



# Bootprints

The Bimonthly Newsletter of the  
Pioneer Valley Hiking Club

## Moosing Around in New Hampshire: My Adventures at the 2017 White Mt. Sampler

by Cindy Dolgoff

### Trotting up Table Mountain

Thursday, June 22

It was our first full day in the White Mountains, and Gary and I went hiking with Karen, Al and Sandy. Karen chose our hike – Table Mountain in Bartlett. We arrived at the small parking area at the trailhead, which was devoid of vehicles, except a Subaru that was taking up two of the three spaces. Despite the glorious weather, we had the entire trail to ourselves all afternoon. Whee!

Karen appointed me Hike Leader. Okay, I can do this, I thought. A sudden burst of energy ran through me.

*See Moosing Around continued on page 6*

### First Timer on the White Mt. Sampler

by Beth Ouellette

So my friend, Shari Cox, asked if I wanted to share her room for the White Mountain Sampler Weekend. Would I? Of course! I hadn't been before, but who doesn't love the Whites?

Once we arrived at the Briarcliff Motel, our home for the weekend, the atmosphere was one of a big reunion. Greetings were called across the parking lot. People gathered around the pool to socialize and get caught up on news of hikes taken, or the spouses who might not have made the trip.

Then it was on to dinner at my new favorite restaurant, Flatbread Pizza. What? What? We get free pizza? Thanks to trip leader, Al Goodhind, yes we

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Smurfy advice for the trail...

## The Mountaineer's Rest Step

by John "PaPa Smurf" Klebes

Hiking is easy, right? Just put one foot in front of the other. That is until you hit that steep slope straight up that Adirondack, White Mountain, or Catskills peak. That's when you really feel the burn in your quadriceps, you are constantly out of breath, and find yourself wanting to take a break every few feet and hoping the summit is just around that next boulder, instead of enjoying the adventure.

Mountaineers know that the secret to tackling long stretches of steep slopes, especially on snow or at high altitude, is a simple technique known as the Mountaineer's Rest Step or Lock Step. I first learned of this technique when climbing Mt Rainier with RMI. Fortunately, variations of this technique are just as useful at low altitude. Mastering this fundamental mountaineering technique is a great trick to

*See Rest Step continued on page 11*

*"Hiking is easy, right? Just put one foot in front of the other."*

*~ PaPa Smurf*

## The Adventures of Peakbagger: The Tale of Brokefart Mountain

by Peakbagger

In early June, three fellow hikers, a man and two women, and I hiked in the Belknap Range, on the southeast side of Lake Winnepesaukee in New Hampshire. We intended to hike 7 mountains on the east side of the range, all in one day. The Belknap Range has 12 peaks from 1674 feet, the lowest, and the highest, being Belknap Mountain, 2382 feet in elevation - not terribly high mountains.

One of the peaks which we climbed was South Straightback Mt. Trying to get a reaction from my fellow hikers, I rather innocently stated that I have always wanted to go to Brokeback Mt. (I actually never saw the movie, but saw some advertising for it.) My hiking buddy said, "What are you trying to tell us, Peakbagger?" I really didn't mean anything by

*See Peakbagger continued on page 12*

*"What are you trying to tell us, Peakbagger?"  
~ Peakbagger's hiking buddy*



## Toilet Talk

by Cindy Dolgoff

Relieving oneself is a basic need. On most hikes, it's simply a matter of finding what you hope to be a private treed area and announcing your plan to "separate."

There are few phrases heard by a PVHC hike leader on a NYC Bus Trip that strike more fear than the following:

"I have to go to the bathroom."

New York City is not a potty-friendly town. One would think that a city that boasts of 8 million plus residents would have a decent number of public rest rooms. But no.

Some of the public places that you think would have public

*See Toilet Talk continued on page 13*

*"New York City is not a potty-friendly town."*

*~ Cindy Dolgoff*

## Rethinking Our Exposure to Sunlight and Ultraviolet Rays

by Dick Forrest

In a *New Scientist* magazine article of June 10, 2015, called *Shunning the sun may be killing you in more ways than you think: It's time to rethink our exposure to sunlight and ultraviolet rays. Their health benefits go way beyond vitamin D*, Richard Weller, a dermatologist at the University of Edinburgh in the UK, believes that exposure to sunlight/UV rays has substantial benefits for your life.

Weller says: "Many studies have now tested the effects of vitamin D supplements on health, but the results have been disappointing...It accounts for some of the sun's health benefits, but not all." Weller goes on to say in the article that his group has found that "nitric oxide" brings health benefits from sunlight. He says that a Nobel prize winning discovery in 1996 is that nitric oxide "dilates blood vessels

*See Sun Exposure continued on page 14*

**Book Review:**The End of Night: Searching for Natural Darkness in an Age of Artificial Light, by Paul Bogard

Review by Dick Forrest

Paul Bogard teaches creative nonfiction at James Madison University in Virginia. I heard him speak in mid-May at the Springdale (Utah) Community Center, just outside of Zion National Park. I was impressed with his eloquent speaking and his interesting topic, and so I bought his book, The End of Night.



The End of Night is a thoroughly researched book about how light pollution has affected our world and what we can do to mitigate its effects. Paul Bogard also searches for dark places in the U.S. and the world where he can feel alive at night with minimal intrusion from light pollution.

Light pollution is not just a problem for astronomers. Too much light, at night, has destructive effects for every human being's health and for the health of wildlife ecosystems. For us, too much light, at night, can affect our circadian rhythms and the production of the hormone, melatonin. Melatonin is made in the pineal gland of the brain, and helps to regulate our sleep-wake cycles.

We use lights at night for security. Too much light creates glare, and ironically, less security. An example of "light trespass" is when too much light intrudes into our physical space from our neighbor's yard at night. That light can affect our health and well-being.

See *The End of Night* continued on page 16



## JBL Backpack, Adirondacks, NY



Friday, Sept. 29<sup>th</sup> – Sunday, Oct. 1<sup>st</sup>

There are still a few openings for PVHC's annual trek to Johns Brook Lodge. Cost is around \$85.00 for 2 nights lodging and group dinner on Saturday. Forty dollars will hold you a place, refundable until July 30<sup>th</sup>, if you need to cancel, after that you would need to find a replacement. Deadline to sign up is July 30<sup>th</sup>, with a deposit of \$40.00 that will hold your place.

I have reserved bunks in the 2-larger bunkrooms, which have a mattress, pillow, and wool blanket but no linens. There is a full service kitchen, which we have access to along with a refrigerator. There's also a wood stove for heat in the large dining area.

If you have never gone to JBL, it's not a difficult hike in, about 3.5 miles...the Lodge is very inviting and sits by the river. It is wonderfully serene and peaceful!

Call/email Karen Markham (413) 967-9415 or  
[karen@library.umass.edu](mailto:karen@library.umass.edu)

**Moosing Around** *continued from page 1*

We hiked to the top – two miles, per Mr. Fitbit – and I settled in on what I thought was the summit. “Nope”, Al corrected me. “Not quite yet.” He has a GPS unit. We walked around in circles for a bit and realized we were going to have to bushwhack to the top. My first bushwhack! I pushed sticks and branches aside and carefully stepped over mounds of moose poop. There was a steep rock part where I almost turned back, but Sandy pulled me up. There! We had summited.

It didn't look like much to me; I liked the rock ledge 500 feet below better. But Al said his GPS reported us on the top. After congratulatory high-fives, we scuttled down and munched on our sandwiches on the rock ledge. What a pretty view. It doesn't get much better than this.



View from Table Mountain

**The Curse of the Moose Jinx****Thursday, June 22**

I've never seen a moose before. A few years ago, Karen told me, “Stick with me – I'm the Moose Magnet.” Subsequently, every now and then she'd tell me how she saw a moose (never when she was with me). I was the Moose Jinx. This year, we decided we would organize a moose tour for the club. Surely that would guarantee a moose sighting.

*See Moosing Around continued on page 7*

*“We walked around in circles for a bit and realized we were going to have to bushwhack to the top.”*

*~ Cindy Dolgoff*

*“I was the Moose Jinx.”*

*~ Cindy Dolgoff*



*“Maybe you should be removed from the bus,’ someone joked, an obvious reference to my Moose Jinx status.”*  
 ~ Cindy Dolgoff

*“We didn’t get back to our hotel until 1:30 a.m. It was worth it because now I can say that I have seen a moose.”*  
 ~ Cindy Dolgoff

**Moosing Around** continued from page 6

We set out at dusk in the Moose Safari mobile, which was mostly filled with PVHC members. Our tour guide popped in a DVD about moose. I immediately fell asleep. Dozing for over an hour, I realized I’d better wake up, lest I miss seeing a moose.

The Moose Safari van drove around in circles, mostly on Route 302 near the Mt. Washington Inn. We saw zero moose. It dawned on me – why would a moose hang out on the side of a highway when there were miles and miles of wilderness to roam? On and on our road to nowhere droned. The van paused at a country store around 11:00 p.m. for a rest-stop. “Maybe you should be removed from the bus,” someone joked, an obvious reference to my Moose Jinx status. So far, the most excitement we had was the giant moth that fluttered into the bus and landed on Deb.

The guide, in a last-ditch effort to sight a beast, detoured North on Route 115, then drove East onto Route 2. There we spotted her - an enormous moose in a field! She watched us briefly and trotted into the woods. Finally! The Moose Jinx was broken.

But that wasn’t the best part. On our drive back to the parking lot, there were two moose standing in the middle of the road. They moved off to the side and we watched them for quite awhile.

We didn’t get back to our hotel until 1:30 a.m. It was worth it because now I can say that I have seen a moose.



## **Chugging up Mt. Chocorua**

### **Saturday, June 24**

The weather forecast was changing hourly. Showers, sun, partly cloudy, thunderstorms, rain. Gary and I were planning to lead a Moderate+ hike to the top of Mt. Chocorua, which included rocky sections. I was hoping it would be dry. Our group of ten set out on the trail at 9:15 a.m. Even if it rained, we’d be able to see the Champney Falls, about halfway into the hike.

See *Moosing Around* continued on page 8

**Moosing Around** continued from page 7

View from Mt. Chocorua

Our hike started out cloudy and humid. At the very beginning of the hike is a water crossing. I watched in horror as a hiker dunked her entire foot into the stream. She wasn't a member of our group.

On we hiked, towards the falls. Luckily, the bugs weren't too bad. I took off my insect net, which I needed the day before to ward off the mosquitos and black flies.

The falls were rushing, due to recent heavy rains. It was a pleasant area to rest and take photographs. The skies still looked threatening, although the final forecast was a sunny afternoon. We decided to continue on and see what would happen.

Up and up we went, and the rocky trail converged into switchbacks. I remembered the trail from a hike that we did with the club five years ago. To my recollection, the switchback area would end at a flat clearing, with a final .2 miles through the woods and then 0.4 miles around the bare-faced mountain to the summit.

As we reached the clearing, the skies opened up. We rummaged through our packs to quickly don rain gear. It was pouring out. We decided to continue to the base of the final ascent, and then decide what to do.

The rain stopped at the beginning of the mountain path, but the wind picked up in its place. It was howling! Harry clambered up about 100 feet and shook his head. "Very windy and slippery." None of us wanted to attempt the final ascent. Maybe another time.

See *Moosing Around* continued on page 9

*"The rain stopped at the beginning of the mountain path, but the wind picked up in its place. It was howling!"*

*~ Cindy Dolgoff*





*“Miraculously, the sun came out and we were treated to a fine view from our perch on the rocks.*

*~ Cindy Dolgoff*

*“Once out of the car, we had a circle in what seems to be true PVHC fashion.”*

*~ Beth Ouellette*

**Moosing Around** *continued from page 8*

Miraculously, the sun came out and we were treated to a fine view from our perch on the rocks. We quickly ate our lunches, as the wind was bone-chilling.

Returning to the path, we carefully wound our way down the rocky trail, which was now slippery. Luckily, no one fell. Our only casualties were Harry’s snapped hiking pole and Teri’s backpack cover, which had taken flight at the mountain base and was probably on its way to Boston.

We made our way back to the car, tired from the eight mile hike that had a 2,100 feet elevation gain. It was a fine day, despite not being able to summit.

**Thank You, Al**

A big thank you to Al Goodhind, who organizes this wonderful trip every year. Gary and I had the best time. The White Mountain Sampler is always a treat to look forward to.

-- Cindy Dolgoff

**First Timer** *continued from page 1*

did, and it was great. Wood-fired with a terrific array of toppings. (And free!).

Later, at the 9:30 p.m. meeting, where hikers declared which hike they were doing, I settled on just the right hike - The Imp Trail.

So that’s how I found myself the next morning in a car riding to the trailhead. Once out of the car, we had a circle in what seems to be true PVHC fashion. Marie from Granby, Shari from Springfield, Tina from Wilbraham, Beth from Easthampton. Off we went under cloudy skies.

As we reached a vista, a light rain began to fall and we stopped for snacks and to take some time to decide on our next move. While donning rain gear we debated whether to backtrack to the car or continue on to make it a true loop. After trying to determine the direction of the clouds and consulting the trail map, we decided to continue on in the same direction. It was on this descent that I

*See First Timer continued on page 10*

**First Timer** continued from page 9

was introduced to the term, "Ice Cream Worthy" hike. Was this hike strenuous enough to be deemed "Ice Cream Worthy"? And there I was thinking, they were all "Ice Cream Worthy." Our walk back had all the elements of what I consider a four-star hike – great views, great company, plus the bonus of the smell of pine and the sound of a flowing stream. And I did get ice cream.

Back at the motel there were more people to meet, more plans to make. We heard about a proposed hike off the Kancamagus Highway called Boulder Loop. Shari, Eva Kealey (one of my other roomies), and I decided to join in.

But before the night was over, Shari had invited Cindy Hibert to breakfast in our room. Sunday AM we spread out an impromptu buffet composed of bits and pieces of our own stash of breakfast food. Yogurts, fruit, bagels and from our fourth roomie, Laurie Mahoney's super zucchini bread. One guest grew to 3, 4, 5, 6 or so, as people stopped by, each with something to share. (Hmm... a tradition in the making?)

After being well-fed, we drove to the trailhead and met up with a group of hikers that was larger, but just as congenial as the group I had hiked with on the previous day. After a moderately steep ascent, the payoff at the highpoint was a ledge with a view of the valley and Mt. Chocorua. There are numbered stops along this trail, and with the help of an informational pamphlet, we were able to learn something about the forest's tree growth and rock formations.

Another four-star hike - great views, great company, the smell of the woods and the sound of a flowing stream. But it was a little early in the day for ice cream.

After this weekend, I understand why people come back each year: Camaraderie and a chance to enjoy the gift of nature are a winning combination. Will I go back next year? Absolutely! I haven't stopped talking about this year's trip.

-- Beth Ouellette

*"Was this hike strenuous enough to be deemed 'Ice Cream Worthy'?"*

*~ Beth Ouellette*

*"Another four-star hike - great views, great company, the smell of the woods and the sound of a flowing stream."*

*~ Beth Ouellette*



PaPa Smurf

*“As you take a step forward, lock your rear knee and keep all of your weight on the back leg.”*

*~ PaPa Smurf*

**Rest Step** *continued from page 2*

preserving energy while helping you maintain a steady pace up those steep sections of trail. I continue to find it a very useful when tired or faced with long stretches of steep terrain at any altitude.

Anyone who has powered quickly up a steep slope knows that continuous movement is a great strain on your muscles that quickly causes you to run out of stamina. Your breathing becomes labored, you feel your heart and muscles pounding, and you start building up lactic acid in your muscles. Lactic acid is responsible for that burning sensation in your muscles.

The Rest Step is a technique that slows you down, helps you keep your breath, and allows you a mini-rest with every step. During the short rest portion of the step, you take pressure and strain off your muscles and transfer it to your bone structure. If done right, it maximizes efficiency of movement with the minimum amount of energy used.

Here's how it works:

As you take a step forward, lock your rear knee and keep all of your weight on the back leg. As you swing your other leg forward, keep your weight on the back leg. Once your forward foot comes to rest on the ground, keep it relaxed so that there's no weight on it and pause for just a quick moment.

Then, when you're ready to take the next step, simply shift your weight forward to the front foot, step forward with the other and lock the rear knee again, repeating the entire process.

During the time the rear knee is locked you are supporting all your weight without requiring any help from your leg muscles. That means your leg, hip and back muscles get a rest, if only for a short moment. Stay paused in that position for however long it takes to avoid running out of breath.

How long you pause depends on the person and conditions. A climber in the thin air of the Himalayas might stay motionless between steps for 10 seconds as he breathes in the thin air. In lower elevations you might pause for barely a second or less, just enough

*See Rest Step continued on page 12*

**Rest Step** *continued from page 11*

to take the pressure off the muscles before continuing a steady rhythm up the mountain. The trick is to maintain a slow steady pace and breathing that fits your abilities and terrain.

Try to establish and maintain a good rhythm with small steps and pauses that keep your breath flowing smoothly. One step at a time. Up, lock, relax and then shift your weight and swing the other leg up. Find a steady rhythm. Instead of forcing yourself up the mountain simply swing a leg up, shift your weight, pause, and then repeat in a steady pace. You might find it feels kind of robotic but you will be able to keep this up for long periods without getting tired.

The hardest thing about the rest step is to force yourself to go slowly. At first, it will seem very awkward and too slow but you will be amazed how long you can hike with the proper rhythm. You will find you don't have to stop near as often to rest, and before you know it, you will be playing leapfrog with all of the fast hikers and not getting exhausted.

Getting the rest step down takes some practice, but it can turn a grueling climb into an amazing adventure. You might just find that you have so much extra energy you are ready to join PaPa Smurf on a bonus moonlight hike back up the mountain after your long day of hiking.

~PaPa Smurf

{If you have a suggestion for future topics or a hike-related question you would like covered in the column, send a note to [john.klebes@gmail.com](mailto:john.klebes@gmail.com)}

**Peakbagger** *continued from page 2*

it at all, but all four of us had a chuckle. By lamely trying to inject a little humor into our hike, I got the reaction that I wanted.

Well, sometime along our journey, I, unintentionally, of course, passed some audible gas on the trail. (I know it's a squeamish subject, but when we hike, and especially after we have eaten something on the trail, we often put some extra pressure on our insides, and sometimes gas unexpectedly escapes, either from our mouths or from our

See *Peakbagger* continued on page 13

*"The hardest thing about the rest step is to force yourself to go slowly."*

~ PaPa Smurf



*"Well, the name,  
"Brokefart Mt.",  
elicited some giggles,  
some smiles,  
and some laughs."*

*~ Peakbagger*

*"On our 2017 trip, I  
am pleased to announce  
that we had no trouble  
at all finding toilets."*

*~ Cindy Dolgoff*

**Peakbagger** *continued from page 12*

backsides. Most hikers generally know what I mean.) And then my hiking buddy, who was hiking with me on the trail, did the same. Then I said that we must be on "Brokefart Mt."

After hiking most of the day, completing our hike over 7 peaks, and after getting ice cream, we went back to our small cabin in a local campground, and had dinner. After dinner, we played a card game called Pitch. Sometime during the game, I happened to mention that we were on Brokefart Mt. today. Well, the name, "Brokefart Mt.", elicited some giggles, some smiles, and some laughs. We were like a bunch of giddy schoolchildren who find that topic really amusing. And as an adult, it's been a long time since I've had such a good laugh. The moral of the story: we never truly outgrow the thoughts and feelings of our childhood; we never truly grow up.

-- Peakbagger

**Toilet Talk** *continued from page 3*

bathrooms do not – for example, St. Patrick's Cathedral. Fast food chains' rest rooms are often locked and require a secret code, obtainable only after standing in a long line and making a purchase. You may be shown the door if you try to sneak into the men's or women's room in a bar or restaurant.

On our 2017 trip, I am pleased to announce that we had no trouble at all finding toilets. In fact, there seemed to be an abundance of them!

Karon Belunas and I discussed this unusual occurrence on the bus trip back home.

"Can't believe the first women's room serviced all of us." Our group, and Jeanne Kaiser's group, descended en masse into the Time Warner Building bathrooms. Must've been at least thirty women.

"I liked the NY Public Library bathroom. I didn't even have to go,

*See Toilet Talk continued on page 14*

**Toilet Talk** continued from page 13

then Warren said, 'There's a women's room over there.' So, of course, I had to check it out."

"Did you use the one at the tram? I actually skipped that one. I heard it was pretty decent."

"How many bathrooms did you go to?" Gary asked.

"Oh, lots and lots!" Karon and I laughed. "And they were clean! We could even rate them on a scale of 1-5."

Yes, we did indeed find many bathrooms. The Time-Warner Building had the largest. Rockefeller Center was sparkling. The NY Public Library women's room was old and grand. Our tour of Grand Central Station included revelation of the secret women's room (ask me and I will tell you where it is). And, for future reference, Bryant Park is in the process of building public bathrooms that they claim will be "the Tiffany's of Toilets." Meanwhile, they have porta-potties, which we did not use – one of the few facilities that we passed by.

Will we have similar luck on the 2018 PVHC New York City Bus trip? Stay tuned! Personally, I am looking forward to using the "Tiffany's of Toilets."

-- Cindy Dolgoff

**Sun Exposure** continued from page 3

and controls blood pressure." Weller states:

This is because the skin contains large stores of nitrate, which the ultraviolet (UV) radiation in sunshine converts into nitric oxide. When the gas enters the circulatory system, it lowers blood pressure by a small amount. This can make a big difference.

Weller says that the wider benefits of sunlight should no longer be ignored, and that nitric oxide, more than vitamin D, may be "a more important mediator of sunlight's health benefits."

Richard Weller also talks about skin cancer in the article. Recent epidemiological studies have shown surprising results:

See *Sun Exposure* continued on page 15

*"Personally, I am looking forward to using the "Tiffany's of Toilets."*

*~ Cindy Dolgoff*



*"He (Dr. Richard Weller) says that 'episodic sun exposure and sunburn' pose the greatest risks to developing melanoma."  
~ Dick Forrest*

**Sun Exposure** *continued from page 14*

A survey of 30,000 Swedish women recruited in 1990 and questioned about their sun-seeking behavior found that the more they had sunbathed, the less likely they were to have died 20 years later. In fact those who did the most sunbathing were half as likely to be dead as those who had avoided the sun entirely...Another Scandinavian study of 40,000 women found that those who went on the most sunbathing holidays were least likely to have died 15 years later.

And lastly, in the article, Weller writes that "the sun's rays are known to cause cancer, but the picture is more complicated than that."

There are two main forms of skin cancer, melanoma and non-melanoma. Incidences of melanoma are rising and about 10 to 20 percent of cases are fatal. Weller says that melanoma is more prevalent in Australia than the UK, it's more common in indoor workers than outdoor workers and among the untanned than the tanned. He says that "episodic sun exposure and sunburn" pose the greatest risks to developing melanoma. He cites a Danish study: those with "non-melanoma" cases were less likely to die than healthy control subjects and less likely to die of a heart attack.

What's all of this mean for Pioneer Valley Hiking Club members? Definitely be careful about your exposure to the sun, but keep on truckin' on the trails in the sunshine – exposure to sunlight has positive benefits and is good for your well-being.

-- Dick Forrest

***The End of Night*** continued from page 4

The first chapter of the book is Chapter 9, and the last chapter of the book is Chapter 1. Bogard patterns his chapter arrangement after the Bortle Scale. Astronomer John Bortle came up with a numeric scale from 1 to 9, number 1 being the darkest, and number 9, being the brightest, which measures the night sky's brightness of a particular location. So Bogard creatively lays out his chapters, in reverse order, from light (Chapter 9) to dark (Chapter 1). Chapter 9 includes a visit to the brightest place on the planet, and that's Las Vegas. Chapter 1 includes visits to the darkest places in the country, and emphasizes how the National Park Service is leading the way in helping to mitigate light pollution in and around our country's national parks.

What impresses me most about this book is Paul Bogard's interviews with many people from all over the world who are concerned and dedicated to reducing light pollution where they live and work. There are many costs involved with light pollution, including the monetary cost of electricity, and a loss of the sense of wonder with not being able to see the night skies, to name a couple, and Paul Bogard, in this book, examines all of the costs very well.

-- Dick Forrest

*"Astronomer John Bortle came up with a numeric scale from 1 to 9, number 1 being the darkest, and number 9, being the brightest, which measures the night sky's brightness of a particular location."*

*~ Dick Forrest*



## Important Membership Renewal Notices

The following memberships are up for renewal:

### July Renewals

Rick Briggs  
 Kathy Brown  
 Elizabeth Case  
 Pam Chandler  
 Janice & David Fedor  
 Tina Garde  
 Mike Gross  
 Jeanne Kaiser  
 Marcia Kelly  
 Sarah Kiritsis  
 Ravi & Rushmie Kulkarni  
 Norm Plante  
 Darlene Renaud  
 Barbara Werum Richard  
 Fred Riotte  
 Nancy Rose  
 Robert & Lisa (Frigo) Schechtman  
 Sandy Segoy  
 Melissa Stello  
 Stephanie Vignone  
 Carol Wood  
 Carolyn Young

### August Renewals

Harry Allen  
 Hedy Beaudry  
 Marie Bienvenue & Albert Gagliarducci Jr  
 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  
 JC Parker  
 Robert Pomeroy  
 Joel & Noel Stella  
 Heather Wyman  
 Carole Zambito

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

##### May

Barbara Fish  
 Anne Maher

##### June

Steve Harvey



**UPCOMING EVENTS AND THE USUALS**

- Every Mon. (MA) Mornings w/ Chip
- Every Wed. (MA) Evenings w/ Marcia
- Every Thurs. (MA) Mornings w/ Harry & Bike Rides w/ Jane, & Ashley  
Reservoir evenings w/ Erin
- July 15 (MA) NET Sec. 5
- July 22 (MA) Forest Park
- July 29 (MA) Race Brook/Mt Everett
- Aug 5 (MA) Quabbin Loop
- Aug 12 (MA) Mt Tom
- Aug 19 (MA) Tanglewood/Local Hike
- Aug 20 (MA) PVHC Picnic - Wendell State Forest
- Aug 26 (MA) Mt Tom Traverse
- Sept 2 (MA) Mt Alander
- Sept 9 (NH) Mt. Moriah/Flagsover48
- Sept 16 (CT) NET Sec. 11
- Sept 23 (VT) AT Sec. 1

## IMPORTANT NOTICES

Next Club Meetings:  
 July 11, 2017, 7 pm at **FBC**  
 August 1, 2017, 7 pm at **FBC**

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

Deadline for submissions to the next *Footprints* is August 20, 2017

**\*\* 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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