

BOOTPRINTS

Volume 7 Issue 3

May 2003

Mt. Ascutney

By Harry Allen & Lynn Gebo

August 19, 2001 was my debut as a PVHC hiker. The hike was led by Suzanne Love, and was to Mt. Ascutney. Being a new member, I was pleased to find myself with a welcoming, enthusiastic group. The hike was challenging and exhilarating!

When I saw that Rick Briggs was leading the hike in April, I was anxious to revisit that mountain with a group that I now feel a part of. There were 14 hikers, including a new member. She said she hadn't hiked in 15 years, but blended right in with the rest of the group.

The weather in the Pioneer Valley had been mild so I left my snowshoes home. About a mile up we came to Cascade Falls, which was nearly dry on my previous hike. Due to the large amount of run-off from the melting snow we were yet to encounter, the water descending the falls was dramatic! As I stepped onto the smooth "dry" rock leading to the top of the falls, my feet went out from under me, and I took the "keister express" to within 15 feet of the edge. Fortunately there were rocks at the edge which probably would have prevented me from becoming a statistic.

From that point to the summit, the leftover winter snow was deeper and deeper. By the time we reached the summit, I found myself much more exhausted than my previous hike. Now I know the meaning of "post holing". We enjoyed lunch on the lookout tower. Ascending to the hang-glider platform, we trudged through waist deep snow, where we soaked up the sun, and enjoyed the vista.

We returned to our cars, and proceeded to perform the traditional post-hike activity---went to a restaurant and ate. A great hike!!

Skyline Lodge -

PVHC Climbing Mt. Ascutney, Vermont (photo)

Winter Chill

By Rick Briggs

This overnight backpack took place in mid-February during some of the coldest temperatures of the winter. No club members signed up for the trip but my faithful backpacking buddy Tom Dolan was interested so we decided to go for it. The morning we drove up to Vermont was intensely cold. Montpelier, VT was down near 30 below - not far from where our hike started. The weather forecast for

the day was minus 10 to minus 20 at the 2000' level. Skyline Lodge is at 3,400 ft. Hiking from Middlebury gap up Burnt Hill felt good in the cold air and the trail was well packed. As soon as we crested the first hill the trail was drifted in and steady cold wind hit our faces. The next couple of miles were slow going as we kept losing the trail and breaking through the deep snow even with snowshoes on. At this elevation above 2000' the snow covered most of the trail markers.

After several tough miles the Burnt Hill Trail came in on the left and we had a broken trail once



Mt. Ascutney Summit

again. We reached Boyce Shelter and decided to have lunch. It was a very short lunch. I was going to eat a

powerbar, which I had kept in a breast pocket to keep it warm but even that was too hard to eat. I tried a chocolate bar, which was ok, and some peanuts. Our lunch lasted 5 minutes - we had to keep moving to stay warm. We went over Boyce Mtn. and Battell Mtn next. yes"> The snow clung heavy on the trees and bent them over the trail making it very difficult to get through. I had snow down my neck and had to put on my hooded parka to keep the snow out.

Finally after more than 5 miles in 6 hours, our resting place for the night came into view. The thermometer on the wall read 13



below. We had the place to ourselves, which was a good thing as it is a bit small. No stove, just a small table and bunk space for about 12. The lodge sits on a hill overlooking Skylight Pond.

First order of business was a hot cup of tea or so we thought. Tom's dragonfly stove did not want to start and after several attempts we were getting colder and colder. We had an MSR butane stove but we knew it wouldn't go without warming the canister. I put it under my armpit and started jumping up and down to generate some heat. I must have looked ridiculous. Eventually Tom got the dragonfly to run and we were soon drinking hot tea and I was warming up. The lodge became foggy from the activity.

Dinner consisted of scallops and shrimp sautéed in garlic with peppers, onions and portabella mushrooms. We put this over lemon pepper linguine. It was a huge meal but it disappeared fast. As soon as we were done anything left in our dishes were frozen. It was now minus 22 outside and time to retire. There would be no staying up this night.

The next morning we couldn't believe our eyes. The thermometer read something like 15 below - it had warmed up during the night. After having blueberry pancakes and maple syrup we packed up and started hiking back toward the car. I don't know if it ever went above zero the whole trip but the hike out felt much warmer and we met a few people out day hiking. The day before we saw nobody.

Beginners Backpack a Fun Time

by Rob Schechtman

The beginner's backpack was fun. That's if you think the all day rain, near freezing temps at night,

post holing in snow, water/mud/snow to walk through, is fun. However, reflecting back on the April 26/27 Stratton Pond weekend I did have a good time. We enjoyed ourselves with a good hike, eating like kings (and queens), beautiful scenery, and sharing that friendly PVHC chemistry among our group. The group of 6 was Rick Briggs, Don Leis, Karen Siemering, Ann Munday, James Hastings and I. There was a wide variety of backpacking experience and we shared a lot of information on equipment, clothes and cooking. Backpacking is a way to enjoy the wonders of nature for any season or weather conditions.

I thought the rain would dampen our spirits, but it turned out to be a light rain and everyone was prepared for that experience. There was more snow than I thought, still 2 ft in the pine groves, although it's melting fast, and nothing left on south facing slopes. So between the rain and snow our feet were pretty wet. There was still thin ice on the pond, so it sure looked more like a winter backpack. The shelter was large and only our group was there, making a relaxed evening for good conversation over a bowl of popcorn. Getting into the dry sleeping bag was a welcome end to the day as the temperatures continued to fall.

We all learned of trail magic, those nice gifts left to hikers in the woods, and there were some nice treats in our packs shared by all. Of course it cleared up there Sunday when we were out of the woods at 1 pm, so we I know th along feel next over learned a weather enjoying a It's great I knowledge backpacke adventure.

- Rob S

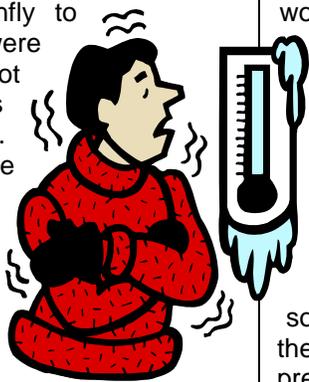
Mt Isolation

by John Klebes

I had saved this jewel of the Montalban Ridge for last in my quest to climb all the White Mountain peaks over 4000' feet. There are 48 peaks on the New Hampshire 4000' footer list and I wanted to pick someplace special for my last peak. Lots of people would want to pick the highest, hardest, or most popular peaks but I had in mind a secluded quiet backpack where I could relax and avoid the crowds and noise. Somewhere, dare I say - "Isolated" - from the busy outside world? What better place than Mt. Isolation.

I wanted to sit on a wind blown summit, all alone and just soak in the beauty of the surrounding mountains. Sometime just before sunset with expanding views in all directions. I would descend the summit cone just as the sun set and camp out in the winter wonderland of deep snow. With crisp winter air and maybe a few snow flurries, at a secluded campsite I could enjoy the many memories of all the peaks I had climbed on my quest. Well I almost succeeded in fulfilling this picture in reality - the whites forgot to give me the views and soaked my summit in fog. But the rest of the picture came true.

I started on the Rocky Branch Trail and quickly realized that the warm weather was hitting earlier than I wanted. The deep snow was soft and even with 36inch snowshoes I continued to post-hole when ever I so much as stepped an



pondered if I wanted to return here to spend the night with its views and sounds of the river or camp near Isolation as I had originally planned. It seemed such a nice spot with the sounds of the water flowing over cascades.

I continued on the Isolation trail, making several bushwhacks around wet areas that had caving in snow bridges and crisscrossing the main river a number of times on interesting combinations of snow bridges, rocks, and small jumps to avoid getting wet.

Near where the Isolation trail meets up with the Davis Path it became harder to follow the main trail. Old footprints wandered in several directions and none looked like the main trail. I always use my watch to predict when I should come to a trail intersection and it was becoming clear that I must have passed the junction or bushwhacked around it. Probably the Isolation trail going north was not broken out from the last snowstorm and the footprints continued on to Isolation. Checking my map and compass I was 99% sure I must already be on the Davis path but that little bit of doubt was

didn't know for sure that I didn't miss the turn I felt I needed to bring all my gear with me. If I found myself off path I wanted the option to hike out a different route.

As things go it turns out I was right. As I traversed the ridgeline, the wind picked up and I could feel the crisp air temperature difference as you enter that wondrous world of low conifers at tree line. Around a bend, I find the spur trail to the Isolation Summit. With a hard push up the final steep climb, I crowned the ridge to the snow swept, rocky and icy summit. It was right around sunset and while crisp and windy it was warm air for March and felt as it should for a White Mountain 4000 footer. The fog blocked most of the views but you knew you were there – high on the summit – Mt. Isolation!

I stayed for 20 minutes, exploring, enjoying, and thinking about almost nothing. I had met a few day hikers just after leaving the Rocky Branch Shelter earlier in the day but for the rest of this trip I was all alone. I quietly descended back toward the Isolation Trail to camp. On the decent snow flurries fell and added a surreal air to the adventure. As I started looking for a

difficult with the rain, I decided to hike back to the shelter instead of camping. I felt getting over the stream crossings by headlamp was safer than risking the snow bridges melting in the rain. That and the thought of an empty lean-to without having to be troubled with setting up camp sounded so laid back.

While the rain never came, I am glad I hiked back to the shelter. The snow continued to lightly fall and then abruptly stopped. The sky cleared and filled with stars all visible without moving an inch from the shelter. I made dinner and later sipped soup late into the night watching the stars and enjoy my reprieve from the news of war that I am sure everyone was listening to back home. In the morning the views where of the hillside and river around me were breathtaking, and the full moon was out even as the day braked.

I sat in my camp and enjoyed mocha coffee for several hours before even thinking of braking camp. As I hiked out the snow flurries returned then turned into bright blue skies. As always looking back at the summit I had just been on I wondered why it always seemed the summits clear after I hike out. Definitely have to return to see the fine view promised by this peak but for now it's the perfect end to my NH 4000 quest.

- John Klebes

Rocky Branch Shelter #2 below Mt. Isolation (photo by John Klebes)

still there. I had planned to leave my heavy winter pack at the trail junction and only climb the last mile to Isolation without the added weight but because I

campsite I wondered about the weather forecast and the possibility of rain the next day. Thinking that some of the water crossings might be even more

muddy, beach views and walks.

- Routeburn, 3 days, camped, lot of time above treeline, good work out, beautiful views.

Julianna and Ann Marie left this morning. It was great to have others to hike with. Glad to have a day off of hiking. Tomorrow we rent a car and start traveling the South Island for 10 days, hike the Abel Tasman track and then take a ferry to the North Island.

We have had excellent weather, sunny, warm, except the New Zealanders want some rain. In Queenstown, all adrenaline sports, thinking of paragliding, looks like fun.

For more info check out the website. I see my sister has updated the first section of New Zealand. Just send more notes in with film. Hope to have pictures on line also.

Take care, hoping everyone is well and safe. Shari

PVHC Mailbox

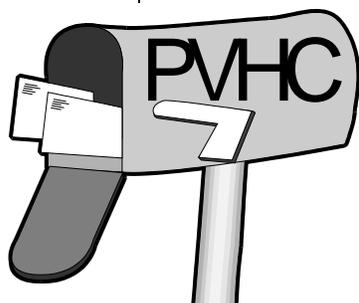
New Zealand Update

Hi Everyone,

I have finished four tracks in 14 days. Got out and found out there is war. I knew that the woods would be a great place to be so you can forget what is going on around the world. Sorry to hear about it.

The tracks were great.

- Milford Track 4 days, great huts, beautiful waterfalls, lot of sandflies
- Kepler Track, 4 days, huts have great views but not that roomy, good day above bush line, sand flies
- Hump Ridge, 3 days, huts are new and have great facilities and views, very



Savoy Cabins Overnight led by Lisa Frigo (photo by Klebes)

PVHC Mailbox

Hello from Bangkok,

I just got here and now I have to leave. Only spent four fun filled days here. Wish I had more,

but time to head for Nepal. Just wanted to let you know of some of the highlights. For more details you can always read my website, it will just take awhile before the notes get there. Arrived in Bangkok 5:00 am, got a taxi to hotel. It was the last day of the New Year celebration, Songkran. The streets were filled with people walking the streets like a parade, splashing water on people, shooting water guns and dabbing a mud paste on peoples faces. It was a blast to be part of it.

Next day-did a river/canal trip, saw all the homes, (not exactly what you have for a home) on the river/canal. People jumping off the backyard into the water, to bath and have fun. Went to on of the temples and had a Thai massage. They have a school on the grounds. At night went to show called the Calypso Caribaret. It was made up of men and men, or women who were men at one time. It was great.

Following day, toured The Grand Place and temple and the Vimanmek mansion, largest teak mansion. Took the city bus, was quite the experience, found our way to the Sky train and then had to get back to the hotel. A man at the information center, would be better to take ferry taxi. Only thing we got on the wrong one. Luckily it only went to the other side of the river only. Had to go back and get to the correct one.

Today, last day..took a trip to the country. Saw the rice fields, the people working there. Saw a woman climb up the coconut trees to get the coconut juice that they drain from the young sprouts to make sugar out of, went to someone's house and had a Thai cooking class and then ate a full meal. Then we went to the largest Orchid farm.

Wish you could be here to have all this fun with me. Shari

PS: The time has finally come that I have my pictures. They are old by now and they seem like a distant memory. Enjoy website is www.photoworks.com/login.aspxmy

login is uturnshari, password hikearoundtheworld

Check out the website at www.geocities.com/hikearoundtheworld/

Stream Crossings

from Monica Gross

One day, three men were hiking and unexpectedly came upon a large raging, violent river. They needed to get to the other side, but had no idea of how to do so.

The first man prayed to God, saying, "Please God, give me the strength to cross this river." Poof! God gave him big arms and strong legs, and he was able to swim across the river in about two hours, after almost drowning a couple of times.

Seeing this, the second man prayed to God, saying, "Please God, give me the strength ..and the tools to cross this river." Poof! God gave him a rowboat and he was able to row across the river in about an hour, after almost capsizing the boat a couple of times.

The third man had seen how this worked out for the other two, so he also prayed to God saying, "Please God, give me the strength and the tools...and the intelligence... to cross this river." And poof! God turned him into a woman. She looked at the map, hiked upstream a couple of hundred yards, then walked across the bridge.



Items for Sale

Dave's Deals

Call (860) 668-7721

- | | | |
|----|---|---------------------|
| 2 | new, 0-degree sleeping bags, cost 169.95 | sell 100.00 each |
| 7 | new, First Aid Kits, cost 6.99 & 2.99 | sell \$5 & \$3 each |
| 6 | 12-pack heater-cooker flameless, cost \$12 | sell 2.00 pack |
| 8 | new, tent pole repair kits, 2 sizes, cost 5.95 | sell 1.00 each |
| 24 | strike anywhere wood matches, 250p/bx, | sell 1.00 box |
| 5 | new, camp food in pouches, cost \$2-4.00 | sell .50 each |
| 4 | new, bags of 3bars solid cooking fuel, cost 2.00 | sell .50 & 1.00 |
| 1 | new, MSR 22oz fuel bottle, aluminum, cost 8.95 | sell 3.00 |
| 55 | new, MRE Food in a pouch, cost .69 to 1.99 | sell .25 each |
| 3 | bag of 40 ea coffee-creamer-sugar kits, cost 5.95 | sell .50 bag |
| 8 | assorted new candy & gum, 20pc-40pc-5bars-a bag | sell .25 bag |

- | | | |
|---|---|----------------|
| 4 | new light sticks, cost 2.49 | sell .50 each |
| 5 | new, gas stove & lantern fuel canisters, cost 3-6.50 | sell .50-1.00 |
| 2 | new, bag of 10 books damp proof matches, cost 1 | sell .25 bag |
| 2 | new, bag of 10 wet wipes packets, cost 1.00 | sell .25 bag |
| 1 | used, 2 burner coleman stove, cost 59.95 | sell 10.00 |
| | new, 4 & 8 packs, AAA Energizer Batteries, cost 5-8.00 | sell 1.00-2.00 |
| | new, 4 pac, Duracell D size alkaline Batteries, cost 5.99 | sell 3.00 |
| | new, 6 volt lithium batteries, cost 12.49 | sell 3.00 |
| | new, LED white light keychain lite, cost 12.95 | sell 3.00 |
| | new, aluminum pealess whistle, cost 4.50 | sell 2.00 |
- More items in stock too many to list here;
More in Next Bootprints.

Canoe & Kayak for Sale

Grey Necky Narpa sea kayak with rudder, paddle and skirt. \$800.00,
Old Town Pack canoe with nylon webbed seat and paddle \$500.00,
Both in good + condition

Thanks for this opportunity: Tim Dalton
P.O.Box 230, Jacksonville VT 05342
Phone: 802-368-7653
Email: timdaltn@sover.net

Used Army Tent

PVHC is looking for a good home for our large (12' x 12' hexagon) canvas army tent. It's heavy and the club has not used it in many years. The club decided to sell it a few years ago but never followed up. If anyone knows of someone that might be interested in purchasing it or donated to a worthy cause let one of the board know.

Springtime Dangers in New England

By Mark Cancelliere

This is the season of fun in the sun but it is also a time for mosquitoes and ticks. Most mosquitoes are disease free but we must be more protective with the possible threat of the West Nile Virus. Ticks on the other hand are carrying Lyme disease, a bacteria that can cause a rash, flu like symptoms and arthritis if left untreated. Wood ticks and dog ticks do not carry Lyme disease but deer ticks do. The small nymphs carry the disease and are normally the size of a poppy seed or a sesame seed. The longer a tick has been attached to the skin, the greater the chance for infection.

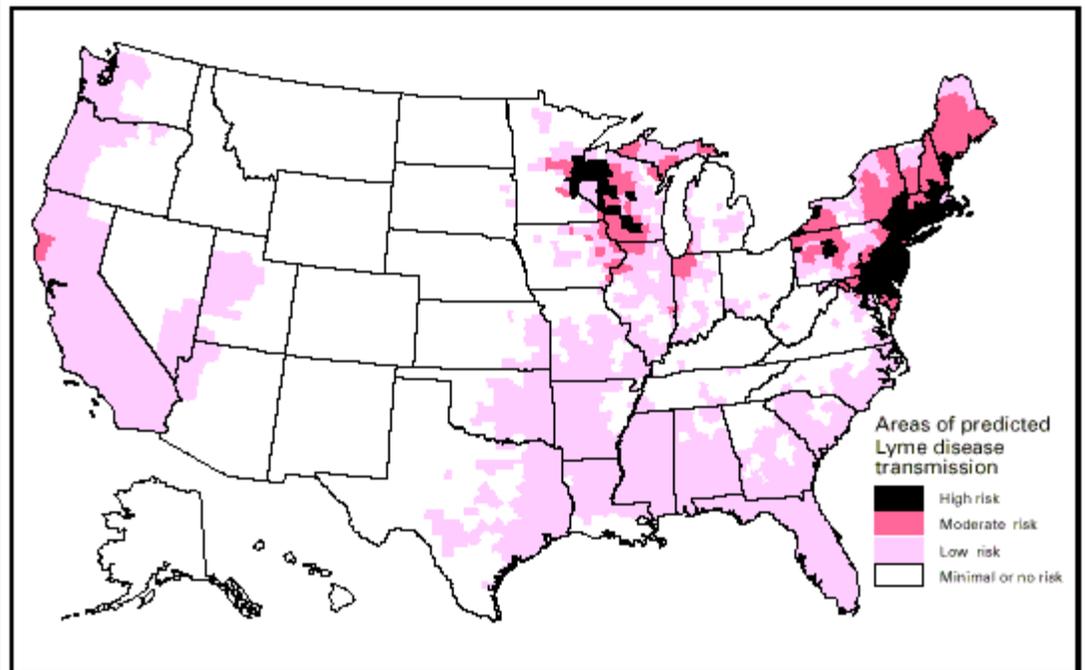
If a tick has been attached for less than 24 hours, the risk of Lyme disease appears to be very small. If the tick is identified to be a nymph with ability to carry Lyme disease, prompt treatment with an antibiotic is very effective in curing Lyme disease in nearly all infected cases. If a tick is found check the size, remove with tweezers and clean the area with soap and water, followed by an antiseptic solution. Look for a bulls eye rash or full body rash 6 to 20 inches in size, flu like symptoms, or joint pain occurring within the next 5 to 21 days.

Tips to defend yourself when outdoors:

- Where light colored clothes that allow the tick to stand out
- In the woods, wear long sleeved shirts and long pants
- Tuck pant legs into shoes and socks
- When hiking stay in the middle of trails. Do not bushwhack
- Insect repellent should be applied to skin, every few hours. A 10-30% concentration of DEET is all that is needed (more concentrate will not give added protection)
- Do not apply DEET on children's hands or your face and wash applied areas well when you get indoors.
- Avon Skin-so-soft works for mosquitoes and can be used on hand and face.

- Apply permethrin (Permonone, Duranon) to clothes only
- After getting home, run clothes through a high heat dryer for 30 minutes (since washing alone will not kill ticks)
- Check each other for ticks when you get indoors especially hair lines in groin and neck.
- If tick is found, remove it immediately with tweezers (use a slow steady pulling action to remove it)
- If entire tick is not removed, seek medical attention.
- Look for signs of rash, flu like symptoms, and joint pain. If this occurs, see your doctor for antibiotic therapy.

National Lyme disease risk map with four categories of risk



Note: This map demonstrates an approximate distribution of predicted Lyme disease risk in the United States. The true relative risk in any given county compared with other counties might differ from that shown here and might change from year to year. Risk categories are defined in the accompanying text. Information on risk distribution within states and counties is best obtained from state and local public health authorities.

Lyme disease is most common during the late spring and summer months in the U.S. (May through August)

Symptoms:

Although a majority of infected persons develop the classic red bulls eye rash, many do not. Other common symptoms of early Lyme Disease -- with or without the rash -- are flu-like, and include fatigue, headache, neck stiffness, jaw discomfort, pain or stiffness in muscles or joints, slight fever, swollen glands, or reddening of the eyes. If left untreated it can progress to a much more serious stage.

UPCOMING HIKES AND ACTIVITIES:

Weekly Walks - Mondays & Wednesday Evenings *with Marcia Kelly*

Need more Endurance or Conditioning??? Are you like me one of the last ones on a hike? Do you tire easily, afraid the hike will be too difficult and you might be an imposition to others even though you joined this club to hike. Do you only have time to come occasionally? Are you new and afraid the hikes are too difficult? Do you want to meet other members before you come to a whole day or an overnight? Do you want to decrease stress in your life?

A small few of us started this in the cold and sometimes cancelled out. Now that the nice weather is here we are making a commitment to do this on a regular basis and anyone is welcome to join us. We will start out at a certain distance and increase as we can. Each week it should be easier and if there are power walkers they can set a faster pace for themselves. If you can't make it, it will be easy to turn back or wait. The idea is for each person to individually improve their own physical status and ability hike distance and timewise. Whatever your level is come out and improve on it.

Wkly Mondays Easy - Mod various Holyoke locations Marcia Kelly 6PM Brooks holyoke

Wkly Wednesdays Easy -Mod Forest park Spgfld Marcia Kelly 6PM totem pole entrance route 5

Breakneck Ridge (May 17th) *With Gary Dolgoff*

- Not for the 'faint of heart'!
(But..'worth the climb'!

..So; I am again- leading that 'tough, steep hike' (at least the first part of it is like that!).

But, it will be led- as always- at my ('now-famous') 'compassionate pace'; (tho I discourage anyone with a fear of heights, and/or, those who

would balk at very steep, rock-scrambling- from this particular outing) hikers will be rewarded with fantastic, sweeping views of the Hudson river in NY State, as well as 'the mountains beyond'..afterwards, dining out in the quaint town of Cold Spring...joint with the NY/NJ AMC; co-led with Carson Tang, of that chapter...

June 12th: Northampton river walk, & then..dinner *With Gary Dolgoff*

June 12th: Northampton river walk, & then..dinner! -Would you believe- right on the outskirts of the mighty town of 'Noho'..a wide dirt path, meandering with a nice river, and tall trees..nothing but nature? - Come with us on this special ('walk-first', this time) Northampton walk-THEN dinner! As late afternoon winds down into early evening, we will be softly entertained, by the shimmering water, and those sounds of nature..& then, food!!

June 15th - Skinner State Park *With Gary Dolgoff*

- Hike or walk (your choice)..plus picnic! (Both co-ordinated events, meet at the gate of Skinner State Park, at 9am...)

Dianne Carey and Gary Dolgoff have joined forces to bring the Club an event, that brings together rugged hikers, and 'mellow walkers'!

Starting at 9am, Dianne will lead her group on the paved Mtn. road up Skinner State Park (about a 45-minute uphill walk), while I will lead hikers up a trail, that does not stray too far from the road- yet still allows that 'rugged feeling'...

At the top, both groups will rendezvous for a picnic (bringing something for that will be great..tho not required..) together- drinking in the expansive views at the top, as well as some 'fun socializing'...

-After the picnic/scenic viewing/shmoozing, the 'road warriors' can head on down the mtn. road (or 'linger longer' at the top); the hikers, on the other hand (who are strongly advised to wear hiking boots, for this outing)- will be led on a very scenic- and somewhat demanding- walk down the mtn., and more (mostly via the M&M trail)..we will be doing some rock-scrambling, some of it a bit tricky (tho not overwhelming to you seasoned hikers), as we descend down from the top (when I scouted this trail, I found the hiking..'highly entertaining!'). We will end up about 1 to 1and 1/2miles past our starting point; however, we will have left a couple of cars there, for some fast 'hikers-shuttling'.
-A splendid time, should be had by all!!

2003 Mud Season in Vermont

The Green Mountain Club, Vermont Department of Forests Parks & Recreation and the Green Mountain National Forest urge hikers to stay off higher elevation hiking trails until Memorial Day. Rain and melting snow at higher elevations are keeping many of Vermont's hiking trails wet and muddy. When people tramp on saturated soils, they cause irreversible erosion and damage to the trail and surrounding vegetation.

Sensitive alpine vegetation on the summits of Mt. Mansfield and Camel's Hump are most vulnerable to damage. The State of Vermont closes hiking trails on these mountains from mid-April to Memorial Day.

The GMC thanks hikers for their cooperation to help preserve one of Vermont's finest recreational resources. For information on trails suitable for spring trips, go to <http://www.greenmountainclub.org/MudHikes.htm> or contact the Green Mountain Club (802) 244-7037.

OPPORTUNITIES WITH WILDERNESS EXPERIENCES UNLIMITED, INC

Wilderness First Responder Offered by Wilderness Experiences Unlimited

*Taught by Stuart Remensynder
& Wayne Rodrigues from the
PVHC.*

Offered in June this 9 day course begins June 7th & 8th at the WEU store and resumes at the Wilderness Experiences Unlimited camp in Huntington MA. On June 16th - June 20th.

The Wilderness First Responder curriculum uses the principles of long-term care, improvised resources, and varying environmental conditions as the framework for learning. Now the most widely recognized and most often required outdoor leader certification, the Wilderness First Responder course was first developed and taught by SOLO in the mid-1980's. Created to provide outdoor leaders, guides, and rangers with the knowledge needed to deal with crises in remote settings, this 80-hour certification course meets DOT National Standards for First Responder with additional protocols for extended-care situations. Like all SOLO programs, the emphasis of the WFR is on prevention and decision-making. Students who successfully complete the SOLO Wilderness First Responder course will receive a SOLO Wilderness First Responder card and an American Heart Association Adult Heartsaver CPR card(or equivalent).

Certification is based on successful completion of the course. In order to do so, all certification candidates are required to participate in 100% of the course, as that is the best way to assess mastery of the skills involved. SOLO instructors provide ongoing feedback and many opportunities for questions. Final assessment of

each student's skills includes written and practical exams.

The intensive 80-hour curriculum takes place in June. A typical day consists of a mixture of hands-on practical skill work and didactic lecture sessions. To optimize learning potentials, SOLO complements these sessions with a variety of mock scenarios and simulations. The program is fast-paced and both intellectually and physically demanding.

The SOLO WFR addresses the issues of medicolegal concerns, blood borne pathogens and infectious diseases. The Patient Assessment System, the foundation of the course, trains students to determine what is going on with backcountry patients. Other sessions provide instruction in traumatic situations as well as medical emergencies. Environmental issues such as hypothermia and heat injuries are dealt with in great detail. Practical simulations and labs provide practice in backcountry leadership and rescue skills.

Since much of the class time is outdoors, SOLO asks that you come prepared for the time of year and environment in which you are taking the course. Sturdy boots, reliable raingear, and outdoor items such as hats, gloves, and headlamps are entirely appropriate. A gear list of required and recommended items will be sent to you with your registration confirmation. The cost for this course will be between \$550.00 & 675.00 with meals and lodging. For more information go to www.soloschool.com course schedule Wilderness Experiences Unlimited.

*Why? "Because its there!"
said George Mallory
around 1921 when asked
why he wanted to climb
this unclimbed mountain.*

*May 29, 2003 will be the
50th anniversary of the
climb of Mt Everest, "the
ultimate high point" by Sir
Edmund Hillary.*

Important Notice

The following memberships are up for renewal:

May Renewals:

Joyce Berg
Diana Cizek
Barbara Delisle
William Finnerty
Dottie Gates
Ravi Kulkarni
Joe Russo
Marlene Spencer

June Renewals:

Bill Burgart
Allison Cook
Erin Cook
Laura Corbin & Family
Nancy Del Buono
Sandra Fountaine
Marion Germino
Lucy Giuggio
Joyce Frey & George Gore
Mark Henke Family
Edward Kleciak
Marie Krause-Cote
Kenneth Lamothe
Laurie Mahoney
Marilyn Martino
Angie Montgomery
Patricia O'Grady Daley
Kerry Tuell

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
P.O. Box 265
Southwick, MA 01077

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:
June 3, 2003, 7pm at WEU
July 1, 2003, 7pm at WEU
- ❑ Next Hike Planning Meeting:
June 10, 2003, 7pm at WEU
- ❑ Deadline for Submissions for next BootPrints is: June 23, 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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