



VOLUNTEER TODAY

Dedicate Yourself to Caring for the Land and Serving the People
<http://www.fs.fed.us/r5/angeles/volunteering/>



Los Angeles River Ranger District Volunteer Newsletter July/August 2006 Vol. 4 Issue 7

GREETINGS

VOLUNTEERS ARE THE HEARTBEAT OF THE FOREST SERVICE

WOW!! Summer arrived with a hot dry weather pattern that increased the Fire Danger level (Moderate to High), increased the chances for Heat related illness (www.bt.cdc.gov) and increased your chance of getting either West Nile virus (www.westnile.ca.gov) or Plague (www.dhs.ca.gov). Be safety conscious as you enjoy the outdoors.

Chantry Flat Picnic Area renovation project should be completed by the end of July. The Chantry Flat road repair work hasn't been scheduled so drive carefully, to avoid Forest Visitors and the single lane road segments.

Los Angeles County is working with the Forest Service in continuing the 8 pm Chaney Trail gate closure.

Hathaway-Sycamores Child and Family Service (HSCFS) and OBA, Inc trail crews are in full operation. HSCFS is concentrating their efforts on the Little Tujunga Canyon Trail System while OBA, Inc will concentrate on the Gabrielino NRT, Gould Mesa to Bear Canyon Trail. If you have a need for these crews, please contact Chris Fabbro.

Within the next month or two, Los Angeles County will be requesting input regarding the Altadena Crest Trail, Arroyo Seco to Eaton Canyon. If you're interested in commenting on this proposal, please provide me with your name and mailing address.

I'm working on an October 1, 2006 – September 30, 2007 Calendar of Events, so if you have an event you wish to highlight, please provide the name, date, time and contact individual for your event by August 15th. Hopefully, this Calendar will be available September 1, 2006.

Are you interested in assisting us in enforcing the Pass Program? The Board of Directors has authorized volunteer authority to issue Notice of Non compliance. Additional training is required and entails successful completion of the 8-hour Basic Law Enforcement Orientation class. The added training will improve a volunteer's capability for making of these types of "information contacts" with the public. A criminal and vehicle background check is required. If interested, please contact me.

The volunteer program is open to all individuals and/or groups that are interested in assisting the Angeles NF in accomplishing natural resource management objectives. If you're interested in assisting us in managing your National Forest or have questions about the Volunteer Program, please contact me at 818-899-1900 ext 229 or e-mail hokamoto@fs.fed.us

/s/ Howard S. Okamoto
Angeles National Forest
Los Angeles River Ranger District
Recreation Officer

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Are you tired of seeing what is shown on page 9 in the forest?

Fill the form!

Learn from the mistakes of others.
You can't live long enough to make them all yourself.



WHAT WAS FOR LUNCH ON NATIONAL TRAILS DAY?

A wonderful Native American lunch was served by Haramokngna Indian Cultural Center volunteers. The lunch consisted of corn on the cob, watermelon, and Navajo Tacos.

What the heck is a Navajo Taco?

It is made with fry bread. Frybread (also spelled fry bread) is a Native American food, found throughout the United States. Frybread is a flat dough fried or deep-fried in oil, shortening, or lard. The dough is generally leavened by yeast or baking powder. Frybread was created in the 1800s, when Native Americans were forced onto reservations and given rations of flour and lard by the government. Native Americans did what they could, and fried bread in lard.

When topped with additions such as beans, ground beef, or shredded cheese, frybread is served as Indian tacos or Navajo tacos. If sweetened, or served with sweet toppings such as honey or powdered sugar, frybread is very similar to an elephant ear or to the confection simply known as fried dough.

Forest Service Help Wanted

Chilao Visitor Center has a wide variety of volunteer opportunities available. Volunteers can lead a monthly nature walk or an occasional prescheduled school or campground presentation or can staff the Visitor Center and help others enjoy their visit to the Forest. For more information, contact Howard Okamoto

JULY CALENDAR

- July 19st 7:00 PM Forest Service - Volunteer Meeting (third Wednesday of each month at the Wildwood Volunteer House.
- July 22nd/ 23rd Haramokngna Cultural Center Seed beater
- July 25th ACTRWG Workshop
- July 29th Take a walk and learn more about the Angeles Forest. Meet at the San Gabriel Canyon Environmental Education Center on Highway 39. You must RSVP with Steve Segreto at 626-335-1251, ext. 225 or 909-982-2829.
- July 29th Angeles Mountain Bike Patrol
- July 29th ACTRWG Trail Repair Day

AUGUST CALENDAR

- Aug 5th-6th Haramokngna Cultural Center Tule Technology
- Aug 8th ACTRWG meeting
- Aug 12th ACTRWG Hike
- Aug 12th JPL Trailbuilders
- Aug 12th Haramokngna Cultural Center Hands on activities
- Aug 16th 7:00 PM Forest Service - Volunteer Meeting (third Wednesday of each month at the Wildwood Volunteer House.
- Aug 19th Haramokngna Cultural Center Hands on activities
- Aug 19th CORBA outing
- Aug 25- 27th Haramokngna Cultural Center Nexwe'tem Basketweavers Gathering
- Aug 26th JPL Trailbuilders
- Aug 26th Take a walk and learn more about the Angeles Forest. Meet at the San Gabriel Canyon Environmental Education Center on Highway 39. You must RSVP with Steve Segreto at 626-335-1251, ext. 225 or 909-982-2829.
- Aug 26th Angeles Mountain Bike Patrol
- Aug 26th ACTRWG Trail Repair Day
- Aug 27th **POT LUCK !!!**
- Aug 29th ACTRWG Workshop

If you wish to get electronic copy of this newsletter, then go to
<http://www.mtlowe.net/VolunteerNews.htm>

Local Youth Celebrate National Trails Day with Outward Bound Adventure's Fundraising Hike-A-Thon Sponsored by American Hiking Society and REI, Arcadia

Pasadena, CA and the Angeles National Forest, June 3 – 4, 2006 – Twenty three urban youth from Pasadena and Los Angeles took the challenge of hiking ten miles from the front doors of OBA and onto the Gabrieleno Trail to Switzer's Picnic Area with Outward Bound Adventures (OBA) during OBA's 2nd Annual Hike-A-Thon, which took place during National Trails Day weekend. The goal of the event was to bring awareness of the accessibility to local hiking trails while raising funds to support low-income and urban youth to engage in nature as recreation. This event provided 21 of the 23 youth with their first backpacking experience!

Prior to beginning the weekend activities, a group of nine dedicated youth and four OBA staff hiked to Oakwilde via Dark Canyon and performed restoration work on the site. This included cleaning the bathrooms and restocking paper supplies. On Saturday, June 3rd, a total of 27 people hiked from OBA to the Gabrielino Trail Head and into the forest 5.4 miles and camped at Oakwilde campground. While there, OBA taught Leave No Trace Wilderness Principles and participants engaged in campground clean-up. On Sunday, June 4th, hikers continued on the Gabrielino Trail to Switzer's Picnic Area where hikers were met by the American Hiking Society and REI. During the afternoon volunteers and hikers worked together on a trail project.

The trail maintenance project involved a restoration of the Gabrieleno Trail at mile (.5) from Switzer's Picnic Area. The project involved the redirection of a side trail that was mistaken by users as the main trail. The restoration included covering the mistaken trail with leaves rocks and downed wood. By masking the mistaken trail back to a natural state the restoration will discourage further use and reroute hikers onto the main trail. McLeod's were used for raking leaves onto the mistaken trail. Shovels and pick mattocks were used to create "icebergs". Icebergs are buried rocks that have! The tips of rocks exposed so that the rocks look natural and discourage a user from taking a path that does not look man made. Man and Woman power was used to move rocks and rakes were used for finishing and covering moved rocks with dirt and leaves. The total area covered in the restoration was roughly 150 yards. This was a two hour project. Total hours worked calculated at Number of volunteers x by hours worked. Example 25 volunteers multiplied by 2 hours equals= 50 hours of service.

National Trails Day Weekend provided the perfect opportunity for local community members, organizations, and business to band together in the spirit of volunteerism and work to help maintain our country's second most precious resource – the forest – and it is second only to our children. Thank you to all of you who came out in support of this annual event.

OBA youth pose in front of the Angeles Forest sign after a day of trail work and camp maintenance at Oakwilde Campground



Don't just read this, join a group!

VOLUNTEER GROUP NEWS

ANGELES NATIONAL FOREST FIRE LOOKOUT ASSOCIATION (ANFFLA)

<http://www.anffla.org>

<http://www.angeleslookout>

Kermit Eller kermiteller@dslextreme.com

Fire lookout towers are now open!

If interested in volunteering please contact us.

ANGELES MOUNTAIN BIKE PATROL

(AMBP) mmcguirepoolsa@cs.com

Our mission is to provide educational and a responsible image to all trail users. To encourage rider's to obey forest regulations and working to preserve and protect trails. A.M.B.P is here to serve and inform the public

Altadena Foothills Conservancy

Rob@altadenafoothills.org

626-798-3235

Altadena Crest Trail Restoration Working Group (ACTRWG)

Sameeretman@hotmail.com

www.altadenatrails.org 626-797-7243

ANGELES MOUNTAIN BIKERS AND TRAIL KEEPERS.

Mark Gage mrgy33@hotmail.com

Hikers and Bikers working together on trails.

We work on the trails almost every Saturday

California Trail Users Coalition (CTUC)

To provide a forum for all trail users to discuss trail related issues, problems and alternative solutions; to assist in the planning, development, maintenance and patrolling of trails to enforce rules of the road; and to develop and maintain programs designed to educate users on proper use of trails and trail etiquette.

Looking for interested hikers, mountain bikers and equestrians to be a part of this Coalition. If interested come to our next meeting or check out www.ctuc.info.

Boy Scouts of America

The High Adventure Team – Los Angeles Area Council provides training opportunities for all interested individuals. For more information: www.boyscoutsla.org click H.A.T.

Alpine Training Services

<http://www.atsenviroaction.com/>

Environmental Action Days (E.A.D.) are an original creation of Alpine Training Services. We felt with the increased traffic canyons have seen over the last several years as the sport of canyoneering has grown, it was necessary to initiate a series of cleanup days to keep the canyons free of trash. E.A.D. is a new program from Alpine Training Services representing our "One Earth" philosophy — that being there is only. One Earth for us to live on, grow on, and make a future on. To learn more about Alpine Training Services and the programs we offer including our full course curriculums for canyoneering, rock climbing, kayaking, & backpacking feel free to follow the above linking, kayaking, & backpacking feel free to follow the above link

BEAR CANYON TRAIL CREW

(BCTC) <http://www.outdoorsclub.org/>

Richard 626-285-0962

Now on summer break.

Be ready to join us this Fall

Concerned Off-Road Bicyclists Association (CORBA) <http://www.corbamtb.com>

CORBA is committed to:

1. Maintaining access to and gaining access to trails in Los Angeles and its surrounding areas, through education, information and preservation.
2. Educating mountain bicyclists in the safe and appropriate use of mountain bikes.
3. Contributing to the building and maintaining of riding areas in Los Angeles and its surrounding areas.

Join One Today

VOLUNTEER GROUP NEWS

California Canyon Coalition

1919 East Beverly Way #106

Long Beach, CA 90802

Trudy Rutland 562-491-1989

Transplatedexantr@yahoo.com

Group of canyoneers, who are interested in keeping canyons free of trash and graffiti.

Haramokngna American Indian

Cultural Center www.haramokngna.org

For additional information: 626-445-8975

“Need volunteers to assist in implementing the Harmokngna Design Plan”

HABITAT WORKS OF SOUTHERN

CALIFORNIA Tom Persons 310-402-6700

Kim Clark 818-353-4653

If you're interested in the environment or volunteering for wildlife or habitat conservation projects around the Los Angeles or Southern California, check out

www.HabitatWork.org

Dear Friends

We seem to be having difficulties with weather and various blocks to events this year! Friday night a car went off the road and started a fire in the Forest - and our area hasn't burned for 100 years. Our stalwart firefighters were able to contain the fire - but it takes time and equipment - especially when it is in the 90's with wind. So - I am so sorry we missed you at the Summer solstice celebration Many folks took the back roads and made it up despite the road closure: many thanks to oscar ortiz, katie O'Brien, Marcus, rudy ortega, Jr and Mark Villasenor, Danny Diaz who came up Fri night and helped me so much!, Valena, of course, who worked all day Fri, and then explored new and far flung routes to come up Sat, and more. We have an opportunity to reschedule it for Sat, July 1. Can you come up that day? Carlos will be playing, Oscar Ortiz just donated a bunch of new pump drills, and we will have other hands-on activities. We could do a pot-luck - and share with you our plans for the ethno-garden, the basketweavers' gathering, and the Fall Equinox flute circle. Come on up - its cooler at haramokngna.

Thanks Kat

Hathaway - Sycamores Child & Family Service

What's happening at Hathaway School

· July 10th – August 18th – Summer work program

Contact Kevin Sarkissian at ksarkissian@hathawaychildren.org or 818-896-2474 x 306 if you want to help out!

High Country Riders

Forest wide equestrian volunteer group that patrols trails and can pack equipment, supplies etc to your worksite.

Jonathan Schultz 951-830-3400

maujds@earthlink.net

JPL TRAILBUILDERS

<http://www.jplreclclubs.caltech.edu/hiking/>

Kathie Reilly 818-354-8321 (JPL)

626-798-7256 (home)

Jack Russell 562-861-3187

TreePeople

TreePeople mission is to inspire the people of Los Angeles to take personal responsibility for the urban forest - educating, training and supporting them as they plant and care for trees and improve the neighborhoods in which they live, learn, work and play.

For more information

Tom Persons Telephone (818) 623-4846

Email tpersons@treepeople.org

Monrovia Canyon Park

http://www.ci.monrovia.ca.us/city_hall/public_works/canyon_park/canyon_park.htm

Need volunteers and trail maintenance work on Ben Overturff and Waterfall Trails 626-256-8282

Join One Today

VOLUNTEER GROUP NEWS

Outward Bound Adventures (OBA) <http://www.obainc.org>

OBA's Mission: To provide meaningful nature-based education that promotes positive self-development, environmental responsibility, and outdoor career exposure for at-risk and urban youth.

Pacific Crest Trail Association (PCTA)

<http://www.pcta.org>

“Mission of the PCTA is to protect, preserve and promote the Pacific Crest National Scenic Trail so as to reflect its worldclass significance for the enjoyment, education and adventure of hikers and equestrians.

For additional information:

Suzanne Wilson
Regional Representative
951-492-9836
swilson@pcta.org

• Jan 1 to Sep 30.
‘Fannypack’
Projects on SBNF,
ANF, and BLM.
Swat teams to
inventory trail,

clear trees and boulders, and repair slides on short notice. Open to qualified volunteers.

Contact: Pete Fish 805-658-6540
pickaxepete@sbcglobal.net

A trail mtnc crew will start up in June

Phone: 626-564-0844

E-mail: obainc.sbcglobal.net

website: www.obainc.org

Upper Millard Falls from the Sunset Ridge Trail, a few minutes down from Sierra Saddle

.....George Aumann



SCENIC MT. LOWE RAILWAY

<http://www.mtlowe.net>

Brian Marcroft 562-868-8919
emworks@pacbell.net

The Audubon Center at Debs Park

The Audubon Center is a unique urban nature center, envisioned by Audubon as a model to serve a new demographic of nature lovers. Located along the historic Arroyo Seco Parkway (110 Freeway) between downtown Los Angeles and City of Pasadena, in Ernest E. Debs Regional Park.

Hours: Wed. thru Sun. 9am-5pm

How Smart Is Your Right Foot?

This is so funny that it will boggle your mind.

1. While sitting at your desk, lift your right foot off the floor and make clockwise circles with it.
2. Now, while doing this, draw the number “6” in the air with your right hand. Your foot will change direction!!!

Trail patrol/hike

Dear Hikers:

I was thinking of another car shuttle, one car at ThreePoints, the other at the Waterman trailhead, hiking up Waterman, then returning via the TwinPeaks trail to ThreePoints. The July hike is on 15 July 2006.

George Aumann

Angeles National Forest Trivia

Did you noticed that winters in the Angeles Forest are shorter then summers? This year, winter was 89 days long, while the summer will be 94 days long.

The reason why fall and winter is shorter than the spring and summer is that in early January, the Earth is closest to the sun. The Earth then moves faster along its path, speeding up winter (1/4 of the Earth's orbit). In early July, we are farthest from the sun, moving more slowly and adding to the length of summer.

MWBA

(Mount Wilson Bicycle Association) PANCAKE BREAKFAST FUNDRAISER RESULTS!

We sold more than 250 breakfasts, more than 2000 raffle tickets- we gave out 5 for each breakfast(to much) We should clear at least \$1000 this year.We raffled over 100 prizes!!

Any input or suggestions for next year would be helpful!!

Thanks

Tom Purnell

I won at the raffle !



We are having fun !



FIRST AID: HEAT STROKE

Heat stroke is a form of hyperthermia (abnormally elevated body temperature) with accompanying physical and neurological symptoms. Unlike heat cramps and heat exhaustion, two less-severe forms of hyperthermia, heat stroke is a true medical emergency that can be fatal if not properly and promptly treated.

The body normally generates heat as a result of metabolism, and the body is usually able to dissipate the heat by either radiation of heat through the skin or by evaporation of sweat. However, in extreme heat, high humidity, or vigorous exertion under the sun, the body may not be able to dissipate the heat and the body temperature rises, sometimes up to 106 degrees Fahrenheit or higher. Another cause of heat stroke is dehydration. A dehydrated person may not be able to sweat fast enough to dissipate heat, which causes the body temperature to rise.

The population most susceptible to heat strokes are infants, the elderly (often with associated heart diseases, lung diseases, kidney diseases, or on certain medications that make them vulnerable to heat strokes), and athletes, or outdoor workers physically exerting themselves under the sun.

Symptoms of heat stroke can sometimes mimic those of heart attack or other conditions. Sometimes a person experiences symptoms of heart exhaustion before progressing to heat strokes. Symptoms of heat exhaustion may include nausea, vomiting, fatigue, weakness, headache, muscle cramps and aches, and dizziness. **However some individuals can develop symptoms of heat stroke suddenly and rapidly without warning.**

Different people may have different symptoms and signs of heat stroke. But common symptoms and signs of heat stroke include:

- high body temperature
- the absence of sweating, with hot red or flushed dry skin
- rapid pulse
- difficulty breathing
- hallucinations
- agitation
- coma
- strange behavior
- confusion
- disorientation
- seizure

Firstaid: Victims of heat stroke must receive immediate treatment to avoid permanent organ damage. First and foremost, cool the victim. Get the victim to a shady area, remove clothing, apply cool or tepid water to the skin (for example you may spray the victim with cool water from a garden hose), fan the victim to promote sweating and evaporation, place ice packs under armpits and groins. Monitor body temperature with a thermometer and continue cooling efforts until the body temperature drops to 101-102 degrees. Always notify emergency services (911) immediately. If their arrival is delayed, they can give you further instructions for treatment of the victim.

The most important measures to prevent heat strokes are to avoid becoming dehydrated, and to avoid vigorous physical activities in hot and humid weather. If you have to perform physical activities in hot weather, drink plenty of fluids (such as water and Gatorade), but avoid alcohol, coffee, and tea which may lead to dehydration. Take frequent breaks to hydrate yourself. Wear hats, and light colored, and light and loose clothes.

**Los Angeles River Ranger District
12371 North Little Tujunga Canyon Road
San Fernando, CA 91342**



**Litter & Trash
At Trails and roads!
Help clean it up
Fill the form!**

Volunteer Today

Send this in Right Away to

**Howard S. Okamoto—12371 N. Little Tujunga Canyon Rd
San Fernando, CA 91342**

Name _____

Address _____

Phone # (hm) _____

e-mail _____

Interests

Indicate what you would like to do. Circle area or enter your interests.

Campground Host/ Visitor Information/ Smokey Bear - Fire Prevention/

Recreation Aid / Forest Patrol /Resource Management / Computers/

Research-Librarian / Office Clerical / Tour guide/ Fire Lookout/

Conservation Education

Other: _____

Who: All Angeles National Forest Volunteers and Guests

What: Social Potluck

Where: Buckhorn Ski Club

When: Sunday, August 27 from 11am to 3pm

**How: Bring a dish based on the last number
of your home phone (below)**

Last number

1 - Salad

2 - Salad

3 - Side or Main Dish

4 - Side or Main Dish

5 - Side or Main Dish

6 - Side or Main Dish

7 - Side or Main Dish

8 - Sweets

9 - Sweets

0 - Beverages

(If you prefer to bring a different dish, feel free to do so)

Where is Buckhorn Ski Club

Angeles Crest Highway @ mile marker 58.43

**(from La Canada, it's 100 yards past the entrance to Buckhorn Campground,
on the right side of the road)**



This event is a get-together to celebrate summer in the High Country...no work required! We'll start chowing down at 12 noon, sharp...so synchronize your stomachs. Please forward this invitation to everyone in your group. RSVP to Chris via email at cfabbro@fs.fed.us with a head count asap...this is important to do just in case there needs to be a last-minute change in venue due to fire, road closure, etc. After you RSVP, you will receive an email confirmation two days prior to the event. For those without email, please pass info along to vols that they can phone RSVPs to Chris at 818-899-1900 x250.

What to Bring

Other than your pot-luck item, you may want to bring a blanket and/or lawn chairs, games, sunscreen and insect repellent, extra water, hiking boots for a stroll along the Waterman Trail after lunch. Perhaps a camera, too, just in case Smokey Bear has a chance to take a break from preventing wildfires (please do not bring food in bearproof containers for this reason). Also, you might want to keep in mind that since this is a pot luck, showing up fashionably late may result in you missing out on most of the food.