

# Genesee Valley Hiking Club Newsletter

## Message from the President:

Larry O'Heron

Spring is here, and summer is just around the corner. In this issue:

- We added an important safety reminder about ticks to the newsletter.
- We also have a few words on the upcoming June get-together.
- Consider trail maintenance with Ryan B. It is our active give-back to the hiking community.
- Past President Ann B brings us a fascinating look back at the man who started GVHC: Arthur Caswell Parker
- We have a Hike-Leader Appreciation Event planned for September.

Check out all the details in this issue!

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## Newsletter Availability

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

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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: Michelle Barno  
 Hiking: Derek Price  
 Trails Maintenance: Ryan Bean  
 Social: Iris Raiman  
 Info Tech: Larry O'Heron  
 Historian / March of Time: Diane Fulkerson  
 At-Large: Ruth Teitel (& Social Co-chair)  
 At-Large: Alicia Collins

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## GVHC 100th Anniversary Update

Genesee Valley Hiking Club (GVHC) was created in 1928 and in four (4) years we will celebrate our 100<sup>th</sup> anniversary.

A Working Committee of the Executive Committee is working with RMSC to identify materials that highlight the history of the club. The members of the working committee are

- Diane Fulkerson
- Patty Mangarelli
- Cynthia Howk
- Ann Bayley

Over the next few years, the club Anniversary Working Committee will be cataloging historical documents for electronic storage. As the plans progress, the working committee will be coming to the Exec Cmte for financial planning.

Please contact any of the subcommittee members if you have materials that can be incorporated into this project.

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## GVHC Working Committee on Club Dues Migration Project

The Executive Committee has chartered a project which we are calling: "The Club Dues Migration Project".

The goal of this project is to evaluate the Pros & Cons of migrating our annual dues collection from PayPal via the club Website to Meetup.

Folks working on this project are:

- Tom Kolankiewicz
- Nina Tracy
- Michelle Barno

Over the past four months they have run numerous edge cases to determine not only the practicality of shifting from Paypal to Meetup for dues, but also the limits of the Meetup processing system.

They have invested a lot of energy, effort and hours into this exploration.

The Executive Committee will be hearing their findings in the near future.

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## GVHC June 2024 Get-Together

The Social Committee is staging this year's GVHC Summer Get Together on Sunday, June 16th at the Stewart Lodge in Mendon Ponds Park.

Stay tuned for more information.

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## Important Safety Reminder!

Hike Leaders use the Meetup Comments section of a hike to communicate things like: whether the hike is still "on" if the weather has been bad, trail conditions; equipment suggestions; parking lot conditions; and other relevant information about the hike.

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## SPECIAL TOPIC OF THE ISSUE

### Trail Maintenance

Our two mile sections of the FLT Bristol Hills branch are near Hi-Tor WMA in Naples. Our trails are in pretty good shape. Even when in good shape, there is still help needed to maintain them. Fortunately, there were no washouts or major blow downs. (These things can occur literally overnight, so conditions may be different by May.)

Here is a list of the types of jobs needed to be done:

- Blazing – refresh painted blazes and add signage as needed in the woods and on the roads
- Woodskeeping – restock trail registers; remove ribbons left on trees from last year’s trail reroute; pick up litter
- Trail Clean-up – remove sticks and branches from trail
- Drainage Upkeep – clean out drainage trenches; install wire screens on drains
- Trail Clearing – cut back brush and hand saw a couple medium size trees fallen across the trail. There is no chainsaw work.

Preparation for trail maintenance is similar to a day hike. Bring water, lunch, sunscreen, your favorite bug/tick deterrent, rain gear, hat, sturdy footwear, work gloves, a daypack and if you can a couple of tools from home. There are a limited number of GVHC tools that can be used.

Contact Ryan B on the Exec Cmte. You can find him in the Meetup Group to direct message.

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## Safety Notice

### Preventing Lyme Disease

( Chat GPT assisted )

New York State Dept of Health  
Information on Lyme Disease

(  
<https://www.health.ny.gov/publications/2813/>  
)

Preventing Lyme disease involves a combination of precautionary measures, awareness, and timely actions. Lyme disease is transmitted through the bite of infected black-legged ticks. It is prevalent in wooded and grassy areas, particularly in regions with a high deer population.

Here are several strategies to help prevent Lyme disease:

1. Tick Checks: Perform thorough tick checks on yourself, your children, and pets after spending time outdoors, especially in wooded or grassy areas. Pay close attention to hidden areas like the scalp, behind the ears, underarms, and groin.



Photo Courtesy of Cornell Cooperative Extension

2. **Protective Clothing:** Wear light-colored clothing with long sleeves and pants to make ticks easier to spot. Tuck pants into socks or boots, and consider treating clothing with permethrin, an insect repellent effective against ticks.
3. **Use Repellents:** Apply Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, or oil of lemon eucalyptus to exposed skin, following product instructions carefully.
4. **Stay on Trails:** When hiking or walking in wooded areas, stay in the center of trails and avoid brushing against vegetation where ticks may be present.

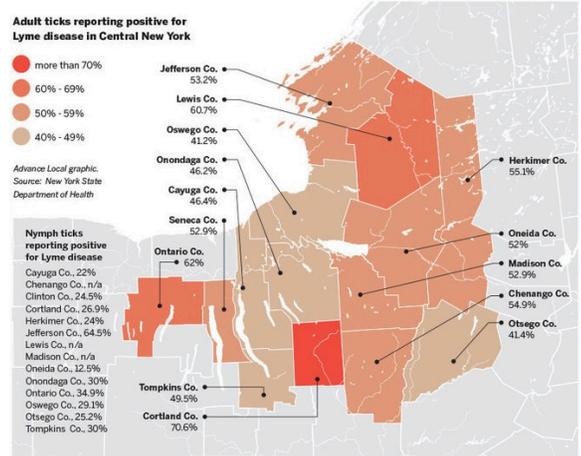


Photo Courtesy of Syracuse.com

5. **Tick Control for Pets:** Use tick-preventive products on pets and check them regularly for ticks, as they can carry ticks into the home.
6. **Early Removal:** If you find a tick attached to your skin, promptly remove it using fine-tipped tweezers. Grasp the tick close to the skin's surface and pull upward with steady, even pressure.



Photo Courtesy of 13Wham.com

7. **Seek Medical Attention:** Monitor for symptoms of Lyme disease, such as fever, fatigue, joint pain, and the characteristic bull's-eye

rash. If you suspect you've been bitten by an infected tick or develop symptoms, seek medical attention promptly for diagnosis and treatment.



Photo Courtesy of SkinSight.com

By incorporating these preventive measures into outdoor activities and daily routines, individuals can significantly reduce their risk of contracting Lyme disease.

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## Support GVHC

Genesee Valley Hiking Club (GVHC) events are free, but we do ask that you consider becoming a member for merely \$10 a year.

Membership dues help support administrative costs, the costs of the meetup site and rental of a lodge or other facility for a picnic or winter event.

We have our 100th anniversary coming up in 2028. Expenses to accommodate digitizing all that history are expected to be substantial.

Please see:

<https://gvhchikes.org/JoinUs.html>

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## Hike Leader Appreciation Get-Together

Hike Leader Appreciation: Reserved date at Ferrari's Pizza Bar (private room) for Saturday, September 7th at 5:00PM. Pizza and salad party for all the hike leaders.

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## Member Stories

### Get to Know Sharon K

Hi, I'm Sharon and I'm new to this group. So new that I haven't actually had a chance to meet up for a group hike yet, but I hope to soon.

Last summer, a friend and I set out to visit as many waterfalls in our area as we could. I found myself on trails I never knew existed, aweing at the majesty and simplicity of water running over the rocky earth.

My favorite hiking places in western NY:

- Letchworth State Park
- The Erie Canal tow paths.
- Swallow Hollow.
- Oak Orchard Wildlife Management trails.
- Turning Point Park trails.



Photo courtesy of Sharon

That's the beauty of hiking:

- seeing new things
- interacting with nature in a new way, and
- experiencing fun and friendship under a different batch of blue sky.

I hope to see you out on a trail in the near future.

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## Member Stories

### Get to Know Lois D

My favorite place to hike is in Mendon Ponds Park.

I know I am not alone in that.

The park has a variety of habitats, including woodlands, wetlands, meadows, hills and ponds.

The eskers and kettle hole left over from the glaciers give it a sense of history and interest.

It is a great place to see wildlife, the deer are less skittish there because no hunting is allowed.

There are trails where chickadees will eat seeds right out of your hand. That happened to me the first time as a college student and I was hooked!



Photo courtesy of Lois

There are a variety of hiking trails also, from level to hilly and of various lengths. These trails can be skied or snowshoed in winter so no need to be home-bound in cold weather.

It's a beautiful place any time of year.

Enjoy!

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## Arthur Caswell Parker - Founder of GVHC

Ann Bayley GVHC Past President

Several years ago, the president of GVHC was Dick Rappenecker. His friend, Veronica Kiereck served many roles in our organization to help Dick as Club President.

On one occasion she handed me a book. She suggested that I read this book about Arthur Caswell Parker, the man who started the Genesee Valley Hiking Club.

Years later, I did read the book and discovered that he was a remarkable human being. Arthur Parker was influential in many areas of our community.

( So thanks to Veronica for the opportunity to learn more about this man. )



Photo courtesy of  
[nativeamericannetroots.net/](http://nativeamericannetroots.net/)

Arthur was a person of mixed race: Seneca, Iroquois and Caucasian. This fact was tremendously influential in his life.

He worked for the New York State Museum and was responsible for Indian based displays in that institution.

During that time he was secretary to the Society of American Indians (SAI). He believed that persons should have a place equal to their education and capabilities within the prevailing culture.

Racial equity was a major theme of his life.

He joined the Freemasons and achieved the highest level (33rd). He felt it was appropriate for him to be in this secret society because it paralleled the secret societies of men in many Indian Communities.

In 1924 he became the Director of the RMSC which was known as the Rochester Municipal Museum at that time. He retired from that position in 1946.

Museums at that time were becoming social and community institutions rather than repositories of oddities. Parker was a dynamic force in that direction locally, state wide, nationally and internationally.

He combined showmanship and entertainment with education.

Among his many accomplishments were:

- holding offices on Boards which were devoted to archeology, history,

and museum development - both locally and nationally.

- Keeping the museum viable throughout the depression by tapping into federal monies from Franklin Roosevelt's "New Deal"
- Authoring several children's books and books of local Native Indian Lore. The books of native lore included stories of Bare Hill and Conklin's Gully. ( On a personal note, we have hiked in both of those places. )

In 1924, he and his wife started two hiking groups. The Mohawk hiking club and the Genesee Valley Hiking Club which was then part of the ADK.

Our historical documents, picture albums, minutes, hike leader sign in sheets and more are all archived at the RMSC partly as part of the Museum's history.

GVHC has a long and worthy heritage.

As you hike, think a little about our history and say thanks to Arthur Caswell Parker.

