

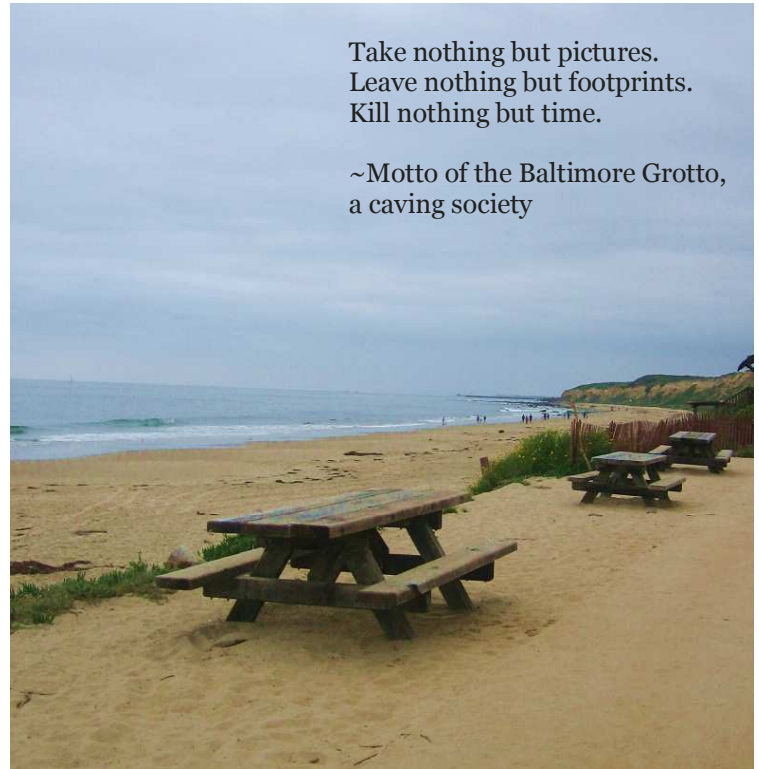


EARTH DAY 2009

First celebrated on April 22, 1970, Earth Day is dedicated to bringing attention to and preserving the overall environmental health of our planet. Earth Day was originally founded by Senator Gaylord Nelson of Wisconsin and quickly became an international event with more than 200 million people participating in fairs, festivals, seminars and volunteer opportunities around the world focusing on pollution, water preservation, recycling, deforestation, etc.

Here in Orange County, Earth Day is a wonderful opportunity to draw attention to the preservation of our natural resources, such as the beautiful Crystal Cove State Park, where various Earth Day projects have been scheduled. OCHBC uses Crystal Cove as much or more than any other hiking club in Orange County, so it's important to be involved in park maintenance projects to help the park we love. In addition, park funding is very low this year and there's a strong likelihood if OCHBC doesn't step in, the projects will be cancelled. This year's Earth Day projects include various revegetation and painting projects at the Park.

Additional event information may be found on the OCHBC calendar.



Take nothing but pictures.
Leave nothing but footprints.
Kill nothing but time.

~Motto of the Baltimore Grotto,
a caving society

MoneyMovers

Supporting small business by IrvineWebConsulting.com

Cyberspace provides an avenue for new clients to find you and for you to find them. Many entrepreneurs use Craigslist, a free global bulletin board, for finding and advertising their business. In either case, you need a calling card website to post your business and contact information – we can help!

Email: Info@IrvineWebConsulting.com
1-888-314-5550

\$500 off

Website Package

Small Business Package

- 5 page website
- 1 week completion
- Price:
\$1,500 - \$500 = \$1,000
- Expires: 5/15/09

REI SPECIAL FOR OCHBC MEMBERS ONLY!

Learning to backpack for the first time? OCHBC Members receive 25% off the cost of cost of first time equipment rental at REI.

*Members must provide a printout of the OCHBC event posting at the time of rental.

Moments of Unexpected Nature!

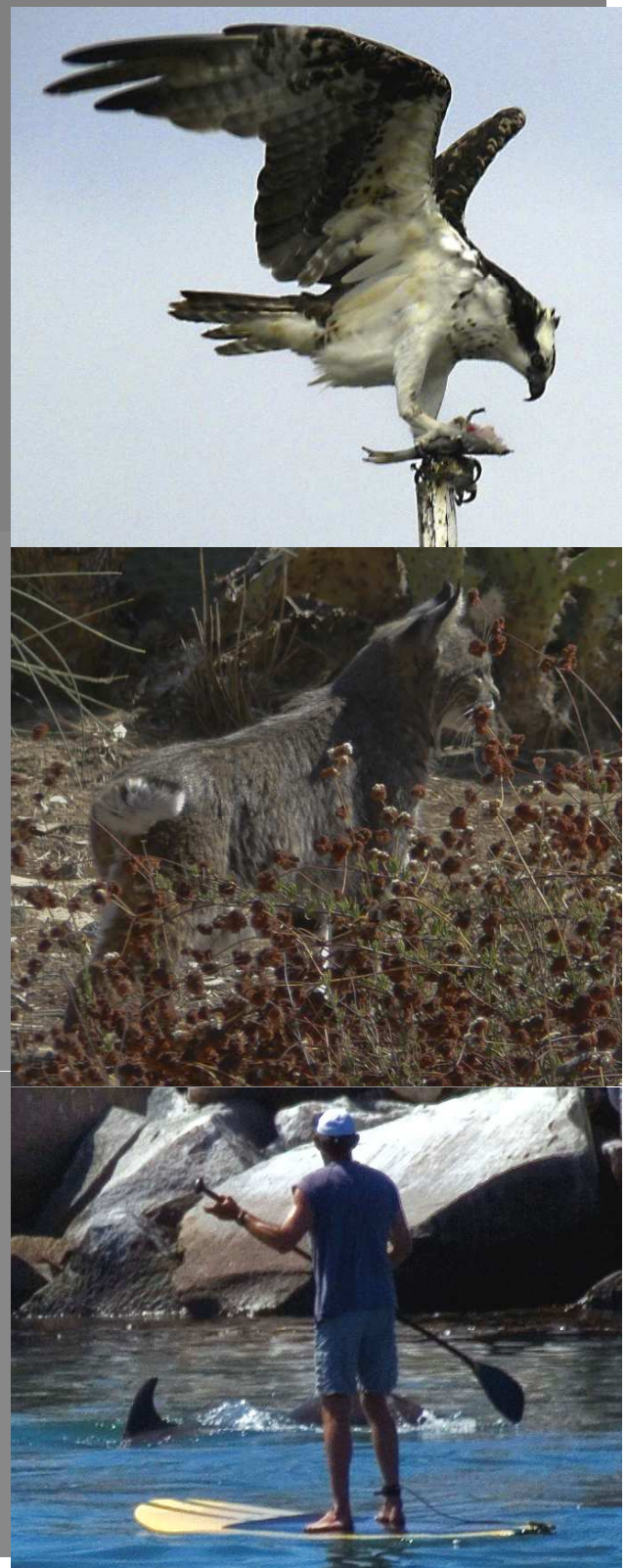
A streaking shape flashes across the sky. In an instant it smacks into Newport Harbor and from the spray two shapes emerge. They pinwheel up in a lazy arc and land atop a nearby pole. In mere seconds, an Osprey has lunch and will waste not a scrap of the unfortunate yellowtail.

On a lazy Saturday afternoon the screech of agitated scrub jays pierces the quiet deep within Modjeska Canyon. Around a corner the object of their alarm comes into view, standing boldly in mid trail. The bobcat takes no notice, still intent on snagging a quick snack in the brush. A paddle boarder slips past in the channel as I enjoy a Sunday morning walk down the island that sits in Dana Point Harbor.

At the corner of my eye, I see a shape, a small wave. More shapes bubble up and quickly the paddle boarder is surrounded by a small pod of playful dolphins. He stops still, unsure how to respond. He looks across the channel at me and I look at him. Wow. As they continue to circle he paddles again and they swim, popping all around him, seemingly trying to get a better look. We catch a glance again across the water both shaking heads and smiling. In awe of the moment.

Any walk or hike in Orange County is a joy. But then there are those moments when Nature does something surprising, something special. You can hike the same trail a hundred times, take the same walk every Sunday morning, but you never know what you might encounter along the way. It is one of the reasons I love to go for a walk, why I joined the OCHBC and why I look forward to sharing these moments with other members. Moments like these have also taught me to bring my camera because what you don't see are all those other special times hiking when I left the darn thing at home.

~Ernie Slone (OCHBC Member) is an avid outdoorsman and photographer



--- Check it Out ---

OCHBC has brand new brochures available for leaders and members with information on hikes in the Orange County area.

http://www.ochbc.org/orange_county_hikes.htm

HIKE ORGANIZER OF THE MONTH



Laura has been an OCHBC member since April of 2007. Born and raised in Orange County, she knows quite a bit about the local trails and has become a popular hike organizer due to her outgoing and welcoming personality. Laura has been teaching 3rd grade for a little over 13 years now and "loves it!"

-- Look for Laura's hikes on the Meetup Calendar! --

WILDFLOWERS PHOTO CONTEST

SUBMIT a photo you have taken of wildflower somewhere in **Southern California** and choose a category:

***Nature** – Mostly natural: Includes garden flowers, "man-made items found in nature," such as dirt trails, fence posts, non-indigenous trees.

***Flower and Man** – Flower plus a person or something man made in photo

***Nature – No "hand of man"** : no garden flowers or non-native species of plants, no dirt trails, fence posts, animals, people, roads, wires, non-indigenous trees or buildings.

Contest dates: **VOTING begins** April 1, 2009 **and ends at** 11:59 p.m. April 30.

Winners announced May 6.

Prizes: Two Olympus FE-370 digital cameras from Samy's Camera and a goodie bag from REI.

How the winner(s) will be determined: Two winners will be selected, one based on highest number of votes and the other a judge pick. **Note:** *Judges pick entries require the flowers common and scientific name.*

Judges: Bob Allen, nature photographer, biologist and teacher Mike Evans, owner of Tree of Life Nursery in San Juan Capistrano Kornelious Schorle, owner of pro-photo/world class photographer.



TO VOTE or to SUBMIT a photo, visit:

<http://ocregister.upickem.net/engine/Welcome.aspx?contestid=5994>

Many thanks to our prize contributors:
Samy's, REI and Pro Photo Irvine



PLAY IN THE POPPIES

As you might recall in the classic movie, “The Wizard of Oz”, Dorothy falls asleep as she is walking through an enormous field of poppies. If you would like to reenact this famous scene in electric orange, you can do it now though the end of April at the Antelope Valley Poppy Reserve — bring your camera!

The poppies you find here would make Dorothy green with envy. Weather willing, these hillsides are covered with neon orange-yellow poppies and home to some of the largest poppy fields on the West Coast.

The poppy reserve is 1,800 acres of park plus a continuous expanse of orange-drenched hillsides stretching beyond the park borders. The vibrantly colored poppy found here is the California state flower and, despite Dorothy's unfortunate experience, they are not hallucinogenic in any way.

You can download a brochure about the Antelope Valley Poppy Reserve at ochbc.org. The Poppy Reserve Wildflower Hotline is 661-724-1180.

POPPY FACTS

- Antelope Valley Poppy Reserve is 15 miles west of Lancaster.
- Poppies protect themselves in cold and windy weather by closing tightly — check weather before going.
- Poppy blooms can last mid-March through mid-May; the peak bloom is around mid-April.
- Stay on paths only, there are snakes hiding in the poppy fields.
- The poppy was declared the California state flower in 1903.
- The variety of poppy referred to as the state flower is *Eschscholzia californica*.
- *Eschscholzia californica* is native only to California and southern Oregon, but is found in almost every country in the world because people take seeds and plant them.
- Dorothy woke up from her poppy-induced nap when it began to snow. Snow is not provided — it is BYOS.

BY SUKI REED AS PUBLISHED IN THE ORANGE COUNTY REGISTER, MARCH 30, 2009.

http://headlines.ocregister.com/sports/poppy_19968___article.html/reserve_poppies.html

Gear With Glen

Cold Snow and Chocolate Lava Cake

My new sleeping bag has just arrived. It is an exciting moment, since many years of experience and engineering have gone into this design and no one has ever tried anything quite like this before. I've designed it with warmth and super ultralight weight in mind. The bag is made to my specifications, weighing 18 oz. and it is built for a rating of 30 degrees, but no one knows for sure until it is tested. Living in San Diego has many good points, but winter gear-testing is not one of them. Even outside of our snug little Carlsbad abode, it is only getting down to the 50s at night.



Then it occurs to me that Idyllwild is only a short drive and it should be sufficiently chilly at Saddle Junction, just a short trek up from Humber Park. I'm familiar with the area from leading trips with Wilderness Outings. My wife urges me to go, so I throw some basics in my pack and do the quick drive up to the mountains. The weather forecast is good, so I pack knowing that while there might be a few patches of snow at the top, the sky will be clear.

As I pull around the last curve into Humber Park - a snowball whizzes in front of my car. Not a good sign. There are scores of city dwellers making snowmen at the bottom of the Devil's Slide Trail! Not a good sign. There had been no hint of snow in the weather forecast, so I was wearing running shoes, a plastic groundcloth, a thin foam torso pad and a sleeping bag with no down in the bottom (part of the unique design I wanted to test). I was not prepared for snow. In spite of this, I feel at home in the snow, am proficient at snow camping and know the area well, so I shoulder my pack and headed up the trail ready for an adventure. The only people I pass on the way up are a couple of snowshoers.

Undeterred by snow drifts, I hike through the snow up to my camp and stomped down even deeper snow in an area large enough to lay my polycryo ground cloth (think tough Saran Wrap), and spread out my sleeping bag. Since my running shoes are soaked from the snow, I need to get in my bag and cook dinner while I am warming up. I throw my pack under my legs, get in the sleeping bag and set about making dinner.

For cooking, I had brought a mini alcohol stove made from a leftover Red Bull can to use with a 600 ml titanium cup. I put alcohol in the stove and light it on top of the compacted snow. It burns well for awhile, but then slowly fades out. I notice the stove has sunk an inch into the snow, melting a perfect little hole. Again, I compact the snow, but more vigorously this time and try it again. Same result. The stove is melting into the snow, which cools the alcohol and then the stove goes out. All the rocks are buried under the snow, so there is nothing to use as a stove support. As I'm looking at the perfect hole in the melted snow, it suddenly reminds me of the pack of Oreos I threw in my pack when I left the house. I don't usually take Oreos backpacking, but since I left in a hurry I had grabbed what was available. I dig down into my food bag, take out one Oreo and viola it's the same size as the bottom of the stove! With the new Oreo insulator installed the water is soon boiling merrily and I thankfully gulp down my hot ramen dinner. For dessert, I pop the Oreo in my mouth - yummm. The top of the cookie is still warm from the stove and the bottom of the cookie is cold and moist from resting on the snow. When I squint with my mind's eye it tastes like a \$12 chocolate lava cake in a fancy restaurant. The perfect way to start a gear testing evening!

I am pleased with the results of the gear test and as anticipated the bag is a 30-degree bag. Unfortunately, it was below 30 degrees last night. By morning, my body heat has molded the snow so it looks like my great-grandparents mattress, with a sag in the middle. At first light, I skedaddle back to toasty San Diego, with a new data-point for the sleeping bag and a new recipe for chocolate lava cake.

Glen Van Peski (OCHBC Member)
President Gossamer Gear

<http://www.gossamergear.com/>

Glen will be speaking at the OCHBC Educational Series at REI in May. Check the OCHBC calendar for more information!

~ Ask Suki ~

Dear Suki,
What is the protocol on the meeting invites if I cannot attend? Do I need to RSVP no?

Sincerely,
Newbie in OC

Dear Newbie in OC,
Do not RSVP "No" unless you are changing the RSVP from a "yes" or "maybe."

See you on the trail!

(-:
Suki

If you have a question for Suki, please write to:
[Newsletter at OCHBC.org](mailto:Newsletter@OCHBC.org)



- Santiago Oaks Loop – April 10, 2009 -

Poets Corner

More than Just a Hike

More than Just a Hike
Discover Places Beyond
A Well-Worn Trailhead

More than Just a Hike
Wander the Endless
Landscapes
Nature Surrounds You

More than Just a Hike
See, Hear, Smell, Taste,
Feel this World
Embrace Your Passion

More than Just a Hike
Life is an Adventure—Its
More than Just a Hike

-Thanks to Tim W.
(OCHBC Member)

Interested in Advertising?

Ad space will be available
beginning in May.

For more information
please contact:

Suki Reed, President

[Newsletter at OCHBC.org](mailto:Newsletter@OCHBC.org)

OCHBC in the OC Register!

Suki Reed, President of OCHBC, is a writer for the Orange County Register. Past articles include topics such as hiking for stress relief, camera tips, wildflower hikes and favorite local hiking spots. Look for her articles on the back page of the Outdoor Section every Monday. Past articles can be found at:

www.ocregister.com



When Nature Calls

-An Ode to Beginning Hikers

It was a beautiful sunrise on a cold January morning. My girlfriend and I were on our way to Matilija canyon in the Ventura County Wilderness for a couple days of backpacking. This was going to be our first backpacking/hiking/camping trip together. As we progressed up the concrete path (101) I was more than aware that Natae was uncomfortable.

Burners off? Yes.

Dog fed? Yes.

Boys ok? Yes.

Are you ok going? Yes.



What's wrong honey? I was not prepared for her honest response. Having backpacked extensively and having been a Boy Scout, I would like to think that I'm prepared for most camping related dilemmas. I was about to realize that my temerity was lacking. "I have never peed on a trail!"

Being a problem solving male, I "Googled" the question, in hopes of finding the answer to her sincere and genuine issue. She was reading the responses and started laughing hysterically. One lady was recommending hiking in a skirt sans anything else. Another suggested a type of duct like bedpan!!

We reached the trail head, rather quickly being distracted by the levity of her inaugural peedom. Nightfall came early and was inordinately dark prior to the scheduled full moon's appearance. With a desperate expression, she proclaimed that she could not wait a moment longer. Anticipating this moment, I had located a very large boulder adjacent to a mature oak tree that would make her perfect private latrine. I assured her I would be on the other side of the boulder. I left my standing flashlight on the ground at her side and walked around the corner. As she called to make sure that I was near, I turned and started laughing. To my surprise, my powerful flashlight was projecting her silhouette upon the darkened leaves of the oak tree. Her illuminated outline was so magnified it could have been seen from outer space. While laughter filled the cold evening air, Natae learned yet another lesson: It is very difficult to pee while laughing!!!!

-Bill (OCHBC Member)

The Rules of PIDL

Guidelines for Success on the Trail

Placement of feet

Inspect the area

Direct where you are aim

Laugh at the results



Roller Coaster Ridge to Flag - San Clemente
April 7, 2009

Migratory Whales

During the spring and summer watch for blue whales and humpback whales. Both will migrate through southern California in the spring and in the summer may be seen in the area feeding. Blues are the largest animal to ever live and can reach lengths of 100 feet. They are slate blue and have a tiny dorsal fin way back on the body. Humpback whales are one of the most familiar of the large whale species and can be easily identified by their long pectoral fins (the equivalent to arms).



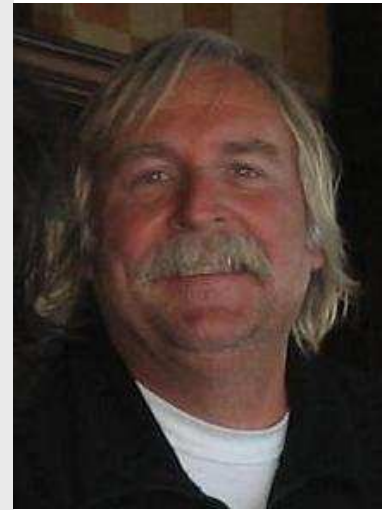
Humpbacks can reach lengths of 50 feet and like the blues have a tiny dorsal fin far back on their body. If you see a whale's tail flukes, you're most likely seeing a humpback. Year round, fin whales may be seen. Second only to blue whales in size, they reach lengths of 80 feet. The migratory patterns of this species are not well known, but there are an estimated 2,800 fins off the U.S. west coast.

- Elizabeth Petras (OCHBC Member) works in marine resources conservation, a profession she declares "is much more interesting than it sounds." Elizabeth has been an OCHBC member since May 2007 and lives in Long Beach.

"OCHBC SAVED MY LIFE!"

"I started baking bread and making bagels in 2001 as a way to keep the memory of my dad alive," says Captain Steve (Steve Wells) a member of OCHBC. After a long love affair with candy, a diet rich in calories and carbohydrates; and an insidious weight gain of 58 pounds over 30 years, Capt. Steve was diagnosed with diabetes in 2006. He was gracious enough to share his story with me as we were hiking on a local Turtle Rock hike.

Capt. Steve was born in Massachusetts, but has lived most of his life in California with the exception of living in Hawaii for seven years. He has been a somewhat sedentary CPA for about 30 years. Some of his hobbies include playing tenor saxophone, tennis, sailing, model airplanes, and of course, hiking.



When initially diagnosed with the disease, Capt. Steve admits going into "diabetic denial". He started taking prescription medications, but continued to over indulge in food. Unfortunately, as his disease progressed one of his friends went blind due to diabetes complications. This was his wake up call.

"I had to take control of my disease or it would kill me. OCHBC saved my life," says Capt. Steve, who joined OCHBC in 2007. As of today, he has lost 55 pounds and his diabetes is well controlled. He hikes almost daily and has completely modified his diet by counting calories and carbohydrates. Most importantly, he has developed solid friendships and a support system with members of OCHBC. His outlook on life is positive.

There are no quick routes to permanent lifestyle changes. It takes hard work, commitment, and soul searching. Let Capt. Steve be an inspiration to all of us!

Respectfully Submitted By
Laura Vasquez, RN, RD
Registered Nurse/Clinical Dietitian
(OCHBC Member)

Let's Celebrate

We are seeking volunteers to form a sub-committee for OCHBC Holiday party, chaired by Percy Presswalla. If you are interested or would like to suggest a location for the party, please contact Percy: Percy.preswalla at gmail.com

More information may be found at:
<http://www.meetup.com/ochbc-org/calendar/10117812/>

Yesterday, Today and Tomorrow

Yesterday the sunlight through a leafy oak
Splintered into rays so fine they poked
Like acupuncture needles through my skin
And balanced my disturbed meridians.

And then today a breeze of clearing air
Ruffled through and traveled up my hair
Beyond the roots and deep into my brain
Bringing peace and purity again.

Tomorrow there a deer and I
Will see each other eye to eye
Soul to soul and heart to heart
Each understanding every part
Of both of us, and then we'll run
Together, bounding off as one
To places neither one of us could go alone.

~Betsy W (OCHBC Member)



OCHBC Educational Series

INTRO TO BACKPACKING WITH MITCH

DATE: APRIL 14, 2009



LOCATION: REI Santa Ana
1411 S. Village Way
Santa Ana, CA 92705
(714) 543-4142

Take your day hiking to the next level, by staying overnight in the backcountry. This clinic will be a brief introduction to three-season backpacking gear, clothing and techniques.

NOTICE: This event only, REI is giving OCHBC a one-time 20-25% of the entire purchase!!!!

For more info:

<http://www.meetup.com/ochbc-org/calendar/9780460/>

IMPORTANT REMINDER

We're kindly asking each of you to upload a **REAL** photo of your smiling face to your OCHBC profile for these reasons:

- **Safety:** If you become hurt or lost we need a picture of you to help find you.
- **Making friends:** So your beloved hike organizers can recognize you and club members can get to know you.

--- Thank you to those of you who already have your pics up!! ---

We are eager to see your bright smiling face :-D

-Neil Fricke, Chairman, OCHBC

"Pass the MileMarker on to a friend"

HIKE ORGANIZERS WANTED

Would you like to share the outdoors with others? We are accepting applications for:

1. Beginning to moderate hikes
2. Wildflower walks/hikes
3. Out of town hikes

Please click on the link below, fill out the Hike Organizer Application and email to: [Newsletter at OCHBC.org](mailto:Newsletter@OCHBC.org)

<http://www.meetup.com/ochbcorg/files/>

A BIG thank you to Irvine Web Consulting for their generous sponsorship of the MileMarker newsletter!



Irvine Web Consulting and Design
Results Now!

Special Thanks To Our Business Partners:

