

Genesee Valley Hiking Club Newsletter

Message from the President:

Larry O'Heron

Summer is here. In this issue:

- Discuss the rationale on why the Executive Committee changed the dues process.
- SAFETY: Hydration & Heat Exhaustion / Stroke
- We also have a few words and pictures on the recent June get-together.
- We have a Hike-Leader Appreciation Event planned for September.
- 100th Anniversary Update
- Member Julie from Buffalo tells us about hiking in her area
- Trail Maintenance Fun from Ryan B
- And Giant Hogweed

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 Cleaning-up Meetup Group Membership

In a nutshell, members of the executive committee have been removing members from the Meetup Group (not the club) who have not attended an event since Jan 1, 2020.

To date, approximately 3000 inactive memberships have been removed, reducing group membership from almost 7000 to near 3900 members.

We are looking at further cleaning-up the Meetup Group membership. Further details will be announced via the Meetup messaging feature. You will receive updates in an email if you have enabled email notifications from Meetup.com.

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Member Stories

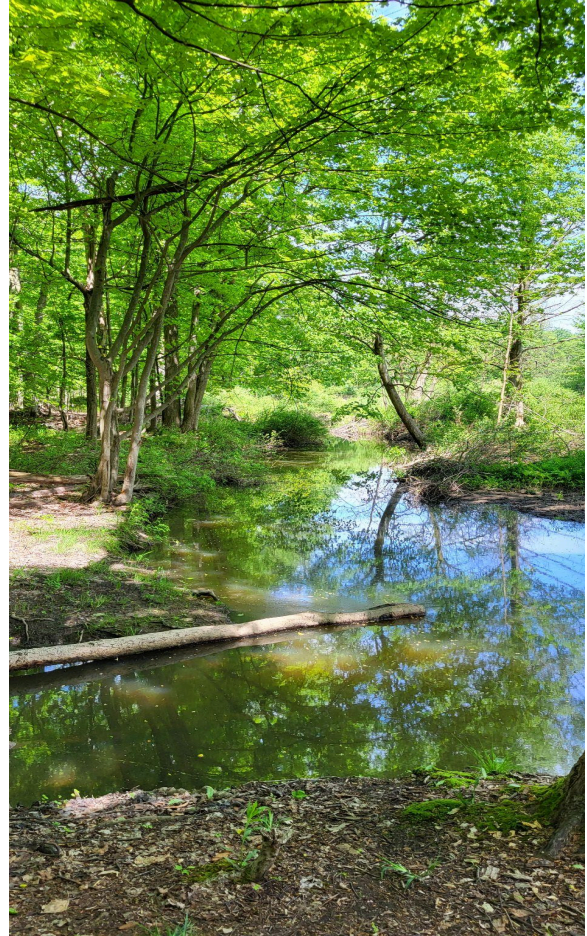
Julie Connelly

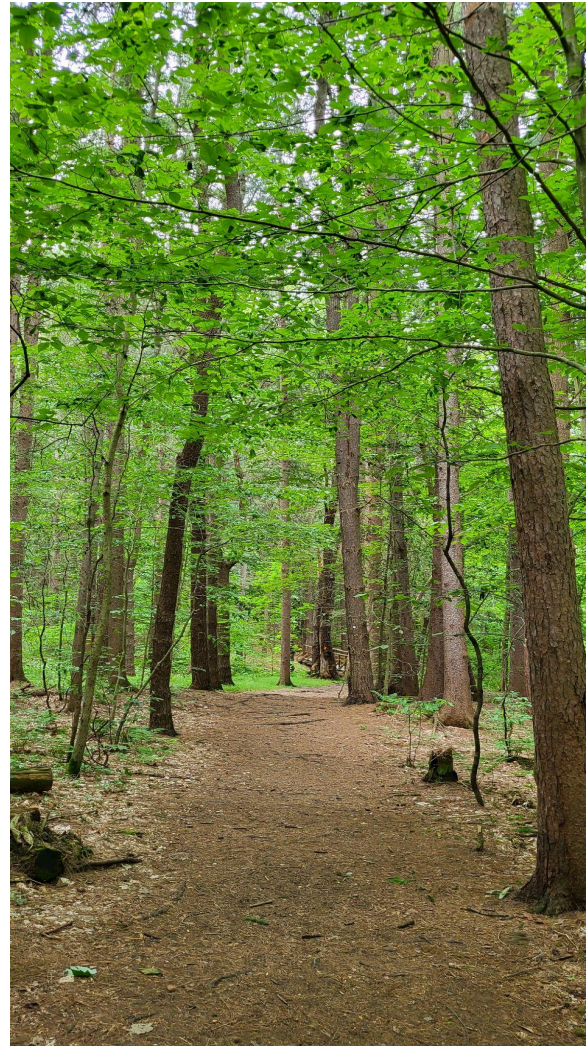
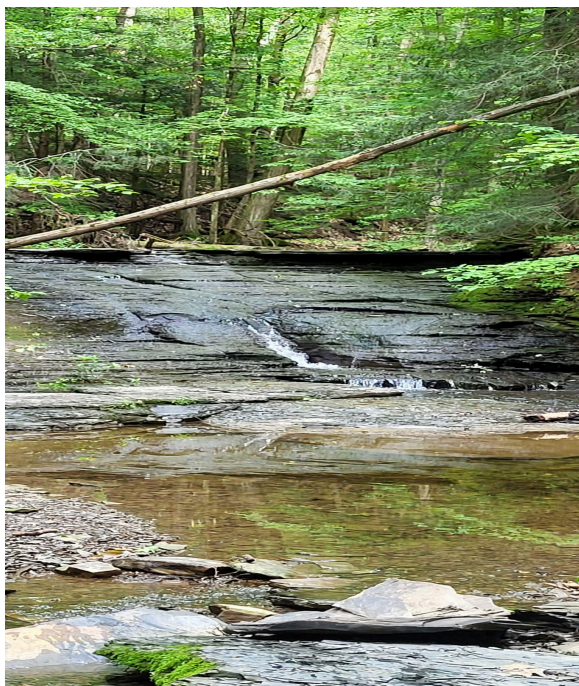
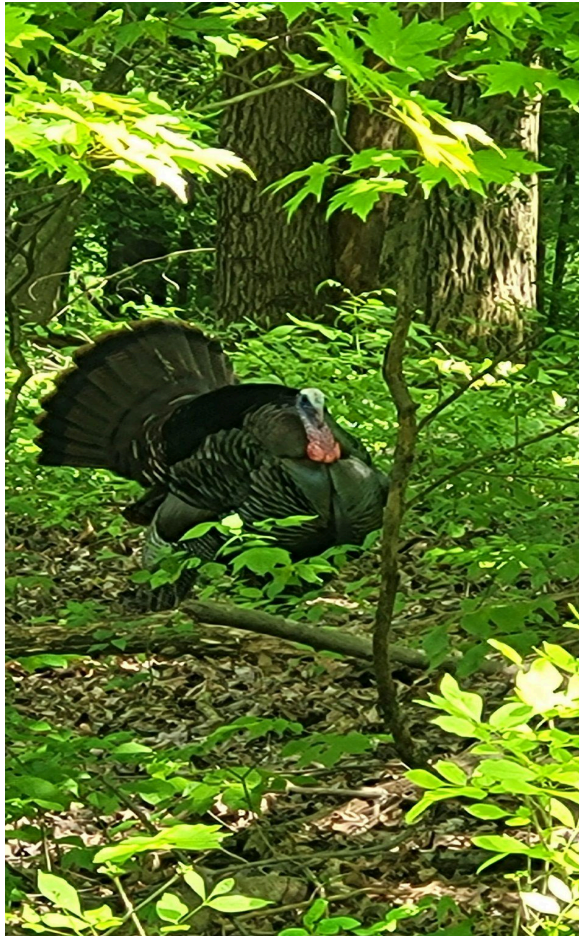
Hearing the birds chirp, the smell of fresh pine, the sound of tall trees creaking, seeing waterfalls and walking over creeks. Hiking is my way of connecting with nature and it has always been a big part of my childhood. I am at peace when I hike, therefore, it continues to be a rejuvenating experience for me.

Some of my favorite hikes in Western New York are very beautiful, with well marked trails! Franklin Gulf Park in North Collins, The Genesee Road Loop Trail in Sardinia, The Genesee Forest Preserve in East Bethany and The Reinstein Woods in Depew!

Hiking is a passion of mine and this is why exploring the hiking trails of Western New York is an enjoyable adventure!

Here are some of my photos:





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GVHC 100th Anniversary Update

Project Scope: Genesee Valley Hiking Club (GVHC) was created in 1928 and in four (4) years we will celebrate our 100th anniversary.

The club has a collection of materials that chronicle the history of GVHC, housed at the Rochester Museum and Science Center (RMSC). A small subcommittee of the GVHC Executive Committee is working

with RMSC to identify materials from the collection that will highlight and tell the history of the club.

The members of the subcommittee are Diane Fulkerson, Patty Mangarelli, Cynthia Howk and Ann Bayley.

This project will be broken down into two phases.

The first phase will identify materials from each decade of GVHC's history to create articles, displays, and digital works to highlight the history of GVHC to the local community.

For the second phase we will work with RMSC staff to identify a vendor who can digitize the scrapbooks and photo albums in the collection.

Project Status: On February 2, 2024, Diane Fulkerson, Cynthia Howk, and Patty Mangarelli, met with the RMSC archive staff to look through some of the early club materials, scrapbooks, and photo albums.

We also discussed the possibility of RMSC assisting with digitizing some of the materials for the first phase of the project, and identifying ways people could donate to support the second phase of the project to digitize collection materials for preservation.

The subcommittee members will continue to meet with RMSC archive staff to identify materials from the collection to use for the 100th anniversary celebration.

Needed Resources: Identify possible sources of funding and obtain donations to complete the second phase of the project.

In addition, the subcommittee will need to identify the methods we will use to share our

collection for our anniversary celebration: for example, an article in *Rochester History*, a traveling exhibit, website, and a WXXI Rochester Story.

Next Steps:

- Continue to work with RMSC archive staff to use material from the collection for the 100th anniversary.
- Determine if there are additional materials that should be added to the collection such as slides or home movies by members while on hiking trips.
- Work with RMSC staff to identify a possible vendor or vendors to digitize materials for preservation.

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

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GVHC Trail Maintenance Fun

Ryan B ...

(All Photos by Ryan B)

Despite the forecast for showers, a hardy crew of eight GVHC volunteers met on Saturday, May 4, to work a three-mile section of the Bristol Hills Branch of the Finger Lakes Trail that we have maintained for the last several years.



Together, we trimmed branches, cleared small trees and other obstructions, removed weeds, and anything else needed to keep the trail neat and passable. We were able to split into two groups of four and work from each end, meeting in the middle.



It started raining so we bid a hasty retreat to our cars and then to Naples where we enjoyed a well-earned lunch at Roots Cafe.



Thanks to Bill, Jim, Julie, Liza, Luke, Michelle, and Patty for joining and helping on this day!

We will also have trail maintenance events on Saturdays July 13 and August 17 ... hope to see you there.

Ryan B

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Changes to GVHC Dues in 2025

Since January of this year, the Working Committee on Club Dues Migration Project conducted a deep-dive into the advantages and disadvantages of using the dues paying abilities of MeetUp.com.

Background

In January of 2024, the Executive Committee chartered a project called: "The Club Dues Migration Project".

The goal of this project was to evaluate the Pros & Cons of migrating our annual dues

collection from PayPal via the club Website to the Meetup platform.

Project members are::

- Tom Kolankiewicz
- Nina Tracy
- Michelle Barno

Over the months from inception to final report, the project members 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.

In May of this year, the Working Committee recommended migrating dues paying from Paypal services to the Meetup platform. The Executive Committee voted on the proposals of the Working Committee: 11 in favor and 1 absent.

History

When the committee started, they initially identified the cumbersome current process of handling member dues.

The leading problem for members was the rather frequent lag time between paying dues and being registered.

For both the club treasurer and membership person, the process was riddled with manual hand-offs of information.

The two factors often led to members not receiving schedules for a plethora of reasons, to include:

- Typo errors in handwritten email addresses
- Member having different email addresses between Paypal and Meetup

- Extreme time lags between the hike leader being handed cash and the treasurer receiving the dues payment.

Further disadvantages to the current system included:

1. Cash payments to hike leaders (in contrast to Paypal) were particularly cost-prohibitive when time and gas to conduct a bank deposit were considered.
2. The processes were a significant impediment to recruiting future talent to fulfill these positions. When a system requires significant work to function properly, who would give of their personal time?

Timeline Changes for Existing GVHC Meetup Members

1 Jul 2024: Club suspends dues collection. Hides Paypal link on gvhchikes.org. Donations link remains in place.

1 Jul 2024 - 1 Nov 2024: Remove members on GVHC Meetup who have not participated in an event since 1 Jan 2022. We anticipate the member count will drop from approx 7,000 to 1,000.

1 Nov 2024: Turn on "Dues Required" in the GVHC Meetup Group. Members will have 60 days to evaluate whether they want to be a member.

2 Nov 2024: Meetup will begin prompting for members to enter payment information. It will not be required to do so until the start of the New Year.

2 Nov - 31 Dec 2024: Members will receive periodic prompts to enter payment information, if not done yet. Note: dues are not required yet.

1 Jan 2025: Meetup will require and charge **\$10.00** dues to the members for whom the 60-day trial period has expired and have entered payment information. For those who have exceeded 60 days and not provided info, they will not be able to sign-up for a hike and/or see detailed information.

Timeline for New GVHC Meetup Members

From the day they request to join GVHC on Meetup, they will have 60 days to evaluate whether they want to be a member or not.

They will be prompted to enter credit card information, although it will not be required yet.

At the end of the 60-day trial period, Meetup will require credit card info. The payment of **\$10.00** dues will be automatically made.

Special Circumstances

The GVHC Meetup Group co-organizers have the ability to waive dues for select members, such as hike leaders, persons of long-term commitment to the club and the rare occasion of inability to use the Meetup.com platform, which case members will be required to pay by check with the inherent limitations of the current system.

Wrap-up

Please bear with us as we slowly evolve into the new process.

We are hoping for a smoother membership process, respect for the time of the Finance and Membership people and smoother club management.

--- Larry OHeron, GVHC President

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GVHC June 2024 Get-Together

Sunday, June 16th was a beautiful day for Derek's hike around Mendon Ponds Devil's Bathtub and for a club Hotdog Barbecue and Potluck get-together.

Many thanks to Iris R and Ruth T for the hard work in staging such a successful club social event.

The weather cooperated perfectly. People enjoyed lots of companionship underneath shady trees, on the sun-lit back deck and inside the cool lodge.

All photos taken by Joyce K.



Iris R and Ruth T - hosts for the event



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SPECIAL TOPIC OF THE ISSUE - HEAT

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.

*** So a personal best practice is to check the Meetup Events Comments **before** you leave home to join a hike.

Stay Hydrated

-- ChatGPT Assisted

Staying hydrated in hot and humid weather is crucial for your health and well-being. Good hydration means keeping your body supplied with enough water to function properly, especially when you're sweating more due to the heat and humidity. When you sweat, your body loses water and electrolytes, so it's essential to replenish them by drinking fluids regularly.

On the other hand, bad hydration occurs when you don't drink enough fluids to replace what you've lost through sweating. Dehydration can lead to symptoms like dizziness, fatigue, headaches, and muscle cramps. In severe cases, it can cause heat exhaustion or heatstroke, which are serious medical emergencies.



Photo

kelsey-seybold.com/your-health-resources

To avoid bad hydration, it's important to drink water regularly, even if you're not feeling thirsty. You can also consume hydrating foods like fruits and vegetables, which contain water and electrolytes. Avoid sugary drinks and alcohol, as they can contribute to dehydration. Overall, staying hydrated in hot and humid weather is essential for maintaining good health and preventing heat-related illnesses.

Heat Exhaustion

-- ChatGPT Assisted

Heat exhaustion is a condition that occurs when your body overheats due to exposure to high temperatures and humidity, coupled with inadequate fluid intake. It's a serious condition that requires prompt attention as it can progress to heatstroke if not treated promptly. Understanding the signs and symptoms of heat exhaustion is crucial for preventing more severe heat-related illnesses.

The primary cause of heat exhaustion is prolonged exposure to hot and humid conditions, especially when coupled with strenuous physical activity. When you're exposed to high temperatures, your body attempts to cool down by sweating and increasing blood flow to the skin. However, if you're not adequately hydrated or if you're engaging in vigorous exercise, your body may struggle to dissipate heat efficiently, leading to heat exhaustion.



Photo (outsideonline.com/health/wellness)

Common symptoms of heat exhaustion include profuse sweating, weakness, dizziness, headache, nausea, and muscle cramps. You may also experience rapid heartbeat, shallow breathing, and pale or clammy skin. If left untreated, heat exhaustion can progress to heatstroke, a life-threatening condition characterized by a dangerously high body temperature, confusion, loss of consciousness, and seizures.

If you or someone you're with is experiencing symptoms of heat exhaustion, it's essential to take immediate steps to cool down and rehydrate. Move to a cooler, shaded area, and remove any unnecessary clothing. Drink plenty of fluids, preferably water or a sports drink containing electrolytes, to replenish lost fluids and minerals. You can also use cool

compresses or take a cool shower to help lower body temperature.

It's important to rest and avoid strenuous activity until symptoms subside completely. If symptoms persist or worsen, seek medical attention promptly. Heat exhaustion can be dangerous if not treated promptly, but with proper awareness and preventive measures, it can often be avoided. Stay hydrated, take breaks in the shade, and listen to your body's signals to prevent heat-related illnesses during hot and humid weather.

Recognizing Heat Exhaustion and Heat Stroke

-- ChatGPT Assisted

Diagnosing heat exhaustion and heatstroke involves recognizing their distinct symptoms and assessing the severity of the individual's condition.

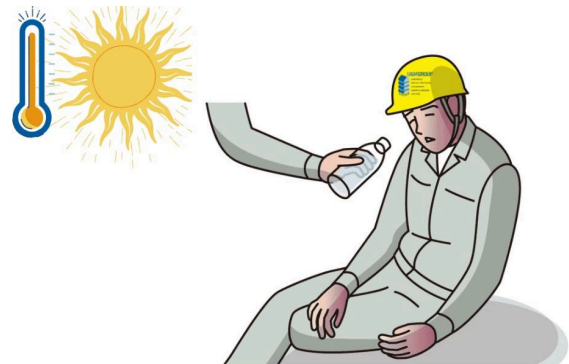


Photo (underpin.com/heat-exhaustion-and-heatstroke/)

Here's a flow chart outlining the steps in diagnosing these heat-related illnesses:

1. Initial Assessment:

- Look for signs of heat-related illness, such as profuse sweating, weakness, dizziness, headache, nausea, and muscle cramps.
- Consider the environmental conditions, including high temperatures and humidity, as well as the person's activity level.

2. Differentiating Heat Exhaustion and Heatstroke:

- If symptoms primarily include profuse sweating, weakness, dizziness, and muscle cramps, suspect heat exhaustion.
- If symptoms progress to confusion, rapid heartbeat, shallow breathing, hot and dry skin, or loss of consciousness, suspect heatstroke.

3. Assessing Severity:

- Mild to moderate symptoms may indicate heat exhaustion.
- Severe symptoms, especially altered mental status or loss of consciousness, suggest heatstroke.

4. Measuring Body Temperature:

- It is doubtful that you will have a thermometer, but know that :
 - Heat exhaustion typically presents with a body temperature below 104°F (40°C).

- Heatstroke is characterized by a body temperature of 104°F (40°C) or higher.

5. Seeking Medical Attention:

- Heat Exhaustion:
 - If symptoms are mild to moderate, encourage the individual to rest in a cool, shaded area and drink plenty of fluids.
 - If symptoms persist or worsen, or if the person is unable to tolerate fluids, seek medical attention.
- Heatstroke:
 - Heatstroke is a medical emergency. Call emergency services immediately.
 - While waiting for help, move the person to a cool, shaded area and initiate cooling measures such as applying cool water or ice packs to the skin and fanning the individual to promote evaporation.

6. Continued Monitoring:

- Monitor the person's condition closely while awaiting medical help.
- Continuously reassess symptoms and provide supportive care as needed until medical professionals arrive.

Remember, prompt recognition and appropriate treatment are critical for the management of heat-related illnesses to prevent complications and potential fatalities.

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Support GVHC

Genesee Valley Hiking Club (GVHC) events are free, but we do ask that you consider a small donation.

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

LEADERS → **Watch your email** for an invitation! And remember to RSVP!

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Giant Hogweed

Here are three links from the New York State Department of Environmental Conservation

[Giant Hogweed Facts - NYS DEC](#)

[Cornell Cooperative Extension](#)

[Differentiating Hogweed From Similar Looking Plants](#)

[Hogweed in the Monroe County Area - D&C](#)

Giant hogweed is an imposing and invasive plant species which has since spread aggressively, particularly in moist, temperate climates. It reaches heights of 10 to 15 feet, towering over native vegetation. Its hollow stems are sturdy, often speckled with purple blotches and coarse white hairs.



Dietmar Rabich
Creative Commons Attribution

One of the most striking features of giant hogweed is its large, umbrella-shaped flower clusters, which can span up to 2.5 feet in diameter and contain thousands of small white flowers. The plant produces a potent sap that upon contact with the skin can cause a severe skin reaction that leads to painful blisters and long-lasting scars

when exposed to sunlight. The effects can be debilitating and may require medical attention.

Due to its rapid growth rate and harmful effects, giant hogweed poses significant public health risks. Efforts to control its spread often involve strict eradication measures and public awareness campaigns to prevent accidental exposure.

Understanding its distinct characteristics and potential hazards is crucial for managing its impact on both natural ecosystems and human well-being.

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