

JAN 24th Pot Luck 6:00 PM TRIPLES

THE BACKPACKER NEWS

Western Mass. Outdoor Adventures
Hiking Club Quarterly Newsletter

Volume 1, Issue 2

January 1st, 1993

WELCOME TO OUR NEW MEMBERS

The club has seen a lot of growth during these short three months. Our new members are:

ANDY MYERS
DONNA WILSON
EDWARD BENNETT
ALLEN ALWARD
DIANE DUNNING

As was stated during the first meeting, this is your club. If you like the way things are going, then bring a friend to the next meeting. If not, then make some recommendations, and let us make it better.

UPCOMING EVENTS / ACTIVITIES

JANUARY, 1993

WINTER HIKING

Due to forces beyond the control of man or beast, the hikes that we had scheduled in December did not go as planned. So we shall prevail and try again.

January 10th: Winter Hike along the M & M Trail.

This hike is a moderate 4.5 mile hike. It is not a loop trail, but there is enough along the trail to see and explore. We will meet at Backpacking ETC at 8:30 am on Sunday the 10th, and should be back by 3:00 pm. You should bring your standard day pack with the following additional items:

extra wool socks
extra insulating layer
thermos with hot chocolate, or tea, or hot kool-aid
crampons may be required

*Make sure that your pack can handle all of your gear, you will want to dress down (cold) for the hike and layer up as you stop. Ed Lizotte will demonstrate techniques for melting snow for water supply.

As always, if you plan on going, contact Ray at the Store.

January 16th: Winter Hike to Granville State Forest.

This hike is a repeat performance of our Trail Marking Hike in November. We will return to see how well the trail is marked, and if it meets the needs of winter hikers and skiers. We will meet at the store at 8:30 am and return at about 2:00 pm. Day pack as mentioned above. Contact the store if you plan on going.

January 30th: Winter Hike to the Holyoke Range.

Once again we will attempt this hike. The hike will take us around the base of Mount Norwattuck, and then to the summit via the Horse Caves. Crampons may be required. Standard day winter pack. We will meet at the store at 9:00 am and should return at about 2:00 pm. Contact Ray if you plan on going.

FEBRUARY, 1993

February 6th. Winter Hike: Alandar Mountain

This hike is for the Adventurous. It is moderate to difficult in ability level. Crampons will be required for this hike. This hike is about 5.5 miles long. We will meet at the store at about 8:00 am and should return at about 4:00 pm. Standard day winter pack. Contact Ray if you plan on going.

February 20th - 21st 21st. Winter Hike: Beartown State Forest Overnight Winter Camping

Come and learn the ins and outs to winter camping. We will learn the basics to setting up a winter camp, winter cooking tips, how to stay warm while sleeping, and some other tidbits of information. If you plan on going you will need as a minimum a sleeping bag rated to at least 0 degrees. A complete equipment list will be provided. There will be a small fee of \$20.00 for food and equipment for this trip. We will meet at the store at about 8:30 am on Saturday the 20th and return Sunday the 21st at about 3:00 pm. Contact Ray if you plan on going. You will need crampons for this hike/trip. If you do not want to stay overnight, by all means still come out for the day on either Saturday or Sunday. Just let Ray know what you want to do.

MARCH, 1993

March 14th. Winter Hike?: Mount Greylock

Up in the Berkshires, who knows what type of weather you will have during that time of the year! So we will treat it like a winter hike. This hike will be moderate to difficult. The hike will be about 6 miles long, and crampons should be brought, but may not be needed. We will meet at the store at 7:30 am and depart at 8:00 am. We should return at about 4:30 pm Plan on using your standard winter day pack, just in case. Contact Ray if you plan on going.

March 20th. Hike to Bash Bish Falls

Down in the South County, this area during this time of the year can be very beautiful. The hike is moderate and about 5 miles long. We will meet at 8:00 am and return at about 4:30 pm. Standard day pack. Contact Ray if you plan on going.

MARCH CONTINUED

March 21st. Hike along the Seven Sisters

This is a moderate hike along the Holyoke Range in South Hadley. The hike will take us along some very scenic views, with a lot of ups and downs. The hike will be about 5 miles long. We will meet at the store at about 8:30 am and return to the store at about 4:00 pm. Bring your standard day pack. Contact Ray if you plan on going.

SWAP SHOP TIDBITS OF BACKPACKING INFORMATION

WINTER HIKING BOOTS: What are winter hiking boots?

Winter hiking boots, as the name implies are boots that are designed to be used for winter hiking or camping. They come in many different shapes, sizes and materials. Normally, winter hiking boots are heavy lugged soled boots, whose sole can support the attachment of crampons. Normally, winter hiking boots should be "Double" boots. This means that there is an outer and an inner boot. The inner boot is usually an insulating material in the shape of a bootie that can be removed from the main boot. The main boot can be leather, or plastic. There are some things to consider when selecting a winter hiking boot.

If you choose a "leather" boot. You must realize that there is no way to make the leather totally waterproof. You must also not clog the pores of the boot leather with waxy waterproofing. A silicone based treatment is best. (Aqua Seal). This type of treatment allows the boots to "Breathe". This is very important. If your feet cannot breathe, then they will slowly turn into refrigerators. The leather in

the inside of the boot will retain the moisture of your feet, and will slowly begin to freeze, particularly when you stop. A double leather boot, like a Sorel with it's removeable insulated bootie, will minimize this effect. A plastic double boot is impermeable to water. It is truly waterproof. However, your feet do tend to sweat more. The removeable bootie is insulated, and tends to dry quickly.

If you are strictly hiking, and do not plan to be out overnight in the winter wonderland, then a leather, heavy lugged soled, single layered insulated boot may suit your needs. However, if you do plan on remaining overnight, they you will definitely want to have a double boot with a removeable insulated bootie. Now here is where plastic has it over leather. With a plastic boot, you can take them off, leaving the bootie on, and place your boots outside in the vestibule of your tent. The boots will get cold, but the plastic cannot freeze. Your booties remain warm while you have them in the tent with you. With leather boots, you must take them in the tent with you, and depending on the temperature, you may have to place them in your sleeping bag to prevent them from freezing. Frozen leather is not nice in the morning to put on your feet.

The final consideration is of course, the almighty \$\$\$\$\$. Depending on the boots, some double leather boots will cost the same as plastic boots. The price range for good plastic double boots, is in the neighborhood of \$200.00 to \$350.00 depending on the "Name" you select. Double leather boots run in the neighborhood of \$175.00 to \$250.00, again based on the "Name".

So, as a general rule of thumb: If you are just winter hiking, you can get by with single leather, heavy lugged boots, insulated or non-insulated. If you plan on camping out in Jack Frost's playground, then you need to put your feet into a pair of double boots, either leather or plastic.

TTEN!

CALENDAR OF EVENTS

JANUARY

6th, Hiking Club Mtg
10th, Holland Glen Hike
16th, Granville State Forest Hike
31st, Holyoke Range Hike

FEBRUARY

2nd, Hiking Club Mtg
6th, Alandar Mtn Hike
20-21st, Overnight Hike
Beartown State Forest

MARCH

2nd, Hiking Club Mtg
14th, Mtn Greylock Hike
20th, Bash Bish Hike
21st, Seven Sisters Hike

ICE CLIMBING INSTRUCTION

January 16 - 17
January 23 - 24
January 30 - 31
February 13 - 14

We would like to get together during the month of January for a club pot-luck dinner. We need a location to have it, and we need to come up with a date. If you have any ideas, please bring them up at the next meeting. Also, if you would like to be on the committee to organize it, please be at the meeting. We will make sure that Ed does not make "Cajun Red Beans and Rice"!

* Ask Ray for details

TOPICS / ISSUES FOR NEXT MEETING

The following information is provided for the members of the club. This information will be discussed at the January meeting on the 4th.

STATE OF THE CLUB:

34 Members

Beginning Account Balance: \$845.00

Expenditures: (From Feb 92 to Dec 92):

Postage: \$145.00

Office Supplies: \$100.00 COMP PAPER

Copying: \$70.00

Total: \$315.00

Banking Fees (Shawmut Bank, Feb 92 to Dec 92):

\$140.00 (\$14.32/month x 10 mons) 140.00 is rounded off.

Ending Account Balance: \$385.00

*Note: Office supplies will not have to be purchased again until probably summer or fall.

Due to the small amount of the club account, it would not save any money to move the account to another bank. We would have to have an average monthly balance of \$2000.00 minimum.

We will be voting on whether to allow dogs on hikes during the next meeting. Also we will be voting for a Secretary.

The matter of insurance has cropped up in conversation. Currently, the club only has liability insurance \$500,000 via Ed Lizotte and his business Western Mass. Outdoor Adventures. This insurance covers any "leader" of a hike that the hiking club conducts. Ed Lizotte pays his insurance the premium for the conduct of any "Adventure Trip" that Ed Lizotte is a part of. The other leaders are covered via a simple memorandum that Ed keeps on file for his business. This memorandum states that the "leader" has been contracted by Ed or Western Mass. Outdoor Adventures to "lead" an "Adventure Trip". This sounds like a round about way of doing things, but the premium for this insurance is \$1376.00 per year. Right now the club cannot afford its own insurance. Most hiking clubs have by-laws which prohibit, inhibit, waive all rights to suit for all club members. Meaning, that a member cannot file suit against the club or another member of the club for any reason. We can get this sophisticated, but then we will be getting more formal than informal. The concept of the club was simple. However, if you have other options, please feel free to bring these up at the January meeting.

Jeff Greb's mother passed away recently. This is one of the main reasons why he has not been at any hikes or meetings. During the first meeting, Jeff was voted in as the treasurer because he holds an MBA from Assumption College, and is currently working as a Financial Analyst for Cooley Dickenson Hospital.

In March we will be holding elections for the positions of:
President: currently Ed Lizotte
Activities Dir. Ray Tibbetts
Treasurer: currently Jeff Greb

If you travel the road less travelled you are in for many challenges. How you confront these challenges is important. If you view the challenges as stumbling blocks along your path, then you may stumble when the path truly turns rough. If however, you try to learn from the challenges, and treat them like a building blocks, then as you walk you will be building a strong foundation which will serve you well when the path turns rough. Accept the challenges in life which are placed in front of you, and learn from every person you meet, and experience that you encounter. Life is too short to spend falling on your face.