



A Gay and Lesbian Outdoor Recreation Group  
June 2007 Newsletter

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## MESSAGE FROM THE PRESIDENT



Another good month for our chapter, a small but fun group at our Pizza Social, Jack had a successful camping trip to Refugio, way to go Mr. F!!! Several of us got together for dinner and a movie and then there was Pacific Pride's "Queen of Pride Pageant". What a hoot, and what a fun night, thanks David, J.B. and all at Pacific Pride for a great evening.

Last month I asked you to consider volunteering, and this month I ask you to consider the same. Your Great Outdoors could use your help. We have several positions available now and will have several more core group positions coming up in a few months.

We are also gearing up for a great Pride season, our G.O. chapter will be having a booth at SLO Pride, Sun. July 8th, Santa Barbara Pride, Sat. July 14th and then Ventura Pride on Sat. Aug.25th. Please contact Joe D. or myself for more info. Also Pacific Pride is always looking for volunteers, please check out their website.

If you can help out in any way, I urge you to get involved. Volunteer if you can (it is SO rewarding) or just attend and support OUR community, please, just do something...

June is looking great with Chris' Big Basin trip, Jon and Claude graciously hosting this months potluck and don't forget our June Pizza Social, Bears Ventura Bear Bust, Sun. June 3rd, UCSB Mens Group every Thursday, 7-9pm and Pacific Pride's events for the month.

And a special, heartfelt congratulations to our G.O. Core group Treasurer and all around great guy Ted H. who after many years of hard work achieved his Doctorate degree. Way to go Mr., I mean, DOCTOR Theodore Huffmire!!! Hugs to all, SEAN



## Monthly Pizza Social - Wednesday, June 13, 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...

# Big Basin Redwoods

June 14-17, 2007

Step back in time to the days of the Gold Rush 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 chaparral. 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 FRIDAY 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.

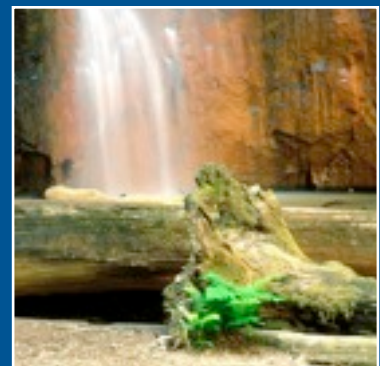
**What to Bring:** Ten Essentials, firewood, food, potluck dish, mountain bike, camera, tent, sleeping gear, warm clothes.

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

**Cost:** Members \$40, Non-members \$55. No cancellations after June 6. Register Online at [www.regonline.com/130243](http://www.regonline.com/130243)

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

## GIANT REDWOODS



Experience the tallest, most majestic trees in the world!

## Pride Festival Schedule for Central Coast

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

Santa Barbara Pride at the Beach - 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 @ [countryboyjoe1@gmail.com](mailto:countryboyjoe1@gmail.com)



## Upcoming Events

**June Potluck** - Jon and Claude are hosting the June potluck at their lovely Santa Barbara home atop the Mesa. The date is still unknown, but we will send out an email with details when we know.

**Mammoth Lakes Camp, August 2-6, 2007** - We are co-hosting this trip with LA. We have the group site. From Mono Lake and the ghost town, Bodie, to Convict Lake, there are over ten 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. Special hike on Saturday will take us into a long valley, to a set of lakes rarely hiked. Contact Don Robertson @ [danyboy@adelphia.net](mailto:danyboy@adelphia.net) **Trip notes will be available on our website soon.**



## 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  
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, Day Hike 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!**



# 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](mailto: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**

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

**Santa Rosa Island, July 13-16, 2007**    Member (tent)    Non-Member    **SOLD OUT!**  
 Provide Transportation # People? \_\_\_\_\_    \$135    \$155

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 \_\_\_\_\_

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



Next Pizza Social - Rusty's Pizzeria  
Wednesday, June 13th, 7:00p.m.  
15 E. Cabrillo Blvd. Santa Barbara

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## Wilderness Survival Tips - First Aid and Health

We're now in full-swing of the camping and outdoor adventure season. This is 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, - keep an eye out for info later this year.

**Heat Exhaustion** - Heat exhaustion is not uncommon when water is not sufficient. The body becomes dehydrated and salt-depleted, resulting in nausea, faintness, a weak, rapid pulse and/or cold and clammy skin. Treatment includes plenty of rest, liquid and salt tablets.

**Sunstroke** - Sunstroke may occur when the body is exposed to excessive sun. The body becomes overheated and provides too much blood to the circulatory system, resulting in a flushed, hot face, rapid pulse, headache and/or dizziness. Treat sunstroke by resting in a cool area and applying and consuming cold liquid. Prevent sunstroke by wearing proper headgear.

**Snake Bites** - One species of venomous snake, a rattlesnake is found in many places in Southern California. If you come across a snake, slowly ease back. A snake bite rarely causes death; victims may be left untreated for up to eight hours.

1. Keep the person calm, reassuring them that bites can be effectively treated in an emergency room. Restrict movement, and keep the affected area just below heart level to reduce the flow of venom.
2. Remove any rings or constricting items because the affected area may swell. Create a loose splint to help restrict movement of the area.
3. If the area of the bite begins to swell and change color, the snake was probably poisonous.
4. Monitor the person's vital signs -- temperature, pulse, rate of breathing, blood pressure. If there are signs of shock (such as paleness), lay the victim flat, raise the feet about a foot, and cover the victim with a blanket.
5. Get medical help immediately.