



Rancho Simi Trail Blazers

A Division of the Rancho Simi Foundation



Weekly hikes!!



Has anyone ever told you to take a hike?

Did you know that in Simi Valley you can take many hikes with the Rancho Simi Trail Blazers and explore the beauty of Simi Valley and other beautiful locations? We have so much fun taking photos, talking and just viewing the beautiful scenery like the photo above. We even enjoy going on overnight events. **Please join us** and see for yourself how much fun we have!

Hikes are every Sunday, Tuesday, Thursday, and most Saturdays

October 24th - Work Party - Wildlife Corridor Corriganville Park

This is the seventh time the Trail Blazers teamed up with the local Geocaching group, to clean up the Wildlife Corridor above Corriganville Park. 18 of us removed six bags of garbage and painted over the graffiti at the Corridor. Two more volunteers stayed back at the Camp Rotary picnic tables to take care of our snacks and drinks. As in past years, again we finished in record time. We were done well before the heat of the day. The massive Corridor cement maintained the coolness well from the previous night. It was a very clear day, so we enjoyed fine views of Simi Valley from the far eastern side. Many thanks to the RSRPD, for providing all we needed. We had a lot of fun and enjoyed some good conversation. Let's do it all again next year!



RSTB LOGO T-SHIRTS

Sporting the beautiful RSTB logo, these are great shirts! Please call Mike Kuhn if you'd like to order at 805-583-2345.

short sleeve \$12
long sleeve \$14
sweat shirt \$18



Volunteers Needed!!



If anyone is interested in volunteering for the **Work Parties Chair** or the **Publicity Chair**

contact Mike Kuhn at:
mike.kuhn@simitrailblazers.com

RSTB CLUB MEETING

This month's RSTB meeting will be at:
Sycamore Drive Community Center
1692 Sycamore Drive – Room B-1
Wednesday: November 18, 2015
5:30PM Everyone Welcome to attend!

** Not within the jurisdiction of the Rancho Simi Recreation and Park District.*

Upcoming Events

November 7th Happy Camp Canyon, Middle Range Fire Road loop* 10 MRT - Moderate to Strenuous (1,300' of elevation gain/loss) **8AM**

November 14th Piedra Blanca Trail [aka Gene Marshall National Recreation Trail] (22W03) to Twin Forks Camp* 7 MRT - Moderate (1,000' elevation gain/loss) **8AM**

November 18th Club Meeting
The Sycamore Drive Community Center - 1692 Sycamore Drive - Room B-1 **5:30PM Everyone Welcome to attend!**

November 21st Work Party - China Flat

November 28th Sage Ranch Loop* 3.5 Mile Loop - Easy (400' of elevation gain/loss)

Due to unforeseen circumstances, all activities are subject to change without notice. Please see www.simitrailblazers.com/activities for event details and the most up-to-date schedule.

Rancho Simi Recreation and Park District events can be viewed at <http://www.rsprd.org> to see what is happening next!

August 15th - Temescal Gateway Park to Will Rogers State Historic Park via Rivas Canyon



Only 4 hikers carpoled to the upper parking lot at Temescal Gateway Park, a lovely refuge from the nearby urban congestion that borders Topanga State Park. Despite severe heat warnings for much of the greater Los Angeles area, the park was teeming with hikers. Our hike began along a paved road that led pleasantly past rustic buildings constructed in the 1920's for the Methodist Church as a west coast center for the Chautauqua movement. The whole area is shaded by towering eucalyptus trees as well as oak trees and a variety of other non-native trees such as palms and conifers. We soon joined the shady trail that led up to the northeast over a ridge before descending into heavily shaded Rustic Canyon. Atop the ridge we had good views to the south and east, particularly of the ocean. Despite the ongoing drought we spotted a few blooming plants, mainly cliff asters. After hiking downstream (no water) through Rustic Canyon we followed a short connector trail to Will Rogers State Historic Park where we took a lunch break on the front porch of the old ranch house and enjoyed the rocking chairs and the views of the spacious green lawn and the nearby polo field. We then returned to Temescal Gateway Park and our vehicles via the Rivas Canyon trail, completing a 6.0-mile hike with 1,136' of elevation gain/loss on a warm and humid day.

August 23rd - Malibu Bluffs Park to the Malibu Pier

15 hikers carpoled to Malibu Bluffs Park (at the intersection of Malibu Canyon Road and Pacific Coast Highway) on a pleasantly cool morning. When we arrived at the park a light marine layer continued the cool temperature. As we began our hike from the trailhead near the northwest corner of the parking lot, we made our way along one of many trails through chaparral to the Malibu Bluffs and descended to Malibu Road. Heading east we soon located one of the few public stairways leading down to the public beach. We continued eastward along

the nice beach enjoying the beautiful ocean and sky until we reached a point at which continuing would have required significant wading. We retraced our route to Malibu Road and followed it eastward past expensive beachfront homes until we reached lovely Malibu Lagoon (at Cross Creek Road). Skirting the lagoon we walked along kelp-festooned Malibu Lagoon State Beach to Malibu Pier where we took a lengthy break and watched paddle boarders. Returning along Malibu Road to the public stairway we'd originally taken down to the beach, several hikers decided to return to the parking lot; the rest of the group again descended to the beach and walked westward along it until it curved to the right. We then returned along the beach and followed a different trail back to the parking lot. We headed home having completed an 8.8 mile hike with about 350' of elevation gain/loss on a very nice day at the beach.

August 29th - Mt. Islip from Islip Saddle via the PCT

Nine hikers carpoled via the Angeles Crest Highway (Hwy 2) to Islip Saddle (6,669') in the San Gabriel Mountains [Angeles National Forest] on an already warm morning in Simi Valley (with its forecast of temperatures approaching 100 degrees Fahrenheit during the day). Our hike began along the Pacific Crest Trail (PCT) opposite the Islip Saddle parking lot; the temperature was a pleasant 75 degrees. The trail climbed eastward soon skirting a large meadow and then entering a pine-scented forest. After two miles of hiking we reached shady Little Jimmy Trail Camp (7,501') which is equipped with picnic tables and bathrooms; many backpackers had already set up camp. We then continued on to appropriately named Windy Gap (7,588'), passing many hikers along the way. Next we followed the Islip Ridge Trail to the south as we climbed to the peak of Mt. Islip (8,250'). Once there we took a lunch break and enjoyed the 360-degree views of the surrounding mountains, the Antelope Valley, and the Crystal Lake Recreation Area to the east. Leaving Mt. Islip, we descended to Little Jimmy Trail Camp via an old trail, bypassing Windy Gap. We then retraced our route to the parking lot at Islip Saddle. We arrived back home having completed a very pleasant 7.6-mile hike with 1,683' of elevation gain/loss while enjoying mild temperatures, cool breezes, lots of shade, and some blooming wildflowers.

September 5th - Arroyo Simi Bike Path Ride - Madera Road to Yosemite Ave

It was a cool, clear, and beautiful, early September morning and perfect for a bicycle ride. Several species of water birds were strutting their stuff in the Arroyo, especially at the western end. We saw a Great Blue Heron, a dozen egrets, and a multitude of mallards, coots and grebes. There were many more birds on our ride this year. Again, still under our severe drought conditions, many parts of the Arroyo were dry, but there was still sufficient water to support a struggling ecosystem. It was a good turnout, compared to other years. There were 12 riders in total. Returning to our cars, we completed exactly 16.1 miles, and about 350' of total elevation gain and loss. The ride was a great change of pace from our usual hiking schedule.



RSTB Calendar NOVEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Rocky Peak Fire Road 4PM See Schedule 	2	3 Mt. McCoy Trail 6PM See Schedule	4	5 Chumash Trail 6PM See Schedule	6	7 Happy Camp Canyon, Middle Range Fire Road loop* 8AM  See Schedule <i>Happy Birthday</i> Joe Farrell Sammy Farrar
8 Rocky Peak Fire Road 4PM See Schedule	9	10 Mt. McCoy Trail 6PM See Schedule	11 Happy Veterans Day 	12 Chumash Trail 6PM See Schedule	13	14 Piedra Blanca Trail to Twin Forks Camp* 8AM See Schedule
15 Rocky Peak Fire Road 4PM See Schedule <i>Happy Birthday</i> Peter Scifres	16	17 Mt. McCoy Trail 6PM See Schedule	18 Club Meeting 5:30PM <i>Everyone Welcome to attend!</i> See Schedule	19 Chumash Trail 6PM See Schedule <i>Happy Birthday</i> Randy Klockenteger	20	21 Work Party - China Flat See Schedule
22 Rocky Peak Fire Road 4PM See Schedule	23 <i>Happy Birthday</i> Denise Cueba	24 Mt. McCoy Trail 6PM See Schedule <i>Happy Birthday</i> Arlene Altshuler	25	26 	27	28 Sage Ranch Loop* 8AM See Schedule
29 Rocky Peak Fire Road 4PM See Schedule <i>Happy Birthday</i> Ursula Buerli	30 <i>Happy Birthday</i> Mallory Ham					

SANTA ANA WILDFIRE THREAT INDEX - Provides a 6 day forecast of Santa Ana Winds Wildfire Threats on a color coded map <http://psgeodata.fs.fed.us/sawti/>

CALIFORNIA FIRE WEATHER MAP - Provides actual Red Flag Warnings and Fire Weather Watches http://www.fire.ca.gov/communications/communications_firesafety_redflagwarning.php (Scroll down to map)

RANCHO SIMI TRAIL BLAZERS

A Division of the Rancho Simi Foundation

Executive Chair:	Mike Kuhn	HM (805) 583-2345	hannahmike@me.com
Treasurer:	Santiago Homsí		
Park District Liaison:	Jeannie Liss	WK (805) 584-4453	volunteers@rsrpd.us
Work Parties Chair:	VOLUNTEER NEEDED		Contact Mike Kuhn at: 805-583-2345
Hiking Chair:	Mark Gilmore	HM (805) 529-5581	markinthepark@sbcglobal.net
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Publicity Chair:	VOLUNTEER NEEDED		Contact Mike Kuhn at: 805-583-2345
Newsletter Editor:	Linda Mann		linda.martins.mann@simitrailblazers.com

-----cut out and return with your payment-----

MEMBERSHIP

Please enroll me as a New () or Renewing () member of the Rancho Simi Trail Blazers for the annual donation fee of Single.....\$10 Family.....\$15

Name _____ Birth Month _____ Day _____

Family memberships: Please list names and birthdays of additional family members (Month & Day Only)

Phone (provide up to two numbers): work/home/cell _____

How do you want to receive the Newsletter? Check all that apply.

- Mail Mailing address _____
- Email Email address _____

How did you find out about the RSTB? _____

Please make out tax deductible member dues check for the year to:

Rancho Simi Foundation and mail it to RSTB, P.O. Box 1231, Simi Valley, CA 93062



U.S. Postage

RSTB
P.O. Box 1231
Simi Valley, CA 93062

CHUMASH USES OF POISON OAK

Poison oak (*Toxicodendron diversilobum*, *yasis* in Ventureño Chumash) was an important plant in Chumash medicine. Early mission records praise the effectiveness of plasters of powdered poison oak in healing wounds, burns and lacerations. Poison oak juice was used as a coagulant. The juice from new growth of the plant in the spring was applied to warts, skin cancers, calluses, corns and other persistent sores. The skin would turn black and eventually the mass would fall off. It was also taken internally for diarrhea and dysentery. The roots were boiled and the liquid drunk cold. (Care was taken not to let the fumes from the boiling pot get into the eyes, lest blindness be the result).

According to Harrington's consultants, Chumash people did not seem to have reacted as severely to contact with poison oak as the later Spanish and others of European stock. (The Pomo, for example, used the stems of poison oak to weave baskets from which curators in the Lowe Museum at Berkeley are still contracting dermatitis.) They also used the juice or ashes from burnt leaves in tattooing and wrapped acorn dough in poison oak leaves for baking in the coals.

The immunity or partial immunity to the effects of poison oak has largely gone away with less and less Chumash blood. The Chumash no longer make medical uses of poison oak. Chumash descendants treated the skin eruptions with the dry ash of tule (*Scirpus acutus*) or juncus (*Juncus textilis*) or bathed the area in teas made from mugwort (*Artemisia douglasiana*), white nightshade (*Solanum douglasii*), coffeeberry (*Rhamnus californica*), or coyote brush (*Baccharis pilularis*). Lime water was also poured on the skin.

I would suggest that you not try any of the remedies, which use poison oak.

Mike Kuhn
11-24-04 (revised 6-26-15)

HAS THE MOUNTAIN LION POPULATION INCREASED IN CALIFORNIA?

Between 1907 and 1963 in California, mountain lions were a "bounty species" - that is a reward was paid to anyone who could prove that they had killed a mountain lion. During that period, between 200 and 450 mountain lions were killed each year in this state. During that 57-year period, bounty records indicate that 12,461 mountain lions were taken. It is reasonable to conclude that this predation had a negative impact on the lion population in most areas of the state.

The bounty program ended in 1963, however, mountain lions remained unprotected in any way until 1969, when they were classified as "game animals." Between 1969 and 1972 at least 118 cats were taken. In 1972 a legislative moratorium on the hunting of mountain lions was passed. Then in 1990 a state-wide initiative was passed which prohibited the killing of mountain lions except under a predation permit (a permit issued because of a cat killing livestock, pets, etc.) or immediate threat to personal safety. Between 1972 and 1999 inclusively, 1,401 mountain lions were killed under depredation permits, with 1994 and 1995 representing the peak years (121 and 117 respectively). During 1999 114 cats were killed under permit.

The end of bounty and sports hunting seems to have resulted in a rather sizable increase in the mountain lion population state wide. With this increase in population, mountain lions have pushed into areas not previously populated and into areas formerly populated. However, data suggest that the lion population increased in California until 1995, then declined slightly after that. Currently, it is estimated that between 4,000 and 6,000 of the big cats reside in California. It may simply be that a natural balance with habitat/food supplies has been reached following the end of their status as bounty/game animals.

Sightings of mountain lions have increased over the years. This seems to have occurred because there are more people in the state, outdoor activities such as camping, hiking and mountain biking, as well as the ever increasing ownership and use of four wheel drive vehicles, and urban development is pushing further and further into big cat habitat. Also, public recreation trails have proliferated throughout the state.

Fortunately for us, mountain lions don't seem to look on man as a prey animal.

[Source of data: *Outdoor California* (May/June 2000)]

Mike Kuhn
11-17-04 (revised 12-15-07)

VEGETATION BURNING BY THE CHUMASH

In an article in the *Journal of California and Great Basin Anthropology* in 1982 (Vol. 4, No. 2, pp. 163-186) the authors Jan Timbrook, John R. Johnson, and David D. Earle examine and analyze the evidence of the use of fire by the Chumash to clear natural vegetation as observed by the earliest Spanish travelers. The observations by these early travelers are offered herein with some comments on how the long-term practice of burning had altered the landscape and what environmental changes followed the forced cessation of burning.

In short, the arrival within the historic Chumash area of what we now call "native Americans" at least 13,000 years ago seems to have been followed in California by frequent use of fire to clear natural vegetation in order to favor the production of perennial grasses, later greater acorn harvests, the production of seeds from favored "fire following plants," and, perhaps, as a hunting tool.

(Continued in December)



Due to unforeseen circumstances, all activities are subject to change without notice. Please see www.simitrailblazers.com/activities/ for event details and the most up-to-date schedule.



REGULARLY SCHEDULED HIKE (Rain cancels – No hikes on holidays)

Sunday Evening - Rocky Peak Fire Road

Meet at **4PM** at the Rocky Peak Fire Road trailhead. Take the Rocky Peak exit on the 118 Freeway and head north over the freeway. Park at the trailhead or across the bridge on the Santa Susana Pass Road.

(We Meet at 5PM during daylight saving time.) (Strenuous - 4.8 MRT - 1,200' elevation gain)

Tuesday Evening - Mt. McCoy Trail

Meet at **6PM** in the parking lot, located to the south of Donut Delite, near the NE corner of Madera and Royal.

(Moderate - 4.0 MRT - 600' elevation gain)

Thursday Evening - Chumash Trail

Meet at **6PM** at Chumash trailhead. Directions: Take the 118 Freeway to Yosemite exit. Go north on Yosemite and turn right on Flanagan Dr. The trailhead is at the end of Flanagan Drive.

(Moderate to Strenuous - 5.4 MRT - 1300' total elevation gain.)

NOVEMBER HIKES AND ACTIVITIES

November 7th Happy Camp Canyon, Middle Range Fire Road loop*

10 MRT - Moderate to Strenuous (1,300' of elevation gain/loss)

At 4.8 miles we'll reach a pleasant oak grove with picnic tables and hitching rails where we'll take a rest-and-snack break. Resuming our hike we'll climb up the steep gets-your-heart-pumping connector road to the Middle Range Fire Road. Once there we'll head west along the ridge, enjoying spectacular views of the surrounding area as we complete the loop portion of the hike and then return to the parking lot. Meet at **8AM** near Donut Delite at the corner of Madera and Royal. Bring 2 to 3 quarts of water and lunch/snacks. Wear boots.

November 14th Piedra Blanca Trail [aka Gene Marshall National Recreation Trail] (22W03) to Twin Forks Camp* 7 MRT - Moderate (1,000' elevation gain/loss)

The trail begins in Rose Valley in the Los Padres National Forest and soon crosses Sespe Creek. As it enters the Sespe Wilderness, it passes huge white sandstone outcroppings (piedra blanca). The trail then follows Piedra Blanca Creek upstream to heavily shaded Twin Forks Camp, the turnaround point. Mountain views abound. Meet at **8AM** at the Donut Delite carpool point near the intersection of Madera Road and Royal Avenue in Simi Valley. Bring 2 to 3 quarts of water and a snack. Wear boots.


November 18th Club Meeting 5:30PM - The Sycamore Drive Community Center - 1692 Sycamore Drive - Room B-1 *Everyone Welcome to attend!*

November 21st Work Party - China Flat Trail

Meet at **8AM** at the China Flat Trailhead in Oak Park on Lindero Canyon Road just east of King James Court. We will be working from **8AM until Noon**. Tools will be provided. Bring 2 - 3 quarts of water, hat, sunscreen, and gloves to work on the trail. Hope to see you there.

November 28th Sage Ranch Loop* 3.5 Mile Loop - Easy (400' of elevation gain/loss)

This 625-acre park is located in the Simi Hills just north of the Santa Susana Field Laboratory (SSFL) (aka Rocketdyne/Boeing) at an elevation of 2,000'. It is full of world-class sandstone rock formations and the trail provides great views of Simi Valley and the mountains to the north. Meet at **8AM**. Bring 2 to 3 quarts of water and lunch/snacks. Wear boots. **DIRECTIONS TO THE TRAILHEAD:** In Simi Valley, take Highway 118 to the Kuehner Drive exit. Take Kuehner Drive 0.9 mile south to Katherine Road. Turn right (west) on Katherine Road and drive 0.5 mile to an intersection at which Katherine Road makes a 90-degree turn to the left (south). Drive 0.2 mile south on Katherine Road (crossing the railroad tracks along the way) to a junction with Oak Knolls Road. Turn right (west) on Oak Knolls Road and drive 0.1 mile to a junction with Black Canyon Road. Turn left on narrow Black Canyon Road and follow it 1.9 miles as it winds steeply uphill to Sage Ranch Park. Turn right at the signed entrance to the park (and then immediately left) into the parking lot.

No dogs  allowed on trail(s). For additional information on hikes/work parties, contact the Rancho Simi Recreation and Park District at 805-584-4400. **Special Note:** On all hikes and work parties, bring water and wear lug-soled boots.

Full descriptions of these hikes and activities are available at <http://www.simitrailblazers.com/activities/index.html>