



A Gay and Lesbian Outdoor Recreation Group
July 2007 Newsletter

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MESSAGE FROM THE PRESIDENT

Happy July, Everyone! What a fun, busy month June was! Congrats to Chris on his death defying Big Basin Redwoods trip and on his upcoming, **SOLD OUT!!!** Santa Rosa Island trip. Way to go Mr. F.! Big thanks to Professor Ted for leading June's Core group meeting and pizza social, and special hugs to Brian M., G.O. Corporate Chair and S.B. chapter member, for all your help.

BIG, SPECIAL HUGS to Jon and Claude for hosting an extra special June Solstice/Pride Potluck! What a fun, wonderful night it was. Don't fret if you missed it, as they are graciously hosting our July Potluck, with the theme, "Popping Pink"!!!!

Also, don't forget Bears Ventura's Famous Sunday BearBust, Sun. July 1st, with a red, white and blue theme! So much to do, so no excuses for not getting out and enjoying **YOUR Great Outdoors** and the beautiful Central Coast!

BIG Hugs! --Sean



Monthly Pizza Social - Wednesday, July 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...

Mammoth Lakes

August 2-6, 2007

We have our group site for up to 30 people again this year. From Mono Lake and the ghost town, Bodie, to the north and Convict Lake to the south there are over 10 lakes to explore and hike around, also Devil's Postpile, Rainbow Falls, and the legendary Reds Meadow and Agnew Meadow high Sierra backpacking base camps.

We are co-leading with the Santa Barbara/Ventura chapter and will have the site from Thursday until Monday afternoon. This will allow for a flexible schedule for people who are working. A special hike, about 7 miles round trip, is planned for Saturday morning, which will have us get off the tram at Agnew Meadow at 9:30 AM and hike north in that long valley to a set of lakes rarely hiked. The incline is not so great so this will be a more leisurely hike, "moderate".

Once you get your ticket for the tram (on your own) you can get off at 6 or so various sites and hike between them if you wish. For example the hike from Devil's Postpile to Rainbow Falls is a nice one,

mostly downhill, followed by lunch at Red's Meadow, then a tram ride back. Some people will want to car caravan to Mono Lake and Bodie.

We'll also plan a Pot Luck Dinner on Saturday night at 6:30pm. Tea to be announced.

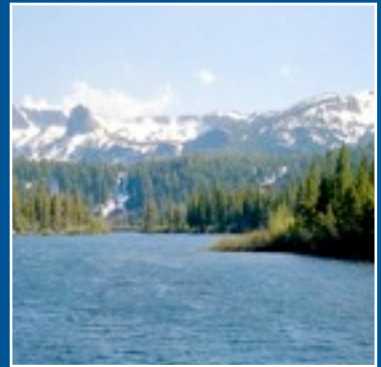
RVs can stay free at the BLM site five miles north of Mammoth off 395, across left/west) from the Caltrans "Hut". There are also sites in our group site area (sorry, no hook-ups).

Last Day to Register: July 28!

Directions: Mammoth is on the east side of the Sierra Nevada Mts. in the middle of the state about a mile west of Hwy. 395. The second right off the main road into Mammoth is next to an RV/tent camping area. Turn right as soon as you can into that camping area and proceed to the group camp area, staying on the right side of the road. Go into the group site to the first big area, group site #7.

Contact the trip leader for special needs or questions: Tom Ogier togier@sbceo.org, & Dan Robertson danyboy@adelphia.net

DRAMATIC SIERRAS



CLASSIC CALI



Pismo Beach State Park - September 21-23, 2007

Get back to the beach with the Great Outdoors as we explore the Pismo Dunes and California's Central Coast. We're at the beautiful Oceano Campgrounds in the Pismo Beach State Park. Pismo Beach offers all kinds of attractions: hiking, swimming, surf fishing, and digging for the famous Pismo clam. Tree-lined dunes and the beach are popular with bird watchers. The park has the largest over-wintering colony of monarch butterflies in the U.S.

Activities - Friday check-in at the campground. Ask the ranger at the entry kiosk for the campgrounds reserved by the Great Outdoors, under Jean-Guy Dubé, as well as a map and directions to our two sites. After setting up tents, we'll gather to watch the sunset, and follow with GO provided S'mores and cocoa over our campfire.

Saturday morning, we'll either hike among the local dunes at Oso Flaco State Park (a \$4 day use fee may apply) which is part of the Oceano Dunes State Vehicular Recreation Area, or we might carpool 12 miles to the Rancho Guadalupe Dunes Preserve. Following, we will carpool to downtown Pismo. We'll walk the streets, pier and maybe have lunch at a local favorite - Mo's BBQ. Afternoon Tea back at the campsite will feature GO provided cookies, crackers, beverages and hors d'ouvres. For the adventurous, continue to explore the beach or hike some more trails - we'll have maps and guides for your reference. Dinner will be our traditional potluck, so bring your dish to share for 6 people. We'll then walk to the beach to catch a phenomenal sunset, and prepare for more fun by the campfire.

Sunday break camp and head home.

Camping, Parking & RV's The two sites we have can accommodate up to 16 people, and 4 vehicles. There are quarter operated showers and bathrooms nearby. Carpooling is strongly encouraged. Additional parking is located outside the State

Park. Any additional parking fees will be the responsibility of the vehicle owners. While we have not reserved any RV campsites, RV'ers are welcome to join us at our campsites and activities, but you must make your own reservations in the campground through Reserve America and contact me to let me know you're in the park so you can be included in our activities.

Cost \$35 for members, \$55 for non-members. Please bring a bundle of firewood to contribute to the campfire. Signup by September 13th. This will also be the deadline to cancel your reservation for a full refund. The first 3 people to signup for the trip will have their parking included in their reservation.

Directions Signage from the 101 and surface streets is very good. Take the 101 North to the town of Pismo Beach. Exit at Shell Beach Road. Turn left onto Highway 1 / MATTIE RD. Travel south 2 miles on Hwy. 1 and turn right on Pier Avenue. Oceano Campground park entrance is 2 blocks down on the right. Address is 555 Pier Avenue, Oceano, CA 93445.

Got Four Wheels? Oceano Dunes State Vehicular Recreation Area, just south of our campground, is the only CA State Park where vehicles may be driven on the beach. This off road area is among the most popular and unique of CA State Parks. The 5 miles of beach open for vehicle use and the sand dunes for off highway motor vehicle recreation are attractions for visitors from throughout the US.

Four wheel drive vehicles are recommended for driving to the camping and off highway vehicle use areas in the park. Please note that all vehicles operated off-highway on Public Lands in CA are required to be street-licensed or registered as an off-highway vehicle (OHV). ATV rentals are available within 2 blocks of the park.

Trip Leaders Jean-Guy Dubé & Paul Williams, (805) 570-1929 or JGDube@hotmail.com

Pride Festival Schedule for Central Coast

San Luis Obispo (ent. Jacob & Joshua)- Sunday, July 8

Santa Barbara Pride at the Beach (Chase Palm Park) -
Saturday, July 14

Ventura Pride in the Park - Saturday, August 25



Show your support for the GLBT community! Volunteers needed to cover two-hour shifts at each pride event. Contact Joe Domingos @ 805-588-1142 or countryboyjoe1@gmail.com



July Potluck - "Popping Pink"

Use your imagination and come to Jon and Claude's dressed in your best Pink frock...Saturday, July 21st, 5 pm libations, 6pm dinner. 621 Island View Dr. Santa Barbara

Please bring a homemade dish that serves 6-8, with a serving utensil. Appetizers, salads and entrees only please, as Great Outdoors will provide a special Popping Pink cake! This event should not be missed...



GO SBVC Officers

President - Sean Dooner
VP of Outings - Chris Fava
Secretary - Tom Ogier
Treasurer - Ted Huffmire
Membership - Jean-Guy Dube
Webmaster - Don Bean
Special Events - Owen McKimm/Dennis Banning
Day Hike Coordinator - Brian Miller
Newsletter Editor - Chris Fava
Corporate Board Rep - Tom Ogier



We have a few Officer positions open. I've said it before, but it bears repeating - our all-volunteer organization is nothing without the time and effort its volunteers generously put in to make the chapter run smoothly. Our chapter would be even better if we filled the following positions:

Outreach Coordinator & Historian.

Descriptions for each position are available on our SBVC website. Please contact Sean if you're interested. **BENEFIT: Officers enjoy a year of free membership!**

Outdoor Experience Phase I & II

You're invited to join us for THE OUTDOORS EXPERIENCE! Conducting oneself amongst nature is the basic intent of Great Outdoors. What you know about hiking skills, camping equipment, and the wilderness environment, can make your outdoor adventure much more fun--and safer too!



Perhaps you'll never need some of the skills we'll teach you, but it never hurts to be prepared for things unexpected. Not only will you learn about keeping warm, choosing a campsite, and making water safe to drink, but you'll be taught minimum impact camping techniques so that you leave the natural environment for others to enjoy as well. A portion of the training covers group management and GREAT OUTDOORS leadership skills. Each student will be provided with their own training and reference manual.

The basic program consists of two valuable weekend sessions.

PHASE ONE (September 15-16) is mostly an indoor weekend at a cabin site.

PHASE TWO (September 28-30) is an outdoor camping weekend. The two sessions must be taken in order, but not necessarily in a single year. Another option is to take only the first day of training. Completing the first day of Phase One will provide participants with DAY HIKE LEADER CERTIFICATION. After completion of the entire program, you'll receive FULL TRIP LEADER CERTIFICATION.

Download trip notes and reg form from www.greatoutdoors.org/sb

Contact Mario Voce @ mariovoce@yahoo.com

Hello everyone!

I look forward to leading some really great day hikes and events in this incredibly beautiful area we call Santa Barbara/Ventura County! -And we'll get a little exercise in to boot!

Please keep July 22nd open. This is the day after Jon & Claudes outrageous 'Popping Pink' pot-luck on the 21st. This will be a perfect time to walk off all those unwanted calories from the night before!

Unfortunately nothing is confirmed as if this printing. I will notify you by e-mail as soon as I get the hike location, time etc. dialed in.

In the meantime enjoy the Great Outdoors! --Brian



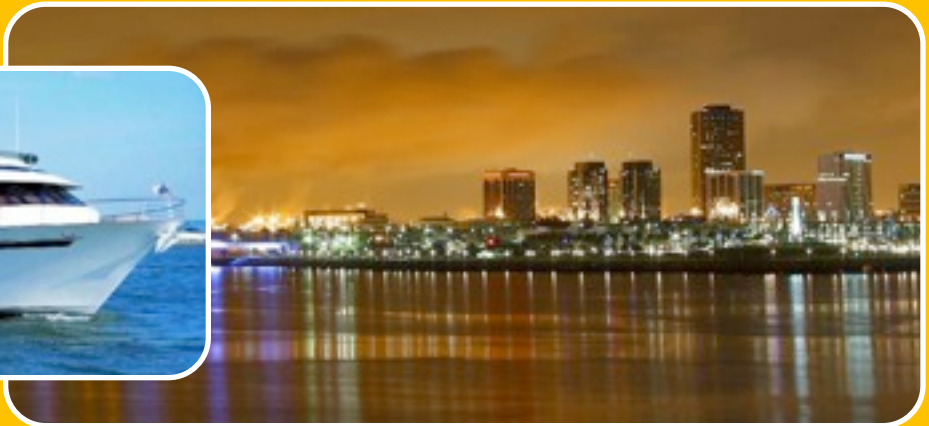
Solstice 2007

Special Sunset Cruise - Saturday, August 18, 2007

To celebrate summertime, Los Angeles and Orange County are hosting a cruise aboard the Luxury Yacht Caroline, departing from Rainbow Harbor in Long Beach, Dock #2, next to the Long Beach Aquarium. Arrive no later than 5:30pm, ship leaves promptly at 6:00pm.

Event includes a 3-hour privately chartered, all-gay cruise of Long Beach Harbor, substantial hors d'oeuvres, and a full no-host bar with soft drinks, beer, wine and mixed drinks for everyone 21 and older.

Tickets (purchased in advance) are required for this event: \$50 members, \$70 non-members. Click here to register online: <http://www.regonline.com/133288> All payments must be received by Friday, August 10, 2007 Email Bob King at pk78@pacbell.net



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** _____

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

Mammoth Lakes, August 2-6, 2007 Member (tent) Non-Member
 Provide Transportation # People? _____ \$35 \$55
 *plus one bundle of firewood

Pismo Beach, September 21-23, 2007 Member (tent) Non-Member
 Provide Transportation # People? _____ \$35 \$55
 *plus one bundle of firewood

For Outdoor Experience Phase I and II, go to www.greatoutdoors.org/sb and fill out the special registration form.

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 - Big Basin Redwoods, by Chris Fava

One can feel quite insignificant among the tallest trees in the world. On a group hike, seven of us fit **INSIDE** a hollowed-out trunk of a giant redwood, with much room to spare. The trails to hike or bike were so plentiful, I could easily have spent a week mountain biking every corner of the park.

We welcomed Carlos, Gerardo, and Richard as first-time campers with our group. It was a fantastic group of guys, and I could not have asked for more friendly people to spend a weekend with.

Friday morning, some went out for a long hike, and David and I planned a long mountain-biking loop. The smooth, hilly fire roads made for the best non-technical mountain biking I've ever done. Some downhill segments lasted a good 20 minutes. After lunch, one wrong turn made us lost for a little bit, but we made it back to camp unscathed but exhausted from our ride, which was maybe 28 miles. When we returned to camp, we learned that Brian and Carlos had just survived a head-on car collision, but they made it to camp as well, unscathed.

Saturday's group hike was on the Meteor Trail, and from the promontory, we were treated with vistas far and wide, though the faraway fog and burnt trees nearby made it eerily spooky. A special treat were the banana slugs! They're like very large, bright yellow snails without shells. I picked one up and he liked me. There were also a few small waterfalls to explore, but because it was a dry winter, they were really just trickles compared to what they normally are.

Richard masterfully cooked the tri-tips I bought for the Pioneer dinner. While eating steaks, beans, potato salad, and garlic bread, we listened to John Denver on my iPod and the mood was sublime - ahhh, good times.

The campfires were the other great part of the trip, and even though we had run out of beer and wine the last night, we did not run out of firewood or good interesting guy-conversation :o)



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

Stamp



Place Label Here

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

Wilderness Survival Tips - First Aid and Health

We're now in full-swing of the camping and outdoor adventure season. This is the second installment of a new section intended to teach what to do if you find yourself in trouble, outdoors. So take this info and at least put in the back of your head - someday you might need it. Great Outdoors offers a fantastic two-weekend program called Wilderness Experience, - see the write-up in this month's newsletter.

Concussions - Concussions or other head injuries are often accompanied by a leakage of watery blood from the nose or ears. Other symptoms may include convulsions, an unresponsiveness of the pupils or headache and vomiting. Keep the injured party warm, dispense a pain killer regularly and allow time for the body to rest and repair.

Muscle Cramps - Muscle cramps occur when the muscle accumulates excessive lactic acid or a loss of salt through perspiration. Treatment includes resting, deep breathing and stretching. Restore the salt balance immediately.

Bleeding - To control bleeding, elevate the wounded area above the heart and apply pressure using either gauze, clean cloth, dried seaweed or sphagnum moss. Use pressure at the pulse point between the injured area and the heart if bleeding fails to stop. If bleeding still persists, use a tourniquet between the injury and the heart. This method should only be used in extreme situations. After bleeding has been controlled, wash the wounded area with disinfectant and apply a dressing and bandages.

