



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

Stepping Up to Serve PVHC

by President Lori Tisdell

"When I first joined PVHC..." - so many articles I write have this line in them. Then I usually go on to say I never imagined I would do such a thing or my life was changed in some amazing way. Which is all true. But of all the things I never imagined doing, serving on the executive board, and particularly as president, was probably one of the least imagined things I would ever do in my life.

The thought of talking in front of a group of people every month and the holiday party speech had me quaking in my (hiking) boots! If you recall the first year I was leading hikes my voice literally shook when I talked about them at the meetings with all the fear and anxiety I was feeling! But when I thought about all PVHC has given me and how the club and the people in it have added to and enriched my life I felt compelled to give back.

When the secretary position needed to be filled in 2013 it seemed a natural extension of that wish to give back. It was a position that I thought I could handle and not feel overwhelmed by. It was an excellent beginner's e-board position that involved taking the minutes for two meetings a month, mailing welcome letters and directories and being involved in decision-making for the club. It wasn't a huge amount of responsibility but it felt good to know I was doing something for the club, a way of paying it back for all it has given to me.

After three years as secretary the VP position opened so I moved into that position for two years and then the president's position when Chip retired from the e-board after serving for seven years. I am in my seventh year on
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the board. And now the time has come for me to move on from the e-board. There is an exciting new chapter in my life with the arrival in April of two grandsons. I find my focus has changed, though I will remain a member, continue to hike and lead hikes and volunteer on committees and so forth.

Serving on the PVHC board has been a pleasure and privilege. I have so enjoyed being part of the decision-making about the future of our club, meeting and greeting new members, working on the routine tasks that keep the club on an even keel and, hopefully, making a difference.

Considering the changes happening next year, and with the new term limits in effect, I'd like to present a brief overview of the executive board functions for each position. Our executive board will change more than it has in the past. And I think this is a good thing. New people with fresh, innovative ideas, points of view and enthusiasm for helping the club will help us grow as we approach our 30-year anniversary in 2021.

I think I speak for all of who have been on the PVHC e-board that some positions require more work than others and some a specific skill set. The treasurer should have grounding in math, Excel and Word as well as email and good organizational skills. He or she maintains the club bank account electronically, the club membership list and compiles the annual directory. The secretary should be able to use Word documents and email as well as have good organizational and listening skills. VP is an important position as it is the back up for when the president is unable to perform his or her duties. Additionally, they are the main responsibility for coming up

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"Serving on the PVHC board has been a pleasure and privilege."

~ Lori Tisdell



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with the bi-monthly clinics at the club meetings. The president is essentially the club leader. He or she leads the club and e-board meetings, is responsible for maintaining the hike schedule, including annual events, preparing the monthly agenda items for both the e-board and club meetings and maintaining email communications with members. Together, all the executive board members, make decisions about the club, its future, resolve any issues that arise, make necessary changes as well as helping to keep the club's core values intact.

"I have so appreciated my time on the e-board and hope we have lots of new people step up in the next few years to enjoy this experience too."

~ Lori Tisdell

I have so appreciated my time on the e-board and hope we have lots of new people step up in the next few years to enjoy this experience too. Not only will it give you a sense of ownership and accomplishment, our club will be enriched by each of you who gives back.

-- Lori Tisdell

The “Mt. Tremud Hike”

by Cindy Dolgoff

The selection for this year’s annual Karen & Cindy Hike was a “52 With a View” hike, Mt. Tremont, in Bartlett, New Hampshire. Twelve hikers left the trailhead parking lot at 9:15 a.m. All weather forecasts indicated rain, but the question was, when? One of the forecasts predicted the precipitation to start at 2:00 p.m. – we were hoping that would be the weather for the day.

The hike started out level, traveling through the forest alongside a river. We had to straddle a large downed tree that was blocking the path. The river was rushing; water spilled over the large boulders. The only bugs present were mosquitoes and they weren’t biting as long as we kept moving. It was all good.

The rain began early. In the beginning, it was slivery thin streaks, barely noticeable. Fog engulfed us; the air was humid. When the drizzle turned to rain, I took Gina’s lead and put my rain jacket over my head, draping it over my backpack and tying the arms around my neck. Great trick – keeps you dry and doesn’t trap in the steam.

The hike continued over several water crossings and more downed trees to straddle. We started to climb and the incline grew steeper. The precipitation was increasing. I could feel my pants soaking through.

Finally, I reached the summit, the last in the group and most of the hikers were already on their way down. I did not linger at the top; there was nothing to see.

It was much harder walking down the trail. The rain was steady now and the ground was saturated. Al kept telling me to avoid the tree roots – “They are not your friends.” Which I soon learned by experience, as I tripped over one of them and landed softly on my butt.

See *Mt. Tremud Hike* continued on page 5

“The selection for this year’s annual Karen & Cindy Hike was a “52 With a View” hike, Mt. Tremont, in Bartlett, New Hampshire.”

~Cindy Dolgoff



*"It sure was slippery, especially the muddy areas. At one point, my left foot sank ankle-deep into a mudhole."
~ Cindy Dolgoff*

Mt. Tremud Hike *continued from page 4*

I was feeling jittery from hunger so I decided maybe I should eat my sandwich. While attempting to balance eating with hiking, I slipped again, and dropped my half-eaten lunch in a puddle. Bread encrusted in moldy wet leaves is rather unappealing so I stashed it in my pocket to be discarded after the hike.

The rest of the group got ahead of us, and Al patiently walked slowly with me as I was having difficulty picking my way downward. It sure was slippery, especially the muddy areas. At one point, my left foot sank ankle-deep into a mudhole.

Soaking wet, now my pants were falling down. I wondered how teenagers can walk around like that. It felt like I was wearing a wet diaper.

We passed the area where the water was rushing; it looked like a mini-waterfall now. Then we heard road noises – we had reached the trail-head – yea! Everything on me was soaked. My white gaiters were black. Happy to be done, I stumbled my dripping body into the Prius.

Back at the Briarcliff Motel, Gary jacked up the heat and we peeled off our nasty clothing. Karen called me. "Did you like the hike?" Yes! Despite the rain, it was a great day. And, I am looking forward to hiking Mt. Tremont again someday - when the sun is shining.

Epilogue – The Top 10 Reasons to Hike in the Rain

10. Rain water is an excellent hair conditioner.
9. Increases your appreciation of the sun.
8. Bonding experience with fellow hikers.
7. Sunscreen not necessary.
6. Concentration on getting soaked diverts attention from biting insects.
5. Water washes away B.O. (maybe).
4. If you pee your pants, no one will notice.
3. Gives you something interesting to talk about on the next hike.
2. Fewer hikers on the trail.
1. Après-hike shower feels much better.

-- - Cindy Dolgoff



Social Support

by Sandy Segó

*“Social support is the physical and emotional comfort given to you by your family, friends, co-workers and others.”
~ Sandy Segó*

*“There are four main types of social support: (1) emotional support; (2) practical help; (3) sharing points of view; (4) sharing information.”
~ Sandy Segó*

One of the things that has helped me the most in my hiking is the support I get from the people I hike with. Knowing others want to continue hiking up the steep, rocky, buggy trail motivates me to continue. This social support is valuable in our lives in many ways. It is more than just your friends. It is the idea that a person is cared for and has assistance available from other people. Social support is the physical and emotional comfort given to you by your family, friends, co-workers and others. It’s knowing that you are part of a community of people who love and care for you, value you and think well of you (<https://www.heretohelp.bc.ca/wellness-module/wellness-module-3-social-support>). The support can come from family, friends, co-workers, pets, and organizations.

There are four main types of social support: (1) emotional support; (2) practical help; (3) sharing points of view; (4) sharing information. The first, emotional support is what most of us probably think of as social support. People who care about you. They check in to see how you are doing and let you know they care. The second type, practical help is the offer of assistance with everyday tasks, such as lending you snowshoes or helping you to move. The third type of social support, sharing points of view may aid you in saying how they would deal with a given situation or presenting another take on the situation. The final type, sharing information may provide factual data on a situation, such as the cost of a backpack.

Social support can provide benefits to both our physical and emotional lives. Social support can help protect us from stress – as well as lessen our stress by taking the advice offered. Studies have suggested that people who suffer from depression report less social support than people who do not suffer from depression. While we can’t make a causal connection, loneliness is often associated with depression. So having social support may help protect us from some mental health struggles.

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Social Support *continued from page 6*

Be aware that we often change our social support groups at different points in our lives. Individuals may feel that they do not get enough support in one of the areas. As our lifestyles change, we may need changes in our social support. Becoming parents, getting divorced, taking up new activities, or adopting healthier lifestyles may lead us to want a more like-minded community. Joining a club or organization with others who share our interests can increase our social support. We may gain access to “experts” who have more experience in the activities or situations.

You can improve your social support network in different ways. First, if you feel you aren’t getting the support you need, ask for assistance. While we like to think our friends and family know what we need, but they often don’t. Be specific in the types of assistance you need. But also be aware that you don’t want to overwhelm any one individual.

Next, increase your social network by taking social risks. Seek out new people to meet by taking classes, volunteering, and being involved in sporting events or recreational activities. You can also ask people to introduce you to their friends who may have similar life situations (recently becoming a parent) or who have similar interests. And you may find new friends when you try a new activity or club. You can even look for support groups which focus on your situation, such as managing mental health issues or caring for someone with a chronic illness. Formal support groups can be great for ongoing issues. Be aware that making new friends can take time. You will probably meet lots of people to get one friend. And developing intimacy in the relationship will not happen overnight. It may take months before you feel like you can count on someone for support.

Remember, that sometimes we need to let go of unhealthy relationships. If you want to quit drinking and your friends just hang out in bars, you may need to let them go. If the relationship is toxic, you don’t need that person in your life. Negative relationships where the other person always wants you to support them, but offers no support in return, can be draining and may not be worth the effort to maintain. Reducing contact and setting clear boundaries can help you deal with these situations.

See *Social Support* continued on page 8

“You can improve your social support network in different ways.”

~ Sandy Segó

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Social Support *continued from page 7*

Social support is critical in times of stress. It can help build you up and sustain you during a crisis or allow you to thrive. Social support can improve motivation and help people to meet their goals. Having a group that is working on the same goal and discussing the struggle to meet it can be a source of support, empathy, and motivation. When you see others continuing to work towards a goal, despite the difficulty, you may feel more of a push to continue yourself.

And getting support from others means we have to support them as well. Providing a shoulder to cry on or just a sympathetic ear can make a big difference in someone’s day. Even being present when someone does a challenging activity can make a difference. Having other people to hike with makes the activity more enjoyable for most of us. Discussing difficult hikes, getting advice on gear, cheering each other on for managing a water crossing or getting to a peak can make the whole thing worthwhile. And bonding over a difficult hike can bring you closer to your companions.

-- Sandy Segó

Smurfy advice for the trail...

“Water, water, everywhere, but not a drop to drink!”

by John “PaPa Smurf” Klebes

It’s finally summer! Warm weather always makes me sweat so of course I’m drinking more and, if you are like me, you get worried you might not have brought enough water for the hike. Water is heavy and it’s a balancing act deciding how much to carry to be safe and comfortable on your hike. But many hiking routes have an abundance of water from streams, ponds, lakes and springs. And every backpacker knows it’s ridiculous to try and carry all your water needs with you. So let’s talk about backcountry water treatment.

Resupplying water along the hike is a great way to limit how much water you have to carry. If you know you will pass a good reliable water source like a stream or pond halfway along your hike wouldn’t it make sense not to carry all that extra water and just grab some on the go? But how to make it safe?

The dangers of drinking backcountry water

While some springs look like fantastic water it’s impossible to tell what bad stuff might be hidden within. There are four major groups of contamination you should be worried about: Protozoa, Bacteria, Viruses, and dissolved Chemicals. Protozoa, including Cryptosporidium and Giardia (beaver fever), are the most common and have a hard outer cyst that protects them against easy treatment with chemicals. Fortunately they are relatively large in size and easy to filter out. Bacteria such as E. coli, Salmonella, Campylobacter and many others are smaller but good quality filters can usually filter out these microorganisms also. Viruses such as Hepatitis A, rotavirus, and norovirus, because they are very

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~ PaPa Smurf



*"The main types of water treatment used by hikers include filters, purifiers, chemicals, heating, and UV."
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*"Filters can be found in several forms: pumps, squeeze filters, and gravity filters."
~PaPa Smurf*

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small, are much more difficult to filter out of water but can be effectively treated by purification. And finally, dissolved chemicals, such as herbicides, pesticides and fertilizers. Unfortunately most chemicals can only be removed using a very expensive reverse osmosis filter, though some can be caught within an activated charcoal filter. It's best to avoid water sources that you think may be contaminated by agricultural runoff.

Types of water treatments

The main types of water treatment used by hikers include filters, purifiers, chemicals, heating, and UV.

Filters work by forcing the water through a barrier that blocks most pathogens. Filters work great on the larger protozoa and bacteria along with cleaning up stuff like dirt, algae, mosquito larvae and other gunk but tiny viruses can slip through. Fortunately viruses are rare in natural water sources in the United States making filtering the most common water treatment method. If you are heading outside the USA to less developed countries, or just want to be extra cautious, you will need a purifier or use a second virus treatment method in addition to a filter.

Filters can be found in several forms: pumps, squeeze filters, and gravity filters. Pumps work very well but they can be tiring and are bulky. The general trend however is toward squeeze or gravity filters because they are lighter, less bulky, and less work to use. Squeeze filters use a flexible pouch or bag to hold water in and you squeeze the bag to force the water through a filter. There are a lot of other types in the form of water bottles and filter straws but they all rely on forcing the

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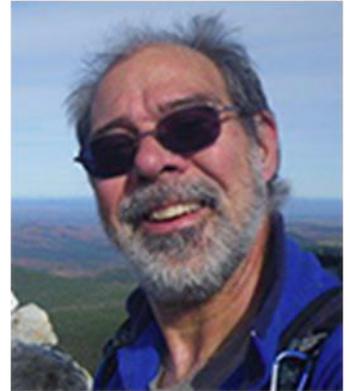
Water, Water *continued from page 10*

water through a filter element by sucking on the bottle or straw or squeezing to move the water through the filter. Gravity filters replace the work of pumping, squeezing, or sucking the water through the filter by taking advantage of gravity. You simply allow gravity to move water from a dirty water container suspended 2-4 feet above a clean water container with the filter in between. Gravity will move the water at almost the same speed as squeezing without any work by you. But you will need a tree, rock, or hill to help separate the two water containers to make it work.

Purification is mainly done through chemical methods, boiling, or UV light. Some filters claim to be purifiers but they usually use some kind of chemical pre-filter. I do not have a lot of experience with purification pumps but they might be worth exploring if you are hiking in less developed countries and are worried about viruses.

Chemical purification is highly effective. You simply drop in a few drops or a tablet, shake it up, and wait for the chemical to kill the bad stuff. Ultra lightweight, super easy to use, and depending on the chemical, inexpensive. Iodine tablets or drops were once the go-to purification method but it tastes terrible, is a danger to pregnant women or people with thyroid problems, and is not very effective on *Cryptosporidium*. Chlorine drops are very cheap but also have an off-taste for most people. The chemical method of choice right now appears to be chlorine dioxide as most people say it doesn't have any taste. The biggest drawback is it can take 30 minutes to four hours for the chemicals to work. The hard outer cysts of *Cryptosporidium* and *Giardia* take longer for the chemicals to kill and they are the

See *Water, Water* *continued on page 12*



PaPa Smurf

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~ PaPa Smurf

“Chemical purification is highly effective.”

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"Purification by boiling is low-tech and easy."

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"For occasional use ultraviolet light is a great purifier as well."

~ PaPa Smurf

"In summary, water filters (either pumps, squeeze, or gravity) are great at cleaning dirty water and killing most things, except viruses."

~ PaPa Smurf

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most common things I worry about in water. Also you have to watch that the chemicals don't expire and should be replaced a few months after opening.

Purification by boiling is low-tech and easy. Just bring water to a good "rolling boil" for a minute. Longer, say 5 minutes, if you are at altitudes above 6000 feet as water boils at a lower temperature. Since, while backpacking, you are usually boiling water for food and drinks many hikers do not treat or filter cooking water and use this method. It can also be a good backup method if you have extra fuel for boiling. The water does taste flat after boiling so I usually don't boil water for drinking or I add a drink mix to it.

For occasional use ultraviolet light is a great purifier as well. Simple and quick to use the light takes about 60 seconds to kill just about anything. You do have to worry about batteries going dead, or a drop breaking the light bulb, or the electronics failing.

In summary, water filters (either pumps, squeeze, or gravity) are great at cleaning dirty water and killing most things, except viruses. You may want to add a purification method such as chemicals, heat, or UV if you suspect a virus. Used alone, chemicals, heat, or UV light kill most everything but do not filter out anything so you will be drinking those dead bugs and dirt. Not a problem if you find good clear running water to start with, but some people don't like the "ick" factor.

Product Recommendations

After hiking the AT, PCT and CDT I would say that the two top choices today are squeeze filters and chemical treatment. Pump filters were once my go-to method and the "Katadyn Hiker Water Filter" is still the See *Water, Water* continued on page 13

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leading seller of pump filters. Works very well and at about \$70 a good option. It does take up a lot of room and I really got tired of pumping... But it's a great choice if you are looking for the convenience and speed of a pump filter.

For chemicals, Aquamira water treatment drops (chlorine dioxide) are very easy and have almost no taste. Just be sure to wait long enough, which is a big down side. They make a great backup option to have in your backpack. Others go the cheap route and use a small dropper of chlorine bleach, which is effective, but I don't like the taste.

My number one choice is a squeeze filter. Actually, I love gravity filters but most any filter can be configured as a gravity filter so that's the best of both worlds. The Sawyer Squeeze is a great little filter and I used it for the CDT. The Sawyer Squeeze is probably the best selling filter on the market right now. Be aware that the water pouches do have a reputation for failing due to forceful squeezing so be careful and bring a spare pouch. Using the Sawyer as a gravity filter will put less stress on the pouches. Sawyer also makes a mini version but it only saves a negligible amount of weight and doesn't last as long before clogging. New to the market is the MSR / Katadyn BeFree filter. Very similar to the Sawyer squeeze but it doesn't have as long a track record with hikers as the Sawyer has. I've been using it for a half year and I think it flows faster, is easy to clean, and the pouches look like they will last longer. At about \$40, both are light, work similarly and I would recommend either one.

As far as a gravity filter option you can convert any of the filters to a gravity filter. I used a homemade gravity filter using the Katadyn

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"My number one choice is a squeeze filter."

~ PaPa Smurf

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Water, Water *continued from page 13*

Hiker pump filter element for the AT and PCT with great success. I also made a gravity filter out of the Sawyer squeeze for the CDT and loved it even better as it is smaller, faster, and protected the pouches from damage. As gravity filters are gaining in popularity you don't have to do it yourself any more. The Sawyer squeeze and Katadyn BeFree can be bought with a gravity conversion kit, as well as a competing product called Platypus GravityWorks.

The SteriPen Ultra UV Water Purifier is a fast and convenient option for clear water. It would be a great option for day hiking. It's not very popular on the long distance trails due to the batteries and a reputation of failing under long-term use.

If you only want an emergency backup for occasional use the Lifestraw products might also be a good idea.

Where to gather water

When choosing a water source look for flowing water, such as streams and rivers, or, ideally, the source of a spring. Otherwise, slow or still water will be your second choice. Still water has more growth in it and microorganisms. Try to avoid water near evidence of pack animals or domesticated animal activity or near low elevation meadows or animal grazed pastures. If you can take the water from the middle to avoid sediment from the bottom and stuff floating on the surface, such as mosquito larvae, do it. If the water is murky try straining the water through a bandanna before treating it.

One last note: many illnesses that are blamed on bad water are really caused by poor hiker hygiene. Keep your hands clean, especially when nature calls or you are near anything that others use for a nature call, especially an outhouse door handle. And avoid double-dipping snacks with fellow hikers! But do always share clean snacks with fellow Smurfs!
~PaPa Smurf

(If you have a suggestion for future topics or a hike-related question you would like covered in this column send a note to john.klebes@gmail.com)

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"One last note: many illnesses that are blamed on bad water are really caused by poor hiker hygiene."

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Over the Hill Hikers: And How They Grew... and Grew ... and Grew, by Shirley Elder Lyons

Book Review by Dick Forrest

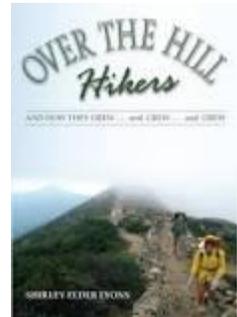
This is a charming little book about the history of the *Over the Hike Hikers* (OTHH) hiking group/club. And I mean *little* – this hardback measures 7 ¼ x 5 ¼ and contains 117 pages of written material and images.

The person most responsible for starting a small group of Tuesday hikers in 1981 was Elizabeth (Lib) MacGregor Crooker Bates. Her first husband was a minister named Charlie Crooker, and after he died, she re-married a retired orthopedic surgeon named Frank Bates. The group started in the town of Center Sandwich, New Hampshire, close to Squam Lake. Lib's father, Red MacGregor (Red Mac) was one of the original AMC part-time hutmasters in the White Mountains of New Hampshire. In the 1920's, when the Pinkham Notch Visitor Center was built, Red ran all four huts in operation at that time, until Joe Dodge took over full-time, and then Red switched to running the AMC's August Camp. So hiking and good memories in the White Mountains were ingrained in Red Mac's daughter, Lib.

A number of retirees started hiking together. Sandwich, being so close to Squam Lake, was a popular town for retirees to retire to. Lib became the designated hike planner/leader and got the nickname of *Den Mother*. They hiked every Tuesday, and much later, started hiking on Fridays, also.

The book is replete with stories of the group from early on, as well as a little about many of the various members who joined the club.

See *Over the Hill Hikers* continued on page 16

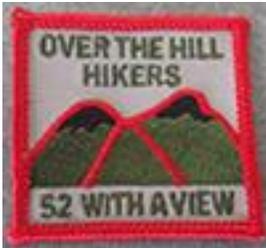


“The person most responsible for starting a small group of Tuesday hikers in 1981 was Elizabeth (Lib) MacGregor Crooker Bates.”

~ Dick Forrest

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These retirees moved to Sandwich or the surrounding area, hiked in the White Mountains as members of the OTHH, and often socialized together. Interestingly, even as retirees, many of them got involved, serving in their new town community of Sandwich.



I was especially curious about this hiking group because they came up with the *52 With a View* (52 WAV) in New Hampshire hiking list, and they created the patch to signify completing the list. Both of us, my wife, Sue, and I, have completed this list of 52 peaks – an extension of the 48-4,000 footers in New Hampshire to make it, in the group's minds, an even 100 peaks climbed - and have received our patches from the OTTH.

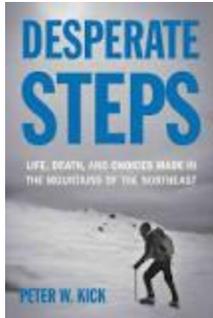
Many hikers in the group started doing the 48-4,000 footers in the Whites. In the Appendix of the book is a list of the OTHH members who were *First Round 4,000 Foot Completers, 1978-1998*. Some of the members did multiple rounds of the 48's in the Whites. And, of course, some members created the 52 WAV hiking list, although there is not much of an explanation about it in the book. And very similar to Pioneer Valley Hiking Club, the hiking group started to branch out to other hiking areas, like Baxter State Park and the Adirondacks, as well as some members taking hiking trips to Switzerland and Austria.

As a fellow 48er in the Whites and a 52 WAVer in New Hampshire, and a fellow hiking club member (PVHC, in my case), many of the stories/activities of the club are familiar and resonate with me. It's nice to see how a hiking group met the needs of retirees in Sandwich, New Hampshire, and that the OTTH organization, I presume, since I have one of their patch awards, is still going strong.

-- Dick Forrest

"I was especially curious about this hiking group because they came up with the 52 With a View (52 WAV) in New Hampshire hiking list, and they created the patch to signify completing the list."

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“There are plenty of ways to die in the northeastern United States wilderness areas...”

~ Dick Forrest

“What I notice immediately with each story is how well-written they are and how well-researched they are.”

~ Dick Forrest

Desperate Steps: Life, Death, and Choices Made in the Mountains of the Northeast, by Peter W. Kick

Kick

Book Review by Dick Forrest

There are plenty of ways to die in the northeastern United States wilderness areas, and Peter Kick's book, *Desperate Steps*, describes many of them. Let's see: death from a fall, death from drowning, death from avalanche, death from exposure/hypothermia, death from lightning, death from getting lost, and others.

Peter Kick writes about how some people died in the wilderness and how others were rescued. It's a book of well-documented incidents about people who get into trouble in wilderness areas, from which, we, as readers and/or wilderness hikers, have much to learn from.

Peter Kick divides his book into four main sections entitled: *Unprepared*, *Know the Route*, *Taking Risks*, and *Unexpected*. And for each section, he has several examples of real life stories about people who fall into these categories who either died or nearly died but were rescued. Then, at the end of each section, he has compiled some *Safety Notes* to keep in mind before you might be faced with similar circumstances. Also, each story is accompanied by an illustration/map showing the routes of victims or potential victims and where they got into trouble.

What I notice immediately with each story is how well-written they are and how well-researched they are. Peter Kick has spent a lot of time interviewing people who were somehow related to each story/incident, potential victims or those related to the victims, or those who were involved in the rescue. The stories themselves are interesting enough but Kick's exceptional telling of them makes them even more so.

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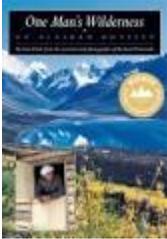
This isn't the first book that I've read about these types of stories. But what's fascinating for me is that I've been to many of the places in the Northeast described in this book where people have gotten into trouble with a need for rescue. I'm also already familiar with some of the stories described in the book.

One example of this (the last story in *Desperate Steps*) is the story of Geraldine Largay (aka by the AT trail name of *Inchworm*) – the story of a 66-year-old retired nurse who disappeared while hiking alone on the Appalachian Trail in Maine in July of 2013. Al Roman, Karen Markham, Rick Briggs, and I encountered a carpenter from Nashville, Tennessee (Geraldine's hometown) on top of Maine's South Crocker Mt. in July of 2015, in the same area that Geraldine disappeared in. I assumed later, after reading about Geraldine's disappearance, that this was a member of her church, though he didn't say so, and that he and his friends were still looking for her two years later. Geraldine's skeletal remains and her personal gear were found by a contractor doing an environmental study on October 15, 2015, about 3,000 feet west of the Appalachian Trail, not far away from where we were. Inexplicably, she died in her tent waiting to be rescued – we know this by the daily journal entries which she wrote just before her death, found among her belongings at the scene of her demise.

Desperate Steps, published by the Appalachian Mountain Club of Boston, Massachusetts, is a book full of real life, interesting adventure stories written as a warning to help you avoid, at all costs, the perilous situations described in this book. If you are a wilderness hiker I highly recommend reading this book – the information in it might save your life.

-- Dick Forrest

"Inexplicably, she died in her tent waiting to be rescued..."
~Dick Forrest



*"Here was a man's man
who could do just about
anything to survive
comfortably in his Alaskan
surroundings."*

~ Dick Forrest

One Man's Wilderness: An Alaskan Odyssey, by Sam Keith from the journals and photographs of Richard Proenneke

Book Review by Dick Forrest

You may have seen the video documentary about Richard "Dick" Proenneke's adventure in the Alaskan wilderness on PBS. Here was a man's man who could do just about anything to survive comfortably in his Alaskan surroundings. Living alone, he single-handedly built his cabin on Twin Lakes about 140 miles west southwest of Anchorage, Alaska. Not totally self-sufficient, however - he was often re-supplied by airplane with basic essentials. He spent 16 months at one time in his cabin, overwintering during that time in some of the harshest weather on the planet. Here's a man who had no power tools to construct his cabin and did everything by his own hands. What couldn't Dick Proenneke do?

This book, *One Man's Wilderness*, is written by Dick's friend, Sam Keith, from Dick Proenneke's personal daily journals. In fact, the book is laid out just as if you were reading a journal with dated entries. (Sam Keith may have embellished a bit and cleaned up his friend's prose in the book, as Dick had complained a little about.) Still, it's a very interesting read. Here is a man who lives in the Alaskan wilderness, among abundant wild animals, with abundant resources for food. However, you never get the sense that he is a person who wastes food but that he's a moral man who takes little, but enough, from his local environment.

I had this same question in my mind when I saw the video and read the book: What kind of man, no matter how self-sufficient, would choose to live alone in complete isolation from the rest of society?

See *One Man's Wilderness* continued on page 20

One Man's Wilderness *continued from page 19*

(He made a choice to do this for thirty years of his life living in Alaska. He was an Iowa boy from a large family, and still kept in touch with at least one sister and one brother and helped his father out in his father's later years.) When I viewed the video on PBS, I got some insight into his thinking. He made a derogatory statement about women in the video, and I said to myself, "No wonder he's not married and chooses to live alone." In the book he was quoted from his journals making this critical statement: "Like a woman all smiles and dancing a temper tantrum the next." As well as another curious statement: "A welcome sound, as welcome as having one's wife return to full duty after an operation (I imagine)." It's hard to say whether these statements are fair to Dick Proenneke, but if he wrote them in his journals, I'm sure that Sam Keith accurately conveyed them to the reader.

Dick Proenneke (1916-2003) was brilliant in many ways. His carpentry skills were second to none. He built his cabin, his woodshed/outhouse, and his elevated cache on stilts by himself from scratch. He could make anything out of wood. He cut and chopped wood by hand for his fireplace to keep warm in the frigid climate and brutal winters. He was the ultimate do-it-yourself-er, perhaps similar to many Alaskan residents. He lived in a wilderness paradise, a wild pristine place, with wild animals galore and majestic scenery, where mountains and glaciers towered above his cabin on a lake in Alaska, with magnificent beauty all around. I have to conclude that he must not have thought that he was alone. However, I am also reminded of the John Donne quote: "No man is an island, entire of itself; every man is a piece of the continent, a part of the main."

- - Dick Forrest

"In the book he was quoted from his journals making this critical statement: "Like a woman all smiles and dancing a temper tantrum the next."

~ Dick Forrest

"He was the ultimate do-it-yourself-er, perhaps similar to many Alaskan residents."

~ Dick Forrest

Fun Pin Awards for Completing Hikes

PVHC has started a new Fun Pin Award for participating in hikes with the club. There are three pins that members can earn:

1. **10 Hikes with PVHC**
2. **10 Mountains/Summits with PVHC**
3. **10 Trails with PVHC**

There is no double or triple dipping. One hike can be used for just one hike or summit or trail. You can count weekly hikes, summits or trails more than once if you do them on different dates. Examples - the Monday Morning hike can be used several times in the hikes log as long as you do them on different dates, Mt Holyoke can be listed several times as long as it is hiked on different dates, same with trails.

We hope you have fun hiking with PVHC and earning your Pins!

The logs for each pin are posted on the club website. Once completed you may turn it in at a club meeting for your pin award.

Slide Show Photos

Please send all slide show photos for the 2019 PVHC Holiday Party multimedia slide show to the following email address:
pvhcpictures@gmail.com

Important Membership Renewal Notices

The following memberships are up for renewal:

July Renewals

Rick Briggs
 Kathy Brown
 Elizabeth Case
 Pam Chandler
 Tina Garde
 Jane & Daniel Giat
 John Gorey
 Mike Gross
 Jeanne Kaiser
 Norm Plante
 Darlene Renaud
 Barbara Werum Richard
 Fred Riotte
 Michael S. Roper
 Robert & Lisa (Frigo) Schechtman
 Sandy Sego
 Carol Wood
 Carolyn Young

August Renewals

Harry Allen
 Hedy Beaudry
 Marie Bienvenue & Albert Gagliardducci Jr.
 Debora Brown
 Dick & Sue Forrest
 Albert Gordon
 Gabriela Horvay
 Charlotte Lee
 Sandy Lemanski
 William LePage
 Bert McDonald
 Ann Mundy
 Helen Skerritt
 Joe & Noel Stella
 Gabriele (Gabi) Strauch
 Ann Van Dyke
 Heather Wyman
 Carole Zambito

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
 PO Box 225
 West Springfield MA 01090-0225
 (Dues are \$25 member, \$40 family, and \$15 for students)

Pioneer Valley Hiking Club Officers

Lori Tisdell, President
 Jeanne Kaiser, Vice President
 Erin Squires, Treasurer
 Gina Geck, Secretary
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Chip Pray & Lori Tisdell
 Backpacking Coordinator: Rick Briggs
 Trail Maintenance: Chip Pray & Rob Schechtman
 Club Website Editor: Dick Forrest
 Non-Member E-mail Coordinator: Rob Schechtman
 Club E-mail Coordinator: Lori Tisdell
 Quartermaster: Mike Carrier
Bootprints Newsletter Editor: Dick Forrest

Bootprints is a publication of the Pioneer Valley Hiking Club. Please email your story/event contributions to Dick Forrest at: dforrest@charter.net

WELCOME NEW MEMBERS

May

Patty Minton and family
 John Barber
 Alison Wondriska
 Heghan Hayes
 Carol Giguere
 Claire Norton
 Laura and Austin Porter

June

Lori Murphy
 John Goshea



UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Mornings w/ Chip
- Every Tues. (MA) Evenings w/ Lori/Karen
- Every Wed. (MA) Mornings w/ Squires/
Bombard/Stevens
- July 2 (MA) Club Meeting
- July 6 (MA) Seven Sisters
- July 13 (MA) NET Section 5
- July 20 (MA) Quabbin Gate 30
- July 27 (MA) Quabbin Reservoir
- Aug 6 (MA) Club Meeting
- Aug 10 (MA) Monroe St. Forest
- Aug 17 (MA) Bash Bish Falls
- Aug 24 (MA) Ventfort Hall & Hike
- Aug 31 (MA) Sachem's Head/Poet's
Seat
- Sept 1 (MA) Stanley Park
- Sept 3 (MA) Club Meeting

IMPORTANT NOTICES

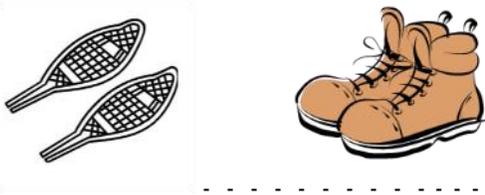
Next Club Meetings:
 July 2, 2019, 7 p.m. at **FBC**
 August 6, 2019, 7 p.m. at **FBC**

FBC - First Baptist Church, 337 Piper Road, West Springfield

Deadline for submissions to the next *Footprints* is August 20, 2019

**** Check out our club website at:**
www.pioneervalleyhikingclub.org

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



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A publication of the
Pioneer Valley Hiking Club
 P.O. Box 225
 West Springfield, MA 01090-0225

