



## *Kilkenny Traverse backpacking trip*

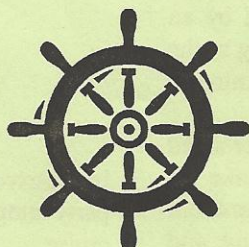
*—a Michael Lanza “easy”-rated 2-day trip*

Over Labor Day weekend, six club members (Shari Cox, Dick & Sue Forrest, Mike Gross, Monica Kendra and Bob Sabbides) hiked and backpacked 14.4 miles in the White Mountains of northern New Hampshire.

The first day, we left one car at the trailhead at the end of the trail. Then, all six of us with our packs traveled in Bob’s spacious van to the starting point trailhead behind the Berlin Fish Hatchery. After walking an easy Mill Brook Trail for 3.8 miles, we dropped our packs and hiked .6 miles to Rogers Ledge, a magnificent overlook of our intended route in the Pilot Range. We then returned to reclaim our packs and hiked 2.1 miles in the opposite direction to our destination for the night at Unknown Pond. We had to climb a moderate ridge just before the pond. Getting there in the middle of the afternoon enabled us to find tent sites, set up our tents, rest, have a leisurely dinner, take walks, and enjoy our surroundings next to the glacial tarn—all before nightfall.

The next day, knowing that we would only have to travel about half of the previous day’s distance, we rose, breakfasted, and broke camp fairly late in the morning. Our objectives for the day were to take the Kilkenny Ridge Trail to climb to the Horn (3905’), the Bulge (3950’) and the highest point on the ridge, Mt. Cabot (4170’), and then to find a campsite on the back side of Mt. Cabot. We backpacked 1.7 miles, the last part up a fairly steep grade to a spur trail that goes to the top of the Horn. We dropped our packs for a .3 mile jaunt to the top, where we saw stunning views of the Pilot Range in our direction of travel to the southwest and hazy silhouettes of the Presidentials to the south. We returned to our packs in the sag between

*Please see Kilkenny, Page 4*



## *Cruising down the river*

On August 29, nine singles from the club took part in the Sunset Music Series aboard the Quinnetukut II riverboat from Northfield Mountain. The music, provided by the Quetzal Jazz Trio, was Dixieland jazz in tempo.

We picnicked before the ride and Norm Plante managed to charm one of the ticket agents into a ticket which was “not available” over the phone.

Added entertainment aboard the boat was provided by Dave Pierrepont who charmed “Ellen” into giving our group lots more refreshments than allocated.

The night was warm and balmy, the cruise very picturesque and the music great. Noteworthy was the cruise around Barton Cove where bald eagles nest. From a distance, we could see two white heads protruding from the nest—looked like golf balls—quite an awesome sight!

Everyone had a good time. Special thanks to Frank Kamlowski who arranged the event. A possible similar future event is being considered—to include 60 club members to rent the boat with entertainment (other than Dave Pierrepont’s), for approximately \$5 per person.

Ask Ursula, Shari, Dottie, Carolyn, Lisa, Frank, Brian, Norm & Dave if the trip was worthwhile—unanimous yes! Although this was not a club event, it was an offshoot of Shari Cox’s “singles’ mingle” which is an added feature of the diversity of our unique club.

*--Dottie Gates*

## *Recipe for a Lake George weekend*

TAKE twelve PVHC members (Dick & Sue Forrest, Ravi & Rashme Kulkarni, Monica Kendra, Mike Gross, Eva Kealy, Fran Barber, Bryan Goodwin, Helen Bowers, Bernadette Johnson, and Shari Cox, our event organizer).

### ADD:

- one cozy five-bedroom cottage in Lake George
- two fun hikes
- one Adirondack balloon festival
- one jazz festival
- one lakefront dinner
- one fireworks cruise
- a dash of outlet shopping

COMBINE all of the above with a generous helping of camaraderie.

SPICE generously with Adirondack mountain air.

SERVE under sunny skies.

By late Friday evening, September 18, our entire group had arrived at English Brook Cottages in Lake George and settled in to all the comforts of home. By 8:30 Saturday morning, we were on our way to the Buck Mountain trailhead in Queensbury. The 1,100 foot ascent over 2.5 miles was only moderately steep, and we easily reached the summit for an early lunch. A brisk wind had us donning sweatshirts and windbreakers to ward off the chill. The anticipated view of Lake George was somewhat disappointing as fog socked in most of the river valley. We were able to make out a few sails and the wakes of motor boats, but, for the most part, the panoramic view was a “study in grays”.

Saturday afternoon found most of us tapping fingers and feet to the sounds of jazz groups from across New York State at Shepard Park along the shores of Lake George. We dined at a lakeside seafood restaurant, checked out “Moonglow, an

*Please see Lake George, Page 2*



## Singles' mingle update

“Singles' Mingle” events were scheduled throughout the summer months. Twelve people dined at Fedora's and attended the Mount Holyoke Summer Theatre production of *Hobson's Choice*, which everyone enjoyed. Frank K. planned the sunset Connecticut River ride (see “Cruising...”, p. 1). Other events included dinner at Bertucci's followed by an evening of music at a coffeehouse, summer solstice evening at the Summit House, a concert at the Summit House and an evening at the movies.

A picnic get-together had been planned for summer's end to discuss the future of the group. The picnic didn't take off however, because Frank K. was kind enough to plan a group event (which I didn't mind, because it got me out of cooking and cleaning).

I haven't planned any future events at this time. I'm looking for feedback to help plan future events if there is any interest in keeping this going. If you are interested in the Singles' Mingle group and want to be notified of upcoming events, contact me by phone or e-mail and I'll add your name to the list. If you're interested in planning an event, that's even better.

I started this group with club members because there are a lot of singles in the club; however, the group is open to anyone who is single. These are not club functions. I just have the approval to use the club as a way to get people involved and get this started. Feel free to bring single non-PVHC members along to any event.

--Shari Cox

(413) 796-1326

e-mail: [sharilyn.cox@the-spa.com](mailto:sharilyn.cox@the-spa.com)

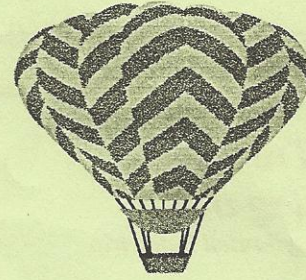


### RING IN THE YEAR 2000

at Maho Bay Camps in the U. S. Virgin Islands.  
The trip is being offered by the AMC. It is from  
December 26, 1999 to January 2, 2000. For more  
information, call Shari at 796-1326.  
e-mail: [sharilyn.cox@the-spa.com](mailto:sharilyn.cox@the-spa.com)

(not limited to singles)

Lake George  
Continued from Page 1



impressive display of tethered hot-air balloons lit up like giant party lamps, then boarded the Mohican for an evening fireworks cruise.

Sunday morning dawned early for Monica, Mike and Shari, who decided to check out the 6:30 AM balloon launch at the Queensbury Airport. (Helen and Bernadette had opted for Friday's 5:00 PM launch; both launches were spectacular.) Sunday's hike to the summit of Prospect Mountain followed a logging trail whose “trailhead of sorts” was accessible across the highway from our cottage. A shorter hike, it tested our endurance since it never stopped climbing via rocky terrain. Once again, the haze cheated us of a view, this time a 100-mile vista encompassing Vermont's Green Mountains, New Hampshire's White Mountains, New York's Adirondack High Peaks and, on a very clear day, the Laurentians of Canada.

Back at the cottage, we took quick showers, loaded up the cars and set off on our separate ways headed for home, after a stop at the outlets for some, Fort William Henry for others. The consensus? Make the trip a yearly event! The Adirondacks await those of you who missed it this time. Thanks, Shari!  
If you're curious:

- ask Mike about virtual strip poker aboard the Mohican
- ask Dick and Sue about the easiest route back from Prospect Mountain summit to the summit parking area
- Monica will compile a Lake George directory of ice cream parlors for future reference.

--Bernadette Johnson

“ what I want in my life  
is to be willing  
to be dazzled--  
to cast aside the weight of facts

and maybe even  
to float a little  
above this difficult world.  
I want to believe I am looking

into the white fire of a great mystery...”  
from “The Ponds”  
--Mary Oliver



*PVHC presidential profile  
President Al Goodhind  
Elected: February, 1992*

The Pioneer Valley Hiking Club was founded by Ray Tibbetts in February, 1991. A year later, Al Goodhind assumed the presidency and still holds that position. He recently provided (by special request) the following information about himself:

**Longest Hike or Backpacking Trip: (most difficult or otherwise memorable)**

The longest trip was a backpacking trip in the White Mountains with the first president, Ed Lizotte (just the two of us). It was the first backpacking trip of the newly-formed club. The plan was a 25-mile traverse of part of the Presidential Range in July. It turned out to be my most difficult and memorable trip all in one. As I had not been hiking for very long, it turned out to be quite a stretch for me but I was up to the challenge. Whether I was up to it or just naive, I still am not sure.

We had planned to leave early in the morning and spend the first night on Mt. Lafayette; however, Ed got a late start and we arrived late in the afternoon. We hiked halfway up the Falling Waters Trail and set up camp on a side trail for the night. We were camped on a slope with just enough room for our tent on the trail. About four in the morning, I heard something moving outside, coming towards our tent. I knew it had to be a large animal because of the footsteps I was hearing. I was going to wake Ed up but decided not to. To this day, I regret peeking out to see what it was. All I know is that it wasn't human.

The next day, we continued up to the summit of Mt. Lafayette. As we neared the top, a thunder and lightning storm blew in. All of a sudden, the lightning made the whole area pink. I had never seen anything like it. We turned around, got off the summit, crouched behind a large boulder on our toes and covered ourselves while the rain poured on us. When it started to abate, we climbed back to the summit and started to cross the ridge. We were above treeline and exposed as the wind started howling. Several times, gusts of wind blew around us. Some of our gear actually blew off our packs and went flying over the side of the mountain. Ed was almost blown off his feet. That day, I was glad to be heavier than he was. The rain was still quite heavy and visibility was poor. The rocks were very slippery. We started down the other side toward Mt. Garfield where we were to spend the night in a shelter. On the descent, I fell three times but was able to roll on my backpack on the rocks and avoid injury.

We continued the climb up Mt. Garfield. It seemed endless as there were many false summits. We were soaked and my shoulders were killing me because I had an ill-fitting pack that I had purchased at another store. Ray had warned that I

**My secret ambition would be to  
quarterback in the NFL**

would have trouble but I bought and used it anyway. I have heeded his advice ever since. Finally, wet and cold, we reached the summit of Mt. Garfield. I collapsed on the floor of the shelter while Ed went to get water. After a hot meal, we climbed into our sleeping bags and fell into a deep sleep. The next day, we dried our clothes, had breakfast and prepared to head out for the AMC's Galehead Hut. We reached Galehead by early afternoon. The weather was sunny and the views were quite spectacular. After lunch, we hiked a neighboring mountain where we enjoyed outstanding views.

We decided to end our trip the following day since we both had had enough at this point. We hiked down to the trailhead where we caught the AMC shuttle back to the Lafayette Campground to meet our ride home. The trip was quite a learning experience and confidence builder for me. It whetted my appetite for more.

**Most Fun Hike:**

It is hard to pick just one hike. One that comes to mind is a summer hike to Griffith Lake/Baker Peak in Peru, VT. It was a hot August day. Dick and Sue Forrest and Ron Gaudreau were among the group. We hiked to Baker Peak, enjoyed some great views. On the way past Griffith Lake, we took off our packs and jumped in. The water was warm at the top, but as we tread water, cooler water rose up and cooled us off. On the way back, however, the mosquitos and black flies were relentless.

**Secret Ambition:**

My secret ambition would be to quarterback in the NFL; however, there are no current openings.

I would like to get in better shape and try to summit Mt. Washington in the winter. I have tried twice but have yet to make it.

**Favorite Vacation Area:**

My favorite vacation spot is in the Caribbean. I have been to St. Martin, Nassau and Puerto Rico. I would like to charter a crewed sailboat and island-hop the British Virgin Islands. Aside from that, I do like the White Mountains and try to get there as often as I can. There are so many great trails and other attractions. My favorite restaurants in that area are the Scarecrow Pub and Bellinis. I like the Heritage Museum in Glen and feel it is one of the best attractions in the White Mountains.

**Family:**

- Wife: Susan--teacher in the West Springfield school system
- Son: Jonathan--student at HCC and part-time bartender
- Dog: Torry--Shetland Sheepdog

Please see *President*, Page 4



**BACKPACKING, ETC.  
GIFT IDEAS FOR THE HOLIDAYS**



Tent

Warm Gloves or Mittens

Fleece Vest

Sleeping Bag

Fleece Jacket

Fleece Blanket

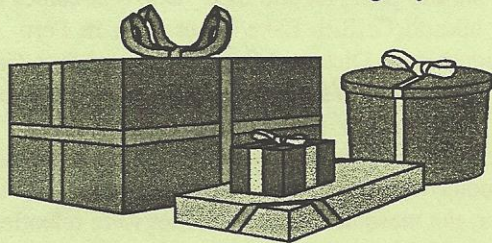
Guide Books

All-Weather Blanket

Gift Certificates

Water Purification System

Come on in. We have what you need.  
Register here so your friends and  
relatives will know what to get you.



**President**

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**Work:**

I am self-employed as an insurance agent/broker. I can write for several companies. My major affiliation is with New England Financial. I sell life insurance, disability income insurance, health insurance and investments.

**Education:**

BA Political Science--Gordon College, Wenham, MA 1969  
Juris Doctorate--WNEC School of Law, Springfield, MA 1977  
National Association of Security Dealers--Series 6 & 63

**Hobbies:**

Travel, golf, sports.

**Favorite Flavor of Ice Cream:**

Too many to list here. Partial to Brigham's mocha almond

**Favorite Ice Cream Shoppe:**

Too many to list here. Herrell's in Northampton is one of my favorites.  
--Al Goodhind

**Kilkenny: You take the left road, and I'll take the middle!**  
Continued from Page 1

the Horn and the Bulge, climbed steeply to the top of the Bulge, dropped into a saddle between the Bulge and the summit of Mt. Cabot, and climbed steeply again to the summit of Cabot, for 1.1 miles.

We had planned to camp in our tents somewhere around the Mt. Cabot cabin, .4 of a mile from Cabot's summit. When we reached the cabin, to our amazement, we found it unoccupied. Anyone has a right to stay at this well-maintained cabin with room for eight people on a first-come first-serve basis. We claimed it for the night. It was a godsend. (To see this cabin on the White Mountain Server Web site, click on Shelters and Cabins at:

[www.cs.dartmouth.edu/whites/index.html](http://www.cs.dartmouth.edu/whites/index.html))

The last day's hike was a relatively easy 3.5 miles down to our car; however, I had one problem with Michael Lanza's directions for this section of the trail. In his book New England Hiking, Lanza writes "Bear left onto the middle of three roads." I misread that statement and told members of our party to bear left when they reached that point. Three of our party went astray. A better direction might have been: "Take the middle of three roads." Luckily, after taking the wrong path, those misguided members realized my error, backtracked and found their way.

Kilkenny insights:

- ◆ Michael Lanza's easy 2-day backpacking trip is really an easy 3-day trip.
- ◆ Mike Gross does know his meteorology.
- ◆ Moose do climb mountains. We found moose scat on top of the Horn. They must love the view too.
- ◆ It was neat seeing mergansers swimming at dawn on Unknown Pond. We also spotted yellow-rumped warblers and white-throated sparrows.
- ◆ I believe I found a spruce grouse feather on the trail to Rogers Ledge.
- ◆ I love to play Uno with other club members.
- ◆ If we had arrived one day later at the cabin, our outhouse would have had a door on it.

-Dick Forrest

**FOR \$ SALE**

**Eurica wind river 2 tent; three season with  
waterproof fly \$75.  
See Terry Cripps.**



**PVHC CHRISTMAS PARTY**

**Sunday, December 6, 1998**

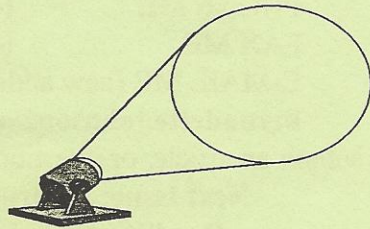
**5:30 PM**

**Agawam Congregational Church**

**Main Street, Agawam**

**Members: free**

**Guests: \$5.00 each**



**MAIN FEATURE:  
PVHC MEMORABLE MOMENTS  
SLIDE SHOW**

If you have slides of club functions, get them to Dick and Sue Forrest as soon as possible. They put on a great show, but they need your slides to do it. Your photos can easily be made into slides.

Trust me! You don't want Ray to sing, do you?

**Novice Corner**

**How to Dress for Cold/Wet Weather**

The key word is DRY (DRY is warm). We have to get rid of moisture as soon as possible--get it away from our bodies. To do this, we dress in three layers:

- 1) A **vapor layer** is worn against our bodies to start the moisture moving away. It can be made of any material that wicks moisture away from the skin. Polypropylene is good and inexpensive and dries quickly. There are different thicknesses available to compensate for the weather and our circulation.
- 2) The second layer is a **warm layer**--wool, fleece, etc. What's best is something like fleece that keeps the moisture moving away.
- 3) The third layer is a **protective layer** to block wind and water from the outside. Rain gear is good. Lots of zippers

are good to allow ventilation or closing down as needed.

The three layers also trap warm air in between to keep us more comfortable. 1st and 3rd layers are most important. The middle layer can vary. Tight clothing is not recommended because it constricts. It should be loose enough for air to circulate and move the moisture. Cotton acts like a sponge--it retains moisture (not good).

Be prepared in New England because weather changes quickly. We want to enjoy ourselves, not suffer.

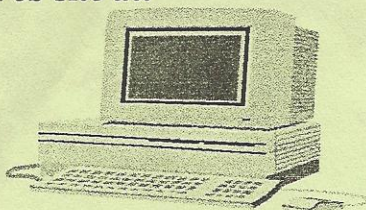
Drinking enough/proper liquid is also an important factor so that our bodies don't have to work overtime to compensate for our shortcomings. It takes two liters of water to keep our bodily functions normal. Our bodies require more on hot/strenuous, cold/strenuous days. If we take care of the inside of our bodies, we'll have less to do on the outside.

Think ahead--stay ahead.

--Ray Tibbetts  
Backpacking, etc.



Visit our Web site at:



<http://members.aol.com/hikingfile/pvhc.html>

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**WANTED**

ARTICLES

CLASSIFIED ADS  
(CAMPING-RELATED ITEMS FOR SALE)

SUGGESTIONS

This is **your** club newsletter. Without your input, it 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

PHONE ME (413) 794-4095

FAX ME (413) 794-2390

E-MAIL ME (new address)

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to submit an article, or questions or comments.

**Next Issue: February 2, 1999**

**Deadline for submissions:**

**January 15, 1999**

--Bernadette Johnson

# BOOT PRINTS

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