



# Bootprints

The Bimonthly Newsletter of the  
Pioneer Valley Hiking Club

President's Corner:

## The Vermont Sampler

by President Lori Tisdell

A few years ago, Jeanne Kaiser, Brenda Doucette and I noted that PVHC doesn't do a lot of hiking or club trips to Vermont. There's usually a few each year but we thought it was kind of an unexplored hiking state for us. At least in the time we have been members. In the last 8-9 years we have spent a significant amount of time in the White Mountains of NH. The Adirondacks and Catskills in NY have several trips every year. And Vermont is no further away than either NH or NY. We decided we wanted to model a trip on the White Mt Sampler, one that Al Goodhind does each June. And so, the Vermont Sampler was born.

We three organized the first Vermont Sampler last year and it was a rousing success, despite the sketchy weather. Friday and Sunday were beautiful but Saturday was rainy, wet and snowy at the higher elevations. The hikes were fun as the day cleared, and the area abounds in many local hikes including two Vermont 4,000'ers. We enjoyed a wonderful potluck dinner on site in the barn loft at our home base at The Robert Frost Mountain Cabins followed by time around the fire pit. Our hosts, Marty and Carol, could not have been more accommodating. Jeanne, Brenda and I decided we would do it again this year.

We changed the month to September from the original October trip. We wanted to take advantage of lower pricing at the cabins and avoid the possibility of snow while still seeing the beginning of the fall colors further north. It worked out beautifully. Several members who has stayed off site last year immediately made reservations at the RFM Cabins after seeing they were not at all rustic accommodations but practically luxurious! Within a couple weeks of getting the dates of the 2nd trip out, the club had 6 of the 7 cabins reserved!

*See President's Corner continued on page 2*

Volume 23, Issue 6

Nov, 2019

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**President's Corner** *continued from page 1*

Unfortunately, a number of participants had to cancel at the last minute due to self and family medical issues, as well as conflicts. We ended up with 15 members. This time we had perfect weather conditions! The temps were warm enough to sit out on our screened in porches, we had the barn loft again for potluck and Marty set up the fire pit for us on both nights. Oh, and the warm cinnamon twists Carol makes for all the guests on Saturday morning weren't too shabby either. In fact, the cinnamon twists might be the best reason to stay at RFM Cabins!

There were two hikes on Saturday – Mt Abraham, one of the Vermont 4,000'ers, led by Jeanne and me, and Silver Lake, led by Dick and Sue Forrest. Mt Abraham was a beautiful hike up through the forest with some fun scrambles and ledges the last half mile or so to the summit. And great views for a reward! Dick and Sue also enjoyed a beautiful hike. In fact, we heard so many good reports that we may have to include Silver Lake next year as an official hike again!



(photos by Lori Tisdell)

*“There were two hikes on Saturday – Mt Abraham, one of the Vermont 4,000'ers, led by Jeanne and me, and Silver Lake, led by Dick and Sue Forrest.”*  
~ Lori Tisdell



## Footprints

### **President's Corner** continued from page 2

That evening we had reservations at a local wood fired pizza place like the one in North Conway at the White Mt Sampler. Though, sadly, we did not have coupons. The pizzas were excellent and the restaurant had lots of brews on tap to choose from for the perfect beer and pizza combination. Then another evening around the fire when we returned.

On Sunday morning most of the group gathered for an easy hike on the Robert Frost Trail led by Jeanne. It is a lovely hiking trail not far from our lodging and on the way home for most of us. Along the trail are stops with posted Robert Frost poems that some of the group read aloud. Dick Forrest brought his *Complete Poems of Robert Frost* book and read his favorite one for the group, entitled *The Oven Bird*. The trail winds through the woods and into a meadow with views of the mountains. It was a perfect end to the weekend.



When I joined the club, I heard so much about weekend trips - how much fun they are and the bonds so many members shared through these trips. Once I started participating, I understood that different bonds are created than the ones on day hikes. You learn so much more about people on multiday trips by spending so much time together - you establish a closeness that doesn't happen on hikes a few hours long. Many of my fondest hiking memories are of multiday trips and the shared time after the hike.

-- Lori Tisdell

*"You learn so much more about people on multiday trips by spending so much time together - you establish a closeness that doesn't happen on hikes a few hours long."*

*~ Lori Tisdell*



## **2019 PVHC Holiday Party**

by Cindy Dolgoff

It's coming up soon!

Our annual holiday party will be held on Saturday, December 7, 2019, 5:30 p.m. at the Chicopee Elks Lodge at 431 Granby Road, Chicopee, MA.

The party will feature delicious food (of course!), leadership awards, prize raffles, and the PVHC Slide Show, produced this year by Jocelyn Brannan. To cap the evening off, there will be a special event - Karaoke. It's sure to be a fun-filled night, so don't miss it.

We are signing people up now for volunteer tasks. If you would like to volunteer to help out with the party, please sign up at the November PVHC Meeting (11/5/2019) or contact one of the party organizers - Cindy Dolgoff, Gary Dolgoff and Gina Geck.

We will soon be asking for people to RSVP to the party. You may bring a non-club guest for a nominal additional charge.

Hope to see you there!

- - Cindy Dolgoff

## Lifelong Exercise for a Healthier Life

by Sandy Segó

Everyone has heard that exercise is good for your health. A study released last year in the *Journal of Applied Physiology* suggests that a lifelong habit of exercise can keep the body young in key ways.

In the study by Scott Trappe and his colleagues, they wanted to see the cardiovascular health and skeletal muscle health of people as they age. Cardiovascular health includes the heart and blood circulation. Skeletal muscle health refers to the muscles that are connected by tendons to the bones. They are the muscles which move the bones.

In the study, they looked at three different groups. The first group was participants who were 75 years old, on average, and were considered lifelong exercisers. They ran and cycled as the main types of exercise and engaged in some structured exercise 4 to 6 days a week, for around 7 hours a week. The second group were also about 75 years old and were occasional exercisers. They took a walk once in a while or played golf, but did not have a dedicated exercise plan. The third group was in their mid-twenties and worked out in structured exercise 4 to 6 days a week, like the first group.

The maximum amount of oxygen a person can use during intense exercise was recorded for all participants, by having them ride an exercise bike. Typically, the ability to process oxygen goes down by about 10% a decade after the 30<sup>th</sup> birthday. While it isn't noticeable at first, as people age they often notice that they become out of breath more easily. The lifelong exercisers did not show this decline. Their output suggested they were about 30 years younger. This was surprising to the researchers. While they expected to find benefits from exercise, this was beyond expectations.

See *Lifelong Exercise* continued on page 6

*“A study released last year in the Journal of Applied Physiology suggests that a lifelong habit of exercise can keep the body young in key ways.”*

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*“Again, researchers were surprised at how big an effect lifelong exercise had on the participants.”  
~ Sandy Segó*

**Lifelong Exercise** *continued from page 5*

When a small biopsy of muscle tissue was taken from each participant, it was examined to see the capillaries – small blood vessels and enzymes that provide fuel for working muscles. When this tissue was examined, the lifelong exercisers looked like the young exercisers. Again, researchers were surprised at how big an effect lifelong exercise had on the participants.

Even if you aren't training for a marathon, following federal guidelines for 2 ½ hours of moderate exercise a week will show a sustainable benefit as we age. Americans are living longer, and maintaining a good quality of life as we age becomes critical. Any exercise can work – swimming, biking, yoga, or walking can all lead to benefits.

So remember, you are not only exercising to benefit yourself now, but it will pay off down the road. If you maintain an exercise program, you may see advantages in your health for years to come.

-- Sandy Segó



Smurfy advice for the trail...

## Wind-Induced Hypothermia

by John "PaPa Smurf" Klebes

*"The shoulder seasons actually see more people in trouble from hypothermia than in the heart of winter."  
~ PaPa Smurf*

*"But fall brings a unique danger of hypothermia at temperatures much higher than you would expect."  
~ PaPa Smurf*

Late fall hiking is always my favorite. Cool weather with no sweaty humidity, no bugs, the leaves are falling off the trees making for fantastic views from formerly foliage dense trails. And it's still warm enough to not worry about the dangers of cold winter hiking. Wait a minute. Believe it or not, that last point is not true. The shoulder seasons actually see more people in trouble from hypothermia than in the heart of winter. Why? Because we expect the cold in winter. It's the unexpected danger of hypothermia that finds people unprepared in warmer weather.

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. Normally, you know it's a danger when it's cold outside. But fall brings a unique danger of hypothermia at temperatures much higher than you would expect. If your skin is wet from dampness, light rain, or from just the excursion from hiking uphill in warm clothes you could be susceptible to hypothermia at temperatures as high as 50-60 degrees, if you encounter light to heavy winds on wet skin. I call this *wind-induced hypothermia* because normally in cold weather we have layers of insulation protecting us. In the shoulder seasons we don't think much of it because it's not that cold out. But beware: add a little wind to exposed skin and your core temperature can drop extremely fast.

Let's take a quick moment to review the symptoms of hypothermia. And remember the symptoms progress from mild to severe and life-threatening in minutes so take this seriously.

The classic early symptoms are numbing of the fingers and toes, the  
See *Wind-Induced Hypothermia continued on page 8*

**Wind-Induced Hypothermia** *continued from page 7*

beginning of shivering, cold pale skin, and mild unsteadiness in balance and motor skills. If you ignore these early signs you can quickly move into more cognitive disabling symptoms, including poor decision-making, apathy or lack of interest, and slurred speech leading to the lack of ability to notice your own debilitating symptom progression. And finally, the life-threatening symptoms of muscle stiffness, slow pulse and shallow breathing, weakness, sleepiness, confusion and loss of consciousness and death.

We have all felt the effects of mild hypothermia at one time or another. Those cold almost numb hands and feet in winter. A slight case of the shivers. Or that burning pain when we warm up our cold skin after playing in the snow. But when hiking in cool weather, we don't normally wear as many protective layers and exposed skin combined with the cool winds that blow across mountain tops, ridge-lines, and open areas can create a lethal set of conditions. Combine that with light rain, damp or wet skin, or exhaustion from a hard hike, and you can greatly accelerate the progression from mild symptoms to severe ones.

I can't overstress the speed of this progression under the right conditions. Often a hiker can go from feeling cold to unable to think clearly and help themselves. It's important to recognize the early symptoms and check for symptoms in your fellow hikers before they get too far along. If your partner is shivering, stuttering, and/or having trouble talking or making decisions, tripping and stumbling easily on the trail, refusing to keep moving or disoriented, then take action quickly. These are the early stages of severe hypothermia. They can quickly escalate to life-threatening and it's unlikely that your hiking partner will be able to help him/herself alone. If you are hiking solo it's

See *Wind-Induced Hypothermia* continued on page 9

*"We have all felt the effects of mild hypothermia at one time or another."*

*~ PaPa Smurf*

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*“One of the first things your body does when it’s in cold danger is limit heat loss by shutting down blood flow to the extremities and starts burning calories to keep warm.”*

*~ PaPa Smurf*

*“The best way to defend against hypothermia is not let yourself get into danger in the first place.”*

*~ PaPa Smurf*

**Wind-Induced Hypothermia** *continued from page 8*

even more important that you are trail aware of your conditions before they get this far.

One of the first things your body does when it’s in cold danger is limit heat loss by shutting down blood flow to the extremities and starts burning calories to keep warm. That’s why your feet and hands get cold first and why eating snacks helps warm you up. If heat loss continues your body may use severe shivering as a last resort means for generating heat. It’s very energy intensive and you can’t keep it up for long so act defensively if you start to shiver. If someone is hypothermic to the point of severe shivering and the shivering stops without warming up, it’s a red flag that his life is in real danger.

The best way to defend against hypothermia is not let yourself get into danger in the first place. Anticipate the cold. Be aware of changing weather conditions. If you are climbing up a trail, damp with sweat, and are about to cross above tree line or an open summit. Stop. Find a protected spot to stop short of the exposed area and put on a wind break, perhaps a hat and/or gloves, or a rain coat. Cover up before exposing yourself to the wind and that will limit the wind-induced heat loss responsible for the quick drop in body temperature. If you were not paying attention and find yourself in the open wind, cold and shivering, don’t continue on. Find a sheltered rock or tree, or retreat back down the trail to a sheltered area, and stop and put on more layers. Make it a habit to put on warmer layers whenever you stop for a short break or lunch and don’t wait till you are cold. It’s much easier to stay warm than to try and get warm after you are chilled. And don’t ever just decide to push on in the hope if you go faster you will get warmer. Take the time to stop and put on wind protection as the longer you are exposed the quicker you will get into danger. And be aware of how your hiking partners are doing. Sometimes it’s hard to see, or admit, to how cold we have gotten when in a group.

*See Wind-Induced Hypothermia continued on page 10*

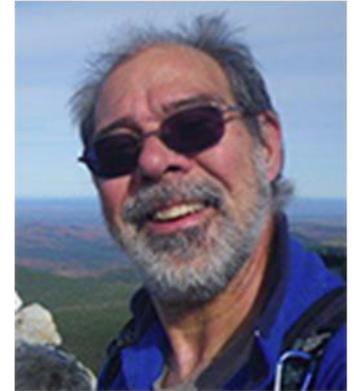
**Wind-Induced Hypothermia** *continued from page 9*

If, even with wind/rain protection and warm clothes you still can't get warm, try eating fast energy foods like candy bars, power bars, and energy drinks. Stay hydrated. Your body regulates temperature much better when you are well hydrated. And if you don't have gloves or a hat try improvising with extra socks on your hands and a scarf or t-shirt tied over your head and ears. If you can just stop in a sheltered spot and make a hot drink or hot meal it will turn a miserable hike back into a fun one. I like to bring a small pot and stove to make hot drinks, just in case, on most hikes. A hot tea or coffee, instant soup packet, or the best cold rainy day fix – a packet of instant potatoes. If a bowl of hot mashed potatoes doesn't warm you up, you're in real trouble.

If you find that someone has gotten past the point that they can easily warm up on their own you may have to help to provide heat to warm them up. First, get them out of the wind and into a sheltered area. If a dry base layer is available have them take off the damp layer closest to their skin and put the dry base layer on. You can put the damp layers back on as extra top layers as long as the layer closest to your skin is dry. A dry base layer can really speed up the warming. Add on any additional extra clothing that is available. (check their backpack for extra clothing and if you or your partners have stuff to spare; but don't jeopardize your own safety by giving up layers you need yourself.) And, of course, if you have a sleeping bag and/or tent available, use them.

If the person is able, have them eat, and drink warm liquids, if available. If they cannot eat or drink you will need to help add heat to warm them. Hot water bottles or chemical heaters work well. Try to put them near where they can add heat quickly such as the inner thighs or armpits where there is a good blood supply. As a last resort for heat you can use another person to cuddle up close to share your heat with

See *Wind-Induced Hypothermia* continued on page 11



PaPa Smurf

*"Your body regulates temperature much better when you are well hydrated."*

~ PaPa Smurf

*"If you find that someone has gotten past the point that they can easily warm up on their own you may have to help to provide heat to warm them up."*

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*"Don't laugh off the signs and symptoms of hypothermia or fail to recognize them."  
~ PaPa Smurf*

***Wind-Induced Hypothermia*** continued from page 10

them. If the person really is in the severe stages of hypothermia then they will not be able to create heat themselves and insulation will not be enough. You need to add heat. Call or send for help if you need to. Once you have been that chilled continuing on can quickly bring the symptoms back.

Don't laugh off the signs and symptoms of hypothermia or fail to recognize them. What you think is a minor inconvenience, or just awkwardness or clumsy slow hiking, could become a life-threatening hike bummer. Stay safe and enjoy the great outdoors.

-- 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](mailto:john.klebes@gmail.com))

## The Next Generation of Hikers

by Cindy Dolgoff

In early September, my world exploded with happiness upon the birth of my first grandchild, Katherine.

As I cuddle with tiny baby Katherine, I imagine her first steps in this big old world. Will she be a hiker? Both of her parents are hikers. Is there such a thing as a hiking gene? I hope so, and if there is, I hope Katherine has it. You can bet we are planning to take her out onto the trails as soon as she is ready. While I ponder these exciting future events, I can't help but worry as well. I'm not a young grandparent. Will my knees and hips still be working when Katherine is old enough to tie her own bootlaces? Will I have the energy and stamina to climb mountains? I think of this as I'm feeling creaky bending over, placing Katherine into her baby carriage.

Last spring, Gary and I took our grandnephews Caleb and Cayton (ages 8 and 10) on their first hike. They were excited to climb to the top of Mt. Pisgah, near their home in western North Carolina. We had to hasten them along the trail. "It's a four-mile hike," we kept saying. "You can't stop to look at every rock and leaf." Their enthusiasm was delightful. When we (finally) reached the summit, Caleb exclaimed "I don't believe it! We're at the radio tower that I can see from my back yard." I was so proud of the boys and pleased to be part of their first hiking experience.

I wonder what hiking will be like when Katherine is grown up. Will there be different hiking gear? Will everyone be using trail GPS, prevalent like car GPS today? Maybe they will even be hiking on the moon!

See *Next Gen* continued on page 13

*"Will I have the energy and stamina to climb mountains?"*

*~ Cindy Dolgoff*

*"Maybe they will even be hiking on the moon!"*

*~ Cindy Dolgoff*



*“My grandparents were members of the Pioneer Valley Hiking Club,....”*

*~ Cindy Dolgoff*

**Next Gen** *continued from page 12*

I have a favorite fantasy. Katherine is an adult, hiking a mountain nearby or maybe far away. She’s sitting on top of a boulder with her soul mate, munching on an apple. Three strangers approach.

“Is it okay if we join you?”

“Sure.”

A lively conversation ensues about their hiking history.

“My grandparents were members of the Pioneer Valley Hiking Club,” Katherine remarks, pulling her long blonde hair into a ponytail.

“Mine were too! They told me all about the fun they used to have.”

They exchange mirthful stories of PVHC hikes of long ago. “I wonder if your grandparents hiked with my grandparents?” one of the hikers asks.

“I bet they did,” Katherine replies.

One thing will never change – the friendship and affinity of hiking.

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Back to the present. Gary and I push the stroller into the elevator and ride down the six flights of stairs. We exit the building into the cool mid-October sun. I adjust the smooth pink blanket covering my granddaughter and she smiles at me. The leaves are turning color and people bustle about the streets of the small city where Katherine has spent her first two months of life. We walk along the waterfront and watch the ducks bobbing in the canal. Katherine yawns and blinks and dozes back to sleep. Perhaps she is dreaming about her first hike.

-- Cindy Dolgoff

## **New Hampshire's 52 With A View: A Hiker's Guide**, by

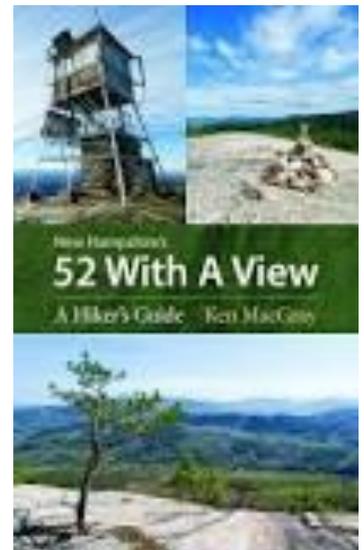
Ken MacGray

Book Review by Dick Forrest

A few months ago PVHC member Al Roman phoned me and asked me about the New Hampshire "52 With a View" (NH 52WAV) book. I told him that I didn't have a book on climbing those peaks. My wife, Sue, and I used the *NewEnglandWaterfalls.com* website (<http://www.newenglandwaterfalls.com/52withaview.php>) for the all of the information about the NH 52WAV hiking list. (Sue and I completed the NH 52WAV list on June 23, 2018. Ten other PVHC members accompanied us on our final peak, New Hampshire's Mt. Success (elev. 3,565 feet) in the Mahoosuc Range.) Well, there wasn't a book on the NH 52WAV when I spoke with Al Roman about the NH 52WAV list, but now there is.

Sue and I met the author of *New Hampshire's 52 With A View: A Hiker's Guide*, Ken MacGray, (before his book came out), in August of 2017, on my birthday, in fact, while Sue and I were climbing three peaks together on the NH 52WAV list. Those peaks were Mts. Crawford, Resolution and Stairs. We spoke with Ken on the Mt. Parker Trail off the Davis Path on the way back down from the Mt. Resolution summit and again, when we were heading back down from the summit of Mt. Stairs. Ken told us that he had recently moved to New Hampshire. He also told us that he and another person were the admins for the "52 With a View" group site on Facebook (It's a public group that's moderated and currently has 4,338 members. Ken is now the sole admin for the site. The Facebook page can be found at: <https://www.facebook.com/groups/nh52wav/>).

This hiker's guide is a complete reference for climbing the NH 52WAV list, all the peaks of which are in New Hampshire. In the book's *Introduction*, Ken MacGray gives a brief history of the hiking list created by the *Over the Hill Hikers* group. He credits Lib Bates, the founder and leader of the *Over the Hill Hikers*, and Steve Smith, of the *Mountain*  
See *52 With A View* continued on page 15



*"Sue and I met the author of New Hampshire's 52 With A View: A Hiker's Guide, Ken MacGray, (before his book came out), in August of 2017, on my birthday, in fact, while Sue and I were climbing three peaks together on the NH 52WAV list."*

~ Dick Forrest



**52 With A View** continued from page 14

*Wanderer* bookstore and a member of the AMC 4,000 Footer Committee, who was his mentor in the book writing process.

Ken writes: *All peaks are grouped together by geographic region, then alphabetically within.* The geographic regions are: Southern New Hampshire, Lakes Region / Sandwich Range / Waterville Valley, Western New Hampshire, Central White Mountains / Crawford Notch, Eastern White Mountains, and Northern New Hampshire. Ken systematically conveys information about each 52WAV peak with these categories in mind: Peak descriptions, Routes, Maps, Camping, and Winter.

I like the historical tidbits about each mountain that undoubtedly Steve Smith contributed information for in this book. It's also great that there is also a special category of *View Highlights* for each peak so that you will know what you are looking at when you reach the summits. And based upon what I know about Ken MacGray, he's the right person to write this handy reference guide. His love of the NH 52WAV peaks comes out in his Facebook group page. (When I posted some of my pictures on Ken's Facebook group page, that is, when I was climbing some of the 52 peaks, I was delighted that Ken would, on more than one occasion, temporarily use one of my photos for his group page image header.) Having met him on the trail, I also sensed a passion for hiking these 52 peaks. And his passion also comes through with the thorough details about each peak in his writing. This is Ken MacGray's first book and he has written a fine hiking guide valuable to all who aspire to climb New Hampshire's 52 With a View.

-- Dick Forrest

*"And based upon what I know about Ken MacGray, he's the right person to write this handy reference guide."*

*~ 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:

### Nov. Renewals

Marie Babbitt  
 Barbara Bigelow  
 Jos Brannan  
 Karen Chaffee  
 Terry L. Champiney  
 Lynn Gebo  
 Paula Geddis  
 Richard Harris  
 Tracy Harrity  
 Mary Heaner  
 Edward & Mimi Watroba/  
 Laroche  
 Mary Moriarty  
 Bill Packard  
 Ron & Cathy Sena  
 Chuck Serafin  
 Martha Spiro  
 Peter Thieme  
 Lori Tisdell  
 Warren Wilkinson  
 Jennifer Willis

### Dec. Renewals

Lisabeth Brault & Family  
 Renee Brown  
 J B DeJean  
 Devorah & Margaret Mastrangelo  
 Jacobson  
 Debbie Mac Neal  
 Teri McElwain  
 David & Teresa Murphy Pierrepont  
 Suzanne Roberts  
 Craig Stevens  
 Rick & Sandy Wallis

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](mailto:dforrest@charter.net)

### WELCOME NEW MEMBERS

#### September

Jane Garb  
 Debi Garlick  
 Cindy Hibert

#### October

Marco Louvitakis  
 Pamela Peck  
 Robert Pomeroy  
 Christopher & Sarah White



**UPCOMING EVENTS AND THE USUALS**

- Every Mon. (MA) Mornings w/ Chip
- Every Tues. (MA) Evenings w/ Lori/Karen
- Every Thurs. (MA) Mornings w/ Harry  
(MA) Evenings w/ Erin
- Nov 5 (MA) Club Meeting - Clinic
- Nov 9 (MA) Maintenance - NET 1&2
- Nov 16 (MA) Mt Tom Trails
- Nov 23 (MA) NET - Section 7
- Nov 30 (MA) Mt Tom
- Dec 3 (MA) Club Meeting
- Dec 7 (MA) Long Mt/Holiday Party
- Dec 15 (MA) Museum of Russian  
Icons & Park Walk
- Dec 21 (MA) Arcadia Winter Solstice
- Dec 28 (MA) Mt Greylock
- Jan 4 (NH) Mt Monadnock
- Jan 7 (MA) Club Meeting

## IMPORTANT NOTICES

Next Club Meetings:  
 November 5, 2019, 7 p.m. at **FBC**  
 December 3, 2019, 7 p.m. at **FBC**

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

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

**\*\* Check out our club website 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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