



# Miami Valley Outdoor Club

April, 2010

April 6 Meeting

## “LIVING SIMPLE AND GREEN – A PERSONAL JOURNEY”

Wendy Aker President, Preble County Citizens for Living Green (PCCGL) will be the guest speaker at the Miami Valley Outdoor Club meeting, Tuesday, April 6, at Wegerzyn Garden Center, 1301 E. Siebenthaler, Dayton.

Following a short business meeting at 6:30 p.m. Wendy will lead an interactive and thought-provoking and fun exchange to encourage others to begin rethinking how we can change our ways of interacting with our environment. Through examples, stories and stats, she will show how by living more simple and green we not only help our earth, but also become healthier and save money doing so. She hopes to change today's mindset of get, use and discard to rethink, reduce, reuse and recycle.

PCCGL was established in 2009 to raise awareness, educate, encourage and support its members and the community of the need and means to live more green and earth-friendly.

## Upcoming MVOC Activities

### “Get Out and Go Hike”

Tuesday Evening at Taylorsville Metro Park  
2101 U.S. 40 - East of Taylorsville Dam

Two Start times - Join Sharon for one or both loops:  
4:20 - Fast pace - 5:20 - Slower pace second time around

Join Sharon M and members of the Miami Valley Outdoor Club for a brisk Tuesday hike at Taylorsville MetroPark. This fast-paced hike through hilly wooded terrain and along the Great Miami River lasts about an hour. Hike begins promptly at 4:20. Meet at the parking lot near the CCC shelter off Route 40.

The orange trail has a closed section so Sharon is going to do 2 modified loops on the Orange trail At the 4:20 start she will be leading the brisk pace hike. The group will be back at the CCC shelter by 5:20. A second, slower paced hike around the orange trail again will start at 5:20. You may want a head lamp if you come at 5:20 and do the slower loop. It will take about 1 hour 15+ minutes for the second loop. There are many options if you want to do a shorter and/or slower loop

April 6, 13, 20 and 27. Hope to see you there.

### Wednesday Nite Bike Hikes

Grossnickle/Englewood/Aullwood Loop  
5:00 p.m., April 7, 14, 21 & 28

MVOCer Lindy McDonough will lead this evening bike ride from Jake Grossnickle Memorial Park to and through Englewood MetroPark, past Aullwood Audubon Center and Marie Aull's Garden to Meeker Rd. and back to Grossnickle Park. The ride will wind through fields, woods, past fishing lakes, over Englewood Dam and along Englewood Lake, past a former riding stable and the famous Buckhorn Tavern for approximately 8-10 miles, lasting about 1.5 hours.

There will be some great downhill opportunities as well as a few uphill grades that we will either ride or walk up. This moderately paced ride may be a struggle in a few places the first time out, but if you make it to all four trips, you should be in good shape by the end of the series. We will be on recreational trails about two thirds of the trip, briefly on U.S. Rt 40 and the rest on less traveled back roads. Wear bright colors.

Directions to Grossnickle Park: From U.S. 48 at first traffic light just south of Meijer and Samaritan North, turn east on Heath Cliff Rd. Turn left at Samaritan North Health Center and then right at park entrance. For information or to sign up contact Lindy McDonough, 278-1493 or [lindymcd46@aol.com](mailto:lindymcd46@aol.com)

## Activity Reports

The weekly hikes (Tuesday at Taylorsville, Wednesdays at Englewood) have been well attended. Sharon's Tuesday jaunts have seen as many as 14 hikers working their ways through hills, valleys, mud and, sometimes, even snow. Most weeks four or five even opt to hike both loops, logging an impressive 6.8 miles on a Tuesday after work.

On Lindy's Wednesday evening walks between two and nine people showed up each week with a total of 15 different people including MVOC members Barbara McCray, Becky Gruber, Andy Niekamp, Tom Clune and his 2 year old son Sam, Scott Barger, and Jim Lemaster. Five others were from the Dayton Area Backpackers and Hikers and their guests. Jim Nies filled in on March 3rd for hike leader Lindy McDonough who was home with a bad cold. One day we had to change our meeting place to the former riding stable, because flooding had closed the main road through the park. That day a visitor from the Washington D.C. area spotted a little brown snake on the trail - a real sign of spring. Visiting Englewood Reserve was a first for a number of hikers during March.

## Adventure Summit at WSU March 5 & 6

As usual, the MetroParks and WSU put on an outstanding event with lots of vendors, organizations and programs to see. This year the MVOC booth was right between the Dayton Ski Club and the American Volksmarching Association. It was great seeing many old friends, meeting new outdoor enthusiasts and getting lots of ideas for speakers and activities for the MVOC in the coming year. Many thanks go to volunteers Allan Rettberg, Virginia Bard, Tom Schommer, Dale Bockhorst, Gary Mount and Lindy McDonough, who staffed the MVOC booth.

## Membership Renewal Time Is NOW

Just a reminder: This is the last newsletter you'll receive if you don't pay your 2010 dues. Don't risk missing any of the 2010 newsletters, email notices about impromptu outings and last minute changes, lots of fun activities, guest speakers, our annual July picnic, December feast and auction and mid-winter chili cook-off, announcements of other outdoor activities in the Miami Valley like GearFest and the Outdoor Summit, and the comraderie of people who love the outdoors! Renew today! You'll find a membership form on the back of this newsletter.

Please be sure to fill it out completely, especially including your email address, even if nothing has changed from last year.

## Calendar

### Upcoming Events

Apr. 3 Ohio Caverns and Katie's Candies trip  
Apr. 6 ..... Membership Meeting, Wegerzyn  
Apr. 6, 13, 20, 27 - Evening Hikes at Taylorsville  
Apr. 7, 14, 21, 28 - Evening Bike Hikes at Englewood  
Apr. 15 ..... MVOC Board Meeting, Marion's Pizza  
May 4 ..... Membership Meeting at Wegerzyn  
May 13 ..... MVOC Board Meeting, Marion's Pizza  
May 15-16 Twin Valley Trail Backpacking

### Next board meeting:

The next MVOC board meeting will be at Marion's on North Dixie, April 15 at 6:00. All members are welcome. Stop by and help determine club activities..

## A Call for Hike for Bike Leaders

This winter our Taylorsville and Englewood hikes have been a great success! One to 1.5 hour hikes on weekdays, fast or moderately paced, have been quite popular, with some hikers returning over and over. We are looking for MVOC members who might be willing to lead regular hikes or rides anywhere in the area but especially in southern Montgomery County.

A month at a time, same place and same start times have worked very well. If you can't take on a whole month, one time or once a month for a few months would be great. Leaders can just pick their favorite hiking or biking spot and a time that's convenient for them, we'll advertise the event and then just see what happens.

If you are interested contact Sharon Mullins, 620-0887, dmullinsvanoh@aol.com, Ella Himes, 321-6314, ellahimes@yahoo.com or Lindy McDonough, 278-1493, lindymcd46@aol.com.

## MetroParks Action

### HIKE FOR THE HEALTH OF IT!

Hike for a healthier lifestyle in the great outdoors! Hikes will be held every Saturday year round at 2:00 PM. Each hike will be about 3 miles and will move at a comfortable, brisk pace. Terrain will vary with the site and some is rugged. Hikers that complete 10 hikes will receive a Five Rivers MetroParks Health Hike ball cap. For general Health Hike questions, call 278-2623, Monday-Friday.

Apr. 3 Wegerzyn Gardens. parking lot  
Apr. 10 SugarCreek Metropark, parking lot  
Apr. 17 Taylorsville Metropark, Blue Heron Shelter  
Apr. 24 Twin Creek Metropark, Chamberlain Road Trail-head

### KAYAK Roll Lessons

Tuesday, April 13 at BeaverCreek YMCA, 560 Grange Hall Rd. During this hands-on class, students will meet the equipment and learn basic paddle strokes. Age 12 and up. Fees: For more information, call 277-4374

### Advanced Swift Water Rescue for Paddlers

Fri , Sat , Sun 04/23 8:00 AM - 6:00 PM, Rocky Fork and Paint Creek

A workshop that is aimed at trip leaders, safety personnel, and anyone desiring opportunities to develop their rescue skills for canoeing and kayaking in moving water. Focus on recognition and avoidance of common river hazards, execution of self-rescue techniques, and rescue methods for paddlers in distress. For more information or to register please call (937) 277-4374.

### BIKE FOR THE HEALTH OF IT

Apr. 3 Wolf Creek Recreation Trail. Meet behind Rob's Restaurant in Brookville, riding towards Verona (11 miles)

Apr. 10 Meet in the parking lot behind Rob's Restaurant, 705 Arlington Road, Brookville, riding toward Trotwood (14 miles).

Apr. 17 Eastwood MetroPark. Meet in last parking lot of Harshman Road. Riding toward Green County (12 miles)

Apr. 24 Eastwood MetroPark Meet in last parking lot of Harshman Road. Riding toward Wegerzyn (13 miles)

For more information about these rides and awards, go to the metroparks website or contact Officer Zimmerman at 937-277-4823

### Discover Ohio on the Buckeye Trail - A Walk Around the State

Mon 04/12  
7:00 PM - 9:00 PM  
Northmont Branch Library

Enjoy a slide show and talk of Brent and Amy Anslinger's 10-week, 1,300 mile walk around Ohio to celebrate the Ohio Bicentennial in 2003. From the corn fields to the small towns, from Lake Erie to the Ohio River, learn about the Buckeye Trail. This diverse trail now reaches into over 40 counties in Ohio, including Montgomery County and 5 different MetroParks. Find out about the struggles and joys of thru-hiking this unique trail, which is America's 3rd-longest continuously marked hiking trail and is joined by the North Country National Scenic Trail and American Discovery Trail on their routes through Ohio. For details call 277-4374. For more information on the Buckeye Trail, go to [www.buckeyetrail.org](http://www.buckeyetrail.org).

### INTRO TO SMART CYCLING

Step One in the Smart Cycling Series is a classroom session, taught by League Certified Instructors, and designed to provide cyclists of all levels better knowledge and understanding of how to safely and effectively operate your bicycle in various situations. Topics will include ride preparation, traffic laws, equipment and clothing, and much more. Intro is a pre-requisite for Smart Cycling Basics. For more info and to register call (937) 277-4374.

Five Rivers St. Clair Building 12Y  
and Up \$10.00

### SMART CYCLING BASICS

Sat 04/24  
9:00 AM - 3:00 PM  
Smart Cycling Basics, part two of the cycling series, takes the knowledge gained in Intro and puts it to use on the bike. This hands-on class will teach riders maneuvering, signaling and riding skills to make them more competent and comfortable riding on the streets and trails of the Miami Valley. **Intro to Smart Cycling is a pre-requisite.** Helmets and Bicycles required. Call (937) 277-4374 to register..

Miami Valley Outdoor Club  
P.O. Box 292571  
Dayton, OH 45429  
www.miamivalleyoutdoorclub.org

## Photographing Nature Up Close

Sat 04/24  
10:00 AM - 11:30 AM  
Wegerzyn Gardens

Photographer Adam Alonzo leads this session on nature photography. Discover techniques for photographing flowers, insects and other small treasures outdoors. If the weather permits, this session will include a demonstration in the garden. Reservations are requested and walk-ins are welcome. Free. Call 277-6545 or register online.

## Membership/Waiver Form

Annual dues are \$16 for singles or \$24 for families. New members joining after July 1 may pay half a year's dues.

Name \_\_\_\_\_ I'd like to join \_\_\_\_\_ I'd like to renew \_\_\_\_\_

Address \_\_\_\_\_ I'd like more information \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_

Email Address \_\_\_\_\_ Amount enclosed \$ \_\_\_\_\_

Please circle one: (Include) (Do not include) my name and information on the annual roster sent to all MVOC members.

I hereby declare that I am at least 18 years of age and agree to abide by the rules and regulations of the Miami Valley Outdoor Club. I do hereby relieve the Miami Valley Outdoor Club and/or its officers and members from all responsibility and liability regarding any loss, injury, or accidents incurred at, or related to, any club activity or function.

Signature \_\_\_\_\_ Date \_\_\_\_\_

### MVOC Officers

President:	Lindy McDonough	278-1493	lindymcd46@aol.com
Vice President:	Gary Mount	367-6702	glmount@yahoo.com
Secretary/Treasurer:	Dale Bockhorst	433-5533	dalebocchorst@yahoo.com
Programs Director:	Dwight Gehring	836-8515	ddgehring60@verizon.net
Newsletter/Publicity:	Jim Nies	275-9614	jnies@aol.com
Activities:	Sharon Mullins	620-0887	dmullinsvanoh@aol.com
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