



MileMarker Newsletter ----- Volume 2 ----- Issue 3 ----- March 2010 ----- www.OC-Hiking.com

Taking Teens to the Top!

BELL CANYON HIKE, FEBRUARY 20, 2010

OCHC Hike Organizer Mitch shares about his first outing with local teens.

I have recently started working with a local after school program to take kids up into the mountains on day hikes and overnight backpacking trips. Our first outing was a day hike in Bell Canyon in Caspers Regional Park off the Ortega Highway.

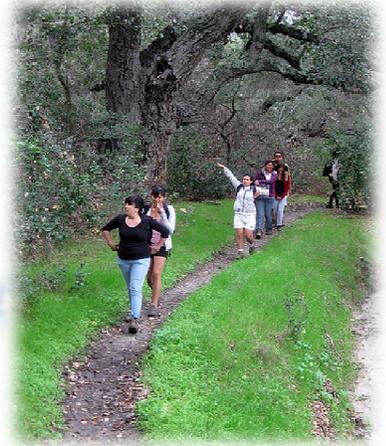
It had rained the night before, so the trail was very muddy and difficult to walk on. It took us a long time to hike the approximately two and a half miles up onto the western ridge, then down and back to the parking lot. There were six girls and three leaders plus me and Ingrid. We had originally planned for a hike that went twice as far, but this was a good first time out. It was a nice area, with some huge oaks, bigger than any some of the girls had seen, as well as strange fungi and several stream crossings. They all had boots they borrowed from Save Our Youth, and no one had any blisters.

The hike was prefaced by an inspirational talk by OCHC President Suki Reed, a Hiking 101 presentation by me and Ingrid, and little lecture from Ranger Adam.

After the hike we had lunch in the picnic area.

Mitch

For more information about upcoming Taking Teens to the Top! events, check out the OCHC calendar <http://www.meetup.com/OC-HIKING-com/calendar/>



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.



Bob Allen takes a picture of a "belly plant." These are plants that are so small that you need to get down on your belly to take their picture. Belly plants, include bristly combseed, *pectocarya setosa* (tiny white flowers), and California goldfields, *lasthenia gracilis* (gold flowers, at left). Here the author photographs bristly combseed, a tiny belly plant, while a companion records the action. The overcast morning provided muted tones but gives a feel for photography in the wild. Nikon D200, zoom lens at 46mm, handheld. (c)Fred M. Roberts, Jr.

Second Wildflower Photo Contest Starts March 24

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

For the second year, the Orange County Register and the OC Hiking Club are sponsoring the Wildflower Photo Contest, which will run from March 24 to April 20.

This year's wildflower season should be a colorful one with the amount of rain we've had so far.

There is no entry fee and prizes will be awarded again this year for the judge's favorite and the public vote favorite in the 2010 OC Register/OC Hiking Club Southern California Wildflower Photo Contest.

Entries will be submitted online. We'll have more details on the rules and prizes later.

The 2009 judge's top pick, Patricia Hadley of Yorba Linda, won a camera as the grand prize. Hadley had hiked several miles on a gray day to get her prize-winning shot.

Here are the photo submission categories:

Nature Open - flowers, mostly natural.

Flower and Man – Flower plus people, pets or something man made.

Nature – No "hand of man" (no non-indigenous plants, dirt trails, fence posts, etc...).

Photo taking tips:

Take photos with early morning light, and dew gives flowers a special glow.

The amber light just before sunset is another time for "special" lighting.

Take pictures of the flowers that make you laugh and smile.

Enjoy yourself!

Judges:

Bob Allen, aka "Bug Bob," is our lead judge and is a biologist and professional photographer. He teaches at Irvine Valley College & Santa Ana College. Other judges will be announced later.

Here are some local areas that promise the best blooms inside Orange County.

Aliso and Wood Canyons Wilderness Park. This expansive park sits at the south end of the Laguna Greenbelt. Its canyons and hill tops are host to an array of colorful wildflowers.

28373 Alicia Parkway
Laguna Niguel, CA 92677
949-923-2200

Caspers Wilderness Park is Orange County's largest park. 8,000 acres of wilderness area offer an extraordinary beauty and a rare escape from civilization.

33401 Ortega Hwy.
San Juan Capistrano, CA 92675
949-923-2210

Laguna Coast Wilderness Park offers views of the Pacific Ocean and sycamore-shaded canyons. The park's 6,500 acres are accessible via guided tours.

18751 Laguna Canyon Road
Laguna Beach, CA 92651
949-923-2235

Thomas F. Riley Wilderness Park in Coto de Caza is a wildlife sanctuary and is home to an abundant number of native plants and animal life. The land features rolling hills covered in spring wildflowers and grassland canyons.

30952 Oso Parkway
Coto de Caza, CA 92679
949-923-2265 or 949-923-2266

Talbert Nature Preserve in Costa Mesa has natural wetlands with a variety of hiking and interpretive trails. There is no parking available at Talbert Nature Preserve. Parking is available at Fairview Park on Placentia Avenue or Vista Park on Victoria Place.

1298 Victoria Avenue
Costa Mesa, CA 92627
949-923-2250

Limestone/Whiting Ranch Parks in Foothill Ranch has about 4,000 acres of deeply forested canyons, scenic rock formations and grassy rolling hills are lined with streams and trails to create a scenic opportunity for hikers and photographers.

Portola Parkway & Market Place
Foothill Ranch, CA 92610
949-923-2245

Bolsa Chica Ecological Reserve in Huntington Beach is designated as a coastal wetland. The Bolsa Chica Ecological Reserve extends along the east side of Pacific Coast Highway in the city of Huntington Beach from Warner Avenue to Seapoint Avenue.

3842 Warner Avenue
Huntington Beach, CA 92649-4263
(714) 846-1114

Upper Newport Bay and Ecological Reserve in Newport Beach is home to about 1,000 acres of natural land. This coastal wetland is home to many wildflowers and is one of the finest bird watching sites in North America. During winter migration up to 35,000 birds may use the Bay at one time.

Muth Interpretive Center
2301 University Drive
Newport Beach, CA 92660

For more information, visit: <http://www.ocregister.com/articles/park-235381-hiking-beach.html>

EVENT RECAP

Camping & Hiking in Joshua Tree with Neil March 5th & 6th

Approximately 40 attendees made it to the Joshua Tree National Park Camping & Hiking event hosted by OCHC Vice President Neil Fricke.

"Our camping trips are a living example of the old story of "stone soup"; nourishing because of what each individual adds to the mix! Thank you everybody for your contribution to a great weekend!" – Neil, OCHC Vice President

What our members had to say....

"Very well organized event. Great little hike with 360 views. Even the weather cooperated! Great group of campers! Thanks Neil for organizing." - Janet T

"Wonderful weekend, everyone! Thanks for posting your photos- loved the tarantula lurking in the gear!" -Marti





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>

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For more information please contact:
Suki Reed, President
Newsletter @ OC-Hiking.com

Coffee & Tea Lovers Drink For Health!

Well, here is another excuse to have that next cup of java or tea. A meta-analysis, totaling 447,932 participants, found that drinking coffee or tea is associated with lower risk for developing the onset of diabetes. Decaffeinated coffee was associated as well, but with a little less effect than its caffeinated form.

It is believed that the benefits may be contributed to compounds found in both coffee and tea, such as magnesium and antioxidants. Therefore, caffeine appears to be an added benefit, instead of the sole source according to the analysis done by Rachel Huxley, Dr. Phil of the George Institute at the University of Sydney, Australia, and colleagues.

Data Outcomes from This Study:

Caffeinated Coffee: 3-4 cups per day was associated with approximately 25% decrease risk for developing diabetes, compared to drinking 2 or less cups per day. Each additional cup consumed was associated with a 7% reduction.

Decaffeinated Coffee: 3-4 cups per day were about one-third less likely to develop diabetes than those drinking none.

Tea: More than 3-4 cups per day had a 20% lower risk than non-tea drinkers

Wow, I LOVE this study!

Reference:

Archives of Internal Medicine, Dec. 14/28/2009; article write up from *Tufts Health & Nutrition Letter*, March 2010

***Special note from this writer. If you have been instructed by your healthcare provider to limit or avoid coffee and tea; then please consult him/her before you begin to indulge.

Respectfully submitted by Laura V., OCHC Assistant Organizer



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