



Rancho Simi Trail Blazers

A Division of the Rancho Simi Foundation



2010 COASTAL CLEAN UP DAY Help Clean the Arroyo Simi

The Trail Blazers will be supporting Inland Waterway Cleanup in conjunction with Coastal Cleanup Day. Join us Saturday, September 25 from 9:00 a.m. to Noon.

Come and support Simi Valley's Inland Waterway Cleanup. Join the fun and make a difference!

Simi Valley's Inland Waterway Cleanup site is Rancho Simi Community Park at the corner of Royal Avenue and Erringer Road. Meet at the northeast corner of the park near where the Arroyo passes under Erringer Road.

Directions: From the 118 Freeway, exit at Erringer Road; go south to just past the arroyo bridge and turn right into the parking lot. If the Erringer lot is full, continue south, turn right on Royal Ave. and turn right into a larger parking lot.

Be sure to wear gloves, long pants, old shoes, sunscreen and a hat. For more information call the City of Simi Valley at 583-6462.

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



Welcome, New Members!

Richard Ballek and Family

RIM OF THE VALLEY CORRIDOR

The National Park Service is doing a "special resource study" of the area known as the Rim of the Valley Corridor, generally including the mountains encircling the San Fernando, La Crescenta, Santa Clarita, Simi, and Conejo Valleys in California. This is your chance to comment. To learn more, go to:

www.nps.gov/pwro/rimofthevalley/



UPCOMING EVENTS

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

September 4th
Montgomery Canyon Loop – Long Canyon Loop

Moderate – 4.1 MRT Loop (550' elevation gain) or 8.1 MRT (880' elevation gain)

September 11th
*Sycamore Canyon Shuttle**
8 Miles – Moderate one way (900' elevation loss)

September 18th
*Bicycle Ride: Ojai Valley Trail – Ventura River**
17 MRT - Easy

September 22nd
Club Meeting – 7 PM

September 25th
Coastal Cleanup Day – Arroyo Simi
9AM to Noon

RSTB CLUB MEETING

This month's club meeting will be held at 2345 East Brower Street at 7:00 PM
September 22, 2010

CEANOTHUS

Ceanothus is a member of the Buckthorn Family (*Rhamnaceae*). The chaparral is the center for the occurrence of ceanothus. Nearly all occurrences of chaparral in the state include at least one species of ceanothus – usually as a dominant species. There are more than 40 species in the chaparral statewide. Each ceanothus species in an area tends to bloom at the same time, creating a patchwork of color. Some species occur as nearly pure stands, while others occur as individuals or in small groups. Ceanothus fruits are explosive when ripe. During hot weather, as the seed dries, the three-chambered fruit bursts with audible popping sound – sending seeds flying with great velocity. When hiking through a mature stand of ceanothus while this is going on, one can be showered by seeds, which can occasionally end up in an eye. The seeds of most ceanothus species are black and shiny and very numerous. During a good year the ground beneath a stand of hoaryleaf ceanothus (*C. crassifolius*) may contain 10,000 or more seeds per square yard. The seed load diminishes quickly with time due to the foraging efforts of birds, rodents, and ants. However, a significant portion of the seeds end up buried within pockets in soil, ready to sprout following a fire. Several ceanothus species have been hybridized for the nursery trade. They require little water and are handsome additions to gardens.

Taxonomists divide the ceanothus genera into two subgenera, *Ceanothus* and *Cerastes*, based upon leaf type and the ability to resprout after a fire. (Both subgenera can reproduce from seeds.)

The subgenus *Ceanothus* have leaves that have three prominent veins. The leaves are arranged alternately on the stem. The species include the ability

to resprout following a fire. Of the ceanothus species growing locally, white thorn (*C. leucodermis*) and hairy-leaved ceanothus (*C. oliganthus*) are examples of this subgenus.

The members of the subgenus *Cerastes* have only one main vein running down the center of the leaf, and the leaves grow in opposite pairs on the stems. An example locally include hoary-leaved ceanothus (*C. crassifolius*). (Big-pod ceanothus (*C. megacarpus*) leaves have medial veins, alternate on the stems and do not have burl – thus do not root sprout.) The *Cerastes* are destroyed by fire and do not root sprout. They must be replaced by seeds. The north-facing slopes on the mid- to upper-Chumash Trail was dominated by hoary-leaved ceanothus before the last fire. Not understanding that they did not have burls, I was surprised that they did not resprout following the fire. However, the second spring after the fire saw an abundant crop of new saplings from the seed reservoir. Normally, the abundance of seeds, which have built up over two or more decades of plant growth, insure the return of the *Cerastes* species. However, more frequent fires can result in the extirpation of the species locally.

The loss of what was the dominant species is often replaced by annual grasses. A characteristic of *Cerastes* species is the braided appearance of the main trunks. The braiding is caused by the death of some parts of the trunks while other parts continue to live and grow around the dead parts. The mixture of dead and living areas create a ropy appearance. Since the trunk wood is very dense and hard, cutting this ropy structure with a pair of loppers can be very difficult. The ropy structure can cause twisting and braking of thinner and poor quality lopper blades. Such has been the fate of several of my own loppers while working on the Chumash Trail. (The loppers that the Trail Blazers have are strong enough, however, thicker trunks are best sawed.) The death of part of a trunk can be caused

by the death of a root that is so located as to get an insufficient supply of water or by a branch that is too deeply shaded to do enough photosynthesis to support the whole trunk. All species of ceanothus are nitrogen-fixing. Therefore, they can flourish in very poor soils. Roots contain nodules, which contain a bacterium that converts atmospheric nitrogen into a form that can be used by the host plant. This characteristic results in the plants being self-fertilizing.

(Adopted from Ronald D. Quinn and Sterling C. Kelly, *Introduction to California Chaparral*, U. C. Press (2006), pp. 92-100)

Mike Kuhn
4-8-07



CALIFORNIA LOOSESTRIFE

In the spring of 1997, the Rancho Simi Trail Blazers made their way down La Jolla Canyon in Mugu State Park. In the bottom of that steep rocky canyon, just above the falls, one lone plant with which none of us were familiar presented itself. Growing in running water, upright and with solitary six-petaled purple flowers, we were mystified. (Of course, some of us are mystified a lot.) The plant, it turns out, is the California loosestrife (*Lythrum californicum*), a member of the loosestrife family (*Lythraceae*). Milt McAuley (*Wildflowers of the Santa Monica Mountains*) reports that it can also be found in Topanga Creek and Cold Creek. A few of the plants can still be found there today.

Mike Kuhn
7-12-06

August 7th 2010 - Palm Springs to Mt. San Jacinto via the Palm Springs Aerial Tramway

10 hikers arrived at the Palm Springs Aerial Tramway around 9:00 a.m. The rotating cabin provided a 360-degree view. This was an already hot morning for a scenic 15-minute vertical lift from 2,643' at the Valley Station to 8,516' at the Mountain Station where the trail for a planned hike to the peak of Mt. San Jacinto (10,834') began in the 14,000-acre San Jacinto Wilderness and State Park. Despite the high temperatures on the desert floor, we were greeted by a clear, cool, pine-scented morning as we began our hike, pausing briefly at the nearby Long Valley Ranger Station to obtain a free day-hike permit. The trail soon began rising through a lovely forest of conifers; there was a stream nearby which supported a variety of plant life and there were occasional small meadows and the sounds of birds. After hiking for about 2½ miles, we reached Round Valley, the location of one of only four campgrounds in the park.



NOTE: A pipe near the trail junction provided a steady stream of water, but a nearby sign stated that the water needed to be filtered/purified before drinking it. After a short break we headed east along the trail as it climbed steadily to Wellman's Divide where we took a lunch break and enjoyed the fine views to the east of the desert and the Santa Rosa Mountains. Resuming our hike we headed west on the trail as it climbed along the rim of a large bowl-shaped valley providing beautiful views to the north; we spotted the Tramway Mountain Station (where we had begun our hike) across the valley. Eventually we reached a switchback in the trail which allowed us to continue our climb, but now to the southeast. Soon we reached a trail junction with a sign proclaiming that a right turn would take us to the base of the summit in 0.3 mile. We soon reached a stone shelter built by the Civilian Conservation Corps in the 1930's. From there we began scrambling carefully up large boulders to the actual mountain peak where we joined other "peak baggers," took photos, rested, and enjoyed

the panoramic views. After a while we regrouped and retraced our steps to the Mountain Tramway Terminal and descended to our vehicles, tired but happy, having completed a 12-mile hike with 2,500' of elevation gain/loss.

August 14th 2010 - Point Dume to Paradise Cove

23 hikers carpoled to Malibu via Highway 23, Highway 101, and Kanan (Kanan Dume) Road. Reaching Pacific Coast Highway (Hwy 1), we turned right (west) and then turned left a short distance later on Westward Beach Road where some of the hikers took advantage of limited free parking along the road and then hiked to the parking lot; others paid the \$10.00 parking lot fee. A marine layer blanketed the coast, keeping the temperature pleasantly cool as we began hiking up and over Point Dume. After an easy climb onto Point Dume, we followed a trail as it led down to Dume Beach. The tide was coming in as we leisurely walked along the sandy beach for two miles, enjoying the ocean sounds and sights, eventually arriving at the Paradise Cove Beach Café (<http://www.paradisecovemalibu.com>), a landmark for decades. We rested briefly nearby and reminisced about the TV series "The Rockford Files" which was set in Paradise Cove. Since the rising tide threatened to cut off our return route, we soon resumed our hike and headed back along the beach the way we had come. After climbing back onto Point Dume, we hiked to its highest point which afforded excellent panoramic views; we spotted numerous dolphins and



several seals in the ocean. However, the chilly air soon encouraged us to descend and take a slightly lower trail to an observation point (with two benches) that provided some shelter from the wind. We continued on the trail around the point and descended to the parking lot. Agreeing that the outing was a nice change of pace, we then headed home having completed an easy 5-mile hike with 400' of elevation gain.



RSTB Calendar September 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Happy Birthday</i> John Alen Gusan	2 Chumash Trail 6:00PM See Schedule <i>Happy Birthday</i> Doug Temple	3	4 Montgomery Canyon Loop 8:00AM <i>Happy Birthday</i> Ceridwen Baker Ron Desilets
5 Rocky Peak 5:00PM See Schedule	6	7 Long Canyon 6:30PM See Schedule	8 <i>Happy Birthday</i> Tom Gnad	9 Chumash Trail 6:00PM See Schedule	10	11 Sycamore Canyon Shuttle* See Schedule <i>Happy Birthday</i> Scott Margolin
12 Rocky Peak 5:00PM See Schedule <i>Happy Birthday</i> Debbie DeGoey	13	14 Long Canyon 6:30PM See Schedule <i>Happy Birthday</i> Calinda Baker	15	16 Chumash Trail 6:00PM See Schedule	17	18 Bicycle Ride: Ojai Valley Trail – Ventura River* 8:00AM See Schedule <i>Happy Birthday</i> Steve Whitmore
10 Rocky Peak 5:00 PM See Schedule	20 <i>Happy Birthday</i> Brian Steffen	21 Long Canyon 6:30PM See Schedule	22 Club Meeting 7:00PM (Note location and date change) <i>Happy Birthday</i> Ray Johnson	23 Chumash Trail 6:00PM See Schedule <i>Happy Birthday</i> Michele Sumandra Les Wilson	24	25 Coastal Cleanup Day 9:00AM - NOON See Schedule <i>Happy Birthday</i> Jennifer E. Jackson
26 Rocky Peak 5:00 PM See Schedule	27 <i>Happy Birthday</i> Cesar Fabros	28 Long Canyon 6:30PM See Schedule	29	30		



Rancho Simi Trail Blazers

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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)

September HIKES AND ACTIVITIES

September 4th

Montgomery Canyon Loop – Long Canyon Loop

Moderate – 4.1 MRT Loop (550' elevation gain) or 8.1 MRT (880' elevation gain)

Bring 2 to 3 quarts of water and a snack. Wear boots. Meet at **8 AM** in the Old Windmill Park parking lot. Directions: From the 118 Freeway, take 1st Street. South. 1st Street becomes Long Canyon Road at Challenger Park. You'll see a windmill on the right, just before you need to make a right at Vineyard Drive W (not to be confused with Vineyard Drive E). Continue straight ahead and park in the Old Windmill Park parking lot. Please go to website for map.

September 11th

Sycamore Canyon Shuttle*

8 Miles – Moderate one way (1200' elevation loss)

This eight mile, one-way shuttle hike to the ocean is all downhill. When we get to the beach, we'll have lunch. We'll plan the logistics of the shuttle once the event draws near. You can find more information about this hike by on the website. You must send email to Mark Gilmore to reserve your space on the shuttle. Reservations must be made and confirmed no later than **September 7th**.

September 18th

Bicycle Ride: Ojai Valley Trail – Ventura River* 17 MRT - Easy

What? Trailblazers on bicycles? This pedestrian and bicycle path links the Ojai Valley Trail and the coastal Omer Rains Trail for one of the best 17-mile urban bike rides in Southern California! Meet at **8 AM** near Donut Delite at the corner of Madera and Royal. Bring 2 to 3 quarts of water and a snack. If you have a multiple bicycle carrier, please bring it along.

September 22nd Club Meeting

7PM – 2345 East Brower Street, Simi Valley

September 25th

Coastal Cleanup Day

Rancho Simi Community Park, Corner of Royal Avenue and Erringer Road - **9 AM to Noon**

Bring Your Own:

Bags, bucket, and bottle of water to the event. Finally, you can use those plastic bags you have been saving! Help to further reduce trash by bringing your plastic shopping bags or a bucket to put trash in.

Please wear long pants, sturdy shoes, gloves, hat, insect repellent, and sunscreen. For more information call 583-6424.

* 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
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
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(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”



U.S. Postage

RSTB
P.O. Box 630445
Simi Valley, CA 93063-0399