

## GRAFFITI, TRASH ROB ROOST OF NATURAL BEAUTY

*By Suki Reed, OCHC President, as Published in the Orange County Register July, 2010*

**EDITOR'S NOTE:** In last Monday's column on hiking, Robbers Roost was listed as a special sight of the Santiago Oaks hiking loop. However, the "special sight," which is part of private property, has been marred by graffiti and covered in trash.



Local lore suggests that in the late 1800s the famous California bandit Juakin Murrieta and his side kick Three Finger Jack waited for the stage coach to go by from this vantage point. Now the rock is covered in graffiti.

As people explore and enjoy the outdoors it is important to protect and respect the laws of nature, as well as the land managers.

An example of not respecting nature can be seen locally in Anaheim Hills. The hill bordering Santiago Oaks known as Robber's Roost has been covered in trash and graffiti.

Robbers Roost has long been a favorite vantage point from which hikers and bikers enjoyed a view of the surrounding city, but unbeknownst to most, it is not public property. This has left the land owner with the expense of maintaining fences, signs, trash clean up and liability. Through the years, signs and fences have been torn down and as a result graffiti and trash now decorate this beautiful area.

As lovers of nature we have an obligation to keep the natural environment clean – even if it means picking up trash left by someone else. Likewise, being in harmony with nature also includes being in harmony with the abiding rules.

Leave no trace - pick up trash on the trail even if it isn't yours (Leave nothing but footprints, take nothing but photographs).

Respect signs and stay on designated trails.

Do not create new trails (you are encroaching on wildlife "safe areas" away from human traffic).

Know the risk – take responsibility for your own actions.

Encourage fellow trail lovers to do the same.

Robber's Roost is off-limits and has been removed from local trail maps.

Mike Cabourne, a hike organizer for the OC Hiking Club and board member, says, "All property north of the power lines and west of the Weir Canyon/Santiago Oaks connector is out of bounds."

To see an updated map from OC Parks of the Santiago Oaks area, go to:  
[ocparks.com/uploadgraphics/201007\\_SantiagoOaksTrailMap%282%29.pdf](http://ocparks.com/uploadgraphics/201007_SantiagoOaksTrailMap%282%29.pdf)

Local lore suggests that in the late 1800s the famous California bandit Juakin Murrieta and his side kick Three Finger Jack waited for the stagecoach to go by from this vantage point. The notorious Murrieta is thought to be the inspiration for the fictional character of Zorro. Whether this is true or just hearsay still gives this rock an air of intrigue and adventure.

Although Robber's Roost is off-limits, the Orange County Hiking Club has been granted special permission for a cleanup day to pick up trash and help re-establish this natural environment.

If you would like to participate in earth care events, please visit the OCHC Meetup calendar for upcoming dates.

## South Fork Trail 6,880' to Dry Lake View 10,400' 14 Miles, San Geronio July 31, 2010



## Mountain Mix

- 1 pkg unsalted sesame sticks
- 1 pkg Cajun sesame sticks
- 1 pkg dried dates or raisins
- 1 pkg pumpkin seeds
- 1 pkg pine nuts
- 1 pkg soy nuts
- 1 pkg unsalted peanuts
- 1 pkg sunflower seeds
- 1 pkg chopped almonds
- 1 pkg chopped cashews

Mix them all together in a bowl and enjoy. Great protein snack on the trail or anytime. Divide into snack size plastic baggies when hiking.

## REI SPECIAL FOR OCHC MEMBERS ONLY!

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

\*Members must provide a printout of the OC Hiking Club event posting at the time of rental.

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## KIDS IN NEED OF NATURE - PETERS CANYON HIKE -July 31, 2010

A rewarding hike with an Orange County agency for youth at risk. These kids are at a crucial stage in their life when support and encouragement from you is much needed. We hope monthly hikes with compassionate volunteers from OCHC will provide a sense of stability for these are VERY DESERVING KIDS and their staff!

What our members had to say:

“A very nice afternoon hike led by compassionate Lisa. The Kids had fun, look forward to the next one.” – John S.

“Lisa, thanks so much for organizing this hike. I'm so glad that I could be a part of it. It was so good to see the kids having fun and enjoying themselves.” – Karen

“It was a perfect day” – Lisa Pedersen, OCHC Hike Organizer

The next Kids in Need of Nature hike is scheduled for August 28<sup>th</sup>. Please check the Meetup calendar for more info.

## Hydration on the Trail - Don't forget the electrolytes!

With the warm weather and much talk about dehydration, it's also important to remember that consuming too much water may be just as dangerous. One of our members had an incident last month when he drank too much water on a hike without consuming any electrolytes, resulting in hyponatremia - a condition in which your blood level of sodium is abnormally low. When the sodium levels in your blood become too low, excess water enters your cells and causes them to swell. Swelling in your brain is especially dangerous because the brain is confined by your skull and unable to expand.

Signs and symptoms of hyponatremia may include:

Headache	Nausea and vomiting
Lethargy	Fatigue Restlessness and irritability
Appetite loss	Muscle weakness, spasms or cramps
Seizures	Decreased consciousness or coma
Confusion	



According to mayoclinic.com, the following measures may help prevent hyponatremia:

Educate yourself. If you have a medical condition that increases your risk of hyponatremia, or you take diuretic medications, be aware of the signs and symptoms of low blood sodium. Always check with your doctor before starting any exercise program.

Consider drinking sports beverages with electrolytes (that are low in sugar) during demanding activities in endurance events and other demanding activities.

Drinking water is vital for your health - make sure you have a sufficient daily intake of water with electrolytes.

Drink before you're thirsty – if you become thirsty on the trail, you are already dehydrated.

Be safe out there!

-Holly McCosker, OCHC Member

Special thanks to Dan H. for bringing this to my attention.



## == HOW TO TURN OFF MEETUP EMAIL ==

### ===== View Email Settings Page =====

\*By unchecking all the checkboxes on your email settings page 95% of the hiking club email will be turned off (unfortunately Meetup does not provide us with the option to turn off 100% of the email). All features of the online calendar and email system are part of meetup.com.

\*Editing your email profile within OC Hiking Club will impact email received from our group only. Therefore, if you wish to reduce email further, you must edit the email settings on every Meetup group you belong to.

### TO EDIT YOUR EMAIL PROFILE

1. Go to your personal Profile page. To find your profile page:

--Click on your photo/name when you RSVP for an event  
or

--Search the member's page for your name

2. Go to "Edit email settings" which can be found under your bold print name near top of Profile Page. Scroll down to the bottom of the page to - stop receiving Reminder emails. You can also opt out or opt in to other email applications on this page.

## Suki Reed in the OC Register!



Suki Reed, President of OC Hiking Club, is a writer for the Orange County Register. Past articles include topics such as hiking for stress relief, camera tips, 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:

<http://www.ocregister.com/fi/search/?q=suki+reed>

## OCHC EDUCATIONAL SERIES

### John Muir Trail with Bill Willett

**WHAT:** 2010 Educational Series - Bill Willett, an OC Hiking Club member, and an engineer at Mattel who did the entire JMT last summer using ultra light gear. Come hear Bill's adventure, see his slide show and learn more about the JMT

- Length
- Ultra light equipment and what to pack
- What to eat (and what not to eat)
- Starting point - Yosemite
- Ending point - the Portal at Mt Whitney
- Wear and tear on equipment
- Trail stories and more!

**WHEN:** August 19, 6:45 PM

**WHERE:** REI - Santa Ana, 1411 South Village Way, Santa Ana, CA 92705

***The 2010 OCHC Educational Series teaches you about the great outdoors!***

## Interested in Advertising?

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**For more information please contact:**

**Suki Reed, President**

Newsletter @ OC-Hiking.com

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