

BOOTPRINTS

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SEPTEMBER 2009

Welcome for New Members

By Marcia Kelly

The PVHC Board met in August and discussed how we might be more welcoming to new and potential members. One suggestion was to have two greeters at the door at each meeting who could welcome newbies as they arrive and give them information about the club, and then introduce them to a few people to help them fit in. Would some of you be willing to volunteer for this at one or more of our monthly meetings? If two volunteered for each meeting, we should have an endless supply of different members each month. We will ask each month for volunteers for the following month's meeting. Consider volunteering for our welcoming committee. Discuss this with any of the members. We will have a sign-up sheet at the door.

For Other Activities

By Marcia Kelly

Would you like to share an occasional non-hiking or borderline hiking activity with fellow PVHC members?

If so, notify Gary Dolgoff or Marcia Kelly and you can be added to a list that will not infringe on our club's hiking schedule. You can either schedule an event or join one. You will only receive these notices if you request to be put on this separate e-mail group.

An AT Update from Donna

By Donna Delisle-Mitchell

Wow, the miles are flying. I am writing to you from Dartmouth College in Hanover, NH. I cannot believe I have come so far, so fast. I know that the miles will be slowing once I am in the Whites but I am still having the time of my life and enjoying every day. Please tell everyone that I say Hi. I am not sure if I

shared this with you but I do have a blog. The address is nomsatadventure.blogspot.com. It is updated more by my daughter than me, as computer access is challenging, of course. Still, someone might be interested. My blog also includes pictures. I will let you know how things are going when I can.

Christmas in Newport

By Al Goodhind

Dec 5th

Christmas in Newport this year begins with a stroll on the famous "Cliff Walk" along the eastern shore of Newport. This public-access walk combines the natural beauty of the Newport shoreline with the architectural history of Newport's Gilded Age.

In 1975 the walk was designated as a National Recreational Trail: the 65th in the nation, and the first in New England. The walk runs 3.5 miles, and about two-thirds of the walk I would rate as Easy. We will probably not do the whole 3.5 miles.

Following the Cliff Walk, we will tour the Beechwood Mansion. Beechwood was built in 1851 for a New York City merchant named Daniel Parrish. The Astor family purchased the mansion in 1881. They hired architect William Morris Hunt to create an atmosphere at Beechwood that would be worthy of America's finest citizens. Caroline Astor presided over countless social activities during the eight weeks each year she spent at the mansion.

The Beechwood Theater Company portrays members of the Astor family and domestic staff, welcoming visitors to the summer home of The Mrs. Astor, queen of American society. It is the year 1891 and you are a very special guest. In honor of the season, they transform the mansion into a winter wonderland. You are invited to celebrate Victorian Christmas

traditions, brush up on your waltzing, play parlor games, and learn the art of flirtation. Note that the actors stay in character throughout!

The family will entertain you with beautiful singing, and invite you to take a turn around the ballroom floor. Waltzing, merriment, and holiday warmth await you.

After the tour of Beechwood you are on your own to grab lunch, explore, and shop. There will be the Annual Holiday Harbor Lights Illuminated Boat Parade beginning at 6:30, along the Newport waterfront near Bannister and Bowen wharves. Stores will be open downtown until 9:00.

Tentative Itinerary

9:00 am: Meet at First Beach, Memorial Ave., at the start of the Cliff Walk (about 2 hours)

11:45 am: Assemble at the Beechwood Mansion for the noon tour. (50 min.)

6:30 pm: Illuminated Boat Parade (optional)

Details:

Cliff Walk: free

Beechwood: \$12.00 group rate (min. of 20 people)

We have reserved 40 spots for the Beechwood tour. Sign up early as these tours will sell out.

New Members

Martha Sprio	June
John & Marianne Swiatek	June
Lisa Cousineau	July
Eileen Hawkins	July
Christa Hultine-Guyon	July
Jettie McCollough	July
Elizabeth Szeliga	July
Joseph Walsh	July

Hungry Hikers Corner

By Monica Gross

AWESOME APPLE BREAD



1 CUP OIL
3 EGGS
2 CUPS SUGAR
1 TSP. VANILLA
3 CUPS DICED APPLES
3 CUPS OF FLOUR
1 TSP. CINNAMON
1 TSP. SODA (BAKING)
1 TSP. SALT
1 CUP CHOPPED NUTS (OPTIONAL)

Combine and set aside the oil, eggs, sugar, and vanilla. Sift flour, cinnamon, soda, and salt. Add dry ingredients to oil mixture gradually. Add apples and nuts. Bake in two or three loaf pans for 70 minutes at 325 degrees. Cool 10 minutes in the pan. Sprinkle with sugar, if desired.

CORN CHOWDER

4 BACON SLICES, MINCED
1 YELLOW ONION, CHOPPED
6 CUPS MILK
2 RUSSET POTATOES, PEELED AND DICED
12 EARS OF CORN, KERNELS REMOVED, 6 CORNCOBS RESERVED
1/4 CUP CHOPPED FRESH CHIVES
SALT, TO TASTE
CAYENNE PEPPER, TO TASTE

In a sauté pan over medium heat, cook bacon, stirring occasionally, until browned and crisp, 4 -5 minutes. Using slotted spoon, transfer to a slow cooker. Pour off all but 1 Tbs. of drippings from pan. Add onion to pan and cook, stirring occasionally, until translucent, about 5 minutes. Add onion, milk, potatoes, corn and reserved corncobs to slow cooker. Cover and cook on high for 4 hours according to manufacture's instructions. Remove corncobs and discard. Using a stick blender, puree chowder directly in slow cooker to desired consistency. Stir in chives. Season with salt and cayenne. Serve immediately. Serves 6 - 8.

ALTERNATES:

You could cook the bacon and onion the night before and prepare the uncooked potatoes (place potatoes in bowl covered in cold water to keep them from turning brown) and corn. Then in the morning, before setting off hiking, put ingredients into slow cooker (Crockpot) on low instead of high then when you get home dinner is ready. Add salad and great bread, and you're good. The apple bread above would make a nice dessert for this meal. Also, I like my soup without blending it into a puree.

If you don't want to use regular bacon you can substitute turkey bacon. I haven't tried it using non-meat based bacon substitutes but it could be OK, although the flavor might change slightly. Happy Trails, Monica

Book Review: Loop Year: 365 Days on the Trail, by John Sheirer

by Dick Forrest

John Sheirer spoke at our July PVHC meeting. I was one of the people who suggested that we get him as a speaker, after reading about him in Tom Shea's article in The Springfield Republican, among other places. (Sue and I also led a PVHC hike in January at the McCann Family Farm Nature Preserve in Somers, Connecticut, the subject of this book, as an alternative to our annual Mt. Monadnock hike, when the trails were closed there this year.) Unfortunately, we got to the meeting late, and I don't remember much of what he spoke about. But I did buy Sheirer's book at the end of his talk, which I just finished reading.

What strikes me first about the book is that John Sheirer writes very well. You would expect that from an English professor at Asnuntuck Community College in Enfield, Connecticut. He took on the project to hike a 2-mile trail (The Blue Trail at McCann) for 365 days straight days, to rehab from knee surgery. He describes himself as an obsessive-compulsive type of person (hence, a full year of hiking one trail, the same trail, and not missing a day of hiking it for all 365 days). He was also in the process of ending a relationship that didn't work

out, with a woman named Ginny, and moving out of her house.

The fact that Sheirer writes well makes the book interesting. He also shares numerous details about his life, a self-revelatory process for him, and thereby captivates the reader. He writes about each hike, although the book editor would not allow him to include all 365 days of narrative - too monotonous and boring. Almost every entry in the book is 365 words long - more evidence of his obsessive-compulsive nature. You would think that he would be repeating himself over and over again, but not so.

Sheirer often writes about the weather, and how it affects his hiking each day. He writes about his constant trail maintenance and frequent volunteer work for the Northern Connecticut Land Trust, the organization which maintains the 85-acre McCann property. He writes about people, creatures, and a variety of things that he sees and thinks about while hiking the trail. He writes about his love of playing basketball, the cause of most, if not all, of his numerous aches and pains in his middle-aged body.

Halfway through the book he meets a woman on-line, a Smith College librarian living in Northampton, named Betsy, who has two grown children. Sheirer enters into a romantic relationship with Betsy, who becomes the true love of his life, and he plans on moving in with her shortly after he completes his year of hiking the same trail. John's friendship with Betsy adds a delicious spiciness to the book, and John is effusive in talking about his feelings for her. So the book is partly a journal about hiking the trail daily. John's life and daily routine, people and animals seen on the trail or connected with it, John's thoughts while hiking. and partly a love story.

Since most of the pages are only 365 words long, you can read them quickly. Each day on the trail is different, and so the narrative of the journal moves along in an interesting way, as good writing should. Even so, just like Sheirer wanted his 365 See *Book continued on page 3-*

Book continued from page 2

day project to end, you, the reader, may want it to end, too. Sheirer's writing style and overall, optimistic outlook on life make the book a pleasure to read.

"The Cabin" in Maine

Cindy Dolgoff

When Gary and I heard about Enola and Norm's planned trip to The Cabin in Maine, we decided to sign up right away. It is located in an area of Maine where neither of us had ever been - east of the White Mountains, just east of Bethel, Maine. I was intrigued by the planned trip of the mineral mine, and the weekend stay and planned hikes sounded like a lot of fun.

We began our weekend on Friday, August 14th, which also marked the beginning of the first heat wave since July 2008. After a leisurely breakfast at Sylvester's in Northampton, Gary & I, and our friend/fellow clubbie, Danusia, set off on Route 91 for our 4.5 hour drive to Maine. It was an uneventful trip, except for the extensive road construction along Route 2 through New Hampshire and Maine.

We arrived at The Cabin around 4:00 p.m. Sadly, we were not able to time our arrival for the hiking tour of the mineral mine (more about that later). Instead, we had time to spend with our friendly hosts, Margie and Earl Towne. The Townes are hikers who got married about 15 years ago and established their hostel. They open their lodge to groups of hikers, especially "through hikers" who come across the nearby Appalachian Trail. After this, Danusia, Gary and I took a short walk down the country road next to our lodging. It was getting hot and was sort of buggy. Other club members started to arrive.

Later that evening, we had a 5-star dinner, cooked by Margie: lasagna, salad, and zucchini, topped off by ice cream and delicious home-made brownies. We ate our fill and retired

early for the evening, so we could participate in the next day's hike.

We arose on Saturday morning and enjoyed breakfast, cooked by Earl. We couldn't believe the amount of tasty food - including fresh fruit, some of which we brought on our hike.

Our hike on Saturday, led by Enola and Norm, was to the nearby Rumford Whitecap Mountain (not to be confused with Whitecap Mountain, located further to the north, near Katahdin). As we set out, it was starting to get hot. Luckily, we were hiking in the shaded forest for quite a ways, until we reached the tree line where, fortunately, there was a breeze and a bit cooler temperatures. At the top of the mountain, we were treated to a majestic 360-degree view. I don't think I have ever been on a hike that had such a vast view like that. Our group of 10 hikers ate lunch and lingered on the whitish rock-covered slope, until we began our return descent. It was quite warm hiking. I was sweating quite a bit and looking forward to cooling off somehow when we returned.



After the hike, we soon had our chance to shake off the heat. We stopped at a local swimming hole, right next to a covered bridge. It felt so good to jump in the water and wash off the hiking dust and bug spray! After our swim, we dried off on a small beach there while being entertained watching Norm throw a ball to a local fellow's Yellow Labrador dogs. The dogs were very good swimmers.

Our dinner was once again delicious - Saturday night's fare was roast pork, mashed potatoes, salad, green beans, and apple crisp.

After another filling breakfast on Sunday morning, at which Norm wowed us with his omelet-making skills, and checking out of The Cabin, we went on our next hike at the Grafton Notch State Park. We took the Eyebrow Trail loop. At the Eyebrow summit we could see straight down to the road and the parking lot we had left earlier. This hike was a shorter one than Saturday's hike. We also saw several awesome waterfalls.

My only disappointment of the weekend was that there wasn't enough time to go to the mineral mine. Several of the hikers went on Friday, and a few went on Sunday, and returned with some rock treasures that I really admired. So, I will definitely have to go back again!

Thank you so much, Enola and Norm, for planning this fun weekend. I know that Enola spent a lot of time researching the area, the hikes, and the lodging. It was extremely well planned. Every time I think about the weekend, I have a big smile on my face. The weather was perfect, the lodgings were comfortable, our hosts were as friendly as could be, and the company (fellow PVHC hikers) was the best that you could ask for.

Lake Wyola

By Celeste Ziemba

The morning of August 8, 2009, I arose with unusual excitement. The weather was to be nice for our annual hike and picnic at Lake Wyola. When I arrived at Rite Aid to meet our group of hikers, I was wearing sunglasses, which was a great start considering the summer we have had. I led our caravan of vehicles up Route 91 toward our destination. Carpooling was wonderful because I drove with Glenn, Sandy, and Allan and got to know them instead of a quick hello at a meeting.

When we arrived at the lake, there were already people there to welcome us, including Gail and her grandson, Taj, who seemed to have grown really tall since I last saw him. After checking out the view of the lake, *See Lake continued on page 4*

Annual Club Picnic

By Marie Babbitt

Well it was another great picnic thanks to all the hard work of Rob, Lori and the many people in the club that showed up early to help set up and those that helped throughout the day and at the end for clean up.

I arrived a little after 12 and everything was set up and the ribs were on the grill.

Since I have not been actively hiking it was especially nice to see familiar faces and to talk with some new club members whose 1st club event was the picnic. Welcome to all the new members I had the pleasure of meeting and to all those that I have yet to meet.

It was a great turn out and of course lots of great food and the dessert table was overflowing as usual. I heard people raving about the ribs and there were enough salads of various kinds to keep everyone satisfied.



The frosting on the cake was that we all got to sing Happy

Birthdays to John. How is it he always manages to note special attention? I guess it is because he is a special sort of guy. And if you weren't there he turned the BIG 50, in case you were wondering. The cake was delicious and people in the end were scraping the cake board. That was of course after most people left so no one could see them at their best.

Various groups of people took walks after the rain stopped and pictures were spread out taken from recent club events. Being surrounded by friends and nature is always a great way to spend the day.

I also want to thank Harry for taking pictures for me. I had a

wonderful time and trust everyone else did as well.

Hope to see you all out on the trail soon.

Lake continued from page 3

lake, twenty hearty hikers set off for our 5-mile walk around the lake. We went the way Bill recommended which means that by reversing the walk in the opposite direction we could walk down a huge incline rather than up. Remember, this was not meant to be any type of death march.

The weather was perfect-sunny with low humidity. Because of the flat terrain, it was easy to change position in the group and have the chance to socialize with everyone on the hike. As we turned off the main road, we had the opportunity to take some group photos. Though some may have protested, we'd all be glad to see ourselves in the holiday slide show.

As soon as we returned from the hike, the world famous grilling chef, Frank, along with his assistant chef, Norm, began to prepare hot dogs, hamburgers, and veggie burgers. Combined with all of the side dishes and desserts people brought, we had quite a feast!

John was kept busy as captain of his new boat giving everyone rides around the lake. It was fast and furious, as this boat is a bow rider with a V6 car engine. Taj really enjoyed being in the front of the boat, and the more bumps there were the better he liked it.

Other people enjoyed kayaking and canoeing. Sandy was the lucky one, however. She was queen of Lake Wyola sitting on a lawn chair in the canoe while Glenn and Allan paddled her around. The most important thing was that everyone found a way to relax away from the stresses of everyday life. There is nothing like a lake to take you away from it all.

There was much lively discussion and time to plan our next social events and hikes. We even had the chance to compare notes on our various

orthotics. We may be getting older, but we certainly know how to have fun..

In conclusion, Frank and Sue presented John with a sign that he proudly hung in his kitchen. It seems to sum things up quite nicely, +What happens at the lake stays at the lake!+



Important Notice

The following memberships are up for renewal:

September Renewals:

- Luann Bianco
- John Brescia
- Shari Cox
- Lucie Devries
- JoAnne Gebski
- Susan Goulin
- AnnMarie Higgins
- Carolyn Keefe
- Donald Leis
- Laurie Mahoney
- Sheila Messer
- Bill Nickerson
- Ron & Esther Nunley
- Thomas Pederson
- Marty & Meg Schoenemann
- Theresa Selvoski
- Karen Siemering
- Donna Wishart

October Renewals:

- Dona Burdick
- Donna Fleury
- Barbara Graf
- Al & Martha Roman
- Chris & Nancy Sullivan
- Rahima Wade
- Ira Wettenstein



Pioneer Valley Hiking Club Officers & Committees

- Ann Marie Visconti, President
- Marcia Kelly, Vice President
- Gail Carrier, Secretary
- Deb Gebo, Treasurer
- Scott Cook, Wilderness Experiences Unlimited
- Ray Tibbetts, Founder

Standing Committee Chairs

- Hike Plan: *Sue Forest & AnnMarie Visconti*
- Backpacking Coordinator: *Rick Briggs*
- Trail Maint.: *Glenn Ewing & Rob Schechtman*
- Web Page Editor: *Ron Morrisette*
- Email Correspondent: *Rob Schechtman*
- Email List: *John Klebes*
- Quartermaster: *Mike Carrier*
- Bootprints Co- Editors: *Marie Babbitt and Mike Reed*

Bootprints is a publication of the Pioneer Valley Hiking Club. Send your story contributions to the editor at: marie_babbitt@hotmail.com



UPCOMING ACTIVITIES & THE USUALS

- Sept 5-7 - (ME) Katahdin Weekend (\$, Res)
- Sept 12 - (MA) Ashley Reservoir Photo Hike
- Sept 18-20 - (NY) Adirondacks Backpacking JBL Lodge
- Sept 19-20 - (MA & CT) Kayaking & Overnight camping
- Sept 26 - (VT) Mt. Ascutney (optional swim at pool)
- Oct 3 - (NH) Mt. Monadnock
- Oct 11 - (MA) Midstate Trail/Oxford
- Oct 24 - Tri State Border & Beyond
- Nov 7 -(MA) Trail Maintenance
- Nov 8 - (MA) Turtle Bend Mt.on Unkamits Path
- Dec. 5 - (RI) Cliff Walk
- Dec 12 - PVHC Annual Holiday Party
- Every Monday - Morning hikes, various locations
- Every Wednesday - Evening walks
- Every Thursday - Afternoon hikes

IMPORTANT NOTICES

- ❑ Next Club Meetings:
Oct.6, 2009, 7pm at **FBC**
Nov.3, 2009, 7pm at **FBC**
- ❑ Deadline for Submissions for next BootPrints is: Oct 19, 2009

FBC . First Baptist Church, West Springfield

***** Check out our web page at:**
<http://www.geocities.com/pvhcweb>

Members may join the PVHC Email List by sending a message to:
pvhc.hikingclub@gmail.com

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