

Genesee Valley Hiking Club Newsletter

GVHC in 2020 - From Ann Bayley, President

Greetings to everyone who hikes with us, including meetup folks and dues-paying Club members. I would like to begin with a special thanks to Club members who volunteer to lead hikes; without them, we would not exist. If you like what we do, we need your help. I can think of three ways you can support our hard-working Club volunteers. First, renew or become a Club member, by paying \$10.00 online or by mail to Nina Tracy our club Treasurer. Your dues will help fund our club website, both Meetup groups, events, and administrative expenses. Second, become a hike leader. We will provide training and support you all the way. We especially need leaders for shorter, slower hikes near Rochester. Third, remember to thank your hike leaders; they are volunteers who plan, scout, and lead the hikes. Many of our hike leaders are scheduled 6, 8, even 14 times during a four-month schedule period. That is a lot of work, and they would appreciate your thanks! *Ann Bayley*

FEBRUARY POTLUCK-SOCIAL AND "A BENCH FOR DICK" FUNDRAISER

The GVHC is hosting a social gathering at Stewart Lodge in Mendon Ponds Park for our dues-paying members and new members who sign-up. The event is Sunday, February 16, at 10:00 a.m. Please bring a dish to pass for the noon potluck lunch. We are excited to announce our plans to purchase a bench in memory of Dick Rappenecker. The bench will be installed at Channing Philbrick Park in Penfield, where Dick famously led Christmas Day hikes annually. There are two lovely spots on the Irondequoit Creek that we have in mind for Dick's bench. We are looking for the perfect bench that will hold up to our four season climate. **Richard (Dick) Rappenecker, President –Genesee Valley Hiking Club** will be engraved on the bench. We plan to choose one soon; the cost is part of that decision. We hope to raise enough money for Dick's bench during our social event. For those who knew Dick, you will remember his love of music and hiking. In the spirit of Dick's good-natured humor, we ask you to help us fill Dick's hiking boots with bills, and throw some coins into his guitar case. We will also raffle-off Rosa Wolfer's unique walking staff. Rosa donated this gem hoping that it would find its way to someone who loves hiking as she has. It is a lovely hand-carved piece that is easy to hold and provides stability. We hope that you will join us for hiking, good food, and a chance to socialize with other hiking enthusiasts. *Ann Bayley*

In Memory of Stan Kertel

Stan, a long-time member of GVHC, was a native of Slovenia and studied at the University of Milan and worked as a research scientist for Kodak. While in Milan, Stan developed a love for opera at the famous La Scala, the most famous opera house in the world – and was a major fan of opera & classical music! Here in NYS, Stan enjoyed 3-day trips up to Glimmerglass Opera Festival, near Cooperstown, where he would see all four seasonal shows over a marathon weekend! Stan first lived in Cleveland in a large Slovenian area –but came to Rochester to work at Kodak. A lover of nature and the out-of-doors, Stan's other passion was his vegetable garden and nut trees on his Gravel Road property in the town of Webster. How many members of the American Nut Tree Growers Association do you know? Stan was a long-time friend and hiking colleague of several other GVHC members Kodakers including Gordon & Helen Jarvis, and Ellsworth Stein. For many years, Stan drove to the American Southwest in his pick-up truck to volunteer as a trail maintenance worker for long periods. Stan led many hikes for the club, until early 2000's – before his health began to fail and he developed dementia. One of the most quiet-spoken members of the club, Stan shared a wealth of information that led to fascinating conversations – you just had to be patient, as his quiet nature often belied his lively mind. One of the great veterans of GVHC- he will be missed. Stan chose cremation, and currently no service is scheduled. Stan's relatives reside in Slovenia–so, only his long-time friends and colleagues are in the Rochester area. *Cynthia Howk*

Finger Lakes Trail Club (FLTC) Report

The GVHC rejoined the FLTC in 2019. FLTC is holding its Spring Conference in June at Houghton College, southwest of Portageville, at the southern end of Letchworth Park. The lodging is comfortable, reasonable, and conveniently located on campus. There will be 3 days of hiking, and 2 days of cycling and kayaking on Saturday and Sunday. The dates are June 12, 13, and 14th. GVHC members will lead some of the hikes, and our GVHC president is on the planning committee. Please mark this in your calendars and consider joining the FLTC for this great weekend. Details will be published at a later date. Watch for information in the FLT Newsletter or on the Website. Each year the FLTC hosts a cross-county hike series. Every weekend during the summer, hikers will gather to hike a section of Cortland County throughout the season. There are hike leaders, sag wagons with snacks, and transportation provided. Hikers will arrange their own lodging and meals. Many hikers camp or rent rooms for the weekend. Hikers self-select their pace and distance. Last year was our first and we enjoyed it tremendously, rain, illness and all. It is a wonderful experience to see these very large groups of hikers from all over New York State gather to hike. The date for the first leg is April 18th. Go to the [FLT website](#) for more information. *Ann Bayley*



POISON IVY IN THE FALL

As hikers, we become familiar with the seasonal foliage growing around the trails. It is wonderful to see the wild flowers and berries while hiking. What we do not always see are the green patches of poison ivy that blend in. As fall approaches, that changes. When the tree leaves are still green, poison ivy turns bright yellow, orange or red. After the plant withers, it will remain toxic for months, even into the following year. It is important to avoid any contact with the toxic oil of the plant. Burning the plant is worse and will cause the oily toxin, urushiol to become airborne which can cause a severe systemic full body reaction. Poison oak and Sumac should be avoided for the same reasons. [Article](#)



Eleven Ways to Keep Safe on the Trail

Recently, John Casella shared a USA Today Network New York article published Nov. 5, 2019 on the 10 essentials to hike smart. Reporter Ryan Mercer wrote, [Walking a trail: Here's the top reason unprepared hikers need to be rescued](#). After reading the article, I thought of another way to hike smart, and avoid a rescue party. **DO NOT HIKE ALONE**, which applies to men and women. Hike with a group like the Genesee Valley Hiking Club (GVHC) or a hiking buddy. There are risks on the trail and you should not face them alone. Please, join the GVHC or find a hiking buddy. If you do not have a hiking buddy, consider a dog. Here is the Hike Smart list found in the New York Department of Environmental Conservation Report. **Headlamp** || **Map and Compass** – a MUST wherever you are hiking || **First Aid Kit** – *chronic conditions* i.e. diabetes, allergy **Knife** (multi-functional) || **Fire** - fireproof matches || **Shelter** – i.e. NASA aluminum blanket || **Extra food** || **Water** – mandatory **Extra clothing** – For all conditions || **Planning** (The GVHC provides essential information in advance of each hike i.e. length, degree of difficulty and hike leader's contact information.) *If you read the article, you saw that "cell phone" is not listed.* Use planning and preparation not your cell phone. **Hike Smart and enjoy the trails with your new GVHC friends.** *Ann Bayley*



How Health is Related to Trail Use

American Trails reported on data from the national Institute of Health, that people living near and using trails are measurably more fit and save money on health care than those who do not use trails. There are cardiovascular benefits to hiking and other trail usage activities. This information could be an incentive to hike more and to invite our families and friends to join us. In addition to the health benefits there are economic benefits for communities in and around the trails. I think all hikers have experienced health benefits from hiking but to see a study in a USA publication makes it more official. Let's keep at it. You can visit: [American Trails](#) *Ann Bayley*

Getting To Know Your Genesee Valley Hiking Club Hike Leaders

John Casella has been a member and leading hikes for GVHC since 1994. John enjoys hiking for the low impact exercise and relatively low cost. As a hike leader, John has discovered the value of hiking while learning about and enjoying nature with others. His advice to hikers is to be prepared, scout your trails, wear the appropriate clothing, and protect your skin and eyes. Over the years, John has learned that Monroe County Park trails are well maintained and clearly marked. John takes pride in the in the two hikes he developed. His Helmer Nature Center hike goes to Camp Eastman in Durand Eastman Park and back. His Seneca Park Loop hike goes to the Seneca Flats and back. Hiking and leading hikes has become more important to him since his retirement from teaching in 2002. John will continue to use his teaching skills as a hike leader mentor for the GVHC. John is hoping to organize a GVHC outing to Niagara Falls and the Botanical Gardens in Canada. If you are interested and have an SUV, John would like to hear from you. We thank John for all that he has done and plans to do for our club in the future. *Ann Bayley*

Become a GVHC Member or Renew

By investing \$10 in the Genesee Valley Hiking Club's annual membership dues, you will help to pay for the Meetup sites, the club website, social gatherings at our lodge events, as well as the administrative expenses needed to run the club.

You can join the Genesee Valley Hiking Club online. [GVHC WEBSITE](#)
[Membership Form](#) | URL <https://www.gvhchikes.org/>

Or mail \$10 to GVHC | 35 Chimayo Road | Rochester, NY 14617

Club Officers and Committees

- President.....Ann Bayley
- Vice President.....Patty Mangarelli
- Secretary.....Cynthia Howk
- Treasurer.....Nina Tracy
- Membership.....Michelle Barno
- Hiking.....Derek Price
- Social.....OPEN.....
- Publicity.....OPEN.....
- March of Time.....Cynthia Howk
- Editor.....Veronica Kiereck