beacons	

### Difficult Trips

Many trans-Sierra type ski tours cross difficult passes and unknown country. Sometimes an ice ax is a good piece of equipment to have. Other times you may want to carry crampons or even a rope.

Total weight = 35 pounds 2 ounces

Hopefully this article gave you ideas on how to limit the weight of your pack. It is not meant to be an in depth discussion of the pro and cons of equipment.

*Marcus Libkind*

### THE MUGELNOOS

Pat Holleman  
1638 Sixth Street  
Manhattan Beach, CA 90266



Richard L. Henke  
652 Marine Ave.  
Manhattan Beach, CA 90266  
1990 RCS-R