

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 246 Nov-Dec 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 2019

X-C Ski/Snowshoe Seminar	7 Jan
HAT Meeting	8 Jan
Cross-Country Ski Field Experience	TBA
Ice Axe Field Experience	19 Jan
Snowshoe Field Experience	TBA
HAT Meeting	5 Feb
Winter Camp Field Experience	9-10 Feb
Adult Ldr Backpack Training	22-24 Feb
ALBT Weekend Outing	TBA
Scout/Leader Backpack Class	2 Mar
HAT Meeting	5 Mar
Area HAT @	9 Mar
Junior BP Weekend Outing	9-10 Mar
Level I Climbing Instructor	15-17 Mar
Wilderness First Aid	30-31 Mar
HAT Meeting	2 Apr
Rock, Rope, Rescue Seminar	8 Apr

Trail Boss (Nat. Trails Day)	13 Apr
Level II Climbing Instructor	27-28 Apr
	1 May
Trail Boss (Advanced)	4 May
HAT Meeting	7 May
Rock & Rope Field Experience	17-19 May
Wilderness Women	18 May
Nat'l Trails Day/Trail Boss	1 Jun
HAT Meeting	4 Jun
Area HAT @	8 Jun
Philmont Provisional	6-21 Jul
Log Cabin Provisional	TBD
HAT Meeting	3 Sep
Trail Boss (Advanced)	7 Sep
Area HAT @	14 Sep
Adult Ldr Backpack Training Seminar	7 & 14 Sep
ALBT Field Experience	TBD
Desert Camping Seminar	21 Sep
Desert Weekend Outing	TBA
HAT Meeting	1 Oct
Level I Climbing Instructor	18-20 Oct
Wilderness First Aid	26-27 Oct
Winter Camping/Ice Axe Seminar	2 Nov
HAT Meeting	5 Nov
Navigation & Orienteering	9 Nov
Level II Climbing Instructor	16-17 Nov
HAT Meeting	3 Dec
Area HAT	14 Dec

<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.

FEEDBACK

In the last two editions of The Trailhead, we included articles on backpacks and snowshoes designed specifically for women. Laura, an experienced backpacker, says she prefers men's equipment because too many manufacturers will use lighter materials and pastel colors to appeal to the women's market. Unfortunately a "lighter material" usually translates to "less rugged."

We need to remember that no matter who is carrying the pack, or hiking on the snowshoes, we are in the same hostile environment.

In the case of the examples we used in our articles, we chose gear only from quality manufacturers.

When shopping, take a little time, talk to the experts, do your homework, and you will be able to choose equipment that will last a lifetime.

HAT MEETING NOVEMBER

Adult leader registration is coming soon. Remember that GLAAC requires that your Youth Protection Training must be renewed every year.

HAT HiLites: Dodson circulated the latest draft for mark-up.

Jeff Yox, former HAT member demonstrated a program that will keep track of your units' High adventure awards. Each activity is assigned a unique number. You enter the data from your hike; miles, nights, BPH, etc., and the program will tell you what awards you qualify for. It will also tell you what requirements you need for any particular award. More information is available at <https://scoutawards.org>. You can set up a practice page without committing any actual troop data. For more information, contact Jeff directly at

jeff.yox@gmail.com

Equipment: Bower reviewed information on the new Spot Trace theft alert satellite tracking device. We have some pretty expensive gear when we hit the trail, the spot tracker will work even outside of cell phone range. It is based on the same Spot technology that we used on my last provisional to tell our Facebook friends where we were on the trail. The basic device has an emergency locator system and requires a service plan. REI in Manhattan Beach has redone their floor plan for a more efficient use of space. So if you can't find what you're looking for, it's there someplace.

Training: The Fall ALBT class at Trask was completed on September 30. The field experience trips were completed in October with 32 of 34 students attending (see the class photo in Trailhead #239).

Thirty-four students signed up (all spots filled). Full speed ahead for next year!

The Winter Camp and Ice Axe classes had 10 students attend. The Ice Axe outing is scheduled for January 20 and the winter camp outing for February 10-11.

Navigation and Orienteering has 13 students signed up and registration is closed. The class will run as scheduled on November 18.

So far, there are no sign-ups for Cross-Country Ski and snowshoe.

Forest & Trail: The latest reorganization of the Forest Service is settling out. According to the Forest Service news release, "The restructuring changes involve the creation of the Los Angeles Gateway ranger district and the San Gabriel Mountains National Monument District. The Los Angeles River Ranger District, Santa Clara Mojave Rivers Ranger District, and the San Gabriel River Ranger District no longer exist." For more information visit their website at www.fs.usda.gov/angeles.

Ledford is currently supervising four Eagle projects on track to finish this year.

One project is in the Charlton Flats area of the Silver Moccasin Trail, one involves installing bear boxes at Little Jimmy, one at Chilao, and one will be re-roofing the outhouses at Buckhorn Campground. Another project for repairing the guardrails at red box was postponed due to the Mt. Wilson fire.

University of Scouting: To be held December 2. All HAT classes have been set and instructors assigned. Instructors will sign in at the staff table. Lunch is free this year for staff.

Districts:

FRONTIER had a presentation from the Columbia space Center on merit badge opportunities. Check out their programs here:

<http://columbiaspacescience.org/education/scouts/>

LUCKY BALDWIN sponsored a 10-mile hike and held an open house for Webelos.

PACIFICA is pushing a Cub hiking program. **ROSE BOWL** held merit badge counselor training and is working on promoting their island adventure backpack program that will go from Cherry Valley to Blackjack Campground on Catalina.

THUNDERBIRD held their Fall Camporee in October at Firestone.

HAT MEETING DECEMBER

We opened the meeting welcoming some new faces to HAT. Attend 3 meetings and you get a job.

Webmaster. Thorpe passed around the latest HAT HiLites for review. The website is being updated with the 2019 Training calendar.

Equipment. Bower distributed some general information and checklists. No matter how many times or how often we hit the trail, it is always good to have a written checklist as a backup.

Literature & Pubs. Steve Schlaifer reported that all training flyers have been

updated to reflect the new Trainig Vice Chair, Michael Schlaifer. His contact information is on the flyers.

Awards. Dodson received a request from a troop in Iowa. They are interested in coming to CA for some High Adventure activities and are concerned about training. Dodson will follow up.

Training. Michael Schlaifer has taken over from Tony Green as Training Vice Chair. He will be reviewing all HAT classes for content and presentation.

The Navigation Class had 18 students out of the 26 who signed up.

The desert outing had 13 students, all of whom conquered Queen Mountain.

The winter class has 8 students for the field experience. Last year's field experience was cancelled due to lack of snow so we need a make up class for 12. This will mean two separate groups on two weekends. We will schedule February 9 & 16 for weekend outings. Think snow!

The X-C Ski and Snowshoe class is scheduled for January 7. The roster has not been set yet.

Behena passed around a sign-up sheet for ALBT staff for the February class.

Forest & Conservation. Ledford reported that the rain has helped the streams but flow is still minimal. There are several Eagle Projects in work, the San Gabriel Peak Trail and the Strawberry Peak Trail. Ledford had a crew out to clear a large downfall on the Mt, Zion Trail.

DISTRICTS: Frontier. Roundtable promoted the upcoming World Jamboree and started preparing for the merger with Rio Hondo. The District Dinner is planned for Feb. 23.

Northstar is focusing on registration. **Rose Bowl** did presentations on Eagle projects.

University of Scouting. Schlaifer reported that 215 had pre-registered and there were 60 walk-ins. The actual attendance numbers have not yet been released. Attendance in all classes was down from last year. Forty-four students took

advantage of HAT classes, also down from last year. Over the next several months, we will look at what changes may increase attendance.

Peak Bagger List: There are no written criteria for adding or changing peaks on the list. Rose took the action to review the criteria and make recommendations.

AREA IV HAT MEETING December

The Area IV HAT Meeting was sponsored by the Orange County Council on Dec 8 and held at the OCC Council Service Center.

Present were representatives from Orange County, Greater LA, Verdugo Hills, Inland Empire, and the Southern Sierra Councils.

There were no minutes available from the September meeting. The schedule of host councils was set for next year.

March 9, 2019, CIEC

June 8, 2019, VHC

September 14 2019, TBD

December 14, 2019, OCC

March 14, 2020 GLAAC

The OCC HAT team presented a class that is under development dealing with technology on the trail. They covered GPS vs. map and compass, and worked through a demo using Magellan Explorist 110 and 310 GPS units. The class will also cover phone apps, add on software, walkie talkies, Spot Trackers, and personal gear such as cameras, Steripens, and solar chargers.

The class is expected to be 4-6 hours and will stand alone and not be included in any other class curriculum.

OCC HAT has recently updated many of their awards (see Patch of the Month) in an effort to keep the awards program fresh. Other councils are encouraged to review their awards as well. Some patches have not been updated in 20 years. The OCC review also included addressing the requirements for individual awards. Some

awards will drop the service project requirement. The suggestion for review also included a proposed standard for including text on the patch. OCC recommends that all HAT awards include the Fleur de Lis, and The council initials. If you are applying for any Orange County HAT awards, make sure to check the latest requirements.

Around the Horn: VHC distributed their latest training schedule and Trailboss Flyer. OCC will be celebrating their 100th anniversary in 2020. They are planning limited edition patches and a special trek to Eagle Scout Peak. The next Basic class will be held March 1, 2019.

Southern Sierra's new HAT chair is Dirk Frieser.

CIEC is planning a Leave No Trace class at the Pyrite Discovery Center in March.

GLAAC distributed the 2019 class schedule and a tri-fold with class descriptions. They presented 6 classes and sponsored a midway booth at University of Scouting in December. The cross-country ski and snowshoe class outings are scheduled for January. The next Basis Backpack class will be held in February at Cabrillo Beach.

PATCH OF THE MONTH OCC Three-Day Trek



Discontinued Award
SIZE: 3" x 3"



New Award
 SIZE: 3' x 4"

As noted in the Area 4 minutes, Orange County Council HAT has decided to redesign several of their awards.

The latest new kid on the block is the Three-Day Trek, replacing the Three-Day Backpack award that we are all familiar with.

If your troop has earned the Three-Day Backpack award in the past, it is noteworthy that the requirements have also changed. The new award has two options: 9 BPH minimum and camp at two different sites, or 6 BPH minimum using the same campsite and including a peak. See the complete requirements at:

<http://hat.ocbsa.org/SCOUT01-OrangeCounty.pdf>

It is not known if any of the discontinued patches are still available or where they may be obtained. Contact the OCC HAT for information.

HIKE OF THE MONTH
Sequoia N.P. Bearpaw

Location: Sequoia National Park
 Trailhead: Crescent Meadow Trailhead
 Maps: USGS Lodgepole,
 Triple Divide Peak, 7.5'
 Campsites: Multiple
 Amenities: Bear Boxes, Fire Rings

Water: Piped
 Total Mileage: 23 mi.
 Elevation Gain: 1700 ft.

This month we are heading out of the local area for a (strenuous) hike in Sequoia National Park.

This hike takes a bit of planning including a wilderness permit, but is well worth the effort. Recent fires have limited our access to areas in the local mountains, and resulted in overcrowding and overuse at the few available campgrounds. So let's leave the crowds behind and head north.

Because of the distance to the trailhead, we will save this one for a long weekend. We want an early start Friday because Sequoia is a 4-hour drive north on I-5, CA-99, and CA-198. Three campgrounds are available to us but if we camp at Lodgepole, (See Trailhead #226) we can catch the shuttle to the trailhead at Crescent Meadows at 6700'. Another option would be to camp at Buckeye Flat (no RV - tents only), pay for the extra day, and set up a base camp. The unnamed trail starts at the southeast corner of the campsite, roughly parallels the middle fork of the Kaweah River for several miles and eventually hooks up with the High Sierra Trail at Bearpaw.

From Crescent Flats, Follow the High Sierra Trail east crossing Mehrten and Buck Creeks, and gaining about 1700' elevation. Most of our elevation gain comes in two sections: 600' between miles 5 and 7, and 500' between miles 10 and 11. If this turns out to be too daunting, you can look for some bailout campsites along either Mehrten (7600' and about halfway to Bearpaw) or Buck (7200' and right before the last mile climb) Creek. Push on and we come to the Bearpaw High Sierra Camp. The setup here is similar to the Yosemite High Sierra Camps and features a backpacker's camp close by. That is our home for the night.

Make no mistake, this is a strenuous hike

and will most likely take you 6 – 8 hours to get to Bearpaw. Plan accordingly. You are also in bear country so be bear aware!

Return the way you came, mostly downhill. If you left your cars at Lodgepole, be sure and stop in for ice cream before heading home.

For more information on this hike, check *Sierra South*, 8th edition, by Morey & White. Look for the first part of hike #31. The book does not mention the alternate route that I described earlier. For that, you're on your own.



SWEET & SOUR

I like a good sweet & sour, be it pork, chicken, or shrimp, nothing treats the palate better than a tangy sweet & sour dish. I have been known to rate a restaurant on the basis of their sweet & sour. So, why temp fate and prepare this dish on the trail? Because it's easy!

We will make one concession to packing and preparation by substituting the protein portion of the dish with SPAM!

Recipe for 4:

Sweet & Sour SPAM®

SPAM® cut into cubes	8 oz.
Instant Rice	3 C
Dried Pineapple chunks	½ C
Sweet & Sour Sauce mix	1 env

Optional: Carrots, Onion, Peppers – These can be fresh, chopped and prepared ahead of time at home. We say 'optional, but what is sweet & sour without these basic ingredients? And experience has shown that hungry Scouts will not invest the time

and energy necessary to pick out the vegetables from a one-pot meal.

Dried pineapple is available in most grocery stores in the same area as raisins and other dried fruits.

Combine pineapple and rice and prepare per rice package directions. Add one cup of water, SPAM cubes, sweet & sour mix, and veggies. Heat until sauce thickens. Kikkoman's and Sun Bird make a Sweet & Sour sauce mix.

Calories: 360, carbs: 42g, fat: 16g, protein: 11g

CALIFORNIA CONDORS

The following is from the U.S. Fish and Wildlife Service.

Santa Barbara County, Calif.— For the first time in more than three decades, an endangered California condor chick has successfully fledged from a cliff-side nest in Santa Barbara County. Last month, condor number 933 took its first short flight after six months being raised by its parents in the northern Santa Barbara backcountry of Los Padres National Forest.

The chick, known as condor 933, hatched in late April and was raised by a six-year-old female condor and a 38-year-old male condor, popularly known as AC-4. This new chick represents a milestone in the condor recovery program as the first second-generation wild fledgling in Southern California. The chick is also AC-4's first offspring to successfully take flight from its nest in the wild.

2018 was a record-breaking nesting season for California condors in southern California. Scientists recorded 12 nests in 2018 – the highest number of nests across the broadest range ever documented in the area.

"This record-breaking nesting season signals continued progress in the recovery of the California condor," said Joseph Brandt, supervisory wildlife biologist with the Service's Hopper Mountain National Wildlife Refuge Complex. "We are seeing more condors and more nests in more places in Southern California than ever before."

Cross Country Skiing and Snow Shoeing Seminar – 2019

PURPOSE: Learn firsthand about the special equipment, gear and techniques needed for safe cross country skiing and snow shoeing.

DATE: Seminar: Monday 7 January 2019
Ski Outing: Saturday 12 January 2019
Snow Shoe Outing: 26 January 2019

LOCATION: Cushman-Watt Scout Service Center.

COST: \$10.00 by 28 December 2018. If fewer than five signups are made prior to that date a cancellation notice will be sent. Otherwise a confirmation will be sent after that date. Each participant is responsible for the rental of skis and other equipment.

REGISTRATION: Online registration with check, paypal or credit card is available at <http://glaachat.org/register>. For help with registration contact Danette at the Smiser Scout Service Center, (626)351-8815 X241 or e-mail: danette.verdugo@scouting.org

QUESTIONS: Russ Bower, Course Director, at (310) 480-0612, e-mail, rbowe78771@aol.com

If you are the kind of hiker who would like to take extended trips during winter months, you should try cross country skiing or snow shoeing. Enjoy the challenge of high country winter travel with confidence. Learn firsthand knowledge of safety and techniques. This will allow you to expand your “places to go” during the snow season.

The program will include demonstrations and discussions covering the special equipment and gear needed. A syllabus that covers the materials discussed will be given to each participant.

Completion of this training is recognized by the award of two special patches.

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 Michael Schlaifer: Vice Chair-Training: (213)247-8808 (C); e-mail, michael@schlaifer.com .

Greater Los Angeles Area High Adventure Team
54 th Adult Leaders Backpack Training-2019



PURPOSE:

Acquaint you with a basic understanding of how to plan and conduct outdoor activities
Stimulate your participation and leadership in a High Adventure Program at the
Unit level

inform you of the many programs and activities of the GLAAC-HAT.

DATE: Friday, Saturday, Sunday 22 through 24 February 2019

Weekend backpack outing to be arranged during the training sessions.

TIME: Friday 6:30 p.m. to 9:30 p.m.

Saturday 7:00 a.m. to 9:30 p.m.

Sunday 7:00 a.m. to 1:00 p.m.

LOCATION: Cabrillo Youth Center, San Pedro.

COST: \$115 before February 15, \$125 after that.

REGISTRATION: **Online registration** with check, paypal or credit card is available at <http://glaachat.org/register>. **Early registration is mandatory to ensure sufficient meals and course materials.** Persons whose registration is received by the 9 February will be sent a confirmation, map of location, and other details. For help with registration contact Danette at the Smiser Scout Service Center, (626)351-8815 X241 or e-mail: danette.verdugo@scouting.org

MEALS: Cracker barrel Friday, breakfast, lunch, dinner Saturday, breakfast Sunday.

EQUIPMENT: Compass, paper and pencil.

Participants may bring their gear and camp (free) at the facility.

MAXIMUM SIZE: 45 students

QUESTIONS: David Behenna, Course Director, at (310) 351-7914;

e-mail: tigerbay@att.net

Hike Aid 3, "Full Dimension High Adventure Training", has a complete description of the training activities 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 these classes are to be directed to Michael Schlaifer;
Vice Chair Training: (213) 247-8808 (C); e-mail, michael@schlaifer.com.