

Earth Day Revegetation HUGE Success!!

Thank you to all of you who volunteered your time at the Earth Day Revegetation Project at Crystal Cove State Park on April 25th. The project went off without a hitch thanks to the wonderful cheery group of helpful volunteers who spent many hours picking up trash, painting fences and planters, and discovering and removing the huge Styrofoam patch plaguing the grassy areas near the beach. The invasion of this toxic plastic kills birds that eat it by mistake. This was certainly an eye opening experience for all involved.



"It was great to see so many people turn up to help clean up Crystal Cove." – Debi Mankame



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REI SPECIAL FOR OCHBC MEMBERS ONLY!

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

*Members must provide a printout of the OCHBC event posting at the time of rental.

HIKE ORGANIZER OF THE MONTH



Verdi grew up in the Eastern part of Turkey in a small village. As a child he hiked the rugged mountains of Turkey with his father and learned to navigate by the movement of the sun. Later in life he became an expert in GPS navigation. He has climbed many of the 13 and 14'ers in the Sierras. Verdi places a strong emphasis on safe and healthy outdoor activities.

In Town Hikes: Santiago

Out of Town Hikes: Cactus to Clouds

-- Join Verdi for a fun filled day of GeoCoaching, part of the 2nd Annual OCHBC Multi Activity, Gear Exchange, Meet & Greet on May 16th, 2009 --

<http://www.meetup.com/ochbc-org/calendar/9731719>

YOGA with Verna



Join Verna, a professional Yoga instructor, for a relaxing yoga class as part of OCHBC Day, May 16th. Please bring a mat or a beach towel. It will be on flat grassy area with choice of shade or sun, in Irvine Regional Park. Yoga class with Sun Salutations and then a meditation after. This will be a great class for beginners and people wanting a great Yoga class.

This class should not be missed, if you have any interest in yoga. Verna trains other Yoga instructors and certifies them with 200 hrs of classes thought. This is free for you and THANK YOU Verna.

<http://www.meetup.com/ochbc-org/calendar/10296367/>

OCHBC in the OC Register!

Suki Reed, President of OCHBC, 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://m.ocregister.com/ocregister/db_13153/contentdetail.htm?contentguid=ErIWTNye



Special Thanks To Our Business Partners:



Mother's Day Hiking for Kids Without Moms

As Mother's Day approaches, it gives us the opportunity to say thanks to mom. But what about the kids in our own community who are separated from mom? There are thousands of kids in our own backyard who have been orphaned through abuse, abandonment or death of their parents. These are the kids in whom Orange County Hiking & Backpacking Club is taking an active interest in by showing them the great outdoors through local hikes.



Last Sunday I led a "Kids in Need Hike" and watched kids with bright smiles and laughter playing in the tide pools of Crystal Cove State Beach. This walk allows them to explore seven miles of pristine beach at their own pace. The tide pools are captivating and lots of time is spent poking at sea anemones and hermit crabs.

Elizabeth, a club member and National Oceanic and Atmospheric Administration marine biologist, picked up a hermit crab and explained how the tiny crab lives in a temporary, borrowed shell and then moves on to other temporary shelters of suitable size as it grows bigger. The hermit crab did a dance in her hand, showing off for the crowd and the kids run screaming in delight. After learning about hermit crabs, Child X (names cannot be used) kicked off her shoes and slowly wriggled her toes into the sand with fascination – because she had never set foot on a beach before.

These kids seem normal to the casual observer, but like the hermit crab, each of these kids are living in a temporary borrowed shelter. In our sophisticated local community, it's hard to imagine kids living in a deprived situation. But, here in the state of California, a 2007 study from U.S. Department of Health and Human Services shows that there were an appalling 88,319 cases of reported child abuse and 37,121 of these children were removed from their homes. Not surprisingly, the numbers have not decreased in subsequent years.

Kids who are removed from their homes bounce around in the court system and go from foster home to foster home. If their biological parents are deemed worthy, they might return back to a "normal" life. But the court will find many of these homes unsuitable - and the question arises: what happens to children who have no homes? The options are often inadequate, but they include adoption, foster care and group homes.

If you want to help an orphan, you don't need to fly overseas or cross the border to Mexico; the need is in your own backyard. This Mother's Day, consider what you can do for children who have no mom, dad or home. To learn more about the group or to attend a Kids in Need Hike, visit www.ochbc.org.

BY SUKI REED AS PUBLISHED IN THE OC REGISTER, MAY 1, 2009

<http://www.ocregister.com/articles/kids-homes-hermit-2386372-own-crab>



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Ad space is now available

For more information please contact:

Suki Reed, President

Newsletter@OCHBC.org

Honey of The Soul

As grapes are crushed into wine
Bleeding deep sweet red hues
There will be days of wine and roses
Of heartfelt hopes and dreadful losses

We are the painter - the poet
Designer of every breathless moment
Painting illuminated images
Composing obscure verse

Silent reflections on blank canvas
Like honey to our wanting lips
As parched words of a painters brush
Soothed by the artists' gentle hand

Opportunities to bloom and flower
Await in us - a succulent desire
As droplets of golden honey
They glisten, entice and sweeten us

To dream – to dance
To be refined and defined
By life and love
Lavished by the sweet and the bitter

By: Gypsy © 2009 (OCHBC Member)

OCHBC Educational Series

ULTRA LIGHT WITH GLEN!

DATE: MAY 19, 2009

LOCATION:
REI Santa Ana
1411 S. Village Way
Santa Ana, CA 92705
(714) 543-4142



Glen will briefly touch on the basic tenets of lightening your load, but will concentrate on techniques and knowledge more than gear.

He will be presenting, with photos and sidebar vignettes, a hiking day, and showing how, hour by hour, an ultralight hiker makes decisions and uses knowledge to get by with less gear, and to get the most out of his gear. Glen will also be giving away some fun raffle prizes.

For more info:

<http://www.meetup.com/ochbc-org/calendar/9909897/>

“Pass the MileMarker on to a friend”

HIKE ORGANIZERS WANTED

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

1. Beginning to moderate hikes
2. Out of town hikes

Please click on the link below, fill out the Hike Organizer Application and email to:

Newsletter@OCHBC.org

<http://www.meetup.com/ochbc-org/files/>



Let's Celebrate

We are seeking volunteers to form a sub-committee for OCHBC Holiday party, chaired by Percy Presswalla. If you are interested or would like to suggest a location for the party, please contact Percy percy.presswalla@gmail.com

More information may be found at:
<http://www.meetup.com/ochbc-org/calendar/10117812/>

ORANGE COUNTY HIKING AND BACKPACKING CLUB and OC REGISTER
SPRING WILDFLOWERS CONTEST 2009

---- WINNERS ----



Padre Shooting Stars



Busy Bee

Hadley was chosen by judges for her shot of Padre shooting stars at the Santa Rosa Ecological Plateau near Murrieta on a rainy day with storm clouds as a dramatic backdrop. From Judge Bob Allen: I love the wildness of the photo and the moody feel of the stormy clouds in the background. This image says wildflowers in the wild. Prior to the 1980's, Padre shooting star was abundant in southern California, especially in Dana Point where it no longer exists. Massive construction projects have nearly wiped it out throughout southern California. Ms. Hadley's photo reminds us of the need to protect the stunning wildflowers of our golden state.

Voters chose Schultz for his shot of caterpillar scorpionweed being visited by a honey bee. Schultz said he took the photo in normal daylight using an Olympus digital camera, Camedia, with an auto ultra zoom C-765.

Schultz, an avid motorcyclist, says that he goes on motorcycle rides often, and it was on one of these trips that he found this flower by a roadside, "I just take pictures to chronicle my motorcycle rides," he said. The Huntington Beach resident is married with two children and is a salesman for a window and door company.

Both Hadley and Schultz are winners of an Olympus FE-370 digital camera from Samy's Camera. The other top judges' picks are listed below with the top three in each category followed by the honorable mentions:

Nature Only

- 1. Patricia Hadley — Shooting stars
- 2. Wayne Lim — Prickly Pear Cactus in Death Valley
- 3. Kirk McClenahan — California Poppies
- Ben Notch — leaved Phacelia near Julian
- Cecil Reames — Wildflower vista in Coyote Canyon
- Debbie Jory — Hedgehog Cactus in Joshua Tree National Park
- Doug Luciani — Lupine & California Poppies at Antelope Valley State

Poppy Reserve

- Graham Owen — California Poppies in Arvin
- Jennifer Wood — Early Onion in Laguna Coast Wilderness Park
- Jim Schultz — California Poppies & Lupines in Arvin
- Kathy Nustad — Desert Wildflowers in Twentynine Palms
- Kym Slingerland — Chocolate Lily at Santa Rosa Plateau Ecological

Reserve

- Sara Leifer — Milkmaids in Laguna Coast Wilderness Park

Nature & More

1. Lisa Kerr — California Poppies in Hytes Cove
2. Leslie Ervin — Desert Globemallow
3. Connie Luizzi — Anza Borrego Desert State Park
- Art Sutorus — Cal Poppies in Railroad Canyon
- Mike Khansa — Bush Sunflower & European Honey Bee
- Bert Anderson — European Honey Bee & Pink Asters
- Cheryl Pellerin — Peach Flower
- Cynthia — Red Hot Poker in Laguna Beach
- Diane Trevor — Cal Poppies in Railroad Canyon
- Ezzy Watt — Bottlebrush & Hummingbird
- Frank Asbury — Lupines & non-native mustards in Chino Hills
- Greg Bohning — Lupines in Irvine (OC) Regional Park
- M.E. Wheelock — Joshua Tree in Yucca Valley

Flower & Man

- 1. Bryon Meyer — Lupines & Little Girl
- 2. Jane Tsai — Desert Sunflower & Mia
- 3. James H. Fallon — Fishhook Cactus & Nosy Nose
- Bart Kung — Pick Flowers, Not Fights!
- Troy Cobb — Non-native Black Mustard in Chino Hills State Park
- Bob Kenagy — Wildflowers & People in Gorman
- Isaac Torres — California Poppies & Little Girl
- James Farr — White Woolly Daisy & Young Woman
- Julie Nguyen — Cal Poppies & Happy Woman
- Linda Hunt — Photographer in California Valley
- Maria Stoll — Sweat Peas & Little Girl
- Norma Herbert — Little Girls & non-native mustards
- Philip Koh — Poppies, Goldfields, & Wife on Anniversary

The judges are Bob Allen, a nature photographer and professor of biology at Irvine Valley and Santa Ana Colleges; Mike Evens, owner of Tree of Life Nursery in San Juan Capistrano and Kornelius Schorie, owner of Pro Photo. They chose the winners from 489 approved entries.

The category winners will be awarded their prizes at 6 p.m. May 19 at an OCHBC educational program at REI – Santa Ana, 1411 Village Way at McFadden Place, Santa Ana. Bob Allen will discuss the contest winners and review the photos and Suki Reed will distribute prizes to winners

Reflections from the Anzo Borrego Desert

A Habibun

Nature's bounty opened right in front of me in the form of the most unique flower I had ever seen.
I almost missed the opportunity, passing by on the trail.
Calling out in excitement to the group ahead to see what treasure was beneath me.
So delicate, so fragile and alone in a sea of white sand and eroded pebbles.
Aloe Vera-like serrated leaves sprouted from the base and crept along the ground.
A petal trumpet sounded off as we left it blooming.

The desert lily
Blossoms from the sandy ground
Taking in the light

~By: Danielle Desmarais (OCHBC Member)
Daniellemainpage.blogspot.com



Have you ever been rock climbing?
Want to learn?



Join Joel at the Indoor Rock Climbing Event at Rock City
May 30th 9am

For just \$15 (a bargain!), you will experience:

- Two hours of rock climbing or more for those who want more. We will have the whole place to ourselves for the first hour
- Beginner instruction
- Rental equipment
- Full use of party room for two hours
- Climbing games For more information

<http://www.meetup.com/ochbc-org/calendar/10346844/>

<http://www.rockcityclimbing.com>

Did you know?

Memorial Day was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic and was first observed on 30 May 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.



-- An Interview with Bill Willett --

OCHBC President Suki Reed sat down with fellow OCHBC member Bill Willett, Senior Engineer for Mattel, to find out how hiking has changed Bill's life.

When did you begin hiking? I hiked in Boy Scouts years ago. Serious hiking started with OCHBC.

What was life like before hiking? Before hiking I was tired and suffered headaches. I remember how I would breathe hard just getting from one end of the work office building to the other. I got terrible migraines when I went over 6,000 foot elevation and camped. Probably 15 years ago I had convinced myself I had something wrong with me and believed a sedentary lifestyle was thrust upon me.

What inspired you to start hiking? A broken wrist was the immediate cause but not the long term reason. Two years ago I'd been physically inactive for about 20 years. I am one of 12 driving an Enterprise van to work and the DMV requires a physical exam to participate. Two years ago they denied me. The examining doctor said my cholesterol levels were dangerous and my blood pressure worrisome. I went to my family doctor and he got very excited. He put me on cholesterol medicine and sent me to cholesterol school. My cholesterol went back to normal, but right about then I happened to talk to a good friend of mine. He said, "You don't need that stuff from the doctors. They tried to make me take it too. Bill, exercise and eat good food for 6 months and you'll see - you don't need the medication." He talked me into it with the clincher, "What will you do when you no longer have a good health plan? This stuff is expensive and you'll hate paying for it later in your life." That was my motivation. I bought mountain bikes and my oldest boy and I rode every Saturday for two months or so. And that's where the broken wrist came from. I found OCHBC and joined. I could hike with a cast.

What has been your favorite experience to date? I've done a number of exciting things like Whitney and doing the Baldy bowl in winter, but my favorite has to be Strawberry Peak. I missed the group and went it alone. It's a three peak hike and I'd never been there before. I hit the first two peaks no problem. As I came down the second peak, I was dusted with snow. I shot lots of pictures. Then, up to the top of Strawberry peak. What a personal challenge that became. By the time I reached the top, I could see maybe 30 feet in a wonderfully scary snowfall. It was cold but I had enough clothes. It was nearing dusk. I had two ways to go - retrace my route turning this 19 miler into a 35 miler or climb down the boulders. I chose the only option and with snow flurries around me I started following the blue and white arrows marked on the rocks. A couple times I got off course and had to find my way back up and to the next arrow. Once, I got to a spot where I had to hang from a branch and drop a few feet down onto a ledge. I found my way down and out just before dark. It was exhilarating to have to puzzle out my directions and do the mental juggling to decide to go down those boulders.

What is your hiking goal? Simply - the 2,640 miles of the Pacific Crest Trail. After that, I'd like to do the Appalachian and the Continental divide. But don't tell my wife about it.

What are hike are you looking forward to this summer??! (-: Matt Walthour and I are doing the John Muir Trail. My first test of long distance hiking.

How has hiking improved your life? I am fit for the first time since college. I can tolerate stress at work better and I am truly much happier. Of course I can hike and run, but, the most amazing thing is I am now doing things that I had convinced myself were out of the question for the remainder of my life. Last week I ran a Marathon! Two years ago I was 40 pounds heavier, unfit, and had no confidence that I could even car camp at 6,000 feet.



Encompassing roughly 350 acres, Peters Canyon Regional Park in Tustin offers an unmatched blend of coastal sage scrub, riparian, freshwater marsh and grassland habitats. Various trees, such as willows, sycamores and black cottonwoods line the lake and Peters Canyon Creek which meanders through the canyon.

For hikers, mountain bikers and horseback riders, Peter's Canyon offers a variety of both graded roads and trails with panoramic views of Peter's canyon and the surrounding area, as seen in the photo above. Some consider this park a photographer's playground with an abundance of wildlife including mule deer, bobcats, coyotes, opossums, raccoons and an occasional mountain lion. Many smaller amphibians, mammals and reptiles abound near the lake and creek as well as a variety of water fowl.

The Peter's Canyon loop is about 5.8 miles and includes the lake loop, the ridge line and the canyon with an elevation gain of 460 ft.

Information about upcoming Peter's Canyon hikes may be found on the Meetup calendar.

<http://www.meetup.com/ochbc-org/calendar/>

Peter's Canyon



Peter's Canyon Hike! May 5, 2009



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