



Rancho Simi Trail Blazers

A Division of the Rancho Simi Foundation



Rattlesnake Safety Tips

Rattlesnakes are often out whenever the weather is 70 degrees for a few days at a time. While a healthy adult should be able to recover from a Pacific rattlesnake bite, it's best to avoid them whenever possible.

Please use the following precautions:

- Keep pets on leash and out of the brush.
- Keep children on trails and in sight.
- Never put your hands or feet where you cannot see them, such as in a hole or under a rock.
- Wear long pants and high-top, sturdy shoes.
- Never hike alone.
- Do not wear ear buds or headphones – listen for the buzz!

To see a short video and hear what a rattler sounds like, please check out this clip on YouTube. It was taken on the Chumash Trail near the bench. Go to youtube.com and search for Chumash Rattlesnake to find it, or go directly here: <http://bit.ly/chumashrattler>



Welcome, New Members!

Rob Miller
Jinell Becker

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



Special July Work Party

In response to an overgrown trail Louise Pomes, John Sabol, David Percival and Mike Kuhn cleared the lower portion of the Long Canyon Trail on Monday, July 25. Thanks a bunch to everyone for their hard labor on a warm day.

Upcoming Events

August 6th - Point Dume to Paradise Cove*

6 miles MRT - Easy (elevation gain 350')

August 13th - Mt. Islip*

7 miles MRT - Moderate to Strenuous (elevation gain 1500')

August 17th - Club Meeting

August 20th - Rancho Simi Park District 50th Anniversary

August 20th - Carpinteria Bluffs and Seal Sanctuary*

4.5 miles MRT - Easy (elevation gain 140')

August 27th - Newton Canyon & The Backbone Trail*

7.4 MRT - Moderate (750' elevation gain)

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.

RSTB CLUB MEETING

This month's club meeting will be at:
Sycamore Drive Community Center
1692 Sycamore Drive - Room B-1
7:00PM – August 17, 2011

A WALK IN THE WOODS

John Sabol was kind enough to give me a copy of *A Walk in the Woods*, by Bill Bryson. In 1996 Mr. Bryson, accompanied by a friend, set out to walk the Appalachian Trail – a trek of 2,160 miles through deep woods. Those who finish the trek as one more or less continuous hike usually require about eight months to do it. I'll save you the math; that is averaging nine miles per day. The experience takes one into an entirely different world with different frames of reference. In any case, from Chapter 6:

“Distance changes utterly when you take the world on foot. A mile becomes a long way, two miles literally considerable, ten miles whopping, fifty miles at the very limits of conception. The world, you realize, is enormous in a way that only you and a small community of fellow hikers know. Planetary scale is your little secret.

Life takes on a neat simplicity, too. Time ceases to have any meaning. When it is dark, you go to bed, and when it is light again you get up, and everything in between is just in between. It's quite wonderful, really.

You have no engagements, commitments, obligations, or duties; no special ambitions and only the smallest, least complicated on wants; you exist in a tranquil tedium, serenely beyond the reach of exasperation, ‘far removed from the seats of strife,’ as the early explorer and botanist William Bartram put it. All that is required of you is a willingness to trudge.

There is no point in hurrying because you are not actually going anywhere. However far or long you plod, you are always in the same place: in the woods. It's where you were yesterday, where you will be tomorrow. The woods is one boundless singularity. Every bend in the path presents a

prospect indistinguishable from every other, every glimpse into the trees the same tangled mass. For all you know, your route could describe a very large, pointless circle. In a way, it would hardly matter.

At times, you become almost certain that you slabbled this hillside three days ago, crossed this stream yesterday, clambered over this fallen tree at least twice today already. But most of the time you just don't think. No point. Instead, you exist in a kind of mobile Zen mode, your brain like a balloon tethered with string, accompanying but not actually part of the body below. Walking for hours and miles becomes as automatic, as unremarkable, as breathing. At the end of the day you don't think, ‘Hey, I did sixteen miles today,’ any more than you think, ‘Hey, I took eight-thousand breaths today.’ It's just what you do.

And so we walked, hour upon hour, over rollercoaster hills along knife-edge ridges and over grassy balds, through depthless ranks of oak, ash, chinkapin, and pine....”

The only point of course to walking the Appalachian, the John Muir or the Pacific Crest trail is to do it. Perhaps you would also reach some new level in the human spirit that you can take with you. In any case, as hikers, we may glean some small bit of this renewal and elevation of spirit – in our case on a biweekly or weekly basis.

Mike Kuhn
7-25-04

ADOBE FOUNDATIONS

We tend to think of foundations for new buildings as being built out of concrete, a portion of which stands well about ground level. The top of that foundation is the “sill” attached to which is a 2”x4” “sill plate.” The rest of the structure is attached to the sill plate. Adobe structures in California used a different

type of foundation. A trench of a couple of feet deep and at least two feet wide was dug for the foundation. That trench was filled with rocks, often river cobbles, of about 6” to 12” in diameter. The adobe building was built on top of the rock foundation. The trench walls confined and supported the foundation and the foundation supported the adobe walls. An example of this type of foundation can be seen on the north side of the Simi Adobe (located in the Strathearn Historical Park at the western end of Strathearn Place) which once extended further north of the present adobe. The foundations of part of the original San Buenaventura Mission complex is now exposed next to the mission in an “archaeological park.”

Until 2009, not far from the Simi Adobe near the southern side of Tierra Rejada Road there was a large pile of stones appropriate in size for adobe foundations. That pile of stones has largely gone unnoticed over the years – perhaps mistaken for a pile of stones associated with the clearing of a field for agricultural purposes. However, the “field stone” theory is inconsistent with the fact that stones are too large and too small to be used for adobe foundations and have remained in the adjacent field. The pile of stones was a relic artifact from the ranch operation of the first half of the 19th Century.

Mike Kuhn
4-12-07 (revised 6-23-10)



July 2nd 2011 - Mt. McCoy Trail and the Reagan Library



8 hikers met at the carpool point near the intersection of Royal Avenue and Madera Road on an already warm morning and then (since trailhead parking is quite limited) walked from there to the Mt. McCoy trailhead on Washburn Street a few blocks to the west. The hike began along the trail heading south but it quickly began climbing gradually westward along the well-maintained trail leading to the summit via a series of switchbacks. As the trail rose up the mountainside, we were rewarded with excellent views of the western end of Simi Valley, including Sinaloa Lake, Wood Ranch, and the Bard Reservoir. There is a concrete cross as well as two concrete benches at the summit, from which the Ronald Reagan Presidential Library can be seen. After a short break to enjoy the panoramic view, we hiked southwest to Presidential Drive and then hiked along it to the west side of the library where President Reagan was buried in 2004. The setting of the library is quite beautiful. We sat in the shade on the patio and enjoyed a cool breeze for a while. Eventually we returned the way we came completing a 5.6-mile hike with 700' of elevation gain/loss, glad that the return trip was mostly downhill since the day had heated up considerably.

July 5th - 10th 2011 - Eastern Sierra Hiking and Camping Trip

Trailblazers participated in a 6-day outing in the Sierra Nevada including such highlights as June Lake, Fern Lake, Devils Postpile, Rainbow Falls, Obsidian Dome,



Glass Creek, Panum Crater, Mono Lake, Bodie, Lundy Canyon, Rush Creek, and Gem Lake. See photos and read details of the trip at: www.simitrailblazers.com/news

July 16th 2011 - Wildwood Park

Are we done changing the hike location? Does anybody know? Malibu Creek State Park too hot this time of year? Don't know if we can even get to Newton Canyon 'cause of Carmegedon.

Wildwood Park? Haven't been there for a while. That's safe. Let's do it.



Eight hikers completed a 4.75 mile, 865' elevation gain, loop hike today. We started on the Mesa Trail and enjoyed the solitude and fine views from the top of Lizard Rock. From there, we dropped down

into the canyon, passing the Hill Canyon Water Treatment Facility on the right. We stopped at Skunk Hollow to eat some snacks and enjoy the shade under a picnic table. Next was Paradise Falls, for a long look and some pictures. Finally, we climbed up and out of the canyon, and back to our cars, via the Lynnmere Trail. It was a fine local hike, enjoyed by all.

July 23rd 2011 - Mt. Pinos to Sheep Camp

Eleven hikers carpoled via Hwy 118, Interstate highways 405 and 5, Frazier Mountain Park Road, Cuddy Valley Road, and Mt. Pinos Road to the Chula Vista parking lot (favored by stargazers) less than two miles from the summit of Mt. Pinos (8,831'). The hike began on a beautiful morning by following a dirt road through the forest to the Tumamait-Mt. Pinos Trail (21W03) trailhead at the Condor Observation Point where there were excellent views to the north, south and west. A well-maintained dirt trail then entered the Chumash Wilderness as it descended the open western slope, bursting with wildflowers, via switchbacks; it then crossed a saddle and ascended the forested eastern slope of Sawmill Mountain. We then followed a faint side trail to the Sawmill Mountain peak (8,818'), marked by a large rock monument. Returning to the main trail we descended to a junction with the North Fork Trail (22W02) which we followed as it descended southward half a mile to Sheep Primitive Camp under a stand of Jeffrey Pines. There we took a rest/lunch break and enjoyed the pleasant forest environment. We then retraced our route up Sawmill Mountain and back to Condor Observation Point. After regrouping atop Mt. Pinos on a still-cool day, we hiked back to the parking lot and then returned home having completed a 9.3-mile hike with 1,645' of elevation gain.



RSTB Calendar

August 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Las Lajas Canyon 6:30PM See Schedule <i>Happy Birthday</i> Elfriede Cespedes	3 <i>Happy Birthday</i> Linda Barry	4 Chumash Trail 6PM See Schedule <i>Happy Birthday</i> Betty Cameron	5 <i>Happy Birthday</i> Chelsea Carroll	6 Point Dume to Paradise Cove* 8AM See Schedule
7 Rocky Peak Fire Road 5 PM See Schedule <i>Happy Birthday</i> Cassie Simon	8	9 Las Lajas Canyon 6:30PM See Schedule	10	11 Chumash Trail 6PM See Schedule	12 <i>Happy Birthday</i> Kevin Gallagher	13 Mt. Islip* 8AM <i>Happy Birthday</i> Kurt Godden
14 Rocky Peak Fire Road 5PM See Schedule <i>Happy Birthday</i> Jean Desilets	15	16 Las Lajas Canyon 6:30PM See Schedule <i>Happy Birthday</i> Katy Cueba	17 Club Meeting 7:00PM	18 Chumash Trail 6PM See Schedule <i>Happy Birthday</i> Sheila Kuniz	19	20 Rancho Simi Park District 50th Anniversary & Carpinteria Bluffs and Seal Sanctuary* 8AM See Schedule <i>Happy Birthday</i> Mark Scheele
21 Rocky Peak Fire Road 5PM See Schedule <i>Happy Birthday</i> Al Richards Jinell Becker	22	23 Las Lajas Canyon 6:30PM See Schedule <i>Happy Birthday</i> Sung Limb	24	25 Chumash Trail 6PM See Schedule	26 <i>Happy Birthday</i> Dave Peters	27 Newton Canyon & The Backbone Trail* 8AM See Schedule
28 Rocky Peak Fire Road 5PM See Schedule <i>Happy Birthday</i> Lara Pydde	29	30 Las Lajas Canyon 6:30PM See Schedule	31	 		

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 - Las Lajas Canyon

Meet at **6:30 PM** at the Evening Sky Drive trailhead. Take the 118 Fwy to the Yosemite Ave exit; head north past McDonalds and the stop sign at Alamo Street; continue 0.85 mile north on Yosemite Ave to the stop sign at Evening Sky Drive; turn right (east) and drive 0.5 mile to the trailhead; park on either side of the street. (Easy-to-moderate depending on distance hiked, 3¼ MRT)

Thursday Evening - The Chumash Trail

Meet at **6 PM** at Chumash trailhead. 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)

AUGUST HIKES AND ACTIVITIES

August 6th

Point Dume to Paradise Cove*

6 miles MRT - Easy (elevation gain 350')

Park at Westward Beach, hike up and over Point Dume, then hike along the beach in Dume Cove and Paradise Cove to the pier, and then return. Meet at **8 AM** near Donut Delite at the corner of Madera and Royal.

August 13th

Mt. Islip*

7 miles MRT - Moderate to Strenuous (elevation gain 1500')

Hike through pine and fir forests with panoramic views of the Mojave Desert and the LA metropolis. Go here for an Adventure Pass: <http://www.fs.fed.us/r5/sanbernardino/ap/> which is required at the trailhead parking lot.

Meet at **8 AM** at the Stearns St. Park & Ride. Bring 2 - 4 quarts of water and lunch. Wear boots.

August 17th

Club Meeting

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

August 20th

Rancho Simi Park District 50th Anniversary

Rancho Simi Recreation and Park District will be celebrating it's 50th Anniversary with Family Games, Food and Live Music 3 locations in Simi Valley (west, central and east) and at one location in Oak Park.....all at the same time!! There will also be Fireworks at the 3 Simi Valley locations..... click <http://www.rsprd.org/rec/events/50thflyer7.pdf> to see a flyer.

August 20th

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.

August 27th

Newton Canyon & The Backbone Trail *

7.4 MRT - Moderate (750' elevation gain)

Follow the Backbone Trail along Newton Canyon for about 3.7 miles and then return via the same trail back to the trailhead. Newton Canyon is a heavily shaded oak-filled canyon. 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.

* 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:	Peter Ely		
Park District Liaison:	Colleen Janssen	WK (805) 584-4453	volunteers@rsrpd.us
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Publicity Chair:	Carrie McCline		
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 _____ 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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