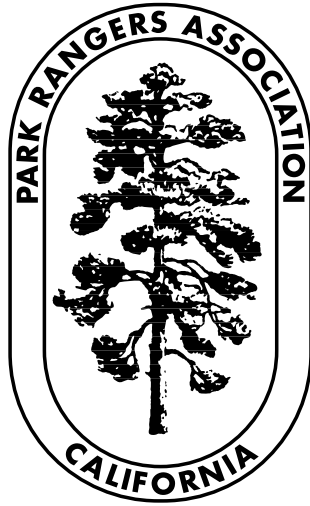


The Signpost

January-February, 2007



Hug-A-Tree by Pam Helmke

In February of 1981 Jimmy Beveridge, a 9 year old boy disappeared after a short hike with his brothers on Palomar Mountain in Southern California. Sudden, severe weather hampered searchers and three days later the boy was found about 2 miles from his camp site. He had died of hypothermia.

One of the searchers that day was Ab Taylor, a tracker for the U.S. Border Patrol. He and fellow search team member Tom Jacobs were deeply affected by the loss of the young boy's life.

Together they developed an education program designed to help children if they become lost. By the end of 1981 they had developed, funded, and produced a scripted slide show and skills set called "*Hug-a-Tree and Survive*" to teach survival skills to the young.

Almost 25 years later thousands of children across the United States, Canada and several other countries have learned valuable survival skills through this program. In November of 2004 the National Association for Search and Rescue (NASAR) entered into an agreement with Mr. Taylor to update and re-distribute the program.

At the 2007 California Parks Conference at Tenaya Lodge. PRAC members will have a wonderful opportunity to become an authorized *Hug-a-Tree* presenter. While the program is targeted to youth it is family friendly and should be a staple for every park systems interpretive sessions.

Reading the headlines over the last few weeks it is certain that *Hug-A-Tree*, even after 25 years, is as relevant and vital a survival tool as ever. Too many people are entering our parks, forests and open spaces, uneducated to the dangers and unprepared for what could happen. As park rangers it is our responsibility to help them learn, understand and prepare. *Hug-a-Tree* is a great way to start the exchange of information.

For more information on Hug-A Tree please see www.NASAR.org

The Conference is Coming Soon by John Havicon

Please join us at the 2007 Parks Conference which is being held right next to Yosemite at the beautiful Tenaya Lodge, March 5-8, 2007. Active and retired professionals from city, county, special district, state, and federal agencies who perform duties in park, recreation, forestry, land management, wildlife refuges, lakes, or watershed areas, as well as students and others seeking careers in these fields are encouraged to attend. The Conference is the perfect opportunity for professionals to learn new skills and exchange ideas with a diverse group of like-minded individuals, spouses, friends, and other family members will also enjoy the location and activities.

The Conference features three days of training sessions in tracks on interpretation, maintenance, resource protection, law enforcement (POST certification), and Gray Bears (retirees). The Conference also includes keynote speakers, advocacy training, demos, vendors and field trips.

Nestled among California's High Sierra Vistas-at the southern gate to Yosemite National Park. Tenaya Lodge delivers AAA Four Diamond style with three restaurants, indoor and outdoor 24 hr pools, Jacuzzi, health spa and fitness center. www.tenayalodge.com

The Conference is not only a great time to brush up on your skills and expand your knowledge on parks, but also a good time to network with other park professionals and their families. Mark your calendars for March 5-8, 2007 and contact us for registration information at californiaparksconference@comcast.net or (916) 996-8371.

To make reservations for the Tenaya Lodge call toll free (888) 514-2167 and press 1 for Group Reservations. Or, if you book online, use our Group Code (**30948J**) to be sure you get the special \$84.00 rate per night, plus hotel taxes.

From the President's Patrol Truck

Well I hope all of you had a Merry Christmas and a Happy New Year. Now it's time to set new goals both personally and in your career. Every year I write down five goals that enable me to learn something new in my job. At times we tend to get complacent and need a jump start to get motivated. Goals help to rejuvenate the passion we had when we first got into this profession.

One of my career goals is to learn to play the guitar for the campfire programs I will be doing this summer. I also want to increase the amount of time I do foot and bike patrol. Being in the best physical shape will make me a better ranger and give me the energy to work towards accomplishing my goals.

PRAC has quite a few goals for 2007 as well. Here are just a few.

- increase it's membership
- provide the most training opportunities in PRAC's history
- Present 5 Generalist Ranger awards at the 2008 conference

Speaking of conference goals, the 2007 conference planning team is ahead of schedule and has an exciting line up of sessions in law enforcement, resource management and interpretation. Look for your registration packet to be arriving in the mail any day.

There will be a special reward for those of you who register for the 2007 conference before January 31st. The conference team will give a free t-shirt with the "PARKS ROCK" conference logo to those of you who are proactive and have your registration packets mailed in by January 31, 2007.

PRAC has three new options available for membership. You can now sign up for a 1,3 or a 5-year membership and receive free merchandise.

- Voting- 1 year regular membership (includes travel mug) \$50
- Voting- 3 year regular membership (includes PRAC hat) \$110
- Voting- 5 year regular membership (includes PRAC shirt) \$175

With a 5 year membership you virtually get 1 1/2 years for free. Is that something to be excited about or what?

I look forward to another year as your president and I will see you at the conference.

Until next time...

Lee

Calling all Leaders and Wannabe's

by Lori Gerbac, Region 5

Want to improve your effectiveness as a leader? Here's a tip: practice ways to build and maintain good relationships.

If you would have asked me in the beginning of my career as a Park Ranger about 18 years ago what it takes to be successful in this career. Well, I might have said something like "just be able to get through the day safely and have no public complaints so I can move up in the world." Truth is—I am not sure what I would have said in those very green days of my career but today, I say our jobs are all about building relationships. We start building relationships with people the first time we meet them, be it on a law enforcement contact, at a volunteer event, over the phone answering questions about our parks, even via email. If we know how to build good relationships, we can typically get through the day safely and many times we can move up in the world. I am going to share with you an article that will hopefully get you thinking about leadership, traits and ways to foster good workplace relationships.

First, let me introduce you to an excellent resource I was made aware of last year during my graduate studies, it is the Center for Creative Leadership. The Center for Creative Leadership (CCL) is a nonprofit educational institution that serves as an international resource for increasing the leadership capabilities of individuals and organizations from across the public, private and nonprofit sectors. Their mission is to advance the understanding, practice and development of leadership for the benefit of society worldwide. Their role is to help individuals and organizations address leadership challenges (and boy, do we have them!).

About the time I was introduced to CCL (www.ccl.org) I signed up to receive their online newsletter "Leading effectively." Admittedly I don't always have the time to read through it, but I know it always serves as an excellent resource to return to, especially when I am drawing a blank about what to write about in a PRAC *Signpost* and have all of about an hour left of my deadline! I really recommend visiting their web site and signing up for their free newsletters. It has helped me put many things in perspective through challenging times. The following article is from CCL's archive of articles.

Everyday Leader—Can You Relate?

Two recent studies from the Center for Creative Leadership—one involving "everyday leaders" and the other involving executives and senior managers—identify "relationship building" as a key skill for leaders. Although the ability to build good relationships has been a component of effective leadership for many years, it will be even more important in the coming years. "Whether you are a CEO of a Fortune 500 company or the principal of an elementary school, relationship skills matter," says CCL's André Martin.

Leaders who are skilled at building and maintaining relationships share several traits, including self-awareness,

ability to delegate and motivate, good interpersonal skills and a participative management style.

Self-awareness; A clear, honest picture of yourself and your behaviors sets the stage for good relationships. Self-awareness includes knowing your strengths and weaknesses, but it also entails understanding why you are the way you are and the impact your behavior has on others. For example, a small business owner takes pride in personally managing client relationships. He also has the awareness that his hands-on style can frustrate his staff and create the appearance that he doesn't trust or appreciate them. By taking into account the impact of his behavior, the business owner can make adjustments in how he relates to his clients and employees.

Ability to delegate and motivate; To be effective, you should be willing to delegate important tasks and decision making. Delegating serves two purposes: it is more efficient and builds skill, experience and confidence in others. Leading others also requires the ability to give honest, consistent feedback and to find ways to motivate and reward others for their efforts and abilities. Think about the parent who teaches her toddler to pick up his toys. While it may be slow-going at first, eventually the child develops the skill and is able to help around the house.

Good interpersonal skills; Skilled leaders are able to negotiate and handle work problems without alienating others. To improve in this area, you'll want to try to understand others' perspectives and needs. Practice your diplomatic skills and get things done by finding common ground. Leaders with honed relationship skills develop rapport with all kinds of people too. Have you ever known a school principal who is equally comfortable with students, parents, teaching staff and school board? If so, you've seen people skills at their best

Participative management style; Strong leaders use effective listening skills and communication to involve others, build consensus and influence decisions. Consider how often you involve others in the beginning stages of an initiative. Do you listen to all your constituents and keep them up-to-date? Compare the styles of two city mayors, for example. One mayor is participative; the other autocratic. Initially, the mayor who values relationships and broad communication appears to be less effective than the more independent-minded mayor. But as time passes, the participative mayor is able to build support for key initiatives and is considered a good leader and skilled administrator. In contrast, the authoritarian mayor faces many political roadblocks and becomes highly controversial.

"Being good at relationships is often thought of as a personality trait—either you are or aren't," says Martin. "While relationship building does come more naturally to some people, the good news for everyday leaders is that we all can improve."

USFS Engine 57

This was written by a firefighter of the Delrosa Hotshots. I thought they were amazing words. If you were there, you know what he's talking about. If you were not there, he describes the day in a way that will include every reader as if they were there.

Submitted by David Updike, Region 4, written by Seth, firefighter USFS

Today was the memorial for BDF Engine 57. For those who have not heard, San Bernardino National Forest Engine 57 (off the San Jacinto District) was overtaken by the Esperanza Fire shortly after its start early morning of October 26th, 2006. All five members on the Engine Crew were killed. It is the worst wildland accident since 1994.

I myself work with the Del Rosa Hotshots on the San Bernardino National Forest (BDF). You have probably heard me rant in other wildland topics, but for those who have not heard me, my name is Seth. My Crew is on the neighboring Front Country District, but before I worked with the Crew, I spent two years on the Engine closest to the San Jacinto. Engine 35. Engine/Station 57 was just across the way from us a few stations down. We fought fire together on many occasions. Also, my mother works on the San Jac District as a botanist for the Forest Service. When I was trying to get on with the Forest Service in High School, she introduced me to everyone on the San Jac District. Many of the Chief Officers are family friends. Needless to say, the Forest Service has been a second family to me in my short, three year career (so far).

Yesterday was the Funeral for Mark Loutzenhiser, Capt. 57. The day before was the funerals for both Jess McLean, Engineer 57, and Jason McKay, Assistant Engineer 57. All three funerals I have had the privileged to be a part of. The next two days are the funerals for both Firefighter Pablo Cerda and Firefighter Daniel Hoover-Najera. Both of which I will also attend. Today however, was a public memorial for all five of our Fallen Brothers. Everyone was invited and it certainly felt that everyone was there. Here is my story of the day for those of us who were not there in person:

Both the Front Country and Mountain-Top District fire units all met down at the tanker base located within San Bernardino City. We met early this morning and in full force. That's 18 Engines, 3 Water Tenders, A Dozer Crew, 3 Hotshot Crews (including mine), 3 Patrol Units, 1 Helitack Crew, several dozen overhead and scores of support vehicles.

We made our way, in line and order, onto the freeway rolling Code 2 (emergency lights only). Picture this: A 3-mile long line of Forest Service vehicles all rolling with lights on. My Crew was placed near the end of the line and I never saw the head of it once, despite traveling on long stretches of the freeways. We were met by many Brothers and Friends to the Forest on the way. San Bernardino City/County Units parked on several overpasses and saluted as we drove by. These County guys were parked along the side of the freeway.

We made it to our destination at the Hyundai Pavilion in Glen Helen/Devore in good time. Two city ladder trucks

were in place with their ladders extended and a large American flag hanging down from where the two ladders met. We placed our vehicles on the side of the road leading to the entrance in a way so that our designators were sticking out. All personnel, stood in line on the opposite side of the road.

We greeted almost everyone who came. When the families of the Fallen came, we were at full attention, saluting them as they drove by. It was quite a sight. Hundreds, if not a thousand engines were there from across California and the Nation. A unit from San Francisco FD came ringing its bell mounted on the front bumper. Los Angeles City/County came in force. Santa Ana. Anaheim. Fullerton. La Jolla. Costa Mesa. San Bernardino City/County. Highland and Redlands. Idyllwild. Murrieta. Arcadia. Santa Barbara and Ventura. And countless of other City Departments across California from every town big and small. Even a New York City Division Chief was there. Also, many PD/Sheriff units came, including CHP. CDF and Forest Service units were in mass numbers. At least half of neighboring Angeles and Cleveland National Forests must have been there. And scores of engines from the Forests up north. A Forest Service engine from Prescott, Arizona in Region 3 showed up. I saw an engine from every Unit in CDF. It was an amazing site. Once the Cleveland and Angeles units were parked, they came and stood along side with everyone on the San Bernardino. Many Associations were there. CSFA. The great Wildland Firefighter Foundation. And many others

It is at this point that I want to thank all the Forest Service units who were covering our stations. The entire BDF Fire Suppression force was out of service to honor our brothers, and it would not have been possible as we are still bound to duty and protect the Forest. Thank you to all the units who covered for us. Thank you to the team and support personnel not only covering for us, but managing the Forest in our absence. Thank you to all our friends and brothers who fought the Esperanza Fire also in our absence. Thank you to everyone for your much needed love and support.

The San Jacinto District was police-escorted in, and once they arrived we were once again at full attention giving our firmest salute. We had all of the lights on our vehicles on the other side of the road. Once everyone was inside, the BDF was led inside and placed around where the families of the Fallen were being seated. The San Jac Units rolled in, and everyone stood for their entrance, as well as the families when they entered.

The ceremony started off with music and the traditional Posting of Colors ceremony, which was done with Honor Guard members from every Department who was there. Flags from many different departments made the Colors

Story Continues on next page (page 5).

USFS Engine 57

(Continued from page 4)

very brilliant and elaborate. Our Forest Supervisor, who I got to meet the other day, guided the ceremony. The Southern California Congress Choir sang us several beautiful numbers, as well as young talented Sarah Kelly also singing several beautiful numbers.

There was much representation present. Governor Arnold Schwarzenegger, House of Rep's; Feinstein, Lewis, Bono and Baca were there. The Chief of the United States Forest Service was even there, along with Region Chief and Region Forester and Chief of Fire and Aviation Management. Needless to say, these were some big names, all of which gave short speeches. Some were better than others, but all in all I had to be impressed with the politicians for NOT politic-ing as much as they could have, especially two days away from voting day. I myself was very pleased with all of the Forest Service speakers. They spoke heartedly and meaningfully. And everyone expressed their deep condolences for the families. I should add, that in front of the stage were tables set with flowers, a wildland firefighter statue, and the helmet and picture of each of the Fallen. Both the statue and helmet were later presented to the families.

The BDF Fire Chief and Division Chief of the San Jac both came up and gave very good speeches on behalf of the BDF fire family. They really told just how much the Fallen will be missed and what it means to carry on their legacy. Though it was difficult for them to speak as their hearts were still filled with grief, they humanized the memory of the Fallen and made it much more personal. They even reassured everyone there that Station 57, Alandale, will respond again... in memory of the five fallen firefighters. The Firefighters prayer was read aloud, and the traditional and infamous Final Alarm Bell Ceremony was performed, despite a slight mishap midway through the haunting 5-5-5 call. Amazing Grace was gorgeously performed by the large band of traditional clad bag-pipers. The USFS bagpipe was on stage with the other pipes down in front. The USFS pipe played Amazing Grace the first time alone, then all the other pipes joined in on the next round, then back to the single USFS pipes which played several more times alone. The drums beat, they marched in place, and played that song on a way that will leave me forever haunted and yet forever in peace of this entire incident.

And a stunning aerial tribute was performed by CDF and Federal tankers. Tanker 25, the big one in the middle, dipped its wings as it flew overhead, only a few hundred feet above the crowd. The pictures can not even begin to explain how powerful of a sight this was.

The helicopters soon followed. Tanker 764 led the way with the Heaps Peak and Keenwild ships behind it, and CDF Copter 301 or 305 (I couldn't tell) brought up the rear. The Keenwild ship, broke off from the rest of the fleet as they flew overhead. This represented our Fallen comrades. This was a site that shook me deeply, and thus finally got me. With this came the dismissal of the ceremony, and we all slowly went home. I left today feeling just a little bit better

about everything. I know I had been taking this very hard, and although I felt like I shouldn't have, it was still a life lesson that I will never forget. My parents told me earlier in the week when I was a wreck that it was ok. It was ok for me to be this way and that we all deal with this stuff in our own way.

All in all, it was a very touching ceremony. As before, it was hard to see the families and witness their grief firsthand, yet it was incredible to see the output of support from the community and Firefighting Brotherhood of their support that they gave. I can not begin to list off everyone who was there, nor can I come close to even thanking everyone. I know that this was felt across the Nation and the World, and I know that many people wanted to attend who could not make it. But it is important that I say that everyone, the firefighting community, was there at heart. The support you have all given us these last few days has been tremendous and invaluable. The love that we have all shared is a real testament to the true meaning of 'The Brotherhood.'

There are many forms of firefighting, whether its City/ Structural, Search and Rescue, Military, or Wildland. But we are all bonded together by the same goal; To Save Life, Preserve Property and Put Out the Fire. We are all bonded with the same prayer, which so many of you are familiar with and I will now close with:

The Firefighter's Prayer

When I am called to duty God

*Wherever flames may rage
Give me strength to save a life
Whatever be its age*

*Let me embrace a little child
before it is too late
Or save an older person
from the horror of that fate*

*Enable me to be the alert
and hear the weakest shout
and quickly and efficiently
put the fire out*

*I want to full my calling
to give the best in me
to guard my friend and neighbor
and protect their property*

*And, if according to your will
While on duty I must answer Death's call
Bless with your protecting hand
My family, one and all*

***I have never been more proud to be a Federal,
Forest Service Firefighter.***

Thank you,

Seth

Changes in CPR Training: Epinephrine and Asthma Inhalers

by John Havicon

The American Red Cross and American Heart Association are now following the recommendations of the 2005 International Consensus on CPR and emergency Cardiovascular care by including training on the use of Epinephrine auto-injector and bronchodilator inhalers.

Anaphylaxis is a life threatening illness caused by an allergic reaction from insects' stings or bites, eating certain nuts, shellfish, latex or medications. An anaphylactic reaction can occur within minutes up to 2-hours of the contact of the allergen. Anaphylaxis is characterized by swelling of the body, especially the face swelling, breathing difficulties, shock and even death.

Asthma symptoms are:

Asthma is characterized by inflammation of the air passages resulting in the temporary narrowing of the airways that transport air from the nose and mouth to the lungs. Asthma symptoms can be caused by allergens or irritants that are inhaled into the lungs, resulting in inflamed, clogged and constricted airways. Symptoms include dif-

ficulty breathing, wheezing, coughing, tightness in the chest. In severe cases, asthma can be deadly.

More people susceptible to anaphylaxis and asthma are now carrying life saving products such as Epinephrine auto-injectors and bronchodilator inhalers. The products are self-administered by the victims, but there are times when the victim may not be able to administer the medication by him or herself, due to the reaction of the illness. Training is being provided, from the lay person to the professional rescuer, in order to provide proper instruction of these devices when the victim is unable to administer it.

Epinephrine auto-injectors and bronchodilator inhalers are medically prescribed to each person and should be used only on the person it is prescribed to. Follow your local protocols when administering any first aid. This training is considered an optional portion of CPR training. You should request your instructor provide this. If you have any questions regarding Epinephrine auto-injectors and bronchodilator inhalers, CPR or First Aid, please contact me, John Havicon, at on_belay@comcast.net or 916-875-6672.

Job Duties...

**by Tom Maloney, Supervising Park Ranger
County of Orange**

When we talk of our various job duties, many times we talk about what "hat we are wearing" today.

I got to thinking about that saying and said hey!

I got my Ranger ball cap, a smoky-bear style campaign hat, and my hard-hat fire helmet, Hmm...not too many hats.

But, then I looked into my closet and noticed I owned and used on a regular basis the following:

One pair of high-top leather fire boots.

One pair of calf-hi, rubber, mud boots.

One pair of Heavy Duty, high-top hiking boots.

One pair of light duty, low-top hiking boots.

One pair of gloss-black oxfords (for those "Class-A uniform" events).

One pair of rugged Mt Biking shoes.

And, in the back of my closet from way back in my lifeguard days, a pair of short swim fins and "flip-flops".

So, what I am trying to say is sometimes we as Park Rangers can better identify what jobs we are do on any particular day NOT by what hat, if any, we may have on our head, but what type of footwear we have on our feet!

What type of footwear are you wearing today?

The San Francisco Park Rangers

by Matt Cerkel

One of the oldest, but most overlooked, park ranger programs in the country is the park ranger program in the City and County of San Francisco. Like most ranger programs, they deal with the typical park issues and currently face an all too common problem, budget cuts.

The ranger program in San Francisco dates back to 1874 when William Hammond Hall, San Francisco's first Superintendent of Parks, established the "Park Guards," now Park Rangers. Since that time San Francisco Parks have had their own patrol officers. The City recognizing "that the park's own officers could serve the public in a way that could not be provided by the regular city police," something that still is often overlooked by public and park administrators.

The San Francisco Park Rangers continue their long tradition of serving the general public and all visitors to our parks. The Rangers are part of the San Francisco Recreation & Park Department (RPD). Interestingly, San Francisco's HR departments officially list the Park Ranger's job classification as Park Patrol Officer and are part of Park Patrol Division of the RPD, but their badges and vehicles say Park Ranger. They are responsible for patrolling over 200 Park and Recreation Facilities that cover 3,400 acres of land throughout the City & County of San Francisco. These include Golden Gate Park, neighborhood parks and playgrounds, recreation centers, playing fields, natural areas, city-owned golf courses, city-owned stadiums, including Candlestick (Monster) Park and park offices. "The San Francisco Park Rangers primary duties are to preserve peace, protect life and property, and to enforce the City and County of San Francisco Park Code."

Now in an all too familiar problem for same ranger programs the number of SF Park Rangers "is down dramatically due to budget restraints," officials say, leaving park

users and advocates worried about their safety among the hundreds of acres of parkland with hidden trouble spots. Since 2003, the number of rangers patrolling SF City Parks has been reduced from 12 full-time Rangers to 6 part-time Rangers because of budget cuts.

The San Francisco Park Rangers have their supporters who understand the importance of the ranger program and how rangers provide for safer parks and are more effective at patrolling them when compared to the police. In a recent story on KPIX called, "Budget Takes Toll on San Francisco Park Rangers" park advocates state they "are worried their numbers could disappear altogether because of money problems. They say the rangers provide a level of safety for citizens and that they know the parks better than city police." In the same story, Wolfram Alderson of the Neighborhood Parks Council states, "what we want is more than men with guns and badges." Alderson goes on to state, "there aren't officers that really know the interiors of park—the little pockets where there are problems—this is a specialized job." The San Francisco Park Rangers may need these supporters soon.

Because of the on-going budget problems in San Francisco the Recreation and Park Department has a "city commission" that is now taking a closer look at the ranger jobs. In January, there will be a preliminary report. They'll decide whether or not to keep the status quo, hire more rangers, or eliminate them.

It would be great if someday public administrators realize park rangers are public safety employees, no different than police officers or firefighters, and that public agencies get more "bang for the buck" by employing rangers. I hope the commission looking at the San Francisco Park Rangers realizes that. I would hate to see one of our nation's oldest ranger programs eliminated.

Dues Reminder!

**It is now 2007 and dues are due once again!
You should have received the annual PRAC renewal
notice in December.**

**If you have misplaced it,
you can use the form on the back of this issue or
go to the PRAC web site at:**

www.calranger.org

**Park Rangers Association of California
Board Officers 2006**

President

LEE HICKINBOTHAM JR.
(408) 356-2729
FAX: (408) 354-8623
E-Mail: president@calranger.org

Region 1 Director

MATT CERKEL
(415) 609-3863
FAX: (415) 945-1171
E-Mail: region1@calranger.org

Region 2 Director

PAM HELMKE
(408) 277-5254
E-Mail: region2@calranger.org

Region 3 Director

JOHN HAVICON
(916) 875-6672
E-Mail: region3@calranger.org

Region 4 Director

DAVE UPDIKE
(310) 858-7272 EXT. 123
FAX: (310) 858-7212
E-Mail: region4@calranger.org

Region 5 Director

LORI GERBAC
(858) 538-8082
FAX: (858) 536-8334
E-Mail: region5@calranger.org

Region 6 Director

JOHN LUFRANO
(775) 586-7271
FAX: (775) 583-7273
E-Mail: region6@calranger.org

Past President

MIKE CHIESA
(707) 847-3245
FAX: (707) 847-3325
E-Mail: pastpres@calranger.org

The Signpost Editor

DAVID BROOKS
(831) 336-2948
FAX: (831) 335-1178
E-Mail: newsletter@calranger.org

Scholarship

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

Executive Manager

MARCIA JOYCE
Office: (707) 780-0243
FAX: (707) 780-0243
E-Mail: office@calranger.org

WebMaster

JEFF PRICE
(805) 278-9201
E-Mail: webmaster@calranger.org

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