



Rancho Simi Trail Blazers

A Division of the Rancho Simi Foundation



SANTA CRUZ ISLAND – SCORPION ANCHORAGE TO SMUGGLER'S COVE

9 MRT - Moderate - This was our most popular trip last year. We will be traveling to Santa Cruz Island aboard an Island Packers boat. Space is limited for this event. **Make your reservation with Mark Gilmore before August 10th.** The cost is \$46 per person, for the day, or \$60 if you elect to stay overnight at the Scorpion Cove campground. (If you wish to stay overnight, you will be responsible for making reservations with the Park Service). When your payment is received, your reservation is made. We'll meet at 6:30 AM near Donut Delite on the corner of Madera and Royal. We must be at the Island Packers dock no later than 7:30. The boat will be back for us at 4 PM. The boat trip takes about an hour. On the way, we will see dolphin pods and possibly some whales.

CHUMASH PERSONAL NAMES

Chumash personal names were descriptive. Examples, by their meaning, were:

- A Person Of Great Endurance
- A Flowing Of Water Very Miserable
- Scrape
- The Masher Of Beans With A Stick By Hand
- A Smallness In Size Like A Bird That Is Still Feathering
- A Successor

Names were given not by parents, but by an 'alchuklash (These were astrologers). Once a person had died and a year had passed, the dead person's name was never mentioned again and was not reused.

Mike Kuhn

MT. SAN ANTONIO SKI HUT

6 MRT - Strenuous overnighter - (2,200' elevation gain) - It doesn't get much better than this! The Hut is at the base of Mt. San Antonio (Mt. Baldy) at 8,200'. It might be listed as strenuous, but it's not that bad. We'll do 3 miles the first day but we have all day to do it. Coming back the next day is all down hill. We'll spend the night in the hut. All you need to bring is food, your sleeping bag, good boots and 2 - 3 quarts of water. We will cook our food on the hut's wood burning stove. Space is limited. The cost is \$10 if you are a Sierra Club Member, and \$15 for non-members. **To reserve your place, send email to Mark Gilmore.** We'll meet at 8 AM, near Donut Delite on the corner of Madera and Royal. We'll cancel if there is bad weather, so please be prepared for a substitute hike.

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. Prices are:

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



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

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
 on
August 16, 2006



Welcome!

Steven Geldman
 Sudershan Nunna
 Jennifer Craig
 Donna Schero
 Sam Billiot
 Brandi King
 Oliver Grimley
 Sandra Duarte
 Orly, Jonathan, & Rebecca Shiler

UPCOMING EVENTS

SEPTEMBER 9th
Matilija Creek Backpack Trip
 6 MRT - Moderate (500' elevation gain)

SEPTEMBER 16th
Arroyo Simi Cleanup
 More information coming soon...

OCTOBER 14th
Santa Cruz Island - Scorpion Anchorage to Smuggler's Cove
 See column 1 for more information.

NOVEMBER 4th
Mt. San Antonio Ski Hut
 See column 2 for more information.

More information on these events can be found at
<http://simitrailblazers.com>

To make reservations, please email
 Mark Gilmore at
markinthepark@sbcglobal.net.

EXTREME HEAT

(Adapted from the U.S. Center for Disease Control)

People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. Sometimes sweating isn't enough. Factors that can adversely effect your body from overheating include high humidity and over-exertion (such as when hiking, especially uphill during hot weather). Other conditions that can limit the ability to regulate temperature include old age, youth (age 0-4), obesity, fever, dehydration, high blood pressure, heart disease, mental illness, poor circulation, sunburn, and some prescription drug use and alcohol use.

Heat Exhaustion

The warning signs of heat exhaustion include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting. The skin may be cool and moist. The pulse rate will be fast and weak, and breathing will be fast and shallow. In order to cool the body down during heat exhaustion when hiking, drink lots of water, rest, out of the sun if possible, and keep clothing wet if sufficient water is available. Do not leave a heat exhaustion victim unattended if possible. If insufficient water is unavailable, solicit water from others. Heat exhaustion must be treated aggressively in order to render the victim able to get back to the trailhead on their own power and to prevent the natural progression into heat stroke.

Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature. Body temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106 degrees F or higher within 10-15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Warning signs of heat stroke vary but may include an extremely high body temperature, red, hot, and dry skin (no sweating), rapid, strong pulse, throbbing headache, dizziness, nausea, confusion, and unconsciousness. A victim of heat stroke needs immediate medical treatment. Have someone call 911 while you begin cooling the victim. Get the victim to a shady area. (Other hikers can provide the shade if none is available in the area.) Cool the victim rapidly by whatever means is available. Examples include keeping their clothing wet, laying them in a stream, fanning them vigorously, sponging exposed body parts with a wet bandana or towel, and using a mister. Their body temperature needs to be lowered to 101-102 degrees. Have them drink as much water or sports drink as possible. Do not give the victim alcohol to drink. Get medical assistance as soon as possible. Heat stroke warrants a call for medical evacuation by helicopter.

Some medications can increase the risk of heat-related illness. These include psychotropics which affect psychic function,

behavior, or experience; medication for Parkinson's disease (because they can inhibit sweating); and some tranquilizers.

Remember to keep cool and use common sense. Drink plenty of fluid, replace salts and minerals, wear appropriate clothing and sunscreen, pace yourself, schedule outdoor activities carefully, use a buddy system, monitor those at risk, and adjust to the environment. By the way, sunburn compromises the affected body areas' ability to sweat.



CHAINS AND RODS IN SURVEYING

Until about 15 years ago surveying of land was done using compass headings, i.e., angles. Since then distances, measured by laser instruments, have dominated the field. In the good old days lengths of lines were measured using "rods" (also called poles or perches) and chains. The "chain" was invented in 1620 by Edmund Gunter, an English mathematician. Until recently, all land surveying has been shown in chains or divisions of chains. A Gunter's Chain is a linked measuring-device 66 feet long, including handles on both ends. To this day the number 66 or multiple of it appears over and over again in land records. City blocks were usually three chains and street rights-of-way were usually one chain. Telegraph poles were one or two chains – depending upon their height. The width of a canal was one chain and the width of a road was one chain, with the roadbed in the middle. The original "Broad Ways" was one and a half chains wide. The length of a fence rail in the northeastern U.S. was 11 feet. Six rails equaled a chain – so a viewer could instantly determine the size of an agricultural field or pasture.

Shorter distances were measured in "rods". A rod is 16 ½ feet – which is one quarter of a chain. A mile is 5280 feet, which is 80 chains (66'x80). An acre is 43,560 square feet, which is 10 square chains (10x66'x66'). Our U.S. Geological Survey maps are laid out in square miles (each a "section" of land), each numbered. They were originally determined on the land using chains. Those same U.S.G.S. section lines were the basis for our north-south, east-west street grid, including on the valley floor in Simi Valley.

Our counting today is based on a decimal system that is on a base of tens. The old surveying system is on a base of 66. Our one foot measurement is on a base of 12, i.e., 12 inches to a foot. These kinds of problems are why there is pressure for use to go to a metric system. It may be that your children's generation will be the last in America to know what a "quarter-inch" drill refers to.

Mike Kuhn

MISSION INDIAN PUNISHMENT

[From Travis Hudson (ed.), *Breath of the Sun* (1980), p. 17]

Many Indians came to the mission system voluntarily - sometimes out of hunger and sometimes because they perceived that the padres, and the Spanish in general, had enormous inherent power. Others came to the mission system under duress. They were, in effect, captured at the point of a pike or sword, and taken into the mission system as converts to the church and as slave labor. They had some rights, but the right to come and go - to leave the mission system, was not one of them. Like most people of the 18th and 19th centuries, the priests recognized that life was hard and saw this life as only prelude to the next life. So the duty of each priest was to save the souls of the Indians. At the same time, they were the law at their mission, so judgment and punishment was rendered by the priests.

Fernando Librado describes punishment at the Mission San Buenaventura. One form was the placement of an individual's foot into a shaped wooden shoe, which was joined to an iron ring above the knee, which in turn was attached by straps to a belt to which weights could be added. Men and women were worked in the fields for three days wearing this apparatus.

Indians often had their feet shackled together and sometimes more than one Indian was shackled together. The lash was also administered as were switches. Indians who refused to work

were tied to a post and lashed. Runaways were sometimes jailed for four to five days. Stocks were used with victims being placed in them for three days. This was the most common form of punishment for women.

Fernando tells the story of *Maneho* who was sent by the priest at the Santa Barbara mission to Tapo for a keg of wine (Our Tapo was famous for its wine and brandy throughout the mission/Spanish and Mexican periods). The keg was tied to a mule. When *Maneho* reached *Cañada de los Sauces*, the mule lay down to rest. Unfortunately, it lay down on the nest of wasps and was stung many times. When the animal ran away, the keg broke. Upon his return, the priest ordered 25 lashes. However, because of *Maneho's* quick wit, the lashes were never administered.

Mike Kuhn

DID YOU KNOW ???

The name "Mugu" comes from the Ventureño Chumash word *muwu*, which means "beach".

Mike Kuhn

PHOTOS FROM UPPER ZUMA CANYON HIKE



Left to right: Arlene Altshuler, Rafael Zepeda, Alan Cueba, Sam Billiot, Bill Cespedes, and Mike Kuhn.

Photo by John Sabol



Foothill Penstemon
(*Penstemon heterophyllus*)



Common Madia
(*Madia Elegans*)



Western Tiger Swallowtail
(*Papilio rutulus*)



RSTB Calendar

August 2006



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Long Canyon 6:30pm hike See Schedule	2 <i>Happy Birthday</i> <i>Elfriede Cespedes</i>	3 Glen Aulin Backpack Trip See Schedule <i>Happy Birthday</i> <i>Linda Barry</i>	4 Glen Aulin Backpack Trip See Schedule <i>Happy Birthday</i> <i>Betty Cameron</i>	5 Glen Aulin Backpack Trip See Schedule <i>Happy Birthday</i> <i>Chelsea Carroll</i>
6 Glen Aulin Backpack Trip See Schedule	7	8 Long Canyon 6:30pm hike See Schedule <i>Happy Birthday</i> <i>Lanelda Mummert</i>	9	10 Chumash Trail 6pm hike See Schedule <i>Happy Birthday</i> <i>Bob Altieri</i>	11	12 Mugu Peak See Schedule
13 Rocky Peak 5pm hike See Schedule	14	15 Long Canyon 6:30pm hike See Schedule <i>Happy Birthday</i> <i>Steve Goldman</i> <i>Kevin Gallagher</i>	16 RSTB Meeting See Page 1 <i>Happy Birthday</i> <i>Gloria Galindo</i>	17 Chumash Trail 6pm hike See Schedule	18 <i>Happy Birthday</i> <i>Sheila Kuntz</i>	19 Hummingbird to Rocky Peak See Schedule
20 Rocky Peak 5pm hike See Schedule <i>Happy Birthday</i> <i>Mark Scheele</i> <i>Tom Frye</i>	21 <i>Happy Birthday</i> <i>Al Richards</i>	22 Long Canyon 6:30pm hike See Schedule	23	24 Chumash Trail 6pm hike See Schedule	25	26 Arroyo Sequit to Leo Carillo See Schedule <i>Happy Birthday</i> <i>Laura Altieri</i>
27 Rocky Peak 5pm hike See Schedule	28 <i>Happy Birthday</i> <i>Jean Whittle</i>	29 Long Canyon 6:30pm hike See Schedule	30	31 Chumash Trail 6pm hike See Schedule		



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Hiking Schedule



REGULARLY SCHEDULED HIKES

(Rain cancels – No hikes on holidays)

Sunday Evening - Rocky Peak

Meet 5pm at Rocky Peak trailhead at the end of Rocky Peak Rd off Santa Susana Pass. (Strenuous, 4.8 MRT)

Tuesday Evening - Long Canyon

Meet at 6:30pm in Long Canyon parking lot. Directions: Take First Street 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 6pm 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. (Strenuous, 5.2 MRT)

AUGUST HIKES

August 3rd - 6th - Yosemite Backpack Trip - Tuolumne Meadows to Glen Aulin **

RESERVATIONS FULL [There is a waiting list in case of a cancellation]

August 12th - Mugu Peak **

9 MRT Loop - Moderate (1300' elevation gain)

Spectacular ocean views, lovely rolling valley, inspiring peak, small pond and lots of mosquitoes. Be sure and bring insect repellent. Bring 2 - 3 quarts of water and lunch. Wear boots. Meet at 8 AM near Donut Delite at the corner of Madera and Royal.

August 19th - Hummingbird Trail to Rocky Peak

8 MRT - Moderate to Strenuous (1750' elevation gain)

Meet at 8 AM at the trailhead. From Highway 118 Simi Valley Freeway, exit on Kuehner Drive and go north. Trailhead is on the right. Bring 2 quarts of water and lunch. Wear boots.

August 26th - Arroyo Sequit to Leo Carrillo Shuttle **

7 Mile One Way (1,800' elevation gain and 2,200' loss)

This will be a one-way shuttle, climbing up to Nicholas Flat Pond and then down to the beach. Bring 2 - 3 quarts of water and lunch. Wear boots. Meet at 8 AM near Donut Delite at the corner of Madera and Royal.

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

No dogs allowed on trail(s).

For more 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@adelphia.net
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Work Parties Chair:		*** OPEN ***	
Hiking Chair:	Mark Gilmore	HM (805) 529-5581	markinthepark@sbcglobal.net
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-----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 ____

Address _____

Email Address _____ Phone wk/hm _____

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

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



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