

## Holiday Party Highlights

The 2009 OCHC Holiday Party was an event to be remembered.

A big thank you to Percy and all the OCHC Members who donated their time to plan this fun-filled evening. Below are just a few highlights.

- ❖ More than 100 members celebrating Christmas, Hanukkah, Yalda, Diwali and other festivities gathered together (and only hiked to and from their cars!).
- ❖ The Muth Interpretive Center on the Newport Back Bay – “As fun as hiking! The Muth Center is ideal for a party because we can mingle indoors and dance outdoors without getting all claustrophobic!” – Judith
- ❖ Sophie, the Christmas Greyhound -- “... greeted everyone with enthusiasm while wearing her reindeer antlers.” – Suki
- ❖ An international potluck - Yummy chicken molé! Desserts to die for! More food than hikers could eat!
- ❖ Carloads of gifts were collected for the kids at Orangewood!
- ❖ British Christmas Crackers – “I had a lovely time. Thanks for the crackers Suki- now it really feels like Christmas.” – Davina, an Englishwoman in the OC
- ❖ OC Hiking Club Member Awards – Such as The 2009 “Best New Trail Name” Award for Ann “Buns of Blackberry” Vu!
- ❖ DJ and dancing! – Judith got her groove back! Check out :

<http://www.facebook.com/video/video.php?v=243537801803>



### REI SPECIAL FOR OCHC MEMBERS ONLY!

Learning to backpack for the first time? OC Hiking Club Members receive 25% off the 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.

# Bank of America®



# Don't be Left Out in the Cold

*By Suki Reed, OCHC President, as Published in the Orange County Register, December 2009*

By the time Southern California begins to see cold weather, most states are already buried in snow.

Some say we never see cold weather, but the truth is we see so little cold weather that many people are unprepared for it when it finally arrives.

Failure to prepare for cold weather can make winter hiking and backpacking trips unpleasant and even dangerous.

Dress to stay warm and be prepared to add or remove layers as your level of activity or the weather changes.

The first layer of clothing when dressing for cold weather is thermal underwear. Because you may sweat, this first layer should provide wicking to keep moisture off the skin where it can freeze. Cotton is not a wicking material because it captures moisture in the fabric which can give you an after-exercise chill. Common materials for the base layer are high-tech synthetics, silk or wool blends.

The second layer should provide insulation to retain body heat. Materials used for this are usually fleece, down or wool.

The third and final layer is the outer shell. This is the layer that is exposed to the elements. Popular material for the outer layer consists of gortex or other waterproof nylons.

Hydration and nutritional needs are also different in the cold. The body burns more calories to stay warm and needs more fluid to metabolize nutrients effectively. Carry high calorie food and eat frequently.

Keep your water supply from freezing. Start the hike with heated water, storing it inside your pack and using an insulated hydration hose.

Avoid eating snow as a source of water because the body has to expend more energy to warm it in your tummy. If you need water, melt and warm the snow before drinking.



**Wear three layers of clothing for protection from the cold and snow.**

Layering for cold weather warmth-

Beanie or balaclava for the head.

Gloves.

Balaclava (hood) to cover the face.

A wicking base layer (silk, wool, polypropylene).

An intermediate layer (fleece, wool).

An outer layer which is breathable or can be vented to protect from wind (down, water and wind resistant shell).

Warm wool blend socks such as Thorlow, Smartwool, Injinji.

Water proof hiking boots.

Winter sun poses a greater risk for sunburn and snow blindness. Snow blindness, or sunburn of the eye tissues, is caused by overexposure to ultraviolet rays reflected from snow, water, dirt or even sand. It is painful and dangerous. In severe cases it can result in blindness.

Wear sunscreen with a high SPF (such as a zinc oxide).

Wear good UV sunglasses to prevent burning your eyeballs through "snow blindness."

Wear Chap Stick to protect lips.

A hat may not protect you fully because UV rays are reflecting off the ground.

By being aware and prepared on the trail, you can enjoy exquisite winter beauty.



## You Made Me Smile!

*When OCHC member Laura Romero discovered her snow camping photo had been published Suki's OC Register article, Don't Be Left Out In the Cold, she excitedly sent the following email to Suki.*

Suki,

Thanks for the "celebrity" photo moment in yesterday's paper. I LOVED IT!

I didn't even know until about 8:20 a.m. in my classroom. A fellow colleague of mine sent over (hand carried by two of her students) the Sports page and asked for my autograph. I said, "What???? Why do you need my autograph?" They didn't know what to say and just showed my photo..... I mouth DROPPED!!!!!! (Happily).

Well!!!!!!!!!!!!!! my response then stirred my class's curiosity, SO I then had to announce to my class that I was/am in the paper.....they were soooooooo proud of me.

They thought I was famous or something. I actually allowed this for about 20 minutes then I shared how our club writes articles each Monday and that any photo can appear (but of course proud of my winter snow camping photo).

They are all WELL AWARE that I am active in an outdoors club, BUT THEY NEVER BELIEVED ME UNTIL YESTERDAY!!!!!!!!!!!!

You made my day,

Laura

PS! It's conference week and half the time my parents are asking about the photo. SO, I share and it leads to great conversation.



## Operation Santa Claus 2009 – Orangewood A Huge Success!!

OCHC Members pulled together this holiday season and donated an abundance of toys, clothing, sports equipment, electronics, etc. to deserving children living at Orangewood Children's Home. Thank you all for your generous and caring support. You rock!!



## Interested in Advertising?

Ad space is now available

For more information please contact:

Suki Reed, President

[Newsletter@OC-Hiking.com](mailto:Newsletter@OC-Hiking.com)



Aquaclip instantly converts your bottled water into a canteen  
[www.aquaclip.com](http://www.aquaclip.com)

## 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>

## Meet Sophie



Sophie the Greyhound enthusiastically greets hikers at the OCHC Holiday party.

President Suki Reed has a new dog. Sophie is a rescued Greyhound with personality galore. She loves hiking, people, children and she sleeps all day. *"She's an absolute dream - My 45 MPH couch potato."* – Suki

Sophie was adopted from Greyhound Pets of America aka [www.fastfriends.org](http://www.fastfriends.org). To find out more about pets in need, also check out: [www.petfinder.com](http://www.petfinder.com)

## Living Healthy - Decrease your Risk of Developing Diabetes

*By Laura V., OCHC Hike Organizer, as posted on the OCHC Message Board*

It is never too late to begin living a healthy lifestyle and decrease your risk to developing type 2-diabetes. New research has revealed that this is true even for people over the age of 65.

"Combining the following 5 healthy habits could reduce diabetes incidences by 89% for people age 65 and up " as concluded by a 10 year research study led by Dariush Mozaffarian, MD, of the *Harvard School of Public Health*.

### **Healthy Habits:**

- Physical activity level-indicated by above-average leisure-time activity and walking
- Healthy diet-high fiber, low saturated fat, low trans-fat intake, low glycemic index
- Light or moderate alcohol consumption
- Not smoking
- Avoid being overweight-BMI (body-mass index) less than 25 or waist size under 34.6 inches for women and 36.2 inches for men.

In addition to Dr. Mozaffarian's study, another healthy habit recommendation is gaining fast momentum in preventing type-2 diabetes, as well as other chronic illnesses. **SLEEP, SLEEP, SLEEP!** A six year study done by SUNY-University of Buffalo revealed that people averaging less than 6 hours of sleep were four and a half times more likely to develop abnormal blood-sugar readings than those sleeping longer.

**Reference:** Tufts University, Health & Nutrition Letter, The Friedman School of Nutrition Science and Policy, August, 2009, Vol 27, No. 6.



# Mt. Whitney

– 2009 –

By: Dr. VaNessa Vollmer  
OCHC Member

Hiking Mt. Whitney this year was beautiful and rewarding because the wild flowers were out and the panoramic views were incredible. After a huge pancake breakfast we hiked up the trail in sunshine interspersed with light sprinkles. We camped and ate a hot dinner before sleeping - anticipating an early start in the dark.

The next morning we were up before sunrise and I captured a picture of the sun rising over the local peaks near 10,700' elev.

After making it over Trail Crest at 13,600' the trail declined briefly then it was time to proceed to the peak. The sensation of being on the highest peak in the continental US was fabulous!

Highly recommended!



## Special Thanks To Our Business Partners:



**A BIG thank you to Costume Hell for their generous sponsorship of the  
MileMarker newsletter!**



MileMarker Newsletter ----- Volume 1 ----- Issue 12 ----- December 2009 ----- Newsletter@OC-Hiking.com

Edited by: Holly McCosker – OC-Hiking Member