



Miami Valley Outdoor Club

January, 2011

“Grand Canyon Memories”

On Tuesday, January 4, MVOC members Jim & Connie Steele will be the featured speakers at the Miami Valley Outdoor Club meeting following a short business meeting at 6:30 at Wegerzyn Garden Center, 1301 E. Siebenthaler Ave., Dayton.



Bob Kelly checks out the storm clouds

The Grand Canyon has always been a special place for Jim and Connie Steele, starting back 40 years ago when they took their first overnight trek down to the bottom with only a bedroll, two canteens, and some honey and GORP. Since then, they've both backpacked to the bottom two more times, with Jim adding another trip with longtime MVOCer, the late Bob Kelley and some friends from Colorado. Come hear Jim talk about this last trip, when they took the Bill Hall Trail off the North Rim down to Thunder River, the only river in the world that flows into a creek!



Jim Steele

Elections Coming Up February 1

Looking for a new challenge? The annual Miami Valley Outdoor Club elections are coming up at the February 1 meeting. We are always on the lookout for new leaders and new ideas. The elected positions are President, Vice President, Treasurer, Program Director, Activities Director, Newsletter Editor and Webmaster. If you are interested in running for one of the positions or want to recommend someone please contact Lindy McDonough at 278-1493 or lindymcd46@aol.com. In addition, this year we want to create committees that to assist the various officers. If you are interested in being on any of the committees let one of our officers know.

2011 Chili Cook-Off at Cricket Holler

Superbowl Sunday, February 6

Cricket Holler Boy Scout Camp is the new site of our annual winter hike and outstanding chili feast. Time to start looking for Aunt Millie's family recipe or create one of your very own. You might win the coveted "Golden Ladle." Watch for time, directions and other details in your February newsletter or the MVOC website calendar.

Help Plan a Cross-Country Ski Trip

Anyone interested in cross country skiing for a weekend or week?

In the past the club has traveled north to Michigan & Canada & out west for week long trips & Michigan & Ohio for weekend trips. Let Jeanne Boeke (299-4102) know if you are interested in skiing.

Tuesday Hikes at Taylorsville -

January 4, 11, 18, 25

Join Sharon M and members of the Miami Valley Outdoor Club for a Tuesday hike at Taylorsville MetroPark. There will be two hikes going at the same time. Jim N. will be leading a slower more moderated paced hike. Sharon will continue to lead the fast-paced hike. Both will hike through hilly wooded terrain and along the Great Miami River. Both Hikes begin promptly at 4:20pm. We will be completing a modified orange loop with steep hills and a pace around 4 miles an hour for the fast paced hike and around 3.3 for the slower paced hike. Meet at the parking lot near the CCC shelter off Route 40. These are conditioning hikes.

The Second (5:15pm start) hike will be cancelled during December and January due to early sunset.

Thursdays at Urban Krag

Thursdays 6:30, January 6, 13, 20 and 27.

Urban Krag Climbing Center, 126 Clay Street, Dayton, www.urbankrag.org.

Meet at the viewing platform at 6:30 pm. After 6:30 the person at the desk can point us out in the climbing area. Your first time in to the gym you will need to complete a belay certification which takes about 30 to 45 minutes and is a one-time charge of \$15.00. Everyone 14 or older must complete a belay certification. If you are under the age of 14 you will need someone who is belay certified to belay for you. If you are a minor (under the age of 18) you will need to have a parent or guardian sign a waiver for you.

Cost: The total charges for a first time visit will be: Belay certification \$15.00, Daily pass \$12.00, Shoes \$4.00, Harness \$3.00. For more information or to sign up, contact Hank Trimble at hank_trimble@yahoo.com

Wednesday Hikes at Englewood MetroPark

Every Week in January at 3:00 p.m.

January 5, 12, 19 & 26

Join MVOC member Lindy McDonough for this moderately paced evening hike that will last 1 - 1.5 hours. We will start promptly at 4:30. Take the National Rd. entrance and meet at the Patty Shelter parking lot near the second set of restrooms. Please call or email Lindy at 278-1493 or lindymcd46@aol.com to let her know you are coming.

Newsletter Deadline - January 23, 2011

Out and About

by Lindy McDonough

The temperatures have stayed below freezing most of December and while holiday activities were in full swing, MVOCers kept heading for the outdoors to relieve some stress, keep fit and enjoy the wonders of nature. The first Saturday in December Steve Longenecker, Bonnie Spitzkeit and Lindy McDonough showed up to join the Ohio Wander Freunde Volksmarching group on a snowy walking tour of the downtown Dayton landmarks and the historic Oregon District.

Our annual December Holiday Dinner and Benefit Auction was a great success with over forty people in attendance. At least a half dozen members of the Dayton Hikers were our guests. Sharon Mullins reluctantly agreed to be the auctioneer at the last minute and she did a terrific job hawking all the donated outdoor gear. Many thanks to Dwight Gehring for keeping track of who-bought-

what. We made \$211 which will be divided in half and donated to Bruckner Nature Center and the Glenn Helen Raptor Center. Al Pamatat, a new MVOC member who has attended our monthly meetings for many years, missed our holiday dinner because he was in the VA hospital for over a month being treated for a serious rash around his ankles. He is back home again and ready to sign up as a volunteer on the MetroParks Street Team.

Sharon Mullin's fast-paced Tuesday hikes at Taylorsville have averaged seven people per hike and starting this month, MVOCer Jim Nies will be joining her to lead a moderately paced hike at the same time and place. Hank



Trimble's get-together at the Urban Krag for indoor rock climbing has been attended well enough that he is continuing it again in January. And the winter hikes at Carriage Hill MetroPark attracted a number of hikers

Clifton Gorge Christmas Light Hike

who had never gone to the park before. One guest from the Dayton Hikers group liked the venue enough to go back on his own to jog the trails in the snow. Hikers got to see two perfectly formed beaver lodges on the edges of Argonne Lake and the first week in December, before the lake froze over, we saw a beaver swimming in the water.

Once again Dwight and Donna led an enjoyable evening hike through Clifton Gorge, ending at Clifton Mill to watch the thousands of Christmas lights turned on. Twelve hikers total enjoyed the winter walk with



Sharon Mullins and new members David Snell, Bruce and Sue Howarth and Lucy Kazyak joining us for the first time. Jeanne Boeke brought along her two nephews and niece, Evan, Alexander and Heather. Most of the group ended the evening at Young's Dairy for a hot meal and a front row seat to watch Santa hear children's Christmas wishes.

There's still more winter plans coming up. Start gathering up your recipes for the annual hike and chili cook-off on Super Bowl Sunday, Feb. 6 - which will be over in time for football fans to watch the big game. This year it will be at the K-Lodge at, Cricket

Holler Boy Scout Camp between Frederick Pike and Brantford Rd in Butler Township. The lodge is heated, has indoor restrooms, a kitchen and a fireplace, if we want use it. Hope to see lots of you there!

MVOC Board meeting,

Thursday, January 13, 6:00 p.m. at Marion's Pizza on North Dixie Dr.

Dues time

It's now time to renew your membership for the new year. Please print out and mail the membership/waiver form on the last page of the newsletter and send it, along with your dues, to Miami Valley Outdoor Club, P.O. Box 292571, Dayton, OH 45429

Hike for the Health of It! MVOC Challenge Starts This Month

This month, the Five Rivers Metro Parks is starting another year of "Hike for the Health of It!" This year we would like to challenge our members to participate in that program. The hikes start every Saturday throughout the year at 2:00 p.m. at one of the many MetroPark locations with at least 50 opportunities to hike. Not everybody has the time or inclination to hike the Appalachian Trail, but right here in Montgomery county is your chance to visit all our beautiful MetroParks, while keeping in shape, reducing stress, enjoying the outdoors and making new friends. Each hike is about 3 miles. You keep track of your hikes and the MetroParks awards a ball cap for the first 10 hikes you complete. They award pins for 25, 35 and 45 hikes. Keep MVOC leaders informed of your progress and we will recognize you in the MVOC newsletter when you complete 10, 25, 35 and 45 hikes in 2011!

The hikes for January are:
01/08 Englewood MetroPark
01/15 Twin Creek MetroPark
01/22 Taylorsville MetroPark
01/29 Carriage Hill MetroPark

Metroparks Action

Adventure Series.

This year, instead of the Adventure Summit, Wright State University and FiveRivers Metroparks are sponsoring the Adventure Speaker Series. The series continues in January with a January 12 presentation by Andy Niekamp entitled 7,200 Miles on the Appalachian Trail at Wegerzyn Garden Center, beginning at 7:00 PM. The series continues in January with a presentation entitled ACONCAGUA: TWO BROTHERS' QUEST FOR THE SUMMIT, presented by

brothers Bob and John Spinks. 7:00 PM, Jan. 24, 2011: WSU Student Union. You can register at <http://www.metroparks.org/adventuresummit>.

Try Winter Backpacking

January 8, 1:00 PM - 4:00 PM Englewood MetroPark

Have you ever tried winter backpacking? Need to beat the some cabin fever? Then come to this afternoon, hands on program, try on a backpack or snowshoes, talk with local experts, and experiment with different types of winter gear. Backpacks and snowshoes are available on a first come, first served, basis. Reservations Requested, Walk-ins Welcome. For more information and to register, please contact (937) 277-4374 or register online.

Intro to Alcohol Stoves

January 20, 6:30 PM - 8:30 PM Five Rivers St. Clair Building

Are you interested in exploring more of the ultralight backpacking evolution? Have you tried an alcohol stove? This evening program is an introduction to alcohol stove building and use, taught by a local thru-hiking expert. Included are instructions on how to build alcohol stoves, stove demos, and tips on use. Registration is required and limited, so please call (937)277-4374. \$5.00 fee.

Buckeye Trail Association Event: Martin Luther King, Jr. Day Hike at Hueston Woods

January 17, 2011

Monday: 9:00AM - Meet at Hueston Woods State Park Lodge. The hike will start at 9AM. Arrive early and have breakfast with other hikers at the Lodge at 8AM. Hikers will hike around Acton Lake, about 11 miles, on a variety of trails. A bean soup and/or chili 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. This is a free event.

Note: Dogs (all pets) are not allowed in the nature preserve portion of Hueston Woods. There is an easy route bypassing that section if you bring your dog.

Contact: Pat Hayes at patiah@woh.rr.com

(Note: while this is not a MVOC event, many MVOCers participated last year.)

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

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	513-675-1425	dalebockhorst@yahoo.com
Programs Director:	Dwight Gehring	836-8515	ddgehring60@frontier.com
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	Ella Himes	321-6314	ellahimes@yahoo.com
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