

BEAR TRACKS



The Newsletter of the U.C. Hiking Club

asuc

OCTOBER 1986

PICNIC IN THE HILLS

Friday, October 10 join me for an evening sunset hike to the Berkeley Hills. Bring your picnic dinner, candles and wine to the West Circle at 6:00pm and we will walk up Strawberry Canyon to enjoy the last of the summer warmth. Bring thoughts of clear weather and BE THERE!! I will. -Mary

PIZZA & PICTURES!!

On October 15 (Wednesday) we will have open slide viewing. Anyone with interesting slides for show is welcome to share them. Those of you without slides, come and enjoy the pic's. We'll be ordering out for pizza, so meet in the Office, 605A Eshelman, at 7:00pm.

SEE YA!!

?SKIING? IN LASSEN

On the weekend of October 17-19 I will take a trip to Mt. Lassen. Judging by the current weather situation, this will be a ski trip - and indeed I hope it will be, because why walk if you can ski? Should the weather fail, however, I will either look elsewhere for snow, or go to Lassen anyway. Expect this trip to be an intermediate level - previous experience required!!

For more info call... Heather Shepherd

Bob's Day Hike

October 26 (Sunday)

Last month I lead a trip to Redwood Park in Oakland, and this month I'll be going to either the Marin Headlands (if it's sunny) or to Mt. Diablo (if Marin is too rainy). The hike (in either place) will be fairly long, and will be on open, grassy, and somewhat steep hills. We'll get good views whichever place we choose. Meet at the West gate to campus at 10am -- just across the from the West gate guard station. Bring a car if you have one. A car-pool signup sheet will appear on the trip board (605A Eshleman Hall) about a week before the trip. We'll probably hike until 6pm or so. Don't forget to bring water and lunch -- there won't be water at the trailhead.

If you have any questions, you can contact me (Bob Mayo) at 530-5482 or 642-9716, any time between 10am and 10pm. See you there.

MARMOT MOUNTAIN JERKS...

On October 29 (another Wednesday) we will be making a trip down to Marmot Mountain Works to see a show featuring two former Hiking Club members, Bob Akka and Mike Scherer. Meet in the Office at 6:45pm for the trip down...

TEEN LAKES

The first backpacking trip of the school year went splendidly. Twenty people packed into Ten Lakes, in two groups. One group followed the trail in from Yosemite Creek. "We took our time," said Heather Shepherd, the leader of this group, "and we made the seven mile hike last until 3:00 in the afternoon. While waiting for the other group, we entertained ourselves with a dip in one of the lovely lakes and short explorations of the area. When it got to be dinner time, we recognized that the other group had all the fuel, so we made a fire to cook our dinner on. Meanwhile, it was getting dark, and the others had not yet arrived."

What was the other group doing other than carrying the fuel? "Well," reported Miguel Appleman, "we were having fun yet, blasting in cross country from May Lake. It was quite a distance, at least Ten miles; we stopped counting when we ran out of fingers. Our route had it all in abundance: endless granite, a bunch of lakes with icebergs, green meadows, wild flowers, glissading slopes, climbing faces, scrambling rocks, big views, gnarly ridges... scenery, you know. And that was just the daylight portion. Night fell just as we crossed into the Ten Lakes Basin, and the final couple miles were in the dark."

The next morning the whole group played a lot, doing the swimming-boating-lolling-in-the-sun sort of thing. One portion of the group went out crosscountry. Heather Shepherd recalls, "We got lost, except we didn't really get lost; we just thought we were lost, but we knew where we were." The other group's walk out was equally uneventful, in a less eventful sort of a way, and that was the end of the trip.



IT JUST DOESN'T MATTER



The UC Hiking Club Softball Team, "It just doesn't matter", is as of this writing 4/5 of the way through its action packed season. Part of the story of our season is our official 0 - 4 record. Yes, we have officially lost our first four games, all by forfeit. But, our forfeits have not been just any forfeits; our forfeits have been complete thorough, and total. We haven't just forfeited for one reason, we've forfeited for all the reasons, including not enough players, not enough female players, and not enough players there on time. And if we could have forfeited in any other ways, I'm sure we'd have had a shot at them too. You see, we like to do things completely. If something's worth doing, its worth doing right.

But like I said, that's only part of the story. We've played unofficial games after each forfeit, and in these games, our record is a rather inspired 2 - 2. These games have been a bunch of fun, and definitely the most worthwhile thing we've done between 6 and 7 on Wednesdays over the past four weeks.

Our last forfeit and final unofficial game is this Wednesday, October 8 at 6:00, at Kleeburger Field. We encourage everybody to show up at 6:01, to ensure that we forfeit an unprecedented fifth straight game and make the entire season a forfeit. The unofficial game will commence at 6:02, and we will be trying for, dare I say it, an unofficial winning season.

While we're on the subject of intramural teams and things, is there any interest in starting up an IM team for the second half of the semester? If there is we can have another attempt a the sport of your choice. Drop by the office and let us know if you're interested.

A NOCTURNAL GOURMET TRIP



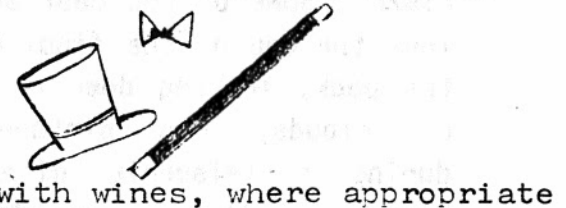
...a previously unheard of occurrence - but why do it if anyone has heard of it before? The event commenced at West Gate at 6:00 pm on Friday, September 17. From there we proceeded to the Palomarin trailhead in Point Reyes, which we reached at 10:00 pm. And then, the trip really began. We donned our packs, which were laden with our culinary delights and the essentials of our wardrobes. The five mile walk in to Wildcat Beach proved to be no Sunday afternoon stroll - we had fifty pound packs to complement our occasionally faulty night vision. The presence of a lovely near full moon helped a lot. Shortly after midnight we set up camp and did a little sleeping.

The next morning proved to be splendid, with clear skies and a delectable pajama brunch awaiting. The menu was superb:

- Mary Bushnell's ham, cheese & pesto omelettes
- Heather Shepherd's ricotta & cream cheese stuffed crepes with blackberries
- Neil Marcus' & Lisa Plato's fruit salad
- Miguel Appleman's English muffins with kiwi & strawberry sauces
- Heather Shepherd's orange juice with a little champagne

After we had all eaten beyond our fill, we romped on the beach, visited Alamere Falls, counted horses, built a sandcastle, and just lounged around wishing we had more time to empty our stomachs before dinner. But before long, it was time for the gentlemen, resplendent in coats and ties, to join the ladies, equally resplendent in gowns, for the formal dinner. The menu again was outstanding:

- Mary Bushnell's French onion soup
- Rex Frobenius' veal parmesan
- Rob Chapman's baked trout
- Neil Marcus' curried cauliflower
- Larry Warner's garden salad
- Miguel Appleman's tempura vegetables
- Heather Shepherd's fettucine al alfredo
- Lisa Plato's bread
- Beppe Mosconi's Italian rice



with wines, where appropriate

This delightful meal was, of course, followed by dessert:

- Larry Warner's and Rex Frobenius' uh, puddings

With dinner complete, it was time to pack up. Formal clothing was exchanged for sportswear, packs were loaded, and the full moon rose to light our trail back home on Saturday night.

"SPLENDID, MY DEAR, SPLENDID"

Frank and Earnest

Bob Thaves



NOW THAT WE'VE
GOT ALL THE
MOSQUITOES TRAPPED
IN HERE, WHY
DON'T WE SLIP
OUTSIDE AND GET
SOME SLEEP?

THAVES 7-12
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GEORGE BELL WONS THEM ALL!!

George Bell recently delivered the world premier of his slide show about his adventures on Mt. McKinley during the summer of 1986. This show, sponsored by the UC Hiking Club, showed some great shots of the ascent by the seldom-climbed East Buttress route. George, a UCHC member since 1983, provided humorous narration throughout the show, contrasting the not-so-humorous spots they found themselves in on the climb, especially the bivouac on "Punk's Perch". The name of his expedition was "White Punks on Rope", and George even managed to garner some praise for the expedition t-shirt he wore from a punker on Sproul Plaza. Some of the best shots were from the day of the final ascent of the peak, looking down on an ocean of clouds, and pictures taken during a leisurely after-descent backpack that provided some incredible 16,000' relief views of the peak from the North, as well as some shots of some big grizzlies. So George, what's next??

SKIING IN
SNOW

the U.C. Hiking
Club LOVES WINTER.
AND HAS ALREADY EXPERIENCED
IT. TWICE.

SO GRAB YOUR BOARDS
AND SKI.

UCHC SKIS IN SEPTEMBER

Usually about this time of year, we're getting pretty antsy about the beginning of the ski season, eagerly awaiting those first snow flakes. The question usually is, "will we ski in October?" Well, this year just blew all that away. Brad Chenelka's trip to Mt. Lyell was cancelled due to snow in Tuolumne meadows. Undaunted, he, Mark Sullivan and I (Jon Sundquist) headed off to Mt. Rose meadows for a truly stupendous day of skiing--on **September 27**. We're not talking playing around on an inch of snow. We found 1-1 1/2 feet of fresh powder and proceeded to turn one slope into a mogul field. Words can't describe the fun we had, especially for a ski-addict like me. We're hoping the season turns out as good as it has started.

THE MT. TAMALE PIE DAYHIKE

We really do like to hike!! To prove this point, seventeen (17) of us went off to Mt. Tamalpais on Saturday, September 13 for a day of glorious weather and good up-and-down-hills hiking. We were in search of banana slugs, reputed to be common to the area, but alas, we found none. We did, however, see some really pretty trees and hills and such and generally were very pleased to get out of Berkeley. Nice trails of various widths and lengths. However, to Berkeley we returned, only to be cheered by the hospitality of Miguel, Heather, and Larry who greeted us home with home-made chocolate ice cream, apple pie and lots of pizza. But no banana slugs.

-Mary

...And now, a message of immediate concern to all our readers who have frequent promiscuous sex with cockroaches:

Killer disease lurks inside common household pests



Common cockroaches harbor the deadly AIDS virus inside their bodies! That's the shocking finding of startling new research conducted by France's top AIDS experts at the prestigious Pasteur Institute in Paris.

"We have found that the AIDS virus is integrated into the genetic material of cockroaches and other insects," said Dr. Jean Claude Chermann, a member of the research team.

"We don't know what this means, but it is an area of concern. These insects provide a reservoir for the disease. If we want to clean up AIDS and kill off the virus, we're going to have to get rid of the insects."

Dr. Chermann and several other French scientists recently discovered that the deadly AIDS virus — which destroys the immune system of its victims — could be introduced in the lab into cultured insect cells.

They found that the AIDS virus could survive inside the cells and decided to find out if the virus also invaded insect cells in nature.

"We got bugs from Zaire

COCKROACHES! CARRY AIDS!

and the Central African Republic," Dr. Chermann told *The NEWS*. "We found that some types of insects were contaminated — cockroaches, bedbugs, mosquitoes, tse-tse flies and ticks.

"The virus has integrated insects may have contracted

AIDS after biting human AIDS victims or consuming virus-contaminated blood or waste. Similar insects collected in France showed no evidence of the disease, the scientist said.

A report by Dr. Chermann

and his colleagues was published in *The Proceedings of the Paris Academy of Sciences* recently.

The results of the research project has aroused tremendous worldwide interest in the rampant AIDS menace.

OCTOBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10 MARY'S SUNSET HIKE	11
12	13	14	15 7:30 pm 605a PIZZA PICTURES	16	17	18 LASSEN
19 SKI	20	21	22	23	24	25
26 Dayhike to Diablo or Yarn Headlands	27	28	29 6:45 pm. 605a MARHOT MTN. JERKS	30	31	1 2 Sunday - Dayhike to Butano State Park area.

U.C. Hiking Club Officers:

- Heather Shepherd (President).....848-0276
- Miguel Appleman (Bear Tracks Editor).....841-3081
- Jon Sundquist (Equipment Manager).....848-0276 or 642-1394
- Brad Chmelka (Ambassador to the Sierra Club).....524-9629 or 642-1088
- Mary Eushnell (Press Secretary).....849-9068
- Bob Mayo (At large).....530-5482 or 642-9716
- Larry Diamond (Softball Manager).....841-3081
- Lori Lachmann (At Large).....524-2274
- Rocky Feldspar (Office Manager).....642-4071

U.C. Hiking Club Office:

It's 605a Eshleman Hall. Stop by and have lunch with us, or ask questions of us any day between 11 am and 1 pm.