

THE insider

THE NEWSLETTER OF
INSIDE THE OUTDOORS
FOUNDATION

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Getting Ready for Summer!

Yarib Dheming and Lori Kiesser

With warm weather upon us, it is easy to settle into the lazy days of summer. During the summer, the outdoors fills with the sounds of children playing and bees buzzing. The scent of barbeque and freshly-mowed lawns lingers in air. It's sunny and hot, and the kids are out of school. Days are filled with summertime fun, including hiking, summer camps, picnics, swimming, barbeques, and of course the beach. By planning ahead and following a few simple summer safety tips, families can enjoy all of the fun summer months have to offer.

Water, water everywhere! The human body is about two-thirds water. One of the most important tips for summertime safety is to stay hydrated. According to the Center for Disease

Control, dehydration, heat exhaustion, and heat stroke are some problems that can arise from getting too much sun and not enough water. Making sure that you drink plenty of fluids is easy and may help prevent these conditions.

Sunshine and lots of it! Vitamin D is called the "sunshine vitamin" because it is produced by your body when sunlight hits your skin! Summer brings lots more hours of sunshine, so we can all get our daily requirement of vitamin D. Being smart about sun protection is essential. Sunburn is frequent during these sunny days and can be a danger if the necessary precautions are not taken. Sunscreen and a protective lip balm with an SPF of 15 or higher is something that should always be nearby during the summer.

Snake, snake, snake! Because snakes hibernate in the winter, you are more likely to encounter a rattlesnake during the summer months. Know your surroundings and keep an ear out for the rattles, as they more than likely will give you a warning if you come too close.

Cashews! Poison Oak is part of the sumac family - a family of plants which also includes cashews, pistachios, and mangos. But for those of us who enjoy hiking or camping during the summer, a little bit of plant knowledge can go a long way in avoiding the itchy outcomes of encountering poisonous plants. Consulting local trail guide books before hiking can make it easier to identify Poison Oak, Poison Hemlock, and Stinging Nettle. All three of these can definitely

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**A Message from
ITO Foundation Vice President
Manny Kiesser, Disneyland
Resort**

Find opportunities to get children involved in fun, simple, and local outdoor activities with helpful suggestions from Manny.

**Nurturing a Natural Curiosity:
Stories from ITO Students**

Sophia, a 4th-grader from Valencia Elementary School in Saddleback Valley USD shares a story about her week at ITO Summer Camp, 2007.

Insider Information

What's inside:

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Manny Kiessler, Disneyland Resort Board Member

I am one of the lucky ones. I grew up outside. Like many of my generation, I can tell fun stories about being sent outside to play, not allowed to return until suppertime. I spent my youth camping, hiking, throwing rocks into the river, and even working outdoors. For me, connecting with nature was easy. How hard could it be in an Idaho town called Mountain Home? Nature was right outside my front door and it became as close a friend to me as any of my classmates. But do you have to grow up with the wilderness at your doorstep to connect with nature? Not at all.

Today, there is a growing realization that our children do not have the same relationship to that magical place called “outside” that so many of us remember. We struggle to get kids away from the TV and into an “outside” that seems so far away. We want to teach our kids more about the natural world but it always seems a depressing story of pollution, habitat loss, and endangered species. Is it a lost cause? Were we, to adapt Richard Louv’s phrase, the last children in the woods? We don’t have to be. Connecting our children – and ourselves – to nature is not as difficult as we might think. And we don’t have to do it alone.

First, we can teach our children positive lessons about nature that they can use in their daily lives. We can teach them that by saving water, reducing use of, reusing, and recycling every day products we are helping nature. We can buy earth-friendly

clothes, sustainable foods, and non-polluting household goods. There are many resources available to discover these lessons, such as Inside the Outdoors’ recent Sustainable Cooking class and Eco-Fabulous Fashion Show.

Second, we can find opportunities to get our children involved in fun, simple, and local outdoor activities. What kind of activities? Take a look at the California Children’s Outdoor Bill of Rights, recently proclaimed by Governor Schwarzenegger, which states that every child should have the chance to experience the following:

1. Discover California’s Past
2. Splash in the water
3. Play in a safe place
4. Camp under the stars
5. Explore nature
6. Learn to swim
7. Play on a team
8. Follow a trail
9. Catch a fish
10. Celebrate their heritage

All of these opportunities are available locally. Through Inside the Outdoors, many of these activities can be experienced as part of our school programs. A growing number of community programs allow families to share outdoor activities together, such as our recent Getting Ready for Summer and Leave Only Footprints programs.

Whether you participate in an Inside the Outdoors program, other community programs, or just go on a

family outing, our local parks, beaches, and open spaces offer many opportunities to connect our children to the outdoors and nature. We could probably use some time in nature ourselves. Don’t be the last one to get outside (and don’t come home until supper)!



calroundtable.org/cobor.htm

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ruin a vacation for those who are not aware of the dangers of local plants.

The Buzz on Bugs! California has over 200 species of ants! Many of those species are an important part of healthy ecosystems, but many of them bite! The bites can cause quite an itch, so remember to watch out for ants when picnicking. Other insects you might encounter while outdoors can carry diseases. Using a natural mosquito repellent and checking for ticks after a hike will help you have a better time when in the outdoors.

A little preparedness can go a long way. Now that you have the scoop on summer safety, you can plan all of your great summertime activities for the months ahead. Know ahead of time what safety concerns you need to have before planning that great trip. Don't forget the sunscreen before you head out to the beach. Make sure you bring enough water for the hiking trip you are planning. Learn about the local plants and insects before the camping trip. Most importantly, enjoy the season that we have all grown to love: summer!

Hiking Safety Tips for You and Your Family

1. Bring plenty of water for everyone.
2. Bring small snacks for everyone. Examples of good snacks: assorted nuts, fruit or dried fruit, crackers, pretzels, trail mix, etc.
3. When in nature you are in animal habitats so stay on the trails to avoid unwanted contact with wildlife.
4. Always stay together.
5. Wear appropriate hiking shoes and layered clothing that can be easily put on or taken off and carried.
6. Wear sunscreen. Even in the winter on the coldest days you can get burned. Hats are also a good idea to help you stay protected and keep the sun out of your eyes.
7. Do not get too close to any wildlife and NEVER pick up any wild animals. Pictures are OK if they are taken from a safe distance but always remember, anything with a mouth can bite.
8. Try to avoid hiking during the mid-day, this is usually the hottest time of the day.
9. Carry a small pack with a first aid kit and a whistle in case anyone gets separated from the group.

Summer Camp stories

Sophia Uehara, 4th Grader

Valencia Elementary,
Saddleback Valley Unified SD



Student Story

Summer is almost here and I am looking forward to some more adventures with Inside the Outdoors. Like the time I was close enough to watch the blue tongue of a Gila Monster flicker out of its mouth. Or watch a tarantula climb up someone's arm (It's OK parents, "Animal Encounters" are supervised events where we can get close enough to observe and touch some unusual creatures).

While tracking wild animals, we tried to detect what animal left its scat (or feces) and tracks on the trail - like the day we went on a nature walk and found that a bobcat was nearby.

We did lots of crafts based on Native American activities such as making brushes, thread, and gifts packaged in a most unusual way. My favorite was the "mud gift making." I liked it because you got to choose a gift to put inside a mud ball. We left them to dry overnight, and a deer ate the acorn on mine. The thread and the brushes were harder to make because you had to scrape everything off the leaf until you were left with the fibers.

We played lots of games. One of my favorites was "Rattlesnake" (Native American also). One person is blindfolded and the other one shakes a rattle. The blindfolded person tries to tag the person with the rattle.

The "S'mores" were very good on the last day, and I still can taste them. I had such a fun time and I'm looking forward to doing it again.



DAVID SEYMS Staff Profile

David Seyms has made a big impact in his short time with Inside the Outdoors (ITO). Starting as a Field Naturalist at Upper Newport Bay in February 2007, David has since become a Program Support Specialist with Community Events and the Summer Camp Coordinator. David possesses a bachelor's degree in English Literature from Humboldt State and a teaching credential from Cal State Long Beach, and the prestigious rank of Eagle Scout, which only 5% of scouts achieve in their lifetime.

David grew up working at summer camps, and saw ITO as an opportunity to enjoy the concept all year long. His love for the outdoors and activities like trail running, backpacking, and mountain biking made him a perfect candidate for ITO.

As the coordinator for ITO Summer Camp in the pilot and second year, David looks forward to developing young environmental stewards. "Grossology" and "Animatology", this year's themes, will build on science concepts taught in the classroom with a fun twist.

When asked his most memorable moment with ITO, David said, "When teaching students on the trail, I always ask how many have never been hiking before. On average, about 80% of the kids raise their hand. The most exciting thing for me is experiencing a child's first hike with them."

David's lifelong goal is to hike the Pacific Crest Trail, a 2,600 mile trek through 6 of the 7 known ecosystems from Mexico to Canada. This hike takes a year to plan and 6 months to hike from start to finish.

Event Calendar June-August 2008

JUNE/JULY

Summer Day Camps Rancho Soñado and ShIPLEY Nature Center 9:00 AM - 1:30 PM

Week long adventures in and about the great outdoors for ages 6 - 11!

Rancho Soñado - June 23 - 27

ShIPLEY Nature Center - July 7 - 11,
July 14 - 18, July 21 - 25 and July 28 -
August 1

\$165 per camper, per five day session.
Discounts for Inside the Outdoors
Foundation members.

Contact David Seyms at (714)708-4432
for more information.



Visit our website at:
www.insidetheoutdoors.org

for more information
on our

Public Programs
Teacher Institutes
Field & School Programs
Outdoor Science School

JULY 18 and AUGUST 16

Full-moon Hikes and Trailside Tales Rancho Soñado, Silverado 6:00 PM - 8:00 PM

Inside the Outdoors invites you to join us for a full-moon hike at Rancho Soñado. Hike through wilderness areas bordering the Cleveland National Forest. Stop along the way for trailside tails of the legends and lore from Orange County's colorful wild west history.

**Check out our website for
other event dates!**

JOIN INSIDE THE OUTDOORS® FOUNDATION TODAY!

The purpose of Inside the Outdoors Foundation is to provide charitable, educational, scientific, and advisory support to the Inside the Outdoors Science Study Programs. Each year, Inside the Outdoors provides full and partial scholarships to approximately 55,000 low-income students. Inside the Outdoors is able to do this through generous donations from individuals, foundations and corporations.

As an ITO Foundation member you will enjoy special benefits described below, but the most meaningful benefit we have to offer members is the satisfaction of sharing the wonders of nature with others and cultivating tomorrow's environmental stewards.

All members will receive:
A Quarterly Newsletter and events calendar, priority registration and discounts for ITO Adventures, and Special volunteer opportunities.

Annual Membership

Adventurer (\$25) Individual Membership

Explorer (\$50) Family Membership, includes:

- Enrollment for children in the bEARTHday club

- An eco-friendly reusable cooler

Steward Circle (\$100+) includes:

Explorer benefits, plus:

- Special acknowledgement on the website and newsletter

- Invitations to exclusive Steward Circle events

Membership Levels:

• Adventurer (\$25)

• Explorer (\$50)

Steward Circle

• Terra Trekker (\$100-\$399)

• Star Gazer (\$400-\$999)

• Habitat Hero (\$1,000-\$2,499)

• Dream Catcher (\$2,500-\$4,999)

• Visionary (\$5,000+)

To join, visit:

www.insidetheoutdoors.org

THE GIFT OF ENVIRONMENTAL STEWARDSHIP



"In the end we will conserve only what we love. We love only what we understand. We will understand only what we are taught."

- Baba Dioum

Each year, the seeds of environmental stewardship are planted in the thousands of students who experience ITO programs. If you are interested in learning how you can support ITO programs, please visit our website at www.insidetheoutdoors.org for more information about Inside the Outdoors Foundation Membership and Inside the Outdoors Gifts with Purpose.



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