BOOTPRINTS

Volume 7 Issue 4

July 2003



Hiking, Canoeing & Camping on Tully Lake (photo by Ann Marie Visconti)

Tully Lake -3rd Annual Hike

By Ann Marie Visconti

On May 31, six hardy souls headed out to attempt to hike around Tully Lake before the predicted rain. Surely we couldn't cancel this hike, since every weekend it had been raining. The rain was due to start at 11:00am – we started hiking at 11:00am. We hiked around the lake although there are other hikes in the area, because Sue and Dick Forrest had not done this hike before. We kept hoping the rain would hold off.

At the beginning of the hike, there was a tree that the beavers had been working on. Norm played "Superman" and knocked it over. So much for "leave no trace". You just can't take Norm anywhere.

We saw approximately twenty turtles sunning themselves on a log. There is a lot of wild life on and around Tully Lake (especially mosquitoes!). Sue and I rented a canoe for one hour. Norm joined us sitting in the middle, while Sue and I paddled. What a life this guy has! He wanted us to feed him grapes. When we were almost back to shore we heard John talking about his adventures in the Catskills. (of course it had nothing to do with women.) When we got closer, we saw Ann and Carol had joined our camp inside the screen house. What a nice surprise.

By now it was raining, but it held off long enough to have a good time, hiking and canoeing, and of course there was "Dave's Deals". We had hotdogs. potato and macaroni salads. cookies. and Everyone stayed quite a while then left. John, Dave and Myself camped but it was fun.

While we were there we spoke with the park ranger, regarding the

proposed building of a new shelter. It will be on the Trustee of Reservations property, but near the M-M trail also. We told them that one of the AT shelters named "The Hemlocks" is an ideal shelter to model this new one after.

John thought this would be a great project for us to be involved in and we would most likely have our club name attached to its building. Something to leave for prosperity and recognition. I have to agree. If anyone is interested in this project we will be sending out information in the near future when we hear more from the Trustees or contact John or Ann Marie.

- Ann Marie Visconti

Galehead Hut Backpacking Trip

i.e., "A Lesson Learned"

By: Heather Wyman

"THE TRIP"- On May 17-18 Rob Schechtman led a fantastic trip to the White Mountains to the most remote hut in the New Hampshire chain. At just under 4000', the Galehead Hut was a 5 mile hike up,



Galehead Hut (photos by Heather Wyman)

with a formidable ".2 miles left to go" to the cabin. There were a total of 13 of us by Sunday, with four vigorous teen-agers in our ranks. The arrow shows the Hut from the summit of Galehead, which we hiked to shortly before dinner. Rob had the spaghetti meal down to a "T", even including the prized dessert of frosted cinnamon rolls.

The bunks were suitable for a night of sheltered sleeping, with, my favorite, indoor composting The following day toilets. our group broke into separate hikes, with some "peak baggers" hitting the snow-covered North and South Twin peaks nearby. some who were happy with the challenge of the hike up the previous day went directly back down, and I non-PVHC joined two

hikers we had met who wanted to go over to Mt. Garfield. While my hike started off ok, (see the picture knew where the next trail junction should have been, and seeing Mt. Lafeyette ahead, and not my path, was able to turn around. Unfortunately, that put me and hour



behind, having hiked slowly for 20 minutes down, and 20 minutes back up, and adding time to regroup.



below), there was a great deal of snow and post-holing to maneuver on, including an incredible little waterfall area to climb up. At the summit, you could see the Flume, Liberty, and directly behind me in this picture is Mt. Lafey ette. That is my friend cooking lunch behind me in the concrete "bunker".

"THE LESSON" - I had wanted to get a head start down the snowslide ahead of my stronger hiking companions. So upon leaving the summit at 2:30 or so, I mistakenly took the wrong, unmarked, trail down to the *left*, not to the unseen path to the right. Fortunately, I reached the correct trail iunction to head down the Garfield trail. hikina mv partners weren't to be seen. Undaunted, ____I continued. Where thinas went truly wrong is where on the way down, I caught

Now, when I

my foot on a post-hole, stretched some surgical adhesion, and my



knee started hyper extending. While many four-letter words were now going through my mind, like "Ouch!", and "Geez!", another more serious one became apparent-"LOST". While I was hobbling down with the help of some hiking poles I had borrowed, people down below, including my two hiking friends, were wondering what happened to

> me. The consensus was that I should have already been down, and then panic struck because if that wasn't the case, where was I? Fortunately, a fluke of events happened that caused the Twin's group to go by my trailhead, and then after asking what happened, came up to look for me.

> A gold medal of thanks to Ed Laroche, who had already ran up to Galehead that

morning and who then ran up Garfield and carried my pack the rest of the way down, to Ann Marie who was *very* patient and understanding, and to Rick Briggs, who also waited over 2 hours for me to get down.

The lessons of this story are, when hiking, always look at your map before guessing you are on the right trail- and Rob was prepared with maps at the start of the Galehead hike. Hike at а reasonable pace so you don't miss trail junctions, and never, EVER take off from a group unless you have discussed "what if", especially when hiking with a new group of people. As Ann Marie said to me," If you are hiking ahead, no matter what, you should always wait at trail junctions." If I had discussed this ahead of time, I wouldn't have been in half the trouble I was in, worried my friends, and might not have ended up with a knee the size of an eggplant to show for my troubles.

Thanks again to Rob, who truly did a great job organizing the trip. I believe he was most grateful of all that I made it down. One out of 13 is 13%, more than the 10% "missing-persons-allowed-per-hike". - Heather.

CANOE/KAYAK TRIP ON THE SWIFT RIVER By Sheila Croteau

On June 15, 2003, Fathers Day, the rain ended & the sun came out. We rented boats from James McNaughton again who led 17 of us including 5 people from Go New England (an online hiking group) to paddle yet another river. We were scheduled to paddle on a pretty & quiet section of the Ware River in Thorndike-but when we arrived in Palmer where we met at the Rt 32 McDonalds parking lot our leader, James, said the Ware was at flood stage! but "not to worry, we will travel the Swift River, instead" which was also nearby. On the way to the Swift we crossed a bridge over that Ware River section which is usually so calm: it was raging! white caps & all...from all the rainfall this month. I was very glad he made this change in plans for us-we didn't need whitewater today. Our put-in spot was in Belchertown off Rt 181 & Cold Spring Rd. James pointed out a 4 mile rail trail which looked inviting-to explore another time. We had a larger group this time: 2 canoes, 2 solo canoes, 9 solo kayaks. Ann Marie & Ed joined us with their intriguing yellow tandem kayak. I chose a kayak this time. We paddled easily upstream on flat water that was barely moving about a mile and a half, getting to know our boats. This kavak was rather long & also very comfortable. We saw & heard lots of birds including a Northern Oriole, Mallards who seemed very proud of their little ducklings, 3 white ducks swimming together...quacking away & wagging their tails...they were very happy to be on the river too. There were interesting houses along the way as well...what a great place to live. Downed trees were completely blocking travel farther north-we would have had to portage ... so we turned around & went back downstream, stopped at a sunny meadow for our picnic lunch-this was a part of the Herrman Covey WMA in Ware-a great place to hike. After a pleasant rest & stretch of the legs, we had the opportunity to switch boats but most people were comfortable with what they had & continued our trip downstream, past our put in area to see some islands & more wildlife including turtles, a carnivorous red plant, a muskrat who was taking a bath & preening until itself he realized he was being watched. Soon it was time to turn around & paddle back up to our put in area again where our cars were parked. This was the end another of wonderful 5 mile paddle...what а fun day with great

company! Can't wait to go back...next time we can paddle

downstream a lot farther south to see whats there. July 26th we will try again to paddle that section of the Ware River-if the water level doesn't drop too low...Next time I will try the shorter kayak which is also very stable in the water. We have other great trips planned ...the



Norm shows his strength on Tully Lake Hike (photo by Ann Marie Visconti)

license is required for this one but a day pass can be purchased there for \$2.50 extra-so you could fish also...These trips aren't cheap but worth every \$....when you don't want the hastle of packing & transporting a boat.



Picnic BQ on Tully Lake (photo by Ann Marie Visconti)

Pottapaug Pond at Quabbin gate 43 is planned for Monday, September 1st, Labor Day-a Mass fishing By John Klebes



With the weather on our side, eight of us started out on our "Death March" of the Presidential Traverse on Saturday, June 21st. Starting from the Appalachia parking lot around 4:30 a.m., we were certainly not the first climbers as we reached a packed parking lot. Thanks to the summer solstice we had no need for headlamps as we started up in beautiful weather. We made quick work of the 3500-foot climb to Madison Spring AMC Hut via the Valley Way Trail.

From Madison Hut we broke up into three groups with Ann Marie and Mike traveling the AT looping around the summits, and the rest of us breaking into a fast and a slower climbing team. After my mandatory cup of coffee at the hut, we ran up to the spectacular summit of Madison with views for miles in every direction. From Madison we made the rocky traverse over Mt. Adams, through Thunderstorm Junction and into Edmands Col.

We were using radios to stay in touch between our three groups, and in Edmands Col, we got word that Sam had turned her ankle on the climb over Adams. We regrouped in Edmands Col. and Sam and Josh reviewed some of the options that where available if Sam could not finish the traverse. After icing the ankle in a snowfield that we had to cross getting to Jefferson, she felt better, and Josh and Sam were able to continue on to the summit of Mt. Washington and exited via the Ammonoosuc Ravine to the car we had spotted at the halfway point.

Ed, Rick and I, followed by Al, continued on to summit Jefferson, through Sphinx Col to Mt. Clay, and on to the summit of Mt. Washington. All the while coming in and out of radio and visual contact with Ann Marie and Mike as we leapfrogged each other around the summits.

On the summit of Mt. Washington we were greeted with crowds of people cheering

on the road racerunners that had come up the auto road - another

and Mike would be traveling down the Crawford Path, followed by AI, after a quick stop at the summit of Mt. Pierce. Meanwhile, Josh and Sam had made the summit and traveled down via the Ammonoosuc Ravine, so it was just the three of us left heading over the last long stretch of the southern end of the traverse. We headed up Mt. Pierce and down to Mizpah AMC Hut and on to the summits of Mt. Jackson



annual tradition on the Summer Solstice. I also got a chance to meet up with the "Highpointers Club," which I am also a member of, and was able to participate in a group picture. Highpointers Club members were on the summit for a memorial service and the spreading of ashes of one of our founding members.

On the way down to Lakes of the Clouds AMC Hut we met up with Richard Harris and Bob Morgan, who where climbing Washington as a day hike with the PVHC White Mountain Sampler group. It was a real treat to meet them midpoint in our traverse. At Lakes our group met back up with Ann Marie and Mike, and got word that Al, Josh, and Sam were on their way up Mt. Washington.

With many miles still to go, Ed, Rick and I headed out over Mt. Monroe, Mt. Franklin, and Mt. Eisenhower. What fantastic views in all directions and great weather we had - a real treat for the White Mountains. At this point, Ann Marie and Mt. Webster. Heading down the Webster-Jackson Trail we were very tired, but with a successful 25mile traverse, felt a real sense of accomplishment. Ed, Rick and I finished about 7:45 p.m. Having completed the traverse in 15 hours and 15 minutes, we beat book time by well over two hours. Mike and Ann Marie had hiked a total of 17.6 miles and 5760 ft of elevation gain. One could not have asked for a better weather day, better company, or better views. While each of us did a slightly different hike, all of them were major accomplishments, and I'm proud to say we have some hardcore hikers in this club. Well done, Ed, Rick, Al, Ann Marie, Mike, Josh. and Sam!

- John Klebes

CANOE/KAYAK TRIP ON THE QUINNEBAUG RIVER

By Sheila Croteau

May 15, 2003 we joined up with McNaughton owner of James Adventure In/Adventure Out who supplied our choice of a canoe or kayak & guided 9 of us on the beautiful Quinnebaug River trail from Holland Pond into the 2 1/2 miles of river that flows into E. Brimfield Lake. This was a great opportunity for us people who do not have our own boats. For a fee of \$35 per person we paddled from 10:00 till about 2:30. This was Mothers Day: Jane chose a canoe to paddle with her son. We had 3 canoes & 3 kayaks. Richard got to paddle a kavak for the first time & loved it. One canoe got off to a bad start & tipped over...the water was still too cool for this today...but all their gear floated...we retrieved it all...James got the canoe up-right & off we sailed. My canoe was very stable & comfortable the seat especially-some canoes have plastic seats that are harder than rocks.. but these had a webbed nylon material. Along the way we spotted a Great Blue Heron who stayed ahead of us as if he was leading the way through its beautiful river. several Painted Turtles logs sunning themselves on watched us pass by, Canada Geese trying to hide their goslings on shore, a Red tailed hawk soared above, beaver lodges & we flowed right over all those beaver dams beause the water was still high. We passed thru different types of interesting tunnels. We stopped at a nice area for our picnic lunch that we brought with us. When the river entered the E.Brimfield Lake we paddled over to another tunnel under Rt 20 where we went to explore Long Pond. Then backtracked to our take-out point at E. Brimfield Lake. We had left a car parked at the boat ramp. While most of us waited here & pulled the boats up on shore -Sybila drove the other drivers back to the access spot to get the boat-trailer & other cars. We were tired & relaxed. I couldn't think of a nicer way to spend the day. This finished our wonderful 5 mile trip just as the clouds rolled in and rain began later on in the day.

Last Breath

"Cautionary Tales from the Limits of Human Endurance"

By Peter Stark

Book Reviewed by John Klebes

Have you ever take a wrong turn on a trail and wondered what would happen if you couldn't find your way back? Running out of water and exposed to the elements would you survive? Peter Stark, in his book "Last Breath", will captivate and send chills down your spine as you read about what happens within vour mind and sole at the limits of Human Endurance. A collection of short stories: each chapter deals with a different life threatening event from Hypothermia, drowning, mountain sickness, and avalanches too Scurvy, Heatstroke, falling, predators, the bends, cerebral malaria and dehvdration. Each story tells in vivid, and sometimes to real detail, how easy it is to fall into danger and how both adaptive and also fragile our bodies can be. Sometimes the endings are happy sometimes resulting in death and catastrophe but all of them will make you happy to be alive. A great book to just read for the adventure but also educational about the changes our bodies make to adapt to dangerous environments. With this book you will come away with a new appreciation for the warning signs our bodies give and will also leave you afraid to hike alone ever again. A must read to the adventurer. I promise you will not be able to put it down once you start it.

- John Klebes

Hiking on Upper Goose Pond (photo by Harry Allen)

Important Notice

The following memberships are up for renewal:

July Renewals:

Douglas Borgatti Rick Briggs Robert Church Don & Anne Gasiorowski Marcia Kelly Stephen McGinty Norm Plante Robert & Calli Schechtman

August Renewals:

Harry Allen Marie Bienvenue Joy Bunnell Stefanie Capite Connie Fogarty Frank Grabinski Roz Gwozdz Dana Hachigian David Keith Liz Kugler John D. Leary, Jr. Ann Mundv Jim O'Donnell Florinda Peck Marianne Perben Catherine Perina(King) Gail Schoonover Kevin Tarney Juliana Vanderwielen Ann Marie & Leah Visconti Heather Wyman

Please renew early, and renew by mail. (Make checks payable to PVHC) Mail your renewal with your name and any address or phone number changes to:

Pioneer Valley Hiking Club c/o Wilderness Experiences P.O. Box 265 Southwick, MA 01077

(Dues are \$25 member, \$40 family, and \$15 for students)



PVHC Mailbox

Scott & I would like to thank everyone for the gift certificate. It was very thoughtful and we have been wanting to go to the Westwood for some time now.



It has and will be a

pleasure to continue providing the PVHC meeting place. We enjoy the group and only wish we could attend more gatherings.

Thank You, Scott & Laura Cook

{The Executive Board – in appreciation of the support WEU give to our club – presented Scott & Laura with a gift certificate for a dinner out together at the last club meeting.}

Membership Directories

Each year, at the holiday party, we distribute a club membership directory. There is a limited number of extra copies still available. If any new members would like a copy, while supplies last, let me know. I would be happy to drop one in the mail to you. Contact John Klebes at 413.786.3620 or klebes@aol.com

Dave's Deals GOING OUT OF BUSINESS SALE



Sleeping Bags, tent, pack, rope, dry bags, multi-tool, food,

batteries, LED lights, glow lite sticks, first aid kits, water filters, mini-biners, space blankets, night vision unit, inflatable raft/boat, strobe light rescue flasher, Aladdin mantle lamps, Canondale road bike

Last offer – Dealers welcome – prices below wholesale – Too low to print. Call 860-668-7721 (Dave)

The Least-visited National Parks in the US

Isle Royale (MI)	19,463 visitors per year
Gates of the Arctic (AK)	6,648
Lake Clark (AK)	4,325
Kobuk Valley (AK)	4,046
National Park of American Samoa	1,938

{Source: National Park Service 2002 Statistics, Busiest Park is Great Smoky Mountains with 9,316,420 visitors per year.}

PVHC Surplus Equipment

VHF Radios:

The club has replaced the old maxon handheld VHF FM Radios with new FRS Radios. The old ones are still functional but they are heavier and the batteries don't last as long as they use to. We have four of them but the FCC does require you to hold a VHF license to legally use them. We will raffle them to a wanting member. If you are interested please submit your name to John Klebes (email: klebes@aol.com, or Phone: 413.786.3620) before the August meeting. One name will be drawn from any interested members to be the luck new owner of all four as a set.

Army Tent:

PVHC is also looking for a good home for our large (12' x 12' hexagon) canvas army tent. It's heavy and the club has not used it in many years. If any members are interested please submit your name as well. One name will be drawn from any interested members to be the luck new owner of this Army tent. If you are interested please submit your name to John Klebes (email: klebes@aol.com, or Phone: 413.786.3620) before the August meeting.

Poison Ivy

By Larry Klebes

{Editors Note: My brother Larry, who is out thruhiking the AT, sent me this song about his true life adventures on the trail. Enjoy, John Klebes}

(To the tune of Oh my Darling, Clementine.)

At my campsite I endevored to throw a rope high in the air, to haul my bearbag into the tree tops, where old Yogi wouldn't dare.

But I stumbled and I fumbled, the rope fell down here and there, and when I looked down I discovered, poison ivy everywhere.

Refrain: Poison ivy, poison ivy, poison ivy everywhere, when I hiked the trail through Georgia there's poison ivy everywhere.

That night as I was sleeping, I felt itchy everywhere, because I'd dream't I'd poison ivy even in my underwear.

(Refrain)

In the morning, I hiked into, Neel Gap for repair, and they told me to use Jewels Weed, and the itching I could bear.

(Refrain)

And now as I go hiking my eyes wander left and right, because the sight of poison ivy now gives me an awful fright.

(Refrain)

- Larry "The Bog Bridge Tester"



Meeting Location

The Executive Committee has been reviewing suggestions obtained from many members as to possible new locations for our monthly hiking club meeting. Over the last two years members have expressed interest in moving the meeting location due to limited space at WEU. Independent of this decision we will continue to stay affiliated with WEU and hold our bimonthly Hike Planning meetings at WEU.

Based on a number of conditions including central location to majority of membership, parking, access from major roads, and ability to accommodate our clubs' needs at a cost we can afford; we have narrowed a very large list of possibilities to two acceptable alternatives.

	First Baptist Church	Polish American Club
Location	West Springfield (337 Piper Road just past the High School)	Agawam 139 Southwick Street (Route 57)
Cost	\$30 donation	\$75.00 Rental fee
Parking	Adequate, well lit, parking	Adequate
Space	Accommodates >100 people comfortably	Accommodates > 80 people comfortably
Kitchen	Available for coffee/tea	Not availiable
Storage	Limited for projector screen and coffee supplies	Not availiable
Accessibility	Direct entrance from parking lot	Direct entrance from parking lot
Ice Cream	Two Friendly's, and JJ soft serve within 3 miles	Ice Cream within 5 miles
Other Issues	Not directly off major highway	Smoking is permitted in the lower level bar – it has a separate entrance but the smell of smoke might be offensive to some.

The board believes both options are acceptable but that the West Springfield location has a nicer atmosphere. Now it's up to the membership to consider these options. We request that you make your voice heard by returning the enclosed battot by July 25th. The results will be announced at the August meeting.

SUMMER PICNIC

Sunday, August 17th, 12-6pm – Springfield Pueblo

This years summer picnic will be on Sunday August 17th from 12 until 6 pm. It will be at the Pueblo on the Springfield College East Campus. We will be eating at approximately 1:00pm. There will be hamburgers, hotdogs, and some veggiburgers. There will be a sign-up sheet at the next two meetings so that the committee can get an idea as to how many to buy for.

The picnic is free to members and guests will again be \$5.00 each. We are asking that member's with last name beginning with A-L bring some sort of side dish or salad and M-Z a dessert, each to serve 6. If any one has some lawn games that they would like to play and share, bring them. We are asking that if someone happens to have volleyball net please bring it and let us know ahead of time.

There will be canoes again this year that will be available from 25pm. If you are unable to attend the meetings but are planning on attending please call KerryTuell at (413) 786-3513 or email kd6ccb@aol.com so that we can count you in. Hope to see you there along with sunny skies. This will be held rain or shine.

Directions to the Springfield College,

East Campus 701 Wilbraham Rd. Springfield, Ma

From the East or West

Take the Massachusetts Turnpike, Interstate 90, to Exit 6. After toll area, turn left at traffic light onto Interstate 291 West. Proceed one mile to Exit 5, East Springfield/Indian Orchard. Turn right at the end of the exit ramp onto route 20A, then immediately move into the left lane. Turn left at the first light onto Roosevelt Avenue. Proceed three miles to Alden Street and take a left. Proceed down Alden St. to first light and take a right at the light onto Wilbraham Rd. East Campus is the first driveway on the right. Follow driveway to parking lot, entrance is at the left of the building.

From the North

Take Interstate 91 South to Interstate 291. Proceed four miles to Exit 5B, East Springfield/ Indian Orchard. Turn right at the end of the exit ramp onto Route 20A, then immediately move into the left lane. Turn left at the first light onto Roosevelt Avenue. Proceed three miles to Alden Street and take a left. Proceed down Alden St. to first light and take a right at the light onto Wilbraham Rd. East Campus is the first driveway on the right. Follow driveway to parking lot, entrance is at the left of the building.

From the South

From CT take Interstate 91 North to Mass Exit 2, Route 83. Proceed on Route 83 to the second traffic light and turn right onto Sumner Avenue. After two miles, turn left onto Roosevelt Avenue. Continue through two traffic lights, then bear left at the stop sign. Half a mile after the stop sign, cross a bridge and turn right onto Alden Street. Proceed down Alden St. to first light and take a right at the light onto Wilbraham Rd. East Campus is the first driveway on the right. Follow driveway to parking lot, entrance is at the left of the building.

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Pioneer Valley Hiking Club Officers & Committees

John Klebes, President(413) 786-3620Ann Marie Visconti, Vice President(413) 547-2729Heather Wyman, Secretary(413) 562-8575Kimberly Bruneau, Treasurer(413) 569-1970Scott Cook, Wilderness Experiences UnlimitedRay Tibbetts, Founder

Standing Committee Chairs

Hike Planning Coordinator:Dick & Sue ForestBackpacking Coordinator:Ed Laroche & Mike RattelleTrail Maintenance:AnnMarie Visconti, Ed Laroche
& Rob SchechtmanPVHC Web Page Editor:Dick ForrestPVHC Email List:John KlebesQuartermaster:John KlebesBootprints Editor:John Klebes

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

- Kext Club Meetings: August 5, 2003, 7pm at WEU September 2, 2003, 7pm at WEU
- Next Hike Planning Meeting:
 August 12, 2003, 7pm at WEU
- *E* ∠ Deadline for Submissions for next BootPrints is: August 25, 2003

REMINDER:

- ?? Club Picnic is August 17th
 (See page 7 for details & directions)
- ?? Don't forget to send back the meeting location ballot

*** Check out our web page at: http://www.geocities.com/pvhcweb

Join the PVHC Email List by sending a message to: pvhc2000@hotmail.com



A publication of the **Pioneer Valley Hiking Club** c/o Wilderness Experiences Unlimited, Inc. P.O. Box 265 Southwick, MA 01077

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