



BOON PRIMS



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August 1998

Hiking the Rockies

by Richard Forest

Last July, my wife Susan, her sister and brother-in-law and a few of their friends and I, eight of us in all, visited Waterton/Glacier International Peace Park.

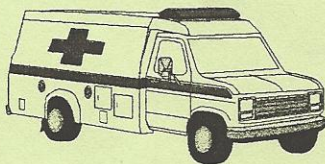
Waterton Lakes on the Canadian side and Glacier National Park on the American side make up the International Peace Park in the Rocky Mountains in northwest Montana and southern Alberta. A couple who have been family friends of Susan's for many years and live in Whitefish, Montana, just outside Glacier Park, invited us to come out for a visit and hike the park. Their son volunteered to be our guide.

His original plan was to backpack along the Highline Trail, one of the most spectacular stretches of trail in Glacier Park; however, since a snowpack of 150% of normal left much of that trail impassable, we undertook three day hikes and one overnight backpacking trip in other areas of the park.

Initially, we rode through Glacier National Park on the Going-to-the-Sun Highway. First opened in the 1930's, an engineering marvel of its day, the highway stretches from the Lake McDonald region in the southwest corner of the park, climbing to Logan Pass at 6,646 feet, and descending from there to the Saint Mary Lake region on the eastern side. The road affords a view of 8,000- and 9,000-foot snow-covered mountains and magnificent waterfalls, an exceptional one being Bird Woman Falls. From there, we drove up and around to the town of Waterton on the Canadian side of the park.

At the north end of Waterton Lake in the town of Waterton lies the Prince of Wales Hotel. Built when the Great Northern Railway was king in the 1920's,

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Ascutney rescue

by Bernadette Johnson

On May 30, Mike Gross led 13 of us on a memorable hike at Mt. Ascutney in Vermont. Early on, we realized that there were four nurses in our group--Monica, Marie, Steve and Dave--and joked that in an emergency, we wouldn't have to worry.

The ascent was challenging, but presented no unusual problems. Soon after we began our descent, however, rumors began to drift our way. Initially, we heard that a woman had fallen and broken her ankle. The next group of hikers we passed reported that the woman had a broken leg.

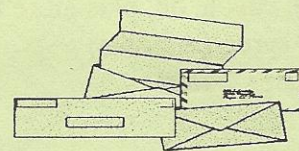
When we reached the injured woman, a rescue team had already arrived, her companion having hiked back down the mountain and called for help. Realizing that the rescue team would need assistance (the EMT apparently was not in shape to hike and was waiting at the trailhead), the nurses in our group immediately volunteered their help while several of us provided solar blankets and water.

It was apparent that the young woman, Hashi Saulnier of Stoneham, MA, was in no condition to walk, even assisted. She was placed on a stretcher and volunteers from our group helped carry her down, head first to prevent a rush of blood to the injured site. This was no easy task. Footing was treacherous and carriers (12 carrying at

any given time) had to be directed around and over obstacles. Those of us who weren't helping with the stretcher

were carrying extra backpacks, walking sticks and gear. It took over an hour to get her down to the waiting ambulance.

Helen Bowers took pictures of the rescue effort and sent copies to Hashi. In June, we received the following note of thanks:



June 12, 1998

Dear Ms. Bowers and Pioneer Valley Hiking Club,

I wanted to thank you all for your help with getting me off Mt. Ascutney on May 30, 1998. I greatly appreciate the photos you sent to Mr. Vito Nicastro (the close friend who accompanied us that day). I dislocated my foot and broke the bottom of my leg bones.

Thanks to your help, I was able to get surgery and am concentrating on my recovery. My husband and I are very grateful. We don't know what we would have done without your assistance. You really made a difference that day. I thank you again, from the bottom of my heart.

Sincerely,
Hashi Saulnier

Recipe Corner**Blueberry Almond Pancake Mix****Ingredients:**

- 1 cup whole-wheat flour
- 1/2 cup yellow cornmeal, preferably stone-ground
- 3 tbsps. powdered buttermilk
- 2 tbsps. powdered egg whites
- 1 1/2 tbsps. granulated sugar
- 1 1/2 tsps. baking powder
- 3/4 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/2 tsp. salt
- 1/2 cup dried blueberries
- 1/3 cup finely chopped almonds
- 1 tbsp. canola oil, plus more for greasing skillet
- Maple syrup (optional)
- 1 3/4 cups water

At Home:

1. In an airtight plastic bag, combine first 11 ingredients. Rub in 1 tablespoon oil. Seal bag.
2. Pour additional oil and syrup, if using, into separate small plastic bottles. Pack bottles and a paper towel for greasing skillet in a small airtight plastic bag.

At Camp:

1. Pour water directly into bag of pancake mix and mix well. Let stand for 15 minutes.
2. Oil a non-stick skillet and heat over medium heat. Working in batches, spoon in about 3 T batter for each pancake. Cook until browned on the bottom and bubbling on top. Turn and cook until other side is browned. Serve with maple syrup, if desired.

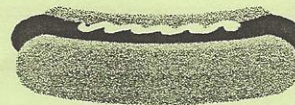
Makes about 2 1/4 cups dry mix and 16 pancakes, for 4 servings.

320 cal. per serving: 11 gms protein, 11 gms fat (1.2 gms saturated fat), 49 gms carbohydrate; 610 mg sodium; 4 mg cholesterol; 8 gms fiber

Foraging Tip: If you'll be hiking where you can pick wild berries, substitute fresh berries for dried.

Next issue:

Sun-Dried Tomato & Sausage Jambalaya Mix

PVHC PICNIC*YOU ARE INVITED***Sunday, August 23****12:00 p.m. to 6:00 p.m.****Shady Pines Campground, Savoy**

The club will provide hot dogs, hamburgers, rolls and condiments. Bring your own beverages and a potluck dish for sharing.

| | | |
|-------|------------------|-----------|
| Cost: | children under 6 | no charge |
| | ages 7-14 | \$1.50 |
| | ages 15 and up | \$2.50 |

Deadline for signing up: August 14th

Tips for packing food for camping

Write the amount of water needed and the cooking directions for the mix on a strip of masking tape and stick it to the bag.

Take a measuring cup for water--an empty 8 oz. yogurt cup is a lightweight option.

Cook the mixes only with water you know is pure.

Carry little packets of salt and pepper to adjust seasoning to taste.

If you camp often or with a group, make the mixes in large batches and measure them out into serving bags as needed.

Rockies: Waterton Lakes/Glacier National Park
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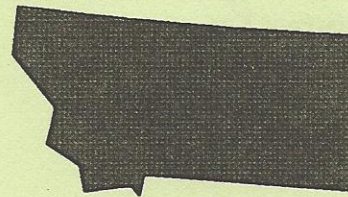
this imposing structure was made of giant red cedar beams without one nail, using only block and tackle to hoist the beams. The Prince of Wales Hotel overlooks Waterton Lake and the Rocky Mountains with a scenic view practically unsurpassed in the whole world. We camped in Waterton and caught a sightseeing boat in the morning for a twenty minute ride to our trail head on the eastern side of the lake. We were venturing on a day hike to Crypt Lake on the Crypt Lake Trail. The trail winds its way east away from Waterton Lake and continues up in elevation to the southeast between majestic cliffs for 6.5 miles. In early July, the alpine wildflowers along the trail are profuse. Two flowers in blossom that stood out for us were the glacier lily, a favorite of bears in the spring and the mountain lady's-slipper which is among the rarest of orchids in the northern Rockies.

What surprised me about this and other trails in the Peace Park is that the trail is often precipitous, or, in simple terms, you walk near steep places. Nevertheless, at the end of 6.5 miles the fun began. Incidentally, before we started the final ascent, we spotted a marmot and a pika, a large and a small rodent, both living among the talus boulders. After following a trail between a talus slope, literally on the edge of a cliff, we came to the crypt, which is actually a tunnel in the cliff that is difficult to see until you are almost on top of it. At the base of the entrance of the tunnel is a short ladder that enables you to enter the tunnel. The tunnel is about 50 feet long and has been widened so that you can stand up at each end, but you have to crouch down in between. At the other end of the tunnel, we found ourselves on an even steeper cliff, where, fortunately, a safety cable has been attached to the rocks. Having safely negotiated this part of the trail, we were able to walk up to Crypt Lake, an ice-filled turquoise-colored lake at the bottom of a magnificent cirque on the Canada-US border. The trip lasted all day. We returned by the same trail and were just in time to catch the last boat back to town.

Working our way south by car along the east side of Glacier Park to the Many Glacier area, we

took a second, but this time much shorter, day hike, to Grinnell Lake. The lake is named after George Bird Grinnell, an early editor of *Field and Stream* magazine who was instrumental in persuading the federal government to set aside large tracts of the Northern Rockies Glacier National Park for recreational use for future generations. Three of our group wanted to see if they could get up to Grinnell Glacier, located above the lake and said to be the most accessible glacier in the park. Without the proper gear, they were unfortunately prevented by hazardous snowpack from nearing the glacier. The rest of us went on to Grinnell Lake. Not far from the lake, we encountered a cinnamon-colored black bear sow with two cubs. She stood straight up on her hind legs in the middle of the trail trying to get a good whiff of us. We hid behind a tree, and attempted to make it difficult for her to locate us. Meanwhile, one of our group saw one of the cubs climb a tree. We beat a hasty retreat knowing how dangerous a mother bear with cubs can be.

A half mile down the trail, we met a national park ranger leading a group of about fifty people toward Grinnell Lake. The ranger said we had done the right thing by backing away. In the safety of the group, we headed back in the direction of the bear towards the lake. The bears were gone by the time we reached the sighting area. Along the trail, we had to cross a one-person-at-a-time suspension bridge. At Grinnell Lake, while the ranger answered questions about the lake and the park, mosquitoes bit us relentlessly. We returned to our cars by the same trail.



Next Issue:

Siyeh Pass Hike

Backpacking to Red Eagle

“Climb the mountains and get their good tidings. Nature’s peace will flow into you as sunshine into flowers; the winds will blow their freshness into you and the storms their energy, and care will drop off like autumn leaves.”
--John Muir

Join the Fun!

September 5-7, 1998

Martha's Vineyard for Camping/Biking Martha's Vineyard Family Campground

Join us for a weekend of camping and biking on Martha's Vineyard. We'll park our cars, take the ferry from Woods Hole to Vineyard Haven, and taxi to the campground. Inexpensive bus transportation is available on island; a bus stops at the campground every 30 minutes.

Pick up a flyer at the store or call for more details.

Ann Marie (413) 794-3814 weekdays
(413) 774-5223 other times

Sign-up with money to Ray by August 14.



BOOT PRINTS

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WANTED

ARTICLES

CLASSIFIED ADS (CAMPING-RELATED ITEMS FOR SALE)

SUGGESTIONS

This is **your** club newsletter. Without your input, I can't begin to meet your needs and expectations. If you have something to say, and aren't quite sure how to say it, I can help. As your new editor, I hope to be able to continue in Joe Zawrotny's bootprints, so

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E-MAIL ME bjohnson@library.bhs.org
to submit an article, or questions or comments.

The newsletter will be printed as often as warranted by your participation. If you have something to say, say it. Let new members know what we're all about.

--Bernadette Johnson

Inside This Issue

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