

Genesee Valley Hiking Club Newsletter

Message from the President:

Larry O'Heron

My heartfelt thanks to Iris R and Ruth T for hosting our Feb 2024 get-together at Mendon Ponds Park.

This was our first club-catered event since Covid interfered with so many things in our lives.

While it might seem that a catered event is easier than a pot-luck affair, the pre-preps are more demanding as they had to coordinate the food order with accounting for attendance and not over-spending the budget. This task alone can cause people to "pull their hair out." LOL

Turnout was about 60 folks. As I walked around the lodge, I was happy to hear so many conversations and see so many folks interacting with other.

So once again to Iris and Ruth, I say "Thank you so much!"

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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
- 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 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 subcommittee of the Executive Committee is working with RMSC to identify materials that highlight the history of the club. The members of the subcommittee are

- Diane Fulkerson
- Patty Mangarelli
- Cynthia Howk
- 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.

Please contact any of the committee 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 on our Website to using the Meetup Dues Processing system.

Folks working on this project are:

- Larry O’Heron
- Tom Kolankiewicz
- Nina Tracy
- Michelle Barno

A key advantage in using Meetup for dues payment would be auto-renewal ... i.e. club members won’t need to set a reminder on their personal calendars to pay the annual \$10/yr club membership fee, because

Meetup will auto-renew your membership payment as long as you’re a member of the club. (About 85% of our club members currently pay by clicking on the PayPal link from the GVHCHikes.org website.)

Because our GVHC Executive Committee is all volunteers, we strive to keep our club processes as simple as possible and leverage technology like Meetup.com whenever we can. Migration of the club annual dues to Meetup will simplify the job responsibilities for our club Treasurer (Nina) and Membership Chair (Michelle).

Our project team is working towards a schedule that will allow us to complete this evaluation by May/2024 and present our findings and recommendations to the Executive Committee at our June/2024 meeting.

We will use our club newsletter, email, and messaging within Meetup to provide you, our club members, with the project status.

In the interim, please feel free to message Tom Kolankiewicz directly in Meetup if you have any comments or questions on this topic.

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GVHC Feb 18 Get-Together

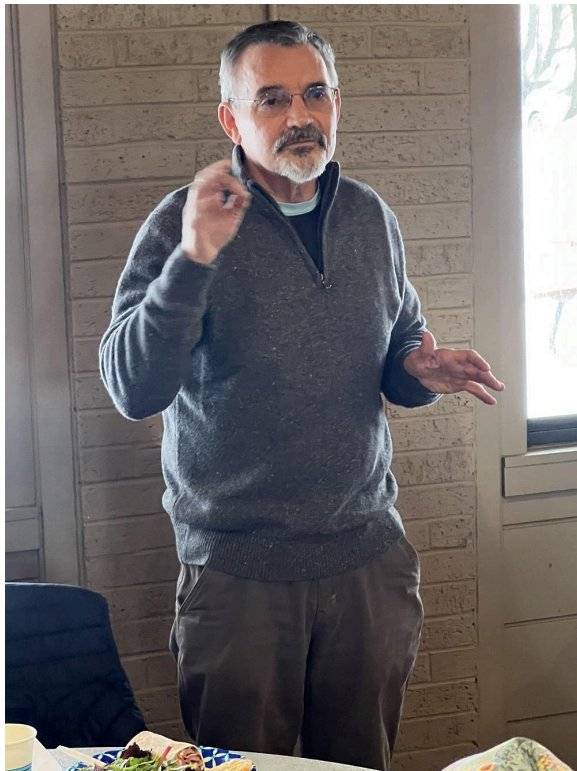
This year's GVHC Winter Get Together was held Sunday, February 18 at the Stewart Lodge on Douglas Road in Mendon Ponds Park from 12 noon until 2 p.m. Attendees enjoyed lunch on GVHC (a variety of wraps, salad, chips, beverages and dessert) and

socialized with other GVHC hikers.

(All Photos Courtesy of John Texter)



Club President Larry O Introducing and Thanking the Executive Committee



Vice-President Tom K Giving an Update on Club Initiatives



Social Committee Iris R and Ruth T: Without their hard work, none of this is possible



Secretary Patty M and Membership Chair Michell B





Foreground: At-Large Committee Member Alicia C



Important Safety Reminder!

Winter and/or bad weather is still upon us (until mid-April). It's good practice to check the Comments Section in MeetUp.com of any hike that you're signed up for - - PRIOR to leaving home for the hike.

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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Mastering Hiking Etiquette: Navigating Trails with Respect and Responsibility

(Chat GPT assisted)

Hiking isn't just about communing with nature; it's also about sharing trails with fellow outdoor enthusiasts while respecting the environment.

Understanding and practicing hiking etiquette ensures that everyone can enjoy their outdoor adventures safely and harmoniously.

Here's a comprehensive guide to hiking etiquette that every trail enthusiast should know.

- **Stay on the Trail:**

One of the cardinal rules of hiking etiquette is to stick to designated trails. Straying off-trail can damage

fragile ecosystems, cause erosion, and disturb wildlife habitats. By staying on established paths, you minimize your impact on the environment and help preserve the natural beauty of the landscape for future generations.

- **Yield to Others:**

When encountering other hikers on the trail, yield to those moving uphill. Uphill hikers often have the right of way because it can be more challenging for them to regain momentum after stopping.

Additionally, yield to equestrians, as horses can be easily spooked by sudden movements.

- **Mind Your Noise Level:**

While it's natural to enjoy the sounds of nature while hiking, loud noises can disrupt the tranquility of the wilderness and disturb wildlife. Keep conversations at a considerate volume and avoid playing loud music or using noisy equipment.

Remember, many people hike to escape the noise of urban life and connect with nature's peacefulness.

- **Pack Out Your Trash:**

Leave No Trace is a fundamental principle of outdoor ethics. Whatever you bring onto the trail, make sure to take it back with you. Dispose of trash properly and pack out all waste, including food wrappers, empty water bottles, and toilet paper. Leave the trail cleaner than you

found it to preserve its pristine beauty for others to enjoy.

● **Respect Wildlife:**

Observing wildlife can be one of the highlights of a hiking trip, but it's essential to do so from a safe distance. Avoid approaching or feeding wild animals, as this can disrupt their natural behaviors and create potentially dangerous situations. Keep pets on a leash and under control to prevent them from chasing or harassing wildlife.

● **Share the Trail:**

Trails are shared spaces used by hikers, cyclists, equestrians, and sometimes even motorized vehicles. Be courteous to other trail users, whether they're on foot, bike, or horseback. Move to the side to allow others to pass safely, and communicate your presence with a friendly greeting or bell ring when approaching from behind.

● **Practice Leave No Trace:**

Follow the seven principles of Leave No Trace:

- plan ahead and prepare,
- travel and camp on durable surfaces,
- dispose of waste properly,
- leave what you find,
- minimize campfire impacts,
- respect wildlife,
- and be considerate of other visitors.

These guidelines are essential for minimizing your environmental footprint and preserving the integrity of natural spaces.

● **Educate Yourself:**

Before hitting the trail, familiarize yourself with any rules or regulations specific to the area you'll be hiking. Some trails have specific guidelines regarding camping, fires, off-leash pets, and wildlife protection. By knowing and adhering to these rules, you can help protect sensitive ecosystems and ensure a positive experience for yourself and others.

By adhering to hiking etiquette, you not only contribute to the conservation of natural spaces but also foster a culture of respect and stewardship among outdoor enthusiasts. Whether you're a seasoned hiker or hitting the trails for the first time, practicing good hiking etiquette is essential for creating enjoyable and sustainable outdoor experiences for everyone. So lace up your boots, grab your backpack, and venture into the great outdoors with courtesy and consideration for all.

Happy hiking!

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Support GVHC

This is a Genesee Valley Hiking Club event. 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

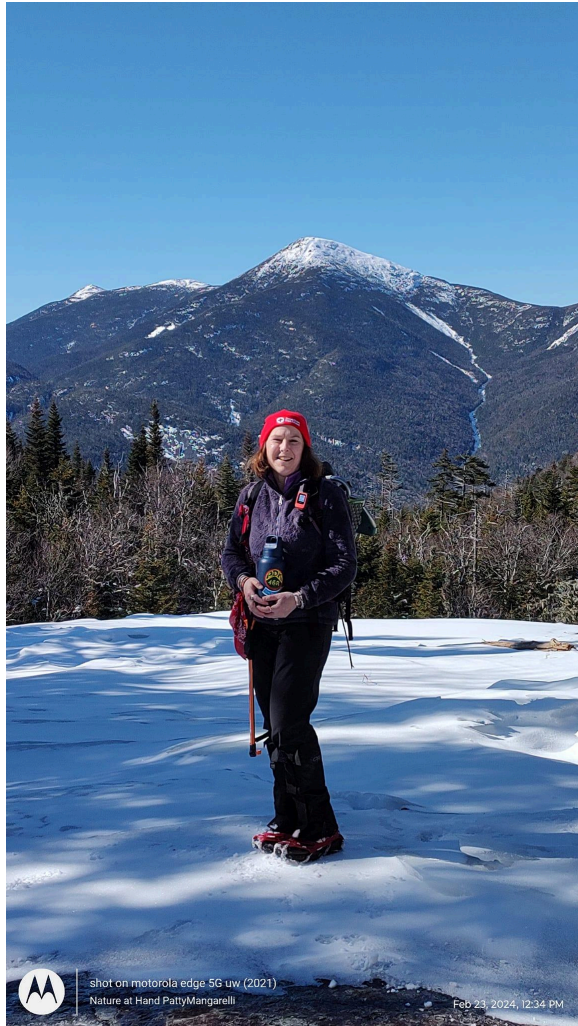
meetup site and rental of a lodge or other facility for a picnic or winter event.

Please see:

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

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Member Stories



Patty M is both our club secretary and past vice-president. Not only does she lead some great hikes here in Monroe County, but in her time off is conquering the Adirondacks. She is a 46'er, which means

she has climbed the 46 tallest mountains in the Adirondacks.

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Member Stories

Ashish Boghani

I had joined GVHG in early 2022 as a preparation for my trek to Nepal.

I did the trek to Gokyo ri in Nepal and reached 16,600 feet elevation.

Part of the trail is common for the Everest Base Camp but Gokyo trek is less traveled and more beautiful.

There is a beautiful lake at 16,000 feet and you can see the whole range of mountains including Mt. Everest, Lhotse, Nuptse etc.

I was 65 years old when I went.

Here are a couple of photos of the trek.

