

## Winning Images from Wildflower Photo Contest

*By Suki Reed, OCHC President, as  
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What a wild year for flowers.

With more rain than usual, the deserts, hillsides and landscapes of Southern California were covered with a spectrum of colors.

Much of it was captured through the lens of photographers who entered their images in the second annual OC Wildflower Contest sponsored by the Orange County Register and the OC Hiking Club.

This year, we had more than 1,200 entries that received more than 390,000 votes and more than 626,000 page views.

The two grand prize winners this year are:

**Lisa Burton** of Riverside, who was the judge's choice for best wildflower photo, and **Sandy Carroll of Westminster**, whose photo received the highest vote total of 83,000. They both will receive a \$250 gift certificate to Samy's Camera.

Burton's photo of California poppy with bird's-eye Gilia was shot in Lancaster with a Canon Power Shot SD850. Burton, 50, is a manufacturing engineer at Northrop Grumman in El Segundo. She is a member of the Northrop Grumman Photography Club.

"I always loved taking photographs of my pets as a child," Burton said. "And in my late adulthood became more interested in photography of wildflowers on my many journeys into the deserts and hills of Southern California."

Carroll, 20, is a student in the Registered Dental Assistant program at Cypress College. She will graduate in a few weeks and plans to start working right away. She enjoys hiking, photography and shopping.

The other winners and categories include:

### **Nature Only**

1. Ginette Adams - School Bells (Blue Dicks)
2. Vladimir Finegersh - Brittlebush

### **Nature Open**

1. Brian Flynn - Beach Evening Primrose
2. Brad Smith - Lupines & Fence

### **Nature & Human**

1. Ron Hetherington - Multiple Flowers
2. Caterina Hall - California Poppies & Windswept Girl

The rest of the photo in the attached slide show were chosen for honorable mention.

The first-place winners will receive an REI Stoke 19 pack (retail: \$69.50) and second-place winners will receive a \$40 REI gift card.

The first- and second-place winners will receive their prizes at an OC Hiking Club event Thursday at REI/Santa Ana, 1411 Village Way, Santa Ana. The event is from 6:45 p.m. to 8:30 p.m. Bob Allen, a biologist and professional photographer who judged the contest, will review and discuss the winning photos. He will also offer tips on shooting wildflowers.

This is meant to be a community photo contest," said Suki Reed, president of the OC Hiking Club, "with the purpose of getting people outdoors and reconnected with nature."



Judges Grand Prize - Lisa Burton



Public Vote Grand Prize - Sandy Carroll

### **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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## **EVENT RECAP**

### **TOP OF THE WORLD/DIPPING CAVE May 8, 2010**

#### **What our members had to say....**

*"I really appreciated that ocean breeze at the end." - Jody*

*"What a great hike! Thanks Harish!" - Scott*

*"Nice pace. Went on trails that I hadn't been on before, very enjoyable." - Stacey Taylor*

*"It was so worth the drive from San Diego to hike with all of you. Hope to see you soon on another." - Jodi*

*"The weather was great, the scenery beautiful, the conversation good. Overall a wonderful way to spend a Saturday morning. Thank you Harish for organizing this today for all of us to enjoy!" - Dave*



Photos courtesy of Judith





### Santa Cruz Island Trip, April 16-18, 2010

Photos courtesy of Neil, OCHC Vice President

"The dolphins pursued us on the way to the island; the sea lion exiting the sea cave was one of about half a dozen swimming in Potato Harbor as we hiked the cliffs above."

## Taking Your Child on Their First Backpacking Trip

Submitted by Glenn, OCHC Member

Planning our first father/son backpack trip started over a year ago. I still remember my first backpacking trip. My Boy Scout Troop headed to the Back hills of Malibu to a place called Circle X. My Dad was on the trip as Well so this was our first Father/Son backpacking experience. The weather Was hot, my cheap backpack did not fit well and was heavy and it was 5 miles into camp, uphill! Needless to say, I was not very excited about backpacking and it was quite a few years before I did it again.

I wanted to get my 9 year old son a good backpack. I selected a quality pack of appropriate size for him for a big daypack or light overnighiter, about 35L capacity. Now he had a pack just like Dad, although his was a little smaller.

For the rest of the story please the OCHC Message Board:  
<http://www.meetup.com/OC-HIKING-com/messages/boards/thread/9124896/#35722831>



**SPRING FUND RAISER** - Thank you again for your Love Donations!! We have raised several thousand dollars towards further development of our kids programs and Earth Care. **Your Love Donation is gratefully recieved here:** <http://www.oc-hiking.com/donations.htm> **We want to update your profile** - If your donation has not been recorded on the meetup site it is due to name confusion. Please update your meetup profile name with your last name or last initial, so we can identify you. Or, if your donation is made under a different name, please email the correct information to: [office@oc-hiking.com](mailto:office@oc-hiking.com) (and thank you!!)

### I AM PROUD OF THE OC HIKING CLUB!

Dear Suki,

I just wanted to thank you for being a great leader of a great organization. I joined OC Hiking last summer, but as I was training for the LA Marathon, I needed to jog more than hike. During the fall, I went on several North County hikes with Mike C. And Lisa Pedersen. They are both great organizers as well as nice people. I also did Whiting Ranch with Hamid in the winter. A great organizer and nice man also. Since finishing the marathon, I have been hiking with Mike C. in Anaheim Hills most weeks. Another one of your organizers, Margie, convinced me to go on one of Rod's hikes. I had been intimidated when I had read his descriptions. Anyway, Rod is another fantastic organizer, friendly as well as very competent. This last Saturday, 6 of us hiked up to Mt. Baldy summit from Manker Flats. It was the first time climbing a mountain for me, and it was an absolutely awesome experience! I relocated to SoCal a little over a year ago from Oregon due to divorce and a job change. OC Hiking has opened up a whole new chapter in my life, and I just wanted you to know what a great organization you have. By the way, I first learned about OC Hiking by reading your column in the register. Thank you again!

Mark Reid, OCHC Member



## ALONE

By: Kiril Kundurazieff, OCHC Member

In the morning I will awaken, I will walk  
In the clinging fog; myself  
Will look about, and not see another  
Alone in the park, and break  
The silence with breath and footsteps;  
I will enjoy the grass and the trees  
Seeing what is to see, and hearing what I cannot  
In the shadows of the dawn; and myself  
With hands in my coat pockets,  
Will smile in contentment, and  
Plan for the day that will be.

## Common Exercise Myths

Although “feel the burn” and “no pain, no gain” are no longer believed to be sage advice in the exercise world, there are still some other exercise myths floating around out there...

### 1. If you're not going to work out hard and be consistent, exercise is a waste of time.

Research continues to show us that any exercise is better than none. For example, even one hour a week of regular walking or gardening has been shown to reduce the risk of disease.

### 2. You will burn more fat if you exercise longer at a lower intensity.

The most important focus of all weight-loss programs should be the total number of calories expended versus the calories consumed. That being said, the faster you move, the more calories burned per minute. However, high intensity exercise may be difficult to sustain if you are just beginning to exercise. It is safer if one starts at a lower intensity and gradually increases the intensity over time.

Source: IDEA Health & Fitness Inc.

## 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>

## Interested in Advertising?

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

The logo for OC parks, featuring the letters 'OC' in a stylized orange font with a green leaf-like shape above the 'C', followed by the word 'parks' in a white, lowercase, sans-serif font.

The logo for Costume Hell, featuring the words 'Costume Hell' in a white, gothic-style font with decorative flourishes on either side, set against a black background.

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

## Special Thanks To Our Business Partners:

The logo for The Orange County Register, featuring the words 'THE ORANGE COUNTY' in a small, black, sans-serif font above the word 'REGISTER' in a large, bold, black, serif font.

The logo for REI, featuring a stylized white mountain range and a tree silhouette above the letters 'REI' in a bold, white, sans-serif font, all on a black background.