



MileMarker Newsletter ----- Volume 1 ----- Issue 5 ----- June 2009 ----- www.OC-Hiking.com

Cause for Celebration!

OC HIKING CLUB, OC-Hiking.com

A letter from the OC HIKING CLUB Board of Directors

RE: New Domain Name and New Corporation

Dear OC Hikers,

With membership numbers climbing into the 4,000's, we felt that it was time for an upgrade! If you haven't noticed, the name of the club and the domain name have changed to OC HIKING CLUB. The new official club name is Orange County Hiking Club (OC Hiking Club) and the domain name is OC-Hiking.com. As you know, the old club name was OCHBC and domain name was OCHBC.org. The change was made to create a name that is easy for everyone to remember and Google.

Along with this, our club is now incorporated under the non-profit parent name of Hike Everywhere, Inc. Our new and improved logo will better represent the Orange County area for which our club is named. The new logo and domain name are more memorable and will belong to the club for eternity. In addition to all of the before mentioned improvements, we are also working on insurance for all of our active members.

Since becoming our president, Suki has put on her Sherlock Holmes cap, and with the help of our attorney, discovered that the former incorporation paperwork was in such a state of disarray that the presumed non-profit corporation was, in effect, defunct and could not be salvaged. Thus the need to incorporate and start anew. The new name and purpose statement are better aligned with the activities our hiking club. By incorporating the club, we insure its ability to help our community for years to come.

The improvements for the club are focused on providing a safe yet fun environment for our OC HIKING members. Thank you to those who have given generously, in order to support this effort. Fundraisers will be held in the future as a way to help support the club that we all love.

The purpose of Orange County Hiking Club/Hike Everywhere, Inc. is to get men, women and children out into the great outdoors through social hiking, backpacking, peakbagging and group outdoor activities. Including, but not limited to the following:

- (a) Promoting physical and emotional wellness through group hikes and group outdoor activities
- (b) Creating awareness of local outdoor areas within our communities and the surrounding areas, as a resource for trail information and organized hikes
- (c) Providing educational events to enhance and encourage community enjoyment and understanding of hiking and the outdoors
- (d) Raising awareness and providing assistance for humanitarian needs in local area that can be benefited by our outdoor awareness
- (e) Producing a better community in OC by supporting abandoned/abused/orphaned children by taking them on outdoor nature hikes
- (f) Helping local environmental causes such as trail maintenance

May the OC HIKING CLUB help and inspire our community of hikers for years to come.

Happy Trails from all of us!

Suki Reed – President
 Neil Fricke – Vice President
 Jeff Shimkus – Secretary
 Mike Cabourne - Treasurer
 Azar Assadi

OC HIKING CLUB, www.OC-Hiking.com



For questions please contact Jeff S. at [Jeff-Secretary at OC-Hiking.com](mailto:Jeff-Secretary@OC-Hiking.com)



REI SPECIAL FOR OC HIKING CLUB MEMBERS!

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

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

~ A BIT OF OC HIKING CLUB HISTORY ~

Long may we hike! Over the last 6 months, our club president, Suki Reed and her business development team, have contributed greatly to the permanent establishment of our club. This will allow us to purchase insurance, equipment and all the things a hiking, backpacking and peakbagging club needs to be safe and fun. The incorporation of the club as a non-profit corporation is a critical step to preserving our club so that members can continue to enjoy the great outdoors regardless of who leads the club in the future. As the Board of Directors, we feel it is important for all members to stay abreast of the positive changes occurring. Due to the work of Suki and the board of directors, the club is flourishing and will become a lasting organization. Below is a detailed summary of accomplishments over the past 6 months. Members on January 1st 2009 were 2,700 and now in June 2009, 4,000+.

1. OC HIKING NEWSLETTER

MileMarker - "Written by Members, for Members" - hiking, backpacking, peakbagging tips, tricks and stories

2. OC REGISTER

Suki as a writer for Outdoor section of OC Register is able to share hiking tips and experiences.

3. CORPORATE PARTNERSHIPS

Development of partnerships to provide sponsorship and benefits for OC HIKING members

4. SERVING OUR COMMUNITY AND CLUB

a. **Community Hub for Hike Info** - website is a resource for local hike info

b. **Kids in Need Hikes** - sharing the outdoors with our community by taking Kids in Need on hikes

c. **Educational Events** - to train and develop our hiking and outdoor community.

d. **Environmental Awareness** - environmental awareness and participation to maintain and protect the trails we use and love in the OC area.

5. **WEBSITE DEVELOPMENT** - The www.OC-HIKING.com website is our virtual club house and hub for the OC Hiking community by providing valuable resources such as: hike information, newsletters, hike brochures, California hikesmart info, weather, scrolling photos of our members and destinations, etc.. Changing the name from ochbc.org to OC-Hiking.com is more memorable domain name and places a stronger emphasis on hiking. The website has changed dramatically since January 1st, for comparison, check out the old website here: <http://web.archive.org/web/20080209221030/http://www.ochbc.org/>

6. **CLUB INCORPORATION** - Founding of a long lasting organization requires incorporation. We have founded the non-profit public benefit corporation of Hike Everywhere, Inc. parent company to Orange County Hiking Club (OC HIKING).

7. **LIABILITY INSURANCE** - With the incorporation complete we are now able to receive funds to buy insurance.

8. **CLUB DOCUMENTS** - The only club document as of January 1st was a sign and fax waiver. An important part of developing a long lasting club and infrastructure is documentation. Club documents have been developed including: corporate records, hike organizer contact list, newsletter, volunteer hike application, welcome letter for new members, 10 Essentials list, Hike Organizer Handbook, multisignature sign-in waiver and more...

9. **HIKE ORGANIZERS** - Conducting regular hike organizer meetings to ensure safety and unity.

10. **WIDE VARIETY OF HIKES and OUTDOOR ACTIVITIES** - More diversity in hikes are offered for all types of hikers and people who want to spend time outdoors. More out-of-town hikes and adventure style hikes are being posted per the request of members. Two photo contests, monthly educational events and more.



Aquaclip instantly converts your bottled water into a canteen
www.aquaclip.com

HIKE ORGANIZERS WANTED

Would you like to share the outdoors with others? We are seeking:

1. Beginning hikes
2. Dog walks

Please contact us at:
Newsletter at OC-Hiking.com

OC-Hiking in the OC Register!

Suki Reed, President of OC-Hiking, 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://m.ocregister.com/ocregister/db_13153/contentdetail.htm?contentguid=ErIWTNye



Bank of America



“Pass the MileMarker on to a friend”

DOG HIKING GEAR

With the warmth of summer fast approaching, many of us are hitting the trails with our furry friends. Not only is it great exercise, it's also a terrific bonding experience. As a doting owner, I am always on the look out for the latest in dog hiking gear. It's really astonishing to see the amount of quality dog hiking equipment on the market. The number one most important item for both humans and pets alike is clean drinking water. Thanks to products like collapsible water bowls that can be easily folded and clipped to a belt as well as K-9 friendly canteens, you and your pooch will be well prepared no matter what the terrain. If your pack's already full, consider having your dog carry his own supplies. REI carries an adventure dog pack designed just for this purpose. And remember - please help to keep our parks clean and pick up after your pooch.

-Holly (OC-Hiking Member)



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THE ORANGE COUNTY
REGISTER

Relying on Leadership, not Ego, can Prevent Mountain Accidents

-Part I of III

Do you know someone who has been hurt climbing Mt. Whitney? I've been hiking Whitney for many years and have seen an avoidable injury each climb. Doug and Earlene Thompson owner of the Whitney Portal Store have seen more than 22 seasons of accidents, problems and situations on this famous mountain.



The altitude at the trailhead, known as the Portal, is 8,000 feet, and the peak rises to a dramatic 14,447 feet. This equates to more than 6,000 feet of elevation gain in 11 miles. The combination of Sierra wilderness, high altitudes and weather that changes on a dime can have a severe impact. Temperatures can drop 45 degrees in an hour, it can snow any month of the year, and lightning is common.

Whitney is the tallest Mountain in the contiguous United States, and hundreds of hikers and climbers make this pilgrimage each day during the permit season from May 1 to Nov. 1. As many as eight incidents per day can be seen on this mountain ranging from sprained ankles, to exhaustion to broken bones and fatalities. The most incidents seen are individual hikers who have been separated from their hiking buddy or group. Surprisingly, day hikers have more incidents than overnight backpackers because of their higher numbers combined with an inability to properly assess the ability to do a roundtrip 22-mile climb which takes an average of 12 to 14 hours.

With a steady stream of hikers seeking to gain the summit trophy, the percentage of risk is high, but the most common cause of incidents is unpredictable much like the mountain itself. Surprisingly most accidents and incidents could be avoided, and the key contributing factor hinges on leadership. According to Doug Thompson and Inyo County Search and Rescue (SAR), the majority of incidents are not based on severe wilderness conditions, but on human error.

Here are seven factors that contribute to Mt. Whitney incidents and accidents, and they all hinge on leadership:

- 1) Group leader failure** – Lack of leadership resulting in miscommunication, bad planning, individual's breakaway from friends or group, and having no well-defined emergency plan.
- 2) Car keys** – Hikers sometimes finish ahead of their friends and forget car keys resulting in no place to sleep, sit, eat, and without gear and money while temperatures drop near freezing at night.
- 3) Dehydration or exhaustion** – People on the trail become exhausted and forget to eat and drink, which results in item 4.
- 4) Flawed decision-making** – Resulting in the No. 1 injury on the mountain, item 5.
- 5) Slip and falls** – Can range from a scratched knee to a fatal fall.
- 6) Flashlights** – People forget they are returning down the mountain in the dark and don't bring flashlights, or they use the flashlight too much and get vertigo from the bouncing light.
- 7) People not at trailhead at estimated time** – When people fail to show up on time, friends presume someone is injured or lost. This can result in false calls to SAR, taking us back to item 1.

Continued on next page.....

To avoid making fatal mistakes on the trail follow the LEGS rules of mountaineering:

L- Leadership

E- Ego, Separate ego from ability

G- Good judgment

S- Skills of mountaineering

Leadership, separating ego from ability, good judgment and the skills of mountaineering are the most important things to carry in your pack and will help avoid an emergency situation. "Each year someone is going to die up there, and it's a terrible process for the people who remain," said Doug Thompson, who has 23 years of experience on the mountain. "Nobody took you up the mountain, you shouldn't expect anyone to take you down."

Part II: So you want to be a 'peakbagger?' Start training, <http://www.ocregister.com/articles/training-hikes-hiking-2425741-whitney-time>

Part III: Avoid Panic at the Peak, <http://headlines.ocregister.com/sports/altitude-29541-wilderness-conditioning.html>

BY SUKI REED AS PUBLISHED IN THE OC REGISTER, MAY 19, 2009

<http://www.ocregister.com/articles/mountain-incidents-whitney-2418058-leadership-hikers>



I hate throwing things away. My family affectionately calls me "a pack rat." But hey, when someone is looking for something, I come to the rescue because somewhere in my closet is exactly what they need. As an avid hiker and long distance runner, I go through shoes pretty quickly. Generally, I'll clean them up a bit and toss them in my trunk to use for camping or a weekend of painting or whatever happens to come my way. At some point though, it's time to start tossing them because *really*, how many old shoes do you *really* need?

Recently I learned about a wonderful organization, Soles4Souls, that takes old shoes and puts them to good use. Their motto- "Changing the world one pair [of shoes] at a time." When hurricane Katrina hit in 2005, Soles4Souls sent over a million pairs of shoes down to the gulf coast to families affected by the disaster. In 2004, they sent a wealth of shoes to the victims of the tsunami in Southeast Asia. So next time you think about tossing that old pair of shoes, think about those people who could benefit from them.

For more information and a list of donation centers in Orange County, please visit: <http://www.soles4souls.org>

OC Hiking Educational Series

- **MT. WHITNEY WITH SUKI**
5:45pm
- **INTERMEDIATE BACKPACKING**
WITH MITCH & NEIL 6:45pm

DATE: JUNE 23, 2009

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



5:45 MT. WHITNEY PREP w/ SUKI
If you are climbing Mt. Whitney with Suki this year, this is a required event. All others welcome.

6:45 INTERMEDIATE BACKPACKING
w/ MITCH & NEIL

This is the follow-up to our Introduction to Backpacking presentation, to be conducted this time by Mitch and Neil. We'll discuss some of the details of planning and hiking longer trips.

For more info:
Check the OC HIKING calendar for detailed info

..... Hike Organizers of the Month



Sunny



Jim

If you enjoy food and LOVE the outdoors, than what can be better than hiking with a group of fellow fun loving outdoors men and women then settling down for a delicious post hike brunch!

Sunny and Jim Hanson are well known for their popular Sunday Crystal Cove Brunch hike. On this hike, not only are you able to enjoy the coastal beauty of Crystal Cove State Park, but after the hike you're invited to join them for brunch at the Pacific Whey Café in the Crystal Cove Promenade.

Jim Hanson has been an OC-Hiking member since May 2007 and has always been an avid day hiker/exerciser. Sunny has been an OC-Hiking member since June 2007 and enjoys local day hikes and getting to know fellow members. After graduating from college, Sunny spent a month backpacking in South Korea.

Check the calendar for upcoming events

Revocation of Membership

The OC Hiking Club, its President and the Board of Directors, reserves the right to revoke the membership of any member without comment at any time for behavior deemed inappropriate or unsafe. Such behavior includes but is not limited to: refusal to follow directions of hike organizers during events; unwanted attention towards or harassment of a fellow member; hostile, rude or inappropriate treatment of a fellow member; failure to follow safe hiking practices and safety guidelines established by the organization; failure to follow club bylaws; failure to comply with local, state, or federal regulations while engaged in club activities; etc.

More than Just a Hike

Creative Consumption

Life's Platter is Full.

Your Spirit is Ravenous.

Consume Your Delightful Vision

Devour The Opportunities—One Delectable Bite at a Time.

As You Savor This Bountiful Banquet,

You Will Find There is No Time to Ruminare on "If Only."

-Thanks to Tim W. (OC-Hiking Member)

CASA



OC HIKING CLUB is working with a variety of disadvantaged youth agencies locally by organizing hikes for kids in need. One of the agencies is CASA, Court Appointed Special Advocates of Orange County, a non-profit organization that trains community volunteers to serve as powerful mentors and advocates for our community's most severely abused, abandoned and neglected children.

CASA is proven effective and has 900 programs across the United States.

FACT:

- A child with a CASA volunteer is more likely to be adopted.
- Children with a CASA volunteer are substantially less likely to spend time in long-term foster care, defined as more than 3 years in care: 13.3% for CASA cases versus 27.0% of all children in foster care.

CASA is in Dire NEED of MALE VOLUNTEERS!!

The majority of CASA volunteers are females and male role models are desperately needed. **47% of youth in the foster care system in Orange County are boys and just 18% of CASA volunteers are men.** It is a proven fact that without positive adult mentors and role models, these kids are face drugs, jail, and even death.

FACT:

- Over 70% of all State Penitentiary inmates have spent time in the foster care system according to the May 12, 2006 Select Committee Hearing of the California Legislature.
- The 1999/2000 Orange County Grand jury reported that within 12-18 months after leaving the foster care system 27% of males and 10% of females had been incarcerated.
- Nationally, 25-50 percent of emancipated youth become homeless. Lack of job skills and opportunities are major contributors.
- Approximately 40 percent of emancipated youth rely on some sort of public assistance, such as medical or welfare to survive.

CASAs make a proven difference. Both men and women are needed, but there is a desperate need for men. If you would like to volunteer please contact:

Kendra Puryear

CASA of Orange County, <http://www.casaoc.org/>
(714) 619-5158 kpuryear_at_casaoc.org

"Be the difference – We are all raising these children either through our attention or indifference." - Suki

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



Irvine Web Consulting and Design
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Awesome things going on here, I have recently decided to make hiking a hobby of mine after climbing to the top of MT. Baldy in Upland, it's the most amazing feeling to get to the top!
- Jennifer S. (OC HIKING CLUB member)