

MOUNT DIABLO REVIEW



Spring / Summer 2010

MDIA, PO Box 346, Walnut Creek, CA 94597-0346 • 925.927.7222 • fax 877.349.5016 • www.mdia.org



PARK SUPERINTENDENT'S REPORT

by *Roland Gaebert*

Photo by
Harvey Brosler

Keeping Mount Diablo State Park safe and clean for its approximately 750,000 annual visitors is our Park Maintenance staff's number one priority. Even under the current challenging economic times that the State of California is facing, our staff is dedicated to maintaining the Park with the resources that we have been allocated. In this issue, I have asked one of our hard-working Park Maintenance team members to explain some of the challenges and rewards that they face.

KEEPING THE PARK SAFE AND CLEAN

by *Daniel Williams,*
Park Maintenance

As park employees, we are always pleased to see our guests come in and enjoy themselves to the fullest extent of what Mount Diablo State Park has to offer. And as maintenance employees, we feel it is important that the general public should have an idea of what our job entails.

Our number one priority is to keep the park safe and clean. There is constant litter removal and trash pick-up/hauling, cleaning of restrooms and all park facilities, landscaping and brush removal, road patch and repair, plumbing and construction, and working with volunteers and the Cal Fire crews, just to name a few of our regular maintenance activities.

And keeping up with the water system is literally a round-the-clock job in itself. It relies on water generated by our mountain springs, which is maintained by our Water Treatment Supervisor.

There are the 187 miles of roads and trails plus asphalt roads going through the park that our heavy equipment operator and all of our staff keep in shape for us. When the rain is pouring down, we all are out there keeping the ditches and culverts clear



Photo by
Gary Gray

continued on page 2

MDIA PRESIDENT'S COLUMN

by *Jim Mitchell*

Welcome to Mount Diablo State Park. The members of the Mount Diablo Interpretive Association and the many volunteers who work closely with the park staff to enhance your visit to the mountain are happy to share this very special place with you. Please enjoy your visit and respect the park, so that it can remain for many future generations.



Jim Mitchell, MDIA President

There is a good chance that you have entered into the park through the North Gate or South Gate entrances and are on the way to the summit for the magnificent views. On a clear day you will be able to see almost 200 miles to Mount Lassen in the north, Half Dome to the east, Mount Hamilton to the south, and the Farallon Islands to the west. If you are lucky to be here at the right time during spring, you will be traveling through spectacular displays of poppies and lupines. And no matter when you visit, the trip to the summit is really a trip though time. As you drive to the summit, you will be passing through 190 million years of geologic history, since the lower part of the mountain

continued on page 2

If you wish to submit articles or photographs for the
Mount Diablo Review,

contact Ruth Ann Kishi at 925-927-7222 or
via email at rakishi@mindspring.com.

Submission deadline for the Spring/Summer edition is February 1,
and for the Fall/Winter edition is August 1.

Save Mount Diablo generously publishes the
"Events Schedule", which includes hikes in
Mount Diablo State Park.

This schedule may be found online at
www.savemountdiablo.com
or via a link at www.mdia.org.

KEEPING THE PARK SAFE AND CLEAN

continued from page 1

of blockage, keeping the water flowing in the right direction and hoping the roads don't wash out.

With 55-plus years of experience together in this park alone, our more experienced workers are prepared for almost anything. Without our seasonal crew, it would be very difficult to keep all facilities open and in repair. And it's all kept at a level of sanity thanks to our maintenance supervisor.

Often it will be you, the park visitors (the real eyes of the mountain), who inform us of problems that maintenance will need to address. We sometimes are approached and asked why some of the facilities are closed and/or why something is not working (for example, faucets, spigots, toilets or showers) or why a certain area hasn't been mowed or why a table hasn't been rebuilt. Our response is honest and simple. First of all, we want you to know that we understand the need to have all facilities working. Second, we do our absolute best with limited resources to try to keep everything working.

It is an ongoing challenge to keep up with these types of problems, mainly due to shortage of staff and the mandated furlough days (three a month per employee, resulting in a loss of 216 hours each month for the park maintenance department alone).

It seems that more often than not, we will be on our way to do the necessary repairs needed for some of these common problems when we get a call about a tree that has fallen across the road or a water line that is broken or a toilet that is overflowing. That's when we have to drop what we were doing and grab the chainsaws and gear or whatever is needed to address the situations. That causes postponing the previously scheduled repair on the restroom's water heater or picnic table that we were on our way to repair.

In a nutshell, it's a big park (20,000-plus acres) with a small crew. Nevertheless, even though Mount Diablo State Park has staff and budget shortages, as do other parks, we are committed to making your visit as safe and enjoyable as possible. It is a team effort, and we appreciate your patience and understanding on these matters. Even in these challenging times, with all these maintenance issues, we still feel fortunate and proud to be a part of maintaining this very large and very beautiful mountain.

MDIA PRESIDENT'S COLUMN

continued from page 1

was created from much younger rock than what you will see at the summit. There are many turn-offs, vistas and interpretive panels along the way, so please take your time to make the most of the many opportunities to explore.

If you like to hike, I encourage you to take even a short walk off the road and into some of the back country of the park. Hiking is a great way to explore the park. The new 6th edition Trail Map of Mount Diablo, published by MDIA, is available at the park's visitor centers and many local book and sports stores. The map includes a brief introduction to the park as well as descriptions of a few of the more popular hikes. One of the most popular hikes is the Mary Bowerman Trail. This relatively short nature trail is dedicated to a true lover of Mount Diablo and charter member of MDIA. The trail starts near the summit and includes 14 stops with interpretive displays. A guide to this hike is available at the trailhead.

Nature guides are also available for you to learn more about the Birds, Trees and Shrubs, and Wildflowers in the park. Please stop by one of the visitor centers to see all of the publications available. Park docents are also available to direct you to the right hike or other activity to help you make the most of your time in the park.

If you have entered Mount Diablo from Clayton, you will find some of the best hiking on the mountain from the trailhead at Mitchell Canyon. From the Mitchell Canyon Visitor Center, you can take a leisurely walk up Mitchell Creek, which is a great place to see wildflowers and many bird species. There are also more difficult hikes available to Eagle Peak or Black Point, which provide spectacular views of the Delta, or you can challenge yourself to the 14-mile round trip, 3000-foot climb to the Mountain's Summit. If you are taking one of the more challenging hikes, be sure to start early and take plenty of water, as it is not available on most of the trails.

MDIA exists to enhance your visit to the park through the development of interpretive displays, publications, and support of park programs. Any purchases you make in the park's visitor centers help support these activities, and since MDIA is staffed only by volunteers, almost all money collected gets invested directly back into the park. If you love the mountain, as so many of us do, please consider supporting the park through membership in MDIA, donations, or by volunteering for one of the many programs in the park. Information about MDIA and the park can be found on our website at www.MDIA.com. We are blessed to have this great park practically at our doorsteps. Please enjoy your visit to Mount Diablo and let the mountain inspire and energize you.

SIZZLING SUMMER - ENJOY MOUNT DIABLO SAFELY

by Carl Nielson,
State Park Peace Officer



Photo by Carl Nielson

and equestrians to enjoy the park during any time of year, but may save your life during hot weather.

Here are some tips for staying safe while enjoying the Park:

Stay hydrated.

Bring plenty of fluids for your activity and drink frequently. Start drinking water 24 hours prior to strenuous activity. Strenuous exercise can cause a person to lose more than a liter of sweat per hour. When a person cannot lose excessive heat, hyperthermia develops. If left untreated, it can lead to organ damage and death. There are three stages of hyperthermia: heat cramps, heat exhaustion, and heat stroke. Heat stroke is the most serious condition.

Recognize the signs and symptoms of a heat emergency.

Symptoms include muscle cramps, weakness, exhaustion, dizziness, faintness, rapid pulse that is strong at first but becomes weak as damage progresses, headache, seizures, loss of appetite, nausea, vomiting, and altered mental status. With heat cramps and heat exhaustion, the skin is typically moist, pale, and normal to cool in temperature. In heat stroke cases, the skin may be hot and dry or hot and moist.

Administer emergency care, based on your comfort level.

Emergency care for heat cramps and heat exhaustion includes removing the patient from the hot environment. Seek shade. Cool the patient – loosen or remove clothing, fan the patient while applying a light mist of water. Have the person lie on his back and elevate legs 8 to 12 inches. If responsive and not nauseated, encourage him to drink about a ½ cup of water every 15 minutes or so.

If the patient is suffering from heat stroke, remove him from the hot environment. Loosen or remove clothing. Apply cold packs to the neck, armpits, and groin. Apply wet towels or a sponge to the skin. Fan the patient aggressively. Advanced emergency care is an absolute requirement. Treatment of severe cases of hyperthermia requires a response from trained personnel.

Phone 911 for any medical emergency.

Other Tips

- Wear a hat (a helmet for bicyclists) and light-colored clothing.
- Exercise in the morning or late afternoon to avoid mid-day when temperatures are the hottest.
- Modify your planned activity if conditions are unfavorable: reduce the length of your trek, or reschedule it for cooler conditions.
- Don't overextend yourself.
- Make wise choices.

Be safe and enjoy the Park!

UNDERSTANDING TRAIL SIGNS

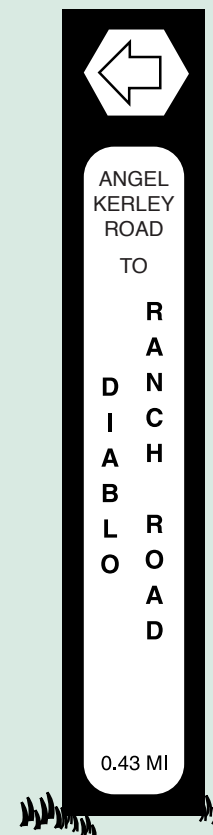
The identification of almost 187 miles of hiking trails in Mount Diablo State Park's 20,000 acres has been much improved due to the signage project spearheaded by the Mount Diablo Interpretive Association. Hundreds of signs have been installed on over 400 trail signposts as part of the effort begun in 1993 by MDIA.

The trail signs in the park follow a uniform format prescribed for use in all California State Parks. The format has confused more than one visitor who has hastily read only the larger words on the sign. The name of the trail you are on is specified in relatively small horizontal type near the top of the sign.

The name that appears vertically in larger type (usually another trail but sometimes a park boundary) shows the termination of that particular trail; the word "TO", in small letters, is important. The mileage to that end point is specified at the bottom.

Here is a simplified sample to the right.

The sign shows that you are on Angel Kerley Road, and that if you go .43 miles to the left you will arrive at the junction with Diablo Ranch Road.



MOUNT DIABLO STATE PARK

Mitchell Canyon Road does not go to the summit via motor vehicle — one must drive North Gate or South Gate Roads.



Most land adjacent to park boundary. Do not enter without permission.

CAMPING AT MOUNT DIABLO STATE PARK

Mount Diablo has three designated family camping areas and five group camps:

Juniper Campground (36 sites, elevation 3000 ft.) Located approximately 2 miles below the summit, on Summit Road, Juniper is known for its fantastic views. Reservations Available.

Live Oak Campground (23 sites, elevation 1450 ft.) Located one mile above the South Gate Entrance Station, off South Gate Road. Live Oak is near Rock City. At Rock City one can explore rock formations. Reservations Available.

Junction Campground (6 sites, elevation 2200 ft.) Located where South Gate and North Gate meet at the Ranger Station. This campground is situated in an open woodland area. Available on a first come/first served basis ONLY.

*All campgrounds are provided with picnic tables, fire pits or stoves, potable water and rest rooms.

*The campgrounds are mainly designed for tent camping, yet they can accommodate RVs up to 20 feet in length. There are no hook ups and no dumping stations provided in the Park.

*A pay phone is located at the Junction Ranger Station.

Camping Procedures

You may make reservations from 48 hours to 7 months in advance by calling **Reserve America at 1-800-444-7275** or by visiting their website at www.reserveamerica.com. Reservations can be made for a specific campground but not a specific site.

Camper will not be registered at Mitchell Canyon.

***Check-in time is 2:00 PM. — Check-out time is 12:00 NOON.**

Group Camps—Buckeye, Barbecue Terrace, Wildcat, Stagecoach and Boundary.

Reservations are available for all group camps with Reserve America. Each campground is primitive with running water and pit toilets. BBQ Terrace is equipped with horse ties for equestrian use. Motorhomes are not allowed in the group camping areas. During the fire season (generally, May—October) the park is subject to closure due to extreme fire danger. Campers must call the park at **(925) 837-2525 or (925) 837-0904** one day prior to their arrival to confirm park status.

General Rules

*Alcoholic beverages are prohibited in the park.

*8 people and 2 vehicles maximum per family campsite.

*Each juvenile (under the age of 18) must have written permission from his/her parents (with the parents' phone number) prior to camping. Phone verifications will be attempted.

*Quiet hours are from 10:00 PM to 6:00 AM.

*No electric generators from 8:00 PM to 10:00 AM.

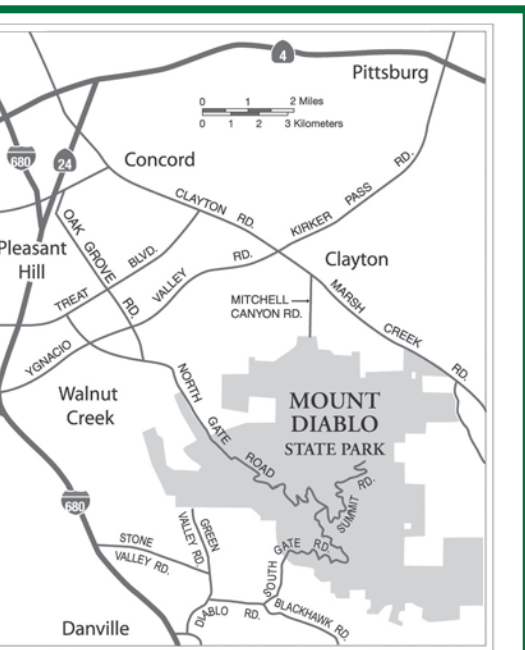
*Firewood gathering is prohibited.

*Fires must be in stoves or fire pits provided (NO GROUND FIRES).

*Campfire restrictions are in effect during the fire season. Check fire conditions for appropriate use (see page 8).

*Campers are locked in the park overnight from sunset to 8:00 AM. For emergencies, dial 911.

*Peace and Quiet: Noise must not carry beyond your immediate camp or picnic ground.



Legend

- Paved Road
- Fire Roads (Hiking, No Vehicles)
- Hiking Trail
- Accessible Feature
- Bicycle Trail
- Campground
- Exhibits
- Group Campground
- Horse Campground
- Picnic Area
- Ranger Station
- Restrooms
- Telephone
- Viewpoint

OPERATED BY
EAST BAY
REGIONAL PARK
DISTRICT

Park Fees: (per car)

Mitchell Canyon Entrance	\$6.00
Macedo Park Entrance	\$6.00
North and South Gates	\$10.00
minus \$1 for Seniors 62+	
Annual Park Pass	\$125.00

ent to the park is private property.
out the owner's permission.

Nightly Rates

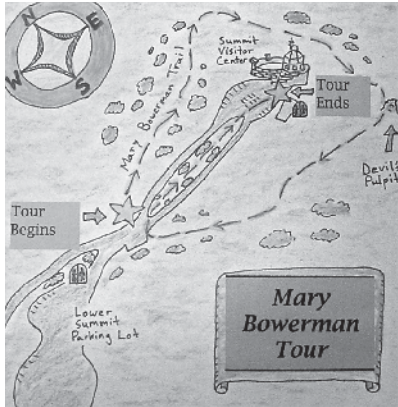
Junction Campground	\$30.00
Juniper Campground	\$30.00
Live Oak Campground	\$30.00
Additional Vehicle (one only)	\$10.00
Senior Discount (62+)	\$2.00 off Camping Fees

Group Camps

Name	Nightly Use Fee	Capacity	Vehicles
Stagecoach	\$65.00	20	7
Boundary	\$65.00	20	7
Buckeye	\$100.00	30	10
Wildcat	\$100.00	30	10
BBQ Terrace	\$165.00	50	17

A NEW WAY TO EXPLORE: AUDIBLE MOUNT DIABLO

The Mount Diablo Interpretive Association and Save Mount Diablo have recently unveiled an exciting new educational tool: Audible Mount Diablo. Modeled after the best museum audio guides, Audible Mount Diablo combines lively interviews and music with the rush of wind and the chirps, howls, and growls of wildlife—all downloadable to a computer or an audio (iPod or MP3) player.



Artwork by Patrick Hamilton

Part one is the “Mary Bowerman Tour.” This gentle but spectacular one-mile-long hike focuses on geology and history at the top of the mountain and features former Mount Diablo Interpretive Association (MDIA) president Ken Lavin.

Part two of the series is the more strenuous 6.8-mile “Grand Loop Tour.” Covering

views, history, birds, flowers, and conservation, this segment features Seth Adams, director of land programs for Save Mount Diablo (SMD).

Each of these tours can be enjoyed at home, or downloaded to an audio player to listen to on the trail. This audio format enables curious explorers to learn from lightweight, portable devices, with clear titles and subtitles keyed to well-defined stops along each of the two routes. The naturalists heighten visitors’ appreciation of the sights and sounds at each stop, tell tales of the mountain’s past, and suggest what to look for around the next bend. Photographs pop up to help identify plants and animals. Users can choose what they want to know and when they want to know it.

MDIA’s Lavin sees Audible Mount Diablo as a way of introducing Mount Diablo to young people. “The younger generation is computer savvy, but suffers from what some are calling ‘nature-deficit disorder,’” he says. “By combining nature and a technology young people are familiar with, Audible Mount Diablo will foster an appreciation of the natural world and build a conservation ethic in the leaders of tomorrow.”

Lavin thinks the tours will appeal to people of other ages, too. “This educational tool is the wave of the future,” he says. “I suspect if William Brewer and the rest of the 19th century geological-survey explorers visited Mount Diablo today, they would each have a rock hammer in one hand and an MP3 player in the other.”

Part three of the series, “Introducing, Mount Diablo,” is an hour’s worth of short takes on the mountain’s natural heritage and human history, including such topics as tarantulas, mountain lions, rattlesnakes, the Whitney Geological Survey, coal mining, and native peoples. A combination of facts and stories, sound and pictures, this segment features wildlife columnist Gary Bogue, state park ranger Carl Nielson, and Mike Moran and Beverly Ortiz of the East Bay Regional Park District, as well as Lavin and Adams.

“These tours are great aids to exploring Mount Diablo,” says SMD’s Julie Seelen. “Hikers can take them on the trail, but anyone taking a Sunday drive to the summit can listen to ‘Introducing, Mount Diablo’ and learn more about the flora and fauna of the mountain while enjoying the incredible views.”

The tours are all free at www.mdia.org and www.savemountdiablo.org (click on the “Audible Mount Diablo” link). From these websites, you can sample the tours and get detailed instructions on how to download them to your computer or audio device.

Audible Mount Diablo is jointly sponsored by MDIA, SMD, and California State Parks Foundation. Music is provided by a w a r d - w i n n i n g guitarist Phil Heywood and photos by Scott Hein, Joe Oliver, and others. Former Sierra magazine editor Joan Hamilton is the producer and narrator of the series. For more information, contact Hamilton at Joanham@gmail.com.



**Summit Museum
is open
7 days a week
10:00am to 4:00pm**

**Summit temperature
and wind conditions
are updated every
20 minutes at
925-838-9225**

MDIA PRODUCT ORDER and MEMBERSHIP FORM

(Profits from sales support the educational programs of MDIA)

If you would like to further support MDIA, please consider joining the Association.

MAPS AND HIKING INFORMATION

Qty. Amount

Mount Diablo State Park Map	2.25	___	___
Mount Diablo State Park Trail Map	7.50	___	___
Hike Brochures: Easy, Moderate, and Demanding (set of 3)	2.00	___	___

INTERPRETIVE PUBLICATIONS

Mount Diablo Guide	12.50	___	___
Geology Brochure and Map	2.00	___	___
Trees and Shrubs of Mount Diablo	7.50	___	___
Common Birds of Mount Diablo	7.50	___	___
Mt. Diablo Wildflowers	7.50	___	___
51 Uncommon Names of MDSP	2.25	___	___
Mount Diablo State Park Coloring Book	3.75	___	___

NATURE GUIDES - Laminated/Folded

Local Birds of the San Francisco Bay Area	9.75	___	___
Local Rocks of North America	9.75	___	___
Local Butterflies of the San Francisco Bay Area	9.75	___	___
Local Animal Tracks of North America	9.75	___	___

PRODUCTS WITH MT. DIABLO STATE PARK LOGO

T-shirts: lt. blue or lt. olive; S,M, L, XL (circle size & color)	16.00	___	___
Mount Diablo Patch	4.00	___	___
Mount Diablo Lapel / Hat Pin	3.50	___	___

SUBTOTAL: ___ ___

10% discount for MDIA members and Park Staff ___ ___

Total Amount: (includes tax & shipping) ___ ___

Thank you for your mail order.

Mount Diablo Interpretive Association Membership Application

Membership Dues are Deductible to the Full Extent by Law

Membership Category (check one) **Make Checks Payable to "MDIA"**

_____ Student/Senior	\$15
_____ Individual	\$25
_____ Family	\$40
_____ Sustaining	\$50
_____ Contributing	\$100
_____ Lifetime	\$500

Donation in addition to membership fee \$ _____.

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____

Email: _____

Clip and Mail to:

MDIA

P.O. Box 346

Walnut Creek, CA 94597-0346

WILD TURKEYS

by Helene Crowley

Setting out for Eagle Peak from Mitchell Canyon,
We cross over on October morning bright.
The flock flanks our path – toms to the left of us,
The hens, sadly, sequestered to the right.

The toms fan every luxurious tail feather.
Preening for the hens, they expand their masses.
Chortling, marching in formation through the grasses,
They beckon the ladies to come hither.

The hens, reluctant to cross to their suitors,
Raise an alarm – what can be done?
Because of us, the path they cannot overcome.
The toms, bedecked in finery, they shun.

The hens determine this is no time to be shy.
Suddenly, wings aflutter, they take to the sky.
Above our heads, cross to their suitors to share
The field, the sun, the fine October air.



**YOU ARE RESPONSIBLE for obeying these and other park rules.
Ask a Park Ranger for further information.**

- **ALL FEATURES OF THE PARK ARE PROTECTED!**
Do not remove or disturb plants, animals or geological features.
- **PARK HOURS:**
Opens at 8 am, and closes at SUNSET.
Visitors should be in their vehicles heading out at sunset to avoid being locked in.
- **ALCOHOLIC BEVERAGES:**
All alcoholic beverages are PROHIBITED IN THE PARK.
- **VEHICLES / BICYCLES:**
SPEED LIMIT is 15-25 MPH on park roads, 15 MPH in campgrounds and picnic areas. All vehicles must stay on pavement and are prohibited on trails and fire roads.
- **BICYCLES ARE ALLOWED:**
Only on paved roads, fire roads and designated trails. Check at Ranger Station for current regulations.
- **SKATEBOARDS, ROLLERBLADES, ROLLERSKATES and GRAVITY-PROPELLED:**
devices are prohibited.
- **DOGS:**
MUST BE IN TENT or vehicles at night. MUST BE ON LEASH at all times when out of your car. MUST STAY IN DEVELOPED AREAS ONLY — not allowed on trails or fire roads.
- **FIRES:**
RESTRICTIONS IN EFFECT DURING FIRE SEASON — check with Ranger.

MUST BE IN STOVES OR BARBECUES PROVIDED — No ground fires.

- **PUBLIC TELEPHONE:** Located at Junction Ranger Station.
Dial 911 for emergencies.
- **FIREWORKS: PROHIBITED**
- **FIREARMS/AIRGUNS: PROHIBITED**
- **HUNTING: PROHIBITED**

Fire Danger - How Will It Affect You?						
Fire Danger Reading	Wood fire permitted in stoves and BBQ pits in designated picnic and camp sites	Use of Compressed Logs	Use of Charcoal	Use of Self-contained Stove	Cigarette Smoking (including within a vehicle)	Park Closed
LOW	YES	YES	YES	YES	YES	NO
MEDIUM	NO	YES	YES	YES	YES	NO
HIGH	NO	NO	YES	YES	NO	NO
HIGH WITH RED FLAG	NO	NO	NO	YES	NO	NO
VERY HIGH/EXTREME	NO	NO	NO	NO	NO	YES

Mount Diablo State Park Phone Numbers:

Supervising Ranger	925-855-1730
Junction Ranger	925-837-6129
Mitchell Canyon Ranger	925-672-4266
Summit Museum	925-837-6119
Entrance Station	925-837-0904
Maintenance	925-837-6122
Sector Office	925-673-2891
General Information	925-837-2525

Group Picnic Reservations: Call Ranger Carl Nielson, 925-837-6129, EXT 2

Mount Diablo Review © 2010 by MDIA All rights reserved
www.mdia.org
phone 925-927-7222
fax 877-349-5016
Mount Diablo Interpretive Association
P.O. Box 346
Walnut Creek, CA 94597-0346



Nonprofit Org.
**U.S. POSTAGE
PAID**
Walnut Creek, CA
Permit No. 308

Printed by



925-866-1514

www.prestigeprinting.com