

# BOOTPRINTS

Volume 16 - Issue 1

January 2011

## There's a New Hike Leader in Town

By Norm Plante

If you missed the Buttermilk Falls Hike in CT, you missed hearing Norm read this prior to the beginning of the hike:

*Announcement* – Lee Dawn Daniel joined the PVHC in August 2010 and immediately immersed herself in hiking with the club. After seeing and talking with her on several hikes and discovering her knowledge and love of hiking and being outdoors, I decided to set into motion a plan to enlist her as a hike leader for the club. I took her under my very knowledgeable wing and taught her everything I know about the art of hike leadership, which took probably about 10 minutes. I also instructed her on the club's policy of an acceptable 10% loss of hiking personnel and the proper use of the club pistol, and also made sure that she attended the mandatory hike leadership course given by Gary Dolgoff on the gentle art of co-leading and compassionate hiking. So, after only 2 months of intense training, Lee is ready to spread her wings and fly, and as her Sensei it is now time for me to tell her, "Fly grasshopper, fly."

So on behalf of the PVHC, and with the power vested in me as the official ambassador of the PVHC, I hereby now and in perpetuity grant her full and absolute membership into the Royal order and Fraternity of the very rare and select order of Pioneer Valley Hiking Club Hike Leaders on this day, Saturday October 30<sup>th</sup> in the year of our Lord 2010, and hereby allow her full access to all the trails all over the world and specifically set aside Buttermilk Falls as her first official hike, as a newly ordained PVHC hike leader. Good luck, Godspeed, and for heaven's sake please don't get anyone killed, because my unsullied reputation as a hike-leader trainer is at stake. As a postscript, I must add that it is unfair to offer Snickers candy bars and various baked goods as enticements to coerce people to come on your hikes, as it makes the rest of us hike leaders look bad.

Signed,  
Norm Plante – H.L.E.  
Ambassador PVC of H

## NY City Bus Trip

By Cindy Dolgoff

On Saturday, November 6, 2010, 47 hikers attended the annual New York City Bus Trip, in cool but mostly sunny weather. The majority of the group got on the bus in Westfield. En route to our 2nd pick up

stop in Enfield, we had an adventure of a different kind. Our bus was pulled over by the State Police! The officer said the driver was driving 60 on the 45 MPH

Longmeadow curve (we didn't think he was). Luckily, the bus driver's log book and other papers were in order and we were sent on our way with a "warning" ticket after sitting there for 20 minutes.



The remainder of our bus ride was uneventful and we arrived in uptown Manhattan around 11:00 a.m. We were dropped off at Fort Lee, NJ, which is just across the Hudson River, so that we could start our hike by crossing the George Washington Bridge. The South crossway was closed, therefore the North crossway needed to accommodate bikes and pedestrians traveling both ways. Mass confusion! We had to walk single file and be aware of bicyclists, and there were a lot of them. There must have been some kind of bicycle event going on. We also saw many runners with Marathon jackets training for the race in the city on November 7, the next day.

The George Washington Bridge provided spectacular views of the Hudson River, the Palisades Cliffs in New Jersey, and the Manhattan skyline. The walk across the bridge was about 1 mile. We all made it over safely and walked a short distance for a meeting/bathroom break at the Bus Terminal. After that, we disbursed in small groups for lunch. Some of us chose the ethnic restaurants in the area, while others chose to purchase a sandwich at the deli or eat a packed lunch in the park. Several groups discovered a nearby spot that was designated on a plaque as the highest point in Manhattan, and summited to the top (250 feet above sea level). After the requisite Starbucks stop for Gary's latte, we headed back to the Bus Terminal where we divided into two groups. Jane Glushik's group went on a  
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tour of upper Manhattan - Fort Tryon Park, The Greenway, The Cloisters. Our group headed downtown to cross another bridge.

Thirty-two of us packed onto the crowded "A" subway train (we didn't lose anyone!), which dropped us off a few blocks from the Brooklyn Bridge. We determined a meeting time and everyone was able to cross the bridge at their own pace. Despite going to NYC many times, I personally have never gone over the bridge. It was a true delight. Many of the NYC icons are in view from the bridge – The Statute of Liberty, the Empire State Building, South Sea Pier, and others. This bridge also spans approximately one mile, and we walked to end and back. Some of our group spent a short time on the Brooklyn side. Others who returned to the Manhattan side before our meeting time were treated to a breakdancing demonstration that was taking place in the courtyard in front of the bridge.

After reconvening, we trekked a couple of miles towards Greenwich Village. We walked down Canal Street, which was a throng of wall-to-wall people and street merchants aggressively hawking watches, purses, and other items. Not for the claustrophobic at heart! We arrived in Greenwich Village and broke up into smaller dinner groups. My group went to Cafetasia, which is a Thai tapas restaurant. It is very modern and very loud, and we were happy to be able to secure a table for 8, as the popular area restaurants were filling up. Everyone said they enjoyed their meals. Gary's group ate at an Italian restaurant, which had a waiting line, so they decided to dine on the outside tables, a chilly but fun experience. Then there was dessert! Our group munched on cupcakes at Crumbles. Others went to Rocco's.

Time was running out. A small number of us took a quick walk to Gary's friend Arnie's apartment. Arnie and his wife Anna had joined us when we reached Greenwich Village. We had a short bathroom break there, and got to see Arnie's menagerie of pet turtles. We returned to the bus, TIRED! I went over my attendance sheet and all 47 were present and accounted for. Whoo-hoo, we didn't lose anyone! The bus rolled out of Manhattan shortly after 9 and we were home by midnight, which was really kind of like 11:00 p.m. because it was clock turn-back night.

Hope everyone had fun! We sure did. Thanks to Jane for organizing this wonderful event. And thanks to Lee Daniel who shared home-baked cookies with us on the bus.

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## Freedom Trail Hike

By Kevin Withers

**O**n October 24th, Steve and Amy Dane led a group of 25 hikers on an urban expedition along Boston's Freedom Trail. We travelled from Springfield to Boston in two vans, which Steve Dane and Chip Pray volunteered to drive. (Norm Plante had also volunteered

to drive but wound up with the important job of being in charge of distributing the apple cider and breakfast treats.) Traveling by van made the trip very easy and more sociable for the rest of us, and minimized the possibility of losing people before we made it to the trailhead.

From the beginning, the hike was not our typical trek through the woods. For much of the way, there was nary a tree to be seen, and we found no blazes on the trees we did see.

Fortunately, we had a guide, "Nabby" Adams, the oldest daughter of John and Abigail Adams. For a woman who was born about 10 years before the Revolutionary War started, Nabby was very well-preserved – not looking a day over 25! She was also quite knowledgeable about the sights along our path.

The trailhead was located on land which was once farmed by Boston's first white settler, William Blackstone. He had come north to get away from the crowd at the Plymouth Colony, and lived on the Shawmut Peninsula for about 5 years before John Winthrop and the Massachusetts Bay colonists landed across the Charles River at what is now Charlestown. Since freshwater was scarce on the Charlestown side, Blackstone invited the colonists to share the meadow where his farm was, made possible by the presence of a fresh water spring; "Shawmut" being the natives' word for "living waters." Blackstone soon regretted his decision and fled to a more hermit-like life as one of the first white settlers of Rhode Island. Nabby took us to the site of the famous spring, now buried under the cobblestones of an alleyway, where it's marked by a small plaque.

As you might expect of a 250-year old woman, Nabby had a particular interest in graveyards. She enthusiastically directed our attention to monuments for Ben Franklin and Paul Revere, and the gravestones of James "Taxation without Representation is Tyranny" Otis and Sam Adams in the Granary Burying Ground. Otis was a noted radical who got mugged for his political sentiments and had a lead plate put in to hold his broken head together. Later he became insane, probably from lead poisoning, and died when lightning hit his lead plate. The grave of Sam Adams, an occasional beer brewer and a much less respectable person than his cousin John, Nabby's father, is fittingly located just across the street from a well-stocked tavern. Nabby was pressed for time, so we didn't get to stop and hoist a cold Sam Adams for cold Sam Adams. (She also skipped over the gravestone of Elizabeth Pain in the King's Chapel graveyard. A respectable matron such as herself probably thought it was not proper to salute the inspiration for Hawthorne's "The Scarlet Letter.")

It may be that Nabby was not quite as respectable as her appearance and reputation suggested. She seemed quite amused when telling us about the Harvard boys stealing the Sacred Cod and bringing legislation to a halt, and how a meeting of several thousand colonists at the Old South Meeting House led to the vandalism of the Boston Tea Party. Nabby and her fellow colonists  
*See Freedom Trail page 3 for continuation*

Thirty-two of us packed onto the crowded "A" subway train (we didn't lose anyone!)

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also seemed to have a certain fascination for odd symbols. In addition to the story of the Sacred Cod, we learned about the gilded acorn atop the Statehouse, the Lion and the Unicorn at the Old State House, and the Golden Grasshopper at Faneuil Hall. (That last bit was important information since knowing what flies over Faneuil Hall might save you from being hung as a spy.)

Nabby left us at Faneuil Hall and, after lunch among the crowd of tourists there, we set off on our own through the North End, losing the trail here and there as we searched for Paul Revere's House, the Old North Church (which had no lanterns hanging in the bell tower), and another burial ground on Copp's Hill, the highest point in Boston. We continued over the Charles River, passing near the berth of the U.S.S. Constitution and marching on to Bunker Hill, which was not the actual site of the famous battle which mostly took place on Breed's Hill. Since tradition demands that all PVHC hikes have at least one blood-warming ascent, those of us with energy to burn climbed the approximately 290 steps of the Bunker Hill Monument to reach the small observation room at the top, which provided some excellent views of the city and the harbor.

Despite the dearth of trail-marking blazes on trees, we had mostly managed to find our way in the afternoon by following the red brick line that marks the Freedom Trail's path. Chit-chatting as we walked through town, we had wandered off the trail from time-to-time until Steve Dane would round us up and get us back on course. Despite these wanderings, we felt sufficiently adept at the intricacies of urban navigation that we decided to bushwhack back to Blackstone's meadow, now known as Boston Common. Surprisingly enough we made it back to the meadow and the parking lot without any misadventures to spoil what was a very enjoyable day.

Thanks to Amy and Steve for organizing a great trip and to Steve and Chip for driving.

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## Hiking with PVHC

By Lori Tisdell

It occurred to me recently that several of the articles I've written for *Footprints* relate the misadventures I and people with me have experienced while hiking. After two such stories in one month about hikes I led, I thought one of two things will happen: People will either stay away because "she's a train wreck," or they will come so they see firsthand what will/may happen; kind of like when you slow down to see a car accident.

I'd like to state for the record that the vast majority of hikes I've participated in and/or led have had no incidents of injury, flat tires, lost car keys, panic attacks, hordes of rude teen-agers, spotty car spots, asthma attacks, or flood, fire and pestilence! And even when these things happened, well except for the FFP (flood, fire, pestilence), everyone returned safely and had a

good time. Now that I think about the FFP thing though...There is the occasional flooding, and there was that fire once and, well, soggy spring and summer months with mosquitoes sure smacks of pestilence, doesn't it? Jeez, just when you think you've dodged a bullet!

One of the things I love about Pioneer Valley Hiking Club is everyone's ability to have a good time in the face of adversity. Even when things don't work out perfectly, everyone works together and does their level best to

You absolutely know that no one is going to leave you hanging out to dry.

enjoy the day in spite of flubs or worse. And the level of support is amazing. Personal milestones are cheered. If you need a hand, it's there, if you need encouragement,

you've got it. And if you find yourself flat out, sliding down the side of Norwottuck on rock scabble (one incident I never wrote about), someone will quietly talk to you and help you to stay calm until you are on safer footing. You absolutely know that no one is going to leave you hanging out to dry. Everyone I've hiked with has exhibited all these remarkable qualities.

I've rarely heard anyone complain when the hike didn't go off perfectly as planned. But maybe I just didn't hear them! We've laughed together when faced with one more thing that couldn't possibly have happened but did. And we've worked together to figure out how to get through it. I guess the point is that stuff happens; we deal with it and move forward. And that is maybe my greatest compliment to the club members.

But when a hike goes off without incident? There's nothing like it. There have been hikes I've participated in that were a perfect storm of people, weather, location and timing, that will live in my memory forever.

Joining this club changed my life. It was one of the best things I ever did for myself. Meeting all the great people I've come to know, admire, and am privileged to call friends is a wonderful, continuing journey. One I hope will last for many years to come.

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## The Freedom Trail walk

October 24, 2011

By Amy S. Dane

Our trip into Boston was a great success! We had 25 participants. Steven and I thank Chip and Norm for volunteering to drive each of the 15-passenger vans we rented. Steven decided he was comfortable driving one, so Norm was appointed Assistant to the Driver/keeper of the cider, cinnamon buns and chocolate chip cookies.

We arrived at Boston Commons well ahead of our scheduled 11:30 am tour. The tour took an hour and a half, finishing up at Faneuil Hall, where we took our lunch break. Our guide was fantastic. We were all impressed with her knowledge (and memory), and thought she was a history major, though she told us that she majored in theatre. She supplemented a wealth of Revolutionary War facts and figures with gossip, intrigue, *See Freedom Walk page 4 for continuation*

*Freedom Walk continued from page 3*  
and great stories.

We heard some particularly good ones at the Granary Burying Ground. As we stood at the grave of James Otis, we learned that he was a brilliant lawyer who argued vehemently against the Writs of Assistance during the late 1750's and early 1760's (The Writs were unrestricted search warrants imposed by the British on the colonists). We found out why James Otis's name isn't a household word. Although a brilliant lawyer and statesman (he coined the phrase "Taxation without Representation is Tyranny"), he became an embarrassment. Dementia settled in. I forget why, but for some reason a metal plate was put in his head. A lead metal plate. This caused him to go completely insane to the point where he was seen running around the streets stark naked. As if that weren't bad enough, the metal in his head served as a lightning rod, and the poor soul was struck dead. I overheard Norm lean over to someone in our group and say, "I think she's making it up!" Sorry, Norm...

We strolled through Copp's Hill Burying ground as well, full of tombstones featuring skulls and crossbones, or angels with wings. After lunch we strolled through the Italian North End, passing Prince Street. (Many of you may remember the very old commercial, "Wednesday is Prince Spaghetti Day!") We passed the famous statue of Paul Revere on his horse. We went into the Old North

Church where the lanterns were hung to warn of the approach of the British; "One if by land, Two if by sea..." (There were two).

From there we crossed a very old bridge into Charleston, where our grande finale was the Bunker Hill Monument. The intrepid among us climbed the 294 stairs for a great view. Others rested on the lovely grounds or chose to visit the Museum of Bunker Hill across the street.

Steven was a terrific group leader, holding high his multi-colored umbrella (which got a bit of use for its intended purpose, but luckily not too much). An incorrigible jay-walker, Steven always waited for the rest of the group to finish crossing streets. He even filled us in on a bit of history for the afternoon part of our walk.

We were pleased to get good feedback from the group, and it seemed that everyone had a great time. The only thing that didn't go our way was the traffic on the way home. I guess that gave us more time to eat more cookies in the vans.

According to Beth Page's pedometer, she walked 7.71 miles. So that's about what we did – for those who climbed the Bunker Hill monument.

#### TREASURER'S REPORT FOR THE YEAR 2010

	2010	2009	Diff
<b>Beginning Balance:</b>	<b>\$5,024.00</b>	\$4,751.77	\$272.23
<b>Deposits:</b>			
Equipment Rentals	\$10.00	\$60.00	(\$50.00)
New Members	\$1,520.00	\$1,850.00	(\$330.00)
Renewals	\$4,040.00	\$3,890.00	\$150.00
Clothing/Patches	\$20.00	\$81.00	(\$61.00)
<b>Total Inflows</b>	<b>\$5,590.00</b>	\$5,881.00	(\$291.00)
<b>Expenses:</b>			
Operations	\$448.24	\$615.69	(\$167.45)
Insurance	\$936.00	\$936.00	\$0.00
Directories, Bootprints & Postage	\$814.74	\$1,682.02	(\$867.28)
Trail Maintenance	\$187.98	\$95.80	\$92.18
Club Picnic	\$465.30	\$477.93	(\$12.63)
Holiday Party	\$1,646.97	\$1,663.58	(\$16.61)
Miscellaneous	\$215.72	\$137.75	\$77.97
<b>Total Outflows</b>	<b>\$4,714.95</b>	\$5,608.77	(\$893.82)
 <b>Net Inflows/Outflows</b>	 <b><u>\$875.05</u></b>	 <u>\$272.23</u>	 <u>\$602.82</u>
 <b>Ending Bank Balance</b>	 <b><u>\$5,899.05</u></b>	 <u>\$5,024.00</u>	 <u>\$875.05</u>

## New members

### November

Melody Charron  
 Cyd Dispenza  
 Helen Macuil  
 Jeffrey & Marian Parentela  
 Ronda Shaw  
 Michael Sherman

### December

Norah Lusignan  
 Dennis Ramstein

## BOK CHOY SALAD

By Rick Briggs

- Dressing – Blend together and shake well:  
 3/4 cup vegetable oil  
 1/4 cup red wine vinegar (or balsamic)  
 1/2 cup or less sugar  
 2 tbsp. soy sauce
  - Crunch topping:  
 1-3oz. package Ramen noodles  
 1/2 cup butter  
 2tbsp. sugar  
 1/2 cup sesame seeds  
 3-oz. package slivered almonds (or chop your own)
1. Take out Ramen noodles 1 hr. before prep to soften. Break into pieces.
  2. Blend dressing ingredients. Set aside.
  3. Melt butter in skillet. Add crunch ingredients and cook until brown, stirring constantly. Watch this carefully or it will burn quick. Chill mix in fridge.
  4. Coarsely chop 1 lg. head (or 2 small ) BOK CHOY. Add chopped SCALLIONS (4 scallions). Just before serving, mix the 3 parts together & toss well.

## 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 Forrest & Ann Marie Visconti  
 Backpacking Coordinator: Rick Briggs  
 Trail Maintenance: Chip Pray & Rob Schechtman  
 Web Page Editor: Ron Morrisette  
 Non-Member E-Mail Coordinator: Rob Schechtman  
 Club E-mail Coordinator: Mike Reed  
 Quartermaster: Mike Carrier  
 Bootprints 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](mailto:marie_babbitt@hotmail.com), or 21½ New Ludlow Rd., Granby, MA 01033**

## Club Elections

By Marie Babbitt

Club elections are just around the corner and that means We Need You. Nominations are typically made in January and then the voting is cast in

February.

Time to urge your friends to throw you name into the ring for consideration. Good luck, and thank you in advance for volunteering.

## Important Notice

The following memberships are up for renewal:

### January Renewals:

Sheila Croteau  
 Thomas Harrington  
 Ann Wood  
 Kathleen Damon  
 Diane Crowell  
 Elaine Tryjankowski  
 Carole DuPont  
 Kathleen Bauer  
 Dawna Caplette  
 Margaret Conklin  
 Sharon Connor  
 Krystyna Galipeau  
 Susan & Louis Grillon  
 Diane Moriarty  
 Gary & Cindy Dolgoff

### Feburary Renewals:

Carol Vanderheiden  
 Paul & Maxine Lessard  
 Harry (Chip) Pray  
 Joan Holmes  
 Christina Calabrese  
 Donna Dreyer  
 Richard Harrington  
 Daniel Koehne  
 J. Danusia Loki-Braese  
 Sharon Meaney  
 Lewis Popper

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 Deb Gebo  
 81 Roseland Terrace  
 Longmeadow, MA 01106

(Dues are \$25 member, \$40 family, and \$15 for students)



**Forest Park Hike**



**UPCOMING ACTIVITIES & THE USUALS**

Jan 7-9 (NH) Radake Cabin on Kacamagus Highway  
 Jan 8 – (NH) Mt. Monadnock  
 Feb 5 – (MA) WEU Potluck Dinner - 5:30, Movie - 7  
 Feb 26 – (CT) McCann Family Farm, Somers (Snowshoe?)  
 Mar 13 (2 or 3 weeks) - India  
 Mar 26-27 – (VT) Stratton Pond Backpack to Lean-to  
 April 21-30 – Ireland  
 May 26 – Rome - Amalfi Coast  
 Aug 20-22 or to 27<sup>th</sup> - (NY) Taughanock Falls Park / Cabins,  
 Finger Lakes area

Every Monday - Morning hikes, various locations  
 Every Wednesday - Evening walks  
 Every Thursday - Afternoon hikes

**IMPORTANT NOTICES**

- ☛ Next Club Meetings:  
 Feb 1, 2011, 7pm at **FBC**  
 March 1, 2011, 7pm at **FBC**
- ☛ Submission deadline for next  
 Bootprints is Feb 15, 2010

**FBC** – First Baptist Church, West  
Springfield

\*\*\* **Check out our web page at:**  
[www.pioneervalleyhikingclub.org](http://www.pioneervalleyhikingclub.org).

Members may join the PVHC Email List by  
 sending a message to:  
[pvhc.hikingclub@gmail.com](mailto:pvhc.hikingclub@gmail.com)

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