

# WESTERN MASS. OUTDOOR ADVENTURES HIKING CLUB MONTHLY NEWSLETTER

Volume 1, Issue

August 1, 1992

## Welcome New Members

Since we met last, we have a new member in our midst. Her name is Ann M. Guidi. Welcome Ann to our club. We have been having a great time on the trails, and we hope that you will too. Since the founding of the club, our membership has continued to grow. The club was founded to promote outdoor activities, conservation, and to introduce people to Western Mass., as a place to hike, and backpack. I think that we have been doing a pretty good job at doing that. But, if there is anything that you think that we should do, or can do better, let us know. All you have to do is to drop a line to W.M.O.A Hiking Club C/O Backpacking ETC. 356 Memorial Ave, West Springfield, 01089 and we will take action on your suggestion.

## UPCOMING EVENTS

### CLUB MEETINGS:

The club meeting scheduled for Tuesday, July 28th has been cancelled due to Ray Tibbett's injury. We hope that Ray will be well enough for us to hold the meeting at his store on August 25th, at 7:00 pm.

### MOUNT EVERETT HIKE:

This hike is a difficult hike, but with Ed's famous pace everyone will be able to make the hike. The Hike is 7.6 miles long, and it takes 6 hours to complete. The hike will follow about 4.5 miles of the Appalachian Trail. Please bring a day pack with the standard packing list, and ensure that you have at least 2 quarts of water. During the hike, we will traverse a ridge line from Mount

Race to Mount Everett, offering many vistas. A camera may be just the thing to capture the moment. If you plan on attending the hike, please call Ed Lizotte at 589-9632. For those going on the hike, we will meet at Backpacking ETC. at 7:30am and will depart at about 7:45am.

### MAP AND COMPASS COURSE:

The map and compass course scheduled for August 1st has been cancelled, but will be rescheduled.

### BASH BISH FALLS HIKE:

Bash Bish Falls is a beautiful location for a saunter through the woods. The hike will be about 5 miles long, and is a moderate hike. The hike will take place on August 8th. We will meet at Backpacking ETC. at 8:00am, and depart at 8:45 am. Please bring standard day pack, and water. If you plan on attending the hike, please call Ed Lizotte, at 589-9632.

### TRAIL SCOUTING/MAINTENANCE:

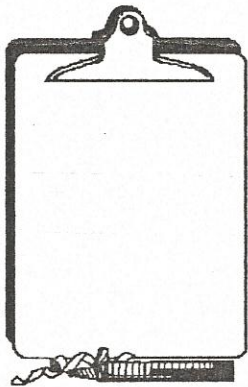
As we stated in the flash newsletter, the club has adopted a trail in Beartown State Forest. For those who are interested in Trail maintenance or conservation, the club will be doing an overnight hike at Beartown State Forest to do Trail Scouting, and some initial trail maintenance. If you plan on going on the overnight, please stop in at the store, (Backpacking ETC), and sign-up. When you sign up you will receive a packing list for the trip. Also, you will need to pay \$15.00 for food for the weekend. An information letter will be sent

be sent to you after you register, detailing the events for the weekend. This is a great opportunity to get involved with a project that the State Forest will benefit from as well as the club.

**CLUB MEETING:**

As stated earlier, the next club meeting will be on August 25th, and will start at 7:00pm. The topic of the meeting will be what to pack and how to pack it. This is a demonstration clinic put on by Ed Lizotte, and if Ray Tibbetts is up to it, him too.

**BULLETIN BOARD**



**WANTED:** Word Perfect 5.1, or AmiPro Software. If there is anyone in the club who has either of these software packages and would be willing to donate them to the club, please contact Ed Lizotte.

**WANTED:** Pack saws, tree pruners, or hedge pruners, for trail maintenance work. If you have any of these items, and would be willing to let the club use them during trail projects, please let Ed Lizotte know, or Ray Tibbetts.

If you have anything for the bulletin board, let Ed Lizotte know by the 15th of the month so that it can get in the next issue of the newsletter.

**SWAP SHOP:**

**FIRST AID KITS:** Whether you are hiking alone, or in a group the need for a first aid kit is essential. But what makes a good first aid kit?

Well the first thing that you have to realize is that there is no way that your kit will, or can contain everything that you may need on the trail. There will always be something that you will need during a trip. The second thing is that the only good first aid kit is the one that is restocked after each hike or trip. If the kit is not restocked, then the chances are greater of needing something that you do not have.

Everyone also must remember that first aid is just that, first aid. First aid is that aid rendered by a person to maintain basic life support. First aid is not medical treatment.

So what makes a good first aid kit? The following is a checklist which can guide you:

\*NOTE: This kit is designed for a small group of three to six people, but makes a great individual kit.

- 2"x2" gauze pads 10-12
- 3" roller gauze 1
- Band Aids 24
- Ace Bandage 1
- Adhesive Tape 2" wide 1
- Moleskin/Molefoam 1pkg
- Tincture of Benzoin 1small bottle
- Antibiotic cream 1tube
- Aspirin/Ibuprofen 1small bottle
- Tweezers
- Scissors
- Thermometer

Commercial kits are good, but expensive. To make your kit, all you need is to buy the items at your local CVS, or drug store, and put them into a waterproof bag, (zip locks work good). Or you can purchase a small organizer pouch.

**Well, TTFN!**

**WESTERN MASS. OUTDOOR ADVENTURES  
HIKING CLUB**

**FLASH NEWS ANNOUNCEMENT**

July 15, 1992



During our last hike to Beartown State Forest we were able to meet with Tom O'Brien, the State Forester for Beartown. The meeting was very productive. As a result of the meeting, the club has adopted a trail. The trail is currently a Bridle Trail, however, Tom says that he only gets about 3 riders during the whole season. The trail will be a day long hike, of about 10 miles. For our efforts, Tom will allow us to build a shelter, for our use. We can decide on the location, vicinity the trail, and he will provide the materials. This is a great opportunity for the club. All of those members who are interested in trail maintenance, or getting involved with the trail development, there will be a scouting, and marking overnight hike. The hike will be on August 22nd and 23rd. We will meet at Beartown State Forest. If you plan on going on the hike let Ed know, he will send you a packing list. Because this is an over night, there will be a \$15.00 fee for food. We will have a planning meeting on Tuesday August 4th at 7:00pm.



**Announcement: Ray Tibbetts is in the hospital with a broken back. He is doing as well as can be expected. He is in pain, but the prognosis is favorable. He is in Bay State Medical Center. He is not in intensive care, so visitors in moderation are welcome. Due to this situation, the location for the July meeting is in question at this time. If anyone has any suggestions on a location for the meeting, please call Ed Lizotte at 589-9632, after 5:00pm. Ray's store is still open. His family will be running things for him until he gets back on his feet. Our prayers, and thoughts are with Ray. Also, for the time being, if you plan on attending any of the hikes or plan on taking any course, or going a trip with WMOA, please contact Ed Lizotte at the above phone number.**