



# Genesee Valley Hiking Club Newsletter



## Mindful Hiking

**GVHC President, and Hike Leader Ann Bayley**

I have a friend who has a bad knee and sciatic nerve involvement whereby she needs to stop until her back and leg stop hurting and then she can continue. She was an athletic person in her younger days and still relishes being out of doors with hiking, boating and cycling. We have started walking together since Jim's passing, partly as therapy for me, which I appreciate deeply.



On Monday of this week we met at Whiting Road Nature Center and proceeded to the Midnight Trail in Webster Park because it is mostly flat. She brought her dog who is a black lab and very polite. So our progress was slow and somewhat erratic. We met at 10:00 in the morning. The first thing I noticed was the lovely long shadows produced by the morning sun. I don't think I ever noticed them before and I have met for any number of hikes at 10:00 in the morning. The long shadows lacing through the trees and bushes of different shapes and sizes as well as different shades of green was just beautiful. In addition the odor was soft and lovely. It smelled of green grass and maybe some flowers in the distance. The fruit trees in this area are in blossom now and produce such a nice smell.

I am not going to claim to know all the bird songs there are but I recognized cardinal, robin, and just lovely trills. No squawking red wing black birds even though there is a small swamp just as you enter Webster Park. I know some of the trees for instance that area is predominately beech with a few maples. Very few fir trees in that part of the park but the variety of shape, color and size of the leaves was lovely.

I was thinking that usually on a hike I don't pay attention to those things. I am intent on keeping up, not tripping or not leading my group astray. So I invite you to try to amble rather than charge through the woods. Have your senses tuned to the beauty of the area. Really set your mind to being aware of your physical surroundings as you walk. It has been a new experience for me and quite a delightful one. Hope you try it and enjoy it.

*...Ann Bayley*

**GVHC Vice President, and Hike Leader Patty Mangarelli**

During social distancing, I have been hiking only a few times. I have tried to stay home when we were expected to. I took a hike at High Tor on Memorial Day weekend and there was no one around. *...Patty Mangarelli* (Patty is a high peak 46er)



GVHC Treasurer, and Hike Leader Nina Tracy



I became a member of the club in the fall of 2016 when I really needed something physical to do. I love to walk and hike but didn't feel great about going out by myself so I googled walking groups in the area and the rest is history. I became the treasurer for the group in October of 2018 after volunteering to "help out with administrative tasks". I guess I am one of the "lucky" ones that has been able to keep going to work every day during the last couple of months. That has definitely helped keep some normalcy in my life, along with getting outside as much as possible. I have to admit, I'm a little envious of those who are getting their projects done at home! Mine are still waiting. ...*Nina Tracy*

GVHC Secretary, March of Time Director, and Hike Leader Cynthia Howk

After hearing about GVHC for years, I finally joined in the early 1990s and, shortly afterward, became involved with the club's impressive archives that document one of the oldest hiking clubs on the East coast!



Those exceptional materials – photos, reports, trip memoirs, even historic movie film – are all housed at the Rochester Museum & Science Center, which sponsored the founding of the club in 1928. To expand our offerings, I also began to lead 'history walks' in area neighborhoods, villages and hamlets, to explore another facet of our local 'outdoors,' which have proven popular to those just discovering the benefits of hiking.

The picture was taken in front of the Palmyra Village Hall for an article about historical preservation.

...*Cynthia Howk*



## GVHC Media Relations Director, and Hike Leader Julius Chiavaroli

I have been hiking with the club for a few years now and I thought I would help with the club's most pressing need – more hike leaders. If you notice, the same handful of members have to be the leaders because very few members step up to this task. So just as an aside, please consider doing this once we start hiking again.



Anyway, I volunteered to lead a couple of hikes and it's a good thing I was prepared because 54 people attended the first hike and a similar number for the next one. I think that 40 is about tops for a hike but it was nice to have so many. There was much enthusiasm, joking around, and conversation of all sorts. Everyone seemed to enjoy the hikes.

Then out of the blue this pandemic hit and hiking events came to a halt. In the beginning, like everyone else, I tended to just go on personal hikes. What a drastic difference. On one hand I missed the camaraderie of a large group but completely enjoyed going it alone. It was me and nature – that's all. A fellow member describes it as therapeutic. I'm sure just about everyone has had similar experiences.

We all would agree that in the coming months it will be nice to have a 40+ hiking event, but in the mean-time enjoy the solitude, and what Mother Nature has to offer.

...Julius Chiavaroli

## GVHC Website Developer, and Hike Leader Larry O'Heron

In addition to maintaining the GVHC website (gvh-chikes.org), Larry has been leading hikes for years now with GVHC and with a particular emphasis on Mendon Ponds circumnavigation hikes and downtown Rochester exploration hikes.

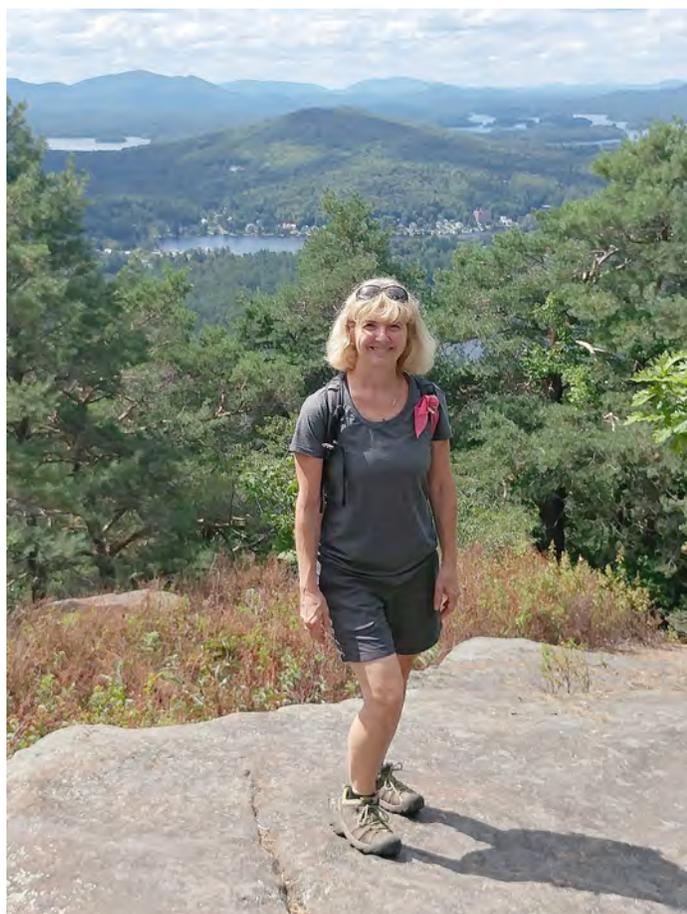


Larry heads to Europe every year to enjoy the wonders of Spain, Portugal, Ireland and Switzerland; from plains to mountains and from shores to plains, the beauty of Europe's hiking trails keep bringing him back. Future plans include the Via Francisco in Switzerland, the Iveragh Peninsula in Ireland and the long-term dream of climbing Mount Kilimanjaro.

Larry has taken up running/jogging to replace all those sadly missed group hikes. He hopes to reach a reliable 37 minute 5K time and to participate in some corporate 5Ks later in the summer.

...Ghost Writer

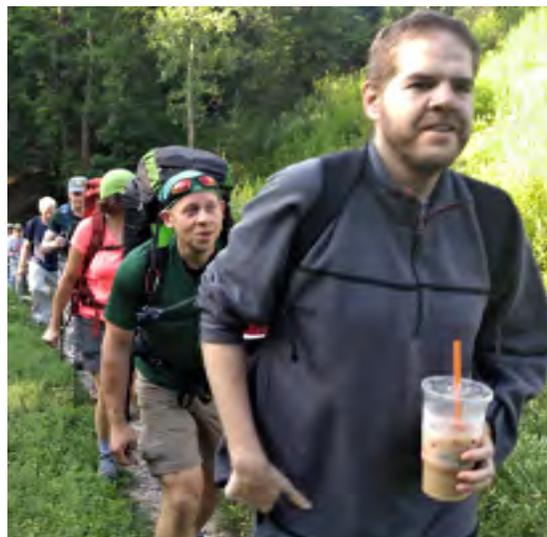
### GVHC Membership Director Michelle Barno



During the Covid-19 pandemic I have been enjoying the slower pace of life. As an always busy person, I appreciated the down time and came to realize there are many things I can do without. However, hiking is not one of them. During the pandemic, I took opportunities to hike trails that I had not hiked with the club, and also some that I had. I found trails that were shorter that peaked my curiosity. I hiked the Shadow Pines property, a golf course that I once played. I hiked Tinker Nature Park, 1000 acre swamp, Harris Hill and Sherwood Fields Park in Penfield.

I also hiked Highland Park twice in lieu of the lilac festival. Since I live near Ellison, I explored just about every corner of it, including some parts that I have rarely seen. I hiked Corbett's Glen and Linear Park and even Tryon Park without getting lost! I even hiked the steep wooded hill in my back yard, a first in the 27 years I've lived here! While I miss hiking with the club immensely, I enjoyed this rare opportunity to explore some other areas. As we are moving back to normal, I look forward to my busy days packed with adventure. Hope to see all my hiking buddies soon! ...Michelle Barno

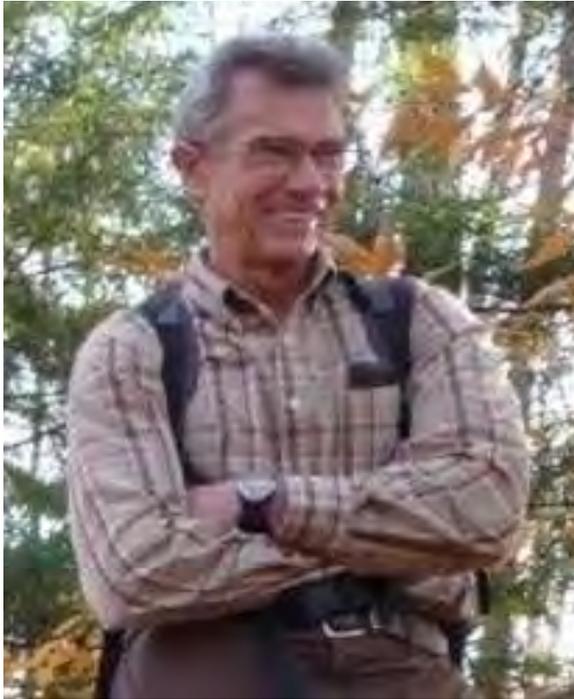
### GVHC Trails Director, and Hike Leader Ryan Bean



I remember when I first met Ryan. He had very recently moved to Rochester for a job. He didn't know anyone and when he discovered the GVHC club on-line he began hiking. It was Ryan's second hike with the club when I met him and I immediately went into mothering mode and encouraged him to check-out Meetup. That was quite a few years ago and Ryan is still carrying his drink while he hikes. Since that time Ryan has hiked the 46 high peaks of the Adirondacks and become an excellent hike leader. If you haven't experienced one of his fabulous hikes with the pictures to prove it, don't miss out, you will not be disappointed.

...Veronica Kiereck

As part of his duties as Trails Director, Ryan spearheads the club's efforts to help maintain the many trails the club uses. The club is currently dedicated to maintaining a 4 mile stretch of the Bristol Hills Trail which is a branch of the 900+ mile long Finger Lakes Trail System. We all enjoy the tremendous amount of hiking trails we have in Upstate New York, however the trails require constant maintenance. Please consider joining our efforts when a maintenance day is scheduled. These events are posted on the website and the Meetup site throughout the year. Thank you.



### GVHC Hiking Director, and Hike Leader Derek Price

Derek has been with the GVHC since 2009 and has been coordinating the hikes and hike leaders for most of that time. Derek is proud to be a member of a 90 year old outdoors organization that is embracing new technologies to give people more opportunities to be in touch with nature in Western New York. Derek leads more hikes than any other hike leader. ...*Veronica Kiereck*

### GVHC Newsletter Editor Veronica Kiereck

I began hiking with the GVHC about a decade ago but did not become a member until 2013. After enjoying years of hiking with the club, I wanted to give back and in 2017, I became the treasurer. I also took on the technology role. I am now the editor for the club newsletter. Although, I have been practicing social distancing, I do still get out to the grocery store a couple of times a week. My daughter Marissa and I hike the Beatty Point loop daily. It is great to get out to exercise and enjoy the fresh air. I recently completed an accelerated graduate program that was very intense and it required a great deal of my time. So, I am happy to have this short time at home during the virus to work on my garden and many fun household projects. ...*Veronica Kiereck*



### GVHC Social Directors Beth Brusdal and Lauren Silveri

Lauren and I are new to the hiking club and volunteered to be on the Social Committee. This picture is from the good old days before social distancing and masks.

During the pandemic, we have both been working remotely. For exercise, I have been running some virtual 5Ks, and Lauren runs after her grandson.

We are both looking forward to group hikes and social gatherings! Regards, *...Beth Brusdal*



#### 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 site, 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 on-line at the GVHC website.

<https://www.gvhchikes.org/>

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



Genesee Valley Hiking Club  
222 Brower Road  
Rochester, NY 14622

#### Executive Committee

President . . . . . Ann Bayley  
Vice President . . . . . Patty Mangarelli  
Secretary . . . . . Cynthia Howk  
Treasurer . . . . . Nina Tracy

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Hiking . . . . . Derek Price  
Social . . . . . Lauren Silveri, Beth Brusdal  
Trails . . . . . Ryan Bean  
March of Time . . . . . Cynthia Howk  
Media Relations . . . . . Julius Chiavaroli  
Newsletter Editor . . . . . Veronica Kiereck  
Website Developer . . . . . Larry O'Heron