



# Bootprints

The Bimonthly Newsletter of the  
Pioneer Valley Hiking Club

President's Corner:

## Precedented Times

by Acting President Jeanne Kaiser

Happy 2021 everyone. So far, I have to admit it's a little too much like 2020 for my taste. A friend of mine posted on his Facebook page that he was looking forward to "precedented times." Right now, we can't seem to get out of the unprecedented category. But with the vaccine on the horizon, and the incremental increase in daylight every day, we can be hopeful.

This column is my last as the acting president of the PVHC. We have an excellent slate of nominees for the new PVHC board: Jim Brown as president, Erin Squires as vice-president, Sandy Segó as secretary, and Peggy Tibbitt as treasurer. They have a complicated job ahead of them. They will have to make a lot of decisions about how and when to loosen up our Covid related restrictions. They may even have to decide to tighten some restrictions before they begin to loosen. I have great faith in their ability to make wise decisions going forward. I hope a good crowd shows up for the February meeting for their official election, and to show support for their efforts.

I know we all look forward to getting back to our normal club routines in the future. We may end up retaining some things we have learned during Covid — for instance, smaller hikes are quite nice, and zoom can be quite convenient. Maybe we can even invite the bear back for the picnic. The main thing though is that we have not only survived, but thrived through this period. We've kept hiking, whether it be in our own pods or with the club, we've added members and we've adapted as necessary.

I want to thank everyone who helped out during my time as acting president. The club cannot function without the efforts of our volunteers. Special thanks to Gina Geck, who is stepping down as secretary after years of service.

Good luck to everyone getting through the next few months. And let's hear it for precedented times. - - Jeanne Kaiser

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Jan, 2021

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## New Year's Resolutions

by Sandy Sego

As 2020 finally (!!!) comes to an end, many people think about new year's resolutions. People set all sorts of goals for a new year – losing weight, exercising, saving money, and eating healthier tend to be the most popular resolutions. These are all great ideas. And if done well – with specific, realistic goals, and checking progress on a regular basis – they can help improve a person's life.

But after the wild and unpredictable year we have had, it seems like we should re-consider the typical resolution. We should try to connect with others in our attempts to make improvements and think beyond ourselves. So I am suggesting that we considering doing things that bring us closer as a community.

So why not give back to the club that has brought us together and, in many cases, helped us make it through the year? I am proposing that each member of the club do one thing for the club in 2021. We all know places to hike or walk, so why not invite the club along?

Each member of the club could lead a hike, walk, or snowshoe. If you want company when you are cross-country skiing, club members could come along. Maybe a bike ride is more your speed. Or take people kayaking. A person knowledgeable about birds could lead a bird-watch. If someone knows about the flora in the area, they could lead a hike and help others identify some common plants.

Other options could include writing an article for *Bootprints*. I think it is nice to see different people contribute their experiences. Share your favorite hike or piece of advice. It would be good to hear different voices in our publication. Volunteering to do some trail

See *New Year's Resolutions* continued on page 3

*"We should try to connect with others in our attempts to make improvements and think beyond ourselves."*

~ Sandy Sego

*"I am proposing that each member of the club do one thing for the club in 2021."*

~ Sandy Sego

***New Year's Resolutions*** continued from page 2

maintenance is always appreciated. Helping to make sure our picnics and parties run smoothly, or even recruiting a new member to the club is a way to take part. Anything that helps the club would be welcome!

So consider doing one thing for the PVHC in 2021! You will find that you get more from the experience than you expected.

Giving to your community, making connects with others, and spending time in nature are all things that lead to happiness. So while you are doing something for the club, you are also doing something positive for yourself. Give it a try.

-- Sandy Segó

*“So while you are doing something for the club, you are also doing something positive for yourself.”*

*~ Sandy Segó*



*"This month I'd like to talk about traction on slippery snow and ice and those pointy things we put on our feet."*

*~ PaPa Smurf*

Smurfy advice for the trail...

## **Pointy Things**

by John "PaPa Smurf" Klebes

Winter is in full swing and the perfect time to enjoy winter hiking and snowshoeing. This month I'd like to talk about traction on slippery snow and ice and those pointy things we put on our feet. You know, those crampons, microspikes, yak-traxs, and spiked-toed snowshoes we see so often. I remember the first year I decided to buy myself a pair of instep crampons for myself at Christmas. I immediately put them on and climbed the icy hill across the street. My eyes widened in amazement as I easily climbed up and down that ice-covered, steep hill that would have been impossible without the crampons. Showing my age, this was before microspikes were common and full crampons were only used by rich, wannabe mountaineers.

As amazing as those instep crampons were I have to say I don't recommend them. Light and simple they clamp around the instep of your boots with four or six spikes to grip into the ice. Because they are in the middle of your foot with nothing pointing forward near your toes they are not comfortable to walk in and require you to really pound your foot flat as you climb, since you can't rely on poking forward with your toes into the snow or ice. Still, they were cheap, small and light, and I still throw them in my pack on occasion, even if I don't think I really need them but want some insurance.

As I got more interested in climbing mountains in winter I graduated to full crampons which are much more expensive, usually require much stiffer or specialized boots, and require some experience to use properly. Fortunately a lot has changed in the last decade and we have a wealth of  
*See Pointy Things continued on page 5*

**Pointy Things** continued from page 4

of competing products that are in-between. My favorites are Kahtoola Microspikes and Hillsound Trail Crampons.

There are a number of lower-cost traction devices, like yaktraxs and off-brand spikes, but be careful with the cheaper products as many of

them do not attach securely to the bottom of your boots. I have seen several near accidents happen while traversing angled slopes when the crampon is not safely secured to the boots. When you stress the crampon from the sides on a sloped traverse the crampons can slide sideways and slip around and off the bottom of your boot and you will find yourself sliding right down the hill.

Most microspike-class crampons consist of chains that cross around the bottom of your boots, which provide traction on snow by themselves, and have strategically spaced small spikes that bite into ice to give you even more grip on ice. The chains

See *Pointy Things* continued on page 6



*"My favorites are Kahtoola Microspikes and Hillsound Trail Crampons."*

*~ PaPa Smurf*





*“Be sure to try them on with your intended boots before buying them....”*

*~ PaPa Smurf*

*“The steeper the angle, the more you need spikes that stick out from your toes as you may only be able to get the tip of your foot to stick into the snow or ice.”*

*~ PaPa Smurf*

**Pointy Things** continued from page 5

are held in place by a tight stretch band around the sides of your boot so they must be purchased in a correct size for your boot. Be sure to try them on with your intended boots before buying them and test them by firmly placing your foot down and try to slide your foot sideways. If the crampon tries to roll up the side of your boot instead of stopping you from moving your foot to the left or right, then they are not tight enough to securely keep you out of trouble. It's best to practice putting them on and off at home before hiking as it can be a little frustrating getting them on when it's cold and everyone is waiting on you to gear up.

Since the microspike-class crampons are flexible they can be used on almost any winter boot. Full crampons are stiff and require a stiff soled boot. There are many advantages with full crampons, but for most people, microspike-class traction devices are the right solution since you can probably use your existing boots, they are easy to put on, and don't require much practice to hike naturally in them. Because they only have small spikes, you are less likely to poke your leg or damage your clothes than with full crampons, but I still recommend a good pair of gators to protect your legs and pants from gouges if you trip or fall.

If you plan on hiking steep, icy terrain microspikes may not be enough. The steeper the angle, the more you need spikes that stick out from your toes as you may only be able to get the tip of your foot to stick into the snow or ice. They do require a bit of practice, however. Take a look at anyone who uses them often and you will see slits and cuts in their gators where they may have slipped here or there and poked a spike into their leg. Also, they are a little harder to

See **Pointy Things** continued on page 7

**Pointy Things** *continued from page 6*

maneuver with when crossing rocky areas where your feet may have to balance on the points where they contact the rocks.

If you have a good pair of snowshoes you may already have an idea of how the front spikes of full crampons on your toes can help you bite into the icy slopes. If you have a cheaper pair of snowshoes designed for flat trails that do not have spiked crampon points on the bottom you may want to upgrade as without them the snowshoes do not help much on slippery inclines.

So what's best? Microspikes are preferred for flat terrain or low angle slopes. They are easy to carry, lightweight, and fairly easy to put on and easy to walk in. You should really carry a pair in your pack any time there is snow on the ground. Full-size crampons, originally developed for ice climbing, are used on ice and packed snow on high incline areas and frozen waterfalls. There are crampons that are lighter and less aggressive for hiking but are much more aggressive than microspikes. They do require some experience to safely use on hard ice and sharp-angled ascents. Snowshoes have a much wider footprint than your boots to distribute your weight over a larger area so you can walk on snow. The crampons on most snowshoes are meant more for snow than ice but provide ideal traction on low angle terrain and while traversing powdery or deep snow on rolling hillsides. Depending on the conditions you might actually have to switch between snowshoes and crampons as you encounter varying terrain conditions.

No matter what you put on your feet for traction I'd like to share a few more pointers if you find yourself in a slippery spot that's uncomfortable. Note that many popular trails get packed down into

*See Pointy Things continued on page 8*



PaPa Smurf



**Pointy Things** *continued from page 7*

hard packed snow or ice that's too hard to get a good grip on even with spikes. This is especially true in the spring when things melt and freeze or water flows freeze up on the trail. First, try to use other peoples' footprints since they will act like pockets to keep your feet from slipping. Or try to tamp your foot down one, two, or three times in the same spot to make a flatter shelf for your toe, or your whole foot if you have room, before committing to putting weight on your new footstep. Make sure you have a solid foot planted before moving your other foot and use hiking poles or an ice ax for a third point of contact. Try to move only one point of contact at a time and make sure it's well-planted before moving to the next spot.

If it's just too slippery try stepping off trail a little. Many times a half meter left or right brings you to fresher snow that is not packed down and slippery, and you can plant a foot down in the softer snow. When hiking uphill push your weight gently forward on your toes to grip into the hillside and keep your center of gravity facing into the incline of the hill. And don't be afraid to turn back if it's too dangerous.

When down-climbing put your weight backward onto your heel to punch a heel step into the snow. This will keep your weight centered toward your back and not leaning downhill and keep you from sliding forward. If it's really difficult, you can turn and face the hill while climbing down. This keeps your center of gravity toward the hill, and if you slip, you can slide more safely downward until your foot grips the next spot, instead of falling face-first down the hill.

*"It opens a whole new level of hike options, opportunities, and safety to your winter hiking experience."*

*~ PaPa Smurf*

Hopefully, for those that don't already have traction devices in there hiking packs, this will inspire you to get a pair soon. It opens a whole new level of hike options, opportunities, and safety to your winter hiking experience. -- PaPa Smurf

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

Book Review:

**Outdoor Leadership-The Noble Gift**  
**-A Practical Guide for Outdoor**  
**Leaders**, by T. Scott Cook, Ph.D.

Book Review by Dick Forrest

What is Leadership?

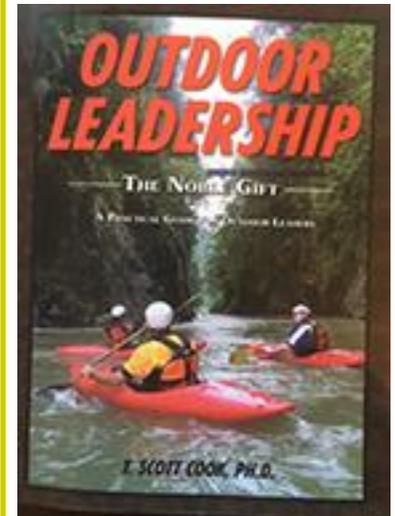
It is when a leader takes a learner through a variety of skill and interest evoking activities. The outcome is a learner who is skilled and who takes ownership in his or her learning potential.

~ T. Scott Cook, Ph.D. 6/18/2005 (page 45)

I bought this book from Scott Cook when Pioneer Valley Hiking Club (PVHC) was affiliated with Scott's business, Wilderness Experiences Unlimited which is located in Southwick, Massachusetts. This book, from the title, talks about what it means, from every conceivable angle, to be a leader in the outdoors. It's a book about what it takes and what to consider to be an effective recreation/outdoor leader/guide and is especially valuable for leading/working with others in various outdoor settings.

Outdoor leadership is a skill that Scott initially developed through experiential learning as a camp counselor while his parents were camp directors. It's what he learned from his campers that gave him the passion and knowledge of the leadership qualities needed to create relevant and effective outdoor experiences both for children/adults in his community and in having a passion for teaching that knowledge to others in his business and at the college level.

Why does Scott call outdoor leadership the "Noble Gift?" Scott writes: "As leaders, our greatest accomplishment is to allow people to become better leaders than you." Like our childhood superheroes, Scott says, who "act with the conviction, courage, and confidence of a nobleman," leaders can effect positive change and be educators to instill those qualities in those people who they lead. In other words, it's not  
 See *Outdoor Leadership* continued on page 10



*"Outdoor leadership is a skill that Scott initially developed through experiential learning as a camp counselor while his parents were camp directors."*

~ Dick Forrest

*"As leaders, our greatest accomplishment is to allow people to become better leaders than you."*

~ T. Scott Cook



**Outdoor Leadership** *continued from page 9*

just a noble calling but it's a gift that leaders can attain and which can be passed on to learners.

Let me give you an example from my own life experience. I sing in a church choir and I have observed five different choir directors (leaders) over the years. The most effective choir directors used a curriculum that furthered the musical education of their volunteer choir members and pushed those choir members outside of their comfort levels (through singing solos, etc.) and, at the same time, enabled those choir members to gain satisfyingly higher levels of vocal performance which were both visually and aurally perceived by my church community.

Some of the topics addressed in this guide from the Table of Contents: qualities of a leader, leadership styles, working with groups and individuals, ethics, setting goals, preparing to lead, gear lists, risk management, emergency readiness, and facilitation skills. Scott quotes several authorities in each chapter, based on his own understanding, who have relevant contributions to his message. In other words, none of us learns everything there is to know by ourselves but we also learn and benefit from the knowledge of others.

*“Why would you want to read this book? Let's say you would like to lead a backpacking trip for PVHC.”*

*~ Dick Forrest*

Why would you want to read this book? Let's say you would like to lead a backpacking trip for PVHC. As a leader what are the things that you need to consider when leading a group of people in the wilderness? You can do it by trial-and-error, like I and many others have done when leading backpacking trips for PVHC. Or, you can do it with the knowledge laid out in this book and anticipate what you need to do when issues/problems arise, which will almost inevitably happen if you lead groups of people often enough, which you probably won't anticipate or know how to handle unless you've considered some of those issues/problems beforehand.

- - Dick Forrest

# New Hampshire Mountain Puzzle Game

by Shari Cox

Name the three White Mountains below:





## **An Eclectic List of Interesting/ Useful YouTube Videos for Hiking Club Members**

by Dick Forrest

How to use trekking/hiking poles: <https://www.youtube.com/watch?v=7q2YwOE4okA>

John Muir Trail: <https://www.youtube.com/watch?v=SbMHehLEZTA&t=52s>

Hiking Half Dome at Yosemite National Park (National Park Service):  
<https://www.youtube.com/watch?v=ue7uIcRZBUU>

World's Most Dangerous Hikes – Angel's Landing, Zion National Park  
(full hike) - <https://www.youtube.com/watch?v=QXsbspHMcm4>

Backpacking Gear (Regret Using) - <https://www.youtube.com/watch?v=b0B9SmoUaK4>

Why (do I hike) – Award Winning Documentary 2020 (English) - <https://www.youtube.com/watch?v=F-0i2l3sqno>

Advanced Rappel Techniques - <https://www.youtube.com/watch?v=0qgygg8pzGI>

Backpacking Buckskin Gulch - <https://www.youtube.com/watch?v=9vraH0FDQuY>

How to make a backpack coil - <https://www.youtube.com/watch?v=ppYanQ5DDPM>

Why I Don't Wear Gore-Tex Footwear - <https://www.youtube.com/watch?v=5TyRdhLEOfI>

*See Video List continued on page 13*

**Video List** continued from page 12

Wound Closure in the Field - <https://www.youtube.com/watch?v=PYmmZStW2wY>

One Survival Trick that Can Save Your Life - [https://www.youtube.com/watch?v=bi0x\\_7EnfPg](https://www.youtube.com/watch?v=bi0x_7EnfPg)

The Subway in Zion National Park Video Hike - <https://www.youtube.com/watch?v=rgNSrE0BJ8g>

Paddle Boarding in a Hidden Alpine Lake - <https://www.youtube.com/watch?v=3SJ-6R61GOM>

Pacific Crest Trail 10 Minute Thru-Hike - <https://www.youtube.com/watch?v=l1MCsLlgwEk>

What to do if you are LOST in the Woods! - <https://www.youtube.com/watch?v=ZTuBbgr257s>

How to Sleep Warm All Night in the Winter - [https://www.youtube.com/watch?v=OwLIDqMfl\\_w](https://www.youtube.com/watch?v=OwLIDqMfl_w)

How to Poop in the Woods - <https://www.youtube.com/watch?v=ZaOKKzpCjgA>

My Hygiene Routine on the PCT - <https://www.youtube.com/watch?v=3oSXJJghIGk>

Grand Canyon Rim to Rim Hike in One Day - [https://www.youtube.com/watch?v=QVwKL\\_YzGIU](https://www.youtube.com/watch?v=QVwKL_YzGIU)

What to Wear Hiking - <https://www.youtube.com/watch?v=XLMFJS28jHk>

Death Valley Vacation Travel Guide - <https://www.youtube.com/watch?v=Lh19rOVB0kY>

See Video List continued on page 14



**Video List** continued from page 13

Weird Changes Long Distance Backpackers Experience - <https://www.youtube.com/watch?v=1DANuWwVG2g>

THIS is how you use a Compass - <https://www.youtube.com/watch?v=UVJVZtLmAb4>

My Favorite Backpacking Gear of 2020 (Top Ten) - <https://www.youtube.com/watch?v=1w60r0vQGSM>

Strenuous Yosemite Valley Day Hikes - <https://www.youtube.com/watch?v=bRGyQPLxSSc>

Moderate Yosemite Valley Day Hikes - <https://www.youtube.com/watch?v=fNSqF78cb8w>

Easy Yosemite Valley Day Hikes - [https://www.youtube.com/watch?v=eWRbt\\_0PGQc](https://www.youtube.com/watch?v=eWRbt_0PGQc)

Winter Hike Clothing - <https://www.youtube.com/watch?v=tBmNbGRyEYY>

Continental Divide Trail 10 Minute Thru-hike - [https://www.youtube.com/watch?v=NPiiMIH\\_Cy8](https://www.youtube.com/watch?v=NPiiMIH_Cy8)

Which Backpacking Shelter is the Best - <https://www.youtube.com/watch?v=4P5yypHZ-5A>

The future of Ice Climbing - <https://www.youtube.com/watch?v=m0ORR-qCTGM>

Hiker Terms - [https://www.youtube.com/watch?v=9CgZf19\\_AHU](https://www.youtube.com/watch?v=9CgZf19_AHU)

Hiker Terms Part 2 - <https://www.youtube.com/watch?v=aQdx9ufAeC0>

Solo Winter Hike to Mt. Flume in the White Mountains, New Hampshire - <https://www.youtube.com/watch?v=-aGBDiiVZLw>

- - 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 PVHC Notice

This is a copy of our club's release form as it relates to our Covid-19 pandemic. It's required of all members who wish to participate in club-sponsored activities. It must be **electronically sent (and signed)** to our treasurer, Erin Squires at [pvhctreasure@gmail.com](mailto:pvhctreasure@gmail.com), to be placed on file with her, before you can go on any club hikes. You can find an online copy at: <http://pioneervalleyhikingclub.org/blog/wp-content/uploads/2020/06/covid-agreement-final.pdf>

### **PIONEER VALLEY HIKING CLUB**

Post Office Box 225

West Springfield MA 01090-0225

### **THIS IS A RELEASE AND AGREEMENT. READ IT CAREFULLY BEFORE SIGNING.**

The Pioneer Valley Hiking Club ("PVHC") is a social and recreational club for people who enjoy participation in outdoor activities centered around hiking with others. Our officers and event leaders are enthusiastic amateurs who volunteer to serve without compensation. The event leader(s) will attempt to provide a good faith description of the event and its difficulty and will answer questions concerning it based on whatever level of personal knowledge the leader(s) may have. Leaders may deny the right to participate in the event to any person, including club members, if the leader has a good faith belief that the person's participation in the event will be unsafe or detract from the safety or enjoyment of other participants or the timely completion of the event or the person fails or refuses to sign this form. However, no representation is made that the PVHC or its members or leader (s)

have any particular level of knowledge, experience, training or ability with respect to this event or situations that may arise during it. Each participant in this and other PVHC events acknowledges his/her agreement with the statements made above and further acknowledges and agrees that each participant is responsible for his/her own safety, determination of fitness to participate in the event and determination of what food, water, clothing and equipment is necessary to safely participate in the event.

During the period of the Covid-19 pandemic, PVHC has imposed certain conditions upon individuals who wish to participate in club -sponsored activities. By signing this agreement, and participating in a PVHC sponsored event, individuals agree to adhere to the following rules:

-members will not participate in PVHC events if they know or believe they have an active covid-19 infection or symptoms of such an infection, or have been in recent contact with a person who has developed symptoms of, or

**Release Form** *continued from page 13*

-participants will adhere to social distancing guidelines during events when it's safely possible and not environmentally destructive to do so, including remaining a minimum of six feet from all other individuals; moving off the hiking trail when passing other groups and individuals; and avoiding all physical contact with non-household members at the event, except in an emergency.

-participants will bring a face mask to all events to use in the event social distancing is not reasonably possible;

-participants agree to notify the hike leader if after their participation in an event, they suffer symptoms of, or test positive, for Covid-19 or learn they have recently been in close contact with a person who has developed symptoms of, or tested positive for Covid-19.

-participants agree to permit hike leaders to provide their name, contact information, and the fact of their participation, to contract tracers from a department of public health seeking to track infections of Covid-19.

-participants will adhere to state and local government rules or recommendations for the area where the hike is taking place and all additional rules for individual events that may be imposed by the leader of the hike.

**In consideration for the services of the PVHC and the event leader(s) in organizing this event, each participant hereby releases the event leader(s), the PVHC, its members, officers, agents, servants, employees, volunteers and the other participants from any and all claims and liabilities, of every kind and nature, for bodily injury, personal injury, property damage or other form of loss or damage arising from or relating to any involvement in this event.**

**This agreement is valid for participation in all events between June 17, 2020 and December 31, 2020. \_\_\_\_\_**

## Important Membership Renewal Notices

The following memberships are up for renewal:

### Jan Renewals

Marianne Bergeron  
 Paula Christian  
 Kathy Damon  
 Gary Dolgoff  
 Sarah Donaruma  
 Brenda Doucette  
 Paul & Christine Duval  
 Thomas Harrington  
 Pam Hayward  
 Phyllis Keenan  
 J. Danusia Lokii-Braese  
 Elizabeth Massa  
 Diane Moriarty  
 Harry (Chip) Pray  
 Melanie Sarna  
 Ann Wood

### Feb Renewals

Sharon Bulka  
 Pat Jorczak  
 Andrea Kalifa  
 Paul Kozikowski  
 Charlotte Lee  
 Nancy Mangari  
 Bernard Marshall  
 Lori Martin  
 Maureen McGuigam  
 Christine Pinney  
 Paul Plasse  
 Jane & Rick Ricci  
 Carol Vanderheiden  
 David Vivian  
 Ashley Warner  
 Eileen Wood

### 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](mailto:dforrest@charter.net)

### WELCOME NEW MEMBERS

#### December

Marylinda Ramos

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)

(Starting in January: Renewals - \$15 for single and \$30 for family)



**UPCOMING EVENTS AND THE USUALS**

- Every Mon. (MA) Mornings w/ Chip
- Every Tues. (MA) Evenings w/ Lori/Karen
- Every Wed. (MA) Mornings w/ Deb & Cheryl
- Every Thurs. (MA) Mornings w/ Harry  
(MA) Evenings w/ Erin
- Feb 2 (MA) Club Meeting  
(tentative)
- Mar 2 (MA) Club Meeting  
(tentative)

## IMPORTANT NOTICES

Next Club Meetings:  
February 2, 2021, 7 p.m. at **FBC**  
March 2, 2021, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is February 20, 2021

**\*\* Check out our club website at:**  
[www.pioneervalleyhikingclub.org](http://www.pioneervalleyhikingclub.org)

Members may join the PVHC Email List by sending a message to:  
[pvhc.hikingclub@gmail.com](mailto:pvhc.hikingclub@gmail.com)



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