



Rancho Simi Trail Blazers

A Division of the Rancho Simi Foundation



Welcome New Member

Ray Malphrus
Diane and Richard Webb
David Adams, Erica Weis and
Tyler Harris, and
Shelby Crandell

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



Work was done to lop brush, rake cobbles out of the trail, remove old stumps from the trail and improve a somewhat dicey section. Much thanks to Ashley and Shirley Masada, Mona Agrawal, Bart Hibbs, Alan Cueba, Ray Malphrus, John Sabol and Mike Kuhn for a job well done.

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: May 20, 2015 5:30PM
Everyone Welcome to attend!

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

Upcoming Events

May 2nd Santa Paula Canyon* 8.1 MRT - Moderate (1000' elevation gain) **8AM**

May 9th East Canyon to Mission Point* 8 MRT - Moderate (1,400' elevation gain/loss) **8AM**

May 16th Work Party - Lower Stagecoach Trail **8AM**

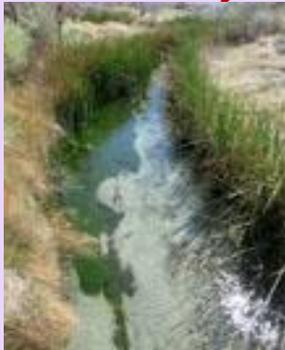
May 20th Club Meeting
The Sycamore Drive Community Center - 1692 Sycamore Drive - Room B-1 **Everyone Welcome to attend!**
5:30PM

May 23rd Upper Zuma Canyon and Zuma Ridge to Buzzards Roost* 8.5 MRT - Moderate (1,500' elevation gain/loss) **8AM**

May 30th Wildwood Park - Arroyo Conejo Creek, Lynnmere Trail Loop* 7.9 MRT Loop - Moderate (1,200' elevation gain/loss) **8AM**

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!!



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

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

A BUMPY ROAD

Over the years at work (for the City of Simi Valley) I was occasionally called to the counter to answer questions from Moorpark College students, who were enrolled in a geology class. They wanted to know why the 118 Freeway west of Madera Road is "so bumpy." CalTrans fixes it, but the bumps return. (You could write a script for a Hollywood thriller entitled, "The return of the bumps!" Well, maybe that wouldn't be such a good idea.) With repeated repairs, now with concrete, the "bumpy" effect is not as noticeable as it was in the past.

The bumps are there because the freeway cuts across the middle Sespe Formation, which is replete with what are referred to as "red" and "blue" beds. You've no doubt noticed them. Because of the strike and dip of the Sespe Formation (strike northeast-southwest and dip 30-40 degrees to the northwest), the beds cross under the freeway diagonally somewhat on end. Unlike the predominately sandy strata of the Sespe, the red and blue beds are high in clay. When they get wet, they expand - lifting whatever is on top, at least the first couple of feet. So, up goes the concrete pavement on the road with each winter - cracking the concrete and providing a very interesting ride for vehicles on the road. If you're travelling on the freeway, your right front wheel goes up and over first, followed shortly by your left front wheel, then by your right rear wheel, and then by your left rear wheel. If you watch the beds in the road cut while traveling west bound, you will pass them, and then be twisted. This is because of the northeast-southwest strike of the beds. When the beds dry out to some degree, the road does flatten somewhat, but never goes back completely.

Every once in a while CalTrans will grind down the concrete or apply some asphalt, only to have the worsened state return in one to three years, depending upon how much rain we've had. Had those roadbeds been provided with two more feet of road base when they were originally constructed, the problem might have been eliminated or greatly reduced. That, however, would have required deviating from the standard construction plate - something that apparently was not considered at the time.

The Sespe Formation in this area is a non-marine deposit from a tropical forest environment of Eocene/Oligocene age - about 24 million years old and younger as you go

west. The red and blue beds are "overbed" strata formed when the river flooded onto the adjacent valley floor and deposited its clay load. In the process, small animals and occasionally large mammals were drowned. Mice, for example, were drowned in their burrows. As a result, the Sespe Formation in this area has produced about half of the recorded vertebrate fossils known for the Oligocene period. Still, the bumps go on.

Mike Kuhn
9-28-04 (6-23-10)

CHUMASH CURES

The Chumash had many treatments and cures for illnesses. Here are a few.

Toloache (*Datura wrightii*) was used with extreme caution, because the plant is highly toxic, with many deaths among the Chumash reported as well as during modern times. When a sick person was given toloache, relatives would gather around to sing and dance and shout to keep the person who was ill from falling asleep (they apparently recognized the danger of a person falling asleep and lapsing into a coma and death). Fernando Librado, a Chumash informant of John Peabody Harrington, said that in measuring how much to give a sick person, you should use a person who has a short last joint on the fourth finger. In that way, they give a short measure. When the person who has been given the toloache awakens (apparently many did fall asleep), they must not drink water. The person who has administered the toloache may provide the ill person some little bit of warm water so that the ill person can wash out their mouth. After that they eat only a light acorn gruel with clam or cotton-tail or some other light meat and abstain from sleeping with their spouse for 21 days. Great credence was given to dreams while under in effects of toloache.

Red ants (probably the California harvester ant) were also used. When taken internally, an ant doctor, usually an old woman, would administer the treatment. The sick person would be given a mixture of hundreds of live ants mixed with down. In other cases, the patient would lie or stand naked on a red anthill, which had been broken into. This resulted in the ants biting the patient hundreds of time. The effects of the bites, which contain formic acid, were said to render cures. The victim, who often fainted during the ordeal, would be rubbed all over with green sycamore leaves and then with freshly chewed tobacco. Doctors were paid only if the patient got well.

During the early mission period, when most Indians were dying from infectious diseases, surviving Indians assumed that they had been poisoned. As a result, many medicine men and women were killed by their own people - compounding the tragedy of the introduction of eastern hemisphere diseases.

Seawater was probably used most often to effect cures. Several quarts of water were given to the ill person. This normally resulted in vomiting, which the Chumash believed expelled whatever was causing the person to be sick.

Two cures for epilepsy are recorded. One was to drink some deer blood. This, of course, had to be done as soon as a deer had been killed, so the patient had to follow a deer hunter around in order to be there when the kill occurred. The other cure was to eat the throbbing heart of a crow. For this latter cure to work, one had to abstain from sex for 21 days.

Rheumatism was sometime cured by wrapping the rheumatic part with a dead rattlesnake. People with rheumatism sometimes carried dead rattlesnakes around with them in their pockets.

Mike Kuhn
12-23-04

FATHER VICENTE DE SANTA MARIA

The earliest significant description of Simi Valley was written in 1797 by Father Vicente de Santa Maria from Mission San Buenaventura. The report was based on a 1795 visit, and eventually resulted in Simi Valley being rejected as a mission site. His report:

"In the middle of the forenoon, going toward the east, by little and little we reached a valley which is called Simi. In the middle of the valley we came upon a small pool of water in a dry arroyo which crosses the valley halfway. In the afternoon the ensign, sergeant, two soldiers and I went to reconnoiter a place which said Jose Antonio Lugo claimed to have seen, and which, he said, had water and land. After examining everything, we found the water to be not too abundant, the valley very narrow and dismal, and consequently unserviceable."

The result was the establishment of Mission San Fernando de Espana in 1797. The "narrow" valley seen by Lugo was probably Tapo Canyon.

Mike Kuhn
11-13-04 (revised 10-31-12)

March 14th - Joughin Ranch, Deerlake Highlands, Devil Canyon Loop



12 hikers met in the dirt parking lot at the Michael D. Antonovich Regional Park at Joughin Ranch near the upper end of the paved Browns Canyon Road north of Chatsworth on a day expected to be a record-breaking scorcher. Our Oat Mountain hiking route was changed to one that offered less elevation gain than originally planned as well as shade in Devil Canyon. We began by hiking southeastward on a dirt road through the Deer Lake Highlands which were adorned with bright green grass and a variety of wildflowers. After exploring the remains (chimneys and foundations) of a housing tract long since lost to wildfire, we descended into the cool sanctuary of Devil Canyon and followed the well-shaded trail upstream a couple of miles to the canyon's junction with Ybarra Canyon, enjoying interesting rock formations and the *Dudleya* chalk liveforever plants growing on them. After a brief rest break by the large nearby dam, we headed northward up shady Ybarra Canyon and then into and up a shady side canyon to its east. There was a proliferation of colorful wildflowers along the trail as it rose out of the canyon and left the oak woodland behind. Upon reaching the dirt road we had followed initially we were briefly punished by the extreme heat of the day as we made our way back to our vehicles and returned home having completed a pleasant 6-mile hike with 1,071' of elevation gain/loss.

Sunday, March 29th - Zzyzx/Soda Springs



We had an even-better-than-expected time in the Amargosa River Natural Area. The weather was warm (but hot the last two afternoons), the scenery was often surprising and even awe-inspiring, and the camaraderie was enjoyable.

NOTE: Several of the participants visited **Zzyzx, CA** (formerly Camp Soda and Soda Springs) in the Mojave National Preserve on the way home. It's located a few miles west of the junction of I-15 and Hwy 127 via a five-mile access road (which was in good condition). We strolled around the now-defunct Zzyzx Mineral Springs and Health Spa which is now the site of the **Desert Studies Center** and Lake Tuendae (a refuge habitat of the Mohave tui chub). California State University manages the land in and around Zzyzx. It was worth the visit.

Wednesday, March 25th - Southern Death Valley: Dublin Gulch

13 Rancho Simi Trailblazers gathered at the **Shoshone RV Park/Campground** (1,584') along CA Hwy 127 just south of Death Valley National Park (DVNP) for several days of camping, hiking, and sightseeing in a starkly scenic setting that most visitors simply drive through on their way to DVNP. After setting up camp on the green grass of the tent-camping area of the RV Park we began our desert adventure in the oasis-dotted **Amargosa River Natural Area** by hiking in the Shoshone Hills a short walking distance southwest of the campground. A counterclockwise loop trail lined with a variety of small wildflowers (including the beautiful desert five-spot) and blooming cacti led us into the nearby desert foothills to the west as it rose about 300' with views of the surrounding mountains. After turning eastward the trail descended through Dublin Gulch past interesting historical sites such as the Dublin Caves, the clay mine area, and the Shoshone Cemetery. After completing the loop we walked north along Hwy 127 to the campground having completed a 3.7-mile hike with 300' of elevation gain/loss.

NOTE: The Shoshone RV Park/Campground has very good facilities for tent campers including a grassy area (with several large trees) for pitching tents, free showers, a swimming pool, a library building with a refrigerator and microwave oven, laundry facilities, and potable water; nearby there are a general store, a restaurant, and a gas station.

April 4th - Descanso Gardens



15 hikers carpooled via I-210 to 150-acre Descanso Gardens in La Canada Flintridge on a nice spring morning. After paying the \$9.00 (\$6.00 for seniors) entrance fee

the group headed for the new California Natives Garden (8 acres of native plants), passing through the beautiful Rose Garden and a lake on the way. Many blooming native plants provided a colorful palette along the trail and on the hillsides. We spotted Canada geese, mallard ducks, coots, and turtles in a lake and several smaller ponds. Continuing our exploration of the grounds we visited the Bird Observation structure, spent some more time in the Rose Garden and passed through a large oak forest with its inviting shaded pathways. Returning to the Center Circle (near the entrance to the Gardens) we headed for the Japanese Garden with its teahouse, bridges, blooming plants, and winding walkways. Next we headed up to the Boddy House, originally the 12,000 square foot home of Manchester Boddy, the founder of Descanso Gardens; the house is now a museum and an interpretive center. After exploring the Boddy House we headed for the Lilac Garden and then returned to the Center Circle for a quick lunch outside the Descanso Cafe. We then returned to Simi Valley having spent several hours in a truly beautiful environment and having walked/hiked 4.2 miles with 351' of elevation gain/loss.



RSTB Calendar May



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Santa Paula Canyon* 8AM See Schedule <i>Happy Birthday</i> Sudershan Nunna
3 Rocky Peak Fire Road 5PM See Schedule	4	5 Mt. McCoy Trail 6PM See Schedule <i>Happy Birthday</i> Hannah Kuhn Robert D. Lisenby	6 <i>Happy Birthday</i> Eileen Cohen	7 Chumash Trail 6PM See Schedule	8	9 East Canyon to Mission Point* 8AM See Schedule
10 Rocky Peak Fire Road 5PM See Schedule  <i>Happy Birthday</i> Jim Vandenberg	11 <i>Happy Birthday</i> John Coyle	12 Mt. McCoy Trail 6PM See Schedule	13 <i>Happy Birthday</i> Carol Tucker	14 Chumash Trail 6PM See Schedule	15 <i>Happy Birthday</i> Jesse Mansfield Ravi Ramnath	16 Work Party - Lower Stagecoach Trail 8AM See Schedule
17 Rocky Peak Fire Road 5PM See Schedule <i>Happy Birthday</i> Alan Mann	18 <i>Happy Birthday</i> Lisa Poley	19 Mt. McCoy Trail 6PM See Schedule	20 Club Meeting 5:30PM Everyone Welcome to attend! See Schedule	21 Chumash Trail 6PM See Schedule	22 <i>Happy Birthday</i> Tyler Harris	23 Upper Zuma Canyon and Zuma Ridge * 8AM See Schedule <i>Happy Birthday</i> Luke Michaelson
24 Rocky Peak Fire Road 5PM See Schedule	25 	26 Mt. McCoy Trail 6PM See Schedule	27 <i>Happy Birthday</i> Alan Cueba Alisha Michaelson	28 Chumash Trail 6PM See Schedule	29	30 Wildwood Park Arroyo Conejo Creek* 8AM See Schedule <i>Happy Birthday</i> Bonnie Bouley
31 Rocky Peak Fire Road 5PM See Schedule						

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 **5PM** 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.)

MAY HIKES AND ACTIVITIES

May 2nd Santa Paula Canyon*

8.1 MRT - Moderate (1000' elevation gain) The trail takes you through picturesque St. Thomas Aquinas College, then along the shady banks of Santa Paula Creek, with plentiful swimming holes, capped by a spectacular 25 foot waterfall just past Big Cone Camp. Bring 2 - 3 quarts water, lunch and a pair of shoes/sandals that you don't mind getting wet. Wear boots. For more information about this hike, click here. Meet at **8AM** near Donut Delite at the corner of Madera and Royal.

May 9th East Canyon to Mission Point*

8 MRT - Moderate (1,400' elevation gain/loss)

The trail begins a mile southeast of the entrance to Towsley Canyon on "The Old Road." It follows the East Canyon Motorway southward as it climbs to a Douglas Fir grove at the crest of the Santa Susana Mountains. It then follows the shady Corral Sunshine Motorway southeast to Mission Point with panoramic views to the south. Bring 2-3 quarts of water and lunch. Wear boots. Meet at **8AM** at the 118 & Stearns St. Park & Ride.

May 16th Work Party - Lower Stagecoach Trail

Meet at **8AM** at the eastern end of the Corriganville Park parking lot, which is located at the eastern end of Smith Road. Wear boots or shoes with aggressive soles, long pants, gloves, a hat, sunglasses and bring adequate drinking water and a snack. All tools will be provided.

May 20th Club Planning Meeting - Everyone Welcome to attend!

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

May 23rd Upper Zuma Canyon and Zuma Ridge to Buzzards Roost*

8.5 MRT - Moderate (1,500' elevation gain/loss) Our hike will begin in the parking lot near Tunnel #1 where the Backbone Trail (BBT) crosses Kanan-Dume Road. As we head west along the Backbone Trail we'll descend into the lower end of Newton Canyon which is lined with ferns and other lush vegetation. Not long after the trail crosses Newton Canyon Creek, we'll take a spur trail and look for a 25-foot waterfall. We'll then continue along the BBT in Upper Zuma Canyon to the abandoned Zuma Ridge Motorway which we'll follow as it climbs to a point near Buzzard's Roost at the crest of Zuma Ridge. We'll return the way we came. Meet at **8AM** near Donut Delite at the corner of Madera and Royal. Bring 2 to 3 quarts of water, lunch and sunscreen. Wear boots.

May 30th Wildwood Park - Arroyo Conejo Creek, Lynnmere Trail Loop*

7.9 MRT Loop - Moderate (1,200' elevation gain/loss) Our hike will begin by descending into the shady canyon through which the Arroyo Conejo Creek runs. Then we'll hike up a fairly steep dirt road until it meets the Lynnmere Trail. Taking the west fork, we'll follow the trail around the north side of the mountain to the top of the mountain, affording us with a spectacular 360-degree view of the surrounding mountains. We'll then descend back to the original trailhead. Meet at **8AM** near Donut Delite at the corner of Madera and Royal. Bring 2 to 3 quarts of water, lunch and sunscreen. Wear boots.

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



U.S. Postage

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