

Genesee Valley Hiking Club Newsletter



Photo by LisaS



Photo by Lee Hurst

Hike - April 4th, 2026 : Mendon Ponds Quaker Pond
Hike Lead: Lois D

Executive Committee

Elected Officers:

President - Larry O
Vice President - Tom K
Secretary - Patty M
Treasurer - Nina T

Immediate Past President:

Ann B

Committee Chairs:

Hike Schedule - Joan J

Historian - Patty M
Info Tech - Larry O
Membership - Larry P
Social - Iris R
Trails Maintenance - Ryan B

Members-at-Large:

Ruth T
Alicia C

Co-chairs:

Hike Schedule - Darla C
Membership - Linda S
Social - Ruth T

Message from the President:

Mark Your Calendar: Summer Get-Together is August 23rd, 2026 at Stewart Lodge in Mendon Ponds Park. There will be hikes before the get-together. Stay tuned for further details.

Help with Meetup Features:

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

- Submit a Meetup Tech Support Request
- Turn on Email Announcements
- Awaiting Dues Status

Newsletter Availability

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

Thank you for your continued support. It is a pleasure to meet everyone out on the trails.

R/
Larry OHeron, GVHC President

=====

In this issue:

- ADK Expo
- Summer Get-Together
- GVHC Website
- GVHC & FLTC
- Trail Maintenance Event
- Hiking Emergency - Heart Attack?
- Dangers of Ticks

=====

ADK Expo

The Genesee Valley Chapter of the Adirondack Mountain Club will host its 27th Annual Outdoor Expo on Saturday, June 13, 2026, at the Mendon Ponds Park beach area, from 9:30am to 3:30pm. We invite groups and vendors to join us for a day of workshops, hikes, paddles, demonstrations and music that celebrate and promote the out-of-doors and outdoor recreation. Expo is open to the public, and there is no fee for participants or for the attendees.

GVHC will have representation at the ADK Expo. We will have our own tent, so please stop by to say hello.

Larry O will present on thru-hiking in Europe. Table C from 11:30 am - 12:30 pm.

Ryan B will lead a hike for GVHC at Mendon Ponds during the Expo.

GVHC's Chauncy Y will lead a hike for Victor Hiking Club at the Expo.

Here are the titles of other planned workshops.

- ADK's Wintering Mountaineering School
- Aspiring 46er Workshop Michelle Barno
- Backcountry Canoe Tripping and Camping
- Backpacking Essentials
- Bike Repair and Maintenance
- Birding Workshop Rochester Birding Association.
- Binoculars 101.
- Compass Part 1 and Part 2 and Compass Part 3
- Disc Golf

- Don't Get ticked NY!
- Drawing Nature : Carole Agosto.
- *Fast-paced 5-6 mile Hike : Chauncy Young, Victor Hiking Club*
- Fire Starting Skills
- Fly Fishing
- Hanging a Bear Bag
- Hemlock Canoe Works
- Homeowner Chainsaw safety
- Hornbeck Boats
- How to Pack Light
- K9 Search and Rescue
- Knot Tying
- Living with Bears DEC.
- Maple syrup production
- *Moderate Paced 3-4 mile Hike : Ryan B, Genesee Valley Hiking Club.*
- Mushroom Foray Hike
- Mushroom Identification, Conservation, Hobbies
- Paddling 101
- Pickleball
- Rope Climbing – Tying a Rope to your Harness
- Search and Rescue Clue Awareness
- *Ten Essentials: A Systematic Approach Through Hiking in Europe : Larry Oheron, Genesee Valley Hiking Club*
- Try out a Kayak Embrace Outdoors
- Ultrarunning is Not for Aliens Only
- Water Craft Safety US Coast Guard Auxiliary.
- What's in the Ranger's Backpack DEC.
- Wolves of the English.
- Women's Hiking Discussion

=====

Summer Get-Together

Save the Date: Aug 23, 2026
Time: 12:00 - 1:30 pm
Location: Mendon Ponds Park, Stewart Lodge

We always have lots of good conversation, good food, laughs and grins and smiles. Hang out and relax with your fellow GVHC'ers.

Iris R and Ruth T have always put together great social gatherings, filled with fellowship and camaraderie.

More Info to Follow.

=====

GVHC Website

<https://gvhchikes.org>

- What you can find on the homepage
- Policy on Respect
- Meetup Tech Support Link
- Real-time Email Announcements
- Credit Card Info while in Trial Status
- Past Newsletters
- Hiking Resources, e.g. Scheduling policy, Hints & Tips for Hike Leaders, the club by-laws.

=====

GVHC & FLTC

Ryan B is our forward face of Genesee Valley Hiking Club with Finger Lakes Trail Committee.

He will be asking soon for help in maintaining the FLT in sections. Trail Maintenance events are GVHC Meetup events. Watch for listings on Meetup.

This is GVHC's commitment to better hiking for all people throughout Western and Southern New York.

If you can help, please do.

GVHC provides a stipend towards lunch for trail maintenance volunteers.

The below text is from the Finger Lakes Trail Committee, emphasizing the importance of their work in maintaining the FLT. Please consider supporting Ryan B in his efforts as the GVHC representative.

Trail season is here and so is the work that keeps the Finger Lakes Trail welcoming for every hiker who walks it. This spring we have a great lineup of trail work days coming up and we would love to have you out there with us. No experience is needed, just a willingness to get outside and make a difference.

All work days are open to new and experienced volunteers alike. Tools and guidance are provided on site.

=====

Trail Maintenance on the FLT

- Ryan B (GVHC Exec Cmte Trail Maint)

On Saturday, May 2nd, a crew of GVHC members plus a couple guests recruited by club secretary Patty Mangarelli worked our section of the Bristol Hills Branch trail between Brink Hill Road and Italy Valley Road in Naples. We had 11 volunteers total, the most I've had since becoming trail maintenance chair a few years ago. The weather was almost perfect for working — sunny with temps in the 40s to start but gradually warming during our shift.



Arthur Parker (founder) Memorial on FLT

What did we do along the trail? Mostly clear branches and small trees from the trail using loppers, bow saws, and shears.

Chauncy the newly FLT-certified sawyer brought his battery-operated chain saw to clear a few trees that were too large for mechanical tools.



For Better Trails

After our work was done for the day (or 12:30 pm, whichever came first) everyone headed to Roots Cafe in Naples for well-deserved lunch and camaraderie with tales of trail adventures near and far shared around the table.

Thanks to everyone who came out — Bob L, Bruce T, Chauncy Y, John T, Karen G, Michelle B, Patty M, Sarah B, Sarah M, and club vice president Tom K.

If you are interested in joining us this season, there will be trail maintenance events on Saturdays June 20th and August 15th. Look for details on Meetup a couple weeks prior.



Fellowship & Camaraderie

=====

Hiking Emergency - Heart Attack?

- *URMC Newsroom Newsletter*

You're out hiking with a friend.

Suddenly their chest feels tight, and it only gets worse.

How do you help them while 911 responds?

Recognize the differences between a panic attack and a heart attack by following the link to the article below.

The article is from the URMC Newsroom newsletter.

[Panic Attack vs Heart Attack](#)

=====

Ticks (Videos)

It is that time of year to watch out for ticks while in woods and fields (NOT to mention your backyard).

If you find a tick has dug into your skin, consult your doctor or experienced medical professional.

Tom K found this interesting, on-line video.

[How Loggers Avoid Tick Bites](#)

This video is from thru-hiker HomeWanderLust, whom I follow on youtube ©.

[Nowhere Is Safe](#)

=====

Dangers of Ticks

(AI-Assisted)

Background

Ticks are dangerous because they can transmit serious diseases to humans and animals through their bites.

Some species carry bacteria, viruses, or parasites that cause illnesses such as Lyme disease, Rocky Mountain spotted fever, and Anaplasmosis. These diseases may lead to symptoms like fever, fatigue, joint pain, or even long-term complications if untreated.

Ticks are small and often go unnoticed, allowing them to remain attached and

transmit pathogens over time. They are commonly found in grassy, wooded, or brushy areas, increasing the risk of exposure during outdoor activities like hiking or gardening.

Preventatives

The most effective tick repellents aren't about brand—they're about the active ingredient. The three that work best (recommended by health agencies) are:

- Picaridin (20%) – very effective, less greasy, long-lasting
- DEET (20–50%) – strong protection, widely used
- Permethrin (for clothing only) – actually kills ticks on contact

Picaridin is often considered the best balance of effectiveness + comfort. It works as well as DEET against ticks but doesn't smell strong or damage gear.

Permethrin is extremely effective—but only use it on clothes, not skin. It's what hikers and hunters rely on in heavy tick areas like Western NY.

DEET is still a gold standard, especially in high-risk areas, but it can feel oily and has a stronger odor.

Avoiding ticks

To avoid ticks, stay in the center of trails and avoid tall grass, bushes, and leaf piles where ticks live. Wear long sleeves, long pants tucked into socks, and light-colored clothing to spot ticks easily. Use insect repellent containing DEET or permethrin on clothing. After being outdoors, check your body, clothes, and pets carefully, especially behind knees, ears, and under arms.

Shower soon after coming inside to wash off ticks. Keep your yard trimmed and remove leaf litter to reduce tick habitats. Regularly treat pets with veterinarian-recommended tick prevention products to prevent them from bringing ticks indoors.

Local Ticks

In Western New York, there are a few main tick species you're most likely to encounter:

Common ticks in Western NY

- Blacklegged tick (deer tick) (*Ixodes scapularis*)
 - Most common and most important
 - Spreads Lyme disease and others



(Blacklegged Tick)

- American dog tick (*Dermacentor variabilis*)
 - Larger, easier to see

- Can spread diseases like Rocky Mountain spotted fever



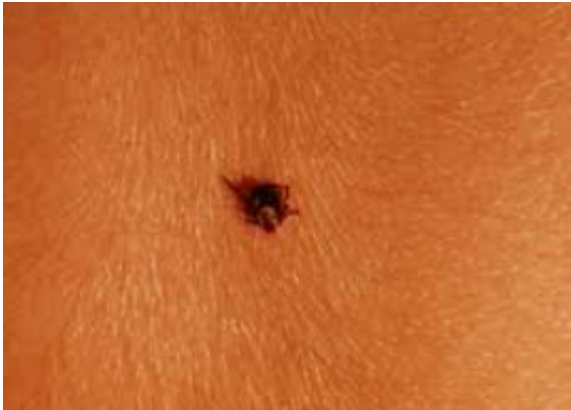
(American Dog Tick)

- Lone star tick (*Amblyomma americanum*)
 - Expanding into New York
 - Can transmit illnesses and even cause meat allergy (alpha-gal syndrome)



(Lone Star Tick)

(See next page for photos on ticks on skin)



=====

End of Newsletter