



Rancho Simi Trail Blazers

A Division of the Rancho Simi Foundation



Poison Oak

Poison oak (*Toxicodendron diversiloba*) can be found at elevations below 4,000 feet, where rainfall is 8 inches or more per year. The plant emits a poisonous, oily irritant called urushiol from the plant's stems, roots, branches and leaves. Urushiol binds with skin proteins within 20 minutes after contact with the plant (alive or dead), or other objects which have been in contact with the plant (e.g., clothing, tools, or pets).

The allergic reaction to this irritant is a rash, which can start from a few hours to five days after contact. It starts as itchiness and swelling, proceeding to tiny pimples. Then blisters form, from which can ooze a clear fluid. If left untreated, the rash lasts from three to five weeks.

A few facts about poison oak:

- While there is no cure for the rash, you can relieve the symptoms. Remove urushiol from skin and clothing. Over-the-counter anti-itch treatments containing zinc acetate, zinc oxide, or hydrocortisone can be applied to the skin. For severe cases, consult a physician.
- Do not use bleach to remove the oils. While this appears to work at first, the bleach will remove the top layer of skin, irritating the skin underneath and possibly making the rash worse. It may also make your skin more sensitive to the urushiol in the future.
- The rash appears once the original oil has bonded to the skin. At this point, you cannot spread the rash to others.
- Blisters will not cause the rash to spread. While blisters are the body's
- natural reaction to the poison, their fluid does not contain urushiol.
- Mild rashes will last 5 to 12 days. More severe cases can last up to a month or longer.
- Never break the blisters, they can
- become infected. If they break, cover the blisters with a sterile bandage. For severe cases, consult a physician.

(Continued on Page 2, Column 1)



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.



Weekly hikes

The weekly hikes are a lot of fun and if you come to one, you may even meet Lucy. Come hiking with us every Sunday, Tuesday and Thursday and enjoy hiking with Lucy a very cute, cuddly and enjoyable dog.



New Members
Steve, Pam & Tom Abernathy

RSTB CLUB MEETING
This month's RSTB meeting will be at:
Sycamore Drive Community Center
1692 Sycamore Drive – Room B-1
Wednesday: May 15, 2013

Upcoming Events
May 4th - Trail Canyon to Big Cienega Meadow
8 MRT - Moderate-to-Strenuous (~2,000' elevation gain/loss) - **8AM**
May 11th
Wildwood Park: Mesa Trail, Upper/Lower Santa Rosa Trails, Box Canyon Trail, Stagecoach Bluff Trail, Teepee Overlook Trail, Moonridge Trail
7 Mile loop - Moderate (1,300' elevation gain/loss) - **8AM**
May 15th - Club Meeting - 7PM
May 18th – Work Party - Mt. McCoy Trail 8 AM - Noon. Meet at western end of Washburn St.
May 24th - May 27th
San Miguel Island Backpack – Email Mark at: markinthepark@sbcglobal.net

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	

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

(Continued from Page 1, Column 1)

- The rash should be uncovered to help promote healing. If you do need to cover it, use a steril bandage and cover loosely so oxygen can reach the surface of the skin. Keep the bandage clean and change it often to prevent infection.
- The urushiol oil does not evaporate, and can remain active for years.
- Because this plant climbs onto other plants, be careful that the firewood you are burning does not have any poison oak clinging to it (dead or alive). Inhaling the burning urushiol can cause blisters in your lungs. This can be very serious. If you suspect you've inhaled smoke from burning poison oak, see a physician immediately.
- Even though you have never had an allergic reaction to poison oak in the past, it's possible to become sensitive to urushiol at any time. If you are exposed to poison oak enough times, your body will eventually become sensitive to the oil.

WINTER SOLSTICE AT BURRO FLATS

On December 18, 1999, I had the privilege of visiting a world class rock art panel in the Burro Flats area of the Boeing Santa Susana Field Laboratory site in the Simi Hills. The occasion was observations by Dr. Ed Krupp, Director of Griffith Observatory and a prominent archaeoastronomer, relating to changes in sunrise light and shadow effects during the winter solstice, i.e., the shortest daylight period of the year, wrought by the January 17, 1994, Northridge Earthquake. Dr. Krupp also videotaped the winter solstice event (no matter that it wasn't yet December 22nd - not much change occurs over a period of about a week anyway) and a program before the pictograph panel. I, five Rockwell security folks and a number of archaeologists and archaeoastronomers were there as observers and guests. Among them were the archaeologists who first suggested that the site might be related to celestial events. Thanks primarily to Dr. Krupp's lively script and the discussion among the scholars that were present, I gained a number of fresh insights about the Chumash use of the site. The most significant among these is the nature of the Native American's

observance of the winter solstice. It is clear from sites like this one that observance on the precise date of the winter solstice probably was not the objective. The site is simply not an accurate predictor of the "date" of the solar event. Indeed, the fixation on the precise date is our own - the Indians probably didn't have that hang-up. They probably were more concerned that ceremonies be performed in association with the low sun maximum in general.

A second conclusion that can be drawn from the site is that those ceremonies may possibly have been public events. While the site is isolated high in the hills, the large number of apparently non-ceremonial bedrock mortars that would have been used for food preparation suggests the presence of substantial numbers of people for ceremonies at the various loci in the area. The "ceremonial center" itself is complex. While many features suggest a winter solstice connection, other ceremonies, such as the observance of the summer solstice, i.e., the longest daylight day of the year, were certainly observed there. It is possible that there may have been a small number of members of the 'antap cult present throughout the year in order to provide both public and private ceremonies.

The visit, which lasted about four and a half hours, had its lighter moments. One scholar came in a magnificent long black leather coat - the kind that most of us only admire, but can't afford unless we sell the family sedan. At one point, I observed the gentleman shoving his way through a dense patch of leafless poison oak. When I pointed out the nature of his encounter to him, he asked what he should do. I offered to provide a solvent that would remove the oil from his skin; however, I simply was at a loss to tell him how to treat his coat. The coat may prove to be a source of constant irritation!

At one point in Dr. Krupp's presentation he marveled at the juxtaposition of this very impressive Native American celestial observatory with the Rocketdyne complex, which has been so central to our advances during the 20th century, at the end of this millennium, towards the exploration of our own solar system. Hardware built or designed at that facility has visited every planet and every moon in our solar system, except Pluto, which is no longer considered a planet, and its moon. Perhaps there is

something about the site that has caused man throughout the ages to reach for the heavens.

Mike Kuhn
12-7-04 (revised 6-20-10)

TED FEARING'S CHIEF TAPO

The Tapo Citrus Packing Plant in Simi Valley was located on what is now the civic center site on the northern side of Alamo Street, west of Tapo Canyon Road. One of the orange crate labels of Tapo Citrus sports a plains Indian in full headdress and the name "Tapo" across the bottom. About 1977 the old packing plant was being dismantled in order to make way for the City's Development Services Building. Found behind a stud wall and against a concrete wall was a 5'x7' painting of the "Tapo" label done on galvanized metal. Workers were about to take the painting to the Simi Valley Landfill with a lot of other stuff. Instead, they were directed to take the painting over to City Hall on Cochran Street.

The painting is signed by Ted Fearing, a local resident and a young graduate of the Chouinard Art School in Los Angeles. It may represent his submission in a contest for a new label for Tapo Citrus. The painting now hangs at the Strathearn Historical Park in "the barn." It's a large treasure of our community that nearly went to the dump. Many thousands of unused orange-crate labels went to the dump that same day.

Mike Kuhn
11-13-04 (11-14-12)

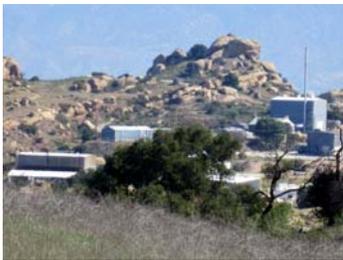


March 23rd - Tierra Rejada Park



16 hikers met at Stargaze Park in Simi Valley on a chilly spring morning. After introductions we headed north toward Tierra Rejada “Park” and the Arroyo Simi, but soon headed uphill to the west along an Edison Road. The still-green hillsides were sprinkled with occasional wildflowers. We spotted a hawk perched high in an oak tree; later we watched as another hawk circled lazily overhead searching for a meal and a couple of turkey vultures flew by. Eventually the trail headed south and then climbed west/northwest along an abandoned, somewhat overgrown, flower- and grass-covered ridge road affording excellent 360-degree views of the surrounding mountains and valleys, including the Reagan Presidential Library and Moorpark College. After taking a lunch/rest break atop a high ridge from which we could see Fairweather Crossing, we retraced our steps to our vehicles, having completed an 8.2-mile hike with 1,700’ of elevation gain on a nice day for hiking with both old and new friends.

March 30th - Edison Road, Albertson Motorway, Upper Las Virgenes Trail



15 hikers (+ three dogs) met at Vista Del Arroyo Park on Chicory Leaf Place in Simi Valley for a hiking

adventure in the springtime Simi Hills. At first we headed east along the Arroyo Simi but we then began climbing a north-south ridge along an Edison Road toward the Albertson Motorway which runs east-west atop the Simi Hills. We were soon rewarded with views of the nearby mountains and canyons as well as the American Jewish University’s Brandeis-Bardin campus to the east and Runkle Canyon and beyond to the west. As we climbed higher, the Arness Fire Road appeared to the east and several unusually shaped structures on the Santa Susana Field Laboratory property

[aka Boeing/Rocketdyne] loomed into view. Eventually we reached the Albertson Moorway and enjoyed a rest/lunch break on lush green grass in the shade of some large oak trees. We continued to the south to a higher vantage point with sweeping views of the Simi Hills to the south and the Santa Susana Mountains to the north. We then returned to our vehicles, having completed a 9.3-mile hike with about 1,900’ of elevation gain/loss on a nice day for hiking.



April 6th - Towsley Canyon



19 hikers met at the “Ed Davis Park at Towsley Canyon” section of the 4,000-acre Santa Clarita

Woodlands Park on a pleasant spring morning. We began hiking along a dirt road toward the

Sonia Thompson Nature Center, crossing Towsley Creek on a concrete bridge. Soon we began a counterclockwise hike on the Towsley View Loop Trail. After passing through The Narrows section of Towsley Gorge, the trail began rising via switchbacks along the shaded eastern slope of the canyon. The verdant north-facing slopes of the Santa Susana Mountains rose steeply to the south. The single-track trail passed through sage scrub, stands of California walnut, bay laurel, and scattered oak trees as we made our way to the 2,450’ high point on the trail from which much of the Santa Clarita Valley could be seen. The area’s oil-producing history was evidenced by the foamy water in Towsley Creek as well as a sulfurous smell in several places along the trail. The trail then began dropping into shady Wiley Canyon where the group took a break near another creek. A short distance on, we turned left onto the Canyon View Loop Trail which rose along the northern flank of the mountain before descending to the Sonia Thompson Nature Center. After resting in the shaded grassy area near the nature center, we followed the paved road back to our vehicles, having completed a 6.8-mile hike with 1,400’ of elevation gain/loss.





RSTB Calendar May



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Chumash Trail 6PM See Schedule	3	4 Trail Canyon to Big Cienega Meadow 8AM See Schedule
5 Rocky Peak Fire Road 5PM See Schedule <i>Happy Birthday</i> Robert D. Lisenby Hannah Kuhn	6	7 Mt. McCoy Trail 6PM See Schedule	8	9 Chumash Trail 6PM See Schedule	10 <i>Happy Birthday</i> Jim Vandenberg	11 <i>Wildwood Park: Mesa Trail</i> 8AM See Schedule <i>Happy Birthday</i> Fran Atkins
12 Rocky Peak Fire Road 5PM See Schedule	13 <i>Happy Birthday</i> Carol Tucker	14 Mt. McCoy Trail 6PM See Schedule	15 Club Meeting 7PM See Schedule <i>Everyone Welcome to attend!</i>	16 Chumash Trail 6PM See Schedule	17 <i>Happy Birthday</i> Alan Mann	18 <i>Work Party</i> 8AM See Schedule
19 Rocky Peak Fire Road 5PM See Schedule	20	21 Mt. McCoy Trail 6PM See Schedule	22	23 Chumash Trail 6PM See Schedule	24 San Miguel Island Backpack 	25 <i>Happy Birthday</i> Alan Cueba
26 San Miguel Island Backpack 	27 <i>Happy Birthday</i> Mike Howard	28 Mt. McCoy Trail 6PM See Schedule <i>Happy Birthday</i> Dilika Puthalath	29	30 Chumash Trail 6PM See Schedule <i>Happy Birthday</i> Bonnie Bouley	31 	



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 **5 PM** 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. (Strenuous - 4.8 MRT - 1,200' elevation gain.)

Tuesday Evening - Mt. McCoy Trail

Meet at **6 PM** in the parking lot, to the south of Donut Delite, located on the north east side of the intersection of Royal Avenue and Madera Road. (Moderate - 4.0 MRT - 675' elevation gain)

Thursday Evening - The Chumash Trail

Meet at **6 PM** 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 - 1,210' total elevation gain.)

MAY HIKES AND ACTIVITIES

May 4th

*Trail Canyon to Big Cienega Meadow **

8 MRT - Moderate-to-Strenuous (~2,000' elevation gain/loss)

Depending on the condition of the trail above the falls, our hike will continue up the mountain toward Tom Lucas Trail Camp and Big Cienega Meadow. However, if the trail condition warrants it, we will turn around without reaching one or both of those destinations.

Meet at the 118 & Stearns St. Park & Ride at **8 AM**. Bring 2 to 3 quarts of water and lunch/snacks. Wear boots.

For more information go: <http://www.simitrailblazers.com/activities/index.html>

May 11th

*Wildwood Park: Mesa Trail, Upper/Lower Santa Rosa Trails, Box Canyon Trail, Stagecoach Bluff Trail, Teepee Overlook Trail, Moonridge Trail **

7 Mile loop - Moderate (1,300' elevation gain/loss)

Our hike will begin by climbing the Mount Clef Ridge via Upper Santa Rosa Trail providing excellent views to the south. It will then descend into Santa Rosa Valley via Lower Santa Rosa Trail. We will climb out of Santa Rosa Valley via Box Canyon Trail and then follow Mesa Trail to Stagecoach Bluff Trail which provides views into Wildwood Canyon. Next we'll take the Teepee Overlook Trail to the Teepee and then follow the Moonridge Trail back to the parking lot. Meet at **8 AM** near Donut Delite at the corner of Madera and Royal. Bring 2 to 3 quarts of water and lunch/snacks. Wear boots.

May 15th

Club Meeting

7 PM - The Sycamore Drive Community Center - 1692 Sycamore Drive - Room B-1

May 18th

Work Party - Mt. McCoy Trail **8 AM - Noon**. Meet at western end of Washburn St.

May 24th - May 27th

*San Miguel Island Backpack**

This very special event is limited to Trail Blazer members only. We'll be traveling 58 miles across the Santa Barbara Channel by Island Packers boat from Ventura Harbor to secluded San Miguel Island where we'll backpack 0.75 miles with 500' of elevation gain to the only campground on the island where we'll spend three nights. Extreme weather creates a harsh but profoundly beautiful environment. The island is primarily a plateau about 500' in elevation; lush native vegetation covers the landscape and many species of birds make their homes on the island as well as the rare island fox.

COST OF TRIP = \$149.50 each (boat trip \$136 + campsite \$13.50). The **DEADLINE FOR PAYMENT** is **WEDNESDAY, MAY 1, 2013**. To make your reservation, email Mark at: markinthepark@sbcglobal.net **Space is limited, so it's best to sign up early.**

* Not within the jurisdiction of the Rancho Simi Recreation and Park District.  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.** <http://www.simitrailblazers.com>

RANCHO SIMI TRAIL BLAZERS

A Division of the Rancho Simi Foundation

Executive Chair:	Mike Kuhn	HM (805) 583-2345	hannahmike@me.com
Treasurer:	Craig Malin		
Park District Liaison:	Colleen Janssen	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 _____

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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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