The TrailHead is published six times a year by the GLAAC High Adventure Team as an information and educational service to adult Scouters. If you 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 2020**

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**HAT MEETING JULY/AUGUST**

In keeping with the mandated social distancing requirements and our annual hiatus, the HAT meetings for July and August were cancelled.

Due to a scheduling conflict at Cushman-Watt, the next Winter Class will be held at Cabrillo Beach.

**SCOUTING MAGAZINE**

HEY! What happened to my copy of Scouting Magazine?!? The September-October issue should have been in my mailbox by now!

Well, as a matter of fact, you can save your trip to the mailbox from now on. The May-June issue of Scouting was the last print edition to grace your coffee table. Not only is Scouting now available online only, but it will be updated every day. No
more waiting two months to get the latest news.

The on-line version is available as a free download to your device of choice. Go here and set up your account: https://scoutingmagazine.org/

**HAT INTERCOUNCIL MEETING**

Orange County Council will be hosting the September Intercouncil meeting via the ZOOM network. Our virtual meeting will start at 9:00 on September 12. Orange County will be unveiling their new website and honoring two long-time team members.

**ADULT LEADER BASIC BACKPACK TRAINING**

The 2020 edition of our Fall class for Adult Leader Basic Backpack Training is still on the schedule.

To be held at Trask on 2 non-consecutive Saturdays, September 12 & 26, we will be observing all COVID-19 rules regarding PPE, social distancing and cleanliness, so be prepared for a unique experience. And bring your own cup!

See the information sheet on page 5.

**ALABAMA HILLS**
- or - The Name Game

If you drive up US-395 on your way to the Mt. Whitney trailhead, you first have to pass the Alabama Hills. If you have ever watched an old western and saw Hopalong Cassidy or Roy Rodgers (google them) chase the bad guys, you've seen the Alabama Hills. In fact, over 700 movies have been filmed using the Alabama Hills as a backdrop.

So how does a geographic feature in California get named after a state thousands of miles away? Well, as it turns out, the hills aren't exactly named for the state.

They are named for a ship; The Confederate raider CSS Alabama. The Alabama sailed the Atlantic ocean in 1863 attacking and sinking ships that were supporting the Union during the Civil War. The Alabama was one of the most successful raiders in Naval history, sinking or destroying 65 merchant ships.

The Union Navy sent the Man-of-War USS Hatteras to end the Alabama’s reign of terror. It didn't work. When the Hatteras was sunk by the Alabama, the news resulted in celebrations by southern sympathizers in California, to the point where they named a section of the Sierras "the Alabama Hills."

But the story doesn't end there.

California was admitted to the Union in 1850 as a free state so this "official" designation did not sit well with a lot of people.

Once you get through the Alabama Hills, you get to Kearsarge Pass on your way to Kearsarge Peak (12,598 ft. Group C Peak, Rating:M2). Kearsarge Peak is named for the sloop-of-war, USS Kearsarge, which caught up to the Alabama just outside of Cherbourg, France in 1864 and sent her to the bottom.

Kearsarge Peak has a much nicer ring to it than "Payback Peak".

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**Pancakes**

Just Like Mom Used to Make (sort of)

The nice thing about layover days is that everybody (except the cooks) gets to sleep in. The good news for the cooks is that they get to show off by putting together a whiz-
bang breakfast. Lots of troops fall back on pancakes as the go to standard. So in the interest of keeping things simple and building on experience, let’s take a look at a couple ways dress up our old standard.

**Oatmeal-Brown Sugar Pancakes**

**Ingredients for 4:**
- 2 cups Original Bisquick™ mix
- 1/2 cup old-fashioned or quick-cooking oats
- 2 tablespoons packed brown sugar
- 1 1/4 cups milk (1/3 C dry Milk)
- 2 eggs (4 Tbl dry + 6 Tbl water)

**Apple Cinnamon Pancakes**

**Ingredients for 4:**
- 2 cups Bisquick Heart Smart® mix
- 1 1/4 cups milk (1/3 C dry Milk)
- 1 egg (2 Tbl dry eggs + 3 Tbl water)
- 1 tablespoon sugar
- 1 tablespoon ground cinnamon
- 1 teaspoon vanilla
- 1 cup chopped, reconstituted apples

**Blueberry Pancakes**

**Ingredients for 4:**
- 2 cups Original Bisquick™ mix
- 1 cup milk
- 1 egg (2 Tbl dry eggs + 3 Tbl water)
- 1 cup reconstituted blueberries

**Chocolate Chip Pancakes**

**Ingredients for 4:**
- 2 cups Original Bisquick™ mix
- 1 cup milk
- 2 eggs
- 1/2 cup semisweet chocolate chips

**Directions for all recipes:**
Mix all ingredients on a bowl and drop on lightly oiled fry pan in ⅛ C portions. Cook until edges are dry. Turn; cook other sides until golden brown. Serve with syrup. Yield about 8 pancakes.

You can find powdered maple syrup online or make your own with brown sugar, water and maple flavoring (found in the spice aisle of many stores.)

**PATCH OF THE MONTH**

**SIERRA NORTH**

**Size: 3" x 4"**

The bad news is: our hike this month does not qualify for the Sierra North patch. The good news is: Once you see Yosemite Falls from the top, you will plan your next long-tern in Yosemite and you WILL qualify for this patch.

You need to plan a hike of 25 scheduled backpack hours. The award covers week-long (5 days + 4 nights) hikes in the sierras, north of the Ansel Adams Wilderness to the area west of Lake Tahoe.

As with all long-term awards, you must have two training hikes worth of trail-dust on your boots and get pre-approval for your route and menu 30 days before the hike.

Complete requirements can be found in *Hike Aid 6: High Adventure Awards Program*.

For other suggestions for hikes in Yosemite and the northern Sierras, see: *Sierra North: Backcountry Trips in California’s Sierra Nevada* by Morey and White. The book is currently in its 9th edition. The 10th is due out before the end of the year.
HIKE OF THE MONTH

Yosemite Creek

Location: Yosemite Nat'l Park
Trailhead: Yosemite Creek
Total Mileage: 16.6 mi.
Elevation Gain: 950 ft.
Water: (guess which) Creek
Map: USGA Yosemite Falls 7.5'
(We recommend the 1997 edition)

This is a bit of a long trip for a weekend hike but the scenery is worth it. If you still can't convince yourself to drive 6 hours (350 miles) to Yosemite, you can add this onto your own, longer trip as there are several trail junctions that can keep you in the wilderness as long as you wish. Be aware, that until further notice, advance reservations are required to enter Yosemite National Park.

Follow CA-120 past Tuolumne Lodge heading east. Once you pass the lodge, keep going 21 miles to the Yosemite Creek picnic area on the left. Park here. Follow the old Tioga Road 2.5 miles to the Yosemite Creek Campground. Cross the bridge and continue south about 1.5 miles to the Lukens Lake trail junction. Keep following Yosemite Creek for another 3.5 miles to the trail junction. West would take us to Eagle Peak and El Capitan, but since we are almost home, we'll keep going south. Another .6 miles and we cross Yosemite Creek. We are also at the top of Yosemite Falls. Look for evidence of a campsite on the left and set up. We should still have enough daylight to head back to the top of the falls. Take the stairs (yup! Stairs!) to the viewing ledge and get a view of the falls and Yosemite Valley that few get to see.

Return the way you came.

As of June 2020 and continuing until further notice, all reservations for access to Yosemite National Park are made through: https://www.recreation.gov/

RE-OPEN SCOUTING

We have heard it a hundred times, "When can we resume our troop's program? Unfortunately, the answer is, "TBD."

We have received several inquiries as to how a troop can safely resume our High Adventure activities.

Our High Adventure awards program and guidelines must follow the directives we receive from the council, who in turn are following the rules laid down by both the National BSA office and state and local governments.

As of August 30, council camps and facilities are following strict requirements with regard to social distancing and use of PPE.

Unit and sub-unit-level groups (such as troop functions) are limited to virtual gatherings. The governing orders come from the county with regard to groups of unrelated individuals.

The council has not set a definite date for re-opening our programs to whatever the new normal is. A tentative date for re-opening has been set as October 1, but is dependent on local government directives.

Cabrillo Beach and Firestone are planning to open soon for day use programs. See the council website for updates.

Trask is open for council-sponsored activities and as of now, we are planning to hold our Fall session for Adult Leader Basic Backpacking there.

As we have seen, rules, regulations, guidelines, and commandments are changing every day. Check back often with the council website at: https://www.glaacbsa.org/files/33023/covid-19-reopening-plan-7.16.20-update.pdf for the latest.

*   *   *
Adult Leaders Backpack Training- Fall 2020

NOTE: This class may be rescheduled due to The COVID-19 outbreak

PURPOSE:
- To acquaint you with a basic understanding of how to plan and conduct outdoor activities
- To 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: Two Saturdays, 12 and 26 September 2020
   Plus a weekend backpack outing to be arranged during the training sessions.

TIME: 8:00 a.m. to 4:30 p.m. Both days

LOCATION: Trask Scout Reservation

COST: $90 before August 28, $100 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, snacks, and course materials. Persons whose registration is received by 30 August 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: Breakfast and lunch both Saturdays.

EQUIPMENT: Compass, paper and pencil.

MAXIMUM SIZE: 30 students

OVERVIEW: Basics of the necessities for safe and enjoyable outings including;
   Leadership, planning & preparation, equipment & clothing, menus & cooking, Orienteering, route finding and mountain travel, conservation, risk & safety, program awards & procedures, and the importance of training and transferring leadership to your Scouts.

QUESTIONS: David Behenna, Course Director, at (310) 351-7914; e-mail: tigerbay@att.net

You will be need to select and take a weekend backpack trip (5-7 miles, round-trip, in the local mountains) from among several to be offered in March and April and led by the GLAAC-HAT Staff. Completion of this training is recognized by the award of a special patch.

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 e-mail, michael@schlaifer.com.
Wilderness Woman Training For Men 2020

NOTE: This class may be rescheduled due to The COVID-19 outbreak

PURPOSE: This course is designed specifically for male scout leaders and assistant scout leaders in troops that welcome female scouts. If you feel comfortable and confident when working with your female scouts, they will feel more comfortable and confident too. We will discuss how to approach potential issues both on the trail and off, working with boys and girls together, how to make sure you are following best practices with Youth Protection Training, and how to ensure you are modeling the values of scouting with everyone in your troop. These can be uncomfortable topics, but they are important to address and will better prepare you to communicate effectively with your troop.

DATE: Monday 26 October 2020

TIME: 7:30 p.m. to about 10:30 p.m.

LOCATION: Cushman-Watt Service Center, Los Angeles

COST: $10.00 (non refundable)

REGISTRATION: Online registration with check, paypal or credit card is available at http://glaachat.org/register by 21 October 2020. For help with registration contact Sonia at the Smiser Scout Service Center, (213)413-4400 x354 or e-mail: SoniaGuerrero.Kagan@scouting.org.

There will be no sign ups at the door.

EQUIPMENT: No special equipment is needed for this training but do bring your questions, concerns, experiences, successes, etc. to share

OVERVIEW: This is an open discussion by the moderators and the participants about issues that arise for women and girls in a backcountry setting.

REQUIREMENTS: None.

MAXIMUM SIZE: 40 participants.

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

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 our training classes are to be directed to Michael Schlaifer; Vice Chair, Training: (C) (213)247-8808 e-mail, michael@schlaifer.com.
Restart Scouting Checklist

As always, the safety of our Scouts, volunteers, employees and communities is our top priority. This checklist outlines several minimum guiding protocols that adult leaders/volunteers must consider while working with local and state health departments, local councils, chartered organizations and Scouting families on when and how to resume meetings, service projects, camping and all other official Scouting activities.

If it is not practical to meet these minimal protocols, do not restart in-person activities.

S = Supervision
- Understand local and state guidance on preventing COVID-19 exposure.
- Engage your chartered organization and local council on necessary adjustments.
- Conduct the “before you gather” protocols.

A = Assessment
- Identify participants who fall under the CDC’s group of higher-risk individuals.
- Notify all participants about the risks of participating since COVID-19 exposure cannot be eliminated.
- Verify that the planned activity, gathering or group sizes are not prohibited by local or state orders.

F = Fitness and Skill
- Review Annual Health and Medical Records and consider using a pre-event screening for all participants.

E = Equipment and Environment
- Verify that handwashing, hygiene and cleaning supplies are available and used properly.
- Monitor social distancing, interactions and sharing of equipment and food among participants.
- Monitor participants for changing health conditions.
- Use the “as you gather” protocols.

SAFE ≠ Risk-Free

As the response to the pandemic shifts to a state-focused, phased approach, the Boy Scouts of America advises local councils to consult with their local and state health departments, as well as local chartered partners to implement appropriate protocols to help keep our members, volunteers and employees safe.

Precautions and mitigation strategies are important, but they cannot eliminate the potential for exposure to COVID-19 or any other illness when in-person activities resume.

People with COVID-19 may show no signs or symptoms of illness, but they can spread the virus. Some people may be contagious before their symptoms occur. The fact is that someone with COVID-19 may pass the required health screenings and be allowed into program activities.

The Centers for Disease Control and Prevention (CDC) states that older adults and people of any age who have serious underlying medical conditions are at higher risk for severe illness from COVID-19. If you are in this group, please ensure you have approval from your health care provider prior to resuming in-person Scouting activities.

Every member, volunteer and family must evaluate their unique circumstances and make an informed decision before attending in-person activities.

We hope this information will be helpful as you make that choice.

For updates, please monitor https://www.scouting.org/coronavirus
Before you gather:

☐ Consult your council and chartered organization to understand community standards and protocols in place.

☐ Communicate to all parents and youth that the Boy Scouts of America recommends that no one in the higher-risk category take part in person. Continue to engage virtually.

☐ Communicate that anyone who feels sick must stay home. If you become sick or develop symptoms, isolate yourself then go home and seek care.

☐ Educate and train all participants on appropriate social distancing, cleaning and disinfecting, hand hygiene and respiratory (cough or sneeze) etiquette before meeting for the first time. Reinforce the behaviors as needed.

☐ Before attending, upon arrival and at least daily for longer events, all participants should be screened for any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or having a temperature greater than 100.0 degrees Fahrenheit
- Known close contact with a person who is lab-confirmed to have COVID-19

☐ As appropriate, participants should have face coverings available to wear when gathering or when in public areas or venues. Several coverings per person may be needed.

☐ Communicate that those who take part in person should avoid contact with higher-risk individuals for 14 days after the event.

As you gather:

Minimize group sizes. Small groups of participants who stay together all day every day, remain 6 feet apart and do not share objects are at the lowest risk. Think of a den or patrol that does not mix or gather with other dens or patrols, with supervision that stays with the small group. Scouting’s Barriers to Abuse always apply.

Stay local to your geographic area and groups for unit activities. If you must travel, limit mixing with others along the way.

Minimize mixing with parents or siblings unless they are part of the unit activity. For example, the same parent picks up and drops off youth, and stays in the car. No guests or visitors who have not been through the pre-gathering protocols and screening should take part.

Have hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available for use at meetings, activities and campouts.

Minimize the use of common areas and shared tools. If unavoidable, they should be thoroughly cleaned and disinfected between uses.

Develop dining protocols (including but not limited to):
- No self-serve buffet meals or common water coolers.
- Use of disposable utensils, napkins, cups and plates.
- Clean and disinfect eating and cooking gear after each use.

Develop tenting protocols for the group:
- Minimize use of fans or devices that stir the air.
- Campers should sleep head-to-toe in bunks or cots spaced as far apart as possible.
- Individual tents, hammocks and bivys may be considered.

During program activities:
- Equipment that must be shared should be disinfected before and after each use.
- Where possible, assign activity-related protective equipment for the duration of an event to a single individual (life jacket, gloves, harness).
- Effective handwashing before and after each program area use.

In case of an injury or illness, promptly report the incident, including COVID-19 exposures. Utilize Incident Reporting Resources, including COVID-19 instructions.