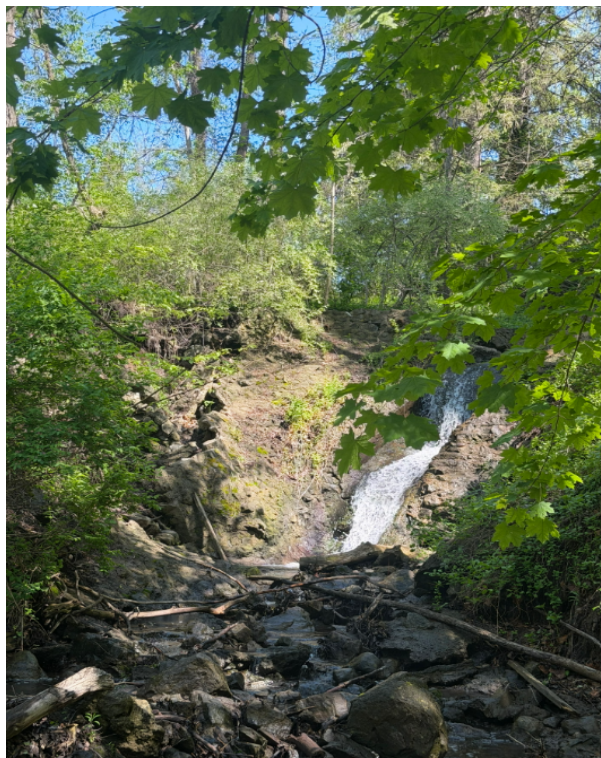


Genesee Valley Hiking Club Newsletter



Christchurch Episcopalean



Honey Hill Waterfall



Two Saints Church



Irondequoit Creek

Hike - May 10, 2026 : Downtown Churches
Photos : Joe F
Hike Lead: Larry O

Hike - May 17, 2026 : Channing Philbrick
Photos : Arjun B
Hike Lead: Iris R

Executive Committee

Elected Officers:

President - Larry O
Vice President - Tom K
Secretary - Patty M
Treasurer - Nina T

Immediate Past President:

Ann B

Committee Chairs:

Hike Schedule - Joan J
Historian - Patty M
Info Tech - Larry O
Membership - Larry P
Social - Iris R
Trails Maintenance - Ryan B

Members-at-Large:

Ruth T
Alicia C

Co-chairs:

Hike Schedule - Darla C
Membership - Linda S
Social - Ruth T

Help with Meetup Features:

We have several Meetup help articles, available at our [GVHC website](https://gvhchikes.org) on the homepage.

- Submit a Meetup 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.

GVHC Website

<https://gvhchikes.org>

What you can find on the homepage

- Policy on Respect
- Meetup Tech Support Link
- Real-time Email Announcements
- Credit Card Info while in Trial Status
- Past Newsletters
- Hiking Resources, e.g. Scheduling policy, Hints & Tips for Hike Leaders, the club by-laws.

Message from the President:

Larry O'Heron, GVHC President

In a recent email to the hike leaders as Joan J was filling out the July and August hikes, she took a moment to thank the 16 hike leaders (Ed. at time of writing) who have volunteered their time to offer the members of GVHC, an opportunity to spend a few hours in good company and healthy exercise in one of the many beautiful parks in and around Monroe County, and surrounding areas..

As hike leaders know, we don't pay them in money ... However, I can and sincerely do offer our hike leaders sincere thanks for their spirit of volunteerism on behalf of all members of GVHC.

In this issue:

- Did your Meetup account disappear
- Trail Maintenance Event at Naples
- New Sign-In Sheet Procedure
- ADK Expo
- Summer Get-Together
- FLTC Offering Overnight Hikes
- Gosnell Woods
- July / August 2026 Hikes Sneak Preview
- Glaciers and Irondequoit Bay and the Genesee River

Did Your Meetup Account Disappear?

(Email exchange between a GVHC member and club President)

May 15th

Good morning Larry, have we been having issues with the Meetup site? All of a sudden I have no groups that I belong to on the app. I uninstalled the app and reinstalled hoping to reinstate all the groups that I belong to but this didn't work. I tried to add gvhc and it's telling me I need to join. I'm just curious as to what would be the next step to correct. Could you offer me some advice?

--- Member

May 19th

I think I have the issue resolved. I uninstalled the app and reinstalled and signed in using my email address as opposed to Facebook. Now my mobile app seems to show gvhc and it doesn't say anything about dues not being paid. I think I'm all set for now.

--- Member

*** From the President

Note: a second person reported the same condition, and was able to get to their account by following the same steps.

- Uninstall the Meetup app
- reinstall the Meetup app
- Sign-in with their email address
 - Not with Facebook, Google, Apple

This was the big takeaway for me:

The members originally signed up for Meetup with their email, and then at some point switched to Facebook, presumably having the same email address.

For whatever reason, that stopped working.

Uninstalling the Meetup app may have cleaned the cache and that may be relevant.

I suspect using their email and password login rather than Facebook avoided some underlying software connection issue with how the accounts were linked.

I can't prove it, just my supposition.

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Trail Maintenance Event at Naples

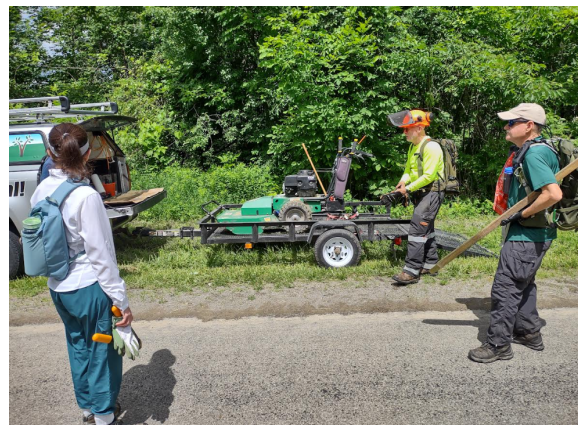
Ryan B

On Saturday, June 20, a crew of five GVHC members (Bob L, Chauncy Y, Luke N, Natalie C, and Ryan B) met in Naples to clear our roughly six-mile section of the Bristol Hills Trail between Hi Tor WMA and Italy Valley. The weather was almost perfect for working — dry and sunny, cool to start but gradually warming (or maybe that was just us from our efforts).



Gearing up

We used handsaws, loppers, shears, and trimmers to remove branches and small trees from the path, as well as clear areas around blazes to ensure they are more visible. A couple trees were moved off of the trail through teamwork and brute force.



Chauncy, an FLTC-certified sawyer, used his small chain saw to cut through some bigger trees and branches while we moved the debris. He also brought his Billy Goat lawnmower to clear a couple sections of high grass, and blazed/planted a couple stakes to better mark the trail in an area where it can be tough to follow.



Chauncy and Bob clearing downed trees

The crew was very strong and willing to work a bit longer than originally planned to ensure a clear trail. A few users came along while we were out and expressed their appreciation for our efforts (and even helped us move a tree from the path). After we finished for the day, most of the crew went to Roots Cafe in Naples village for a delicious, filling, and well-earned lunch.

Our next maintenance event will be Saturday, August 15...hope to see you there!



Natalie, Chauncy, Luke, Ryan

Switch from USPS to EMail of Hike Sign-in Sheets

1. Background Electronic Submission of Completed Hike Sign-in Sheets to Shared Drive

- a. At the March 2026 Exec Cmte meeting, we approved switch-over from snail-mailing to uploading completed hike sign-in sheets. The target date for

completion of the switch was 1 May 2026.

- b. Simultaneously the hike-sheet was re-designed. All important info is now on the front page.
- c. *Rationale:*
 - The existing USPS-based process that has been used since 1928!
 - Remove reliance on hike leaders to keep the SASE (Self-Addressed Stamped Envelope) for extended periods of time, and then actually mailing in the sign-in sheets(s).
 - Remove cross-over between Hike Scheduler, Hike Leaders and Archiver.
 - Saves GVHC approximately \$300/year in US Postal Fees.
 - The GVHC Historian no longer stores the Hiker Sign-In Sheets in their own home.
 - Historical Safety: Eliminate risk of losing its history due to fire and/or environmental disasters.
 - Digital copies of Hiker Sign-In Sheets support the role of Club Historian.
 - Enables sign-In sheets to be scanned / analyzed by historians & researchers.
 - Digital is a Greener Process. No envelopes, stamps, or driving to the Post Office.

ADK Expo

The Genesee Valley Chapter of the Adirondack Mountain Club hosted its 27th Annual Outdoor Expo on Saturday, June 13, 2026, at the Mendon Ponds Park beach area.

GVHC had our own tent for people to stop by to say hello.

A very special thanks to **Chauncy** (also a member of Victor Hiking Club). He provided us with the tent (already set-up) and table. Chauncy is the best!

Larry O presented on thru-hiking in Europe, focusing on travel arrangements (passports, visa, Europe's new Entry/Exit System), lodging, language and culture shock.

Chauncy and Ryan B led hikes on the East and West Esker trails.



President Larry O at the GVHC tent



Exec Cmte members Larry P and Iris R



GVHC's Chauncy Y led a co-listed hike with Victor Hiking Club on Mendon's challenging East Esker trail.



Ryan B led a hike for GVHC at Mendon Ponds on the scenic West Esker trail.

Summer Get-Together

Save the Date: Aug 23, 2026

Time: 12:00 - 1:30 pm

Location: Mendon Ponds Park, Stewart Lodge

Iris R and Ruth T always put together great social gatherings, filled with fellowship and camaraderie.

We will have lots of good conversation, good food, laughs and grins and smiles. Hang out and relax with your fellow GVHC'ers.

More Info to Follow.

(Since GVHC does not offer overnight hikes, this article provides info on training opportunities for this type of hike from the Finger Lakes Trail Committee.)

FLTC Offering Overnight Hikes

Guided Backpacking Treks Are Back

Ready to experience the Finger Lakes Trail beyond a day hike? Our new Backpacking program offers guided, small-group overnight adventures with experienced volunteer guides every step of the way. Whether it's your first time carrying a pack overnight or you're a seasoned hiker looking to cover new ground, there's a trek for you.

These are 1- and 2-night trips kept to a small crew size, so you'll get personal attention and the camaraderie of hiking with a like-minded group. Your guides provide a recommended packing list and trail menu, and the whole crew meets on a pre-trip video call to go over logistics and get to know one another before hitting the trail.

We've got three treks on the calendar this year:

 July 25–26 — Backpacking 101: SOBO to Watson Woods (beginner-friendly)

 September 26–27 — Backpacking 101: Sugar Hill to Watkins (beginner-friendly)

Spots are limited. Each trek has its own registration deadline. Don't wait too long.

FYI: [Go to FLTC](#)

Gosnell Big Woods

Location: Town of Webster, Monroe County

Size: 163.4 acres

Description: This Town of Webster preserve includes majestic old-growth forest, open field, and a small meadow.

Maintained by the Friends of Webster Trails, a variety of trails offer beautiful views of grassland fields, wildflowers, and a spectacular old-growth forest. Hikers may see turkey, deer, and a variety of birds.

For more info : [Genesee Landtrust](#)

July / August 2026 Hikes Sneak Preview

Sunday 26 July

Hike 1
Seneca Park Zoo to Rattlesnake Point
10am
EasyModerate ~ 5 mile hike.
Some small hills.
Meet in the large Seneca Zoo Parking lot, but as far away from the Zoo entrance as possible.
Hike Lead: Dave L

Hike 2
Crescent Trail, Kreag Road to Woodcliff.
2:00 pm.
Strenuous, fast paced 6 mile hike.

Meet in the parking lot for Kreag Road Park, 555 Kreag Road in Bushnell's Basin.
Hike Lead: Holly F.
Plan on 2 1/2 to 3 hours depending on group dynamics.

Saturday 29 August

Hike 1
Oatka Creek Park.
9 am.
Moderate 5 miles
Meet: main parking lot, 9797 Union St. Scottsville.
Hike Lead: Diane C

Hike 2
Chimney Bluffs State Park,
Noon.
Moderate, ~4 mile hike. Pace:
22-24 min/mile,
Meet at the park's EAST entrance at the north end of East Bay Rd.
Note! The first 1/4 mile consists of 200 steps that take us to the top of the bluffs.
Post Hike, for those interested, we'll stop by a restaurant on the east side of Sodus Bay.
Hike Lead: Tom K.

Glaciers: Irondequoit bay and the Genesee River

(AI Assisted)

Glaciers had a massive impact on the terrain around the Genesee River and

Irondequoit Creek / Irondequoit Bay during the last Ice Age, especially the Wisconsin Glaciation about 20,000 years ago.

Here's the big picture:

1. Glaciers carved and reshaped the landscape

As huge ice sheets moved south across western New York, they:

- scraped away soil and rock,
- widened valleys,
- deepened drainage channels,
- and left behind large deposits of sediment.

The glaciers acted like giant bulldozers and sanders.

2. The Genesee River gorge formed from glacial retreat

The modern gorge near High Falls exists largely because glaciers changed the river's course and elevation.

When the retreating glaciers melted:

- enormous amounts of meltwater flowed south,
- the level of Lake Ontario changed repeatedly,
- and the Genesee River began cutting downward into soft shale and limestone.

This created:

- steep gorges,
- waterfalls,
- rapids,
- and layered rock exposures.

The three major Rochester waterfalls formed because hard caprock overlays softer shale, so erosion happens unevenly.

3. Irondequoit Bay is a drowned glacial valley

Irondequoit Bay was originally a river valley carved deeper by glacial ice.

After the glaciers melted:

- rising water from ancient Lake Ontario flooded the valley,
- creating a long narrow bay called a **ria** or drowned valley.

That's why the bay:

- is long and narrow,
 - has steep sides in places,
 - and connects directly to Lake Ontario.
-

4. Irondequoit Creek follows glacial drainage patterns

Irondequoit Creek was strongly influenced by glacial meltwater channels.

The glacier left behind:

- gravel,

- sand,
- clay,
- and moraines (ridges of debris).

The creek now winds through these deposits, creating:

- wetlands,
- floodplains,
- oxbows,
- and marsh habitats.

Many parks along the creek exist because of this glacially shaped terrain.

5. Glaciers left behind important landforms

Western New York still shows many glacial features:

- drumlins (streamlined hills),
- kettles,
- moraines,
- eskers,
- and glacial till plains.

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End of Newsletter