

# 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 2017

## HAVING PROBLEMS WITH ENERGY DRINKS

A 50-year-old construction worker, deemed to be “previously healthy,” was experiencing symptoms including anorexia, abdominal pain, nausea, vomiting, generalized jaundice, scleral icterus — his eyes were turning yellow — and dark urine. The man’s liver was damaged due to a case of severe acute hepatitis.

Before falling ill, he was in good health, abstaining from tobacco, alcohol and illicit drugs, according to researchers from University of Florida College of Medicine. He hadn't changed his diet recently, nor was he taking prescription medications. Though he received a tattoo in his 20s, the worker had never had blood transfusion, nor had he engaged in high-risk sexual behavior, both common ways of hepatitis transmission. Finally, the man had no family history of liver disease, according to the report.

On an otherwise clean health record, one behavior stood out: The worker drank four or five energy drinks a day for three weeks before he was hospitalized. The type of energy drink was not identified in the report.

## What is Hepatitis?

Hepatitis is an inflammation of the liver. The condition can be self-limiting or can progress to fibrosis (scarring), cirrhosis or liver cancer. Hepatitis viruses are the most common cause of hepatitis in the world but other infections, toxic substances (e.g. alcohol, certain drugs), and autoimmune diseases can also cause hepatitis.

## What are energy drinks?

The term “energy drinks” refers to beverages that contain caffeine in combination with other ingredients such as taurine, guarana, and B vitamins, and that claims to provide its consumers with extra energy. This term was created by companies in the beverage industry and is not recognized by the United States Food and Drug Administration (FDA) or the United States Department of Agriculture (USDA).

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**“IT’S EASIER TO FOOL PEOPLE THAN TO CONVINCING THEM THAT THEY HAVE BEEN FOOLED”**

**Electronic copy of Newsletter at:  
<http://www.mtlowe.co/VolunteerNews.htm>**

## ENERGY DRINKS (CONT)

### Is there evidence that these energy drinks increase energy?

There is limited evidence that consumption of energy drinks can significantly improve physical and mental performance, driving ability when tired, and decrease mental fatigue during long periods of concentration. Unfortunately, the body of literature is limited and it is not known whether these improvements are due to the caffeine, other herbal ingredients, or as a result of the combination of the ingredients found in a beverage.

Specifically, the ingredient niacin (aka vitamin B3) caused the man's development of hepatitis. Other ingredients found in energy drinks "are known to cause toxicity with overdose," but only over-consumption of niacin is known to cause liver damage. Energy drinks such as Monster, Red Bull, and Rockstar all contain niacin. An 8.4-ounce can of Red Bull boasts 21.7 milligrams of the ingredient, which is 108 percent of the recommended daily value. Niacin toxicity has been associated with serious multisystem organ failure and acute liver failure requiring liver transplantation.

You should be aware of the risks associated with niacin toxicity and other experimental medical therapies that may be described on the Internet or other nonreputable sources. The availability of niacin as an over-the-counter supplement makes it readily available the general population with no oversight of its use by a physician, parent, or guardian. In addition, there have been concerns raised over the use of supplemental preparations of niacin as such products have less stringent US Food and Drug Administration regulations

### FINAL OUTCOME

The man did not develop liver failure, fortunately, and he recovered after a brief hospitalization. Obviously, he's been advised to quit the energy drinks cold turkey.

## DON'T FORGET

# LARRD Volunteer Meeting

Jan 18, 2017

07:00 P.M.

701 N Santa Anita Ave.

Arcadia, CA 91006



## Forest Vandalism

The compulsion which makes some people litter and wreck areas of public recreation is inexplicable. An example of this kind of vandalism has come to light in the Angeles National Forest, where picnic facilities in the Chilao, Chantry Flat and Charlton Flat areas have been almost ruined.

Picnic tables and chairs have been ripped apart, barbecue stoves smashed, trash and trash containers tossed into ravines and other damage done. U.S. Forest Service rangers estimate the damage is going to cost taxpayers as much as \$2000 a year for maintenance service.

That is why they are appealing to the public to co-operate in locating those responsible for the vandalism and to be alert for any similar instances that arise. These recreational areas are for the use of all the people and they should not suffer because of the depredations of a few

## BLAST FLASH FORWARD!

Here are some facts in the 60 year battle against vandalism and why volunteers need to be on the lookout and report to the rangers. **NOTE: VOLUNTEERS NEVER MAKE CONTACT WITH THE VANDALS, UNLESS TRAINED TO DO SO.**

- The life expectancy of newly installed wooden signs in the forest varies from five days to three weeks. The signs--the more elaborate cost \$800--are regularly used for target practice by visitors who take arsenals of machine guns, rifles, pistols and armor-piercing bullets.
- Off-road-vehicle enthusiasts have eroded trails set aside for hikers and horseback riders Graffiti abound, and, in one case, vandals broke into a cave that contained ancient Indian pictographs.
- At a nature area for the handicapped, vandals destroyed Braille signs identifying trees.
- Unable to financially combat the relentless destruction of park property, rangers are closing campgrounds. In the Saugus district, six of the 20 campgrounds, one picnic area and about 80 miles of the 200-mile network of hiking trails have been placed off limits to the public. Other sites in the Tujunga and Saugus forests have been restricted to day use to discourage vandals, many of them teen-agers, from terrorizing campers and damaging the campgrounds when they party after dark.
- About 30 people a year are caught cutting trees in the Angeles National Forest for use as Christmas trees.
- After Christmas, the Forest Service sometimes encounters an entirely different tree problem. A lot of well-meaning people call every year saying they bought living trees and want to donate them to the Forest Service. Some people even plant their living Christmas trees in the woods, and rangers usually find about 10 to 20 non-native trees each year after the holidays. Many such trees are ornamental, such as Colorado spruce, and do not adapt to Southern California's soil and weather conditions.
- Rave parties occur in the forest. A rave is typically a transient party that is fueled by secrecy, drugs and music. Most party-goers find the location of the rave via the Internet. It is normally an out-of-the-way place where loud music and a number of vehicles are not easily detected, and the Angeles National Forest is a popular venue.

## **THE PERSON WHO RECEIVES THE MOST FAVORS IS THE ONE WHO KNOWS HOW TO RETURN THEM**

**Somewhere in the darkness on November 22, 1991 on Mount Baldy, Cindy Moyneur England made peace with dying. The shrieking wind blasting around Mount Baldy and surrounding peaks in the San Gabriel Mountains screamed death at her. Numbing cold ground it into her bones.**

**Finally she heard a hand-held radio crackle below them. Rescuers, by now thinking they would recover bodies, had spotted Ryan's tracks in the snow. "Over here! We're here!" the hikers yelled at volunteer members of the Sierra Madre Search and Rescue Team.**

**Rescued after nearly dying in the San Gabriel Mountains 25 years ago, Cindy has spent a lifetime helping others. She is now the volunteer training officer for the Montrose Search and Rescue Team, whose territory includes the Angeles National Forest.**

**Read the full story at:**

**<http://www.ocregister.com/articles/england-736584-ryan-rescue.html>**

## **How to Join Montrose Search and Rescue Team**

**The Team is always looking for new members to join and carry on the tradition of the Team. If you would like to be a member of the team and want to make a difference in the lives of those in need, you are invited to attend our monthly team meeting:**

**When: 1st Wednesday of every month  
Where: Crescenta Valley Sheriff's Station  
4554 Briggs Avenue in La Crescenta  
Time: 7:30 p.m.**

**If you have ANY questions concerning membership, please contact the Community Services Office: Sgt. Brink at (818) 236-4018 or Deputy Martin at (818)236- 4019**

# VOLUNTEERS NEEDED

## VOLUNTEERS WANTED!

☞ *Do you love the forest?*

☞ *Do you love to teach children?*

***If so, here is a great volunteer opportunity!!!***

The San Gabriel Mountains Heritage Association (SGMHA) is seeking volunteer educators for our school-based field trip program. This established program serves schools throughout the San Gabriel Valley at facilities at the Mt. Baldy Visitor Center and the San Gabriel Canyon Environmental Education Center. Volunteer educators are trained to teach various hands-on programs for school classes that range from K - 12 and include subjects such as Native American studies, Geology, California Gold Rush, Plant ID, Water Ecology, Local History, Environmental Conservation, and the forest's flora and fauna.



Prior teaching experience is not required. Volunteer commitment is flexible but we are looking for volunteers who are willing to learn the program and participate throughout the school year.

***Volunteer and make a difference***

***for our children and for our forest!!***

If interested please contact:

Dave Baumgartner

Program Manager

909 982-2879 or 626 241-6407

email: [info@sgmha.org](mailto:info@sgmha.org)

# VOLUNTEERS NEEDED



**THE CITY OF GLENDALE**  
Community Services & Parks Department

## January Riverwalk Workday (on the Glendale Narrows Riverwalk)

### ◆ WHEN:

Sat. Jan 14, 2017  
8:00 a.m. - Noon

### ◆ WHERE:

Glendale Narrows  
Riverwalk  
300 Paula Ave.  
Glendale, CA 91201  
(corner of Paula Ave  
& Garden St)

### ◆ WANT MORE

Call us at  
(818) 548-3795

Everyone must sign  
a waiver prior to  
working. Minors  
must provide a  
waiver signed by a  
parent or guardian.

Join our January workday as we weed and maintain the landscaped areas along the L.A. River in the City of Glendale.



Participants are asked to wear sturdy shoes, protective clothing, long pants, hat and sun protection. We will provide the tools, gloves, drinks and snacks, but if possible bring, gloves, water bottle and hand clippers. Families, individuals, groups, clubs, and students needing service hours are encouraged to attend.



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հեռակալ հեռախոսահամարով (818) 548-2000

Para información en español, llame a (818) 548-2000

Sponsored By:

GLENDALE PARKS &  
OPEN SPACE  
FOUNDATION



# VOLUNTEERS NEEDED



**THE CITY OF GLENDALE**  
Community Services & Parks Department

## National Granola Bar Day and Squirrel Appreciation Day (Third Saturday Wilderness Workday)



Who knew that these two great holidays (National Granola Bar Day and Squirrel Appreciation Day) fell on the same day?



Well now that we know, we have to celebrate with our Wilderness Workday. Granola bars will be served as part of our snack offerings and we might observe a squirrel or two during our morning of tree watering, invasive plant removal, and tree planting. We will have work for all ages and abilities and you don't have to be a fan of granola bars or squirrels to participate. No need to register, just show up at 8:00 a.m. and join the celebration.

◆ **WHEN:**

Sat. Jan. 21, 2017  
8:00 a.m. - Noon



◆ **WHERE:**

Deukmejian Wilderness Park  
3429 Markridge Rd  
Glendale, Ca 91214

◆ **WHAT:**

Snacks and drinks will be provided

Wear sturdy shoes, a hat, and protective clothing

Bring your water bottle, sun screen, and gloves

◆ **Want More:**

Call (818) 548-3795

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հեռակալ հեռախոսահամարով (818) 548-2000

Para información en español, llame a (818) 548-2000

**Sponsored By:**

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OPEN SPACE  
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# LEARN TO LEAD



## **TRAIL BOSS Training 2017 Become a USFS approved Trail Boss Supervise Trail Maintenance for your group. ( Great Eagle Projects! )**

Let us train you and other adults in your group so that you are qualified to do Trail Surveys and set up projects and complete them on your own.

### **Purpose:**

To provide properly trained personal with the ability to supervise either “Trail Blazing” or “Forest Conservation” program projects at the unit level.

All Trail Bosses will be trained by USFS Personnel or their approved Trail Boss Trainer.

### **Requirements:**

**Must be 18 or older.**

**Complete 4 days** of 6 hours each in training exercises with the Trail Boss Program.

**Conduct an approved Weekend project.** Minimum 10 hours with your unit. (or another unit) under your supervision, and have it checked out by the Trail Boss trainer.

**(Training days do not have to be consecutive days, weeks, or even years).**

**Training objectives are:** Tool Safety, Condition Survey, Brush Clearing, Tread Work, French Drains, Soil Sacks, Water Bars, Switchback Construction, Tread Support, Etc.

**Bring: Gloves, Hat, Water and Lunch, 10 essentials, Day pack, Work clothes.**

**Available training days in 2017 are: Jan 7-8. March 4-5. Apr. 22-23. May. 6-7.**

**Call to confirm** training day for yourself. ( Course cancels if no calls )

**We Meet at the McDonald’s at Bouquet Canyon Rd. and Valencia Blvd. in Valencia  
at 8:00 AM**

### **Contact:**

**Patrick Aubuchon, Chief Trail Boss.  
818-781-7465 - [bigaub@sbcglobal.net](mailto:bigaub@sbcglobal.net)**



# VOLUNTEER TRAINING



**THE CITY OF GLENDALE**  
Community Services & Parks Department

## “Know Your Natives” Native Plant Hike/Program

◆ **WHEN:**

Sat., January 7, 2017  
9:00 a.m. - noon

◆ **WHERE:**

Deukmejian  
Wilderness Park  
3429 Markridge Rd  
Glendale, CA 91214

◆ **WHAT TO WEAR/  
BRING:**

Sturdy shoes, long  
pants, and a long  
sleeved shirt,  
sunscreen, and a hat

Space is limited  
You must call us at  
(818) 548-3795  
to reserve your spot

Trail snacks and water  
will be provided

Has this ever happened to you?

You are hiking, riding, or running on a trail and  
you start to wonder about the vegetation all  
around you.

What is it? Where did it come from? How has  
it survived in this environment?



California sagebrush (*Artemisia californica*)



Laurel sumac (*Malosma laurina*)

Join us for a hike through the Park as we try  
to answer these questions and more.

The hike will take place on moderately steep  
trails (Mummy Rock Trail, Vineyard Trail).  
There will be a number of stops to identify  
plants and discuss the impacts of man, fire,  
and climate on the native plant communities.

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հեռակալ հեռախոսահամարով (818) 548-2000

Para información en español, llame a (818) 548-2000



# VOLUNTEER TRAINING

Folks,

**I have scheduled the following training classes for 2017:**

**All classes are open to volunteers and employees**

**Maximum of 10 students per class for CPR/AED/1<sup>st</sup> Aid**

**CPR/AED/1<sup>st</sup> Aid**

**January 9, 2017**

**0900 to 1600**

**Arcadia Training Center**

**Basic Radio Training**

**January 12, 2017**

**0900 to 1100**

**Arcadia Training Center (Pavilion)**

**April 21, 2017**

**0900 to 1600**

**Arcadia Training Center**

**April 25, 2017**

**0900 to 1100**

**Arcadia Training Center (Pavilion)**

**District Rangers/staff**

**I would be happy to arrange classes on your district. Let me know what you need. Remember, I can only take 10 students per class for CPR/AED/1<sup>st</sup> Aid.**

**Ronald Ashdale, RSHEP-OSHA-NSC Instructor**

**Safety Officer**

**Forest Service**

**Angeles National Forest/San Gabriel Mountains National Monument**

**p: 626-821-6722**

**f: 626-574-5371**

**[rashdale@fs.fed.us](mailto:rashdale@fs.fed.us)**

**701 North Santa Anita Ave**

**Arcadia, CA 91006**

**[www.fs.fed.us](http://www.fs.fed.us)**

**USDA Logo Forest Service Twitter USDA Facebook**

**Caring for the land and serving people**

# VOLUNTEER TRAINING



USFS & BTN  
Restoration  
Training  
Program

#btngreenshirts



Tuesdays & Saturdays  
January 19 - March 4, 2017

MORE INFO & REGISTER  
AT [BACKTONATIVES.ORG](http://BACKTONATIVES.ORG)

## The USFS & Back to Natives Restoration Training Program

14 Days in 2017: January 19 - March 4, 2017

Back to Natives Restoration, in a cooperative agreement with the Cleveland National Forest, will provide hands on habitat restoration training over the course of a 7 week training program.

Each training session will focus on specific aspects of the restoration process from tool and trail safety training, to native and non-native plant identification, proper site entry/exit protocol as well as mechanical/physical abatement techniques to reduce soil disturbance and possible weed seed germination. Graduates of this course are certified to lead groups of volunteers in habitat restoration projects. This is a **REAL CLASS**. Expect weekly quizzes, homework and a final exam! Thursday classes are 6-9PM and Sunday classes are 8AM to 2PM. Tuition: \$150.00 for volunteers and \$350.00 for agency/organization staff (includes a tool sanitization kit and textbooks: *Invasive Plants of California's Wildlands* by Bossard, Randall and Hoshovsky). [More info HERE.](#)

[Interested Volunteers click HERE](#)

[Interested agency/org staff click HERE](#)

# VOLUNTEERS AT WORK



**Mike, Robin Mcguire and Steve Messer representing the US Forest Service - Angeles NF and San Gabriel Mtns. National Monument at the Montrose Christmas Parade.**

**Photo by Steve Messer**

**Montrose Search and Rescue Team volunteers training for swift-water rescues.**

**Photo by Mike Leum**



**Mike Mcguire going to a downed tree on the Gabrielino trail.**

**Photo by Robin Mcguire**

# VOLUNTEERS AT WORK

**Dave, Lauren, Soyoung  
and Brenda Beck clearing  
the Mt Lowe Road of rock  
slides**

**Photo by Brenda Beck**



**Mike Mcguire clearing a  
downed tree on the  
Gabrielino trail.**

**Photo by Robin Mcguire**



# VOLUNTEERS AT WORK



**BEFORE**

**Dave, Brenda Beck clearing stream dams along the Gabrielino trail.**

**Photo by Brenda Beck**



**AFTER**

**Robin Mcguire with a good friend volunteering at Montrose Christmas Parade.**

**Photo by Robin Mcguire**



## VOLUNTEER GROUP NEWS

### AC100

<http://www.ac100.com/>

- getting ready for the next race on August 5, 2017

### Angeles Mountain Bike Patrol

[m.rmccguire@hotmail.com](mailto:m.rmccguire@hotmail.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

### ANGELES NATIONAL FOREST FIRE LOOKOUT ASSOCIATION

<http://www.anffla.org>

Pam Morey [pammorey@fs.fed.us](mailto:pammorey@fs.fed.us)

Forest Care Program Coordinator

909-744-9510 ext. 125

- **BECOME A FIRE LOOKOUT!** 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. For more information about becoming a fire lookout [pammorey@fs.fed.us](mailto:pammorey@fs.fed.us) or 909-744-9510 ext. 125
- **Help support ANFFLA every time you shop!**  
Register your Ralphs Club Card and your Food4Less card and ANFFLA will receive a donation every time you shop.  
It's an easy to help support our efforts and costs you nothing!

## Arroyos and Foothills Conservancy

<http://www.arroyosfoothills.org/>

John Howell, (626) 796-0782 [johnrhowell@earthlink.net](mailto:johnrhowell@earthlink.net)

Face book: Arroyos & Foothills Conservancy

## VOLUNTEER GROUP NEWSn

### BEAR CANYON TRAIL CREW

[bearcanyontrailcrew@gmail.com](mailto:bearcanyontrailcrew@gmail.com)

The Bear Canyon Trail Crew is resuming work during the cooler weather period.

Our trips are scheduled for:

- Jan. 28
- Feb. 25
- Mar. 25
- Apr. 22
- May 20

Questions? Contact: [bearcanyontrailcrew@gmail.com](mailto:bearcanyontrailcrew@gmail.com)

Thank you

Alan Coles

### Big Santa Anita Canyon

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

- Open Year round, 6 am to 8 pm every day.
- The road is gated and the gate is locked at night. Be sure to return to your car before 7:30 pm or you may not get out! During and after heavy rains, fires, or after significant earthquakes, and during fire alerts the road may be closed.
- The Sierra Madre Police Dept. is in charge of locking/unlocking the gate. If you are concerned that the road might be closed you can call them for info: 626 355-1414.
- Adams Pack Station Contact: Friday, Saturday & Sunday 8:00 am - 5:00 pm (626) 447-7356

### Blight Busters Trail Crew

Danny Treadway [dayhiker86@yahoo.com](mailto:dayhiker86@yahoo.com)

### Boy Scouts of America

Greater Los Angeles Area Council (GLAAC)

<http://glaac-hat.org>

California Trail Users Coalition (CTUC) <http://www.ctuc.info/ctuc/>

Events Calendar: <http://www.ctuc.info/ctuc/index.php/ctuc-calendar>

- Jan 18<sup>th</sup> CTUC National Forest Association Angeles Meeting  
Come and Join Us CTUC meets at 5:00 p.m. at 3550 Foothill Blvd., Glendale, CA.  
Our meetings are open to everyone who wishes to participate. Volunteers have a great time working together on these types of projects

To volunteer on one of our projects, please join us by contacting our  
Chairman, Terry Kaiser at:

<http://www.ctuc.info/ctuc/index.php/contact-us/27-ctuc/9-terry-kaiser>



## CITY OF GLENDALE

Parks, Recreation & Community Services Dept

(818) 548-3795

CALENDAR: <http://www.glendaleca.gov/residents/calendar/-curm-01/-cury-2017>

- Jan 7<sup>th</sup> Know Your Natives (Check the Volunteers Training pages)
- Jan 14<sup>th</sup> January Riverwalk Workday (Check the Volunteers Needed pages)
- Jan 21<sup>st</sup> National Granola Bar Day and Squirrel Appreciation Day  
(Third Saturday Wilderness Workday)  
(Check the Volunteers Needed pages)

### Community Hiking Club <http://communityhikingclub.org/>

Dianne Erskine Hellrigel

email: [zuliebear@aol.com](mailto:zuliebear@aol.com) phone: 661-259-2743

#### • Jan 1<sup>st</sup> - Towsley Canyon Loop Trail via the Narrows

**Distance:** ~ 6 miles

**Gain:** ~ 800 feet

**Rating:** Easy / Moderate

**Description:** As Los Pinetos is closed from the Sand fire, this is our replacement New Year 2016 hike and a good work out to welcome in the New Year. We hope to wish a Happy New year to many old and new friends on the trail today!

**Directions to Towsley Canyon meeting spot:** From North (Valencia) - Take the I-5 South to the Calgrove exit. Exit, turn right. Go through the signal and immediately turn right into the driveway for Towsley Canyon (look for signs and a mailbox for the park). If gate is open, drive a tenth of a mile up Towsley Canyon Road to the first gravel parking area on the right. The lot is labeled with a sign that reads, "Rivendale Ranch at Towsley Canyon"; free parking provided by the City of Santa Clarita.

**From South (LA)** - Take the I-5 North, kept left at HWY 5/14 split until next Exit (Calgrove Blvd.). Exit, turn left at bottom of ramp. Go through the signal and immediately turn right into the driveway for Towsley Canyon (look for signs and a mailbox for the park). Drive a tenth of a mile up Towsley Canyon Road to the first gravel parking area on the right. The lot is labeled with a sign that reads, "Rivendale Ranch at Towsley Canyon"; free parking provided by the City of Santa Clarita.

**Meet your leader:** Meet inside Towsley Canyon (beyond the green gate) at the first inside gravel Parking lot on the right. Look for a group of hikers. It may be a little more difficult to wake up, so we will meet at 8:30AM for a 8:45AM SHARP departure up the trail.

**Bring:** A light snack (e.g. granola bar/ piece of fruit) to munch on as you go and water (2-3 liters recommended), and some electrolytes if it looks to be particularly hot; sunscreen, hat, and hiking poles, if you have them. No flip flops or tennis shoes please.

**Adventure Pass:** Not required.

**Dogs:** OK, but must be kept on a short leash and well-behaved around people with hiking poles and especially other dogs. We do not recommend you bring your dog due to the possibility the presence of tar seeps in various places along this trail.

**Kids:** If adventurous and say > 12 are welcome.

**Leader(s):** Steve or Diane

(cont to next page)

**• Jan 7<sup>th</sup> - We give you choices - Go Short or Long?****Option 1 (short):** Mentryville and Pico Canyon**Option 2 (long):** Mentryville and Pico Canyon, continuing from the back of the canyon up to the Pico Peak - A NEW YEAR'S BUTT KICKER!!**Option 1: Rating/ Distance (Round Trip)/ Total Gain:** Easy /~4 miles total (out and back) / 200ft Gain**Description:** The first 2 miles of the hike starts in the town of Mentryville, followed by a gradual climb on a paved road (no traffic though), until we reach Oil Well #4 at the back of the canyon. The well was owned by California Star Oil, later to become Standard Oil of California.

Along the way we will talk as we go about Mentryville, the history of Pico Canyon and the early oil industry in Santa Clarita Valley. This shorter hike ends after the 2 miles at the end of the canyon. Anyone who does not wish to continue up to the Peak with Steve can return along the asphalt service road to the parking lot the same way. This will give you a nice Easy 4 miles!

**Option 2: Rating/ Distance (Round Trip)/ Total Gain:** Moderate / ~7.5 miles total (out and back) / 1200ft Total Gain**Description:** After Well #4 at the back of the canyon, we start to climb the service road for another 2 miles, adding another 1000 ft. in gain giving us 1200 ft total gain getting to the peak. At the top there is a picnic table where we can have lunch/snack, and relax for a bit. The views from here are some of the best in Santa Clarita Valley (see above)!

On our return, about 2/3 the way back, we will take a detour down a different and more challenging but shorter trail back to Pico Canyon. We will pass interesting rock formations to arrive in Johnson Park. We pass a mock- up of an oil well (see photo below), an old saloon bar, and a dancing / recreation area used by the oil workers in the 1930's. From there, we walk back down the canyon and return to our vehicles.

Meet: Be at the parking area in Mentryville at 8:15 AM, for a 8:30AM SHARP departure up the trail. There is a restroom at the trailhead.

**Bring:** Lots of water (2 - 3L), snacks, a camera, a hat and sunscreen. For both hikes bring an extra layer as it can be cold and even frosty in the shady canyon at this time of year. If going all the way to the top on the longer hike, you will need boots with plenty of tread (as the trail is sandy and the return hike is down a narrow, steep trail). Poles are very helpful for this portion of the longer hike, if you have them. **BRING \$5 CHANGE FOR SELF-SERVE PARKING!**

**Directions/ Parking:****From Los Angeles** , drive North toward Santa Clarita on the 5 Highway.**From Antelope Valley, etc.** Follow the 14 Hwy South to where it intersects with Interstate 5. Be ready in right lane and turn North on the 5 (a big curve flyover), toward direction Santa Clarita/ Sacramento etc.

Both - A few miles North of the 5/14 interchange, look for lots of fast food/ gas etc. and exit on Lyons Avenue WEST ramp. Turn left and go over the 5 Highway. Keep going West until it becomes Pico Canyon (maybe 2 miles). Continue on Pico Canyon as it narrows and ends at a green gate in front of the old town of Mentryville. Go over the bridge on the left and park close to the big pepper tree by the rest room, where we will meet. **You must pay a \$5 MRCA parking fee to park here.**

**If you wish to avoid the \$5 fee, there may still be space outside Mentryville (back at a "Y" / turnout that you pass about 3/4 mile up the road) at no charge.** You then have to walk in to meet us (extra hiking credit!). NOTE: If doing this, allow an additional 20 - 30 minutes for the walk in , we will leave Mentryville going West up the canyon road at 8:30 AM SHARP!!!

**Leader:** Steve I.

(cont to next page)

**• Jan 14<sup>th</sup> - NEW HIKE - Sulphur Mountain, Casita Springs, Ventura County**

**Mileage:** 10 Miles RT (out and back)

**Gain:** 1200'

**Rated:** Moderate ++ (for distance and reasonable gain)

**Hiking time:** ~ 4.5 hours

**Description:** This is the ultimate social winter hike! The trail is one long wide curving dirt service road that can accommodate a ton of hikers, 6 abreast, yacking and joking all the way! We are hiking this in winter because there are many stretches with minimum shade.

The hike starts quickly with some heavy cardio, climbing rapidly from the trailhead up through shady oak woodlands. After a mile or so, we break into open space, rolling hills and oak dotted ranch land with views of the Conejo Valley. The trail continues around many curves with ever changing views, always ascending and moving through alternating patches of trees and ranch land.

At about 5 miles, we reach the highest point in the hike where we can enjoy great views of Ventura and two of the Channel islands beyond. Near here we stop for lunch / snack in a very pleasant leafy grove of oaks, where we can also take in views of the Ojai area far below and Lake Casitas in the distance. Then it is back the same way to the cars, downhill most of the way.

**Bring/ Wear:** Shoes with good tread, camera, hiking poles, lunch/ snacks, LOTS of water/ electrolytes (2 - 3 Liters), a HAT and sunscreen. Bring an extra outer layer in case it is chilly first thing in the morning or in case it gets windy.

**Adventure Pass:** Not required

**Dogs:** OK, if kept on a leash and well behaved around other dogs, people with poles and horses. Bear in mind the distance, gain and limited shade, as dogs can get tired/ too hot. If you bring a dog, please drive yourself.

**Carpooling from Santa Clarita Valley to the trail head:** Meet at Walmart parking lot on Kelly Johnson PKWY in Valencia at the southwest corner at 6:45 AM for a 7:00 AM SHARP departure to the trailhead. We prefer that you carpool / caravan due to the distance and finding the trailhead may be difficult for some.

Please be respectful of your driver's support by contributing something at the end of your carpool to help defray the cost of gas - THX

**If you insist, you can drive to the trail head, following the directions below.**

Directions to trail head: From LA / Valencia - Take the I-5 North to the 126 West (Direction Ventura).

Continue all the way to Ventura, eventually merging into the 101 heading North. Continue on the 126 North and Exit onto Hwy 33 to Ojai. Go 7.5 miles just through Casita Springs, until you see the small green Sulphur Mountain Road sign on the right. If you reach downtown Oakview, you have gone too far.

Continue up Sulphur Mountain Road about 0.7 mile until it deadends and you see the trailhead / white gate.

Read and obey the various parking signs.

**Leader's Note:** There are no bathrooms at the trailhead. I did not see anything between Ventura and the trailhead, therefore, I recommend you stay on Hwy 33 and go beyond the Sulphur Mountain Road turnoff to find facilities in Oakview.

**Meet your leader:** At the Sulphur Mountain trail head at 8:15 AM for an 8:30AM SHARP departure up the trail.

**Leader:** Steve I.

**• Jan 21<sup>st</sup> - Figure of 8 - Musch trail from Topanga S.P. to Eagle Rock and Hub junction**

**Distance:** ~7 Miles total

**Gain:** ~ 1300'

**Hiking Time:** ~3.5 hours

**Rating:** Moderate - (due to periodic elevation gains and overall mileage)

**Description:** This weekend we hope to escape the August heat of the low desert by heading- closer to the ocean. We have been in this area before, however, this time we start from Trippet Ranch and travel NE along the shady and winding single track Musch trail, until we meet a portion of the Back Bone trail at Eagle junction. From here, we travel along the Eagle Rock fire road and make a stop at Eagle Rock.

Here, in addition to the views, and a chance to catch our breath and snap selfies, we will visit the Keystone 7, Memorial bench. Then it is on to Hub Junction, where we hope to catch up on the latest Hollywood gossip and catch a little shade.

From here, we turn around but return to Eagle junction via another route. Then, after the junction, we head down hill and past "the meadows" on the fire road to complete our figure of 8 and we should be back at the parking lot.

**Carpool from Santa Clarita Valley:** Meet at Towsley Canyon, outside the Towsley gate at 7.30 AM. We will organize carpools and leave at 7:45AM SHARP, for the Trippet Ranch trailhead.

Please be respect-ful of your driver's sup-port by con-tribut-ing some-thing at the end of your car-pool to help defray the cost of gas — THX.

**Directions to Carpool meeting spot in Santa Clarita Valley:** Exit the I-5 freeway in Santa Clarita Valley at Calgrove Blvd. Turn West and follow Calgrove around a curve and through one light on to The Old Road. You will now see the gate to Towsley Canyon on your right. Park and look for a group of hikers/ leader. Directions to the trailhead at Topanga State Park from Towsley Canyon, Santa Clarita Valley, (32 miles, ~45 mins): Merge onto I-5 South. Keep right to continue on the I-405 S/San Diego Fwy, following signs for Santa Monica. After 9.0 miles, take the exit to US101 N, towards Ventura, drive 8.2 miles on the 101 freeway, and exit at California 27 S/Topanga Cyn Blvd. Merge on to Topanga Cyn Blvd and drive 7.8 miles south on Topanga Canyon Blvd until you see Entrada Road on the left - this road is twisty, so be on the look out for it! Turn East (left) into Entrada Road and drive up Entrada through the hilly neighborhood for 1 mile, following signs for Topanga State Park / Trippet Ranch, until you see cars parked on the left side of the road. Right after these cars on the left is the entrance to the State Park parking lot.

**NOTE:** There is a \$10 Park Service day-use fee to park in the Trippet Ranch parking lot, which is open from 8:00AM to sunset. They have lots of spaces and immaculate modern bathrooms; so if you carpool and want to support their upkeep, go for it (I usually do) - IF SO, BRING \$10 in CASH FOR THE SELF-SERVE (i.e. ENVELOPE) PAY SYSTEM!

**Alternatively,** a few hundred yards outside the park, there may be some free parking left along the road. Watch for No Parking signs and leave nothing showing in your car.

**Meet the Hike Leader:** At Towsley Canyon to carpool (see details above) or at the Trippet Ranch Trailhead, by the parking lot bathrooms.

We plan to be at the trailhead by 8:30 AM so the group can start up the trail at 8:45 AM SHARP. Note: Only if you have already checked in at Towsley Canyon, and are delayed in traffic, can we plan to wait for you.

**Bring:** Plenty of water (3L), electrolytes such as Gatorade, a snack, and shoes with good tread. Poles would be helpful as trail is hilly and sandy in parts.

**Hike portion is** ~ 3.5 hours, so we should be back at Towsley by 1:30PM approx.

**Dogs:** Unfortunately, dogs are not permitted on this trail by the park staff.

**Adventure Pass:** Not Required.

**Leader:** Steve I.

(cont to next page)

**Community Hiking Club (cont)**• **Jan 28<sup>th</sup> - Devil's Punchbowl to the Devil's Chair****Distance:** ~7.4 Miles total (out and back)**Gain:** ~ 615'**Hiking Time:** 3-4 hours**Difficulty:** Moderate + (for gain at start and hiking at an altitude of 4750 ft.)

**Description:** BACK BY POPULAR REQUEST!! The Devil's Punch Bowl (below) is a gorgeous site with protruding rocks and sheer rock faces. On the northern slopes of the San Gabriel Mountains, near Littlerock, California and Pearblossom, California, this 7 miler is a round trip, out and back hike. It includes some altitude and a mild climb in the first mile. After that first mile, the trail is fairly flat winding in and out of the canyons and trees, providing great views up the mountains behind and out over the desert below. It is one of the most scenic forest hikes in our area.

**Leader's Notes:** For everyone's enjoyment, depending on the number of hike leaders we have available, we will try to organize a faster group and a more moderate paced group. But do not worry, it is difficult to get lost on this trail.

**NOTE: If you are uncomfortable with heights, narrow trails with adjacent drop offs, sections with loose scree (rock chips) or similar, this hike is probably not for you.**

We will head around the Devil's Punchbowl and out to the Devil's Chair.

**Carpooling from Santa Clarita:** Meet at Towsley Canyon , 24489 The Old Rd, Santa Clarita, CA 91381 Meet at 7:45AM for a 8:00AM SHARP departure to caravan out to the trail head (directions below). We are starting earlier than usual to try to avoid the heat. Please be respectful of your driver's support by contributing something at the end of your carpool to help defray the cost of gas.

**Or, if you like, go straight to the trail head located at:**

28000 Devil's Punchbowl Rd., Pearblossom CA 93553

**Meet your leader** in the corner of the trailhead/ nature center Parking lot (near the porta potty). There are also other bathrooms behind the nature center.

We should all arrive by ~ 8:45AM for a 9:00AM SHARP departure up the trail.

**Directions to trail head (we recommend these over using the address and Google maps):**

Take the SR-14 North to the Angeles Forest Hwy exit, Exit 30.

Go towards Pear Blossom Highway, keeping on left of the ramp toward Pearblossom

Hwy/Littlerock/Victorville. Merge onto Sierra Hwy - stay straight to get you onto Pearblossom Hwy.

At the light, turn right onto Pearblossom Hwy/CA-138.

Turn right onto 87th St E. Take the 2nd left onto Fort Tejon Rd.

Turn right onto Longview Rd.

Turn left onto Tumbleweed Rd.

Turn slight right on to Devil's Punchbowl Road.

28000 Devil's PunchBowl Road is a cul de sac parking lot, at the end of the road.

A snack/lunch, water (3 liters is recommended), electrolytes, sunscreen, hat, hiking poles if you have them, and your camera. Dress appropriately for the season / bring an extra layer in case it is windy. Have hiking boots with tread - no gym shoes or flip-flops. No poison oak expected on this trail.

**Adventure Pass:** Not required.

**Dogs:** OK , if on leash and well behaved around other dogs and people with hiking poles. If forecast looks to be very hot, we do not recommend you bring your dog.

**Leader:** Steve i.

## Concerned Off-Road Bicyclists Association (CORBA)

PHONE: (818) 773-3555

FACE BOOK: <http://www.facebook.com/CORBAMTB>

<http://corbamb.com/>

## VOLUNTEER GROUP NEWS

For schedule goto: <http://corbamb.com/Calendar/index.shtml>

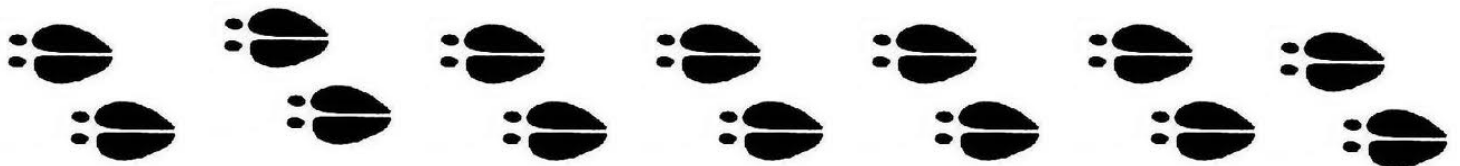
Concerned Off-Road Bicyclists Association was founded in 1987 to serve the mountain bicycling community of Los Angeles and surrounding areas including southern Ventura County. CORBA is a 501(c)(3) non-profit organization committed to gaining and maintaining public trail access for mountain cyclists and the public at-large. CORBA encourages and promotes the safe and environmentally responsible use of unpaved roads and trails for bicycling and to educate the public about all aspects of off-road cycling and trails.

## HABITAT WORKS

<http://www.habitatwork.org>

Kim Clark or Tom Persons 818-353-4653

For more information call or e-mail to: [wildlife@habitatwork.org](mailto:wildlife@habitatwork.org)



## Haramokngna American Indian Cultural Center

<http://www.haramokngna.org/> (626) 449-8975.

- **Our Center is open seasonally**, from Spring-Fall. Our normal hours are Saturday and Sunday, 10:00am-4:00pm. We are also available weekdays by appointment. Visitor Center hours may vary due to volunteer staffing. Please contact us by phone or email to confirm availability. [contact@haramokngna.org](mailto:contact@haramokngna.org)
- **Volunteers** As a cultural, environmental and arts organization, Haramokngna American Indian Cultural Center shares the flavor of Native American history, culture, traditions and arts with the Los Angeles community. We are always looking for energetic individuals ready to represent the Cultural Center during special events and regular office hours. If you are interested, please call us at 626-449-8975. Or email us at [lorosco@haramokngna.org](mailto:lorosco@haramokngna.org)

## High Country Riders

Forest wide equestrian volunteer group that packs Equipment, Material and Supplies etc. to your Trail or worksite. Packs Trash & Rubbish out of the Forest.

**Contacts: Jonathan Schultz** phone: 951-830-3400 e-mail: [schultzelectric@earthlink.net](mailto:schultzelectric@earthlink.net)

- Forest Certified Animal Packer
- Master Teacher for "LNT"
- "C" Crosscut Saw Certifier
- Chainsaw "B" faller

**Contacts: Glen Foster** phone: 760-949-3497 or 760-508-0344

- Certified Packer e-mail: [pjgwfooster@aol.com](mailto:pjgwfooster@aol.com)

**JPL TRAILBUILDERS**

Kathie Reilly 626-379-8429

Jack Russell 562-861-3187

(Rain day before or day of outing cancels the outing)

• Jan 21<sup>st</sup> Outing

**WHAT'S PLANNED** It all depends on the weather where we will work. Most of the trails that we work are in the sun (Mt Lowe East and West, San Gabriel Peak, Colby Canyon and Dark Canyon). Call the leader the day before if you need to know, otherwise just show up and we'll figure it out.

**BRING:** Dayhike gear(daypack, lunch, lots of water), sun screen, bug repellent, hat, and work gloves. Please make sure you wear long sleeves, long pants and boots in order to be able to use tools. You can bring your own tools or are welcome to use those from our group supply. We provide hard hats.

**MEET:** At 8:15 am at ball diamonds parking lot in the lower part of Hahamongna Park. Get off the 210 freeway at Berkshire off-ramp and follow the signs for JPL and Hahamongna Park. Once you turn into the Park, go down the driveway, make a right at the bottom and look for us in the parking lot. (If that is full, we park in the dirt lot directly at the bottom of the driveway) We sign in and form carpools, leaving at 8:30 sharp, returning around 4 PM. The leaders take passengers, but make sure you have plenty of gas in case we need more drivers (riders can give drivers \$1 towards gas). If you need to leave early, notify the leaders at sign-in time.

**Mt. Disappointment Endurance**[www.mtdisappointment50k.com](http://www.mtdisappointment50k.com)

Gary Hilliard, Director

- Planning for the 2017 Race!

**Mount Wilson Institute**<http://www.mtwilson.edu/>

P. O. Box 1909, Atlanta, Georgia 30301-1909

(404) 413-5484

- Mount Wilson MAY HAVE no running water due to drought.
- Cosmic Cafe is now closed.

**We Need Your Help** - Mount Wilson Observatory is privately owned and receives no continuing state or federal support. You can help ensure the continued operation of this science heritage.

- **Join** our Friends of Mount Wilson Observatory organization to receive a variety of member benefits and stay informed on the latest scientific and other activities from the mountain.
- **Contribute** to our Second Century Campaign. As Mount Wilson continues into its second century, a capital campaign is being developed to preserve this great observatory for future generations.

**Mount Wilson Bicycling Association**<http://mwba.org/>Contact: Matt Lay [matt@mwba.org](mailto:matt@mwba.org)

- Dec 15<sup>th</sup> Outing

Our mission has changed very little over the years. MWBA still advocates responsible trail use in the San Gabriel Mountains and we still work on trails that need maintenance due to use, weather and age. If you are interested in giving back to the community by working on a trail and meeting cool mountain bikers, come on out and join us! <http://mwba.org/join/>

**Mount Wilson Race**

<http://www.mountwilsontrailrace.com/HOME.html>

Pete Siberell Chair, Mt. Wilson Trail Race

- Planning for the 2017 Race!

**Pacific Crest Trail Association**

<http://www.pcta.org>

FACE BOOK: <http://www.facebook.com/#!/PCTAFan>

Liz Bergeron [LBERGERON@PCTA.ORG](mailto:LBERGERON@PCTA.ORG)

Sacramento, CA Phone: (916) 285-1846 x 26

- Jan 14<sup>th</sup> Mesa Wind Farm
- Jan 18<sup>th</sup>/15<sup>th</sup> Washout Repair Above San Francisquito Road
- Jan 21<sup>st</sup> Blue Cut Fire

**San Gabriel Mountain Trail Builders**

<http://www.sgmtrailbuilders.org>

The San Gabriel Mountains Trailbuilders (SGMTB) is an all-volunteer public service organization dedicated to constructing and maintaining hiking trails in the San Gabriel Mountains' Angeles National Forest in Southern California.

If you would like to volunteer your time,

Call: Ben White: 626-303-1078

Or E-Mail: [benw@SGMTrailbuilders.org](mailto:benw@SGMTrailbuilders.org)

If you would like to work with the Mount Baldy Group

Contact The Baldy Group: [bttbs.vsh@live.com](mailto:bttbs.vsh@live.com)

**SCENIC MT. LOWE RAILWAY**

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

FACEBOOK: [www.facebook.com/mountlowevolunteers/?fref=ts](http://www.facebook.com/mountlowevolunteers/?fref=ts)

Brian Marcroft 562-868-8919

E-mail: [Emworks@verizon.net](mailto:Emworks@verizon.net)

Our mission is to preserve the remnants (structures, trails, artifacts) of the Mount Lowe Railway in the Angeles National Forest. We work under the authority of the Angeles National Forest along with a cadre of many other volunteers who help with various projects to protect the Forest.

**Sierra Club**

1750 North Altadena Drive, Pasadena, CA 91107

213-387-4287

For more calendar details go to [www.angeles.sierraclub.org/pasadena/](http://www.angeles.sierraclub.org/pasadena/)

- Jan 4<sup>th</sup> 7:00 PM Pasadena Monthly Program:

Information on Group's hikes, outings, and conservation activities. Newcomers always welcome! Doors open at 7 PM; Program starts 7:30 PM, at Eaton Canyon Nature Center, 1750 N Altadena Dr in NE Pasadena.

For information contact Group Membership Chair, Bill Joyce 909-596-6280 [rollingtherock@verizon.net](mailto:rollingtherock@verizon.net)

- CANCELED DUE TO TRAIL CLOSURE

Hike to Fish Canyon Falls through Fish Canyon Jan 21<sup>st</sup>

- Eaton Saddle to San Gabriel Peak Jan 28<sup>th</sup>

- Henninger Flats Conditioning Hike Jan 5<sup>th</sup>/12<sup>th</sup>/19<sup>th</sup>/26<sup>th</sup>



## SOUTHERN CALIFORNIA MOUNTAINS FOUNDATION

<http://mountainsfoundation.org/>

Sarah Miggins [smiggins@fs.fed.us](mailto:smiggins@fs.fed.us) 909-382-2796  
602 South Tippecanoe, San Bernardino, California 92408

For more calendar details go to

<http://mountainsfoundation.org/calendar>

- Animal Tracking Jan 14<sup>th</sup>/28<sup>th</sup>
- Bald Eagle Celebration Jan 14<sup>th</sup>
- Bald Eagle Count Jan 14<sup>th</sup>
- Guided Snowshoe EcoTour Jan 7<sup>th</sup>/8<sup>th</sup>/15<sup>th</sup>/21<sup>st</sup>/22<sup>nd</sup>/28<sup>th</sup>/29<sup>th</sup>
- Nature Craft Jan 7<sup>th</sup>/14<sup>th</sup>/21<sup>st</sup>
- Nature Walk Jan 7<sup>th</sup>/8<sup>th</sup>/14<sup>th</sup>/15<sup>th</sup>/21<sup>st</sup>/22<sup>nd</sup>/28<sup>th</sup>/29<sup>th</sup>
- Nature Night Winter Hiking Trails of Big Bear Jan 20<sup>th</sup>
- Story Time Jan 14<sup>th</sup>
- Winter Trails Day Jan 14<sup>th</sup>

## VOLUNTEER GROUP NEWS

### Tree People

<https://www.treepeople.org/>

FACEBOOK: <https://www.facebook.com/TreePeople1/?fref=ts>

12601 Mulholland Drive  
Beverly Hills, CA 90210 Telephone (818) 753-4600

For more calendar details go to: <http://www.treepeople.org/calendar>

- Fruit Tree Pruning Workshop Jan 7<sup>th</sup> / 14<sup>th</sup> /21<sup>st</sup>
- Drought Solutions Tour and Native Plant Walk Jan 7<sup>th</sup>
- Fruit Tree Pruning Workshop Jan 14<sup>th</sup>
- Generation Earth Campus Recycling Workshop Jan 21<sup>st</sup>
- Park Tree Care Jan 8<sup>th</sup>/21<sup>st</sup>
- Park Tree Care CANCELED Jan 22<sup>nd</sup>

### Volunteers of the Angeles National Forest

Wrightwood, CA

<http://www.grassyhollow.net/>

Visitor Center Phone #: (626) 821-6737

Loren Lake [lorenll@verizon.net](mailto:lorenll@verizon.net)

The Grassy Hollow Visitor Center and Grounds are open for day-use only

Hours: Saturdays, Sundays and Holidays 10:00 am to 4:00 pm

Weekdays- for school groups, youth organizations, etc. By Appointment

### William S Hart UHSD of Santa Clarita ANF Crew 135

Kevin Sarkissian

Lead Instructor

W S Hart Union High School District

Outdoor Recreation and Wilderness Conservation - ANF Crew 135

Regional Occupational Program

21380 Centre Pointe Parkway

Santa Clarita, CA 91350

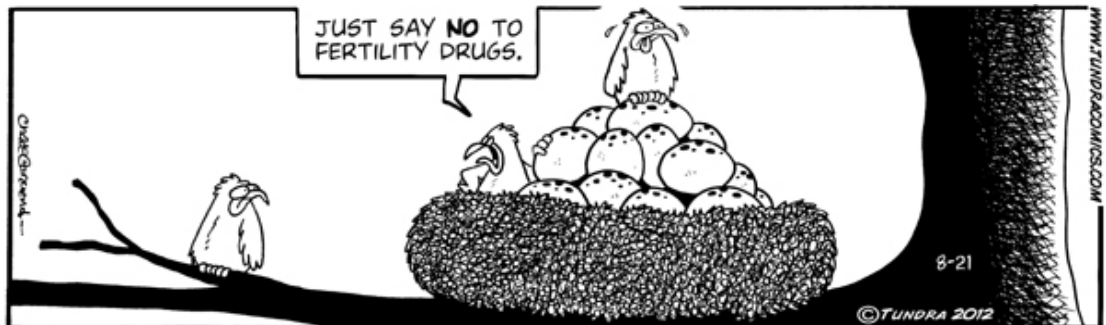
661.877.7024

661.250.0022 X 552

<https://www.facebook.com/roptrails/>

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

TUNDRA by Chad Carpenter, Los Angeles Times Aug 21, 2012 email: [tundra@tundracomics.com](mailto:tundra@tundracomics.com)



**Volunteer Today**

Send this in Right Away to  
Dennis Merkel —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: \_\_\_\_\_

\_\_\_\_\_