



A Special April Supplement of Feetprints

PVHC Member Rescued from a Buoy in Lake Michigan

by Dick Lost & in the Forest

A missing PVHC member, PaPa Smurf from Green Bay, Wisconsin, was rescued on March 30, 2021, from a buoy in the middle of northern Lake Michigan, three days after he went missing. It was a substantially large buoy that he could either stand or sit upon, and from which he was able to keep dry and out the water.

Here are the circumstances leading to PaPa Smurf's rescue: he was kayaking with friends in *the* Green Bay of Wisconsin. The kayakers were close to the mouth of the bay when a storm came up. PaPa Smurf's kayak was blown out towards the middle of northern Lake Michigan. His three kayaking friends, who were closer to shore, were able to just barely, and safely, get back to shore. However, the wind and waves overtook PaPa Smurf's kayak, and the last that they saw of PaPa Smurf was of him surfing eight to ten foot waves in his kayak, heading east out of the bay. As PaPa Smurf and his kayak disappeared from their view his kayaking friends immediately called 911 to get help.

Due to the intensity of the storm, which lasted 24 hours, Coast Guard Sector Lake Michigan, which has 21 Coast Guard stations/units on Lake Michigan, could not immediately respond to begin their search for the missing kayaker. So a day after PaPa Smurf went missing, the Coast Guard began their search for him. Lake Michigan Coast Guard Station Sturgeon Bay was alerted and instructed to begin a search for the missing kayaker.

After an exhaustive two-day search for the missing kayaker the Sturgeon Bay Coast Guard, using a Coast Guard response boat, found their man, who was fortunately still alive. He was clinging to the tower of a large buoy in the middle of the northern part of Lake Michigan. When they found him, a Coast

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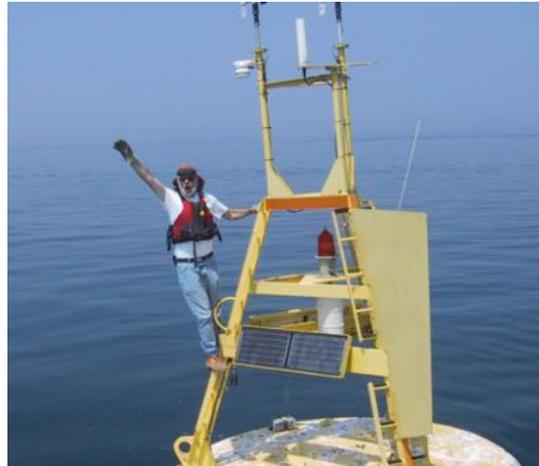
April 1, 2021
(April Fool's
Edition)

"Here are the circumstances leading to PaPa Smurf's rescue:...."
~ Dick Lost & in the Forest



Rescue continued from page 1

Guard crew member said that he was hanging onto the tower of the buoy with one hand and waving furiously with his other hand, yelling, "Over here!", and seemed to be extremely happy about being rescued.



A reporter from the Green Bay Press Gazette caught up to PaPa Smurf, the rescued man from Green Bay, and asked him how he was able to survive the three days that he went missing. PaPa Smurf replied:

I was in my kayak, a storm came up and I got separated from my kayaking friends at the mouth of Green Bay by the wind. In fact, I was at the mercy of the wind and being pushed out into Lake Michigan. I surfed up and down some awfully big waves in my kayak, going with the wind. It seemed like hours that I was doing this, trying to stay upright in my kayak, when I came upon a lone buoy in the middle of the lake. I aimed my kayak for the buoy and was able to latch onto it with my hands, but in the process of clambering up onto the buoy, which had plenty of room for me, my kayak filled with water and floated away. So I was stranded on the buoy for 3 days before being rescued.

The reporter from the Green Bay Press Gazette continued by asking
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what he thought about while he was stranded for three days on the buoy. PaPa Smurf responded:

Well, I was thinking about how my family and friends would miss me, and wasn't sure if I'd get back to them alive. But primarily, I was dreaming about food - you know, food, glorious food. Oh, scallops on sauteed baby spinach with roasted fingerling potatoes & broccoli in a lemon butter with a Smurf (homemade) wine sauce. And, cherry liquor and homemade chicken noodle soup. And oh, pan fried walleye and air fries. Makes me salivate just to think about it! Let's see, what's for dinner?

The reporter from the Green Bay Press Gazette said that he got the picture. He said that he would write an article for his newspaper and that he has his headline: *Gourmet Chef/Kayaker from Green Bay Nearly Dies of Starvation: A Fate Worse Than Death*

-- Dick Lost & in the Forest

"But primarily, I was dreaming about food - you know, food, glorious food."

~ PaPa Smurf



NIH Study Recommends Limiting Walking and Hiking for Young Adults and Children

by PaPa Smurf

*"A growing public health problem of exposure to extreme hiking and its risks to young people has been documented."
~ PaPa Smurf*

Results highlighted in this National Institute of Health study suggest limiting exposure to walking and hiking for young adults and especially anyone under the age of 10 years old. A growing public health problem of exposure to extreme hiking and its risks to young people has been documented.

Several studies have shown that consistent weekly walking and hiking can easily take 5-10 years off your age. While for older people this can be a good thing it is very dangerous for young children. Cases of extreme juvenile behavior, immaturity and regression of basic skills have been noted. In several extreme cases two under 9 year old children, losing 10 years off their age, were at risk of re-entering the womb. Others were found to regress to the point of crawling, drooling, and losing potty training skills.

Analysis of data pooled from 20 large studies of people from five countries indicates that the risk of cutting 5-10 years off your age for young children can be catastrophic. Hikers should be on the look out for signs of immaturity and regression into juvenile behavior of fellow hikers, and if symptoms are seen, to reduce the amount of hiking you do each week.

--Papa Smurf

Embracing Diversity

by PaPa Smurf

In the interest of increasing diversity in the club membership and being more inclusive I would like to offer a new hike series specifically designed to include those who might not normally feel included.

On Monday mornings I will lead a "No Belly Button" hike. Those people who entered this world without belly buttons are encouraged to celebrate their unique status with your own special hike.

On Tuesday afternoon there will be the three-eared hike. We will take special care to stop often to hear the sounds and noises of the forest that are uniquely audible to those born with three ears.

Our Wednesday noontime hike will be our pointed-head hike. No, not you brainiac's from MIT. We are talking about true pointed-heads, as in the Cone-heads from the planet Remulak. As a noontime hike we will schedule a long lunch break so feel free to "Consume mass quantities!" of food during the hike.

Thursday will be our political loop hike. We will break up into two groups. Those leaning left can hike clockwise and those leaning more to the right can hike counter-clockwise. We can meet independently in the middle for a nice lunch break together.

Looking forward to embracing the diversity of our membership.

--Papa Smurf



PaPa Smurf



Warning on High Tech Clothing

by PaPa Smurf

We have seen a revolution in advancements in high tech clothing in the past two decades. Consumers can now choose from a range of high tech fabrics that claim to “wick” moisture away from the body for increased comfort and safety. Old-fashioned cotton clothing was known for its tendency to absorb liquids and become wet and uncomfortable. These new high tech clothing fabrics are designed to efficiently move moisture away from the body and onto the surface of the fabric, where it can evaporate, drawing moisture away from your skin and leaving you dry and comfortable.

This all sounds so good. Wicking fabrics are designed to create an environment that draws liquid up and away from the skin to the surface of the fabric. This wicking capability increases your comfort level by preventing your clothes from feeling wet and clammy against your skin. In addition, many of these fabrics are resistant to health-threatening bacteria that may grow on more absorbent fabrics such as cotton; reducing objectionable odors. Some even incorporate ultraviolet protection from the sun and help regulate your body temperature. A popular choice for cold-weather activities they are lightweight yet help you to hold in body heat and wick away moisture. In hot environments they even keep you cool and prevent overheating.

“Unfortunately, as with all technology, too much of a good thing can be dangerous.”

~ PaPa Smurf

Unfortunately, as with all technology, too much of a good thing can be dangerous. The current offering in high tech moisture wicking fabrics have surpassed the designers dreams. So efficient are these latest high tech sweat-wicking athletic clothing that they can wick the water many times their weight right out of your body. The dangers of overly efficient moisture wicking fabrics have been shown to suck water

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right out your body even before you begin to sweat, causing dehydration and possible death. One hiker found mummified after a strenuous hike up a mountain last year as his moisture wicking clothing sucked gallons and gallons of water from his body. The efficiency in wicking far exceeds the body's ability to stop it and moisture is drained entirely from the hiker's body leaving only a dry shell behind.

PVHC recommends avoiding such fabrics and stick with COTTON. Always remember the new saying, "Polypropylene Kills; wear COTTON!".

--Papa Smurf

*"One hiker found mummified after a strenuous hike up a mountain last year as his moisture wicking clothing sucked gallons and gallons of water from his body."
~ PaPa Smurf*



New Product Offerings from GMO-Ultra

by PaPa Smurf

"All are high caloric dense foods which use a maximum amount of high fructose GMO corn-based sweeteners made from good old American GMO Roundup-ready corn!"

~ PaPa Smurf

GMO-Ultra, the only company to offer all GMO-only food products for hiking. Our company promises: no free-range, organic, or soy products are ever used in our high energy hiking products. All are high caloric dense foods which use a maximum amount of high fructose GMO corn-based sweeteners made from good old American GMO Roundup-ready corn! Look for the GMO-Ultra label and know that you are getting a quality American product. Try our popular GMO Corn-based bars, goo, and snack packs today. And try our new entrees based on GMO Roundup-ready alfalfa, soybeans and sugar beets that are coming soon. Buy American and stay healthy.

--Papa Smurf

Critical Warning from the CIA Regarding April 1st

by PaPa Smurf

Don't go to the bathroom outdoors on April 1st. CIA intelligence reports that a major plot is planned for that day. Anyone who takes a poop on the 1st will be bitten on the ass by a Lyme disease-infected tick. Reports indicate that organized groups of ticks are planning to rise up onto unsuspecting Americans and bite them when they are doing their dirty business in the wild. I usually don't send stories like this around, but I got this information directly from a reliable source. It came from a friend of my brother, whose cousin's sister is dating this boy whose brother knows this guy whose wife knows this prostitute whose husband buys Corona beer from this guy who knows a vegan chef who cooks for the guy that works at REI in the hiking shoe department who has a friend who's drug dealer who sells drugs to competitor to REI who sells high tech wicking cloths in the CIA building. He apparently works undercover surveillance in the narcotics department and overheard two forest rangers in the bathroom talking about the tick's plans to attack. So it must be true.

--PaPa Smurf

"Don't go to the bathroom outdoors on April 1st."

~ PaPa Smurf



New Hiking Ratings

by PaPa Smurf

(Please use the following rating abbreviations to help describe and guide new hikers on the club's schedules and announcements.)

BE – Beginner hiker, appropriate for all hiking abilities, may involve some slight hills but nothing too difficult.

PRO – Professional hiker; may require navigation skills and off-trail hiking ability

PG – Parental guidance suggested; may be exposed to bad language and expletives during extreme climbs and river crossings.

R – restricted, adults only, may be exposed to bad language, alcohol consumption, cursing, and lewd behavior

GEL - for those with a compassionate attitude, "Are you gelling?" Dr. Scholl's gel inserts recommended.

GF - gluten free; no exposure to wheat fields or grain farms during hike.

XW - Non-wimps, Gel sole inserts not allowed; may require shoes.

CO - clothing optional

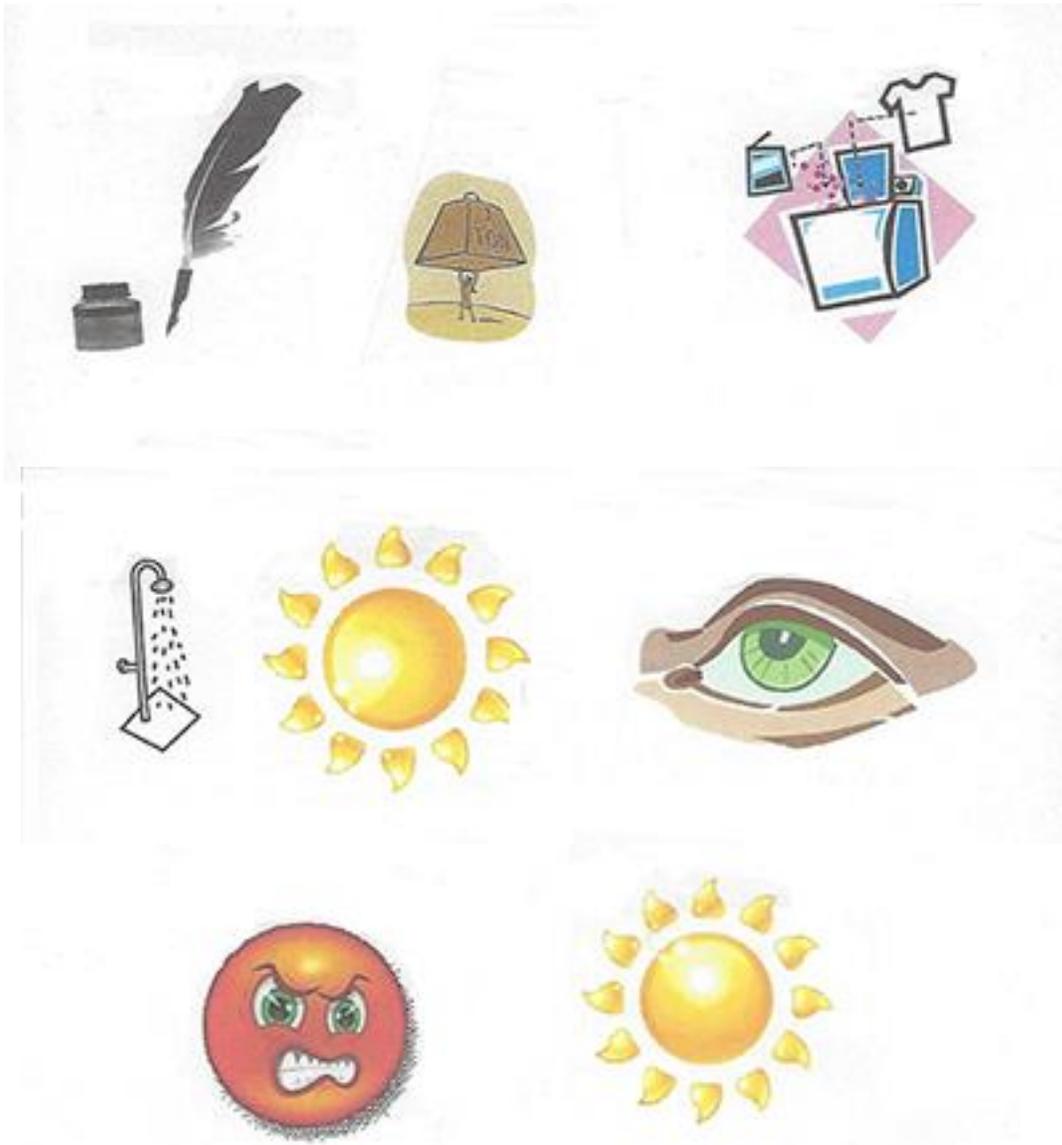
LF - litter friendly, for those that simply must drop their orange peels and candy wrappers

--PaPa Smurf

April Fool's Puzzle Game

by Shari Cox

Name the three White Mountains of New Hampshire below:



Answers: (top to bottom) Washington, Eisenhower, Madison

UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Monday Morning
Hikes w/ Chip
- Every Tues. (MA) Tuesday Evening
Hikes w/ Lori
- Some Wed. (MA) Wednesday Evening
Hikes w/ Erin
- Every Thurs. (MA) Thursday Morning
Hikes w/ Various Leaders
- Every Sat. (MA) Saturday Morning
Hikes w/ Various Leaders
- April 6 Club Meeting (Online)
- May 4 Club Meeting (Online)

IMPORTANT NOTICES

Next Club Meetings:
Apr. 6, 2021, 7 p.m. at **FBC**
May 4, 2021, 7 p.m. at **FBC**

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

This issue of *Footprints* is dedicated to my Mentor-in-Jest, John "PaPa Smurf" Klebes, former *Footprints* Editor ~ Dick Lost & In the Forest

Deadline for submissions to the next *Bootprints* is April 20, 2021

**** Check out our web page at:**
www.pioneervalleyhikingclub.org

Members may join the PVHC Email List by sending a message to:
pvhc.hikingclub@gmail.com



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