

Genesee Valley Hiking Club Newsletter



Ontario County Park, Gannett Hill Hike. (Jul 20, 2025)
Hike Lead: Paul K; Photos: Courtesy of Arjun B

Executive Committee

Elected Officers:

President: Larry O'Heron
Vice President: Tom Kolankiewicz
Secretary: Patty Mangarelli
Treasurer: Nina Tracy

Immediate Past President: Ann Bayley

Committee Chairs:

Membership: Larry Powell
Hike Schedule: Joan Jakubowski (Pending)
Trails Maintenance: Ryan Bean
Social: Iris Raiman
Info Tech: Larry O'Heron
Historian: Diane Fulkerson
At-Large: Ruth Teitel
At-Large: Alicia Collins

Assistants:

Membership: Linda Sardisco
Hike Schedule: Darla Cornell
Social: Ruth Teitel

Message from the President:

Dear GVHC Members,

Event Schedule Changes:

We had a member show up for a 10:00 am hike. Unfortunately, the meetup time was changed to 9:00 am to beat the heat.

When Meetup adds an event on your calendar, it does not go back and update the calendar, if the start time changes.

If you enable, within Meetup, notification via email of event changes, you should get a notice.

If you do not enable email notifications, you can only check for updates by going on the morning of the event to the Meetup listing of the hike.

Billing Issues:

Are you having trouble with a billing or credit card issue pertaining to your GVHC Membership?

Billing Payment issues are time consuming and frustrating. Unfortunately, we don't have the back end system permissions to resolve these issues.

Please contact Meetup directly by filling out the Help Request Form available at this link:

<https://help.meetup.com/hc/en-us/requests/new>

Help with Meetup Features:

We have several Meetup help articles, available at our [GVHC website](#) on the homepage.

- Submit a Tech Support Request
- Turn on Email Announcements

- Awaiting Dues Status

When We Can Help ...

Meetup allows for duplicate Avatars. If we can't tell who you are from one of the several Meetup avatars, all named "Sue", presented to us, then we can't help you.

Please add a unique name, e.g. "Suzie Q" or "Sue Sunset" or "Sue Adk46" and add a picture of your face.

If you have a reason for not including your photo, please email us [at our website](#). We will work with you.

My thanks to Tom K who did all the background research to generate and make available the preceding information.

Newsletter Availability

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

Thanks in advance for your support.

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Trail Maintenance

Ryan Bean

Genesee Valley Hiking Club hosted three events this spring and summer to take care of the 6.5-mile section of the Bristol Hills Trail that we maintain.



Tom K and John T Clearing Trail

Our first event on May 3rd was unfortunately "rained out" so the planned crew of Chauncy, Ryan, and Tom met for coffee and late breakfast in Victor.

But the skies were brighter and the air much warmer on June 21st, when a hardy crew of six (Chauncy, John, Mimi, Natalie, Ryan and Sarah) spread out and worked our whole section with clippers, handsaws, loppers, and Chauncy's Billy Goat lawn mower. Lunch at Roots Cafe in Naples was well-earned and delicious!

For the third event, August 9th, we had the crew of Chauncy, John, Ryan and Tom. Despite the hot day (and were we ever glad



Natalie, Sarah, John & Ryan

for the early start), we were able to get the trail cleared in time for the Twisted Branch Trail Run the following Saturday. Post-work lunch this time was at the Old School Cafe, also in Naples.



Chauncy

To see more pictures of our work and post-work camaraderie, check out the past event listings on the GVHC page in Meetup. Thanks to all who joined us this season, and we would love to have more volunteers next year! To paraphrase our club Vice President Tom, if you like gardening and hiking then you will love trail work.

Recognition of Ann Bayley's Contributions to GVHC

" It is with great honor that the Genesee Valley Executive Committee recognizes

Ann Bayley

for her unwavering dedication to the idea of nature as a place of beauty to be explored in a reasonable way and enjoyed in a respectful manner.

Ann has served the Genesee Valley Hiking Club at all levels from the crucial role of hike leader, secretary, liaison and service to GVHC as President. Her behind-the-scenes work with other organizations like the Finger Lakes Trail Committee among others have a lasting impact on hiking throughout western New York.

Whereas some can enjoy a hike and then go on to the next activity, the club President is always on call, and always available to respond to the external world around GVHC. Ann has been there for GVHC up to and including giving of her personal time to the club.

For outstanding support and unwavering dedication to the Genesee Valley Hiking Club, consistently going above and beyond to ensure the success of every event and activity, your enthusiasm, organizational skills, and commitment have significantly enriched the experiences of all members.

Your behind-the-scenes efforts have made a lasting impact on all of us.

The Genesee Valley Hiking Club is deeply grateful for your invaluable contributions and proud to recognize your exceptional support. "

Lawrence O'Heron, President GVHC
On Behalf of the GVHC Executive Committee



L to R: Ann B - Immediate Past President, Nina T - Treasurer, Larry O - President)
(Photo by John T)

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Recognition of Derek Price's Contributions to GVHC

It is with great honor that the Genesee Valley Executive Committee recognizes

Derek Price

for his dedication to the idea of nature as a place of beauty to be explored in a reasonable way and enjoyed in a respectful manner.

Derek has been the glue that binds us all, as members of GVHC, together in the splendor of nature. The hours and hours and hours that he has devoted his organizational skills to putting together the hiking schedules has been the foundation on which GVHC stands and significantly enriches the experiences of others.

Under his watch, GVHC has gone from two hikes a weekend to an impressive five hikes per week. On top of this, Derek seeks out and supports potential hike leaders, ensuring that we, the hikers, are led by trained hike leaders.

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Lawrence O'Heron, President GVHC
On Behalf of the GVHC Executive Committee



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Hike Leader Dinner— watch for your invitation!

The GVHC Social Committee (Iris R and Ruth T) has planned this year's Hike Leader Appreciation Event. As always, this event is for Hike Leaders **ONLY**.

If you have led two hikes since Sept. of 2024, **thank you** and **congratulations** you have met the criteria for an invite. Hope to see you at this year's dinner being held at Ferrari's Pizza Bar in East Rochester.

(If you DO NOT receive a detailed e-mail invitation by Sept. 4, reach out to Joan J. or Darla C. to confirm that you are on the hike leader list.)

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The ADK Expo

By John Texter

The ADK Expo (Mendon Ponds Park, June 14th) is a fun annual event that provides a multifaceted display of hiking, paddling, and other outdoor activities. Many clubs and organizations participate, including the Genesee Valley Hiking Club and the Victor Hiking Trails organization, two hiking clubs to which I'm proud to belong, as well as the Genesee Valley chapter of ADK (Adirondack Mountain Club).



On the left we see Ryan Bean manning the GVHC tent; Ryan is in charge of trail maintenance for GVHC.



Across the way was the Victor Hiking Trails tent, where we see Mimi Lodge beaming at us. Michelle, with her back to the camera, is chatting with Chauncy Young, who organizes much of the trail maintenance for the Victor club in Victor, Fishers, and all the way south to Naples for sections of the FLT, Finger Lakes Trail(s).

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Summer Get-Together Wrapup

2025 Summer Party.

- Aug 17th (Sunday). Stewart Lodge.
12:00 - 1:30
- Grilled chicken (catered), salad,
dessert, cold drinks supplied by
GVHC.



Ryan B - Trail Maintenance (Right)
(Photo: John T)



Ruth T (Social Cmte) doing what she does
best - making sure we are well-fed
(Photo: John T)



Turnout was great with approximately 45
people attending
(Photo: Tom K)



Tom K: Vice-President briefing club members
(Photo: John T)

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My Camino de Santiago - Spain, 2025

Larry OHeron

I started my summer off with 30 days of hiking in northeast Spain, during a heatwave of record setting highs. LOL, lucky me.

My partner and I flew out of Rochester on June 24th, just late enough to miss our plane to Barcelona.

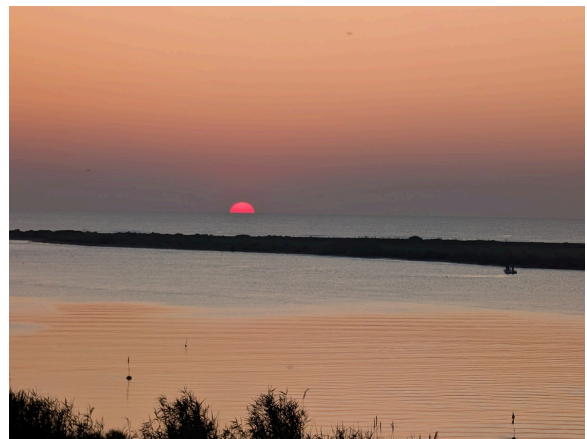
We were rescheduled for the following evening, and had to stay overnight in Philadelphia. We took advantage of the opportunity to visit the city.



Philadelphia Public Market

In an unbelievable occurrence of fate, we ended up sitting at a table in the Public Market and next to a young woman who plays ice hockey with my granddaughter. What are the odds?

Anyway after 30 days of hiking, we covered just over 240 miles from the mouth of the Ebro River where it empties into the Mediterranean Sea to the beautiful city of Logrono, Spain.



Sunrise at the Ebro Estuary

My most vivid memories are of the many towns along the way. Because of the intense heat (100f+ many afternoons), we started hiking at 5:30 am, roughly about dawn.

That meant we could reach our day's destination by noon, check in, do laundry and rest a bit.



La Rapita Traffic Circle

More importantly, we had the evening to explore each town for its heritage and cultural offerings. Sometimes it was food; sometimes it was panoramic vistas; sometimes it was a musical or historical celebration.



Gambas con Arroz



A Day of Tunnels Crossing the Mountains

We powered our 8 to 14 mile hiking days with paella, sausages, potatoes of all sorts, cheeses, jamon and wine.

Most enjoyable for Deb and I was how much our Spanish had improved. Being on our own where they don't speak English (despite the popular belief), each day was an opportunity to meet the local Spanish folks and engage them one-on-one.

It is true that when you make an effort to respect the local customs and traditions, warm hearts and spirits open their doors to you.

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Why Do Leaves Change Color in the Fall?

(AI-assisted)

Leaves change color in the fall due to changes in daylight and temperature, which affect the production of pigments in the leaves.

Here's a breakdown of the science behind it:

1. Chlorophyll Breakdown (Green)

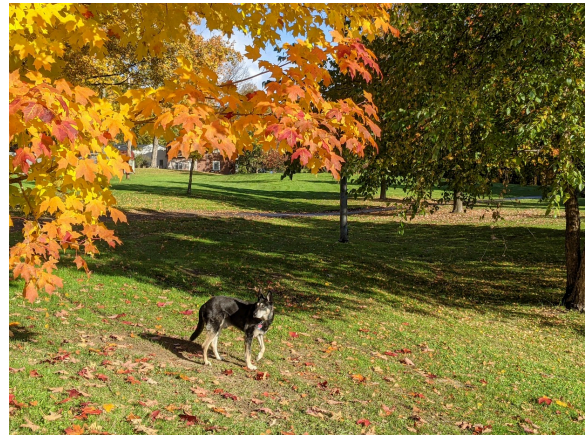
- During the growing season, leaves are green because of **chlorophyll**, the pigment that allows plants to photosynthesize (convert sunlight into energy).
- As days get shorter and temperatures cool in autumn, trees begin to **shut down chlorophyll production** in preparation for winter.
- As the chlorophyll fades, the green color disappears.

2. Other Pigments Become Visible

- **Carotenoids:** These pigments (which were already in the leaf) become visible as chlorophyll breaks down. They give leaves **yellow and orange** colors.
 - Found in carrots, corn, and other yellow-orange plants.
- **Anthocyanins:** These pigments are produced in the fall and give leaves

red, purple, or blue colors.

- Their production depends on light, temperature, and the leaf's chemistry.
- Bright sunny days and cool nights tend to increase anthocyanin production.



Enjoying Highland Park (Photo: Larry O)

3. Environmental Factors

- Temperature, light, and water supply all influence the **intensity and duration** of fall colors.
 - **Warm sunny days + cool nights** = more vibrant reds.
 - **Drought or early frost** can dull the colors or cause leaves to fall early.



Not Exactly Camouflaged

(Photo: Larry O)

Summary:

Leaves change color in the fall primarily because **chlorophyll breaks down**, revealing other pigments (carotenoids and anthocyanins) that were masked during the summer.

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Membership Trends

Here is a look at how GVHC is trending regarding membership.

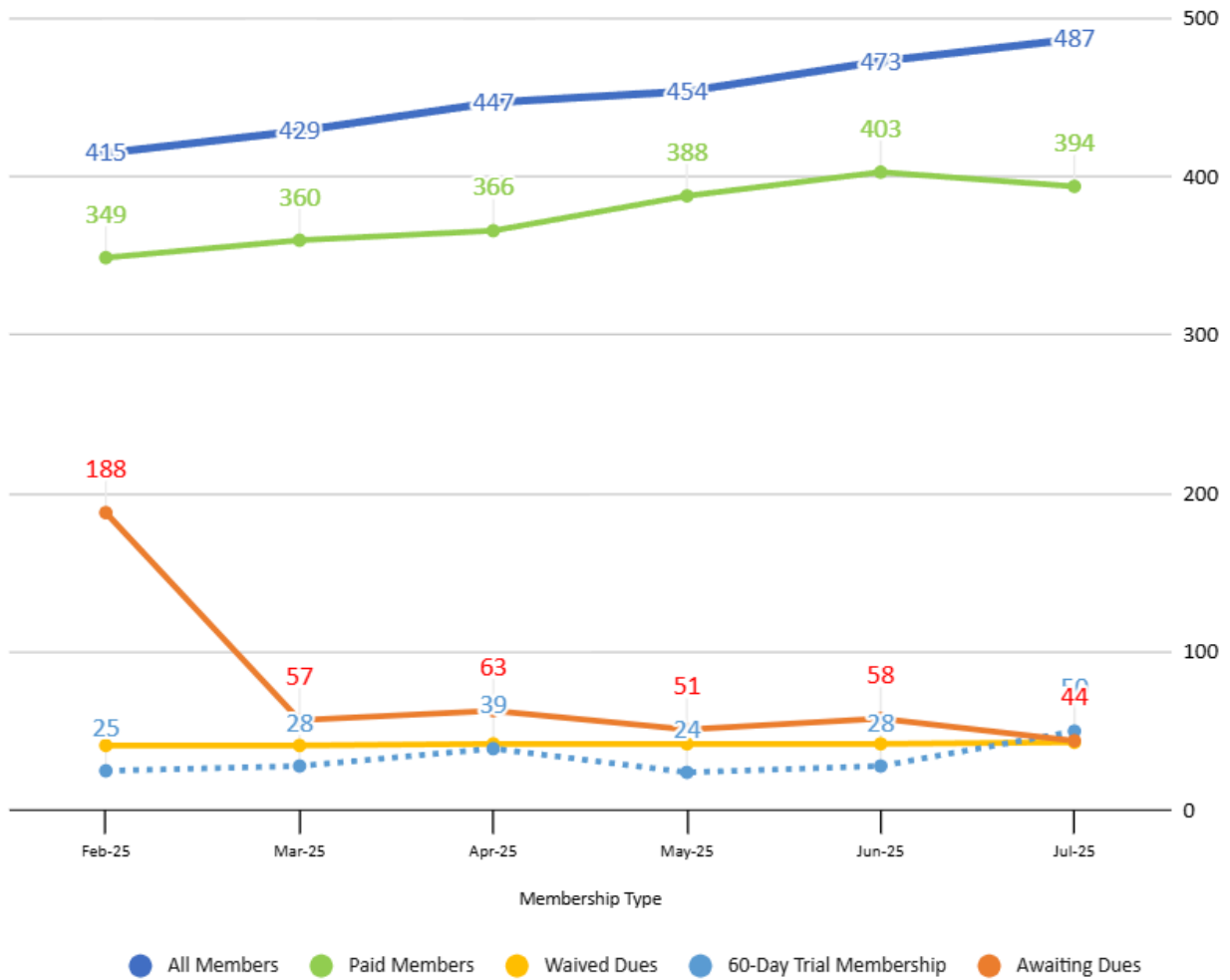
I need to emphasize here that prior to our conversion to Meetup to collect dues, this kind of information was not available. Everyone was doing great work, but the systems in place precluded this kind of analysis.

Michelle B, in her role as Membership Chair, first proposed the conversion as a way to simplify the many manual processes in place. She was right to stick to her guns as she urged the Executive Committee to further consider the idea.

Prior to the conversion, we had somewhere around 150 paid members, but over 6000 Meetup members. (Of which 5500 were in reality inactive members.) After the Jan 1, 2025 conversion, ... well, you can see the results below.

My thanks to Larry Powell for taking on the role of Membership Chair.

GVHC 2025 Monthly Membership Trends



End of Newsletter