

# BOOTPRINTS

Volume 4 Issue 3

July 2000



## Mizpah Hut in the White Mountains

**T**he Perfect Trip - The Adult-Child Trip to Mizpah Hut in the White Mountains. Rob & Calli Schechtman, Mandy & Sue Ziff, John, Robert, & Stephanie Klebes, Lisa, Mitchell & William Frigo, Wayne & Kelsey Rodrigues, Ann Mundy & Michael McVeigh. Eight children and six adults departed on Friday for New Hampshire. On the way we had a grand picnic at the new Vermont Visitor's Center. That, in itself, is worth seeing. We stayed at *Above the Notch Motel* Friday night. There were pillow fights, several "monkeys jumping on the beds", tired adults and excited children. From our motel we had a beautiful view of the moon over Mt. Washington. A tent was pitched in one of the motel rooms as a practice for the next evening. Saturday morning posed the challenge of packing the backpack for the final time. For Lisa and Ann,

first time overnight backpackers, that was monumental! On the way to the trailhead we saw a moose! We followed Crawford Path to the Mizpah Hut. During lunch on the trail we were visited by beautiful Canadian Gray Jays.

The Hut experience was awesome. We were greeted by friendly caretakers. The mattresses

and blankets were clean and fresh, having been airlifted in for the new season along with the summer food supply. Our kids helped the caretakers carry the many boxes of canned goods and flour upstairs for storage. One group went on to Mt. Jackson for the afternoon. Rob, John, and Wayne cooked up a fine feast in the Hut kitchen. Games followed in the balcony.

Saturday we climbed Mt. Pierce and Mt. Eisenhower (elev 4,760ft). For several, it was their first hike above treeline. There are no words that can describe reaching the top and sharing that with children! There are no words that can describe the fellowship and wholesome spirit that exists in an AMC Hut. There are no words that can describe the beauty of the trail. There are no words that can describe what we receive by being part of PVHC. Thanks gang for a perfect weekend!

- Ann Mundy -





## Maintenance Day on the Tully Trail

On the morning of Saturday, May 27 a band of 10 workers from the PVHC showed up at the Trustees of Reservations ranger station at the Tully Lake campground. This group of workers was to be led by their ever-faithful ranger, Andy. As Andy discussed with the group the goal for the day (cutting and blazing a new section of the trail), all members prepared by covering themselves with bug spray from head to toe. And so they were off to the trail.....

The work crew cut and blazed a 1-2 mile section of trail through a cloud of mosquitoes and black flies. Several trees, shrubs, and stumps had to be cleared from the path, as well as a little re-routing around steep sections. Those that went to the end of the trail cutting area were rewarded with a view of a beautiful little brook. Although there were reports of a few people attempting to train the bugs to use a pair of loppers to help out, nobody actually captured this on film.

Shortly after noon, the trail maintenance was done and the group had found a beautiful little

picnic area on Tully Lake to have lunch. The afternoon turned out to be gorgeous, and the lunch Joe had ready for us was very filling. The treats of cookies and candy really hit the spot! It didn't take long for everyone to wander down to the waters edge where most of the group stretched out on boulders and knapped for a short time in the warm spring sun. We finished up the day by visiting Doan's Falls, just a mile up the road from the campground. The falls shooting out from underneath the bridge made for a very picturesque view.

For those that are interested, the Tully Trail loop will be approximately 18 miles long when complete. The Trustees of Reservations are very interested in the continuing help from the PVHC with this project. Unfortunately, the trail will not be completed until rights to cross a few local properties is granted or bought.

Thanks again to Joe and all of those that gave up part of their Memorial Day weekend to help with trail maintenance.

-Maurice Davis-

## A Romp in the Catskills

On June 11, 2000, Frank Grabinski led a group of seven other PVHCer's up Mounts Wittenberg and Cornell in the Catskill Mountains of southeastern New York State. The highest Catskills, on the whole, are smaller than the highest White Mountains, the Green Mountains, or the Adirondack Mountains. But there are a number of mountains in the Catskills that are over 3500 feet in elevation. Wittenberg Mountain and Cornell Mountain are in that category. Their elevations are 3780 and 3860 feet above sea level, respectively.

We drove for two and half-hours to get to our trailhead. (This is the reason that our club members have hiked so little in this area, and additionally, know so little about the Catskills. Frank is to be commended for going where few PVHCer's have gone before.) The trailhead started at Woodland Valley State Campground in the South Central Catskill region. We started at about 1500 feet in elevation, and climbed over Wittenberg Mountain at 3780 feet, and ended 4.7 miles at our highest point at Cornell Mountain, 3860 feet above sea level. At that point, we turned around and went back the same way that we came. It was a long day on the trail. Fortunately, at that time of year, we had plenty of sunlight.

Some of things that stood out about this hike are the following: 1) Frank originally wanted to climb Slide Mountain. Slide Mountain, the most popular mountain in the Catskills, is just beyond Cornell Mountain. It would have been too ambitious for us to do all three, Wittenberg-Cornell-Slide, on the same day. Frank also wanted to avoid the crowds on Slide Mountain. The hike Frank chose was a good one. 2) The trail was in good shape and well marked. 3) The view from Wittenberg was spectacular. I particularly liked to see the 12-mile long Ashokan Reservoir, which supplies water to New York City. 4)

There was plenty of water, specifically of streams crossing the trail, thanks to a recent 6-inch rainstorm. And thanks to Mike Gross, the group had plenty of filtered water. 5) There was a dicey little steep spot on the trail just before Cornell where it was a little tricky to climb either up or down without a little help. 6) Frank did a good job of planning and leading the hike. And apres hike, we all stopped at a decent restaurant called "The Spotted Dog," which had a bunch of fire-fighting equipment and memorabilia and good food. And finally, 7) Staying up with Mike and Monica on the trail nearly killed me.

-Dick Forrest-



## New England's Highest State Summits

The PVHC Year 2000 Tour of New England's State High Points continues with at least two more high peaks since the last newsletter. In May we visited the elusive Jerimoth Hill in Rhode Island, June brought a wet and foggy tromp across Mt. Mansfield in Vermont, and, weather permitting, we will also have seen the summit of Mt. Greylock in Massachusetts on the 1<sup>st</sup> of July.

Jerimoth Hill, at 812 feet, is not what you would call nosebleed material. Many of our little group even questioned if the road outside the private property wasn't higher than the fabled rock that is commonly considered the highest natural point in Rhode Island. But, thanks to the help of the HighPointer Club, we joined the elite few that have summited Jerimoth Hill with permission of the landowner. After our short visit we moved on to a very enjoyable hike on the Walkabout Trail in Rhode Islands' George Washington Mgmt Area. Great view of Bowdish Reservoir as we hiked along the rocky edge before climbing gradually through a maze of stonewalls from old farms and crossing numerous footbridges, Wilbur Pond, and wetlands filled with moss and green ferns.

Mt. Mansfield's Hike started from our base at Smuggler's Notch Campground as we followed the Long Trail south to the Taft Lodge. Along the way we saw great fields of fiddlehead ferns and wild flowers. At the Taft Lodge we listened as the caretaker described the fantastic views that we were missing in the rain and mist. We hiked over the Chin, the highest point, then across the ridge to the Summit Station before hiking down the Mansfield ski trails to our campsite.

Join us in August as we attempt Mt. Washington, the highest point in the northeastern United States, and then follow along into September as we finish our New England Tour with Mt. Katahdin in Maine.

- John Klebes -

*... the moral I learned today,  
"Never judge a mile by a mile.  
All miles are not created  
equal."*

(Quote from the AT journal of Shari Cox. Read all about her Appalachian Trail Thru-hike Odyssey at [www.trailplace.com](http://www.trailplace.com))

## Open Letter to PVHC from Ray Tibbetts

Film is a lot like a new hiker - until it's developed you can't tell what is on it. If you put knowledge on the film, you'll develop knowledge.

**Dear Pioneer Valley Hiking Club,**

In the beginning, when the club was first formed there was a need in the valley to teach new hikers what to bring and what to wear on the trail, so that they could enjoy their hike, be safe and protect the fragile environment. I always felt the need to help hikers grow in their knowledge of the woods. The same for backpackers. Other clubs were leaving hikers behind on hikes. I saw an opportunity to help hikers and meet new friends that liked the same things I did. I also saw it as a business opportunity at the store, which Sandy and I had just started.

I have made some great friends in the club. I have had some tremendous experiences with good people. I hope that I have helped the club members advance in their knowledge of the outdoors with some of the things I've learned along the way. Other people have met life partners in the club. One of the goals I've had for the club is that it would always be a teaching club and not a follow me club. As experience grows in the club, it would be my wish that your knowledge is passed on to someone else. The friendliness of the club and its people has been the envy of other clubs in the area. We have had many visitors and inquiries on how we do it and what we do. The club can grow as big as it wants to, but the main focus should never change because that is what made it strong. I realize that I have not been on the trail like I want to or like I used to, but my health has been going down hill for sometime. My thoughts are with you on every hike.

Sandy and I want to thank the club for its friendship and warmth and all the wonderful experiences

we've shared. The dinner at the Monte Carlo was fantastic. It meant so much to know that someone remembered just how much work I have put into the PVHC. Thanks again for everything and we'll see each other on the trail. Good luck on your new adventures and a new chapter . . . . .  
-Ray Tibbetts-

## Ladies Day Weekend in Saratoga, NY

**T**he singing, swinging, swimming soul sisters from the Battenkill canoeing and camping weekend had such a fine time together that we'd like to enjoy another experience together.

Presently Marcia Kelly and myself are gathering information for a day or weekend this August at the Saratoga Race Track. We're researching the dates and hours of the track and any special events as well as tent/ car camping opportunities on a lake in that local area.

Saratoga Race Track is an old, possibly turn of the century, beautifully groomed and manicured track and grounds. The stadium is bright white and the surrounding acreage is accented with gorgeous flowers everywhere you look. It definitely calls out for the "appropriate outfit".

In anticipation for this journey we're suggesting that you check your closet or go to your favorite store in search of a fine 1920's to the present, summer dress. Hats are absolutely, positively required!! Gloves, opera binoculars, and betting are personal decisions and optional!! Our mission is to get all gussied up and have a really good time.

More details will follow as soon as they assembled. If interested, please E-mail Donna Jago at [djago@juno.com](mailto:djago@juno.com), or call 413-789-1744.

- Donna Jago -



## Springfield College Challenge Course:

**T**he Springfield College Challenge Course is recognized as one of the best courses of it's kind in the Northeast. Experienced facilitators guide participants through a series of individual and group challenges that build commitment, and team-building skills.

The date for the Springfield College Challenge Course is set for Saturday, August 12 from 8:30am to 4:30pm. The cost is \$350.00 and limited to 15 people. The number of people who participate would determine the individual cost. If we get 30 people to go we can have two groups. As far as payment goes, I would like to get the money paid up front to PVHC and then have a check made Payable from PVHC to Springfield College. If anyone has any questions you can call Wayne Rodrigues at 572-2511.

The following is an idea of what the itinerary would be:

**Morning Session - Low Challenge Course:** Low-element activities take place no more than a few feet off the ground and require only low to moderate risk and physical strength. Issues addressed include

decision making, problem solving, cooperation and commitment, as participants learn to trust themselves and each other and test their personal limits.

**Activities:** Back to Back, Goal Setting session, Warm-up, ice breakers and de-inhibitizers, challenge course and trust sequence.

**Afternoon Session - High Ropes Course:** Focus shifts from team orientation, to more individualized goals.

- Activities:**
- Re-orientation & goal setting
  - Warm-up games and stretching
  - Introduction to rope elements, equipment and procedures climbing and
  - belaying, focusing on support, feedback and communication
  - High ropes Activities
  - Burma Bridge
  - Centipede
  - Dangle Duo
  - Pirates Crossing
  - Zip Line

## Up Coming Hikes

-Gary Dolgoff-

**BASH BISH FALLS HIKE-** August 26th! Bash Bish Falls- a 40- (or so)-foot waterfall, split in two by a giant boulder! The thundering, thick, cascading water, splashes mightily near your feet, sending a fine-mist-spray of wonderful, fine water, gently on your face- you are on a nearby boulder, sunning yourself; maybe your feet are slightly dipping into the water, which continues into a small river; a fitting end to a hike (which is about 1 and 1/2 hours away from our 8am meeting place, Westfield Friendly's), that is a rugged 'moderate' hike; the hike, and the day, will be wonderful, and the pace compassionate- the Hike Leader, Gary Dolgoff, has plenty of experience guiding, and encouraging, newer hikers. Veteran hikers will also be fulfilled, as the terrain has a 'goodly amount of ups

and downs'. After the hike, we will look for a place to have a meal/snack; as always, the camaraderie, 'fun value', and general Goodwill of the PVHC members, is a joy to experience! Questions? Call Gary Dolgoff, at 413-584-8564. (Hike will be about 5 fun miles). We will also have a 'mystery co-leader'...

### MYSTERY HIKE AND DINNER

-Led by Gary Dolgoff and Dick Puzzo (Sept 9th- 9am-Brooks RX Holyoke) Near and convenient- and Easy/Moderate-(we'll probably hike Poet's Seat, or some other nearby area)- this will be a fun, social hike (as are 'most all of our Club Hikes!)- newer members will not feel left out; I take special pains, to 'involve everybody', both socially, and hiking wise, in my 'hike leads'! (Of course, you can be as quiet, or as sociable, as you choose to be!). One of my main aims is for everyone to feel comfortable with the hike, and with themselves- so 'come out and play'! We welcome your participation!! As is usually the case, we will have a 'wrap-up restaurant gathering' (for those so inclined), at the end of the hike. Hike will be between 4-6, 'friendly miles'.

**Dave Rotondo's MYSTERY MOONLIGHT HIKE** - Sept 15th (Friday)-Call Dave for location, etc. Dave returns to lead us all, for another 'Walk in the Moonlight'! His enthusiasm, experience, and entertaining personality, make for an enjoyable experience! Dave leads a mellow, competent, and fun 'night outing'. His night hikes have become a PVHC classic. Don't miss it!

### HIKE LEADERS AND CO-LEADERS-STILL WANTED!

Although we presently have a 'bunch' of 'splendid hike leaders (and co-leaders)', we need more! We want to offer your fellow Club Members, the benefit of 'new leadin' blood'! It's fun, fulfilling, and- best of all- you'll have an excellent 'support system' within the Club! CURIOUS? Call Gary Dolgoff (Evenings), with your questions, etc.

He'll give you the 'skinny' on what is involved, and offer some mellow encouragement. After talking to him, you just might want to give leading, or co-leading, a try! (Of course, the 'choice' is 'up to you'!)

**COME TO OUR TUESDAY EVENING MEETINGS!** It's the first Tuesday of each month (the exception: July 11th). Meet your fellow Club Members! Find out new 'info'! Browse the new shop 'meeting ground'! Have an opinion/thought/constructive criticism related to The Club? Then- speak out, at our Speakout segment, which is a part of every Club meeting! (Some of the ideas 'bandied about' at Speakout have really helped to move The Club FORWARD)! So- lend your presence to our meetings, and- see you there!!

-Gary Dolgoff-

## PVHC Annual Picnic



**O**ur Club Picnic this year will be held at "Peppermint Park Camp Ground" in Plainfield Ma, on August 6th from 10:00 am to 6:00 pm. Once again we will have available to us: Softball field, Volley Ball area, Swimming Pool, Hiking trails, Walking areas, etc. There is a Pond nearby (4 miles) for canoeing or kayaking or fishing.

Members will be asked to bring side dishes and soda only. Hamburg's and hotdogs will be supplied along with all paper plates, condiments, silverware, etc. We will have access to the "Lodge" as a part of our package. This is an area inside for us to sit and eat or relax at tables or booths. For those of you that don't want to bring beverages, the "PUB" serves a (complete) line of liquid refreshment available to you at a nominal cost. So fellow club members, lets picnic together and have a good time.

- Terry Cripps -

## Don't Miss Upcoming Clinics:

- July 11<sup>th</sup> - Pete Anderson on summiting all 50 state highpoints (HighPointers Club)
- Aug 1<sup>st</sup>: Scott Cook interactive clinic on Kayaking
- Sep 5<sup>th</sup>: Brian White, author of Fifty Hikes in Massachusetts, slide show

Future clinics being looked at include: Backcountry first aid, winter hiking and camping skills, deciphering animal tracks, New England geography, and native wildlife)

Many of you have given suggestions for future clinics during our meetings. That's great! Suggestions for future clinics are extremely welcome and encouraged. Unfortunately your trusty executive board gets pulled in many directions during our hectic meetings. Please help us out and scribble your suggestions down on a scrap of paper and hand them to one of the board or even email. It will help us remember your suggestions after a hectic Tuesday meeting. Some of our best received clinics are from club members sharing their skills and or favorite adventures with the club. How about volunteering to host a clinic?

-John Klebes-

*"No end is visible or even conceivable to this kingdom of adventure."*

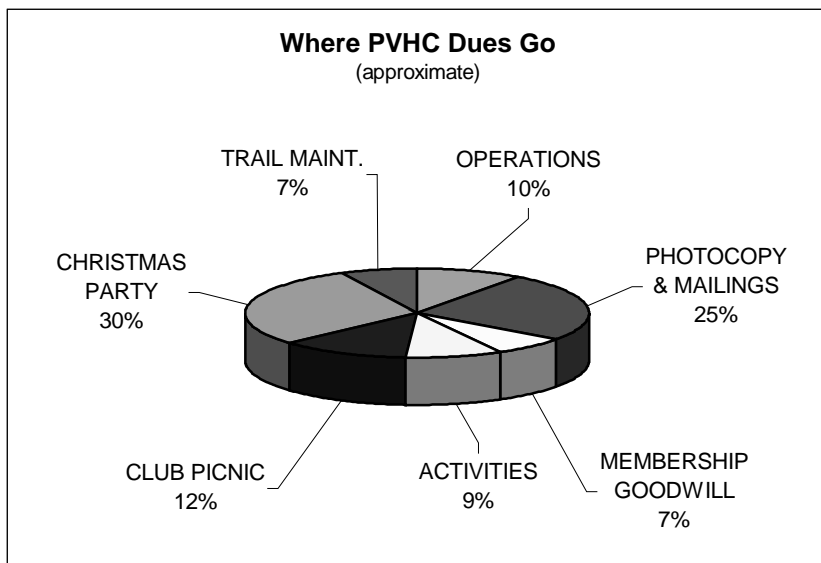
*(George Leigh-Mallory)*

## Where Your PVHC Dues Go

The Pioneer Valley Hiking Club was formed in 1992 to promote hiking and backpacking in New England. Since that time we have grown to over 140 members with each of you supporting the club through annual dues. Every wonder where those dues go?

During the past few months the executive board has reviewed the clubs past expenditures and prepared a detailed budget for long term planning purposes. The attached pie chart represents a summary of the approximate distribution of how your dues contribute to the many activities that the club promotes.

The club provides our members with a subsidized picnic and a subsidized holiday party each year. In addition we have an active trail maintenance program that promotes conservation and land stewardship. Your dues also make it possible for you to receive new activity schedules by mail, if you cannot attend a meeting, and provide for publishing our club newsletter "Bootprints". Volunteers run all the executive board positions and the clubs activities.



<b>Operations:</b>	Office Equipment & Supplies Guest Speaker Gratuity T-Shirts, and Special Occasion Refreshments
<b>Photocopy &amp; Mailings:</b>	Meeting Agendas, Schedules, Newsletters, Club Brochures, Membership Kits, Labels, Postage
<b>Activities:</b>	Support For Activities: Purchasing Trail Maps & Guide Books, Camping Show Booth, WGBY Auction Sponsorship
<b>Christmas Party:</b>	Includes Food, Hall Rental, Door Prizes, & Entertainment
<b>Club Picnic:</b>	Includes Food & Misc Expenses
<b>Trail Maintenance:</b>	Includes Supplies & Materials, Maintenance On Equipment, Workday Refreshments, Etc.
<b>Membership Goodwill:</b>	Special Awards, Donations, And Charity

## The BASICS

### Backpacking

Last issues column reviewed the basics of Day Hiking. Extending the day hike to an overnight or multiple nights expands your outdoor experience and facilitates getting to more remote wilderness. For this reason, carrying the proper equipment is essential for a safe trip. Make a list before you go of the specific clothes and food you wish to take so nothing is forgotten. Besides the items needed for a day hike you will probably need: a tent, sleeping bag, sleeping pad, water filter or purification tablets, stove, pot(s), spoon, toiletries, food, pack cover, camp wear, stream crossing footwear, and extra socks. Talk with experienced backpackers to supplement this list for more enjoyment. Often time's club members will loan equipment to beginners to get some quick experience without a large investment.

The club normally runs beginner-backpacking trips over relatively easy terrain to give new backpackers a safe first experience. Go as light as possible to prevent overstressing your body, and prepare physically for your trip with day hikes and regular exercise.

### For Sale

**Dave's Deals:** New camping items at cost or below cost: (crampons - canoe dry bags - backpacks - Lite/glow sticks - tent 4-season - fanny packs - climbing rope 11mm, 9mm - paracord rope - batteries 'AA' & 'D' size - firestarters various types - swiss army knives - flashlights - gloves- first aid kits - socks - medical supplies - books - tent pole repair kits - stuff sacks - Coleman fuel - emergency candles - solid fuel bars - tent pegs - mini liquid candle lanterns - mirrors - water tablets PurAqua - space blankets - strobe flasher lights - fuel bottles - food - whistles - and more.)

Monday thru Friday 5pm -10pm, call for weekends. 1.860.668.7721

IT IS WORTH THE TRIP



## E-Hiking

Jay Sylvain

Each newsletter I will be reviewing an outdoor related web site and give an internet tip as well. This month I will be reviewing [www.gorp.com](http://www.gorp.com).

GORP is the mommy of all outdoor sites; if you have the time you can search thru a large selection of links to just about anything outdoor related. This includes gear, hikes, biking, canoeing, food, first aid, etc. There is also a discussion board where you can post a question for review and answer by other GORP aficionados. Ask the experts is another feature that is valuable to the novice as well as seasoned hiker.

The information is all there all you need to do is enter the site and check it out. You will find almost anything hiking related at this site. By the way, you can join GORP and it is free. As a member you will receive newsletters thru your email as well as notification of other GORP information.

### TIP #1

Don't forget to check out the classifieds in Yahoo or Excite for outdoor gear. These are very extensive and you never know you may find what you are looking for at a very reasonable cost.

### Tip #2

For those of you with a computer and modem but are not online, there are many free Internet Service Providers available. Guess you sponsors [www.bluelight.com](http://www.bluelight.com). I have been using one of the free providers for over a year and I have not had a problem with it yet. So if you need more info call me at 786-0275. Hey you AOL users. Did you know if you log onto the internet thru another provider such as one of the free ones, you can cut your AOL bill in half.

## Things I have Learned on the Trail after 700 Miles

- 1) Four legs are better than two -- love those hiking poles. Helps me get up the mountain, get down the mountain, holds me up when I step across rocky rivers, or if I stumble on a rock or root.
- 2) My maglite has a replacement bulb but you shouldn't look for it at night or outside.
- 3) I always wondered what those little lips of material inside stuff sacks were for. I didn't know that they were to put over the opening to keep the water out.
- 4) When the profile maps show you steep inclines, it doesn't always mean it's hard. When the profile maps show short inclines it doesn't mean it's easy.
- 5) It does snow in the south.
- 6) Cleanliness is not next to Godliness; it's next to impossible.
- 7) It's OK to wear the same clothes two days in a row -- even a month.
- 8) Balds are beautiful -- I'm not referring to my new haircut but to the balds in North Carolina & Tennessee.
- 9) If you follow a wide dirt road and didn't see a white blaze -- you are probably not on the trail.
- 10) It is acceptable to let your hair grow on your legs.
- 11) I can live without Diet Coke.
- 12) I can drink Diet Coke out of a can.
- 13) Peanut Butter tastes good every single day.
- 14) That piece of round aluminum with the hole in it is not a stand for my stove.
- 15) I really can cook -- Raman's, Lipton Noodles, & rice.
- 16) Snails don't live just at the beach -- sometimes you can find them in hiker's boots.
- 17) The Yogi's and the Smokey's don't live in the Smokies. I think they moved uptown. Never saw a bear in the Smokies but I might see them in Virginia.
- 18) The mice will find your GORP wherever you leave it.
- 19) No matter what you do, you will have good days & bad days.
- 20) Hiking may not be fun everyday but it certainly a challenge.

- Shari Cox -  
(mailed from Roanoke, VA while on the AT)



## Pioneer Valley Hiking Club Officers & Committees

Rob Schechtman, President (860) 668-2758  
 John Klebes, Vice President (413) 786-3620  
 Jennifer Lamothe, Secretary (413) 562-5654  
 Joyce Berg, Treasurer (413) 786-4404  
 Scott Cook, *Wilderness Experiences Unlimited*  
 Ray Tibbetts, Founder

### Standing Committee Chairs

Trail Maintenance:	Joe Zawrotny
Hike Planning Coordinator:	Dick & Sue Forest
Backpacking Coordinator:	Mike Rattelle
PVHC Web Page Editor:	Ron Gaudreau
Intranet Site/Email List:	Terry Cripps
Bootprints Editor:	John Klebes
Quartermaster:	Wayne Rodrigues
Membership:	Ann Mundy & Dottie Gates

***Bootprints is a publication of the Pioneer Valley Hiking Club. Send your story contributions to the editor at: [klebes@aol.com](mailto:klebes@aol.com) (Email) or by USmail to John Klebes, 157 Thalia Drive, Feeding Hills, MA 01030.***

## IMPORTANT NOTICES

- ❑ Next Club Meeting:  
August 1, 2000, 7pm at WEU  
Clinic: Kayaking with Scott Cook
- ❑ Next Hike Planning Meeting:  
August 8, 2000, 7pm at WEU
- ❑ Deadline for Submissions for next BootPrints is: August 22, 2000
- ❑ **SPECIAL NOTE:** The PVHC Sponsored Club Picnic is August 6<sup>th</sup>.

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 526 College Highway  
 Southwick, MA 01077

