



Training Past, Present & Future

by Lori Hynes, Region 5

Greetings and Happy New Year! I hope this finds everyone in good health. I want to thank the Region 5 members who attended the Coastal Wetlands & Estuary Resources and Interpretive Methods Workshop last October at the Hubbs Research Institute, San Diego. (I am thanking now because the workshop and the newsletter due date did not coincide well, so I could not get the thank you out in the Nov./Dec issue.) We had about 100 attendees from all ranks within the City, County, State and Federal agencies. We were blessed with a captive audience and the wonderful talents of many speakers from Fish & Game, State Parks, NPS, UCSD and the private sector. The workshop was free (which allowed for many to benefit) and the speakers graciously donated their time and expertise. **Many thanks again!!!** All in all-it was a huge success.

Since the October Workshop gained such lavish praise, that has prompted efforts to plan more training. Currently, a committee comprised of City, County, State and Federal Rangers/Interpreters and I are laying the ground work for a **3 day workshop planned for May 3,4 & 5, 2000**. The first day of the workshop will focus on resource management and there will be breakouts-so participants have choices in which to attend. Subjects include: Native American Cultural Awareness, Black History, Historical Preservation, Geology, Hydrology, Biology, Fire Management, Fisheries & Wildlife, Restoration-successes & failures. The second day will focus on Interpretation. Subjects include: Interpreting to children, Interpreting to people with Disabilities and Campfire Program planning and presentation (practical application/hands on). The third day will feature field trips to some of San Diego's best resources. All of this training will be held in beautiful Balboa Park, where transportation, sight seeing, dining, etc., is at its best. Due to the caliber of this workshop, we will have to charge for this one, but we assure you that the cost will be affordable and well worth it. Be on the look out for more information regarding this training entitled "**Building Connections Between Resources and People.**" Mark your calendars now to attend! We hope to be distributing the flyers/registration forms by February. If you have any questions regarding this or any Region 5 issue, feel free to contact me via phone or email.

Attention Trail Enthusiasts, Park Rangers, Hikers, Horseback Riders, Mountain Bikers, Trail Builders, Resource Agencies, Volunteers, Land Planners, Environmentalists and the like

The San Diego County Trails Council has teamed up with state and local agencies to invite you to the First Southern California Regional Trails and Open Space Conference.

"Trails For The 21st Century... Trails for Life" Topics Include: Trail permitting & construction, Health & Recreation benefits, Funding & Creative Financing, Local Trail Project Updates, Designing Multi-Use Trails, Attracting the Media, Trail Planning 101, Economic Impacts, Wildlife & Trails, Legal Issues and more. By attending this conference, you will take home new skills, strengthen trail advocacy, network outside your community, meet resource agencies, understand the trail planning process, share trail stories and more. When: **March 24 & 25, 2000** Where: **Alpine Community Center, Alpine** (San Diego's East County) Cost: They are still working on that part- but they promise to make it affordable. Scholarships are available. There are overnight accommodations nearby, lots of fun and entertainment at Cuyamaca State Park and Cleveland National Forest, Gaming at Viejas Casino and exploring the historic mining town of Julian and more. **Registration will begin in January 2000.** You may obtain conference updates at: www.sdctc.com, or email the San Diego County Trails Council at: sdctc@aol.com

That's all- thanks for your patience!

Lori Hynes, Region 5

From the Past President's Favorite Rocking Chair

by Russ Hauck

As the end of my term approached, I debated as to whether I should ride off into the sunset, my first choice, or recap my term in an article in the *Signpost*. When I received the ballot in the mail and read the direct attack on me in Pam Helmke's candidate statement, I felt that I had no other option than to respond. I realize that some of you who read the *Signpost* are not regular members. You don't receive the ballot, and therefore haven't read the message. You'll just have to bear with me.

Pam indicates that she has spoken with "a number" of members who are disillusioned with the Association, and "many" long-term members have talked of walking away. She says that the common thread is that the board is not listening to the membership. I question the use of the terms "a number" and "many." I applaud Bob Donahue and John Havicon for writing articles in the *Signpost* to express their opinions. I also commend the members who spoke out at the annual meeting at the conference in San Rafael. Additionally, John Havicon was contacted regarding this issue, although I don't know by whom or how many. Beyond that, neither I nor Region 1 Director Mike Chiesa, Region 2 Director Jeff Gaffney, Region 4 Director George Struble, or Region 5 Director Lori Hynes ever heard from anyone expressing opinions contrary to the direction taken by the board. How can we be accused of not listening to the membership when we don't hear about it until we read it in someone's candidate statement? I suspect that "a number" and "many" of the people Pam refers to are probably the same folks I have referenced above, and she chose those terms because they sound larger.

The whole issue revolves around change. Change is constant. Many years ago, we cut down trees with handsaws. When chain saws came along, we embraced the change. We are now using computerized irrigation systems. The global positioning system assists us in search and rescue. Verbal Judo and Bob Donahue's own "Obtaining Voluntary Compliance" are being used in our contacts rather than resorting to force. Park Ranger vehicles are now equipped with Automatic External Defibrillators. These are all changes that have taken place affecting the profession. Why are we so reluctant to accept the changes facing the profession in the areas of enforcement and authority? We are not trying to change the profession; we are merely trying to have the profession keep up with the changes.

I spoke at the annual conference in Yosemite. I spoke at the conference in Riverside. I spoke at the conference in Ventura. My message was essentially the same: the profession needs to keep up with the changes. I was elected by the membership to the board and to the presidency with those beliefs and would feel like I wasn't being true to myself, or the Association if I didn't pursue them. Pam's statement says that the board must listen to, respond to, and answer to the membership. No where in there does she mention "lead." Anyone can be president and occupy the position of figurehead. It takes courage for someone to be a leader, to speak out and work toward those ideals upon which they were elected.

I am far from militant, and in fact am rather conservative. My education is essentially as a naturalist, and I envisioned spending my career communing with nature. I never set out to be in law enforcement. The poem I wrote, "Ode to a Park Ranger", accurately reflects what I believe the profession is and should be. I also believe that we have an obligation to contribute the greatest effort we can to the public we serve. If, for example, your job involves interpretation, resource management, and enforcement, you should not settle for being 33 1/3 percent proficient in all of those areas. You should seek 100 percent proficiency in each of them.

Along with proficiency come expectations. If I am asked to do enforcement, then I expect to be provided with the tools necessary to perform that task to the utmost of my ability. I wouldn't be asked to fell a tree without a hard hat, gloves and goggles, or treat an open wound without universal precautions. Why, then should I be expected to do enforcement at a 33 1/3 percent proficiency level without peace officer status, or training, or a weapon, or safety retirement, or public safety worker's compensation protection? If we don't seek these things, they certainly are not going to be offered to us. And if you haven't observed that enforcement is increasingly becoming a larger part of our job, then your software is not Y2K compliant, i.e. you are not ready for the 21st century. To repeat myself, we are not trying to change the profession; we are merely trying to have the profession keep up with the changes.

Pam's statement makes it sound as though the direction we took was wrong. Controversial? Sure, but wrong? Not at all. As it turns out, nothing has really changed during my stint as president. While we proposed some things, none of them were brought to fruition. Was this much ado about nothing? Probably. While "a number" of people are probably glad to see my term come to an end (although I still have two years on the board as past president), there are "many" who contacted me to say they were disappointed that I was not running again. I will stand by my record both as a Ranger and as an officer in this Association. Thank you for giving me the opportunity to serve you. God Bless.

Hypothermia—Know The Umbles!

by John Havicon

Now that winter is here, it is a good time to talk about hypothermia. Hypothermia is a condition where your body temperature drops below its normal rate, 98.6°F. Hypothermia occurs generally in cold weather conditions, but as usual, there are always exceptions to that rule. We have all have experienced hypothermia in its mildest form, when our internal body temperature drops below 98.6 to 95 degrees. Our body naturally tries to re-heat itself by shivering and forming “goose bumps” on the skin surface. We react, usually, by trying to warm the air around us, such as putting on warmer clothing or finding warmer surroundings. If we don't re-warm ourselves and our temperature drops below 95 degrees, that's when we can find ourselves in trouble.

Recovery and re-warming a victim of mild or moderate hypothermia can generally be accomplished by replacing the victim's cold, wet clothing with warm and dry or increasing the layers of clothing; getting the victim into warmer surroundings and protect from the elements; taking in food and warm fluids (avoid alcohol, caffeine and nicotine); and sometimes increasing physical activity.

Severe hypothermia can be deadly and the victim may have a difficult time rewarming on his/her own. The argument is still on going on getting the victim naked and having another person lie next to him/her. The problem is the rescuer may only be warming the victim's outer surface when the victim needs his core re-warmed. What is becoming more effective are the new chemical heat packs or hot water bottles, at the victim's groin, in the armpits and at the neck. As with all levels of hypothermia, make sure the victim is dry. Make an insulated area around the victim. Insulate from the ground as well as the air and use everything that you've got, sleeping bags, blankets and clothing. Avoid hot tubs, a victim that cold can easily have a sudden cardiac arrest. Be ready to do C.P.R.

The following is a basic chart to follow when assessing a victim of hypothermia and determining his or her level of hypothermia.

Mild Hypothermia 97°–95°F

- Shivering—can be stopped voluntarily

- Cold sensation
- Goose Bumps
- Skin numbness
- Unable to perform complex tasks with hands

Moderate Hypothermia 95°–93°F

- Shivering intensifies
- Muscle incoordination and weakness
- Slow movement, Stumbling
- Give the victim a “field sobriety test”—will generally fail

Moderate Hypothermia 93°–90°F

- Violent shivering - cannot be stopped voluntarily
- Dazed—know the “UMBLES”, Victim mumbles, fumbles, grumbles and stumbles
- Ask the victim questions that requires more brain function than the standard (what's your name, where are you and what time is it). Try multiplication tables or counting backwards from 100 by 5's
- Signs of depression

Severe Hypothermia 90°–86°F

- Shivering stops
- Pale, blue skin
- Unable to walk, may find victim lying in a fetal position
- Dilated pupils
- Can't find radial pulses
- Incoherent, irrational behavior

Severe Hypothermia 86°–82°F

- Semiconscious
- Muscle rigidity develops
- Ice cold skin

Severe Hypothermia 82°–78°F & Below

- Unconscious
- Erratic heart beat
- Erratic and shallow breathing
- Slow pulse, check for a carotid pulse for up to a minute
- Any sudden movement can trigger a sudden cardiac arrest

For more information on Hypothermia, please contact me, John Havicon at ; (916) 875-6672, or email onbelay@innercite.com .

PRAC Website

by Kyle Curtis and Doug Bryce, Webmasters

Have you checked the PRAC website lately. We now have the *Signpost* on the web site as a PDF file, which you can download and read using Adobe Acrobat. If you don't have Adobe Acrobat we have a link where you can download it for free. It all takes only a few minutes the first time and seconds thereafter. The *Signpost* is on the web before it goes to press which means you can read it two weeks before you receive your mailed copy.

The PRAC Ranger Directory will also be included on the web as a PDF file around the first of the year.

Also early in the year we will have the PRAC Colleges and Universities Directory on the website as a PDF file.

We now have about 30 Park Agencies websites linked to our website.

Late in the summer we added a Ranger News page where you can send us news about Rangers, or of interest to rangers. Please send us information as soon as you are aware of it and we'll include it. You can mail it, e-mail it, or Fax it to us.

Sonoma County Park Rangers Radio System Upgraded

by Mike Chiesa

Sonoma County Regional Parks Department has purchased new radio equipment for the Park Ranger staff that will increase officer safety and enhance the ranger's communications capabilities while on foot.

Sonoma County Rangers currently utilize 2 different radio systems. VHF low-band frequency radios are used to communicate between park staff for routine park operations communications, there is no dispatch monitoring of the VHF low-band, parks frequency. For dispatch services, rangers communicate on UHF radios through the Sonoma County Sheriff Dispatch, on the same frequencies as the patrol deputies. The parks low-band frequency is limited in range, as there are no repeaters to relay the signals, so the distance a radio signal travels is dependent on the power of the radio used to transmit. The low-band mobile radios in the trucks have a fairly adequate range because of their transmit power, however most of the mobile low-band equipment was 20–30 years old. The range of the low-band portables the rangers carried was limited to a couple of miles depending on the terrain. The sheriff's UHF radio system has a network of repeaters located throughout the county. Before the upgrade, the only UHF Sheriff radios the rangers had access to were mobile radios mounted in the ranger patrol vehicles. When rangers were on foot in isolated areas, they had no access to Sheriff Dispatch or even to other park employees on their low-band portables. In addition to a communication break down between park staff, this situation also posed an officer safety problem.

To address the communications problem Sonoma County purchased new equipment that helps bridge the gap between the 2 different radio systems while the rangers are on foot. This system upgrade included replacing all low-band frequency mobile truck radios that were not built within the last 10 years, installing UHF mobile extender repeaters in each of the ranger patrol vehicles, and purchasing new portable UHF radios for each ranger position. The new portables have the sheriff and police frequencies programmed in them, as well as a UHF parks frequency. This new system is similar to the system CHP utilizes. Basically, the UHF parks frequency communicates with the UHF mobile extender repeater in the patrol truck, which is interfaced to the low-band mobile radio in the ranger patrol vehicle. When the ranger transmits on the UHF parks frequency on their new portable they are actually transmitting with the low-band mobile truck radio, giving the portable a good 25 mile range on the parks frequency, as opposed to the old couple of mile range with the old low-band portables. In addition to extending the range the rangers can now communicate on using the parks frequency, each ranger now has capabilities to talk to sheriff's dispatch while away from their vehicles.

The new radio system is still being installed in each of the 11 ranger patrol vehicles and each ranger has already been issued a new UHF portable radio. There have been some initial programming glitches but once the system is completely installed and operational, it should make a positive improvement in communications capabilities and officer safety for Sonoma County Park Rangers.

Sacramento Rangers Get Safety Retirement

by John Havicon

After years of battling with retirement boards and county union negotiators, the Sacramento County Park Rangers have succeeded in gaining Safety Retirement for its staff. The Park Rangers will be able to buy back their portion of the safety retirement back to 1995. The deal was negotiated as part of a union contract. The Rangers originally wanted the safety retirement to extend back to 1982, when the Rangers first became Peace Officers, and were planning to take the county to court. The Rangers lost its bid when sharp county negotiators threw their offer in as part of the union contract, knowing the union members, (made predominately of Probation Officers), would grab the contract inspite of the Rangers.

Safety retirement will work well for the newly hired Rangers, but half of the force has already put in twenty years, plus of service and will have to work five more years before they can collect safety retirement. Foot Pursuit!—Somebody pass the Geritol!

Job Opening

Chief Park Ranger, City of Santa Cruz

**(Salary: \$3,067 - \$4,316 monthly plus
excellent benefits and PERS retirement)**

Plans, directs and manages the maintenance, development, recreation and enforcement programs for the Loch Lomond Recreation Area and City watershed areas. Requires an AA degree in park management, natural resources, forestry, environmental studies or related, and three years of experience as a park ranger or equivalent, including administration and supervisory experience and a PC 832 P.O.S.T. Certificate. (A BA in one of the above areas may substitute for one year of the required experience.)

Apply by 1/28/00. For required application materials contact; City of Santa Cruz Personnel Dept., 337 Locust st., Santa Cruz CA 95060 (831) 420-5040, TDD: (800) 735-2929; www.ci.santa-cruz.ca.us/ps EOE/ADA

Smitty's Book Report

All of us live on a budget. It would be nice to be able to just buy everything for your park that would help you be a better ranger. But alas, sometimes that just doesn't happen very often. You just have to be smart with your purchases. This time I have found a book that fits the small budget, and one that is small enough to be carried in day packs, jacket pockets, etc. It is the latest Aududon Society publication, A Field Guide to California, and is only twenty bucks! Believe me, this is a great resource for all of us. It contains an easy to use field guide for identifying 1,000 of Californias' flora and fauna. It is also a complete guide to Californias' natural history. It covers everything from geology, wildlife habitat, and even covers the weather and the stars! Not only that, it gives a sampling of where to go to see what is mentioned in the book. It contains 1,500 full color images, 1,300 photographs, 15 maps, and 16 night-sky charts, as well as 150 drawings. Peter Alden is the principle author along with several others of note. The part I liked the most is the sections on habitats and conservation and ecology. Included in the last section is one on introduced species, environmental threats and safeguards, and endangered species. It has 447 information packed pages in the popular Audubon soft-cover format that is 4 by 8. Obviously it doesn't include everything you need to know about California. As an example, it talks about introduced species without even a whisper about pigs!

I usually buy a book, review it, then give it to County Parks. Sorry guys, this one goes into my day pack. You'll have to buy your own.

Alden, Peter, et al, National Audubon Society Field Guide to California, Alfred A. Knoph Publishing Company, New York, 1998. 447 pages, \$19.95

PRAC Ranger Directory by Doug Bryce

The 2000 version of the PRAC Ramger Directory is all brand new. It has new listings, additional information, and a great new layout. It will also be on the PRAC Web site. It will be included on the Web site as a PDF file like the *Signpost* is already. You will be able to download it and print one page or the whole directory. If you order one by mail it will still be \$10 which just covers copying and mailing not even handling. The printed version will be updated annually but the PDF file on the web site will be updated as information is received. (Check it out and let us know if something needs to be added or corrected.)

The new layout was done by your *Signpost* Editor David Brooks. It really is much better and on the Web it will be in three colors. Thank you David for a great job that was much needed.

Election Results

President:

| | |
|--------------|--------------|
| John Havicon | 39 (elected) |
| Pam Helmke | 38 |
| Russ Hauck | 2 |

Region II

| | |
|--------------|--------------|
| Jeff Gaffney | 34 (elected) |
| Rogoway | 27 |
| Hickinbotham | 16 |

Region IV

| | |
|----------------|--------------|
| Walt Young | 58 (elected) |
| George Struble | 2 |

Ballots mailed 157

Ballots returned 82 (52%)

Officers take office on 1/1/2000. Congratulations to the winners and a great thanks to you all.

THE SIGNPOST

[HTTP://HOME.EARTHlink.NET/~PKRGRAC](http://HOME.EARTHlink.NET/~PKRGRAC)

New Directory Colleges & Universities by Doug Bryce

Watch for a new Directory of Colleges and Universities right after the first of the year. Please review it and let us know what information is missing and how we can improve it. The printed version will be updated annually but the PDF file on the website will be updated as information is received.

Thank You PRAC

November 19, 1999
Rebecca Schoenenberger

Dear Mr. Hauck and PRAC,

I want to thank the Park Rangers Association of California for awarding me a scholarship. I am sincerely grateful for the money I have received, which has allowed me to enrich my college experience further.

I plan to use this money to take a Rainforest Ecology class in Costa Rica this spring. As part of the class I will spend nine days in Costa Rica over spring break. While in Costa Rica I will be staying in Monte Verde Preserve and Cabo Balanco Absolute Nature Preserve. I look forward to seeing the flora and fauna, as well as, how preserves operate in a foreign country.

I am ecstatic to have the opportunity and support to take this class. A portion of the scholarship I am saving to continue my education at Humboldt State University. Again, thank you PRAC for awarding me this scholarship.

Sincerely

Rebecca Schoenenberger

**Park Rangers Association of California
Board Officers
1999**

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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.

EMAIL:

PRANGERD@IX.NETCOM.COM

Membership Application

| | | |
|-----------------------------------|-------------|-----------|
| NAME _____ | | |
| ADDRESS _____ | | |
| CITY _____ | STATE _____ | ZIP _____ |
| PHONE _____ | | |
| HOME _____ | WORK _____ | |
| EMPLOYER OR SCHOOL _____ | | |
| JOB CLASSIFICATION OR MAJOR _____ | | |

Voting Membership
REGULAR \$45 _____

Non-voting Membership
AGENCY:
(1-25 PERSONS-6 MAILINGS)..... \$75 _____
(> 25 PERSONS-12 MAILINGS)..... \$100 _____
STUDENT \$20 _____
ASSOCIATE \$35 _____
SUPPORTING \$100 _____

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