



A Couple of Holiday Thoughts...

by Jeff Gaffney

I'm sure it will be early January when most people are reading this (it is currently Dec 4th for me) but this is a belated "Happy Holidays" and I hope they went well. As the holiday season quickly approaches I realized that I probably missed my chance to get a holiday message out to everyone, so this was it. I'm still getting used to the deadlines for the *Signpost*. I don't know what we'd do without David Brooks to keep us organized. I have sent a Ten Commandments that I hope everyone remembered for the holidays (especially around the in-laws) and can be very useful for our professions.

The Ten Commandments of how to get along with people

1. Keep skid chains on your tongue. Always say less than you think. Cultivate a low, persuasive voice. How you say it often counts more than what you say.
2. Make promises sparingly and keep them faithfully, no matter what the cost.
3. Never let an opportunity pass to say a kind and encouraging word to or about somebody. Praise good work, regardless of who did it.
4. Be interested in others: their pursuits, their work, their homes, and their families. Make merry with those who rejoice; with those who weep, mourn. Let everyone you meet, however humble, feel that you regard him/her as a person of importance.
5. Be cheerful. Don't burden or depress those around you by dwelling on your aches and pains and small disappointments. Remember, everyone is carrying some kind of burden.
6. Keep an open mind. Discuss but don't argue. It is a mark of a superior mind to be able to disagree without being disagreeable.
7. Let your virtues speak for themselves. Refuse to talk about the vices of others. Discourage gossip. It is a waste of time and can be destructive and hurtful.
8. Take into consideration the feelings of others. Wit and humor at the expense of another is never worth the pain that may be inflicted.
9. Pay no attention to ill-natured remarks about you. Remember, the person who carried the message may not be the most accurate reporter in the world. Simply live so that nobody will believe them. Disordered nerves are a common cause of back-biting.
10. Don't be anxious about the credit due you. Do your best and others will remember. Success is much sweeter that way.

Author Unknown
Reprinted from
Oakland POA
"The Call Box"

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Learn new skills on how to effectively communicate to your park visitors and get positive results. Learn how to apply these interpretive skills, when there is a conflict or a violation, and to take control of the situation by what you say and how you say it.



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WHERE: ANCIL HOFFMAN PARK, SACRAMENTO
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\$30.00 NON-MEMBERS

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Send Registration Name(s) and Fees To:

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c/o Carol Bryce
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From the President's Favorite Shade Tree

by Russ Hauck

Happy Holidays!! By the time you read this, it will be 1999. The *Signpost* has about a one month production period, therefore our deadline for articles for this January-February edition is the first of December. I'm sitting here thinking about holiday shopping, and getting my work done before I leave for vacation and am struggling to think of something to write about. So I decided to give up on being original this time and offer a piece of advice that I've run across on several occasions, most recently in the form of an e-mail from Jeff Gaffney. (Thanks Jeff). Ironically, its about time.

The Gift

Imagine there is a bank that credits your account each morning with \$86,400. It carries no balance from day to day. Every evening deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every cent, or course!

Each of us has such a bank. Its name is time. Every morning, it credits you with 86,400 seconds. Every night it writes off as lost whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the days deposits, the loss is yours. There is no going back. There is no drawing against the tomorrow.

You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness and success! The clock is running. Make the most of today.

To realize the value of **one year**, ask a student who failed a grade.

To realize the value of **one month**, ask a mother who gave birth to a pre-mature baby.

To realize the value of **one week**, ask the editor of a weekly newspaper.

To realize the value of **one day**, ask a daily wage laborer with kids to feed.

To realize the value of **one hour**, ask the lovers who are waiting to meet.

To realize the value of **one minute**, ask a person who missed the train.

To realize the value of **one second**, ask a person who just avoided an accident.

To realize the value of **one milli-second**, ask the person who won a silver medal in the Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time. And remember, time waits for no one.

Yesterday is history. Tomorrow a mystery. Today is a gift. That's why they call it the present.

From The Director's Corner

by Sandy Ferreira Region 1

As you may know, this is my last term as your Director in Region 1. I have been serving on the Board as your Director for 4 years and have been involved with many new changes in the direction PRAC is moving. I am proud to say our membership has increased thanks to the hard work of all Board members and through the communication of other PRAC members too. We have established a Job Hot Line number for anyone to call and find out current jobs available in our profession. This hot line number is updated weekly. We are now on the WEB thanks to the hard work of Carol & Doug

Bryce, our office manager(s). Carol & Doug has worked many hours to get us on-line and strives hard to keep our profession updated with current information. Soon you will see our new PRAC Poster, in your prospective agencies. The poster's purpose encourages membership in PRAC. I must not forget a "Thank You" to David Brooks, our *Signpost* Editor who continues to produce a professional newsletter for PRAC

In addition, I have served on the California Parks Conference committees for the past three years and I am happy to

report the Conferences have been very successful for PRAC. We have had upwards of 300+ participants attend each of the conferences. PRAC has continued to reach out for it's members, presenting the most current and professional resources available to them.

I am not leaving PRAC but wish to say "Thank You" to the Board both past and present and to the membership for your support. As your Director, it has been both an honor and privilege to have served you. Please feel free to contact me at any time.

Thank You, *Sandy Ferreira*

Winterization

by George Struble

Now that winter is upon us, we should have already equipped the vehicles we drive as well as our personal gear. However, for those that just have not got around to it, I have come up with a checklist to help with that task. Winter is a season that varies from area to area but there are some items that most everyone will need.

Personal gear:

- rain gear (pants/jacket)
- boots
- hat (with rain cover)
- gloves (weapon compatible if needed)
- flashlight
- instant heat packet
- energy bars
- water
- spare clothes (in case we get wet)

Vehicle equipment:

- swift water rescue rope
- personal flotation device
- swift water helmet
- chains (work in muddy areas too)
- instant heat packets
- blankets
- energy food (sealed and dated)
- water
- ice scraper
- duct tape
- shovel
- keep fuel tanks topped off

Remember to layer your clothes vs. one big heavy jacket.

By keeping our personal gear and vehicles stocked we will not be caught off guard during winter related emergencies. Remember: *A warm & dry ranger is a happy ranger!*

Odds, Ends and Weekends

by Jeff Gaffney

Social

I'm sorry I have been unable to organize a social event for everyone in Region 2. I have many responsibilities that have consumed more of my time than I had foreseen. I promise well put something together in the next couple of months, personally I'm up for a weekday ski trip. Any ideas are welcome.

Political

It appears as if safety retirement may be our biggest political push for the year. The calls I have received have revolved around this issue and it will on the top of the list. If anyone else has an interest in passing a bill or politicking someone or something please let me know.

Membership

I've personally convinced three people to join Region Two. Have you convinced anyone? I wanted get the word out that PRAC membership makes a good Christmas present but I missed newsletters, so now I say PRAC membership makes a good New Years commitment.

Training

I have many ideas for training I just have to get the right people lined up to train us. Anyone with suggestions for training please forward them to me. I'll make sure that we get the latest and greatest training available.

Jobs

Santa Clara County Parks and Recreation will be hiring Park Interpreters. It will be towards the end of December or beginning of January. This is a brand new position for the department, so it will be like a blank page. The pay range will be \$3,262-\$3,942 (monthly). Any inquiries can be made at (408) 299-2341 (county personnel) or (408) 358-3741 (county parks). Please keep your eyes open if you're interested, I'll try to get something out through PRAC if I have time.

Misc.

Santa Clara county is now completely covered by open space agencies. Gilroy is the only city in Santa Clara county that has chosen not to be a part of an open space agency. The Santa Clara County Open Space Authority has emerged intact and victorious from the court battle that was initiated in 1994 after the creation of the Authority. Midpeninsula Regional Open Space District handles the remainder of Santa Clara county. The Santa Clara County Open Space Authority is working on property near Coyote Lake/Henry Coe area (in concert with The Nature Conservancy) as well as Calero County Park area (in concert with Peninsula Open Space Trust).

Trail Maintenance Brushing

by David Weiss

Brushing a trail means removing the vegetation in order to maintain the trail corridor. Brushing involves removal of both live and dead vegetation. It is a never-ending task that is part of an annual trail maintenance program. What follows is ten principles that can serve as a guide before going out to brush a trail.

#1 Use proper pruning techniques: don't stub cut, avoid tearing the bark on trees, and go to the source rather than cutting many smaller branches. Pruning is a wound to a plant, but proper pruning techniques will allow the plant to heal from the wound. (Most community colleges offer classes in pruning.)

#2 Brush enough material to maintain a clear trail corridor for one year (i.e. allow for growth). Most people get out only once a year to brush. It's nice to be a minimalist and leave the trail with a natural look, but one month after this type of pruning it will look as if the trail hasn't been pruned for years. On the other hand, try to avoid over-cutting, leaving the trail looking like a freeway project.

#3 The way you brush will affect the way people use the trail. Brushing, (or lack of), can steer hikers onto

different sides of a trail. You can use this principle to steer trail users onto a less worn part of a trail. How you brush can determine whether people walk the trail side-by-side or single-file.

#4 Walk the trail from both directions. Branches that do not appear to encroach while walking the trail from one direction, are sometime hazards when traveling the trail from the opposite direction. This usually happens on steep trails or going around turns.

#5 Brush according to the trails use. Is the trail hiker-only, or does it also allow horses or bicycles? Trail use will alter both the needed width and overhead clearance. Most hiker-only trails require clearing a travelway of six feet wide by eight feet high, while equestrian trails should be eight feet by ten feet. Which leads to number six.

#6 Know the specifications. Most agencies have established standard for their trails. Look up the brushing standards before going out to work.

#7 Dispose of brush properly. Cut brush is ugly; hide it, carry it out, or use it. Brush can be used to close off bootleg trails or create habitat. If you're hiding it, the best place is out

of sight on the uphill side of the trail. Never dispose of debris in a drainage.

#8 Brush to control the amount of sunlight reaching the trail. Do you want to have some shaded areas, or do you want to have a short dryout time after a rainfall?

#9 Have the right tools. Cut the big stuff with a chainsaw. After the chainsaw work is completed, I go back out with the following tools: pole saw, loppers, folding saw, and hand pruners. I put the folding saw in my back pocket, the hand pruners in a scabbard that clips onto my belt, the loppers in one hand and the pole saw in the other. That way I can carry all four tools.

#10 Maintain vista points and overlooks. Keep these spots clear so that hikers won't leave the trail in search of a better view. Brush these areas down to ground level. Don't depend on a brush screen to create a safety barrier. If safety is a concern, build a safety railing.

For questions or comments please contact me at: David Weiss, 5170 Somersville Road, Antioch, CA, 94509, by phone 925,778-1904, or e-mail <weiss@ecis.com>.

Searches Challenged In Court

by John Havicon

The ability to search vehicles is again under scrutiny by the Supreme Court. The Supreme Court is reviewing searches incident to arrest. An appeal was made by Patrick Knowles of Iowa, who received a citation for speeding. The citing officer searched the vehicle, as a search incident to arrest, and located a small amount of marijuana and a pipe. Knowles was then taken into custody.

In 1973, the Supreme Court established the ruling search incident to arrest, that is an officer may search a person arrested and the area under his control without additional probable cause. The Court is arguing that a simple speeding ticket does not apply, because the offense is complete when the car is brought to a stop and there is no more evidence to look for.

Iowa law, as well as California law, authorizes officers to issue citations in lieu of arrest and allows the officer to make a search. Stay tuned.

Update on searches incident to citations

Police officers cannot routinely search motorist and their cars after stopping them for traffic violations. The Supreme Court overturned the drug conviction of Patrick Knowles, of Iowa, by a 9-0 decision. The court does still allow the officer to search for weapons, if they fear for their safety, but any additional search would require probable cause.

Are You an Eight to Fiver?

by Tom Smith

I guess it is time to get something off my chest that has been hanging there for a long time. I also suppose that this is going to be mostly read by people that are not my target audience. Those that involved in PRAC are already devoted to their profession and, for the most part, go to work with a love and passion for what they do. At least, I hope that is the case. Over the past years, society has changed. I guess that is obvious. I have also observed that the people entering our profession have also changed. The old school, devoted ranger, doesn't seem to be there anymore, and I do not think that we can afford for that to happen. Now, we may have too many people that consider their jobs as just that, a job. Nothing more. Not a profession. Not something that they love to do. Just a job. Just eight to five. I think a lot about what has caused some of us to get this way. Certainly there are a variety of reasons, some of which stems from unionization of departments where contracts are signed that tells us that if we happen to work a few minutes past five we need overtime pay, or that jobs need to be outlined as to who is responsible for what. I am not against unions. I am against rangers who let union rules get in the way of professional duty. Sure, the pay you get for being a park ranger is important. You have to live. Unions have helped there. But I have problems with the attitude that if I do not get paid for what I do, I am not going to do it! Or even worse, picking up a discarded soda can or fixing a leaky facet in the restroom is someone else's job, not mine.

A lot of you out there have sacrificed a great deal to get your job. Many years of being a seasonal, as an example. My problems lie with those that finally succeed in getting that coveted park job only to not succeed. Those that sit on their hands. The do-nothings. Those that do not attempt to read anything about their profession that would help the management of their parks, that never attend conferences, that go to training only when forced to do so, that do not cooperate or become a team player in a profession that has to have team players. One day I was talking to a state park ranger on the telephone and told him about an article that I had read about a resource management subject that I thought was rather interesting. He told me that he wished he had the time to read stuff like that. I told him it was his job to read about things like that. There was a silence on the other end of the line. Finally he said, you know, you are right! It is my job. Another ranger told me one day that he didn't do any resource management projects because he didn't get support from the office to do it! My gosh! My answer was to just do it! Your support more often than not, could only be the pride in accomplishment. Your paycheck, a psychic one. Sometimes the realization of doing something well goes beyond dollars. No one but you knows how well you accomplish tasks. Revisit your job descriptions. Are you doing all those things, or do you just ride around in your vehicle and open and close gates? Is saving that park you work in for generations yet unborn, a real passion? I mean do you really love what you do? That may mean doing some interpretation when

you really don't like to or want to. It may mean doing something beyond the call. It might even mean stopping the patrol vehicle, getting out and picking up a piece of litter once in a while, or to just talk to a park visitor. It might even mean taking on a resource management problem without being told to do so. Not having the time, is not an excuse. *Time has to be taken.* Great things are accomplished daily by many people that do not have the time. Somehow they always seem to find time. They usually find the time because they have pride in what they do, and the devotion to see that things are done in a professional manner. I remember the chief ranger in Yosemite telling all of us in a training session that being a ranger is not an eight to five job. How right he was. Our profession just cannot take too many eight to fivers.

Horace Albright found a entry in the daily log of a park ranger in Yosemite that described a day in the life of one of the rangers there. In included riding his horse from Tuolumne Meadows to Yosemite Valley,(26 miles). When he got to the Valley he searched for and found a person that had robbed someone, he helped save some fish from a truck that was about to fall off the road into the Merced River, and had been without sleep for over 24 hours. He then ended up walking 10 miles back to his home so he could go to bed. Across the top of this log someone had written; All in a days work. Do you think that you are that devoted? I hope that kind of devotion and work ethic is still a part of being a park ranger. I hope you do to.

PRAC Workshop

Obtaining Voluntary Compliance

Region 3 is going to have a workshop in Sacramento on **January 19,1999**. Bob Donahue, from Chico City Parks has graciously offered to teach his class on Obtaining Voluntary Compliance to us. Bob combines the techniques of Verbal Judo and the Interpretive Approach to make a very effective method of talking with park visitors. Learn how to talk with visitors and how to direct their decisions to simply by what you say and how you say it.

Come join us in Sacramento. For more information, you may contact me, John Havicon at (916) 676-0934 or Carol Bryce at (800) 994-2530. Cost will be \$20.00 for PRAC members.

Rattlesnake Bites

Recently, I had the opportunity to talk with Dr. Hal Renollett from the California Poison Control Center. Dr. Renollett is the centers authority on snakebites and how to treat them. Dr. Renollett provided me with some valuable information on the latest information on California rattlesnakes, which I will share with you.

First and foremost, all rattlesnake bites can be lethal. It depends on many variables, the health of your victim, the type of rattlesnake, how much venom was injected, and the location of the bite. The average annual death rate from poisonous snakes in the North America is quite low, about 12 fatalities per year. In comparison, honeybees cause about 100 fatalities per year. Most of the deaths were from Timber Rattlesnakes, which reside east of the Mississippi River, and the Western Diamondback Rattlesnake, which lives in California, south of the Tehachapi Mountains and east of the Sierras to Colorado. It takes 150 milligrams (mg.) of rattlesnake venom to kill a healthy adult human. Both, the Timber Rattlesnake and the Western Diamondback are capable of delivering 150 mgs. with a single bite.

Fortunately for us, the rattlesnakes we commonly come across are the Northern and Southern Pacific Rattlesnakes. These snakes and rest of the California rattler species, are capable of only delivering 30 to 35 mgs. or less of venom when they bite. Death will not generally occur. The bites can cause substantial injury at the wound, loss of limbs and severe illness if not treated quickly. Victims have a good chance of complete recovery with prompt treatment at a local hospital.

Rattlesnake bite victims generally will present symptoms within 5-minutes, but reaction can take up to 15-minutes.

When assessing your victim, look for the following:

- Fang Marks; Look for 1 or 2 distinctive puncture wounds.
- Swelling around the puncture wound.
- Discoloration; The skin turns dark red, blue or black within minutes.
- Pain, worsening with time.
- Nausea and vomiting.
- Breathing difficulties.

Field treatment requires prompt transport to a hospital.

- Remain calm.
- Identify the snake, if possible
- Have the victim rest in a position comfortable to them.
- If the bite is on an extremity, place the limb in a neutral position, (level with the heart).
- Apply a constriction band proximal, (above the wound, toward the heart) on extremity bites. The band should be loose enough to slid a finger under it.
- **Do Not Use Tourniquets.** They cause permanent damage and amputations.
- Don't pack the wound in ice. Freezing the wound can increase the chance of amputations.

The Poison Control Center does not include the use of snakebite kits with treatments because most kits require that you make an incision over each fang mark with a razor blade prior to suctioning. The risk of making an incision too deep or in the wrong place was too great. Incisions can cause permanent nerve and arterial damage. The only snakebite kit they could recommend was the Sawyer Extraction Device as it does not require any incisions.

For further information, on rattlesnake bites, you can contact me, John Havicon at 916-875-6672 or e-mail, onbelay@innercite.com. You may also contact the Poison Control Center at 800-342-9293.

PRAC Merchandise Now Available

by **Sandy Ferreira**

Director Region 1

Recently, the Board has agreed to purchase new and additional merchandise for sale. You can now purchase T-shirts, memo pads, PRAC pins, pens and pencils all which have our distinct PRAC logo embossed on each. We will make these items available for sale at the upcoming 1999 Conference. If you want to place an order now, we offer several ways in which to do so.

You can; call Doug Bryce at (916) 383-0708, send e-mail to; dugbryce@earthlink.net or place an order at our web site; <http://home.earthlink.net-dugbryce/PRAC.html>

Price List

T-Shirts	White and Natural—8" logo with "Park Professional through Unity" under the logo	\$10.00	Cups	Cobalt Blue with Gold logo	\$4.00
Polo Shirts	Lt. Brown—3" logo over left pocket	\$20.00	Pins	1 1/4" high, Green and Gold color, Brass	\$3.50
			Memo Pads	5 1/2" X 8 1/2" White and Green logo	\$2.50

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Smitty's Book Report

As I told you in the last *Signpost*, I had already had a book ready to review for you, then the phone call from Jon Hooper came about his new book, and I jumped on that one instead. Hope you have responded to Jon's new book. It sure is a great one to have on your resource shelf. I thought it was so good that I donated mine to County Parks. I am sure they will put it to good use. I really do believe that most all the books that I have reported on should find their way near your elbow. Some haven't been so practical, just interesting. Christmas is coming. I used Christmas and birthdays to build my professional library. Hope you asked Santa for some professional literature. Subscriptions to professional journals are good presents to ask for, as are books about your profession that can make your job easier. **Restoring Streams in Cities** is a practical book. I spotted this book in the bookstore at the University of Oregon when my wife and I were visiting there last summer. The book contains a great evaluation of the importance of streams and greenbelts to our society and to the tax bases of our communities. I guess it would not be a surprise to know that by the year 2000, 85% of the population will be concentrated in urban areas. Most all of us work there. The impact of this encroachment upon our natural areas, and our urban streams will be immense. The author does a great job in pointing out the importance of restoring our streams and the book can be used as a guideline to do just that. She touches upon all aspects of getting the job done, from working with local citizen groups, using volunteers, working with local planning departments, how to get the funding, etc., etc. The book contains ample illustrations and photographs to point out both the proper and the improper ways to restore urban streams. I particularly liked the chapter (3) on environmental professionals, which contains a great section on the importance of riparian areas, their effect upon fish and wildlife, and the common causes of damaged streams. The author does include a lot of historical information that might have been left well enough alone. But for the most part the book is very practical in every sense. Chapter six discusses restoration in a historical perspective, and although interesting, had really no practical value. This is a good book to own. It is easy reading, and is filled to overflowing (no pun intended) with practical information that you can use to restore and protect streams in your parks, greenbelt areas, and watersheds. If you think that you don't need such a resource, then pass the info on to your planning department. It would serve them well.

Riley, Ann L. **Restoring Streams in Cities, A Guide for Planners, Policymakers, and Citizens**, Island Press, Covelo, California, 1998. Cost: \$35.00

One last thing. Yesterday I received a CD-Rom from Park Science that came to me free of charge. This publication is a resource management journal aimed mostly at the national parks. This CD has all the issues on it. Eighteen hundred pages!!! From 1980 to the present. If you are interested in a copy, contact them via their web site at >www.. nature. nps. gov/parksci/<

Computer Age

by George Struble

Well I would like to say that my article (Customer Service) was back by popular demand, but it was instead an e-mail mistake. I used e-mail to send last months article and attached the wrong file to the e-mail message. Despite this, I'm still utilizing my on-line service to submit articles. Therefore, this month I decided to write about computers and their applications for the park ranger.

Computers make sending and receiving information convenient and expedient. People can be better connected through e-mail and the Internet. An article can be written and available to a business contact on the other side of the globe in just the time it takes to write it and dial the phone. Rangers should push managers to get connected on-line. By getting on-line, park rangers can network and learn from each other more easily. Let's say management wants to know about the feasibility of creating a skateboard park or jogging trail in their area. If the agency has e-mail, management can contact other agencies that have the facilities in question and get invaluable advice about what problems can be expected, creative solutions to such problems, as well as, benefits and public response. This kind of networking can eliminate a lot of trial and error learning, making more time for patrol and training, not to mention saving money. Push for computers and e-mail with your agency.

The computer age has also arrived for PRAC; the Web site is up and running. Check it out when you have the chance. The address is <http://home.earthlink.net/~dugbryce/PRAC.html> You can even print out your own copy of President Haucks' poem!!

If anyone does have information about off leash dog parks I would appreciate any information; the City of Glendale is looking into them. I can be reached through e-mail at: CALpinepig@aol.com

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FAX (By ARRANGEMENT)

Scholarship/ CAL RANGER FOUNDATION

BILL HENDRICKS
(805) 756-1246
FAX (805) 756-1402

OFFICE MANAGER

CAROL BRYCE
Office (800) 994-2530
LOCAL (916) 558-3734
FAX (916) 387-1179

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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 (831) 336-2948.

Submission deadlines ARE THE LAST day of JANUARY, MARCH, May, July, SEPTEMBER, AND NOVEMBER.

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Membership Application

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AGENCY:

(1-25 PERSONS-6 MAILINGS)..... \$75 _____

(> 25 PERSONS-12 MAILINGS)..... \$100 _____

STUDENT \$20 _____

ASSOCIATE \$35 _____

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SACRAMENTO, CA 95829-2010
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