

Sierra Club-Orange County Inner City Outings

April 2006

<http://angeles.sierraclub.org/ocico/>

Headline News!

OC ICO has completed its 100th outing since January 2003! We have involved about 300 students aged 8-18 on nature hikes, habitat restoration activities, canoe rides, whale watch trips, and three overnights. (Our 4th overnight coming up soon...April 9 -11).

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Other Headlines

- ❖ A Big “Hello” from the new Editor! Greetings to all the wonderful folks who make the ICO work! My name is Janine Rhymes, and I am new to the group. I have taken over the newsletter-so I hope the format and download process works. Please e-mail or call for submissions. I am **green** about this-so all suggestions are welcome! I teach English at Cypress High School, I have two grown kids and a wonderful 9 year-old granddaughter. I like to do yoga, kayak, hike, go to the beach with my Labrador, and all the other fun and outdoorsy activities that ICO volunteers continue to excel at. But, usually, I just grade papers! It will be nice with spring upon us to get out with the youth and leaders. Keep up the good work – see you there! Janine

- ❖ **We’d like to thank ALL** who have played a role in developing our program from “nothing” to “fantastic” – including all the teachers, youth agency coordinators, contributors, and YOUTH who have participated with us.

- ❖ **Thanks to all** O-rated Leader candidates who attended the April 1 Angeles Chapter Leadership seminar and represented OC ICO – including three high school teachers and one high school student. Our May issue will feature interviews with each of the participants-stay tuned. Your chance to attend the next seminar is in October! [Please contact Bruce Boydston for more info on how you can become an ICO Leader. thebrucer@verizon.net, 949-499-7429)

- ❖ **SPECIAL THANKS** to Dave Fugiyama, Dante Bui, Michelle McLean/REI, Bruce Boydston and Mike Reicher for the hiking boot purchase! Now we can proceed to plan backpack trips. Call Joaquin at (714)848-3005 (h) for how to get involved.

- ❖ **Present and Future Concerns:** The 2006 planning meeting had very poor attendance. If anyone has any ideas on how to best plan another meeting, please call Joaquin at (714)848-3005(h). Time to start planning for 2007!

Outings Reminder

ICO Volunteers must call Outing Leaders on our Outing Schedule to get involved. “We don’t call you – you call us.”

☺ Leaders are waiting for you call.

See the latest outings schedule on <http://angeles.sierraclub.org/ocico/>

Click “Volunteer Opportunities” then “Outing Schedule”

Arthur Ashe says it so well... “From what we get, we can make a living; what we give, however, makes a life.”

“Cockatiels and Sprained Ankles” submitted by Lisa Hellman

Food for thought...Feb. 4 Hacienda Heights outing with Lathrop Intermediate included a cockatiel that showed up at the top of the trail just as we were starting a **Leave No Trace** activity with REI employees, Michelle and Sabrina!! We took the bird down to the “flatlands” in a paper sack...but the Ranger later told us that we **SHOULD** have called the Ranger hotline **BEFORE** deciding to take the bird down ourselves. “It is against regulations to take **ANYTHING** away from this land reserve.” We hiked 5 miles with the expert guidance from Leaders, Bill Gaskill and Bonnie Caylor. Hikers had lunch at the “ruins” of one of Henry Ford’s homes...and gazed at one of the nation’s largest landfills coexisting with one of LA’s most beautiful wilderness corridors. As we approached “home” in Santa Ana, kids wanted to know when the next outing was! Teacher, Rusty Alexander, had received 9 GPS units from a grant he wrote and the kids loved them.

This was OC ICO’s 96th outing and we had our **FIRST** sprained ankle. Not serious, but an important wake-up call that it is not always the kids who run down hills and get injured. This was a well-behaved girl **WALKING** down a hill with tennis shoes (most kids don’t have good hiking shoes) and slipped. We offered to carry her down but she wanted to walk on her own. No swelling occurred. Just another reminder that OC ICO needs to schedule safety/emergency focused workshops so we can be **PREPARED** for any “unexpected” events.

Information for First Aid Training On-Line

Great opportunity from an on-line web site on which you can obtain your first aid certification. Yes, that's correct. You can do your first aid training on-line. The training part is free, but to get your certificate you have to pay \$25 or so.

So, if you're not current, and want to lead, consider this as an alternative. It's a good idea from a time management perspective since you can do it at your leisure. What about the free training offered by our leadership training folks? Well, seems they have the money, but no volunteer to set up the training. What's the requirement? If you were current on Jan 1st of this year, the club considers you current for the next four years. So, if your certification expired on Jan 2nd of this year, as far as the club is concerned, you're good for four years. <http://www.firstaidweb.com/index.php>

Special Report from Lisa Hellman - PR/Secretary– “In The Know” from the “Girl on a Roll”

Greetings from Sierra Club Orange County Inner City Outings.

We are in the process of revamping our highly successful 2005 coastal conservation six field trip series for urban youth - funded by our new \$6,530 grant.

Jan - May 2007, we'll work with Garden Grove's Bolsa Grande High School Wilderness Adventure Club and Santiago High School's Environmental Club.

As in our 2005 outing series, you are invited to share your expertise with students on one or more of these field trips and to form our panel audience in mid May 2007 (To hear and quiz students on their community education project presentations.)

Please let me know if you can commit (tentatively or for sure) at this time to playing a role in these outings and/or be

in our May 2007 audience in Garden Grove.

Tentative outing dates below - Destinations TBD - any place linked to our coast via watershed is appropriate (suggestions welcome):

Sat Jan 7 (Water quality testing/watershed topics)

Sat Jan 20 (Native vs. Non-native plants: Effects on ecosystem)

Sat Feb 3 (Leave No Trace principles)

Sat Mar 3 (Principals of project documentation)

Sat Mar 24 (Planning an Earth Day or other environmental event)

Overnight: Sat April 28-Sun April 29 (Re-cap of previous topics #1-5 continue discussion/work on final project)

Thank you for any feedback and suggestions!

Lisa Hellman

714-965-3394 (w)

714-964-4488 (home - after 8PM best)

JUST THINK SAFETY

Joaquin Valadez gave a report of a trip he took recently. It was not an OC ICO trip, but we can still learn lessons from it. He writes...

Hi Team,

I returned from a trip Sunday where events did not go well. This was neither an ICO hike nor Sierra Club. This was a hike with some friends. We started our hike in the morning and our destination was a palm grove about two miles hike in a narrow canyon. We reached the palm grove in time for lunch and lingered at the oasis for about thirty minutes to enjoy the many palms and the sound of the flowing water.

I was sweeping the group when I turn a large boulder and I saw our leader sitting on a large rock with the group all around her. When I reached her I asked what was wrong and she answered in a low painful voice, "I think I broke my ankle. I heard a pop when I slipped and fell."

It was obvious she was in a lot of pain and her ankle was getting swollen. I asked one of the members to go to the ranger station and request help. We made a splint with the walking poles she carried, bandages, and duck tape. The weather threatened to turn into rain so I decided we needed to move toward the help. I was sure it was on the way; we moved her very slowly about ½ mile down the trail when we saw firemen moving toward us.

The firemen gave first aid and called in a small helicopter to take her to the trail head and ambulance for more first aid. There are no medical facilities in Anza, so it was an hour drive to Brawley for a hospital exam. The x-ray showed her ankle was broken in two places. Cause of accident was a combination of wet slippery rocks and wet slippery hiking boots..... What can go wrong will go wrong-Anza Borrego – March 18, 2006. Joaquin

THANK YOU TO REI, MICHELLE MCLEAN AND WILEY WOHLF

We continue to be thankful for our partnership with our two Orange County REI stores including their generous Environmental Stewards Award. (See <http://www.rei.com/aboutrei/stewards.html>.) Their latest contribution is from employee Wiley Wohlf, who volunteered at Santa Ana Lathrop Intermediate School at Garden Grove Bolsa Grande High School to introduce students to the wonders of GPS (*Geographic Positioning System*) and GIS (*Geographic Information System*). Thank you for your time and effort, Wiley!!

HELP WANTED

We have job openings at Orange County ICO with free training. These jobs do not require you too take any groups out on hikes if you would like to just give us your time. Your time would be a great help in our goal of providing outdoor experiences to inner city youth. Thanks! Please contact Joaquin Valadez via e-mail

j3val3@earthlink.net

Be a part of a team that makes a difference in lives.

Co-Chair:

- Create Meeting Agendas (for all meetings – steering committee and business/special topic meetings).
- Assist in Run/facilitate meetings. Liaison with ICO National & Regional Rep. Liaison with local Sierra Club outings committee. Develop and prioritize goals for the ICO Group. Delegate tasks and assist Chair in overseeing ICO Group.
- Assist in preparing Annual Report for National ICO.
- Attend and report to Sierra Club Chapter or Group's Executive Committee meetings on ICO activities.
- Keep ICO Steering Committee representatives informed about local group activities.
- Monitor the activities of each volunteer committee within the ICO group and coordinate efforts as needed.
- Oversee ongoing leader training opportunities.
- Assist in planning for regional and national conferences as needed.

CALLING ALL CELL PHONES TO A GOOD CAUSE

Instead of dumping your used cell phones in the trash, turn them into gold for a charitable organization – like OC ICO. Just drop them off in our collection box and \$2 of the recycling proceed for each phone we receive will fund our very worthwhile cause:

Collection locations:

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

REI Huntington Beach, 777 Edinger Suite 138, HB 92647, (714) 379-1938

For more information call: Ease E-Waste Inc. Toll-Free in CA. 1-866-548-8100

Orange County Inner City Outings Contacts

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e-mail: J3VAL3@earthlink.net

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Lisa Hellman Secretary/Public Relations (714) 964-4488 (h)
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Janine Rhymes Newsletter (714)374-8512 (h)
janinerhymes@aol.com

Submit articles by the 25th of each month via: e-mail to: janinerhymes@aol.com

Outing schedule is posted on <http://angeles.sierraclub.org/ocico/>. Click “Volunteer Opportunities” then “Outing Schedule”