



ORINDA GARDEN CLUB

CONSERVATION NEWS – SPRING 2020 #3

CONSERVATION THROUGH CARING Get Outside!

Throughout this Coronavirus lockdown, I have gone through numerous mental stages. I can do this. I'm going to learn a new skill, or two, or three. I have to stop baking. I can't do this anymore. Pull it together, you can do this. I'm going to clean out every closet. . . You get it. You're probably right there with me. (Social distanced, of course.) One thing I have found over the last weeks is that I feel better when I get out into nature. Somehow it soothes me and makes everything feel better. Whether it's a quick walk around Lake Cascade or an 8 ½ mile hike on the Carr Ranch Loop, I feel happier, healthier and more connected to life and the outdoors when I return home. Nature is giving me a gift, a sense of peace and calm. When I get home, I find that I am trying to return the favor. I'm much more diligent in my composting and recycling efforts. I'm trying to use all the leftovers in my fridge. I'm remembering to fill my bird feeders. I'm turning off lights. Granted, I did do all these things before. Now I am not "forgetting" to do them. When I am out on a hike it reminds me of the true purpose and necessity of these actions. I'm truly understanding the idea of being "connected to the earth." Many of you may already feel this. Some may need a refresher during this crazy season. Either way, I have found two places for you to find hikes to help you get out and reconnect. Some are very close. Some are further afield. All are in the East Bay. There are short, flat walks and long, hilly climbs. Find your level. Grab your shoes and water bottle and get out there. When you get home, see if you begin to "Conserve Because You Care."

1. **Lamorinda Trails Challenge** <http://www.cityoforinda.org/364/Read-the-Spotlight> This is similar to the EBRP's trail challenge with all the trails being in Lamorinda.
2. **East Bay Regional Parks Trails Challenge** https://www.ebparks.org/activities/hiking/trails_challenge.htm

"I go to nature to be
soothed
and
healed, and to have my
senses
put in order."
John Burroughs

Looking for a movie with
great hiking scenes? Try
these:

- ***Into the Wild*** – Directed by Sean Penn. A recent college graduate heads to Alaska to discover the beauty and wonder of the world.
- ***A Walk in the Woods*** – Based on Bill Bryson's story of a man's (Robert Redford) retirement plan to hike the Appalachian Trail.

I found both movies on You Tube
for \$2.99 each.

Looking for a book about the
beauty of hiking and
walking? Try these:

Nature/Walking, by Ralph Waldo
Emerson & Henry David Thoreau
Wanderlust – A History of Walking,
by Rebecca Solnit
Nature Writings by John Muir

Take These Things With You
On Your Outing:

- Sunscreen/ Hat
- Comfortable, sturdy shoes
- Water/Snacks
- Map (I download the map onto my phone so I won't need cell service)
- Camera/binoculars/bird guide
- Sense of Adventure