



# The Backside of Beyond

The Bardini Foundation Newsletter

Spring 2000 Issue

## Allan's Moose Is Remembered

On the weekend of July 22nd the Foundation will host a gathering of those friends and relatives of Allan Bard who wish to commemorate the passing of Allan's long time friend and companion, Moose.

Moose was an uncommonly huge chocolate Labrador retriever with a cranium the size of a bowling ball housing a walnut-sized brain. He had an insatiable appetite for junk food, a fierce territorial dominance, and an uncanny ability to get loose and disappear.

Anyone who knew Allan probably knew Moose. Moose went almost everywhere with Allan. On many occasions Moose went alone. The call to arms on Sierra Street was "the Moose is loose" when Allan needed help in tracking Moose down. On two occasions Moose left the Palisades camp in the Sierra and wandered back down the trail. On one of these excursions he disappeared for over a week only to be found "camping out" 20 miles south of Bishop with another Lab owner in the vicinity of Aberdeen. On most of his local wanderings he could be found nosing around Bishop or incarcerated at the Big Pine animal shelter.

Moose went hiking, skiing, and river rafting. He wasn't much of a skier and a total failure at avalanche rescue. His hiking ability was an ongoing success story, but Moose was best as a river dog. In just a few years he had "done" the American River, the Green River, the Kern

River, and the East Fork of the Carson many times. He had been on the San Juan, the Snake, the Main Salmon, the Klamath, the Eel, the Deschutes, and the Rogue Rivers at least once. On his Klamath trip, a flipped raft sent Moose on a three-rapid swim sans life jacket that almost ended his river dog



career. On the Rogue he proved to be a very effective bear repellent. On all his river trips he served as dish pre-washer, garbage disposer, and intrusive beggar par excellence.

Moose was extremely intolerant of other male dogs that might stray within 100 yards of anything Moose considered his, which included his own body wherever he might be. Though his size and strength were unquestioned, his mental capabilities were limited to conning food. In a fight he started

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## Bardini Level III Avalanche Course

On February 21st the Bardini Foundation graduated its second annual Level III avalanche class. The four day class was taught again this year by Karl Klassen from Adventures to the Edge of Crested Butte, Colorado.

The Level III course is a prerequisite for AMGA alpine and ski guide certification and is designed for guides, search & rescue members, and other professionals only - the participants had all completed a Level I and a Level II avalanche course.

## Annual Bake Sale

On Memorial Day weekend the bake sale girls were at it again. Right at the entrance to the Tri County Fairgrounds during the Mule Days Parade the ladies set up shop and successfully sold an impressive selection of baked goods, dessert items, various beverages, Bardini shirts, and Bardini coffee mugs.

Four of these women, Jo Sanders, Barbara Schantin, Lauren Nickell, and Shelley Ries came all the way from the west side of the Sierra to participate. Kathy Anderson, and Terry Walker represented the East Side.

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## Moose ..... from Page-1

in Wyoming one summer (Moose, Wyoming of all places), he allowed a golden retriever to take complete control by gaining access to Moose's throat. As long as the golden hung on there was nothing Moose could do but utter outrageously threatening growls and snorts. After the fight was broken up by pulling on Moose's tail and kicking at the golden's head, the golden let go and while your editor was holding Moose down to the ground by his choke collar, the golden stood there and had to be verbally chastened before he left the scene. Amazingly there was not a scratch on Moose's neck. The only harm done was the permanent disfigurement to the joint on



**Moose doing what he did best ... and Dave being conned again**

the end of my middle finger through entanglement in the choke collar. It remains a constant reminder of my travels with Moose and has added character to my Italian salute.

After Allan's death, Moose spent his "senior" years with Dale Bard in Salt Lake City and this spring his old body finally gave out.

Dale and Kurt Stolzenburg are the main movers behind the scheduled gathering in July and they intend to travel to the Dana Crest to see that Moose joins Allan there. **All interested parties are invited to attend at the Bardini House and/or Dana Crest. For further details, call Don at (760) 873-8036.**

## Bake Sale .... from Page-1

The weekend duties were handled as follows:

**Bakers:** Shelley Ries, Barbara Schantin, Lauren Nickels, Kathy Anderson

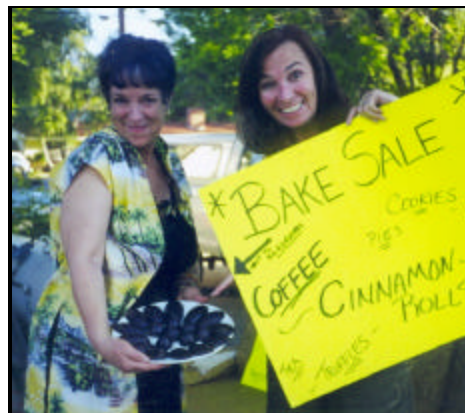
**Truffles:** Jo Sanders and Norman Fennel

**Promotional:** Terry Walker



**The Bardini bakers, left to right, Barbara Schantin, Jo Sanders, Shelley Ries, and Kathy Anderson.**

The bake sale conception is entirely the idea of these women and an obvious work of love. The Foundation actually received more money from personal purchases of Bardini shirts and coffee mugs by these dedicated ladies than it did from the sale of the baked goods. We can not thank you enough for your time and effort on our behalf.



**Jo Sanders and Terry Walker hawking their wares**

## From the Bardini House Log

"I never knew Bardini and I am just beginning to scratch the surface of his amazing life ... We will pass on his loving and adventurous spirit as we travel this Range of Light."

... Anon.

"It's not Sunday, but we're off to the Church of the Open Slopes for some spiritual healing."

... Rich & Cari Leverage

"And, oh ... the corn skiing on the eastside ... yet another successful retreat to the Promised Land. Thanks, AB for sharing with all of us."

... JD

"Thank you so much for the great place to reclimate to civilization. Thanks also for the trailhead shuttle and route advice."

... Bill Stanley & Bill Hopkins

"Thanks for great comfort, ambiance, memories, and friendly significant exchanges ..."

... Frank Pierson

"I hope the Bardini House will host people until it break down and I wish all guests will appreciate ... the work that's about it."

... PCT hiker from Germany

"... the whole concept of community was exchanged just as if Allan had been here in the flesh ..."

... Barbara Schantin

"We are struck by what a great place this is. Thanks."

... Josh Schomick & Line Dempsey

"Always feel I'm home .. this place is the best!!"

... Karrie Kimbrell

"What a wonderful rest of body and spirit. Thank you. Shine on!"

... CZ

We intend that each issue of *The Backside of Beyond* will present something by Allan ... either his writing or his photography.

## DANCING WITH PACKS

by Allan Bard

Skiing with a pack is a dance. And like any dance, the first order of business is to figure out who's leading. After twenty years of pack hauling among the ranges, I can say with some authority, it better be you leading or the waltz can end up a slam dance.

A couple of things are true about skiing with a pack. One, you must have a properly loaded pack and two, it takes practice. The only way one can learn to ski with a pack is to ski with a pack. No amount of postulating or posturing will solve the problem of balancing and controlling that nylon incubus bulging with backcountry essentials, without mileage. About half the problem of balance can be eliminated right off, by choosing a proper ski pack and then loading and fitting it correctly.

For a moment let's talk ski packs. First of all frame packs are out, only soft packs and those with internal frameworks need to be considered. Ski packs are not the 5-6,000 cube behemoths so popular with the expedition climber. They are the more modest models in the 3-4,000 cubic inch category. They are simple, clean looking, top loading sacks with few straps, buckles, zippers, dividers, whistles, or bells. The one I own is a Dana Designs, Bridger, one big sack with a couple of vertical pockets on the back (never on the sides, they're in the way with any kind of arm swing and pole movement) a simple clean suspension system, compression straps, good sized top pocket, storm skirt, sturdy looking cordura fabric, solid stitching, and no real frame at all. It has a sheet of high tech plastic, a single flat metal stay, coupled with a layer of dense closed cell foam. Together they add rigidity but still allow the pack to conform to your back. Neat trick, done not so much by high tech materials as by subtle excellence in design. But no matter which pack, and there are several other good models out there, it needs to be light and simple, designed to carry about 35 or 40 pounds, tops. This is a load we can learn to ski with if we pack it correctly.

A ski pack is not like an Adirondack guide basket that we can dump the odd essentials of our craft into and portage a short bit. A pack needs to be a part of you. Like the snug fit of a kayak to the paddler to eliminate sloppy handling, so must the pack must be loaded and fit to the skier. Any extraneous movement, either in the pack or between pack and skier, can instigate a loss of balance and the inevitable auger.

All soft packs whether they have an internal frame with metal stays, or no frame, need to be packed like a stuff sack not a suitcase. I educate a lot of my guided customers by repacking their load and miraculously finding extra room and a tighter more compact load. A good start on a better skiing load is to get rid of most of your stuff sacks. I've seen the effect on those terminally organized folks that have a stuff sack for everything - the pack looks and carries like a big bag full of doorknobs.

The technique I subscribe to starts by filling the bottom with sleeping bag and tent body. The tent fabric, sans stuff sack, is stuffed tightly around the sleeping bag. Above that, I put the odd-shaped hard items like pots, stove, gas bottles, repair kit, and extra water bottles, which get padded with soft goods like down jacket, extra hat, gloves and socks, and then storm gear. Try to fill all the space evenly and in layers for a good tight load. Stuff don't fold, and don't be afraid to get out of breath. The net result should be a dense solid load, one that doesn't move around with a mind of its own.

Now then, as to skiing with the darn thing, that's another matter. Do basic adjustments like pulling the compression straps tight. If your pack has an adjustment for the shoulder yolk assembly, adjust it to height. Move the lifter strap attachment on the top of the shoulder pad, far enough down to allow the strap to do its job and lift the weight off one's collarbone area. Last, adjust the hip belt buckle assembly to a general sizing.

Once the initial adjustments are made hoist the beast up onto your back and make the final



fit. Waist belt first. Hike the waist belt up on your hips and tighten. Then pull the shoulder straps down to a snug fit. Tighten the lifter straps enough to pick the shoulder pads off the top of the shoulder. Clip the sternum strap together, take a breath and snug it up. Unlike current Democratic technique, you *must* inhale for proper pack adjustment. OK, you can breathe now. Finally, tighten the strap that attaches the lower pack to the waist belt. Tightening this strap finishes the connection between skier and pack.

How much you adjust these components during a day skiing always depends. For touring I often loosen my shoulder and sternum straps. But when I go downskiing I crank everything down hard. I'd rather it be hard to breathe, than hard to ski. Another note. The friction coefficient between skier and pack is critical. A sweater is better than a windbreaker at minimizing pack movement.

But, the most important adjustment one makes is a mental one. Pack skiing is definitely more work in all but the most ideal conditions, so get a positive mind set and don't forget the occasional primal growl.

If the snow was always perfect, pack skiing would reduce itself to a game of purely balancing the pack. Like a native woman walking gracefully along with a large basket on her head, we need to balance the pack-load over our center, our hips. And voila, with no real change in travel technique, we can just ski away. Wouldn't that be nice? Certainly consistent, easy skiing snow conditions exist, but not always. This is where some improved technique and a little extra strength come in handy.

In order to maintain balance and make even minor corrections with the handicap of pack weight, we need more flex. More flex with more weight requires more strength, just like hanging on a pull-up bar with arms half flexed. Flexing isn't a static position though, it's more like doing many bench press maneuvers without fully extending or flexing. Any high school weightlifter can tell you that this will definitely poop you out faster. The good news is that this extra flexing while skiing with a pack, although tiresome, will gradually make you strong.

In order to get in shape both physically and technically try the graduated pack method. This year, try to never go skiing without a pack and then increase the weight as the season progresses. When I guide powder skiing for a day, my pack weighs 15-20 pounds. After awhile I hardly notice the weight. Shouldering my 40 pound overnight pack later in the season, doesn't suddenly feel like gravity is turned on high, because there's only a 20 pound increase from "normal". You can ease into this pack stuff as the season progresses. During the week-long ski tours I guide in the spring, my pack is often 75 pounds. But I'm stronger by then and the snow is usually flawless corn snow. Magical things are possible in these conditions. The graduated weight idea isn't brain surgery gang, and best of all it works by changing our tactics, not our technique.

This subtle increase in weight will slowly build strength and "program" your muscles to adjust to the extraneous forces of the pack. Even so, some days the dynamic posthole digging done by "flying eskidores" rivals the antics of Smokey and the Bandit. Yes folks, this is a sometimes long and often hilarious road to success, so bring a friend to enjoy the spectacle.

I'm going way out on a limb by saying this, but it's easier to down ski, especially with a heavier pack, using parallel technique rather than telemark. I've seen the tree sized thighs that can withstand the knee stress inherent in telemarking with a pack. But personally, I just can't dooo that! With a parallel turn I don't need to flex as low. When I parallel I can cheat a little of my weight onto the inside ski to divide the load, by using an early weight and edge change into the next turn. I end up skiing a little more two-footed and with a wider stance. For regular folks, I think it's less strenuous and difficult to use parallel and stem type turns than tele technique.

## DANCING WITH PACKS from page-3

Because I use my muscle more efficiently I have more strength to use. Use your extra strength and the additional weight of the pack to your advantage. It's the bigger hammer theory: a little harder to lift, but man does it drive a nail, or in our case, punch a turn.

Practice helps, that's why I ski with a pack even on the lifts. It looks dumb but I'm never without an extra layer, sunscreen, a screwdriver, a little food and drink or a locker to store things. It's best to practice balancing while punching a turn on the groomed runs with a light pack first.

Think of yourself as a giant piston. Flex and extend your legs and balance the weight of the pack over the entire length of your feet. Then make about ten turns gradually increasing your leg flex on each turn while maintaining a fairly vertical piston-like motion. Even on mellow slopes one discovers quickly how much flex and what kind of fitness is required to balance and absorb the force of the extra weight. As you progress the punch becomes more of a push generated from the weight of the pack. Try this a few times until you figure out how much flex and how little upper body movement is needed to make turns. Then just duplicate it a few hundred times and you've got it. Nothing to it, right?

Another technique trick is to minimize your upper body rotation. Learning to ski with your hands forward and quiet, pointing your belly button down the hill, (and relaxing your tongue) will help make you more fluid and avoid over rotating you and your pack. Over rotating with your pack is an high energy dance, filled with fun and excitement. Swing yer partner round and round, then watch that pack just throw you down. Yahoo!! Don't let the potential mackerel-slap fall worry you. Go ahead and take your pack out for a little spin, but just don't over rotate!

A pack enables us to go deep into the winter backcountry. There the country is untamed, wild, beautiful and unfortunately cloaked with fickle snows. So much for flawless technique. Sometimes just surviving a series of pack enhanced turns is quite an accomplishment. But like other situations in this grand uncontrolled landscape, often the most important weapon you can arm yourself with, is patience and a good sense of humor. Strength and improved technique are important, but balance and, of course, a quiet upper body are critical. So my friends take every opportunity to practice your craft in the great snowy hinterlands, but remember, ski quietly when you go with a big pack.

## Would You Buy A Bardini Cap?

We hope to offer quality baseball caps with an embroidered Bardini logo by the end of next month. We are not sure of the price yet - probably around \$10. If you're interested write us or e-mail your response. Our addresses are on your mailing label page.

## Important Notice

Bardini E-Mail Address Has Changed to: [bardini@schat.com](mailto:bardini@schat.com)

## Bardini House Information

### Use Donations

Stays are limited to 10 days except by special arrangement. Guests are expected to make donations of \$10.00/night decreasing by \$1.00/night every 2 days up to the 10 day limit. These donations should be deposited **IN ADVANCE**.

### General

Guests may use the kitchen, and bathroom facilities; the stereo, VCR, and TV system; the outside deck, BBQ, and lawn (tents on back lawn ONLY); the laundry washer may be used, but the freezer in the laundry is for Foundation use **ONLY**. If you need a freezer use the refrigerator's freezer in the kitchen.

### TV/Stereo/VCR

Guests are free to use the TV, stereo, and VCR. Videos of current and classic movies are on the bookshelves. Anyone wishing to donate videos or mountaineering/skiing books to our library should contact the hosts. Questions on the operation of the equipment should be directed to either Kurt or Don.

### Monday Nights & Other Significant Occasions

Guests must be prepared to share the premises and the TV for Monday night football with the regular locals that wander in (usually about 4 to 5, but sometimes as many as 10). It's generally a painless experience and usually adds to the ambiance. Meals are prepared and guests are welcome to partake. Superbowl Sunday and New Years Day sometimes require the same tolerance.

## Support the Foundation



Help the Foundation reach its goals and help yourself to a

**Bardini coffee mug**

a 10-oz. white porcelain mug with the Bardini logo

**only \$5.00**

**plus tax (CA only) and shipping\***

**Send your check to the**

**Bardini Foundation**

**515 Sierra Street**

**Bishop CA 93514**

\*combine with a shirt to save

## Statement of Purpose

The Bardini Foundation is a group of friends and relatives who wish to honor and commemorate their friend and brother, the late Allan Bard, fondly known as "The Great Bardini". The Foundation was formed to continue Allan's work and carry out his plans and dreams of exposing people to the total mountain experience. In Allan's memory, the Foundation will strive to provide the common man with Muir's inspiration to "Climb the mountains and get their good tidings".

The Bardini Foundation is providing:

1. A mountaineer's house for climbers and skiers at Allan's residence
2. Continued publication and distribution of Allan's Shooting Star Guides
3. A newsletter to promote mountain ethics, protocol, and safety
4. Year-round backcountry guide services
5. Publication of Allan's writings and photographs
6. Funds for search and rescue groups, for training and equipment
7. Creation of a portable, zero-impact Sierra ski hut system to be operated by local guides for winter and spring ski touring
8. Slide shows and seminars on mountain sports, safety, and photography
9. Funds to train and accredit, in cooperation with the American Mountain Guides Association, mountain guides of Allan's quality
10. Support for environmental and cultural projects of community interest in Bishop, California.

We are accepting donations from anyone interested in supporting our efforts.

**Checks should be made out to the Bardini Foundation and mailed to the Foundation in Bishop.**

## Springtime Donors

The following people have made generous donations of money, time, or talents to the Foundation's cause. The list is incomplete ... for this we apologize. Many of you purchased shirts and mugs. Some of you warrant **special recognition** for donations that exceed the bounds of generosity and border on altruism. Our thanks to you all.

### Individuals:

Jamie Anderson  
 Jim & Maxine Barbieri  
 John & Jules Barklow  
 Scott Boughton  
 Line Dempsey  
 Jane Dulaney  
 Erika Eschholz  
 James Herrington  
 Bill Hopkins  
**David Huntsman**  
 Rob Hess  
 Karrie Kimbrell  
 Christine Kerr  
 Roman Laba

Lyn Lauria  
 Richard & Cari Leversee  
**Tim Messick**  
 Allen O'Bannon  
 Andy Outis  
 Frank Pierson  
 Shelley Reis  
 Jo Sanders  
 Mark Saunto  
 Barbara Schantin  
 Kirk Shryoc  
 Bill Stanley  
 Tony Walsh  
 Terry Walker  
 Vick Wren

### Businesses & Organizations:

Squid Ink (Joe & Nancy McKeown)

## Shooting Star Guides

Shooting Star Guides are a unique set of five climbing guidebooks ... perhaps better described as route cards... printed on waterproof, tear-resistant ASCOT paper. Allan wrote these guides in 1991 and because of his intimate knowledge of the area, these guides give you the inside scoop on all the information needed to approach, scale, and descend these fine peaks:

Mt. Whitney, East Face  
 Mt. Whitney, East Buttress  
 Mt. Sill, The Swiss Arete  
 Cathedral Peak, Southeast Buttress  
 Matterhorn Peak, North Buttress



The ASCOT paper is bombproof allowing you to fold and stuff the guides into your pocket making them accessible while climbing. Each route card contains quality photos of the peak, clearly mapping the climbing route and descent. In addition, each guide contains a brief history of the area and a sketch of a Sierra wildflower.

These guides are a valuable addition to any mountaineering library. The Bardini Foundation is continuing to distribute these on a wholesale basis to climbing shops and book stores throughout the western states and offers them to the public directly by mail.

### Retail Price:

**\$25.00** for a full set of 5  
 (includes shipping)

Calif. residents add applicable tax

\*\*\* Summer Foundation Activities \*\*\*



There's Still Time!

Sign Up Now!

This camp is unique in the Eastern Sierra ...  
You can't afford to miss the opportunity

## Annual Bardini Climbing Camp July 30-August 3

This summer of 2000 the Foundation will be putting together another climbing camp in the Palisades. Guiding has a long tradition in the Palisades. We plan to continue the tradition. Our luxurious Fifth Lake camp will be fully operational from July 30th through August 3rd. In addition to great home-cooked meals from our high country kitchen, climbing equipment, solar showers, your own personal tent, and a real commode, we can also provide sleeping pads and sleeping bags. This means you can walk in with a day pack and climb for many days in comfort and style. You may also come self-guided, join us for a guided excursion, or opt for climbing lessons, as you wish. The self-guided trips include all the amenities including food. Guided climbs and instruction at all levels of rock, snow, and ice technique will be offered. It's a short time window afforded by the Forest Service, so don't delay, sign up early!

## Support Foundation Efforts

### T-SHIRTS

### POLO SHIRTS

get top quality preshrunk cotton t-shirts and polo shirts ash gray with burgundy lettering  
polo shirts have knit collar and cuffs with Bardini Foundation over pocket



**Bardini Lives!**



Tee shirts have **Bardini Lives!** across back with **Bardini Foundation** on left chest

Sizes: S, M, L, XL, XXL

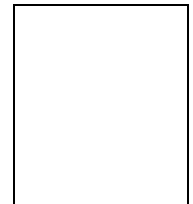
**T's only \$12.00**  
**Polo's only \$15.00**

plus \$3.20 US Priority Mail  
California residents add appropriate sales tax



## Bardini Foundation

515 Sierra Street  
Bishop CA 93514



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