



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

Volunteerism

by President Lori Tisdell

I was undecided about what to write about this month until I checked the current membership stats. Then it came together for me. In the last year Pioneer Valley Hiking Club has gained eighty-two new memberships! That is just shy of one third of our total membership. During the height of the pandemic our membership had dropped to a low not seen in many years. We are now back to the 245-250 memberships average we usually sustain.

It is wonderful to see so many new members participating in our club activities along with the longer - and long-term members. With the club having returned to pre-pandemic levels of activities we will need more people to help us sustain those levels. So, I am returning to a previous theme I wrote about four years ago extolling the value and satisfaction that comes from volunteering.

It can be intimidating for new members to volunteer. I know it was for me when I started volunteering a few years after joining. I started small by leading hikes in areas that I knew very well. I also asked many questions and received help from other leaders. As I gained confidence, I started leading more difficult hikes and more often. Eventually I took on the weekly Tuesday evening hike and continued with weekends and a few overnight events. It snowballed for me as I volunteered in other areas – serving on the e-board and co-organizing social events. Which does not mean everyone need volunteer in multiple areas! By leading hikes, I met so many more club members than I would have otherwise and made many friendships.

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May, 2022

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President's Corner *continued from page 1*

We are always in need of people to lead hikes. Weekdays are set with more than enough hikes Monday through Friday. Our weekends are starting to come back to a better level but mostly relies on 5-6 people to lead the 8+ weekend hikes a month. If you are interested in leading a hike, please talk to one of the leaders. We are all more than willing to answer questions and help in any way that we can to make your experience a positive one.

We have two major social events a year – the picnic in August and the holiday party in December. Karen Markham and Al Roman have volunteered to organize the holiday party again this year – thanks to Karen and Al. We do need someone to organize the slide show. It is so much fun to look back at the activities of the previous year to share and remember the fun, excitement, and challenges. I have a template to work with if needed. We have a dedicated email for members to send their photos to for sharing in the slide show. If you are interested, please talk to one of the board members.

We have not had anyone volunteer to organize the August picnic. Erin Squires, Angela Whittaker, and I organized (together and separately) for the last 8 years. We would love to see someone else do so this year. We have all the previous year's organizing information and are happy to share it with, as well as help, whomever does volunteer. We usually have more than enough people to volunteer on the committee and the day of to help set up, grill, activities, and break down at the end of the day. But we need someone to direct and organize. Again, if you have any questions or are interested, please talk to one of the board members.

See *President's Corner* continued on page 3

*"We are always in need of people to lead hikes."
~ President Lori Tisdell*



*“When you volunteer
you become even
more invested in
PVHC.”*

~President Lori Tisdell

President’s Corner continued from page 2

In closing, I would like to say that PVHC is lucky to have so many members with knowledge, skills, and experience they use to contribute to the club’s needs. And willingly do so. When you volunteer you become even more invested in PVHC. You also derive a great deal of satisfaction knowing you are helping and contributing to the good of the club. I recommend that all who can, should volunteer, whether in small ways or large. Each person who does so will make a difference, make connections with other club members, and help our club continue to grow and move forward.

--President Lori Tisdell

Saturday, April 30, PVHC Trail Maintenance NET Sections 1/2

Led by Rob Schechtman and Chip Pray





*“That’s right, that universal call for help: **SOS.**”
~ PaPa Smurf*

*“There are many types of situations where a distress signal is important.”
~ Papa Smurf*

Smurfy advice for the trail...

The Number Three

by John “PaPa Smurf” Klebes

The number three, it can “Save our Ship.” Or maybe even “Save our Souls.” That’s right, that universal call for help: **SOS**. This month’s column is on how to signal for help should you get in trouble while out hiking.

SOS evolved as an international maritime radio distress signal with roots in the use of Morse code and radio telegraphs. Over the last century the standard SOS distress signal, consisting of the Morse code signal of three -short/three-long/three-short has become a more recognizable international emergency signal for distress that essentially just uses three of any signal to indicate that emergency help is needed. For example, three blasts on a whistle, three shots from a firearm, three flashes of a mirror, or even three smoky signal fires.

It should be recognizable anywhere in the world that a clear signal sent three times, over and over, is always an indication that you are in some sort of emergency, lost, or need help. It mimics the beat of the SOS Morse code distress signal.

There are many types of situations where a distress signal is important. It’s extremely useful if you get separated, lost, or hurt during a hike. You could always just call out for your friends or hope a nearby hiker hears you. But if you have ever tried this you will find your voice doesn’t carry very far and you quickly get tired or go hoarse trying.

For hikers blowing three quick blasts on a whistle makes much more sense. The sound travels farther and you don’t get as tired trying to shout.

See *The Number Three* continued on page 6

The Number Three continued from page 5

Even if you have a working cellphone and a good cell signal and can call for help it's helpful to have a whistle to let your friends know that they are getting close to you. It's unlikely that you will be able to exactly describe where you are over the phone, and GPS is not perfect at giving your exact location. An emergency whistle can come in pretty handy.

I consider a whistle a critical emergency tool that every hiker should have located in a handy spot that they can get to even if you fall and are hurt. A good place is on your backpack shoulder strap, in a pocket, or clipped to your clothing or belt. Some newer backpacks even come with a whistle. I have also seen a number of survival gadgets that incorporate a whistle with a compass, multi-tool, or similar device. Be sure your whistle can be easily attached and accessed by using a lanyard, ring or clip to prevent loss.

Make sure you buy a good whistle that is easy to use and very loud. Some cheap whistles do not work well or don't make a very loud sound. Remember, you might really need this tool in an emergency so don't just use the one from your box of Cracker Jacks. Ha, ha. Get one that will be loud and strong even in the wind and stormy weather. Don't be afraid to try it out. Give it a good blow once or twice next time you are out in the woods to see how well it works and how far the sound travels. Just save the repeated three quick blows for emergencies only.

With a whistle, or similar noise, such as banging a pot, car horn, fire-arm, etc., you want to repeat the sound three times quickly. Then pause and repeat three more times. Keep repeating the pattern and stop occasionally to see if you hear anyone reply.

See *The Number Three* continued on page 7



PaPa Smurf

"I consider a whistle a critical emergency tool that every hiker should have located in a handy spot that they can get to even if you fall and are hurt."

~ PaPa Smurf



“...there are a number of other common ways to signal for help.”
 ~ PaPa Smurf

The Number Three continued from page 6

Depending on the emergency situation you are in, and the resources available to you, there are a number of other common ways to signal for help.

Using a fire can work well. The flames can be highly visible at night or you can add green leaves to create lots of smoke during the day. You should build three fires in the shape of a triangle which again is an international signal of distress. Build up high or in an open area away from trees and foliage to get the best visibility.

Another technique to try is to build a visible signal such as spelling out SOS by stamping footprints into a field of snow or on a sandy beach. Or you could draw SOS with colorful clothing, rocks, wooden logs, or even pouring colored drink mix, like paint, on snow, in an open area visible from above. Some emergency space blankets and tarps even come pre-printed with SOS on one side that you could spread out.

If you need to leave your signaling spot be sure to leave a written note in plain sight. So, if you have to set up a shelter in a more weather-sheltered area or go out to look for water, anyone coming to investigate your signal will know you are nearby and where to look.

If you can see a low flying plane, boat, or building, or persons in the distance you can try signaling if your whistle doesn't work to reach them. You can use a mirror or shiny object to reflect a glare of light into the direction you want to signal. Try moving the mirror or shiny object back and forth to create three quick flashes of light. At night you can do the same with a flashlight to create three flashes of light.

If you do notice that you have gotten someone's attention motion with your body by swinging both arms up and down over your head. This, too, is a universal sign that you need help.

If you are ever in an emergency situation, always remember that
 See *The Number Three* continued on page 8

The Number Three continued from page 7

repeatedly signaling three times in a row and repeating is the international signal for needing help. As always, let's hope you don't need it but always remember to signal with the Number Three and always carry your trusty whistle with you on a hike.

--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)

“...repeatedly signaling three times in a row and repeating is the international signal for needing help.”

~ PaPa Smurf



Audrey Hyson: Everyday Naturalist

by Dick Forrest

"In this Bootprints article I want to talk about the most recent articles from another favorite author who also writes for Adirondac magazine:...."

~ Dick Forrest

In the March issue of *Bootprints* I wrote about the Dr. Tom Welch's most recent articles in *Adirondac: the magazine of the Adirondack Mountain Club*. In this *Bootprints* article I want to talk about the most recent articles from another favorite author who also writes for *Adirondac* magazine: Audrey Hyson, who calls herself, Everyday Naturalist.

I just recently signed up for a Saturday hike led by Joanne Fortin at Fannie Stebbins Wildlife Refuge in Longmeadow, MA. I thought it would be a hike but it was actually a nature/bird walk – as a bird lover, I didn't mind. Steve Svec, an Allen Bird Club member and very knowledgeable birder, led the walk. He with others in our group identified early spring warblers, such as the yellow-rumped warbler and the palm warbler. One in our group also identified a rusty blackbird. A great blue heron, tree swallows, mallards, Canada geese, a mute swan, and a bald eagle were also sighted. Most people on the walk carried field glasses and Steve also had a spotting scope to see birds at a distance. We went to one of the many ponds and saw a pair of wood ducks through Steve's spotting scope. One little known fact gleaned from Steve's walk and talk was that there are actually more wood ducks in our area than mallards. Wood ducks, on the whole, are more secretive and are less conspicuous than the seemingly common mallards. Through the spotting scope, seeing the stock-still, wading, great blue heron's gray/blue feathers blowing in the wind and the beautiful markings on the male and female pair of wood ducks made my day.

As hikers we see the natural world more than most. Often, in wilderness or even on local trails we see the signs and hear the sounds of wildlife. Being out in nature is a privilege and a benefit that we, as hikers, get to enjoy and revere.

I would like to highlight and summarize Audrey Hyson's most recent articles in *Adirondac* magazine, like I did for Dr. Tom Welch's most recent articles in the March issue of *Bootprints*. And like the summaries See *Everyday Naturalist continued on page 10*

"Being out in nature is a privilege and a benefit that we, as hikers, get to enjoy and revere."

~ Dick Forrest

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for AdironDoc (Dr. Tom Welch), the summaries are mostly in the words of Everyday Naturalist (Audrey Hyson).

JULY-AUGUST, 2021: In an article entitled, *The Pitfalls of Life in a Bog*, Audrey Hyson writes about the northern pitcher plant (*Sarracenia purpurea*). Ah, the mind of a naturalist – it's interesting that she calls the pitcher plants her old friends that she can come back to visit during paddling season. *Pitcher plants carry on photosynthesis like other green plants, but supplement their nutrition by capturing and digesting small insects*, writes Hyson. She says, in so many words, that these added nutrients from insects gives the plants a biological advantage by allowing the plants to *grow bigger, flower more robustly, and produce more seeds*. Once that happens the plants no longer need to attract the added nutrients in the form of insects.

And then Hyson describes the plant's mechanism of capturing an insect. She writes: *Each pitcher (leaf) is a passive pitfall trap that has five zones from top to bottom*. Hyson goes into incredible detail on how the plants capture their prey and get their nutrients. Hyson mentions two other photosynthetic insectivores in our part of the world: sundews and bladderworts. Hyson writes: *The most famous carnivorous plant, the Venus flytrap, is native only to bogs and wet savannahs in the coastal Carolinas*.

SEPTEMBER-OCTOBER, 2021: In an article entitled, *Wildflowers of the Dark Forest*, Audrey Hyson writes about heterotrophs (as opposed to autotrophs), plants having no chlorophyll and which depend on others plants to meet their nutritional needs. They bloom in the understories of northern forests, and include beechdrops, Indian pipes, and pine saps.

Hyson writes: *Beechdrops (*Epifagus virginiana*) are parasitic on the roots of beech trees*. Audrey Hyson goes into the intricacies of the beech tree relationship and writes about the two sets of flowers (cross-pollinating and self-pollinating) located on the stems of the plants. So look for, she says, *these unusual plants scattered across the forest floor under beech trees*.

See *Everyday Naturalist* continued on page 11

“Pitcher plants carry on photosynthesis like other green plants, but supplement their nutrition by capturing and digesting small insects.”

~ Audrey Hyson

“They (heterotrophs) bloom in the understories of northern forests, and include beechdrops, Indian pipes, and pine saps.”

~ Audrey Hyson



“Audrey Hyson writes about three small mammals and their unique behaviors:....”
~ Dick Forrest

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On the other hand, Hyson writes: *Indian pipes and pine saps have even more complex heterotrophic arrangements and are mycotrophic (fungus-feeding) plants. They absorb nutrients from mycorrhizal fungi that are integrated with the roots of trees.* So then, as Hyson explains, the tree roots and the plants benefit from each other – the plants receive nutrients from the trees and the trees benefit from the large underground mats produced by the plants, called hyphae. Hyson goes into detail beyond this short summary. So it’s a symbiotic relationship benefiting two organisms, between plants, like Indian pipes which are colorless, that need no light to thrive and green plants dependent on photosynthesis.

NOVEMBER-DECEMBER, 2021: In an article entitled, ***The Harvesting and Storing Impulse***, Audrey Hyson writes about three small mammals and their unique behaviors: chipmunks (*Tamias striatus*), gray squirrels (*Sciurus carolinensis*), and red squirrels (*Tamiasciurus hudsonicus*). *All are rodents in the family Sciuridae, the squirrel family,* Hyson says.

She explains that chipmunks will sleep and not come out of their tunnels and eat from an underground food storage area in the winter and cold weather but gray and red squirrels are active all winter.

We see gray squirrels at our feeders eating birdseed, but they also resort to *scatter hoarding* where they gather and bury nuts in holes in the ground. Amazingly, gray squirrels will retrieve up to 95% of their buried nuts. Nuts that are not retrieved help to regenerate forests. Beech nuts provide more protein and fat than acorns.

Red squirrels, Hyson explains, have a type of behavior called *larder*
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hoarding. ...in wilder areas they gather and store large volumes of green pine, spruce, and fir cones, writes Hyson. They place them in concealed piles in the center of their territory which they aggressively protect.

JANUARY-FEBRUARY, 2022: In an article entitled, ***A Glimpse of the Unseen***, Audrey Hyson writes about the North American river otter (*Lontra canadensis*). Hyson says that the river otter is the largest member of the Mustelidae (weasel family) in North America. Hyson goes into great detail about the mode of otter travel, the size and unique features of the animal, their breeding and raising young, and their territorial proclivities. *Typically, the otter will bound and slide intermittently as terrain allows....,* writes Hyson.

On winter hikes at Granville State Forest around Hubbard Brook I have seen in past years the slides from river otters that Hyson writes about. Hyson eloquently tells the story of the river otter, in brief. As an example in this article: *Otter slides are emblematic of the playful energy of river otters.* So you are more likely to see evidence of their presence, especially in winter, than actually sighting them.

MARCH-APRIL, 2022: In an article entitled, ***O Pioneers!***, Audrey Hyson writes about the aspen of the northeast, the quaking aspen (*Populus tremuloides*). Aspens in our neck of the woods, she says, are *a short-lived pioneer species, an early successional species*, unlike the large aspen forests of the west, which are some of the largest *individual* organisms on earth. The aspens in the northeast take advantage of openings in the forest cover from fire, storm, or intentional clearing. They create conditions, she says, for *new forest to re-establish after a devastating event*. Hyson describes where they grow, writes about the leaves and the bark of the tree, and says that the quaking aspen is a favorite food of beavers. There's also a similar species called big-tooth aspen in our area. Aspens are on the decline in our area because they are crowded out by more mature stands of trees in the forest. However, you can find an occasional large aspen in beech/yellow birch/maple forests. Hyson says that they are living on borrowed time and that's why she finds them so intriguing.

--Dick Forrest

"Otter slides are emblematic of the playful energy of river otters."

~ Audrey Hyson

"The aspens in the northeast take advantage of openings in the forest cover from fire, storm, or intentional clearing."

~ Audrey Hyson



Sell, Give, or Exchange Used Hiking Gear

For Sale:

1. Suunto ambit3 altimeter watch (\$65)
2. MSR whisperlite stove with repair kit and pump and 2 gas cannisters (\$65)
3. REI men's size L blue down parka (800 fill) (\$45)

Peter M. Haas

Giveaway:

I have a pair of Salomon X-Ultra low cut hikers in US women's size 6.5. I am giving them away to someone who can use them; I wore them maybe 2 or 3 times only, so they are in great condition. [The last on Salomons, I found out the hard way, doesn't agree with all my foot/knee problems; otherwise I would have been wearing them myself.]

Jane Ricci

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.
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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 2022 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

Jill Abramson
James & Diane Brown
Steven & Amy Dane
Nora Dryjowicz
Judy Faherty
Deb Gebo
Carol Giguere
Joanne Haley
Marsha Hertel
Tom Lake
Michelle Leaper
Phyllis Levenson
Peggy McLennan
Ron & Eleanor Morris-
sette
Michael Reed
Elsa Rosenak
John Rothery
Karen Savoy
Erin, Peter, Emily Squires
Robert & Georgene
Trombley
David Vibber
Bruce & Jennifer Wade
Janice Webb
Angela Whittaker
Alison Wondriska
Celeste Ziemba & John
Gorey

June Renewals

Renee Brown
Bill Burgart & Marianne Hu-
ber
Allison Cook
Robert Duclos
Gina Geck
Marie Holmes
Peter & Beth Ouellette
Ed Page
Michael Rioual
Jim & Peggy Tibbitt

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

Mar

Bob & Laura Bishop
Kathleen Bishop
Connie Dawson
David King
Margaret McLaughlin
Greg Socha & Tracy Wilson
Charles Vanasse

Apr

Dome Christman
Jessica Daniels
Barbara Havlicek
Joni Sexauer



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
- June 7 (MA) Club Meeting
- July 5 (MA) Club Meeting
- PVHC <https://teamup.com/kszb8qkbizhndt3qjt7>
- Schedule of Events

IMPORTANT NOTICES

Next Club Meetings

June 7, 2022, 7 p.m. at **ROC**
July 5, 2022, 7 p.m. at **ROC**

ROC - Red Oak Church, 337 Piper Road, West Springfield

Deadline for submissions to the next *Footprints* is June 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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P.O. Box 225
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