

Genesee Valley Hiking Club Newsletter



Hike - Highland Park / Mt Hope Cemetery

Photos : Lisa S (with permission)

Hike Lead: Suma

Executive Committee

Elected Officers:

President - Larry O
Vice President - Dave L
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

Help with Meetup Features:

We have several Meetup help articles, available at our [GVHC website](https://gvhchikes.org) 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>.

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.

Message from the President:

Save the Date:

GVHC Annual Member Meeting

Date: Nov 22nd, 2026

Time: 12:00 pm - 1:30 pm.

Location: Stewart Lodge, Mendon Ponds Park.

More info to follow at a later date.

GVHC Exec Cmte Mtg

Date: Sept 14th, 2026

Time: 7:00 pm - 8:30 pm

Location: Henrietta Public Library, Diana Gabaldon Room

More info to follow at a later date.

In this issue:

- GVHC Member Cynthia Howk Recognized by the Landmark Society for her lifetime work
- Summer Get-Together
- Hiking Safety in Sept and Oct

- Lightning Safety

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

Welcoming Dave L to the Exec Cmte

Welcome to Dave Lyon, who put his name in to fill the position of Vice-President.

At the August Get-Together, Dave was elected by the gathered members to fill the position.

Dave is a very active hike leader in the club, and has earned the respect of his fellow hikers.

Without doubt, Dave will bring new energy and enthusiasm to the Exec Cmte, and we look forward to him taking on this important position.

Over the next month, Dave will be working with the Exec Cmte members to see how we get things done.

If you would like to contribute in some way yourself, please reach out to any member of the Exec Cmte. You can do this at [our homepage](#).

Note: If you did not receive the email announcement regarding the position, and want to receive emails from the club, please take a look at your settings which allow Meetup to send you emails. Our [website homepage](#) has a link to a step-by-step to allow only those emails you want to receive.

Recognition for Cynthia Howk



The Landmark Society's 2026 Jean France Special Achievement Award to Cynthia Howk

In 1976, Cynthia Howk, a recent Mary Washington College graduate working toward a music education career in her native Rochester, joined The Landmark Society of Western New York as an intern for what was expected to be a three-month project.

Fifty years on, the preservation movement in Western New York State shows countless hallmarks of Cynthia's untiring, ebullient work.

Through her stewardship of The Landmark Society's library and her extensive research,

exploration, and writing as the organization's Architectural Research Coordinator, Cynthia is the unrivaled clearinghouse for information on the area's historic built environment.

Local media outlets invariably seek her comment when matters of preservation or history arise. Combining her expertise in music and preservation, Cynthia has become a particular advocate for historic pipe organs in our region. Her talks and tours have enlisted countless localities and their citizens to the cause of preservation and connected them to resources to create opportunities out of their historic architecture.

Moreover, she has fostered a professional community within the field, encouraging dialogue among practitioners of preservation – tradespeople, architects, historians, property owners, and developers – both through her own voluminous correspondence and through establishment of a Regional Preservation Network, professional conferences, and The Landmark Society's Awards Program.

Collaborators appreciatively reference her thoroughly-researched emails about various properties in the area, as well as "late-night, extensive phone calls." Indeed, many operating locally in the field today have been mentored by Cynthia, and the joint Bero/Howk internship program of Bero Architecture and The Landmark Society is in part named in Cynthia's honor in recognition of the interest she has taken throughout her career in guiding the next generation of built environment stewards.

Though she retired from The Landmark Society in 2021, Cynthia's participation in the field has not skipped a beat, as she

continues to remain active in research, advocacy, and committee work, where the community connections and encyclopedic knowledge she has built over her long career are invaluable and continue to enrich life in our region.

In recognition of her untiring, central work as a scholar, a mentor, and a spokesperson for preservation in Western New York over more than half a century, The Landmark Society awards its 2026 Jean France Special Achievement Award to Cynthia Howk.

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Summer Get-Together

(All Photos by Ruth T and Donna A)



Iris serving up pizza. 40 attendees.



Ruth serving up pizza



Dave L accepting the position of Vice-President



Dave's first words as VP, thanking the hike leaders for their commitment



Hiking Safely in Fall

(AI-generated)

Hiking in September and October can be enjoyable, but changing weather and shorter days make preparation important.

- Before leaving, check the weather forecast and trail conditions
- Choose a route that matches your experience and fitness level.
- Tell someone where you are going and when you expect to return.
- Wear sturdy hiking shoes with good traction, especially because leaves, mud, and wet rocks can make trails slippery.
- Dress in layers so you can adjust to changing temperatures.
- Bring enough water, nutritious snacks, a map or GPS device, a fully charged phone, a flashlight or headlamp, and a basic first-aid kit.
- Start your hike early. Daylight decreases quickly in fall.
- Stay on marked trails and avoid hiking alone when possible.
- Be cautious near cliffs, steep slopes, and streams, particularly after rain.
- Watch for changing weather, strong winds, and cold temperatures.
- In September and October, wildlife may also be more active, so make noise when approaching areas with limited visibility and keep a safe distance from animals.

Finally, know your limits. If conditions become unsafe, turn around rather than taking unnecessary risks. Good planning helps make fall hiking safe and enjoyable.

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FLTC Trail Maintenance

(Ryan B)

Saturday, August 15th, was a sunny day that started off cool but gradually warmed up as the morning went on — perfect weather for the third Trail Maintenance Event along the Bristol Hills branch near Naples, in order to get the trail ready for the Twisted Branch 100K trail race the following weekend. Hopefully we did enough so that there were no twisted ankles!

With one crew at the top of the steep hill near Italy Valley cleared branches, weeds, and a large tree trunk that had fallen across the trail, others started at the bottom of the hill and weed-whacked as well as clearing branches. After this was done, we continued to the trail section through Hi Tor WMA and cleared/weed-whacked there before coming together at Roots Cafe in Naples for a well-deserved and earned meal.

Thanks to all who volunteered their time, energy, equipment and expertise this season! We accomplished a lot for the trail and enjoyed some great times as well. Look for more events starting next spring — until then, happy hiking!



Chauncey



Patty and Bruce



Ryan and Brian



Fun time

Lightning Safety

(Suggested by Tom K)



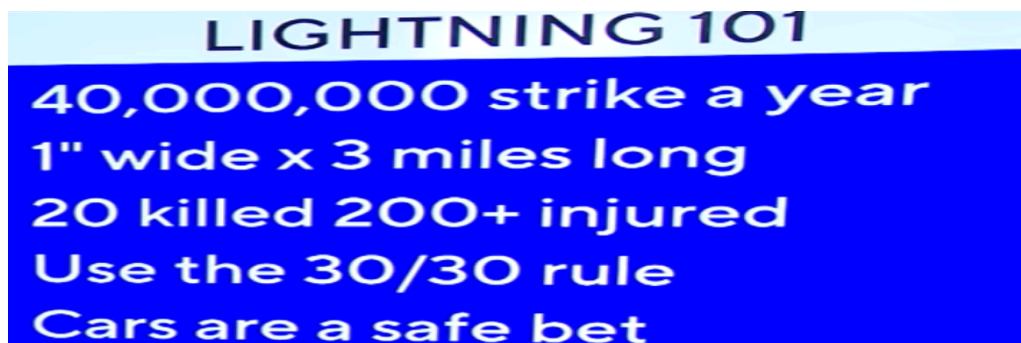
The 30-30 Rule
of Lightning Safety

Use the 30-30 rule to determine the threat of lightning in your area.

30 seconds: Count the seconds between seeing lightning and hearing thunder. If this time is less than 30 seconds, lightning is still a potential threat. Seek shelter immediately.

30 minutes: After the last lightning flash, wait 30 minutes before leaving shelter. Half of all lightning deaths occur after a storm passes. Stay in a safe area until you are sure the threat has passed.

www.rodhini.com



LIGHTNING 101

- 40,000,000 strike a year
- 1" wide x 3 miles long
- 20 killed 200+ injured
- Use the 30/30 rule
- Cars are a safe bet

End of Newsletter