



Lazy Bums

Original article from: croatiantimes.com
Submitted by Park Ranger
Marie D. Fong, Director Region 6

And you thought your Department wasn't doing too well...

Cash strapped park officials in China are putting the wind up lazy bums who loaf on their benches for too long—by fitting steel spikes on a coin-operated timer.

If visitors at the Yantai Park in Shangdong province, eastern China, linger too long without feeding the meter, dozens of sharp spikes shoot through the seat.

Park bosses got the idea from an art installation in Germany where sculptor Fabian Brunsing created a similar bench as a protest against the commercialization of modern life.

“He thought he was exaggerating. He didn't foresee that a very practical country like China might actually use them for real,” said one critic.

Parks in China suffer from chronic overcrowding at weekends when millions of people try to escape the country's teeming cities.

“We have to make sure the facilities are shared out evenly and this seems like a fair way to stop people grabbing a bench at dawn and staying there all day,” said one park official.



San Jose Rangers Receive Commendation for Live Saving Skills

By Pam Helmke

On September 7th, 2010 City of San Jose Park Rangers Stephanie Ferris (a PRAC member) and Fred Cortopassi received a commendation for saving the life of a park visitor at Lake Cunningham Regional Park. On June 9th Rangers Ferris and Cortopassi responded to a call for an adult male that had collapsed and was unresponsive near the parks boat launch. The rangers responded Code 3 to area and were quickly directed to an approximately 55 year old male on the ground. During the initial assessment they found the patient to be unresponsive, not breathing and he was without a pulse. The rangers began chest compressions, inserted an oral airway and began rescue breathing with a BVM and oxygen. Beginning CPR immediately upon arrival was key as no citizen CPR had been initiated. As the rangers were about to apply their AED the San Jose Fire Department arrived and Paramedics used their defibrillator to shock the patient. For about 20 minutes park rangers and fire fighters continued to perform CPR and shock the patient. The patient was then transported to a nearby Trauma and Cardiac Center by ambulance. While still unresponsive, the patient had a pulse and was breathing on his own when he left the park. The

patient was taken to the cardiac cath lab on his arrival at the hospital and a stent was placed. After a prolonged stay in the Intensive Care Unit the patient stabilized and was discharged home neurologically intact.

Shortly after being discharged the patient returned to the park to thank Rangers Ferris and Cortopassi for saving his life. The patient advised City staff that his cardiologist told him he would not be alive if CPR had been delayed until the arrival of the Fire Department—the rapid and professional response by the park rangers was vital to his surviving with no brain damage.

In recognition San Jose City Councilmember Rose Herrera and Mayor Chuck Reed presented commendations to Rangers Cortopassi and Ferris in front of the full Council, the public, several rows of fully uniformed San Jose Park Rangers, family and friends. During the commendation ceremony Ranger Ferris spoke and thanked everyone—and reminded them all that she and Fred were just doing their job.

Not mentioned was the fact that this patient might not have been so lucky—over the last few years the San Jose Ranger Program has been reduced, slated for elimination (and pulled back at the last minute due to strong public support) and Ranger Ferris has seen two pink slips in her three years with the City.

Congratulations to Rangers Stephanie Ferris and Fred Cortopassi for a job well done.

(If you know of a uniformed parks employee who was recognized by their agency or was “just doing their job” and saved a life or took a significant risk to protect a park visitor please let me know so they can be recognized in future issues of the *Signpost*.)





Northern California Asian Peace Officer's Association Hosts Annual Pistol Match (By Kenneth Wong)

On September 18, 2010, the East Bay Regional Park Police Association Pistol Team consisting of the members listed below competed in the Northern California Asian Peace Officer's Association (NCAPOA) annual pistol match at the San Francisco Police Department–Lake Merced Range.

Approximately 100 people attended the event, where shooters competed with other shooters from other agencies/associations. There were vendors present, a raffle and a BBQ lunch served by the NCAPOA to all of the attendees. Our team's placing:

3rd Place Individual Category: Ofc. Joshua Godwin

Our thanks to the East Bay Regional Park Police Association for their support.



(L-R) Ofc. Matthew Lillie, Ofc. Joshua Godwin and Det. Kenneth Wong (Region #1 Director)

Trust Your Gut

10 tips for what to do when things just don't feel right

By Kip Teitsort

Is it true a dog can smell fear? Can cows feel a storm coming? Why do bees only sting certain people? Why does a deer stand erect when it hears a twig crack? Do the animals know something is about to happen?

And, when it comes to self-preservation, are we really that different from those other animals?

Have you ever heard someone say, “I just knew something wasn't right,” or “I had this feeling something was wrong”? In my police experience, I've heard those kinds of remarks from victims of crimes. Similarly, as a paramedic, I've heard ill and injured people say they believed they were going to die. In both cases, the victims experienced feelings of impending doom. Medical personnel take this feeling in their patients very seriously, because it usually represents a true medical emergency. Paying attention to it may also prove beneficial in personal safety.

This relates to what I call the Human Animal Theory. I believe we all still can, on a subconscious level, often recognize dangers based on subtle clues. According to Carlin Flora of [Psychology Today](#):

“Intuitions, or gut feelings, are sudden, strong judgments whose origin we can't immediately explain. Although they seem to emerge from an obscure inner force, they actually begin with a perception of something outside—a facial expression, a tone of voice, a visual inconsistency so fleeting, you're not even aware you noticed.”

When lecturing on personal safety, I start by asking women if they've ever been to a big city. Most have. I then ask them if they ever went shopping somewhere in that city. Again, the reply is usually yes. Then I ask if they ever recall a point where they were just about to insert the key into the door of their car when, out of nowhere, they had a feeling someone was looking at them--and then looked up and saw someone staring at them from a distance. I ask, “How did you know to look specifically in that direction? How did you know they were there?” Can you think back to a time this has happened to you?

With men, I pose an encounter many of us have had: That pleasant, friendly person who isn't aggressive or threatening, but about whom some voice in our head says, “Man, there's something about that guy—I wouldn't want to have to fight him.” Why would you worry about that guy? What are you picking up?

Most people have watched some sort of reality TV show about cops. There is a camera view of the officer in a patrol car, driving down the street, passing numerous people on the sidewalks and cars coming and going. As he's saying something like, “I grew up in this town, I really love helping my community—” he'll suddenly key

up on something and stop to investigate—and bam!, there's a car chase or foot pursuit. Why did the police officer decide to stop that particular person or car?

The interesting thing is all these feelings are similar. They all represent a perception that something's just not right. You've heard people tell you to “listen to your gut instinct,” and that's what's being described here. I believe we get this “feeling” because somewhere, we perceived a threat. We only register the information as a vague gut instinct because we were not focused on that particular stimulus. The human mind can be aware of many things, but only focus on one. Criminals take advantage of people who are distracted.

- Pay attention to that little voice—it is there for a reason. If you ever get the feeling something is just not right, here are some tips:
- Do not ignore the feeling!
- Immediately look 360 degrees around yourself.
- If you see someone who looks suspicious, briefly look them in the eye. Do not stare; simply let them know you saw their face.
- Do not act like a kid hiding under the covers. Awareness of your surroundings is key.
- Call someone early.
- Know your specific location at all times. Landmarks, street names and buildings are all important in case you have to summon help.
- Notice vehicles and license plates if possible.
- If practical, walk toward a nonthreatening group of people.
- Find a way to create distance from the threat; be like a moth and go to the light, well-lit areas are safer.
- Report it! Let the police know about suspicious behavior. Many crimes have been solved by people calling in their suspicions to police.

Too many times people hear that little voice or get that feeling in their stomach and fail to recognize it for what it is. Taking simple preventive steps by listening to your gut instinct can have a profound impact on the outcomes of potentially dangerous situations.

Kip Teitsort is the founder of [DT4EMS](#). He is a veteran paramedic and police officer experienced as an EMS educator and law enforcement defensive tactics instructor. Kip continues to train in several martial arts, including Kali/silat, submission grappling and kick-boxing.



Natural Resources Communication Workshop

January 10-14, 2011

The Natural Resources Communication Workshop, sponsored by the Western Section of The Wildlife Society, is designed to help natural resource workers more effectively communicate with general as well as technical audiences through personal presentations using good visual aids. The workshop focuses on the use of computer-generated images created with Microsoft's PowerPoint software. The workshop is practical-oriented and enhances participants' communication skills in planning, preparing, presenting, and evaluating presentations. Since many of the problems in natural resources management are people-oriented, more effective communication can significantly improve many management programs.

Workshop Content:

1. Discussion topics include:
 - Planning: communication principles, audience analysis, graphic design
 - Preparing: creating computer-generated graphics, photographic composition, rehearsal tips
 - Presenting: equipment setup, speaking tips, dealing with difficult audiences
 - Evaluating: evaluation of performance
2. Each participant will bring a selection of computer-generated images (ex., graphics created with PowerPoint or other presentation software programs) for organization into an illustrated talk.
3. Each participant will prepare graphics (titles, graphs, charts, maps, cartoons, etc.) to be used in their presentations.
4. Each participant will give a 5-and 15-minute presentation (which will include graphics prepared during the workshop). These presentations will be evaluated by the class and the instructors.

Instructor: Dr. Jon K. Hooper, Professor, Calif. State Univ., Chico (Certified Wildlife Biologist, Certified Interpretive Trainer, Ph.D. in Wildlife Ecology, 35+ years teaching communication workshops around the country). Dr. Hooper will be assisted by Ms. Kim Rubin, who has experience as a tour guide and environmental interpreter. She has 10 years experience facilitating the Natural Resources Communication Workshop.

Location: California State University, Chico (90 miles north of Sacramento)

University Credit: Participants receive 1-unit CSUC Continuing Education credit; the workshop is worth 32 hours of continuing wildlife education credit through The Wildlife Society's Professional Development Program (Category II).

Application Procedure: The initial deadline for applications is October 29, 2010 (Friday). Late applications are accepted (such applicants will become participants if the workshop is not yet full; otherwise, they will be placed on a waiting list in case of cancellations). The registration fee is \$749. The workshop is limited to 16 participants. Since more applicants usually apply than there are spaces available, the registration fee is not due until an applicant has been officially accepted into the workshop (this occurs shortly after the October 29 deadline).

Since the workshop has a limited capacity, all applicants will be contacted after October 29, 2010 to notify them if they have been accepted. Instructions on paying the registration fee will be provided at that time. Payment must be received before applicants will be fully registered. Failure to make timely payment will result in alternate applicants being selected.

To Apply: send a letter, fax, or email describing: (1) your current position within your agency or organization, (2) how you will use the training, (3) any special reasons why you feel you should be chosen as a participant, and (4) if you already have official agency/organization approval to attend. In your application, include your address, phone number, fax number, and email. To apply or for more information, write or call:

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Dept. Recreation and Parks Management
California State University, Chico
Chico, CA 95929-0560
(530) 898-5811 or 898-6408
fax: (530) 898-6557
e-mail: jhooper@csuchico.edu

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FLASH!! Participants in the 2011 workshop will not only learn professional tips for using PowerPoint, but also will gain exposure to Photoshop Elements (digital photo editing and cataloging software).

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

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