

## OCHBC IN THE COMMUNITY!

As a growing organization, OCHBC has the opportunity to make a positive impact in the community. Our member base is composed of a diverse and fascinating group of people who have a lot to contribute. OCHBC has teamed up with some worthy organizations dedicated to helping children in need. The result -- Hike with Kids in Need! I think it's important for everyone to know just how much these events mean to the kids, who have often never walked in nature, hiked a trail, been to the beach, explored tide pools, or even held a handful of sand, to dance and run in the waves and relish in the freedom of the outdoors.



"We had the opportunity to spend time with the amazing kids and volunteers. The afternoon was very inspirational and I can't wait to partake in the next event. Thank you Suki for making such rewarding hiking opportunities available to us.  
– Sharon A.

Ranging in age from 6 to 18 years old, these abandoned and abused kids have had little stability and few positive experiences. Offering them an opportunity to experience nature and talk with some of our fellow club members has proven quite rewarding. Below are a few quotes from children who have attended the Kids in Need hikes:

- *"I've never seen tide pools."*
- *"Crystal Cove is so beautiful and close by – can we come back here again?!"*
- *"It was really nice of the group to take us. I really liked talking to them."*
- *"I can't believe that was six miles – it didn't feel that long!"*
- *"I can't wait till the next hike! I'm definitely going."*
- *"I spent part of the walk with a woman who was single and successful; it was really encouraging to talk to her. I'm not so afraid."*

For these children, this experience will be a memory they carry with them for the rest of their life. Information is posted monthly on the Meet-up Calendar. KIN Volunteers Wanted (email Suki): Hike Leaders, Administrative Coordinator. -Holly

## MoneyMovers

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**LEARNING TO BACKPACK  
FOR THE 1<sup>st</sup> TIME?**

OCHBC Members receive 25% off the cost of first time REI equipment rental!\*

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

# FINDING PEACE IN NATURE



I think we can all agree that hiking has therapeutic qualities. Amid the hustle and bustle of everyday life, it feels good to connect back with nature and enjoy the company of fellow outdoors men and women. OCHBC organizer Harish has taken hiking to the next level with his "Peaceful Mind Hikes" incorporating silent guided meditation, music and yoga into the hiking experience. In order to ease away stress and tension, Harish focuses on enriching your inner world to quiet the mind, removes obstacles and bring us back to the center of our being. Several of these hikes are scheduled throughout the month and we invite you to enrich your mind and find balance with Harish. – Staff.

## WHAT OUR MEMBERS ARE SAYING!

"Fitting in with Meetup's best hiking group west of the Mississippi has splashed a multitude of color in my life - a life changing positive experience. The quest for getting fit by doing daily neighborhood jaunts has turned into hour long or more hikes and, at times, day long out of town hikes. Since joining OCHBC, life has become a more familiar trail of multi-cultural, diverse groups of people, and may quite possibly lead to lifelong friendships."

-Joey (OCHBC Member)

## Trail Thoughts from a Newbie

Reconnecting with nature allows me to think deeply about the small things I otherwise may not. Recently I was hiking and began to consider a common element of our natural surrounding - sand on the trail. Sand, brought by wind or eroded from nearby rocks, is ever present on the trail. As a newbie to the great outdoors, I naively associate sand with water and the sound of crashing waves. As I continued my walk along the trail, I realized that this association must be completely foreign to that of the desert nomad. Make no mistake we live in a type of sandy paradise that I associate with beaches. If I faced the Sahara desert, I would immediately and forever see an *endless beach*. Would desert nomads understand this notion or would they see it as an *ocean of sand*? Bobby (OCHBC Member)

## It's Whale Migration Season!

Living near the coast we're fortunate enough to witness the majestic gray whale migration. As the cows and their calves head north, generally around April to May, they travel quite slow and stay very close to shore, sometimes only about 650 ft. out to avoid great whites and killer whales. At this time of year, there may be some stragglers still heading south (they'll miss the mating fun!) as well as the newly pregnant females heading north to fatten up, so you're likely to see whales going in both directions, which is a bit confusing for some people, kind of like me on some of these OCHBC hikes!



To learn more about gray whale migration, please visit The American Cetacean Society (ACS) online at <http://www.acsonline.org/index.html>

See you around,

-Rex (OCHBC Member)





## Capture Your Hiking Adventures

Take a Hike!... but don't forget your camera. My camera is a travel companion that allows me to share the joy of hiking with couch potato non-hiking friends. Scrolling through photos on the big screen monitor in my living room allows me to share awe-inspiring beauty, bringing a worshipful chorus of "ooohs" and "awwws." My photos tell the story better than I can with crashing waves, windy mountain peaks and winding trails lined with perfumed wildflowers.

The secrets of taking great photos are simple; here are 5 rules with best results.

1. **Don't leave home without it:** Carry a camera with you at all times. If you leave it at home, a once in a lifetime shot is guaranteed to cross your path (something akin to washing the car to bring rain).
2. **Stop and Shoot:** When you see something that makes you stop and look twice, pull out the camera and take several shots. Less expensive cameras see what you see, but differently. Taking several shots from slightly different angles will assure that you captured the moment.
3. **Be Creative:** Try some shots at ground level, up high or even upside down or at an angle. Some of my best shots have come from odd creative angles.
4. **Have Fun:** If you're having fun and enjoying yourself, it shows in your pictures. Liven it up with your sense of play and create something the world has never seen.
5. **Delete-delete-delete:** Before showing your freshly captured photos to friends and family, review the collection three times and delete anything that doesn't bring shivers of delight.

For more information on how to use a digital camera on the trail, attend the March 19 OCHBC Educational Series at REI, 'Hiking & Wildflower Photography with Bob Allen.' Aside from providing great tips, Allen also will announce the OCHBC So Cal Wildflower Photography Contest and share the best locations to find wildflowers this spring.

Allen teaches nature photography and biology at Irvine Valley and Santa Ana colleges and Rancho Santa Ana Botanic Garden and is a consulting biologist and avid hiker. For the time and location, visit: [ochbc.org](http://ochbc.org)

By Suki Reed, President, OCHBC --- As Published in the OC Register

## You Just Never Know...

It was the first time I'd tackled this Crystal Cove hike, and I was looking forward to a nice panoramic view of the Laguna Coast halfway through. I started off by catching up with a few old friends and then we set off. The day was hot but the scenery and the company, as usual, were great. At the halfway point, the promised view of the Laguna Coast did not disappoint. This was why I got up at 6:30am on a Sunday. Looking down into the cove below us, a whale on its way up to Alaska decided to breach not once but three times!!! I'd never seen it live before and I was left literally speechless. What's going to happen next? I thought. I started talking with a gal from Boston who I'd never met before and we hit it off immediately. By the time the hike was over, we'd made plans to go Paddle Boarding at Sunset Beach after the hike. Two hours later, we were paddling around Huntington Harbor (after a short brush with a deadly poodle) staring at the snow capped mountains off in the distance. Trying to force the smiles off our faces with a pry bar would have been an almost impossible task. The experience was spectacular. After two hours around the harbor, we reluctantly returned to shore with a new hobby well established. A couple of beers were next on the agenda, so we popped into O'Malleys in Seal Beach for a couple (or three) blue moons. We talked for another hour and began making plans for OCHBC events this summer: hikes, camping, bouldering in the desert and kayaking amongst them. At the end of the day, I looked back at all the events that had transpired, how I had met a 'wicked' (as they say in Boston) new fun and adventurous friend, and thought how much I would have missed out on if I had just sat at home on the couch watching the game.



Brendan at Crystal Cove 8am hike on March 1, 2009

A day like this proves that you never really know what is going to happen on your next hike!  
Thanks OCHBC!

Best,

Brendan (OCHBC Member)

## MEET A HIKE ORGANIZER



Rod has been an OCHBC member since March of 2007 and now corner's the market on out of town hikes. His favorite local hike, when it's open, is Santiago Peak via the Harding Truck Trail, offering spectacular views of Orange County and the surrounding area. He also enjoys hiking in Laguna Canyon the San Gabriels. Favorite out of town hikes include the Sequoias, Death Valley, Anza-Borrego, and Sespe Wilderness.

**His hikes have become so popular that we're looking for someone to assist Rod and take charge of his overflow hikes.**

Requirements:

Trainable, love to hike, willing to learn outdoor leadership!

**This is your opportunity to learn from one of the best!**

Submit volunteer application: [suki-president@ochbc.org](mailto:suki-president@ochbc.org)

**-- Look for Rod's hikes on the Meetup Calendar! --**



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# OCHBC/OC REGISTER

## So Cal Wildflowers Photography Contest

Pick up your camera and get hiking - it's time to chase wildflowers! There is no entry fee, so come join the fun!

Please attend the OCHBC EDUCATIONAL EVENT 3/19 at REI to learn about WILDFLOWERS and Hiking/Wildflower Photography with pro photographer and biologist Bob Allen. Complete rules and submission info: [www.ochbc.org](http://www.ochbc.org) , meetup calendar May 1<sup>st</sup> WILDFLOWER PHOTO CONTEST

### Photo submission start/end dates:

April 1<sup>st</sup> to midnight May 1<sup>st</sup>, online submission info will be released prior to start date.

### Photo limit:

1 photo submission per person

### 2 Winners!

- **Judges Favorite (1 winner)**

The panel of judges will be: Bob Allen nature photographer, biologist and teacher, Mike Evans owner of Tree of Life Nursery in SJC and Kornelius Schorle owner of Pro Photo/world class photographer.

- **Public Vote Favorite (1 winner)**

The public will vote for their favorite entry starting April 1<sup>st</sup> via the online vote at [ocregister.com](http://ocregister.com)

### ----PRIZES!-----

- **Photo winners published in OC Register and homepage of OCHBC.org**

- **Cash Prizes from Rogers Gardens**

\$750 for top winner in judged and public category

- **Pro Photo Irvine prizes:**

"Panorama California" by Jack Rankin – Elegant hard bound coffee table book with high gloss scenic panorama views of the Golden State.

- **REI prizes include:**



REI Zip Travel Tote



REI Quantum Pack

### Photo submission info:

- Your name & city
- E-mail address
- Name of flower(s) in the photo, both common & scientific – in file name
- 1 submission per person
- See calendar May 1<sup>st</sup> 09, for updated info

***Many thanks to our prize contributors: OC Register, REI, Rogers Gardens and Pro Photo Irvine***

### =====

### Top Two for Books for Flower Identification - Available at REI:

1. **Flowering Plants. The Santa Monica Mountains, Coastal & Chaparral Regions of Southern California**, Dale, N. 2000. revised second edition. California Native Plant Society, Sacramento, CA.
2. **California Spring Wildflowers, revised edition**. Munz, P.A., D. Lake, & P.M. Faber. 2004. California Natural History Guides No. 75. University of California Press, Berkeley, CA.



# MIGRATORY WHALES

## WITH ELIZABETH- MARINE BIOLOGIST

Southern California is a great place to see large whales as some migrate through the area and others stay for the summer or year round. The gray whale is well known for their migration.

- Over 19,000 gray whales off the west coast
- Migrate annually between Baja, Mexico to Russia
- April and May - Mommy and baby whales
- Gray's reach 45 ft in length

The Grays migrate annually between Baja, Mexico to give birth and northern waters (all the way to Russia) to feed. In April and May cows and their calves head north, traveling slow and staying close to shore to avoid predators (great white sharks and killer whales). Watch for two blows close to each other, with one being smaller than the other. If you have binoculars, watch for a wavy ridge on the back and no dorsal fin. Gray whales can reach lengths of 45 feet.

-Elizabeth Petras (OCHBC Member), pictured above with her beloved dog Oscar, who will be missed dearly, 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.

### WE WANT TO SEE YOUR SMILING FACE ONLINE! :-D

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.

If you do not have a photo of yourself, ask a fellow club member to take a photo of you on a hike and email it to you. Please do not post avatars, photos of your dog, flowers, or photos so far away we need a microscope to see you.

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

We are eager to see your bright smiling face :-D  
See you out on the trail!

-Neil Fricke, Chairman of the Board, OCHBC

## Poets Corner

### *Spring Haiku*

*Spring--you can see it,  
Feel it; a renewal of  
Life's warmest embrace.*

*Spring--breathe in deeply  
The fragrant bouquet of life.  
Let your spirit bloom.*

*-Thanks to Tim W. (OCHBC Member)*



## Irvine Web Consulting and Design

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

[www.IrvineWebConsulting.com](http://www.IrvineWebConsulting.com)

### 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

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Please click on the link below, fill out the Hike Organizer Application and email to:

[Suki-president@ochbc.org](mailto:Suki-president@ochbc.org)

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

## 2008 HIKE ORGANIZER AWARDS

*---CONGRATULATIONS!---*

- ❖ **Most Welcoming to New Hikers Award:** Sunny and Jim
- ❖ **Amazon Award:** Lily
- ❖ **Hero's Award:** Rod
- ❖ **Perseverance Award:** Cheryl
- ❖ **Best Non-Hike Contribution:** Marie
- ❖ **New Organizer Dedication Award:** Sheila
- ❖ **Miles to Go Before I Sleep Award- longest drive/travel to conduct hike:** Lily
- ❖ **Funniest Hike Event Award:** Tie: Nat and Ezra
- ❖ **What happens on the trail; stays on the trail Award:** Laura Romero
- ❖ **Best Backpacking Trip of the Year Award:** Mitch
- ❖ **Happy Hiker - most hikes:** Harish
- ❖ **Best Camping Trip of the Year Award:** Rod
- ❖ **Best New Trail Name Award:** Sandman
- ❖ **Most Unusual Item in your pack Award:** Mitch
- ❖ **Camaraderie Award – builds friendship and teamwork among the group:** Mike C.

### Special Thanks To Our Business Partners:



### IMPORTANT REMINDER

Please be considerate of other hikers and be sure to update your RSVP for upcoming hikes.

If you cannot make a hike, please change your RSVP to NO.

Our group is expanding rapidly and waiting lists are filling up. It is unfair to “no-show” to a hike when your cancellation could have allowed another hiker to attend.