

# The Co-Hiker



web: [ymcacolumbus.org/hike](http://ymcacolumbus.org/hike)

email: [cohc\\_hikingclub@yahoo.com](mailto:cohc_hikingclub@yahoo.com)

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## Current Board Members

<i>President</i> .....	John Troutman
<i>VP/Trail Master</i> .....	Connie Sheridan
<i>Secretary</i> .....	Linda Coe
<i>Treasurer</i> .....	Gerlinde Lott
<i>Membership</i> .....	Kate Graham
<i>Special Events</i> .....	Jeanne Barbee
<i>Historian</i> .....	Betty Bradley
<i>Social Events</i> .....	Carol Beal
<i>Webmaster</i> .....	John Troutman
<i>Co-Hiker Editor</i> .....	Jamie Abel

## Club News ...

### Hiking Milestones

Whaja Troutman .....	1,000 miles
Gisela French, Jamie Abel .....	500 miles

### In Memoriam



Long-time COHC member, WW II veteran and Columbus resident **Lloyd Graham**, 91, went to his heavenly home on Jan. 9.

**Jeri Stanton**, 83, of Westerville, another long-time member passed away on Feb. 12 after a valiant battle with cancer.



**Kathy Lince**, 74, long-time member, past-president and webmaster of the Club and Columbus resident, died March 1. Kathy developed the Club Motto, "Hike it. The only way to see the beauty."



*Whether you're of the Catholic persuasion, of some other denomination, of some other faith, or of no particular religion, A Hiking Prayer might provoke thoughts about your life spent among the trees or other ideas upon which you might reflect.*

### A Hiking Prayer

Lord Jesus,  
Help me to be straightforward like the sky-seeking redwood tree.  
May my generosity be like the sap that ascends and nourishes.  
May my soul be clear like the spring water at its origin.  
May my will be like the faultless granite.  
May You be always throughout my life a constant companion.  
May the cross which rises at the crossroads be for me like the meeting of a friend.  
Amen.

Prayer found at Catholic Online  
<http://www.catholic.org/prayers/prayer.php?p=1364>

## Hike Reports ...



### Great Seal State Park

March 28, 2015

John Troutman, leader; Jamie Abel, sweep

Great Seal State Park has a well-earned reputation for rugged terrain, but this trail wasn't so bad. A group of 21 hikers traipsed around Mt. Ives and Bunker Hill. On the Bunker Hill trail, we were amazed and a little befuddled by all the stone cairns along the trail ... dozens of them. How many hours had people spent building them? We ascended one challenging hill near the start, but spent most of the hike traveling along fairly level terrain with a steep downhill trek at the end. A hearty buffet dinner was enjoyed at the Golden Corral in Chillicothe. 🌻🌻

### Blacklick Metro Park

March 14, 2015

Jim Dearnell, leader; Connie Sheridan, sweep

Although the morning was rainy and damp, by hike time it was a lovely spring afternoon, and 29 members came out for the hike. Jim Dearnell led us on a fast-paced hike through the woodsy area of the park. No spring flowers were out yet, but the resident pileated woodpecker put on an aerial display for us. Farther along, we watched an albino squirrel scampering up a tree with its grey squirrel



playmates. After a brief respite at the Nature Center where we could see some signs of spring at the birdfeeders, notably the red-winged blackbird, we continued on our way. The sun warmed us as we walked through the meadows section. One oddity was the woolly bear caterpillar crossing the path. It seemed to represent the wrong season. A large contingent of the hikers gathered at the Olive Garden restaurant to get replenished. Reported by Connie Sheridan, hike sweep. 🌻🌻



### Tar Hollow State Park

Feb. 28, 2015

John Troutman, leader

What started out as just a pretty snowfall continued to fall throughout the hike, even picking up in intensity as a dozen brave souls trekked along the five-mile trail. We were the first hikers on the snow-covered path. Some places were almost a foot deep. Finding the trail was a concern, but a deer had decided to hike most of the trail earlier that day, acting as our guide. The hike began with a slippery hill climb, but after that it was a moderate path around Ross Hollow in Tar Hollow State Park. Parts of the



trail were narrow and slippery with the snow, right next to some fairly steep drop-offs. There were also many scenic views for the 12 hikers. The only technical part came near the end, where the trail traversed a hillside, where the angled trail made for tricky footing. Hungry hikers enjoyed a repast at Golden Corral in Chillicothe. 🌻🌻



## Prairie Oaks Metro Park

Feb. 14, 2015

John Troutman, leader; Whaja Troutman, sweep

This hike was quite an adventure. Snow, wind and whiteout conditions prevailed at times. As I drove to the hike I thought that surely no one would show up and why am I driving through this stuff. As I got further out of town, the conditions got worst as the snow was blowing across the open fields. When I pulled into the parking lot I could barely see anything. At times I couldn't see anything and had to stop to let the wind die down. When I got to the spot, Don and Violet Shaw and Harry Jones were there, but leaving. They said no one else was there, and they weren't going to hike and would head back home. So, I parked in the lot to wait and see if anyone else would show up. I got a call from Natalie Kupferberg saying she was in the first parking lot and that she couldn't see a thing and didn't know how to get out. I told her to stay there that the hike was canceled, and I would drive there and meet her and show her out. Then I saw Harry and Margret Sanger pull in, along with Jim Dearnell. They spoke for a minute, and then Jim left. Harry and Margret parked so they could use the restrooms. I moved over to where they were, and we talked for a while debating weather to hike. At that time the wind picked up again, making walking almost impossible, so we decided to cancel. As Harry and Margret

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*"I go to nature to be soothed and healed, and to have my senses put in tune once more."*

— John Burroughs

were leaving, Jamie Abel arrived with Natalie in his car. He saw her in the first lot and picked her up. Natalie went to the restroom, and Jamie and I debated hiking and decided to cancel. When Natalie got back, she expressed interest in hiking. At that time the wind died down and things looked OK. I said there was a section in the woods protected from the wind that would probably be fine, so we decided to hike. It was beautiful with the fresh, new snow. The sun even came out for a little while, but then it clouded up and started snowing again; we were out of the wind and everything was great. We even saw a couple of coyotes cross the path ahead of us. When we got back to the lake area, the wind was still blowing, so we decided to head straight back to the cars and leave. 🌻🌻



## Slate Run Metro Park

Jan. 24, 2015

Connie Sheridan, leader; Jim Dearnell, sweep

Twenty-eight happy hikers gathered to explore five miles across several trails at this Metro Park. We were blessed that ice had melted from the trails, making the ups and downs so much more enjoyable. There was a little mud and soggiess on trails near the Overlook. The bleak, mid-winter landscape and ravines were draped with stark ice-covered creeks and frozen ponds. Only one pond was open for the waterfowl that day. Quite a brisk breeze was blowing on us at the Overlook, so we didn't tarry there. We gathered for dinner at O'Charley's in Canal Winchester to continue the pleasant talk and camaraderie begun out on the trail. 🌻🌻

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*"I went to the woods because I wished to live deliberately, to front only the essential facts of life. And see if I could not learn what it had to teach and not. When I came to die, discover that I had not lived."*

— Henry David Thoreau



## Battelle Darby Creek Metro Park

Jan. 10, 2015

John Troutman, leader; Whaja Troutman, sweep

It was a frigid day for our first hike of the year. We hiked down the hill to pass along the Big Darby Creek and followed it to the confluence of the Big and Little Darby Creeks. The Creek Trail offered lovely views of the frozen creek. The eleven adventurous club members then hiked around a big meadow, sometimes walking out in the open and sometimes in the woods. Then we did a loop trail that took us away from the creek and through a woodland area. The trails were gravel and grass with a few moderate hills for the group to climb. We warmed up and ate dinner at the El Vaquero Mexican Restaurant in Hilliard. 🌻



## Social Reports ...

### Spring Banquet

April 12, 2015

Carol Beal, coordinator

The 78<sup>th</sup> annual hiking club banquet was held on a beautiful Sunday afternoon at the Bravo! Cucina Italiana in the Crosswoods shopping center. Everyone enjoyed the family-style service, lots of friendly conversation and Betty Bradley's club history photo display. George Mead served as emcee for the event, and Jeanne Barbee gave the invocation. After dinner, Deb Platt talked about hiking and the TrekOhio.com hiking website run by Deb and her husband. Deb shared a slideshow of many of her favorite hiking photos to illustrate the points made in her presentation. Afterwards, we held a special tribute for Bob Merkle to recognize his awesome feat of hiking over 5000 miles with the club, as well as for all that he has done to make our club fun for more than 50 years! Later, Connie Sheridan presented COHC awards, including the mileage

award, won once again by Bob Merkle – the fourth year in a row and fifth time overall. John Troutman cited some annual statistics, noting that COHC members amassed 3,260 miles of hiking in 2014. We closed the banquet with the awarding of door prizes, which included several beautiful flower arrangements that had adorned our tables during the banquet. 🌻

### Spring Retreat at Burr Oak State Park

Oct. 10-12, 2014

Jeanne Barbee, coordinator

Spring Camp was FUN! The new lodge was a great place to stay for our camp this year. We had 18 rooms booked and the suite rooms were a hit with those who had them. It was nice to have refrigerators, microwaves and coffee machines in each room. We all arrived at different times on Friday. Some took short hikes around the lodge, but others just enjoyed eating in the lodge restaurant, getting



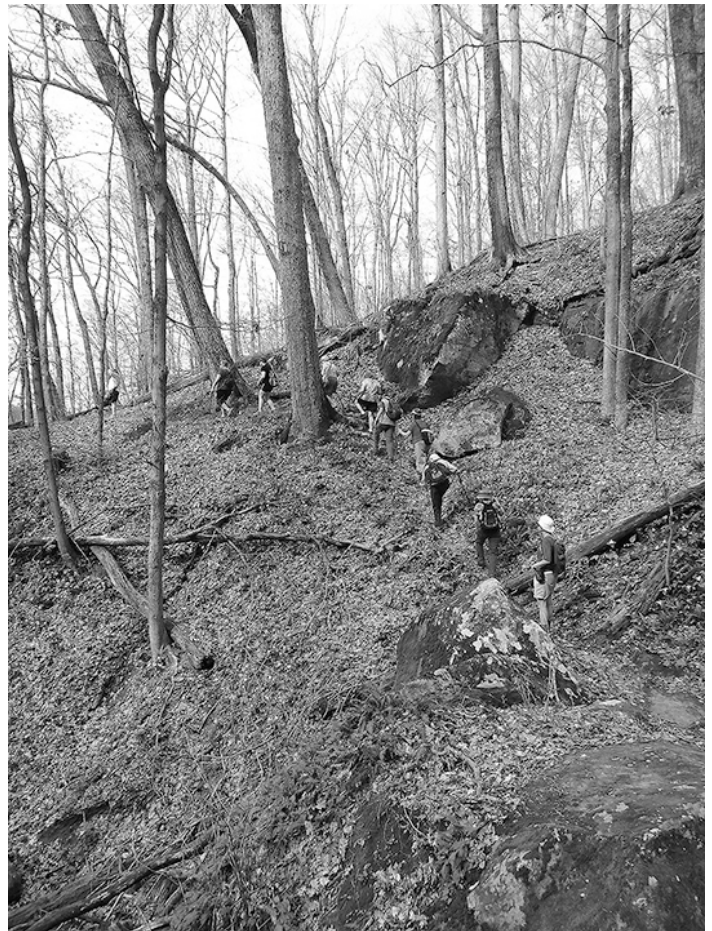
our snacks set up in our meeting room and playing the piano there. Puzzles were started and games were played on other tables. The snack table was well filled.

John explained that the full 12-mile Saturday hike along the Long Run section of the Buckeye Trail required carpooling at 9:30 in the morning. Those doing six miles would join up at the picnic shelter next to the Burr Oak dam, and those hiking only three miles would meet us at the Bishopville Marina. John Tennehill and Bruno and others helped shuttle people to the starting places. After our lunch at the dam, the hike continued. This hike was amazing for the enormous bunches of wild flowers: Trillium, Spring Beauties, May Apples, Jack in the Pulpits, Orchid Lilies, Dutchman's Britches, Virginia Blue Bells, etc. The sights and the aromas were marvelous. Leaders John Troutman and Jamie Abel did a great job scouting and planning these hikes. A weary, but satisfied group gathered in the meeting room after a lodge meal for Vesper Services. Dorothy Garwood played piano for our singing, six different people read little devotionals and we ended with a final hymn. Jim Dearnell had music sheets for us to sing-along to oldies but goodies, and we all thought we sounded good.



Lots of work was done on the snack table, one puzzle was finished, and the other was "all hands on deck" to get it done. A serious game of UNO also was underway. During a short business meeting, members voted for possibly returning here for another year or to consider trying Hueston Woods.

Sunday's hike was a six-mile trek at nearby Wildcat Hollow in Wayne National Forest. It was a backpacking trail that had lots of people on its paths. It was great to hike a location that had some history with it. We barely beat the rain on this one, but it too had lots of spring flowers. We should all have gone home happy campers. 🌸🌸



## Hiking Quiz: Answers

1. – C. Stay with the injured hiker while the third member of your group hikes back to the trailhead for help.
  2. – B. Allowable when beating a quick retreat off a treeless summit to get away from a lightning storm overhead.
  3. – D. Packed out with the rest of your trash.
  4. – D. White in summer to reflect heat, keeping you cooler, black in winter to absorb heat, keeping you warm.
  5. – C. Get him out of his wet clothes, stoke up a fire and get him something hot to drink and warm to eat.
  6. – C. Stay put, make your team comfortable, and wait for rescue.
- While the quiz supplied "correct" answers, I am quite sure that more than a few members of the club would select other answers, usually with a wide smile on their faces!

## 21 reasons why forests are important

March 21 was the International Day of Forests, a U.N. holiday highlighting the value of trees and the price of deforestation. In honor of this relatively new arboreal event, here are 21 reasons why forests matter.

Forests cover a third of all land on Earth, providing vital organic infrastructure for some of the planet's densest, most diverse collections of life. They support countless species as well as 1.6 billion human livelihoods, yet humans are also responsible for 32 million acres of deforestation every year.

The United Nations declared March 21 the International Day of Forests in late 2012, part of a global effort to publicize both the value and plight of woodlands around the world. It was first celebrated March 21, 2013, nestling in between the U.N.'s International Day of Happiness on March 20 and World Water Day March 22. (It's also near tree-centric Tu Bishvat in February and Arbor Day in April).

In honor of this seasonal focus on trees and forests, here's a list of 21 reasons why they're important:

1. They help us breathe.
2. They're more than just trees.
3. People live there, too.
4. They keep us cool.
5. They keep Earth cool.
6. They make it rain.
7. They fight flooding.
8. They pay it forward.
9. They refill aquifers.
10. They block wind.
11. They keep dirt in its place.
12. They clean up dirty soil.
13. They clean up dirty air.
14. They muffle noise pollution.
15. They feed us.
16. They give us medicine.
17. They help us make things.
18. They create jobs.
19. They create majesty.
20. They help us explore and relax.
21. They're pillars of their communities.

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*This article is a condensation of one written by Russell McLendon, a science editor at Mother Nature Network. The full article, with explanations of each of his reasons, can be found online at: <http://www.mnn.com/earth-matters/wilderness-resources/blogs/21-reasons-why-forests-are-important>.*





## Hike of a lifetime: The John Muir Trail

Mother's blue eyes sparkled as she gathered the family around with a vacation idea: "I hear there are wonderful hiking trails in the Yosemite Valley. You know, my calf muscles are still strong from hiking the Adirondack Mountains as a child. Seems like we should give it a try."

It was 1959. We weren't an outdoorsy family, but we agreed to try it. Once we were there, we adored the evening campfire programs and roasting s'mores. Swimming, rafting and horseback riding were all such fun. But hiking was another matter entirely.

Still, Mother talked me into hiking up the John Muir Trail to the Vernal Falls Bridge. She was in her mid-50s and I was in my 20s. To real hikers like Mother, this was an easy stroll. To me it was a steep, winding climb that seemed never to end. When we finally reached the bridge, I couldn't wait to start back down.

Years later, my husband and I began to explore the valley, and a new sense of wonder and appreciation enveloped me. We found special pleasure in leaving the crowded campgrounds for little-used back roads. Walking atop logs and playing in streams made us feel young again. We gathered pinecones and little snips from cedar trees to fill our camper with natural aromas.

One morning I decided there would never be a better time to challenge myself. So at the age of 75, I set out to hike to the top of Vernal Falls. Fellow campers were just waking as I reached Happy Isles and the beginning of the Mist Trail. I was at 4,000 feet, and Vernal was at 5,000 feet.

This time, when I reached the bridge Mother and I had attained so many years ago, it was with an entirely different perspective. Camera in hand, I didn't want to miss a thing—not the rushing water, the rainbow over the falls nor fellow hikers from all around the world.



A lady from the Netherlands said, "Here, you should try some Dutch chocolate to keep up your energy." A pastor leading a small church group gave me a lesson in breathing at higher altitudes and asked if I'd like to join his group. "No, but I thank you for asking," I replied.

As youngsters leaped easily over the ascending granite stones, I braced each step with my hand, pushing hard on my knee for support. When I finally climbed the last of those 500 steps to the summit, a group at the top clapped and shouted, "You did it!"

I have learned that you can't compare yourself with anyone, or shy away from a challenge just because others—like your own mother, for instance—might do it better. If I had kept thinking the way I did in my 20s, I would have missed a marvelous adventure. John Muir had it right when he wrote, "In every walk with nature, one receives far more than he seeks."

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*This article, by Patricia Edwards, is reprinted from Country Magazine at: <http://www.country-magazine.com/short-stories/inspirational-stories/hike-of-a-lifetime-up-the-john-muir-rail/#ixzz3Zy2odhNh>*

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*Below: Vernal Falls in Yosemite National Park*



# Hiking Quiz: Test your trail knowledge & funny bone!

See if you can come up with the "correct" answers to these questions and qualify as an expert trail guide:

1. You are walking along a trail with two other hikers. Three miles in from the road, one of the hikers slips off the trail and tumbles down a steep slope. The hiker is now 20 feet down the hillside with what seems to be a broken leg and a vicious bruise on the forehead. You should:
  - A. Splint the leg and help the hiker walk to the nearest trailhead.
  - B. Ignore the hiker, complete the hike and watch the evening news to find out what happened.
  - C. Stay with the injured hiker while a third hiker returns to the trailhead for help.
2. Bushwhacking straight up or down a mountain, bypassing switchbacks, is:
  - A. A mortal sin punishable by a lifetime in hell under any circumstances.
  - B. Allowable when beating a quick retreat off a treeless summit to get away from a lightning storm overhead.
  - C. A good idea if the restaurant is about to switch from lunch to dinner prices.
  - D. OK, if nobody else is around to follow your bad example.
3. Banana peels, peanut shells and other "natural trash" should be:
  - A. Eaten. You have to take the bad parts with the good when trying to leave no trace.
  - B. Buried out of site of the trail.
  - C. Scattered in the woods to rot.
  - D. Packed out with the rest of your trash.
4. Hats, rain jackets and hiking bags are sold in a variety of colors. You should buy them in:
  - A. Earth tones to blend in with the surroundings.
  - B. International orange so hunters won't confuse you for deer and other big game animals.
  - C. Bright colors to signal airplanes in case you get lost.
  - D. White in summer to reflect heat, keeping you cooler; black in winter to absorb heat, keeping you warm.
5. You have been hiking all afternoon in a steady drizzling rain. It's forty-five degrees out, and your backpacking partner has been complaining about being cold and shivering. Now he is slurring his speech and talking about going to sleep early without dinner. You should:
  - A. Set up a tent and keep quiet while he drifts off to sleep.
  - B. Strip off all your clothes and climb in a sleeping bag together to warm up.
  - C. Get him out of his wet clothes, stoke up a fire and get him something hot to drink and warm to eat.
  - D. Hike the eight miles back to the car together. Your partner has hypothermia and needs medical attention.
6. After registering with a ranger and hiking for four hours, you find your hiking group terribly lost in the backcountry. You should
  - A. Use thumbnail navigation. It will get you back to your last known location.
  - B. Hike south. Anywhere in the Lower 48, you're sure to cross a road within 10 miles.
  - C. Stay put, make your team comfortable, and wait for rescue.
  - D. Build a rip-roaring emergency fire that anyone within 50 miles can see.



*Adapted from the Outdoor Skills Quiz at [planetanimals.com](http://planetanimals.com) and the Boy Scout Quiz at [backpacker.com](http://backpacker.com).*

Answers on page 5.