

The President's Corner

Sharon Uhl • sharonuhl.chc@gmail.com

I have talked about many aspects of hiking and the CHC in this column over the past nine months. This month I will share a more personal hiking adventure. Some of these thoughts have been topics of discussion with my friends on CHC hikes. To those of you who have backpacked, be it for a few days or for extended stretches of time, you have my utmost respect and admiration! It all started in early February 2022, when my daughter-in-law, Kristen, asked if I would be interested in an all-women's adventure trip. After considering various options, we decided upon a guided four-day, three-night backpacking/camping trip in the Great Smoky Mountains National Park. It would be a stretch for both of us, neither of whom had backpacked before. We knew it to be a challenge; but would it be a bridge too far? We soon found out.

Once registered for the trip, we received a gear list with categories from "required" to "optional." Fourteen years as a CHC member helped me check off a fair number of items on that list, but not one of the most important ones, which meant that I needed to get fitted for a backpack. No small feat for someone who measures five feet tall! Thankfully the experts at REI encouraged me to get a smaller than recommended capacity (65-75 liter) pack. Less capacity meant less weight! In retrospect I realize how few things one really needs, and our guides did carry some equipment for the entire group's use – water filtration, Jetboils to heat water, and first aid kits. But I am ahead of my story.

We received encouraging and detailed emails to help get conditioned for the trip. Hiking with the pack and gradually increasing the weight helped, but I soon realized that my usual hiking pace had to be slowed, particularly on hills. Using two trekking poles really helped with balance. Kristen and I were dutifully preparing, but both of us had things we were anxious about; she was concerned about not having enough "healthy", low-sodium meals on the trail, and I was concerned about the weight of my pack. It was a funny experience when we confessed our anxiety dreams to each other!

The first day of our adventure arrived with our guides having us totally repack our backpacks, adding our dehydrated food and tents. The five intrepid backpackers and two guides were shuttled to the Big Creek trailhead, and we started our trek. It was a gentle uphill grade along Big Creek before reaching the first night's campsite. The

Smoky Mountains is a temperate rain forest, and we felt rain throughout the day and most of the evening. I abandoned my rain jacket (too warm) and opted for wet clothes. The rain abated for a time, and we put up tents. Our nice flat spot soon became a puddle when the rain returned, so we pulled up stakes and moved to higher ground. The stream near the camping site was not "a babbling brook," but grew louder from the rain. The sound made for a soothing sleep.

Day two brought sunshine that stayed for the rest of the adventure. This was our most strenuous day as we made a significant elevation gain, ~2600 feet. Along the way there were many pauses to check out various insects, spiders, millipedes, flowers and mushrooms. And no, we did not see a bear. We spooked a deer, some rabbits, and squirrels. Also, there was evidence of feral pigs digging for roots and insects, etc. Overnight was at Laurel Gap Shelter. The shelter provided nice seating for dinner and breakfast the next morning, but we pitched tents for the night and left the bunks to the mice.

Day three was a little descent and more ascent with deciduous forest changing to pine forest as we made our way up the very rocky and root-filled trails to the Mt. Sterling campsite. Tent sites were cushioned with pine needles and the almost full moon was so bright that I did not need my headlamp after sunset. This was the first spot that afforded any reliable cellular service, enough to send off a photo of sunrise over the park mountains. Three days without cell service was such a refreshing experience, being totally present with nature and fellow hikers. It was easy to lose track of days and dates.

Day four was a 4,000+ foot descent from Mt. Sterling. "Hooray, downhill," I said to myself. Not as easy as I thought it might be. While the pace seemed easier, it required so much more from our leg muscles, a fact we didn't fully recognize until getting out of bed the next morning. This day was our first encounter with dangerous wildlife – an angry eastern rattlesnake! My main take away from this trip was the beauty and peacefulness of the mountains and the joy of sharing this accomplishment with Kristen. Wondering if we might do something like this again? It's already in the works! So very glad that I accepted Kristen's invite.

Members Hiking Mile-a-Day in August 2022 (305)

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

325	Cindy K Judd	106	Joan Jochum	76	Eugene Baxendale	51	John F Ross	38	Janet A Smith
300	Sandra Phillips	106	Ron Hueter	76	Mary Carol Lewis	51	Robert D Sweet	38	Sandra Barlett
252	Varsha Jhala	105	Happy O'Donnell	75	Richard B Meyer	51	Stephanie D Petty	38	Susan M Stebner
247	Barbara Appel	105	Nancy E Williams	74	Ariana L Miller	50	Jan Schrag	37	Barbara L Swiney
246	Rose Prisko	105	Terry L Marquard	74	Sandra L Jones	50	Louis D Raffis	37	Christine Novak
236	Timothy A Ransom	103	Colleen M Moran	73	Judy E Bednarz	50	Peter R Osenar	37	Diane Urban
233	Betsey L Luce	103	Merryl Carlsson	73	Marge Fetterman	50	Robert DiVincenzo	37	Donna Stefano
232	Zelfa V Sawaya	103	Nilo C Valencia	72	Glenn V Southard	50	Tom W Harrold	37	Erin K West
227	Robert P Fox	103	Peter D Ronis	72	Lillian M Baratko	49	Adela F Kuc	37	Mary Baldwin
222	Robert Kimmelfield	102	Larry J Clager	71	David J Ritchie	49	Ann M Biery	36	Arlene L Kitchen
219	Lucy Erba	101	Karen L Krauss	71	Eileen Burry	49	Brenda K Lett	36	Connie Fleming
196	Mary P Kurtz	101	Ted R Krauss	70	Marcia A Cornelius	49	Dorothy Asherson	36	Diane Euchenhofer
193	Alan D Ceol	100	Gary D Dolch	69	Susanne Jaster	49	Ray Matthiesen	36	Elaine Fechko
179	Giovanna DiLauro	100	Janet Fuchs	68	Pat Ayers	49	Wally Floyd Biery	36	Eloise Plavney
176	Douglas Hardman	100	Mary T Masterson	67	Annette Hueter	48	Bonnie B Milligan	36	James A Lis
173	Arthur Lieberman	100	Shelli Lanza	67	Marsha Gaul	48	Donald W Hoffman	36	Joy R Landis
173	Nancy Konrad	99	Sumita Kedia	67	Rita H Stroempl	48	Robert Trausch	36	Judy C Lawless
170	Bonnie J Myers	98	Shirley Leonard	66	Diane M McClain	48	Toni W Foster	36	Karen Birt
167	Claire Jencson	98	Trish L Stuart	66	Gail K Dicks	47	Ellen Woodruff	36	Marcia Grant
164	Lee J Hutton	97	Dwight Bird	65	Frank A Locurto	47	Karen Dribben-Alprin	36	Mary Frances Litzler
163	LouAnn Rossi	97	Patricia A Greene	65	Henry Zalar	47	Marty Ritzert	36	Patricia Hurley
163	Matt W Collings	96	Cheryl A D'Amico	65	Margaret Krolikowski	47	Sid T Ordog	36	Richard T Urbas
162	Joseph Kosir	96	Wayne A Heritage	65	Michael O Keating	46	Sue M Mills	36	Terry Greathouse
162	Susan J Brett	95	Jane R Hill	65	Mike D Sullivan	45	David Richards	35	Brad H Fox
159	Cathy J King	95	Leonard A Hueter	65	Peggy Koesel	45	Ellen Ruh	35	Kathleen Speidel
148	Patricia Anderson	93	Annette Jencson	65	Victor Myhal	45	Joan Delahay	35	Leah Schmidt
147	Patricia Irvine	93	Karen L Gerheim	64	Monika J Rock	45	Linda Heiden	35	Linda A Freed
146	Kate Mullally	92	Marianne Vest	64	Patty Abdenour	44	Patricia L Tsevdos	35	Lubov Rudyak
145	Gale M Manson	91	David A Schiraldi	63	Laura M Borns	44	Rita Gabrovsek	35	Marianne Ellis
142	Dan T Lintern	91	Gayle Shroy	63	William H Grose	43	Ellana Miklos	35	Miriam F Weiss
139	Edwin Harstine	90	Gail C Mix	62	Christina R Rettig	43	Karen G Leary	35	Sandra A Brickner
137	Stephen C Foster	90	George P Baker	62	Pamela M Reed	43	Kim Woodward	34	Dyan L Colpo
136	Ken Howard	90	Judi A Krahn	62	Smiljka K Bosnar	43	Nancy W Sogg	34	Laura Graf
136	Mark Stypczynski	89	Janene Yokoyama	61	David R McBean	43	Robert J Milligan	34	Laurel J Luke
136	Mary Hornsby	89	Karen E Christie	61	Judith Muzzy	43	Sherry Widdowson	34	Linda Tobin
135	Victoria Li	88	Sharon L Uhl	60	Alice R Kruse	42	David A Sagerser	34	Peter H Greiner
134	Bonnie Gallagher	88	Stephanie K West	60	Mila Mandic	42	Deborah Hayden	33	Debbie S Dacone
131	Katherine Malmquist	87	Patrick J Hurley	59	Paula Jacobson	42	James W Reagan	33	Frank Skala
131	Michele T Cozza	86	Karen O Cogley	58	Alan J Rolik	42	Mary Del Heron	33	Gordon W Mann
126	Mary Bradshaw	84	Bobbi Wirtz	58	Claudia M Plonski	42	Mary Jane Decker	33	Jeffrey T Colvin
124	Ellen Papadimoulis	84	Gayle McCrystal	58	Helen Layton	42	Mary M Bublavy	33	Kathleen Crippen
124	Julie Wojcik	83	Joan Prentice	58	Kevin J Marriott	42	Mary Pankiw	33	Phoebe L Stewart
124	Kathleen Driscoll	83	Judith D Meyer	57	Marilyn Rohde	41	Christine A Krol	33	Ron Zackowski
124	Kim B Barkfelt	83	Ness A Ransom	56	Donna J Wirtz	41	Diana L Stack	33	Sandy K DeMart
121	Ellen J Newton	82	Daniel Swinnerton	56	Laurie Salim	41	Jeffrey Gattiker	33	Sharon Haverlock
121	Gary Jencson	82	James Wojcik Jr	56	Lydia Rolik	41	Livia Zuccaro	32	April W Sampson
121	Wendy Gillund	82	Patricia A Sharkey	55	Deborah A Teron	40	Barbara Meyer	32	Beverly Dahms
120	Bonnie Wallis	82	Terry A Ross	55	Diane M Myers	40	Jane E Hanculak	32	David E Conroy
116	Rhonda Skalsky	81	Dina M Vogel	55	Harvey C Hanna Jr	40	Jeanine M Lora	32	Elizabeth Quinones
112	Connie C Kearns	81	Elizabeth Reeder	55	James R Napier	40	Kathryn A Drews	32	Fran Jacobs
112	John Jencson	80	Jane Grose	55	Janet K Rybicki	40	Richard L Hazelton	32	Margit Cisar
112	Wendy Tully	80	Karen A Datko	55	Robert N Nobles	39	Bonnie E Cusick	32	Maureen Lindway
110	Linda M McAllister	80	Lily Szalay	55	Suzanne M Fisher	39	Doris J Dietsche	32	Pamela H Marusic
110	Nelly Vileikis	80	Mary E Southard	53	Ed Dooner	39	Linda Deyling	31	Alice S Schubach
110	Susan K Wright	78	Marc R Laubscher	53	Nancy Thompson	39	Richard A Ziemnik	31	Craig H Shopneck
109	Margot M Richter	78	Marlene A Engel	52	Dennis Harrison	38	Adam L Orban	31	Debra L Oblak
108	David Tobiasz	78	Sara L Zielinski	52	Kathleen Lamorte	38	Carol Lindblom	31	Diann D Ludwig
108	Denise Tobiasz	77	Debra L Happel	52	Margery S Ordog	38	Christiane Lavertu	31	Elisabeth Kroepel
108	Linda M Kessler	77	Jay Neid	51	Ann Roberts	38	David Gonzalez	31	Linda Gattiker
107	Marianne Trausch	77	Sharon Horvath	51	Donald J Richards	38	Gail R O'Brien	31	Randall Brundage
106	Beth A Arcady	76	Dina M Kmiecik	51	Jana Greathouse	38	Helga Balta	31	Tammy L Gates

August 2022 Statistics

Total number of hikes completed 524	Total miles of hikes entered 2,623	Total member miles hiked 26,785
Number of hikes cancelled 5 02 #3, 09 #6, 11 #7, 11 #16, 18 #13	Most miles on a hike 418 13 #18 Dan Hervis	Most members on a hike 42 18 #14 Denise Tobiasz
Local hikes w/ 30 or more members 6	Members per local hike – avg. 10.1	Members per local hike - median 9
Total number hikers, members 564	Members hiking at least once 563	Number of mile-a-day hikers 311

August and September mileage awards will be reported in the November issue.

October Birthdays

Veronica (Roni) Pavia • 304-238-4032 • chcmemberchair@gmail.com

1 Ellen Weaver	9 Mary Ann Galla	16 Donna Stefano	27 Ron Peer
2 Paula Jacobson	9 James Simler	16 Mary Ann Warner	27 Barbara Rasmussen
2 Brian LaFountain	9 Teri Smith	18 Linda Tobin	27 Beverly Sullivan
2 Carole Miller	9 Ronda Thompson	19 Marlene Engel	28 Sue Kelly
3 Jonathon Bodzin	10 Ann Ball	19 Christine Novak	28 Shari Latter
3 Arlene Sikorski	10 Lillian Baratko	19 Marianne Trausch	28 Keith A Williams
4 Kathleen Crippen	10 Dawn Brown	20 Leonard Hueter	29 Tom Andrews
4 Roseanne Deucher	10 Abbas Lamouri	20 Corey Lightfoot	29 Michael Driscoll
4 Christine Roseman	10 Sarah Piller	20 Laurie Salim	29 Bill Minor
4 Usha Salvi	10 Patricia Sharkey	21 Mary Kaman	29 Monika Rock
5 Jonathan Evans	11 John Fahrman	22 Mary Del Heron	29 Dieter Sems
5 Maryann Mackey	11 Gregory Zuccaro	23 Bob Lawless	29 Cathy Zhao
5 Renee McDonnell	12 Kay Ball	23 Shirley Leonard	30 Sarah Iammarino
5 Wendy Tully	12 Tom O'Donnell	23 Julie T Miller	30 Pala Krzrnaric
6 William Abbott	12 Rosemary Stagel	25 Kathleen Dean	30 Victoria Li
6 James Napier	12 Becky Telzrow	25 Deborah Ing	30 Shirley McCoy
7 Cleo Current	13 Susan Dybowski	25 Cindy Judd	30 Catherine Nichols
7 Bobbi Wirtz	13 Susan Moore	25 Jeanette McGovern	30 Dina Vogel
8 Susan Frolo	14 Pamela Reed	25 Kimberly Morton	31 Doris Bellinger
8 Darlene Jacobson	14 Annette Safran	25 Dave Navy	31 Tanya Crider
8 Jeffrey Lennartz	14 Rhonda Skalsky	25 Jim Tomola	31 Dan Lintern
8 Anita Williams	15 Karen Datko	26 Steven Barkfelt	31 Happy O'Donnell
9 Peggy Doheny	15 Cheryl Neal	26 Rosemary Mihacevich	
9 Joel Edmonds	15 Lois Stueber	26 Phoebe Stewart	
9 Toni Foster	16 Dan Ezra	27 Bryan Modic	

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. All events are at Camp Onwego, unless stated below.

NdPS: Bring your non-disposable place setting

Social Whirl Calendar through December 2022				
Day/Date/Time	Newsteps Article	Description/Location	Host / Organizer	Reservations
Saturday, 10/1 4:00 pm	NS 9/22 Page 6	Clam Bake	Bob DiVincenzo	Contact Host
Saturday, 10/29 12:00 pm	NS 9/22 Page 6	Chili Cook-Off and General Meeting	Mary Jo Hobe Claire Jencson	CHC Reservations
Thursday, 11/24 10:00 am	To Follow	Thanksgiving Breakfast	Mary Kurtz Rhonda Skalsky	CHC Reservations
Saturday, 12/3 4:00 pm	NS 9/22 Page 7	Holiday Party Tremont City Side Ballroom Annunciation Greek Orthodox Church	Dave Richards	Contact Host

Membership Report

Veronica Pavia • 304-238-4032 • chcmemberchair@gmail.com

New Members

Rita Ballenger	4620 Burger Ave Cleveland, OH 44109 (216) 212-9876 ritab@louxhouse.com
Jennifer M Breschini	6445 Olde York Rd Parma Hts, OH 44130 (440) 320-3831 jenbrn11@gmail.com
Deborah C Duvin	15520 Gamekeepers Trl Novelty, OH 44072 (216) 704-9553 dduvin@mac.com
F Drexel Feeling	19223 Lomond Blvd Shaker Hts, OH 44122 (216) 223-8162 Fdfeeling@gmail.com
Nancy H Freed	28500 Bolingbrook Rd Pepper Pike, OH 44124 (440) 220-0364 Nhfreed712@gmail.com
Debra A Mayernik	288 Woodmere Dr Willowick, OH 44095 (440) 622-3566 d.mayernik@att.net
Millee A Mervart	13410 Lake Ave Lakewood, OH 44107 (216) 509-7570 milleemervart@gmail.com
Phoebe L Stewart	2240 Harcourt Dr Cleveland Hts, OH 44106 (216) 645-6702 ps3333@yahoo.com

Reactivations/Reinstatements

Edward J O'Connell	388 W Inverness Dr Highland Hts, OH 44143 (330) 819-5397 bedrock603@yahoo.com
--------------------	--

Address & Other Changes

Ilse H Hrach	14909 Orchard Park Ave Cleveland, OH 44111 (440) 655-5030 ilsehrach@gmail.com
Varsha Jhala	(216) 926-5595 (C)

Email Address Changes

Livia Zuccaro	Livzuccaro@gmail.com
---------------	--

From the Chief Pathfinder



Mary Kurtz • marykurtz2020@gmail.com

At this time, the Pathfinder Committee is reviewing and editing the hikes scheduled for November and December. Thank you to all who have signed up to lead hikes. We are all looking forward to the continued adventures the hike leaders have prepared for us.

It has been mentioned before how important it is for the hikers to review the hike description when choosing which hike to join. It is even more important how the leader describes their hike. The scheduling system allows for all types of information to be listed on the schedule. From trails, hills, APT, towpath; all elements of a hike can be entered. Once all of this information is entered into the system, this is the hike that you must lead. This is the information hikers use to choose their hike for the day.

Many of our hikers prefer a flat hike due to aching joints, mobility issues, or any variety of health concerns. If you do not list hills in your hike description, you should not be adding a hill to your hike. Many hikers are reluctant to be singled out as causing a fuss on a hike, or being the lone complainer, so they remain silent. Understanding that due to trail closures or weather challenges, changes may need to be made at the last minute. But the leader should stick as close as possible to the hike as described.

The same type of situation occurs if you list your hike as trails/APT. If your hike route will be more than 50% on the APT, let your hikers know before you begin. They may appreciate switching their trail shoes and boots for something more lightweight. Walking on APT for five miles can aggravate those aching joints. Be considerate of your hikers. They chose you to hike with today.

Remember to hydrate, even if the temperature has gone down a bit. Stay safe and have fun hiking!

Brew Hike

Saturday, November 5, 2022

Linda Heiden & John Heidenreich • 440-937-5580
lindaheiden@outlook.com

Hoptimist (noun) = a person who believes everything is better with a good craft beer.

We begin our six-mile hike at 1:00 pm at **BEERHEAD**, located at 1813 Nagel Road in Avon (just South of I-90). We will be stopping enroute for socializing at **ZZ's BIG TOP**, which is a part of the Avon Brewing Company family. They offer beer on tap, in cans, and in bottles along with cocktails, wine, coffee, and liquor.

The hike will end at around 4:00 pm at Beerhead's Avon location, which has been open for over three years. They offer a full food menu, 50 beer taps, 250 bottled/canned beer varieties (including gluten-free beer and non-alcoholic beer), cocktails, wine, and soft drinks. If you do not come for the hike, feel free to come for socializing at Beerhead's afterwards.

Come and enjoy, as beer makes you "hoppy."

CHC Election FAQs (as of September 11, 2022)

Maureen Lindway • CHCElection@gmail.com • 216-403-8034

1. **How will I be notified to vote?**

If you have an email address on file with the club, an email will be sent to you from Cleveland Hiking Club (invitations@mail.electionbuddy.com) by Saturday, October 1, 2022. This email will include a unique access key that can be used to vote *once*. The deadline to vote is Saturday, Oct. 15, 2022, at 11:59 pm Eastern Time (US & Canada).

2. **How do I vote?**

You can vote your ballot via a computer, tablet, or smartphone by clicking on the first link in the email, or copying and pasting that link into your browser. You can also visit secure.electionbuddy.com/ballot and manually enter the access key provided in the email. After you select the candidates or abstain (for each candidate category):

- a. Select the “Verify your selection” button, which allows you to review your choices.
- b. To change a selection, select “Edit ballot.”
- c. After you complete your review, select the “Submit ballot” button to record your vote. Your voting choices will remain anonymous.

3. **What if I share an email address with another member?**

Two emails will be sent to the email address on file, one for each member. Your email account may group similar emails together—click to expand the view to see each ballot email. Do not delete these emails until you both vote—these are not duplicates! Contained in each email will be a different access key.

4. **What if I don't have access to a computer or email at home?**

All voting will be electronic; this saves our club a lot of work, time, and money. There are no mailed ballots. You can vote using any device to which you have access using your unique ballot key: a smartphone or tablet, a computer at a public library, a friend's or relative's device.

5. **What if I didn't get (lost, can't find) the ballot access email?**

First, check your spam/junk mailbox. If nothing is found there, promptly contact the election administrator at CHCElection@gmail.com. Please do not wait until the last day to contact the election administrator if you are having a problem locating your ballot.

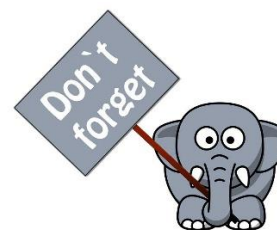
6. **What if I don't have an email address on file with the club?**

You will receive a postcard on or around October 1, 2022, with your unique ballot access key. You must still vote electronically as ballots will not be mailed. Using a smartphone or tablet, a public computer or a device belonging to someone else, visit secure.electionbuddy.com/ballot and manually enter the access key provided on the postcard to vote your ballot. You could give your access key to a trusted person to vote on your behalf. You can call Maureen Lindway 216-403-8034 and tell her your choices and she will cast your ballot.

7. **What if I will be out of town during the election?**

You have two choices:

- a. Sign onto your email account and vote.
- b. Sign onto your email account and forward the email that you receive to a trusted person to vote on your behalf.











2022 Election Candidates

Each active (non-associate) club member has received or will receive an invitation to vote electronically. Voting will be open from October 1 to 15. Refer to the information in this edition of *Newsteps* (page 5) or the frequently asked questions (FAQ) [document](#) on the website for further details. Shown is the 2022 Candidate List. Candidate bios are also located on the CHC website in the Members > Business > Election [page](#).

Corresponding Secretary – Gene Baxendale
Recording Secretary – Debbi Oblak
Trustee – Edwin Harstine

Directors – (2-year term. Vote for no more than 5)
 Ann Biery
 Teresa Davey
 Stephen Foster
 Ted Krauss
 Dave Schiraldi
 Marianne Vest

<p>For Corresponding Secretary</p>  <p>Gene Baxendale</p>	<p>Though I have only been a member of the hiking club since 2019, I have grown to truly admire and appreciate what the organization offers the northeast Ohio community. I've begun to give back some by being a hike leader and occasional volunteer on club projects. I am very interested in increasing that participation.</p> <p>I am in somewhat of a unique position to assist the leadership of the club in that I have served on the boards of 3 organizations that have roots as deep in the history of Cleveland as CHC: Saint Joseph Academy (1890), The Cleveland Engineering Society (1880) and The Osborn Engineering Company (1892). Through our struggles to remain relevant and expand in today's society, we were able to explore alternatives and adapt to that new environment, while refusing to abandon the historic principles of the groups' foundations. I feel the lessons I have learned would be very relevant to the CHC Board.</p>
<p>For Recording Secretary</p>  <p>Debbi Oblak</p>	<p>I have been in the Hiking Club for five years and have some experience as a hike leader. I had the recent privilege of assisting the Technology Committee with the new hike database system. I recently retired from teaching and hope to use my attention to details in the position of recording secretary. I enjoy the hiking club because it helps me connect to nature and interesting people at the same time.</p>
<p>For Trustee</p>  <p>Edwin Harstine</p>	<p>I have been club member for 9 years. During that time, I have enjoyed participating in the large variety of hikes the club offers including the annual long hikes and several excursions. I have been leading hikes for 8 years and have enjoyed meeting and becoming friends with so many of you. I really appreciate the opportunities for socializing, both during the hikes and at other social activities. I'm always surprised at what I learn on a hike, everything from a new trail to a suggested book, or a recommended restaurant. The club has become an important part of my life and I look forward to giving back to the club as a trustee.</p>
<p>For Director</p>  <p>Ann Biery</p>	<p>I joined the CHC in fall of 2017. I have enjoyed hiking with members. I believe our club's success is because of the commitment of our hike leaders, the forward thinking of our Board members and the countless hours members put in to make the club a success. I never dreamed of hiking in other countries, but have loved the experiences and comradery on all excursions. I am currently serving on the Pathfinder Committee. My life experiences have included a 38-year career as an RN at CCF including a director position in Health Care and as an educator in the Office of Patient Experience. This involved educating employees on effective communication, conflict resolution, and improving patient satisfaction scores. On a personal level, I have traveled on many medical mission trips and have served on the boards of various non-profit organizations. I would be honored to serve you as a Director on the CHC Board.</p>
<p>For Director</p>  <p>Teresa Davey</p>	<p>A club member since 2016, I have enjoyed exploring our tremendous outdoor resources with so many strong, resourceful, and generous hikers. I have raised six children in Northeast Ohio, four of which reside locally with four of my grandchildren. Protecting and maintaining our local trails and parks are a very strong interest of mine, and I work with several local organizations toward that goal. Supporting a healthy lifestyle is also a priority, which CHC delivers comprehensively through friendship, fun, challenges and exercise. I would be honored for any opportunity to support the club that supports all of our hiking goals and interests.</p>
<p>For Director</p>  <p>Stephen Foster</p>	<p>After my retirement as an engineer working in the steel industry for 40 years, I was introduced to the Cleveland Hiking Club by a long time CHC hiker, co-worker and friend, John Sech. He gave me a hiking schedule and said I should give it a chance. The best decision I have made was to join the Club to stay active and socially involved. I have been in the Hiking Club about six years, and have hiked over 7,000 miles with the Club. I lead hikes, helped with some things for the 100th anniversary celebrations, and have started to assist with trail maintenance. I would welcome being a Director. It would give me a chance to give back to the Club, and all those who have help me along the way.</p>

<p>For Director</p>  <p>Ted Krauss</p>	<p>Since joining CHC in 2002, I have participated in and led hikes and excursions, served as Camp Chair for two years and currently I am serving as a Director of the club. Over the past 20 years I have agreed with the vast majority of the decisions made by the CHC Board. If elected, I plan to continue supporting the club's established approaches to local hikes, excursions, and social events. In particular, I strongly support the continued use of Camp Onwego and would be supportive of additional social events both at Camp and elsewhere within CHC's footprint.</p>
<p>For Director</p>  <p>Dave Schiraldi</p>	<p>I joined the CHC November 2019, a few months before retiring from the faculty at CWRU. In my first 2½ years in the club I has amassed nearly 4000 miles, and have led ~25 hikes of my own in addition to substituting for others and leading sub-hikes on a number of occasions. May/June of 2022, I hiked the Camino in Portugal and Spain. The Hiking Club has been a Godsend, bringing me into the phenomenal parks of the area 5-6 mornings each week, and introducing me to many new, wonderful friends. I look forward to many more years of hiking.</p>
<p>For Director</p>  <p>Marianne Vest</p>	<p>First let me say, it is an honor to be asked to run for one of the Director positions in the CHC. I joined the club in 2011, in preparation for my trek to Mt. Everest Base Camp. Since then, I have met many great members and learned much about the club. As a retired Exercise Physiologist and Nurse from UH, I value the importance of exercising, especially out in nature. My current contributions to the club include leading hikes and assisting the Recording Pathfinder with weekly hike data entry. If elected, I would like to work with other board members and current members on strategies of drawing younger individuals to the club. I believe the future of the club is with these individuals. They, along with current members, will help grow the club for future generations.</p>

Dues are Due by December 31

Veronica (Roni) Pavia • 304-238-4032 • chcmemberchair@gmail.com

Please note that 2023 dues are due by Saturday, December 31, 2022. As a cost-saving measure, dues remittance envelopes will no longer be provided. Please follow the instructions below for mailing your check.

Life has a habit of getting in the way. We recommend that you mail your payment as soon as possible to account for longer mailing times in general and the usual holiday rush.

2023 Dues Membership type	Individual	Joint Two members at same address
Active Membership: residing within 75 miles of Cleveland	\$36 per year	\$57 per year
Associate Membership: residing more than 75 miles from Cleveland	\$31 per year	\$47 per year

Please make your check or money order payable to Cleveland Hiking Club and mail to:
Kathy Kristof, CHC Dues, 1276 Mathews Ave, Lakewood, OH 44107

Dues received after December 31 of this year, but before December 31, 2023, will require an additional \$5 late fee. After December 31, 2023, new paperwork and a \$20.00 reinstatement fee must be submitted along with current year dues to reinstate your membership.

Help keep the directory up to date and ensure that you get your copy. Please take a moment to review your listing in the current directory, and inform Membership of any changes of address, telephone number, or email address at: chcmemberchair@gmail.com. If you are seasonally away from your local address, please notify Membership of the dates (each year if necessary). The club will not mail to either your local or seasonal address during that time period. **If you have moved or are temporarily away, mail is returned to the club, return postage due, even if you have requested the post office to forward or hold your mail.**

By paying dues for the Cleveland Hiking Club membership, members acknowledge and reaffirm their continuing acceptance of responsibility as contained in the Liability Release Form they signed when joining the organization. A copy of the Liability Release Form can be found on the CHC website on the "Members Only->Business->[Job Descriptions, Policies](#) page.

Safety Tips:

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

As more falls are being recorded lately, here are some simple safety tips/reminders to keep in mind:

- Take your time while hiking - rushing can cause a fall, which can lead to injuries.
- Lift your feet while hiking over uneven ground (stumps, roots, rocks, etc.). When tired, we seem to not lift our feet as high as they need to go.
- Make sure to look at the ground ahead for any unsafe conditions. This allows you to adjust your gait to stay safe.

Sunshine/Sympathy

Send a card, make a call, say a prayer

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

A recent eblast announced the passing of previous CHC member, Renate Miller. She also lost her husband, member Marvin Miller last year. As a member for almost 19 years (2001-2020), she hiked about 10,000 miles. She will be missed by members who knew her.



Long Trail Completion

Jeff Colvin • jeffcolvin58@gmail.com

Last year, on August 10, 2021, I started hiking the Long Trail in Vermont. My trail name is Jabez (from 1st Chronicles 4:10). I had only done 54 miles of the trail when I had to end it on August 13, because of bad blisters due to a poor shoe choice. I was very disappointed! Determined to finish, I went back this year and hiked from August 8 to August 23, and was able to complete the remaining 218 miles. I am now an End to Ender!

I hiked northbound (NOBO) on the trail, which runs from the bottom of Vermont to a few feet from Canada. I have not been a thru hiker for over a year, but a section hiker (almost). I spent two nights in Waitsfield, Vermont, and there I met the sister of member Margie Miller, and her husband, (Mary Joyce and Joe). I mentioned that I was a CHC member, and she said Margie was also, and had been part of the England group. Small world!

There was great trail magic as I was preparing to leave and try to hitchhike the seven miles back to the trail. Joe knocked on my door and said that Mary Joyce had offered to take me to the trail. Wow! Wonderful! That gave me an earlier start for hiking that day. I had many other instances of trail magic along the way - the trail provides many blessings!

This trail was the first long distance trail in America and one of the toughest. I would put it right up there with the Whites and Maine on the AT. Reaching the monument at the end of the trail was my goal and was very emotional for me. CHC helped prepare me for the trip, thanks to all the leaders we have! One step at a time (lots of that happened). I will fill out paperwork to get my certificate today! Keep on keeping on!

Thank You Notes

Thank you: A great big THANK YOU to all our club volunteers - this club would not exist without you!!!

Over 72 members were treated to a menu prepared by "chef" Bob DiVincenzo at the Volunteer Appreciation Dinner on August 27th. Members were served by several volunteers, who prepared, served and cleaned up after the event.

It was amazing how many donations were given for the door prize drawing to the volunteers who attended the dinner - thanking them for all their hard work and desire to provide wonderful hiking and club experiences for all. An **overwhelming** amount of donations came pouring in - even on the day of the Volunteer Dinner. Thank you to all who provided the donations and also to those who collected them.

Although the Volunteer Appreciation Dinner happens only once a year, anytime is a good time to thank those who provide our club with some wonderful experiences.

Julie Wojcik

To Ridge or not To Ridge

David Tobiasz • dstobiasz@aol.com

Autumn is a great season to hike. It also heralds the CHC Annual Ridges series of hikes. The 16 Ridges Hike is as old as the club's annual 40-mile hike. It is not a series of hikes for everyone, but if you think you may want to give it a try... we have a series of progressively more challenging hikes leading up to the second Sunday of November. Each of the three prep hikes is ten miles. All are in the Cuyahoga Valley National Park.

This year, we have a new leader in the series. On October 2, Teresa Davey will be leading from Ira Trailhead. You can expect around 1,700 feet or so of climbs. On October 16, Jim Reagan will host prep hike #2 at Jaite Trailhead. Hikers can expect about 2,000 feet worth of climbs. Lee Hutton will host the third prep hike for aspiring hikers at Boston Store on October 30. You can chase Lee around for about 2,200 feet worth of climbs.

Finally, on November 13, veteran Ridge Hike leader, Gary Schuster, will host the CHC Annual 16 Ridges Hike. One can expect Gary to lead you off trail and up ridges for 2,400 feet or more worth of climbs. This will be a ten-mile hike that will start at the Station Road Bridge in the CVNP.

So, there you have it. Think you can run with the big dogs? Attempt one or more of the prep hikes and see if you can make it to the next level. The odds are always in your favor. Please see the hiking schedule for starting times.

Buckeye Trailfest Addendum:

Check out the Chagrin Documentary Film Festival in October for "Meandering Thru", a documentary about a local teacher thru-hiking the Buckeye Trail:

meanderingthru.com and chagrinfilmfest.org

Annual Photo Contest Rules and Entry Form

Denise Tobiasz • 440-915-6549

Chris Rettig • 216-676-9306

Tim Ransom • 216-513-5011

The CHC Photo Contest is alive and well!

We hope you have been taking great photos all year long! Even though photos will be judged digitally, we will still need printed and matted photos for the Holiday Party. Please see the article on page 10 for information on how to upload your digital photos.

The categories for the contest will remain the same. They are: people, scenery/landscape, flora, architecture/structure, animals/insects, and black and white.

- No more than two entries per category and a limit of six photos in total.
- All photos must have been taken during a CHC hike, excursion, or event from November 2, 2021, to October 28, 2022.
- Photos must be 8" x 10".
- Photos must be matted using 11" x 14" black or white mats.
- Photos should be placed on a sturdy backing that is 1/8" thick or less to protect the photo and aid mounting in a frame.
- Photographer's name, category, and location must be on the back of the matted photo.

The judging will be done digitally.

Critiquing and judging of the photos will be done on Saturday, November 12, 2022, at the Cleveland Photographic Society Club House, 9543 Broadview Road, Broadview Heights. Winners will be announced that day.

No alterations to photos are allowed, other than what can be done at a typical drugstore photo kiosk. No "photoshopping" is permitted. (No added or deleted elements, no distortions, etc.).

Let either one of us know if you have any questions about the new format.

Complete the following and submit with your matted prints:

Image 1: Category _____ Digital Filename _____

Image 2: Category _____ Digital Filename _____

Image 3: Category _____ Digital Filename _____

Image 4: Category _____ Digital Filename _____

Image 5: Category _____ Digital Filename _____

Image 6: Category _____ Digital Filename _____

Decisions regarding eligibility of entries are at the sole discretion of the CHC Photography Committee. Please contact any Photography Committee member with questions or concerns.

CHC Photo Contest Entry Release Statement: I certify that I am the photographer of the work submitted and own all rights to this art. By submitting the artwork listed above, I certify I have the right to submit or publish this artwork. Images of persons, when identifiable, require their knowledge and agreement to allow their image to be taken by the maker.

I do not permit or I do permit (circle one) CHC to place the artwork in any electronic format (CHC website) for public viewing of CHC members and others. The images on Google Photos are copyrighted by CHC. By participating in the CHC photo contest, I agree to release and hold harmless CHC, officers, and other agents from any and all damages or losses of any kind resulting from my participation in this contest. CHC, its officers and agents assume no responsibility or liability for any damages, claims, causes of actions, and losses of any kind arising in whole or part from this contest.

Photographer's Name: _____ Phone Number (_____) _____ - _____
Print name above

Photographer's Signature _____ Date _____

How to Upload Digital Photos

Denise Tobiasz • 440-915-6549 Chris Rettig • 216-676-9306 Tim Ransom • 216-513-5011

Uploading for the contest will run from October 15 through October 28.

However, the upload links are already active. Feel free to practice uploading your files. Anything uploaded prior to the official start date will be deleted at that time. So give it a try. It's really pretty easy.

These directions are based on the Windows operating system on a desktop or laptop computer. They may need to be adjusted for tablets, smart-phones, and computers using other operating systems.

Before you upload:

Photos must be renamed. Include your name and the photo location in the filename. There are several ways to rename a file. One way is to right-click the filename, left-click "Rename", type the new name, and hit the "Enter" key to save the change. If you are entering two photos in the same category from the same location, be sure to use different names.

Examples: Denise Tobiasz-Brecksville Nature Center #1
 Denise Tobiasz-Brecksville Nature Center #2

Prints for display at the holiday party must be cropped to 8" x 10".

Photos do **not** need to be cropped or resized before uploading. However, you may want to crop and resize first if you want the judging based on the image as printed.

Hint: place all the photos you want to enter into one folder to make it easier to locate them when uploading.

When you are ready to upload:

Left-click the appropriate category upload link

- Upload page opens. Note: You can select and upload two files at the same time.

Left-click "Browse Computer"

- File manager opens
- Navigate to directory/folder that contains desired photo(s)
- Left-click photo filename(s)
- Left-click "Open" on upload page
- A "Hooray..." message will indicate the upload was successful.

Repeat above if you need to upload another photo in the same category.

Click "DONE" when finished uploading photos in that category.

Repeat for other categories as necessary. Exit website when done.

Hint: If you just want to see the photos others have uploaded, click one of the links, then click the "Done" button at the upper right.

Here are the Cleveland Photographic Society upload links for the six categories:

- Animals/Insects - <https://richard-ader.smugmug.com/upload/gBsWb3/Animals>
- Architecture/Structure - <https://richard-ader.smugmug.com/upload/xPtqC/Architecture>
- Black and White - <https://richard-ader.smugmug.com/upload/WGXX55/BW>
- Flora - <https://richard-ader.smugmug.com/upload/n3fDnB/Flora>
- Landscape/Scenery - <https://richard-ader.smugmug.com/upload/mrXqNW/Landscape>
- People - <https://richard-ader.smugmug.com/upload/qNdwLR/People>

When viewing the electronic version of Newsteps, the above are clickable links.



Highlights — CHC Board Meeting

Tuesday, September 6, 2022, at Camp Onwego

Board Members in attendance: Sharon Uhl, Patty Anderson, Barb Buser, Sharon Horvath, Lee Hutton, Bob Kimmelfield, Mary Kurtz, Ellen Papadimoulis, April Sampson, Maggie Savoy, Julie Wojcik. Members not in attendance: Ann Biery, Larry Clager, Ron Hueter, Ted Krauss, Katherine Malmquist.

President Sharon Uhl called the meeting to order at 7:00 pm. The minutes from the July 5 and August 6, 2022 board meetings and the August 6, 2022 general meeting were approved with corrections.

Treasurer – April Sampson reviewed the Profit & Loss Budget vs. actual, Profit & Loss for the month of August, 2022, and balance sheet as of August 31, 2022. The club's finances are in good shape. We are on target for finishing the year within our budget, including our biggest expenses in printing and mailing.

Chief Pathfinder – Mary Kurtz reported that scheduling is underway for the November and December hiking period. There are two new hike leaders with mentor pairings at this point.

Recording Pathfinder – Sharon Uhl shared hike information from Katherine Malmquist. With 524 hikes completed, 568 hiked at least once in August. Also, 311 hiked a Mile-a-day.

Corresponding Secretary – Sharon Uhl reported for Ron Hueter. Due to problems with the printer's folding machine, the September mailing of *Newsteps* and Schedule of Activities was delayed. Once available, printed schedules were handed out at various hikes. Members are encouraged to look up scheduled hikes on the CHC website, especially if there are unanticipated delays with the mailing.

Membership Committee – An October update is forthcoming.

Safety Committee – Julie Wojcik reported one accident requiring medical assistance in August and another in September.

Camp Maintenance – Bob DiVincenzo's report for July and August included the following: Ken Howard's 50k bench was stained and assembled; a new pipe rack for the tool shed was fabricated and installed; grass was cut and trimmed two times; camp was prepped for events with public address system power and speaker lines, tent lighting and debris clearing; fire extinguishers were taken in for annual service; roach traps and mouse baits were refreshed with virtually no mouse activity in the cabin; outhouse hand sink drain was re-plumbed properly which should last longer; and lighting was installed about the outhouse sink with low voltage LED strip lights. Thanks to Bob DiVincenzo and Julie Wojcik for organizing this year's Volunteer Recognition dinner. Feedback was very positive about the event.

Community Engagement – Chairperson Denise Herman has represented CHC at outdoor activity awareness events held at North Face at Eton Place and will do so again. Consideration was made for possible CHC presence at the upcoming Buckeye Trailfest.

CHC Merchandise – Debbie Wood, Merchandise chairman, is working with Big Frog to offer an online fall CHC merchandise sale. It will soon be publicized in *Newsteps* and in an eblast.

Pavilion Project – Plans for the pavilion are still in progress.

Ad Hoc Committee on add-on hikes – Committee chair Mary Kurtz reported that the committee will soon meet. She has been receiving feedback from members about add-on hikes to the regularly scheduled CHC hikes.

Discussion of Cost Saving Measures - Discussion was postponed until closer to the end of the budget year in order to have a clear understanding of our budget status.

Property Reassessment – April Sampson and Sharon Uhl met with county tax officials at an open session to try to lower the 35% proposed property tax increase for Camp Onwego. Bob DiVincenzo helped with written materials and April Sampson presented area comparable sales. The tax department will contact us with their decision.

Election – The October *Newsteps* will contain the full slate of candidates and instructions for the upcoming electronic election, which will take place from October 1 through October 15, 2022.

CHC pins – Patty Anderson asked for permission to purchase CHC pins to give to new members with their new member packets. Ellen Papadimoulis will provide the club's newer logo design for the pins.

President's Hike on January 1, 2023 –The President's and Vice President's New Year's Day hikes will be held at the CVNP Cuyahoga Valley Scenic Railroad Parking Lot off of Old Rockside Road.

The meeting was adjourned at 8:37 pm. Next board meeting will be **Monday**, October 3, 2022, 7 pm, at Camp Onwego.

Submitted by Maggie Savoy, Recording Secretary

Complete minutes are posted on the CHC website

newsteps

7419 Essen Avenue
Parma, Ohio 44129-3121

Return Service Requested

PRESORT STD
U.S. POSTAGE
PAID
CLEVELAND, OH
PERMIT #707

Cleveland Hiking Club 2022

President – Sharon Uhl
Vice President – Ellen Papadimoulis
Chief Pathfinder – Mary Kurtz
Treasurer – April Sampson
Corresponding Secretary – Ron Hueter
Recording Pathfinder – Katherine Malmquist
Recording Secretary – Maggie Savoy

Directors
Patty Anderson, Ann Biery, Barb Buser,
Larry Clager, Sharon Horvath, Lee Hutton,
Ted Krauss, Bob Kimmelfield, Julie Wojcik

Trustees
Dave Hobe (2022)
Doug Hardman (2023)
John Jencson (2024)

www.clevelandhikingclub.org

Excursions Calendar			
<i>Kathy Driscoll • 440-973-4440 • kathydriscoll@live.com</i>			
DATE	NEWSTEPS	LOCATION	CONTACT
2022			
11/30 – 12/10	NS 6/22 Page 3	Costa Rica (Full, with waiting list)	Jane Hill & Mary Carol Lewis
2023			
2/1 - 2/10	NS 9/22 Page 7	San Diego, CA	Frank Skala
3/3 - 3/21	NS 5/21 Page 6	New Zealand: North Island - Wellington. South Island - Nelson, Abel Tasman Coastal Track, Queenstown, Milford Track and Blenheim.	Craig Shopneck
9/4 - 9/8	NS 5/22 Page 9	Quebec City, Quebec, Canada (Full, with waiting list)	Jane Hill & Mary Carol Lewis
NS = <i>Newsteps</i> 9/22 = Issue and year Page 7 = Descriptive article on Page 7 Please do not call excursion leaders before full trip description in <i>Newsteps</i> .			
For an Excursion planning form, contact Kathy Driscoll – kathydriscoll@live.com or 440-973-4440			