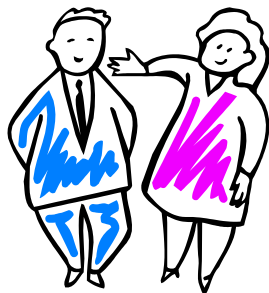




# Rancho Simi Trail Blazers

*A Division of the Rancho Simi Foundation*



### Welcome, New Members!

- Geeta Bayyaram
- John Holroyd
- Rick Koppel
- Pete Lestrel
- Nicholas Martino



### RSTB LOGO T-SHIRTS

Are your old logo T-shirts worn out? We still have short sleeve, long sleeve, and sweat shirts in assorted sizes and colors. Prices are as follows:

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



Please call Marty if you'd like to place an order: 805-526-4414



### RSTB CLUB MEETING

This month's club meeting will be held at the Community Center, Room B-1  
 1692 Sycamore Drive  
 at 7:00 PM  
**December 17, 2008**

### Happy Holidays!

Come and enjoy our casual and social holiday potluck!  
 Date: Friday, Dec.12  
 Time: 6:30pm  
 Place: Marty & Al Richards  
 2086 Elmdale Ave.  
 Simi Valley

Please call Marty to confirm what food you are bringing and to get directions to the house.  
 805-526-4414



### HELP NEEDED

The Trail Blazers have been approached by a member of the Ventura County Search and Rescue Team for one or more people to help train a black Labrador retriever to find living victims. Simply put, the help would involve hiding on a restricted parcel of wildland while the dog searches. The dog needs a victim to find, while the dog handler and owner works the dog. A well trained dog can be of enormous help during an emergency. If anyone is interested, please contact Ankur Gupta for more information at (805) 579-8810.



### UPCOMING EVENTS

Please visit the website for details on any of the following hikes and events.

**December 6th**  
**Malibu Creek State Park**  
 6-8 MRT - Moderate

**December 12th**  
**Holiday Potluck & Party**

**December 13th**  
**Chesboro Canyon / Palo Comado Canyon Loop**  
 10.3 MRT - Easy to Moderate

**December 20th**  
**Work Party - Upper Hummingbird Trail**

**December 27th**  
**Happy Camp Upper Trail**  
 10 MRT - Moderate to Strenuous

More information on these events can be found at

<http://simitrailblazers.com>

To make reservations, please email Mark Gilmore at  
[markinthepark@sbcglobal.net](mailto:markinthepark@sbcglobal.net)

**The Trailblazers sincerely thank the Girl Scouts of Tres Condados (Troop #493) for its recent generous donation.**

## Save the Date!

### Free Wild Animal Shows

Rancho Simi Recreation and Park District and the Rancho Simi Trailblazers will sponsor two FREE family programs next March.

Simi Valley: Saturday, March 14  
Oak Park: Saturday, March 28

Both programs will start at 10am. Watch for more details about these popular programs in upcoming newsletters! You may also call Colleen Janssen at (805)584-4453 or send email to [volunteers@rsrpd.us](mailto:volunteers@rsrpd.us) for more information.



### CHUMASH USE OF COFFEEBERRY

The following is summarized from Jan Timbrook, *Chumash Ethnobotany*, Santa Barbara Museum of Natural History (2007), pp. 164-165, with editorial comments from myself.

Coffeeberry (*Rhamnus californica*) was known to the Chumash Indians and Spanish as "bears medicine." Bears ate the coffeeberry. John Peabody Harrington's Chumash Indian consultants stated that the berries were poisonous to people and that eating them would make one crazy. One consultant stated that it would paralyze the jaw. However, the plant was used for medicine.

The leaves were rubbed on the skin as a remedy for rheumatism. They bathed in water in which the leaves had been boiled to combat the effects of poison oak rash. (There are claims that the Chumash had not always been affected by poison oak. Their sensitivity may have developed as a result interbreeding with peoples of European descent.) The Chumash boiled the bark to make a laxative tea, and in the 1960s they used the tea to combat stomach gas. An acorn diet is said to have

contributed to constipation. However, some have suggested that the high fat content (20.4 percent) of the acorns of the coast live oak should not have resulted in constipation. (The Chumash tended not to favor the acorns of the valley and the scrub oaks, which have a lower fat content, because of taste.)

The Ohlone Indians, who lived in the San Francisco Bay area, decocted the bark for use as a laxative and purgative, made a poison oak remedy from its leaves, and reported also ate the berries raw. Their practices suggest that the uses of the coffeeberry plant was widespread.

The conflicting information as to whether or not coffeeberries are poisonous in any way to humans suggests to me that its ingestion should never be tried.

Mike Kuhn  
8-21-08

### VENTURA COUNTY PRODUCTS 1880 AND 1911

An *Historical Atlas of Ventura County, California*, was compiled and published by W.E. Alexander around 1912 or shortly thereafter. The Ventura County Historical Society and Museum has three copies and the Simi Valley Branch of the Ventura County Library has one copy. The following statistics for the commercial products of Ventura County are for 1880 and 1911. (There are no page numbers.) Some items have been omitted.

#### Shipments for the year from Ventura County 1880:

Corn	38,662 sacks
Hides (all kinds)	754
Barley	8,021 sacks
Asphaltum	405 barrels
Wheat	11,088 sacks
Crude oil	264 barrels
Beans	18,082 sacks
Lubricating oil	498 barrels
Wool	1,122 bales
Hogs	12,609
Bales of seaweed	112
Sheep	503
Cases of honey	289

#### Shipments from Ventura Co. 1911

Electrical power lines	50 miles
Acres under irrigation	14,350
Barley	\$144,550
Hay	\$182,100
Lemons	225,120 boxes \$1,003,040
Oranges	140,500 boxes \$140,500
Petroleum	400,000 barrels \$400,000
Apricot	5,180,000 pounds \$530,950
Beans	5,290,000 pounds \$234,000
Lima beans	63,200,000 pounds
Walnuts	2,876,613 pounds \$402,725
Meat packed	25,000 pounds
Tallow	350 barrels
Cattle (beef)	15,000 \$600,000
Dairy cows	1,200 \$36,000
Horses	7,800 \$936,000
Mules	1,800
Sheep	28,700 \$142,500
Wool	143,500 pounds \$21,525
Fuel (wood)	6,500 cords, \$60,500
Bees (hives)	11,470 \$45,880
Honey	400,000 pounds \$24,000
Sugar beets	187,000 tons \$2,000,000
(one sugar factory 675 employees)	
Hides	320,000 pounds
Lard	175,000 pounds
Seven wineries	50,000 gallons \$15,000

While these data are not exactly comparable, it is clear that the 1880 data represent a pioneer period of Anglo-American settlement and the 1911 data exhibits an emerging agricultural economy with one sugar producing factory to process sugar beats from the Oxnard Plain and early petroleum production. Petroleum was on the rise, and it is now on a steep decline in Ventura County. Petroleum sold for only a dollar a barrel, and you could buy a box of oranges for \$1. Lemons seem to have cost \$4 a box – perhaps they came in bigger boxes than oranges. Apricots sold for \$.10 a pound, and that was probably in the dried form. A horse could be had for \$120. Honey brought in \$.06 per pound. A cord of firewood brought a little over \$9. Those 6,500 cords of wood undoubtedly represented coast live oak trees felled by the ax. Those early years were hard on our oak trees.

Mike Kuhn  
11-13-08

**November 1<sup>st</sup> 2008 - Santa Paula Canyon**

Seven people showed up for the hike to Santa Paula Canyon – six at the carpool point, plus Ron at the trailhead. We decided to drive the trailhead and make a final decision there. We encountered a real downpour with thunder and lightning on the way to the trailhead. That plus concern about possible [flash] flooding in Santa Paula Canyon caused us to decide to cancel today's hike [and not to try an alternate hike]. Instead we returned to Simi Valley and had a leisurely breakfast at IHOP. We all agreed that the silver lining in the cancellation is that we really need the rain [as opposed to fire, mudslides, earthquake, etc.]



Thanks to everyone for your hard work!

**More Pictures from the Zion and Bryce Canyon Trip**

There were so many great photos from the trip that we couldn't fit them in last month. To see the whole gallery, visit the website at: [www.simitrailblazers.com/pix/zion08/](http://www.simitrailblazers.com/pix/zion08/).

**November 8<sup>th</sup> 2008 - Sandstone Peak via Mishe Mokwa Trail**

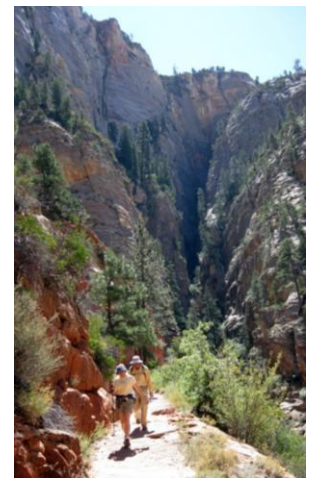


A beautiful day for hiking!



**November 22<sup>nd</sup> 2008 - Work Party**



Our November work party was conducted on the upper one half mile of the Chumash Trail. Trail Blazers included Linda Anderson, Bill Cespedes and Mike Kuhn. Volunteers from Boy Scout Troop 682 included Jeff Brands, Austin Asplund, Chad Westenskow, Mark Harvey, Abrim Lawrence, Bryant Lawrence, Jordan Newberry, and Jayden Stout. Much thanks for a job well done! It was a beautiful day on the mountain.





# RSTB Calendar December 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>  <i>Happy Birthday Gino Zarcone</i>	<b>2</b> <b>Long Canyon 6:30 pm hike</b>  See Schedule	<b>3</b>	<b>4</b> <b>Chumash Trail 6pm hike</b>  See Schedule  <i>Happy Birthday Linda Travis</i>	<b>5</b>	<b>6</b> <b>Malibu Creek State Park</b>  See Schedule
<b>7</b> <b>Rocky Peak 4pm hike</b>  See Schedule	<b>8</b>	<b>9</b> <b>Long Canyon 6:30pm hike</b>  See Schedule	<b>10</b>  <i>Happy Birthday Robert D. Galletly</i>	<b>11</b> <b>Chumash Trail 6pm hike</b>  See Schedule  <i>Happy Birthday Rae Knapp</i>	<b>12</b> <i>Holiday Potluck and Party</i>	<b>13</b> <b>Chesebro Canyon/ Palo Comado Loop</b>  See Schedule  <i>Happy Birthday Sven Michaelson Richard Carroll Gary Valle Bill Cespedes</i>
<b>14</b> <b>Rocky Peak 4pm hike</b>  See Schedule  <i>Happy Birthday Randy Shoemaker</i>	<b>15</b>  <i>Happy Birthday Bobbie Westil</i>	<b>16</b> <b>Long Canyon 6:30pm hike</b>  See Schedule	<b>17</b> <b>RSTB Meeting 7:00 pm</b>  See Page 1	<b>18</b> <b>Chumash Trail 6pm hike</b>  See Schedule	<b>19</b>  <i>Happy Birthday Tom Travis</i>	<b>20</b> <b>Work Party Upper Hummingbird Trail</b>  See Schedule
<b>21</b> <b>Rocky Peak 4pm hike</b>  See Schedule	<b>22</b> <b>Hannakuh begins</b>	<b>23</b> <b>Long Canyon 6:30pm hike</b>  See Schedule  <i>Happy Birthday Carol Naheux</i>	<b>24</b>	<b>25</b> <b>Christmas Day</b>	<b>26</b>	<b>27</b> <b>Happy Camp Upper Trail</b>  See Schedule
<b>28</b> <b>Rocky Peak 4pm hike</b>  See Schedule	<b>29</b>	<b>30</b>	<b>31</b> <b>New Year's Eve</b>			



# Rancho Simi Trail Blazers

A Division of the Rancho Simi Foundation

## Hiking Schedule



### REGULARLY SCHEDULED HIKES

*(Rain cancels – No hikes on holidays)*

#### Sunday Evening - Rocky Peak

Meet 4 pm at Rocky Peak trailhead at the end of Rocky Peak Rd off Santa Susana Pass. (Strenuous, 4.8 MRT)

#### Tuesday Evening - Long Canyon

Meet at 6:30pm in Long Canyon parking lot. Directions: Take 1<sup>st</sup> Street heading south. Continue when the road's name changes to Long Canyon Road. The parking lot is at the intersection of Long Canyon Road and Wood Ranch Pkwy. (Moderate, 3.0 MRT)

#### Thursday Evening - The Chumash Trail

Meet at 6pm at Chumash trailhead. Directions - take 118 Fwy to Yosemite exit. Go north on Yosemite, turn right on Flanagan Dr. Trailhead is at the end of Flanagan Dr. (Strenuous, 5.2 MRT)

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### DECEMBER HIKES AND ACTIVITIES

#### December 6th

##### **Malibu Creek State Park\***

Moderate 6-8 MRT (600' elevation gain)

Hike to the old M\*A\*S\*H site. We have several options on the way, depending on the desires of the group.. Countless movies have been filmed in this park. We'll see Century Lake and the Rock Pool. Meet at 8 AM near Donut Delite at the corner of Madera and Royal. Bring 2 to 3 quarts of water and a snack. Wear boots.

#### December 12th **Holiday Potluck & Party**

From 6:30 PM at Al and Marty Richards' home. Please call Marty at (805) 526-4414 for directions to their home and to discuss what you should bring.

#### December 13th **Chesboro Canyon / Palo Comado Canyon Loop\***

10.3 MRT - Easy to Moderate (1200' elevation gain) - [5.5 MRT option (800' elevation gain)]

Walk among the oaks, follow a stream to Sulfur Springs and on to Sheep Corral and then return via Palo Comado Canyon. Meet at 8 AM near Donut Delite at the corner of Madera and Royal. Bring 2 to 3 quarts of water, lunch and sunscreen. Wear boots.

#### December 20th **Work Party - Upper Hummingbird Trail**


Meet at the Rocky Peak Trailhead. We'll drive up the fireroad to where it intersects with the Hummingbird Trail. Bring 2 - 3 quarts of water, hat, sunscreen, and gloves to work on the trail.

#### December 27th **Happy Camp Upper Trail\***

10 MRT - Moderate to Strenuous (elevation gain & loss 1300')

See panoramic views of Simi Valley and Moorpark to the Channel Islands. Bring lunch, 2 to 3 quarts of water, binoculars/camera. Wear boots. Meet at 8 AM near Donut Delite at the corner of Madera and Royal. Please note, there is a \$3 per car parking fee at the trailhead.

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\* Not within the jurisdiction of the Rancho Simi Recreation and Park District.  No dogs allowed on trail(s).

For 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.

<http://www.simitrailblazers.com>

**RANCHO SIMI TRAIL BLAZERS**

*A Division of the Rancho Simi Foundation*

Executive Chair:	Mike Kuhn	HM (805) 583-2345	hannahmike@roadrunner.com
Treasurer:	Peter Ely		
Park District Liaison:	Colleen Janssen	WK (805) 584-4453	volunteers@rsrpd.us
Work Parties Chair:		*** OPEN ***	
Hiking Chair:	Mark Gilmore	HM (805) 529-5581	markinthepark@sbcglobal.net
Vice Hiking Chair:	John Sabol	HM (805) 583-2541	jtsabol@sbcglobal.net
Website:	Mark Gilmore	HM (805) 529-5581	markinthepark@sbcglobal.net
Ways & Means Chair:	Marty Richards	HM (805) 526-4414	
Publicity Chair:	Carrie McCline		
Newsletter Editor:	Kelli Ham	HM (805) 577-1864	simitrailrunner@gmail.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(s) \_\_\_\_\_ Birth Mo. \_\_\_\_\_ Day \_\_\_\_\_

Please list any extra names and birthdays of more than one member (Month & Day Only)

Address \_\_\_\_\_

Email Address \_\_\_\_\_ Phone wk/hm \_\_\_\_\_

Would you like to receive periodic email announcements about club activities? Yes ( ) No ( )

How did you find out about the RSTB \_\_\_\_\_

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

“Rancho Simi Foundation” mail it to “RSTB, P.O. Box 630445, Simi Valley, Ca 93063-0399



\_\_\_\_\_  
U.S. Postage  
\_\_\_\_\_

**RSTB**  
**P.O. Box 630445**  
**Simi Valley, CA 93063-0399**