

The Co-Hiker



web: ymcaohio.org/hike

email: cohck_hikingclub@yahoo.com

In This Issue ...

Club News

Hike Reports

- Downtown Lights (12/22)
- Darby Creek Metro Park (11/23)
- Heart and Health Campus – Sr. Hike (11/16)
- Slate Run Metro Park (11/9)
- Rock Mill-Chestnut Ridge Metro Park (10/26)
- Antrium Lake – Sr. Hike (9/21)
- Denison Univ. Biological Reserve (9/14)

Social Reports

- Christmas Party (12-7)
- Fall Retreat at Camp McPherson (10/11-13)
- Barbee Farm Outing (9/28)

Tidbits from the Trail

- Letters from the Past

A Hiking Poem

*To be on the trail is to be free.
Distance is covered with foot and knee.
Burdens lifted, carried on back.
All I've left is nothing I lack.*

*Life reduced is enriched existence,
When rock and earth reward persistence.
Joy is a summit or a view.
Hope is dew when day is new.*

*Hardship is rock and rain and
Entering the human fray again.
Challenge is a long ascent,
With legs and shoulders spent.*

*Yet this is exhilaration as well.
It is why, like many, I tell
Of the rugged glory of the trail,
The footpath on which I set sail.*

— by Red River Falls, Pearisburg, Va., 2009

Club News ...

Hiking Milestones

Dick Barbee 1,500 miles!

2013 Top Ten Hikers

Bob Merkle, <i>High Mileage Award!</i>	164 miles
Jim Dearnell.....	148
Cathy Young.....	136
Betty Bradley.....	131
Connie Sheridan.....	128
Dick Barbee.....	121
Jamie Abel.....	110
Jeanne Barbee.....	109
Gisela French.....	107
Roberta Core.....	105

2013 Hike Notes

The Club held 37 hikes in 2013: 28 regular hikes and nine senior hikes. The typical regular hike was five miles long and had 22 members attending. The typical senior hike was two miles long and had 12 members attending. Two-thirds of our members attended at least one hike last year.



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

Hike Reports ...

Downtown Lights

Dec. 22, 2013

Elaine Buhrlage, leader; Janie Reeves, sweep

This year we really were blessed with warm weather and no rain for the Christmas Hike. We walked about five miles, which incorporated the Scioto Mile, State Auto show with lovely singing, the new lights at the topiary park and the Commons – formerly City Center! There were 23 people on the hike, which was thoroughly enjoyed by one and all and, hopefully, spread Christmas cheer!



Darby Creek Metro Park

Nov. 23, 2013

John Troutman, leader; Whaja Troutman, sweep

The hike day was a preview of winter: cold, blustery and more like a mid-January day than one in late November. Ten members showed up for the hike. With all the leaves down, we had great views of the creek and wooded ravines. We welcomed any break from the icy wind. About midway through the hike, it started to snow, even hard at times. Soon, the ground was covered with a light layer of snow, bringing a quiet to the area. As we were resting down by Darby Creek, there was a loud crack, and a very large limb fell to the ground close to where we were standing. It gave everyone quite a start. We completed the hike on this beautifully winter-like day and had dinner at the El Vaquero Mexican restaurant. 🌸

Heart and Health Campus – Sr. Hike

Nov. 16, 2013

Kathy Lince, leader; Gerlinde Lott, sweep

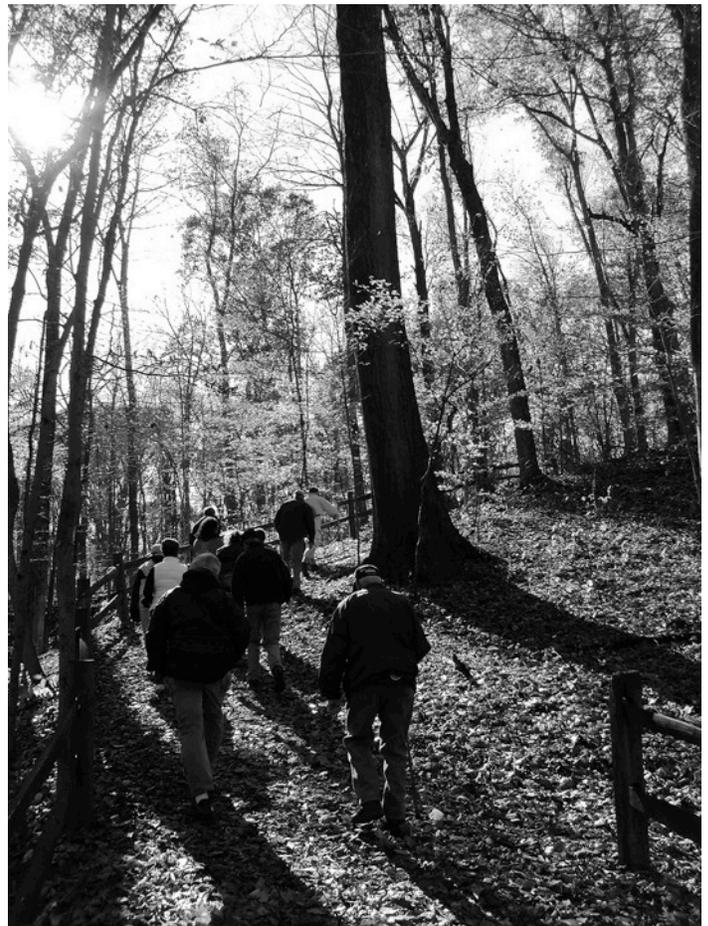
This was a new in-town hike for seniors, located just a few blocks north of Riverside Methodist Hospital. Eleven members hiked these wonderful secluded loops, past Peggy McConnell Memorial Garden, Big Red Lodge and Kobacker House. Following the hike, four hikers ate wonderful Mexican food at El Vaquero. Thanks to Gerlinde Lott for all her help with this hike! 🌸

Slate Run Metro Park

Nov. 9, 2013

Kathleen Hall, leader; Connie Sheridan, sweep

Sixteen members and one guest took a six-mile hike in the Slate Run Metro Park. We met at the Shady Grove Picnic Area and traveled along Five Oaks, Bobolink and Kokomo Trails. These trails included lovely views of streams, several steep ravines, grasslands, wetlands and a pond.



Above: Club hikers trek up a hill at Slate Run Metro Park.

Luckily the November winds were at our backs as we traveled out to the wetland area. As we headed back to the wooded area, those same winds quickened our pace as we made our way to the shelter of the forest. We enjoyed dinner at O'Charley's on Gender Road, where we had a special dessert provided by Jim Dearnell as we celebrated his birthday. Coconut cake and vanilla ice cream made a delicious treat to mark this special occasion! 🌸

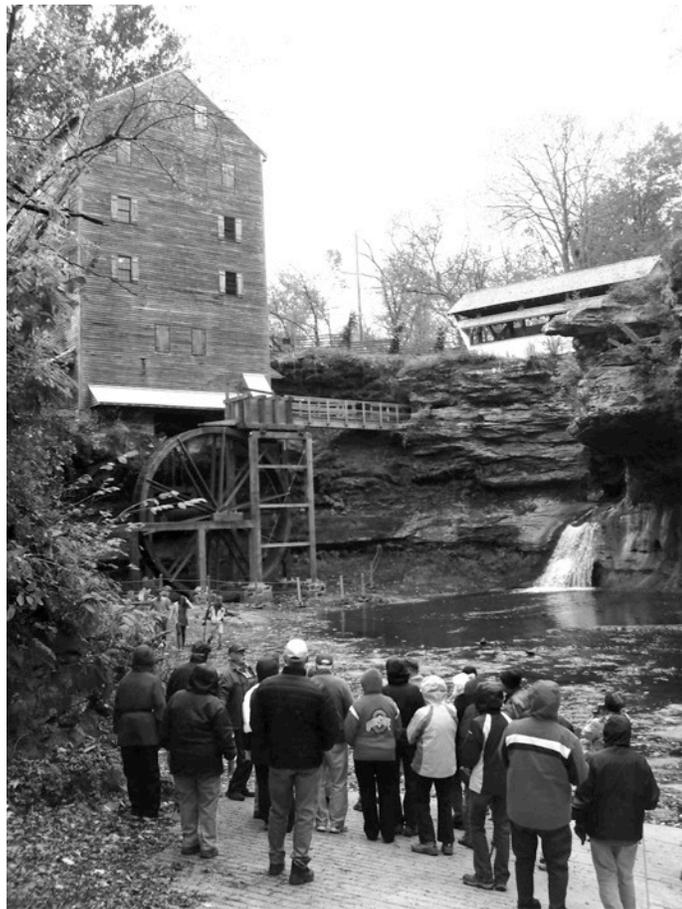
Rock Mill & Chestnut Ridge Metro Park

Oct. 26, 2013

Bob Merkle, leader; Heidi Sloan, sweep

About 13 hikers met at Winchester Square Shopping Center to carpool through Lithopolis to the old Rock Mill (built about 1825). There is also a covered bridge adjacent to the mill. At 1 p.m., about 27 hikers assembled to enter the old seven-story building, which is being repaired and preserved by Fairfield County Historical Society. Several volunteers of that organization, who opened the mill that day for our tour, met us there. In addition to furnishing us with hot coffee, cider and cookies, we were privileged to hear from two of the men, who told stories of the old mill and some of its history and ongoing preservation. Then we

went outside (on this cold, windy day) and walked down the steep access lane to the creekbed for a close-up view of the new 26-foot wooden waterwheel (reported to be the largest all-wood waterwheel in the State of Ohio). The wheel was not turning as the dam for the waterpower is yet to be completed. Our volunteer gave us some interesting stories of the workings of the mill and of the construction and assembly onsite of the new wheel. This location is on the upper reaches near the headwaters of the Hocking River. After an hour visiting the mill, we then drove to Chestnut Ridge Metro Park for about a four-mile hike in the crisp autumn air. We took a side detour from the usual hiking path, went about a half mile over the ridge to the old apple barn built years ago of tile blocks. As some of this region was once covered in orchards, this building was used for short-term apple storage. Returning to the main path, we continued our circuit hike to the parking lot, passing the remains of a farmer homestead on top of the hill. We loaded up the cars and drove back to Winchester Square, where we feasted (about 26 of us) at Bob Evans Restaurant. Thanks go to Heidi for making the arrangements for the mill tour. 🌻🌻



Above: Hikers view Rock Mill and a covered bridge.

Antrium Lake Park – Sr. Hike

Sept. 21, 2013

Gerlinde Lott, leader; Jo Fuhrman, sweep

On this beautiful fall day, thirteen of us met at the Broad Meadows Blvd. entrance to Antrim Lake Park. We hiked along the bike path to the lake, then circled the lake and stopped for a brief rest to watch the ducks assembling below the deck. We encountered many bikers, runners and other hikers. Afterward, several of us ate dinner at Bob Evans. 🌻🌻

Denison Univ. Biological Reserve

Sept. 14, 2013

Jamie Abel, leader; Janie Reeves, sweep

Eighteen hikers met to trek the six miles of trails in the Denison University Biological Reserve north of Granville (see photo, page 1). The day was warm, but tolerable. The group started by heading through the southern Alrutz Section, where a wind storm had blown down a large number of trees in the recent past. They followed the Swallow, Hyacinth and White Trails, before heading uphill, north along the short Sugarbush Trail. In the Norpell Section, along the eastern edge of the property, the group followed the Norpell Loop through the tall timbers until they reached the Taylor Ochs Section at the far northern end of the reserve. There, they followed the Taylor Ochs trail to the recently rerouted Cuckoo Trail, which led everyone back to the Norpell Section. This time, we followed the front side of the Norpell Loop back to Sugarbush and then back out to the parking lot. After the hike, the hungry group drove over to eat at the Damon's Grill restaurant on the west edge of Newark. 🌻🌻

Social Reports ...

Christmas Party

Dec. 7, 2013

Carol Beale, coordinator

All who attended the December 2013 party in new 'digs,' no less, at the Blacklick Golf Club had a good time. Snow was on the ground, spirits were high and the weather was cooperating. Since many were coming late we waited for a half-hour to start the hike at adjoining Blacklick Woods Metropark. 12 hardy people walked from the clubhouse across the golf course, where the wind made many cheeks rosy. The snow was about three inches deep and stuck to the shoes of those who wore cleats. We entered the park at Beach Maple Lodge, where we had our holiday party in 2012. We hiked through the woods to the Nature Center and returned on the main trail, back across the golf course – again with rosy cheeks – to the clubhouse, where a very

nice lunch was waiting. After a delicious potluck meal, we sang carols led by John Mitchell at the keyboard. John also treated us by playing his trombone, firing us up with the OSU fight song. Go Bucks. Pat Shade entertained the group with her Christmas story, written and read by the author. The hike in the brisk weather, the logs afire, the Holiday music, good food and good friends left us in the holiday spirit as we departed. ❄️



Above: Holiday hikers head across Blacklick Golf Course.

Below: COHC hikers pause on a Mohican trail bridge.



Fall Retreat at Camp McPherson

Oct. 11-13, 2013

Jeanne Barbee, coordinator

COHC camp began early for 11 bikers, led by Janie Reeves, along the Kokosing Bike Trail from Gambier to Danville and back. Those biking were Janie, Don Shaw, Harry Jones, Robert Core, Jeanne Barbee, Gisela French, Monique Mills, Carol Beal and Jim Dearnell, plus friends Fred and Nancy, who rode with us for a total of 20 miles.

Many at camp went into town for dinner before starting on snacks at the lodge and getting out the puzzles and games for the evening. We had a total of 28 people this year. By 8 p.m., it was sufficiently dark for 22 of us, led by Bob Merkle, to attempt the “Night Road Hike to the Haunted Barn.” Most chose to do this without flashlights so they could better see the stars. Campers did their own thing for the rest of the night – sleep, puzzle or play.

Saturday began at 8 a.m. with breakfast at the lodge kitchen. After breakfast, we got our packed sacks, decorated our subs with toppings and picked out our soda/water and salty snacks. The kitchen really loaded us up! Jamie Abel, Larry Dougherty, Diane Poole and Sandie Garey met us at the Mohican Covered Bridge. Jamie led us and Sandie swept for our three-part, 8/10/12-mile hike up the bike trail to the fire tower, where we ate lunch, and back down Hog Hollow trail. John and Wadja Troutman carted people from the fire tower and bridge to the ice cream store. After enjoying a good evening meal at the lodge kitchen (we seemed to be eating all the time!), puzzles were worked on till our evening Vesper services, which included some great singing with Dorothy Garwood accompanying on the piano. Our business meeting followed with majority voting to return to this camp next year. Jim Dearnell got his guitar and many joined in singing some old songs that he had copied word for us. (“America’s Got Talent” has nothing on us!)



Above: Hikers visit Big Lyons Falls during the Fall Retreat.

Sunday morning began again with a good breakfast, and then 21 car-pooled to the bridge again to hike the Big & Little Lyons Falls trails. Dick Barbee led and Jeanne swept the four-mile hike. Back again to the lodge kitchen for a wonderful soup, salad and baked potato bar. We enjoyed eating again!!! Now came time to pack up and go back home, a little more tired but happy and satisfied. Still, five hardy campers took their bikes to the Butler B&O bike path for a short ride of 10 miles total before they called it quits for camp 2013. 🌻🌻

Barbee Farm Outing

Sept. 28, 2013

Dick & Jeanne Barbee, coordinators

We circled up 35 hikers with about 44 that came for the cookout and hayride on the Barbee farm. Dick Barbee lead the group through the lane to the back pasture along Opposum Run, and Jeanne Barbee was the sweep. They first stopped to visit with some Holstein heifers that Dick had penned up to meet them as they entered the pasture. As they continued on, the hikers could inspect the corn and soybean fields up close as they crossed that creek and headed through the second pasture to the freeway fence to the Lubbergut Creek pasture field. Only a few hapless hikers got caught by cowpies, but walking in the grass cleaned their shoes up well. One mishap occurred coming back when several stopped to sit on a log, which broke in two; Roberta ended up in a cowpie. She didn't believe the story about it being good for her skin. When hikers got back to the barn, they were greeted with the sight of Dick and Jeanne's son, Frank and his wife Tricia, grilling up some burgers and hotdogs. While these were finishing, Dick took two wagonloads of people on a hayride around the back pastures. When they returned, they circled the

wagons with plates in hand for the food loaded around it. Hikers managed to fill their plates and take seats on straw bales to enjoy the food and fellowship. Desserts were aplenty, and we couldn't get them all eaten. Several brought cakes, cookies, chips and salads, which were enjoyed by all. The Barbee's enjoy having the city people come to enjoy a day at the farm and appreciate all who came. 🌻🌻



Above: Hikers enjoy creek crossing at the Barbee Farm.

Tidbits from the Trail ...

Glimpses of the club's earlier days; Letters from former club members

Betty Bradley, club historian, shared a few letters from former hiking club members, who recalled some memories of earlier years in the club. Some of this was done for the 50th anniversary of the club in 1986. Here are a few tidbits.

JEANNE BADDERS: I have many fond memories of hikes and camp weekends in the late 30s and early 40s. Several of my girl friends told me of the Hiking Club – said it was a great place to “meet guys” – even some new ones in town who seemed anxious to meet city girls. Anyway, we always rushed up after the dances to sign up early for the next hike – the bus only held 40 people. The events back then were just about like what you do today – watermelon and corn feeds, Christmas caroling and party, swim-hike, camp weekends in Hocking County, Lobby Sings at the Y and getting together to work on the Co-Hiker, and the annual banquet and award of the “Jug.” I met my husband in the Hiking Club, and we were married in September 1945 when he returned from the War in Europe – he died in 1991 but I'm so glad I went on that first hike!

MARY ELLEN DEA: I was a young OSU college student who liked to take walks, but not especially alone. When I noticed a small item in the Dispatch newspaper announcing a hike in the Hocking Hills of Ohio for the coming Saturday, I decided to join the group and went to the YMCA. I didn't know anyone, but when on the bus was soon talking and laughing with a friendly bunch of people. After walking cross-country for a few miles, I realized I wasn't wearing proper hiking clothes [on my first hike with COHC]. My skirt, short-sleeved blouse, silk hose and oxford shoes were just not right. My next hike found me in jodhpurs and jacket, like most of the other girls. Over the years I acquired warm things to wear on frosty sub-zero days and, of course, waterproof hiking boots. The happiest days of my life were with the people in the hiking club. We always had such fun playing games, such as passing the "Dead Man" around the circle. I remember Doc Batchelor was always such an instigator of fun things to do, especially on the bus as we rode to and from the hikes. We would sing songs – all old favorites and a little ditty called, "Down by the Station."

PEGGY GRUBB HORN: My experience in the hiking club was all before WWII. I was living in Mt. Vernon, and on the day of the hike, we would drive one car over in the morning. When we returned to the Y after each hike, we would hurry into the Y to make our reservations for the next hike. Once, when we went to Tar Hollow for an overnite trip, we had a "snipe hunt," tromping around the woods at night. We also secretly ran up on the flagpole

one of the men's PJs and one of the women's nightgowns, then the next day we had a "ceremony," bringing them down and discovering who they belonged to!

BETTY SHAY: A few years ago, we came to this stone wall, and we really had to climb it or backtrack for five miles. So, we scaled the wall and a person at the top had a rope – my body was parallel with my feet going up about five or six feet. Panic didn't set in, and we all made it! You ol'timers remember Judson Hills in Knox County up by Jelloway? We were on a hike in May and climbed a hill and reached the top, where we went into this pasture field, and all we saw was bluets and purple violets. We were at our fall weekender [at nearby Camp Bethany], and we cut across fields and came to this farm. There was no fence between a great big bull and us. We kept walking, and he kept staring, but none of us was harmed by that big creature! On the same hike, we crossed a great big metal bridge, and Evelyn Bahnson and I gathered a big bunch of bittersweet. Later, Evelyn told me she arranged some and put on her dining room table, and some little flying creatures had come out of a cocoon, invading their home! Carolyn Whitesel was our hike leader at Malabar Farm. After hiking about five miles over the fields and boardwalk, we came to this hill. At that point, it looked like a mountain, and I didn't know if my legs would get me to the top or not. I said to Evelyn, "Are you going?" and she said she didn't think so. I got halfway up, turned around, and there she was – going to the top! 🌸🌸



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY