



Miami Valley Outdoor Club

January 5 Meeting

Citizens for Green Living

January, 2010

Join us for an evening of socializing and trip planning starting at 6:00 p.m. Tuesday, January 5, at Wegerzyn Garden Center, 1301 Siebenthaler Ave., Dayton. The business meeting starts at 6:30, followed by the featured presentation at 7:00.

Douglas McWain, member of Preble County Citizens for Green Living will be the guest speaker. Retired family therapist and amateur engineer, McWain likes to share his concern for the earth and his efforts to live green. He has been living in an earth shelter built mostly with recycled material and heated with a combination of solar and wood, since 1983. Energy conscious for a long time, Mcwain has built also built other projects over the years, primarily for wind and solar energy.

Upcoming MVOC Activities

Evening Hikes at Taylorsville

Every Tuesday thru Jan. 26 4:10 p.m.

Join MVOC member Sharon Mullins for a brisk winter hike at Taylorsville MetroPark starting at the CCC shelter at 2101 U.S. 40 east of the Taylorsville Dam. This fast-paced walk through hilly wooded terrain and along the Great Miami River lasts about an hour.

For those familiar with the area who want to walk at a slower pace, feel free to come along and take one of the shorter loops. Hike begins promptly at 4:10 so that everyone can finish before dark. For more information contact Sharon at 620-0887 or dmullinsvanoh@aol.com.

Annual Chili Cookoff

Superbowl Sunday, February 7

Mark your calendars for this annual winter hike and delicious chili feast with all the trimmings at Sycamore State Park Day-Use Barn. Time to start looking for Grandpa's secret recipe or create one of your very own. New this time ... prizes! and of course, the greatest honor - you might win the coveted "Golden Ladle." Watch for time, directions and other details in your February newsletter.

Upcoming Events

- Jan. 5, 12, 19, 26 Taylorsville Evening Hikes 4:10 PM CCC Shelter on National Road
- Jan. 5 MVOC meeting, Douglas McWain, Living Green
- Jan. 7 - Feb. 25 ...Try Snowshoeing, Free, Thursdays, Metro Parks
- Jan. 14 MVOC Board Meeting, Marion's Pizza
- Jan. 18 Winter Hike at Hueston Woods
- Jan. 21 Backcountry Fast & Light Cooking, MetroParks
- Jan. 28 Intro to Backcountry Survival, MetroParks
- Feb. 2 MVOC Meeting, Matt Lindsay, Bikeway development in the Miami Valley
- Feb. 7 Annual Chili Cook-Off & Hike
- Mar. 5-6 Adventure Summit, WSU

Elections

Elections are coming in February so it's time to think about club leadership. Would you like to take a turn? Know someone who would? All offices are open. Even if the incumbent for a given office is running, don't let that stop you from throwing your hat in the ring.

More MVOC Activity

Winter Hike at Hueston Woods

Monday, Jan. 18 (MLK Day)

Sponsored by the Buckeye Trail Association, the Hueston Woods winter hike will start at 9:00 a.m. at Hueston Woods State Park Lodge. Arrive early, if you like, and have breakfast with other hikers at the Lodge at 8 a.m. The hike will go around Acton Lake, about 11 miles, on a variety of trails. A bean soup and corn muffin lunch

will be available at the park office next to the Nature Center. Donations are accepted. For those wishing to hike only from the Lodge to the Nature Center, a shuttle back to the Lodge will be available. For more information contact Pat Hayes at president@buckeyetrail.org.

If you wish to hike with MVOC members, contact Lindy McDonough, 278-1493 or lindymcd46@aol.com. If there is interest, we can carpool up to five more people in Lindy's van.

Dinner Report

Holiday Dinner and Auction

by Lindy McDonough

The bidding was fierce for some of the wild and wacky and even useful auction items at our annual holiday dinner in December. Forty-one members turned out to feast on Honeybaked ham and turkey breast (your MVOC membership dues at work) as well as a fabulous potluck spread of salads, casseroles, dips, cheeses, veggies, and of course, pies, cookies, brownies and candy. (Now, aren't you sorry you didn't come!)

Many of us had one more chance to visit with long-time members Virginia and Dave Wood and Jim and Connie Steele before they all headed West for more adventure in the great outdoors! Dave and Sandy Todd did a super job as auctioneers and managed to sell off a huge

array of mostly used outdoor gear to the highest bidders before closing time at the garden center. Dwight Gehring did a great job sorting the auction items and many thanks go to Donna Gehring for keeping track of the bids and bidders and collecting the proceeds at the finish.

The shoes I bought have been on three hikes already and a shower radio that just needed a couple of good batteries is now on my ironing board to keep me company while I exercise my ironing arm. Jackets, rain pants, backpacks, coffee pots, books, books and more books, roller blades and even the left over ham and turkey were just a few of the items auctioned off.

The event brought in \$245 that will be divided and donated to both Glen Helen Raptor Center and Bruckner Nature Center.

MVOC Booth Volunteers Needed for 2010 Adventure Summit

Friday & Saturday, March 5-6

Sign up and be part of the Outdoor Adventure event of the year! The Miami Valley Outdoor Club will again have a booth at the 2010 Adventure Summit at Wright State University. It is one of the largest expositions of outdoor culture, skill and experience in the Midwest. Charlie Engle Ultra Endurance Athlete and Humanist will be the featured speaker on Friday night, with presentations by Andy Skurka and Jon Dorn (Backpacker Magazine) on Saturday.

Just spend a couple of hours Friday evening or Saturday at the MVOC booth talking with other outdoor enthusiasts and then spend the rest of your time learning about the latest outdoor gear and all kinds of outdoor organizations and hear experts speak on mountain climbing, kayaking, backpacking, cycling and more. Food, music and demonstrations too! To volunteer Lindy McDonough at 278-1493 or lindymcd46@aol.com.

For more information about the summit itself, see www.metroparks.org/adventuresummit.

Next board meeting:

The next MVOC board meeting will be at Marion's on North Dixie January 14 at 6:00. All members are welcome.

Membership Renewal Time Approaching

This word from Dale Bockhorst, Secretary/Treasurer: February 1 is the start of the new membership year. 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.

Metro Parks 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.

9 Jan-Argonne ForestParking Lot - Possum Creek MetroPark

16 Jan- Patty Shelter - Englewood MetroPark

23 Jan- Chamberlain Parking Lot - Twin Creek MetroPark

30 Jan- Blue Heron Shelter - Taylorsville MetroPark

Try Snowshoeing!

Thursdays in Jan. and Feb, weather (snow) permitting. Snowshoes will be available at the Five Rivers St. Clair Building, 224 St. Clair St. Walkins welcome, reservations requested. For info and to register, call 277-4374.

Backcountry Fast and Light Cooking

Five Rivers St Clair Building This course will introduce you to hands on techniques such as using a pot cozy, and review some of the newest and most innovative ultra-light cooking. Call 277-4374 to register (\$10 fee.)

Wednesday, January 6 6:30 P.M.: **Try a Free SCUBA Session.**

Try diving before signing up for a class. No need to be a YMCA member.

Kleptz YMCA

1200 W National Rd., Englewood

To register, call (937) 836-9622 For information, visit www.sodadivers.com/soda_010.htm

Other Outdoor Action

“Living for Adventure” Presentation Series

Sponsored by Great Miami Outfitters
Tuesday, January 26, 2010

Andy Niekamp:

6,500 Miles On A 2,200 Mile Trail

Lessons Learned From An Appalachian Trail Long-Distance Hiker.

6:30 - 7:30 PM FREE. Adult Program.

MVOC member Andy Niekamp is the founder of the Dayton Area Backpackers & Hikers Club and is an avid long-distance hiker. Come hear his tales and learn the lessons of what to do and not do. All presentations will take place next door to the Great Miami Outfitters store at A Taste of Wine, 90 S. Main Street, Miamisburg.

January 16

Hocking Hills 45th Annual Winter Hike

Fun & Fitness Continuous starts from 9 to 11 AM • Rugged 6-mile trek from Old Man's Cave to Ash Cave • Wear layered clothing & good footwear • Refreshments available for a donation • A shuttle bus returns hikers to Old Man's Cave • For information call 740-385-6841

January 30 1:30-3:00 Germantown MetroPark

Canyons of the Southwest

This first of three “America's Wonderlands Series” programs will start at the North Rim of the Grand Canyon, then get into nearby Zion and Bryce Canyon National Parks. Call 937-85507717 for more info.

The Adventure Summit Speaker Series:

Enjoy a slideshow presentation from four different local outdoor enthusiasts. You will be able to hear and see about their trips through four amazing adventures in different areas of North America. This speakers series is leading up to The Adventure Summit on March 5th and 6th 2010; one of the largest expositions of outdoor culture, skill and experience in the Midwest.

All programs will be at COX ARBORETUM, 6733 Springboro Pike. 7:00 - 8:30 p.m. Call 277-4374 for details.

1. January 7th, 2010 (Thursday) **Journey on the Appalachian Trail**

Take a walk through the images and stories of Angie Sullivan and Shane Sheldon's 5 month thru-hike of the 2170 mile Appalachian Trail from Georgia to Maine. Share in the fun, rain, pain, and perseverance of this legendary long distance hike recently completed in fall 2009.

Saturdays, January 9, 16 & 23, 2010

K&G Bicycle Maintenance Series

Session includes 3 Saturday classes from 10:00 AM to Noon

FEE: \$75 per person. These interactive hands-on training classes are designed to help you learn the skills that will keep you safe and allow you to spend more time riding and less time wrenching. Each class will last approximately two hours for a total of 6 hours of class time for the entire session. All classes are conducted in our Xenia location at 594 N. Detroit Street. The first class will cover the basics, including tires, tubes, cables, sizing, and basic bike setup. The second class continues with brakes and bearings. And we'll conclude the third class with shifting and drive train. We can even include some extra material upon request. (937) 372-2555

Photographing the Beauty of Winter

Sat, Jan. 16 1:30 - 3:30

Germantown Metropark Nature Center Classroom.-

Explore the photo opportunities while walking around in the woods with naturalist/photographer Skip Layman. Learn about the challenges and

2. January 20th, 2010 (Wednesday) - **Cycling Ohio to Erie Trail**

Learn about the Ohio to Erie Trail from Tom Helbig's journey from Cincinnati to Cleveland on a single speed bicycle in just 5 days.

3. February 1st, 2010 (Monday) **Thru-Hiking the Pacific Crest Trail**

From the Mojave Desert to the High Peaks of the Sierra, on to the Cascades of Oregon and Washington, join Brent and Amy Anslinger on a slide show journey of the joys and struggles of their 2650 mile, 5 month, walk from Mexico to Canada on this spectacular trail.

4. February 16th, 2010 (Tuesday) **Kayaking through the Grand Canyon**

Imagine waves that take 7 strokes to climb, boulders the size of four story buildings and a 6 foot kayak battling through 227 miles of the Colorado River. Amy Dingle will share in the experiences of a 21 day expedition and how the river has carved a lifetime of memories.

Wednesday, January 6, or Wednesday, January 20 Running 101 Training Group Informational Meeting

7:00 PM This run/walk group is for the individual who wants to train for a 5K. Prior to starting this program the individual should be able to walk for a brisk 30 minutes. Up and Running will provide coached workouts, training schedules, technical product, weekly updates, and much more. Please contact Up and Running for more information.

The program will start on February 2, 2010 training for a 5K held on April 25, 2010. Registration fee - \$50.00 - includes weekly coaching, training shirt, race registration, and great perks at UAR!

Up & Running

6123 Far Hills Avenue (937) 432-9210

solutions of winter photography. The program will be geared toward SLR cameras but all photographers are welcome.

While the program is free, reservations are required and limited. Call (937) 855-7717 or register online.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Miami Valley Outdoor Club P.O. Box 292571 Dayton, OH 45429 www.miamivalleyoutdoorclub.org					1	2
3	4	5 MVOC meeting 6:00	6 UAR Info meeting Scuba	7 Try Snow-shoeing Summit Speaker	8	9 K&G Maint
10	11	12	13	14 MVOC Board Meeting 6:00 Marions	15	16 K&G Maint Hocking Hills
17	18 Winter Hike @ Hueston Woods	19	20 Summit Speaker UAR Info meeting	21 Try Snow-shoeing	22	23 K&G Maint
24	25	26 6500 miles/2200 mile trail	27	28 Try Snow-shoeing	29	30

Membership Response 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	dalebockhorst@yahoo.com
Programs Director:	Dwight Gehring	836-8515	ddgehring60@verizon.net
Newsletter/Publicity:	Jim Nies	275-9614	jnies@aol.com
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