

# BOOTPRINTS

Volume 15, Issue 5

September 2011

## LAKE WYOLA HIKE AND PICNIC 2011

By Celeste Ziemba

The 6th annual Lake Wyola Hike and Picnic was a full day of activity including a moderate hike in the woods, picnic, boat rides, and socializing for 41 participants. It was hot, humid, and overcast with rain forecast for later in the day.

After shuttling cars from the Community House parking area down the road, 32 hikers assembled with water bottles ready to tackle our hike through the woods. John's friend, Basil, lent us use his walkie-talkies so that John, who was hike leader, could communicate with me as the sweep. This turned out to be essential in keeping all 32 hikers together, with all returning so as to avoid any > 10% loss issues.

The hike was wonderful in terms of having the wooded shade to compensate for the brutal humidity. There was some mud at times but bog bridges were in place to assist us in our trek. We eventually came to the point that I call the Big Rock. This was the spot where you could decide to take a break or climb the ascent to our vista overlooking some treetops and small mountains. We were successful in that no one fell over the ledge, which could be dangerous if you got too close.



On the descent, we encountered an unforeseen problem with bees that seemed to come up from the ground. Unfortunately, Taj, Mike, and Frank were stung several times. It is a hazard in the woods that you can't predict, but lucky for our group of hikers, no one had an allergic reaction. We are thinking about bringing some type of Benadryl cream on future hikes and encouraging people to bring their Epi-pens if they have allergic

reactions to bee stings. The forces of nature do offer us learning experiences.

After our return walk through the woods, all 32 hikers returned to the cottage mostly unscathed. We are lucky to have a Physician's Assistant in our midst. Ann Marie immediately put her skills to work making a type of poultice with a baking soda base and went around to the injured parties painting this on each and every bee sting.

The remainder of our day was a mix of socializing, boating, and having an amazing amount of food choices. Chef Frank did a great job at the grill, as usual, cooking hot dogs and hamburgers to everyone's specifications. One of our newest members, Sarah, made a beautiful cupcake cake with a hiking scene and Pioneer Valley Hiking Club written around the edges. There were several photos taken of this work of art.

Speaking of new members, we had seven who took a chance on this event. They had the opportunity to get to know other members in an informal setting. It was also wonderful that four veteran members of the club joined us for the very first time. Everyone seemed to have positive things to say about chilling at the lake. As luck would have it, the rain held off until about five o'clock, at the conclusion of our day. All in all, the 2011 edition of our Lake Wyola Hike and Picnic was quite a success!

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## WHITEFACE MOUNTAIN

By Marie Babbitt

I have been fortunate enough to be able to attend Ann Mundy's ADK trip now 2 years running, and was looking forward to this year's trip. Al, Karen, and I drove up on a Thursday night so that we could get in an extra day of hiking. We stayed at the Jack Rabbit Hostel, which is a pretty nice place. Topo (and Max) are always very welcoming. Actually, this is the first time I've met Max. It was a good thing that there were only a few other people at the hostel that night because we packed the fridge and freezer with our goodies from the coolers.

Friday morning, after our many discussions on which hike to do, we settled on Whiteface. Being the naive hiker that I still am regarding the Adirondacks, I just said "yep" without asking too many questions. Always a suspect move, but only if you catch yourself; that's the key. After packing up the car, we headed out and arrived at the trailhead around 10-ish. The day promised to be sunny, and it was a bit humid but not bad. All in all I was feeling pretty good even though I knew Karen and See *Whiteface on page 2 for continuation*

*Whiteface from page 1*

Al were going to blow me away on the trail. We stayed together for awhile, and then all broke up and hiked at our individual paces. I was really struggling with the elevation, and about ½ way up I finally realized I had not asked what the elevation gain was for the hike. I found Al and Karen sitting on a rock talking when I finally thought to ask about the elevation. Al told me, "Oh about 3000 feet, and I suddenly felt better, as I now had a reason to be struggling. (more about this later). After taking a relaxing break and having a nice conversation, we were off once again.

Al and I hiked again for awhile, and when we got above tree-line we could see this little lime green dot making its way up the trail far off in the distance: Karen, and she was booking. We called to her and Al took a couple of pictures of her. We turned around to enjoy the views of the range opening up to us. I was also feeling better as the peak was in sight. We finished up the climb and arrived topside to be greeted by the many people already there. This is a peak that you can also drive up to and has a wonderful view.

We took pictures at the top and then looked for a place to eat our lunch. There was not much available rock space left but we did find a little section with a nice view of the lake below. There is apparently an elevator that you can take to a restaurant and facilities, but when I found out I had to walk some more I opted not too. There's a weather station at the top of the mountain as well. There were pictures of the top in the winter, which didn't look very accessible for hikers, but I know better than that. There was a cool breeze and no bugs, yippee. After a really long lunch and discussion about the descent, we headed back down the mountain.

Al and Karen also trekked over to Esther Mtn on the way back, but I opted to go straight back to the car. At one point I stopped and listened, and low and behold what did I hear but Karen howl, and I thought they must have just peaked Esther. I continued down the mountain and when I was at the home stretch I realized my legs were pretty tired. The last part of the trail is similar to hiking the Jewel Trail on Mt. Washington, with lots of loose rocks. I finally arrived at the car and none too soon for me. Al and Karen would be about an hour behind, so I had time to relax and catch up on some reading.

When they returned we confirmed that I had in fact heard Karen's peak-top howl. Oh, it is so nice to be out with friends that just are who they are. We headed off to the campground to meet up with the rest of the hiking club.

At the hike meeting I found out that the elevation gain to Whiteface was only about 2500 feet, and because we had not started at the bottom of the trail, I had only done about 2000 feet of elevation. That made me stop and ponder more carefully which hike I would do with the club the next day.

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## THE HIKES OF THE SUMMER

By Cindy Dolgoff

It's late August - the crickets are chirping and the sun is hanging lower in the sky, and I'm reminded that summer is coming to a close. Where did it go? We had some fun hikes this summer. I'm going back in time to remember some of them now ...

May 28 - Poet's Seat. Always a favorite. The weather cooperated and we had a large turnout. I love going up the tower and looking down on the City of Greenfield. Ice cream followed at Nick's Nest. Thanks again Norm for a fun Saturday.

June 11 - The Dolgothon (a/k/a The Dolgoff Three-Parter). Although three hikes were scheduled for this date, the other two were rained out. We met in the afternoon and the rain pretty much held off till later in the day. A number of us hiked the trails at Fitzgerald Lake, through the marshes and out to the Bird Blind . then crossed town to the Mill River trail behind Smith College. By some miracle, we scored a table for ten at Joe's Pizza - almost an impossibility on a Saturday night. It appears luck was with us that day.

June 17-22 . Al Goodhinde's White Mountain Sampler. Gary and I tacked on a few days to the beginning and end of this event and made it our summer vacation. What a great trip! Except for the bugs, which will go down in club lore as being especially biting, it was a spectacular time. Gary and I will especially remember our solo hike down Mount Washington on the Jewell Trail. We took the Cog Train up the mountain and spent the rest of the day picking our way downward. It was my first time above tree line . loved it!



July 4 - Chip's Star Spangled Hike: the Robert Frost Trail to Pig Pen Ledges. I loved the five rock columns we encounter along the way, the scrambling was fun. On the way down, I slid down one of them - whee! Chip pointed out to us an Adonis head that someone had carved and posted on one of the columns - which I probably would have missed on my own. A deer was spotted as we descended on the road. Ice cream in Amherst afterwards! The perfect end to a warm summer holiday hike.

See *Summer* on page 3 for continuation



## Summer continued from page 2

July 9 - The NYC carpool trip. This is usually held in the spring, and I had trepidations about going in the blaze of the summer. A few days before we left, I had a nightmare about eggs frying on the Manhattan sidewalks. Not to worry - while it was fairly warm, I don't think anyone was uncomfortable. Thirteen of us spent a fine day in the city. Everyone seemed to enjoy our trip to the Tenement Museum. Our PVHC group was assigned to play the role of an Italian immigrant family in the late 1800s. Gary was our "Papa" and Carolyn was our "Mama". Back then, ten people lived in a three room apartment. Yikes!. Bet they didn't go hiking much back then! We continued our day with a walk to the Hester Street Fair in Greenwich Village, and a tasty dinner.

August 5 - John and Celeste's Lake Wyola party. We had an AWESOME hike around the lake and up a hill. It was over five miles, and we were starving when we got back to the cottage. Good thing, because there was lots of delicious food to eat! John took us for exciting boat rides around the lake; it felt great to laugh and have the wind go through my hair. I enjoyed socializing with fellow club members afterwards.

Well, soon it will be time to retire the bug spray and make sure our camera batteries are fresh for autumn leaves photos. We are looking forward to the fall hikes.

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## UPCOMING CLINICS

### September – Rick Briggs: “Essentials of your daypack”

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### Horror at Lake Wyola\*

By Brenda Doucette

\* *The story written is completely in jest. Fictional details are only added for effect. The PVHC, for sure, has not in the past or present endorsed nor participated in nude hiking!*

On August 6th at Lake Wyola we started down an idyllic trail and tragedy struck; well, sort of.

While hiking, unfortunately one of our hapless hikers tripped over a bees nest. Revenge was swift for us 200 nudist hikers. The sky grew dark with 50,000 African killer bees, the size of fists, which roared and chased us through the woods! In the confusion we tried to dress on the run but clothing items were dropped and picked up by others in our frightened group. While we ran we had to pull out the large stingers with pliers that were embedded in our flesh. Many of us were stung 20 to 50 times each. We were a motley, wailing, terrified cross-dressed group, but Anne Marie was unfazed in her mission to escape the carnage and concoct a healing potion to help the mass of us stung by these flying tormentors, who continually pursued us through the forest. Anne Marie had her trusty mortar and pestle with her, and after whipping up her concoction, applied the

healing salve to as many of us as she could while we ran for our lives to the cottage. While on the move Frank had a crow fly into his eye, and while he was in utter pain we had to remove the brain sucking avian by using those indispensable pliers again. Every hiker should have a pair in their pack.

Even when we got back to the cottage and locked ourselves in, the bees were relentless and their roar deafening. They slammed their bodies into the walls and made the

### HORROR AT LAKE WYOLA



THE ENEMY

cottage shake. The National Guard was called in to help stop the carnage these beasts were extolling, and many lost their lives for us. The bees could outmaneuver any military tactic and never wavered in their fiendish plan to finish us off. The Guard even called for helicopters and other aircraft to come to our aid. It was only after 183 days that the standoff required the military to use extraordinary measures and had Napalm brought in to stop the rampage. The shrieks from the dying bees outside cracked the windows, drove people mad, and still to this day brings me nightmares. I will never forget the horror at Lake Wyola.

*The above story could not have been written without the ideas and input from the following: Chip Pray, Lori McMahon, Lori Tisdell, Celeste Ziembe, and others in the PVHC.*

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## ADK CAR CAMPING TRIP

By Marie Babbitt

We had beautiful weather this year, sunny days and warm nights. This year the group tent site, consisted of tent cabins with bunk beds. I camped in my tent but those bunk beds sure looked inviting. I met up with the club on Friday night at the meeting to discuss the hikes that people were going to lead or were interested in doing. Ann had information on all the hikes that one could take from the campground and I suspect every one of the 46er peaks that could be hiked. Ann is always encouraging people to start on their own quest to be a 46er. After much deliberation I decided to do Wright but by morning I changed my mind and did Phelps instead.

There were five of us Cindy, Sue, Bill, Henry and myself. I must say we started out in the most unusual way, one person had a map, she was at the back and except for knowing where to start off in the campground See *ADK on page 4 for continuation*

*ADK continued from page 3*

we had to stop at every junction and try and figure out which way to go. We asked for directions several times but rarely did we actually pull out the map, hmmm I wondered just what we were doing out there.

The trail was mostly flat or rolling terrain. On the way up the first part of the trail there was a high water bridge that we stopped at to look at the stream and just below it I noted in my mind this perfect swimming hole. We continued on our way, Cindy leading and stopping at junctions until the rest of us caught up. When we arrived at the junction for the last mile the trail went straight up which is what the hike description had promised. Of course reading it and seeing it is always two different things for me at least.

We all started on our way up the trail all at our own pace. I had forgotten just how long a mile could feel like. We all stopped several times to catch our breath and hydrate. When we arrived at the top of Phelps we were treated to a beautiful view of the surrounding mountains. There was another hiker there (46er I believe) who pointed out and identified the different peaks for us. We had a leisurely lunch amongst the bugs that were a bit pesky and then headed back down the trail.

My goal on the way down was to try and keep up with Cindy, well after the initial decent which was just as challenging picking my way back down the trail. Cindy and I stayed together and the Sue was with us at times but would fall back to check on our two remaining hikers. Cindy and I stopped at the high water bridge and she was explaining how we could slide down this inclined rock into the pool of water below. I then suggested we could just walk over here and jump in, it was that same swimming hole I saw on the way up. After a volley of should, could we, would we, we decided to go for it. We shed our gear and shirts and Cindy dove in 1<sup>st</sup> after she came out I dove in as well, shallow dives as the swimming hole was only about 4-5 ft deep, but the water was clear as air. After hitting the water I realized why Cindy came right out, the water was cold, good thing we didn't test the water 1<sup>st</sup>. Our fellow hikers caught up with us by this time and we gleefully shared our experience, but could not get anyone else to take the plunge. The hike from this point on was much more comfortable as we were much cooler from the dip.



**Happy Anniversary Dick and Sue**

We shared our adventure at the evening gathering as we all took turns sharing something we enjoyed that day. We celebrated Dick and Sue's anniversary as well. It was another great time meeting new members and catching up with members I had not seen in awhile. Thanks Ann for another great weekend adventure in the Adirondacks.

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## **Pioneer Valley Hiking Club Officers & Committees**

Chip Pray, President  
Marcia Kelly, Vice President  
Cindy Hibert, Co-Secretary  
Cindy Dolgoff, Co-Secretary  
Deb Gebo, Treasurer  
Scott Cook, Wilderness Experiences  
Ray Tibbetts, Founder

### Standing Committee Chairs

<b>Hike Schedule:</b>	Sue Forest & Chip Pray
<b>Backpacking Coordinator:</b>	Rick Briggs
<b>Trail Maint:</b>	Chip Pray & Rob Schechtman
<b>Web Page Editor:</b>	Ron Morrisette
<b>Non Member Email Coordinator:</b>	Rob Schechtman
<b>Club E-mail Coordinator:</b>	Mike Reed
<b>Quartermaster:</b>	Mike Carrier
<b>Bootprints Editors:</b>	Marie Babbitt & Mike Reed

***Bootprints is a publication of the Pioneer Valley Hiking Club. Send your story contributions to the editor at: [marie\\_babbitt@hotmail.com](mailto:marie_babbitt@hotmail.com),***

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## **WELCOME NEW MEMBERS**

### June

Karen Abert  
Ginger Elliott  
Cindy Kennedy  
Sandy Sego  
Martha Sullivan  
Chaula Vora  
Beth Willis  
Fairin Woods

### July

William Bates  
David Goldfarb  
Leonard Jasionkowski  
Cathy Kaszowski  
Elaine Moses  
Rochelle Newbert  
Mary Parker  
Susan Turnbull  
Christopher White  
Carolyn Young

### August

Thomas Eaton  
Vida Gircys & Family  
Jane Toomey  
Terry McCarthy







Can you guess who this is?



ADK sharing circle

## Important Notice

The following memberships are up for renewal:

### September Renewals:

Anne Abert  
 Ruth Anastasio  
 Shari Cox  
 Lucie Devries  
 JoAnne Gebski  
 Susan & Timothy Goodchild  
 Karen Goodwin  
 AnnMarie Higgins  
 Carolyn Keeffe  
 Donald Leis  
 Laurie Mahoney  
 Rebecca Mason  
 Sheila Messer  
 Blanche Nelson  
 Thomas Pedersen  
 Marty & Meg Schoenemann  
 Gail Schoonover  
 Ned Schwartz  
 Theresa Selvoski  
 Carolyn Stewart  
 Becky Tiernan  
 Peter Wagner  
 Lynne Wolak

### October Renewals:

Kent & Janet Beach  
 Dona Burdick  
 Melody Charron  
 Donna Fleury  
 Barbara Graf  
 Donna Ketschek  
 Jeff Knox  
 Robert Maselek  
 Jeffrey & Marian Parentela  
 Al Roman  
 Ronda Shaw  
 Michael Sherman  
 Rahima Wade  
 Ira Wettenstein

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  
 PO Box 225  
 West Springfield MA 01090-0225  
 (Dues are \$25 member, \$40 family, and \$15 for students)



White Mountain Sampler



## UPCOMING EVENTS AND THE USUALS

Every Mon. (MA) Morning Hike . various locations  
Every Tues (MA) Tuesday evening hikes with Carol

**Sept. 10 (MA) PVHC 20<sup>th</sup> Anniversary Summer Party**  
Sept 16-18 (NY) Adirondack JBL Lodge Backpack  
Sept. 17 (MA) The Dolgothon-3 Parter-come for 1 or all Sept. 25  
Sept. 17 (MA) Chapel Falls, Ashfield Trail  
Sept. 25 (MA) Block Island Greenway (Beach Walk also)  
Sept.30 . Oct.2(NY) Adirondack Backpack Allen M  
Oct. 1 (MA) AT Series . Cheshire over Greylock to North Adams  
Oct. 1 (MA) Sugarloaf & Mike's corn maize  
Oct. 9 (NH) Mt. Monadnock . Spellman Trail  
Oct. 15 (MA) AT Series . North Adams to VT border  
Oct. 22 (MA, NY, CT) Tri-State Border  
Oct. 29 (NY) NYC Annual Bus Trip (Res. & \$)  
Nov. 5 6.5(MA) Quabbin  
Nov. 12 (MA) M&M Trail Maintenance  
Dec. 3 (VT) Bennington Christmas Overnight or Day trip  
Dec. 10 Sat. (MA) PVHC Holiday Party Pueblo Spfld.College



## IMPORTANT NOTICES

- ❑ Next Club Meetings:  
October 4, 2011, 7pm at **FBC**  
November 8, 2011, 7pm at **FBC**
- ❑ Deadline for Submissions for the next BootPrints is October 18, 2011

**FBC** . First Baptist Church, West Springfield

\*\*\* Check out our web page at:  
[www.pioneervalleyhikingclub.org](http://www.pioneervalleyhikingclub.org)

Members may join the PVHC Email List by sending a message to:  
[pvhc.hikingclub@gmail.com](mailto:pvhc.hikingclub@gmail.com)

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