



Rancho Simi Trail Blazers



CHUMASH USE OF POISON OAK

Poison oak (*Toxicodendron diversilobum*) was an important plant in Chumash medicine. Early mission records praise the effectiveness of plasters of powdered poison oak in healing wounds, burns and lacerations. Poison oak juice was use as a coagulant. The juice from new growth of the plant in the spring was applied to warts, skin cancers, calluses, corns and other persistent sores. The skin would turn black and eventually the mass would fall off. It was also taken internally for diarrhea and dysentery. The roots were boiled and the liquid drunk cold. (Care was taken not to let the fumes from the boiling pot get into the eyes, lest blindness be the result).

Indian people in general do not seem to have reacted as severely to contact with poison oak as the later Spanish and others of European stock. The Pomo, for example, used the stems of poison oak to weave baskets from which curators in the Lowe Museum at Berkeley are still contracting dermatitises. They also used the juice or ashes from burnt leaves in tattooing and wrapped acorn dough in poison oak leaves for baking in the coals. The Yokuts,

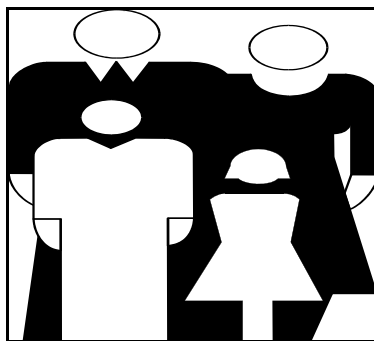
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Isabel Johnson at Santa Ynez Waterfall

RSTB CLUB MEETING

The scheduled Membership Meeting will be held at 7:00 P.M. Wednesday, July 21st. In the B-1 Room, 1692 Sycamore Drive in the Community Center



WELCOME NEW MEMBERS

Shederick, Darlene, Desiree & Durell Fowlks

Diana Elsey

Don & Joyce Hunt
(Welcome back Don)

National Trails Day – June 5, 1999

China Flat Trail – Lindero Canyon Trailhead, Oak Park

Bright and early Saturday morning the work party arrived and set up the welcoming area. A canopy strung with National Trails Day and 'Trail Blazer banners and balloons was stretched across the trail entrance to welcome participants and hopefully attract new members. Registration and information tables were staffed and refreshments were set out. An array of forty tools were laid prominently at the side of the trail. The Boy Scouts arrived and after being given instructions on safe and efficient use of the tools we started up the trail.

Our National Trails Day – '99 Project was to reroute the lower portion of the trail up to and connecting to the fire road section of the China Flat Trail. The original Trail Head had been located at the end of King James Court, a very short cul de sac with very little room for parking and of consider-

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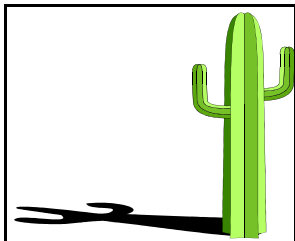
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when visiting the coast, however, were said to get severe cases of dermatitis.

The immunity to the effects of poison oak has largely gone away with less and less Chumash or other Indian blood. The Chumash descendants treated the skin eruptions with the dry ash of tule (*Scirpus acutus*) or juncus (*Juncus textilis*) or bathed the area in teas made from mugwort (*Artemisia douglasiana*), white nightshade (*Solanum douglasii*), coffeeberry (*Rhamnus californica*), or coyote brush (*Baccharis pilularis*). Lime water was also poured on the skin.

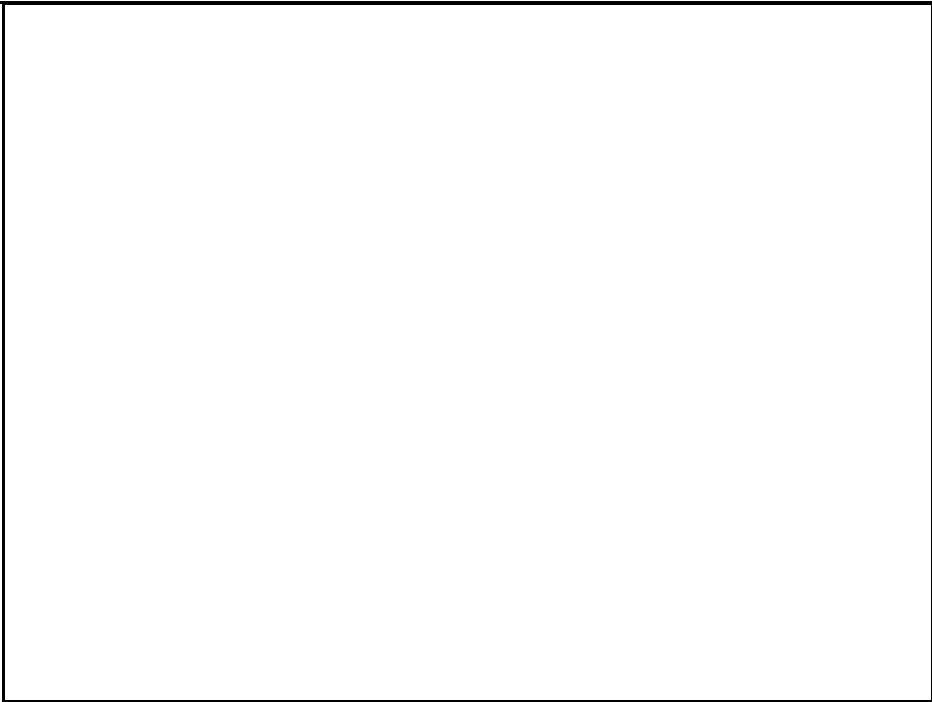
I would strongly suggest that you not try any of the remedies which use poison oak.

Mike



A SPRING IN SIMI
BY Stephen L. Millich

A springtime walk in the Simi hills
Is full of joys as well as thrills.
Multi-hued flowers and fragrant sage
Are enjoyed by all of ev'ry age.
Yet some things out there are quite scary
So weekend walkers must be wary.
Watch your step and don't get stuck-a
On the blooming desert yucca.



National Trails Day, China Flat Trailhead, just a few of the participants

Cont. from page 1

able irritation to the residents. When the trail head was moved east a hundred yards onto Lindero Canyon Road the new trail access quickly became unusable and unsafe due to steepness and erosion. On prior occasions, Trail Blazers had done route flagging and pre-construction clearing of two steep and eroded sections of this new access trail incorporating gradual ascents and switchbacks.

Six hours later the work was completed. Steep portions were eliminated and ravines were crossed. Narrow sections were widened. Encroaching brush was removed. Approximately one half mile of very usable, multi-purpose trail was now open for everyone to enjoy. It had been a great effort by all involved. Reporters and photographers from the Los Angeles

Daily News, Los Angeles Times, Ventura Star, and the Oak Park Acorn covered the event.

Almost forty earnest outdoor enthusiasts participated. Lisa Klockenteger and her husband Randy arranged for and set up the welcoming area, raffle, and refreshments. Jody Junor ran the welcoming area and ensured that everyone signed in and participated in the free raffle of gifts of hats and T-shirts and other goodies. Bill Cespedes picked up and returned the tools to the equipment yard. Mike Kuhn gave the instructions on safe use of tools to the Scouts. Our two Rancho Simi Recreation and Park District board members, Messrs. Meredith and Johnston, who along with Mrs. Meredith pitched in and helped. John Sabol, work party co-chair, supervised the construction of the upper most section including

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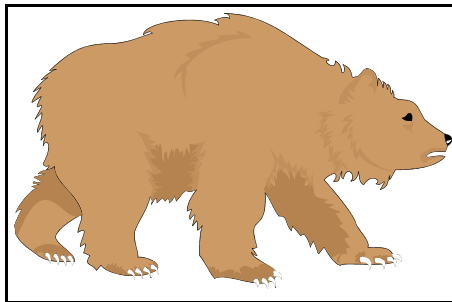
two challenging waterway crossings and the connection to the fire road. Eagle Scout candidate Nathan Moffett brought a work force of twenty scouts and family members to make this a successful effort. Many thanks to the regulars that show up every month at the third Saturday work assignment.

Use this trail. It leads to a spectacular outlook at Simi Peak with a view in all directions: The Pacific Ocean and the Channel Islands; Simi, Conejo, and San Fernando Valleys; Santa Monica and Santa Susana Mountains. Lastly, love and protect this trail. Many fine people working in concert put their heart and soul and bent their

BEAR SHAMAN

Among the Chumash there were many individuals with acquired power. The "bear shaman" was one of them. The bear shaman donned a bear skin, which was internally equipped with cords, which could be manipulated. The manipulation of those cords, while wearing the bear skin, enabled the shamanistic figure to travel great distances over short periods. To many Chumash, the shaman had the power to turn himself into a bear. The bear was the grizzly, which instilled great terror in all Indians. For this and other reasons the bear shaman was possibly the most feared among his people.

Lisa Klockenterger & Jody Junor at the National Trails Day, China Flat Trailhead



One of John Peabody Harrington's Ventura informants during the early part of this century stated that "...there used to be people who turned themselves into bears, had rein, and went any where in the world, uphill or down." They were referred to as "*ka'isk'ilapett*." "They went far in *una nohe*" (one night or one evening).

Mike Kuhn

FOSSIL BEDS OF ROCKY PEAK ROAD

About six tenth of a mile north of the Chumash Trail intersection with the Rock Peak Road are the "fossil beds." These beds are part of the "Pico Formation." They are middle Pliocene in age and were deposited sometime from 5,000,000 years ago to as late as 1,600,000 years ago. The deposit represents a regressive near shore environment - that is shallow marine to lagoonal conditions. The bedrock is mostly soft, nearly white, medium to coarse grained sandstone with many bivalve, i.e., clam-like shells, especially in hard calcareous shell reefs, with some coquina, i.e., nearly a solid shell mass.

If you visit the fossil beds, don't go beyond the crest of the road or you'll be on private property beyond the land that is owned by the Santa Monica Mountains Conservancy..

Mike Kuhn



JULY



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------------------------------------------|--------------------------------------------|-----------|-----------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------|
| | | | | 1 CHUMASH TRAIL HIKE 6 PM, READ SCHEDULE Happy Birthday Dusty McCarthy | 2 | 3 Latigo Canyon Hike to Castro Peak meet at 7 am. Read Schedule |
| 4 Hummingbird Trail hike, meet at 5 pm Read schedule | 5 | 6 | 7 | 8 CHUMASH TRAIL HIKE 6 PM, READ SCHEDULE Happy Birthday Joe Cassie Joe Simon | 9 | 10 Overnight Backpack to Sheep Camp Mt. Pinos. Read Schedule |
| 11 2nd day on Overnight Backpack to Sheep Camp. | 12 Happy Birthday Donna Wolfe | 13 | 14 Happy Birthday Mike Kuhn | 15 CHUMASH TRAIL HIKE 6 PM, READ SCHEDULE | 16 | 17 Hummingbird Creek Work Party. 7am to 11am Read Schedule |
| 18 Hummingbird Trail hike, meet at 5 pm Read schedule | 19 | 20 | 21 Trail Blazers Club Meeting 7pm See page 1 | 22 CHUMASH TRAIL HIKE 6 PM, READ SCHEDULE | 23 | 24 Pine Mt. Exploratory Hike, meet at 7am read schedule |
| 25 Hummingbird Trail hike, meet at 5 pm Read schedule | 26 | 27 | 28 | 29 CHUMASH TRAIL HIKE 6 PM, READ SCHEDULE | 30 | 31 La Jolla Valley Hike Meet at 7am Read schedule |



AUGUST



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

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 HIKING CHAIR: ARLENE ALTSHULER HM (805) 581-9735
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 COMMUNICATION / PUB.CHAIR: BYERS (JOHN) DOWNEY HM (805) 526-8588

-----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)_____ Address _____
 _____ Birth Mo. _____ Day _____ Phone wk/hm _____

How did you find out about the RSTB _____

Please make out tax deductible member dues check for the year 10-98/10-99 to:

“Rancho Simi Foundation” mail it to “RSTB, P.O. Box 630399, Simi Valley, Ca 93063-0399

Please list any extra names and birthdays of more than one member (Day & Month Only)



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