

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 Sept 2008 Vol. 7

GREETINGS

VOLUNTEERS ARE THE HEARTBEAT OF THE FOREST SERVICE

*“The Forest Service is about **sustaining the health, diversity and productivity of the nation's forests and grasslands to meet the needs of present and future generations.**”*

Chief Abigail Kimbell, January 2008

September is here and fall is coming. We still have at least two months of field season before the Holiday Season arrives. We need to stay focused and not get complacent. All year long you've been doing certain tasks, over and over again—these repetitive tasks generate complacency. You let your guard down, and that's when it bites you! As you reflect upon your accomplishments and establish new goals, please remember *“Your safety attitude is like your character; it is what you do when no one is watching.”*

It's hunting season, so know the seasons:

Deer: Zone D-11 shall open on the second Saturday in October and extend for 30 consecutive days.

Archery Deer: Zone A-31 (Los Angeles Archery Either-Sex Deer Hunt) shall open on the fourth Saturday in September and extend through December 31.

Zones D-11, D-13 and D-15 shall open on the first Saturday in September and extend for 23 days.

Archery Bear: Shall open on the third Saturday in August and extend for 23 consecutive days.

Charlton Flat Picnic Area Recreation Site Improvement Project will be implemented during the next month or two with completion during Fiscal Year 2009. This project will concentrate use along the lower road and road leading towards Vetter Mtn

Lookout. When this facility opens next year, you'll be able to experience a reengineered facility with accessible picnic sites, SSTs and barbecue grills.

If you have any corrections, additions or deletions to the FY09 Calendar of Events, please let me know by mid-September.

September is National Preparedness Month. Here's an Interactive test and information for preparation for "Earthquake"

<http://www.nwcn.com/sharedcontent/features/flash/quake/during.html>

Have you accumulated 500 volunteer hours since January 1, 2007? If you have accumulated 500 volunteer hours, please let me know so that we can issue you an America the Beautiful – Interagency Annual Pass.

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

Again, THANK YOU for your dedication in providing a quality recreation experience on the Angeles National Forest.

/s/ Howard S. Okamoto

Angeles National Forest

Los Angeles River Ranger District

Recreation Officer

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The more
people I
meet, the
more I like

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Los Angeles River Ranger District

SEPTEMBER 2008

Volunteer Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOR DAY	2	3	4	5	6 San Gabriel Trailbuilders Community Hiking Club Mt Wilson Observatory Guided Tour
7	8	9	10	11	12	13 <i>Trail Boss Training</i> AC100 Endurance Run Leave No Trace Wednesday Hiking Club Mt Wilson Observatory Guided Tour Community Hiking Club Haramokngna World Festival of Sacred Music Habitat Works
14 AC100 Endurance Run Leave No Trace Habitat Works	15	16	17 CTUC Monthly Mtg LARRD Volunteer Mtg	18	19	20 Antelope Valley Conservancy San Gabriel Trailbuilders Community Hiking Club Mt Wilson Observatory Guided Tour JPL Trailbuilders
21	22	23	24	25 SCVTAC Mtg	26	27 <i>National Public Lands Day</i> San Gabriel Trailbuilders Community Hiking Club Mt Wilson Observatory Guided Tour Habitat Works
28 Habitat Works	29	30				

NOTE: Leave No Trace Trainer Course Sept 13/14
By the Verdugo Hills BSA High Adventure Team.
 You will learn to demonstrate and teach state of the art minimum impact techniques and outdoor ethics to Scout troops, family, friends, and other community groups.
Marlene Lugg, (818) – 882-4526

Hydration Ronald Ashdale, Safety Manager

Water vs 'Sports Drinks' vs 'Energy Drinks'

Water has many functions. It lubricates our joints and organs, maintains muscle tone, keeps skin soft and it regulates body temperature. It is especially important to maintain hydration during physical activity. Performance will decrease if the body becomes dehydrated. (About 75% of Americans are chronically dehydrated!)

Remember to drink throughout the day, not just when you're thirsty—thirst is the last sign of dehydration. Drink a minimum of 8-10 glasses of water per day. (Don't try to drink it all at once.) Sport drinks are a good substitute, along with water, because they include needed electrolytes and carbohydrates and their flavors help us to drink more.

Sports drinks are better to use than energy drinks. Sports drinks manage to get the water into your system quicker, plus they include electrolytes and a little bit of carbohydrates. Thus, it is better to use Gatorade, PowerAde and 10-K than to use Red Bull, Rock Star, etc. Energy drinks are often high on hype but short on performance-- many are nothing more than highly caffeinated fluids with inappropriate amounts of carbohydrate. The reason you want to avoid caffeine or alcohol is because they stimulate urine production and increase dehydration. As for carbonated sodas, they fill the stomach with air giving you a full feeling, therefore decreasing the overall amount of fluid you consume.

The bottom line: Drink water or sports drinks.

Other reasons why Energy drinks fall short to Sports drinks:

- Energy drinks contain caffeine; it is not a fuel source. Even though it may provide a perceived energy, the effect is short lived.
- Herbal stimulants can heighten pre-competition nerves and limit concentration. Herbal ingredients are frequently not standardized.
- They have ingredients with potential side effects that detract from performance.

Why Sports Drinks have proven their success:

- Stimulate fluid absorption.
- Help the body maintain fluid balance.
- Provide energy for exercising muscles.
- Enhance performance and expedite recovery.

Guideline to choosing your beverage:

- Don't expect a drink to replace training, rest or fuel.
- Incredible hyped claims don't translate into optimal performance.
- Stay clear of products containing Ephedra* which may give you a buzz, but does not energize the body.
- Remember to drink 8 to 10 glasses of fluids each day.
- The New England Journal of Medicine has reported that Ephedra—a herbal stimulant used for bodybuilding -can result in heart attack, stroke, seizures and death in young people. It is found under such names as Ripped Fuel, Metabolife and Diet-Phen and the dietary supplement is known as ma huang.

Graffiti Hot line

County of Los Angeles Public Works

Department Graffiti Hotline:

1-800-675-4357, option 2

to report any graffiti along County maintained roads (Tujunga Canyon Roads, Angeles Forest Highway etc).

Learn new skills in 2008: training and resources

Looking for a class or workshop for trails and greenways sills?

The most comprehensive calendar on the Web for trail-related training and education. www.TrailsTraining.net.

Visitors find your NRT 1,000 trails online

www.nrtdatabase.org

ANGELES FOREST VOLUNTEER MEETING SCHEDULE FOR 2008.

- SEPT 17
- NOV 19.

National Public Lands Day

- September 27, 2008

National Public Lands Day is the nation's largest hands-on volunteer effort to improve and enhance the public lands Americans enjoy. In 2007, 110,000 volunteers built trails and bridges, planted trees and plants, and removed trash and invasive plants. Join us for the 15th annual National Public Lands Day.

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If you wish to get a electronic copy of this newsletter, go to:

<http://www.mtlowe.net/VolunteerNews.htm>

VOLUNTEER GROUP NEWS Join One Today

Altadena Crest Trail Restoration Working Group (ACTRWG)
www.altadenatrails.org 626-797-7243

ANGELES NATIONAL FOREST FIRE LOOKOUT ASSOCIATION (ANFFLA)

<http://www.anffla.org>

Welcome to the Angeles National Forest Fire Lookout Association (ANFFLA), a nonprofit volunteer organization dedicated to restoring, maintaining and staffing the remaining lookouts of the Angeles National Forest.

The ANFFLA website is not just for our members!

This community oriented website is open to anyone who is interested in the Angeles National Forest, Fire Lookouts, or the outdoors in general. Take a look around, and if you're interested in what's going on here, register on our site and join in the discussion.

AC100 TRAIL VOLUNTEERS

All Welcome, Work Schedule at:

<http://www.ac100.com>

- Sept 13th in Wrightwood
Runners check-in 4:00AM
Invocation 4:30AM
Start of race 5:00AM (sharp)
- Sept 14th at Johnson's Field in Pasadena
Finish of race 2:00PM (sharp)
Picnic & Award ceremony: 2:00PM – 5:00PM

Hal Winton Co-ord

Winton4jesus@juno.com

Alpine Training Services

<http://www.atsenviroaction.com>

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, & mountaineering, please visit our website at www.alpinets.com.

ANGELES MOUNTAIN BIKE PATROL (AMBP)
mmcguirepools@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.

Antelope Valley Conservancy

www.avconservancy.org

- Sept 20th 12:00 noon

Volunteer Social Get acquainted, get talking, and get involved Fresco II, 1983 West Avenue L

OFFICE PHONE (661) 943-9000

avconservancy@yahoo.com

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. Our focus trails are Lower Sam Merrill and Castle Canyon.

Audubon Center at Debs Park

http://www.audubon-ca.org/debs_park.php

(323) 221-2255

- Sep 20 (4:30 p.m.)

The Orchestras of Pasadena, in association with the Audubon Center at Debs Park, Presents *Classica. Clásica: las raíces de la música* (the roots of music) is an exciting new concert series that explores the roots of Latin American music from Indigenous to contemporary times. Come join us for a free concert featuring Xavier Quijas Yxayotl who will bring to life the ancient sounds of Mexico.

BEAR CANYON TRAIL CREW (BCTC)

Richard Nyerges

626-285-0962 nyerges@sbcglobal.net

Beyond Basecamp

Beyondbasecamp.com

323 896-0123

Need volunteers to help in the maintenance of Valley Forge, West Fork and Devore Trail Camps

VOLUNTEER GROUP NEWS

Blight Busters Trail Crew

Danny Treadway

dayhiker86@yahoo.com

Graffiti Removal & Trail Clean Up.

Boy Scouts of America

The High Adventure Team – Los Angeles Area

•Sept 13/14 Leave No Trace Trainer Course

Training Council provides training opportunities for all interested individuals.

For more information:

www.boyscoutsla.org click H.A.T.

California Trail Users Coalition

(CTUC) www.ctuc.info

• Sept 17 Meeting

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.

Concerned Off-Road Bicyclists Association (CORBA)

Telephone (818) 773-3555

<http://www.corbamt.com/cgi-bin/calendar.pl>

CORBA is an all-volunteer non-profit organization serving the mountain bicycling community of Los Angeles and its surrounding areas including southern Ventura County. We are dedicated to preserving open space, maintaining public access to public lands, and creating more trail opportunities for all to enjoy.

Big Santa Anita Firesafe Council

cafiresafe@sbcglobal.net

Looking for volunteers to assist in fuel hazard reduction, trail maintenance and visitor information in Big Santa Anita Canyon.

Community Hiking Club

661-259-2743

email: zuliebear@aol.com

Dianne Erskine Hellrigel

Placerita Nature Center, 1st and 3rd Sunday of each month from 8-12-Meet behind the Nature Center by Tool Shed at 8:00. Additional opportunities in Forest Service areas and State Parks on Saturdays and Wednesdays by arrangement with Dianne.

- Sep 6-Rice Canyon-
- Sept 13-Los Pinetos to Bear Divide
- Sept 20- Pico Canyon
- Sept 27- Nature Series/Birds-Placerita Canyon

Equestrian Trails, Inc.

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

A non-profit organization dedicated to the Acquisition and Preservation of Trails, Good Horsemanship, and Equine Legislation. For event information and helpful tips for horse owners.

HABITATWORK.ORG

Kim Clark or Tom Persons

818-353-4653

<http://www.habitatwork.org/calendar.htm>

• Sept. 13/14, 2008

Untaming the American West
Wind Wolves Preserve

• Sept. 27/28, 2008

Tamarisk Extravaganza
Bitter Creek National Wildlife Refuge

Haramokngna American Indian Cultural Center

www.haramokngna.org

Kat at 310-455-1588, katcalls@aol.com

All workshops have limited enrollment, and need reservations, paid in advance

- Sept 13/14 – Fall Equinox Flute Circle/ World Festival of Sacred Music 10 – 5 Annual gathering of Native American musicians and Indigenous musicians from the Hemisphere – workshops, hands-on activities Annual pine nut pancake breakfast and art marketplace/ silent auction

JPL TRAILBUILDERS <http://www.jplhiking.org/>

Kathie Reilly 818-354-8321 (JPL) 626-798-7256 (home) Jack Russell 562-861-3187

• Sept 20 OUTING

In this hotter weather, we will work the shady parts of Mt Lowe East and West Trails. Maintenance consists mainly of lopping brush and widening trail tread.

Mt Disappointment 50K/50M

www.mtdisappointment50k.com

Gary Hilliard, Director

gary@mtdisappointment50k.com

- 143 finished 50k race
- 79 finished 50 mile race !

Mt. Wilson Observatory Association

<http://www.mwoa.org/tour.html>

PO Box 70076 , Pasadena, CA 91117-7076

Is a volunteer organization supporting the Mount Wilson Observatory with membership is open to all interested persons

SAN GABRIEL TRAILBUILDERS

<http://www.sgmtrailbuilders.org>

<http://www.crystallake.name>

Ben White

bwootenwhite@hotmail.com

626-303-1078

We work on the first, third, and fifth, Saturday of each month.

Santa Clarita Valley Trails Advisory Committee

Meeting on a Quarterly basis at Carvalho Sports Complex Activity Center.

SCENIC MT. LOWE RAILWAY

<http://www.mtlowe.net>

Brian Marcroft 562-868-8919

Emworks@verizon.net

- Sept 13 OUTING
- Sept 27 OUTING

Monrovia Canyon Park

<http://www.cityofmonrovia.org/index.cfm/0/Canyon-Park-1.cfm>

Come and enjoy a wilderness experience only five minutes from downtown Monrovia. This refreshing recreational site provides a peaceful and quiet setting for your family, social or business gatherings. Let your imagination and your appreciation for nature be revitalized as you explore the 80 acres of trails and serene picnic areas.

If you are interested in becoming a volunteer call Kathleen at 626-256-8282.

Outward Bound – Los Angeles

<http://www.obainc.org>

Outward Bound, Los Angeles is looking for a qualified Trail Boss to supervise their Trail Crew. If you know of an interested individual, please have this individual contact Robert Sendrey, Outward Bound, Los Angeles, 626-564-0844. This is a funded position.

The mission of Outward Bound Los Angeles is to provide nature-based education that promotes positive self-development, environmental responsibility, and outdoor career exposure for low-income, at-risk, and urban youth.

Phone: 626-564-0844

E-mail: obainc.sbcglobal.net

Pacific Crest Trail Association (PCTA)

WWW.PCTA.org

Spend 2-8 days hiking or horseback riding along the Pacific Crest National Scenic Trail, meals provided.

Check out PCTA Service Projects at

<http://www.trailprojects.com/projectsdatabase.html>

You'll be rewarded with daily exercise, great food, develop unforgettable memories, trail maintenance skills and long lasting friendships.

For additional information:

Suzanne Wilson

swilson@pcta@org

951-492-9836



VOLUNTEER GROUP NEWS

TreePeople

<http://treepeople.org/>

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

Volunteers of the Angeles National Forest Wrightwood, CA

Loren Lake, President lorenll@verizon.net

Wednesday Hiking Club and Granada Club

• Sept 13th Outing

We're Korean-Americans, who love working in the National Forest. We work the 2nd Saturday of each month on maintaining the Sunset Ridge Trail, 12W18.

If you would like to join us or have any questions, please contact Ted Kim at infocus804@yahoo.com

William S Hart UHSD of Santa Clarita ANF Crew 5130

For more information on how you can help, contact: Kevin Sarkissian at ksarkiss@hartdistrict.org

National Park Service unveils new website for children

WASHINGTON, DC - The Kids Zone, a new addition to the National Park Service's website, <http://www.nps.gov>, contains more than 50 interactive activities designed to connect children with the people, places, and events commemorated in the country's 391 National Park Service sites.

Starting August 25, children visiting the website can learn about Mitsy, a nine-year-old Border Collie who performs an important job at the Statue of Liberty or little Lula McLean's rag doll which is a witness to history at Appomattox Courthouse or how Thomas Edison changed their lives.

"The Kids Zone, launched on the 92nd anniversary of the National Park Service, introduces the next generation of park stewards to the fascinating stories told in national parks," said National Park Service Director Mary A. Bomar. "The website will enable young people to actively explore parks without leaving home but, hopefully, will also inspire them to visit these special places in person."

The website includes information on the 325 in-park Junior Ranger programs where young visitors complete booklets on park resources and earn certificates, patches, or badges. In 2007, more than 440,000 children participated in Junior Ranger programs nationwide.

Other features on the website include stories by children who live in national parks, biographies of dogs who work in national parks, and an expanded WebRangers page. Children can continue to earn a WebRanger patch after completing exercises that include decoding a secret message from George Washington, helping endangered turtles get to the sea, setting up a ranger station, tracking animals, and learning how to survive in the desert.

The Kids Zone "hot button" on <http://www.nps.gov>, the National Park Service homepage, will provide a direct link to the expanded children's website starting on August 25, 2008

Lindi L. Harvey
Deputy Director National Park Service
(202) 208-3818 office

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

TUNDRA by Chad Carpenter Los Angeles Times Aug 9, 2007 email: info@tundracomics.com



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 / habitat restoration and tree planting

Other: _____
