

BOOTPRINTS

Volume 7 Issue 2

March 2003



On the way to the summit of Mt. Monadnock (picture by Mike Gross)

Mt. Monadnock

By John Klebes

A winter tradition with the club, Dick Forrest led us on a winter assault on Mt. Monadnock on January 18th. Weather was calmer then I ever remember as we traversed the wind swept slopes via the white dot and white cross trails.

The deep snow made for tough going with all the pine branches bending under the weight of snow crossing our path. We spent most of our efforts ducking under and around the maze of snow covered branches to make the summit.

The views were worth it and with little to no wind we spent a nice lunch break enjoying the mountain views.

Three of us took Shari Cox up on her suggestion to spend the cold winter night at the base of the mountain. Laurie and Rich even braved the elements and bivouacked under the stars in the sub-freezing weather. With roasted hotdogs by the campfire it was a

winter dream come true. Thanks Dick and Shari.

- John Klebes



Summit of Mt. Monadnock (picture by Mike Gross)

Lonesome Lake Hut Backpacking

By John Klebes

It was during my first visit to Lonesome Lake Hut this spring, as part of Rob and Shari's White mountain trip to Lonesome and Greenleaf, that I heard that Lonesome Lake Hut would be open for the first time this year in winter. Eager to enjoy this new opportunity, and hoping to make a winter assault on Cannon Mountain, I put together plans for a combined family reunion and PVHC winter overnight at Lonesome Lake

Twenty-one of us braved the cold to hike up to Lonesome Lake to enjoy the views and winter playground. With a mix of abilities some ventured up to Kinsman Pond, others for hikes around the Lonesome Lake, or up the nearby trails to higher views. A few took

advantage of the warmth of the

wood stove and simply enjoyed the easy hike into the hut and relaxed in the comfort of the newly winterized cabin. In the PVHC tradition we ate like kings feasting on cheese and crackers, rich potato soup, sugar snap peas, breaded chicken cutlets, and egg noodles, and dark rich brownies. It always amazes me how everyone in the club chips in to make these group meals an effortless feast.



Climbing Cannon Mountain

We enjoyed a warm sitting area in the hut, with its woodstove and busy kitchen area, but come sleep time we had to brave the cold bunk house in freezing temperatures. Actually it was quite pleasant and I slept well despite the cold.

In the morning we again feasted on fresh coffee, juice, pancakes, and hot home baked coffee cake. A few of us braved the steep and snow and ice covered ascent up to the summit of Cannon Mountain. We were greeted to an ice encrusted observation tower with cold freezing winds. Made for a feeling of significant accomplishment, but made even better when we hiked the short



Winter on Mt. Greylock – Shari Cox leads a farewell hike before her world trek

distance over to the ski area to enjoy the warmth of the warming cabin at the top of the ski lift.

We then hiked down to join the remainder of the group to hike out from Lonesome Lake. Another great PVHC hiking adventure.

2003 Springfield RV Camping & Outdoor Show

by John Klebes

The Pioneer Valley Hiking Club had an impressive booth again this year at the Springfield RV Camping & Outdoor Show. Dave Rotondo put together a great set of display

posters of hike pictures while Ann Marie Visconti provided a background slideshow of our past years events. There was a lot of interest in our club from many of the visitors to the booth this year.

I would like to thank Ron & Esther Nunley, Barbara Delisle, Bryan Goodwin, Carol Vanderheiden, Kimberly Bruneau, Johnathan Stevens, Kerry Tuell, Heather Wyman, Gary Dolgoff, Norm Plante, Terry & Sandy Cripps, Frank Kamowski, Sue Carely, and Dave Rotondo for all there hard work. Special mention to Harry Allen, Chuck Williams, Charlette Lee, Roz Gwozdz, and Jack Leary who volunteered but could not participate due to the snow closure on Monday.

- John Klebes



PVHC Booth at Springfield Camping Show

Bartholomews Cobble Trail Maintenance Day

Think Spring: Bartholomews Cobble trail maintenance is planned for April 12th. A fun day of helping out with trail maintenance, lunch, easy hike and social gathering. Ice Cream stop on way home. Meet 8:00am Westfield Friendly's. Contact Frank at 568-0859 (fjkam@attbi.com)



Mr. (and Mrs.) Red Tail

~ by Rachel Bellenoit

My yard in Chicopee is a good size for city standards. I live on a block of about a dozen houses where the backyards converge in the center of the block; some smaller, some larger, than others. There are a few good size gardens and there are plenty of birds, especially songbirds in the spring and summer. A few of us gardeners like to feed our backyard birds. This winter my yard is fortunate to winter over the following:

- Sparrows
- Chickadees, including the black-capped
- Blue jays
- Cardinals, 1 pair and 2 additional males
- Downy and hairy woodpeckers
- Mourning doves
- European starlings
- A pair of dark eyed juncos
- Common grackle
- Crows
- Occasional ravens
- Pigeons (they're birds, too)

Shortly after the 1st of the year, I had an interesting visitor to my yard, much to the dismay of my winter bird population. About 25' from the back deck of my house, perched in my pear tree was a red tail hawk. I carefully observed all the details and compared them to my Audubon Track and Field Guide for New England. It all matched. I had a mature red tailed hawk in my city backyard.

Mr. Red Tail visits every other day; most of the time without his mate. When I walk my dog Skippy around the block, the hawk circles in closer above the house, probably thinking my 17 lb. dog is a big rat. One morning from my window, I saw him dive for the ground. A visiting sparrow flying low across the snow cover was the target. Fortunately, the hawk missed but left marks

in the snow where he used his wings as a springboard to get airborne.

It was also interesting to watch him scout the ground for food. Since he can turn his head almost 360 degrees it sometimes looked like the back of his head was on the front part of his body. The bird population (obviously) hides while he's around. One day Mr. Blue Jay decided to give out warning calls every other minute, which really aggravated the hawk; like his cover was being blown. I also observed that when the weather was extremely cold, that the hawk would stand on one talon while hiding the other in his chest feathers. He would also look at me in my window directly, when I tapped on the glass.

After several majestic visits, Mr. Red Tail ran into problems. The trouble came in the form of crows. Crows are notorious for chasing and aggravating birds of prey. More than one crow ganging up on a bird of prey is referred to as a 'murder of crows.' Since then, the hawks don't come around as much as before. I have mixed feelings about that. I'm glad my yard birds are safer, but I do miss the hawks. Still, I am truly amazed at how much wildlife my little yard in Chicopee has to offer.

Horse Drawn Wagon

The following poem is submitted by Deb Kuhn, a friend of Phyllis Dassatti, about her experiences on the Worthington sleigh ride. I'm sure it will be a treat to those who joined Phyllis for this adventure.

HORSE DRAWN WAGON

*Traveled down the roads of Worthington
Horse Drawn Wagon
Sparkling night
Stars abound
Bathed in blankets
Winter boots, Sock hats
Echoing hoofs, bells ring through the air
Seems to protect us from the extreme conditions
Steam emits from the golden brown muscle carved horses
As they pull us through the moonlit paths
While our bodies cool we seem to pull closer
A feeling of peace surrounds
We look into the unsuspecting homes as life unfolds
One on the phone, I wonder who he's speaking with
A family sits for dinner
Do they realize how lucky they are
Life is good
Traveling down this road in Worthington
Horse Drawn Wagon*

written by Deb Kuhn, February 6, 2002

PVHC Mailbox

Hello from Hong Kong

Hello Everyone,

Well Laurie and I made it safe and sound to Hong Kong. We arrived at 8:00 am Friday morning, which was 9:00pm on Thursday for you. We didn't waste any time though and were off hiking Lantau Island the first day. Today we spent sight seeing in Hong Kong Central. It is warm and humid here.

Well just wanted to let you know that we are safe and having a great time.

Shari & Laurie



Shari Cox & Laurie Mahoney, having not had enough with their AT through-hike in 2000, are off on an around the world trekking tour. You can follow along at their website: www.geocities.com/hikearoundtheworld/

Very brief voice mail messages can be left by dialing: 1-800-706-1333 (press *2, enter account # - 80603949674, and leave message)

PVHC Mailbox

To: PVHC

From: "Woodsters Outdoors"

Date: Sat, 15 Feb 2003

We were at the Springfield RV and Camping Show today and saw your booth and picked up one of your flyers. We wanted to tell you about our website, but you were busy talking to others. Woodsters Outdoors (www.woodsters.com) is a new site dedicated to try and bring as much information to it's viewers as it can. We have started out with the camping thing and are trying to progress into outdoor areas. One of our newest and most powerful features is our message board. It's free to use and as people learn about it, they are finding it a lot of fun and informational to talk with others and share information. We were planning a "Hiking" section and wanted let you know and see if you would be interested in it. We visited your site and see that you don't already have one. We can start a category for Hiking and then place "forums" underneath it for different things. Once you see how it is designed you will understand. Please let us know if you are interested in a Hiking message board on our site. We will gladly get it up and you can invite everyone you know to it. What a great way to communicate, not only with people in your club, but others outside it!

Brian Wood

Woodsters Outdoors

website: www.woodsters.com

email: woodsters@woodsters.com

phone: (978)-660-8465

PVHC Mailbox

Dear Fellow Club Members,

Frank Kamlowski would like to share the following benefit Dance Information:

**Goldwing Road Riders Association
Benefit Dance "Rays of Hope"
Come Dance for a Cure for Breast Cancer
March 29, 2003**

Holyoke Elks, 250 Whitney Ave, Holyoke, MA

Time: 8pm to 12pmm

DJ Rockin Ron, Snacks and Doorprizes

Tickets \$15.00 per person at the door

Advanced tickets \$12.00

For tickets & information call Frank Kamlowski 568-0859, or fjkam@attbi.com

Battenkill Canoe Trip

By Terry Cripps

Here's the latest on the Canoe Trip (These prices reflect our 10% discount and N.Y. sales tax) Don't forget this is for Club members and their friends.

\$24.00 pp for 1/2 a canoe

28.00 pp for a Kayak

10.00 pp for Chicken Bar-B-Que (Need 25 minimum)

10.00 pp tenting (Adult)

5.00 pp tenting (Child up to 14)

5.00 breakfast sandwich and coffee (Sunday AM)

1.00 coffee (Sunday AM)

The trip dates are June 14th and 15th. We are set up for trip # 2, which is approx. 12 miles or roughly 4 hours time. (Or whatever you decide on) We will accept deposits at the next Club meeting or by mail at:

Terry Cripps

60 Silver Lake Drive

Agawam, MA.01001

All deposits are to be by CHECKS only!!!!!! Made out to PVHC - NO CASH!! For any other information or questions contact Terry or Sandy Cripps at: 786.0335

Revised PVHC By-Laws:

Over the years several versions of the clubs By-Laws have been recorded. It is not clear what version is the most recent and several minor changes were approved by the membership over the years but not reflected into the By-Laws. Through the efforts of the 2002 and 2003 Board of Officers we have combined and updated the By-Laws into this formal version. The current executive board formally reviewed it and we recommend adoption of these updated By-Laws. An opportunity for discussion will be given at the April meeting and if no changes are proposed it will be brought to the membership for a vote.

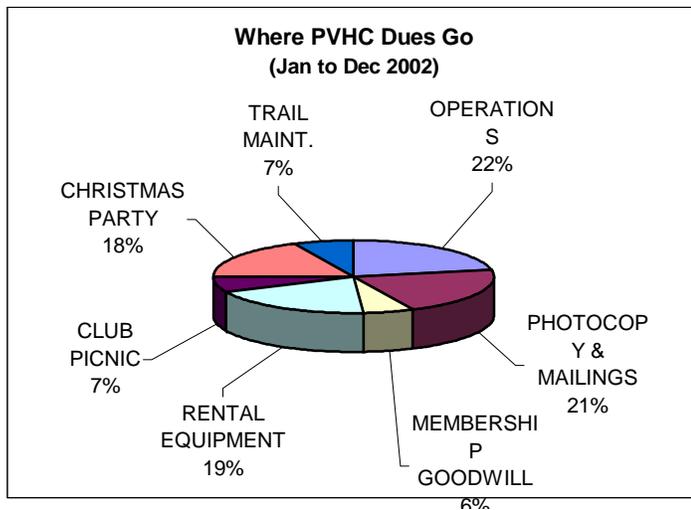
By-Laws of the Pioneer Valley Hiking Club

1. *The P.V.H.C. will endeavor to promote the use of the outdoors as a means of recreation, utilizing only the utmost care and consideration of the environment, including utilizing low-impact hiking and camping technique in every instance possible.*
2. *The P.V.H.C. is an equal opportunity club, and will not discriminate against anyone wishing to join the club, or club activity, based on race, color, age, gender or ability.*
3. *Privacy of membership information shall be maintained. Only consented information will be published in an annual Membership Directory or used for club E-mail purposes. Our membership list shall not be related to, or sold to third parties, nor shall personal information be shared among other members that is not specifically requested by that person- i.e. E-mail addresses, phone #s, etc.*
4. *The P.V.H.C. shall not assume responsibility for those who decide to partake in club activities. Each participant must take the responsibility for assessing his/her own abilities against the intended activity.*
5. *Membership may be revoked due to a non-payment of annual dues, engaging in criminal, harassing, offensive, or disruptive behavior, or any other reason deemed as inappropriate by the Executive Board.*
6. *Each individual coordinator for an event shall be responsible for collecting and submitting payments via a set deadline. There will not be a refund of fees for cancellations after that deadline, unless the opening is filled, or at the discretion of the coordinator him/herself.*
7. *The P.V.H.C. does not sanction "profiting" from club events. Coordinators and participants should be equally responsible for trip costs. All monies that might remain after an event shall be divided equally among its participants.*
8. *The executive board may expend money on a case-to-case basis, not to exceed \$150.00. For all other circumstances, no monies in the treasury shall be spent unless agreed upon by a majority of the voting members present at a regular club meeting.*
9. *The P.V.H.C. will hold an annual election for the position of President, Vice President, Secretary, and Treasurer. The President will appoint all Chairpersons' positions as determined by the Executive Board.*
10. *The P.V.H.C. will provide for its members an annual Club Picnic and Christmas Party. Such a party shall be free to its members unless otherwise changed by a majority of the voting members at a regular club meeting.*
11. *In the event that the P.V.H.C. disbands, all monies and all hard assets are to be donated to a charity as determined by the then executive Board.*
12. *The P.V.H.C. will, for its part, maintain a section of trail as determined by the members of the club.*
13. *Pets are not allowed on any P.V.H.C. event.*
14. *Any future by-laws are to be submitted to the Executive Board for review and will be brought to the membership for discussion.*

Where your PVHC Dues went in 2002

For the year 2002 the Pioneer Valley Hiking Club had an average membership of 197 members with each of you supporting the club through annual dues.

The attached pie chart represents a summary of how your dues contributed to the many activities that the club supported in 2002. The club provides our members with a subsidized summer picnic, holiday party, and liability insurance to hike leaders each year. In addition we have an active trail maintenance program that promotes conservation and land stewardship. Your dues also make it possible for you to receive new activity schedules by mail, if you cannot attend a meeting, and provide for publishing our club newsletter "Bootprints". Volunteers run all the executive board positions and the clubs activities.



Operations:	Liability insurance, office equipment & supplies, guest speaker gratuity T-shirts, etc.
Photocopy & Mailings:	Meeting agendas, schedules, newsletters, club brochures, membership kits, labels, postage
Trail Maintenance:	Support for trail maintenance, purchasing trail maps & Guide books, etc.*
Holiday Party:	Includes food, hall rental, door prizes, & entertainment
Club Picnic:	Includes food & misc. expenses
Rental Equipment	Purchase of basic hiking equipment for use by beginner members, nominal rental fees offset depreciation of equipment.
Membership Goodwill:	Special awards, donations, and charity

*Special thanks to the Berkshire Chapter of the AMC for their grant of \$214.44 toward bridge construction material used on the M-M Trail Bog Bridge Project.

How to build a campfire

Contributed by Terry Cripps

Split dead limb into fragments and shave one fragment into slivers.
 Bandage left thumb.
 Chop other fragments into smaller fragments
 Bandage left foot.
 Make structure of slivers (include those embedded in hand)
 Light Match
 Light Match
 Repeat "a Scout is cheerful" and light match.
 Apply match to slivers, add wood fragments, and blow gently into base of fire
 Apply burn ointment to nose.
 When fire is burning, collect more wood.
 Upon discovering that fire has gone out while out searching for more wood, soak wood from can labeled "kerosene." treat face and arms for second-degree burns.
 Relabel can to read "gasoline."
 When fire is burning well, add all remaining firewood.
 When thunderstorm has passed, repeat steps.

Important Notice

The following memberships are up for renewal:

March Renewals:

Roy & Jan Barlow
 Fay Borgatti
 Kay Byington
 Dianne Carey
 Mike & Gail Carrier
 Gretel Clarke
 Lisa Frigo
 Alan Goodhind
 Bill Hunter
 John Klebes & Family
 Theresa Mahaffey
 Denise Mathews
 Terry Murphy
 Kathy Nothe
 David & Beatrice Roberts
 Kelly Rose
 Jennifer Sagan
 Bonnie Sennott

April Renewals:

Scott Aschenbach
 Nancy Bigos
 Elaine Bloniasz
 Helen Bowers
 Virginia Brown
 Kimberly Bruneau
 Karen Cassidy
 Eric Ceccotti
 Bill & Dianne Chiba & Family
 Brian Craig
 Stephen Fitts
 Cynthia Fugere
 Jane Glushik
 Bryan Goodwin
 Mike & Monica Gross
 Debora Guiel
 Charlotte Lee
 Michelle Mathieu
 Susan McGurk
 Jodee Mosher
 Ron & Esther Nunley
 Mike & Karen Rattelle (F)
 Wayne Rodrigues & Family
 Jonathan Stevens
 John C Sullivan
 Marty Tilden
 Frank Vania
 Charles Williams Family

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:

Pioneer Valley Hiking Club
 c/o Wilderness Experiences Unlimited, Inc.
 526 College Highway
 Southwick, MA 01077

OPPORTUNITIES with WILDERNESS EXPERIENCES

Have a Healthy 2003 – Here's How

Looking for a fun way to get in shape for the New Year? Tired of that treadmill going nowhere? Well, here's the answer to your dreams! No sweat, move at your own pace and have fun socializing with the most friendly group of people in town. That's right, it's Water Fitness at the Wilderness Experiences Store right in Southwick. They have their very own indoor, heated swimming pool. 85 degrees year round!

This New Year, you can be part of the excitement while doing the easiest workout you will ever experience. No swimming ability required. Come chat with friends, listening to a variety of music and laugh like you were a kid again. All this and more. More energy, better balance, and reclaim some of that flexibility that slipped away when you weren't looking.

We're offering a variety of classes, Tuesdays – 6pm are Water Aerobics class – 50 minutes of a warm-up, steady pace exercise in a low impact environment and then on to stretching with some Tai Chi moves to feel balanced and relaxed for the evening. Wednesdays – 6:30pm are Noodle workout class. Strengthen muscles and build bone with this workout. Sculpt those muscles using noodles as resistance in the water to improve your tone. Thursdays – 6pm Agua Kick Boxing. Punch, Kick, and Chop your way through the water to fitness. Safer than a regular land class. The texture of the water will cushion your body against injury while providing resistance to give you the maximum benefits for health. Fridays – 9am Senior Citizens Class – Fun, Adventure and companionship. What are you waiting for? Call the council on the Aging at the Southwick Town Hall to register for this class. Saturdays – 8am – For people who want to

begin the day with more energy than you can imagine. It's a combination class of Aerobics, Kickboxing, and some Yoga postures to achieve some emotional well-being and focus on what's really important – You and your Health. Come in and try a class, no obligation to sign-up. Classes are all on going and continuous. For more information, call Laura at (413) 562-7431 evenings.

- Laura Cook

The Aquaholics

**"For the Liquid Addicted"
(Who don't want to be dry)!**

There is a new program at Wilderness Experiences Unlimited & Westfield Water Sports. The Aquaholics were formed in September of 2002. The purpose for creating this "loose knit group of Divers & Kayakers" was to bring together possible dive buddies / kayakers and promote local and semi-local opportunities. Our group endeavors to provide a calendar of regular weekend Dive & Kayak opportunities, fun outings and one of the best groups of people that have ever come together to form an Aquaholics Treatment Group.

Aquaholic Membership

Membership dues are easy there is a One Time / Lifetime membership fee!

Lifetime Membership is just \$25.00. That's right! Where have trained professionals ever offered you lifetime therapy, for \$25.00. Nowhere! We will even waive the fee if you have just graduated from one of our courses. Well, there is a catch, (you knew it was coming). Some trips do require boat fees, or we ask you to chip in for gas.

We do ask that you consider a gratuity for the trip leader, since these are certified professionals, (taking time off from their own treatment), and have to pay for their own insurance, we use a simple philosophy, "If you had a good time tip your guide", if you didn't tell Scott the owner of WEU & WWS and he will address your concerns.

Here are the benefits of joining the Aquaholics:

- Dive Club boat dives & Kayak Trips
- Club BBQ and social activities
- 10% of store purchases (selected items)

Dives & Kayak trips scheduled after work on weekdays, and on most weekends. Instructors, Dive Masters & Assistant Instructors, lead these dives.

For more information call WEU at 413-569-1287
- Scott Cook

PVHC 2003 Election Results

PRESIDENT

John Klebes

VICE-PRESIDENT

Ann Marie Visconti

SECRETARY

Heather Wyman

TREASURER

Kimberly Bruneau

Pioneer Valley Hiking Club Officers & Committees

John Klebes, President (413) 786-3620
 Ann Marie Visconti, Vice President (413) 547-2729
 Heather Wyman, Secretary (413) 562-8575
 Kimberly Bruneau, Treasurer (413) 569-1970
 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
& Rob Schechtman*
 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:
April 1, 2003, 7pm at WEU
May 6, 2003, 7pm at WEU
- ❑ Next Hike Planning Meeting:
April 8, 2003, 7pm at WEU
- ❑ Deadline for Submissions for next BootPrints is: April 25, 2003

*** 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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