

# The Co-Hiker



web: ymcacolumbus.org/hike

email: cohc\_hikingclub@yahoo.com

## In This Issue ...

### Club News

### Hike Reports

- Cambridge Dickens Christmas
- Blacklick Metro Park
- Alum Creek Bike Trail 1
- Honey Run Highlands Park
- Slate Run Metro Park
- Battelle Darby Creek Metro Park
- North Clintonville/Walnut Ridge Cemetery
- Buckeye Trail

### Social Reports

- Christmas Banquet
- Barbee Farm Cookout
- Fall Camp – Mohican State Park

### Tidbits from the Trail

- Keeping your feet warm in the winter
- Why a walk in the woods really does help

### Puzzle Page

- Quote hidden in a Cryptogram!

## Top Ten Hikers for 2015

John Troutman .....	200 miles
Jamie Abel .....	164 miles
Jim Dearnell .....	135 miles
Gisela French .....	127 miles
Whaja Troutman .....	126 miles
Connie Sheridan .....	122 miles
Dick Barbee .....	100 miles
Jeanne Barbee .....	94 miles
Margaret Sanger .....	87 miles
Harry Sanger .....	87 miles

## Hiking Adages Worth Remembering

- Take only pictures, leave only footprints.
- If you get lost, follow a stream.
- How far do you need to hike to find yourself?
- Drink before you get thirsty.

## 2016 Dues

The club collects annual dues at the beginning of each year. Dues are \$18 for singles and \$30 for couples. Make your check out to COHC and mail to:

*Gerlinde Lott, 2936 Wellesley Dr., Columbus OH 43221*

## Club News ...

### 2015: Another Year on the Trail

Well another year has passed. We had a lot of great hikes in 2015, and we have a lot of great hikes planned for 2016. Make sure you get out in the fresh air and join us. Here are a few stats from last year:

- Our club completed 36 hikes (28 regular and 8 senior).
- The typical regular hike was five miles long with 22 members attending.
- Senior hikes were three miles long with 15 members attending.
- Three quarters of our members attended at least one hike.
- A new stat that we started keeping this year: the club led 31 miles on the Buckeye Trail.

## Club Officers

<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

## In Memoriam



**Betty C. Cox** passed away Jan. 21, 2016. Betty was a member of the Central Ohio Hiking Club of the YMCA for more than 20 years with over 1,200 miles hiked.

## Hike Reports ...

### Cambridge Dickens Christmas

Dec. 19, 2015

Sandy Garey, leader; John Troutman, sweep

A group of 25 hikers started out with a short walk in Cambridge, Ohio's Jack D. Hendricks Memorial Park. We then ate dinner at Mr. Lee's American Diner, followed by a nighttime stroll along Wheeling Avenue through the Dickens Victorian Village. The village featured scenes composed of life-sized and hand-made mannequins wearing real vintage clothing. The faces for each character were individually sculpted and painted by local artists. The displays included engaging depictions of classic Dickens-era scenes and figures, such as Bob Cratchit and Tiny Tim, the town crier, groups of carolers, a bucket brigade, lamplighters, school children, street peddlers and Father Christmas, all posed in active scenes that appeared frozen in time. ❁❁

### Blacklick Metro Park

Dec. 5, 2015

Jim Dearnell, leader; XXX, sweep

Prior to the Christmas Banquet this year, Jim Dearnell led 29 club members on a four-mile hike through Blacklick Woods Metro Park. Because of the mild weather and consequential golfers on the course, we had to walk out to and west along Livingston Avenue to the park entrance. From there, we took Beech Trail and Maple Loop before we turned around and headed back to the clubhouse for dinner. ❁❁



### Alum Creek State Park Mountain Bike Trail P1

Nov. 21, 2015

John Troutman, leader; Jamie Abel, sweep

We hiked on the Central Ohio Mountain Bike Organization (COMBO) bike trail Phase 1 (P1). Located just off of Africa Road, this was the first of two mountain bike trails created within Alum Creek State Park. The trail was wet, but well maintained with nice views of the water for the 17 hikers. The terrain was rolling with many bridges to smooth out the dips. There were no big hills but there is one small stream that we needed to cross on a wooden bridge – making it across just before a few bikers came flying by in the other direction. Afterward, we ate at Smokey Bones Restaurant on Polaris Parkway. ❁❁

---

*There's no Wi-Fi in the forest, but I promise you'll find a better connection."*

—Author unknown





## Honey Run Highlands Park

Nov. 7, 2015

Jamie Abel, leader; John Troutman, sweep

We hiked six miles through nearly every section of Honey Run Highlands Park. Our group of 28 hikers began on the east side of the road, where we visited the waterfalls and then surveyed the narrows of the Kokosing River. The bulk of the hike occurred on the west side of the park, where we trekked around more than 370 acres of moderate hills, woods and open space. Although we didn't spy one, the site serves as habitat for the state threatened barn owl. For dinner, we returned to Allison's Finer Diner in Mt. Vernon. 🌻🌻

## Slate Run Metro Park

Oct. 24, 2015

Elaine Buhrlage, leader; Leslie Buhrlage, sweep

We arrived at Slate Run on a wet but beautifully colorful fall day. Most of the five-mile hike took place in the woods on gravel trails that were sometimes hilly, but we also visited the wetlands. To get there, the fourteen hardy hikers traveled on both the Bobolink and Kokomo trails. When we returned to the trailhead, several of the hikers took advantage of picking up a few small pumpkins left

over from the giveaway that occurred earlier in the day. Later, we ate at Shade on the Canal Restaurant in Canal Winchester. 🌻🌻



## Batelle Darby Creek Metro Park

Sept. 27, 2015

Dick Barbee, leader; Jeanne Barbee, sweep

The first hike took place at the Pleasant Valley Area of Batelle Darby Creek Metro Park. The trail was a picturesque path of approximately two miles through an open area around a meadow and old quarry. A second hike took place at the Barbee farm on London Road, starting at Cedar Lodge and meandering along the lane and through the fields to the south for another three miles. Hikers chose to follow Dick and Jeanne on both hikes or just the one at farm, and some came only for the hayride and the food! All were welcome! 🌻🌻





## North Clintonville & Walnut Ridge Cemetery (Sr. Hike)

Sept. 19, 2015

Elaine Buhrlage, leader; Connie Sheridan, sweep

Elaine Buhrlage led this hike group of eight who were not put off by threatening rainstorms. We started at Sharon Meadows Park in the Clintonville neighborhood and crossed into a lovely wooded area behind Walnut Ridge Cemetery on the edge of Worthington. Elaine gave information about the neighborhoods and about the volunteer organization FLOW (Friends of the Lower Olentangy Watershed) that maintains the beauty of the woods. Rush Run flows through this area and has one whimsical item, a battered picnic table resting there, perhaps for hot summer days when you want to rest and dip your toes in water to cool off. As we were leaving the woods, the rain came! It ran heavily down the street as we walked to our dining spot, Villa Nova. We enjoyed Italian dinners and good fellowship, as Dave and Wanda Pack joined us to make a group of 10. As we left the restaurant we were greeted with bright blue skies to finish our walk along another side street back to the meeting place.

Reported by Hike Sweep, Connie Sheridan. 🌸🌸



## Buckeye Trail (near Lancaster)

Sept. 12, 2015

Sandy Garey, leader; John Troutman, sweep

On a wet September afternoon, 20 COHC hikers tramped along a section of the Buckeye Trail near Lancaster, OH. The trail featured several hills that weren't real big but pretty much constant. Parts of the trail were fairly overgrown, so those who wore long pants and brought bug spray were happy that they did! Since we'd carpooled to the trailhead, several of the hikers at the end of the hike began making their way toward the parking lot a mile or so away, but all were eventually picked up. 🌸🌸

## Social Reports ...



## Christmas Banquet

Dec. 5, 2015

Carol Beal, coordinator

The Christmas party of 2015 was bigger and better than ever...more attendees and more food! The food surpassed any expectations; it was exceptionally good with no repeats. Everyone indulged in food, fun and festivities. John of course was our "piano man" and played many Christmas carols, accompanied by our own choir. He ended with a rowdy rendition of the Buckeye fight song, which he played on his trombone. Of course, we did our version of Script Ohio, which got some hearts racing. The tables were decorated in red, and the green napkins were folded like Christmas trees. Poinsettias served as table decor as well as gifts for the lucky winners. Thanks to all for making it such a fun and successful party. 🌸🌸







with us, too. Vesper Services featured Dorothy Garwood playing piano for our hymn singing, interspersed with short devotionals given by members. Then we had a short business meeting and decided to return to Mohican again next year. Next, we enjoyed singing along with Jim Dearnell playing guitar. Meanwhile, a marathon effort got the first puzzle finished that night. After Sunday breakfast, we hiked the Big Lyons Fall trail with Dick Barbee as leader and Jeanne as sweep. Weather was great, and several group pictures were taken. Fall Camp 2016 ended as another successful camping experience for all, and we have more to look forward to next year. 🌻

## Fall Camp

Oct. 9-11, 2015

Dick and Jeanne Barbee, coordinators

Fall Camp started with Connie Sheridan and Jeanne Barbee riding the Richland County B&O railtrail to Mansfield from the near Der Dutchman entrance and back to Butler for a distance of 38 miles. The other campers met later at camp to enjoy the hot-dog cookout arranged by Carol Beal and Jim Dearnell. Several members brought s'more supplies, baked beans, sauce, etc., all of which was enjoyed by everyone. After this we headed inside to set up puzzles, games and etc. Then at dark, we headed out again for our starting hike, the customary two-mile "Road Hike" led by Bob Merkle. Then we went back in for snacks, games and fellowship for the rest of the evening. Saturday began again at 8 a.m. with food served up in the Kitchen Lodge. Food disappears quickly as we get hungry as we hike. The ladies had prepared sandwiches with various fixings from which we chose our own combinations. John Troutman and Jamie Abel lead the big hike, which took all back to the campground to use the tables for rest and lunch. Then some took on a steeper hill while others spent time in the camp store. Some then drove in to see the Loudonville Fair. Everyone returned back to Camp in time for dinner at the Lodge Kitchen. Jamie stayed to eat dinner



## Barbee Farm Cookout

Sept. 27, 2015

Dick and Jeanne Barbee, coordinators

A Bike Ride for Friday is planned from Bellville to Dear Park Lake in Mansfield and back. Approximately 14 miles total. Then plan on lunch at Der Dutchman before heading on up to Camp McPherson. The ride should start about 10 AM from the Bellville Parking area just down from Der Dutchman on the right side of the road. Call Jeanne if you plan to go 875-5472. Cell phone that day 614-271 7741. This is the north end of the Richland, Lexington, Bellville, Butler B & O Bike way which is paved all the way. 🌻

## 10 Hiking Commandments for keeping your feet warm in the winter

Cold feet no longer... that is the premise of this post. Follow these tips for warm tootsies anywhere on Earth.

**1. Start Warm** — Starting the day with warm boots, liners, and insoles means your feet won't have to work overtime to heat them up and establish a temperature equilibrium. It can be a bit trickier when winter camping; put liners and insoles in your sleeping bag at night.



**2. Those Boots Aren't Made For Driving** — Wearing your big socks and boots while driving to the hill or trail is like wearing your biggest down puffy inside a sauna; you will sweat. When your feet sweat, your boots get wet and when your boots are wet you get cold feet. Besides, big boots and driving don't really mix.

**3. Heat The Core First** — When your overall temperature drops, your body's physiological response is to reduce blood flow to extremities to keep vital organs warm (while sacrificing the more "disposable" parts). Your core is like a big heat exchanger — warming up blood then sending it back out. Give your feet the extra advantage they deserve by wearing appropriate winter clothes and layers.

**4. Dress Your Feet** — You wouldn't go out in below-freezing weather in a thin summer jacket, so don't make your feet do the same thing. Bigger socks trap more warm air next to your body and provide better insulation. Much like the layering system you use for your body, layer up on your feet, too! For seriously cold temps I recommend a two to three layer system:

1. *lightweight wicking sock*
2. *lightweight wool sock*
3. *medium to heavy wool sock*

**5. Super Size Boots** — While wearing thicker socks is an important part of the solution, it can also be part of the problem. Too many socks can mean a tight squeeze that ultimately cuts off circulation to your feet. Make sure boots are sized properly for the number and type of socks you wear while leaving enough room to wiggle your toes. I

size my polar boots a full size larger to accommodate socks and insoles.

**6. Insole Upgrade** — Look at any super-cold-rated boot and you'll see a thick sole. You lose more heat faster by simply standing on cold surfaces (conduction) than through cold air around your feet (convection). Therefore, I recommend adding a thicker or additional insole to your boot system. For really cold weather, I actually use two extra insoles.

**7. Insulate The Ground** — If you'll be in one place for a long time (belaying, cooking, etc.) try standing on an insulated pad.

**8. Seal Out Snow** — Wet feet equal cold feet. It's a pretty simple equation. Ensure your feet stay dry by wearing gaiters (or pants with internal gaiters). It doesn't take much snow in the top of your boots to get wet feet.

**9. Block The Vapor** — Still have cold feet? Worn next to skin or over a thin base sock, a vapor barrier liner prevents sweat from getting into your outer socks and boots and keep warm air next to your skin. Looking to save cash? Use plastic grocery store bags instead of more expensive (and sometimes less effective) VBLs.



**10. Dry While Sleeping** — Dry your boots out every night and start the day right. Even though you don't realize it, moisture from your feet builds up in liners even after short activity. Once your boots are wet they won't insulate as well. Each night, I pull out my liners and insoles to ensure my boots dry properly.

---

*This article was written by Eric Larson, a polar explorer based in Colorado and a writer at GearJunkie.com. It has been edited, but the full article can be found online at: <http://gearjunkie.com/how-to-keep-feet-warm>*

## Answer to back-page puzzle:

—Henry David Thoreau  
*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.*



## Why a walk in the woods really does help your body and your soul

Have you ever wondered why you feel healthier and happier when you stroll through the trees or frolic by the sea? Is it just that you're spending time away from work, de-stressing and taking in the view? Or is there more to it?

For more than 20 years, scientists have been trying to determine the mechanisms by which exposure to biodiversity improves health. Japanese scientists pioneered the search when they travelled to the island of Yakushima, famous for its biodiversity. The Japanese already had a name for the experience of well-being in nature: *shinrin-yoku* or "forest bathing."

We do know that a diverse ecosystem supports a varied and beneficial microbial community living around and inside us. We also know that exposure to green space, even within urban environments, increases our physical and mental well-being. But what are the mechanisms?

### The forest air

The Japanese researchers suggested that we are taking in beneficial substances when we breathe forest air. Research has identified three major inhaled factors that can make us feel healthier. These factors are beneficial bacteria, plant-derived essential oils and negatively charged ions.

From birth to the grave, beneficial bacteria surround us; they live in the environment and, importantly, in the air we breathe. We also share almost our entire body with them. The more interaction we have with them, the happier and healthier we are.

This is in part due to our gut-dwelling bacteria, which break down the food we cannot digest and produce substances that benefit us both physically and mentally. Plants and the bacteria living on them can produce essential oils to fight off harmful microorganisms. These are referred to collectively as phytoncides, literally, "plant-derived exterminators."

Research on the health benefits of plant essential oils is in its infancy. But one recent study found that a phytoncide from Korean pine trees improved the health and bacterial make-up of pigs.

Notwithstanding some of the pseudoscience that gets wrapped around negative ion generating machines, there is evidence that negative air ions may influence mental outlook in beneficial ways. There are relatively higher levels of negative air ions in forested areas and close to bodies of water. This may factor into the benefits of walking in a forest or near the ocean.

Bacteria, essential oils and negative ions interact and influence each other. For example, negative ions and phytoncides may dictate the microbial make-up within a natural environment. There is evidence that this could also be taking place in the human gut.

### More to be done

Nature-relatedness, or biophilia in which an individual feels connected to nature, has been linked with better health.

But we have a long way to go before we can more fully understand the mechanisms by which an innate love of nature can benefit our health. An important part of this discussion – an overlooked one in our opinion – is further understanding of an individual's connection to nature.



Psychologists have convincingly demonstrated connections between nature relatedness and mental well-being. But how does a greater personal affinity to nature interact with dietary habits, personal microbiome, physical activity levels and many other lifestyle variables that might be intertwined with having such an affinity?

In a paper published last month in *Journal of Physiological Anthropology*, we've called for more research into the links between biodiversity and human physical and mental well-being, particular in relation to childhood, that most formative of times.

---

*This article was written by Jeffrey Craig, Principal Research Fellow at Murdoch Childrens Research Institute, and Susan L. Prescott, Professor of Paediatrics at University of Western Australia. It has been edited for space, but the full article can be found online at: <http://theconversation.com/why-a-walk-in-the-woods-really-does-help-your-body-and-your-soul-53227>.*

# Cryptogram: Break the code, discover the quote!

Uncover the mystery hiking quotation by cracking the secret code. The quote has been encoded using single letter substitution; this means that each letter of the alphabet has been replaced by a different letter. For instance, for the quote ... “to be or not to be,” one possible code could require: t becomes a, b becomes w, r becomes p, o becomes d, e becomes v, and n becomes o. This would result in the encoded quote: “ad wv dp oda ad wv.”

One way to begin cracking these sorts of codes is to look for common letters and letter patterns. For instance, the most commonly occurring letter of the English alphabet is e, so you could look for the most frequent letter and try it as an e. Other common letters are t, a, o, i, n, s, and r. Another way would be to identify single letter words, such as a or i. The short words and and the are common as well. Also, think of other commonly occurring words and letter patters, such as ...ing and ...ed.

```
D  C O U L   L M   L S O   C M M K J   V O F B Q J O   D
-  -  -  -  -   -  -   -  -  -   -  -  -  -  -   -  -  -  -  -
C D J S O K   L M   I D P O   K O I D V O G B L O I N,
-  -  -  -  -   -  -   -  -  -   -  -  -  -  -   -  -  -  -  -
L M   E G M U L   M U I N   L S O   O J J O U L D B I   E B F L J
-  -   -  -  -  -   -  -  -  -   -  -  -  -  -   -  -  -  -  -
M E   I D E O,   B U K   J O O   D E   D   F M Q I K   U M L
-  -   -  -  -  -   -  -  -  -   -  -  -  -   -  -  -  -  -
I O B G U   C S B L   D L   S B K   L M   L O B F S,   B U K
-  -  -  -  -   -  -  -  -   -  -   -  -  -   -  -  -  -  -
U M L,   C S O U   D   F B X O   L M   K D O,   K D J F M P O G
-  -  -   -  -  -  -   -   -  -  -  -   -  -   -  -  -  -  -
L S B L   D   S B K   U M L   I D P O K.
-  -  -  -   -   -  -  -   -  -  -  -  -  -  -  -  -
                                     - S O U G N   K B P D K   L S M G O B Q
                                     -  -  -  -  -   -  -  -  -  -
```