

# Genesee Valley Hiking Club Newsletter



Hike (Jan 18, 2026) : Powder Mills Park  
Hike Lead: Paul K; Photos: Courtesy of Mina

## Executive Committee

### Elected Officers:

- President - Larry O'Heron
- Vice President - Tom Kolankiewicz
- Secretary - Patty Mangarelli
- Treasurer - Nina Tracy

### Immediate Past President:

Ann Bayley

### Committee Chairs:

Hike Schedule - Joan Jakubowski

- Historian - Patty Mangarelli
- Info Tech - Larry O'Heron
- Membership - Larry Powell
- Social - Iris Raiman
- Trails Maintenance - Ryan Bean

### Members-at-Large:

Ruth Teitel  
Alicia Collins

### Co-chairs:

Hike Schedule - Darla Cornell  
Membership - Linda Sardisco  
Social - Ruth Teitel

## Message from the President:

*Mark Your Calendar:* Summer Get-Together is August 23rd, 2026 at Stewart Lodge in Mendon Ponds Park. There will be hikes before the get-together. Stay tuned for further details.

### **Help with Meetup Features:**

We have several Meetup help articles, available at our [GVHC website](#) on the homepage.

- Submit a Tech Support Request
- Turn on Email Announcements
- Awaiting Dues Status

### **Newsletter Availability**

Find this newsletter and earlier editions at: <https://gvhchikes.org/Newsletters.html>.

Thank you for your continued support. It is a pleasure to meet everyone out on the trails.

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Larry OHeron, GVHC President

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### In this issue:

- Other Meetup Products
- Getting Real-time Email Announcements
- Let's Be Respectful Out There
- Hike Cancelations
- Building the Perfect Trail
- Winter Get-together

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## Other Meetup Products

GVHC member Lisa S. shared recent correspondence that she had with the Meetup support.

Lisa had subscribed to an optional feature called "Meetup+", that enables functionality such as viewing names and profile photos of event attendees.

*“ Good morning Larry. After some back-and-forth, they ended up telling me that I could not pay while I was in a trial period but you could set up the payment for when the trial period ends. (I guess when I tried to rejoin the group, it put me in a trial period) So I was just going to wait patiently until my trial period was over, but it looks like somehow they found a way to get in immediately and accept my payment. I did not expect it to work and I can't explain it.*

*I was really shocked to see that Meetup+ has gone from 4.99 a month to 9.99 a week. I guess they were taken over by another company. I am not gonna pay that. I only wanted to be in there so that it would give me some features like being able to see who is going to a hike.*

*That is such a price huge price increase. I'm OK with not knowing who is going to be there lol “*

For GVHC'ers, there's no need for these additional Meetup Services to be a member of our hiking club.

If you find these additional services interesting, then (after doing some personal analysis) feel free to sign-up for them.

If you are not interested, you DO NOT NEED these additional products for GVHC.

FYI: Meetup+ (Paid Subscription): Unlocks features like unrestricted DMs, full member/attendee list visibility, priority waitlists, "First to Know" alerts, ad-free viewing, and an exclusive badge.



## Real-time Hike Announcements

You can get real-time announcements about hikes for which you have clicked the attend button.

Full instructions are in the July 2025 newsletter at <https://gvhchikes.org/Newsletters.html>

Sometimes a hike leader feels ill, and can't arrange for a substitute.  
Sometimes the weather turns stunningly inclement.

You must have clicked the attend button for the event.

If you have not, then you will need to actually go into Meetup in order to check the status of the hike.



## Let's Be Respectful Out There

(AI-assisted)

### Understanding and Preventing Inappropriate Touching Behavior on a Person or Clothing

Inappropriate touching behavior refers to any unwanted physical contact that violates personal boundaries or makes someone feel uncomfortable, unsafe, or disrespected. This behavior can occur in many settings — schools, workplaces, homes, or public spaces — and can involve people of any age or gender. What defines it is not intent, but impact: if the touch is unwelcome or non-consensual, it is inappropriate.

Such behavior can range from seemingly minor actions, like unsolicited hugs or lingering contact, to more serious forms such as groping or sexual assault. Often, inappropriate touching is dismissed or minimized, especially when framed as a joke, accident, or cultural norm. However, minimizing these actions can silence victims and allow harmful patterns to continue.

The effects on those who experience inappropriate touching can be profound. Victims may feel shame, fear, anger, or confusion, and these feelings can impact mental health, self-esteem, and trust in others. In professional or educational environments, it can also affect performance, attendance, and long-term opportunities.

Prevention starts with education and clear boundaries. Teaching consent — understanding that everyone has the right to say no to physical contact — is essential.

Organizations and institutions should establish clear policies, provide training, and create safe reporting mechanisms. On a personal level, individuals should be encouraged to speak up, respect others' boundaries, and intervene when they witness inappropriate behavior.

Addressing inappropriate touching behavior is about fostering respect and accountability. By taking it seriously, listening to those affected, and promoting a culture of consent, communities can become safer and more supportive for everyone.

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## Hike Cancelations

With the unbelievable weather lately, the Exec Cmte reviewed the policies for a hike leader to cancel a hike.

You also have an obligation.

1. If you have the app, and signed up for the event, then you should be receiving updates via your phone about changes to a hike.
2. If you have signed-up for email updates, then you will get real-time emails (if you have registered for an event).
3. If you do not use the app and do not receive real-time updates via email, then you need to check the hike status before you leave home.

We strongly suggest signing up for emails as a backup to app notifications.

Follow the appropriate link on our homepage: <https://gvhchikes.org>

## (HIKE LEADERS) INSTRUCTIONS FOR CANCELING A HIKE

Download from

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

1. Notify one of the hike schedulers as soon as possible. In order to inform hikers in a timely fashion, please give the hike schedulers at least a 12 hour notice.
2. If cancellation is due to illness or personal reasons, find a substitute or ask the hike schedulers to do so,
3. If cancellation is due to weather, communicate why the hike should be canceled to the hike schedulers.
4. If cancellation is due to no one signed up on Meetup, let the hike schedulers know.
5. If a hike is canceled, the leader is not expected to show up to the hiking venue.

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## The Perfect Trail

*AI summarized* based on an article in the Jan 2026 issue of National Geographic Magazine. (Requires membership if you wish to read [the original article.](#))

Building the "perfect" hike, according to National Geographic's approach, involves expert trail design that blends with nature for an immersive experience, using psychology, geography, and geology to create sustainable, beautiful routes, while hikers prepare with the Ten Essentials (navigation, sun protection, insulation, etc.) and follow etiquette like yielding to uphill

hikers to ensure enjoyment and safety for everyone.

For Trail Builders (The "Perfect" Trail Experience)

- Follow Nature's Contours: Design trails that flow with the terrain, using natural features and contours to guide hikers and manage rainwater, reducing erosion.
- Create Immersive Journeys: Make trails feel like part of the landscape, not imposed upon it, using psychology to lead hikers on an engaging journey.
- Use Expert Knowledge: Apply understanding of geography and geology to build durable, ecologically sound paths that feel intuitive.

For Hikers (The "Perfect" Hike Experience)

- Master the Ten Essentials: Carry navigation (map, compass, GPS), sun protection, insulation, illumination (headlamp), first-aid, a knife, fire starter, shelter, extra food, and extra water.
- Practice Good Etiquette: Yield to uphill hikers, stay on marked trails, and respect the environment by packing out trash.
- Be Prepared: Know your pace (average 2-3 mph), check park rules, and be ready for changing conditions.
- Leave No Trace: Stick to durable surfaces like established trails or rock, avoiding plant growth to minimize impact.

National Geographic's Philosophy

- Nature-Focused Design: The goal is to create trails that become one with the environment, making the

experience feel seamless and natural.

- Holistic Approach: It's about blending expert trail construction with hiker awareness and respect for the wilderness.

[National Geographic Hiking Essentials](#)

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## GVHC Winter Get-together

On Sunday, February 15, from 12:00-1:30, GVHC Hikers met for a warm winter get-together by the fire in Stewart Lodge, Mendon Ponds Park.

The collection of dishes-to-pass was simply amazing, making the "POT LUCK" lunch a culinary delight.



Super turn-out for the Winter Get-together



President giving a club status report



Good eats!



Two hard-working Exec Cmte members:  
Ruth T (At-large/Social) & Patty M  
(Secretary/Historian)



Iris R (Social) on a well-deserved break

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End of Newsletter