



Rancho Simi Trail Blazers

A Division of the Rancho Simi Foundation



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: March 18, 2014
5:30PM Everyone Welcome to attend!

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

Upcoming Events

March 7th North Malibu Creek State Park Loop* 9 Mile Loop - Moderate to Strenuous (1,500' elevation gain/loss) **8AM**

March 14th Joughin Ranch to Oat Mountain* 7.5 MRT - Moderate-to-Strenuous (1,800' gain/loss) plus an optional 6 MRT walkabout - Easy (500' elevation gain/loss) **8AM**

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

March 21st Mt. McCoy Trail Work Party 8AM

March 25th – 29th SPECIAL EVENT Desert Camping, Hiking and Sightseeing trip: Southern Death Valley* 8AM

Weekly hikes!!



Has anyone ever told you to take 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.

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



Work Party Mt. McCoy Trail Work Party Meeting time is **8AM**. The event will end at noon. All tools will be provided. We will be removing rocks, doing some lopping to increase trail clearance and some trail trimming. Bring your own water, snacks, gloves, hat, and wear sunscreen. Boots are recommended. Meet at western end of Washburn Street at trailhead.

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



Daylight Savings Time starts on **Sunday, March 8, 2015**, so Spring Forward and don't forget to change your clocks!

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.rsrpd.org> to see what is happening next!

(continued from last month)

CHIVO AND LAS LLAJAS REGIONAL STORMWATER DETENTION DAMS

When the dam was first considered, the Simi-Santa Rosa fault was not considered to be active. Sometime in the early 1990s the fault was reclassified as "active" by the State of California. That fault crosses Chivo Canyon within hundreds of feet upstream of the proposed dam site. The proximity of the dam to the known traces of the Simi-Santa Rosa fault would not necessarily preclude the construction of the dam, but it certainly casts a long shadow over a dam at that location.

At this point in time, the canyon is owned by the Rancho Simi Recreation and Park District and is available for hiking.

Mike Kuhn
12-19-05

CHUMASH USE OF COMMON FIDDLENECK

According to the ethnographic notes of John Peabody Harrington, the seeds of common fiddleneck (*Amsinckia menziesii*, *tekhewe'* in Ventureño Chumash) were ground and toasted and cooked into a pinole. They said it had a good flavor and a pretty color.

It should be noted that this plant is known to be somewhat poisonous. So it is probably unwise to experiment with it as a food.

(Source for ethnobotany: Jan Timbrook, *Chumash Ethnobotany*, Santa Barbara Museum of Natural History [2007], p. 28)

CHUMASH USES OF BAY LAUREL

California bay, California laurel, or bay laurel (*Umbellularia californica*, *psha'an* in Ventureño Chumash) were used for many purposes by the Chumash. Burls were made into bowls.

Fire was used to burn out a concave portion of the burl. Stone scrapers were used to clean out the burned area. This was repeated until a desired shape was achieved. The bowl was polished and then sealed with a mixture of animal fat and red ocre. An example is held by the Santa Barbara Museum of Natural History.

Before going out to hunt deer, a hunter would stand over a fire with green bay leaves in it in order to bathe his body and clothing in the pungent odor. This practice tended to mask the natural odor of the hunter, was said to attract deer while making the deer dull and dizzy. Combined with the use a stuffed deer head and cape and imitations of deer movement, the deer were then easier to shoot with arrows.

Bay leaves boiled in water were a strong remedy. The tea was drunk for colds and to cure diarrhea. A headache remedy was made of a mixture of bay leaves and lard. Bay leaves were added to a hot bath to relieve rheumatism. The leaves were also used to repel witches. I was told several decades ago by a Chumash descendant that bay leaves were rolled up and stuffed up a nasal ventricle as a decongestant. While other tribes reported eating the fruit, there is no indication that this was done by the Chumash. Today, Indians tie bags of bay leaves around their heads to cure headaches. (This is interesting, because many people report that the strong odor of bay leaves gives them headaches.) Bay leaves are scattered around houses today to drive off fleas and are used to flavor food.

(Nearly all of these uses are derived from Jan Timbrook, *Chumash Ethnobotany*, Santa Barbara Museum of Natural History [2007], pp. 220-221.)

Mike Kuhn
9-26-08

DON'T FEED WILDLIFE

"When there are conflicts between humans and wild animals, the animals lose. Don't feed wild animals. They don't need our handouts; they need our respect. We should all take

responsibility for the wild animals whose habitat we share.

When humans are careless, wild animals usually pay the price." ERIC LOFT, CHIEF, CALIFORNIA DEPARTMENT OF FISH AND GAME, WILDLIFE BRANCH

Feeding wildlife is never a good idea. Wildlife encounters increase with the availability of food, and feeding can result in an attack, injury, damaged property and often death of the animal. Animals that become accustomed to human handouts may become dependent on humans and will expand their activities to get more food. The animal dependent population will expand to match the new food supply. Those animals can do much property damage, become pests and threaten human safety in the process. Human handouts may upset an animal's natural diet, putting the animal at risk, and often upset the natural survival instincts of the animal. Feeding wildlife often leads to unnaturally bold or aggressive behavior, which often results in the death of the animals.

The most common problems begin with people who leave pet food outside at night or intentionally put food out for wildlife. (By the way, high rat populations are encouraged by that behavior.) Pets should be fed early during the day and bowls should be brought in at night, or pets should be fed indoors. If a pet door is used, be aware that some animals, particularly raccoons and skunks, will use them to gain access to garages and houses. Lockable pet doors are available with manual lock as well as locks that respond to the magnetic collars worn by your pets. People who feed wildlife are at greater risk from the spread of diseases and spread of parasites.

Then there is the food chain effect – which can impact your pets or your children. Those raccoons, skunks and opossums that are attracted by human wildlife feeders can often attract coyotes, bobcats and mountain lions into communities.

(Continued in April Newsletter)

January 10th - Cheeseboro Canyon - Palo Comado Canyon Loop

14 hikers (+ two dogs) carpooled to the Cheeseboro Canyon trailhead in the Simi Hills on an overcast morning with a forecast of light rain. After donning our rain gear we began our hike by heading north on the Cheeseboro Canyon trail toward Shepherd's Flat. After hiking about 2.5 miles along the nearly level dirt road through grasslands and oak woodlands we reached a junction with the Ranch Center Trail. Given the steadily falling rain and the increasingly muddy trail, we decided to shorten our planned route by heading westward over a ridge to Palo Comado Canyon [rather than continuing northward]. Upon reaching Palo Comado Canyon we headed south in that canyon and then east on a connector road to the Modelo Trail which we followed southward until we reached the original trailhead, thus completing a somewhat shorter loop than originally planned. We reached our vehicles having completed an 8.25-mile hike with around 1,300' of elevation gain/loss on a wet morning enhanced by the beauty of the surrounding green hills and trees glistening with raindrops.

January 24th - Simi Peak from the Long Canyon trailhead via the Albertson Motorway and China Flat

16 hikers (+ two dogs) met in the Long Canyon Trail parking lot (1,130') near the junction of Wood Ranch Parkway and Long Canyon Road on a relatively cool morning with a stiff wind. As the hike began we climbed the moderately strenuous Long Canyon Trail to a ridge (1,560') east of Simi Valley; along the way there were good views of the west end of Simi Valley and beyond, including the Bard Reservoir. Braving the strongly gusting wind, the group continued eastward along a fire/ranch road to a single-track trail that connected to the Albertson Motorway, a wide, nicely graded dirt fire road that is roughly parallel to Hwy 118. We followed the motorway eastward to a junction (2,121') with the primary north-south trail/road that runs through China Flat (~2,050'), a lovely grassy meadow that is dotted with oak trees. The wind had abated as we followed a winding trail (the China Flat Loop Trail) to the south until its junction (2,148') with the Simi Peak Trail. We then began the final ascent along the fairly well-maintained trail to Simi Peak (2,403'), the highest point in the Simi Hills (which occupy the area between Simi Valley and Highway 101 and between Highway 23 and the San Fernando Valley). We rested atop the peak and enjoyed the panoramic view, including looking down at Oak Park to the south. After a while we returned to the Long Canyon Trail parking lot, deviating slightly from our earlier route, thus completing a 10-mile hike through the beautiful green Simi Hills.

January 31st - Los Robles Trail and Triunfo Canyon Trail Shuttle Hike

16 hikers met at the Donut Delite carpool point in Simi Valley at 8:00 a.m. on a cool winter morning. Since it was to be a one-way hike, we dropped shuttle vehicles off at Tri

unfo Community Park in Thousand Oaks where our one-way hike would end. We then drove to the trailhead in a dirt parking lot at the west end of the Los Robles Trail on Potrero Road in Newbury Park. As our hike began, we headed east on the



Los Robles Trail as it wound its way along the mountain slopes to Angel Vista, a viewpoint overlooking the Conejo Valley, Boney Mountain, and beautiful Hidden Valley with its many horse ranches. The day was perfect for hiking with nice temperatures, cool breezes, blue skies with interesting cloud formations, and lots of bright new green grass in the meadows. After leaving Angel Vista on the well-maintained trail and passing a short connector trail that leads to the south end of Moorpark Road, we paused for a lunch/rest break at a picnic table in an oak grove before continuing our journey on a wide dirt road. A mile or so after passing a junction with a trail leading down into White Horse Canyon, we reached the upper end of the Triunfo Canyon Trail which we followed down to our shuttle vehicles, passing a large field of shooting star wildflowers near the bottom. We retrieved our other vehicles and returned to Simi Valley having completed an 11.4-mile hike with 2,207' of elevation gain on a gorgeous day.

February 7th - Griffith Park: Mt. Hollywood Trail from Ferndell Park



14 hikers carpooled to the Ferndell area (600') near the southwest corner of Griffith Park on an overcast morning threatening light rain. Our hike began on a well-shaded trail dominated by large oak and sycamore trees, but soon

began climbing northward on the East Observatory Trail (a dirt fire road), reaching the Griffith Park Observatory (1,131') in a mile or so. After a group photo was taken, we continued northward on the Charlie Turner Trail through the Berlin Forest; we, then crossed the Mt. Hollywood Drive tunnel and followed another dirt fire road as it wound its way uphill to the Mount Hollywood overlook (1,625'), the highest point in Griffith Park. The 360-degree view of the surrounding area was limited by the overcast sky. After taking a break, we headed north and then west (passing near Mt. Bell and Mt. Chapel) via a combination of dirt fire roads and one narrow single-track trail to the top of Mt. Lee (1,680'), just above the famous Hollywood sign. We returned to our vehicles via Mt. Lee Drive, the Mulholland Trail the abandoned Mt. Hollywood Drive, and the West Trail, reaching them just as a light rain started. Happy but tired, we headed home having completed a 10-mile hike with 1,884' of elevation gain/loss on a nice day for hiking with cool temperatures and beautiful green hillsides.



RSTB Calendar March



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Rocky Peak Fire Road 4PM See Schedule <i>Happy Birthday</i> Roger Steffen	2 <i>Happy Birthday</i> Martin DeGoey Alex Koltenuk	3 Mt. McCoy Trail 6PM See Schedule	4 <i>Happy Birthday</i> William James	5 Chumash Trail 6PM See Schedule	6 <i>Happy Birthday</i> Lise Eskridge	7 North Malibu Creek State Park Loop* 8AM  See Schedule <i>Happy Birthday</i> Colleen Flavin	
8 Rocky Peak Fire Road 5PM  See Schedule <i>Happy Birthday</i> Colleen Janssen Bonnie Bastian	9 <i>Happy Birthday</i> Sava Ramnath	10 Mt. McCoy Trail 6PM See Schedule	11 <i>Happy Birthday</i> Pat Peters	12 Chumash Trail 6PM See Schedule	13 See Schedule	14 Joughin Ranch to Oat Mountain* 8AM See Schedule	
15 Rocky Peak Fire Road 5PM See Schedule <i>Happy Birthday</i> Gary Hartung	16 See Schedule	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> Robert Bastian	20 See Schedule	21 Work Party - Mt. McCoy 8AM See Schedule	
22 Rocky Peak Fire Road 5PM See Schedule	23 <i>Happy Birthday</i> Judy Cohen Goldie Parazoo	24 Mt. McCoy Trail 6PM See Schedule	25 <i>Happy Birthday</i> Betsy Gillard	SPECIAL EVENT Desert Camping, Hiking and Sightseeing trip: Southern Death Valley*			28 See Schedule
29 Rocky Peak Fire Road 5PM See Schedule SPECIAL EVENT	30 See Schedule	31 Mt. McCoy Trail 6PM See Schedule <i>Happy Birthday</i> Larry Ribbeck					

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)



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 HIKES (Rain cancels – No hikes on holidays)

Sunday Evening - Rocky Peak Fire Road

Meet at **4PM** at the Rocky Peak Fire Road trailhead, only on March 1, 2015. Meet at **5PM March 8th** and after during daylight saving time. 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.
(Strenuous - 4.8 MRT - 1,200' elevation gain) **(We Meet at 5PM during daylight saving time.)**

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 - 675' 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.)

MARCH HIKES AND ACTIVITIES

March 7th North Malibu Creek State Park Loop*

9 Mile Loop - Moderate to Strenuous (1,500' elevation gain/loss) Meet at Donut Delite near the Northeast corner of Madera Road and Royal Ave at **8AM**. Our hike will start (and end) in Malibu Creek State Park at the point at which the Grasslands Trail crosses Mulholland Highway (just west of Las Virgenes Road). We'll follow the North Grasslands Trail and the Liberty Canyon Trail as we head north through the Liberty Canyon Natural Preserve. Then we'll head south as we hike up a north-south ridge on the Phantom Trail which provides panoramic views of Malibu Creek State Park and the surrounding mountains. After we descend from the ridge we'll cross Mulholland Highway and hike the Cistern Trail, the Lookout Trail, and Craggs Road to the Rock Pool where we'll take a lunch/rest break. Then we'll cross Malibu Creek and pass by the Visitor Center to hike the Chaparral Trail to Mott Road where we'll visit the Mott Adobe Ruins before completing our loop hike along Craggs Road and the Grasslands Trail.

March 14th Joughin Ranch to Oat Mountain*

7.5 MRT - Moderate-to-Strenuous (1,800' gain/loss) plus an optional 6 MRT walkabout - Easy (500' elevation gain/loss) We'll return the way we came. **NOTE:** There will be an option for an easy "walkabout" atop Oat Mountain of up to an additional six miles round-trip with an additional 500' of elevation gain/loss before descending to the parking lot. Meet at the trailhead at **8AM**. Bring 2 - 3 quarts of water and lunch/snacks. Wear boots.

Directions to trailhead: Take Hwy 118 to the De Soto Avenue exit in Chatsworth. Stop at the lower section of the parking lot and pay the \$3.00 parking fee at the "iron ranger" next to the road. Drive the short distance uphill to the larger upper section of the parking lot.

March 18th Club Planning Meeting - Everyone Welcome to attend!


5:30PM - The Sycamore Drive Community Center - 1692 Sycamore Drive - Room B-1

March 21st Work Party - Mt. McCoy Trail

Meeting time is **8AM**. The event will end at noon. All tools will be provided. We will be removing rocks, doing some lopping to increase trail clearance and some trail trimming. Bring your own water, snacks, gloves, hat, and wear sunscreen. Boots are recommended. Meet at western end of Washburn Street at trailhead.

March 28th **SPECIAL EVENT** Desert Camping, Hiking and Sightseeing trip: Southern Death Valley*

This special event is limited to Trailblazer members only. We'll camp in Shoshone (<http://shoshonevillage.com/index.html>), where we'll have access to showers, a hot spring, and WiFi. The trip includes spectacular hikes and leisure time to see the sites. We'll drive through a slot-canyon to the <http://www.chinaranch.com/>, an active date palm ranch, and then hike to nearby waterfall. Back out on the highway, we'll visit <http://www.tecopahotsprings.org/TecopaHotSprings/Home.html>. In Shoshone, we'll hike <http://www.robertwynn.com/Dublin.htm> and see the caves that miners made their home. We'll head north to Death Valley Junction, see the http://en.wikipedia.org/wiki/Amargosa_Opera_House_and_Hotel, then continue to the http://www.fws.gov/refuge/ash_meadows/. Space is limited, so please send an email to reservations@simitrailblazers.com to make your reservations. Reservations must be made no later than March 18th. Campground fees are \$30 per person, payable in advance.

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>

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
Vice Hiking Chair:	Les Wilson	HM (805) 522-2642	les.wilson@roadrunner.com
Website:	Mark Gilmore	HM (805) 529-5581	markinthepark@sbcglobal.net
Ways & Means Chair:	Marty Richards	HM (805) 526-4414	mlrrdh@yahoo.com
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 630445, Simi Valley, CA 93063-0399



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