

BOOTPRINTS

Volume 6 Issue 6

November 2002



Sleeping Giant

by Lynn Gebo

The Sleeping Giant in Connecticut is now awake due to my whining on a recent hike led by Shari Cox. Eleven hardy souls headed out from Wendy's in Enfield on a gorgeous sunny Saturday in September. Laurie, with two hiking buddies joined us at the trailhead. After a short enjoyable walk along a comfortable trail, we came to a steep menacing looking mountain. Shari took much joy in pointing out that we were to climb the sheer cliffs. This is where my whining began.

While I carefully climbed the steep cliffs on all four, Harry and John literally ran up the mountain, truly enjoying themselves. The hike continued in an up again, down again fashion for many hours. We stopped for picture taking along the way. John Klebes has no fear of heights, as he climbed out on a precarious looking outcropping in order to have his picture taken with the best possible background scenery.

We climbed a tower, where many of us devoured our lunch. Shari later informed us of a special place we were to reach where she had planned for us to have lunch. Oh well, more whining as I had already eaten all my food. Shortly thereafter a group of us hikers started questioning whether Shari was ahead of us or way behind us. I

insisted that she was behind us as I felt she would never have left us for so long a time. After much discussion, John insisted that we continue on. We found Shari with a few other members up ahead wondering what took us so long.

We continued hiking along the summit enjoying many gorgeous views. The descent was steep which allowed me to whine some more. Marie joined me in whining, which is when the Giant woke up! All turned out well, of course, as we headed for much deserved ice cream after our hike. Thanks, Shari for a great hike, despite the whining!!!

Lynn Gebo

Seven Sisters and Eleven Vistas (or more)

by Maryann Hogan

October 20, 2002 turned out to be a clear, sunny, windy and great day for an excellent hike on the Mt. Holyoke Range. Led by Richard

Harris, eleven members of the Pioneer Valley Hiking Club hiked the invigorating stretch from the Notch on Rt. 116 to the Skinner House and then down the M-M Trail to the main gate, crossing over the seven sisters peaks along the way.

We had some challenging stretches (up and down, up and down, etc), many wonderful views (Vista, Harry!) occasional thick forest, white birches, low branches (Watch your head, Harry) and even hang gliders waiting for the wind to die down a little. We could see as far away as Hartford to the south, and into Vermont and New Hampshire to the north from some of the vistas, and beautiful scenery from all of them.

Richard is a very considerate leader and always manages to take a little break just when you think you can't take another step. Thanks to him we all completed the trek and had a really good time. Thanks, Rich.

Maryann Hogan



PVHC Hiking the Seven Sisters of the Holyoke Range (photo by Maryann Hogan)

Spruce Hill

by RJ Woodward

Spruce Hill in Monroe State Forest was my first two-day backpacking trip with club members and only my second backpacking trip. Rick Briggs was the trip leader



Spruce Hill (photo by RJ Woodward)

and backpacking coordinator Mike (turtle) Rattelle joined us on the trip as well. The weather was great for both days. The first day we enjoyed seeing some very old pines on the trail as well as some great views from a manmade lookout that gives you a spectacular view of the valley below. Most of the uphill was done on day one and the guys were very good about stopping when I needed to catch my breath and grab some water. Both of these guys are



Mike & Rick on Spruce Hill (RJ Woodward)

experience backpackers and shared a lot of good information as well as some interesting stories.

Raspberries seemed to be everywhere along the trail and this was also noticed by the locals as we spotted possible bear scat along the trail and maybe even heard a moose call around dusk. That night everyone cooked their favorite trail meal then hit the hay.

The next day we started down the mountain by way of a pristine brook that was both beautiful to hike along and very cool on the body. We only met a few people on the way back and they were setting up a trail race course which they invited us to attend the following week. They mentioned that backpackers always seemed to do very well in these races but I think they had Rick and Mike in mind as I was still breathing heavy from yesterday's climb!

All and all it was a great trip and I hope more people will give backpacking a try. I was a little worried that I might slow everyone down but not the case at all. I had a great time and would encourage anyone who is considering a backpacking trip to give it a try.

- RJ Woodward

Indian Head Resort

Columbus Day Weekend 2002
Lincoln, New Hampshire

by Lisa Frigo

It was sure nice to pack our cars on Friday night and head out on an enjoyable holiday weekend. The colors up in Lincoln were really at peak, so when we had a little rain, that fell, it really didn't seem to bother us. Rob Schechtman had reserved 2 houses for the club. The great thing was we were able to have family style meals because of the kitchen amenities.

Well first I'll talk about the really nice hikes that were part of the weekend. Our group was twenty or so, Saturday we had a wonderful hike up to Indian head. The kids that came along enjoyed sitting on top of Indian head. We all had fun trying to locate all the parts of the "Indian's head".

The next day some of the club members took a nice but fairly difficult hike up to Mt Liberty, They were able to catch some views at the top before the clouds and rain rolled in. Ann M. and myself took the kids out to wilderness trail that day, and had a really nice walk that was mostly flat. The foliage was great there, we even had a picnic

out on the rocks in the river. The kids spent a lot of time throwing rocks in the river. I guess we all used to do that as kids, some things never change.

The Mt Liberty group was back around 2:30pm. (Gosh, you guys did that fast). Sunday Rob led us to the beautiful Lonesome Lake and hut. I would really like to stay there sometime it looks so cool. I know you guys must have got some beautiful pictures around the Lake.

Sunday was a picture perfect fall day, What a way to end the trip. I can't forget the wonderful meals we had and the care and effort that everyone put into the potluck and spaghetti dinner. Italian eggplant (Lucy that was terrific) homemade meatballs (Maxine + husband they were great), sausages and peppers (Charlotte wonderful), chili (carol so tasty) coldcuts, casseroles, wonderful salads (Sue and Elaine, great), just to mention a few. Wonderful brownies and cake and cookies. (Thanks Ann M for all you're wonderful baked goods).

The adults treated ourselves to a little music and entertainment every night which was a nice feature of the Indian Head Resort (lots of laughs with Sue and Frank thanks). A nice way to unwind and relax at the end of the day.

We made use of the indoor pool and hot tub outside. Some of the club members went to the October fair up in Lincoln, which was very nice. Some went out to dinner Sun night, which sounded fun. Nice meeting new friends and you guys all made the weekend great! Look forward to another trip with you all.

- Lisa Frigo

Mt. Monadnock: A Semi-Tough..and Yet - Compassionate!..Hike!

by Gary Dolgoff

We had fun, that day (It was Sept. 7th)! About 12 of us (including a lady for whom, this was her FIRST hike ever, and her son, who hadn't hiked since the mid-70s), ventured out on this outing, which consisted of going uphill, for 2

hours.. including, 'mucho rock-scrambling'! Some of the participants were drawn because of my 'compassionate pace', which is my mantra when leading all, but the most arduous hikes. The fella who hadn't hiked since the 70s, stopped part-way up.. saying, that he'll 'rest here', and- I arranged to intercept him there, on the way back down the mountain. (To his credit- he made it to the top, giving us all a surprise 'hello'..seems that, after a rest, he got the ol' '2nd wind', and then..he 'continued on'...cool!)

When we were above 'tree-level', my enthusiasm knew no bounds..being 'up high', looking at these vast, beautiful, sweeping views, with my 'fellow clubbies'; and, best of all- the trail had become one that consisted almost entirely, of walking on rocks! I love it!! There's some challenge in it..some adventure..and yet; it doesn't get 'insurmountable!!' (some of the folks I was leading, felt that my enthusiasm on these rocks, 'egged them on', to [at least mentally] do this last 'uphill section', with some 'gusto'...

And, 'hats off', to Dianne Carey; having not done such rock-scrambling before, she was-understandably- a bit trepiditious..and yet, not only did she go on the hike. She also, scouted it with me! (Once we 'got up high', and the rock-scrambling began in earnest. I could see, that

problemo'...though she mentions, that she still prefers the more 'mellow' hikes...

I similarly request that others 'challenge themselves', within their potential abilities..it's a great feeling, when one feels that they've 'gone on, to the next level'..made easier, by many of us compassionate Club leaders..which makes it, all the more enjoyable!

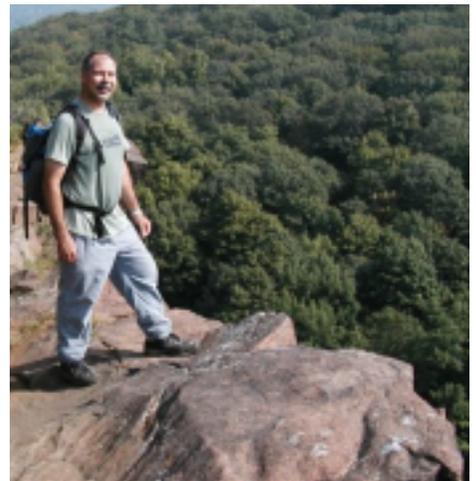
Gary Dolgoff



Seven Sisters Hike (photo - Maryann Hogan)



Sleeping Giant (photo by Harry Allen)



Sleeping Giant (photo by Harry Allen)



Sleeping Giant (photo by Harry Allen)



PVHC Hikes the Sleeping Giant (Photo by Harry Allen)

PVHC Snowshoe Rentals:



The club has 4 pairs of snowshoes available for the use of our members. Two backpacking tents(\$), club greenhouse, and hand-held radios are also available. Our Quartermaster, Jack Leary (413-562-0264), will assist you in renting these items under the following conditions:

Snowshoe Rental Process

Rental: \$5; 1-5 days (i.e. pick-up Thurs return Monday)
Deposit: \$25 refunded upon return (separate check)
Max. Rental length: 5 days, Must be current member, one pair only, and one reservation at a time.

Procedure:

1. Call Quartermaster place on hold for dates.
2. Send \$5 min of rental/deposit fees, Quartermaster will confirm receipt. Reservation dates forfeited if money not received within 4 days.
3. Arrange for pick-up with quartermaster, pay-in full upon pick-up.
4. Obtain deposit fee upon return.

Important Notice

The following memberships are up for renewal:

November Renewals:

Marie Babbitt
John Paul Boisvert
Suzanne Carey
Miriam Chaput
Ruth Cheney
Wm & Suza Cichaski
Don D'Amato
Cheryl Funk & Family
Lynn Gebo
Richard Harris
Edward Laroche
Lee Merrill
Joanne Miller
Sheila/Richard Paquette
Richard Puzzo

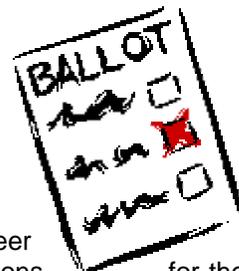
December Renewals:

Judith Bourgeois
John Choinere
Terry & Sandy Cripps
Phyllis Dassatti
Sandy Jurczyk
Frank Kamlowski
Marie Modena
Jim Moran
Dave Pierrepont
Mike Potocny
Darlene Stoll
Jeanne Tsatsos

Please renew early, and renew by mail. (Make checks payable to PVHC) Mail your renewal with your name and any address or phone number changes to:

Shari Cox, PVHC Treasurer
223 Gifford Street
Springfield, MA 01118

Club Elections?



Each February the Pioneer Valley Hiking Club holds elections for the club offices of President, Vice President, Secretary, and Treasurer. This is an exciting and rewarding experience, not to mention it looks good on your resume. As with any executive board it is in the best interests of the organization to continually include new blood and ideas through new officers. I would like to call on our membership to look inside themselves for what role you can play in shaping the future of our club. Anyone who would like more information on the roles and duties of our four offices and would like to explore the possibility of running for office in February please contact Rob Schechtman, John Klebes, Shari Cox, or Ann Marie Visconti. Don't stand on the sidelines we need you!

**CLUB MEMBERS:
WE NEED A 'BIT'O' ' HELP FROM
YOU..TO KEEP OUR
CLUB 'PERKY'!!**



Seems that our recent hike leaders' meeting, had a 'record-low' attendance..so I would like to, 'personally request', that many of you, reading this..volunteer to 'offer up' some leading (or co-leading; you can assist a hike-leader, scouting the trails with him/her..before the hike), just once a year, or more..it's a pretty 'mellow request', here.. basically, you'd be doing an outing, that you might want to do anyway..except that you'd have the company- and appreciation- of your fellow club-folks..and the gratitude, of us 'grizzled-vet' leaders!! -It's not so tough..and it will really help the Club out..if a 'bunch'a you' just take out 'a day a year', to lead us, on your 'merry way'...(and- another potential option- is to lead a culteral, or other event..as long as you 'tie in' a good walk (or hike) into the event, it would meet our 'leading criteria'!!) Also: Feel free to call me, if you desire to 'yak about it'..questions, etc.- are welcome...)

Gary Dolgoff

Club member, Rachel Bellenoit, has significantly updated her website on nature photography. Please broadcast to the club to check out <http://www.rachelbellenoit.com/> . Please sign her guestbook. Dick Forrest



Hiker's Corner

"Winter Hiking"

As we enter the colder weather I'd like to talk a little about some winter skills that will ensure your enjoyment of this great hiking season. Does your view of winter hiking consist of cold, wet, dampness, and misery? With a little thought to gear, food, and preparation you will be warm, happy, and enjoying a winter wonderland that fair-weather hikers never see.

Clothing:

First forget about those comfortable bluejeans and cotton shirts. In winter anything made with 100% cotton will get wet, stay wet, and suck the warmth right out of you. There's a saying in the mountaineering community: "Cotton kills". No matter what the temperature at the trailhead, this time of year calls for a base layer that is made of a wicking synthetic material. A great choice is our clubs T-shirt, or any of the wicking performance long-underwear available at most stores and mail-order (check out WEU's selection). Just check the label and stay away from anything that says it's greater than 50% cotton. This base layer will wick the perspiration away from your body and keep you feeling dry and warm.

Next a layer of warm insulating, but breathable, material should be worn. Wool or fleece is best since it will continue to insulate even when wet. I like to bring a couple of thinner fleece sweatshirts verses one thick one because you can layer them depending on the temperature and difficulty of the hike. While hiking hard I wear one layer which lets out moisture easier. Then when I stop or get cold I add a layer or two to stay comfortable. The idea is to design a system of clothing layers that lets you add warmth when you need it but lighten the layers before you get too warm and soak the material with perspiration. Pants should be loose fitting to allow easy bending at the knees and again stay away from 100% cotton.

For protection from wind, snow, and rain a waterproof parka shell and pants are important. The best are both waterproof and breathable but inexpensive non-breathable materials are ok too. No matter how nice the weather is I would never suggest going out in winter without your rain/wind gear. A lightweight thin waterproof shell parka combined with a couple fleece sweatshirts is warmer than some of the thickest heavy jackets and a lot easier to carry and regulate your temperature with. Winter can trick you with warm sun slipping behind a cloud and turning your delightfully comfortable day into a deep chill if you don't have that windbreak to put on. With it you might not even notice the cold.

Next I always add a cap that covers my ears and a light pair of gloves or liners to keep my hands warm. Stuff the gloves inside the hat and stuff the hat in your pocket or pack. It's amazing how well you can warm up or cool off by simply adding or removing your hat and

gloves while hiking. If you expect to encounter snow or wetness I would throw a pair of waterproof mittens (mittens work better than gloves to keep your fingers warm) and a thicker hat in my pack.

Boots should have good tread for traction, warm insulation, and enough support to protect your ankles. If you can comfortably fit an extra pair of socks on then use them. But, this is one place you don't want to tight a fit. While an extra pair of socks adds valuable insulation if they make your boots too tight the loss of circulation will actually make your feet colder than if you had less socks with good circulation. Bring an extra pair of socks and if your feet get cold and damp change your socks to warm up quickly. If your shoes should soak through, or if you step in a stream, a good emergency measure is to put a plastic bag over your stocking feet before putting your wet boots back on. This will act just like a wet suit to keep the warmth in and save your toes from the cold.

Fuel:

There are two ways we stay warm in winter: one is to insulate and conserve the warmth we already have and the other is by burning fuel to keep warm. What kind of fuel - well food of course. If you are planning a winter hike the next day try fueling up the night before with a high carbohydrate meal such as pasta and definitely start your day with a good breakfast. This will provide the fuel your body needs to keep you warm. As we use up our fuel we begin to have trouble keeping warm. Next time you feel cold ask yourself how long has it been since I have fueled up? Bring plenty of easy energy giving snacks to eat as you hike. In winter it is sometimes harder to find a nice place to sit and eat without getting wet or cold. It's best to eat lots of small and frequent snacks than one big meal in the cold. Water is also very important. Because of the dry winter air we lose a lot of moisture from breathing. If you don't drink enough water in the winter your body has a harder time circulating the warm blood around your body. Again, if your cold ask yourself how long has it been since I ate or drank. It will really make a difference. You might even bring warm teas, cocoa, or soups in a thermos. Keep your water stuffed deep in your pack or in an insulated parka to keep it from freezing. A good trick is to place it upside down - since water freezes from the top this will still allow you to drink the water that has not frozen. Drinking tubes from those hydration systems are the first things to freeze in winter - leave them home.

Preparation & Gear:

As part of my first aid kit in winter I always bring a package of those chemical hand warmers and a cheap space blanket just in case. Another challenge in winter is encountering ice and snow. Don't be afraid to admit that conditions are too dangerous and turn back if the snow is too deep or it gets too icy. Better to turn back than slip and hurt yourself. This time of year I like to bring a pair of instep crampons (small metal teeth attach to the bottom of your boots) to give extra traction on icy surfaces. In the next issue we will talk more about this and other special gear that will help you travel in winter's snow and ice.

- John Klebes

UPCOMING HIKES AND EVENTS

Dec 31st NEW YEARS EVE ENJOY IT WITH THE CLUB!!

Yes, a number of us will be meeting up in front of Thornes market in Northampton..meetings at 2:30pm, or at 5:45pm..your choice! (Plus, Frank Kamlowksi is also forming a group of PVHCers, to come to Northampton on this selfsame evening...) -There is an unbelievable amount of 'all kinds of entertainment' in Northampton on New Years Eve..come join us!!

Gary Dolgoff

July/Aug 2003 - Alpine Tour *by Phyllis Dassatti*

There is still availability for the Scenic Alpine Tour which is July27-Aug 7, 2003. The areas which we will be visiting will be Zurich, Lucern, Bern, Geneva, St. Moritz, Liechtenstein, Innsbuck (Switzerland) Frances's Lake Anney and Italy's Lake Cuomo. Have received great reviews from the leader who went this summer. If you are interested in more information, please contact Phyllis Dassatti, the group leader. (413) 238-5962 or pdassatti@grsd.org

Jan 11/12 - Lonesome Lake Hut

Spend a winter weekend in the White Mountains with spectacular views of the Franconia Range. Hike into hut may require snowshoes depending on weather. Options to hike Cannon Mtn or the Kingsman's from the hut. The main area of the hut has a wood stove but the bathrooms and bunkhouses are separate unheated, un-insulated, buildings. Come prepared for extreme winter hiking and sleeping conditions. The hut is self-service but we will have access to a fully equipped kitchen to prepare a group dinner and breakfast. Space is limited so reserve a spot early. Cost is \$20.00 for the hut.

- John Klebes

"Of Waterfalls, Mountain Tops, & Ice Cream"

Theme based Hiking:

During my first year with the hiking club I was intrigued by Bill Joy's idea to section hike the whole Monadnock-Metacomet trail. Each month in 1998 Bill lead a different section of the M-M trail completing the end-to-end hike series in one season. What a great idea I thought: Pick a theme and fill the season with great hikes that complete some kind of series.

Picking up where Bill left off in 1999 I lead a series of hikes to "Waterfalls in New England." In 2000 I followed this with a series of hikes to the highest point in each of our England States. Then in 2001 we hit the lowest points in New England with a tour of Oceans and Seashore hikes. In 2002 I found myself busy training for our summer attempt on Mt. Rainier and lost track of putting a series together. In the PVHC tradition Jane Barlow and Dick Forrest picked up the slack and continued the tradition with a series of hikes that should conclude the year with a complete end-to-end traverse of the Monadnock-Sunapee Greenway trail.

A new year will soon be upon us. I'd like to solicit your help in picking a new series for 2003. I have received a few ideas such as section hiking the AT through Connecticut and Massachusetts, Old Growth Forest hikes, and ice-cream store to ice-cream store through hiking. I'd like to put together a series of about six hikes with a common theme and get two or three others to join me in leading the hikes in the series. Any ideas? Any volunteers? Bring your ideas and suggestions to the next hike planning meeting on December 10th. We can have an interactive discussion after the normal meeting and hopefully pick a theme and

series of hikes. At future meetings we can begin to fill in the series during April through September of 2003.

HOLIDAY GATHERING



Date: December 14, 2002

Time: 6:00 pm

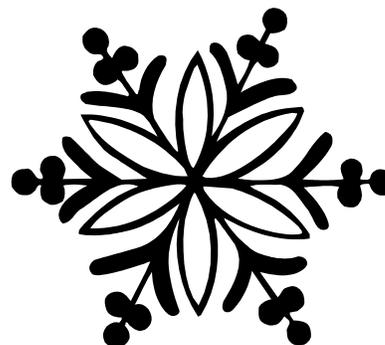
Where: Pueblo, East Campus,
Springfield College
(Off of Wilbraham Road,
Springfield, MA - see
directions on next page)

Please make reservations for this years party as early as possible. Our club has grown to over 200 people which means that Santa and his elves will be busy making a list and checking it twice.

Last day to sign up will be Tuesday December 3 at the meeting. reserve your spot. Members free, guests 5.00.

FOOD PRIZES DANCING and of course socializing. When you call please let me know what you want to bring appetizer, side dish salad or dessert.

Frank Kamlowksi 568 0859
(call before 9pm)



Carpool Meeting Locations

Most hikes with the Pioneer Valley Hiking Club meet at one of the following locations to help coordinate carpooling. Check the club's Activity Schedule for the location of your particular club event. Please save these directions for future use.

North: Brooks Holyoke

91 North, Exit 17A (141 East - Holyoke), left at light onto 5 North - Brook's Pharmacy is next block on right.

South: Enfield Park & Ride

91 South, Exit 47E (Route 190 East, Hazard Ave), follow green signs for "Park & Ride". (East through 4 lights. Turn left onto Freshwater Blvd(next to CVS) and left into "Park & Ride" commuter lot beside Bob's Store) All turns are clearly marked with green "Park & Ride" signs.

East: Ludlow McDonalds

From exit 7 of the Mass Pike at Ludlow take a left at the ramp and another left at the next light. Park in the commuter parking lot behind the restaurant.

West: Agawam Friendly's

Agawam Friendly's is located just off of Memorial Avenue in Agawam, past the Big E. Go over the bridge into Agawam; take right at light and first left into parking lot.

West: Westfield Friendly's

Westfield Friendly's is located directly in front of the ramp when exiting the Mass Pike at Exit 3. Park in the dirt parking lot behind the Friendly's if you are leaving a car.

WEU: Wilderness Experiences Unlimited

From Springfield South End Bridge, get on Route 57, and follow it all the way into Southwick. Turn left onto College Highway (Route 202). WEU is located about 1/2 mile on left. It's the same place that we hold our monthly club meetings.

Directions to Pueblo - Springfield College, East Campus (701 Wilbraham Rd., Springfield, Ma)

From the East or West

Mass Pike Rt. 90, to Exit 6. Take 291 West for one mile to Exit 5 (East Springfield/Indian Orchard) Turn right onto route 20A, then immediately move into the left lane. Turn left at the first light onto Roosevelt Avenue. Proceed three miles to Alden Street and take a left. Proceed down Alden St. to first light and take a right at the light onto Wilbraham Rd. East Campus is the first driveway on the right. Follow driveway to parking lot.

From the North

Take Interstate 91 South to Interstate 291. Proceed four miles to Exit 5B, East Springfield/ Indian Orchard. Turn right at the end of the exit ramp onto Route 20A, then immediately move into the left lane. Turn left at the first light onto Roosevelt Avenue. Proceed three miles to Alden Street and take a left. Proceed down Alden St. to first light and take a right at the light onto Wilbraham Rd. East Campus is the first driveway on the right. Follow driveway to parking lot.

From the South

From CT take Interstate 91 North to Mass Exit 2, Route 83. Proceed on Route 83 to the second traffic light and turn right onto Sumner Avenue. After two miles, turn left onto Roosevelt Avenue. Continue through two traffic lights, then bear left at the stop sign. Half a mile after the stop sign, cross a bridge and turn right onto Alden Street. Proceed down Alden St. to first light and take a right at the light onto Wilbraham Rd. East Campus is the first driveway on the right. Follow driveway to parking lot.

Pioneer Valley Hiking Club Officers & Committees

Rob Schechtman, President (860) 668-1321
 John Klebes, Vice President (413) 786-3620
 AnnMarie Visconti, Secretary (413) 547-2729
 Shari Cox, Treasurer (413) 796-1326
 Scott Cook, *Wilderness Experiences Unlimited*
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Planning Coordinator: *Dick & Sue Forest*
 Backpacking Coordinator: *Ed Laroche & Mike Rattelle*
 Trail Maintenance: *AnnMarie Visconti & Ed Laroche*
 PVHC Web Page Editor: *Dick Forrest*
 PVHC Email List: *John Klebes*
 Quartermaster: *Jack Leary*
 Bootprints Editor: *John Klebes*

Bootprints is a publication of the Pioneer Valley Hiking Club. Send your story contributions to the editor at: klebes@aol.com (Email) or by USmail to John Klebes, 157 Thalia Drive, Feeding Hills, MA 01030.

IMPORTANT NOTICES

- ❑ Next Club Meetings:
December 3, 2002, 7pm at WEU
January 7, 2003, 7pm at WEU
- ❑ Next Hike Planning Meeting:
December 10, 2002, 7pm at WEU
- ❑ Deadline for Submissions for next BootPrints is: December 27, 2002

SPECIAL NOTE: Have you signed up for the Holiday Party? See inside for details.



*** Check out our web page at:

<http://www.geocities.com/pvhcweb>

Join the PVHC Email List by sending a message to: pvhc2000@hotmail.com

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 c/o Wilderness Experiences Unlimited, Inc.
 526 College Highway
 Southwick, MA 01077

