

The Co-Hiker



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Club News ...

Hiking Milestones

Dorothy Garwood 2,000 miles!
Heide Sloan 500 miles!

2013 Awards

High Mileage Bob Merkle (164)
Volunteer Jamie Abel

Board Notes

In February, the COHC board established a new membership category, Emeritus Member, for longtime members who are no longer active hikers, but wish to stay connected with the club. Emeritus Members are exempt from paying dues for the year and receive no hike fliers, but get newsletters.

The board also agreed to establish a COHC Facebook page to provide members with easy access to news and photos of club activities. Be sure to "like" the COHC Facebook to join the conversation!

Current Board Members

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



The Happy Wanderer

I love to go a-wandering along the mountain track
And as I go I love to sing, my knapsack on my back.

Chorus:

Val-de-ree, val-de-rah. Val-de-ree, val-de-rah-ha-ha-ha-ha.
Val-de-ree, val-de-rah. My knapsack on my back.

I love to wander by the stream that dances in the sun
So joyously it calls to me, "Come join my happy song"

Chorus ... Come join my happy song.

I wave my hat to all I meet and they wave back to me
And bluebird calls so loud and sweet from every greenwood tree.

Chorus ... from every greenwood tree.

High overhead the skylarks wing, they never rest at home
But just like me they love to sing as o're the world we roam.

Chorus ... as o're the world we roam.

Oh, may I go a-wandering until the day I die
Oh, may I always laugh and sing beneath God's clear blue sky.

Chorus ... beneath God's clear blue sky.

—Lyrics by Florenz Sigismund; Adaptation by
Edith Möller; Music by Friedrich-Wilhelm
Möller; English translation by Antonia Ridge

Hike Reports ...

Battelle Darby Creek MP – Sr. Hike

April 26, 2014

Gerlinde Lott, leader; Kathy Lince, sweep

Under a sunny sky, 15 of our members assembled at the Cedar Ridge Entrance to hike north to the Nature Center and the viewing of the bison herd. The bison were still in their winter pasture, where from the viewing platform, four of them could be seen grazing or sleeping. Later on, we saw several more behind the Nature Center. But, unfortunately, no baby bison – they have not been born yet. We spent some time enjoying the displays within the Nature Center and then hiked back to our cars. A good supper at Bob Evans closed the day; it was wonderful to be outdoors again after our long winter! 🌸🌸

Stroud's Run State Park

March 22, 2014

Jamie Abel, leader; Heide Sloan, sweep

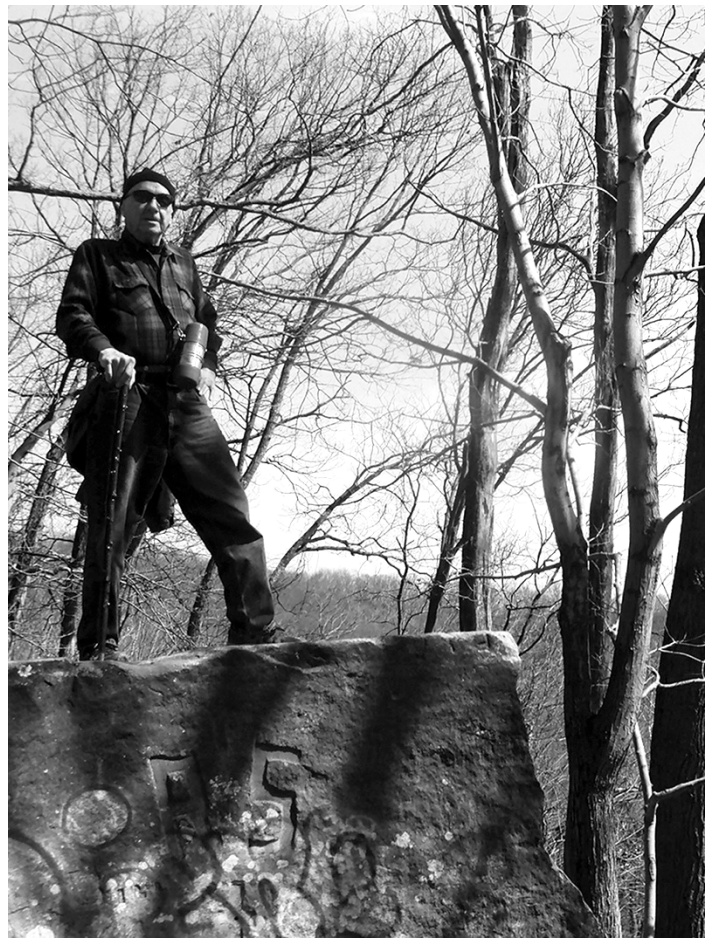
The weather couldn't have been much better – for the pre hike or the hike. After weeks of snow and frigid temperatures, the pre hike and hike both were made in 60-degree temperatures. A pre hike date of only one week earlier was called off due to forecasts of seven-degree temperatures and 10 inches of snow the day before. Many of the 24 hikers had never hiked this section of Stroud's Run State Park, or the adjacent parcels of Strouds Ridge Preserve, Sells Park and Riddle State Nature Preserve that we crossed. The route gave hikers awesome views of caves, waterfalls and other rock formations, as well as of parking lots and tar roofs of one of Athens' commercial districts in the valley below. Following the six-mile hike, we reconvened at the nearby Bob Evans restaurant for conversation and repast. 🌸🌸

Blendon Woods Metro Park

March 8, 2014

Elaine Buhrlage, leader; Leslie Buhrlage, sweep

The winter weather relented a bit, tempting 31 hikers out of their warm homes for a five-mile tramp around Blendon Woods Metro Park. We followed the Sugarbush, Hickory Ridge, Overlook and Brookside Trails, starting and ending near the Nature Center. Most of the group then added the short Lake Trail to their itinerary, stopping at the bird blinds to view the ducks, geese and other fowl at Thoreau Lake. Some of the hikers reported seeing a bear (bare?) in the woods, but park staff were never able to confirm the sighting. After the hike, we journeyed to O'Charley's for food and company. 🌸🌸



Above: George Meade pauses from his rocky perch atop Lookout Point in Stroud's Ridge Preserve. **Below:** Hikers pass under the tall pines along the Sugarbush Trail at Blendon Woods Metro Park.





Above: Several ladies contemplate how best to navigate the muddy terrain at A.W. Marion State Park.

A.W. Marion State Park

Feb. 22, 2014

Don Shaw, leader; Harry Jones, sweep

In the midst of a harsh winter, the 19 hikers who headed out for the five-mile trek around Hargus Lake at A.W. Marion State Park were blessed with warm weather. However, record snowfalls and warm temperatures usually equal wet conditions, and this day in the section of Pickaway County known as “The Devils’s Backbone” followed form. In fact, the waters were so high, the group was only able to hike about three-quarters of the way around the lake before being forced to return along the route by which it had arrived. The lake, still 95 percent frozen over, was showing signs of thawing under a sunny sky. After the hike, the group enjoyed some great cooking at Goodwin’s Family Restaurant in Circleville. 🌻🌻

Great Seal State Park

Feb. 8, 2014

John Troutman, leader; Jamie Abel, sweep

The bitter temperatures and recent snowfalls kept the number of hikers down to only nine, but those nine were treated with a day of spectacular winter wonderland views



of Great Seal State Park. The 4-6 inches of snowcover and the trees were capped with a quarter-inch of ice, and the clear February skies allowed the sunlight to turn the forest into a sparkling chandelier. The small crew followed parts of the Mt. Ives, Lick Run, Shawnee Ridge and Bunker Hill trails, electing not to extend the hike with an additional mile or so of optional trail. The hikers headed down the steep hillside to the trailhead and then motored into Chillicothe to the Ponderosa Steakhouse for dinner. 🌻🌻

Highbanks Metro Park

Jan. 25, 2014

Connie Sheridan, leader; Elaine Buhrlage, sweep

Hike Day was cold, and there was plenty of snow on the ground, but the sky was mostly blue as the small crew of five hikers headed out from the nature center to follow the Dripping Rock and Overlook trails, through the woods and meadows of Highbanks Metro Park. However, the skies very quickly turned gray, and we were met by a snow squall before reaching the Olentangy River, and we chose not to venture out onto the open meadows near the river. We stopped out of the reach of the snow where the trail passes under the park road and brushed the mini-drifts



Above: Hardy souls brave the Highbanks bridge. **Below:** John leads a frosty hike through Great Seal State Park.

from our hats and shoulders. The snow soon stopped and then started up again, only to stop and repeat the pattern a couple more times. Following the hike, we stopped at Bob Evans Restaurant for dinner. 🌸🌸

Glacier Ridge Metro Park

Jan. 11, 2014

Leslie Buhrlage, leader; Natalie Kupferberg, sweep

Fifteen hikers joined together at Glacier Ridge Metro Park for the first hike of the New Year. We began walking on the Marsh Hawk Trail, while viewing the open areas surrounding the windmill approaching the Ironweed Trail. The openness of the park was supported by beautiful grassy areas and a comfortable trail. We stopped at Mitchell-Dewitt Road to return back on the Ironweed Trail. The gray skies followed us along the trail with fairly warm temperatures. Most of the hikers, and a few additional club members, enjoyed dinner at Matt The Miller's Tavern in Dublin. 🌸🌸

Social Reports ...

Spring Camp – Greenbo Lake State Park, KY

April 11-13, 2014

Dick and Jeanne Barbee, coordinators

The weather was great, as 35 COHC members occupied 18 rooms for the Spring Camp at Greenbo Lake State Park in Kentucky. The lodge there gave us a different meeting room this year, next to a pool table and board game table. They also brought down pots of coffee to go with our snacks. We really didn't do them justice this time; maybe

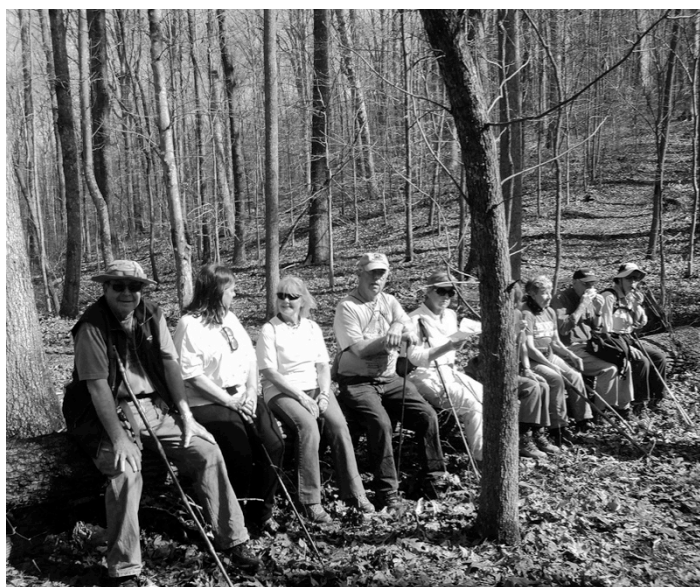


Above: The bitter winter temperatures moderated a bit for the first hike of the year – Glacier Ridge Metro Park.

Below: Most of the hikers having just completed the long Saturday hike, they pose for posterity. (photo: D. Barbee)

we had too much fun playing games, singing and puzzling! Dick Barbee led and his wife, Jeanne, swept the three-mile Friday night hike to the little schoolhouse and back to the park via the community swim pool. Along the way, the connecting lake path was pretty, with fish jumping in the





Above: *The hikers take a break on the seven-mile Spring Getaway trek at Kentucky's Greenbo Lake State Park.*

lake and deer standing in the woods.

Jamie Abel joined us for the planned hard seven-mile hike on Saturday. John Troutman and Connie Sheridan offered an alternative hike of five miles through the campground and the cemetery area, and five hikers chose that route. A group of 25 chose the Claylick Loop trail, which was new to them. They began with a high climb up from the boat dock area and returned there 3-4 hours later, weary from hiking miles of high ridge paths with all the ups and downs in between. We tried to stay together but our different speeds and size of the group made it too hard. When we were about three-quarters done, a few took the camp trail path back to the starting point – a route that was close in mileage to the planned route, but all down hill. The rest of us kept on Claylick Loop, and we seemed to love the path. All who achieved the mileage were proud and happy to have succeeded. Dick Barbee led the hike, while Sandy Garey and Jeanne Barbee switched back and forth from middle to sweep.

After dinner, vespers service began in our gathering room with Wanda Pack playing music on the piano and then Dorothy Garwood playing hymns and music for us to sing. Others gave short devotional readings ending with a prayer. This was followed with a short business meeting. Then Jim Dearnell got his guitar and provided music for all to enjoy a sing-along. John Troutman gave instructions on accessing and posting to Facebook, while cards and other games were played and puzzles continued (maybe until early the next morning!). Then Sunday after breakfast, Connie Sheridan and Gisela French led our last hike, a trek on the Michael Tygart trail, beginning from the park entrance to the boat dock area and back. The morning

hiked added three more miles for a total of 15 possible miles hiked this camp. Good job campers! It was a gorgeous weekend, and fun was had by all! 🌸🌸

Spring Banquet – Aladdin Shrine

April 5, 2014

Carol Beal, coordinator

A group of 36 hikers (see photo, pg. 6) gathered in the beautiful Aladdin room at the Aladdin Shrine for COHC's annual Spring Banquet. Tom Perone tickled the ivories, delighting us all with his talents at the piano, thank you Tom. As guests arrived, not only were they treated with music, but also Jamie Abel displayed for our enjoyment on the big screen photos of past hikes, which continued during the meal.

The tables were decorated with much-welcomed spring bouquets, which went home with the lucky raffle ticket holders. We feasted on brisket, chicken and all the sides and were served a humongous piece of Texas Sheet Cake to finish off a delicious dinner. Dick Barbee then took over as Master of Ceremonies, sharing several of his humorous antidotes with us, generally bringing down the house! Our own Michael Bankewitz was introduced and shared a portion of his life story during WWII (see story, pg. 7). It was quite an interesting and sad account. For anyone interested in more, Michael has written a book, *Peregrinus*, which can be purchased.

Thanks to everyone who made this banquet another successful COHC event! 🌸🌸

Below: *Hikers, obviously in their non-hiking attire, enjoy a sumptuous meal at the Spring Banquet.*

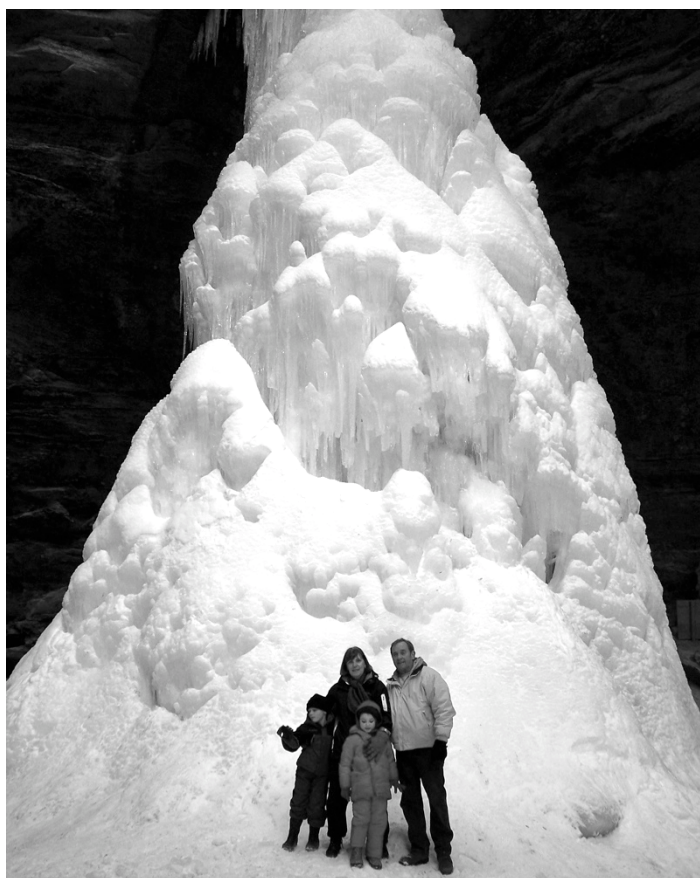




Tidbits from the Trail ...

COHC members share some memories from other days on other trails ...

Above: Hikers gather for a picture at the Spring Banquet (photo: C. Beal). **Below, left:** Don Shaw and his family visit a rare frozen-over waterfall at Ash Cave in the Hocking Hills. **Below, right:** Whaja Troutman explores ices caves at Apostle Island National Lakeshore on Lake Superior near the north shore of Wisconsin.



Michael Bankiewicz, escaping Europe: '1943. It was a very grim period.'



At the annual Spring Banquet, COHC member Michael Bankiewicz spoke about some of his experiences escaping occupied Europe during WWII. Here are some excerpts:

STARTING POINT: Before I talk about hiking, I'll tell you about the situation. It was WWII, and the Germans were rounding up Jews and killing them. It was dangerous for me and I had to leave. I was in Eastern Poland in the region of Lithuania. Our area was occupied by Russians until 1942, when the Germans attacked the Russians in Operation Barbarosa. I volunteered to work in Germany. I picked a factory near the German border, because I planned to escape. It was a factory where we built bombers.

IN FRANCE: 1943 was a very grim period. We were worried, we were hungry, and we were shot for no reason. I was in a hotel with a half a thousand soldier types, and I was the youngest in the room. I supplied them with wine. The message came from England for the general evacuation. The Germans were rounding up the Poles.

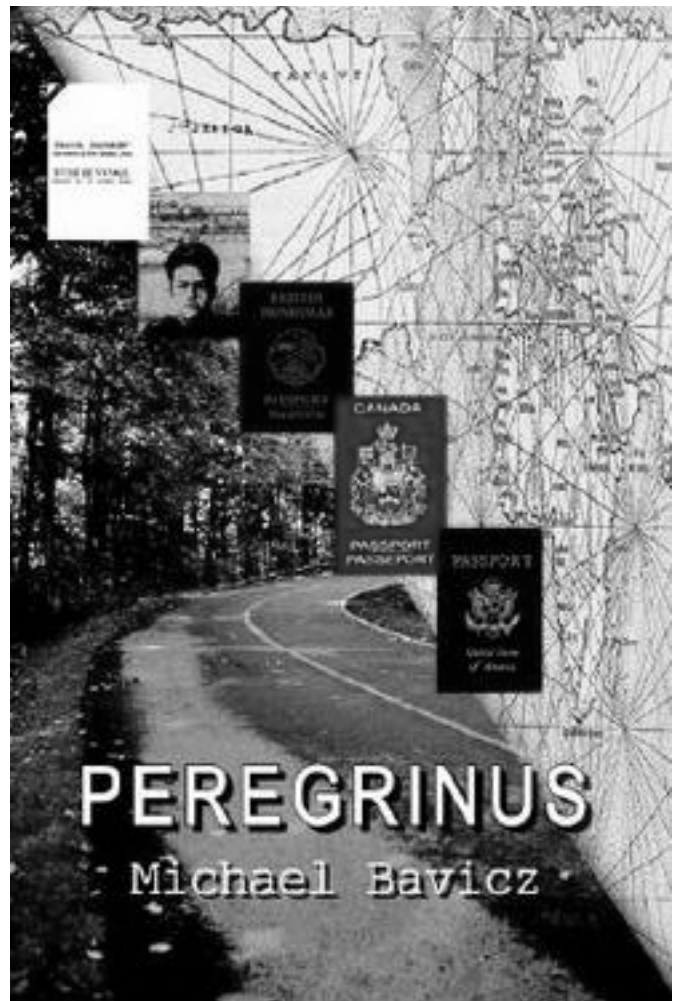
INTO THE MOUNTAINS: We got directions to a Spanish city in the eastern foothills of the Pyrenees. We went overnight by train to Foix. Our guide spoke Catalan

and led us up to a farm and put us in a chicken coop. I was 19 then. I was rich – two loaves of French bread and a bottle of mineral water.

Our guide led us up into the mountains. I was very fit. I had spent the summer as a porter for the French underground. We walked about 50 miles from Foix to Andorra along grassy hills. In late August, we walked down into the valley to cross a stream. We were in a line about a quarter of a mile long, with the donkey in the back. The Catalan guide and the people in the mountains were there for the money.

TO SAFE HAVEN: We hiked down out of the mountains and bypassed Andorra. We met a large truck. Squished like sardines and, covered with a ground sheet, we were taken to Barcelona. Taxis took us to the British Embassy, where they told us, "You're now on British soil, and you have the protection of King George V."

EPILOGUE: From Spain, I got to England. I traveled to Canada in 1952 and spend 14 years there as a research chemist and then came here to America. 🌻🌻



Search for an assortment of COHC's many hike destinations!

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 BLACKHANDGORGE
 CANTWELLCLIFFS
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 DARBYCREEK
 FLINTRIDGE
 GREENBOWLAKE
 HOGBACKRIDGE
 KILLBUCKMARSH
 MTGILEAD
 PERRYFOREST
 ROCKYFORK
 SLATERUN
 TARHOLLOW

ALUMNCREEK
 BLACKCLICKWOODS
 CEASARCREEK
 CLEARCREEK
 DEERHAVEN
 FORTHILL
 GRIGGSRESERVOIR
 INFIRMARYMOUND
 LAKEKATHARINE
 NELSONLEDGES
 PICKERINGTONPOND
 ROSCOEVILLAGE
 SPANGLERWOODS
 THREECREEKS

ASHCAVE
 BLENDONWOODS
 CEDARFALLS
 CLIFTONGORGE
 DENISONBIOPRESERVE
 GLACIERRIDGE
 HERITAGETRAIL
 INNISWOOD
 LOBDELLRESERVE
 OLDMANSCAVE
 PIKELAKE
 SALTFORK
 STROUDSLAKE
 WAHKEENAPRESERVE

AWMARION
 BLUEROCKFOREST
 CHARMARRIDGE
 CONKLESHOLLOW
 DILLON
 GLENHELEN
 HIGHBANKS
 JOHNBYRAN
 MALABARFARM
 OLENTANGYTRAIL
 PRAIRIEOAKS
 SHALEHOLLOW
 SUGARCREEK
 WALNUTWOODS

BARBEEFARM
 BUCKCREEK
 CHESTNUTRIDGE
 CUYAHOGAVALLEY
 FINLEY
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