

Genesee Valley Hiking Club Newsletter

Message from the President:

Larry O'Heron

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
- March of Time: Diane Fulkerson
- At-Large: Ruth Teitel (& Social Co-chair)
- At-Large: Alicia Collins

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Meet A Hike Leader

Hello, I'm Alicia C. and I have been a member of The Genesee Valley Hiking Group since 2016. I grew up in Corning N.Y and moved to Rochester in 2016.

I have a thirty year career of working with Children who have special needs .

I enjoy hiking, music and riding my bike. One of my favorite things to do is spend time with my Grandchildren.



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Hike Leader Get-Together

Sept 10, 2023
(Photos by Ruth T)

The event was put-together by our Social Committee (Iris R and Ruth T). We wanted to show our appreciation to the people who make club hikes possible: those intrepid, fearless, heads-down, eyes-forward (if that's even possible) hike leaders.

With a schedule of four hikes per weekend, Derek P is always looking for new hike leaders to help provide numerous opportunities for us to enjoy all that Monroe and the surrounding counties have to offer.



Ryan B and Patty M



Craig Q, Linda M, Paul K, Tom K,
Michelle B, Patty M & Ryan B



Craig Q, Derek P and Tom K



Foreground: Ann B



And of course: the Eats

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Club History

Article from the D&C (Sept 21, 1928)

Hiking Club Sets New Record for Attendance

A new attendance record for the Genesee Valley Hiking Club was set Wednesday evening, when more than 60 members and visitors were present at the opening meeting for the Fall, in the Rochester Gas & Electric Building.

Arthur C. Parker, director of the Municipal Museum and former president of the club, showed photographs taken in a visit to northern Europe this summer. Mrs. Parker hiked over many historic and archaeologically interesting spots in England, Wales, Scotland, Denmark, Germany and France.

Landis S. Smith showed slides of the Caneadea dam construction. The Caneadea country will be the scene of an overnight hike by club members the middle of October.

W. Frederick Dewart exhibited motion pictures taken on two trips to the Adirondacks by club members. The parties climbed Mt. Marcy and Mt. MacIntyre, the two highest peaks in New York State.

It was announced that the first hike of the Fall season will be through Corbett's Glen to the **Irondequoit River**, next Sunday afternoon. It will be open to visitors. Hikers will meet at the East Avenue bus terminal, East Avenue near Main Street East, at 1:30 o'clock. J. Howard Garnish, president of the club, will be the leader.

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Health Advantages of Walking

(Chat GPT assisted)

Hiking is a simple yet powerful activity that offers a multitude of health advantages. Whether you are strolling through Highland Park or hiking up the East Esker trail in Mendon Ponds, or just taking a leisurely walk through Oatka Creek Park, the benefits of movement are numerous and positively impact both your physical and mental well-being.

Cardiovascular Health: Hiking is an excellent way to improve cardiovascular health. It gets your heart rate up, which, over time, strengthens your heart, reduces the risk of heart disease, and lowers blood pressure. Regular hiking can improve your circulation, increasing the flow of oxygenated blood throughout your body.

Weight Management: Regular movement, when combined with a balanced diet, is an effective tool for weight management. It burns calories and helps maintain a healthy weight. Additionally, it boosts your metabolism, making it easier to maintain or achieve your desired weight.

Joint Health: Unlike high-impact exercises, hiking can be gentle on your joints. It can help to alleviate joint pain and stiffness, making it an excellent choice for people of all ages, including those with arthritis or joint problems.

Mood Enhancement: Being outside, when in the sun or under a gentle rain, has a positive impact on mental health. It releases endorphins, which are natural mood lifters. Regular outdoor exercise reduces

symptoms of depression and anxiety, boost self-esteem, and enhance overall emotional well-being.

Stress Reduction: Taking a walk, especially in natural surroundings, can reduce stress levels. The rhythmic motion of regular steps and the opportunity to clear your mind leads to a sense of calm and relaxation, reducing the production of stress hormones.

Improved Sleep: Regular physical activity, like hiking / walking, contributes to better sleep quality. Wouldn't it be wonderful to fall asleep easier and stay asleep through the night.

Enhanced Cognitive Function: Studies have shown that walking can improve cognitive function. It enhances memory, concentration, and creativity, making it an ideal activity for students, professionals, and anyone seeking mental clarity.

Bone Health: Weight-bearing exercises like walking can strengthen bones, reducing the risk of osteoporosis. It helps maintain bone density and promotes healthy bone growth.

Increased Energy: Regular walking can boost your energy levels. It oxygenates your cells, improving circulation and helping you feel more awake and alert.

Social Engagement: Going for a walk with friends, family, or a walking group, like GVHC, can provide a sense of connection and support, enhancing your overall well-being.

Longevity: Research has indicated that people who engage in regular walking tend to live longer, and have healthier lives. It

lowers the risk of chronic diseases, thereby increasing your lifespan.

Accessibility: One of the greatest advantages of hiking / walking is that you don't need special equipment or a gym membership. All you need is a comfortable pair of shoes and a safe place to walk, which can be found almost anywhere.

Immune System Boost: Regular moderate exercise like walking can strengthen your immune system, making your body more resilient to infections and illnesses.

In conclusion, vigorous or moderate hiking or walking is a simple yet incredibly effective way to improve your health. So, lace up your sneakers and start reaping the numerous health advantages of this amazing activity today.

(Photos: Larry OHeron)



Genesee Greenway Trail in Rochester



Gore Mountain



Sigüeiro, Spain



Mendon Ponds Park



GVHC's Michelle B Becomes a 46'er

(Chat GPT assisted)



Becoming an Adirondack 46'er is an impressive outdoor achievement. To earn this title, hikers must summit all 46 High Peaks, showcasing their passion for the region's rugged beauty. It's a testament to dedication, skill, and a deep connection to the Adirondacks' wild heart, rewarding those who undertake this challenge with unmatched outdoor experiences and a profound sense of accomplishment.



Congratulations to Michelle B on this incredible accomplishment!

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The GVHC Annual Meeting

Oct 22, 2023

Important Club business happened in Mendon Ponds Park at the Stewart Lodge.

Those present at the annual meeting voted in the officers for CY Oct 23 - CY Oct 25, as well accepted updated by-laws, as worked on by the Executive Committee.

An important update to the Hiking section of the by-laws now provides guidance to hike leaders on when and how to cancel a hike due to severe, inclement weather in accordance with county emergency announcements.

Updates to the Executive Committee section re-aligned the committee to match current realities due to technology changes, and opened up positions for two at-large members for folks who would like to offer back but can't precisely meet the requirements of a committee chair position..

(Photos by Ruth T)



Warm meeting with cold weather outside



Meeting underway



Sweets



Meeting underway





