

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 Jan 2009

GREETINGS

VOLUNTEERS ARE THE HEARTBEAT OF THE FOREST SERVICE

The mission of the Forest Service is to sustain the health, diversity, and productivity of the Nation's forests and grasslands to meet the needs of present and future generations. The mission of the Forest Service is guided by the fundamental principle of providing the greatest amount of good for the greatest amount of people in the long run and is characterized by the slogan: Caring for the Land and Serving People.

HAPPY NEW YEAR!!!!!!

I hope you experienced a wonderful holiday season (San Gabriel Mtns. covered by snow, hustle and bustle of Christmas shopping, time spent with friends and family etc).

The key word for 2009 is "CHANGE".

We have an opportunity to showcase significant improvements to the Los Angeles River Ranger District Recreation experience: Charlton Flat Picnic Area Recreation Site Improvement Project should be completed by this summer, thereby providing a redesigned user friendly facility. Hopefully, Southern California Edison will provide an electrical power source to Monte Cristo and Clear Creek water systems, thereby providing potable water to Monte Cristo Campground and Switzers Picnic Area. Mount Lowe Historic Site Interpretive Plan - Entrance Kiosk design will hopefully see installation at Cobb Estate, Sunset Ridge and Eaton Saddle Trailheads. Increased recruitment of Human Resource Program personnel (Eagle Scout candidates, volunteers etc) to accomplish trail maintenance, Developed Recreation Site cleaning and policing (litter patrol, graffiti removal, minor facility repair etc), and Information/Education (Public contact, issuance of Notice of Non-Compliance, mapping etc). All these areas of improvement wouldn't have occurred without your participation (volunteer service hours). Thank you very much for your past dedication and for your continued participation in assisting us in improving the recreation experience (Bear Canyon Trail Camp Molder Privy, non-motorized trail system and Developed Recreation site maintenance, Information/Education of Forest Visitors etc) for present and future generations.

I look forward to working with you on achieving the Angeles NF Recreation vision of harmonizing the interactions between the Forest and its visitors, as well as providing them with a sense of citizenship and stewardship, not only for the Angeles, but for all public land.

Have you accumulated 500 volunteer hours since January 1, 2007? If you have, please contact me so that you can receive your America the Beautiful – 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

hokamoto@fs.fed.us

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

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Reminder!
Angeles forest
Volunteer
is Jan 21st

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Immense
harm is
caused by
the belief
that work
is virtuous

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Issue 1

Los Angeles River Ranger District

JANUARY 2009

Volunteer Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 NEW YEARS DAY	2	3 Mt Lowe Hist San Gabriel Trailbuilders Community Hiking Club
4	5	6	7	8	9	10 Winter Trails Day Wednesday Hiking Club JPL Trailbuilders Habitat Works
11	12	13	14	15	16	17 Mt Lowe Hist Bear Cyn VHC WLACC BSA Trail Boss Training San Gabriel Trailbuilders Community Hiking Club
18 VHC WLACC BSA Trail Boss Training	19 MARTIN LUTHER KING'S Habitat Works	20	21 CTUC Monthly Mtg LARRD Volunteer Mtg	22	23	24 Community Hiking Club San Gabriel Trailbuilders Habitat Works
25 Habitat Works	26	27	28	29	30	31 JPL Trailbuilders San Gabriel Trailbuilders Community Hiking Club

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

Graffiti/Trash dumping Hot line

Report graffiti and dumping along LA County Roads.

<http://ladpw.org/itd/dispatch/publicgraffiti/index.cfm?action=report>
 (this takes you right to the reportable form)

Trash Dumping in Right of Way
 (1-888-8DUMPING)

<http://ladpw.org/epd/illdump/support.cfm>,
 (then click on the "Report Illegal Dumping"
 on the left)

LEARN HOW TO LEAD IN TRAIL REPAIRS/BUILDING

Contact:

Patrick Aubuchon, Chief Trail Boss.
 818-781-7465 - bigaub@sbcglobal.net

WHO TO CALL TO REPORT POACHERS

California Dept. of Fish & Game CalTip Poacher Hotline
<http://www.dfg.ca.gov/enforcement/caltip.aspx>
 1 888 DFG-CALTIP (888 334-2258), 24 hours a day, seven
 days a week

SAFETY NOTE: Hypothermia

Symptoms: Hypothermia usually occurs gradually. Often, people aren't aware that they need help, much less medical attention.

Common signs to look for are **shivering**, which is your body's attempt to generate heat through muscle activity, and the "-umbles":

- Stumbles
- Mumbles
- Fumbles
- Grumbles

These behaviors may be a result of changes in consciousness and motor coordination caused by hypothermia. Other hypothermia symptoms may include:

- Slurred speech
- Abnormally slow rate of breathing
- Cold, pale skin
- Fatigue, lethargy or apathy

The severity of hypothermia can vary, depending on how low your core body temperature goes. Severe hypothermia eventually leads to cardiac and respiratory failure, then death.

What to do

- **Move the person out of the cold.** Preventing additional heat loss is crucial. If you're unable to move the person out of the cold, shield the person from the cold and wind as best you can.
- **Remove wet clothing.** If the person is wearing wet clothing, remove it and replace it with a dry covering. Cover the person's head. Try not to move the person too much. Cut away clothing if you need to.
- **Insulate the person's body from the cold ground.** Lay the person faceup on a blanket or other warm surface.
- **Monitor breathing.** A person with severe hypothermia may appear unconscious, with no apparent signs of a pulse or breathing. If the person's breathing has stopped or appears dangerously low or shallow, begin cardiopulmonary resuscitation (CPR) immediately if you're trained.
- **Share body heat.** To warm the person's body, remove your clothing and lie next to the person, making skin-to-skin contact. Then cover both of your bodies with a blanket.
- **Provide warm beverages.** If the affected person is alert and is able to swallow, have the person drink a warm, nonalcoholic beverage to help warm the body.

What not to do

- **Don't apply direct heat.** Don't use hot water, a heating pad or a heating lamp to warm the person. Instead, apply warm compresses to the neck, chest wall and groin. Don't attempt to warm the arms and legs. Heat applied to the arms and legs forces cold blood back toward the heart, lungs and brain, causing the core body temperature to drop. This can be fatal.
- **Don't massage or rub the person.** Handle people with hypothermia gently because they're at risk of cardiac arrest.
- **Don't provide alcoholic beverages.** Alcohol lowers the body's ability to retain heat.



VOLUNTEER GROUP NEWS

AC100 TRAIL VOLUNTEERS

All Welcome, Work Schedule at:
<http://www.ac100.com>
Hal Winton Co-rd
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.

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.

Be a Lookout for 2009!

It's probably easier that you realize to become an active Fire Lookout with the ANFFLA. It just takes a few classes training (which are quite fun!) and the desire to spend some time in the Angeles National Forest

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

ANGELES MOUNTAIN BIKE PATROL

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
OFFICE PHONE (661) 943-9000
avconservancy@yahoo.com

- Jan 17 Sierra Bike Trail Cleanup, Martin Luther King Jr. Day of Service

Audubon Center at Debs Park

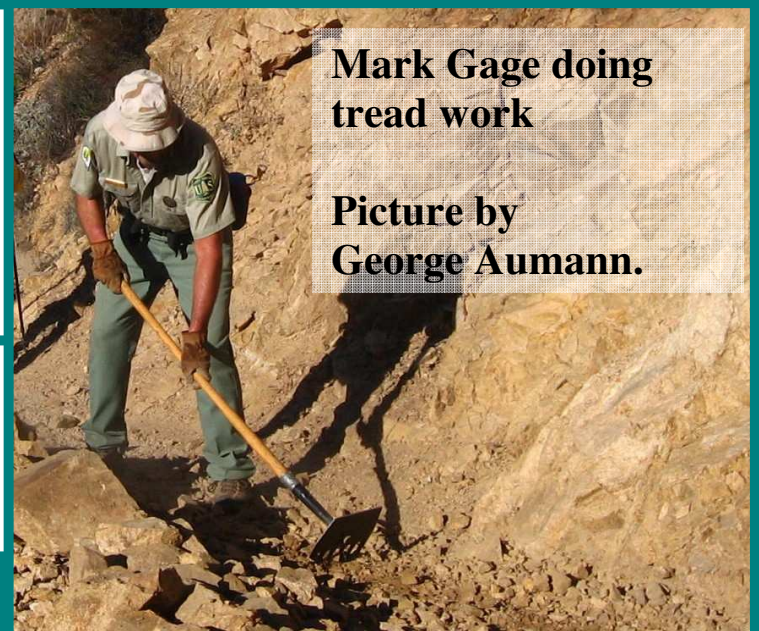
http://www.audubon-ca.org/debs_park.php
(323) 221-2255

BEAR CANYON TRAIL CREW (BCTC)

Richard Nyerges
626-285-0962 nyerges@sbcglobal.net

- Jan 17 Bear canyon Outing

Tell a friend!!! The work is very rewarding and we work in an environment that is absolutely beautiful



Mark Gage doing tread work

Picture by George Aumann.

VOLUNTEER GROUP NEWS

Beyond Basecamp

Beyondbasecamp.com

323 896-0123

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

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.

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

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

California Trail Users Coalition (CTUC)

www.ctuc.info

• Jan 21 Meeting

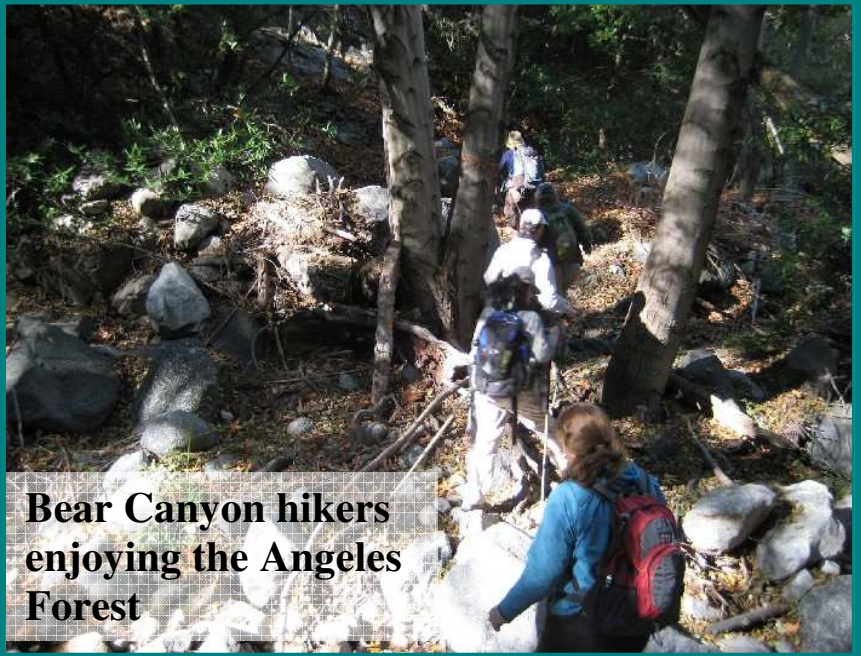
To provide a forum for all trail users to discuss trail related issues, problems and alternative solutions; to assist in the planning, development, maintenance and patrolling of trails to enforce rules of the road; and to develop and maintain programs designed to educate users on proper use of trails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



Bear Canyon hikers enjoying the Angeles Forest

Community Hiking Club

661-259-2743

email: zuliebear@aol.com

Dianne Erskine Hellrigel

- Jan 3 -Happy New Year! We are going to start the year out with a bang...so to speak. We will be doing the entire 21 mile trail on Magic Mountain. It is ALL DOWN HILL.
- Jan 10 January 10- Rocky Peak near Chatsworth
- Jan 17 January 17-Sierra Pelona
- Jan 24 January 24-Mt Lowe to the Hotel Ruins.
- Jan 31 January 31-Whitney Canyon to the Waterfalls
- Trail Work-Every Sunday and other days by arrangement.
- Please RSVP to Dianne @ zuliebear@aol.com Additional opportunities in Forest Service areas and State Parks on Saturdays and Wednesdays by arrangement with Dianne.

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.

VOLUNTEER GROUP NEWS

HABITATWORK.ORG

Kim Clark or Tom Persons

818-353-4653

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

• Jan. 10

Wildlife Watering Hole Restoration

Hungry Valley State OHV Park

• Jan. 24/25

Bitter Creek National Wildlife Refuge

Habitat Works is an environmental stewardship action group performing volunteer projects to improve the habitats of endangered, threatened and perturbed species in Southern California



HABITATWORK
Marijuana Garden Clean Up

Haramokngna American Indian Cultural Center

www.haramokngna.org

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

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

No matter how far you push the envelope, it'll still be stationery



HABITATWORK
Marijuana Garden Clean Up

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

Kathie Reilly 818-354-8321 (JPL)

626-798-7256 (home)

Jack Russell 562-861-3187

• Jan 10 Outing • Jan 31 Outing

We will continue to work the Mt Lowe East Trail. Maintenance consists mainly of lopping brush and widening the trail tread. The days are gorgeous out there right now.

Mt Disappointment 50K/50M

www.mtdisappointment50k.com

Gary Hilliard, Director

gary@mtdisappointment50k.com

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.

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

Outward Bound – Los Angeles

<http://www.obainc.org>

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

VOLUNTEER GROUP NEWS

**Volunteers of the
Angeles National Forest
Wrightwood, CA
Loren Lake, President lorenll@verizon.net**

Pacific Crest Trail Association (PCTA)

WWW.PCTA.org

From desert to glacier-flanked mountain, meadow to forest, the Pacific Crest Trail (PCT) symbolizes everything there is to love - and protect - in the Western United States. Join us as we celebrate, enjoy and safeguard this unique American treasure.

SAN GABRIEL TRAILBUILDERS

<http://www.sgmtrailbuilders.org>

<http://www.crystallake.name>

Ben White bwootenwhite@hotmail.com
626-303-1078

For this winter 2008/09 and spring 2009, we are continuing to work on restoring trails in the Crystal Lake basin and building a new bridge at Laurel Gulch in the East Fork of the San Gabriel River (enroute to the Bridge to Nowhere). We are also completing a bridge at the Rincon Educational Center. 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

TreePeople

<http://treepeople.org/>

Please come and visit our new Community Forestry at L.A's Coldwater Canyon Park This Center for Community Forestry is about far more than planting and caring for trees. The Center seeks to teach the community new ways to protect our water supply and mitigate the harsh effects of climate change.
For more information: (818) 753-4600

Wednesday Hiking Club and Granada Club

• Jan 10 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

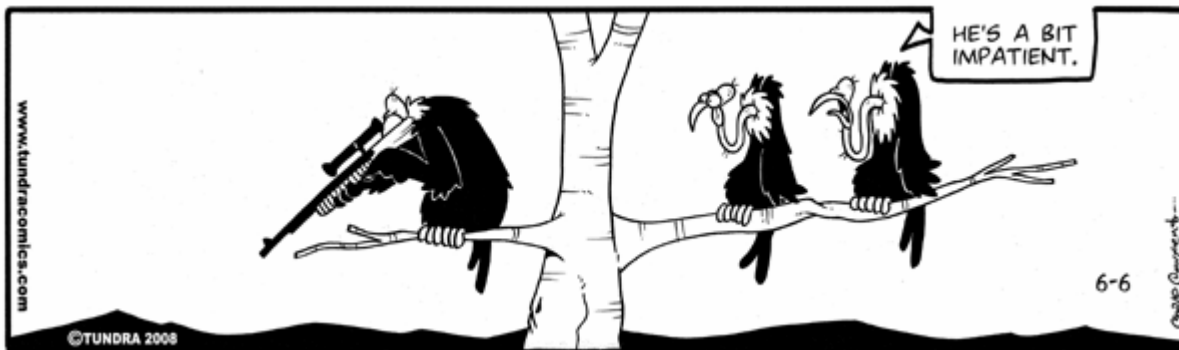
Work continues Wednesdays and Thursdays on a 9 mile section of the PCT from the Indian Canyon TH to North Fork Station.

Beginning in January 2009, Hart Trails will be added to the District's Regional Occupation Training Program as a joint training venture between WS Hart Union High School District the USFS, PCTA, and MRCA. In addition to high school credit, students will be offered paid work experience while gaining practical exposure to land management practices and career pathways related to work in the great outdoors including; trail maintenance and construction; wildlife identification and conservation; backcountry navigation; environmental stewardship; wilderness first aid; and much more!

For more information, contact Kevin Sarkissian at:
ksarkiss@hartdistrict.org
661.259.0033 X 525

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

TUNDRA by Chad Carpenter Los Angeles Times June 6, 2008 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: _____

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