



Newsteps

The Cleveland Hiking Club

Kathy Schultz and George Baker, Editors-in-Chief • chcnewsteps@gmail.com

The President's Corner

Peggy Koesel • peggykoesel@gmail.com

Challenge Hike Achievements

Consistent with the CHC's mission to encourage hiking, last year the Challenge Hike Committee, Ron Hueter, Eloise Plavney, Matt Collings, Ron and Aggi Konieczynski, David and Denise Tobiasz, and Ken Howard, developed eight hiking challenges for which individual members could be recognized. The Committee's work certainly achieved the goal of encouraging hiking.

All last year, members who completed a challenge were awarded a challenge patch for their accomplishments. Here is what they did: 182 members completed at least one challenge. Most challenges required multiple hikes, significant climbing, and/or substantial distance. Many members completed multiple challenges with 44 members completing two challenges, 23 members completing three challenges, and 3 members, Gayle Shroy, Mary Kurtz and Leslie Otten, completing four challenge hikes.

Of the members who completed a challenge, 102 members hiked 50% more miles in a calendar month than they hiked in the previous month. The advanced level of the 50% more miles challenge required a hiker to increase their total miles hiked by another 50% in a subsequent month. Just 8 hikers completed this challenge, including Alan Ceol, Marcia Cornelius, Ed Harstine, Michele Lanza, Carol Lindblom, Linda McAlister, Leslie Otten, and Liz Quinones.

Leisure hikers were invited to hike 100 miles of leisure hikes in three consecutive months. Thirty members met this challenge, which required completing about 33 hikes. That is commitment. To complete the Emerald Necklace Challenge, members must have hiked at least once in each of the Cleveland Metroparks Reservations. An amazing 64 members completed this challenge.

The Mile-High Challenge required hikers to complete hikes featuring climbing. Members who accumulated 4,280 feet of elevation change in 10 consecutive days received a Gold Challenge award. Those who accumulated 5,280 feet of elevation change in a 10-day period received the Mile-High Award. Fifty-six members achieved these heights, some more than once.

Twelve members completed 100 miles of Long Hikes scheduled in March, April and May. These hikers welcomed the challenge of completing a 14-mile hike and CHC's annual 20, 26 and 40-miles hikes. These long-hike lovers are Erik

Baldwin, Karen Barton, Karen Datko, Gina DiLauro, Bob DiVincenzo, Joel Edmonds, Karen Krauss, Ted Krauss, Victoria Li, Dan Lintern, Mary Kurtz, and Jim Lahman.

The final challenge for those drawn to the allure of distance was a 100-mile self-paced hike to be completed on Labor Day weekend. There were a number of previously reported hikers who attempted this challenge. Four members, Joel Edmonds, Erik Baldwin, Karen Barton and Matt Smith completed the entire 100 miles. Wow!

With a goal of developing new and different starting points for our hikes, the Hike Leader Challenge encouraged leaders to lead 100 or more hikes in our centennial year. There were seven leaders who met this challenge: Katherine Malmquist with 171.5 hikes, Dave Richards with 162.33 hikes, Bob DiVincenzo with 126 hikes, Mary Reinhardt with 118 hikes, Terry Ross with 114 hikes, Doug Hardman with 106.5 hikes and Bob Kimmelfield with 106 hikes. Congratulations and many thanks to these diligent leaders who collectively added more than 900 hikes to the schedules in 2019. That is quite an accomplishment.

By leading 100 hikes, these seven leaders became eligible to be named "Hike Leader of the Year." That leader must have led 100 hikes and started them from the greatest number of different starting points. A Challenge Hike Committee member reviewed schedules and hike records to determine which of these seven leaders started hikes from the greatest number of different locations. That leader was Dave Richards, with 115 different locations. We now recognize and congratulate Dave, CHC's Hike Leader of the Year (2019).

We recognize and applaud each of the 182 members who completed a centennial challenge and thank them for giving all of us something to aspire to. You can check out your and each individual member's achievements on the website's Hike Data page and in the 2020 Directory that you will receive shortly.

We could not have reached these heights or met these challenges without the creativity and work of the Challenge Hike Committee. We especially thank Aggi Konieczynski, Gayle Shroy, Dave and Denise Tobiasz, Erik Baldwin and Ken Howard for their careful work tracking and reporting of the data necessary for our members to be recognized for their achievements.

See you on the trail.

Members Hiking Mile-a-Day in February 2020 (296)

Katherine Malmquist • 440-338-4410 • chcmembers@yahoo.com

272 Robert DiVincenzo	99 Alice Kruse	65 Marianne Ellis	46 Bonnie Gallagher	33 Jan Kimmel
251 Cindy Judd	95 Frank Locurto	65 Ann Jacobson	46 Richard Loesch	33 Shirley McCoy
249 Bob Kimmelfield	94 Margot Richter	65 Gordon Mann	46 Donna Oros	33 Eloise Plavney
232 Barb Appel	93 Len Hueter	63 Jean Bouchard	46 Jim Spoth	33 Ruth Skuly
225 Rose Prisko	91 Dave Tobiasz	63 Larry Clager	45 Margaret Krolkowski	32 Margaret DeMarco
210 Sandra Phillips	89 Mary Hornsby	63 Ed Dooner	45 Brenda Lett	32 Rick Drake
195 Betsey Luce	89 Linda McAllister	63 Dennis Harrison	44 William Bagger	32 Debra Happel
192 Varsha Jhala	87 Steve Foster	63 Gale Manson	44 Smiljka Bosnar	32 Doug Roeseler
188 Ken Howard	86 Teresa Davey	62 Thomas Cady	44 Rita Gabrovsek	32 Cindy Shadler
175 David Richards	86 Suzanne Fisher	62 Rhonda Skalsky	44 Rich Kennedy	32 Becky Telzrow
175 Debbie Strong	85 Beth Arcady	61 Bill Grose	44 Bob Levy	31 Cathy King
172 Zelfa Sawaya	85 Peter Greiner	61 Susanne Jaster	44 Mary Carol Lewis	31 Cecilia Krauss
171 Mary Kurtz	85 Frank Jacobson	61 Sara Zielinski	44 Ann Roberts	31 Kristen Liviskie
168 Lucy Erba	84 Marcia Grant	60 Stephen Alexander	43 David Hobe	31 Bonnie Myers
168 Joan Jochum	82 Chris Rettig	60 Mary Bradshaw	42 George Baker	31 Ann Opett
164 Wayne Heritage	82 Bobbi Wirtz	60 Marge Fetterman	42 Marsha Gaul	31 Chetan Patel
164 Kathy Miki	81 Dan Herris	60 Debra Oblak	42 Margery Ordog	31 April Sampson
161 Denise Herman	81 Joseph Kosir	60 Marlene Snowbrick	42 James Reagan	31 James Wojcik Jr
154 Ellen Newton	81 Gayle McCrystal	60 Nilo Valencia	42 Rhonda Wien	30 Thomas Anderson
150 Giovanna DiLauro	81 Polly Sems	59 John Sech	40 Barbara Meyer	30 Erik Baldwin
149 Julie Wojcik	80 Gayle Shroy	58 Mary Del Heron	40 Judith Muzzy	30 Marcia Cornelius
146 Annette Jencson	79 Jane Grose	58 Stephanie West	40 Claudia Plonski	30 Jean Cross
146 Arthur Lieberman	79 Daniel Swinnerton	57 Judy Bednarz	40 Mary Smith	30 Bob Evans
145 Ann Biery	78 Karen Datko	57 Harvey Hanna	40 Janice Snyder	30 Mary Lou Evans
145 Marilyn Richards	78 Jane Hill	57 Annette Hueter	40 Joseph Snyder	30 Sharon Haverlock
141 Edwin Harstine	78 Karen Krauss	57 Donna McCafferty	40 Linda Tobin	30 Scott Ineman
141 John Jencson	78 Ted Krauss	57 David Ritchie	40 Patricia Tsevdos	30 Jeff Jaster
138 Katherine Malmquist	78 Robert Sweet	56 James Napier	39 Dorothy Asherson	30 Sue Kelly
135 Wally Floyd Biery	77 Lynn Berg	56 Alan Tucker	39 Fran Jacobs	30 Philip Kopp
134 Ron Hueter	77 Adela Kuc	56 Jo Tucker	39 Christine Krol	30 Kathleen Lamorte
133 Colleen Moran	77 Terry Ross	56 Bonnie Wallis	39 Jerry Polizzi	30 Karen Leary
129 Nancy Konrad	77 Donna Wirtz	55 Ruth Philbrick	38 Carol Lewanski	30 Laurel Luke
129 Ellen Woodruff	76 Patty Abdenour	54 Karen Barton	38 David Sagerser	30 Gail Mix
127 Susan Brett	76 Gary Dolch	54 Randall Brundage	38 Craig Shopneck	30 Sanda Myint
126 Hubert Carlin	76 Don Hoffman	54 Sandy DeMart	38 Diana Stack	30 Matt Smith
124 Joan Prentice	76 Don Landek	54 Judi Krahn	37 Kathleen Crippen	30 Tamara Troicky
120 Joseph Etzler	75 Sue Portnoy	54 Joanna Thomas	37 Janet Rybicki	30 Sherrie Wooden
120 David Schiraldi	75 Nelly Vileikis	53 Ilse Hrach	37 Debbie Wood	30 Haigang Zhou
115 Linda Condit	74 Ray Matthiesen	53 Steve Lynch	36 Graham Tom Andrews	30 Richard Ziemnik
114 Kathy Driscoll	74 Bob Trausch	52 Rick Benesh	36 Barbara Buser	30 Colleen Zitello
112 Victor Myhal	73 Peggy Koesel	52 David McBean	36 Pat Greene	29 Moris Amon
110 Dan Lintern	72 Sharon Horvath	52 Tom Overall	36 Patricia Hurley	29 Patti Anzalaco
109 Denise Tobiasz	71 Happy O'Donnell	51 Richard Toth	36 Elisabeth Kroepel	29 Nancy Czupik
109 Kathleen Carlin	71 Mary Reinhardt	51 Ross Penney	36 Edgar Phelps Sr	29 Sid Ordog
108 Toni Foster	70 Victoria Li	50 Celeste Birze	36 Pamela Reed	29 Kathy Rezek
108 Mark Stypczynski	70 Diane McClain	50 John Galla	36 Gabriel Zerkowski	29 Paul Rezek
108 Marianne Trausch	70 Ellen Ruh	50 Elizabeth Quinones	35 John Barnard	29 Sherry Widdowson
108 Sharon Uhl	70 Nancy Sogg	50 Luba Rudyak	35 Mary Jane Decker	29 Livia Zuccaro
107 Lee Hutton	69 Patricia Sharkey	50 Marianne Vest	35 Owen Foster	
107 Ellen Papadimoulis	68 Sue Biddle	49 Lynne Bell	35 Gary Freed	
106 Claire Jencson	68 Eileen Burry	49 Eric Downey	35 Jean Helmlinger	
105 Matt Collings	67 John Chappell	49 Mary Jo Hobe	35 Kathy Kristof	
105 Karen Gerheim	67 Michael Keating	49 Patrick Hurley	35 Gloria Lawson	
105 Patricia Irvine	67 Mary Masterson	49 Pat Spoth	35 Gretty Myers	
104 Alan Ceol	67 Tom O'Donnell	49 Barbara Swiney	35 Jim Oblak	
104 Karen Cogley	67 Dieter Sems	48 Karen Christie	35 Gary O'Meara	
104 Connie Kearns	67 Bob Shroy	48 Kent Packer	35 Daniel Ross	
103 Mary Eileen Butts	66 Sandra Barlett	47 Joan Delahay	35 Tim Ruh	
101 Kate O'Donnell	66 Jim Lahman	47 Kim Woodward	35 Robert Sikora	
100 Karen Magill	66 Michele Lanza	47 Susan Wright	34 Helga Balta	
99 Dwight Bird	66 John Ross	46 Jeffrey Colvin	34 Lil Baratko	
99 Elsie Davies	66 Thomas Schilens	46 Mark Davey	34 Wendy Tully	

Corrections

Mile-a-Day, January:

- 46 Patricia Hurley
- 150 Patrick Hurley
- 106 Chris Rettig
- 70 Marlene Snowbrick

February 2020 Statistics

Total number of hikes entered	387	Most members on a hike	39	Total member miles hiked	21,212
Total miles of hikes entered	2,007	24d – Papadimoulis and Fisher		Members per local hike-average	11
Number of mile-a-day hikers	296	Most miles on a hike	346	Members per local hike-median	9
Members hiking at least once	530	22c – Dan & Laurel Herris		Number of hikes cancelled	7
Total number hikers, members	4,183	Local hikes with 30 or more members	8	6j, 7a, 10j, 14k, 20j, 22n, 27m	

Mileage Awards for February 2020

47000 Ken Howard	6000 Bobbi Wirtz	500 James Wojcik Jr
47000 Rose Prisko	4000 Debbie Strong	100 Kathleen Carlin
17000 Arthur Lieberman	4000 Bob Trausch	100 Debbie Jessie
12000 Bob Kimmelfield	3000 Wally Floyd Biery	100 Sue Kelly
8000 Cindy Judd	3000 Rich Kennedy	100 Richard Loesch
8000 Jim Lahman	2000 Bob Levy	100 Thomas Schilens
7000 Beth Arcady	2000 Livia Zuccaro	100 Daniel Sweeney
7000 Terry Ross	1000 Nilo Valencia	100 Tamara Troicky
6000 Karen Magill	1000 Stephanie West	100 Erin West
6000 Janet Rybicki	500 Frank Locurto	

Membership Report

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New Members

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Elizabeth A White 1959 Savannah Pkwy
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trailwalkergirl@gmail.com

Reactivations/Reinstatements

Victoria A D'Amico, Kathleen C Doty, Christine Knott, Toni I Knowles, Michael L Macknin, Rhonda Sprau, Rick J Stringfield, Kathy Stroh

Rita A Groudle 448 East 274th St
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(216) 496-8281 rgroudle@roadrunner.com

Address & Other Changes

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Norma Delp is now Norma Delp-Morris

E-Mail Address Changes

Kathleen Driscoll kathydriscoll@live.com

Marilyn Pokorny pokornyeducation1617@gmail.com

Moving? Have a Seasonal Address? Changing your Marital or Membership Status?

New Phone, E-mail? Want to Receive a 10% Discount at Appalachian Outfitters?

Be sure to notify the Membership Co-chair, Veronica (Roni) Pavia, 927 Arboretum Circle, Sagamore Hills, OH 44067
Phone: 330-468-3706; E-mail: chcmemberchair@gmail.com.

Contraption Hike

Ron Konieczynski • konieczynski@sbcglobal.net

Joe Visitorski tried all the “fixes” for his aching back—physical therapy, cortisone shots, surgery. Most worked for a little while but now he needed a walker with wheels to get around. He can walk a couple of miles, with the aid of his walker, but at a really slowwww pace. In fact, Joe was not even sure he could handle hikes in the “Slow” category that occur several times a month on Monday evenings during warm-weather months. (See related article “For Slower Hikers”).

Joe loves the outdoors, misses his Hiking Club friends, and wants to hike. He can think of a half dozen hiker buddies who are in the same boat. They want to hike but are unable to find enough suitable hikes on the schedule, ones designed for hikers who need to use devices like walking sticks, trekking poles, canes, or rollators (walkers with wheels).

These hikes would be tailored to hikers who want a really casual hike, whether they use a walking device or not, and would have the following features:

- Smooth surface – paved (APT), compacted fine gravel (Towpath), sidewalks, or roads
- No hills; easy grades
- Short – 1 or 2 miles
- Slow, with frequent stops to catch up

The first “contraption” hike is a 2-miler scheduled for Saturday, May 2, at 10:00 am at Station Road bridge. It will be a history hike with breaks for two or three true history stories. The breaks will also be rest stops. All hikers are welcome but the pace will be set by those using assistive walking devices.

North Coast Wine Club Hike

Gerald Matisoff • gxm4@case.edu

The inaugural North Coast Wine Club hike is scheduled for Thursday, May 7, at 3 pm. The hike will begin and end at the club, 30700 Bainbridge Rd, Solon, Ohio. Parking is available around the back of the building. The 6-mile moderate hike will be on some sidewalks and roads, and about half the hike will be on an all-purpose trail in the CMP South Chagrin Reservation. At the conclusion of the hike participants can purchase a glass (or two!) of the club’s award-winning wines and socialize. Informal tours of the wine-making process will be available. The hike will be led by CHC and NCWC members Gerald Matisoff and Tom Radu.

For Slower Hikers

Bob Kimmelfield • 216-283-7824 • bkimmelfield@yahoo.com

Starting on Monday, April 27, we will resume the “Slow Hikes”, held in Shaker Heights and targeted towards hikers who can no longer maintain the pace of even a leisure hike. (Please also see related article “Contraption Hike”.) A few years ago, the club leadership approved a new category of hikes, Slow Hikes, with a pace of 25-30 minutes per mile. The category allows for a one-mile option.

On selected Monday evenings, two or three times a month, there will be Slow Hikes starting at the Shaker Middle School (20600 Shaker Blvd), with parking at the west end of the parking lot closest to the Bertram Woods Library. The hike will return to the library after one mile, and those who choose the one-mile option can wait in the library after the first mile, if their driver or companion is hiking three miles. The first mile will accommodate the needs of hikers with canes or walkers. The other two miles will also be slow and easy. The hikes will be on all purpose trails and sidewalks.

We know that the club has many members who have been unable to overcome the effects of Father Time and Mother Nature. Even if your strongest hiking days are behind you, we hope that you will be able to join us for a few slow and easy miles.

These hikes will be held only in the months of April through September – warm weather months with sunlight available in the evening. See the hiking schedules for dates, and please contact me with any questions.

Life is Brewtiful Hoptimist Series

Linda Heiden & John Heidenreich • 440-937-5580

As promised, some of our Brew Hikes this year will have a twist, as they are being planned/led with other CHC members’ involvement. Our April 18 6-mile Brew Hike was jointly developed by Becky and Paul DePrator. It will begin and end (for optional socializing afterwards in their Party Room) at The Brew Kettle, 8377 Pearl Road in Strongsville, conveniently located near I-71. Their extensive food menu includes uniquely prepared dishes featuring their smokehouse fare. They offer both alcoholic and non-alcoholic beverages including wine and spirits, and they are graciously extending to us a \$1.00 discount on all of their Brew Kettle (not guest) beers.

A “Hoptimist” believes the world is a better place with beer. Come join us in having a “hop-py” time and don’t forget to bring along your 2019-20 Cleveland Brewery Passport for stamping.

New Zealand Excursion

March 1 - March 17, 2021

Craig Shopneck • 216-316-5728 • CHShopneck@gmail.com

New Zealand is stunning and the Kiwi passion for the outdoors is evident in the country's extensive network of hiking trails. This 17-day excursion beginning in the capital city of Wellington and ending in the town of Nelson will take you through the northern parts of the South Island to experience beautiful coastal and backcountry terrain. We will walk almost every day on hilly, well-worn trails, averaging 8 miles with distances varying between 5 and 15 miles. Elevation gain in a day will often be 1,500 to 2,000 feet. You will need to carry a day pack and must be prepared for *energetic* level hikes. In March the weather is typically stable and during the day it's warm as summer transitions to fall; however, changes in conditions can occur quickly. Highlights include the following:

- Two-night stay in the city of Wellington.
- Ferry from the North Island across Cook Strait to the South Island.
- Four-day self-paced hike along the 43 mile Queen Charlotte Track in the Marlborough Sounds. All you will need to carry is your day pack. www.qctrack.co.nz.
- Hike in NZ's interior Nelson Lakes National Park. Visit www.doc.govt.nz and search "Nelson Lakes."
- Two-night stay in the coastal city of Nelson.
- Three-day self-paced hike along one of New Zealand's Great Walks - the 37 mile Abel Tasman Coastal Track. Here again, all you will need to carry is your day pack. Visit www.doc.govt.nz and search "Abel Tasman."

The excursion is limited to 16 hikers. The approximate cost (assuming double room occupancy and subject to currency exchange rates) is \$3,200 per person. Lodging, ferry, water taxi, luggage transfers, and private van transportation are included. Most meals, as well as airfare and travel to and from the airport are the participant's responsibility.

To sign up, call or email me beginning at 9 am Wednesday, July 1, 2020. A deposit of \$500 per person is due by July 15, 2020. Full payment is due by December 1, 2020. Feel free to contact me if you have questions. Please note that due to my travel schedule during the upcoming months I will have limited cellular and wifi services. Please leave a message and allow extra time for me to return your call or email.

Oglebay Resort, Wheeling, WV Excursion

Thursday, August 20 – Sunday, August 23, 2020

Stephanie West • 216-577-8525 • stephaniekwest@yahoo.com

William West • 216-496-4767 • wwawest@ameritech.net

Join the Cleveland Hiking Club on a trip to Oglebay Park and Wheeling, WV to hike Oglebay trails, historic areas and the rails to trails paths. We will begin on Thursday with both leisure and moderate hikes originating at Wilson Lodge where we are staying. We will learn about the park's connection to Cleveland's Colonel Earl Oglebay who bequeathed his summer home, a mansion, and its 25-acre farm to the people of Wheeling in 1928. On Friday, we'll hike the woodland trails in the park.

Over the weekend, we'll hike along the old National Road (Route US 40) through "Silk Stocking Row" and view several mansions once owned by prominent residents. We'll hike downtown Wheeling, passing landmarks such as Independence Hall, Victorian Row, the historic 171-year-old Suspension Bridge, and finally the Mount Wood Overlook with its magnificent view of the Ohio Valley. We'll find time to hike on the Rails to Trails north of Wheeling along the Ohio River and in nearby park locations as plans develop.

Both leisure and moderate hikes will be offered throughout the weekend. Make overnight reservations at Wilson Lodge, Oglebay Resort, Wheeling at 877-436-1797 or reservations@oglebay.com by July 20 with the Cleveland Hiking Club for discounted rooms. If you plan to attend, contact us so that we can compile a list of attendees and share detailed information about the trip with you.

April Birthdays

Veronica (Roni) Pavia • 330-468-3706 • chcmemberchair@gmail.com

1 Linda Gattiker	8 Carol Fleming	14 Haigang Zhou	24 Elaine Jaffe
1 Robert Lundbeck	8 Leslie Worsech	15 Ann Ashburn	24 Penelope Koach
1 Louis Raffis	9 Wendy Gillund	15 Sandra Brickner	24 Greg Robb
1 Christopher Trenka	9 Katherine Malmquist	16 Diane Heuser	25 Olivia Shao
2 Claire Jencson	9 David McBean	16 Joseph Shaffer	25 Mary Smith
2 Debra Navratil	9 Donna Wirtz	16 MaryBeth Skala	25 Christine Wick
2 Steven Stevenson	10 Barbara Gannon	17 Joy Landis	26 Pamela Cerio
3 Raymond Daniels	10 Julie Melzak	17 Franco Lanza	26 Edgar Phelps Jr
3 Thomas Lavelle	10 David Tobiasz	17 Naomi Loewy	27 Edward Dietsche
4 Deborah Kavulich	10 Miriam Weiss	17 Jeffrey Nichols	27 LeAnn Krosnick
4 Judith Lennartz	11 Marilyn Peterlin	18 Norma Delp-Morris	27 Gerald Matisoff
4 Susan Wright	11 Bob Warner	18 Cynthia Hollister	27 Susan Schueller
5 Brenda Garofolo	11 Phillip Williams	18 Diane McClain	27 Jeffrey Wilson
5 Elaine Marconi	12 Scott Jewett	19 Margaret Johnson	28 Meena Dixit
6 Joseph Grady	12 Doris Kurit	19 Leon Kimmelfield	28 Marge Fetterman
6 Laurel Herris	12 Lou Orban	19 Jeffrey Melzak	28 David Ritchie
6 Sumita Kedia	12 Kate Pellicane	20 Teresa Davey	28 Marilyn Rohde
6 Margaret Kosch	12 Ellen Ruh	20 Pamela Grabo	28 Willy Storm
6 Kathy Kristof	12 Yanfen Sun	21 Richard Gunsaulus	29 Ron Goldstein
7 Kathleen Dugan	13 Cynthia Busch	21 Edina Moore	29 Joyce Mastboom
7 Stephen Fuhry	13 Cynthia Fatica	21 Gary O'Meara	29 Eloise Plavney
7 Thomas Nezovich	13 Marcia Grant	21 Vincent Prioletti	30 Tammie Calabrese
7 Stephen Pepper	13 Sharon Haverlock	22 Katherine Scheid	30 Tim Ruh
7 April Sampson	13 Barbara Laughman	23 Rosanne Lewicki	
7 Donald Wojtalewicz	13 Wendy Miller	24 Neil Jacobson	

nCoVID-19 Information

George Baker • GeoB1@SBCglobal.net

The following organizations are known to provide useful and factual information about the novel Corona Virus Infectious Disease. When viewing Newsteps electronically, the underlined text sections are clickable links.

World Health Organization, WHO

<https://www.who.int/blueprint/priority-diseases/key-action/novel-coronavirus/en/>

Centers for Disease Control and Prevention, CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Ohio Department of Health, ODH: <https://odh.ohio.gov/wps/portal/gov/odh/home>

Cuyahoga County Board of Health, CCBH: <https://www.ccbh.net/coronavirus/>

Cleveland Department of Public Health, CDPH: <http://www.clevelandhealth.org/network/department/news.php>

Additionally, The **City Club of Cleveland** held a virtual forum on this topic on March 12, 2020. Representatives from CCBH, CDPH, and MetroHealth System participated. A video of that forum is available on the City Club website:

<https://www.cityclub.org/forums/2020/03/12/coronavirus-and-cuyahoga-county>

From the Chief Pathfinder

Trail Talk

Matt Collings • 440-243-4752 • mcollings187@aol.com

During 2019, our Centennial year, one of the challenges offered was to lead 100 hikes or more. Seven hike leaders met this challenge. Katherine Malmquist led with 171.5, followed by David Richards (166.33), Bob DiVincenzo (126), Mary Reinhardt (118), Terry Ross (114), Doug Hardman (106.5), and Bob Kimmelfield (106). Each leader received recognition for their achievement. Congratulations to all!



Speaking of hike leaders, Debbie Strong led hikes in January and February 2020 for the first time. Welcome!

The 2020 series of long hikes begins on 3/29/2020 with the 20-mile hike, followed on 4/19/20 with the 26-mile hike, and ending with the 40-mile hike on 5/3/2020. Erik Baldwin and his support team will provide locations, maps, and directions shortly. Hikers should check the March, April, and May hiking schedules for locations and starting times.

Cleveland Hiking Club has joined with Rail to Trails Conservancy and Cuyahoga Greenways Partners on 4/18/2020 for an "Opening Day" event throughout the Cleveland metro area. On 4/18, CHC hike 18k, a 3-mile Leisure Hike at Big Creek Snow Road, and CHC hike 18L, a 5-mile Leisure Hike at South Chagrin Shelterhouse, are featured. There is also a run, horse ride, and bike ride. CHC hikers and others are encouraged to participate.

As always, enjoy the outdoors, be safe, and happy hiking! Hope to see you on the trail soon.

2020 Inside Downtown Hike No. 2

Chris Rettig • crbubbles50@hotmail.com

We look forward to exploring more of Downtown with our next hike, to the Fire Museum, on May 7. We do need reservations for this one, and a fee of \$6 is required. You may sign up beginning April 18 at 8 am, via e-mail to me. Then send a check made out to Chris Rettig, for \$6 by April 28 and you will be all set to go! The hike will begin in Tower City by the fountains at 9:30 am. Also, an optional lunch is planned after the hike! See you on May 7!

Reminder to Hike Leaders

Send your hike reports to the new email address:

CHCHikeReports@gmail.com

Hike in Honor of Frederic H. Chapin

Stephanie West • stephaniekwest@yahoo.com

William L. West • wvawest@ameritech.net

You may know that Chapin Forest of Lake Metroparks is named for Frederic H. Chapin, who generously purchased the property in 1949 to protect it from logging. He then donated the forest to the State of Ohio, whose Department of Natural Resources manages it under a long-term lease agreement. If you have hiked Chapin Forest, you know it is a gem among the Lake Metroparks.

But what do you know about the very generous man who donated nearly 400 acres known for its majestic old trees, distinctive rock formations, and breath-taking scenic overlook? Mr. Chapin was the President of National Acme Company where Miss Lillian Kapel worked as his private secretary in the early 1950s. Even though Lillian had worked for Mr. Chapin, she never visited Chapin Forest. So, recently, I invited her to hike with us there and to share her memories of Mr. Chapin.



On Saturday, June 27, Lillian will speak briefly about her professional relationship with Mr. Chapin and her work at National Acme. She will speak at the Twin Ponds Shelter at the Hobart Road entrance to the park at 11:15 am. Then, Lillian, accompanied by her son Mark and daughter-in-law Kathy, will join us for a one-mile SLOW HIKE, beginning at 11:30 am from the shelter.

At 9:30 am there will be a moderate hike in Chapin Forest from the Hobart Road entrance. This hike will end at the Twin Ponds Shelter in time for Lillian's remarks.

Mark your calendar for our Annual General Meeting, Potluck & Hot Dog Roast.

Saturday, May 16, 2020 at 11:00 am
Meeting at 12:30 pm
Brecksville Reservation, Oak Grove Picnic Area

Haiku in Springtime

Rita Stroempl • rstroempl@gmail.com

White pine in green forest
Drinks water easily found
Hiker breaths in life.

Community Engagement Committee

Sharon Uhl • slu2946@gmail.com,
Diana Stack • dstack3850@wowway.com, Co-chairpersons



Trail Tales

Karen Leary • kglgowalk@gmail.com

Our centennial celebration in 2019 and induction into the 100 Year Club generated much more community awareness of CHC. The Community Engagement Committee arose from that recent publicity. The club is receiving invitations to participate in hiking related or health and wellness events in the local community. The goal of this committee is to develop an organized approach to participating in community events that is consistent with the mission of CHC: “encouragement and promotion of outdoor recreation primarily in the form of hikes and related outings.” We emphasize the physical, mental, emotional and social benefits of being in the outdoors, and enjoying nature while hiking.

Not all requests for CHC participation align with this goal, so the committee carefully considers when participation is appropriate. We participated in an employee wellness fair at Moen in August and one at Fleet Response in October. Also, in October, Diana spoke for The Grafted Hearts Club at Fairview Hospital. In January 2020, REI hosted a program presented by Sharon about CHC and hiking with the club. Currently we are planning to participate in wellness events in March, May and June. In development is a standard slide presentation to use when invited to speak about CHC. We are also planning a display board and updated CHC brochures for use at community events.

Trillium, Trillium, Trillium

Connie Kearns • 440-541-7362

In the past, Art Harvey took us to Eagle Creek Nature Preserve in the spring, close to his birthday, to see fields of trillium. During the hike on Friday, May 8, we will stop a short time for pictures. There are no toilet facilities, so stopping in Garrettsville is a good idea. Hiking boots and carpooling are recommended. There are only eleven parking spaces including a handicapped spot. The hike starts at 10:00 am.

The address for Eagle Creek Nature Preserve is 11027 Hopkins Road in Portage County. From Garrettsville go East on State Route 82 for two blocks to the flashing light, turn left (north) at the light to Center Road. Continue on Center Road 2.3 miles to Hopkins, turn right. The park is a long block on the right. After the hike we will have lunch before joining the 2:00 pm leisure hike in Garrettsville. (See the May hiking schedule.) Thank you, and please call me with any questions.

The Impossible First: From Fire to Ice – Crossing Antarctica Alone, by Colin O’Brady

If you think our winter here in Northeastern Ohio has been harsh (it really hasn’t been, though), you’ll feel much better after reading about Colin O’Brady’s solo, unassisted, unsupported trek across Antarctica.

Prior to December 2018, no individual had ever crossed the landmass of Antarctica alone, without support and completely human powered. Colin O’Brady was determined to do just that, even if, ten years earlier, there was doubt that he’d ever walk again normally. From the depths of a tragic accident, he fought his way back. In a quest to unlock his potential and discover what was possible, he went on to set three mountaineering world records before turning to this historic Antarctic challenge.

O’Brady’s pursuit of a goal that had eluded many others was made even more intense by a head-to-head battle that emerged with British polar explorer Captain Louis Rudd—also striving to be “the first.” Enduring Antarctica’s sub-zero temperatures and pulling a sled that initially weighed 375 pounds—in complete isolation and through a succession of whiteouts, storms, and a series of near disasters—O’Brady persevered. Alone with his thoughts for nearly two months in the vastness of the frozen continent—gripped by fear and doubt—he reflected on his past, seeking courage and inspiration in the relationships and experiences that had shaped his life. His wife, Jenna, was his back-at-home supporter continually working to find sponsors and motivate Colin during his most despairing of days.

While most of us won’t have an opportunity to visit Antarctica, Colin’s experience will give you an idea of what it’s like to be “on the ice”.

Mentoring Opportunity Hikes

Ellen Papadimoulis, Mentor Coordinator • 440 333-2937

At the end of some hike descriptions in the May and June schedules, you may see the words “Mentoring Opportunity.” These are just our regularly scheduled hikes open to everyone. The leaders, however, will welcome anyone who is thinking of becoming a new leader to walk alongside them. This could be prearranged or just casually decided while in the circle-up or on the hike. We always welcome new hike leaders for many reasons: to offer more hike choices to members, to add new ideas and routes, and to help share the hike leadership role. Thank you, mentors and hikers, for offering and considering this opportunity.

Safety Tips: Long Hikes

Julie Wojcik • 440-845-9048 • julielwojcik@yahoo.com

The Long hikes, in April and May, are rapidly approaching. Taking care of your feet should be a number one priority, as your feet provide you the opportunity to hike. You can be proactive or reactive. Being proactive entails conditioning and preparing, whereas being reactive means dealing with the consequences to alleviate pain and discomfort. Here are a few tips for dealing with some of the more common problems.

- The “Golden Rule” for your feet: treat your feet as you would have yourself be treated.
- Take the time to deal with potential problems ahead of time, and some problems can be avoided.
- Make sure your footwear fits. If a shoe doesn’t feel right in the beginning, the fit will not get better. Buy from a reliable source, choose the right shoe for the terrain, and try to have an experienced person size up your feet. Check to make sure the insole is sturdy, cushioned, and comfortable (not a piece of cardboard that doesn’t allow bounce when you walk), and that the shoe has adequate support. If needed, take the insert out and measure your feet up to the actual insert allowing for a little room beyond the outline of your foot.
- Train in the shoes and socks you will wear on a long hike day. (If you can only hike 10 miles, then your feet are probably not conditioned for a 20+ mile hike.) Condition your feet up to the distances you want to achieve.
- Wear moisture-wicking socks, and change them when they get wet. Make sure your shoes and socks are a good match. Socks too thin or thick can be uncomfortable and can cause problems. Clean the insides of socks often of fuzz and collected debris, and don’t allow creases or folds when putting on socks.
- Toenail care is an absolute must! Trim toenails so they don’t catch on socks, and file them smooth to eliminate rough edges. If they are too long they can ruin the nail bed.
- Still get a blister or foot problem? Analyze what was different from when you didn’t have a problem: it may be new shoes, or too old shoes; the wrong socks; or hot spots or calluses not attended to. There can be many reasons for a sudden problem. Hot spots (which usually lead to blisters) can be easily attended to by taping, or using lubricants or powder. There are many different ways to tape, types of lubricants for the feet, and even antiperspirants to reduce foot sweating. You might try googling the problem for various solutions.

Many of these suggestions come from the book *Fixing Your Feet*, 6th Edition, by John Vonhof, suggested by member Cheryl Selak.

Buckeye TrailFest Comes to the Cuyahoga Valley

Lee Hutton • leehutton.law@gmail.com

Each year the Buckeye Trail Association hosts a fun trail festival complete with hikes, workshops, speakers, and social activities. This year the festival comes to Northeast Ohio - to be exact, the Camp Manatoc Boy Scout Reservation in the CVNP - and takes place April 30-May 2.

There are lots of hikes, nearly 30 of them in total, on May 1 and 2. They come in all sizes and shapes. Some are short (five miles or less) and moderate in nature. Others are longer—as much as 15 miles - on routes more strenuous or difficult. Some hikes are on the Buckeye Trail. Others are on CVNP trails, and a sample of hikes are on Camp Manatoc’s grounds, scenic turf that is not generally open to the public.

Besides hiking, TrailFest includes lectures, workshops, and various programs. You can learn about blimps, spooky tales from the CVNP, how to tie knots, and lots more. There’s even a workshop on how to become an adopter on the Buckeye Trail. The event also includes a social scene, and a chance to mingle and mix with fellow hikers who share your passion for the woods and the outdoors.

To be sure, TrailFest is a fundraising event for the Buckeye Trail Association, but the money goes to a good cause: building and maintaining the same Buckeye trail sections through the parks that many of us hike. Registration costs vary from \$30 for a day pass to \$70 for a weekend pass and Buckeye Trail membership for the year. Children under 12 are free. Meals are \$10.

Check out buckeyetrailfest.org for a detailed listing of the programs, the hikes, registration and more. The website includes a description of all hikes, programs, and speakers. None of the TrailFest hikes are on the CHC schedule, so mileage credit is not available, but the experience is nonetheless rewarding.

Niagara Falls Excursion Reminder May 28-31, 2020

Helga Balta • 216-212-7727 Ellen Newton • 440-785-2699

Our spring excursion to Niagara Falls is rapidly approaching. If you would like to join us, please call Travelodge Fallsview Hotel at 905-354-2727 to book your reservation, as the special group price for CHC is only valid until April 30, 2020. Contact us if you have any questions.

Expectations of a Hike Leader (Recommended by the Pathfinder Committee)

1. Provide an accurate hike description for the Schedule.
2. Consider being creative in devising a hike.
3. Scout the hike adequately; know the area in case you need to alter your route.
4. Respect private property; receive permission to cross private property in advance of leading hike.
5. Respect sensitive natural areas; avoid them if season or ground conditions warrant.
6. Obtain blank Attendance Cards in advance of hike.
7. Arrive on time to start your hike.
8. Describe the hike, and announce appropriate hike rules at the beginning of hike. A sweep can be helpful.
9. Lead the hike as described in the schedule, barring uncontrollable factors.
10. Follow safety and etiquette rules for leading.
11. Be assertive and exercise authority as leader.
12. Exercise courtesy and reasonable flexibility in handling participants.
13. Regroup as needed, at trail junctions/changes of direction; avoid losing anybody during the hike.
14. Know emergency procedures and delegate responsibilities as needed.
15. Obey all municipal laws and park regulations.
16. Lead from start to finish, bring the group back.
17. Make every reasonable effort to ensure that everyone returns from your hike and leaves safely.

Hiking Rules and Guidelines (Recommended by the Pathfinder Committee)

1. On ALL PURPOSE TRAILS, we should leave a free lane for bikers and other people walking in the park. We should hike two abreast, keeping to the right side of the trail.
2. On roads, hike single file facing traffic.
3. On bridle trails, when horse and rider approach, STOP, stand off to one side, and remain still – some horses can be spooked by sudden movement.
4. Leader should appoint a “sweep” for the rear to keep the hikers grouped and to be sure no one is left behind or lost.
5. Cross streets at lights or crosswalks only. Leaders should wait until all hikers are across before continuing hike.
6. No off-trail hikes after sunset.
7. Before the hike, leader should describe the hike as in the schedule – stream crossings, the terrain and length.
8. Optional - reflective sashes or clothing may be worn on night hikes.
9. In a park, hikers should not go off trail without the leader's consent.
10. Remind hikers not to lose sight of the person in front of you.
11. Hikers should all stay on the same side of the road and should stay with the group. Leaders can report hikers who ignore these rules to the CHC Board and have Mileage withheld for flagrant infractions.
12. ***Regardless of pace, the leader needs to regroup their hike periodically.***
13. Always get the permission from the business owner to park in their parking lot prior to your hike.
14. Firearms are prohibited at all CHC functions (hikes, social functions) and at Camp Onwego.

**NEWSTEPS deadline is the 10th of the month.
Send information to chcnewsteps@gmail.com
Trip details should be no more than ½ page.
Photos may be submitted, and will be used if space allows.**

Where should I send . . . ?

- Requests for e-blasts go to Cleveland.hiker@gmail.com
- Questions or comments also can be sent to Cleveland.hiker@gmail.com
- Hike reports and Visitor reports go to CHCHikeReports@gmail.com
- Changes to membership info (name, address, phone, email, Newsteps receipt method, AO discount, requests for e-blasts, etc.) go to chcmemberchair@gmail.com

Social Whirl

Elaine Fechko • 440-238-8714 • elainefechko@hotmail.com

Unless otherwise noted, reservations for all free CHC events should be made by contacting Rita Bennett at CHCreservations19@gmail.com. Reservations and payment for fee-based events should be made with their respective hosts. Checks should be made out to Cleveland Hiking Club.

Social Whirl Calendar 2020				
<i>[May change due to coronavirus – Watch for eBlasts]</i>				
Date/Time	Newsteps	Description/Location	Host / Organizer	Reservations
4/19/20	3/20, p. 5	Annual 26-Mile Hike, CVNP Happy Days Lodge	Eric Baldwin	N/A
4/26/20	3/20, p. 6	Inside Downtown Hike #1 - Fee	Chris Rettig	Contact host
5/3/20	3/20, p. 5	Annual 40-Mile Hike South Chagrin Res. Shelter House PA	Eric Baldwin	N/A
5/7/20	4/20, p. 7	Inside Downtown Hike #2 - Fee	Chris Rettig	Contact host
5/16/20		Annual General Meeting – 12:30 PM Hot Dog /Potluck Lunch – 11:00 AM Brecksville Res., Oak Grove PA	Debbie Wood Mary Bradshaw Claudia Winowicz	Required
6/3/20		Lally Lecture & 3-mile Hike, Camp Onwego	Ruth Skully, CJ Keyes	TBD
6/20/20		Larchmere Porchfest Hike	CJ Keyes	N/A

Highlights — CHC Board Meeting March 3, 2020 Cuyahoga County Public Library, Orange Branch

Board members in attendance: Peggy Koesel, Larry Clager, Matt Collings, Joan Delahay, Sharon Horvath, Ron Hueter, Lee Hutton, Katherine Malmquist, Barb Meyer, Ellen Papadimoulis, April Sampson, Rita Stroempl, Sharon Uhl, and Julie Wojcik. Also present: Kathy Driscoll. Absent: Mary Bradshaw and Debbie Wood.

Kathy Driscoll requested and received board approval for an excursion to New Zealand to be led by Craig Shopneck 3/1/21 – 3/17/21. Ellen Newton will co-lead the May Niagara Falls trip.

Treasurer April Sampson: Dues revenue is currently under our annual projection YTD. Our property taxes were paid.

Chief Pathfinder Matt Collings is reinforcing safety in his Newsteps messages. He and Ron Hueter have a back-up plan for approving printed schedules. There are 450 hikes on the May/June schedule. Opening Day for Trails is April 18 in South Chagrin and Big Creek Reservations.

Recording Pathfinder Katherine Malmquist: Hike leaders are submitting reports in a more timely way. There is a new email address for submitting hike reports: CHCHikeReports@gmail.com, effective immediately.

Membership: CHC gained 7 new members in February, making 31 new members for the year. There have been 25 visitors through last month.

Community Engagement, Sharon Uhl: We have been getting many requests to participate in fitness-related events. The Committee will only accept invitations to health and wellness gatherings. CHC will be represented at two Cleveland Clinic events, on March 18 [canceled] and June 10. After the June event the CHC will lead a hike in the University Circle area.

Safety, Julie Wojcik: There were no injuries requiring medical help, but there was one case of dehydration.

Gift Memorial Committee: The Centennial Committee found a 1916 map and requested that the Gift Memorial Committee provide funds to have a frame made to display it at camp. A motion was approved for the use of \$350.

Western Reserve Land Conservancy, Lee Hutton: The Land Conservancy would like to partner with CHC hike leaders to show off the Conservancy's land and tell their story. Lee will submit an article to Newsteps to gauge member interest.

Film Festival, Rita Stroempl: The film *The Dark Divide*, will be presented at this year's Film Festival [canceled]. Doug Hardman will send an eblast with details. The next CHC Board Meeting will be April 7, 2020 at 7:00 pm at Camp Onwego.

Submitted by Barbara Meyer, Recording Secretary

(Editors' note: Complete minutes are posted on the CHC website.)

Newsteps

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Cleveland Hiking Club 2020

President – Peggy Koesel
Vice President – Debbie Wood
Chief Pathfinder – Matt Collings
Treasurer – April Sampson
Corresponding Secretary – Ron Hueter
Recording Pathfinder – Katherine Malmquist
Recording Secretary – Barb Meyer

Directors

Mary Bradshaw, Larry Clager, Joan Delahay, Sharon Horvath, Lee Hutton, Ellen Papadimoulis, Rita Stroempl, Sharon Uhl, Julie Wojcik

Trustees

Peter Greiner (2020)
Lynne Bell (2021)
Dave Hobe (2022)

www.clevelandhikingclub.org

Excursions Calendar

Kathy Driscoll • 440-973-4440 • kathydriscoll@live.com

DATE	NEWSTEPS	LOCATION	CONTACT
2020			
5/1 – 5/3	NS 7/19 Page 10 and 2/20 Page 6	New York City The Great Saunter 2020	Peter Greiner & Cindy Judd
5/28 – 5/31	NS 1/20 Page 5	Niagara Falls, Ontario Canada	Helga Balta & Ellen Newton
7/18 – 8/9	NS 6/19 Page 9	Yosemite, Kings Canyon, Sequoia National Parks & Bishop, CA	Denise & Dave Tobiasz
8/20 – 8/24	NS 4/20 Page 5	Oglebay, Wheeling, WV & WV Northern Panhandle	Stephanie & William West
9/2 – 9/4	NS 11/19 Page 9	Chicago, Illinois	Rich Urbas
9/5 – 9/19	NS 12/19 Page 3	Ireland Connemara (West Coast) & Antrim Glens	Karen Barton & Rhonda Skalsky
9/5 - 9/19	NS 3/20 Page 6	Mt. Rushmore NP, Glacier NP, Banff, Alberta NP	Peggy Koesel, Marianne Ellis, Sandra Phillips
9/24 – 9/27	Details to follow	Niagara Falls, Ontario Canada	Ellen Newton
10/18 – 10/23	NS 8/19 Page 7 and 2/20 Page 6	Philadelphia, PA	Jane Hill & Mary Carol Lewis
2021			
3/1 – 3/17	NS 4/20 Page 5	New Zealand	Craig Shopneck

NS = *Newsteps*, 9/19 = Issue and year, Page 4 = Descriptive article on Page 4. Please do not call excursion leaders before full trip description in *Newsteps*.

For an Excursion planning form, contact Kathy Driscoll – kathydriscoll@live.com or 440-973-4440