



# Bootprints

The Bimonthly Newsletter of the  
Pioneer Valley Hiking Club

## New Bridge at Rising Corner: “The NET Gateway to Massachusetts”

by Chip Pray

Some history of the PVHC:

At the August, 2001, membership meeting of the Pioneer Valley Hiking Club, we, the PVHC, adopted sections 1 & 2 of the (then called) M&M Trail.

The 2001 President of the PVHC, John Klebes, reported in the September, 2001, *Bootprints*, that we (The PVHC “enthusiastically supported a long-term presence by agreeing to adopt sections 1 & 2 of the Metacomet-Monadnock Trail,” and also that since “this scenic portion of the trail is in our backyard, it seems very appropriate for us to establish this project as a *legacy* for the club.” Furthermore John stated: “that as we go forward with our adoption of the M-M trail section 1 & 2, we look to the support of

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## Our Journey

by Karen Markham

Al Roman, Ricky Briggs, and I headed out early Saturday on Labor Day weekend for the 5-hour ride to Maine, saving Goose Eye Mountain for our last peak of the “100<sup>th</sup> Highest in New England,” since our good hiking buddy, Bob Morgan (who completed the Hundred Highest), said it was a great mountain to finish on! With such a long drive, we decided to do it as a backpack, hiking up the Wright Trail (Steve Smith’s recommendation) to the Appalachian Trail, summit the peak, then continue on to the Carlos Col shelter. We finally hit the trail about 1:30 p.m., summitting early evening. We loved walking by the river, then being above tree line with the views. It was

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## Featured Club Member: My Journey with PVHC

by Bob Morgan

In the late nineties, as the demands of work and family became less, I found I had more leisure time for myself. As one who has always been physically active I began to look for new outlets of activity. I biked, skied, and walked, but I needed something that was physical and that I could do easily nearby. If it was a year round activity, it would be all the better. I began short day hikes to areas on the M&M in Connecticut that I had hiked to as a scout. The trail was close to intact as the main trail was on the ridgeline that runs from Long Island Sound to the north. Most of the changes were in the trail heads that were now blocked or relocated. I began to section hike the M&M as I found new information on the internet and from the *Connecticut Walk Book*. I also found information on the Tunxis Trail that runs north to south on the western ridge that

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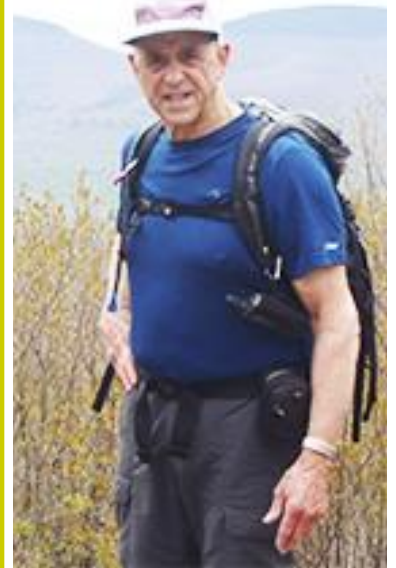
## The Bonds Traverse

by Carol Vanderheiden, Sandy Segó, and Cheryl Stevens (submitted by Karen Markham)

On Tuesday, June 21<sup>st</sup>, 2016, seven of us, Karen Markham, Al Roman, Sandy Segó, Cheryl Stevens, Debbie Bombard, Peggy Tibbitt and I, hiked Mt. Zealand and proceeded to Guyot Shelter. After dinner, we summited West Bond. Some stayed to watch the sunset, and others, including myself, went back to the shelter for some much needed rest. It is really nice to "bond" with fellow club members on these trips.

On Wednesday, we hiked Mount Bond and Bondcliff. We had stunning views from West Bond, Mount Bond and along the ridgeline, but unfortunately, heavy rain before, during and after Bondcliff.

I have to thank Karen and Al for leading this trip, specifically, to  
See *The Bonds* continued on page 19



*"It is really nice to 'bond' with fellow club members on these trips."*

*~ Carol Vanderheiden*



## Falling Into Autumn

by Cindy Dolgoff

October 6 – As I leave my house, it's 48 degrees. That's quite a change from our summer Thursday morning hikes. I'm wearing a fleece sweater, but I shed it before we set out on our Mt. Tom hike. Like the summer hikes, it doesn't take long to warm up when you're climbing up hills.

Harry Allen, hike leader, is taking us up a series of trails, starting with the Keystone Trail that begins at Lake Bray. It's a sunny fall day and the parking lot is already crowded at 9:30 a.m. We can hear the shrieks and laughter of a group of school kids who have already hit the trails. It's a perfect day for a field trip. Or a PVHC hike.

My recollection is that usually this time of year the trees are full of vibrant colors. Today the leaves are still mostly green, although there is the occasional burst of orange and yellow. There are many brown leaves littering the trail, but they've been here throughout the hot, drought-ridden summer.

*See Autumn on page 20*

## My Quest to Complete the AMC "New England 100 Highest" List

by Dick Forrest

On November 8, 2014, while I was working on completing the AMC "New England 4000 Footers" list (all of the 67-4,000 footer peaks in New England, which are in Maine, New Hampshire and Vermont), I was climbing Killington Peak in Vermont with Rick Briggs. We were on the top of Killington Peak, and Rick spotted a nearby mountain right below us, which he was familiar with, called Mendon Peak. Rick said that we could go climb that one since it was on the AMC "100 Highest in New England" list, and that I would be climbing it, too, someday. I said to him that there was "no way" I would be doing the "100 Highest in NE" list. He said, "O yes are, Peakbagger!"

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*"Today the leaves are still mostly green, although there is the occasional burst of orange and yellow."*

*~ Cindy Dolgoff*

*"I said to him that there was 'no way' I would be doing the '100 Highest in NE' list. He said, 'O yes are, Peakbagger!'"*

*~ Dick Forrest*

## The Adventures of Peakbagger: “Walking in the Footsteps of My Heroes”

by Peakbagger

Peakbagger has climbed close to 30 peaks in 2016. All of these peaks have been in Maine, New Hampshire, Vermont, and New York. Over the course of all that climbing and over the course of all of his peak bagging endeavors, Peakbagger has seen miraculous trail work. Where did all of this trail work come from? Some of it was created by local trail organizations, for instance, by different chapters of the AMC, or other trail clubs, but many trail systems were improved, and many were built, by the Civilian Conservation Corps (CCC).

One of the most popular programs of the New Deal, the CCC was created by President Franklin D. Roosevelt as a public work relief

See *Adventures of Peakbagger* continued on page 23

## Feeling “Awe” - Is it the Secret to Your Health and Happiness?

By Dick Forrest

On the front cover of the Sunday, October 9, 2016, issue of *Parade* magazine, are the words: “AWE - How the soul-stirring wonder sparked by a shooting star or a majestic peak can transform your health and happiness” The article inside the magazine is entitled, “Feeling **AWE** May Be the Secret to Health and Happiness,” and written by Paula Spencer Scott.

The article quotes psychologist/researcher, Dacher Keltner, of the University of California, Berkley’s Social Interaction Lab, who defines “awe”: “Awe is the feeling of being in the presence of something vast

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*“Over the course of all that climbing and over the course of all of his peak bagging endeavors, Peakbagger has seen miraculous trail work.”*

~ Peakbagger

*“AWE - How the soul-stirring wonder sparked by a shooting star or a majestic peak can transform your health and happiness”*

~ Paula Spencer Scott



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many more of you as we make this project something for members of the PVHC to be proud of."

On Saturday, May 11<sup>th</sup>, 2002, the PVHC began building a "bog bridge" down at Rising Corner in section 1. The initial length of the "bog bridge" was approximately 120 feet and rested mostly on mud.

*" On Saturday, May 11<sup>th</sup>, 2002, the PVHC began building a "bog bridge" down at Rising Corner in section 1."*

*~ Chip Pray*

From 2002 to 2013, because of deepening water at the "Bog Bridge" site, the bridge gradually became extended to a length of 280 feet. There were many factors that made it necessary to extend the bridge length over the course of 12 plus years: most importantly, were new neighbors - a beaver family complete with a dam and a lodge, just west of the bridge. After a few years, the beaver family expanded, and they built another dam east of the "bog bridge" near Hart's Pond, and another beaver lodge also east of the now threatened "bog bridge."



The original "bog bridge"

We did our very best to coexist with our neighbors, the beavers. Due to the dual beaver dams, the water level at the "bog bridge" increased over time from an average of six inches to three or four feet deep. Our "bog bridge," always meant to rest on the muddy bog, was now afloat in the water. The PVHC built additional sections of bridge, and attempted to anchor the bridge, making it less wobbly while floating.

In 2009, the M & M Trail, which includes our adopted sections 1 & 2,

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was officially designated a National Scenic Trail by Congress. The official title given was: "The New England National Scenic Trail." We have now shortened the name to the "NET."

In subsequent years, the bridge endured the flooding rains of Hurricane Irene and at least two microbursts. Again, while coexisting with the beavers, our club made the repairs necessary to keep the "bog bridge" passable. Our efforts were backed by the Town of Southwick's Conservation Commission, who we spent a lot of time with at many meetings.

After many attempts, including the expenditure of some of our own Club funds used to patch up the bridge, it became evident that our "bog bridge" design no longer satisfied the minimum requirements for safety and or the capacity to reliably allow passage on a year-round basis.

In 2011, beginning with an e-mail to the administration of the NET, representatives of the PVHC began expressing a need for a new plan to replace the "bog bridge."

Finally, in May, 2014, the good Town of Southwick voted to extend CPA funds in the amount of \$70,000 towards the purchase of a new replacement span across the bog. Also, the NET received another \$8,700 grant from the Community Foundation. We are very thankful and appreciative for this funding.

In August, 2015, in anticipation of the new bridge, our PVHC volunteers began reclaiming an old farm road, leading to the "bog bridge," by clearing brush. The idea was to enable accessibility for large equipment needed for removal of the old "bog bridge" and the construction of a new bridge structure. Over the course of three

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*"In February, 2016, plans were made to begin building a 'SuperDeck Floating Bridge' at Rising Corner, and to have the existing "bog bridge" demolished at Rising Corner on July 5<sup>th</sup> of 2016."*

*~ Chip Pray*

**New Bridge** continued from page 6

days, the PVHC had 23 volunteers and expended over 200 man hours to accomplish our goal of clearing this area for future bridge building.

In December, 2015, a bridge design and manufacturer was chosen by NET Trail Planner Joshua Surrete.

In February, 2016, plans were made to begin building a "SuperDeck Floating Bridge" at Rising Corner, and to have the existing "bog bridge" demolished at Rising Corner on July 5<sup>th</sup> of 2016. It was agreed now that the demolition and building project would be accomplished using the volunteer members of the PVHC, as well as, up to four members of the AMC Pro Crew or RCC (Roving Conservation Corps).

On July 1<sup>st</sup>, we were informed that the SuperDeck was not ready for transport to Rising Corner. The project was put on hold until the manufacturer, Aggressive Industries Inc., could finish production of the SuperDeck. Yes, we were disappointed having already begun mustering volunteers for that specific time.

Finally, after not hearing anything for over a month, we were informed that the new bridge parts were completed.

On less than two weeks' notice, and in the middle of prime vacation time, 40 PVHC members dropped what they were doing in their personal lives, including cancelling many club hikes, signed up for the various duties needed for preparation of the NET site (i.e., offloading of SuperDeck materials, creating a mock-up of the SuperDeck project, demolition and removal of the old bog bridge, more bridge site prep work and staging of the SuperDeck materials).

During the first two days of work, club members assembled at Rising Corner, mowed the trail head, widened our footprint to allow delivery

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of the SuperDeck as close as possible to the Bridge site, and again, pre-cleared the brush, which had grown back since August, 2015, for the bridge parts staging area, and, also, received the "portapotty" for use during the project.

On Tuesday, August 29<sup>th</sup>, Day 3, we were joined by two members of the RCC crew and NET Volunteer Trail Maintenance Chief Mike



Zlogar, all of whom camped on site for the next 8 work days; to take delivery of the SuperDeck. The Town of Southwick DPW and Chris Faria showed up on site and were invaluable to us in offloading the very large and heavy portions of the new SuperDeck from the delivery truck.

A "high line" was constructed over the existing "bog bridge" to aid in lifting out, by machine tension with heavy rope and pulleys, the various 30, 8-foot-long sections of the very heavy and muddy, old "bog bridge." We also removed huge telephone poles from the 1950's and 60's! The old bridge was taken apart by our volunteers, and some good wood was saved, while other pieces were thrown into the dumpster for disposal. Thanks for allowing us to use your Volvo, Mr. Rick Ricci, to move many pieces of old, bog bridge material!

Meanwhile, we found many deficiencies in the parts and plans, while

See *New Bridge* continued on page 9

*"The Town of Southwick DPW and Chris Faria showed up on site and were invaluable to us in offloading the very large and heavy portions of the new SuperDeck from the delivery truck."*

*~ Chip Pray*





**New Bridge** continued from page 8

building/mocking up the first section of new SuperDeck. Mr. Paul Kozikowski and his crew oversaw working out the problems of the initial mockups of SuperDeck, including the repair of the deficient parts.



*"The PVHC volunteers worked through pouring rain one day, without the slightest mention of complaint, and many of them worked for eight straight days."*

*~ Chip Pray*

By Friday, September 1<sup>st</sup>, the old bog bridge had been completely removed, and, as stated earlier, either saved or thrown into the dumpster for disposal. The PVHC volunteers worked through pouring rain one day, without the slightest mention of complaint, and many of them worked for eight straight days. On at least three days, there were as many as 23 volunteers on site, in addition to the paid, but nonetheless, dedicated RCC crew of two.

By Tuesday, September 6, we had completed approximately 180 feet of the new bridge. We agreed to return the following week, on Wednesday, 9/14/16. We were all exhausted and needed to coordinate with the next working time of the RCC, who needed one day to reset camp and drive in from Crawford Notch in New Hampshire.

The bridge consists of hard, black plastic floats on the bottom, approximately 2 feet high by 5 feet wide, supporting a hard, tan, 4-inch-thick by 5 feet wide plastic deck. Both pieces were secured together by a galvanized steel, three-inch wide, square spine that runs down the middle

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of the bridge throughout the entire span of the bridge. There are large aluminum brackets holding the bridge deck and float together from the outside. The brackets have a circular sleeve built into them to support 20, 10-foot-tall, 3.38" diameter pipes that are pile driven 5 feet into the bog's muddy and rocky floor. The entire SuperDeck is built to float, and goes up and down on the metal and capped posts (or skegs, as I like to call them) per water level. At the time of this writing, many portions of float are resting in a foot of mud.

On Wednesday, September 14, we resumed work on the new bridge. 11 PVHC volunteers, NET Volunteer Trail Crew Chief Mike Zlogar, and 4 RCC crew members, Travis, Jordan, Joe, and Nick, participated. Much appreciation for Mike Z, and our RCC crew, and thanks, also, to AMC's Mr. Andrew Norkin and Mr. Kris Kebler!

The new bridge was nearly completed by 3:00 p.m., including ramps, and all 20 posts were driven in as anchors.

A few additional items were completed on 9/16/16, including adding the missing 5, eight-inch center bolts on the deck, as well as, set screws on the ramp railings.

The new bridge, "The NET Gateway to Massachusetts," is 250 feet long and five feet wide.

The official completion date of the bog bridge project is September 16, 2016.

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~ Chip Pray*

**New Bridge** continued from page 10



*"A very special thanks, from all of the PVHC, to AMC Berkshire Chapter's, the late, Mr. Patrick Fletcher."  
~ Chip Pray*

We'd like to thank the Town of Southwick and Mr. Dennis Clark, Southwick DPW and Mr. Chris Faria, Neighbors Dick B. and Jim P. for their greatly appreciated work and contributions.

Thank you, Josh Surette, former trail planner of the NET, and to Ms. Emily Bodenkamp, NET intern.

A very special thanks, from all of the PVHC, to AMC Berkshire Chapter's, the late, Mr. Patrick Fletcher. Pat, you are sorely missed, and when we're at Rising Corner, you are in our thoughts! You were always there for us, adopters/maintainers, and I bet you're still watching with great pride and satisfaction.

I would also like to single out my great appreciation for Mr. Harry Allen for showing up for work every single one of the twelve days!

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**New Bridge** continued from page 11



To my dear friends from the Pioneer Valley Hiking Club:

In this, coincidentally, our 25<sup>th</sup> PVHC anniversary year, you have contributed more than 1500 man-hours of work and sacrifice to achieve a Club legacy goal, a new, permanent, and beautiful bridge and an observation deck at Rising Corner!

My heartfelt gratitude and thanks to every one of you for your dedication and sacrifice! Be proud!

The PVHC has already led a hike over the new bridge on the very first day after completion, and we've also staged a dinner there, as well! This is our bridge and our legacy to share with all!

We have a maintenance workday scheduled for November 12<sup>th</sup>, to put in much needed water bars, and a late lunch at EB's. Please join us, and become a vital part of our PVHC legacy!

-- Chip Pray

*"The NET Gateway  
to Massachusetts"  
~ Chip Pray*

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a beautiful, sunny, warm (though not too hot) day with views all the way to Mt. Washington – WOW! We met many thru-hikers along the way, too! After celebrating with a small bottle of champagne on the peak, we headed down, then up, then down, then up, and finally down to the shelter arriving after dark. We had dinner, chatted with more thru-hikers, and crashed. The next day we got up and headed back out the way we came. Another beautiful day with views! Our reward at the end of our wonderful backpack and journey of the HH was a skinny dip in the river...the water and air temp were both perfect and it felt AWESOME! Almost better than finishing! Aaaaaaoooooooooooooooouuuuuuuuuu!



*“Our reward at the end of our wonderful backpack and journey of the HH was a skinny dip in the river...the water and air temp were both perfect and it felt AWESOME!”*

*~ Karen Markham*

It's always bittersweet for me when I finish a list. The best part of 'listing' (we call ourselves 'listers' and not 'peak baggers,' since we take the time and enjoy the journey, and we repeat some, too!) is that we hike mountains in areas we would not have ventured to if it wasn't on a list, especially a bushwhack hike. Oh, and speaking of bushwhacks, Peak above the Nubble (PATN) was our bushwhack from hell! Dick Forrest, Al and I thought we could do it from Galehead Hut...**wrong!** Guess we should have researched it a little more. Unfortunately, we had already signed up for Rob and Lisa's Galehead Hut trip to do PATN. So we hiked up to Galehead with all the others on Friday, and on Saturday, we ended up hiking back down to the parking lot, borrowed Mark Ruddock's car to drive around to the trail  
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head by a gate, hiking about ½ mile on the old woods road, then up the slide until we ventured off into the woods where we hit really thick and impenetrable vegetation! At what we conceived to be the top of the slide, we crossed back over the slide and found a herd path, and then more impenetrable bushwhacking to the canister. We decided to take a herd path down, which took us to a rope to get down some steep rocks, and unfortunately, to a different trail head to the north by 3 boulders on a forestry road. Yup, now a 4-5 mile walk back to the car, then a drive back to the Galehead



trail head, and, finally, the hike back up to Galehead Hut! Dick was done and took the car to a motel for the night. Al and I headed back up to Galehead Hut, arriving after dark! I was the lucky one who got to hike Dick's really old, heavy, external frame pack back down the trail with both of our things in it. Yup, a bushwhack from hell! And yes, I'd do it again 'cuz I'm a 'lister,' though I'd start at a different trail head, and go over the Nubble first, then to PATN – I hear it's much easier!

Al and I would like to thank Bob Morgan for all of his tips (i.e., it's harder to find some of the trail heads than to do some of the actual hikes), and for his help on the Rangeley 6-Pack! Thanks to Mike Gross for his navigational skills on several bushwhacks! And a big thanks to Dick and Ricky for coming with us on so many of our HH adventures - it's been AWESOME!

-- Karen Markham

*"Yup, a bushwhack from hell!"*  
~Karen Markham

***My Journey with PVHC*** *continued from page 2*

forms the Connecticut River Valley. I was familiar with some of the areas this trail ran through, having lived in Bristol and from riding my quarter horse on trails on the ridge above Lake Compounce in Southington, Connecticut, where I had taught Earth and Physical Science at a Middle School. On the extreme northern end, the trail ran through Satan's Kingdom, where friends and I used to shoot the rapids in an army surplus raft, Compensation Reservoir where we swam, and Ski Sundown. I now had areas that were familiar and nearby that I could visit when I wanted to get out and explore.

On work-related trips to Montreal, I traveled through Vermont often staying in Burlington. There is a clear view of the Adirondacks across Lake Champlain. At sunset, it is serene beauty. Mornings would find me on the ferry making my way to the New York side to take the Northway into Montreal. On the return trip, I took the Charlotte Vt. Ferry across Lake Champlain where there are views of "The Camels Hump" and the Green Mountains. On subsequent trips to Montreal in 1998-99, I would find some slack time to climb "The Hump," Killington, and Mt. Abraham in the Green Mountains.

With all the information on the internet, I began to look at the White Mountains of New Hampshire. I found the Dartmouth Outing Club website and spent time gathering information on hikes in the Whites. The pictures, the terrain, and weather conditions that were posted on their website drew me in. I was getting hooked. I wondered if I would ever be able to develop the skill and knowledge to be able to travel safely in the mountains. I had learned on Killington how fast the weather can change. On the day I climbed Killington, the morning was a clear, cold, November day before Thanksgiving that warmed as the day went on, that is, until afternoon. The temperature began to drop, I was slightly underdressed, and, to make matters worse, my descent was down the ski slope and they had turned on the snow guns. I was in a blizzard. Okay...it was not real weather, but it still had the same effect. I decided it was better to be over-prepared than under, and would do more in the future to learn what gear would be essential to prepare for changing weather, or worse, having to spend a night in the woods.

On a family vacation to New Hampshire in 1986, we stayed on an island at Lake Winnepesaukee. As it turns out the cottage we stayed in belonged to Beau LaFleur, a future ATER who has spoken at our club. While in the area, we drove over to the Mt. Washington Auto Road, and up to the summit. It was ninety-six degrees in the valley and clear. On the summit it was 39 degrees and

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**My Journey with PVHC** continued from page 15

totally soaked-in with gusty winds you could barely stand up in. On the descent, we caught glimpses of Mts. Jefferson and Adams. I committed to climbing them some day. It was another twelve years before I would climb a 4000 footer.

My first 4000 footer was Moosilauke (4802'), the gentle giant, in 1998. I had gathered enough information from the Dartmouth Outing Club to gain the confidence to attempt it. I signed in at Ravine Lodge and began to climb to the summit on the Gorge Brook Trail. It was a clear, sunny, October day. The climb went well and the summit views were great. I returned to the lodge via the Carriage Road and the Snapper Trail. It was a great climb. Driving home, I discovered I could barely lift my legs out of the car and up on the curb when I stopped for a burger. Seems the 4000 footers' demanded a little more conditioning than the lowland trails! My second 4000 foot peak was Mt. Jefferson (5716'), but not until October of 2000. I had read it was a quick up with a lot of elevation gain going up the Caps Ridge Trail, just 2.5 miles to the summit. I convinced my youngest son, Ryan, just out of college for a year or so, to go with me. We drove up the night before and stayed in a cabin. Morning found us at the Caps Ridge parking lot close to 9:00 a.m. on a beautiful, sunny day. Climbing leisurely and taking pictures, we were basking in the sun, eating lunch on the summit by 12:30 p.m. It had snowed earlier in the week and the trail was packed and icy. I was reluctant to descend the same way. We had no idea, then, what foot traction was. We decided to descend via the Castle Trail, which was not much better than our route up. We connected to the Links Trail that I had spotted on our way up that ran along the underbelly of the mountain back to the Caps Ridge Trail. We added another 2.5 miles to our overall trip on a boring, viewless, rock and root-filled, wet trail. When we hit the Caps Ridge Trail, we were glad our ordeal was almost over. We were heading home around 5:30 p.m., safely out of the woods by sheer luck and determination as we had no maps, headlamps, or overnight emergency gear. We had a great day, good views and we had fulfilled our goal of summiting and making it back to the car safely. Now I just had to get my son home so he could meet his band members at 10:00 p.m. as they had a local gig and he was the drummer. He told me later that by 10:30 p.m. he wanted to crawl in a corner and fall asleep. He was tired, sore and stiff, and could barely remember leaving at the 2:00 a.m. closing time. Not sure he ever forgave me, but he did say it was a great day.

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**My Journey with PVHC** continued from page 16

I joined Pioneer Valley Hiking Club early in 2003. I had done some hikes with the club earlier, after finding them on the web when I was looking for hiking information and equipment. I had visited Ray Tibbett's store in Agawam, but, unfortunately, it was about the time he was liquidating his inventory. Prior to joining, I had hiked Monadnock as a winter hike, Gold Mine Brook, and Keystone Arches with the club. I had found a club I could learn from. I met then club president, John Klebes, Rick Briggs, Al Roman, Dick Forrest, Rob Schechtman, Shari Cox, Laurie Mahoney and Ann Mundy. They were experienced hikers. The members were welcoming and considerate, there was safety in numbers, and they followed established safe hiking practices

In 2003 and 2004, I had accumulated about a dozen 4000 footers on Al Goodhind's White Mt. Sampler and other independent hikes in the Whites. It was about this time I learned of the 48-4000 footers list. I began to seriously think about doing more of them in 2005, and seeing if I could finish the list. I had joined Richard Harris, Allison Cook and Kathy Damon and others on earlier Samplers trips. About this time, Tom Pedersen joined the club, and with club members Shari Cox and Laurie Mahoney, we made a serious effort to try to get new peaks depending on who was available to go. It was a great time. We were accomplishing our peak bagging goals, while having the security of knowing the group was safety-minded and could depend on each other if a member was in need. This is what PVHC has meant to me: sharing information, supporting each other in our goals, while enjoying the outdoors and doing it safely.

I finished the NH 48 in 2006, and then decided to go on to the "New England 4000 Footers." There are 67 of these and the first 48 count, so there were only 19 more in Vermont, New Hampshire, and Maine. Most of these were completed with Tom Pedersen in 2007. I decided to go on to the "New England 100 Highest" list the following year. This list is of 33 more peaks in Vermont, New Hampshire and Maine, and the first 67 count toward the 100. Many of them are trailless. The idea is to teach one how to navigate in the wilderness with map, compass, and GPS. I used all three, as well as visiting sites like "Views from the Top" and "New England Trail Conditions" to find trip reports on these peaks. By now, I had developed enough confidence that I could hike solo when others weren't available. This was mostly the case as my earlier hiking partners were on to other things or not pursuing the same list. With safety in mind, I always left word as to where I would be and about what time I would be out. Often a phone call was made to other club members or long distance spotters to confirm I was out safely. On several occasions, my wife waited patiently at the trail head with her Kindle for company, while I pursued my peaks. I finished the 100 Highest in September of 2013, in southern Maine on Goose Eye Mt.

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***My Journey with PVHC*** continued from page 17

I had been accumulating winter peaks since 2005, as I worked on the NH 48. This was a prestigious list with only 600 to 700 finishers in 2012. I had most of the peaks, but needed the tough long distance ones. I reconnected with Tom Pedersen in the fall of 2012, and we discovered that we both needed almost identical peaks to finish the list. We lacked 6 to 8 peaks. We joined forces and began to complete the list as time and weather permitted. We finished with a 17-mile, four peak, snowshoe of the Bonds Traverse from Zealand Hut to Lincoln Woods in March of 2013, carrying full, winter overnight gear in our packs.

With the help of other PVHC members, I have been able to accomplish far more than

I ever would have thought I would be able

to do. What I have learned, the views I have seen, the experiences I have had, and the tough days, have all been worth it by the friends I have shared these with.

And I am continuing the journey. This year I was back in the Adirondacks after an eight-year absence. I did Ann Mundy's LOJ Adirondacks trip in July, and Karen Piepho-Markham's John's Brook Lodge Adirondack trip in September, as well as some of Karen's, Al Roman's and Dick Forrest's club trips to the Catskills.

Thanks, PVHC members, for the great adventures, which I have had the privilege to share with many of you.

-- RRM



John Gutowski from the AMC Four Thousand Footer Committee presents Bob Morgan with his "New England 100 Highest" award at the AMC Four Thousand Footer Club Annual Meeting in 2014.

**The Bonds** continued from page 2

get me up and over these summits. They guided us and entertained us along the way. Usually Karen had the sweep position. Because I was having knee issues, as I got to a large boulder, Karen would lift the weight of the pack until I had climbed it, and then drop it back down. This really helped. The next day, she and Al took some of the weight and carried it for me so I could manage the rocks. In spite of the distance and the rain, I really enjoyed this hike. Although long, it was easier and had better views than many of the four thousand footers I have hiked.

-- Carol Vanderheiden

**My top 10 experiences from the 'Bonds' Backpack**

10. Successfully figuring out the car spot
9. Being part of Al's harem
8. Pink and white lady slippers on the trail
7. Watching the sunset on West Bond
6. Watching the sunrise from my sleeping bag
5. Seeing the strawberry (almost full) moon
4. (What happens on the backpack stays on the backpack)
3. Feeling like we were on top of the world
2. Seeing Carol summit numbers 42, 43, 44, and 45
1. Bonding on the Bonds!

-- Sandy Sego

See *The Bonds* continued on page 20



*The Bonds continued from page 19*

## **The Zealand and Bonds Repeater**

I never thought I would be starting to repeat New Hampshire's list of 48 before finishing them, **but I did!** The first time I did the traverse was last year when Dave Vibber and I hiked to Zealand Falls Hut. The next morning we left the hut early in the morning and started our traverse across Mt. Zealand, Mt. Guyot and the Bonds. Up...up...up to the summit of Mt Zealand. Onward through fog and wind over Mt. Guyot. As we approached the Bonds the fog lifted, visibility and views were fantastic. Twelve hours later (from start to finish), we arrived at the car parked at Lincoln Woods Visitor Center.

This is the second time that Karen and Al this led backpack trip. I loved hiking the Bonds so I joined them, along with Debbie B., Carol V., Sandy S., and Peggy T.

We started hiking to Zealand Falls Hut at a compassionate pace. Yes, Karen and Al do like to smell the roses and enjoy the views.... We stopped at Zealand Hut for a break, and enjoyed Zealand Falls. Up and onward to the beautiful views at Zeacliff. We continued on to the summit of Mt. Zealand, Mt. Guyot and checked into the Guyot Shelter. Al and Peggy got their stoves going to heat water for our gourmet dehydrated meals. After supper we hiked to the summit of West Bond. What a beautiful evening with outstanding views, and with the sun setting and the "strawberry" moon rising.

The next morning we had coffee and breakfast, and then packed up and hiked out to the summit of Mt. Bond. We still enjoyed great views until the dark clouds rolled in and the rain started as we approached Bondcliff. A quick photo at the summit. Our hike leaders moved us onward to get below tree line and head for Lincoln Woods. Thanks again, Karen and Al, for a great backpacking trip and lots of bonding on the Bonds.

-- Cheryl Stevens

*Autumn continued from page 3*

We ascend the Keystone Trail and cross over to the D.O.C. Trail. Now it's 11:00 a.m. and time for our morning snack. Harry leads us on a slight detour over to Whiting Peak, a marvelous spot on the cliff with panoramic views of Easthampton.

Returning to the D.O.C. Trail, the air has warmed considerably. There are no hikers wearing sweaters or jackets. I notice the wildflowers are still in bloom along the dusty trail – purple asters, lavender thistles, goldenrod and small daisy-like flowers. We take another slight detour off the trail, this time to eat lunch alongside a small pond that formerly served as a snow-making reservoir for the long-closed ski area.

*See Autumn continued on page 21*



*Autumn* continued from page 20

On our hike, we reminisce about some of the now defunct attractions that used to reside on Mt. Tom. Here's a trip down Memory Lane. Do you remember any of these places?

**Mt. Tom Ski Area** – Many native Pioneer Valley residents learned to ski here. The resort opened in 1960 and expanded over the years. Although it was considered a small hill by skiers, it featured night skiing and its central location was accessible to a wide population of winter enthusiasts. The ski area closed after the 1997-1998 season. Most of the equipment was dismantled and sold; however, some of the buildings, now decrepit and vandalized, still stand.

**Alpine Slide and Water Park** – The slide was added in 1977 and a water park opened about five years later. The closure of the Mt. Tom Ski Area also closed both of these attractions.

**Mountain Park** – Built in 1952, this amusement park was popular for decades and was known for its fun houses and rickety rides. Live bands entertained patrons in the 1960s. The park was put up for sale in the mid-1980s, but there were no buyers. Subsequently, Mountain Park closed. Like the equipment in the ski area, most of the rides were dismantled and sold. There was a fire in 1994, and what remained was bulldozed in 2003. Mountain Park was reincarnated several years ago as an outdoor concert venue.

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Lunch has ended, and down we hike to the quarry area, where we observe the tall granite cliffs, as well as the formerly-mentioned crumbling ski buildings.

We continue along the Bray Valley Trail, to the Bray Loop Trail. There are other hikers along the trail, and we cross over the bridge which was built in 2012. The trail widens to a wheel-chair accessible path, and we can see Bray Lake. Some of the trees along the lake are sharpened at the bottom with wide wedges chewed through by beavers.

We go back to the parking lot. Harry reports that we hiked 5.6 miles, with 1,257 feet of elevation gain. It's almost 1:30 p.m., so we've hiked almost four hours, not counting our two breaks.

Another wonderful day of hiking. I am pleased to report that despite the name of this article, *Falling Into Autumn*, no one fell on the hike. Not even Gina.

-- Cindy Dolgoff



**My Quest** *continued from page 3*

Ironically, Rick Briggs was right, Here it is almost two years later, and on October 1, 2016, I have completed the "100 Highest" list on that very peak, Mendon Peak, the one that I said that I would never climb. I finished the 67 "New England 4000 Footers" list on July 6, 2015. I climbed 27 more peaks in 2016 to finish the "100 Highest" list. (I had previously climbed 6 of those remaining "100 Highest" peaks over many years of hiking.)

Here are some thoughts of my experiences after climbing those 27 peaks:

I would never have attempted the "100 Highest in NE" list if Al Roman and Karen Markham hadn't been seeking that goal. I hooked up with Al and Karen, and give them all the credit for my being able to complete all 100 peaks. They were also instrumental in allowing me to achieve my "New England 4000 Footers" goal. I also give credit to my wife, Sue, for climbing several of the peaks alone with me on that "100 Highest" list. And the last person I want to thank is my brother, Gary, who also climbed several other peaks alone with me on that list.



To climb the "100 Highest," after climbing the "67-4000 Footers," you have to climb the highest peaks in New England just short of 4,000 feet in elevation. So, that's the case for peaks #68 to #100. #100, the lowest in elevation, is Northeast Cannonball (elev. 3,769 feet). I climbed that one in February, 2016, on snowshoes with Al Roman. By comparison, #68 is Sandwich Dome (elev. 3,980 feet). I climbed that one at the end of April, 2016, with my brother, Gary.

There are a few mountains on the list (that is, from #68 to #100) that I would like to climb again; there are a few mountains on the list that I never want to climb again. And there are several mountains on the list that are bushwhacks, making them doubly difficult to find the summits and navigate back to your starting positions. Most of the summits are in the woods with no view, so, I

*See My Quest continued on page 23*



**My Quest** *continued from page 22*

won't be going back to those for the views. A few of the summits have spectacular views.

Some of my favorite views/climbs were: Equinox Mt. in the Manchester, Vermont, area; Jay Peak/Big Jay in the Northeast Kingdom of Vermont; North Brother Mt./Fort Mt. in Baxter State Park in Maine; and West/East Baldpate Mts. in Grafton Notch State Park in Maine.

I am not proficient with map and compass or a GPS yet, but I hope to be someday. And that's one reason why I hooked up with Al and Karen – Al has become proficient in using his GPS. And that was invaluable in being able to complete our "100 Highest" lists - Al and Karen finished their "100 Highest" list about a month ahead of me. And I am especially grateful that they climbed Mendon Peak with me for their second time, and, in so doing, they enabled me to complete my 100<sup>th</sup> peak, a bushwhack of that peak, on October 1, 2016.

-- Dick Forrest

**Adventures of Peakbagger** *continued from page 4*

program during the Great Depression. Over the period from 1933 to 1942, about 3 million unemployed, unmarried men from relief families, ages 17 to 28, were put to work by the federal government through a natural resource conservation program, which was implemented in every state and territory. There were 300 work projects under 10 different classifications that these men were involved in (~Wikipedia). As hikers, we have especially seen their influence on the improvement of foot trails, which we hike on, and fire look-out towers (now obsolete) on the summits that we reach.



See *Adventures of Peakbagger* continued on page 24



**Adventures of Peakbagger** *continued from page 23*

To Peakbagger, these CCC men are heroes. They tirelessly improved hiking trails all over New England, and elsewhere, so that he would have an easier time peak bagging summits. With their sweat and undaunted energy, they built water bars and built steps to help mitigate erosion on trail after trail. And also blazed, cleared, and re-routed trails. To Peakbagger, it is a total honor to have walked in the footsteps of these men. Peakbagger says, "Thank you for your service, young men of the CCC, for conserving and improving our country, as well as in helping me to climb mountains. You, who as servants who have paved the way for us, are my heroes!"

-- Peakbagger

**Feeling Awe** *continued from page 4*

or beyond human scale, that transcends our current understanding of things."

Some of the conclusions of some research quoted in the article:

**"Awe binds us together."** – Keltner says, "Facing a great vista – or a starry sky or a cathedral - we realize we're a small part of something much larger. Our thinking shifts from *me* to *we*."

**"Awe helps us to see things in new ways."** – "Unlike , say, fear or excitement, which trip our 'flight-or-flight' response, awe puts on the brakes and keeps us still and attentive, says [Arizona State University psychologist Michelle] Shiota. This 'stop-and-think' phenomenon makes us more receptive to details and new information."

**"Awe makes us nicer – and happier."** – "'Awe causes a kind of Be Here Now that seems to dissolve the self,' says social psychologist Paul Piff of the University of California, Irvine. It makes us act more generously, ethically and fairly."

See *Feeling Awe* continued on page 25





*Feeling Awe continued from page 24*

**“Awe alters our bodies.”** – “Awe is the positive emotion that most strongly predicts reduced levels of cytokines, a marker of inflammation that’s linked to depression, according to research from the University of Toronto’s Jennifer Stellar. That suggests a possible role in health and healing, and may explain the raft of recent studies that have linked exposure to nature with lower blood pressure, stronger immune systems and more.”

What does all this mean for your life and your participation in PVHC? The more often you become “awestruck,” while being involved in club activities, the greater the benefit and the potential to improve your health and happiness.

-- Dick Forrest

## **Last Call for PVHC Photos**

Can you believe PVHC hiking year 2016 (December 1, 2015 to November 30, 2016) is almost over? Our famous slide show will take place at the December 10, 2016 holiday party. Thanks to everyone who has submitted photos thus far – they are much appreciated. We could use more photos. As you probably know, you can email key photos to me at [gnilrets55@aol.com](mailto:gnilrets55@aol.com). If you have many pictures, please put on a flash drive or CD and call me at 413-244-4814, and I can make arrangements to pick up your external device and return to you ASAP. Please be sure to identify date and place of hike. The deadline for submitting photos is **Friday, December 2**. Thanks!

— Cindy Dolgoff

## Important Membership Renewal Notices

The following memberships are up for renewal:

### Nov. Renewals

Marie Babbitt  
 Terry L. Champiney  
 Lindsley Colligan  
 Barbara Considine  
 Brenda Davies  
 Lynn Gebo  
 Richard Harris  
 Tracy Harrity  
 Joyce Korona  
 Edward Laroche/Mimi Watroba/  
 Loroche  
 Karen Leary  
 Helen MacMellon  
 Mary Moriarty  
 Teri O'Connor  
 Bill Packard  
 Jeffrey & Marian Parentela  
 Mark Ruddock  
 Ron & Cathy Sena  
 Chuck Serafin  
 Martha Spiro  
 Emily Squires  
 Peter Thieme  
 Lori Tisdell  
 Jeannette Tokarz  
 Warren Wilkinson

### Dec. Renewals

J B DeJean  
 Eva Kealey  
 Debbie Mac Neal  
 David Pierrepont & Theresa Mur-  
 phy  
 Ruth Preston  
 Craig Stevens  
 Rick & Sandy Wallis

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](mailto:dforrest@charter.net).

### WELCOME NEW MEMBERS

#### September

Jean Deforge  
 Lisa Golob  
 Tim LaBonte  
 Thomas Neal  
 Beverly Sager  
 Yasha Sharma

#### October

Barbara Bigelow  
 Jacki Gadbois



**UPCOMING EVENTS AND THE USUALS**

- Every Mon. (MA) Mornings w/ Chip
- Every Tues. (MA) Evening hikes w/ Lori
- Every Wed. (MA) Evening hikes w/ Marcia
- Every Thurs. (MA) Mornings w/ Harry & Ashley Reservoir evenings w/ Erin
- Every Sat. (MA) Afternoon walks w/ Ruth
- Nov. 5 (MA) NET— Section I
- Nov. 12 (CT/MA) Mts. Frissell & Brace
- Nov. 19 (MA) Mohawk State Forest
- Nov. 26 (MA) Mt. Alander
- Dec. 3 (MA) Annual Mt. Greylock
- Dec. 10 (MA) Annual Holiday Party
- Dec. 17 (MA) Hike/Eat International
- Dec. 25 (MA) Hadley Rail Trail
- Dec. 31 (MA) New Year's Dinner/ Hike

## IMPORTANT NOTICES

Next Club Meetings:  
 November 1, 2016, 7 pm at **FBC**  
 December 6, 2016, 7 pm at **FBC**

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

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

**\*\* Check out our club website 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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