



MileMarker Newsletter ----- Volume 1 ----- Issue 11 ----- November 2009 ----- [www.OC-Hiking.com](http://www.OC-Hiking.com)

## Enlightenment Under California Live Oaks

*By OCHC Member Robyn Wyman-Dill*

I'm a recent resident to Orange County. Single and actively-minded I decided to embark on a quest to find the best that Orange County has to offer. How lucky I am to have stumbled upon Meetup.com. It has put me in contact with a dynamic group of social outdoor enthusiasts - members of the OC Hiking Club.

OC Hiking Club's accessibility to acres of beautiful, diverse terrain, excellent hikes and spectacular ocean sunsets are the jewels in its crown.

I have hiked with the group only three times and for me each has been magical. On my third and most serene hike, I joined a 7:30am Sunday hike through Whiting Ranch to the Ramakrishna Monastery with our guide, Harish. I will never forget it. We embarked upon on a spiritual journey, winding a path above the clouds through Trabuco Canyon and into the central meaning of God in five major religions along shrine trail. There we discovered a celebration of brotherhood, love, hope, unity in diversity and enlightenment under the California live oaks.



For more information about Harish's hikes, check out the OCHC calendar: <http://www.meetup.com/OC-HIKING-com/calendar/>

### REI SPECIAL FOR OCHC MEMBERS ONLY!

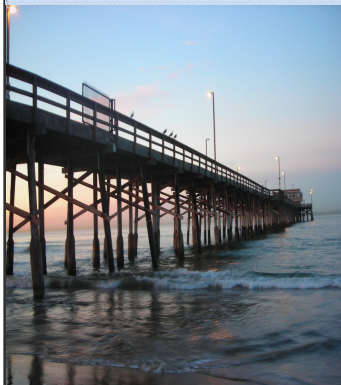
Learning to backpack for the first time? OC Hiking Club Members receive 25% off the cost of cost of first time equipment rental at REI.

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

# Bank of America®

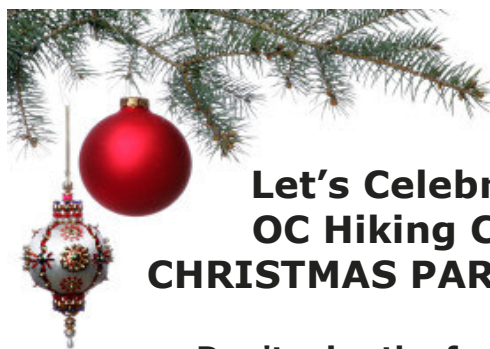


## Suki Reed in the OC Register!



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>



## Let's Celebrate OC Hiking Club CHRISTMAS PARTY 2009

**Don't miss the festivities!**

OC Hiking Club Member Awards to be announced!

Yummy foods -We are thinking about an international Christmas potluck. What do you think?

<http://www.meetup.com/OC-HIKING-com/calendar/10117812/>

***Peter's Canyon Intermediate  
Quick Pace, Oct. 2009***



### IMPORTANT REMINDER

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.

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

We are eager to see your bright smiling face :-D

-Neil Fricke, Chairman, OCHC

**Check us out on  
FACEBOOK**



**T-Rex spotted in Zion Park!**

"Pass the MileMarker on to a friend"



# Don't Let These Critters Bug You on the Trail

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

## Spiders

You are about as likely to be bitten by a spider while hiking in Southern California as you are of meeting Spiderman on the trail. All spiders have fangs, and all spiders have venom, but spiders seldom bite unless provoked and few are poisonous. Also, the reaction to a nonpoisonous spider bite can vary significantly from person to person.

*Black Widows/Brown Widows* – have a painful bite that is rare, but highly poisonous. Black/brown widows can be found under things such as rocks or deteriorating logs, but are almost never seen on the trail.

*Brown Recluse* – doesn't exist in California according to expert Rick Vetter of University of California Riverside. For more on spider myth go to: <http://spiders.ucr.edu/brs.html>

## Bees

The European honey bee and killer bees are both common in Orange County and can be found in back yards or on the trail. It is difficult to tell the bees apart, so treat all bees with respect to be safe.

*European Honey Bees* – The most commonly used bee in So Cal agriculture is the Italian honey bee. This bee is docile and nests high in shrubs trees, and roofs. They will sting only if provoked and may chase for 5 to 10 min.

*Killer Bees* – They were interbred with Italian bees and the South African honey bee in hopes of creating a mild-mannered, but highly active pollinator. The breeding failed and the bad tempers persisted. The media dubbed this crossbreed – killer bees, and they are hyper sensitive. Do not swat or disturb them in any way. When crossing a field be careful not to knock a bee off its flower as it pollinates. If you see a bee hive or swarm in the wild, stay at least 50 to 100 feet away. They also hate the vibration of machines like lawn mowers, weed whackers and even car engines. If you aggravate them in any way, they may pursue you for up to 45 minutes. Nests are found low on the ground in drainage ditches or under rocks. If these bees chase, the only solution is to run and remember that they have a hard time navigating obstacles. They can be escaped by creating navigational confusion by running around trees, or through brush or buildings.

## Scorpions

Scorpions don't sting unless provoked. In Orange County, we have several species of scorpion, and they are about as toxic as a honey bee sting or less. Their sting can cause stomach ache, fever or nausea. Scorpions come out at night and may crawl across the ground and up bushes to feed. Moonlight and a black light cause them to fluoresce. Other insects are drawn to their body light allowing the scorpions to feed. Follow this general rule of safety: Inspect shoes and clothes before putting them on and never put your hands or feet into someplace you can't see.

## Ticks

Ticks can be picked up by walking through brush. Wear long pants and socks for protection and thoroughly check for ticks at the end of the day. Ticks feed by sucking blood; in some cases Lyme disease has been reported. Note that the disease can only be transmitted when the tick bites and feeds on the host. By thoroughly searching and quickly removing ticks off your body and off your dog, problems can be avoided. If the tick is imbedded, it is important to remove it immediately, but do so without squeezing the body of the tick which pushes the infected blood into the host. Save the removed tick, if you want vector control to identify the species.



The European Honey Bee, pictured, and killer bees are both common in Orange County and may be found in backyards or on the trail. It's difficult to tell the bees apart, so treat all bees with respect. BOB ALLEN, "FIELD GUIDE TO WILD FLOWERS OF ORANGE COUNTY"

## Interested in Advertising?

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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  
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## Hike Organizer of the Month

Biologist Harish is well known for his meditative peaceful mind yoga hikes. He has strong love of nature and the outdoors. Harish's Beginner Hike in O'Neil Park leads hikers through awakening mountains with rising sunrays surrounded by Churches and the peaceful Ramakrishna Monastery. It's quickly become a favorite with old and new OCHC members alike. To learn more about Harish's upcoming hikes, check out:

<http://www.meetup.com/oc-hiking-com/calendar>



## A Hiker's Tail

By Scruffy Weston  
With help from my mom,  
Thérèse Weston, OCHC Member

When my mom dresses me in a red bandana and sings me the "doggie walk" song, I know it's Wednesday evening and Suki's doggie beach walk.

As the hikers gathers at 19th Street Newport Pier, canine hikers meet & greet with a little "nose and toes" sniffing and "the secret handshake". You can tell the newbies by their short leashes. Once their owners chat it up with other hikers, leashes lengthen and they join in this doggie debut ritual.

Before starting of our 2-mile pilgrimage to the other pier, dogs, their owners, and dog lovers sans dogs gather in a large circle to bond with intros and short stories. As the intro-circle completes, I yearn to sink my paws into the soft sand run along the tide.



I proudly stride with my canine kin. My tail may drag at the times, but I am still having fun. And, Suki, I always touch the other pier, so it counts!



# Mt. Whitney

– 2009 –

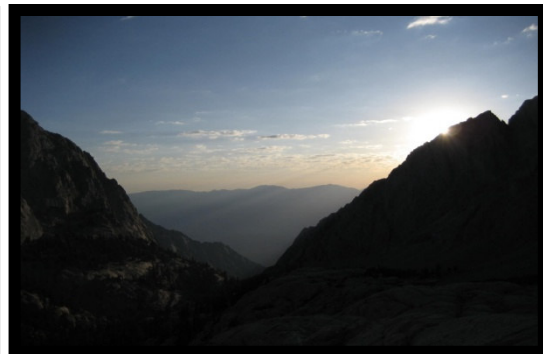
By: Dr. VaNessa Vollmer  
OCHC Member

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  
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