



Rancho Simi Trail Blazers

A Division of the Rancho Simi Foundation



MAY WORK PARTY NEWS

May 17th was one of the hottest days of the year. The Lower Stagecoach Trail was the focus of the work. Participants included Bart Hibbs, Alan Cueba and Mike Kuhn. Work was conducted in the full sun, with no breeze. As a result, the team quit early due to exhaustion. Thanks guys for your efforts!

It would be great to have more people join us for the work parties. The work is quite rewarding.



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

June 18th, 2008

THE CHUMASH

Several thousand people were living along the Santa Barbara and Ventura coast, when the first European explorers arrived. The term "CHUMASH" originally meant "islander" in the languages of the mainland people, but today it is used to refer to all the Native Americans who lived in the territory shown on the map.

These people - - about 15,000 in number - - did not think of themselves as a cultural unit or tribe, although they spoke several related languages, had a similar customs, governmental systems and religious beliefs, and made similar types of artifacts. Ceremonial exchange and trade networks also linked them.

There were regional variations in the various cultures, due in part to environmental differences. Interior Chumash relied more heavily on land plants and game; the Islanders, fish and sea mammals. The Coastal Chumash with the resources of both the interior and the Channel, had an unusually complex society for a hunting and gathering group. This area had one of the highest population densities in prehistoric North America.

Chumash people were different from all other Indian groups, in their language and customs, but were not a tribe in the usual sense.



UPCOMING EVENTS

May 28th - June 1st, 2008:

Yosemite Hiking & Camping Trip

Please see the website for more info.

June 7th, 2008:

Switzer Falls

Please see the website for more info.

June 14th, 2008:

Sheep Camp - Day Hike

Please see the website for more info.

June 21st, 2008:

Work Party:

Please see the web site for more info.

June 28th, 2008:

Ocean's Edge - River's Edge Loop & San Buenaventura State Beach to the Ventura River Estuary

Please see the website for more info.

More information on these events can be found at

<http://simitrailblazers.com>

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



HAPPY FLAG DAY !!

HEAT EXHAUSTION

Well we are back into the hot season, when we have to be more aware of what the heat can do to us while we are hiking or working on a trail. I think that it was last August, on the hottest day of the year as it turned out, when we started our Sunday afternoon Rocky Peak hike. My memory is that it was 107 or 108 degrees Fahrenheit. When we finished the hike, it was still 97 degrees. Fortunately, everyone did just fine. There was a breeze most of the time, and everyone was in good hiking shape.

In order to do warm weather hiking it is important to be properly dressed, including sun glasses and loose-fitting, light-weight clothing. A good hat with a broad brim is also good. Primarily, it is important to bring lots of water with you, to drink more than you are inclined to drink (even so, when I get back from a hot hike, I still drink two or more liters of water before I feel that I'm topped off), and to have enough water with you so that you can provide first aid to a fellow hiker and simply to weather an unforeseen delay on the trail.

The biggest threat this time of year is "heat exhaustion." It can happen to anyone. However, people who are not in shape (those whose capillary systems are not in shape to provide rapid cooling during hot weather under high activity) or who are medicated with antihistamines are at greater risk of developing heat exhaustion.

Heat exhaustion typically occurs when people exercise heavily or work in warm, humid places where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. As you dehydrate, your body loses its ability to keep itself cool.

The symptoms of heat exhaustion are cool, pale, and moist skin; heavy sweating; dilated pupils; headache; nausea; dizziness; and sometimes vomiting. Body temperature is nearly normal. The condition is serious and must be treated aggressively - even if it means interrupting a hike.

The first aid for heat exhaustion is to get the person to a cooler place, such as the shade or immersion in cool water. Place the person in a shock position by lying on their back with their feet elevated slightly above the head. Remove excess clothing, loosen clothing and wet their clothing with that excess water you are carrying. Have the victim drink water - a few ounces at a time every ten to fifteen minutes if the victim is conscious and can tolerate it. (A victim may not want to drink, however, it is critical to get their fluid level up.) These steps should bring marked improvement within a half hour.

Mike Kuhn 5-18-08



SUMMER SOLSTICE SITTING SITE

In a remote cave in the City of Thousand Oaks is what appears to be a well used sitting place where Chumash Indian shaman stayed to observe the summer solstice - an important event in the Chumash religious beliefs. The site consists of a roughly east-west oriented north-facing cave. At the west northwestern end of the cave, a seat-like rock platform extends from the back wall of the cave. The surface condition suggests considerable wear and use. The rock exhibits a polish and a darkening that suggests penetration of a lot of body oil. From that spot a round hole exists in the western end of the cave.

The summer solstice occurs each year in the northern hemisphere on June 21 or 22 and marks the point on the earth's orbit around the sun when the north pole is pointed most directly at the sun. In the northern hemisphere, it is the longest daylight period of the year. In other words, the daylight lasts the greatest number of hours during the 24 hour day, and the period of darkness is shortest. On the summer solstice, the sun rises and sets farther north of due east and west than at any other date of the year. For the Chumash, the summer solstice had to be predicted, observed and ceremonies performed. From the sitting place in the cave, when visibility is its usual hazy self in late-June, the sun is observed sinking in the sky. Nothing else is observed until the sun begins to set behind the top of a pointed hill far to the west.

At some point, the existence of the pointed hill becomes apparent as if by magic. On all other days of the year the sun sets south of the pointed hill as observed from this remote cave. If this site was indeed an observation place to determine the approach and day of the summer solstice, a shaman would have started making observations many days before the actual solstice event. Each evening, a shaman would sit on that seat. As the day grew near, it was possible to predict that the event would occur in so many days. The call would then go out to perform the summer solstice ceremony at the appropriate time as determined by careful observation.

We do not follow these practices, as celebration of the winter solstice is not a religious practice of the orb of our own belief structure. The summer solstice is shown on some of our calendars as it marks the first day of summer and is always listed in the farmers' almanac. It's just not the same. The seat remains empty and our collective memories are silent.

To access the cave today requires scrambling through 50 or more yards of solid poison oak - so the site is well protected and infrequently visited.

Mike Kuhn 10-27-04



EARLY PERIOD

Life in early times was based on gathering shellfish and wild plant foods. Hunting and fishing were of minor importance. People moved frequently in small groups, camping near gathering areas in grassland and chaparral. Semi-permanent villages were located near the coast. Some have been submerged or cut away as sea level rose. Many sites contain a dense deposit of calcium carbonate from decomposing shell, often left as a thick coating on artifacts. The earliest radiocarbon dates from near Santa Barbara are from a village at Glen Annie which was occupied about 7,300 years ago.

**April 26th 2008 - Marr Ranch /
Chumash Trail to Northridge Trail Loop**

It was a hot and windy Santa Ana condition day. Seventeen of us started up the trail and eleven of us made the whole 9.5 mile loop. It was quite a workout! Four snakes were seen: two rattlesnakes, one gopher and a king snake too. There were many spring flowers sighted, like the Prince's Plume, Sticky Monkey Flower, Fern-leaf Phacelia, Rock Rose, White Snapdragon, Cob-Web Thistle, and Beach Evening Primrose.



**May 3rd 2008 - Wildwood Park - Santa
Rosa Trail Loop**


Thirteen of us enjoyed perfect hiking weather today. Summer is rapidly approaching as evidenced by the yellowing grasses. It was an exceptional flower day with an abundance of Indian Pink, Golden stars and Peninsular Onion. Never saw the Wildwood Flower, let alone the sacks of seeds.





RSTB Calendar June 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Yosemite Hiking & Camping Trip (No Sunday Hike)	2	3 Long Canyon 6:30 pm hike See Schedule	4	5 Chumash Trail 6pm hike See Schedule <i>Happy Birthday Becky Stewart</i>	6	7 Switzer Falls See Schedule
8 Rocky Peak 5pm hike See Schedule	9 <i>Happy Birthday Kurt L. Dahlgren</i>	10 Long Canyon 6:30pm hike See Schedule	11	12 Chumash Trail 6pm hike See Schedule	13 <i>Happy Birthday Carol Tucker</i>	14 Sheep Camp-Day Hike See Schedule 
15 Rocky Peak 5pm hike See Schedule 	16	17 Long Canyon 6:30pm hike See Schedule	18 RSTB Meeting See Page 1	19 Chumash Trail 6pm hike See Schedule	20	21 Work Party - Lower Stagecoach Trail See Schedule <i>Happy Birthday Phil Ankrom Ronald Slifka</i>
22 Rocky Peak 5pm hike See Schedule	23	24 Long Canyon 6:30pm hike See Schedule	25	26 Chumash Trail 6pm hike See Schedule	27	28 Ocean's Edge-San B'ventura State Beach See Schedule
29 Rocky Peak 5pm hike See Schedule	30 <i>Happy Birthday Paul Stewart</i>					



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Hiking Schedule



REGULARLY SCHEDULED HIKES

(Rain cancels – No hikes on holidays)

Sunday Evening - Rocky Peak

Meet 4 pm at Rocky Peak trailhead at the end of Rocky Peak Rd off Santa Susana Pass. (Strenuous, 4.8 MRT)
(Meet at 5pm during daylight savings time)

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)

JUNE HIKES

May 28th - June 1st Yosemite Hiking & Camping Trip*  (Continued from May)

June 7th - Switzer Falls*

4.5 MRT - Moderate (600' elevation gain) - (Optionally another 4.5 miles and 500' elevation gain.)
Waterfalls, small cascades, lovely pools, wooded streamside trail, and deep canyons. This is National Forest land, so you will need an [Adventure Pass](#) to park your car at the trailhead. Meet at 8 AM at the 118 & Stearns St. Park & Ride. Bring 2 - 3 quarts of water, a snack and bug juice. Wear boots.

June 14th - 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 at 8 AM at the 118 & Stearns St. Park & Ride. The drive is 1 1/2 hours each way.

June 21st - Work Party - Lower section of the Lower Stagecoach Trail

Meet at the eastern end of the Corriganville Parking lot at 8:00 AM. Bring 2 to 3 quarts water, a snack, sturdy boots/shoes, gloves, hat, sunglasses and sunscreen. Tools will be provided.

June 28th - Ocean's Edge - River's Edge Loop & San Buenaventura State Beach to the Ventura River Estuary*

8 MRT - Easy (no elevation gain)
Avoid the Summer heat. Take a walk along the beach from San Buenaventura State Beach to Emma Wood State Beach. Bring a snack and 2 to 3 quarts of water and sunscreen. 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 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>

LANCHO SIMI TRAIL BLAZERS

A Division of the Rancho Simi Foundation

Executive Chair:	Mike Kuhn	HM (805) 583-2345	hannahmike@roadrunner.com
Treasurer:	Peter Ely		
Park District Liaison:	Colleen Janssen	WK (805) 584-4453	volunteers@rsrpd.us
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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 _____

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

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