



A Gay and Lesbian Outdoor Recreation Group  
 April 2007 Newsletter

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**PAINTED CAVE & COLD SPRINGS TAVERN!**

Gentlemen, on Saturday, April 14th, I invite you to forget about your taxes and come join me on a LOCAL, fun car trip up Highway 154 to the "Painted Cave", an amazing, historical Indian site just a few miles out of Santa Barbara, then, with maybe a stop or two on the way, we will venture on to Cold Springs Tavern where you can either have a somewhat expensive (entrees range from 16-35 dollars) but wonderful Gourmet sit down dinner in the dining room, or just mosey on up to the bar for inexpensive grilled fare at the Tavern.

Directions: 101 N., off at State St./154 San Marcos pass exit, make first right at light, then right into Carls Junior parking lot, where we will meet up at 12 noon!

101 S., off at State, left, past Calle Real, then Right into Carls Jr. parking lot, where we will then carpool to "The Cave"

For those that wish to join us for the sit down dinner, please call me, SEAN @ 805 570 6349, so I can make reservations if necessary, by Friday, April 13th. All are welcome for a drink at the bar. We will plan on being at the Tavern at 2pm, give or take 15 minutes.

April 15th also marks the 95th anniversary of the sinking of the Titanic a story that is near and dear to my heart. I would consider it an honor for you to come join me as I raise a glass in toast to the ship, her passengers and crew. Warm hugs, SEAN



**Monthly Pizza Social - Wednesday, April 11, 2007 @ 7:00pm**

Great Outdoors SB/VC holds a social meeting on the 2nd Wednesday of every month. We meet at Rusty's Pizza in the Lighthouse across from Stearn's Wharf, near the lower end of State Street. We gather at 7:00pm to order pizza, then socialize until the feasting and meeting start around 7:15pm. The meetings are open to anyone interested in helping to make our chapter a success. Come join the fun...

# Refugio State Beach

## May 17-20, 2007

Buffered by the Channel Islands, Refugio is a magnet for swimmers, divers, sea kayakers and casual surfers. This unassumingly sweet little cove of sand with its fringe of skinny palm trees, its gentle surf and its bluff-side paved bike trail to El Capitan, has always been a favorite of Great Outdoors. Twelve miles north you can take a strenuous three mile hike to the summit of 2,450 foot Gaviota peak, which pays off with superb views of Santa Barbara County, Point Conception and the Channel Islands. Or you could just sit under a palm tree all day.

If Kauai were a small campground with coin showers just 20 minutes north of Santa Barbara and 200 yards from a bridge humming with oblivious traffic, this might be it.

Our campsites, four in total, are mere steps from the water's edge. You can almost go shore fishing from inside your tent. This is a strictly tent outing with no room for RVs and we are limiting registration to the first 25 members to send in their money. Non-members also welcome....see fee schedule below.

There will be a potluck on Saturday night, the 19th, beginning with a tea/cocktail hour at 5:00 followed by dinner at 6:30. Non campers and day trippers are welcome to join us for this affair. If you've forgotten any last minute items there is a general store on the premises with a minute selection of overly priced junk food, or the nearest Alberstons is 20 minutes away in Goleta. Bring a kite to fly, the wind is usually perfect for kite-flying.

Cost: Members \$25 whether you're staying 1, 2, or 3 nights. Non - Members \$30. Everyone should bring a bundle or two of firewood.

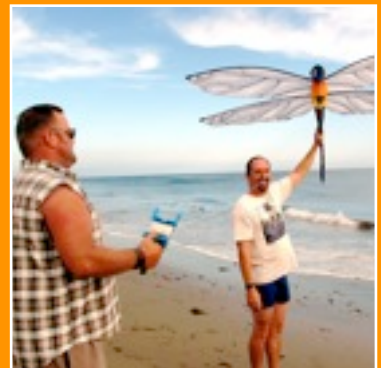
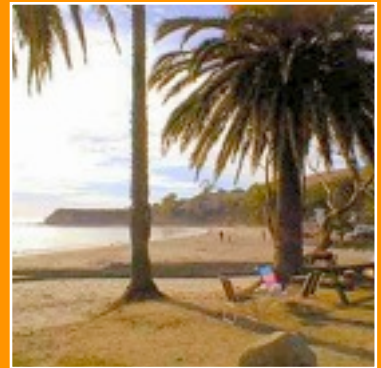
Directions: Go North from Santa Barbara on Hwy 101 for 20 miles and take the Refugio Off Ramp

Trip Leader: Jack (805) 682-8281 or [jackfunk@cox.net](mailto:jackfunk@cox.net)



JOHN CONNOR  
REFUGIO BEACH

## REGISTER NOW!



A favorite sure to please.

## REGISTER NOW!



Don't miss the fun at Big Bear. Many special activities are planned.

## Big Bear Memorial Day Summer Kamp, May 25-28, 2007

Remember all those great things about summer camp when you were a kid? The GO "Memorial Day Summer Kamp 2007" will be held in California's beautiful San Bernardino National Forest near Big Bear Lake, CA. Bring your tent or RV and join up to 99 other campers at the Oso Group Camp! High in the mountains with forests, lush sub-alpine meadows and sparkling lakes, this magical place is a refreshing summer getaway!

**ACTIVITIES:** • Party cruise: Tour Big Bear Lake on an all-day chartered boat on Sunday evening, complete with drinks, music, food and 84 other friends

- Hikes: Day hikes, both easy and difficult (Mt. San Geronio, the highest peak in Southern California, is close by)
- All the good things you remember – storytelling, games – without the bullies and the snipe hunt.

### CAMPGROUND INFORMATION

Sierra Belle - Just 25 minutes from Big Bear Lake, CA, Oso Group Camp is located at 6600' elevation in the secluded Barton Flats area off Highway 38. Nestled in a pine and fir forest, the group camp holds 100 campers and has plenty of parking for RVs (no hook-ups). Drinking water and toilets onsite, with pay showers just a 5-minute drive away (Barton Flats).

**COST** • \$50.00 member registration fee - includes campground registration, outing and parking fees (\$70 for non-member)

- RVs: \$70.00 for RV members and one person, plus \$30.00 each additional person. \$90 RV non-mem.
- Special Events (optional, cost in addition to registration fee or separate for day users): \$20 per person all-Great Outdoors 1.5-hour Party Cruise (Sun

day, 3:00-5:00pm) -- include music, and narrated tour of Big Bear Lake on an 85-passenger tour boat with a heated lower deck and outside upper deck, restrooms and no-host bar.

### REGISTRATION

Pre-registration required. Limit is 100 people. Cruise limit is 85 people. To register, complete attached registration form. Directions will be provided upon registration. Carpooling is recommended to help reduce gas cost and parking.

### WHAT TO BRING

Bring shelter (tent, van or RV), 1-2 bundles firewood per person, (sleeping bag & pad), food, cooking gear, flashlight, rain gear, warm clothes, and the 10 essentials listed at [www.greatoutdoorsla.org/essen.html](http://www.greatoutdoorsla.org/essen.html). It can still be cold in late May, so prepare accordingly. Also, please bring a dish for the Sunday night potluck to feed 4 people (entrée, side dish, or dessert).

### ITINERARY

**Friday, May 25:** 2-5 pm-Check-in. 8pm-Group Campfire & Games

**Sat, May 26:** 9am - Noon-Check-in. 8:30am-Difficult Hike. 10:00am-Easy/Moderate Hike. 4:30pm-Wine & Tea Party. 5:30pm-Summer Camp Games. 6:30pm-Summer Camp Dinner by G.O. Corporate. 8pm-Group campfire & story-telling contest.

**Sun, May 27:** 8:30am-Difficult Hike. 10:00am-Easy Hike. 3:00 pm to 4:30pm-Party Cruise on Big Bear Lake. 7:00pm-Pot Luck Dinner. 6:30pm-Group campfire & awards

**Mon, May 28:** 12 noon-Check-out.

Download full trip notes at [www.greatoutdoors.org](http://www.greatoutdoors.org)

Contact Trip Leader Byron Postma at [blpostma@yahoo.com](mailto:blpostma@yahoo.com) or 562-424-1670.

# Big Basin Redwoods

June 14-17, 2007

Step back in time to the days of the Pioneer! Big Basin Redwoods is the granddaddy of all the incredible California State Parks. At 104 years old, it's California's very first state park. Big Basin has 16,000 ocean-facing acres on Santa Cruz Mountains full of redwoods, Douglas fir, knob-cone pine, oak, marsh, and chapparal. It is home to the largest stand of ancient coast redwoods south of San Francisco.

The best way to see the park is to hike or bike. The park has a great variety - 80 miles of easy, moderate, and difficult trails for hiking and mountain biking. The Skyline to the Sea Trail threads its way through the park along Waddell Creek to the beach. Visit their website online at <http://www.bigbasin.org/trails.html> for a description of the many trails, and view trail maps.

The park has a surprising number of waterfalls and a wide variety of environments from lush canyon bottoms to chaparral-covered slopes. Many animals such as deer, raccoon, coyote, fox, an occasional bobcat, mountain lion, and many bird species--including California quail, egret, heron, hawk, owl, woodpecker, and the endangered marbled murrelet--call Big Basin home. And of course there are always plenty of banana slugs!

**Services & Amenities:** Restrooms, Showers, General Store, Gift Shop, Museum.

**Food:** Traditional Potluck FRI-DAY night. Saturday night, Pioneer dinner provided (BBQ Tri-tip, Chili, Ranch Beans, Cole Slaw, Cornbread).

**Schedule:** *Thursday, June 14:* Arrive 2pm or later. Set up camp. Hike one of the many trails. 6:30pm Dinner. Games and campfire at dark.

*Friday, June 15:* 8am breakfast, Hike, bike, or visit Santa Cruz for the day. Potluck dinner at 6:30pm. Games and campfire at dark.

*Saturday, June 16:* 8am breakfast, discuss hike to start at 9:30am (bring lunch on hike). Pioneer dinner around 6:30pm. Games and campfire at dark.

*Sunday, June 17:* Breakfast, break camp. Lunch at beach near boardwalk in Santa Cruz.

**Weather:** Summer is warm with cool nights. It'll be a new moon, perfect darkness for stargazing.

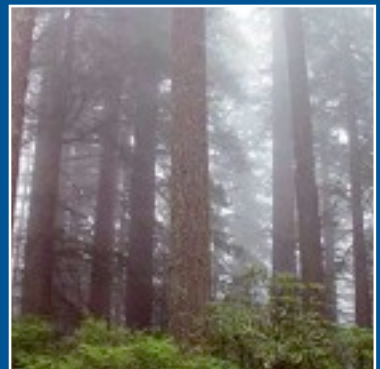
**What to Bring:** Ten Essentials, firewood, food, potluck dish, mountain bike, camera, tent, sleeping gear, warm clothes.

**Directions** provided upon registration. Carpooling is recommended to help reduce gas cost and parking.

**Cost:** Members \$40, Non-members \$55.

**Trip Leader** Chris Fava 805-509-8240 or [trancefusion@mac.com](mailto:trancefusion@mac.com)

## REGISTER NOW!



Experience the tallest, most majestic trees in the world!

Prime Timers Central Coast Presents

**Stamm Starmy**  
**April 21, 2007**  
**Annual Prom**

Please join us for an evening of Gay times at Mulligan's, SB Golf Course, 3500 McCaw Ave.

**Black tie or California Chic**

Cocktails: 6PM



Dinner: 7PM

Music by Ray Ramirez, dancing till 10:30

Your choice of Carved Roast Beef or Chicken Picatta

**\$45 per person, reserved tables for 8 available**

**RSVP by April 14**

Yes! count us/me in for # of seats \_\_\_\_\_ or table \_\_\_\_\_

Name(s) \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_

e-mail: \_\_\_\_\_

Beef # \_\_\_\_\_ Chicken # \_\_\_\_\_ Veg # \_\_\_\_\_ Total encl: \$

Make check payable to PTCC, mail to: PO Box 2071, SB CA 93120

★ Questions? Call 805 565-2017 or e-mail: [ptccsb@earthlink.net](mailto:ptccsb@earthlink.net)

**Camping Trip Registration Forms - Send completed reg. and trip fee (check payable to Great Outdoors) to: Great Outdoors, PO Box 21051, Santa Barbara, CA 93121**

**Refugio State Beach, May 17-20, 2007**    Member (tent)    Non-Member  
 Provide Transportation # People? \_\_\_\_\_    \$25    \$30  
 \*plus one bundle of fire wood

**Big Bear "Summer Kamp", May 25-28, 2007**    Member (tent)    Non-Member  
 Provide Transportation # People? \_\_\_\_\_    \$50    \$70  
RV's \$70 member, \$90 non-member, \$30 additional person    Party Cruise \$20  
 \*plus one bundle of fire wood

**Big Basin Redwoods, June 14-17, 2007**    Member (tent)    Non-Member  
 Provide Transportation # People? \_\_\_\_\_    \$40    \$55  
 \*plus one or two bundles of fire wood

Name (please print) \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 G.O. Member # \_\_\_\_\_ Chapter \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email (kept confidential) \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_  
 Relationship \_\_\_\_\_ Phone \_\_\_\_\_  
 Medical Insurance Carrier \_\_\_\_\_  
 Grp/Policy # \_\_\_\_\_  
 Physician Phone \_\_\_\_\_

**Health problems/allergies: It is the responsibility of participants to carry on their person a record of significant allergies, medications, and medical history in the event of a medical emergency.**

**Waiver of Liability, Medical Release and Assignment**

I am aware that my participation in Great Outdoors may include potentially hazardous activities and I am voluntarily participating in these activities with that knowledge and the understanding that I will use my own best judgment to avoid injury to myself and others. I agree to follow the directions of the trip leader and abide by the rules of the facility I am using. I hereby release Great Outdoors, including its officers, trail or trip leaders, agents or other persons working with said organization from any liability for injuries, physical or mental, which I may suffer by reason of any participation in these activities. I recognize in waiving this liability that I am assuming sole responsibility for my actions and cannot blame any other person connected with Great Outdoors Inc. I hereby agree to assume full financial responsibility for any and all bills incurred by me for medical treatment as the result of my participation in the Great Outdoors activity. In the event that I am unable to consent to medical care, I hereby authorize the trip leader to consent surgery, as may be best determined under the circumstances.

Sign \_\_\_\_\_ Date \_\_\_\_\_

# REVIEW - GAVIOTA DAY HIKE

We recently enjoyed a day hike in Gaviota State Park. About nine of us gathered at the trail-head and took off up the mountain, with our destination being the tallest peak we could see with the antenna on it, high above Gaviota Pass. We saw eagles soaring above us and nesting in caves. Our path took us by other caves that were large enough for all of us to stand up in. Our trip leader Brian told us about the rich history of that area, including how stage coach robbers would hide up in those caves to watch for their prey traveling through on the pass below, which is now known as the 101 freeway. We had great views of the ocean with scattered fog rolling in at times, and the view of the train trestle was awesome. We stopped for lunch at the peak, enjoying the vistas all around us. We were directly over the tunnel that the north-bound lanes of the 101 freeway goes through. On our way back we tasted the wonderful licorice flavor of wild fennel flowers. The hike took us around 5 hours including lunch, and we stopped by El Capitan to have a snack before heading off to see the new movie "300" in Goleta, joining up with others. It was very full day of events. - Don Bean



## Membership Application

**Great Outdoors Santa Barbara / Ventura County**  
**P.O. Box 21051**  
**Santa Barbara, CA 93121**

Please fill out form and mail with check (payable to Great Outdoors) to address above.

Newsletter Format: e-Newsletter  or Snailmail

Please check one of the following:

- \$25 - 1yr. Regular       \$45 - 2yr. Regular  
 \$15 - 1yr. Student       \$15 - Newsletter only  
 \$40 - 1yr. Household (2 names = 1 newsletter)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

eMail: \_\_\_\_\_

By joining Great Outdoors and/or attending the club's events, I acknowledge that in order for Great Outdoors to assume full legal responsibility, it would have to charge higher fees than it does now. I waive the right to ever lay claim for injuries I might suffer before, during or after any Great Outdoors event. My guests will agree to these principles in writing before attending events.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

# REVIEW - JALAMA BEACH - CAMPING AND BEYOND

Owen McKimm has single-handedly taken the concept of camping to a new level. On his first outing as a trip leader, Owen treated those attending to a one-of-a-kind St. Patrick's experience. We had the most coveted campsite on a bluff overlooking the Pacific, expertly decorated with lanterns, flowers, and gnomes. Owen even treated everyone to a hostess gift.

Friday night was cool but the next morning dawned bright and clear. As we began to rise and gather, we were greeted with coffee, juice, and breakfast burritos provided by Owen and prepared by Sean. Then, some gathered to hike down the beach to Point Conception, a daunting trek that took the better part of the day. Some early drop-outs staggered back and reported, "They're crazy!" At one time on Saturday, we had four kites in the windy air.

When we began to gather for cocktails and hours d'oeuvres, the air was filled with the smell of a traditional corned beef and cabbage dinner being prepared by Sean. As the sun began to lower, we feasted in grand style on a mountain of Irish goodies. Next came some bawdy limericks (by an anonymous writer) about the sexual prowess of several of those attending. They were expertly delivered by Ted.

After dinner, wearing green bowlers and top hats, we adjourned to the campfire which Owen kept fed with enough wood to build several small homes, and someone quipped could be seen from space. Later in the evening, Owen struck again with hot quesadilla snacks before bed. And so, we drifted off to sleep after too much food, much conversation, and much laughter.

On Sunday, we gathered at the General Store for the famous Jalama Burger for lunch. After heartfelt good-byes to old and new friends it was a quick trip back to Santa Barbara. As I drove, I kept thinking about those members who missed one of the finest trips ever sponsored by the GO.

Thanks, Owen, thanks. by Dennis Banning





# CHEF SEAN'S CAMPFIRE COOKERY

April is here, and the camping season is upon us. The following recipe is SO easy, and quite versatile (sounds like me!!!). It can be prepared with little effort or planning, and can be done quickly, like on a Friday night after tent set up, for a late night meal. It can be made for a wonderful, simple lunch or when served with brown rice and a salad - makes a healthy and delicious dinner/potluck offering!

## SEAN'S Stir Fry Wraps...

2 tbsp. oil

1-2 lbs. of sliced, cubed chicken, beef, pork, fish or vegetables

sweet red onions, sliced

Bell peppers, sliced

For Oriental stir fry, use lite Teriyaki or soy sauce,

For Spanish stir fry, use fajita seasoning, taco sauce or spoonfuls of salsa.

Package of Tortillas

In a heavy, large skillet or Dutch oven, heat oil over medium heat, add meat, fish or vegetables. Brown lightly then add onions and peppers, and your seasoning of choice, 'til done, 5-8 minutes.

Heat tortillas CAREFULLY over an open flame, put a spoon full of filling on tortilla, and roll up, burrito style, and ENJOY!

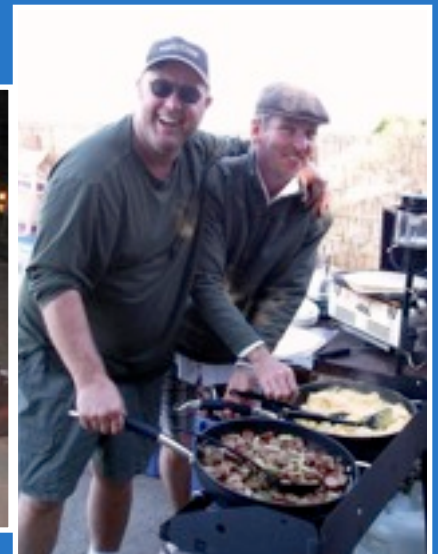
\*\*\*SEAN says, "Use your imagination in what you add to the stir fry. Add sliced mushrooms or zucchini along with the peppers and onions, mix meats together or add other sauces, like pesto or a seasoned cucumber yogurt sauce (plain yogurt, THINLY sliced cucumber, fajita seasoning, OR salt and pepper, and the juice of one lemon, all mixed together!)...Also, try Whole wheat, multi grain flour, spinach, corn tortillas, or plain or spinach flat breads."

Enjoy your life, food, drink and your friends!

LOVE,  
SEAN



## More Jalama Photos



Great Outdoors SB/VC  
PO Box 21051  
Santa Barbara, CA 93121



Next Pizza Social - Rusty's Pizzeria  
Wednesday, April 11th, 7:00p.m.  
15 E. Cabrillo Blvd. Santa Barbara

Stamp

Place Label Here

## MESSAGE FROM THE PRESIDENT

March was a wonderful month for our chapter. Brian had a successful day hike and potluck/picnic. The get-together for the movie "300" afterwards was a lot of fun. We had an entertaining meeting at Rusty's, and we now have the highest membership in our chapters history at 91!!! Last, but certainly not least, we had Owen's sold-out Jalama St. Patrick's weekend extravaganza. For those who made it, congrats, and to those that missed it, BUMMER! Read the reviews...

April is already starting out with a bang, as Brian's Hearst Castle trip is SOLD OUT!!! Way to go Mr, Miller!!! Look at our calendar for upcoming trips as they are selling out in advance. Also, on Saturday, April 15th, I am going to lead a car trip up Hwy 154 to view the "Painted Cave," then lunch at Cold Springs Tavern. The weather is getting nice and the extra hour of daylight ROCKS, so please come out and play and enjoy YOUR Great Outdoors!

HUGS,  
SEAN

