



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

It's Been Grand

by President Lori Tisdell

In 2019, at the beginning of my second term as PVHC president and seventh year on the executive board, I decided it was time to retire. I had served as secretary, VP and president and it was time to move on and give someone else a chance to have all the fun!

It has been an honor and privilege to serve. I have always been so appreciative of the trust the club had in me to do what is right for the club and to uphold the high standards and traditions set by previous presidents.

I want to take this time to acknowledge the rest of the people I served with on the executive board over the years and especially the last two years. It seems so long ago when it was Chip (pres.), Marcia (VP), and Carol V. (treas.) on the board when I joined as secretary. Over the years Paul came on board, then Gina, Jeanne and Erin. All the members of the board over the years worked hard and were committed to giving their best to the club and its interests.

I was nervous in the beginning about being president. It is a great responsibility and is, I feel, the face of the club and sets the tone and direction of Pioneer Valley Hiking Club. I had big shoes to fill. But it is also a collaborative effort and I was so fortunate to have such a great e-board during my two years as president. Jeanne Kaiser, Gina Geck, Paul Kozikowski and Erin Squires were dedicated, conscientious and dependable. They all had great ideas, were amazingly supportive and gave the best advice. I could not have asked for a better team.

When I made the decision to leave the e-board I knew it would be a challenge to find another president. We have an incredible club and so many are

See President's Corner continued on page 2

Volume 24, Issue 2

Mar, 2020

Inside this issue:

Important Renewal and Membership Notices 14

Upcoming Events And The Usuals 15

Important Notices 15

Special points of interest:

- Lori Tisdell's President's Corner article on page 1
- Joe Stella's article on page 3
- Erin Squire's Featured Member article on page 6
- Sandy Segó's article on page 8
- PaPa Smurf's article on page 10



Bootprints

"Many thanks to the club for your trust, faith and support in me. You are all the best of the best."

~ Lori Tisdell

President's Corner *continued from page 1*

willing to volunteer – but board positions are a special challenge to fill. We were very lucky (or maybe he caved under all the pressure) that Joe Stella stepped up and agreed to put his hat in the ring. Not that there were any other hats but still and all, Joe will make an excellent president and a fine addition to the executive board. I've spoken with Joe often in the last few months and he has great ideas and a vision for moving the club forward. He is also lucky to have Jeanne, Gina and Erin. And I am so very grateful to Joe for allowing me to step down and know the club is in such good hands under his leadership.

Many thanks to the club for your trust, faith and support in me. You are all the best of the best.

-- Lori Tisdell

A Message from the Incoming President

by Joe Stella

Thank you for the warm wishes and encouragement as I assume the presidency of PVHC. Lori has left big shoes to fill and the process of assuming the responsibilities for such a great organization has been, and continues to be, a humbling experience. Lori has done a masterful job as President of the Club for the past two years and has been a main cog on the Executive Committee for over six years. She has put her heart and soul into the Club and her efforts are appreciated and inspiring. The moniker, "Mama Bear," lovingly represents her effective leadership and passionate styles.

The club is fortunate to have three dedicated individuals on the important E-board: Jeanne Kaiser, VP, Gina Geck, Secretary and Erin Squires, Treasurer. Amazingly they are the first to volunteer for new projects even though their schedules are already full with work responsibilities, volunteering commitments and family obligations. They are all in for Team PVHC. Their willingness to help with my adjustment period is welcomed and appreciated. The next time you see Jeanne, Gina or Erin acknowledge their hard work and dedication on behalf of the Club.

The greatness and allure of the PVHC becomes more evident with each of my interactions with the membership, whether at hikes, picnics or parties. Many of us believe the physical activities, social interactions and cognitive challenges, associated with the Club, enhance our lives beyond our wildest dreams. As Lynn Gebo astutely stated about Club members on a recent hike, "We are like a family." The character, intellect, talents and worldly experiences of our members set PVHC apart from other "hiking clubs." There is no problem or obstacle too great that cannot be resolved by collectively putting our heads together. Tapping this potential is one (of four) of the main objectives for my tenure.

See *Incoming Prez* continued on page 4

"Lori has left big shoes to fill and the process of assuming the responsibilities for such a great organization has been, and continues to be, a humbling experience."

~ Joe Stella

"The greatness and allure of the PVHC becomes more evident with each of my interactions with the membership, whether at hikes, picnics or parties."

~ Joe Stella

"As Lynn Gebo astutely stated about Club members on a recent hike, 'We are like a family.'"

~ Joe Stella



"The Club is well-positioned, both financially and structurally, thanks to the many people who have volunteered their time and efforts, most recently under the tutelage of Lori Tisdell and Chip Pray."

~ Joe Stella

Incoming Prez continued from page 3

The Club is well-positioned, both financially and structurally, thanks to the many people who have volunteered their time and efforts, most recently under the tutelage of Lori Tisdell and Chip Pray. My goal is to utilize membership skills and talents to address existing and future challenges while minimizing the impact on our personal lives. By creating small, agile committees to target specific objectives, such as web page upgrade, by-law format improvement, Club brochure design, and mentoring program development, we can effectively work on several projects at once. These are a few examples of areas requiring attention. Let me know if you are interested in becoming involved, would like more information or have some ideas of your own. The more members participating in Club decisions the better.

My second objective, a concern for years, is to create a program to grow Club membership with like-minded individuals. Membership growth is critical to the long-term viability of PVHC. As we have found out, this is easier said than done. However with our skill sets and consistently attacking the problem as a team we can make progress. Initially, a small committee will be formed to develop a plan. The second phase will be implementation and follow-up of the plan. Please contact me if you are interested in participating on the committee or if you have ideas to share on this important issue.

The third goal is to streamline existing policies and routines ultimately reducing work load, while freeing up time to work on other important issues. Over time, adjustments in Club thinking, policies and routines are required to better address member needs and technology changes. We must keep up with the times. Several examples of areas requiring updates include: website upgrade, scheduling improvements, directory format and distribution.

Developing an informal mentoring program, especially for leaders, is another area for improvement. Leaders, and their development, are crucial for Club longevity. This program should provide a level of comfort to encourage more members to become leaders. The program will be based on developed guidelines and nurturing a mentor/mentee

See *Incoming Prez* continued on page 5

Incoming Prez *continued from page 4*

relationship rather than a high pressure system predicated on testing and certification (the AMC leader training program comes to mind). Expanding the mentor/mentee idea to include E-board members and the annual trip coordinators is also possible. If you are a former or existing leader please share your experience and knowledge with others by volunteering to help develop the mentoring program or becoming a mentor.

The strength of the PVHC is in it's membership with involvement being a key factor. The more people helping to make decisions or formulate policy the better. Everyone is encouraged to share his or her talents and time, no matter how menial or small it may seem. Please let me know of any suggestions or comments on the material discussed or on a different topic that is important to you.

-- Joe Stella
pvhc.hikingclub@gmail.com

*"The strength of the PVHC is in it's membership with involvement being a key factor."
~ Joe Stella*



Featured Club Member:
Ashley Reservoir
by Erin Squires



“My first visit to Ashley Reservoir was all it took for me to fall in love.”

~ Erin Squires

My first visit to Ashley Reservoir was all it took for me to fall in love. It's not a difficult hike and what it lacks in elevation it gains in beauty. When I was asked to co-lead a weekly hike at Ashley, I jumped at the opportunity. I no longer have co-leaders and I must admit that there are times when no one signs up for the hike that I want to abandon the weekly commitment. I won't though, I never tire of the beauty and what natural wonder will reveal itself to me.

Ashley Reservoir is the secondary drinking supply for the city of Holyoke. The reservoir was completed in 1897 and connects to the McLean Reservoir through a water-pumping plant. The reservoir can hold 795,000,000 gallons of water which can supply the city of Holyoke 2,100,000 gallons of drinkable water a day. At the deepest the reservoir is 12 feet and spans 640 feet in length.

Tripadvisor rates Ashley Reservoir as a 5 out of 5, claiming it is the “best kept secret.” I can't argue with that. No matter the season and no matter the weather, Ashley Reservoir showcases the beauty of nature.

See Ashley Reservoir continued on page 7

Ashley Reservoir *continued from page 6*

Spring brings the blooming of flowers, the baby geese and if you are lucky enough you may even see the elusive baby ducks. Spring also welcomes back the bald eagles that nest on the island and the blue herons that hunt on the water banks. The red-wing black birds come back along with the swallows. If you know where to look, you may be able to find the lady-slippers that hide just inside the woods.

Summer brings the sunning snakes, the deer feasting on the lush grass and the bunnies eating the plentiful clovers. The cormorants can be spotted diving for fish or roosting for the night. I have yet to spot a bear there but I have heard tales of mom and her cubs wandering around. There are turtles, frogs and toads aplenty.

Fall brings shorter days and crisp air. Letting go summer's warmth and longer days is effortless when the trees put on a colorful show. The snakes go away, the ducks and geese fly south and the eagles migrate to open waters.

Winter is my favorite season in Ashley Reservoir. It's cold, dark and the trail is icy. There are fewer people there; only the hard-core runners training for their next race. I love the feeling of isolation and loneliness because I am not alone. There is always one or two brave souls willing to join me. The best part is listening to the ice move on the water. It creaks, moans and snaps. A haunting sound that sometimes takes me by surprise.

No matter the season, my love for Ashley Reservoir runs deeper than the beauty it reveals. It is the people I have met and the friendships I have formed. It is the stories we share, the joys we celebrate and the hard times we commiserate over. Beauty is not just in what we see in nature but what we see in others. That is what Ashley Reservoir has revealed to me, the beauty in nature and the beauty in people.

References:

https://en.wikipedia.org/wiki/Ashley_Reservoir#References

<https://www.holyoke.org/ashley-reservoir/>

https://www.tripadvisor.com/Attraction_Review-g41614-d10340789-Reviews-Ashley_Reservoir-Holyoke_Massachusetts.html#REVIEWS

-- Erin Squires

“Summer brings the sunning snakes, the deer feasting on the lush grass and the bunnies eating the plentiful clovers.”

~ Erin Squires

“No matter the season, my love for Ashley Reservoir runs deeper than the beauty it reveals. It is the people I have met and the friendships I have formed.”

~ Erin Squires



"There are always things we want to accomplish. But achieving the goal, especially a long-term goal, That's hard work."

~ Sandy Segoo

"The goal you set for yourself should be something achievable."

~ Sandy Segoo

Goals

by Sandy Segoo

Did you make a New Year's Resolution? About 40% of people do. And by this point in the year.... They have forgotten them or given up. It's understandable. Setting goals sounds good. There are always things we want to accomplish. But achieving the goal, especially a long-term goal, That's hard work.

So how can we do better? Goals should be S.M.A.R.T. That is, they should be specific, measurable, achievable, realistic, and time-based. So make the goal specific and you need to have benchmarks to meet at specific time. The more specific it is, the easier it is to stick to it and be sure of success. A goal of losing 10 pounds by June 1 is more specific than just wanting to lose weight. It is easier to measure a goal that is clear and specific. If I want to exercise more, what do I mean by "more"? Do I mean exercising for an additional five minutes each time I work out or adding another workout to the weekly schedule?

The goal you set for yourself should be something achievable. A plan to lose 20 pounds in a month isn't achievable. Set a goal that you can achieve, with some nudging and effort. The goal you set also has to be realistic. You aren't going to transform yourself overnight into a person with different habits. Having a time that you want to achieve the goal can be motivating. It puts a bit of pressure on you to make progress and stay aware of how you are moving towards your goal.

Write your goal on a post-it note and put the note somewhere you will see it each day. Think about the goal daily. Be conscious of the actions you need to take. Think about how you will achieve the goal. What steps do you need to accomplish. Make a plan that is specific and time-sensitive. You can look at the plan and make sure you are on track. Have mini-goals along the way and celebrate when you meet those milestones.

Share your goal with others. It makes you more accountable to others
See *Goals* continued on page 9

Goals *continued from page 8*

and you may find someone else who shares your goal. Working with another person to achieve the goal can provide social support and motivation. Getting assistance from professionals (like an athletic trainer) may help you to stay motivated and insure that you are doing the right things in the right order to get to your goal.

Believe you can achieve the goal. Believing in yourself is critical to staying motivated and focused on achieving the goal. Track your progress, either with paper and pen or maybe an app. Use anything that allows you to see how you are moving closer to achieving your goal.

And know that you will not always make forward progress towards the goal. You may mess up and slide back for a day or week, or even a month. But you can always try again. Habits are hard to establish. It takes time. So try to find things that will keep you motivated. Visualizing the goal state may help. Imagine how you will feel when you have accomplished your goal. Think about the sense of pride and accomplishment. Focus on those feelings when you need a little push to keep you on track.

The advantage of S.M.A.R.T. goals is that we have a better sense of what success looks like. It forces us to know why our goals are important and track our progress. By thinking about it daily, we stay focused on our goal and stay motivated. Finding quotes or images that allow us to focus on our goals and stay motivated can help.

-- Sandy Segó

"Believe you can achieve the goal. Believing in yourself is critical to staying motivated and focused on achieving the goal."

~ Sandy Segó



Smurfy advice for the trail...

Crossing Frozen Lakes and Streams

by John "PaPa Smurf" Klebes

Winter has frozen many lakes and streams but these deeply frozen places can have hidden hazards. And as spring approaches it can be harder to assess the dangers. There is a special magic about venturing out on a frozen lake and taking in the views from this special vantage point. Try it after dark for an even more spectacular view of the night sky! But stay safe with a few tips from the Smurf.

"A common rule-of-thumb is that you need at least 4 inches of clear ice to support an adult's weight."

~ PaPa Smurf

A common rule-of-thumb is that you need at least 4 inches of clear ice to support an adult's weight. If the ice is cloudy, or white in color, then it contains air bubbles and can be weaker and more porous so you need even thicker ice to hold your weight. If water is moving underneath then the thickness of the ice can vary significantly from one spot to another.

Water freezes and thaws first around the shallow edges. Look carefully at the water along the edges. Is it solidly frozen or starting to melt? Poke a stick or hiking pole hard into the ice farther out from the edge to see if it has a nice solid thump indicating thick ice. Poke through or brush off any snow that may be covering the ice to assess what's underneath.

Even solidly frozen lakes will have weak spots around inlets, outlets, springs and narrow spots that have under-the-ice currents, which all weaken and thin the ice from below. A good example of this can be seen on the hike around Lonesome Lake in New Hampshire. Many guests hike across the well-frozen lake to Lonesome Lake Hut. It's a spectacular hike. But take a look at the trail near the hut as it crosses

See Crossing Frozen Lakes and Streams continued on page 11

Crossing Frozen Lakes and Streams *continued from page 10*

the bridge over the inlet stream. Even in deep winter cold there is thin ice or open water at this spot.

Another area to avoid is marshy and weedy spots that create underwater compost that generate heat. I once circumnavigated a well-frozen lake only to crack through shallow areas of weeds that were not frozen and ended up in sticky mud that sucked my snowshoes down. Be aware of the water flow and avoid such areas. Getting advice from locals about areas on frozen lakes to avoid is also a good option as the locals will know what places are less reliably frozen.

Darker objects, such as rocks and tree limbs, absorb heat from the sun and can cause melting around the edges of the ice that come in contact with them. Beware around the edges for open water around the edges that might be hidden with snow.

Another good policy is to spread out if you are in a group. Leave some space in case someone breaks through so you don't take the whole group with you. If someone falls through the ice kick your feet and spread your arms and shoulders onto the ice to distribute your weight on the edge of the ice. Crawl out and keep lying down to evenly distribute your weight as you move away from the hole. If others are near by, stretch out a pole or stick to the person while laying prone on the ice without getting too close to the edge of the hole. Anyone on the ice, including the rescuer, should avoid standing up until they are far away from the broken ice. If you do fall in, change out of those wet clothes immediately to reduce the risk of hypothermia. Maybe even stop to make a hot drink or eat something high in glucose to warm up faster.

Assessing stream crossings can be a little harder than lakes. Look for animal tracks, if they turn back half-way across a stream you can be

See Frozen Lakes and Streams continued on page 12



PaPa Smurf

“Anyone on the ice, including the rescuer, should avoid standing up until they are far away from the broken ice.”

~ PaPa Smurf



Footprints

Crossing Frozen Lakes and Streams continued from page 11

pretty sure they did it for a reason – because it’s unsafe. The most dangerous part of a stream crossing is the edge of the ice ledges that form along its bank. Look for where the current would be strongest, such as narrow spots, inside of a turn, or pinch points in rocks. These are the areas that may have weak ice or open water under the snow. Snowshoes or skis can help distribute your weight over a larger area. If you hear cracking of the ice or are uncomfortable use your gut feelings and turn back.

“If you hear cracking of the ice or are uncomfortable use your gut feelings and turn back.”

~ PaPa Smurf



“It’s a beautiful day in the wilderness!”

It’s a good idea to go one at a time and follow existing footprints because they can pack down and strengthen the snow bridge. But beware, just because someone else left footprints the conditions could have changed since they crossed.

For more information on open water stream crossings see the *FUN Stream Crossing* article in the September, 2018, *Footprints* (<http://pioneervalleyhikingclub.org/blog/wp-content/uploads/2018/09/bp2018sept.pdf>).

-- 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)

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:

Mar. Renewals

Debbie Bombard & Sheryl Stevens
 Jeff Briggs
 Kay Byington
 Mike & Gail Carrier
 Norma Casillas
 Theresa Corey
 Howard Eldridge
 Ray Girard
 Alan Goodhind
 Bill Grygiel
 Pamela & James Hicks
 Pamela Kennedy & David Launchmen
 John Klebes
 Kell Kuklewicz
 Heather Lomax
 Donna Magez
 Nancy Mangari
 Edmund Marrone
 Michelle Martinat
 Rachael Naismith
 Lorraine Plasse
 Dave Poulin
 Linda Quesnel
 Francisco & Nicole Vargas
 Susan Wills
 Kevin & Robin Withers
 Eileen Wood

Apr. Renewals

Jacki Barden
 Marianne Baush
 Rick Briggs
 Virginia Brown
 Daniela & Augusto Espin Campuzano
 Elizabeth Case
 Pam Chandler
 Michelle Dechristopher
 Shari & Mark Dorman
 Jane Glushik
 Bryan & Joan DelPlato Goodwin
 Donna Henderson
 Sharyl Hill
 Eunice Jones
 Susan McGurk
 Lori McMahon
 Robert Morgan
 Thomas Pospisil
 Kathryn Ruhf
 Albert Shane
 Lynne Shapiro
 Jacqueline Sheehan
 Gwen Shook
 Maryellen Sullivan
 Ed Watson
 Kathy Zeiben

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

Joe Stella, President
 Jeanne Kaiser, Vice President
 Erin Squires, Treasurer
 Gina Geck, Secretary
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Chip Pray & Joe Stella
 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: Joe Stella
 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

January

Sarah Donaruma
 Pam Hayward
 Melanie Sarna

February

Maureen McGuigan
 Charlotte Lee
 Bernard Marshall



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
- Mar 3 (MA) Club Meeting
- Mar 7 (MA) NET Traverse (Long Mt & Mt Norwottuck)
- Mar 14 (MA) Mt Tom
- Mar 21 (CT) Peoples St Forest
- Mar 28 (MA) Mt Tom Trails
- Apr 4 (MA) Mt Tom Bray Lake
- Apr 7 (MA) Club Meeting
- Apr 11 (MA) NET Section 5
- Apr 18 (MA) Seven Sisters
- Apr 25 (MA) Club Trail Maintenance
- May 2 (MA) Spring Hiking Kickoff
- May 5 (MA) Club Meeting

IMPORTANT NOTICES

Next Club Meetings:
 March 3, 2020, 7 p.m. at **FBC**
 April 7, 2020, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is May 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

