

The Co-Hiker



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Club News ...

Hiking Milestones

Therese Passesini, Jim Dearnell..... 500 miles

Board Notes

In 2014, COHC held a total of 35 hikes, 27 regular and 8 senior. 20 members attended the average regular hike and 12 for senior hikes. 70% of members attended at least one hike. 2014's top ten hikers were:

153	Bob Merkle	108	Betty Bradley
130	Connie Sheridan	103	Jeanne Barbee
123	John Troutman	103	Gisela French
122	Jamie Abel	102	Dick Barbee
122	Cathy Young	101	Tammy Roberts

Club dues are due in January: \$18 for individuals and \$30 for couples. Send your check to Gerlinde Lott, 2936 Wellesley Drive, Columbus, OH 43221.

Current Board Members

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



Do you remember the 1955 film, "You're Never Too Young?" Jerry Lewis plays an apprentice barber who inadvertently crosses a homicidal jewel thief and then hightails it out of town with the crook's jewels. To escape the crook's clutches, Lewis disguises himself as a boy and latches onto music teacher Dean Martin. Here's a song from the movie:

I Like to Hike

It's time to hit the trail (It's time to hit the trail and and and...)
It's time to hit the lofty trail (It's time to hit the lofty trail)
(Bum bum bum bum bum bum...)
I never liked to travel by automobile or bike
The only way to travel along is travel along the way you like
and as for me I like I like-a to hike
(He likes to hike, he likes to hike, he hates to pedal a bike)
It's time to climb the peak (It's time to climb the peak)
The dawn breaks through the sky; Again you'll hear the cry
(Again you hear; again you hear; from the man you hear a cry)
I've climbed a lot of mountain peaks including the peak of Pike
The peak of Pike was a heck of a hike
but I'll never never never rest until I conquer Everest
(Ever-Ever-Everest until we conquer Ever-Ever-Everest)
(We like to hike, we like to hike, we like to hike, we like to hike)
We like to hike

Music by Arthur Schwartz; Lyrics by Sammy Cahn
<https://www.youtube.com/watch?v=AESbosZLoS0>

Hike Reports ...

Downtown Lights

Dec. 21, 2014

Elaine Buhrlage, leader; Leslie Buhrlage, sweep

This year, prior to the hike, we were fortunate to have a great dinner at Milestone 229 restaurant, located on the Scioto Riverfront. We began the hike at the restaurant, crossed over the Scioto River by way of the Main Street Bridge and returned to the eastern shore via the Rich Street Bridge. We then viewed the gorgeous downtown city lights of the Leveque Tower, state capitol building and Columbus Commons area. The highlight of the hike was the State Auto Nativity Display, which featured a beautiful chorus of singers to ring in the New Year. We then were able to enjoy the lights of the Topiary Park, before returning to Milestone 229 to end the hike. 🌟🌟



Alum Creek State Park

Nov. 22, 2014

John Troutman, leader; Whaja Troutman, sweep

We had quite a cold snap in early November with lots of snow. As the hike neared, the weather started to moderate, but with the snow melting and refreezing at night we were concerned that the trail would be too dangerous to hike. Luckily, the trail wasn't as bad as we had feared, and 15 hikers set off. The snow-covered ravines were beautiful as we snaked around jagged edges of the reservoir. With no leaves or undergrowth to obscure our sight, we had many nice views of the water. We did have our share of hikers slipping, and two tied for the most spills by falling down four times each. But, no one was hurt. We finished the hike by warming up with barbecue at Smokey Bones. 🌟🌟

"Winter is on my head, but eternal spring is in my heart."

-- Victor Hugo



Pickerington Ponds Metro Park

Nov. 15, 2014

Kathy Lince, leader; Connie Sheridan, sweep

A dozen regular hikers and two new hikers enjoyed the two miles of hiking at Pickerington Ponds. It was a great day for hiking, with a chilly wind and a lot of sun. Nine hikers went to dinner at O'Charlies to enjoy their superb rolls and excellent entrees. Everyone had a great time. Thanks to Gerlinde Lott for pre-hiking and Connie Sheridan for doing the sweep. 🌟🌟

Highbanks Metro Park

Nov 8, 2014

Connie Sheridan, leader; Elaine Buhrlage, sweep

We had to substitute for our scheduled hike in Highland County, due to an unfortunate mishap of the leader, John Tannehill. But, 27 people turned out for the alternative location. We gathered on the observation deck behind Nature Center, as the facility was closed for cleaning. We headed down the Dripping Rock Trail, observing all the things in the ravines that are not normally visible until all the leaves are off the trees. We were able to see the grandeur of the trees more fully, as well as several items of color, burning bush, yellow leaves and tall stalk with purple flowers. Fortunately the sun was out most of the time, and there was ample shelter from the wind. Moving on to the Observation Trail, we made our way to the deck overlook above the Olentangy River. We could clearly see the sycamores along the bank, including the one where the eagles make their nest. But, alas, no eagles were seen that day. After the hike a number of people dined at Smokey Bones on Polaris Parkway. 🌟🌟



Boch Hollow State Nature Preserve

Oct. 25, 2014

Jamie Abel, leader; Bob Merkle, sweep

A beautiful fall day welcomed 25 hikers to Boch Hollow State Nature Preserve north of Logan, Ohio. The preserve, located in the hills above Rush Creek, used to be accessible only with a permit, but that requirement was dropped a couple of years ago. We stopped at the gazebo on the pond dam for a quick COHC group photo, and then headed uphill along leaf-covered paths. Along the more than 4 miles of trail, we saw large, moss-covered sandstone outcroppings and a picturesque recess cave. Following the hike, we returned to Logan to have dinner at the Olde Dutch Restaurant and Banquet Haus. 🌻🌻



Gallant Woods / Gallant Farm Preserve

Sept. 13, 2014

Gerlinde Lott, leader; Kathy Lince, sweep

On a beautiful summer/fall afternoon, eleven of us took to the trails at Gallant Woods Preserve. Starting on the Pheasant Run Trail, we walked through prairie fields and enjoyed the warm sunshine. Then, Tree Frog and Acorn Loop Trails led us through wooded areas at Walter's Grove and Charlotte's Woods. To get our two miles together, we took the Gateway Trail to the Farm Preserve, where we visited the nicely furnished farmhouse (built in 2012!), as well as the barn where some antique tools and machinery are kept. And, to finish our outing, we had a good supper together at Frisch's Big Boy Restaurant. It was a great day for being outdoors. 🌻🌻

Wooster Memorial Park

Sept. 6, 2014

Ruth Brown, leader; Bob Brown, sweep

A dozen fearless hikers headed up to Wayne County to join the Browns for a five-mile hike through Wooster Memorial Park. Most of the hike was through woodlands, following the Spangler, Outer and Education Trails. The hike featured varied terrain, which included several hills of short duration. After the hike, we returned to Wooster to dine at Bob Evans. 🌻🌻



Social Reports ...

Christmas Party

Dec. 6, 2014

Carol Beal, coordinator

What a great Christmas party we had in December with 40 in attendance. We received an early Christmas gift, as Bob Merkle generously paid everyone's admission this year

(Thanks, Bob!). The hike led by Jim Dearnell, took an alternate path through Blacklick Woods Metro Park, due to the wet weather we had experienced for two days. The hikers marched on in the rain and back to the clubhouse, greeted by the aroma of baking ham, the warmth of the fire and an array of appetizers. The food was especially delicious and plentiful. The sounds of the season, decorations of blue and white and the lit fireplace helped take our minds off the dreary wet day. We all received several gifts, candy bars, flashlights printed with COHC and beautiful sun reflectors to enjoy in our gardens. Thanks everyone for making this holiday gathering another successful event. Merry Christmas! ❁❁



Barbee Farm Annual Hike & Cookout

Sept. 27, 2014

Jeanne Barbee, coordinator

This was a gorgeous fall day. We circled up at the Lodge for the hike; some came just to enjoy the cookout and fellowship. Dick Barbee first led the hikers to the front pasture around the “4 Big Brother Trees,” which are oaks of more than 250 years in age. They’re the equivalent of the “3 Sisters” oaks at Sugar Creek MetroPark in Dayton. They then headed down the trail to the first back field, where the cattle were penned for the visit. The Holsteins and the people were equally interested in studying each other. The field path took everyone down through Possum Run, which they crossed carefully on boards. Dick then led on to the final pasture along Lubbergut Creek, where the

water level was down far enough to cross easily. The main dangers in the cow pastures were the low-lurking cow pies. Most avoided them! Returning, the hikers had a short pause to rest on a log. Back at the barn, Frank and Tricia Barbee were busy cooking the hamburgers and hot dogs to go with all the dishes that were brought to share. Those who didn’t hike helped get everything ready. Before dinner, though, nearly all of the people loaded onto two hay wagons for a ride back through the pastures, and Don Shaw and Ben Hall let the cows out of the pen for Dick while they were back there. Returning to the barn again, the men carried the hay bales inside for seats around the farm wagon tables. Finally, the hungry hikers circled the chow wagon with their plates, ready to eat. This proved to be another great farm-city hike to remember. About 43 attended this five-mile hike, ride & feast! ❁❁



“My father considered a walk among the mountains as the equivalent of churchgoing.”

— Aldous Huxley

Fall Retreat at Camp McPherson

Oct. 10-12, 2014

Jeanne Barbee, coordinator

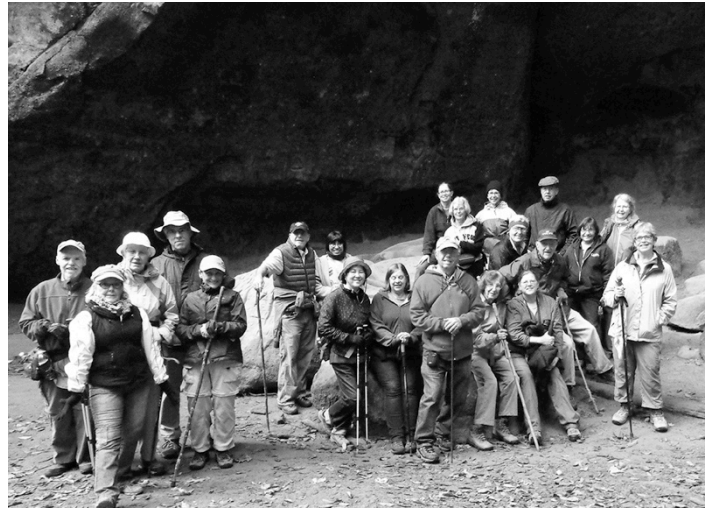
We enjoyed good weather each day, with 31 people attending. On the Friday before camp began, Connie Sheridan, Gisela French and Jeanne Barbee met Don Shaw and Harry James in Killibuck to ride the Homes County Bike/ Horse & Buggy Trail to the end, eat and return (about 38 miles). It was neat to ride and meet the buggies along side. Harry and Don had ridden this trail on GOBA this year. Harry and Don left afterward, and the others went on to camp. Jim Dearnell and Carol Beal organized a weiner roast with s'mores and food others brought to share. This was great, as no one had to leave camp for dinner – we cooked our own. Then we sang around the campfire. Later, we packed up the food, and Bob Merkle led some on our traditional two-mile road hike to see the moon and stars and then returned to camp for games and puzzles as a good start on weekend fun.

The next day, we were up at 8 a.m. for breakfast over at the lodge, where we received directions from John Troutman on the planned bike trail hike, which could be done in sections. We car-pooled over to the Trailer Park where Jamie Abel met us to sweep for John. The weather was good and hiking went well. At one spot some hikers



took the shorter trail back to the Trailer Park to wait for us. The long hike was eight miles and shorter one was four. The hike circled back to the camp to use picnic tables and restrooms over our lunch break. At this point, some headed back to camp, while the remaining crew continued to the finish at the camp ice cream store. Good planning! Jamie joined for dinner at the lodge before taking off. Evening Vespers were sung, with piano accompaniment by Dorothy Garwood, and short meditations read by several. Then we had our business meeting, where it was voted to return here next year. The rest of the evening was spent working puzzles, playing games, and singing songs with Jim Dearnell playing the guitar. Sunday provided another good day for a short hike. Dick Barbee led; Jeanne swept. We started at the covered bridge over the trails through the gorge to Lyons Falls and across the new wooden bridge built last year by volunteers. The hike was four miles with frequent stops for picture taking. The river reflected the

colored trees like a looking glass this day. We got back to camp for our favorite soup, salad, and baked-potato lunch buffet, which was a great way to end all. Be sure to plan to come next year if you can! 🌻🌻



30. WALNUT WOODS
29. TAR HOLLOW
28. SUGARCREEK
27. SPANGLER WOODS
26. SLATE RUN
25. SALT FORK
24. PAINT CREEK
23. OLD MANS CAVE
22. MT GILEAD
21. MOHICAN
20. MALABAR FARM
19. LAKE KATHARINE
18. JOHN BRYAN
17. INNISWOOD
16. INFIRMARY MOUND
15. Highbanks
14. GREENBOW LAKE
13. GREAT SEAL
12. FORT HILL
11. DARBY CREEK
10. CONKLES HOLLOW
9. CLEAR CREEK
8. CHRISTMAS ROCKS
7. CEDAR FALLS
6. BLENDON WOODS
5. BLACKHAND GORGE
4. A W MARION
3. ASH CAVE
2. ALUM CREEK
1. ALLEY PARK

Answers to the scramble puzzle on back page:



A white oak tree at Gross Woods State Nature Preserve.

ODNR: Ohio's old-growth forests

There are few places in nature more tranquil or awe-inspiring than an old-growth forest. Stepping underneath their lofty emerald canopies reveals a living, breathing masterpiece of what nature can do when given the time and opportunity. They are complex ecosystems comprised of many different working parts that intertwine together and function as one massive organism. From the fungi and their intricate subterranean networks of mycelia, to the songbirds high in branches above, each has a role in an old-growth forest's health and sustainability.

It's hard to imagine the sights that greeted early European settlers as they came to explore the extensive and diverse forests of eastern North America. Ancient trees of dizzying heights and girths abounded. Specimens over five and six feet in diameter with trunks that went seventy plus feet until the first limbs were a common occurrence. Standing amidst and under such leviathans is a humbling thought today.

Around the time of European settlement a large majority of Ohio's landscape was dominated by primeval forest. Their understories were relatively open and almost park-like. Immense contiguous tracts were only broken up by natural openings and boundaries such as tall grass prairie, wetlands, barrens, bogs etc. It was hardly untouched though, as thousands of years of indigenous cultures and tribes had shaped and influenced the forests around them. However, their presence obviously pales in comparison to that of the pioneers. In only a couple centuries' time nearly every acre of Ohio's forested landscape was cut, removed or otherwise impacted by their activities.

Fortunately, some pockets of forest throughout the state survived. Difficult and/or isolated terrain, cartography oversights and cherished family land all helped keep a small slice of our natural history intact. These special tracts of old-growth forest act as a time machine of sorts for us today and give a relative glimpse at what once was. It's imperative these priceless relics are protected and properly managed.

Throughout the state some of our best remaining examples of old-growth forest reside in Ohio's State Nature Preserve system. Places like Goll Woods, Hueston Woods, Johnson Woods, Clear Fork Gorge and Davey Woods provide a primitive atmosphere.

Ohio's remaining old-growth forests come in numerous different types and sizes. Some are small woodlots only 20 acres or less in size, while others are large contiguous tracts numbering in the hundreds of acres. Forests of oak-hickory, beech-maple, mixed mesophytic, swamp, floodplain/riparian zone etc. are all represented. The state can even still claim a few old-growth examples of coniferous forest communities, such as the impressive hemlocks and whites pines within Clear Fork Gorge state nature preserve. They do a good job dwarfing folks who stand in front of them for a photo.

While old-growth forests are classified as climax communities they are hardly static from an ecological point of view. They exhibit multi-layered canopies and mixed ages of trees below due to a staggered pattern of regeneration. As the oldest and largest trees succumb to age, disease, windthrow etc., younger trees compete for the canopy openings and light and gradually replace one another. This mixing of ages ensures the forest remains relatively stable as time goes on and any significant disturbance events don't occur. Dead standing timber also serves an important function as food and shelter sources for a wealth of insects, birds, mammals, fungi etc. Needless to say, many different things help make up the composition of an old-growth forest.







Even with winter settled in and spring's reawakening still only a dream, now is as great a time as any to get out and experience any one, or all of Ohio's old-growth forests. As just mentioned, winter is especially prime for fully grasping and appreciating just how impressive the tree specimens within can be. Regardless of where you live in the state, there's sure to be an old-growth forest preserve not too far away.

Andrew Gibson wrote this article, which appeared on ODNR's website at: <http://naturepreserves.ohiodnr.gov/natural-areas-preserves-home/post/ohio-s-old-growth-forests>.

‘Do you know where you’re going?’

That phrase is one of the common taunts you might hear tossed at the leader of a hike. Most places we go hiking provide, besides a map, a system of roadside markers, called “blazes.” These are markings that follow each other at certain — though not necessarily exactly defined — distances and mark the direction of the trail.

From ancient times up until just a few decades ago, trail blazing (or way marking in the U.K. and Ireland) was done by hatchet chops into the sides of trees. If you see such trail markings today, they are usually for informal logger or hunter routes, or trails descended from those routes. Due to the maintenance and skill required, as well as an increasing aversion to harming trees, this method is almost never used today. Other methods have become more common. Most often, a painted marking of a consistent shape or shapes (often rectangular), dimension and color or combination of colors is used along the trail route. The system by which blazes are used to signify turns and endpoints in trails strongly favors the use of paint blazes.

CONTINUE STRAIGHT 	START OF TRAIL 	RIGHT TURN 
SPUR LEADING TO A DIFFERENT TRAIL 	END OF TRAIL 	LEFT TURN 

To avoid confusion, trailblazers in the U.S. and Canada typically use one single color, often white, red, blue or yellow. Other trails, especially in Europe, may use more complex

systems of painted shapes in more than one color. Some Austrian trails, for example, use a combination of white and colored stripes, while Central European countries such as Czech Republic, Slovak Republic and Poland use colored bars with different meanings attached to different colors. Yellow footprints painted on trees and rocks often mark trails in Africa.

Beyond paints, trailblazers may use plastic, metal or even sometimes wooden markers, affixing them to trees, usually with nails. These last longer than paint, but are vulnerable to both the chewing of animals (porcupines especially) and the growth of the tree, which causes the marker to fall off. Other trailblazers might use a tape flag, indicating where the trail re-enters the woods after crossing an open field. Sometimes, rock cairns are used as trail markers, rather than blazes, especially in the Arctic region of North America – from Alaska to Greenland. Lastly, a wayside cross in a footpath, track or road, at an intersection, along the edge of a field or in a forest, can serve as waymarks,

particularly common in Europe, for walkers and pilgrims or designate dangerous places.

The amount of blazing used on a trail is often impacted by different land-management principles, as well as the kind of users the trail is likely to get and what kind of trail it is in the first place. In U.S. wilderness areas, whether state or federal, the U.S. Wilderness Act requires that the land seems “untrammeled by man,” and so blazes are often kept to a minimum. Serious hikers and backpackers who use most wilderness trails also may find excessive blazing to be visually annoying or distracting.



By contrast, in a typical municipal or county park, or any land open to a wide variety of users, especially one where overnight camping is either forbidden or infrequent (for example, if it is located in a well-developed metropolitan area), one can expect much more casual users who are not used to finding trails and appreciate frequent blazes.

Single-track trails of the sort favored by those on foot also receive more blazes than those that follow old roads or other wide routes, which are often self-evident and are thus usually blazed only as necessary to infrequently reassure travelers of the route they have chosen.

Even within the confines of a single trail, blazes may do more than simply reassure the trail user he or she is on the trail. They can alert the users to imminent turns, particularly if there is some confusion about what might be the trail, which can occur often in open woods, rocky open areas or on lightly used trails, switchbacks, and where trails begin and end.

This article, heavily edited here, can be found on Wikipedia at: http://en.wikipedia.org/wiki/Trail_blazing.

Scramble Puzzle: ALNTREC 00IH INGIHK UCBL!

See if you can unscramble the names of some of COHC's more frequent hiking sites (some names will have spaces):

1. LLKRAYAPE _____
2. EURAEKLMC _____
3. AVCHESA _____
4. ARMIONAW _____
5. KAAEHBRDNCGGLO _____
6. NDOEWDBLOSON _____
7. CAESDRFALL _____
8. STKCORMSAICHSR _____
9. KECELACRER _____
10. LCOHSOKWNEOLL _____
11. RBAEKDRYCE _____
12. LLIHTFOR _____
13. TRAGLEAES _____
14. KELGWBNOAREE _____
15. HNBHSKIAG _____
16. RMMFOIYARUINND _____
17. OONDIIWNS _____
18. HJBOYNNAR _____
19. LIEEKHKRAANAT _____
20. AFLBMRMAARA _____
21. ONMHICA _____
22. ETMILGDA _____
23. AACOSMEDVNL _____
24. KANRCEPTI _____
25. LFSAROTK _____
26. EUARSNLT _____
27. APLESGOWODSNR _____
28. CSEGURKEAR _____
29. ATROLHLOW _____
30. TWNOSDOLAUW _____

