



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

Open to Change in 2022

by President Lori Tisdell

It seems a bit strange to be back as president of PVHC. But it was a conscious choice for me. When I left the executive board two years ago, I had been president for two years and served as VP and secretary prior to that. I was feeling a little burnt out. After a two-year hiatus I realized I felt I still had more to offer to the club in a tangible way.

PVHC has been, as has the rest of the world, affected by the continuing pandemic. We are heading into year three. Unimaginable when it started in 2020. When the club paused official hikes in the early days of the lockdown we thought when we started again life would return to normal by years' end. Clearly that did not happen, and we continue to try to wend our way through while remaining safe and keeping club members safe. This is in the forefront of my thoughts as we move forward.

During the first year and a half of the pandemic the club's membership decreased to a level not seen in years. But the second half of 2021 saw a surge of new members that brought our membership back to pre-pandemic levels. Thank you to all our new members for giving PVHC a chance and to the members who reached out and helped our club grow. It has been very encouraging to see so many new members participating in club activities!

PVHC has a history of deep traditions and a strong culture that has kept us going for 30 years. Part of that means working to keep the club relevant. As the world moves forward so must we. Our traditions are important and while we must and should continue them, we must also update them to reflect the world as it is now. If we want to grow as a club and attract new members, we must remain open to change.

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Mar, 2022

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President's Corner *continued from page 1*

In 2021 we were able to resume many of the activities we had to stop during 2020. They included the White Mt Sampler, Baxter SP, Lily Bay, the annual picnic, and the holiday party. It was a sign that life was beginning to return to some semblance of normalcy. Of course, then Omicron arrived. Sigh. Fortunately, it does seem, as experts predicted, to be decreasing in case numbers as precipitously as it rose. I am hopeful we can look forward to continuing to resume more normal activities and events in 2022.

Please join me in offering many thanks to Jeanne Kaiser, Jim Brown, Erin Squires, Peggy Tibbitt, Gina Geck and Sandy Segó for serving on the board and shepherding us through the last two years. It was through their leadership and dedication that PVHC was able to continue and to celebrate 30 years.

--President Lori Tisdell

"In 2021 we were able to resume many of the activities we had to stop during 2020."

~ President Lori Tisdell



PVHC New Member and Inclusion Committee

by Vice President Erin Squires



Why the committee was created:

- Membership was decreasing
- Low retention of new members
- Create diversity and inclusivity within the club

What have we accomplished:

- Increased social media presence
 - Facebook page
 - Great representation of our activities
 - More administrators added to approve posts and new members
 - Non-members can join our Facebook page
- Handing out our business card to other hikers on the trail
- Signing in on the trails and leaving our business card
- Reverting to the original boot print logo
 - Our current logo does not support an image of diversity and inclusivity

See *New Member* continued on page 4

New Member *continued from page 3***What we're working on:**

- Hike leader training
- Increase social media presence on Instagram and maybe Tik Tok (if we have some volunteers)

Hike leader training:

- New member has joined your hike
 - Call the new member
 - Review the 10 essentials
 - Give details about the hike
 - Mileage
 - Terrain
 - Difficulty and the hike rating scale
 - Where to park
 - How to find the group
 - Ask if they have any questions
- During the hike
 - Ask the new members about their experience
 - Listen more and talk less
 - Share stories about the club but keep in mind they do not know everyone
 - Recommend other hikes and introduce them to people on your hike who have been on those hikes
 - Share with them our culture and activities outside of hikes
 - Bike rides
 - Kayaking
 - Monthly meetings
 - Picnic and Holiday parties

See New Member continued on page 5



New Member continued from page 4

- After the hike
 - Thank them for coming
 - Ask if they have any other questions
 - Call/text/email a day or 2 later with future hike recommendations and/or to invite them on the next hike you are leading

Inclusion

- We do not have a great representation of diversity when it comes to race
 - This will make it more difficult to diversify the membership
 - We cannot improve diversity with the mindset that everyone is the same
 - We must be transparent in explaining that while it was not our intention, we are not a racially diverse club and we are working to change that

-- Vice President Erin Squires

Meditations on the Trail

by Mike Reed

I

There's a quiet joy to be had in movement
in the repetitive motion of our bodies, evident
in the mantra of our panted breaths on the trail
synchronized to our gait's steady beat.

Seemingly monotonous but also
quite calming, is the step-by-step
perambulation from Point A to B – indeed
it's the very monotony of it that's the secret:

The joy of movement stilled to the cycles of our breaths
in harmony with our spirit and the heel-to-toe rhythm
of our boots on the trail. The steady repetition of it
frees the mind, distracts us from our troubles
while, unconsciously so, our souls still labor
to resolve them.

Walking for me has been cathartic
for as long as I've had cares needing respite
and was a physical high when I was younger
lithe and athletic. However, with age

My joints and ligaments are now more easily annoyed
dampening somewhat the thrill of overcoming obstacles
as conquest. Leaving me, though, with the better part of it:
the peaceful cadence of crunching gravel, leaves, and twigs
as my mind wanders wherever it will...

See Meditations on the Trail continued on page 7



Meditations on the Trail continued from page 6

II

The gait of a person is as unique as the pattern of their fingerprints. How they move through space is their own kind of language. Hundreds of muscles large and small, propel them forward in a way all their own.

I think of my father, his gait vigorous and purposeful, always moving at a fast-paced clip moderated for no one. Try as I might I could not keep up;

Of my oldest child, of his self-conscious swagger of practiced indifference, secretly longing to amble with nary a care, to move about the earth untroubled as a warm thought, ever belonging;

Of middle child, fun-loving and effervescent. Her uncanny eye ever trained to spot beauty and wonder in fungal fruit or frond, hanging vine or needle ice. Whose long legs up ahead keep me puffing, striving again to keep up;

And of my youngest, the footsteps of the blessed moving with the stride of one truly at home on the planet – whose movements, like her thoughts, are deceptively quick. As she moves ahead of me, I sometimes struggle again to keep up. Still, at the junction of the trail with another who is it that knows the way back to our beginning – ay, “little one”?

See *Meditations on the Trail* continued on page 8



Meditations on the Trail continued from page 7

III

The stories of our lives can be traced along a road
whose origins and ends are not as clear as we might wish.

With our first, uncertain steps we viewed images primordial
large faces and colorful objects reacted to with emotions writ large.
Mom, Dad, or whoever else kept us from harm held your hand then
as you explored the world under their watchful eye.

Later, you traveled without them, increasingly so
Passing through woods and towns on roads rutted or smooth
hilly or flat. If sunscreen was forgotten, your skin may have reddened
if rain jacket or umbrella, you'd have wetted and cooled
Without the hat and mittens you were admonished to bring
the sudden chilliness may have surprised you.

There are always people on life's trail
You can't avoid them, even if you wished to
They're just there, sharing life's thoroughfare
for a time, before exiting left or right.
You can learn from them or, less happily
be annoyed by their taking up so much space
on your narrow road.

You may pal around with some, tell tales and sing
to others. And then, there are those who catch you
unawares, hurtling you into bushes, lake
or deep snow...

See *Meditations on the Trail* continued on page 9

Meditations on the Trail continued from page 8

IV

I keep these boots of mine moving forward, step by step.
Though I move less freely now, my legs are still strong.
And I'm just as interested as ever to see what's in store (I think)
and whose paths I might cross.

And as I traverse this trail of life, I wonder:
does this road have an end? Did it have
a beginning? When our time is up
do we fall asleep beside the trail
only to wake up beside another?
So some would have us believe.

Lofty thoughts to ponder as I amble along
with answers not expected in my lifetime
Meanwhile, I'll enjoy the challenge of this trail
the wonders all about me, and cadence of my breath
in sync with the steady pace of my tread –
the joyous monotony of moving
from Point A to B.

--Mike Reed



Smurfy advice for the trail...

Predicting Mountain Weather

by John "PaPa Smurf" Klebes

It's soon to be shoulder season time. That transition from winter into spring when it gets harder and harder to predict the weather. One day it's a bluebird sunny day and you don't even notice the cold and snow on the ground while enjoying the warm sun on your shoulder and endless views. Then a few hours later it can be freezing cold and overcast, or perhaps wet and rainy, or you find yourself in a raging whiteout.

"Checking the weather before planning your hike has always been an important preparation step before hiking but it becomes especially important on the shoulder seasons."

~ PaPa Smurf

Checking the weather before planning your hike has always been an important preparation step before hiking but it becomes especially important on the shoulder seasons. We always come prepared for cold weather in winter and who doesn't prepare for summer with plenty of hydration and sunscreen. But the most weather-related emergencies come on the in-between seasons when it's so much harder to match the weather to your expectations and it's easy to come unprepared for changes in weather. This might be a good time to talk about how best to plan for upcoming mountain weather.

Step one is to check the weather forecast the night before or morning of your planned hike. Sounds so simple, doesn't it? But most weather forecasts are for the towns and valleys, not the mountains and trails up higher in the mountains. Accurate data for backcountry locations and remote locations are scarce. And mountains make their own weather patterns with conditions varying with elevation and geographic features.

First, try to get accurate and current forecasts from locations as close to your hiking route and elevation as possible. A good source is the National Weather Service (www.weather.gov). Don't just type in the nearest town but click on the map along your hiking route or type in GPS locations. You may have to search for weather forecasts from points on either side of a ridge and at higher and lower elevations to get an accurate view of what the forecast is for your hiking route.

See Predicting Mountain Weather continued on page 11

Predicting Mountain Weather *continued from page 10*

Another good source of weather forecasts are special mountain forecasts, such as those from park service ranger stations, and summit weather stations, such as the Mt. Washington Observatory, that provide backcountry specific mountain forecasts and snow conditions.

Take special note of both the high and low extreme temperatures over the time period of your hike, frequency and amount of expected precipitation, and possible wind speeds. You will need to factor in changes in elevation and cloud cover, as well. It feels much warmer in sunny weather, temperatures fall as you gain elevation, and wind chill increases on exposed ridges and higher up in the mountains. Also, what might be cloudy down in the valley, can change to light rain, then heavy rain or be snowy and stormy up high.

Here's some tips I've observed or heard about over the years:

1. Weather predictions play a vital part in choosing clothing, equipment needs like traction devices and snowshoes, shelter, and route planning.
2. Temperatures fall by 3-5 degrees for every 1000 feet of elevation gain.
3. Precipitation increases and may turn from rain to snow as you increase in elevation. It can be clear in the valley but raining or snowing up higher and that might not be in the forecast for the valley.

See Predicting Mountain Weather continued on page 12

“Take special note of....”

~ PaPa Smurf

“Here's some tips I've observed or heard about over the years:....”

~ PaPa Smurf



“Weather continues a pattern and only changes when something new influences it.”

~ PaPa Smurf



Predicting Mountain Weather continued from page 11

4. On the windward side of the mountain, wet weather systems drop more rain and snow. On the other side of the mountain, the rain shadow side, precipitation is less or blocked.
5. Wind chill is real! If it's windy you need to gear up and cover any exposed skin. Anything exposed to the wind will have a real feel of many degrees colder than the air temperature. You can assume even light wind will effect your comfort and at low temperatures high winds can cause extreme danger.
6. What happened yesterday is likely to happen today. Weather continues a pattern and only changes when something new influences it. Look for signals that indicate changes, such as pressure fronts, cloud or wind condition changes, or temperature changes. If no signals are present, expect a high likelihood of the weather doing whatever it did the day before.
7. Weather is most volatile in the afternoons. That's one of the reasons you want to watch out for thunderstorms on summits in the afternoon. Nights and mornings are more likely to be calm. The sun warms during the day and the temperature difference is maximum during the afternoon which can cause moisture to move up and down creating weather changes.
8. You can track the up and down movement of changes in atmospheric pressure using a barometer. High or rising pressure indicates stable weather; low or falling pressure indicates the air is moving upward from the land surface into the atmosphere and predicts changing weather.

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Predicting Mountain Weather continued from page 12

9. Changes in cloud cover can indicate new weather patterns are forming. Darkening and joining together of clouds is a good indication of precipitation forming.

10. Wind in North America tends to move from west to east. Any time you notice changes in the wind direction and speed, especially if it's a sudden change, you should be concerned that bad weather is coming.

Even with the best weather forecast, mountain weather is unpredictable. Be ready to change plans or have escape routes should you get into trouble. It's a good idea to keep in mind, as you hike, what you would do if the weather turns. Would you go back the way you came, continue on despite the weather, or alter your plans and/or use an escape route that allows safer conditions on your adventure.

Many summits and mountain ridges have alternate bad weather route options. Some trails with river crossings have high water bridges that may be good options. And don't be afraid to take an alternate route down off a ridge and continue back using roads or trails at lower elevations.

Hope for the best, plan for the worst, and just enjoy the great outdoors.

--PaPa Smurf

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



PaPa Smurf

“Even with the best weather forecast, mountain weather is unpredictable.”

~ PaPa Smurf



AdironDoc

by Dick Forrest

One of my favorite authors of hiking-related articles is Tom Welch, MD, otherwise known as AdironDoc, an expert in wilderness medicine, who writes for *Adirondac: The magazine of the ADIRONDACK MOUNTAIN CLUB*. I would like to share some of his knowledge that he's imparted in four of the latest issues of this bimonthly magazine. Below is a summary of each of the four articles, mostly in the words of Dr. Welch.

JULY-AUGUST, 2021: In an article entitled, ***Another Reason to Hate Ticks***, Dr. Welch writes about a less well-known, at least by me, tick-borne disease called alpha gal syndrome (AGS). Other kinds of tick bites produce infection, but, in the case of AGS, an allergic reaction occurs upon the consumption of red meat. Dr. Welch writes: *...,AGS is an allergic reaction to a molecule, alpha gal for short, which is present in all mammals except primates (like us).* And so, the antibodies that are produced by your body as a result of exposure to alpha gal can produce an allergic reaction when red meat is eaten. Sometimes the allergic reaction can be treated with Benadryl® but in rare, life-threatening cases with an EpiPen®. What are the symptoms of AGS? Dr. Welch says the symptoms are variable: an itchy rash, urticaria (hives), or abdominal pain or diarrhea, after ingesting red meat. A more severe reaction may involve swelling of the lips, difficulty breathing, and a severe generalized allergic reaction called anaphylaxis. So people can die as a result of the most severe reaction to AGS after ingesting red meat.

SEPTEMBER-OCTOBER, 2021: In an article entitled, ***How Sweet It Is: Tips for hiking safely with diabetes***, Dr. Welch writes that diabetes mellitus is one of the most common chronic health conditions and a
See *AdironDoc* continued on page 15

“...,AGS is an allergic reaction to a molecule, alpha gal for short, which is present in all mammals except primates (like us).”

~ AdironDoc

AdironDoc continued from page 14

major contributor to premature death. It's a risk factor for other severe health conditions, like cardiovascular disease, stroke, and chronic kidney disease. Astoundingly, Dr. Welch writes, it may affect a half billion people worldwide. There are Type 1 and Type 2 diabetes. Type 2 may especially be increasing with rising obesity levels. So exercise is especially important in managing diabetes. Things to consider for diabetics as it relates to hiking and the outdoors: foot care and meal planning to avoid episodes of hypoglycemia (low blood sugar). Recent developments in insulin storage, regular blood testing, and monitoring of diet and energy expenditure have enabled Type 1 diabetics to be fully functional in the outdoors. There are diabetes specialists who are familiar with the demands of adventure travel. And it doesn't hurt to have a companion along who can assist in emergencies while recreating in the outdoors.

NOVEMBER-DECEMBER, 2021: In an article entitled, *Too Hot to Handle?*, Dr. Welch writes that as our climate warms we will be experiencing more heat injuries as hikers and paddlers. He writes about heat exhaustion and heat stroke which can occur as we exercise in a hot environment. *Heat exhaustion develops when the body's attempts at compensation for heat stress begin to fail, often precipitated by dehydration related to sweating and loss of fluid in breath,* writes Dr. Welch. The patient is often cold and clammy because of intact sweating. Body temperature is normal or slightly elevated, and the patient is likely to be very thirsty. Symptoms of heat exhaustion include: from mild fatigue and lightheadness, to symptoms of severe headache, weakness, or fainting. It's important to stop exertion and rest, water alternated with salty snacks is a good treatment, Dr. Welch suggests. Heat stroke, on the other hand, *is a complete breakdown of the body's cooling mechanisms. This results in severe elevations in temperature, with consequent failure of many body systems,* writes Dr. Welch. Victims are hot and dry with extremely elevated body temperatures. They are often delirious and unconscious and their

See *AdironDoc* continued on page 16

"Astoundingly, Dr. Welch writes, it (diabetes) may affect a half billion people worldwide."

~ Dick Forrest

"Heat exhaustion develops when the body's attempts at compensation for heat stress begin to fail, often precipitated by dehydration related to sweating and loss of fluid in breath."

~ AdironDoc



“Heat stroke is a complete breakdown of the body’s cooling mechanisms. This results in severe elevations in temperature, with consequent failure of many body systems.”

~ AdironDoc

“Two of the most common injuries in hikers, ankle sprains and forearm (Colles) fractures are typically triggered by a momentary loss of balance, resulting in a slip or fall.”

~ AdironDoc

“Tai chi is a gentle form of exercise that has measurable positive effects on balance, as well as a host of other benefits.”

~ AdironDoc

AdironDoc continued from page 15

condition may progress into cardiorespiratory, liver, and kidney failure, writes Dr. Welch. Treatment in the wilderness calls for copious amounts of water, immersion if feasible, and attention to the ABC’s of resuscitation prior to evacuation, Dr. Welch recommends. It’s rare to have heat stroke in the wilderness – it usually happens to endurance athletes, military recruits, and folks undertaking strenuous exercise. The elderly and disabled are also particularly susceptible to heat stroke in hot environments.

JANUARY-FEBRUARY, 2022: In an article entitled, *Life in Balance*, Dr. Welch writes that fitness and wilderness trekking are closely interrelated. Fitness and endurance are what we most think about. However, Dr. Welch, in this article, wants to talk about balance. Dr. Welch writes: *Two of the most common injuries in hikers, ankle sprains and forearm (Colles) fractures are typically triggered by a momentary loss of balance, resulting in a slip or fall.* Most of these injuries can be treated or prevented. Underlying joint problems, such as osteoarthritis of the knee, can lead to balance problems. For these issues, Dr. Welch recommends, in a previous article (March-April, 2021), the use of trekking poles. Blood pressure problems can also lead to falls. Dr. Welch mentions the term, proprioception, which is the sensation of position in one’s sense of space, a requirement for balance. Aging is one thing that can lead to diminished proprioception. The inner ear, the vestibular system, is intimately connected to balance. There are physical therapists who give customized exercise programs for individuals with balance problems caused by inner ear abnormalities. Dr. Welch says that there are a number of terrific options to maintain or improve balance. One, in particular, which he mentions is the ancient Chinese practice of tai chi. He says that it’s *a gentle form of exercise that has measurable positive effects on balance, as well as a host of other benefits.* Dr. Welch says that it’s great to be a responder to a wilderness crisis situation but prevention of a crisis through tai chi (i.e. improving balance, thus preventing injury) is the best medicine.

--Dick Forrest

Future Events:**Adirondacks Car Camping at Heart Lake
Two Nights - August 9 (Tues.) and 10 (Wed.),
2022**

Heart Lake, near Lake Placid, New York, provides the best access/trailheads to the Adirondack High Peaks. There will be easy and difficult walks and hikes, as well as swimming, canoeing and kayaking opportunities on this small lake. The nearby village of Lake Placid, as a tourist attraction, offers a variety of shops and restaurants.

We need PVHC members to respond ASAP to find out how many people can come to this club event. We have reserved 3 canvas cabins (6 people per cabin) and 2 campsites (up to 6 people per campsite). A deposit of \$50 each will reserve your spot for this event. Please send your check (made out to Susan Forrest) to: Susan Forrest, 642 Prospect St., East Longmeadow, MA 01028, and indicate whether you want to be in a canvas cabin or on a campsite. Please call us if you have any questions about the event: (413) 525-3288.

Depending on the number of people who can attend, you may receive a refund. If, for any reason, you need to cancel your reservation, you can do it three weeks before (by July 19). After that, you will lose your deposit unless you/we can find someone to take your place. There will be a waiting list if all of the spots are taken.

We will have a group meal on Wednesday night which includes hamburgers, hot dogs, and veggie burgers, with condiments. We want each attendee to contribute a side dish or dessert to the meal. Coffee will be available each morning. Wood for campfires will be provided. For Tuesday dinner, in the past there was a concession stand at the campground, or you can go into nearby Lake Placid where there are several restaurants available.

Ann Mundy was up at the Heart Lake Campground on Columbus Day weekend and said that the 4 parking lots fill up by 5 or 6 a.m. every morning and the place is very heavily used. So we anticipate that the campground will be full. If, at all possible, we need attendees to car-pool because parking space at the campground is very limited.
See Future Events continued on page 18



Future Events continued from page 17

Currently, there is a Covid-19 policy (it currently extends to April, 2022) that requires that you are fully vaccinated and that masks are required in the ADK buildings. We'll keep you posted if this Covid-19 policy is still in place in August, 2022.

Ann Mundy has been very helpful in giving us advice and is "THRILLED" that we are continuing this club event which she has organized for many years.

— Dick and Sue Forrest

Future Events in 2022:

May 20-22 - Galehead Hut Trip led by Karen Markham

June 24-26 - White Mt. Sampler led by Al Goodhind

August 9-11 - Adirondack Heart Lake car camping led by Dick & Sue Forrest

September 3-9 - Lily Bay State Park (on Moosehead Lake), Maine Camping Trip led by Karen Markham

September 23-25 - Johns Brook Lodge Backpack Adirondacks led by Karen Markham

PVHC 2022 Executive Board



Left to Right: Lori Tisdell, President; Erin Squires, Vice President; Peggy Tibbitt, Treasurer; Lani Giguere, Secretary

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 2021 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 &
Cheryl Stevens
Meghan Bergin
Jeff Briggs
Kay Byington
Patty Carmody
Mike & Gail Carrier
Theresa Corey
Ray Girard
Dan Harrington
Cindy Kennedy
Pamela Kennedy & David
Launchmen
John Klebes
Keli Kukiewicz
Edmund Marrone
Rachel Naismith
Crystal Paul
Lorraine Plasse
Dave Poulin
Linda Quesnel
Maryellen Sullivan
Susan Wills
Kevin & Robin Withers
Denis Wogan

Apr Renewals

David Arbeitman
Jacki Barden
Marianne Baush
Karon Belunas
Bernice & Elbert Bowler
Virginia Brown
Norma Casillas
Michelle DeChristopher
Jane Glushik
Bryan Goodwin & Joan
DelPlato
Peter Haas
Susan McGurk
Lori McMahan
Robert Morgan
Asa & Per Nilsson
Tom Pedersen
Thomas Pospisil
Kathryn Ruhf
Elizabeth Satin
Albert Shane
Lynne Shapiro
Jacqueline Sheehan
Ed Watson
Susan Young
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:

Peggy Tibbitt
413 South Gulf Rd.
Belchertown, MA 01007

(Dues are \$25 individual member, \$40 family, and \$15 for students)

Pioneer Valley Hiking Club Officers

Lori Tisdell, President
Erin Squires, Vice President
Peggy Tibbitt, Treasurer
Lani Giguere, Secretary
Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Lori Tisdell & Michele Wolf
Backpacking Coordinator: Rick Briggs
Trail Maintenance: Chip Pray & Rob Schechtman
Club Website Editor: Dick Forrest
Non-Member E-mail Coordinator: Rob Schechtman
Club E-mail Coordinator: Lori Tisdell
Quartermaster: Mike Carrier
Bootprints Newsletter Editor: Dick Forrest

Bootprints is a publication of the Pioneer Valley Hiking Club. Please email your story/event contributions to Dick Forrest at: dforrest@charter.net

WELCOME NEW MEMBERS

Jan
Judy Fogg
Galen Hammill
Laura & Mike Moran

Feb
Susan Crim
Tanya Dragan
Jill Franks
Mark Rosenberg



UPCOMING EVENTS AND THE USUALS

- Mondays Morning hike
- Tuesdays Morning hike, evening hike
- Wednesdays Morning hike
- Thursdays Morning hike
- Saturdays Morning hike
- Sundays Morning hike
- Apr 5 (MA) Club Meeting
- May 3 (MA) Club Meeting

- PVHC <https://teamup.com/kszb8qkbizhndt3qjt7>
- Schedule of Events

IMPORTANT NOTICES

Next Club Meetings

April 5, 2022, 7 p.m. at **FBC**
 May 3, 2022, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is March 20, 2022, and *Bootprints* is April 20, 2022

**** 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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