

BOOTPRINTS

Volume 9 Issue 5

September 2005



Rafting through the Grand Canyon – Photo by Meg Schoenemann

Rafting on the Colorado River

By Meg Schoenemann

Nineteen adventurous souls convened in Las Vegas May 18 for a trip of a lifetime (or for Carol the fifth trip of a lifetime) that Carol Vanderheiden organized taking us 145 miles in 9 days rafting down the Colorado River through the Grand Canyon. From beginning to end, the trip was one adventure after another. The group was a blend of PVHC and AMC members. The group consisted of: Carol V., Meg & Marty Schoenemann, Norm Plante, Bryan Goodwin, Tom Harrington, Don Leis, Bill Cichaski, Bill Burgart (who did the entire river from Lake Powell to Lake Meade in 15 days), Diane Chiba, Dona Burdick, Rosmarie & Terry O'Connor, Diane Crowell, Bea Robinson, Susan Lantz, Suzanne Graber, and Suzie & Cal Gauss.

From our Las Vegas hotels, we were shuttled to the North Las Vegas

airport where we were loaded onto a 20-seater turbo prop Scenic Airways plane for our narrated flight to the South Rim. There was some trepidation after Norm's proclamation "Oh, one of these; they're known for falling out of the sky!!!+We tended to believe him knowing his profession. What a treat it turned out to be. The desert below was interesting. The close up view of the Hoover Dam had us wishing we could jump up to look out both sides for repeat views. That is NOT possible when you're knee-to-knee/thigh-to-thigh with the other side already! I thought the plane might really fall if we all shifted weight (**con't on page 3**)

Block Island Greenway & Summer Picnic - July 30 & 31

By Mike Reed

Have you noticed how my hair has been thinning lately? (More rapidly, that is.) Try pulling off two major club events on the same weekend and I bet your hair will thin out too! The details:

Block Island

Approximately 30 people accompanied moi on the trip to Block Island. The weather was pretty decent... in Ludlow that is (more on this later). The trip to the ferry in Point Judith, RI went fine, except somehow we misplaced 10 minutes or so on the way and unfortunately missed the ferry by 5 minutes. I'm thinking, perhaps if all 30 of us--well, maybe I'm exaggerating a bit--hadn't had to hit the head at that Shell station... Anyhow, the silver lining: we were first in line for the next boat an hour later. A foreshadowing of the weather that would stay with us the whole day presented itself during the ferry ride: dense fog. Although the weather report that morning promised low 80s and mostly cloudy conditions,



Club Picnic at Look Park – photo by John Klebes



Taking the Ferry to Block Island – photo by Harry Allen

because of the persistent fog and general haze (read: high humidity), it felt a wee bit warmer than that. Warm enough that the group was pretty much toast by Mile 6 or so. Not only that, but the fog whitewashed the five or six breathtaking ocean vistas that I

now: three anxious bachelors pushing shopping carts up the supermarket isles on a Sunday morning in search of hamburg buns, relish, and salmon fillets (respectively)? And corn too. Altho we did get some squinty-eyed looks when we mentioned it in

been heard from and did indeed make it back to our neck of the woods. So...

Summer Picnic

After I finally got my second eyelid open the following morning, I was soon swept up in the whirlwind preparations for the Club Picnic, whilst my picnic cohorts, Hiker Bill and Noho Gary, carried out their To Do lists elsewhere that morning. Can't you just see it

almost always a good thing, no? By midway through the second half of the picnic--oh, did I mention that it was held at the Look Park Mini-shelter?--I believe that approximately 50 club members and/or guests had blessed us with their presence. From my vantage point, everyone left well fed and happy. And, hey, what more can a picnic planner ask for. Booyah! The icing on the cake for me, and a welcomed opportunity to put all that yummy food to good use, was the beach volleyball marathon that spontaneously went down towards the end of the food fest. I say that, even tho I somehow never ended up on one of the pickup teams that won. It wasn't my fault, honest! All in all, I'd say that the picnic went positively swimmingly. And I very much look forward to watching next year's volunteers fly about the grills area in a cooking frenzy. Good food and fun with family and friends. Ya gotta love it.

Mike Reed



had been counting on to enhance our perambulations. Damn! But, as per usual, all turned out well in the end. The hike was a good workout, lunch along the south shore of the island was pleasant, and the meal at the Finn's seafood was generally thought to be good enough. And everyone, except one vehicle load of folks who were sure that they knew the way back without following yours truly, made it back to Ludlow at the scheduled return time of 9:30 PM. As far as I know, I believe that they have

meetings leading up to the event, I do believe the roasted corn and salmon were a smashing success. Kudos to Marcia! Staying open to new things is



THE CLUB PICNIC

- 'T'WAS A FINE TIME!...

by Gary Dolgoff

-It was planned by myself, plus Bill Burgart, Michael Reed, and (it turned out) Marcia Kelly...Bill Burgart picked up just about all of the food, Marcia did alot of the marvelous cooking, she did(the salmon was so juicy, as all the attendees commented; the corn in its' husk was great; the veggie &'regular burgers I'm sure were good...anytime someone wanted to find Norm, I just said 'by the food, eating!...

Mike Reed did alot of the planning & co-ordinating, including reserving Look Park for the event...

...And me?

Although I helped to bring together the above forces, I must admit that I shirked some of my duties, most notably the cooking(as I eat out almost daily, and am not yet used to making food...), and most other things, at the event itself (made more complicated by mt desire to attend an ol' friend who flew in from Florida, and whom I was happy to introduce to all of my 'Club comrads';



Our Picnic Committee: NoHo Gary, Hiker Bill, Madagascar Marsha & Master Chef Mike Reed – *photo by Harry Allen*

she had a great time, and now thinks fondly of our humble area & folks, residing back in 'very hot Florida...

I also had a friend from NYC & her son; several 'Club folk' got a kick out of my swinging her 6-year old son & a friend of his, playfully...I guess I was exhibiting my more domestic side...

We had about 40-50 attendees; as always, a 'boss time!'...

-And don't forget, folks...come, come, come (& dance at our December Holiday Party...if I have anything to say about it, the salmon shall return!...)

- Gary Dolgoff

Rafting on the Colorado River

{Continued from page 1}

Then, we got our first glimpse of the Canyon and the west end of the river where we would be some 8 days hence. A truly awesome sight. We landed

safely with a sigh. Our last night in civilization at the South Rim found us packing gear for the mules to shuttle down, enjoying good meals, and the beautiful sunset providing a golden glow to the canyon walls.

At 5:00am the next morning, Carol had us on the trail to meet our 11:00am drop-dead time at the river some 7 ½ miles down. Heading down the Bright Angel Trail with the anticipation of a beautiful sunrise we enjoyed the coolness of the rim knowing we were headed for much warmer temps. We heard that the Canyon floor was experiencing temps

as high as 125! Those of us who had planned to pack down all our gear were very grateful to those who had room in their mule shuttled bags for some of our stuff as it really did get to be quite warm. As we started to meet people coming up from the floor, we were very relieved to know that we wouldn't have to climb back up since we would be out of the canyon by the end of the trip. One of those coming up was Bill Burgart! He was out for a hike while those who had been on the river with him were hiking out and we were hiking in. He joined us for the last leg down. Really Bill did you have to make it look so easy?! The Bright Angel Trail is not difficult due to endless switchbacks which made the loss in elevation seem tame compared to the reality. When it was so hot I thought we'd never get to the river, there was Bryan (a quick hiker) & Matt (our lead guide) sitting in some shade trailside to direct us toward the rafts. We made our 11:00 deadline with time to spare. The repacking into Dry Bags was a real shuffle. Matt had us all take a dunk in the 50-degree river (it was shocking but wonderful) before loading onto the rafts for our first day on the river. Our guides along with Matt were: Dave, Steiner, Bruce, and Scott. Mark was the bag boy+rowing the extra raft with gear.

And what a day it was! The very first rapid, Horn Creek, had us hooting with laughter, followed closely by Crystal that bounced me right into the middle of the raft. There is a river saying 'ABC+, Alive Below Crystal! A great introduction to our next week on the river.

We soon learned the value of the arid climate as our wet clothes dried in the blink of an eye. This had its good and bad points however. When wet and in the shade, it was quite cold. When dry and in the sun, it was just the opposite. The happy medium was wet and in the sun. Matt told us that if you're hot, you're stupid, so we learned to stay wet when in the sun.

Our days settled into a routine that became very natural. We went to sleep when it got dark and woke up when it got light and somewhere in between was lunch. Most of us took off our watches and enjoyed living by the natural flow of light and dark. The first night had us wondering what we had gotten into when we sought out



Cooking up the Feast at the PVHC Summer Picnic – *photo by John Klebes*

space to lay down our sleeping bags in the midst of blowing sand. Diane Chiba was probably the only one of us who slept sand-free, as she was the only one to pitch her tent every night. We applaud your persistence Diane and wonder how you got your make-up on in all that blowing sand! Those who tried tents the first night abandoned them due to the heat. The advantages of not using the tents were 1) less work, 2) cooler, and 3) the open view of the night sky with millions of stars, shooting stars, and satellites to fall asleep by. On the first night, the full moon rose over the canyon walls and bathed the entire scene in white light. Frequent awakenings that night due to sand misting in our faces was more than offset by the surreal surroundings.

We awoke each morning to the call of **NOT COFFEE!!** The meals were varied and the food plentiful. We were amazed by the quality in such austere conditions, and by how much must have been packed at the start of the trip. Breakfast ranged from eggs & bacon to blueberry pancakes & waffles. After eating and clean up (doing dishes by the **four-tub** method . rinse/soap/rinse/bleach), the loading of rafts began. We never quite mastered the bag line but still accomplished loading & unloading almost 40 bags and numerous kitchen articles twice daily. I don't think anything ever ended up in the river.

Secure in our life vests we would board a different raft each day so that we rode with each guide and different passengers. It was fascinating to hear everyone's life stories . guides and friends alike. There's nothing like sharing hours in such a unique setting to stimulate conversation. Mornings were talkative in the cool shadows at the bottom of the steep canyon walls. As the temperature rose with the sun, we were more apt to be lounging and napping between the spurts of excitement and holding on for dear life going through the rapids. Of course, Norm (with fellow instigators Tom and Steiner) would ensure we stayed plenty cool with a few water fights between rafts.

Lunch was sometime mid-day on a beach. The guides had it ready in no time under beach umbrellas or in the shade of the canyon. Make-your-own sandwiches, Pringles (boy did we go

through can after can of those), and cookies. Every sight we came to and left had to be hand picked clean of debris and food scraps as the preservation of the landscape is taken very seriously. Here is a good time to tell you how we did this in relation to **what goes in . must come out**. Contrary to our teachings around here, one **MUST pee IN** the Colorado River, **NOT** on land. The desert flora can't handle the amount of pee that all human travelers would deposit but the swift moving river can. So **women upstream, men downstream**. During the day it was easy as we women simply walked into the river and stood smiling for a while. At night it was more difficult to make your way to the river and squat on rocks over the water, as we didn't want to wade in and get wet. The guides set up porta-potties at camp each night but it was still, pee in the river, if you get my meaning. Mark had the lucky job of carrying along the bags of poop in some unobtrusive box on his raft. **THAT** was really why no one could ride in his raft, not the fact that this was his first time on the Colorado!

The end of each day of rafting was heralded by that anticipation of finding our next camp sight, unloading the rafts and then **enjoying** a **bath** in the cold river before the call for **Soup!** which preceded a sumptuous dinner creatively prepared by Scott and crew. Every night was a new menu and only occasionally did we have to contend with sand adding an extra bit of crunch. The sand was inevitable - we were on the beach after all. Evening entertainment consisted of story telling courtesy of Scott, or singing along with Matt on his guitar. There was a slight gap in our repertoire as Matt could play things we couldn't sing or we could sing songs he couldn't play. Norm even got his hand in with some Dueling Banjos . way to go Norm!

Lest you think this hiking club group didn't do any hiking, let me assure you, we hiked every day, sometimes more than once! Our rafts would pull in to beaches at the opening of side canyons and a waterfall to enjoy usually rewarded our efforts. Some hikes were quite memorable. Havasu Creek/ Beaver Falls was probably the most memorable. One group ventured the



Cooling off on a hike in the Grand Canyon – photo by Meg Schoenemann

entire distance to Beaver Falls (8 miles round-trip in 100+ temps) while the second group went about half that distance. Both groups enjoyed crystal clear, aqua colored pools between rushing shoots of water. It truly was heaven in the desert. Another hike to a falls had us passing through a valley of blooming cacti of every variety along with Sacred Datura with its huge, white, lily type blossom. Climbing behind the cool waterfall at the valley's end made the hot trek worthwhile. Other hikes found us pulling up slickrock with the aid of ladders and ropes to a hidden waterfall, or along sheer canyon walls to another oasis. The most fun hike was through a Fern Glen Canyon, a slot canyon through which water was rushing. We were either wading deep in water or climbing up smooth walls through the rushing water with the help of Tom's shoulder to step up on. That hike had us laughing pretty hard as we scrambled over Tom with a hand from above and a shove from behind. Another oasis waited at the end of that hike. This is where Norm endeared himself to the guides by finding two rattlesnakes and had to be reminded not to tease them. I think we all got to see at least one rattlesnake during the trip. One was enough for me, to be sure. Also, scorpions were known to be a threat but we only saw one on our last

morning in camp when Carol discovered it under her sleeping mat.

The rapids were exciting enough to cause great anticipation as we heard each one before it was visible. You could gauge the fear-factor by the level of the roar. Lava Falls was the largest and almost the last. We departed the rafts to scout it from above first. Not sure if that was the best idea as it made for some pounding hearts once we were at the point of no return. A private group ahead of us went through individually in small rafts and kayaks. Only one flipped but it was enough to make us respectful of what we were in for. The river drops more than 30 feet in this rapid, the most of all the rapids. A huge rock along the right wall loomed close enough to scrape but all our rafts made it by. On the very last rapid, we were offered the opportunity to jump out and be swept along in the rush. You could really feel the pull of the river and knowing it was a mild rapid made me that much more grateful that we had made it to the end without any mishaps.

The Grand Canyon is truly GRAND. There is no other way to understand the immensity of it without seeing it from river level. Every turn of the river brings a new view of stepped red/green/black rock, each layer a different era in geological history. The side canyons offer a glimpse of another era . the ruins and rock paintings of Native Americans. The wildlife . longhorn sheep, snakes, the numbered condors (a few of us saw #80 up close and personal), and the ever-present Raven. A raven would greet us at each campsite . calling us to %stay here!+ He would make off with something of ours almost every night. Anything small left unattended was fair game. As we watched him fly away, we@d be trying to figure out what he had in his beak. Every morning, he would be screaming at us to %hurry up and get out of here!+so he could scavenge for leftovers.

There is so much more to remember about this trip but you have the opportunity to experience it for yourself as there is already talk of another in 2007. Check with Carol or Don for more information. I think Suzie said it best when summing up the trip . it was truly a PRIVILEGE to have had this experience and we all thank Carol for her efforts to make it all happen. May we have the strength to do it again someday.

Meg Schoenemann



Reflections on Adirondack Car Camping-Ironman Weekend July, 2005

(SAVE DATE- July 22-25, 2006)

By Ann Mundy

We gathered on Friday, July 23 at the Adirondack Loj Campground for our 2nd annual trip. As people arrived, they helped each other set up tents and tarps. Others joined us in the night. Thanks PVHC people for making my ADK friends feel welcome.

On Saturday there were several hikes. Donna Omega Leise and Donna Fleury climbed Noonmark Mt. Others did High Peaks such as Whiteface and Esther, Colvin and Blake, Mt Marcy, Phelps, and Algonquin. Saturday night there was a potluck feast, or so I am told. Yours truly returned from hiking AFTER dinner was served. Thanks to everyone who cooked and pulled it off. My sister-in-law, Linda Harwood, came

for dinner and fell in love with PVHC, even though I was not there! She is both a summer and winter 46er! You must have been great hosts as she has invited all of you to their home on Lake Champlain. I had brought several bags of firewood from home and as the campfire people prepared the fire, two snakes crawled out of the bags. I do not know if they were Westfield snakes or LOJ snakes but I am glad I did not see them! On Sunday there was a hike to Indian Falls and another to Rocky Falls and Indian Pass. We had another potluck of leftovers. Marcia, Carol and Ann went to town late to see the finish of the Ironman Race. It was quite thrilling to see people crossing the finish line just before midnight with



Adirondack Potluck Feast – Photo by Harry Allen



Relaxing with Friends in the Adirondacks – *photo by Ann Marie Visconti*

families and crowd cheering them on. Most people stayed at the campfire for chatting and singing.

Monday morning Al Roman and helpers prepared their usual pancake breakfast! There were hikes to Mt Jo and Mt Van Hoevenburg. Both of those hikes have beautiful views for very little effort.



As I reflect on the weekend, I am very grateful for my PVHC family and others in the hiking community who have supported my in my hiking journey. This year I attempted High Peaks with the initial encouragement of Al Roman and Joe Gilroy. Since then I have gone back to the Adirondacks and now have climbed 14 of the 46 High Peaks with people from several ADK chapters in N.Y. as well as the Tramp & Trail Club out of Utica/Syracuse. Climbing High Peaks is more than just a sense of physical accomplishment. There is the beauty and the challenge of the trail (each one is different), the sharing of stories, new friends, the supportive team effort, a sense of renewal, and always there are life lessons to be learned.

I was recently reminded not to get so caught up in "bagging peaks" that I fail to "experience" the woods. Hope all of you are able to get out and "experience" the woods this fall.

I LOVE YOU GUYS!!!!!!!!!!!!!!
Happy trails! Ann

Participants: Harry Allen, Bill Bartsch, Rich Briggs, Randy Caldwell & Toni Dauer(Albany ADK), Donna Fleury, Susan & Dick Forrest, Lyn Gebo, Joe Gilroy(Rochester), Marcia Kelly, John Klebes, Donna Omega Leise, Lori Mahoney and Richard(Big Dig), Nancy MacNeil(Vestal), Ann Mundy, Sybille Nickel, Norm Plante, Al Roman, Carol Vanderheiden, and Ann Marie Visconti.

"There's a song in the canyon below me

And a song in the pines overhead,

As the sunlight crawls down from the snowline

And rustles the deer from his bed.

With mountains of green all around me

And mountains of white up above

And mountains of blue down the ski-line,

I follow the trail that I love."

. *Quoted from Charles Badger Clark*



Return to Barton Cove - Ann Marie Visconti takes PVHC Canoeing and Camping on the Connecticut River – *Photo by John Klebes*

Upcoming Hikes

Hyde Park Trail – Sun Oct 16th

Taking to heart my fearless leader's call for more hikes to fill out the calendar, I am offering the following hike to my fellow hiking enthusiasts: The Hyde Park Trail from end to end on Sunday, Oct. 16th. That would be Hyde Park, NY, home of the Roosevelts et al. I was pleased to discover in checking the location out this past weekend, that a goodly portion (over half) of the trail is wooded, while the remainder is either grassed or paved but with numerous views of the Hudson and beyond. My plan is to start at (and probably tour) Val-Kill, Eleanor's retreat (from FDR apparently); hike ~ 2.5 miles from there through mostly woods to the FDR historical site, and then have lunch BYO or at Nesbit's Cafe, a very nice lunch spot at the facility, with an optional tour of Springdale, FDR's estate, for those interested (I'm leaning against this \$14 activity but there is plenty else to see if others decide to partake in this). Afterwards, I have us heading east on the best part of the trail, through the well kept woods of Roosevelt's youth (not manicured but rich and diverse habitat), eventually to the vast grounds of the Vanderbilt Mansion (the first half is wooded), including the Bard Rock cliffs overlooking the Hudson. I personally am interested in seeing the inside of this mansion, as the pictures of the interior are amazing. The total hiking distance is about 7 miles, often over rolling terrain, so I would characterize it as being of moderate difficulty (similar to a Quabbin hike). The cost can be as cheap as that of just sharing gas and tolls (\$5), if you BYOL and don't do any tours, to \$40, if you do all three tours (~20 minutes each) and eat at Nesbit's Cafe. My time estimate and itinerary is: meet at the Westfield meeting spot at 7:30; tour Val-Kill by 10:00; do lunch and whatever else at the FDR site from noon to 1:00; arrive at Vandy's place sometime before 3:00; leave there by 4:00, hopefully; and arrive back in Westfield by 6:00. (There is a fair amount of slack time incorporated in these estimates, so the estimates should be good.) Ice cream could be at Friendly's afterwards, for those so inclined. *Mike Reed*



Important Notice

Last Chance: We want you to remain members and will be sorry to see you go:

<u>Past Members</u>	<u>Expiration Date</u>
Ravi Kulkarni	200505
Betsy Loughran	200505
Marlene Spencer & Family	200505
Joe & Carol-Anne Zawrotny & Family	200505
Sandra Carr	200506
Sharon Connor	200506
Allison Cook	200506
Amy Dunn	200506
Lori Martin	200506
Barbara Pelland & Family	200506

The following memberships are up for renewal:

September Renewals:

Harris Barnard
Joyce Berg
Shari Cox
Dick & Sue Forrest
Steve Fraton
JoAnne Gebski
AnnMarie Higgins
Maryann Hogan
Bryarly Lehmann
Donald Leis
Laurie Mahoney
Kevin & Judy Mealey
Sheila Messer
Bill Nickerson
John Rothery
Marty & Meg Schoenemann
Michael Sharpe
Karen Siemering

October Renewals:

Deborah Alberghini
Ron Archambault
Dennis Bergeron
Dona Burdick
Beth Case
Anne Eason
Donna Fleury
Suzanne Garber
Barbara Graf
Kenneth & Joanne Lamothe
Al & Martha Roman
Dave Rotondo
Chris & Nancy Sullivan
Elaine Tryjankowski
Sue Ziff & Family

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)



Norm Plante takes PVHC Tubing on the Deerfield

Upcoming Hikes

“Hiking the Streets of Amherst”

Wednesdays starting Sept 14 (except Oct 12th)

Plan to do all the streets in Amherst starting in September. Read the article in Backpacker magazine. People have done New York, St Paul Minn and Cambridge. I plan to add Amherst to the list. So just put the Amherst location on and have them call leader because I may change it some weeks and come down to Mt Tom. Starting Sept 14 but leave off Oct 12.

Marcia Kelly

Oct 8-10, 2005 Niagara Falls

Spend Columbus Day week end at Niagara Falls. I have 5 camp sites booked . tenting. Each site two tents - two cars - maximum 6 people allowed.

Arrival October 8 departure October 10. Total for all sites is \$265. So if we have 10 people it will be \$26.50 each anything more than 10 people it will be less.

I will work out further details shortly. You may declare the hike and give my e-mail and telephone number (413)-589-7821 to those interested.

Ravi Kulkarni



NYC EXTRAVAGANZA- Always a great time!...

-On Nov. 5th, we'll once again be embarking- a busload of us, on a chartered Peter Pan bus- for the Big Apple, where we'll spend a 'quite long day' seeing many sights, enjoy each others' company, and all that!

We'll start off going to the Botanical Gardens in the Bronx for a couple of hours; then the bus will whisk us down to Manhattan, where 'Clubbies' can go with me to the huge & endlessly interesting Metropolitan Museum, or follow Jane to Central Park, a NYC landmark and a really nice, interesting place...

After those things, we'll mender down to the East Village, where interesting & tasty dining awaits (we'll prob. 'spread out' to a few area restaurants, there...)

Following dinner, we should have a little time to wander, before going to the bus a little after 9pm (at Houston street & The Avenue of The Americas [6th avenue]), and then being whisked back to MA!

Myself & Jane are your leaders for the day, tho you are certainly free to wander around the City, from the time we're dropped off in Manhattan- as long as you make sure to be by the bus, by the 'leaving time' in downtown Manhattan...

Cost of the roundtrip busfare is a measly \$40; checks should be made out to, & mailed to- Jane Glushik.

Travel Opportunities with Wilderness Experiences in 2006

Windjammer Barefoot Cruise: The Legacy

January 8th – 14th 2006 US & British Virgin Islands

Adventures in St. Thomas, St. John, Tortola, Virgin Gorda, Jost Van Dyke. Trip includes: R/T air from Hartford, CT, 7 days & 6 nights accommodations Dbl Occ., All meals, snacks, beverages, taxes, service and port charges & more. \$1750.00 to 1950.00 per person. Cost varies based on cabin choice. A \$300.00 deposit secures your spot. Tropical adventure and near-perfect weather have lured seafarers and landlubbers to the Virgin Islands for centuries. Even the Gods were seduced for they blessed this region with zephyr winds that keep Legacy's sails billowing. From bow to stern, emerald islands, rocky outcrops and pretty yachts dot the panoramic seascape. Anchorages with names like Cinnamon Bay, Honey Beach and Watermelon Cay will entice you to linger in the surf and sand forever. And there's good reason why the Virgins are called the water sports capital of the Caribbean: the sailing, windsurfing and swimming are first rate. Beach-accessible coral reefs and calm lagoons make for excellent snorkeling and scuba diving. There's good shopping and sightseeing in Yankee territory, while the British Isles offer healthy doses of barefoot R&R. Folks who are just getting their sea legs choose this relaxed voyage because the sailing is smooth. The distance between ports is short and sweet, allowing for ample time ashore.

Cayman Brac – March 11-18th 2006 Spring Vacation

Trip includes round trip air from Hartford, CT. 8 Days and 7 Nights accommodations, 17 boat dives, all meals, ground transfers, taxes & services charges & more. Diver \$2200.00, non-divers \$1775.00. Only 6 spots remain. Brac Reef Beach Resort boasts four and a half acres of beautiful milky white beachfront property, forty guest rooms, an award-winning restaurant, day spa, boutique, fitness center, and cyber beach, our Internet access facility. Our first class amenities will spoil you and guests return often because of the warmth and service of our friendly, dedicated staff. The resort is also home to the renowned Reef Divers Dive Operation.

Galapagos Islands Northern Itinerary

July 23rd to Aug 1st 2006

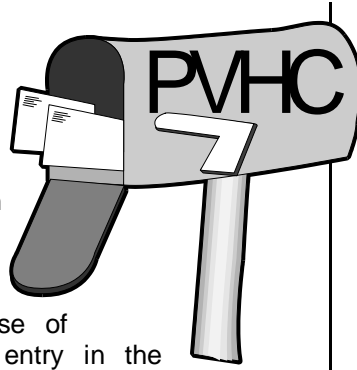
The only way to see the Galapagos Islands properly is on a live aboard boat. We have selected the new Deep Blue Dive Yacht+. She is just two years old and is outfitted to accommodate 16 people. The crew includes a naturalist and dive master on each trip. This trip is suited best for those who want to do multiple dives each day. There will be limited snorkeling and only about 4-6 land hikes. The northern itinerary is where the giant pelagic congregate. Schools of Manta rays, Hammerhead sharks and the potential of Whale sharks is great here. This is challenging diving Advanced Certification is required. A \$300.00 Deposit secures your spot in Paradise. Only 5 spots remain.

***For more information on any of these adventures/trips contact Laura at (413) 562-7431 or go to our web site www.weu.com**

Put your Cell phone on ICE!
Public service announcement

Paramedics turn to a victim's cell phone for clues to that person's identity. You can make their job much easier with a simple idea that they are trying to get everyone to adopt: ICE. ICE stands for In Case of Emergency. If you add an entry in the contacts list in your cell phone under ICE, with the name and phone number of the person that the emergency services should call on your behalf, you can save them a lot of time and have your loved ones contacted quickly. It only takes a few moments of your time to do.

Paramedics know what ICE means and they look for it immediately. ICE your cell phone NOW!



The Green River Festival had Marcia Kelly joined by three the music was wonderful and the hot air balloons were beautiful. Mt. Grace with Richard Harris was a hot and muggy hike that offered limited views but was highlighted by ice cream and good people who enjoyed the day.

Knightville Dam to Chesterfield Gorge with Lynn Gebo turned into a 14 . 16 mile "death march" or so we are told by Norm Plante. Ten people participated and were refreshed by swimming in the gorge and having a good time being with friends. Ann Mundy's ADK event brought out 23 people. There was a little rain on Friday night. Sat. and Sun were beautiful. Multiple hikes were enjoyed by the group. One night a Bear entered the campground but since people had place there food in cars and taken appropriate measures there were no problems. Al Roman provided a culinary delight on Sunday morning for all who smart enough to join in the eats. It was reported that Ann Mundy felt the Adirondacks lacked sufficient reptiles so she decided to introduce specimens of Westfield Snakes to the area. Just to make the transporting less stressful to the snakes she brought them along in their living quarters which was a pile of wood. Harry Allen assisted in releasing the snakes to their new habitat when he unloaded the wood from the back of Ann's van. A repeat trip is in the works for next year so start thinking about your plans.

Mt. Greylock only enticed 2 people for a beautiful, breeze day. Block Island with Mike Reed was attended by 30 people. The day turned hot, hazy, and humid so views were limited. One brave soul went for a swim in the ocean at lunch. The rest just relaxed and watched the waves. The ferry ride was fun for some and tolerated by others no one however go seasick. The Annual Club Picnic was organized this year by Mike Reed, Bill Burgurt, and Gary Dolgoff and behind these three "great men" stood one quiet woman Marcia Kelly. The result was tasty food, fine tea, challenging volleyball and a good time for all who attended. (Approximately 50 - 60).

There was a discussion regarding a great need for more hike leaders to lead dayhikes so we don't have holes in the schedule. We strongly encourage the membership to lead or co-lead dayhikes. If this is to remain an active and busy hiking club we need the membership to participate and lead hikes. They don't have to be hard and needn't involved traveling to far. We have a wealth of trails right here in Western Mass. The Christmas Party need leadership if we want to have one this year. Again, we have a large membership and people need to volunteer. Jack Leary made a motion to purchase a small tent from Dave Rotundo for rental to club members. The motion was seconded and passed. Five dollar purchase was made. Gail and Celeste volunteered to provide refreshments for the Sept. meeting. Check your schedules for upcoming events.

Respectfully submitted,
Monica Gross
Secretary PVHC

PVHC MINUTES – JULY 5, 2005 MEETING

Tully Lake & Mt Norwotuck hikes were cancelled. Battenkill Canoe trip #10 was enjoyed by 27 people. This river trip offered a fun adventure for all. A day on the river was followed by a potluck dinner. A return trip is in the works for next year so mark you calendars. This year's White Mt. Sampler hosted 38 people. The weather decided not to cooperate on Sat. but hikes went off as scheduled. People took appropriate precautions and had the right stuff so enjoyed the hiking. Sunday was beautiful day. Al is planning on a return for next year.

People's State Forest with Harry Allen was highlighted by Harry demonstrating his ability to imitate a lighthouse, which once stood in the forest. Kilkinney Ridge Backpack - 26 miles - great trip lots of peaks 5 people one of whom was Sybille who flew in from Wisconsin. M & M hike with Dave Rotundo brought 7 people and a good sunset view. Summer Solstice Death March was completed by 3 men for 31 miles, 3 women opted for a 15 mile trek instead. Both groups completed what they set out to do.

July 3rd the bugs were fierce on the Holyoke Range. We will continue to collect hats and mittens for the children in Morocco until Sept. There was a review of safety on hikes and the ten essentials needed each time you hike. Don't think it can't happen to me whether you are alone or in a group. Be smart Be Prepared. The ten essentials are listed in the back of the club directory and are sent out to all new members as part of the membership packet.

PVHC MINUTES – AUG 2, 2005 MEETING

Bike ride was cancelled. Tubing on the Deerfield with Norm brought out four people. Norm is going to repeat the trip on Aug. 14th. Hoping to have better turn out.

Pioneer Valley Hiking Club Officers & Committees

Ann Marie Visconti, President
John Klebes, Vice President
Monica Gross, Secretary
Mike Gross, Treasurer
Scott Cook, Wilderness Experiences Unlimited
Ray Tibbetts, Founder

Standing Committee Chairs

Hike Planning Coordinator: *Sue Forest & AnnMarie Visconti*
Backpacking Coordinator: *Ed Laroche & Mike Rattelle*
Trail Maintenance: *Ed Laroche & Rob Schechtman*
Web Page Editor: *Dick Forrest*
Email Correspondent: *Rob Schechtman*
Email List: *John Klebes*
Quartermaster: *Jack Leary*
Bootprints Editor: *John Klebes*

Bootprints is a publication of the Pioneer Valley Hiking Club. Send your story contributions to the editor at: j.klebes@ieee.org (Email) or by USmail to John Klebes, P.O. Box 51385, Indian Orchard, MA 01151.

IMPORTANT NOTICES

- ❑ Next Club Meetings:
Oct 4, 2005, 7pm at **FBC**
Nov 1, 2005, 7pm at **FBC**
- ❑ Next Hike Planning Meeting:
Oct 11, 2005, 7pm at **WEU**
- ❑ Deadline for Submissions for next BootPrints is: Oct 24, 2005

FBC . First Baptist Church, West Springfield
WEU . Wilderness Experiences Unlimited

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

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

fold here



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

