



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

Galehead Hut Backpack in the Whites, 13-15 May

by Meg Schoenemann

Thanks to Rob Schechtman and Lisa Frigo for an incredible weekend in the Whites, 13-15 May! Sixteen hardy and eager PVHCers set out on a Friday from Northampton for a backpack to Galehead Hut. Besides Rob and Lisa and Marty and me, the group included: Karen Markham, Al Roman, Mark Rudduck, Ron Morrissette, Paul Kozikowski, Rick Briggs, Gina Geck, Sandy Segó, Marie Clark, Cheryl Stevens, Dick Forrest and Dave Vibber.

The skies were grey, but cleared some as we headed north. We arrived at the Gale River Trail trailhead, geared up (with one quick repair job on Dick's backpack – those zip ties are almost as good as duct tape) and hit the trail about 12:30 p.m. Lucky for us, a couple came out of the woods
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Carter Notch Hut Backpack in the Whites, 29-30 May

by Carol Vanderheiden

What an adventure hiking to Carter Notch Hut, staying overnight, and then hiking Carter Dome, South Carter and Middle Carter. Originally, Lori Tisdell planned this trip to help me get 3 more of my 48 four thousand footers. Then she asked if we should open it to others. I said "The more the merrier" and we ended up with 18.

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Featured Club Member: My Hiking Journey Thus Far

by Lori Tisdell

2008 was a banner year for me. I'd lost a lot of weight, and to help maintain it, I started walking at Mt Tom and Mt Holyoke. I walked on the road, until one day I thought, it would be interesting to walk on the trails. I didn't know it at the time, but it was a watershed moment for me - a single thought that would shape and change my life from that moment, and continues to do so. So I started hiking the local trails solo for the next five or so months.

In October of 2008, I saw fewer and fewer people on the trail, and realized if I had an accident I could be in real trouble. I had no idea if there were local hiking clubs, but decided to Google them after a hike where I saw not a single person the whole time. The first club

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Smart Phone Man (aka, Rick Ricci)

by Lori Tisdell

Jeanne and I decided about the end of the NET/M-M in MA series that we'd like to continue south and complete the CT part of the NET, too. We had enjoyed leading the series and a number of club members seemed to enjoy it, as well. The CT portion looked as though it would take a bit more logistical planning as there were no maps and the online guide seemed rather sketchy. Then I saw actual printed maps were available and weren't expensive! Woo hoo! I immediately ordered them. Even though we had completed the MA part, I thought having the map would help in revisiting some of the more attractive sections.

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"I didn't know it at the time, but it was a watershed moment for me - a single thought that would shape and change my life from that moment, and continues to do so."

~ Lori Tisdell



Hot Weather Hiking

by Cindy Dolgoff

Now that summer is upon us, you may hear (or say) a familiar refrain: "It's too hot to hike."

Personally, I love summer and would rather hike in heat than snow. Each to his or her own. Here are some helpful hints that I've learned from experience and discovered in talking with other hikers over the years.

Hiking Attire

As always, cotton garments should be avoided as they do not breathe and will trap perspiration, and water, if it rains. Lightweight, polyester clothing is best for warm weather hikes. I have observed that many hikers wear shorts or Capri pants as the weather turns to summer. I still wear pants, as for me, they are an additional layer of protection against ticks and sunburn and scrapes from scrambling on rocks. Some hiking trousers have a zip-off feature, turning the pants instantly into shorts – a useful combination. I usually wear a lightweight hat with vents – again, additional protection from bugs and sun.

Tie a bandana to your backpack – it will come in handy for mopping your brow. Or, you can wet your bandana along the way for a cool compress. I have also seen people wearing bandanas or headband-type apparel. Hair can get hot and sweaty – keeping it off of your face and neck will help you stay cooler.

It's a smart idea to bring along an extra shirt and a pair of sandals for après-hike. It's nice to get out of those sweaty garments for the ride home, especially if it's a long drive.

No matter how hot it is, I always pack a long sleeved shirt and sweater. These come in handy for lunch breaks. Sometimes your body will cool down quite a bit once you stop moving.

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"As always, cotton garments should be avoided as they do not breathe and will trap perspiration, and water, if it rains."

~Cindy Dolgoff

The Adventures of “Peakbagger”: Bushwhacking – A Path to Hiker Bewilder- ment

by Peakbagger

On three occasions, Peakbagger went bushwhacking - once in New York’s Adirondack Mountains, once in New Hampshire’s White Mountains, and once in the Catskills of New York. (“Bushwhacking” is when you go off-trail, off the beaten path, generally, to get to a destination without a well-established path to it.) MacNaughton Mt. in the Adirondacks was Peakbagger’s veritable, nightmare bushwhack from hell (see the following link entitled, *Bushwhacking MacNaughton Mt. - “The 47th” Adirondack High Peak*, on page 3: <http://pioneervalleyhikingclub.org/blog/wp-content/uploads/2012/09/bp2012sept.pdf>), “The Peak above the Nubble” in the White Mountains was Peakbagger’s second most challenging bushwhack, and Mts. Fir and Big Indian in the Catskills, both bushwhacks, Peakbagger’s third most challenging bushwhacks.

The following are some of Peakbagger’s lessons which he learned, from predicaments encountered while bushwhacking, during his three bushwhacking experiences:

1) To get to your destination, usually a mountain top, while bushwhacking, is more difficult than you might think. What could possibly get in your way? Well, how about tree blow-downs, impenetrable tree and bush branches and leaves, disguised holes in the ground in and around trees and rocks, features of the terrain, like cliffs, rock walls, steep hills, etc. “I just learned the meaning of “hobblebush” – the name of the plant fits it to a tee,” says Peakbagger.

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“I just learned the meaning of ‘hobblebush’ - the name of the plant fits it to a tee,” says Peakbagger.



The Ten Essentials

by Dick Forrest

If you are doing any type of wilderness trail, or trailless, hiking or backpacking, you should always have the "Ten Essentials" with you - no exceptions. What are the Ten Essentials and why are they so important? Go to www.pioneervalleyhikingclub.org, find the link on the homepage to "The Ten Essentials for Hiking/Backpacking" by John Klebes, and read about them. Carry them with you every time you hike - they may one day save your life.

"How could you possibly forget to bring a compass on a wilderness bushwhack, you idiot? Well, oops, it happened."

~Dick Forrest

I was on a hike recently which took longer than expected. With darkness falling, a couple of individuals would need headlamps to return to the place where they started their hike. Neither individual had a headlamp – neither of them had all of the 10 Essentials. In their case, another individual had two headlamps, which they could borrow, bailing them out.

On another hike, actually a bushwhack, I forgot my compass. Another individual bailed me out. How could you possibly forget to bring a compass on a wilderness bushwhack, you idiot? Well, oops, it happened.

When Geraldine Largay (trail name: "Inchworm") went off the Appalachian Trail in the Maine woods, to go to the bathroom, and lost her way, and if she had taken a compass bearing before she went off the trail, she would, most likely, be alive today. So don't underestimate the value of just one of the Ten Essentials.

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Galehead continued from page 1

as we were gearing up and advised us to bring our microspikes, which we were considering leaving behind with the recent warm weather. VERY GOOD thing we brought them! After a couple of easy grade, leaf-covered miles, spotting blooming Painted Trillium, and fording the river on stepping stones, we started to ascend more steeply and on the rocks. This is where the snow and ice began, and the microspikes were a necessity. Then, true to the forecast, none of us really wanted to believe, a light and steady rain started at about 3:00 p.m. Hey, it was just the beginning of the weekend so we were in good spirits. We got this - rain jackets were all that was needed. Ron, Marty and I brought up the rear and were grateful for two instances on our final push to the hut. First, Paul, waiting at the junction with the Garfield Ridge Trail, informed us (as did the trail sign) that we were only 0.6 miles from the hut. Yay! The second instance was when the hut finally loomed out of the mist. A very welcome site! Thanks to Paul's skill with the GPS, we know that we started at an elevation of 1584 ft. and ended at 3795 ft. over 4.6 miles. Most of that gain was in the last two miles.

Hut life is fun in the self-service season, with only one caretaker (Stephanie) and lots of other intrepid soles. Friday night each member of our group cooked his/her own meal. Marty and I relied on leftover MREs from my Air Force Reserve days. Mind you, I completed my service in 2008....They were still good. Scary, huh? As on any trip I've had to a hut, there were hikers woefully unprepared for the conditions. One young man was waiting for his father and another person to come DOWN from the Twins without microspikes. They finally arrived, wet, but in one piece. It was almost dark. The sunset drew lots of attention. First, there WAS a sunset and second, it was very red which lifted our spirits for a good day on Saturday. "Red sky at night, sailors (OK, hikers) delight!"

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After a remarkably good night's sleep (the huts have come up in the world since my last stay – good mattress and even a light for each bunk), we awoke to bright sunshine. 13 of us were determined to conquer the Twins, and our most adventurous three (Karen, Al and Dick) were heading off for a bushwhack. They are working on the 100 Highest in New England list and needed to summit the Peak Above the Nubble. I'm sure Dick will tell this story. For our purposes, let's just leave it at that... Karen came breezing in about 8:30 p.m. Al, I'm told, arrived somewhere around 10 p.m. (although many of us couldn't stay awake late enough to witness this), and Dick... Dick?...Dick?...Well, I'll let him tell you.

"Our hike to conquer three, 4000 footers in one day was awesome!"
 ~ Meg Schoenemann

Our hike to conquer three, 4000 footers in one day was awesome! From Galehead Hut up to the summit of South Twin was very steep, so we used microspikes again. It was almost easy without all the weight in our packs. We had the summit (4917 ft.) practically to ourselves! It was windy and cold, but gorgeous. We could see the whole



Franconia Ridge and into the Green Mts. in Vermont on one side, and the entire Presidential Range on the other. Just

fantastic! Mount Washington was free of clouds on the summit! We had "11sies," and then made the push down, up, down and up again to the anticlimactic summit of North Twin (4754 ft. and in the trees).

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Still, there was a great lookout off to the left of the summit where we had a great view down on the hut and Mts. Galehead and Garfield. We tried howling to the three on the bushwhack to the PAAtN, but didn't hear any reply. Did we really expect one? More snacks and pics and back to South Twin, this time packed with people. Another benefit of being at the hut - much earlier summit times. More snacks, then back down to the hut. TWO 4000 footers bagged! Arriving at the hut in midafternoon was like arriving at a luxury spa (work with me here). Homemade cookies, courtesy of Stephanie. Sun and warmth to bathe in on the porch, and beautiful views all around. What could be better (except taking off those boots)? After a rest, there were several of us determined to get Galehead under our belts and on our lists. This time, no pack at all. A quick 45 minutes round trip to another summit in the woods. There is one great overlook on the left of the trail going up that looks back at the hut and over at South Twin. Great little hike and now THREE 4000 footers in one day. It's a record for me. I am now at #24 and counting for NH and #28 for New England. It's only taken me since 1986 to get this far. Don't think I'll be shooting for any 100 Highest in New England list.

Sandy has a great system for recording her accomplishments. She had a numbered slip of paper for each summit. She had her picture taken on each peak holding the appropriately numbered slip up for all to see. I believe she hit #17 on this trip? Way to go Sandy!

Paul's stats for the Twins hike indicate six hours six minutes of total time; two hours 45 minutes moving, and three hours 22 minutes stopped. Hmm...we DID like our snacks and enjoyed the
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"Great little hike and now THREE 4000 footers in one day. It's a record for me. I am now at #24 and counting for NH and #28 for New England."

~Meg Schoenemann



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the company of the group.

Lest you think we were only about peak bagging, no – we were about eating, too. Dinner Saturday night was phenomenal.

THANK YOU Lisa and Rob for all the work you put in to plan, buy, coordinate your happy team of prep cooks, and cook this great meal. We feasted on chicken soup, salad, chicken with broccoli



and spinach over pasta, and cookies and chocolate for dessert. When we had a ton of leftovers, we offered them up to others staying at the hut, and also to some who arrived with nowhere to stay and still some hiking to go before finding a campsite (Ugh). A woman admitted to me that her group had been jealously eyeing our prep and feast. She was happy to help us get rid of the leftovers! We weren't the only gourmands that night. Another group had an amateur chef who served them homemade Bolognese pasta. I got a taste of that and it was amazing, too.



"Dinner Saturday night was phenomenal."

~ Meg Schoenemann

After a large game of Cosmic Wimpout (won by Sandy) off to bed, this time with a full hut and a guy from Indiana relegated to the "4th floor" bunk in our room. OK, so the real adventure began on Sunday morning when we awoke to SNOW! We ate, packed up and left the hut about 8:30 a.m. It was slow going for Marty and me, but we caught up

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up to Ron, Gina, Sandy, Cheryl, and Mark about halfway down the steep section. It was a good group to hike with. We experienced snow and rain alternating with some dry time. Remember those stepping stone water crossings from Friday? Well, now...a gushing cascade. At the first big crossing, Al, Rick and Karen had waited for our group and talked us across. Almost made it without any mishaps, but Gina did go down on her hands and knees when she was almost all the way across. She's a good sport and said she was laughing, so that she didn't have any strength to stand back up, especially with the big pack on her back! We were glad to reach the flatter section again and made it over one more high water crossing and emerged at the trailhead about noon. No sooner had I changed into a nice dry, cozy T-shirt than the skies opened up with HAIL! And torrential rain! So...I put back on my damp hiking shirt. It would dry a lot faster than that T-shirt.

Oh yeah, Dick.... We did find him at the trailhead and he was very grateful to be able to access his clean clothes from the car stash. Somehow he stayed dry. We convened at the Woodstock Inn for lunch and actually looked presentable as long as one didn't get too close. Toasts all around and applause and kudos to Rob and Lisa for another PVHC adventure. I'm looking forward to another. This turned out to be a great time of year to be at the huts and to hike (no bugs!). Again, THANK YOU Rob and Lisa for leading this trip.

-- Meg Schoenemann

"Toasts all around and applause and kudos to Rob and Lisa for another PVHC adventure. I'm looking forward to another."

~Meg Schoenemann

Carter Notch *continued from page 1*

Two separate groups left for the Hut on Sunday morning. I was in the early group with Karen and Al. Some of those in this group chose to hike Wildcat along the way to the Hut to add to their list. We had an enjoyable, though somewhat wet evening at the Hut. We walked to the ramparts and played in the boulder field, then hiked down to the lake. Next, we had great food – chicken, rice and beans, corn, fruit, blueberry muffins, and brownies. Lori had done a lot of the prep ahead of time- cooked the chicken and sliced all the vegetables and fruits, drained and rinsed the beans, etc., and got everything packed up in zip lock bags so there wouldn't be a lot of waste to carry out. Kudos to the chefs – Lori, Angela, Rick, Karen, Al.

The next morning, we began our strenuous ascent up Carter Dome. This was 1.2 miles of constant uphill filled with gorgeous views, and took us about an hour and a half.

Although rain was forecasted for the entire day, we were fortunate to complete our hike with no precipitation. Following the obligatory photos on Carter Dome, our group of 11 proceeded to climb South Carter and Middle Carter. Others went down early because of the possibility of rain. Bob Duclos and his brother, Paul, joined us on Middle Carter and hiked down with us.

This was a strenuous 10-mile hike with beautiful vistas and several high peaks.

I'd like to thank Karen and Al for leading our early group up and for offering encouragement all the way.

And special thanks to Lori Tisdell for organizing this trip to help me with my goal.

-- Carol Vanderheiden





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that came up was Pioneer Valley Hiking Club, and they were meeting the following week - how fortuitous! So I went to the meeting. The first person I remember meeting was Deb Gebo. She was the treasurer at that time, and she introduced me to PVHC; she gave me some information about the club and was so very pleasant and welcoming.

The first hike I participated in, along with my daughter, Jos, was Carol Vanderheiden's Tuesday night hike. And once again was welcomed so wonderfully. Jos and I both had moments when we wondered if we were cut out for this hiking thing. We couldn't keep up with the other hikers and had to stop to catch our breath several times, OK about a dozen times! But we both made it through the whole hike with Carol's encouragement, and loved being out in the forest with other people. And it was so very cool to be out in the dark, too!

Most of my hikes that first year were the Tuesday night hike as I had a lot of commitments on the weekends. But I was getting very envious of all those weekend hikes, and I wanted to challenge myself to hike a little further, maybe even 6 miles! I rearranged my schedule and had a couple weekends a month to hike. Things happened pretty quickly after that. I heard about this place called "The Whites" and "4,000 footers." What were those? Oh, the White Mts. in NH. I had been there several times, not to hike, mind you, but as a tourist....in a car....admiring all those beautiful mountains. Little did I know they'd soon become my second home.

I started doing hikes that were more than the 4 miles or so, and became quite capable of 6-7 miles. I was very proud of myself! And I met more people and made more friends in the club than the Tuesday night crowd. And I continued to hear about the White Mts. as Bob and Carol and many others were discussing them often. In March of 2010, Richard Harris offered a hike at Mt. Tecumseh, one of the shortest of all the White Mts. I went with the group, and with a bit of difficulty, as I had an asthma attack partway up, I hiked my very first Four Thousand Footer! What a wonderful moment.

I planned to go to the Sampler that year, and wanted to hike 4,000 footer. My friend and I decided to hike Mt Washington. From the shortest to the tallest! But I knew I had to get in shape for that,

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so I decided to do a big hike at Mt Greylock. It was going to be just my friend and me, but Carol encouraged me to lead the hike for the club. For some time, Harry and Chip had been reassuring me, as well, that I was ready to lead a hike for the club. So my first hike lead was The Greylock Traverse

(aka, The Death March) - which has become an annual tradition. It was a big hike for a first lead, and I was nervous. All went well and we had a great hike on a beautiful day!

Mt. Washington followed a few weeks later, along with Mt. Monroe, and we were blessed with a perfect blue sky day and far-reaching views. There was a moment when I was standing alone on the Gulfside Trail spellbound at the magnificence of the northern Presidentials and the Great Gulf. I thought there was no other place in the world better than this place in this moment. It was then the idea of hiking the 48 New Hampshire 4,000 footers was born. It was just an idea, as the reality of what I was thinking was almost unimaginable at that time. I started planning trips, almost obsessively, and learning more and more about these amazing mountains, their trails and the boundless joy hiking them brought.



The culmination of my goal and dream to become a member of the AMC Four Thousand Footer Club became reality for me in September of 2014. Getting there was the journey of a lifetime supported and encouraged by those who also loved these

mountains, as well as those who thought I was crazy but encouraged me anyway. I made wonderful, dear friends along the way who shared my joy, my difficulties, my tears, and most of all, my laughter and smiles. It was something I could never have done without them. One of my greatest joys was my daughter, Jos, realizing her love for these mountains as she joined me at the end of my journey for the beginning of hers. And little did I know what the next chapter would bring... because once you finish your 48 you are now bound to help others hike theirs!

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My Hiking Journey continued from page 13

During the time I was working on the 48, I led more and more hikes for the club, as well as becoming more and more involved in club activities. Jeanne Kaiser and I have led the New England Trail (NET) in MA, and are currently working our way south on the NET in CT. I've added a couple more annual hikes to the schedule, filled in the hike schedule when needed, as well as led or co-led multi-day trips, and have led a number of White Mt. hikes, including one on the White Mt Sampler for the last



few years. A few years ago, when the club needed a new secretary, I ran – unopposed, of course, (is anyone ever opposed?) - and I became part of the executive board. It is both rewarding and challenging having these responsibilities for the club. This year I became vice president, I could not be more proud to serve a club that has so richly added to my life.

Last year, when Carol retired from the Tuesday Night hike, she asked if I would take over for her. It felt like coming full circle. Carol was one of my very first supporters in my hiking goals, having her ask me to take over was such an honor. I love being out there on Tuesday, and try to follow Carol's example in encouraging and helping new hikers, who frequently start with the Tuesday Night hike.

As I mentioned above, once someone finishes the 48, they are now destined to lead others to hike theirs. Last year, after wondering what I was going to do having finished the 48, I found my new purpose. I led a number of hikes last year, and am continuing to do so this year, in the White Mts., for a growing group of peak baggers! In fact, I hiked more 4,000 footers last year than I did in any one year when I was working on them for myself! It is a privilege, an honor, and an absolute pleasure to lead these hikes. We have an amazing amount of fun while working so hard to climb these mountains! And maybe that is what draws us back to hike them - not just the views and forests, but the people we hike with that so enrich our lives and who become our friends and confidants.

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My Hiking Journey *continued from page 14*

When I joined Pioneer Valley Hiking Club in 2008, I had no idea how my life would change. I was rather shy and retiring (yes, really), not terribly outgoing (again, really!). I was and still am overweight, have asthma, fibromyalgia, and a massive rotator cuff tear in my right shoulder. I'm no one's idea of what a serious hiker looks like. But the people in this club, the friends that I have made, and the goals which I have challenged myself to meet, helped change me in so many ways. It made me look beyond myself, and what would seem to be limitations, to see who I could be, and what I could do, and helped me to become who I am today. From that single thought in 2008, "that it would be nice to walk on the trails...."

-- Lori Tisdell

Smart Phone Man *continued from page 2*

Now we had a map that showed the entire trail, including the dreaded road walks, the section distances, parking areas, cross streets and highways. Perfect. Jeanne and I decided on dates and put the first of the hikes on the schedule. The first hike went very well, with no issues following the trail. The second hike, however, was a different story. It was two sections of about 11-12 miles total. Most of us had never hiked section 19 with Hatchett Hill and other interesting features. There was an old family cemetery that had been restored, several remains of chimneys, a huge old tree perfect for climbing (which we did), an old bunker, and a cairn building area, among these features.

We were hiking along quite well, moving steadily when we realized we could no longer see any blazes. Hmm. Up to now, it had been well-blazed. We stopped and Jeanne and I went back to see if we had missed a junction. We could not see anything within a few hundred feet back and went off trail to the ridge to check that, as well. We saw what looked like some old trails but nothing with blazes. We decided we'd keep going a bit to see if the blazes reappeared, as it was a well-traveled trail.

When we returned to the group, Rick Ricci was bringing up trail maps on his phone app. Amazingly, he had the trail on his phone along with the GPS track and knew exactly where we were and where we had, in fact, missed a junction! Wow. It was so cool. We backtracked further than Jeanne and I had, and there it was! It was pretty obvious, but all of us had passed by it without seeing the blazes. Duh. The trail changed directions several times, but with Rick's phone app as backup, we continued on without further incident. We decided Rick was the hero of the day, and with his phone app he really saved us from adding even more to an already long hike. I don't remember who exactly came up with the name, but Rick became known as "Smart Phone Man" for the rest of the hike! We also

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Smart Phone Man *continued from page 15*

decided Rick needed a cape with a big "S" on it to wear on all future hikes! We then started singing Smart Phone Man to the tune of *Underdog*! For the rest of the hike and beyond, Rick Ricci was feted and sung to in his new persona of Smart Phone Man! Thanks, Rick, for helping us on the hike! I know I promised Rick that cape, and maybe someday soon I'll have it for him....

Although I don't like to rely solely on a GPS, and it shouldn't take the place of a map and compass (I love hardcopy maps, which are never out of range of a signal), I do believe having a GPS can be a valuable tool. In this case, it really did help save us from extra mileage and elevation, and got us back on the trail more quickly than we would have without it.

-- Lori Tisdell



Hot Weather Hiking *continued from page 3*

Water

In the summer, I use my Camelback drinking reservoir. It's easier to stay hydrated if you sip water frequently along the way, as opposed to stopping and opening a bottle of water. As the water in the Camelback has a tendency to get warm, I also bring an insulated bottle with additional water and ice cubes.

You may also find it useful to take along a small spray bottle of water.

Mind Over Matter

In my experience, hikes don't seem to be as hot when you're hiking with a group of friends. The conversation and camaraderie may take your mind off the temperature gauge. It might not be as hot as you think it will be – sometimes the forest and the higher altitudes make for a cooler day than it is in the city.

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Hot Weather Hiking continued from page 16

Know Your Limits

Sometimes it really IS too hot to hike. Some hikers I've spoken to have an internal barometer – for example, they don't hike if it's over 90 degrees or a certain amount of humidity. This doesn't rule out hiking altogether. On a hot day, you could hike early in the morning or later in the day. Or, take a shorter or easier hike.

Happy July! I hope to see you out on the trails this summer.

-- Cindy Dolgoff

Adventures of Peakbagger continued from page 4

2) Herd paths are more established, and often faint, trails to your destination. But they frequently don't take you to your destination, and will often peter out.

While bushwhacking, hikers go all over the mountain looking for a path to the summit, and then they go all over the mountain looking for a path to descend. This gives new meaning to the Norwegian proverb: "Only one who wanders finds a new path." The question is: Why keep them guessing? Oh, it's to help them hone their navigation skills, they say. Okay, hikers have GPS's and "maps and compasses," why don't they use them? Perhaps it's because they haven't been trained to use them or haven't taken the time to learn how to use them. Using navigation tools isn't foolproof, and they sometimes help you to get lost. "There are several trails to nowhere, so, which one should I take to reach my destination?" poses Peakbagger.

3) Bushwhacking often involves leading by committee, unless you have a GPS or "map and compass" on hand, with real knowledge of how to use it, and then....

"I think we should go this way," says one hiker. Another hiker says, "No, I think it's this way." So, it's the blind leading the blind when no one is in charge of navigating to the destination. And, on the McNaughton Mt. bushwhack, our leader, or the person we assumed to be our leader, the one with the GPS, announced in the middle of the hike, that he wasn't responsible for finding the way. He said that each of us on the hike should be "self-sufficient." And on the same bushwhack, we encountered the leader of another group on the summit, who was reading his GPS wrong. Our supposed leader had to correct him on how to accurately read the device. Peakbagger queries, "I wonder if we should go this way?"

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Adventures of Peakbagger *continued from page 17*

Does Peakbagger want more bushwhacking adventures? Not if he can help it. But, Peakbagger, by definition, bags peaks, and some peaks, on some lists, require bushwhacks. Will Peakbagger ever use a GPS to find his way to destinations in the wilderness while bushwhacking? Yes, maybe someday, but he's a rather slow adaptor of technology. Does Peakbagger advise everyone to bushwhack? No, you have to know what you are doing. Peakbagger recommends that you go with people who can safely navigate in the woods. Did Peakbagger ever have good time bushwhacking? Sometimes, but he has also found it to be a bewildering challenge that wasn't much fun. Peakbagger inquires, "Based upon what you have just read, do you think that bushwhacking is for you?"

-- Peakbagger

Ten Essentials *continued from page 5*

I would recommend that before you undertake a wilderness hike/backpack, make a checklist of the Ten Essentials, and check each one of them off as you put them in your pack, to ensure that you have all ten of them. John Klebes also mentions some "Other Essentials," which are also important to consider. In that supplemental list, make sure, especially, that you have a "high intensity whistle." Any one of the Ten Essentials, by themselves - I cannot emphasize any stronger - may one day save your life.

-- Dick Forrest

Holiday Party Slide Show

Calling all photographers! Do you have PVHC hike photos that you would like everyone to enjoy at the annual holiday party? If you have many, please download onto a memory device. You can bring it to the monthly meeting, or call me at 413-244-4814, and I can arrange to pick it up. Individual photos are also appreciated. Those can be emailed to me at gnilrets55@aol.com.

Thanks!

-- Cindy Dolgoff

Important Membership Renewal Notices

The following memberships are up for renewal:

July Renewals

Karen Abert
Rick Briggs
Elizabeth Case
Pam Chandler
Amy Correia & Trish Bonica
Tina Garde
Jeanne Kaiser
Marcia Kelly
Sarah Kiritsis
Jettie McCollough
Janice Melchior
Norm Plante
Janet Platosz
Darlene Renaud
Barbara Werum Richard
Fred Riotte
Robert & Lisa (Frigo) Schechtman
Sandy Segó
Melissa Stello
Kim Sun
Linda Tropp
Carol Wood

August Renewals

Harry Allen
Hedy Beaudry
Marie Bienvenue & Al Gagliarducci, Jr.
Peggy Bresnahan
Connie Fogarty & Bill Nickerson
Dick & Sue Forrest
Albert Gordon
Celeste Hart-Legere
Gabriela Horvay
Adrienne Lacey
Charlotte Lee
Sandy Lemanski
William LePage
Mike Mastroianni
Bert McDonald
Ann Mundy
Joan Nichols
Patrick J. Noonan
Robert Pomeroy
Russell Seelig
Chuck & Fritz Tiernan
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
PO Box 225
West Springfield MA 01090-0225
(Dues are \$25 member, \$40 family, and \$15 for students)

Pioneer Valley Hiking Club Officers

Chip Pray, President
Lori Tisdell, Vice President
Paul Kozikowski, Treasurer
Gina Geck, Secretary
Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Jeanne Kaiser & Chip Pray
Backpacking Coordinator: Rick Briggs
Trail Maintenance: Chip Pray & Rob Schechtman
Club Website Editor: Dick Forrest
Non-Member E-mail Coordinator: Rob Schechtman
Club E-mail Coordinator: Chip Pray
Quartermaster: Mike Carrier
Bootprints Newsletter Editor: Dick Forrest

Bootprints is a publication of the Pioneer Valley Hiking Club. Please email your story/event contributions to Dick Forrest at: dforrest@charter.net.

WELCOME NEW MEMBERS

May

Nora Dryjowicz
Wayne Rodrigues
Lou Silver

June

Dana Gronbeck & Family
John & Margit Hair
Missy Godwin
Sheila Goggin & Timothy Sheehan



UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Mornings w/ Chip
- Every Wed. (MA) Wed evening hikes w/ Marcia
- Every Thurs. (MA) Bike Path Rides w/Jane and Afternoon walks w/ Ruth
- Every Thurs. (MA) Mornings w/ Harry & Ashley Reservoir evenings w/ Erin
- July 9 (CT) Hidden Valley Preserve
- July 16 (MA) Notch YoYo
- July 23 (MA) Pocumtuck Trail
- July 30 (MA) Mt. Norwottuck-Long Mt. YoYo
- Aug 5-7 (NH) Notch Hostel - Whites
- Aug 13 (VT) Appalachian Trail
- Aug 20 (MA) Mt. Alander and Bash Bish Falls
- Aug 27 (CT) NET Hike – Ragged Mt.
- Sept 3 (MA) Alander Mt.
- Sept 10 (MA) Emerald Necklace Hike

IMPORTANT NOTICES

Next Club Meetings:
 August 2, 2016, 7 pm at **FBC**
 September 6, 2016, 7 pm at **FBC**

FBC - First Baptist Church, 337 Piper Road, West Springfield

Deadline for submissions to the next *Footprints* is August 20, 2016

**** 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 225
West Springfield, MA 01090-0225

