



Rancho Simi Trail Blazers

A Division of the Rancho Simi Foundation



Announcement: Bone Density Study

The Rancho Simi Trailblazers Board elected to include this notice in the newsletter, because of the potential interest of some Trailblazer members in exercise and bone health.

Cal Lutheran University has extended an invitation to seniors 65 years of age or older to participate in a study of how exercise in seniors affects bone density. Volunteers must be in general good health, with no lower extremity orthopedic injuries within the last year, walk regularly at least 2x per week for last 2 years on either predominantly flat or hilly terrain and have not engaged in other regular exercise that significantly affects the lower body.

The interview, bone density testing and body composition measurements will take approximately 2 hours. Recruitment for the study ends on July 23rd, so call soon if you are interested in participating. For questions, more information or to schedule an appointment, contact Travis Hayden at (818) 294-2438 or e-mail thayden@callutheran.edu.



Wild Parrot – Solstice Canyon

For more great photos, see <http://simitrailblazers.com/news/>



Welcome, New Members!
Songmi and Scott Margolin
Kathleen and Chris Quinn
Alan and Linda Mann

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
July 21, 2010

June Work Party



Our June trail work party was held on June 19th on the Mt. McCoy Trail. Participants included Bart Hibbs, Alan Cueba, John Sabol, Joe and Lorraine Ferrall, David Percival, Richard Bradley, Caroline Carroll, and Mike Kuhn. Thanks to everyone for the good work.



UPCOMING EVENTS

Please visit the website at <http://simitrailblazers.com> for details on any of the following hikes and events.

July 3rd
*Mt. McCoy to the Reagan Library**
3.6 MRT - Moderate (700' elev. gain)

July 10th - 18th
*Glacier National Park**
The event is currently closed

July 21 - Club Meeting

July 24th
*Sheep Camp Day Hike**
10.5 MRT - Moderate to Strenuous
(elevation change from 8900' to 8250')

July 31st Carpinteria Bluffs and Seal Sanctuary*
4.5 miles MRT - Easy (elevation gain 140')

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.

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



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

THE WOOD RANCH

The Wood Ranch was heavily used by the Chumash Indians. One site, now buried to protect it from vandalism, was occupied seasonally for over 4,000 years. Another site is thought to have been used several thousand years ago. Some very significant ceremonial sites have been identified on the old ranch.

During the Mexican period of settlement, the area where the golf course is today was known as *Canada Verde*, i.e., "green canyon". Later Anglo-American settlers referred to the area as "the Verde". The bottomland was green throughout the year because of the high water table. Mt. McCoy was then known as Verde Hill. (Verde Hill was part of the ranch held by C.B. McCoy and was part of what was referred to as the Verde.)

Long Canyon is shown on the Stow and Power survey of 1887-1888 as *Canada de la Leha*. *Leha* does not seem to have any meaning in Spanish and may, therefore, be an error in recording or in printing. *Lena*, for example, would render the phrase as "firewood canyon" - a name that would fit oak canyon as a source of fuel wood.

An old Indian trail seems to have run along the western margins of the Wood Ranch extending through the saddle southwestward into what is now the City of Thousand Oaks.

That trail was apparently referred to by the Indians as the *Simi'* Trail, because it was the route between the Conejo Valley and the Chumash village of *Simi'*. It continued to Chumash village of *Simi'*. It continued to be used as a route during the Spanish and Mexican periods and was referred to as the "Simi Road" during the early Anglo-American Period. The 1861 federal survey of El Rancho Simi shows the "Conejo and Simi Road in *Puento*". In other words, the Conejo and Simi Road was present in the pass described above.

Wood Ranch, which comprised more than 4,000 acres and included the area now occupied by Mt. McCoy and the Ronald Reagan Presidential Library, was acquired by C.B. McCoy from the Simi Land and Water Company. Eventually it passed into the hands of the Wood family, which named it "Rancho Madera" (*madera* means "wood" in Spanish). Later, it simply was referred to as the Wood Ranch. (I remember well the wrought iron entryway into the rancho with "Rancho Madera" overhead.) The names Long, Sycamore and Oak canyons seem simply to be descriptive and appear on the U.S. Geological Survey maps. Montgomery Canyon is certainly named for the Montgomery family, which owned the Montgomery Ranch to the north and east of the eastern portion of Wood Ranch.

Mike Kuhn
12-6-04

CANADA DE LOS ALISOS

In 1998 I sat out on the patio of the new main dining hall at the Brandeis-Bardin Institute awaiting the beginning of a brunch to honor the outgoing President of the Board of the Institute, Judge Joe Wapner, and his wife, Mickey. The day was brisk and windy - one of those crystal clear fall days that follows a rain. The sun at mid-day was relatively low, creating long shadows. As I waited, my thought ran back to what the history of that canyon had been and what it must have looked like in the old days. Certainly, an Indian trail ran up the east fork of the canyon and possibly up the west fork to the tops of the mountains, including the widespread Chumash ceremonial sites on what is now called Burro Flats, and probably over the mountains to the San Fernando Valley. Indeed, an important rock art site is present in the area and there evidence of Chumash presence in a number of places on the property.

The Chumash trail up the eastern branch of the canyon was later replaced by a Spanish/Mexican trail that is still marked in spots by Spanish names and pictographs. The canyon was referred to in those days as *Canada de los Alisos*, which means "Canyon of the

Sycamores." The Chumash may or may not have had the same name for the canyon. The early Anglo-American settlers referred to the canyon as "Big Sycamore Canyon." This Anglo-American name differentiated this canyon from another "Sycamore Canyon" in the area. The view that all three of these cultures must have had was of a canyon bottom with scattered coast live oak trees, some valley oaks, and numerous majestic old sycamore trees.

While oaks and sycamores still abound, the civilized part of the canyon, that is that portion that was developed by Eddie Maier, the beer magnet, and later by the Brandeis-Bardin Institute, now includes hundreds of blue and red gum trees and hundreds of California pepper trees, as well as many other exotic trees, such as monkey pod trees and Canary Island date palms. The north side of the canyon, below the road to the House of the Book, includes dozens of exotic species, such as Italian cypress and one large grove of coast redwoods. Given all of the changes that have occurred, the name *Canada de los Alisos* may be inappropriate today.

Mike Kuhn
11-1-04

A TRIP TO SAN NICOLAS ISLAND

Fernando Librado, John Peabody Harrington's Chumash informant, recalled a time when three tomols (plank canoes) set out and headed for San Nicolas Island. Two of the canoes and their crews were lost.

This event probably occurred before 1836, when all of the Indians, with one exception, were removed from San Nicolas Island. The southern shore of Santa Cruz Island was the normal jumping off point for trips to San Nicolas Island, and the distance was 42 miles.

Mike Kuhn
11-7-04

June 5, 2010 - Newton Canyon & The Backbone Trail

Several hikers met on a warmer-than-usual morning, and then traveled to the Newton Canyon trailhead just north of Tunnel #1 via Hwy 23, Hwy 101 and Kanan (Dume) Road. The out-and-back hike



covered a heavily-shaded section of the 66-mile-long Santa Monica Mountains Backbone Trail. The trail initially climbed to a point where it crossed above Tunnel #1 and then rose and fell as it wound two-and-a-half miles through a very pleasant oak woodland eventually reaching Latigo Canyon Road.

The trail was frequently bounded by a variety of blooming wildflowers and lizards were much in evidence. After crossing Latigo Canyon Road the trail dropped into a canyon as it headed northwest and then east. The temperature had risen considerably by the time the trail left the oak woodland and began climbing through chaparral, leaving the hikers exposed to the direct sunlight. Due to the heat, we turned around at the three-and-a-half-mile point and retraced our steps to the original trailhead, marveling at the beauty of the trail and very grateful for the shade it provided, having completed a 7-mile hike with 1,350' of elevation gain.

June 12, 2010 - Malibu Creek State Park

16 hikers met on a cool great-for-hiking "June gloom" morning and then traveled to the trailhead in the northwest corner of the park (at the intersection of Cornell Road and Mulholland Hwy) via Hwy 23, Hwy 101, Kanan Road, and Cornell Road. Heading east from the dirt/gravel parking lot we soon passed the park headquarters facility, formerly part of a ranch owned by Ronald Reagan. Shortly after starting along the Yearling Trail which passes through a large meadow, we took a right fork onto the Deer Leg Trail which winds through an oak woodland, passing a couple of nicely situated picnic tables. Rejoining the Yearling Trail we passed its junction with the Cage Creek Trail and followed the well-shaded Lookout Trail as it climbed to a view point overlooking much of the park. The trail then descended to Crags Road which



we followed eastward to a narrow partially overgrown trail that led down through a beautiful display of blooming Matilija poppies (their snowy white flowers are the largest of any plant

native to California) to the Rock Pool Trail. After taking a break at the beautiful Rock Pool, we returned to Crags Road, climbed westward, and then descended a short trail to the eastern shore of Century Lake near the dam across Malibu Creek. From there we followed Crags Road southwestward to the former site of the M.A.S.H. television series which has been enhanced recently with informational signs and photos. Returning northeastward we followed the Forest Trail as it led delightfully along the western shore of Century Lake. Retracing our route we hiked the well-shaded Cage Creek Trail as it climbed to its junction with the Yearling Trail. We then headed westward and returned to our vehicles, having completed a 7.6-mile hike with 900' of elevation gain.

June 26, 2010 - Solstice Canyon

14 hikers (+ one cute dog) met on a pleasantly cool morning and then traveled to Solstice Canyon via Hwy 23, Hwy 101, Las Virgenes/Malibu Canyon Road, Pacific Coast Highway (Hwy 1), and Corral Canyon Road. The out-and-back hike began by following gently flowing Solstice Creek along the easy well-shaded Solstice Canyon Trail (a dirt road), taking advantage of two short trails paralleling the dirt road along the way, and reaching the Sostomo Trail after about one mile. We followed the trail as it climbed steadily toward a junction with the Deer Valley Loop Trail. As the trail rose we were afforded excellent views of Solstice Canyon and the Rising Sun Trail across the canyon. The well-maintained trail crossed Solstice Creek twice; both crossing areas were quite lovely and peaceful. At the first crossing there was a stand of blooming Humboldt lilies near the trail; many photos were taken. After reaching Deer Valley, we followed the loop trail as it ascended the mountainside to an overlook of the



Pacific Ocean. After enjoying the view, we completed the loop and then returned along the Sostomo Trail to the Solstice Canyon Trail. Turning left we walked a short distance to Tropical Terrace, the ruins of the Roberts house built in the 1950s and destroyed by wildfire in 1982. At one time there were giraffes, camels, buffalo, African deer, and exotic birds in the canyon; in fact, we spotted several bright-green South American parrots in the sycamore trees nearby. We took a break at Tropical Terrace, read the signs describing it, enjoyed the ambiance of palm trees and waterfalls in the adjacent Solstice Creek, and spotted a large group of Humboldt lilies near the shrine across the creek. We then returned to the parking lot via the Solstice Canyon Trail – stopping along the way to view the ruins of the Keller House built in 1865 – having completed a 7-mile hike with 1,300' of elevation gain.



RSTB Calendar July 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chumash Trail 6:00 pm hike See Schedule	2	3 Mt. McCoy to the Reagan Library 8 AM – Moderate See Schedule
4 No Hike Today  Independence Day	5 <i>Happy Birthday</i> Kelli Ham	6 Long Canyon 6:30 pm hike See Schedule <i>Happy Birthday</i> Christopher Hamilton	7	8 Chumash Trail 6:00 pm hike See Schedule <i>Happy Birthday</i> Joe Simon Rafael Zepeda	9	10 Glacier National Park July 10-18
11	12	13	14	15	16	17
Glacier National Park Trip July 10-18						
Rocky Peak 5pm hike See Schedule <i>Happy Birthday</i> Carrie McCline Richard Bradley		Long Canyon 6:30 pm hike See Schedule <i>Happy Birthday</i> Eric Sanorjo	<i>Happy Birthday</i> Mike Kuhn	Chumash Trail 6:00 pm hike See Schedule	<i>Happy Birthday</i> Nicholas Carroll	No Work Parties during Summer Months
18 Glacier National Park July 10-18 Rocky Peak 5pm hike See Schedule	19	20 Long Canyon 6:30 pm hike See Schedule	21 Club Meeting 7 PM	22 Chumash Trail 6:00 pm hike See Schedule <i>Happy Birthday</i> Liz Williams	23	24 Sheep Camp Day Hike* 7 AM See Schedule
25 Rocky Peak 5pm hike See Schedule <i>Happy Birthday</i> Nick Margolin	26	27 Long Canyon 6:30 pm hike See Schedule <i>Happy Birthday</i> Marilyn Green	28	29 Chumash Trail 6:00 pm hike See Schedule	30	31 Carpinteria Bluffs and Seal Sanctuary* 8 AM See Schedule



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Hiking 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 from the 118 Fwy. Meet at the north end of the bridge; don't park on the bridge. (Moderate to strenuous, depending on distance hiked. 4.8 MRT)

Tuesday Evening - Long Canyon

Meet at **6:30 PM** in Long Canyon parking lot. Directions: Take 1st 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 **6 PM** 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. (Moderate to strenuous, depending on distance hiked. 5.2 MRT)

JULY HIKES AND ACTIVITIES

July 3rd Mt. McCoy to the Reagan Library

3.6 MRT - Moderate (700' elevation gain)

Hike up to an isolated knoll in a 200 acre open space region at the western end of Simi Valley. At the summit (1,325') is a white cross, erected in 1941, and a 360 degree view. From there it is about another half mile to the Regan Library. Bring a snack and 2 quarts of water. Wear boots. Meet at **8 AM** near Donut Delite at the corner of Madera and Royal.

July 10th - 18th Glacier National Park*

The event is currently closed. Please send an email to markinthepark@sbcglobal.net to be added to the waiting list.

July 21st Club Meeting

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

July 24th Sheep Camp Day Hike*

10.5 MRT - Moderate to Strenuous (elevation change from 8900' to 8250')

Great panoramic views from the Condor Observation Point, and beautiful scenery hiking through Jeffery Pines. There is a spring box with year round water at the camp. The water does need to be filtered. Bring 2 to 3 quarts of water (and/or a water filter), and lunch. Wear boots. Meet **7 AM** at the Stearns St. Park & Ride. The drive is 1 1/2 hours each way.

July 31st Carpinteria Bluffs and Seal Sanctuary*

4.5 miles MRT - Easy (elevation gain 140')

Rincon Park to Tar Pit Park and return via Bates Beach. Meet at **8 AM** near Donut Delite at the corner of Madera and Royal. Optional: Meet at Baja Fresh after the hike for lunch.

* 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@me.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:	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
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Newsletter Editor:	Kelli Ham		simitrailrunner@gmail.com
Newsletter Co-Editor:	Linda Martins-Mann		

-----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”



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