



MileMarker Newsletter ----- Volume 2 ----- Issue 10 ----- October 2010 ----- www.OC-Hiking.com

Restoring kids' connection to the great outdoors

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

"The woods were my Ritalin. Nature calmed me, focused me, and yet excited my senses." — Richard Louv, "Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder"



Remember playing outside as a kid – climbing trees, building forts, running in an open field?

These will not be the memories of most children growing up today, who spend hours playing video games, tapping out text messages, and getting most of their exercise through organized sports.

The Orange County Hiking Club is helping in-crisis kids get outdoors through its Kids in Need of Nature program.

Mitch Barrie, a nature guide for the Kids in Need of Nature program and a Costa Mesa small business owner, has lead groups of local kids on hikes, and he said he enjoys, "surprising them with landscapes they have never seen before."

Recently he took a group of kids to the "Bridge to Nowhere" in the San Gabriel Mountains where the teens played for hours in a stream.

"These kids have minimal expectations," Barrie said. "And they are so appreciative and excited by cliffs, valleys, waterfalls and rivers that they didn't know existed."

Mandy Schwartz, program director of Court Appointed Special Advocates (CASA) said the hikes also provide kids with good role models.

"This fills a hole in their hearts that is so deep," she said. "When they get undivided attention from a group of adults it makes a huge difference. It is so simple, but so profound."

The hikes help shape and prepare the kids "for the future and develops perseverance, determination, and appreciation for nature. Spending time in nature is an important component of becoming a well rounded person."

Ivis Torres, program director for Save Our Youth (SOY) in Costa Mesa said that through the OC Hiking Club's program, she is seeing increased confidence, ability and enthusiasm in kids.

This year, Torres took a group of SOY girls up Mt. Whitney.

"The girls came back feeling that they were able to overcome anything, she said."...When they make it to the summit, they feel they can do anything – they are developing life skills."

Nancy Wells from Cornell University has discovered that children, who live closer to and spend more time in nature, show increased cognitive development. It is by far the cheapest form of mental health.

We can all benefit from time in nature, but children may suffer the most without it.

Since early 2009, the OC Hiking club has been taking in-crisis kids on nature hikes and to outdoor events. Recently the club has been awarded a grant from Disney to further expand its Kids in Need of Nature Program.

Feel the beast, and become one with it...

LOS PINOS 50K

NOVEMBER 20, 2010 · SADDLEBACK MOUNTAINS, CALIFORNIA


(VOLUNTEERS NEEDED!)

OC Hiking Club is sponsoring the Lazy W/Hot Springs Canyon aid station where the bottom of the San Juan Trail starts. **We are in need of ~8+ volunteers** to cheer runners on, hand out drink and food, and provide motivation and inspiration to the runners. The shift is from 7:30-11am. The more volunteers the better!!

After the shift is complete, all volunteers are welcome to come up to Blue Jay Campground and **eat for free** at the post-race BBQ. A **free race t-shirt** is included!

Come out for a morning of fun with other club members and experience the rewards of volunteering.

For more information & to sign up:
<http://www.meetup.com/OC-HIKING-com/calendar/14623922/>



OC Hiking Club is the proud recipient of the Disney Voluntears grant in recognition of unique and innovative nonprofit efforts that address critical challenges in our local communities.

We have grown over the years due to the dedication and support of our members and their determination to get people outdoors while making a difference in our community.

A little over a year ago, we partnered with several organizations to get at-risk children out on the trail and launched our Kids in Need of Nature program. We host educational events that enhance and encourage community enjoyment and understanding of the outdoors.

This grant will allow us to continue and expand our outdoor hikes and nature education for kids!

"Reconnecting kids with nature!"

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.



HIKE ORGANIZER APPRENTICE ORIENTATION Sept. 18th

Welcome Apprentice Organizers!



What our Members are Saying....

Hi Suki,

I just wanted to thank you for being a great leader of a great organization. I joined OC Hiking Club 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. OC Hiking Club has opened up a whole new chapter in my life, and I just wanted you to know what a great organization you have.

Thank you again!
Mark R.

**Check out OC
Hiking Club on
Facebook!**

Network for a Healthy California—Orange County Region

Helping Low-Income Families Eat Healthy and Be Active Steps in the Right Direction

Suki Reed, OCHC President, presented **OC Hiking Club – Reconnecting kids to nature through local walks and hikes** at the Network for a Healthy California—Orange County Region Forum August 16, 2010.

The Regional Networks for are funded in 11 regions that together provide services to all California counties. The *Regional Networks* are working to create environments to help low-income Californians eat healthy and get regular physical activity.

Goal - network and collaborative partners providing nutrition education will be able to promote walking and regular physical activity through use of existing low/no cost resources and by addressing barriers to physical activity.

For more information, visit:
<http://www.cdph.ca.gov/programs/cpns/Pages/RegionalNetworks.aspx>

Dear Suki,

I wanted to personally thank you for supporting our Physical Activity Sharing Forum.

Your presentation was outstanding. I know my Network Partners found your information and your organization an invaluable resource.

Again, Thank you!

*Frank J. Hernández
Orange County Health Care*



OCHC EDUCATIONAL SERIES

Mountain Lions in the OC with Dr. Vickers

WHAT: 2010 Educational Series – Dr. Winston Vickers heads the UC Davis Southern California Mountain Lion Project.

Learn more about Mountain Lions in Orange County and what to do should you come across one on the trail.

WHEN: November 4, 6:45 PM

WHERE: REI - Santa Ana, 1411 South Village Way, Santa Ana, CA 92705

The 2010 OCHC Educational Series teaches you about the great outdoors!



Robber's Roost Trash Pick-Up, Sept. 18, 2010

OCHC Business Directory

Reach more customers **AND** get a tax deduction! The OC Hiking Club is creating a Member Business Directory where you can promote your business or organization to more than 6,000 local customers. Contact Kate at sponsorship @oc-hiking.com for more information.

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 at sponsorship @oc-hiking.com for more information. All donations are tax deductible.

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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