



## Jon Young Training

### An OCHC Special Event!

We are deeply thankful for a significant donation from the **Disney VoluntEARS**, who made this weekend possible. On November 13<sup>th</sup> & 14<sup>th</sup>, 2010 the OC Hiking Club was honored to host a Jon Young training event for our Hike Organizers/Nature Guides.

Jon's work is touted by Richard Louv, author of *Last Child in the Woods*, as the solution to "Nature Deficit Disorder" and he has dedicated his life to learning the ways of indigenous cultures and cultivating a deeper connection with the earth. The quality of Jon's training was outstanding and of great value to OCHC's next generation of Hike Organizers who will function as mentors for our Kids in Need of Nature program as well as our beginning and experienced hikers.

Jon was mentored as a child by the renowned naturalist and tracker Tom Brown Jr. and has been mentored by native elders from around the world. As a result, he has pioneered a system called 8 Shields Cultural Mentoring that blends mentoring and cultural techniques with a broad array of tools for global and personal connection with nature.

The three hugely successful workshops offered were:

- Bird Language Training
- Nature mentoring Training
- Wilderness Skills Training

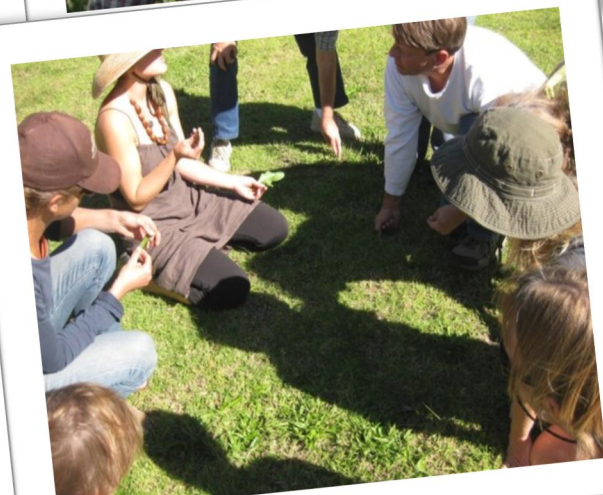
### What our Hike Organizers had to say...

**Amazing! A real eye-opener. Fascinating from start to finish, can't wait for tomorrow! Thank you Suki and Disney for making this possible.** Gerry, OCHC Hike Organizer and New Member Mentor

**My first thought in trying to express how much I gained from Jon's seminar was, if only I had started down this path 50 years ago! Better late than never...thank you Jon and Suki.** Michael Kenney, OCHC Hike Organizer

**Practical and inspiring. We learned skills that expand our awareness of Nature and that also translate to ourselves and society. The value is much greater than the cost of the class. Don't miss Jon Young if he comes our way again!** John Bryce, OCHC Hike Organizer

Continued below...



Learning about Plantain (*Plantago major*)  
Chew the weed into a paste and place on bee stings for relief!



### 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.



# Jon Young Training

## Thanksgiving Potluck & Feast under the Oaks -An OCHC Special Event-

*Once we realize that we are all interconnected we cannot help but change our beliefs and the way we live our lives in a passionate manner.* Jim VT, OCHC Hike Organizer

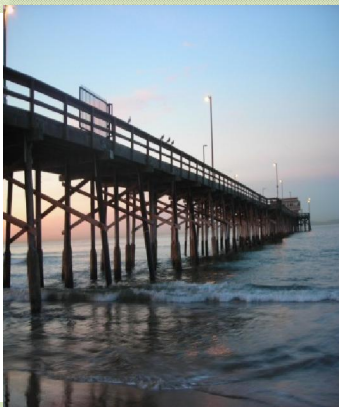
*We've all been inspired by special people in our lives. Through his cross-cultural learning and wisdom, Jon showed us how we can be that inspiration to others. The effects are powerful yet the principles and steps are easy if we're willing to open up a bit.* John Bryce, OCHC Hike Organizer

*Cultural mentoring! What an effective way to improve our overall situation and build connections between people and nature. I see so much potential and will definitely strive to do my best as a mentor. Thank you for sharing and opening our eyes to the obvious! THANK YOU, JON!!!* Karin W, OCHC Hike Organizer

*What a thought provoking weekend! Jon's speaking skills, subject matter and passion made me yearn to learn more about everything he spoke about. My reading list has exploded with all the books he referred to. Thank you so much Jodi, Suki and most of all Jon for raising my awareness of my place in nature.* Gerry, OCHC Hike Organizer and New Member Mentor

Check out OC  
Hiking Club on  
Facebook!

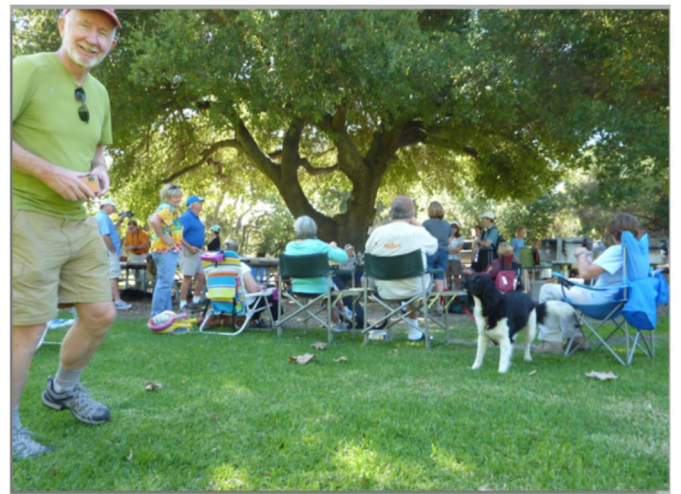
## Suki Reed in the OC Register!



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>

Some thoughts on Thanksgiving-  
"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." - John Fitzgerald Kennedy



## -Event Recap-

### **OCHC Educational Event – INCA TRAIL, NAZCA LINES, AND SOUTH AMERICA - with Jerry Shulman, November 4**

*Jerry is a great speaker, with a wealth of information from years as a world traveler and anthropologist. South America came alive with history, culture, travel tips, and plenty of secrets about the area. ~John B.*

*Jerry is a walking history book. ~Stan M.*

*Quite impressive! It was a wonderful evening, and I hope that we can get him to speak to us again in the future. I'd love to hear more of his stories, and see more of his pictures. Especially Indonesia, since that is where I was born. ~Nancy L.*

*It was great.....so much information and as for Jerry, what a warm, funny and captivating speaker. Thank you. ~Azita L.*

**Stay tuned for our next  
OCHC Educational Event!**

#### **Sponsor Kids in Need of Nature!**

*Is your company looking to make a difference in the life of a child? Corporate sponsorships are needed for the OC Hiking Club's Kids in Need of Nature program. Contact Kate: sponsorship @ oc-hiking.com for more information. All donations are tax deductible.*

#### **OCHC Business Directory**

*Reach more customers! The OC Hiking Club is creating a Member Business Directory where you can promote your business or organization to more than 6,500 local customers. Contact Kate: sponsorship @ oc-hiking.com for more information.*



For September 2010, we took the more advanced kids up 9,399 foot Mt Baden-Powell from Dawson Saddle on a shuttle hike that ended down in Vincent Gap (elevation 6,565 feet), bagging 9,138 foot Throop Peak along the way.

We have been scheduling progressively more challenging hikes throughout the year.

Everyone made it to the top of Mt Baden-Powell, and all the kids said they had a good time (except maybe Lulu, who had a blister on her foot).

Next month we are planning something easy.

~Mitch

Trailhead elevation: **7,903**

Summit: **9,399**

Elevation gain: **1,496**

Miles (round trip): **9.2**



## ***The parallels of life and hiking -***

*~Anonymous, OCHC Member*

Every hiker goes through phases in their hiking career. It's a bit like life itself. You are born, develop your personality, style and character through childhood and your teenage years, then you head into your mid years, and then you move into the twilight years. How and at what age you do all this is up to custom, but at the end of the day it is really up to you. You can stay young for as long as you want with the right positive mental attitude.

Your hiking career is probably no different to life itself. It is not about being the fastest or the slowest, or being born a hiker. It is about developing your hiking style, enjoying it, gaining strength, and adjusting your targets. You will have many testing periods as in life, you will need to overcome challenges or you do not achieve your target. These are all hurdles that need to be overcome and challenge you to take a different approach. With life you have parents and mentors to guide you through your childhood and teenage years. Well to me, the camaraderie of this hiking club and meeting other hikers provides that same guidance. I bet most people will say their most memorable hiking experiences, whether it's summiting a mountain, hiking a new trail near your home, or just pure enjoyment, came from hiking with others.

The beauty of hiking is simple, the freedom and expression and sheer wonderment of nature. You feel much better for having hiked. Whether it was a few hundred yards or several miles, the beauty of your surroundings and seeing the seasons as they develop through the year, the accomplishment is there.

Soon it will be muddy and cold, then warm, dusty and dry. The trees and shrubs will have grown so that where you could see right through them, there will be a solid bank of leaves, and then it will be autumn and the leaves will come off and the cycle will have come full circle, no different from life.

Enjoy it and live it. Hiking is fun!

## **Special Thanks To Our Sponsors:**



**A BIG thank you to OC Parks for their generous sponsorship of the MileMarker newsletter!**