



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

The Current State of our Hiking Club

by Acting President Jeanne Kaiser

Greetings PVHC members:

I hope this message finds you all healthy and coping. A lot of things have changed since we last met. Personally, I am doing some things that I never thought I would do: teaching my classes online, wearing a mask to the grocery store, and getting to the end of April without watching a single baseball game. Another thing I did not anticipate was becoming the acting president of the Pioneer Valley Hiking Club. However, Joe Stella has found it necessary to step down from his position and as vice-president, I will step up in an acting role.

As everyone knows, this comes when the hiking club is taking a pause in its activities because of the Covid-19 pandemic. The biggest task for the board right now is figuring out when and how to resume activities. When we do, it will not be like flinging a door open. Instead, it will be more like edging the door ajar, little by little, until it is safe to fully resume our schedule. As we discuss how to crack that door, we will continue to be guided by state restrictions, the recommendations of the medical community and our common sense and creativity. The board welcomes the input and ideas of the membership throughout this process.

In the meantime, we will try to stay connected in the ways that we can. This edition of *Bootprints* is one effort in that regard. We will also periodically do Zoom meetings for social contact. Be on the lookout for a step challenge designed to encourage physical activity, camaraderie, and some public spirit.

Once we start functioning more normally, our now three-person board will
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"I am looking forward to seeing you all soon on the trail, but maybe sooner on Zoom."

~ Jeanne Kaiser

President's Corner *continued from page 1*

be leaning heavily on volunteers to help with the work of the club. In fact, I am hoping that down the road, when members recall my (brief) presidency, they will mostly remember my great willingness to delegate. We are sure that, as always, club members will rise to the occasion.

I am looking forward to seeing you all soon on the trail, but maybe sooner on Zoom. Please stay safe and healthy - and enjoy the spring weather while staying six feet apart.

-- Jeanne Kaiser

Fueling Your Hike – What To Eat When There Is No Meat

by Cindy Dolgoff

According to recent news reports, one of the shortages, due to COVID-19, is meat. This situation is inapplicable to me, since I stopped eating meat in 1995. In my PacMan-like infrequent ventures to the grocery store, I have no reason to peruse the empty meat shelves, although I forlornly pause at the bare paper goods section, praying that my pre-virus purchase of Costco toilet paper holds out.

So, since I'm knowledgeable about meat alternatives, this article will provide advice on meat-like substitutes. The information is memory-based. Like I said, I'm not lingering at Stop and Shop and I'm certainly not going to go there to do any research. Side note: I haven't been hiking either. Just regular walks to get out of the house.

Most meat alternatives are wheat-gluten or soy-based. They're not for everyone. When I became a quasi-vegetarian 25 years ago, the only products available were veggie burgers, which looked and tasted like hockey pucks. There's quite an assortment now, and they're available in most mainstream grocery stores.

You may be asking, if you don't eat meat, why do you consume food that masquerades as meat? Good question. The answer is, because I am an unimaginative cook. It is easier for me to substitute fake chicken strips into a recipe than to try to figure out what to do with a blob of tofu or a hunk of tempeh. If you can do that, more power to you.

Beef: The main beef alternative is the veggie burger. There is a mind-boggling variety of both fresh and frozen patties. I can't say that I have a favorite. In my opinion, the frozen burgers have better taste

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"So, since I'm knowledgeable about meat alternatives, this article will provide advice on meat-like substitutes."

~ Cindy Dolgoff



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but I prefer the fresh burgers if cooking on the grill. Just don't over-cook them, unless you enjoy eating something that tastes like burnt cardboard.

I did try the *Impossible Burger* Whopper at Burger King and I think it's delicious. This brand, as well as *Beyond Meat* is now available in grocery stores but both are rather pricey, in my opinion.

I've also experimented with fresh and frozen veggie meatballs; some brands are better than others - I prefer Gardein. Soy protein crumbles can be used as a hamburger alternative - add it to chili, baked ziti, and lasagna. I have also used it to make a meatless meatloaf. My friend Cathy pointed out that name is redundant, so we re-named it - Loaf.

Poultry: You can purchase seasoned "chicken" strips, which can be added to soups, stews or stir fries for flavor, substance and protein. They are a bit rubbery. Years ago, I purchased a Tofurkey roast. It was horrid. The accompanying "turkey" drumettes were equally vile. This product may have improved over time but it was quite expensive so try at your own risk.

Pork: My favorite pork alternative is a spicy, fake-sausage product. It's quite tasty and the consistency is meat-like. I also like the Light Life brand baloney cold-cuts. I told a friend "It tastes just like real baloney" and she responded, "No, it doesn't." Maybe it does if you add a variety of accompaniments. My advice: Load your sandwich with plenty of lettuce, tomato, onions, mayo, etc.

I have yet to find an acceptable faux bacon product. Everything I've tried has the appearance and texture of a Fruit Roll Up, and tastes like dirt.

Also worth trying are soy hot-dogs. I call them Sogs.

Happy eating.

-- Cindy Dolgoff

Even with the Pandemic Some Hiking Goes On!

by Gary Dolgoff

Hey, I've been getting out, feeling safe, and loving it!

In the last week or so, I've done some outings with various club folks, one at a time.

Last week, I did a nice woods walk with Al Roman, in his native Ware, MA. Afterwards, I had a nice "garage dinner" with them (they have an exceptionally clean garage!). They prepared a delicious dinner, and I brought the red wine (and sat at a separate folding table). We had dinner, wine, and wonderful conversation.



With Al Roman and Karen Markham at their "garage dinner"

On another day, I did a multi-mile hike with Harry (he went at a compassionate pace!) We hiked from his house, and had some good conversation and camaraderie. Harry is always an interesting conversationalist.

This week, I had a really cool hike with Erin Squires. Though the Notch parking lot was just about full, she somehow knew of a trail that was blissfully deserted! When we attempted to go to the top of Mt Norwottuck, with Erin at the lead, it was found to be too crowded so we turned back from that part of the hike. Erin's cheerfulness and bright personality are always welcome on any hike.

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"Afterwards, I had a nice 'garage dinner' with them (they have an exceptionally clean garage!)."

~ Gary Dolgoff



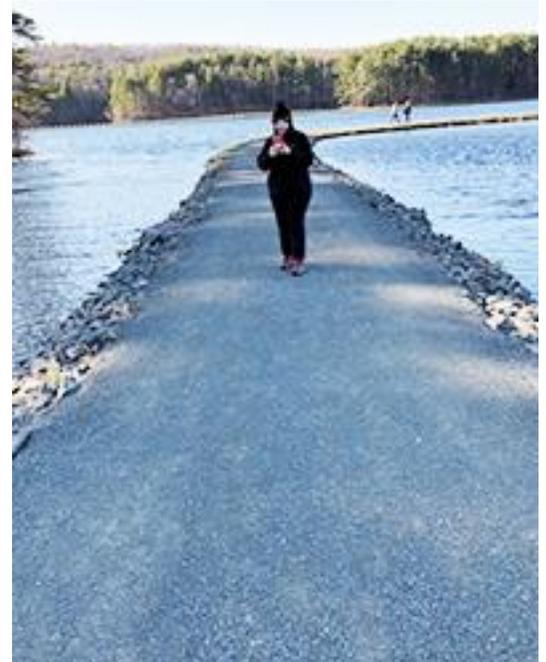
Hiking Goes On *continued from page 5*

This week, I also did a multi-mile Easthampton walk with Lisa Golob, who is now my neighbor living only a few houses from me in Easthampton. She's great company and we chatted and walked a few miles, enjoying that sunny afternoon, and having great conversation.

A couple more: a good walk with Lori Tisdell, and another couple, with Sandy Segó. (Thank you, both, always nice company!)

In short, I feel safe walks are quite doable with my fellow clubbies, even with the coronavirus present. Just keep your distance from folks (six feet), and all should be well!

Cheers,
-- Gary D



With Erin Squires at Ashley Reservoir

"In short, I feel safe walks are quite doable with my fellow clubbies, even with the coronavirus present."

~ Gary Dolgoff

Self-care

by Sandy Segó

Sigh. We are all feeling it now. The stress and anxiety of the pandemic. When will we be able to safely leave our homes? When can we drop the masks and get closer than six feet to our friends? Do I have enough toilet paper to get through the week? Is it safe to get take out (since I don't want to cook again)?

Dealing with a pandemic is overwhelming. It is unprecedented in our lifetimes. It has given everyone challenges in staying safe and healthy. And we need to engage in self-care more than ever.

Self-care is considered any necessary regulatory function under individual control, deliberate and self-initiated. It is taking care of yourself, the same way you would take care of a loved one, if they couldn't care for themselves. You worry about what someone is eating, if they are getting enough exercise, making friends...Self-care is about improving well-being, preserving health, and maintaining physical and mental stability.

So how do we engage in self-care during a pandemic? We need to be strategic. We need to recognize that at times, we may feel isolated, anxious, sad, stressed, and experience grief. All of these feelings are perfectly normal reactions to an ongoing event like this. Give yourself permission to experience your emotions and recognize that it can be a struggle to deal with life right now.

To cope with these feelings and manage our emotions, there are steps we can take. First, we may want to avoid information overload. It can be tempting to keep the news on for hours, listening to updates and conflicting advice about what society should be doing. I would suggest just tuning in once or twice a day. Go to a trusted news source (such as the CDC) and following their recommendations. Maybe limit the time you spend scrolling through social media – especially if it creates negative emotions.

Second, naming your fears can help. What exactly are you scared of?

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“Self-care is considered any necessary regulatory function under individual control, deliberate and self-initiated. It is taking care of yourself...”

~ Sandy Segó

“To cope with these feelings and manage our emotions, there are steps we can take.”

~ Sandy Segó



“Third, reaching out to help others can take us outside of ourselves and focus our energy on others.”

~ Sandy Sego

*“Another way to think about self-care at this time is to focus on the **4 Ms of mental health**. The first M is **Movement** ...”*

~ Sandy Sego

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What can you do to prepare for those events or prevent them from occurring? Make a plan. Make a backup plan. Having ideas of how to deal with scary events can take away some of the fear.

Third, reaching out to help others can take us outside of ourselves and focus our energy on others. Providing assistance to others – by picking up something at the store for a neighbor; delivering food or needed supplies – can aid us in thinking about how the pandemic impacts others and see that we aren’t alone. It can also provide a feeling of satisfaction to know that you have helped another.

Fourth, be smart about seeking support. Reach out to friends or family when you need to talk. Make sure that both parties are able to share and provide encouragement. You may need to limit time with individuals who are very negative and self-involved. You don’t want them to drag you down into a state of depression. Talk to several different people, don’t rely on just one person.

Fifth, establish a routine. Now that we are all home every day, the days blend together. Having a routine can help pass time and institute a sense of normalcy. Try to get up and go to bed at the same times each day. Have a specific time set aside for accomplishing some goals (clean out that closet), to catch up on the news, to socialize, and for exercise. Staying busy can help you to focus on other things than your negative thoughts. Try one of your old hobbies that you can do at home. Maybe try a new hobby or activity.

Another way to think about self-care at this time is to focus on the **4 Ms of mental health**. The first M is **Movement** – exercise. Go for a walk, run, bike ride, or dance; do anything that puts your body in motion. If you aren’t comfortable going outside, you can do exercises in your home. Push-ups, squats, lunges, and crunches are all good for you and don’t take much space. Lots of gyms have videos on YouTube that get people moving. Any sort of physical movement will help your mood. So get regular exercise.

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The second M is **Mindfulness** – focus on what you are doing. This could be meditation and some exercises like yoga and tai chi encourage a focus on the physical movements that is a type of moving meditation. Or you can do this with any activity you engage in. Focus on the rhythm of the activity when you are painting a wall or washing your hands. If you spend as little as 5-10 minutes each day focused on what you are doing, and aren't distracted by other thoughts, your mind will calm down and you will notice a difference in a few days. Don't worry if your mind drifts. Just bring it back to the activity at hand. When I took a meditation class years ago, I really struggled to focus on my breathing and counting how long I inhaled and exhaled. Then one day I tried counting in German. I don't know why. But I found it helped. It occupied a little bit more of my brain to count in a foreign language. And other thoughts didn't intrude as much. So play around with different ways to focus.

The third M is **Mastery** – this involves improvement at something and it can be creative. Maybe you want to improve your musical skill. This is the time to schedule in daily practice. Take some time each day to draw or learn a foreign language. Maybe take up cooking or baking. Maybe you've always wanted to write a book or learn to knit. Again, YouTube has videos for you to learn almost anything. You can even take college classes online if you want.

The fourth M is **Meaningful** connections – as social animals, we need to be in contact with others. Talk to your friends and family. Do a Zoom or Skype with them; seeing others can be comforting when we have limited engagement with society. Reach out to check on neighbors who may be having a hard time. Being able to help others can be a powerful experience to bring joy and comfort to both the helper and helpee.

Attitude really is everything. See this as an opportunity to make positive changes in your life. And look for the upside in what is happening. Instead of focusing on the hikes you are missing, think how

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“Being able to help others can be a powerful experience to bring joy and comfort to both the helper and helpee.”

~ Sandy Segó

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“And know that we really will get through this together. When all this is over, hopefully we will be more appreciative of our friends and all the opportunities to lead a ‘normal’ life.”
 ~ Sandy Segó

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having fewer hikers is good for the trails and animals. Fewer cars and airplanes has helped reduce pollution.

Most of us have time to do things we normally procrastinate on. See this as a break in normal life. Embrace that things are different and weird; it’s okay to be weird for a while. Try to eat healthier than you generally do. Make more well-balanced, home-cooked meals. Get plenty of sleep. Avoid drugs and alcohol. Stay busy. Focus on positive thoughts. When you are out, wear a face covering and stay 6 feet away from other people. Sanitize the things you touch when you are out, like your keys and the doorknob. Wash your hands. And know that we really will get through this together. When all this is over, hopefully we will be more appreciative of our friends and all the opportunities to lead a “normal” life.

– Sandy Segó

Smurfy advice for the trail...

Spring Cleaning & Repairs

by John "PaPa Smurf" Klebes

Spring is just around the corner, but with many states under a stay-at-home order, opportunities for hiking locally and requirements for social distancing really limit how much time we can spend outdoors. If you're like most of us there is only so much Netflix, games, puzzles, and cooking we can stand. Why not spend some of this extra home time to take a deep dive into your hiking gear?

Now is the perfect time to go through all your hiking gear. Separate your gear into a few categories: things that are in good shape and just need to be organized well, items you use but could use a good cleaning or tuneup, those that need minor repairs, and those oddball items that are old, out of date, damaged, stinky, beyond repair, or just no longer right for you. We all have them. Clothing that no longer fits, didn't work well from the beginning, or you just have better replacement gear now. We all have gear that we couldn't bring ourselves to part with because it's still useful, but undesirable, given a better choice in your gear arsenal. Now is a great time to sort through them and get rid of the clutter. You will be able to better organize the stuff you really use if you don't have to pick through the stuff you don't.

That leaves us with items needing repairs, tune-ups, and/or a good cleaning. Let's start with repairs. First, let me say that the internet is your best friend. A simple Google search on how to make just about any kind of repair; from zippers, to tears, to even sewing your own down and outdoor gear is freely available on the internet. Many of them as repair-it-yourself videos on YouTube. Don't be afraid to

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"Now is the perfect time to go through all your hiking gear."

~ PaPa Smurf

"That leaves us with items needing repairs, tune-ups, and/or a good cleaning."

~ PaPa Smurf

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watch a few for pointers for making your specific repair. That said, I have picked a few of the most common cleaning and repair techniques that I use.

“First, rips and tears in clothing, tents, packs, and sleeping bags.”

~ PaPa Smurf

First, rips and tears in clothing, tents, packs, and sleeping bags. Obviously if it's an easily sewed fabric then simply grab a needle and thread and have at it. If you are like me and never were taught how to sew, just Google it. There are many simple sewing videos that will teach you a simple sewing technique for repairing rips and tears. For difficult materials, like synthetics used in down coats, tents, rain gear and such, I like to use Gear Aid's Tenacious tape. It's available in rolls, patches, and kits, and in many colors, including a translucent clear that is kind of universal. Check out Amazon for cheap sources and buy a roll bigger than you need. You will find tons of uses for it. It's great to patch those pesky burn holes from sparks from the campfire and just a quick repair in general if you don't like to sew. With any repair tape this is my recommended procedure: Trim any loose threads from the tear or sides of the hole. Clean the area with an alcohol wipe, patch on both sides (inside and out) if possible, and be sure to round the corners of the tape patch with a pair of scissors to avoid a sharp corner that can easily peel up. Don't forget the cleaning with alcohol step. It can make the difference between a temporary and a permanent repair.

“If your gear needs more serious repairs, or is a high-end item like a tent, sleeping bag, sleeping pad, or high tech outerwear, don't hesitate to contact the manufacturer.”

~ PaPa Smurf

If your gear needs more serious repairs, or is a high-end item like a tent, sleeping bag, sleeping pad, or high tech outerwear, don't hesitate to contact the manufacturer. Many high end items are covered under warranty, sometimes for life, and even if they aren't, they usually offer very inexpensive repairs or will do it as a goodwill effort. The only downside to asking is that they usually require you to mail it back at your expense and you have to wait weeks for the repair. But again, isn't this the right time to finally get that done?

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Spring Cleaning & Repairs *continued from page 12*

Now let's talk feathers. A hiker's favorite, and most expensive, ultralight gear is usually his down coat and sleeping bags. Lots of rumors that you shouldn't wash down unless you have to, but that is absolutely wrong. You really need to wash them, and if done right and often, will keep your down warm and fluffy for a lifetime. Make it a habit to wash down items every year or two and more often if it's losing its loft. Don't be afraid to wash down. Oils and dirt from your skin and the environment slowly works its way into the down causing clumps, clogging pores in the breathable covering, and decreasing loft and warmth. Fortunately it's an easy, but time-consuming task to clean a down coat or sleeping bag. First, make any repairs to seams, holes or rips. You don't want to lose any of your precious down feathers when washing. Use a front loading washer with only one large item at a time. You can use a fancy detergent made special for down but any quality detergent like Tide is fine. Powdered Tide was actually recommended to me by the manufacturer so that's my go-to. Just be sure it does not contain any additives, like soaps, bleaches or fabric softeners. Stick with powdered detergent, not the liquids. A good source is those little boxes sold for a dollar at the coin laundromat. You want a simple detergent made for high efficiency washers (marked "HE" on the label).

Wash on a gentle cycle and use an extra rinse cycle. Next, carefully move the down item to the dryer taking special care to support the wet fabric as the weight of the wet down can stress the fabric seams. It's important to get the down very dry and to make sure to break up any clumps of feathers while drying. To do this, throw in a handful of tennis balls to act as an agitator to break up clumps as it dries. If you don't have tennis balls you can throw in a clean pair of sneakers. That should also work. Now dry using the low heat setting. Be prepared

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PaPa Smurf

"Now let's talk feathers."

~ PaPa Smurf

**Spring Cleaning & Repairs** *continued from page 13*

for it to take a long time and make lots of noise as the tennis balls roll around. It can take several hours so run it as long as you need to. It will feel soft, dry, and fluffy when it's ready but it might be up to 3-5 hours. Stop occasionally to check the progress and help break apart any clumps.

"How about your rain gear?"

~ PaPa Smurf

How about your rain gear? Does it have a DWR (durable water repellent) factory coating to make it water resistant? You can easily tell if it's wearing out because water will start to evenly coat the fabric, called wetting out, or even get absorbed into the fabric. When the coating is new, water beads up into little balls on the surface and can easily be shaken off. If water wets out and clings wetly to the surface then the DWR is wearing out. The best solution, short of buying a new one, is to re-apply a new DWR coating. DWR coating are readily available in sprays and wash-in coatings. Again, just check Amazon for DWR. Nikwax is one popular brand. They can be a little pricey but they make an older rain coat useful again. Another trick that can restore an existing coating is to simply wash the item to clean off oils and dirt that coat the surface of the coating. Then after it's clean run it through the dryer. Once it's dry, continue to tumble dry the garment for another 20 minutes as the heat will reactivate the DWR treatment. This can make a significant improvement.

"How about that old tent of yours? Has it seen a lot of wind and wear and tear?"

~ PaPa Smurf

How about that old tent of yours? Has it seen a lot of wind and wear and tear? Maybe it's time to make a few repairs and renew its seams. You can use Tenacious Tape on rips and tears on the tent fly and tent floor, and Gear Aid also makes tenacious tent screen repair patches for the mesh fabric of your tent. Then set up the tent outside and hose it down to clean it. If it's really dirty use some detergent. After a good hosing down inspect the inside corners and seams for leaks. Wind pulls on the fabric and just plain wear and tear can open up the stitching holes, allowing water to seep in. A new seam sealing can fix

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this right up. There are several products available but my recommendation is a simple silicone caulk diluted with Coleman fuel or mineral spirits and brushed on with a foam brush. Check out Henry Shires' Tarptent method for seam sealing. There's directions on his website or check out the YouTube video "How to Seam Seal your Tent – Tarptent Method" (<https://www.youtube.com/watch?v=Z2xgZuISiKY>). Be sure it's nice and dry after washing it before seam sealing.

Tent zippers can get lots of dirt and grit in them. When you wash and dry your tent, pay special attention to the zippers. Then apply a dry silicon lubricant spray to the clean zipper. It does magic to improve the feel of the zipper and adds years to their life. Are your tent zippers opening up? You can tighten them easily by taking a pair of pliers and gently squeezing them a little bit. Don't try it with cheap, die cast zinc zipper pulls because they just break in half, but if it's a metal that bends, then a slight squeeze of the zipper pull can tighten them up and make them work like new. (A good YouTube video is "fixing separating zipper with pliers.") Don't overtighten.

Don't forget your backpack. At least once a year, if not a lot more often, you should throw your backpack with all the pockets empty into the bathtub. Wash it by hand with a little laundry detergent and rinse it well and let it drip dry. The straps and back soak up sweat, dirt, and body salts that not only can make it stinky and is the leading cause of skin rashes on long hikes. A good cleaning will keep the mice out of your pack, as well.

My last gear tune-up suggestion is your collapsible hiking poles. Do you ever find them slipping and changing length? Sometimes a simple cleaning is all they need. Take apart the sections into pieces. Then
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"Tent zippers can get lots of dirt and grit in them. When you wash and dry your tent, pay special attention to the zippers."

~ PaPa Smurf

"Don't forget your backpack."

~ PaPa Smurf

"My last gear tune-up suggestion is your collapsible hiking poles."

~ PaPa Smurf



clean them with a brush and water and dry them well. Do not lubricate them. You can use a cloth over the end of a screw driver to clean inside the opening holes part way up. The clean, dry surface gives a solid surface to tighten against when adjusting the length. They will work like new. If they still slip then you might need to replace the plastic expansion portion of the locking system. This part is replaceable on most poles with internal locks.

“Now is a great time to clean up, tune-up, repair, and organize all your hiking gear.”

~ PaPa Smurf

Now is a great time to clean up, tune-up, repair, and organize all your hiking gear. Get everything ready while you are researching all the great places that await you when this trying time is over. I hope everyone is able to at least get out locally for some hiking this spring while practicing good social distancing as appropriate. If we all work together, things will open back up and the remote corners of our great outdoors will be our social playground once again. See you out in the wild soon.

- - PaPa Smurf

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

Book Review:

The White Mountain: Rediscovering Mount Washington's Hidden Culture, by Dan Szczesny

Book Review by Dick Forrest

Dan Szczesny is a journalist who lives in Manchester, New Hampshire, who likes to write books. He's comfortable interviewing people – that's what journalists do. And so, it comes through in this book about many things associated with Mt. Washington, New Hampshire. Dan Szczesny decided to take one year of time and devote it to writing about many eclectic, cultural events that take place on or around Mt. Washington.

Each chapter of Dan's book is different. The following are things that Dan writes about in different chapters of his book: Dan takes a snow-coach tour up Mt. Washington and snowshoes down; Dan and his buddy spend a week feeding the meteorological scientists at the Mt. Washington Observatory, which is at the summit of Mt. Washington; on the annual Alton Weagle Day, he is dressed as Walt Whitman and reads Walt Whitman's poetry as he hikes up the mountain; as a member of a team, Dan helps a 97 year-old runner who runs up Mt. Washington during the annual road race up the Mt. Washington Auto Road; he rides shotgun in one of the Mini Coopers on their annual drive to the summit on the auto road; he participates in the annual Seek the Peak Day for hikers who climb the mountain; Dan picks dandelions, an invasive species which is crowding out native alpine vegetation on and near the summit of Mt. Washington, at the invitation of the New Hampshire Natural Heritage Bureau; he attends a steam-punk festival at the base of the mountain and rides a cog railway train to the summit; as a complete novice, he joins an esteemed group of

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"Dan Szczesny decided to take one year of time and devote it to writing about many eclectic, cultural events that take place on or around Mt. Washington."

~ Dick Forrest



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New Hampshire landscape artists who annually get together to share their art painted outdoors in the North Country air; he takes his young daughter by car up to the summit for the first time; and finally, Dan visits Mt. Washington, Massachusetts, coincidentally the home of Bash Bish Falls.

As you have read above, it's certainly an eclectic list of events. I must admit that it was a little difficult to get through this book with all the jumping around to different topics. But I'll have to say that this book gives me a better idea of some of the things that go on in the Mt. Washington area. I think Dan's best writing was the second to last chapter where he drives his car just short of the summit of the Mt. Washington and introduces his young daughter, a toddler, to the mountain. The color photos in the middle of the book are a good touch. However, I can't stand typos – for a writer, they are inexcusable. There weren't many but even a few are too many, from my perspective. A good proofreader would have caught them.

*"Dan Szczesny seems to have an intimate knowledge and writes well about some of the more interesting things to do which both locals and travelers to Mt. Washington, New Hampshire, can take advantage of."
~ Dick Forrest*

Was this book worth reading? Yes. There was a lot of interesting, *hidden (in the author's subtitle)*, cultural information that I wasn't aware of about the Mt. Washington area; however, some of the cultural events were familiar. And it's good to know a little more about an area that I frequently go to. Dan Szczesny seems to have an intimate knowledge and writes well about some of the more interesting things to do which both locals and travelers to Mt. Washington, New Hampshire, can take advantage of.

--Dick Forrest

Favorite Pieces of Literature Suggested by PVHC Members

In September, 2018, the PVHC clinic was a “reading group” where PVHC members talked about their favorite pieces of literature involving hiking, adventure and the out of doors. I (Jeanne Kaiser) collected the suggestions, but never got around to distributing them. Perhaps it was fated: now seems the best possible time to sit down and read inspiring works about the places we love to be. In no particular order, the suggestions were:

1. **Lines Composed a Few Miles above Tintern Abbey, On Revisiting the Banks of the Wye during a Tour. July 13, 1798-** William Wordsworth-WW=Lake District poet-but written about revisiting the Wye River in Wales. Poem about how moments in nature are not only beautiful in the moment but nourish the spirit long afterwards and remind you of who you were then and who you are now.
2. **In Beauty May She Walk: Hiking the Appalachian Trail at 60-** Leslie Mass-This is the story of a 60 year old woman from Indiana with little or no backpacking experience who decided to hike the AT. It's pretty well written and talks about all the friends she made along the trail. She had to stop partway through because of an injury, but completed it the next summer which was 2001 so she was on the trail on Sept 11. She relates how that was experienced by the hikers.
3. **The Barefoot Sisters Southbound and The Barefoot Sisters Walking Home,** Lucy Letcher-Two books that tell the story of 2 sisters who hiked the AT barefoot (most of the way) starting in Maine and then turned around and hiked back to Maine. Interesting adventures along the way.

See Favorite Pieces continued on page 20



Favorite Pieces continued from page 19

4. **Touching the Void: The True Story of One Man's Miraculous Survival**- Joe Simpson-A pretty incredible story of two young climbers in the Andes trying to reach a peak from an untried route when one fell off the edge and the other, after trying unsuccessfully to pull him back up and believing he had died, finally cut the rope before he would have been pulled to his own death. Amazingly they both survived.

5. **The Snow Leopard**- Peter Matthiessen- "An unforgettable spiritual journey through the Himalayas by renowned writer Peter Matthiessen." In 1973 Peter Matthiessen and field biologist George Schaller traveled high into the remote mountains of Nepal to study the Himalayan blue sheep. As the climb proceeds, Matthiessen charts his inner path as well as his outer one."

6. **Nanga Parbat**-Herman Buehl-about the ascent of the 3rd highest mountain ever to be climbed

7 **To Build a Fire**-short story by Jack London-man in Yukon goes to visit a friend—the dangers of traveling alone in dangerous weather.

8 **Sierra Magazine**-David Gassner-Teddy Roosevelt-establishment of National Parks at Grand Canyon-"leave it as it is"

9 **Following Atticus**-Tom Ryan—true story of how a "middle-aged, overweight, acrophobic" man hiked New Hampshire's 48-4,000 footers for charity after the death of a friend.

10 **Wild**-Cheryl Strayed--another true story of a young woman hiking the Pacific Crest Trail to heal after the death of her mother

11 **Into Thin Air**-John Krakauer- report of a deadly year on Everest

See Favorite Pieces continued on page 21

Favorite Pieces *continued from page 20*

- 12 **The Climbers**-Chris Bonnington –a history of Alpine climbing
- 13 **Greetings and Thanks to the Natural World**-inspired by Onandagan nation
- 14 **The Maine Woods**-Henry Thoreau-description of the interior and exterior world during Thoreau’s trips to Maine’s backwoods.
- 15 **Dear Bob and Sue**-Matt and Karen Smith- the authors visit all 59 National Parks and recount their experiences in emails to a friend.
- 16 **The Field Guide to Your Own Backyard**- John Hampton Mitchell-describes virtues of a messy yard.
- 17 **Boy Scout Fieldbook**—bible of hiking and camping
- 18 **A Walk in the Woods** –Bill Bryson-author’s often comic tale of trying to hike the Appalachian trail.
- 19 **Dead Lucky**-Lincoln Hall-story of a man’s near fatal trip to Everest.
- 20 **My Walk to Recovery on the Appalachian Trail**-Nicki Rellon-author’s story walking the AT after having her leg amputated following a climbing accident. (Club members encountered Nicki up in the Whites and gave her a ride).
- 21 **Seven Steps From Snowdon to Everest**-Mark Horrell-the author’s journey from being a “hillwalker” to climbing Mt. Everest
- 22 **Bootprints** (the club newsletter, issues found on our club website)-wide variety of articles about hiking (and eating) written by colorful authors over the course of many years.

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:

May Renewals

John Barber
 Karon Belunas
 James Brown
 Steven & Amy Dane
 Nora Dryjowicz
 Kathy Fisher
 Deb Gebo
 Carol Giguere
 Meghan Hayes
 Steven Hilbun & Kelly Turney
 Tom Lake
 Peggy McLennan
 Patty Minton and family
 Ron & Eleanor Morrissette
 Asa & Per Nilsson
 Claire Norton
 Michael Reed
 Robert & Georgene Trombley
 David Vibber
 Bruce & Jennifer Wade
 Janice Webb
 Alison Wondriska
 Celeste Ziemba

June Renewals

Judy Alfano
 Jean Brunges
 Bill Burgart & Marianne Huber
 Allison Cook
 Rachel Davis
 Robert Duclos
 Gina Geck
 John Goshea
 Marie Holmes
 Lori Murphy
 Peter & Beth Ouellette
 Jim & Peggy Tibbitt

Pioneer Valley Hiking Club Officers

Jeanne Kaiser, Acting President
 Erin Squires, Treasurer
 Gina Geck, Secretary
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Chip Pray & Jeanne Kaiser
 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: Jeanne Kaiser
 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

March

Dan Harrington
 Tim and Dana Malone
 Patricia Osborne

April

Melissa Stello
 David Tarducci

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)



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
- May 5 (MA) No Scheduled
Club Meeting
- June 2 (MA) Club Meeting
(tentative)
- July 7 (MA) Club Meeting
(tentative)
- Aug 4 (MA) Club Meeting
(tentative)

IMPORTANT NOTICES

Next Club Meetings:
 June 2, 2020, 7 p.m. at **FBC**
 July 7, 2020, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is June 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



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P.O. Box 225
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