

BOOTPRINTS

Volume 8 Issue 2

March 2004

Quebec Winter Carnival

By Linda Benoit

At a time of the year when most travelers head South, in February on Friday the 13th five adventurous PVHC souls traveled to the winter Carnival in Quebec City, Canada. Carnival, a two-week long outdoor event, is one of the largest festivals of this type in the world, with a snow palace, sugar shack, dogsled racing, children's games, an ice maze and live entertainment. Carnival also hosts a renowned snow sculpture competition that draws artists from around the world. Carnival-related activities are not confined to the park, they are scattered throughout the area. Ice sculptures line the streets in quaint shopping districts, there is a 500 foot ice-coated toboggan run behind the grand Hotel Frontenac, free ice skating is available, and the spectacular night parade draws over a half a million spectators. The Ice Hotel (Hotel de Glace), 30 minutes west of Quebec is another "must see" that completed our Carnival experience in splendorous style.

Quebec historian and French language translator. Meanwhile Claire, Florinda, & myself spent much time oohing & ahing at the local sights & sounds & taking pictures.

Quebec is technically a 6-hour car ride, although you couldn't prove that by us. John Paul, Marcia and I left Amherst at 4 p.m. Friday and arrived in Quebec at 2:00 a.m. on Saturday! The French like to linger over dinner & we adapted well to this custom. Shortly after crossing the Canadian border we stopped for a delicious dinner at Au Petit Shabot at 10 p.m. in Sherbrooke. Claire & Florinda, who rode up in a separate vehicle, also reported arriving much later than anticipated. Perhaps if you flaunt fate & depart for a trip on Friday the 13th you should count your blessings if you arrive at all.

Staying warm was at the top of the "to do" list in Quebec. Each morning, knowing that we would be walking outside all day, we spent what seemed like ridiculous amounts of time layering on cold weather gear before hitting the streets. Penguin-like we waddled around cosmopolitan

Quebec City, taking comfort in the fact that almost everyone had on ski pants, heavy boots, hats and face scarves, too.

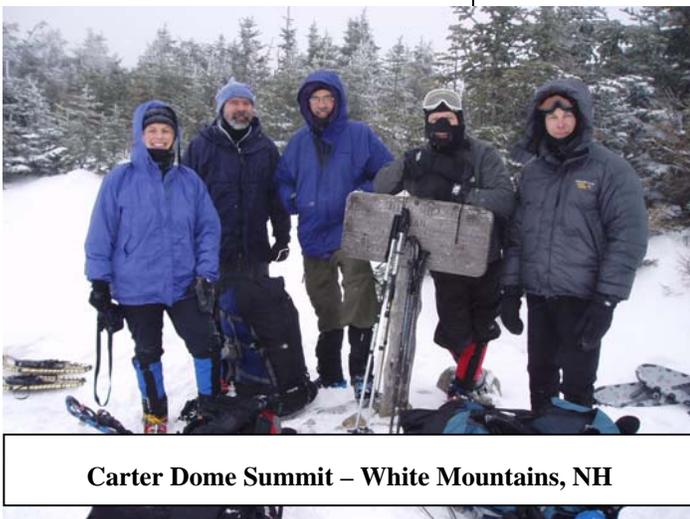
Just how cold was it? The temperature registered a formidable -4 F with a 14 mph wind on the night of the winter parade. How cold did it feel? Speaking for

myself, I had on thermal sock liners, wool socks rated to -30F, heat



generating toe warmers, and felt lined Kamik boots also rated for -30F. Nonetheless, I left before the parade was over because my toes had gotten very cold. It's all good, though, since the cold outside just made the comfort of the overstuffed chairs by the fireplace in the luxurious lounge at the Hotel Frontenac all that much more enjoyable.

Ironically, it wasn't the cold that almost did one of us in. On Sunday morning, John Paul was dropping off a few of us at an intersection near a restaurant before parking his car. As I was getting out of the back seat, the traffic light changed and I felt the wheel of the car catch the back of my boot. I realized (with horror) that I was getting run over by a car! Thanks in part to the thick rubber on my



Carter Dome Summit – White Mountains, NH

Experienced hike leader & Carnival-goer Marcia Kelly led this 4-day trip. John Paul did double duty as

PVHC 2004 Election Results

PRESIDENT

John Klebes

VICE-PRESIDENT

Ann Marie Visconti

SECRETARY

Monica Gross

TREASURER

Kimberly Stevens

Canadian-made Kamik boots (they will be getting an enthusiastic thank you letter from me) I somehow escaped serious injury. Even so, we may need to dust off PVHC's infamous "Sharp

The Ice Hotel (photo by Linda Benoit)

as a Tack" award for this occasion and officially present it to John Paul who has already agreed to accept it.

A few other trip notables: Eating taffy on snow, sitting in the sauna at the Ice Hotel with all of our winter clothes on trying to warm up. I still hear John Paul introducing himself, Marcia, & me as "trois Franco-Americans" to the friendly Québécois (resident French-speakers). We even met the Discovery Channel crew while they were filming Carnival. They interviewed John Paul, who may get 15 minutes of fame in a to-be-aired documentary about festivals around the world.

Even the ride home was eventful. We thought we were good to go after clearing customs. Au contraire. We encountered a U.S. Border Patrol roadblock in VT. Then, not long after that, John Paul looked in the rearview as we heard a cruiser siren and sure enough the blue & whites were on our tail. He pulled over & was cited (not for driving to endanger) for speeding. The karmic police? In any case, a good time was had by all at the winter Carnival & I predict many happy & eventful return trips to Quebec for PVHC.

- Linda Benoit

Black Rock

By Gary Tompkins

There are few things so beautiful as hiking on a clear winter day. Yes, it can be cold, but one can dress for it. The trails are uncrowded and the biting insects are gone. The sharpness of the air stimulates the senses and the low winter angle of the sun enhances the contrast of any scene. The snow-covered ground makes trees, ledge and boulders stand out from the landscape. The clarity of the air reveals details in distant views unobservable in the hazy and humid days of the year. Such was the perfect winter day we had on Saturday, January the seventeenth, as Richard Harris led a group of 10 hikers over four different trails on the Mt. Holyoke Range.

This hike offered a mix of terrain, including ups and downs, vistas, and woods. Beginning on the M-M trail

from the western end of the range, our group turned on to the Dry Brook Trail and followed it to the end at Taylor's Notch. At this point we rejoined the M-M trail to ascend the first of the Seven Sisters. From the ridgeline we followed the trail eastward to the intersection with Black Rock Trail. We paused at the vista on Black Rock for lunch and to enjoy the view over looking Lithia Springs Reservoir. As we followed the Lithia Springs Trail we noted evidence of wildlife. The snow was light and fresh enough to record even the minute travels of voles and mice. We also saw that turkeys, and fox had recently proceeded us. Harry claimed he saw a bear, but that's another story (one that we've all heard before).

Eventually we reached the reservoir itself. With delight we walked out onto its frozen surface. This was a fringe benefit of winter hiking, defying the liquid depths beneath, we were able to short cut the trail by going across the reservoir rather and around it. A number of fishermen were there before us, boring through the ice to try their luck. Despite the cold, the sunshine felt warm so we procrastinated a bit on the ice before returning to terra firma and the trail home.

The lack of deep snow negated any need for snowshoes. An inch or so of dry powder covered icy spots. As if to lull unwary hikers into a false sense of security, nature strategically placed these ice patches at infrequent intervals. Like many problems this could be solved through either hardware, or software. Several members choose the hardware approach, using instep crampons or other traction aids. But, most of us went with our standard hiking boots and choose a software solution. We hiked the trails behind a highly evolved and effective ice warning system. Programmed to detect ice even when concealed beneath inches of snow, this system is sometimes referred to as "The Hike Leader". Here's how it worked. Whenever Richard encountered ice he would immediately throw his body prone onto the ice (with an audible low thud) and then sound a warning to us by shouting: "ICE!" Having witnessed this system work numerous times I am moved to write that this kind of

selfless sacrifice is what separates a truly great leader from a merely ordinary one. Thanks Richard! You saved our butts.

- Gary Tompkins

Rescue on Mt. Haystack, Vermont

By Dick Forrest

On Saturday, February 14, 2004 (Valentine's Day), the Pioneer Valley Hiking Club Mt. Haystack snowshoe hike went off as planned. Thirteen people, most of whom were PVHC members, traveled to just northwest of downtown Wilmington, Vermont, to Mt. Haystack to snowshoe. We were not at the ski area, but we were on a different part of the mountain, and were going to snowshoe the Deerfield Ridge Trail to the top of the mountain. The entire hike, a good one in winter, especially if snowmobiles have compacted the snow, is 4.8 miles roundtrip.

I set a fast pace for 0.75 miles, up to the left turn that goes up onto the Deerfield Ridge Trail. I wanted to stop there to make sure that everyone made the turn, and from that point, I wanted to be the sweeper, or the last person going up the trail. Everyone came up to the trail junction where we were going to turn left. Mike Stevens, a non-member whom I invited, and who is a friend of mine who sings with me in my church choir, was the last to come up to the trail junction, but was not too far behind the rest of the group. I specifically asked Mike, seeing that he was behind, if he was okay. He said that he was doing okay.

Up to this point, the trail had a slight incline, but was relatively flat. As the group started up the Deerfield Ridge Trail, the grade got steeper. We had to climb a fairly gradual, but significant, hill to get up onto the ridge. Mike was having trouble with my Atlas snowshoes, which I lent him, because they were moving back and forth on his feet. Juliana Vanderweilen helped him step out of his snowshoes, and then helped him adjust his snowshoe bindings so that his feet would fit better on the snowshoes. At the same time, I was also adjusting the bindings of the longer, Sherpa snowshoes that I was wearing, ones

that club member, Dave Rotondo, had leant me for Mike.

Mike and I were the last two up the trail, behind the other eleven. We labored to the top of the hill where the trail leveled off. He said to me that he was having some tightness in his chest when we were close to the top of the hill, and that he was relieved that he told me. I didn't think much of it, thinking that he might have some indigestion, since he had been a little sick the day before. We continued to the flat section on the ridge, stopping and starting several times. Mike realized that he wasn't feeling well, and thought that he should turn back. At that point, I knew that I couldn't leave him, even though I wanted to go up the trail rather than down. He apologized by saying that he was sorry that he was spoiling my hike. I said that it was no problem, and knew that I had to get him back to a warm car, while the rest of our party completed the trail.

Mike and I walked a couple hundred yards down the hill to a flat section. During that time, I could see that Mike was shuffling his feet, and laboring quite a bit. So I told him to stop, and got down and unloosened his snowshoe bindings so that he could step out his snowshoes. We didn't walk very far after that when Mike stopped, and leaned heavily on one ski pole. Just prior to that moment I remember thinking that I was hoping that a snowmobile would come along because I knew we were close to the original trail junction where we had turned left coming up, where snowmobiles are often seen. And just as Mike was leaning heavily on his ski pole, a group of six hikers came over a small hill right in front of us. I said to them, "My friend is in trouble, can you help?" Two of the hikers had cell phones. It was literally a godsend.

At that moment, Mike dropped to his knees in the snow, and complained of intense chest pain. Seeing the situation, the hikers that just walked up to us on the trail used their cell phones to call 911. There was a little confusion of exactly which trail of Mt. Haystack that we were on, and where the trailhead was, but a hiking group member with a cell phone knew that the trailhead was in the Chimney Hill subdivision in Wilmington, and relayed that

information. One of the group members went to the trailhead to direct rescuers, and I believe that another stationed herself at the trail junction for the same purpose.

After all of the information was conveyed to rescuers, I knew that we needed to treat Mike for shock and keep him warm. So I got my emergency, Mylar blanket out of my pack, and asked two of the hiking group members to help me unravel it. We wrapped the blanket around Mike, who was still on his knees clutching his chest. Mike was in a lot of discomfort, and tried to move into different positions to try to alleviate the pain. All the while, we were trying to keep the emergency blanket wrapped around him. At one point, Mike also complained of pain radiating down his left arm -- a classic symptom of a heart attack.

Mike was conscious the whole time, but there was one point where he keeled over onto his stomach, face down. I thought that we might have to perform CPR. (It was comforting to have other people around who could help in this crisis.) Fortunately, he moved again -- a false alarm. Most of the time I positioned myself behind the kneeling victim, with my arms wrapped around his waist, in order to keep the Mylar blanket wrapped snugly in place around him. The 911 dispatcher, through us, had advised Mike to try to take slow, deep breaths. This seemed to help calm him, but it was obvious that he was in shock, and needed immediate medical care. I also tried to keep him off of the cold ground, as much as possible. His feet were cold, but he was sweating profusely. I'm not sure if the sweating was a symptom of a heart attack, or it was the Mylar blanket doing its job, or whether it was a combination of both.

It seemed that the rescuers, members of the Wilmington Police and Fire Departments, arrived about twenty to thirty minutes after the initial call. (Getting to the trailhead, finding it, and unloading the snowmobiles evidently took some time.) We were about 0.85 miles from the trailhead. They arrived on two snowmobiles. I could see by the look in Mike's eyes that he was very relieved when they arrived. The paramedic who immediately came to Mike asked whether he had chest pain. Mike said

yes, so the paramedic put Mike on oxygen to help him breathe, and felt for a pulse to get his vital signs. Another snowmobiler drove up with a large, heavy, rectangular sled attached behind his snowmobile. It took the strong effort of two men to turn around the sled to get it going back in the direction of the trailhead. The snowmobile had to be turned around, too, and had to be reattached to the sled.

When they were ready, the rescuers asked Mike whether he could get into the sled. Even though the sled was about two feet off the ground, Mike could just manage to lift his leg over the edge of the sled, and get gingerly in, lying face down on his stomach. Blankets were placed over the top of him, and he was whisked away to the trailhead to a waiting ambulance. The rescuers took Mike by ambulance over twenty miles to a small, regional hospital in Bennington, called Southwestern Vermont Medical Center.

Afterward: Sue and I visited Mike in the Bennington hospital because we were obviously concerned about him, and felt partly responsible for Mike's situation. When we first saw him, he looked good and was in great spirits, but said that he was so tired that he felt like he had worked all day and all night. Sue asked the doctor whether it was a major heart attack. The doctor said yes, surprising Mike, and said that the attack was in the lower wall of the heart, and if that's where you are going to have a heart attack, that's the place to have it. But ten minutes after we left Mike to sit in the waiting room to wait for his wife, Liz, to show up, the healthcare person managing the triage desk of the emergency room sat down in front of us, and told us that Mike was not responding to the medication, and that his blood pressure had dropped, and that the hospital would have to transfer him by helicopter to St. Peter's Hospital in Albany, New York. At St. Peter's Hospital, he said, they would have the resources to do a more complicated procedure. During this time we were relieved to hear that Liz, who was on route to Bennington, had been notified that the hospital was transferring him to Albany. At the Bennington hospital, the helicopter pad abutted the back door of the

emergency room. We saw Mike, on a gurney, wheeled up to the helicopter, and placed inside of it on a removable portion of the gurney. Then we watched the helicopter take off.

We have since learned that the procedure to open up the artery (we think it's one) was successful, and that Mike, was doing well, with only minor complications. He is due out of the hospital by the following Tuesday, after going in on a Saturday.

--Dick Forrest



Winter Sleigh Ride

By John Klebes

Please join me in thanking Phyllis Dassatti for opening her house to well over 30 club guests and coordinating hikes, sleigh rides, and a fantastic pot luck supper. A great time was had by all and Phyllis really went the extra mile to make all of us welcome.

PS. If you brought an oblong crock pot please double check that you took home the right lid. We appear to have a mix up somewhere leaving Phyllis with the wrong lid.



Merck Forest

By John Klebes

Despite bitter cold nineteen club members, including five children, braved the below zero temperatures to hike the Merck Forest and spend a night in a rustic cabin. On our hike in we passed the new sugar house, horses, and frozen streams. Our destination was Dunc's Place, an old sugarhouse turned into a cabin with two bunk rooms, sleeping loft, picnic table, and most important a woodstove complete with plenty of firewood.

While some stayed in the relative warmth of the cabin, Ed Laroche lead the rest of us on a sunset hike to the highpoint of Merck Forest, 2610' Mt Antone. We enjoyed a beautiful view

bread. Thanks Ann Marie Visconti for putting a great dinner together! And thanks to Rob Schechtman we had the use of his large cooking pot and camp lantern. Thanks for lugging all that gear in on the sled Rob!

Being one of the coldest days of this winter it was a challenge to warm the un-insulated cabin even with an unlimited amount of firewood. It was nice huddling near the woodstove but in the far corners of the cabin it never got above freezing. Many thanks to Dave Rotondo for staying up most of the night tending our only source of heat. We would have froze without you Dave!



Rick Briggs and Ed Laroche



of the rolling hillsides from the summit just as the sun cast it's red glow. On the way to the summit we had a close up encounter with a Porcupine in a tree.

Back at the cabin we feasted on a group dinner of pasta, meatballs and sausage, roasted vegetables, and

braved the elements and slept outside on the snow. A brave stunt considering Steve Fratoni sent me the official temperature low for Saturday – minus 14 – a new record for that date.

PVHC Mailbox



New Book Title

(Unsolicited email from a our PVHC mailbox)

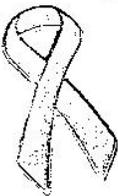
Announcing a new book entitled "The Hiker's Guide to Preparing Home-Cooked Meals on the Trail." The book explores the subject of dehydrating, packaging, and rehydrating foods for use in the wilderness by any outdoor enthusiast wishing to carry lightweight, compact, and tasty meals. Some one hundred recipes are presented and one chapter explains how to build a lightweight oven to be used with the camp-stove to bake things like biscuits and pizza. The recipes are easy to prepare and allow the hiker to carry meals like those cooked at home out on the trail, and at a greatly reduced weight. No longer will the hiker need to rely on nutrition-deficient, freeze-dried foods on the trail. Inquires and orders can be placed at www.trafford.com Thanks!

Cordially, Steven A. Mroz

Benefit Dance

This might be a cabin fever type thing for those who need a night out and it's for a good cause.

Thanks, Monica Gross

2nd Annual
Benefit Dance!
"Come Dance for a Cure for Breast Cancer"
March 27, 2004

Knights of Columbus
Granby Road
Chicopee, MA
 Time: 8 P.M.-12 P.M.
DJ Rockin Ron - Snacks and Doorprizes!
 Advancced Tickets \$12.00 (Till March 20th)
 Tickets \$15.00 per person at the door (Limited Tickets!)
 Sponsored by:
The Goldwing Road Riders Association - Mass Chapter "D"
 Rays of Hope 
For tickets & info call 592-3174 or 592-2007

Who links to our PVHC web site?

Here's a list of web sites, and here's what they say:

1. Hike Vermont

<http://www.hikevermont.com/web.htm> They say that we are one of their favorites: The Pioneer Valley is located in western Massachusetts along the Connecticut River. Drop by their site and enjoy their hiking adventures.

2. dmoz open directory project (listing)

http://dmoz.org/Regional/North_America/United_States/Massachusetts/Regions/Pioneer_Valley/ Lists calendar of planned hikes, pictures of past events, and membership information.

3. Springfield RV, Camping & Outdoor Show

<http://www.springfieldrvcampingshow.com/exhibitor.html>
 We are one of their exhibitors.

4. The Trustees of Reservations

(hiking in Massachusetts page)

http://www.thetrustees.org/pages/226_hiking.cfm

The *Pioneer Valley Hiking Club* serves the Western Massachusetts and Northern Connecticut area and provides hikes for people who enjoy the outdoors while practicing minimum impact guidelines, conservation and land stewardship.

--Dick Forrest

2004 Camping & Outdoor Show

by John Klebes

This year we had 12 people volunteer to help out staffing our annual PVHC Booth at the Springfield Camping & Outdoor Show. I'd like to thank each of you for helping out this year. I think everyone had a great time meeting new people and sharing the spirit of our club with potential new members.

As in previous years we decorated our booth with the clubs banner and t-shirts and had a slideshow to let visitors see the kinds of hikes and activities we had over the past year. Thank you to Stephanie Bustos, Santiago Bustos, Stefanie Capite, Mike Carrier, Gail Carrier, Frank Kamlowksi, John Klebes, Ann Mundy, Norm Plante, Dave Rotondo, Jonathan Stevens, and Kimberly Stevens.

- John Klebes

Educational Scholarships

PVHC offers reimbursement of up to \$25 for those active club members who wish to take a pre-approved leadership or outdoor skill training course that directly benefits the good of the club. Currently AMC Noble View is offering a number of workshops including leadership training, wilderness first responder, SOLO wilderness first aid, and trail building that would qualify for reimbursement of up to \$25 after completion of the course. Contact a club officer to be sure the course is approved and a receipt of payment is required.

Upcoming Hikes and Activities:

Sat, 4/24- NYC CARPOOL!- I will be leading a very-full day-trip, into The Big Apple...

The plan: We'll go first to the Bronx Zoo, there to meet members of the rollickin' NYC AMC; there, we will be led by the AMC-leader, Carson Tang...I'm sure the 'walk-around' will be both entertaining, and informative...the Bronx Zoo, is a fantastic zoo; expansive and forward-thinking, many of the animal-enclosures are put tog. in a natural way; Lily Acheson's World of Birds (wherein you will have- amongst other things- giant, atmospheric rooms, complete with jungle-foliage under you, with colorful birds swooping all around you), alone-is worth the visit to the zoo! The Berkshire AMC is also invited.

We will be meeting at 7am; call leader for more details, and further inspiration, if desired...

Call Gary Dolgoff (413) 584-8564

Sat, 5/15- BACK TO BREAKNECK RIDGE! (Co-led with Berkshire & NY AMC)

A beautiful & 'very vertical' (for the first hour or so, of the 8-mile hike)- as well as stunningly scenic in parts-outing! See 'yours truly' (thought of, in some circles- as a 'dilletante hiker', just 'cause I lead those Northampton walks, etc)- enthusiastically tackle that 'very quick initial elevation gain', as well as the subsequent 'hiking ups & downs'! But- as is my credo (as well as many of the PVHC hike leaders)- it will be led at a 'somewhat compassionate pace' (those wishing a faster pace can try & keep up with my co-leader from the NYC AMC, Carson Tang)..tho, we will need to move at a decent pace, in order to complete this spirited 8-miler in reasonable time, after which those willing (such as myself, etc) will be going to the nearby town of Cold Spring, after the hike- there to quaffe edibles, eat ice cream, & generally drink in the atmosphere of this nice town, right by the Hudson river, and the nearby mountains...all in all, a spirited day, 'for the plucky'!

Call Gary Dolgoff (413) 584-8564

Adirondack Car Camping Trip July 23-26, 2004

By Al Roman and Ann Mundy

We will be camping at the Adirondack Loj Campground on the shoreline of Heart Lake. The facility is owned and operated by the Adirondack Mountain Club. The High Peaks Information Center and store are also located here.

This campground is the hub from which many hiking trails lead to the High Peaks. There are difficult hikes, moderate hikes, or one can sit on a swing by the lake, take a swim, or go kayaking. The campground is located just south of Lake Placid, very near the Olympic Ski Jump Training Facility.

I have reserved 2 campsites for Friday, July 23 through Monday July 26. Each campsite costs \$23 for 2 people plus \$2.50 for each additional person. Each site can hold six people. As of today, there are still more sites available but I need a count this week. I would caution you that this is the Lake Placid triathlon weekend and it will be difficult to get out on Rt 73 on Sunday unless you leave late in the day so if you are debating on which day to take off from work, I would suggest Monday.

Web Site with pictures: www.adk.org Other options: Lean-to for \$26/night for 2 plus \$2.50 for each additional person. Lean-to #1 and # 12 were still available today.

The Adirondack LOJ(meaning lodge) has private rooms, family rooms, and a coed bunkroom. All are very nice, somewhat like Pinkham Notch.

If you are interested in a lean-to or the LOJ, please contact them directly at 1-518-523-3441.

If interested in the car camping please contact us soon: Ann Mundy 562-1864 ahmhiker@aol.com or Al Roman at 568-0768 ski2win8@aol.com

Important Notice

The following memberships are up for renewal:

March Renewals:

Kay Byington
Dianne Carey
Mike & Gail Carrier
Theo Dawson
Lisa Edson
Lisa Frigo
Alan Goodhind
John Klebes & Family
Theresa Mahaffey
Denise Mathews
Joan McLaughlin & Family
Ajay Menon
Terry Murphy
Beverly Rivest
Kelly Rose
Jennifer Sagan

April Renewals:

Scott Aschenbach
Nancy Bigos
Elaine Bloniasz
Bill & Dianne Chiba
John Choinere
Brian Craig
Jane Glushik
Mike & Monica Gross
Debora Guiel
David & Connie LaBrecque
Charlotte Lee
Michelle Mathieu
Susan McGurk
Paul Miller
Robert Morgan
Sybille Nickel
Ron & Esther Nunley
Mike & Karen Rattelle
Warner Robinson
Wayne Rodrigues & Fam.
Carolyn Smith
Jon & Kim Stevens
Marty Tilden
Charles Williams
Eleanor Woodward

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

(Dues are \$25 member. \$40 familv. and \$15 for students)

Come Canoeing on the Battenkill River June 12/13, 2004

The annual Battenkill River Canoe trip is always a great time. Leaving from the campground Saturday June 12th will travel up stream by bus to begin our adventure. After an easy four hour canoe or kayak down stream, with a stop for lunch, we will arrive back in camp for an evening chicken barbeque. Spend the night tenting and enjoying the campfire with good friends.

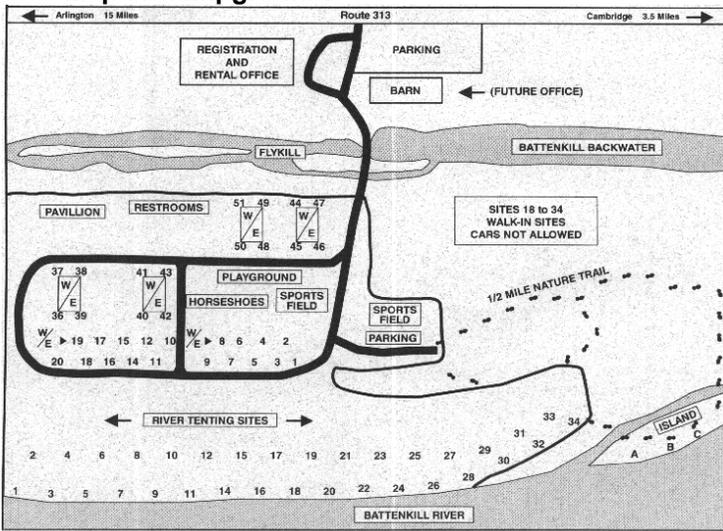
Where:

Battenkill Riversports & Campground
 937 State Rte. 313
 Cambridge, New York 12816
 3 1/2 miles East of Cambridge on Route 313
 518-677-8868

Directions to Battenkill Riversports:

West to end of Mass Turnpike, to NY Tru-way
 Look for exit to Austerlitz, NY Rt. 22 North.
 Follow 22 North to Cambridge, NY (about 1hr)
 In the center of Cambridge look for Rt. 313 on right.
 Follow 313 to Battenkill River Sports located on your left side.

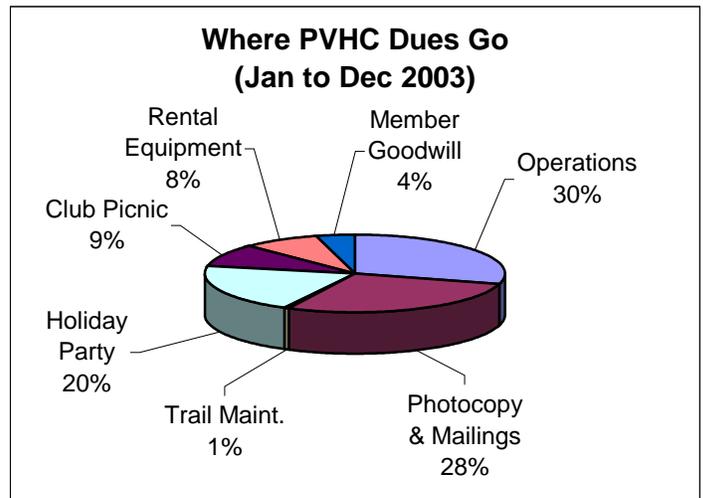
Map of Campground:



Where your PVHC Dues went in 2003

For the year 2003 the Pioneer Valley Hiking Club had an average membership of 207 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 2003. 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, meeting expenses, office equipment & supplies, guest speaker gratuity T-shirts, web site maintenance, etc.
Photocopy & Mailings:	Meeting agendas, schedules, newsletters, club brochures, membership kits, labels, postage, etc.
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, leadership training, scholarships, and membership goodwill.

Please cut out and return with your check

Battenkill Canoe Trip – Jun 12/13 2004

Name: _____

Give to: Mike or Monica Gross
 16 Joffre Avenue
 South Hadley, MA 01075
 Phone: (413) 536-6611
 Email: mmgross@map.com

Remember: CHECKS ONLY!!
 (made out to PVHC)

Rates for Trip:

Activity	Price	# People	Extension
1/2 Canoe (per person)	\$24.00		
Kayak (per person)	\$29.00		
Saturday Bar-B-Q (per person)	\$10.00		
Camping (Tent)			
Adult	\$10.00		
Child	\$ 5.00		
TOTAL:			\$

Pioneer Valley Hiking Club Officers & Committees

John Klebes, President (413) 786-3620
 Ann Marie Visconti, Vice President (413) 547-2729
 Monica Gross, Secretary (413) 536-6611
 Kimberly Stevens, Treasurer (413) 569-1970
 Scott Cook, *Wilderness Experiences Unlimited*
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Planning Coordinator: *Sue Forest & AnnMarie Visconti*
 Backpacking Coordinator: *Ed Laroche & Mike Rattelle*
 Trail Maintenance: *Ed Laroche & Rob Schechtman*
 Web Page Editor: *Dick Forrest*
 Email Correspondent: *Rob Schechtman*
 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 6, 2004, 7pm at **FBC**
 May 4, 2004, 7pm at **FBC**
- ❑ Next Hike Planning Meeting:
 April 13, 2004, 7pm at **WEU**
- ❑ Deadline for Submissions for next BootPrints is: April 20, 2004

FBC – First Baptist Church, West Springfield
WEU – Wilderness Experiences Unlimited

*** 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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