



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

PVHC Annual Holiday Party/

2019 Recap

by President Lori Tisdell

The holiday party was, once again, a success with lots of fun, prizes, good food and singing! Thanks to Gina Geck and Gary and Cindy Dolgoff for organizing this year.

We had another terrific year – and it is because of so many members who volunteer their time and efforts that make us the great club that we are.

In 2019, led by Chip Pray and Rob Schechtman, our PVHC Trail Maintenance co-chairs, the club has continued to maintain Sections 1 & 2 of the New England Trail to the high standard started so many years ago. In honor of the 10th anniversary of the New England Trail, Chip and Rob were both recognized by the New England Trail Committee for 10 years of service. Each of them received a gift and certificate from the committee. The club also received a battery-powered weed whacker and two folding saws from the NET committee.

We also continued our tradition of providing many and varied hiking and outdoor activities. This year we organized 379 individual activities – just over one for every day in the year! We had 223 weekday activities – 85% of all weekdays. We had 117 weekend activities – 112% weekend days. 20 special events, 14 backpacking trips for 60 days, and a few biking and kayak activities. We had a total of 34 different hike leaders. 17 members led 10 or more activities, of those 17 there were 9 leaders who led 20 or more activities, 5 who led 35 or more and 3 who led more than 60. We had 3 new hike leaders. And we welcomed 55 new members.

See President's Corner continued on page 2

Volume 24, Issue 1

Jan, 2020

Inside this issue:

- Important Renew- 21
al and Member-
ship Notices
- Upcoming Events 22
And The Usuals
- Important Notices 22

Special points of interest:

- Lori Tisdell's
President's Corner
article on page 1
- Hike Rating Guidelines
on page 6
- Cindy & Gary Dolgoff's
article on page 8
- Sandy Segó's
article on page 10
- PaPa Smurf's
article on page 13
- Dick Forrest's
article on page 17

President's Corner *continued from page 1*

This year, two of our weekday hike leaders, Chip Pray and Harry Allen, were out of commission due to surgeries and injury. Both are back leading hikes now. But...it was wonderful to see several club members pick up the Monday and Thursday hikes to guest lead so the hikes could continue without interruption. Thank you to those who stepped up!

Thank you to all club members for your participation and volunteerism to the club in 2019.

Specifically, thank you to the following: *Bootprints* Editor and Webmaster Dick Forrest; Hike scheduling, monthly agenda and trail maintenance co-chair Chip Pray; Non-member e-mail inquiry and Trail Maintenance co-chair Rob Schechtman; Backpack coordinator Rick Briggs; Quartermaster Mike Carrier; Monthly Greeter table volunteers Cindy & Gary Dolgoff, Tina Garde, Lori McMahon, Deb Bombard and Cheryl Stevens; Social email coordinator Karen Markham; Instagram coordinator Jos Brannan; Picnic organizer Erin Squires; The Holiday Party co-organizers Gina Geck and Gary and Cindy Dolgoff and all the members who helped setup, prepare the food and cleanup. Special thanks to Slide Show coordinator Jos Brannan – through her year-long efforts, while pregnant with and welcoming twin boys in April, we had a wonderful time reliving our 2019 adventures.

This year we welcomed a new officer to the executive board – Treasurer Erin Squires. I thank all the members of the board – Jeanne Kaiser, Gina Geck, and Erin! They made my job much easier. It is truly a group effort.

And finally - every single Activity Leader!

We presented awards in several categories. Below are the awardees.

First Time Hike Leaders - Chris Pinney, Jim Tibbitt, Karon Belunas
Honorable Mention for 10 or more activity leads - Brenda Doucette, Chip Pray, Cheryl Stevens, Debbie Bombard, Cindy Dolgoff, Gary Dolgoff, Erin Squires, Gina Geck, Harry Allen, Jeanne Kaiser, Peggy Tibbitt, Shari Cox, Al Roman, Joe Stella

See President's Corner continued on page 3

“Thank you to all club members for your participation and volunteerism to the club in 2019.”

~ Lori Tisdell



Bootprints

President's Corner continued from page 2

Most Weekday Hikes - Lori Tisdell

Most Weekend Hikes – It was tie! Sandy Sego and Lori Tisdell

Most Special Events - Karen Markham

Most Backpacks - Karen Markham

Most Overall Activities - Karen Markham

Congratulations All and thank you for leading!

There were three more awards to present.

Service Award for former Executive Board member

In February Paul Kozikowski retired from the E-Board as club treasurer. Paul served for four years on the Executive Board and provided a valuable service as well as being a major asset to the club. His attention to detail, organizational skills, ideas and enthusiasm made working with him a joy. We all thank, Paul, for his years of service and will present him with this commemorative mug. We hope whenever he uses it, it will bring back wonderful memories as he makes new ones with PVHC.

Special Recognition Award

We are so pleased to acknowledge someone who volunteers time and effort to the club and provides valuable services in several areas. He is Trail Maintenance co-chair as well as hike scheduler agenda coordinator and a hike leader. Special Recognition to Chip Pray for all he does, has done and continues to do for Pioneer Valley Hiking Club.

2019 Volunteer of the Year Award

My first real memory of this year's recipient goes back to 2012. I know that I saw her on hikes periodically but that year we hiked together much more as we were both doing the Monday and Thursday morning hikes as well as weekend hikes. We were having a conversation one morning about the White Mt. Sampler and she was trying to decide which hike to do. I was planning to do Mt. Moriah and

See President's Corner continued on page 4

"We are so pleased to acknowledge someone who volunteers time and effort to the club and provides valuable services in several areas."

~ Lori Tisdell



Bootprints

“Her unflagging energy is legendary, her enthusiasm for the club and hiking knows no bounds, she gives unfailing encouragement to those who need it, challenges us to do better and do more.”
~ Lori Tisdell

President’s Corner *continued from page 3*

encouraged her to do so as well. She wasn’t sure as she had not done a 4,000’er at that point. I told her I’d stay with the whole way....little did I know where that was going to take us!

After the memorable Mt. Moriah hike, she decided to hike all the 48 Four Thousand Footers in NH. A few years later she got a group of seven other PVHC members to work together with her on them. It was an amazing time and she was the heart of that group’s collective journey. In 2017 she completed, along with the rest of the group, the New Hampshire 48 at the age of 75.

My admiration for her has grown over the years. Her unflagging energy is legendary, her enthusiasm for the club and hiking knows no bounds, she gives unfailing encouragement to those who need it, challenges us to do better and do more. At an age when most people are doing less, kicking back and enjoying retirement she is more active than ever and taking on more challenges. She is inspiration personified.

Over the years she took on more and more volunteer duties, became a hike leader, served on many committees, co-organized the holiday party twice, serves on the executive board and is the unofficial fashion coordinator for PVHC. Pioneer Valley Hiking Club Volunteer of the Year Gina Geck! Congratulations Gina – very well deserved!

Once all the awards were presented it was time for a fun new holiday party activity – karaoke! There was lots of participation by both groups and individuals. And some surprises too – who knew so many PVHC’ers liked to sing...and sing well! Most stayed until 10:00 p.m. and a core group until 10:30 - the latest people have stayed in some time.

We chose a new venue this year and it seemed to be a success. Everyone had a good view of the slide show (no pillars in the way!). Also, there was less set up and clean up then in the past. It was also the first time we had alcohol at the club holiday party. This did not seem to be an issue (and may have been the reason so many got up on stage to

See President’s Corner continued on page 5

President's Corner *continued from page 4*

sing!) and many of us enjoyed a glass or two of wine or beer with our dinner.

Once again, I'd like to thank all the PVHC members who volunteered as well as those who participated in our activities this year. We are very fortunate to have so many members who are willing to lead activities and share their love of the outdoors.

-- Lori Tisdell

"We are very fortunate to have so many members who are willing to lead activities and share their love of the outdoors."

~ Lori Tisdell



PVHC Hike Rating Guidelines

Please see the attached new hike rating guidelines. The ratings are to be used as a general guideline to determine the difficulty of a hike, both by the organizing leader, and the participant. They are general guidelines but more closely define a hike/activity than the old guidelines. Each leader should use it to best describe the hike they are leading. A hike covering the same terrain might be rated more difficult if it is an overnight hike instead of a dayhike, because it is simply harder to *backpack* than to *dayhike*, and this should be taken into consideration. Snowshoeing and other winter conditions should also be taken into consideration when rating your hike.

- Easy 1
 - o 1-4 miles
 - o Flat walk
 - o Ex – Ashley Reservoir, Whiting St Reservoir
- Easy 2
 - o 4+ miles
 - o Some elevation – up to 500 feet gain
 - o Ex - Arcadia Wildlife Sanctuary, Chick-a-Dee Trail
- Moderate 1
 - o 5-6 miles
 - o 500-1000 feet elevation gain
 - o Ex – Tuesday night hikes – Goat Peak, Mt Holyoke
- Moderate 2
 - o 5- 8 miles
 - o 1000-1500 feet elevation gain
 - o Ex – Mt Norwottuck/Rattlesnake Knob Loop
- Moderate 3
 - o 6-10 miles
 - o 1500-2500 feet elevation gain
 - o Some scrambles, ledges, rough footing
 - o Ex – Mt Tom Range Traverse, Mt Greylock via Gould Tr

**New Hike Rating Guidelines** *continued from page 6*

- Difficult 1
 - o 7+ miles
 - o 2500+ feet elevation gain
 - o Scrambles, ledges, rough footing
 - o Ex - Seven Sisters, Greylock via Thunderbolt Tr

- Difficult 2
 - o 10+ miles
 - o 3000+ feet elevation gain
 - o Scrambles, ledges, rough footing, climbing
 - o Ex – Many White Mt and ADK 4,000 mountains, Mt Greylock Traverse, Seven Sisters Yoyo

— PVHC Executive Board

Twenty Years of NYC Bus Trips – A Retrospective

by Cindy & Gary Dolgoff

In early April, 2019, we held what might have been the 20th New York City Bus Trip. Gary recollects that the trips began around 1999 and there was a bus trip almost every year thereafter.

The first trip was the result of a brain collaboration between Gary, his NYC friend Hal, and Jane Glushik. The earlier bus trips occurred on the first Saturday in November, and occasionally, the last Saturday in October. The trips were subsequently changed to April. The current hike organizers are Cindy & Gary and Jeanne Kaiser. We are happy that Karen Markham and Al Roman have joined us the last few years as NYC hike leaders.

Organization of a trip of 50+ people is not an easy task. First, we have to determine the date. After choosing a date, we book the bus, which must be done many months prior to the trip. We've used Travel Kuz Bus Company, out of Gill, Massachusetts, for about four years now. In early December, we announce the trip and wait for the sign-ups. The last two years, we have had an overwhelming response. The bus trip sold out in one week, both years. There is now a waiting list.

On the trip, an attendee can tour NYC on his/her own, or participate in one of the guided tours, led by Jeanne, Cindy, Gary, Karen and Al. The hike leaders are creative in coming up with walking tours of different parts of the city. We strive to think of interesting sites that are free or low-cost. Most of the time, we have to ride the NYC subway. Getting a group of people through the turnstiles is NEVER an easy task. And I mean NEVER!

See NYC Bus Trips continued on page 9

*"The last two years, we have had an overwhelming response. The bus trip sold out in one week, both years. There is now a waiting list."
~ Cindy & Gary Dolgoff*



NYC Bus Trips *continued from page 8*

The most memorable year, in our opinion, was the NYC Bus Trip of October 28, 2011. The day before the trip, Jane Glushik called me at work and told me there was a severe weather advisory. "Snow in October?" I asked. "That never happens." We mulled over what to do, ultimately deciding, yes, we were going to cancel. That night, we made a flurry of phone calls and luckily we were able to reach every participant. We were so glad we canceled. You may recall the storm and the ensuing week long plus with power outage. We could have been stranded!

We rescheduled that year's trip to the Memorial Day weekend. It was one of the coldest late May Saturdays on record. But at least it did not snow. I brought my group to the NY Botanical Garden. We were wearing mittens.

There have been so many places we've visited. Bridges – George Washington, Brooklyn, Manhattan. All five boroughs of the city - Manhattan, Queens, Brooklyn, Staten Island and The Bronx. The highest point in Manhattan (Washington Heights – a magnificent 850 feet ascent). Bronx Zoo, High Line, Roosevelt Island, Staten Island Ferry, Battery Park, Circle Line Boat Tour, Statue of Liberty, Harlem, Tenement Museum, National History Museum, Art museums. Churches – St. John The Divine, St. Patrick's Cathedral, Trinity Church. 9/11 Memorial and Museum. Central Park. The list goes on and on.

Not to toot our own horn, but where else can you get round trip transportation to the city, including a guided tour, for \$40? There is also the element of mystery. No one on the bus needs to decide which of the four tours they want to attend until they get off the bus. So, a leader could end up guiding two people, or twenty. We're not professional guides, but we put our hearts and souls into coordinating a fun and memorable day in the city.

Think "fair weather" for this year's PVHC NYC Bus Trip. And if you are lucky enough to have secured a seat, we'll see you on April 4, 2020.
– Cindy & Gary Dolgoff

"Not to toot our own horn, but where else can you get round trip transportation to the city, including a guided tour, for \$40?"

~ Cindy & Gary Dolgoff

Featured Club Member:

PVHC and Me

by Sandy Sego

One of the things I really appreciate about PVHC is the opportunity to get into new and different aspects of hiking. Before joining PVHC, I did some moderate hikes on my own. Mostly, I hiked at Mt. Tom, maybe venturing to the Notch on occasion. I thought it would be nice to find another place to hike. Little did I know that I would be introduced to dozens of places to hike.



It was summer, and as a teacher, I had plenty of time to go outside and hike. I joined Chip Pray's Monday Morning Hikes. I was amazed at all the different places we went. I joined some of the weekend hikes and started to meet more members. As the weather turned cooler, and school resumed, I stopped hiking. After all, I firmly believed that hiking was not an activity for the winter. (I still believe this!)

This pattern continued for a couple of years, I would get active in the summer, and drop out in winter. I finally decided to try hiking into colder weather. I decided I would at least try to get out one day on the weekend until it really was just too cold to hike. I found that each week I could convince myself to go by thinking it wasn't any colder than the week before. I made mistakes in wearing too much and refusing to take off layers when I got warm. More than once I got cold because I sweated through my base layer. But trial and error has taught me to bring extra shirts and that I really will get warm going uphill.

See *PVHC and Me* continued on page 11

"This pattern continued for a couple of years, I would get active in the summer, and drop out in winter. I finally decided to try hiking into colder weather."

~ Sandy Sego



PVHC and Me continued from page 10

On the trail, I had heard several people talk about hiking in New Hampshire and doing “the 48.” The idea is to hike 48 mountains in the Whites which are 4,000 foot or higher. When I first heard people talk about this, I thought they were crazy. Why drive three hours when Mt. Tom is a 20-minute drive? But just to have something to talk about, I asked Al Roman about it, after he had completed his 48. What would be a good mountain to try, given that I hadn’t hiked any in the Whites? Mt. Moosilauke, he said. It was the best payoff for the effort. He made it sound fun. And I thought I would try it if someone put it on the schedule. The next week, Moosilauke was on the schedule. It seemed like fate. Lori Tisdell was leading the hike, so I called her and asked about going. She encouraged me to join the hike.

Moosilauke was my first 4,000 footer. When we got to the summit, I realized why people did this. Yes, it’s a long drive. Yes, I had to get up in the middle of the night to meet people at 6:00 a.m. But the hike was great. We had lovely views going up the trail. The summit provides a 360-degree view and it is amazing. I felt a huge sense of accomplishment when we got down. I was hooked.

I eventually climbed all 48 of the 4,000 footers in the Whites, finishing with seven other members of the club. While some of the hikes were done as day trips, others involved staying at hostels and huts. The bonds of friendship that we forged in those hikes remains strong. Everyone in the club was supportive and encouraging. I didn’t realize when I joined the club that I would develop such good friendships with so many people. Not only do you have lots of time to talk (and sing, and kazoo) when you do long hikes, but you learn about the people around you.

This is true with backpacking as well. I joined Karen Markham’s beginner’s backpack to try it out. While you do have to carry more stuff, it is worth it. The club has lots of different trips where you stay in all sorts of places. I have slept in cabins, huts, tents, and shelters. Trips are a great way to get to know people. Between carpooling and hiking, you spend a lot of time with your fellow hikers.

See *PVHC and Me* continued on page 12

“Everyone in the club was supportive and encouraging. I didn’t realize when I joined the club that I would develop such good friendships with so many people.”

~ Sandy Segó

PVHC and Me *continued from page 11*

I have learned about trail maintenance with the club. I really appreciate all the work that has gone into developing and maintaining the trails we hike on. Being involved in the bog bridge and water bars along section 1 & 2 of the New England Trail that the club maintains has helped me understand just how much time and effort it takes to keep the trails in good shape.

When I go hiking, I try to learn new things. Maybe it's just remembering where the trailhead is, or the better way to get down a tricky spot. The club has been very supportive and encouraging as I have gotten into new and different aspects of hiking. There is always someone who has tried that thing and has advice and will lend you the equipment to get out there. I have had great hiking mentors in PVHC. I know we will have even more great adventures. See you on the trails!

– Sandy Segó

"The club has been very supportive and encouraging as I have gotten into new and different aspects of hiking."

~ Sandy Segó



Smurfy advice for the trail...

Warm Hands and Feet Make for a Happy Hiker

by John "PaPa Smurf" Klebes

Winter hikes can be some of the best. No leaves on the trees and the cold, crisp air presents an opportunity for some amazing views. But how can you enjoy them if your hands and feet are always cold? Here's a few pointers if you find your feet and hands are always cold.

Let's start with your feet. The most likely cause of cold feet is moisture. Even in winter our feet sweat and the dampness speeds the transfer of heat from your feet making you cold. It takes a lot of energy to keep trying to re-warm those damp socks and boots. The first step to warm feet is to ensure you have nice dry socks against your skin. Quality, moisture-wicking socks made from merino wool, polyester, nylon, or silk are a must. Winter is the time of year when you must stay away from your trusted, soft cotton socks. They just get damp and cold. If you have room in your boots for an extra pair of socks *that* can help with extra insulation. But beware: a tight fit with too thick socks will limit your circulation and defeat the benefit. In fact, a tight-fitting boot will actually cause you to have cold feet due to the poor circulation it causes. A good alternative is to add a thin liner sock. My go-to for winter is a thin, wicking liner sock made of silk or poly-pro to keep your feet dry and then cover them with a thick, good quality, merino or "Smart" wool sock that will absorb the extra moisture that the liner sock wicks away from your skin. But remember, it's better to have a thin pair of wicking socks than to have too tight a fit. Don't force two pairs of socks into your boots if there is not room.

While one source of moisture is from sweating you also have to worry

See *Warm Hands and Feet* continued on page 14

"The first step to warm feet is to ensure you have nice dry socks against your skin."

~ PaPa Smurf

Warm Hands and Feet *continued from page 13*

about moisture getting in from outside. Block snow and wind from your boot tops with gaiters or snug-fitting pant cuffs. And maybe update the waterproofing on your boots. If they start absorbing moisture your feet will get wet from the outside in. If you find you just can't keep your feet dry then take the time to stop and change into a dry pair of spare socks. It's the quickest way to re-warm damp feet.

For your hands most of the same principles apply. Add a nice pair of wicking liner gloves made from silk or other quality, wicking material. Then invest in a good pair of mittens. Mittens keep all the heat in and let's you share heat between your fingers. They are much warmer



than gloves. Keep the liner gloves on even if you have to remove your mittens to, say, take a picture or grab a snack. The liner gloves will keep some of the heat in so that you don't have to work as hard to re-warm cold fingers. Be sure to tuck the cuffs of your jacket under the mitten cuffs so snow and wind can't enter.

And as I've said many times in this column over the years, don't forget the hat. Your body will try to keep your core organs and brain warm at the cost of warm hands and feet. If you keep your head warm then you have more extra heat for your body to use to warm your hands and feet.

Lastly, pay attention to what you eat and drink. You can't efficiently keep your feet and hands warm if you don't continually drink and eat

See *Warm Hands and Feet* continued on page 15

"Add a nice pair of wicking liner gloves made from silk or other quality, wicking material. Then invest in a good pair of mittens."

~ PaPa Smurf

"If you keep your head warm then you have more extra heat for your body to use to warm your hands and feet."

~ PaPa Smurf



"Be sure to eat well before your hike and stop for lots of snacks along the way."

~ PaPa Smurf

"Try to avoid long breaks in winter, and if you need to make lots of breaks because you are hiking faster than the group, try slowing down and hiking at a steadier pace."

~ PaPa Smurf

Warm Hands and Feet *continued from page 14*

to keep your bodies' systems running smoothly. You will be surprised at how long you can stay warm if you stay hydrated and eat lots of high energy foods. Be sure to eat well before your hike and stop for lots of snacks along the way. This provides you the instant energy you'll need to push up those steep climbs and stay warm.

Keep your snacks simple and easy to eat and easily accessible so you can snack on the move. Good examples of winter snacks are cookies, dried fruits and nuts, chocolate, candy bars, and other calorie dense foods. Avoid things that might easily freeze or are hard to prepare. Some power bars and soft snack bars freeze so hard that you will break a tooth trying to eat them. Pre-cut cheese, sausage, or other items so you don't have to remove gloves or stop too long in the cold to prepare or access them. Simple snacks that are easy to get to and easy to eat are more likely to be eaten before you start feeling the cold due to low energy reserves.

If you are getting cold waiting during a snack or rest break you can do a few jumping jacks or swing your arms around or move your feet back and forth. Keep the circulation going and it will force warm blood into your extremities. When you stop, your body doesn't create as much heat. Try to avoid long breaks in winter, and if you need to make lots of breaks because you are hiking faster than the group, try slowing down and hiking at a steadier pace. You can also add a side hike out to a view (be sure to let other hikers know your plans), or hike backward on the trail, instead of standing around waiting for a slower hiker to catch up. It will keep you warm and add more to your adventure. Even if you are tired you will always be warmer moving around.

See Warm Hands and Feet continued on page 16

Warm Hands and Feet *continued from page 15*

Lastly, don't be afraid to break out a pair of hand or toe warmers. They can really turn a cold, ugly hike into a pleasurable adventure. And if Santa didn't bring you new socks and gloves this year why not splurge and buy yourself a belated holiday present of some quality gloves, socks and liners. It will really make your winter hiking more fun.

– 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)



PaPa Smurf



What We Can Learn from Pam Bales' Legendary Rescue in the White Mountains of New Hampshire

by Dick Forrest

This story about Pam Bales has been floating around Facebook, at least, on my feed, for months. When I finally read it, I was dumb-founded, amazed, and awed all at the same time. So I hope you will read the following story (see online link below) about rescuer Pam Bales in the White Mountains of New Hampshire, entitled: *Footprints in the snow lead to an emotional rescue*, by Ty Gagne, published in the *New Hampshire Union Leader*, January 5, 2019

(https://www.unionleader.com/nh/outdoors/footprints-in-the-snow-lead-to-an-emotional-rescue/article_482a2e0f-e725-5df6-9e7c-5958bdb272e5.html)

(From the online article: "This appeared first in *Appalachia*, the country's longest-running journal of mountaineering and conservation, published by the Appalachian Mountain Club.")

After reading Ty Gagne's article (at the above online link), *Footprints in the snow lead to an emotional rescue*, what can we learn from Pam Bales and recognize what she did right? A few thoughts...

First, she followed her instincts to follow the footprints in the snow, away from her intended path up Mt. Washington in the White Mountains of New Hampshire. She was concerned about someone who might have lost his or her way on the mountain. Pam had not only "concern," but you could say that Pam had other qualities that were essential to this rescue – she possessed compassion, tough love, and courage. "The entire time she treated me with care, compassion, authority, confidence and the impression that I mattered." ~ "John," the patient, that is, the name which Pam called him since he did not reveal his real name to Pam.

See *Legendary Rescue* continued on page 18

"Pam had not only "concern," but you could say that Pam had other qualities that were essential to this rescue – she possessed compassion, tough love, and courage."

~ Dick Forrest

Legendary Rescue *continued from page 17*

Pam Bales, in the words of the author Ty Gagne, "packed for almost every contingency." She donned extra layers of clothing as she climbed into the cooler temperatures higher up the mountain. She had additional winter clothing in her pack, multiple heat packs which she was able to apply to the patient's body, a bivy sack, and a thermos of hot cocoa with sugary cubes packed with electrolytes. She had a pair of her own microspikes which she placed on John's sneakers. She also carried a headlamp which she needed when she and John descended down the Jewell Trail after it became dark.

Pam had training in search and rescue - she was member of the Pemigewasset Valley Search and Rescue (SAR) team. She let people know where and on what trails she was hiking that day - she left a piece of paper on the dashboard of her car and left copies of the itinerary of her hike with two friends, who were fellow Pemigewasset Valley SAR teammates.

Pam had a "bailout" route (no pun intended). Hiking alone, she originally intended to take the Jewell Trail up in summiting Mt. Washington and to come down the Ammonoosuc Ravine Trail. Barring that, with inclement weather, or other impediments, she would either turn around and go back down the way she came up, or if she were higher on the mountain and needed to forgo the summit, she would take the Westside Trail to the Crawford Path and then go down the Ammonoosuc Ravine Trail.

Pam Bales used her instincts, her wisdom, and all of her trail knowledge in recognizing her and her patient's situation. She knew that she needed to warm up John's body quickly. She also instinctively knew when John had sufficiently recovered in the bivy sack to be able to move again, despite the slurring of his words. She took the necessary measures to be cautious with the inclement weather engulfing them, to secure their footing on the way back down the trail, and to take the fastest route down the mountain to keep both her

See *Legendary Rescue* continued on page 19

"Pam Bales, in the words of the author Ty Gagne, 'packed for almost every contingency.'"

~ Dick Forrest

"Pam Bales used her instincts, her wisdom, and all of her trail knowledge in recognizing her and her patient's situation."

~ Dick Forrest



“Yes, Pam Bales was a guardian angel that day. Thank God she happened upon John – there was no one else to save John that day.”

~ Dick Forrest

Legendary Rescue *continued from page 18*

and her patient alive. At one point, as Ty Gagne relates, she had difficulty following the cairns as the strong wind blew the snow into her footprints so she could only follow the indentations in the snow made by her hiking poles. She also sang songs along the trail with John in tow, perhaps in an effort to keep a semiconscious, lethargic, hypothermic John awake and focused on her voice. John wanted to give up but Pam wouldn't allow that to happen. She and her patient were in a perilous situation and she knew it.

Yes, Pam Bales was a guardian angel that day. Thank God she happened upon John – there was no one else to save John that day. And by the grace of God, or whatever deity you believe in, John realized that someone did actually care for him after all, and as a result, he was able to turn his whole life around. This story tugs at your heart-strings like no other.

Thank you, Pam Bales, for your heroic efforts on the mountain that day, and thank you, Ty Gagne, for writing about it so well.

-- 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 2020 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:

Jan. Renewals

Scott Brown
 Tim & Laura Brown
 Paula Christian
 Kathleen Damon
 Gary & Cindy Dolgoff
 Carole Dupont
 Sherry Goyette
 Thomas Harrington
 Gail Howe
 Phyllis Keenan
 Sarah Kiritsis
 Diane Moriarty
 Jade Mortimer
 Joanne Sico
 Patricia Watson
 Ann Wood

Feb. Renewals

Ali Baldwin
 Anita Buchiane
 Amy & Len Cohen
 Suzette Dacruz
 Chris & Jeff DeChristopher
 Paul & Christine Duval
 Peter Haas
 Richard Harrington
 Pat Jorczak
 Andrea Kalifa
 Paul Kozikowski
 Paul & Maxine Lessard
 J. Danusa Lokii-Braese
 Lori Martin
 Jettie McCollough
 Christine Overstreet
 Christine Pinney
 Paul Plasse
 Jane & Rick Ricci
 Carol Vanderheiden

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

November

Mary Ellen Brew and Peter Stark
 Susan DeTorrice
 Diane LaBarge

December

Joanne Boulanger
 Matthew Rehmann
 Ed Slinski



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
- Jan 7 (MA) Club Meeting
- Jan 11 (NY) The Vessels & Art Museum
- Jan 18 (MA) Mt Tom Trails
- Jan 25 (MA) Kennedy Park Snowshoe
- Feb 1 (MA) Mt Holyoke
- Feb 4 (MA) Club Meeting
- Feb 8 (MA) Notch Loop
- Feb 15 (MA) McCann Family Farm
- Feb 22 (MA) Spruce Hill
- Feb 29 (MA) Petticoat Hill
- Mar 1 (MA) Peaked Mt
- Mar 3 (MA) Club Meeting

IMPORTANT NOTICES

Next Club Meetings:
 January 7, 2020, 7 p.m. at **FBC**
 February 4, 2020, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is February 20, 2020

**** 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



----- fold here -----



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

