

BOOTPRINTS

VOLUME 15 - ISSUE 4

JULY 2010

Ovenbird

By Dick Forrest.

The Ovenbird - By Robert Frost

There is a singer everyone has heard,
Loud, a midsummer and a mid-wood bird,
Who makes the solid tree trunks sound again.
He says that leaves are old and that for flowers
Midsummer is to spring as one to ten.
He says the early petal-fall is past
When pear and cherry bloom went down in showers
On sunny days a moment overcast;
And comes that other fall we name the fall.
He says the highway dust is over all.
The bird would cease and be as other birds
But that he knows in singing not to sing.
The question that he frames in all but words
Is what to make of a diminished thing.

Chip Pray's poetry readings on the Robert Frost Trail have been a breath of fresh air. And they got me to thinking about one of my favorite poems by the poet. "The Ovenbird" is a sonnet about the wood warbler, the ovenbird. Of course, the poem is also about the nature of life and death, as well.

On my last three hikes with PVHC, I heard the ovenbird. He's establishing his territory in the spring. (I assume that it's the male, not the female, but I'm not certain.) It's not hard to hear because it's an explosive call, "CHERTEE, CHERTEE, CHERTEE", or also recognized as "TEACHER, TEACHER, TEACHER".

The bird is about 6" tall, like a thrush, but smaller, with relatively large eyes and a streaked breast. The bird's nests are built on the ground and are oven-shaped, hence the bird's name. On the east coast of the U.S. it summers from South Carolina to central Quebec.

In the poem, Frost is a keen observer of nature. In the spring, the ovenbird sings constantly. Later in the summer and through the fall before it migrates, the bird stops singing completely, and yet is present in the woods. I've seen them silent in the woods on the ground, after the time they've stopped singing. Maybe it's nature's way of not drawing attention to their young, after they've nested, to avoid predators.

Frost wonders why the bird doesn't sing - what to make of a diminished thing. Both the bird song has diminished and life is diminishing in front of us. He suspects that the bird sees the decay of summer and fall (a metaphor for death) from the vitality of spring (a

metaphor for life), and evidence of that is the bird not singing.

There are many ways to look at this poem. Each of us may have our own interpretation of the meaning.

I am proud to say that I have heard this singer in the mid-wood on various PVHC hikes, throughout my diminishing hiking years. Just think, if we didn't have woods to walk in where the ovenbird lives, all of our lives would be greatly diminished.

Al Goodhind's White Mountain Weekend

By Cindy Dolgoff

A bit of background: This year is the 12th year that Al has organized this event. 52 people attended this year. Most of us stayed overnight at the Briarcliff Motel in North Conway, NH. The event was from Friday, June 18 through Sunday, June 21. The weather this year was mostly sunny and very warm (high in the upper 80s).

Gary and I arrived a day early, on Thursday. On Friday, the PVHC hikers started to arrive. Gary and I began our hiking adventures on Friday by taking a hike up the Arethusa Falls trail. This is a three-mile round trip to one of the largest waterfalls in NH. On our return to the parking lot, we greeted two carloads of fellow PVHC hikers who had just driven in. One of the enjoyable parts of the weekend is running into people that you know from the club all over the area.

Friday night: Many of the hikers ate at the popular "Flatbread Pizza" (more about that later). We opted for an early dinner at the Muddy Moose and then a short walk into town for ice cream at Ben & Jerry's. 9:30 p.m. was the meeting in front of Al's room (Room 7), where everyone signed up for one of the hikes offered:

Al Goodhind's hike: Greeley Ponds and other points of interest;

Mike Reed's hike: Mt. Crawford

Dick & Sue Forrest's hike: Kearsage Mountain

Continued on page 2 See White Mountains

Maybe it's nature's way of not drawing attention to their young, after they've nested, to avoid predators.



See page 5 for information & directions for our Annual hiking club picnic

PVHC Merchandise

To show your club spirit we offer a small selection of t-shirts, patches, and decals with the club logo. This is a courtesy and goodwill gesture and not a fundraiser. Short sleeve performance shirts are available for \$20.00, \$22 for long sleeves. Patches are available for \$2.00 and a limited supply of car window decals for \$1.00. They can be purchased before and after club meetings.

White Mountains from page 1

Richard Harris' hike: Mts. Hale & Zealand

A number of hikers also trekked up Mount Washington.

We retired back to our rooms for a good night's sleep before the hike.

Gary & I chose to take Mike's hike up Mount Crawford. There were ten people on hike.

Our hiking entourage departed the motel parking lot at a compassionate hour (8:30) and we arrived at the trailhead around a half hour later. The only way to Mt. Crawford is along the Davis Path, which is also one of the trails to Mt. Washington. We walked a short ways and crossed a suspension bridge that spanned the Saco River, which was fairly shallow at that point. We continued along a flat wooded path for about 1/2 mile, and crossed a dry creek. Then we started to climb, up, up and up. As one of the hikers put it "this is a bad-ass hill". After about an hour of relentless climbing, the hike leveled off (somewhat). There were fewer trees and more rocks to scramble over. We felt a breeze. It took about 2 1/2 hours to make it to the summit of Mt. Crawford. The 360 degree views were awesome. We ate our lunch at the top, took some photographs, and chatted with other hikers.

The descent down was much less strenuous, and we made better time. One thing that caught our eye - there were black and white butterflies that fluttered down the path in front of us at various points on the way down. It was almost like they were eerily leading the hike. We finished our hike around 2:30 p.m. It was about 5 miles total. Before we returned to our cars, sat at the river's edge, and some of us cooled our feet in the water. The hike ended with ice cream at the appropriately named, "The Trails End" Ice Cream Shoppe in Bartlett, NH.

All along the hike we kept saying, "hey, there's a pool at our motel". When we returned, many of us made use of it. Hikers from the other groups returned and we shared our stories poolside.

Dinner Saturday night - a number of us went to Flatbread Pizza. Table for 12 - was supposed to be an hour wait but they fit us in much quicker. AI provided us with coupons for free pizzas, so everyone chose

After about an hour of relentless climbing, the hike leveled off (somewhat)

something different and we shared, and left the waitress a substantial tip. Gary's favorite was barbecued chicken pizza, but I liked the white pizza with beets on it. After dinner, we lined up lawn chairs outside our rooms for an impromptu get together; sharing stories of the hikes of the day and hikes of years past.

Sunday morning - everyone awoke and drifted out to the motel parking lot. No specific plans that day - we are carpooling home. Our group has breakfast at "Peaches" - in my opinion, one of the best breakfast restaurants anywhere. Of course, we see other PVHC hikers there and continue discussing our hikes of the previous day. After Gary's latte at "The Met", we did a bit of shopping at LL Bean and EMS, where Lori & I bought new hiking hats. On the way home, we stopped briefly at Sabbaday Falls, where we managed to sprint up to the falls, just before a thunderstorm arrived. Along the way, we encountered Carol & Harry also enjoying the falls.

As always, this was an extremely enjoyable weekend. We would like to thank AI for organizing this event. Would also like to mention that our motel accommodations were top notch. If you are ever in the North Conway area, you should check out the Briarwood Motel.



Top of Mount Crawford

PVHC Scholarship Policy

In the past, we have offered reimbursement of up to \$25 for those active Club members who wish to partake in pre-approved leadership or outdoor skill training courses that directly benefit the good of the Club. In 2010 we plan to continue to offer this benefit to our members. If there is an interest in a particular activity, enough notice should be given for the Board to briefly review the course, and perhaps offer the opportunity to other club members. Once approved, a receipt of payment is required - to our treasurer - who will reimburse the appropriate amount up to a maximum of \$25.00.

My memory of Monica.

Joanne Kellogg

I was introduced to Monica during my first hike with the club. It was on Father's Day, 2008, at Mt. Monadnock, and Rob Schechtman was leading the hike. I had been anticipating this hike, as it was my first in a while and I had been recovering from knee surgery and had not been able to hike for quite some time.

The four of us, Mike, Monica, Rob, and myself, had carpooled, giving me the time to become acquainted before the hike. Listening to the extensive hiking experience of Mike and Monica was fascinating, compared to my own amateur record, and I recall feeling a desire to, one day, become as tested and experienced a hiker as both of them. The commitment to hiking they both shared intrigued me, especially the story of their marriage atop Mt. Skinner.

The hike, for me, began very well, and I remember feeling proud with my minuscule accomplishment of keeping up with Monica, but as the hike progressed my pace began to slow. Although, I can clearly recall those feelings of shortness of breath and muscle pain in my legs, I can recall even clearer the ease and agility with which Monica climbed the remainder of the mountain. Still being fairly new at hiking, I was astonished at how she, although being older, was by far superior to any hiker I had previously encountered.

Finally reaching the top, I had established a set of goals and now had a person to emulate. I was sure that Monica's strength and determination as a hiker was something I wanted and envied, and I was determined to pursue a goal of becoming a better hiker, with time and practice, so that one day I would hike beside her.

When I received the devastating news of her illness, and then of her death, I was beside myself. How could this happen to someone so strong and determined? Yet when I think about it, though she has passed away, to me she will live on, through my inspiration and hope to achieve the level of skill and determination she displayed in the time that I knew her.

Mt Tecumseh Hike

By Lori Tisdell

Sublimely enjoying the winter hiking season, I decided it was time to try my first 4000-foot winter White Mountain summit, in fact my first 4000-footer, winter or summer. Bob Morgan was leading a Valentine's Day Mt Tecumseh hike and I was all set to go. Then a family obligation I couldn't get out of came up, so I had to beg off. I was sorely disappointed. Until... Richard Harris came to my rescue, by posting the same hike for March. Awesome!

Anne Abert, my friend for years and now a hiker too, wanted to come as well, so we were going to make it a first time winter 4000-foot summit together. Eight of us

drove up to meet John Klebes at the trailhead. Of the nine of us, three were first time 4000-footers and one a first time, winter 4000-footer. The hikers were Richard, John, Allison, Cathy, Cindy, Jeff, Joanne, Anne and I. It was a good day for skiing and hiking at Waterville Valley, so optimal parking was not to be found. So, we got a good warm up walking the ½ mile or so to the trailhead.

I got off to a good start by post-holing to the top of one thigh, after only 100 feet! That accomplished the job of stretching my legs! Wow.... Jeff helped get my seemingly 100-pound backpack off, as I was leaning

Now began the long, slow uphill ascent. Bob said it wasn't too steep; Bob lied

backwards on an incline and unable to lean forward to get myself up and out. With the pack off I was able to get out of the hole before tumbling

into the stream below me. Why do I do this? ... Well, because I love it! After that it was a nice, normal hike in snow with the kind of elevation gain Anne and I had been used to. But we both knew there was the "steep" part Bob had told us was going to be a steady grind of about a mile, with 1300 ft. of elevation gain yet to come.

We arrived at our first view-point at the bottom of the steep section, and what a view of the valley and mountains there was! Now began the long, slow uphill ascent. Bob said it wasn't too steep; Bob lied. We were moving along well, stopping every so often for water and a short rest. Cathy, Allison, Cindy and Joanne were leading the way. About halfway up (I didn't know it at the time) I started to feel light-headed and nauseous, and slightly breathless. I have asthma but rarely have problems since I began hiking two years ago. Now was not the time for it to flare up again, but it was making itself known and I couldn't ignore it. I had to stop.

....to me she will live on, through my inspiration and hope to achieve the level of skill and determination she displayed in the time that I knew her.

I told the others to keep going, but Jeff, Richard, John and Anne stayed with me. I used my inhaler and drank lots of water while breathing slowly,

deeply and steadily. I told the others to go on as I didn't know if I'd be able to continue. After making sure it was just the asthma and nothing worse they all continued on except Anne. I'd told her to go on too but she said we'd do it together or not at all ... What a splendid thing to do, as she was just as hungry to do this as I was. I was genuinely moved by her selflessness.

After about 10 minutes I felt better, so Anne and I slowly started upwards again. John had told us about the Alpine Step, so we decided to do a version of it and by doing so we were able to go up at a continuous steady pace, stopping on only two or three occasions for a few seconds. And the second section was steeper than the first! I was watching for the Sosman Trail as I knew from checking the trail description that it is about a ¼ mile from the summit, and the top of the steep section. When we finally saw the trail sign, Anne and I both got a renewed burst of energy knowing we'd be summiting.

About 100 feet or so from the summit we met Allison, Cathy, Cindy and Joanne coming back down and they excitedly cheered us on. Then John came
For Continuation see Tecumseh on page 4

Tecumseh continued from page 3

around the corner, surprising us and delightedly yelled to Richard, "look who I found on the trail!" He and Richard turned around and accompanied Anne and I, cheering us on all the way to our first 4000-foot summit! Lots of hugging, yelling, and jumping up and down then ensued. What an exhilarating feeling. The sense of accomplishment Anne and I felt at pursuing our goal and meeting it while pushing ourselves beyond what we thought we were capable of was tremendous and a bit overwhelming – and sweet!

After celebrations and a lunch break with a spectacular view, we all headed back down the mountain. We joined up at the firepit outside the lodge to relax, chat and celebrate. Everyone in the group was able to summit. For some of the group it was one among many winter 4000-foot summits, but for the four of us experiencing it for the first time it was something never to be forgotten. All in all it was a wonderful day for many reasons, not just the summiting of a 4000-footer. I am, as always, appreciative and in awe of the help, enthusiasm, and camaraderie of PVHC hikers. What a great group of people.

I'm hoping the next big hike I attempt will not have problems such as I had on this one and the January

Monadnock hike I wrote about in a previous issue of *Bootprints*. I'd love to write about a hike without writing "halfway up I encountered a problem...." Still, there's no better place to be but on the trail, difficulties or not.....

...., there were swimmers, both human and canine, at a popular

The Dolgoff 3 Parter - a/k/a The Dolgothon

By Cindy & Gary Dolgoff

We decided to schedule an afternoon hike that would be a series of short hikes with a dinner option at the end. Our motivations: We thought that it might be nice to have a hike that, (a) started in the early afternoon, so the participants can "have their cake and eat it too," Sleep in, perhaps do some 'morning stuff', AND be able to enjoy 'Club exercise, and camaraderie'... (b) is mellow, for those who are not into harder hikes, or are just starting out in our "hiking world," and (c) was just an enjoyable, mild and social day out (walking and talking in nature), from time to time...

Our first Dolgoff Three-Parter (renamed The Dolgothon by Norm) took place on Saturday June 5 at 1:00 p.m.

The meeting place was at our Northampton residence. Seven hikers showed up.

We carpooled to Mass. Audubon's Arcadia Wildlife Sanctuary in Easthampton. Arcadia is a protected wetland and woodland habitat. 168 acres of grasslands are maintained for bluebirds, grassland birds and butterflies. 33 species of mammals, such as otters, bears and bobcats frequent the sanctuary (although we didn't see any that day). More than 1,100 species of

plants and animals are documented as being present on the sanctuary property.

Part 1(a) of our hike was The Old Coach Road Trail. This forested trail took us to the northwestern point of the sanctuary. We looped back on the River Trail, which parallels the Mill River. Unfortunately, the Fern Trail, which includes an observation tower, was closed, so we had to return back on the Old Coach Road Trail. Part 1(b) of this hike was the Woodcock Trail. We lingered at the vernal pool and watched a number of large turtles and frogs enjoying a warm afternoon swim. Our plan was to continue west on the Robert Chaffee Trail, but loud thunder quickly diverted us back to our automobiles.

After a short thunderstorm ensued, we drove to downtown Northampton for Part 2: Six of us walked to the Smith College Campus. Looping across the street from the greenhouse, we picked up the trail along the Mill River. This is a flat hike along the river. Being a warm and humid day, there were swimmers, both human and canine, at a popular watering hole along the way. A few of us took off our boots and waded in the cooling waters. At the end of the trail, we circled back to downtown Northampton via side streets and the bucolic Smith College Campus.

Part 3 was an early dinner at Siam Square, the ever-delicious Thai restaurant on Pleasant Street. Eight hikers enjoyed a tasty meal.

There was actually an unplanned Part 4 of the hike, when some of the hikers walked the one-mile stretch back to our house (including Gary, who couldn't get enough of the walking/hiking, and camaraderie).

If you missed the Dolgothon, do not despair, we will be scheduling Dolgothon #2 sometime in the Fall. Please attend, one & all!

Pioneer Valley Hiking Club Officers & Committees

- Ann Marie Visconti, President
- Marcia Kelly, Vice President
- Gail Carrier, Secretary
- Deb Gebo, Treasurer
- Scott Cook, Wilderness Experiences Unlimited
- Ray Tibbetts, Founder

Standing Committee Chairs

- | | |
|--------------------------|---------------------------------|
| Hike Plan: | Sue Forest & Ann Marie Visconti |
| Backpacking Coordinator: | Rick Briggs |
| Trail Maint.: | Chip Pray & Rob Schechtman |
| Web Page Editor: | Ron Morrisette |
| Email Correspondent: | Rob Schechtman |
| Email List: | John Klebes |
| Quartermaster: | Mike Carrier |
| Bootprints Editors: | Marie Babbitt and Mike Reed |

Bootprints is a publication of the Pioneer Valley Hiking Club. Send your story contributions to the editor at: marie_babbitt@hotmail.com.

New members

April

Richard Barre
 Donna Crabtree
 Frank Grabinski
 Darlene Harvey
 Barbara Libida
 Diane Noyes
 Margeret Pegoraro
 Bea Robinson
 Albert Shane

May

Eleanor Chase
 Karen Makham
 Peggy McLennan
 Susan Stockman
 Emmah Wanjori

June

Joseph Coffey
 Matt Dickson
 Mary Paine



Breakfast at Peaches



Top of Mount Crawford

Important Notice

The following memberships are up for renewal:

July Renewals:

Lisa Cousineau
 Eileen Hawkins
 Christa Hultin-Guyon
 Jettie McCollough
 Elizabeth Szeliga
 Joseph Walsh
 Joanne Kellogg
 Elizabeth Case
 Tina Garde
 Stacey Laplante
 Frank Tripoli
 Jeanne Kaiser
 Rick Briggs
 Robert Church
 Robert & Lisa (Frigo)
 Schechtman
 Marcia Kelly
 Norm Plante
 Scott Aschenbach

August Renewals:

Doug Adler
 Debbie & Bryce Gauthier Bo
 Allan Herrick
 Wendy Poirier
 Dianne Snyder
 Harriett Barnes
 Gabriela Horvay
 Chuck & Fritzi Tiernan
 Bert McDonald
 Russell Seelig
 Meg Eakin
 Heather Wyman & Family
 Harry Allen
 Connie Fogarty & Bill Nicker
 John D. Leary, Jr
 Ann Marie & Leah Visconti
 Marie Bienvenue
 Ann Mundy
 Dick & Sue Forrest

PVHC Picnic

Sunday, August 23, 2009

By Rob Schechtman

Hold the date, the PVHC picnic is set for August 29 at Mount Tom, noon to closing. It will happen rain or shine, as we have secured the covered pavilion. There will be lots of good food, hiking to some of our favorite spots at the reservation, and possibly Frisbee and other games at a nearby field. Bring a chair as well for relaxing and visiting.

It is free to club members, except for the park entrance fee. Guests are welcomed for a \$5 fee. The club will provide the main courses from the grill, as well as drinks and chips. We ask all participating to bring an appetizer, side dish (except chips) or desert. If you want to bring a cup, plate or silverware to be green, please do, but we will have paper goods as well.

If you missed the July meeting, when the sign-up list was circulated, then please call Lisa or Rob at 786-4198 to add your name to the list, so we have an accurate head-count.

Directions to Mt. Tom Pavilion:

From Rt. 5 – take Reservation Rd. into the park, pass Bray Lake and head up the hill to the pavilion, which is on the right near the junction with Christopher Clark Rd. and the visitor center.

From Rt. 141 – take Christopher Clark Rd. to the visitor center, then take a right onto Reservation Rd., where the pavilion will be immediately to the left.



UPCOMING ACTIVITIES & THE USUALS

July 10-11 – Tully Lake car camping or day hike
 July 16-18 - (NY) Adirondacks Camping (\$, Reserv.)
 July 24 – (MA) Mid-State Trail- Rutland
 July 25 – (MA) Gloucester Whale Watch & Fisherman’s Memorial (\$, Reserv.)
 Aug 7 Sat - (MA) Lake Wyola, Hike/Picnic
 Aug 14 – (MA) Peach Festival Hike @ Rice Farm
 Aug 28 – (MA) Unkamits Path hike & trail maintenance
Aug 29 – (MA) PVHC Summer Picnic
 Sept 17-19 – (NY) Adirondacks Backpacking, JBL Lodge (\$, Reserv.)
 Dec. 4-5 - (NH) Stawbery Banke Day or Overnight
 Dec 11 - (MA) PVHC Holiday Party @The Pueblo
 Every Monday - Morning hikes, various locations
 Every Wednesday - Evening walks
 Every Thursday - Afternoon hikes

IMPORTANT NOTICES

- ❑ Next Club Meetings:
 Aug. 3, 2010, 7pm at **FBC**
 Sept. 7, 2010, 7pm at **FBC**
- ❑ Submission deadline for next BootPrints is: Aug 23, 2010

FBC – First Baptist Church, West Springfield

*** **Check out our web page at:**
www.pioneervalleyhikingclub.org.

Members may join the PVHC Email List by sending a message to:
pvhc.hikingclub@gmail.com

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 P.O. Box 265
 Southwick, MA 01077

