

THE TRAILHEAD

A Periodic Publication of the GLAAC High Adventure Team

Visit our website GLAAC-HAT.org for more HAT information.

For information & use of Western Area Units

Dennis Cline, Editor Number 242 Mar-Apr 2018 Steve Dodson, Chair

The TrailHead is published six times a year by the GLAAC High Adventure Team as an information and educational service to adult Scouters. It is distributed to all registered Scouters and Venture Leaders by GLAAC via link through the council on-line newsletter. Others, who wish to receive a direct electronic copy in PDF format, send your request to Trailhead@GLAAC-HAT.org.

The most recent issue of *The TrailHead* is available on the HAT website: GLAAC-HAT.org.

TRAINING CALENDAR 2018

HAT Meeting	1 May
Trail Boss (Advanced)	5 May
Rock & Rope Field Experience	5-6 May
Wilderness Woman Seminar	19 May
Nat'l Trails Day/Trail Boss	2 Jun
HAT Meeting	5 Jun
Area HAT @ WLACC	9 Jun
Philmont Provisional	6-21 Jul
Log Cabin Provisional	TBD
Trail Boss (Advanced)	1 Sep
HAT Meeting	4 Sep
Area HAT @ CIEC	8 Sep
Desert Camping Seminar	8 Sep
Desert Weekend Outing	TBD
Adult Ldr Backpack Training Seminar	9 & 15 Sep
ALBT Outing	TBD
HAT Meeting	2 Oct
Level I Climbing Instructor	19-21 Oct
Wilderness First Aid	27-28 Oct

Winter Camping/Ice Axe Seminar	3 Nov
HAT Meeting	6 Nov
Navigation & Orienteering	10 Nov
Level II Climbing Instructor	17-18 Nov
Area HAT @ OCC	1 Dec
HAT Meeting	4 Dec

For updates to the training calendar, see: <http://glaac-hat.org/>

HAT WEB SITE/MAIL BAG

You can contact *The Trailhead* at our email address: Trailhead@GLAAC-HAT.org. Have an idea for Hike of the month? Have an interesting trail experience to share? A favorite hike or trail recipe? Share it with your fellow High Adventure leaders.

HAT MEETING MARCH

The Council dinner will be held January 31 at the Quiet Cannon. The Silver Beaver Awards will be presented at this time.

HAT HiLites: The latest draft was circulated for mark-up. There were no updates for the website.

Equipment: Bower presented information on the North Face One Bag, a combination of synthetic and down which, is rated at 40°, 20°, or 5° depending on configuration. The North Face promotes the bag as a sleep system bag for all seasons. To accompany

the bag and complete the sleep system, Big Agnes makes a closed-cell foam pad. The standard size pad is 72x20x0.5 inches, weighing 12 oz. The pad compresses down to a compact 6" x 20". The pad retails for \$39.95.

Health & Safety: Soria contacted the Forest Service for an update on the Gould Mesa situation. They reported no progress in removing aggressive transients from the area. Until some progress is made, Scouts are discouraged from using the area near the Paul Little picnic ground and Gould Mesa.

Forest & Trail: Ledford reported the completion an Eagle project that repaired guardrails at Red Box. He has received numerous requests for Eagle project support. The flood of requests has left us shorthanded for qualified TrailBosses who are willing to assist the Eagle candidates. All Scouters are encouraged to complete TrailBoss training. The next training is scheduled for California Trails Day on April 18 at Red Box Gap.

Several trail crews have been working on clearing downfalls in and around Grizzly Flats. After the recent rains, many local streams are again flowing although at low levels. Check with the local land authority before your next outing.

Training: Behenna will present the results of the ALBT student comment sheets at the April meeting.

Sorensen reported that the new Wilderness Women seminar has been scheduled for May 19 at the Montebello Scout House. The 4-hour seminar is for female leaders only and will address issues of particular concern to women. The outline is complete and the budget set. A flyer for the class will be uploaded to the website.

We have been asked to investigate adding a Spanish language translation to our Adult Leader Basic Backpacking class. Sorensen, Martinez, and Tellez agreed to review the ALBT class materials and study the

feasibility of adding notes in Spanish. They will report their findings at the April meeting.

Districts:

FRONTIER had a speaker from Newport Landing discuss their fishing and whale watching programs and offering discounts for Scout units. **LUCKY BALDWIN** sponsored a 50-mile bike ride. **PACIFICA** is promoting TrailBoss Training. **NORTHSTAR** reviewed local hiking opportunities and is planning their spring camporee at Firestone. **RIO HONDO** is encouraging summer camp programs. **ROSE BOWL** is planning their spring camporee at Trask. Ledford provided an introduction to TrailBoss training. **THUNDERBIRD** has been organizing trailwork along the Silver Moccasin Trail.

Intercouncil Meeting: The schedule for the next four Area 4 Intercouncil meetings has been set:

March 9	Host: San Diego
June 9	Host: West LA
September 8	Host: Inland Empire
December 1	Host: Orange County

All HAT members are invited to attend.

HAT MEETING APRIL

Bob Beach passed away on April 2. Dodson will pass along any information regarding services.

We received a request from a scout parent looking for a provisional trip to the Grand Canyon over spring break next year. None are currently planned. Thorpe will distribute a recommended revision of the class flyers eliminating the tear-off form for registration. Class registration will be referred to Doubleknot or Camping Department. A universal sign-up sheet will be available for those who prefer mail- in. Youth Protection Training has been revised; all leaders must complete the new class by October of this year regardless of when their current certification expires.

HAT HiLites: The latest draft was

circulated for mark-up. There has been no unusual activity on the website.

Literature & Pubs: Schlaiffer is standardizing the format for all class flyers. One change will be to eliminate the mail in coupon from bottom of form. It will be replaced with referrals to Doubleknot and the Camping Department office.

Thorpe circulated a draft for a class to standardize pre-approval of award applications.

Information & Promotion: Applications for awards remain at low levels.

Training: The Wilderness First Aid Class was held at the El Segundo scout house for 41 students.

The Rock & Rope Rescue class was cancelled due to lack of sign-ups. Group site #6 at Sheep Pass Campground was reserved for the class and is available. Contact Whitten for details.

The Scout Leader Class (formerly JLT Backpack) is tentatively scheduled for June 6 at Cushman Watt. We still need a budget and flyers.

ALBT: Behenna previously distributed the student comment sheets with demographics and feedback. No specific responses were discussed.

Two questions came up regarding attendance; should we limit the class size at the fall session at Trask, and should we set a minimum number for both spring and fall classes?

Whitten reported that the Climbing Level 1 class held on March 26 had 8 of 9 students attend.

He is also leaving the area at the end of June so we are looking for a new Vice-Chair for Climbing.

Forest & Trail: Ledford reported that the fire danger in the local mountains has been lowered from EXTREME to VERY HIGH. Several Eagle projects in the local mountains were postponed due to the recent government shutdown.

There has been some confusion regarding Forest Service Order 05-01-18-01, linked

in Trailhead #240 that prohibits all open fires including stoves until the end of the 2018 fire season. Some people report local rangers stating that backpacking stoves were not included in the order. As of January 12, Forest Service Order 05-01-18-02 amends the original order. The revised order specifies campfires and stoves used OUTSIDE of a developed recreation site. The order also allows stoves with a valid California Campfire permit.

It is to your advantage to read the order and possibly even have a copy of it with you if you are unsure how it applies to the area where you are camping.

<https://www.fs.usda.gov/alerts/angeles/alerts-notices>

Health & Safety: Soria reported that transient camps in the Gould Mesa area are still a problem. See the reprint of an article from Trailhead #238 below.

Districts: FRONTIER will hold camporee at Firestone on April 20-22. **PACIFICA** will hold both their camporee April 20-22 at Firestone. The theme is survival.

LUCKY BALDWIN will hold their Spring Camporee on April 20-22 at Marshall Canyon Regional Park. They will sponsor 25 and 50-mile bike rides on May 12. Crew 333 hiked to Hoegee's in late March and reported bears successfully raiding improperly hung bear bags.

Silver Moccasin: Ledford reported that the sub-committee is recommending a special award for Scouts and leaders who complete a minimum of 12 hours as a part of a unit project on the Silver Moccasin Trail. Specifics and design for the patch are in work.

Classes in Spanish: Martinez reported that the sub-committee was working on an approach. Since most ALBT instructors do not follow a strict script, the question is how much translation and support should be offered. They will evaluate the *Local Opportunities* Class as a test case.

Wilderness Woman Seminar: Sorenson reported that the outline is finished, the

venue set, and class materials are in review. See the flyer and registration information for the seminar on page 10. Be sure to share this information with all your female leaders.

INTERCOUNCIL MEETING **MARCH**

San Diego Imperial Council hosted this month's Intercouncil meeting. San Diego Imperial, Greater LA Area, Verdugo Hills, and West LA County were in attendance.

The minutes from the December 9, 2017 meeting were approved as written.

The next Commissioner College will be held on March 17, 2018 at the Sherman Oaks Learning Center. We had been asked several months ago to present a 50-minute seminar on the role of HAT in individual councils and how the various HAT teams support local units. GLAAC presented a draft of a presentation on Area HAT programs. A change was suggested to replace the HAT logo diamond with the original (red) logo. Other suggestions included changing the Adult Leader Backpack photo with a photo picturing only adults, finding a higher contrast font for the photo page, adding classes to the council class-offering slide, adding HA 3010 to the reference page. The teams agreed that the presentation was ready. WLACC will coordinate to get us on the schedule.

Three drafts of HA 3010 revisions were reviewed for final approval including format changes. Some minor changes were made but no consensus was reached on the final format. A copy of the revised document is attached.

SDIC presented a brief history of the High Adventure Team in San Diego. Beginning as the John Muir Trail High Sierra Committee in 1960. In 1968 the joined the Southern California Intercouncil Trails Committee. In 1970, all southern California councils changed their

committee names to High Adventure Teams.

Council Reports – Around the Horn:

VHC – Distributed flyers for their 2018 schedule of classes, and for two upcoming First Aid classes. VHC First Aid instructors are also conducting classes to recertify CERT (Community Emergency Response Team) volunteers in the local community. Dave Decker is planning to retire from HAT activities. VHC distributed samples of their two new awards, the Pat Aubuchon High Adventure and Conservation Award, and the Tom Marrs Urban High Adventure Award. See their website for award requirements.

WLACC – The February Winter Class completed their outing with 5 students. The HAT Team purchased 10 pair of snowshoes that are available for rent by local units for \$5 per outing. Their next Wilderness First Aid Class will be held in April

GLAAC – Registration for all 2018 classes is now done on line through Doubleknot. The February class was completed with 35 students. Field experience trips are ongoing. The next Rock & Rope Class is scheduled for April with the field experience set for May in Joshua Tree. Wilderness First Aid classes are scheduled for March and April. David Ledford has organized a committee to investigate creating a special award for trail work on the Silver Moccasin Trail. Two other subcommittees have been formed to study adding Spanish language assistance to the Adult Basic class, and one to put together a 4-hour seminar on women's issues in the wilderness.

SDIC – Distributed their schedule for 2018-2019. 610 leaders were trained in the last training cycle including 124 in the TrailBoss Program. TrekAid 105, *Scouting High Sierra Treks*, has been updated and is available on the web site.

OCC – Dr. Crockett emailed their inputs for the area meeting. OCC-HAT will host

the December Inter-council Meeting on Saturday, December 1. The topic will be WILDERNESS ELECTRONICS. They completed Their Spring Backpack Course Lectures with 32 students. Award Update:

- The 7 League Boot now has complete rockers...25, 50, 100, 200, 300, 400, 500, 600, 700, 800, 900 and 1000.

- The 3 Day Backpack is back by popular demand.

Council reps agreed on the schedule for the remainder of the year: 6/9/18 – WLACC; 9/8/18 – CIEC; 12/1/18 – OCC (OCC Rescheduled from 12/08/2018); 3/9/19 – CIEC

PATCH OF THE MONTH

Gabrielino Trail



With all this talk about the Gabrielino Trail, wouldn't you know we have a patch for it.

This award was designed for backpacking anywhere on the Gabrielino National Recreation Trail, which goes from Chantry Flats to Windsor Drive, Altadena (across from JPL). The trail is 28 miles end to end but you don't have to hike the whole trail for the award.

Twelve backpack hours over the course of three days and two nights, any portion of which must include a section of the

Gabrielino Trail.

Of course you must have at least two weekend hikes under your boots and at least 6 hours of approved trail work within 90 days of the hike.

HIKE OF THE MONTH

Gabrielino Trail

Location: Angeles National Forest
Trailhead: Chantry Flats
Maps: USGS Mt. Wilson, Chilao Flat, Condor Peak, 7.5'
Campsites: Spruce Grove, Valley Forge
Total Mileage: 17.0 mi
Elevation Gain: 3666 ft.

Since we seem to be talking about the Gabrielino Trail, let's continue with that theme.

In Trailhead #212, we hiked the Gabrielino Trail end to end: 28 miles in 4 days. We can't do that this time due to a portion of the trail still being closed. We can, however hike enough of the trail to earn the Gabrielino Award.

This is a one-way trip so we will need to arrange for drop off and pick up. The good news is it means we don't have to fight for a parking space at Chantry Flats. Take the 210 Freeway east through Pasadena to Arcadia. Exit Santa Anita and head north. Go up the mountain for 5 miles until the road ends at Chantry Flats. The sign in the parking lot will get you started in the right direction. Hike down the hill about a hundred yards or so to First Water Trail. You can stay on the road if you want to but like I told my troop, "We're not here to hike on a road."

Follow the trail past several cabins being careful not to disturb the residents. Cross the creek and rejoin the road at the bottom of the hill. Follow the trail to a 4-way trail junction. Follow the upper (not the horse trail) trail past the top of the falls to Spruce Grove trail camp, about 4.5 miles from the trailhead. This is camp 1. Bears have been reported at Hoeges recently so a word to

the wise should be sufficient. Day 2 continue uphill past Sturtevant Camp and to Newcomb Pass at the 5 mile mark. From here, it is 4 miles downhill to Devore Campground. Then some uphill again past West Fork Campground to Valley Forge Campground at mile 10. This is camp 2. After breakfast on Day 3, continue uphill 3 more miles to Red Box. From here the trail closely parallels the Angeles Crest Highway for about 4 miles to Switzer Picnic area, all downhill. You arrive at upper Switzer's at the parking lot. Meet your pick up drivers at the bridge adjacent to the parking lot. You have covered 17 miles and gained 3666 ft meeting the 12 BPH requirement.

NATIONAL TRAILS STRATEGY

In March, the USDA announced publication of the Forest Service's "National Strategy for a Sustainable Trail System" and Agriculture Secretary Sonny Perdue's selection of 15 Trail Maintenance Priority Areas. The strategy is based on the "National Forest System Trails Stewardship Act of 2016" (you can look those up on your own.)

Number 8 on the priority list is the Angeles National Forest including the Gabrielino National Recreation Trail. The purpose of the priorities list is to efficiently address the estimated \$300M backlog for trail maintenance throughout the country.

A section of the Gabrielino Trail has been closed between Oakwilde and Switzer Camp since the Station Fire in 2009.

The USDA funding priorities plus donations from local businesses will focus resources where they are desperately needed. After 9 years, The Gabrielino Trail may finally be getting the attention and TLC it deserves.

If you would like for you troop to participate in a trail project on the Gabrielino Trail or plan an Eagle Project, see the TrailBoss Flyer on page 9.



ONE POT MEALS

Proving that we read the comment sheets submitted at leader training classes, several people thought the Food & Cooking Class should include more suggestions for one-pot meals. So here you go.

Pork & Rice Burritos

Sound familiar? In Trailhead #241 we did a chicken version using our MIL-SPEC flameless heaters. This month we'll light the stove and try the one-pot version.

Ingredients for 4:

2 ea. PKG Knorr Select Sides, Rustic Mexican Rice and Beans
1 ea. CAN Kroger Pulled Pork, 10 oz size
4 ea. Burrito size tortillas

Style points – add

4 oz. Shredded cheese & cilantro, Tapatio if you must!

- The Rustic Rice mix contains red beans, red and green bell peppers, onion, garlic, tomato, and jalapeño so we can limit the ingredients to just the basics.

- Prepare the rice per package directions (about 10 minutes).

- Drain the pork and add it to the rice just before it is finished.

- Serve in tortillas with your extras

330 cal. 95g carbs, 5g fat, 17g Protein

Spicy Tomato Chicken & Rice

This dish can either stand-alone or go the tortilla route and save cleaning another dish.

Ingredients for 4:

2 ea. PKG Knorr Fiesta Sides. Mexican Rice

1 ea. CAN Hormel Chicken, 10 oz size
1 can Hunts Diced Tomatoes with spicy Red Pepper,

1 ½ Tbl Limejuice

4 ea. Burrito size tortillas (optional)

Use an old film canister for the limejuice. A canister holds 5 teaspoons (1 2/3 Tbl) and seals airtight. If you don't have any, check with your local camera store. They probably have a recycle bin full of them. They make great spice containers.

- Drain the chicken and add the limejuice to the can. Let it sit while the rice cooks (about 10 minutes)

Drain the Tomatoes and add to the rice just before the rice is finished.

- Add the chicken

- Stir and blend over low heat until everything is heated through.

440 cal. 60g carbs, 10g fat, 27g Protein
(Includes Tortilla)

WILDERNESS WOMAN SEMINARS

Wilderness Woman is a new GLAAC High Adventure Team (HAT) class created specifically for women and girls who want to be prepared for the great outdoors and get more involved with camping, hiking, backpacking, canoeing, rock-climbing, etc. Instructors Cindy Farber and Georgia Sorensen will address the challenges, questions, and concerns of the Wilderness Woman. Also offered is how to be an Assistant Scoutmaster in a Boy Scout Troop.

Wilderness Woman will be offered for the first time on Saturday, May 19 from 8:00 - 12:00.

See the attached flyer or log onto

<http://glaac-hat.org/flyers/WildernessWomanLatest.pdf>

and register through Doubleknot. The seminar is \$10.00 and includes a continental breakfast.

ALL ABOARD THE PHILMONT EXPRESS



The Philmont Express, officially known as Amtrak's Southwest Chief runs from Los Angeles to Chicago with a very important stop in Raton, New Mexico, about 50 miles from Philmont.

Each year, approximately 4,400 Scouts and Scouters arrive at Philmont via train, about 20% of the contingents. Roughly one-half the passengers passing through the Raton Station are Scouts.

Why is this important? Four years ago, the Southwest Chief was on the chopping block. BNSF, who shares the tracks with Amtrak, began rerouting their trains out of Albuquerque to Texas and Oklahoma, bypassing large sections of New Mexico, Colorado, and Kansas. Along with the freight trains, this move took rail maintenance dollars.

Deteriorating track and deferred maintenance meant restricting speed limits and the resulting schedule delays.

A grassroots effort in the three affected states convinced the Department of Transportation to fund a \$16M grant to replace segments of aging rail lines along which the Southwest Chief operates.

With matching funds from the affected states and private corporations, the Southwest Chief will continue to be the Philmont Express for the foreseeable future. Make your reservations now.



**Greater Los Angeles Area Council
High Adventure Team**

**Wilderness Woman
Training 2018**

This training applies to:

- Women & Girls who want to be prepared for the great outdoors & high adventure activities
- Women who want to be or are Assistant Scoutmasters in a Boy Scout Troop
- Girl Scout Leaders and Girl Scouts

Date: Saturday May 19, 2018

Location: Montebello Scout Hut 901 Via San Clemente Montebello, CA 90640

Time: 8:00 a.m. to 12:00 p.m.

Bring: Your questions, concerns, experiences, successes, etc. to share

Wear: Your Scout uniform preferred, but not required

Cost: \$10.00 (non refundable) - includes continental breakfast & snacks

Registration closes: Wednesday, May 16th, 2018 / Maximum participants - 40

To Register: Online registration with check, paypal or credit card is available at
<https://www.glaacbsa.org/training>

*****There will be no sign ups at the door*****

Hike Aid 3, "Full Dimension High Adventure Training", has a complete discussion of the training programs of the GLAAC-HAT. It may be downloaded from the Council High Adventure website at <http://glaac-hat.org/HikeAids.html>. Questions about any of them are to be directed to Anthony Green; Vice Chair-Training: (310) 626-5688 (C); e-mail, agreen.bsa@gmail.com

Questions about this training should be directed to:

Georgia Sorensen (917) 698-2551 (C) e-mail: georgiajsorensen@gmail.com

Cindy Farber at (213) 369-7742 (C) e-mail: cfarber@hotmail.com

Trail Boss Training-Spring 2018

The USDA-Forest Service, Los Angeles River Ranger District, and the Greater Los Angeles Area Council-High Adventure Team invite you to attend the next of the on-going series of Trail Boss Training sessions.

- When: May 5, 2018; 8:00 am to not later than 3:00 pm.
- Where: Please contact one of the sources listed below, **after April 20**, for the location of this event and directions for getting there.

The objective of this High Adventure training is to train and qualify adult volunteers to organize and supervise conservation projects by sponsored groups, such as a Scout Unit. Interested persons may begin this field training whenever a session is offered and proceed through it at the convenience of their schedule and interest. Only adults may take this training, which is offered free to anyone who is interested in doing conservation work in the Angeles National Forest. Registration is not required; just show up at the indicated time and place. Persons already certified as Trail Bosses are encouraged to attend, to assist with the training and to upgrade their skills. The next session of Trail Boss Training is scheduled for September 1, 2018. National Trails Day, June 2, will also provide some training opportunities. An Administrative Pass, valid for this date, will be provided for vehicles that lack an Adventure Pass.

If this is your initial session, you will be given a Trail Boss training card and a syllabus, "Trail Boss-Program and Practices". A companion syllabus, "Forest Conservation", is available for those who are interested in doing conservation projects of that type. You may also be given a USDA-FS brochure, "Volunteer Applicant Packet", which briefly describes the Forest Service's volunteer program and contains an application form. Hike Aide 3, "Full Dimension High Adventure Training", has a complete discussion of the training programs of the GLAAC-HAT. It may be downloaded from the Council High Adventure website at <http://glaac-hat.org/HikeAids.html>. Questions about any of them are to be directed to Anthony Green; Vice Chair-Training: (310)626-3566 (C); e-mail, agreen.bsa@gmail.com

Clothing and Equipment

Persons attending need to be dressed and equipped to do a full day of trail work. The fashion conscious volunteer wears long pants, long sleeve shirt, work boots, gloves, and a broad-brimmed hat. These are supplemented with sunscreen/sun block, dark glasses, insect repellent, and lots of water. Sneakers/sport shoes are not appropriate wear when swinging a Pulaski and moving large rocks. Conservation project sites tend to be hot, sunny, dusty, and lunchrooms for insects. Bring your lunch and whatever snacks you need to get through the day – these training sessions are usually at remote sites in the Angeles.

Additional Information

- USDA-Forest Service, LA River Ranger District, Little Tujunga Station, (Daytime): Dennis Merkel, Recreation Officer (818) 899-1900 X229 email: dmerkel@fs.fed.us.
- Dave Ledford, GLAAC-HAT Trail Boss Training: 1-310-373-2111 email: gdledford@verizon.net.



TRAIL BOSS Training 2018
Become a USFS approved Trail Boss
Supervise Trail Maintenance for your group.
(Great Eagle Projects!)

Let us train you and other adults in your group so that you are qualified to do Trail Surveys and set up projects and complete them on your own.

Purpose:

To provide properly trained personal with the ability to supervise either "Trail Blazing" or "Forest Conservation" program projects at the unit level.

All Trail Bosses will be trained by USFS Personnel or their approved Trail Boss Trainer.

Requirements:

Must be 18 or older.

Complete 4 days of 6 hours each in training exercises with the Trail Boss Program.

Conduct an approved Weekend project. Minimum 10 hours with your unit. (or another unit) under your supervision, and have it checked out by the Trail Boss trainer.

(Training days do not have to be consecutive days, weeks, or even years).

Training objectives are: Tool Safety, Condition Survey, Brush Clearing, Tread Work, French Drains, Soil Sacks, Water Bars, Switchback Construction, Tread Support, Etc.

Bring: Gloves, Hat, Water and Lunch, 10 essentials, Day pack, Work clothes.

Available training days in 2018 MAR 3-4, APR 21-22, May 5-6

Call to confirm training day for yourself. (Course cancels if no calls)

We Meet at the McDonald's at Bouquet Canyon Rd. and Valencia Blvd. in Valencia at 8:00 AM

Contact:

Patrick Aubuchon, Chief Trail Boss.
818-781-7465 - bigaub@sbcglobal.net

10/17/17