



## **Los Trancos Woods & Vista Verde** **Newsletter – June & July ‘23**

**“Defuse a Ticking Time Bomb”** - a la WSJ, see quotes below

In the 6 June 2023 edition of the Wall Street Journal they covered something we are all very familiar with - tick bites! It has been that time of year for a while. Ticks have been lining up on our trails, questing for anyone who passes by. Questing means hanging on to a blade of grass or other vegetation with a some of their legs (ticks have 8 legs), while the other legs sweep the air for a likely victim.

We have several types of ticks on our area, but on our trails the most common are the Western Black Legged Tick (*Ixodes pacificus*) and the American Dog Tick (*Dermacentor variabilis*). There are a whole variety of diseases that the ticks can carry, the most common being Lyme Disease. If you want more info on the different diseases and symptoms, check <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Tick-Borne-Diseases.aspx>.

What if? What if you are bitten? “When removing a tick, try not to twist it, as this may cause its mouth parts to break off.” Use a clean pair of tweezers and pull straight out. This may require several attempts depending on how long the tick has been attached. “..clean the bite area with rubbing alcohol or soap and water, and wash your hands.” “One tick can indicate there are others on you elsewhere, so look closely” for more.

If the tick has been attached for more than a day or is engorged (inflated), you will want to contact your doctor to see about taking a preventative antibiotic. From my experience, it has been a dose of doxycycline. “It needs to be taken within 72 hours after the tick is removed. Anyone who has gotten bitten by a tick should watch for symptoms for up to a month.” I record the date of the tick bite on my calendar, so I do not forget exactly when it happened.

“Ticks can transmit diseases other than Lyme, so if you get sick after a tick bite, ask a doctor to run blood tests to help determine what you might be infected with.” The tests, drugs and dosages are specific to the disease. Watch for fevers, rashes, headaches, fatigue, muscle pain, facial paralysis.

How to avoid getting bitten is not difficult. Wear light colored clothing. Tuck pant cuffs into socks. Stay in the middle of the trail so as not to brush against vegetation overhanging the trail. “Use insect repellents...that contain...DEET or picaridin. Treat clothes and gear with products containing 0.5% permethrin...or buy permethrin-treated clothing and gear.” As always do tick checks, tick checks, tick checks on your clothing and bodies!

For more information, you can check out: <https://www.bayarealyme.org/resources/>.

*Submitted by Linda Drey-Nightingale*



Western Black Legged Tick



American Dog Tick

## **Emergency Preparedness Notes**

Be aware that Woodside Fire Protection District is starting their home inspections in June. Since now is the perfect time to start with vegetation management and creating defensible space, here are some very valuable websites to visit and learn more.

[https://www.woodsidefire.org/documents/2020\\_Vegetation\\_Management\\_Requirements.pdf](https://www.woodsidefire.org/documents/2020_Vegetation_Management_Requirements.pdf)

<https://www.readyforwildfire.org/prepare-for-wildfire/get-ready/defensible-space/>

This website has good graphics to provide guidance on plantings and trimmings.

Here is a great description of defensible space for you to think about when evaluating your property. “Defensible space, coupled with home hardening, is essential to improve your home’s chance of surviving a wildfire. Defensible space is the buffer you create between a building on your property and the grass, trees, shrubs, or any wildland area that surround it. This space is needed to slow or stop the spread of wildfire and it helps protect your home from catching fire—either from embers, direct flame contact or radiant heat. Proper defensible space also provides firefighters a safe area to work in, to defend your home.”

*Submitted by Chris Paprcka*

*Editor’s note: We are currently installing a metal roof on our carport to improve our home hardening.*

## **Los Trancos County Maintenance District - Community Advisory Committee (CAC)**

The CAC, led by the efforts of Tom Thayer and David Smernoff with input from the community, has developed storm water control criteria for assessing and prioritizing projects. The next step is to work

## **2022-23 Community Resource Guide**

If you have any changes to the listings please contact Linda at [dreynight@aol.com](mailto:dreynight@aol.com).

## **Community Associations’ Web Sites**

Web site addresses are:

<http://lostrancoswoods.org/>

<http://www.vistaverdepv.org>

*Thank you, Jerry Jensen & Rob Kalman for maintaining web site*

with the Department of Public Works to define project priorities, and what are “normal” projects that the County should be paying for versus the augmented activities that are funded through the Los Trancos County Maintenance District. A meeting is planned with DPW during the third week of June.

With the rains behind us, fire season is in full bloom. We hope you are taking advantage of the NEW fire prevention incentive program, which starts with a property inspection by Woodside Fire Protection District. If you have not, it is not too late! Contact Michael Tamez to schedule your free inspection at (650) 851-1594 or [mtamez@woodsidefire.org](mailto:mtamez@woodsidefire.org). This program offers 50% reimbursement for approved work, up to \$5,000 reimbursement per district household, to help keep our community fire safe.

Do you have an interest in fire safety, storm water problems affecting the neighborhood, or simply helping the community? Consider joining the Community Advisory Committee. We would love to hear from you to discuss further, please reach out to any of us.

The Los Trancos County Maintenance District (LTCMD) CAC exists to advise and offer feedback to DPW and WFPD and to inform the community about LTCMD sponsored programs. Feel free to contact any of us on the CAC Board: Jan Avilla, Peter Blum, Amanda Lee (Co-Chair), David Smernoff, Bill Tagg and Tom Thayer (Co-Chair). Our email addresses and phone numbers are listed in the Community Resource Guide.

*Submitted by Amanda Lee, Co-Chair of CAC*

## **Neighborhood Notes**

- We were still eeking out **more rain** this spring. Gene Hunner recorded rainfall data: April - .4”, May - 1.6”, season-to-date - 62.1”