

Genesee Valley Hiking Club Newsletter



Powdermill Park Hike: Paul K (Photographs by Jennifer W)

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Executive Committee

President: Larry O'Heron
Vice President: Tom Kolankiewicz
Secretary: Patty Mangarelli
Treasurer: Nina Tracy
Immediate Past President: Ann Bayley
Membership: Larry Powell
Hiking: Derek Price
Trails Maintenance: Ryan Bean
Social: Iris Raiman
Info Tech: Larry O'Heron
Historian: Diane Fulkerson
At-Large: Ruth Teitel (& Social Co-chair)
At-Large: Alicia Collins

Message from the President:

Dear GVHC Members,

It is our pleasure to offer now 5+ hikes a week. When I joined there were only two hikes a weekend.

Derek puts in a lot of time on the scheduling, and could use our help for July and August. It is a traditionally difficult time to find people willing to lead a hike.

If you have never led a hike, please reach out to Derek. Your first hike can be anything from easy to moderate to strenuous. It can range from 3 miles to 8+ miles. It can be straight out and back, or curvy, sinewy and hilly.

The important thing is that we have a very supportive network of folks to help you on your first lead.

If you are ready to do just a little more for the club, one hike over the summer would be a tremendous assist.

People who can help you decide include: Derek P, Tom K, anyone on the Exec Committee or any hike leader.

The first step is the hardest, and that is deciding to get in touch with Derek. You will find him on Meetup.

After that we will make it easy for you by pairing you up with experienced hike leaders (if you need) and/or experienced hike sweeps.

Thanks for reading this far. Yes, GVHC needs you.

Summer Get-Together (members only, guests \$5.00)

2025 Summer Party.

- Aug 17th (Sunday). Stewart Lodge. 12:00 - 1:30
- Grilled chicken (catered), salad, dessert, cold drinks supplied by club.
- Nathan Hayes, FLTC Executive Director - guest speaker
- The RSVP date of August 11 on Meetup is to ensure appropriate amounts of "eats to eat".

Expression of Gratitude to Michelle B (Membership Chair)

Michelle B handed the Membership reins over to long-time hiker Larry Powell, who courageously stepped up to fill this very important role.

The Executive Committee expresses their gratitude and appreciation to all the effort Michelle has put into the Membership position. When she first took on the challenge, it was a thankless, manual (often hand-written) process of dealing with member issues.

Michelle put forward her draft on using Meetup to streamline membership tasks and put dues management on a more automated-process.

It took a while to study, evaluate and implement this new way of overseeing GVHC, but in the interim, I had fun Zoom'ing with Tom K, Nina T and Michelle as we more deeply penetrated the inner workings of Meetup.

We would not have taken this bold step out of the past and into the present in our club growth without her dedication.

With our recent conversion to Meetup for dues processing, the committee has easy access to the raw data numbers on new joins, dues paid, dues pending and other data points - not to mention doing away with various manually maintained lists.

We welcome incoming Membership Chair, Larry Powell to sit on the Executive Committee as a voting member, and look forward to his participation.

Grateful for the Opportunity to Serve Four Years as GVHC President

Along with the changes in Membership, I informed the Executive Committee that I would not run for a third term, having served four years already.

I will take on support responsibilities and continue to play an active role in GVHC.

In this issue:

- Trail Maintenance Events
- Hiking the PCT and Bone Density
- The Right Mental Attitude
- Submit a Help Request to Meetup
- In Awaiting Dues Status
- Entering Credit Card Info while in Free Trial
- Turn on real-time GVHC email announcements

The two-month Hiking schedule is only available to dues-paying members. It is sent out via Meetup.com, and requires you to enable receiving emails from Meetup. See end of newsletter for instructions.

Help us find your membership more quickly

For those folks who have a Meetup avatar name like "Larry", we are asking you to make it a bit more personal, e.g. "Larry Hiker".

If we can't tell which one of the several identical Meetup names presented to us that you are, we can not help you solve

Meetup billing or more generic Meetup problems.

Please include a picture on your avatar of yourself (face preferred, but full body photo acceptable). Again, it is about identifying you to help resolve a problem.

Thanks in advance for your support.

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Newsletter Availability

Find this newsletter and earlier editions at:
<https://gvhchikes.org/Newsletters.html>

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TRAIL MAINTENANCE EVENTS

If you enjoy working hiking and gardening ... then you'll probably enjoy participating in our Trail Maintenance events. The tools we normally use on these events are: rose clippers, lopping shears, bow saws, garden hoes, hedge shears. Power tools (e.g. chain saws) are not used by GVHC club members.

This is GVHC's opportunity to give back to the hiking world. For all the beauty that we enjoy on the wonderful trails in the area, someone has to step forward and keep the trails ready to enjoy.

Ryan B is our Trail Maintenance Coordinator for GVHC. He leads our external efforts to support the hiking community by leading trail maintenance hikes on the Finger Lakes Trail.

The next trail maintenance hike of the year is on:

Jun 21st.

This last trail maintenance hike of the year is on:

Aug 9th.

These are GVHC events and will be listed on our Meetup page. You will find more info on the event listing regarding clothing, gear, tools, etc.

The Exec Cmte has authorized a small reward for those who participate in trail maintenance. GVHC will cover a portion of the post-event lunch.

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Hiking the PCT and Bone Density

(Note): This is about hiking on the Appalachian Trail (AT), Pacific Coast Trail (PCT), Continental Divide Trail (CDT) and the like - NOT GVHC hikes.

From Tom K, Vice-President

An interesting 10 min video about sustained hiking and its effects on your body.

I'm surprised to learn about the bone loss mineral density for sustained longer hikes being nearly equivalent to the bone loss density that is experienced with prolonged space travel.

<https://youtu.be/0AiHNelpuDc?si=5B02qj0LDvrRckjN>

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The Right Mental Attitude

(ChatGPT assisted)

The most dangerous things for a hiker are overconfidence and lack of preparation. Those with some experience, underestimate the unpredictability of nature and overestimate their own abilities. Thus poor decision-making, such as venturing off marked trails, ignoring weather warnings, or pushing leads to fatigue or injury.



Powder Mills Park Hike (Photo: Lisa S)

Weather is one of the greatest hazards. Conditions can change rapidly, particularly in mountainous or remote areas, turning a pleasant hike into a life-threatening situation. Rain, snow, or extreme heat can cause hypothermia, heatstroke, or dehydration. Many hikers are caught

off-guard without proper clothing, water, or shelter.

Navigation errors are another leading cause of danger. A misplaced step or a wrong turn can lead to getting lost, especially in dense forests or unfamiliar terrain. Without a map, compass, or GPS, and the skills to use them, a simple detour can become a desperate survival situation.



Abraham Lincoln Park, Irondequoit Bay
(Photo: Larry O)

Injuries from falls, animal encounters, and exhaustion pose serious risks. A twisted ankle far from help, or an aggressive wildlife encounter, can escalate quickly. Moreover, many hikers fail to tell someone their plans or estimated return time, delaying rescue efforts if something goes wrong.



Genesee River / Erie Canal Crossing,
Genesee Valley Park (Photo: Larry O)

Ultimately, the most dangerous thing is the mindset that “it won’t happen to me.” Respecting nature’s power, planning thoroughly, carrying the right gear, and making conservative choices can mean the difference between a safe adventure and a tragic outcome.



Letchworth Park Hike (Photo: Barb S)



Letchworth Park Hike (Photo: Barb S)

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Submit a Help Request to Meetup

The below instructions demonstrate how to reach Meetup technical support (message/email only - no phone calls) for an issue with your account.

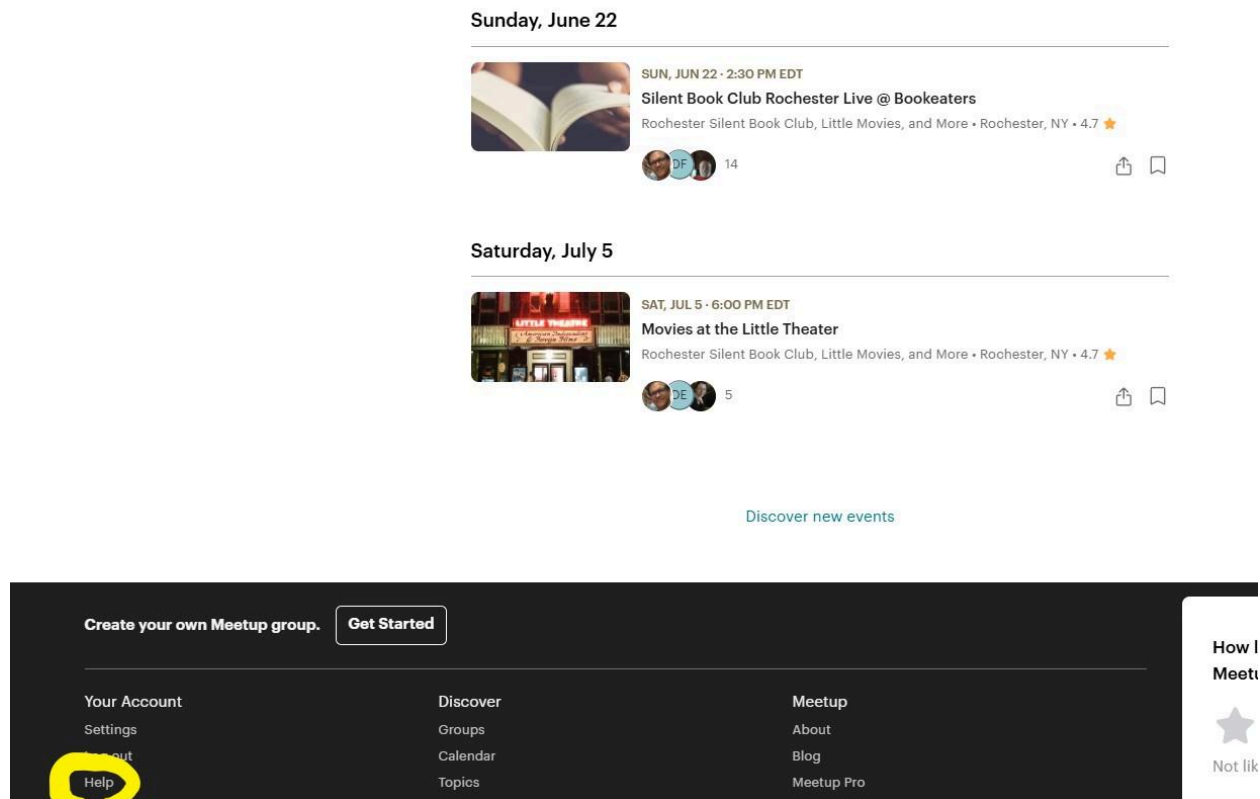


Figure 1: GVHC Landing Page on [Meetup.com](https://www.meetup.com)
Click on the word "Help" at the bottom of the landing page.

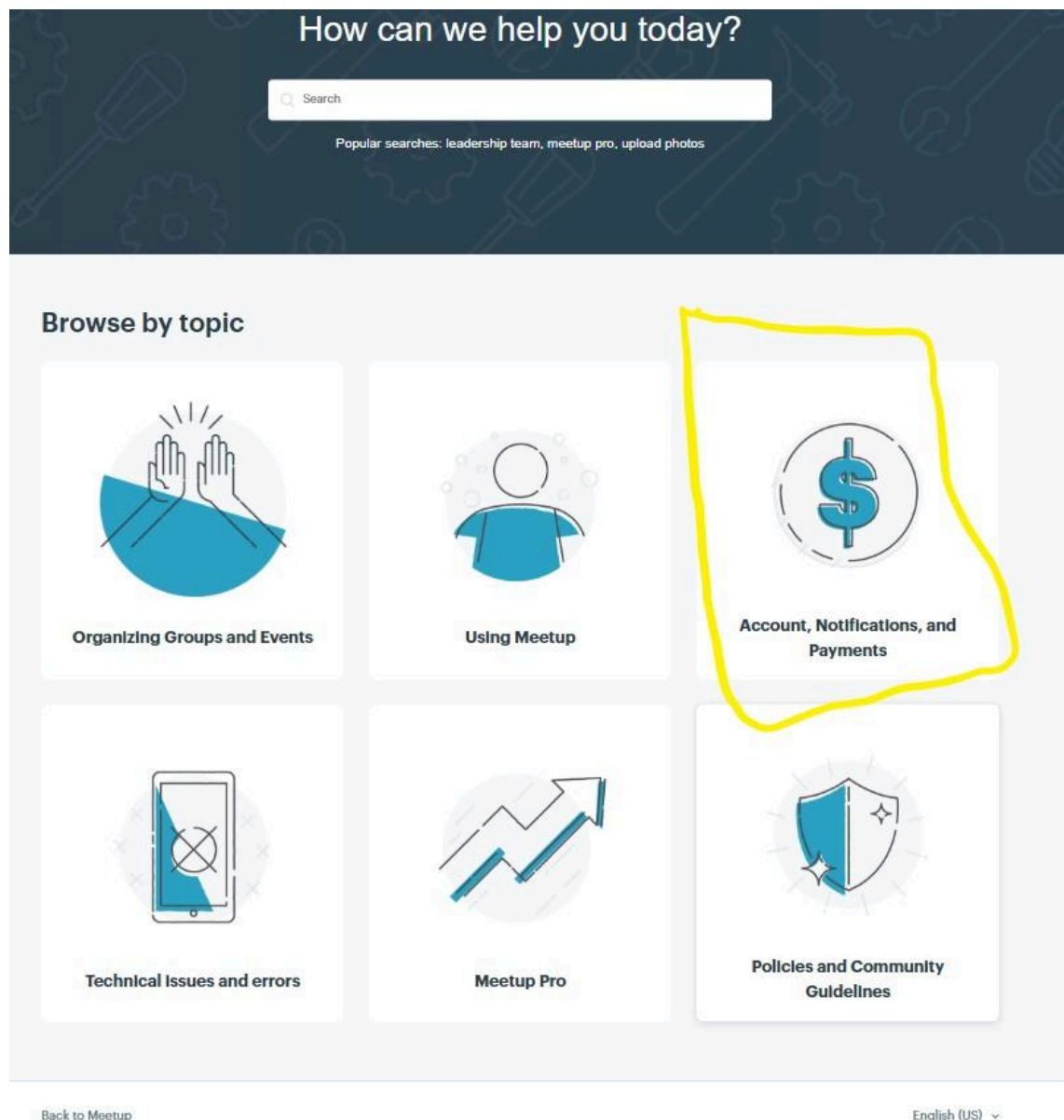


Figure 2: Click on “Account, Notifications and Payments

[Meetup](#) > [Account, Notifications, and Payments](#)

Account, Notifications, and Payments

Manage your profile and account

[Meetup+ vs. Free Plan Members: Key Differences and Benefits](#)

[FAQ about Meetup+](#)

[Getting to know your profile](#)

[See all 16 articles](#)

Access an account

[Why am I being asked to enter a verification code?](#)

[Why can't I log into my account?](#)

[Creating a strong password](#)

[See all 8 articles](#)

Account privacy

[Why did I receive a login notification email?](#)

[Account security](#)

[Hiding the list of groups on your profile](#)

[See all 4 articles](#)

Organizer subscriptions

[I'm still receiving charges even if I no longer manage any groups](#)

[What payment methods are available on Meetup?](#)

[My subscription got increased](#)

[See all 16 articles](#)

Group and event payments

[Paying Member Dues During the Free Trial and after Its End](#)

[I want to stop being charged by groups I'm part of.](#)

[Checking a Meetup charge on your payment method](#)

[See all 8 articles](#)

Billing issues and troubleshooting

[Why did I receive a charge after canceling my Subscription?](#)

[Where to find my Meetup subscription receipts](#)

[How to check your Billing Frequency and Upcoming Renewal date](#)

[See all 8 articles](#)

Notification settings

[How can I make sure that a person I contacted received and read a DM I sent?](#)

[What notifications should organizers and members receive?](#)

[Editing my email settings](#)

[See all 6 articles](#)

[Back to Meetup](#)

English (US) ▾

Figure 3: Click on “Checking a Meetup charge on your payment method”

Related articles

[Meetup subscription refund policy](#)

[Requesting dues or fees back from an organizer](#)

[Closing and deleting a Meetup group](#)

[Joining a group with member dues](#)

[Managing a group's Money page](#)

Checking a Meetup charge on your payment method

A charge on your payment method can refer to several different Meetup services: automatic renewal of your organizer subscription to ensure you don't lose access to your groups, renewal of your Meetup+ subscription to keep your benefits active, dues to keep being part of a group as a member, or fees to attend an event.

For these reasons, the payment made can be related to one of the following options:

- An Organizer subscription is still active

As an organizer, if you received a Meetup charge mentioning a Standard or PRO organizer plan, that means that an organizer subscription is still active on your account. If you have more than one account on Meetup, make sure you log in to the right one to verify your subscription status.

Additionally, take into account that prices for Standard and new PRO organizers were increased starting **June 2024**. If you noticed a higher charge than the one you were expecting for your plan, the recent price increase is most probably the cause behind this change. You can find out more about the price increase initiative in the dedicated article [My subscription got increased](#).

- A Meetup+ subscription is still active

To get additional benefits on Meetup, a member can subscribe to Meetup+.

Meetup+ subscriptions renew automatically as all the organizers subscriptions on Meetup.

Additionally, if a Meetup+ subscription has been started before switching to one for organizers, it's possible that the first plan was never canceled before starting a new one, causing an additional Meetup charge.

- Charge related to a group

Organizers can set recurring member dues to sustain their groups.

If you received charges relating to a specific group you're part of, don't hesitate to reach out to the organizer of said group to get further clarifications.

[If you don't want to receive charges for a specific group, you can leave the group](#)

Figure 4: Top half of Help Page

Additionally, if a Meetup+ subscription has been started before switching to one for organizers, it's possible that the first plan was never canceled before starting a new one, causing an additional Meetup charge.

- Charge related to a group

Organizers can set recurring member dues to sustain their groups.

If you received charges relating to a specific group you're part of, don't hesitate to reach out to the organizer of said group to get further clarifications.

If you don't want to receive charges for a specific group, you can [leave the group](#).

- Charge related to an event

Organizers can also set up event fees to offset organization costs.

If you received charges relating to a specific event you RSVP'd to, it's likely that the event you're taking part to requires a fee to be attended.

If you believe that the charge was incorrectly received, don't hesitate to follow [these instructions](#).

If none of the scenarios above applies to you (you have no active subscription and you aren't participating to any group or event), but you still received a Meetup charge, it is possible you may have another Meetup account.

To find out, double-check the email address you received the charge at and try logging in with it as it might be tied to a different account.

Follow

[Have questions? Get help](#)

[Back to Meetup](#)

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English (US) ▾

Figure 5: Bottom Half of Help Page - Click on "Have Questions? Get Help"



[Meetup](#) > [Submit a request](#)

Submit a request

What do you have a question about?

A screenshot of a web form with a dropdown menu. The dropdown is open, showing a list of categories. The second item, "Subscriptions, payments and groups management", is highlighted with a yellow oval. The other visible items are "Login and account access issues", "Refunds and Terms of Service", "PRO groups and networks", and "Report a technical issue".

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- Login and account access issues
- Subscriptions, payments and groups management
- Refunds and Terms of Service
- PRO groups and networks
- Report a technical issue

Figure 6: Select an item from the Dropdown box, e.g. "Subscriptions"

Submit a request

What do you have a question about?

Subscriptions, payments and groups management

What do you need help with? *

-

You can look for ways to manage a recurring subscription, understand your billing and report issues with your payments, or ask for refunds.

Subject *

Please provide general context for your inquiry. (Subscription, groups, events, notifications, etc.)

Describe your problem or request *

Tell us the details of what you need help with, and a Community Team member will get back to you as soon as possible.

I consent to being contacted to provide feedback on the support service received after submitting this ticket

☐

I acknowledge Meetup's Privacy Policy. *

☐

By submitting your request, you acknowledge that we may send the content of your communications to a third-party AI vendor to help us route and respond to your inquiry. Your data will be treated as confidential and it will NOT be used to train AI models. To learn more about how we process personal data, see our Privacy Policy: <https://meetu.ps/3pnKx8>.

Attachments

[Add file](#) or drop files here

Submit

Figure 7: Fill out the form and click “Submit”

Wait until you hear from Tech Support, either via Message or by email. You need to monitor the email account at which you signed in.

In Awaiting Dues Status

This means one of two things:

- 1) You requested to join more than 60 days ago, and a valid credit card was not provided, so Meetup did not collect the group dues, and your status was changed to "Awaiting Dues".
- 2) You joined in the past, and did not pay dues. So your avatar was removed from the group. Then you joined again, and Meetup put your avatar straight into awaiting dues.

What should happen from within the "Awaiting Dues" status is that once you provide a valid credit card, within several days the card should be charged \$10.00, and your status changes to "Member".

When this fails to happen, please read on for troubleshooting suggestions and tips.

Typical Issues We Are Seeing

We face several major kinds of issues:

- 1) People with two different Meetup profiles, and log in with both; or one of the login accounts is no longer used, but not deactivated.
- 2) People with multiple credit cards already on file with Meetup.com.
- 3) People with very simple Meetup names, e.g. "Larry". Meetup allows multiple people to have the same name on their avatar. These names are not unique; many people in the GVHC Meetup group do use the same name on their avatar.

People with two different profiles

They forgot they had an older profile, or for some reason wanted the separation.

Perhaps the profile now in use is not the one associated with the credit card.

Or the credit card with the other profile expired.

Multiple credit cards on file

Meetup chose the undesired card to charge. Remove multiple credit cards. Use only one card for all groups with Meetup dues.

Multiple People Using the Same Meetup Name

Meetup allows more than one person to have the same Meetup name.

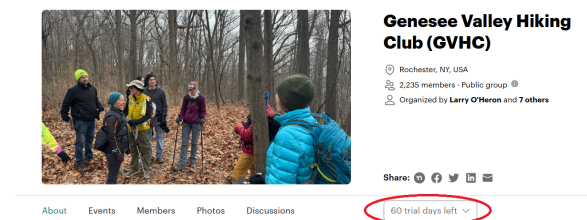
Give yourself a more descriptive Meetup name, e.g. "Larry O" or "Larry Hiking" or "Larry President" etc.

Then also add a picture to your avatar. We prefer facial photos, but accept a full body photo. Both of these steps add in identifying you to us so that we can help you.

If you are having a related issue:

- 1: Review all login profiles.
- 2: Terminate unused logins.
- 3: Remove credit cards that are expired, canceled or that you no longer want Meetup to use.

Entering Credit Card Info While in Free Trial



Underneath the logo on the main page for GVHC is a small rectangle that says “In Free Trial”. If you click that, it gives you a place to fill in your credit card number for automatic renewal.

Meetup will collect the dues at the end of the 60-day trial period. One can't pay dues early.

An additional change is that now when someone reaches 60 days in dues awaiting status, we drop them from the club. Folks are always welcome to request to rejoin, and hopefully help support the club's activities.

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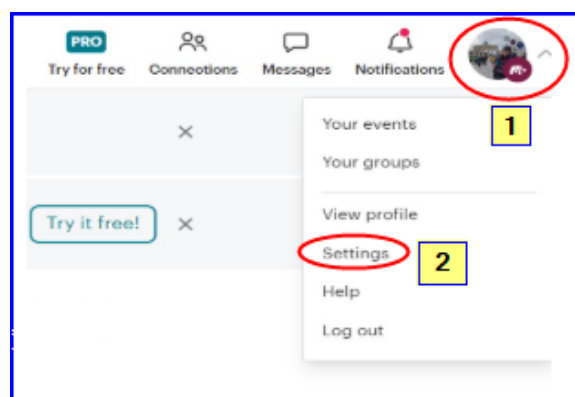
Turn on GVHC Announcements in Meetup.com

Meetup.com provides a quick, simple way for club officers and hike leaders to reach everyone, **who has enabled email announcements**.

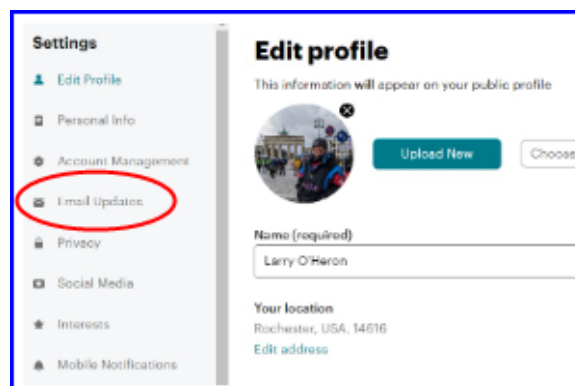
If you have questions, you can reach out to us at gvhchikes.org.

Unfortunately we can not provide a specific set of steps as browsers vary from each other and then again from platform to platform, e.g. laptop vs iPhone vs Android phone.

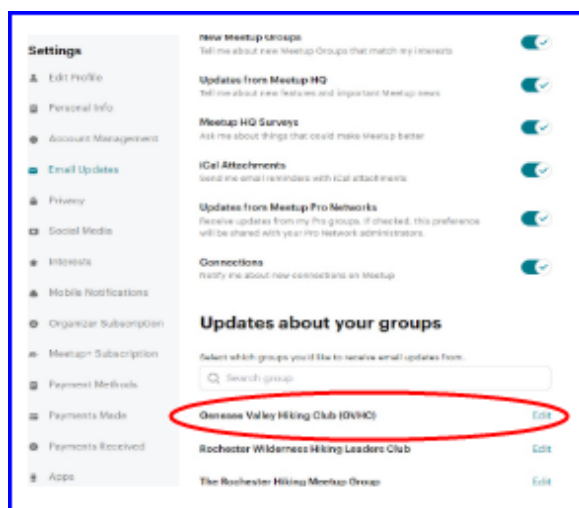
Window laptop / Chrome browser instructions follow:



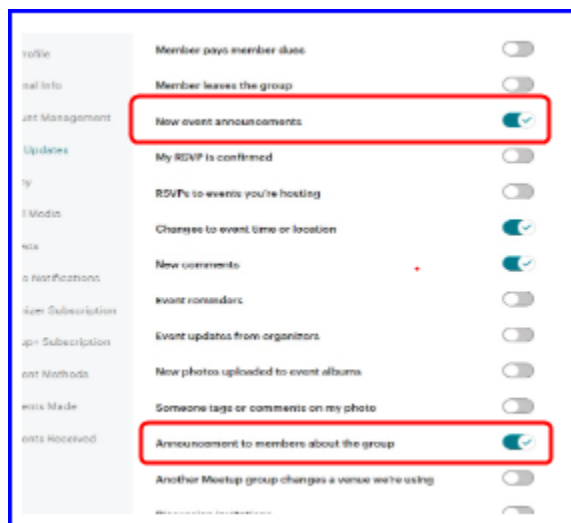
Step 1: Login to Meetup. Click on your avatar in the upper right-hand corner. Click on Settings.



Step 2: On the left-hand side, click on Email Updates.



Step 3: Under Updates about your Groups, click on Genesee Valley Hiking Club.



Step 4: Enable New Event Announcements and Announcements to Members About the Group.

End of Newsletter