



PRAC Coming Attractions

Trails Workshop October 19, 1994

Sponsored by PRAC & Sonoma County Regional Parks

This will be a hands on workshop, so come ready to do some work. We will be doing trail lay-out (surveying and flagging), breaking tread, erosion control (water bars and grade dips), and discussing & showing other trail maintenance and construction techniques.

The Workshop is divided into two parts, with the morning session running 8:00 to 11:00 AM. We will be discussing tool and safety concepts and go over some handout material that will be distributed to the participants. This will be at Santa Rosa Veterans Memorial Auditorium.

The afternoon session will be at Foothill Regional Park in Windsor, where the hands-on aspect comes in.

Lunch will be on your own as there are many choices near Foothill Regional Park.

The Workshop will be under the direction of Ted Kerfoot, a 16 year veteran of the CCC with extensive trail experience, and Sonoma County Regional Parks staff.

Pre-registration is \$35.00 for PRAC members, \$45.00 for non-members and \$50.00 the day of the workshop. Register with Doug Bryce at P.O. Box 292010, Sacramento, CA 95829. For more information call Bill Trunick, Wed.-Sun. (707) 433-1625.

Come to Griffith Park for a Workshop about Each Other

Cultural Diversity Workshop
For Park Rangers
Griffith Park Ranger Station
Los Angeles
October 12, 1994
1700-2100 Hours
\$15.00

You Must RSVP by Sep. 30!
Call and Leave Message for
Kelly Byrne (310) 548-7596

1995 Ranger Conference

The 1995 Conference committee is moving along in the planning stages for the Santa Rosa Conference next March 6-10. This year a fourth track has been added to provide a greater range of workshop subjects. The tracks include Law Enforcement, Interpretation, Resources, and Operations. Dave Sloane is on the Law Enforcement committee, Bob Donohue on the general sessions committee, Bill Trunick on local arrangements, and Dave Lydick on the Operations committee. If you would like to suggest topics, do a session, or help out at the conference, give one of these members a call. (Or of course you can always contact Doug Bryce.) Make sure to plan now to attend what promises to be an exciting conference.

From the President's Desk

By Bob Donohue

In this day of budget shortfalls and tight fiscal policies there are a couple of ways to enhance your department without increasing your budget.

One way to help get the message out about your parks and how vital they are to the community is through an outreach program. If you currently have an outreach program you have a perfect vehicle for getting people re-excited about your parks and what they have to offer. If you are not using outreach you might want to consider starting one. School is about to begin again and teachers are always looking for outside experts to speak on various topics.

In our program we speak about the history, geology and environmental aspects of the park. Along with that we throw in some slides on park abuse. If there is any doubt as to whether outreach can work or not let me give you a statistic. Each year we have a spring clean-up that attracts several hundred community members. In 1991, 5,100 pounds of garbage was removed from the park. Last year only 750 pounds was removed with about the same number of volunteers. I don't profess that outreach is the only reason for that dramatic decrease but I do believe it had a lot to do with it.

Another positive thing about it is that it reaches people who have taken the parks for granted for awhile. School kids usually get pretty excited when a ranger comes to talk to their class. When they go home they tell mom and dad about the "cool" ranger they heard today and ask if they can go to the park soon. Mom and Dad are usually voters so if you can get them on your side they can influence the politicians who vote appropriations for your system. It may sound simplistic but it can work with a consistent program year after year. It's like free advertising for your park program.

A volunteer program is another way to get the community in touch with your park. We recently instituted a Park Watch program. The Watch consist of volunteers who walk, ride bikes or horses, always in pairs and are identified by bright vests and name badges. They are there to be another set of eyes and ears. We do not allow any confrontational contacts. They are able to communicate with the rangers through cellular phones donated by a local company.

It has been very successful so far. Part of the reason is the training and screening process we go through. Each volunteer park watch candidate has a background check done and then receives eight hour training before being allowed to work in the park.

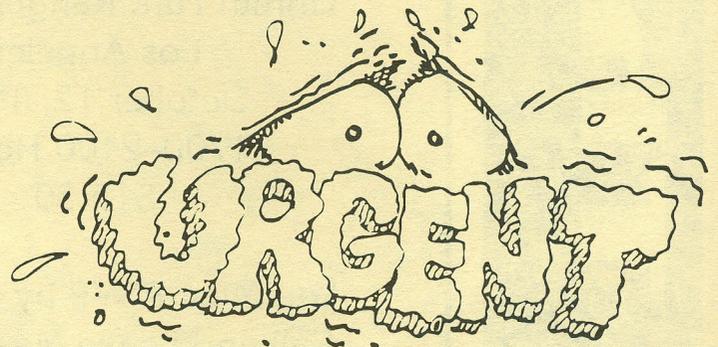
The response from the public has been very positive. The community sees this as a very good use of volunteers and we sure don't lack for volunteers for Park Watch.

If you would like more information on how to start or improve your program please feel free to contact me at home or work.

In the meantime, Fall is almost upon us. For most of California, it is Mother Natures' color extravaganza. Enjoy one of the seasons that make being a ranger one of the most desirable jobs in the world.

Upcoming Elections

The terms of our President, and Directors for regions 1, 3, and 5 are up at the end of this year. We are setting up a nominating committee which will be meeting in October to seek candidates for the offices. If you want to run for office, have suggestions for candidates, or are interested in being on the committee give Ken Miller a call at (408) 866-1240.



Theodore Solomons Trail

The Pacific Crest, the Appalachian, and the John Muir are trails that we have all heard of but how many of you have heard of the Theodore Solomons Trail? And who was Theodore Solomons that he got a trail named after him?

Well, the first question is easier and quicker to answer so here goes. The Theodore Solomons Trail (TST) is an alternative route to the over-used John Muir Trail. The TST is 271 miles long traversing the Sierra Nevada from Yosemite to Mount Whitney at lower elevations. The TST stays within the timberline, The Trail passes through the Ansel Adams, Golden Trout, Dinky Lakes, Kaiser and John Muir Wilderness as well as Yosemite, Sequoia, and Kings Canyon National Parks. The TST hiking season is longer than the Muir Trail, the weather is gentler the vegetation more hardy and chances of viewing wildlife is increased. The topography at times is rugged and the climbs to the passes can be intense but the rewards of the gentle meadows, wild rivers and the cascading streams are well worth it. I highly recommend it to you.

Now for the second question—who was Theodore Solomons? Theodore Seixas Solomons at the age of 14 was

living in Fresno. One day in 1884 after a thunderstorm, Solomons was awestruck with the majestic ruggedness of the Sierra Nevada. From that day on he dreamed of a crest trail in the high Sierra. It was not until 1888 that he got his first taste of the high Sierra, as he had to work those four years as a court stenographer so he could finance his expedition. Remember this was before there were detailed maps or trails of the high Sierra, Solomons met up with Joseph Le Conte (of Sierra Club and Yosemite fame) in 1892 and the two young adventurers explored Mono Lake and climbed Mount Ritter.

Despite several setbacks and mishaps, after five years of scouting and rescouting on July 18, 1895 Solomons dream of a continuous route through the high Sierra Nevada from Yosemite to the the Kings River Canyon became a reality. Theodore Solomons had laid out and hiked the entire trail which we now know as the John Muir Trail. One year latter he published a 123 page guide with maps and photographs of the "high country route."

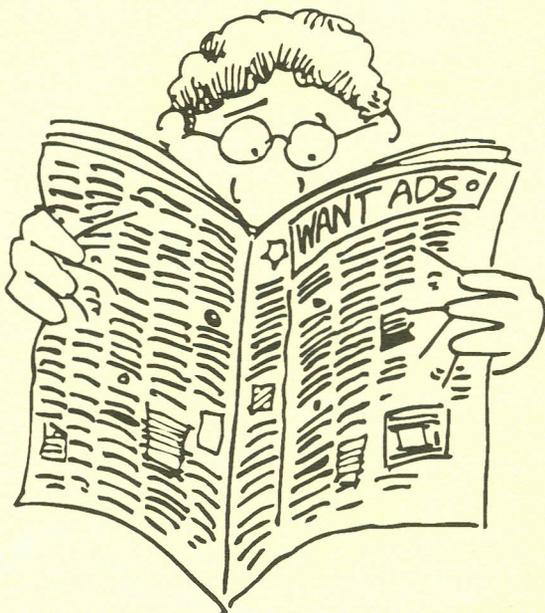
The adventurous spirit in Solomons wasn't squelched. In 1897 the lure of gold and adventure took hold of him once more. Solomons headed north to

Alaska. Like many of his generation, Solomons was a jack of all trades, but in Alaska the one which profited him the most was when he opened a coal mine. Eleven years later he returned to San Francisco a wealthy man. He never lost his love for the Sierra Nevada and in 1910 at the age of 40, he and his wife Katherine set up a homestead of 21 acres just west of Yosemite on a high ridge above the Merced River.

The last time he hiked the "high country route" was in 1932 at the age of 62. It took him 5 weeks to hike the entire trail. His closing comment was "I climbed nearly as well as ever, though more slowly."

Theodore Solomons died of a heart attack in 1947 at the age of 76 in Hollywood, where he had gone and became a successful screenwriter for the motion pictures industry.

Theodore S. Solomons was thought by some as a wild dreamer, but it is through his efforts that hundreds of people have been able to enjoy and recreate in the beauty of the High Sierra Nevada while hiking the John Muir Trail. This is an example that wild dreams sometimes still do come true.



Job Opportunity

Planner II for Arizona State Parks

Minimum qualifications are three years of professional natural resources planning which included some experience in supervision of planning personnel. The ideal candidate will possess experience in natural area protection and land acquisition.

For more information, phone (602) 542-5216.

Get the Skinny on Skin Cancer

by Elizabeth Austin

*Reprinted from Today's Supervisor, 7/94
(Published by the National Safety Council)*

I know, I know. You've heard it all before, how the sun can damage your skin. Well, listen up. The chances that you'll become the next bronzed victim aren't as unlikely as you'd like to believe. In fact, one in every six Americans can expect to develop skin cancer in his/her lifetime, according to the American Academy of Dermatology.

Skin cancers are by far the most common cancers in the United States, with about 700,000 cases diagnosed each year—30 to 40 percent of all cancer cases.

Although most skin cancers can be completely cured if they're diagnosed and treated early, they still claim more than 9,000 lives a year. That's why it's important for supervisors to help workers minimize their chances of developing the disease.

Exposure to the ultraviolet radiation in sunlight is blamed for 90 percent of skin cancers. "The connection between sunlight and skin cancer, that's been known for 80 or 90 years," says Robert M. Adams, M.D., clinical professor at Stanford university Medical School and an expert in occupational dermatology. "Traditionally it has been agricultural workers that were most affected, but it's an issue for any outdoor worker."

The problem is, many workers don't understand just how dangerous sun exposure can be, partly because skin cancer can take 20 years to develop. But as the UV-absorbing ozone layer deteriorates, scientists say sunlight exposure has become increasingly harmful. Cases of malignant melanoma, the most deadly form of skin cancer, have increased 600 percent since 1930, and the rate is expected to double every decade, researcher warn. Yet the AAD says that 75 percent of those cases could be avoided if people

simply protected themselves from unsafe sun exposure.

Battle the sun

Outdoor workers should follow some simple guidelines to avoid dangerous sun overexposure. Whenever possible, outdoor workers should wear long pants and long-sleeved shirts made of tightly-woven material, plus broad-brimmed hats. If possible, workers should try to avoid the sun between 10 a.m. and 3 p.m.

Everyone needs a sunscreen lotion while out in the sun. The AAD recommends a sunscreen with a sun protection factor no lower than 15. People with high risk factors for skin cancer—fair skinned individuals, outdoor workers, those who have blistered from sun in the past, individual with several moles and those with a family history of cancer—should choose stronger protection. A sunblock, such as zinc oxide, provides the best sun protection. Sunblocks reflect the sun's rays instead of absorbing them. Workers should apply sunscreen about 20 minutes before they go out in the sun, and reapply it every hour or two—more often if they sweat heavily.

Supervisors need to remind workers to wear sunscreen, even on cloudy days and under water, the AAD says. Don't underestimate the sun's strength during inclement weather. Sun reflected on snow is as hazardous as sun on the beach, particularly at higher altitudes.

Peter Orris, M.D., and President elect of the Association of Occupational and Environmental Clinics in Washington D.D., says outdoor worker should consider sunscreen basic safety equipment, just like hard hats for construction workers. "If the workers came to work without their pants on, they would be sent home, period," Orris says. "If a worker is not wearing

a sun block, he is not dressed for the job." Orris, who is also a medical director at Northwest Community Hospital in Arlington Heights, Ill., considers the lax use of sunblock on the job to be a management breakdown because management defines what is acceptable.

Adams warns that it's not just those who work outdoors constantly who need to protect themselves against sun exposure. Recent studies suggest that even occasional severe sunburns may be even more dangerous than daily, moderate sun exposure. "I think we have a pretty good idea that people who get intermittent sunburn are much more at risk than most people who receive short term, regular exposure, who keeps a tan most of the time," Adams says. That means temporary and seasonal workers need to be especially vigilant about sun protection.

Exposure comes in all shades

Although sunlight is the most common source of ultraviolet radiation, germicidal lamps and welding arcs also generate UV radiation. A 1988 study in England found that hospital workers exposed to UV at work were 25 percent more likely to develop skin cancer. However, a 1981 study of arc welders showed no increased skin cancer risk.

Some experts believe UV radiation may also harm office workers. Fluorescent lights emit some UV. National Association of Working Women located in Cleveland, cites studies that suggest people who work under fluorescent lights may have a higher chance of skin cancer, particularly if the fluorescent bulbs are not covered by glass or plastic shields.

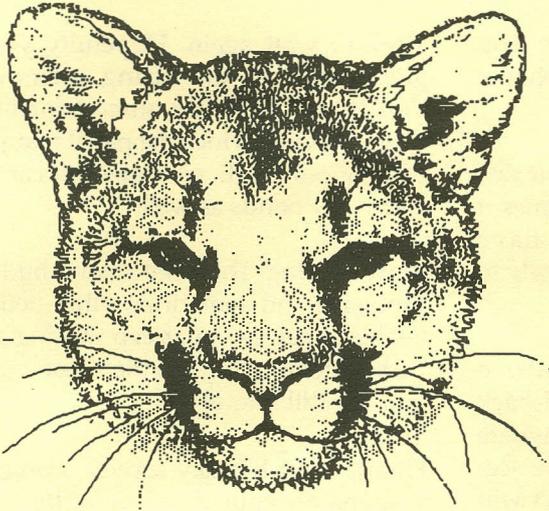
Although UV rays account for the vast majority of skin cancers, several other factors, such as exposure to coal tar and

Story continues on next page.

MOUNTAIN LION UPDATE

by Dave Lydick

As Mountain Lion sightings continue to garner more and more media attention and our agencies worry more and more about liability, another bill has been introduced in the legislature that would limit public agency liability. (Is there really a way to do that?) AB3701 would add to Government Code Section 831.22 that (a) A public entity shall not be liable for any injury or death caused by a wild animal in a public park if the public entity has posted, in a conspicuous location at every designated entrance to the park, a warning sign, at least 24" by 24", that contains substantially the following warning:



The wording goes on to warn and then scare users. At press time it appeared that this bill, supported by Orange Co. Parks and State Parks, was not going anywhere. I understand that it was not intended to affect the natural immunities that Parks should already have under state law, but was intended to provide additional protections. I don't know about other agencies but I would have to see a dramatic increase in my sign budget to fund the 100+ signs that it would take to cover one urban parkway. Why can't our courts just uphold immunities that are already in place? Oh well, work wouldn't be nearly as interesting then.

Get the Skinny

(Continued from previous page)

petroleum products, can put workers in danger. That makes employees such as roofers, road workers, cable layers, refinery workers and machine tool setters and operators candidates for skin cancer. A 1993 study of melanoma patients in the Netherlands found workers who were exposed to coal tar and petroleum products on the job doubled their chance of developing the disease. However, many companies can easily reduce the figure with a few changes.

The best strategy, Adams says, is to reduce exposure as much as possible. For example, replace petroleum-based cutting oils with water-based oil. If you must use dangerous oils, he says, "the machine that use the oils can be designed so the oil doesn't spatter all over the place."

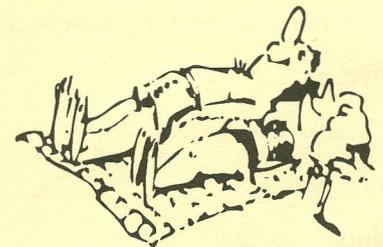
Require the workers wear protective clothing so tars and oils can't touch their skin. Also, make sure that clothing is laundered on site, "to reduce the exposure of one's family to these toxic contaminants," Orris says.

Most importantly, workers need access to well maintained, convenient washing facilities, including showers. They also need to be encouraged to use mild soap and water to clean their skin, Orris says. "The best method is avoiding the exposer, but after that, the washing is important."

What's that spot?

Early warning signs of dangerous exposure to tar and asphalt fumes include redness and burning of the skin, which later may thicken and turn yellow-brown. Those symptoms signal that workers may have a higher chance of skin cancer later on. Workers also should know that coal tar and petroleum exposure can enhance the dangerous effects of sun exposure, so they need to wear sunscreens both on and off the job.

Supervisors should remind workers to check warts and moles periodically for changes in size, color, shape or thickness, and to watch for new moles and growths. Skin cancer, especially in the early stages, also may appear as a discolored spot on the skin, the AAD says. A physician should examine any suspicious spot immediately.



Landing a Ranger Job

by Ken Miller

Here are some of my thoughts on getting a ranger job that I gave in a presentation for an interpretation class. I hope that the information is both helpful and humorous for new job seekers and for people already settled in their jobs.

First of all a person needs to get their foot in the door. Everyone has experience. The key is to convince the agency that your experience is what they are looking for.

You need to find the personnel office. Every agency has one. Get a job information flyer and be sure to apply before the deadline. READ the flyer. It is amazing how later in an interview you'll be asked a question that you could answer if only you'd paid more attention to the flyer. Be sure to apply. All that it takes is a little time and the cost of a stamp. You are guaranteed not to get a position if you do not apply for

it. Sometimes you may need to argue with the persons in personnel that you do in fact meet the required qualifications. Now comes the fun part. You wait. Waiting is a recurring theme throughout the process.

If you meet the qualifications you will get to take a written test. Oftentimes it will be long, detailed, and have questions that you don't think apply to the job.

Now you get to wait again. After a while hopefully you'll get called back for a ranking interview. This is where the fun really starts. There will be scenario questions that you just can't win at. You are the only person on duty in a 3 Million acre park and have a mass casualty accident in one corner, a complaint about the quality of the vendors ice cream in another corner, a guided walk to lead, a major wildfire, and the Mayor parking in a red zone. In reality

you'd go home for the day, but you'd better be real creative for the interview.

Time to wait again. Hopefully you'll get invited to the hiring interview. You'll get to wear uncomfortable clothes and convince the panel that you can not only walk on water but can do it on your hands as well.

More waiting. There are always budget problems and sometimes other people get hired before you. Keep waiting and make phone calls to let them know that you are still interested.

Finally your big day arrives. Congratulations on your first day at the new job. I bet that it goes well but I also bet that it is different from what you were expecting.

28 Secrets to Happiness

Live beneath your means and within your seams.

Return everything you borrow.

Donate blood.

Stop blaming other people.

Admit it when you make a mistake.

Give away all clothes you haven't worn in the last three years to charity.

Everyday take a 30 minute walk in your neighborhood.

Skip two meals a week and give the money to the homeless.

Strive for excellence, not perfection.

Be on time.

Don't make excuses.

Don't argue.

Be kind to people.

Be even kinder to unkind people.

Let someone cut ahead of you in line.

Take time to be alone.

Reread a favorite book.

Cultivate good manners.

Be humble.

Understand and accept that life isn't always fair.

Know when to say something.

Know when to keep your mouth shut.

Don't criticize anyone for 24 hours.

Learn from the past, plan for the future, and live in the moment.

Don't sweat the small stuff.

Safety First

by Pam Helmke

Safety is something we should be thinking about all the time. We have officer safety issues for law enforcement, tool safety issues in resource management and maintenance and of course we should all be using universal precautions when rendering first aid.

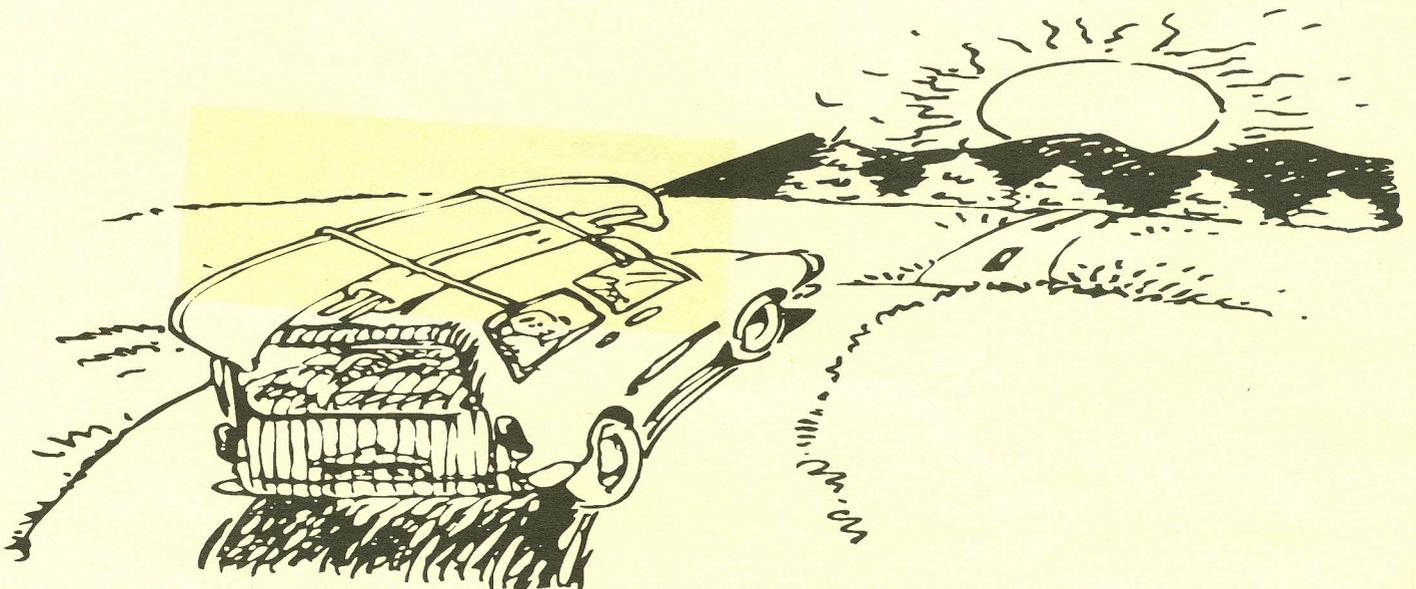
But we sometimes forget about being safe when overwhelmed by a situation. The desire to act often gets ahead of the need to act safely. Wildland fire suppression is often one of those situations. Most ranger agencies have at least some responsibility for initial attack. Many do more, such as prescription burning and supplementing their local fire department during extended attacks. In my area I have seen a number of major safety issues that deal with fire. One nearby agency has been doing prescribed burn and fire suppression without providing fire shelters or neck shrouds for their rangers. Another only provides enough protective gear for about half the on-duty staff, and it's in the "one size fits none" style. Other agencies do not train their staff, they just give them equipment and send them out with the instruction "put the wet stuff on the red stuff."

Why do rangers put themselves in such dangerous situations? Safety should never be compromised to stop a tree or some shrubs from burning. This year's wildland fire season has taken a severe toll on fire crews already. Almost 20 professional firefighters have died. I know of at least one local ranger injured in a fire training exercise and we have not even reached the worst of the season yet. Be aware of safety issues. If your agency can not or will not provide the correct safety equipment and training then PLEASE don't fight fire, don't become one of the statistics.

Wild Land Fire Safety Check List

- Adequate Training
- Fire resistant outer wear (such as a coverall or jacket and pants)
- Approved helmet
- Fire resistant neck shroud
- Leather gloves
- High-top full leather boots
- Fire shelter
- Drinking water
- Communications

Cal-OSHA sets standards and minimum equipment levels for wildland fire fighting. If your agency requires fire suppression as part of the job but fails to provide the correct equipment and training contact your local Cal-OSHA office for help.



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Submissions should be mailed to David Brooks, 560 Hillcrest Dr., Ben Lomond, CA, 95005. Information can also be submitted by telephone at (408) 336-2948. Submission deadlines are the last day of January, March, May, July, September, and November.

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Employer or School _____

Job Classification or Major _____

Voting Membership

Regular \$35 _____

Non-voting Membership

Agency:

(1-10 persons—2 mailings) \$45 _____

(11-50 persons—5 mailings) \$70 _____

(50+ persons—10 mailings) \$90 _____

Student \$10 _____

Associate \$15 _____

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