

SPECIAL APRIL SUPPLEMENT OF FEETPRINTS

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Nin the cat relaxes atop Mount Washington, N.H.

New Club President

Ann Marie will be stepping down as club president effect April 1st so that she can spend more time with her grandson. In her place we are proud to announce that Nin, former mascot for the Mount Washington Observatory, has accepted the position as acting president of the Pioneer Valley Hiking Club.

Environmental Activism

Help "Stop the Killing". Each year the sexual organs are stripped from countless trailside plants and put on display. It is not known when this barbaric custom started but each spring this horrible mutilation of trailside foliage continues. Why just the other day I saw young college age women stoop while hiking and ripe out the sexual organs of a half dozen beautiful daffodils and display the mutated organs in bouquet in her hair like some barbaric trophy. Help stop the killing. Don't stand by and let this go unnoticed. Only you can protect our natural wilderness. Speak up against this evil sexual mutilation. Save a plant today!



Highpointer Hike

A peak baggers dream, Olympus Mons is the highest point in the solar system. Highpointers! Plan ahead! Make your arrangements now for ascending the highpoint of the solar system. The hard and fast info about the highest point on Mars – it's three times the size of Everest!

NY State Conservation Fund

As many of you have probably heard, the state of New York has opened up the re-naming of many of the Adirondack High Peaks in a move to raise funds to support conservation efforts in the state. Join your fellow club members in recognizing the tax deductible contributions made by two of our own; Ann Mundy and Richard Harris! In honor of her donation Mount Marcy will be renamed Adirondack Ann Mountain. Way to go Adirondack Ann! And Nipple Top Mountain will be renamed Harris Mountain. I've always loved Nipple Top, say's Richard.



View of newly named Mt Harris

SNAKES on HIKES.....

I just got back from the advance screening of *Snakes on a Hike* – the sequel to *Snakes on a Plane*. DO NOT go to this film expecting to see some great, dramatic national geographic film because you'll be let down. However, if you want to go and see Samuel L. Jackson kick the holy sh*t out of snakes (on a hike) then this is the film for you. It's cheesy, B-movie fun, and don't let anyone tell you any different. You want to see snakes on a hike, you're going to see snakes on a hike. Period. So go, sit back, have fun, and see some snakes (on a hike). Join Norm and the PVHC gang at next Tuesday Movie Night with "Snakes on a Hike" and maybe, just maybe, Norm will share his popcorn with you.

New Club Hike Procedures

The Pioneer Valley Hiking Club, in coordination with the U.S. Department of Homeland Security, is instituting the following new security procedures:

- Backpacks will be subjected to search before any hikes
- Sunscreen and bug spray is limited to a two-ounce or smaller container and must be placed in a single, quart size, zip-top, clear plastic bag. There are exceptions for baby formula and breast milk for the grandchildren of the club president.
- Water will be available for purchased, after the security checkpoint.
- Hiking shoes should be removed for inspection prior to the start of all hikes.
- Hikers will be required to present a passport or other approved secure document denoting citizenship and identity for all club events

The Dangers of 'dihydrogen monoxide'

Springfield City officials are so concerned about the potentially dangerous properties of dihydrogen monoxide that they considered banning Gatorade and other sports drinks after they learned the chemical was used in their production.

Dihydrogen Monoxide (DHMO) is a colorless and odorless chemical compound, and is a known causative component contributing to many thousands of deaths and is a major contributor to millions upon millions of dollars in damage to property and the environment. Some of the known perils of Dihydrogen Monoxide as listed on the DHMO website include:

- Death due to accidental inhalation, even in small quantities.
- Prolonged exposure to solid DHMO causes severe tissue damage.
- Excessive ingestion produces a number of unpleasant though not typically life-threatening side-effects.
- DHMO is a major component of acid rain.
- Gaseous DHMO can cause severe burns.
- Contributes to soil erosion.
- Leads to corrosion and oxidation of many metals.
- Contamination of electrical systems often causes short-circuits.
- Exposure decreases effectiveness of automobile brakes.
- Found in biopsies of pre-cancerous tumors and lesions.
- Often associated with killer cyclones in the U.S. Midwest and elsewhere, and in hurricanes including deadly storms in Florida, New Orleans and other areas of the southeastern U.S.
- Thermal variations in DHMO are a suspected contributor to the El Nino weather effect.

You may not always recognize that you have been a victim of accidental DHMO overdose, so here are some signs and symptoms to look for. If you suspect Dihydrogen Monoxide overdose, or if you exhibit any of these symptoms, you should consult with your physician or medical practitioner.

Watch for these symptoms:

- Excessive sweating
- Excessive urination
- Bloating feeling
- Nausea
- Vomiting
- Electrolyte imbalance

For more detailed information, including precautions, disposal procedures and storage requirements, refer to the Material Safety Data Sheets (MSDS) available from the www.dhmo.org website. (dihydrogen monoxide — H₂O for short)

Outdoor Club Health Warnings

New requirements from the surgeon general require specific health warning to outdoor clubs on the dangers of hiking. Club member Don Leis has offered his legal talents to help gain approval for a special PVHC exception from the surgeon general to modify the wording of the warnings to help market the club. Below are the health warnings that were recommended by the surgeon general and the new wording that Don has proposed. Our insurance company has advised us that we must display the original warnings on all new club literature until we can get approval for the new wording.

SURGEON GENERAL'S WARNING:

Hiking is a strenuous activity that causes sweating, overheating, and my lead to dehydration.

Hiking causes joint pain, shortness of breath, and possible knee problems.

PROPOSED NEW WORDING:

PVHC is the "Hottest" club in the Pioneer Valley!

"Hiking makes you appreciate Life!"

She said – He heard

"Let's Stop Hiking and turn around, we are off the trail" said U-turn Shari.

"If we are off the trail, said Richard-the-4000footer to the next hiker, we better turn around"

"Do you think we are off the trail, asked Sheila to the hiker behind her? If we are we should turn around.

"Should we turn around if we are off the trail, Passed on Norm to the hiker behind him.

"Why would we turn around unless we are off the trail, Diane exclaimed!

"We aren't turning around so obviously, we must be still on the trail, said Tom the river rat

So onward into the wilderness we hike... don't forget your compass.

Letter to the Editor: Moose Crossings

I live in a semi rural area. We recently had a new neighbor call the local township administrative office to request the removal of the Moose Crossing sign on our road. The reason: "Too many moose are being hit by cars out here! I don't think this is a good place for them to be crossing anymore."

Excerpts Aug2005 Backpacker Magazine unabridged Hiker's Glossary:

Alpine start (n) 1. Torture inflicted by mountain guides who know that the size of their tip is directly proportional to the degree of suffering clients endure. 2. Controversial technique for extricating oneself from a one-night stand.

Bag (v) to claim a summit, typically followed by a series of loud, grating cell-phone calls.

Bear bag (n) food sack hung with rope from a branch to protect supplies from bears. Also known in California as a Yosemite Piñata.

Bear Bells (n) Supposed safety device rung by hikers to alert bears to mealtime.

Cotton (n) A much-maligned fabric. "Cotton doesn't kill, people who misuse cotton kill!"

False summit (n) a peak that lies about its height

Ford (v) to cross a river without aid of a bridge, boat, or ironically, a Ford Explorer.

Geocaching (v) The unfortunate result of owning a GPS and having nowhere to go.

Gore-Tex (n) popular waterproof/breathable material made with a micro-thin membrane of pure gold.

Guy line (n) Tenuous yarn attempted by men to secure female hiking partners while browsing at REI

LNT (n) Leave-no-Trace, an environmental movement obsessed with bowel movements.

Mouse trapeze (n) string hung inside a shelter to deter mice from getting at food.

Pepper spray (n) An intense, Tabasco-like seasoning preferred by discriminating grizzlies.

Post-hole (v) To punch through deep snow with each step, transforming a seemingly straightforward climb into something Norm can whine about for hours.

Three-hour tour (n) A dayhike that looks all too easy at the trailhead until, well, the weather started getting rough, and the tiny ship was....

Turtling (v) To fall backwards onto one's backpack at an angle that makes it exceedingly difficult to right oneself. Always funny when it happens to someone else.

Ultralight-Hiker (n) A liberated soul who carries the absolute minimum, and mooches the absolute maximum.

Yo-yoer (n) A thru-hiker who reaches trail's end only to turn around and hike back to the beginning. See "trust-fund recipient."

Yogi-ing (v) The art of extracting food and supplies from strangers. Usually carries a begging spoon.