



MileMarker Newsletter ----- Volume 1 ----- Issue 7 ----- September 2009 ----- www.OC-Hiking.com

1st Annual OCHC Beach Event a Huge Success!

Thank you to everyone who came out for the 1st Annual OCHC Beach Event Sunday September 13 in Huntington Beach. Hike Organizer Verdi (pictured right) hosted an unforgettable fun filled afternoon of beach volleyball, Frisbee, horseshoes, bocce ball, kite flying, sandcastles, surfing, kayaking, a tasty BBQ, sticky gooey s'mores, and who can forget the bon-fire. Columbia Sportswear graciously donated a host of very cool items for the raffle, and as a result of generous OCHC member donations, the beach event was hugely successful in raising funds to support the club. OCHC members rock! Thank you for turning this into the biggest party OCHC has ever had :) We look forward to seeing you again next year!!! For more photos, check us out on Facebook.



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.

Bank of America®



HIKE ORGANIZERS WANTED

Would you like to share the outdoors with others? We are accepting applications for:

1. Dog Walks
2. Out of town hikes
3. Beginning to moderate hikes

Please click on the link below, fill out the Hike Organizer Application and email to:
Newsletter@OC-Hiking.com

<http://www.oc-hiking.com/volunteers.htm>

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>



Whispering Winds

Whispering winds through the window of my soul,
Gently asking me, "What is your true and final goal?"

Looking around at all I see,
Assuming it is all just for me --
While it whispers sweetly to my soul --
"Don't you want to be set free?"

At the mountain top the flying ants put on their best wedding show,
So much to see, so much to know...

A long reflective walk back down through the blooming meadows of ancient green,
And then a quiet beckoning sunset that finally burst its love deep within me.

I pray you, too, discover exactly what I mean.
Because deep down inside, I think, we all yearn so much to be finally set free.

~By Jim VT, OCHC member

Interested in Advertising?

Ad space is now available

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



Aquaclip instantly converts your bottled water into a canteen
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Do We Suffer from 'Nature Deficit Disorder?'

The call of the wild beckons us outdoors to the serendipity of health and well being

Written by: Suki Reed, President of OC Hiking Club,
for the Orange County Register, August 2009



Richard Louv's new book "Last Child in the Woods" is meant to get children away from the TV/computer/Wii and into the outdoors, but it's also a call of the wild for adults.

Louv, awarded the 2008 Audubon Medal by the National Audubon Society, clearly portrays in his book the "magic" through the portal of nature. There is something magical that happens when people start spending time outdoors.

As president of the OC Hiking Club, I have watched thousands of people become more peaceful, confident and healthier by spending time outdoors. Swapping the TV set for hiking boots can have a multitude of benefits, and some people even come to the club because it was, "recommended by their doctor."

Whether it is exercise, positive social interaction or simply the magic of the outdoors, the recipe seems to work. After spending time on the trail, I have watched people overcome illnesses and injuries. Small miracles happen when people spend time outdoors in nature.

"Last Child in the Woods" asks adults to take kids into nature and offers several revealing suggestions. One is that the ADD/ADHD diagnosis began to rise as a direct relationship to kids spending more time indoors.

If this is true, could it apply to adults as well? Louv also points out that children need more than a once-a-year field trip outside. Similarly, could adults benefit from more time outdoors? And he states that child obesity has risen to an all-time high as time outdoors has decreased to an all-time low.

The soon to be released Orange County Parks, Recreation and Environment Report 2009 states: "Louv has coined the phrase 'nature deficit disorder,' which is not technically a medical diagnosis. It is instead the articulation of what many have come to realize in the past few decades: More children are spending less time outside."

For example: •

- Children at 8 years old can identify 25 percent more Pokemon characters than wildlife species.
- Only 22 percent of children walk to school (71 percent of their parents walked to school).
- Obesity in California children has increased from about 10 percent in the 1985 to close to 22.6 percent in 2007.

Clearly, as children spend more time indoors their weight is rising and health is declining. Could the same be true for adults?



The "Friendly Ghost"
Laguna Coast Wilderness Park
Photo by Jim, OCHC Member

Hike Organizer of the Month



Gideon started backpacking as a boy scout, carrying a canvas tent on a wood frame pack. He grew up on the East Coast hiking short sections of the Appalachian Trail from North Carolina to Maine. After moving to the Bay Area in 1976, he explored much of the Marin coast, Western Sierra, Trinity Alps and Big Sur area on his own and with a UC affiliated club, Outdoors Unlimited. Since moving to Southern Cal in 1979 he has hiked and led trips to the local mountains and discovered his true mountain love, the Eastern High Sierra. His favorite Sierra hikes are Little Lakes Valley, Piute and Bishop Passes, and the area around Tuolumne Meadows. In the winter he enjoys downhill and cross country skiing and snowshoeing. Gideon has practiced diagnostic radiology locally for more than 20 years, specializing in trauma, spine and orthopedic imaging. Gideon enjoys hiking the hills of OC with the OC Hiking Club and with his dog Charlie. He lives in Turtle Rock and his favorite local hike bears the same name.

Have you seen us on
FACEBOOK?



– PHOTO OF THE WEEK –
Flying saucers found on Mt. Whitney!
Congratulations Peggy P. for eating
the whole thing!

***Those who say it cannot be
done should not interrupt the
person doing it.***
- Chinese Proverb

New Beginning Hikers

- As a new beginning hiker, you will need to prepare yourself for hiking. Start by walking on level ground at least 45 min. to one hour, 1-2 times per week. The OC Hiking Club offers new beginner walks at the Back Bay, Huntington Beach Central Park and other locations. Or you can start by walking in your neighborhood or local parks.
- Hiking versus walking - Hiking on a natural or man-made trail or sand requires a slower pace than walking on pavement. When hiking on natural terrain, hikers need to pay attention to footing because different muscles are used in the lower legs and feet.
- NEW BEGINNER HIKES ARE NOT INTENDED TO TEST INJURIES. If you have an injury or are recovering from any injury, please wait until your injury is healed and you are cleared for exercise by your doctor before you begin any type of physical activity.
- Exercising in the outdoors requires different attire than exercising in the gym. You should wear sunscreen to protect yourself from the sun, wear a hat, and wear proper shoes with traction. Also, bring a small backpack with water and snacks. Water is the most commonly forgotten item and lack of it can cause severe problems. Always bring plenty of water and hydrate regularly.
- New beginning hikers will become acquainted with our vast Orange County trail system and soon find that wildlife is everywhere. Even our local Regional Parks with playgrounds and picnic areas are home to many species of rabbits, squirrels and snakes. The animals were here first and have first dibs, so please them a wide berth and do not touch them or interfere with their habitat.
- As a new beginner hiker, it will take some time to develop your hiking abilities. Remember you are entering an area previously unfamiliar to you. When in doubt, ask for advice and - be patient with yourself! Your body will adapt quickly if you give it time and encouragement.
- It is exciting to feel your confidence and strength growing, so be sure to share your experiences and inspiration with others. Hiking is an excellent activity to build physical fitness and meet new people. With new health, new skills and new friends you will have fun exploring the outdoors!

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