



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

Does Nature Improve Creativity?

by Sandy Sego

It is self-evident that we all spend more time in front of a screen (computers, televisions, tablets, and phones) than we ever have in the past. Psychologists have been studying how spending so much time on these devices impacts our thinking and reasoning skills. A study by Atchley, Strayer, and Atchley (2012) examined how spending time in nature, away from technology would impact our creativity and creative reasoning skills.

Use of electronic devices typically requires high levels of attention. We must be engaged with the screen, respond to prompts, and ignore other things (ignore things happening away from the screen). This highly focused attention can make it difficult to engage in other tasks that require focused attention, due to mental fatigue. It may also make it difficult for us to employ creative thinking. With creative thinking we need to make connections across ideas that are not directly related. Creative thinking is used in brainstorming and artistic endeavors, to develop novel or unusual ideas.

See Nature continued on page 5

How April the Giraffe Hijacked a Hike

by Lori Tisdell

About the end of February my daughter Jos and I heard about a giraffe in New York that was "About to give birth!" Turns out she wasn't, it was a news site reporting about a zoo in NY with a pregnant giraffe, and they jumped the gun. But we were hooked watching April and her growing belly, and her mate, Oliver, and their interactions. Giraffes are beautiful, graceful creatures with their long legs and necks and swaying walk. They are not so graceful when they sit on the ground and get back up, but I think that makes them rather relatable. Don't we all have days when it takes all we have to get up and down?

See April the Giraffe continued on page 6

Volume 21, Issue 3
May, 2017

Inside this issue:

- Important Renew- 18
al and Member-
ship Notices
- Upcoming Events 19
And The Usuals
- Important Notices 19

Special points of interest:

- Sandy Sego's
article on page 1
- Lori Tisdell's
article on page 1
- Cindy Dolgoff's
article on page 2
- PaPa Smurf's
article on page 2
- Carol Vanderhei-
den's
article on page 3
- Peakbagger's article
on page 3
- Shari Cox's article
on page 4

A Gusty Hike

by Cindy Dolgoff

Yawn. It's the second week of March - time to emerge from my winter hiking hibernation. What better hike to begin the season than one of Harry Allen's Thursday morning hikes?

Our hike today brings us to Poet's Seat in Greenfield. Gary and I meet our fellow PVHC hikers at Elwell Recreation Center and car-pool to the trail head. It's a sunny day, and 46 degrees when we leave the parking lot. But we're bundled up because the wind is blowing like mad.

At the trail, we descend a path into the woods. After moving along a bit, it doesn't feel as cold as it was earlier. Then, as we proceed up the ridgeline, we're hit by blast after blast of frosty air. Harry cautions us to watch overhead, to make sure we don't get hit by a falling tree limb. I stop and count the hikers – an unlucky 13. Is it Friday the 13th, or the Ides of March? No, not an unlucky day.

See *A Gusty Hike* continued on page 7

Smurfy advice for the trail...

Overgrown and Hard-to-Follow Trails

by John "PaPa Smurf" Klebes

For our second installment of PaPa Smurf's advice for the trail, let's tackle some overgrown and hard-to-follow trails.

Many of the hikes we find ourselves on in New England are well-blazed, have signposts and good maps, and are well-maintained, but not all. There comes a time where we find ourselves on an overgrown trail, or a storm has damaged the trail making it hard to follow, or the trail is just poorly marked or easy to mix up with a newer road, bike path, or an animal trail crisscrosses the original path.

See *Trails* continued on page 8

"Then, as we proceed up the ridgeline, we're hit by blast after blast of frosty air."

~ Cindy Dolgoff

"For our second installment of PaPa Smurf's advice for the trail, let's tackle some overgrown and hard-to-follow trails."

~ PaPa Smurf



Bootprints

Book Review:

One Hundred Summers: The People of the Appalachian Mountain Club Professional White Mountain Trail Crew, Their Work and Adventures, by Natalie Beittel and Kyle Peckham.

Review by Carol Vanderheiden

"...researched archives to create a history of one hundred years of trail maintenance in the White Mountains of New Hampshire."

We often hike in the White Mountains and often, but only briefly, consider the work that's needed to maintain the trails of the White Mountains. The writers of this book, Natalie Beittel and Kyle Peckham, are former Trail Crew members, who have assembled interviews with other Trail Crew, and researched archives to create a history of one hundred years of trail maintenance in the White Mountains of New Hampshire.



See *100 Summers* continued on page 12

The Adventures of Peakbagger:

Peakbagger Loves to Earn Hiking Award Patches

by Peakbagger

*"Keep on moving, keep climbing/ Keep the faith, baby/
It's all about,/ it's all about the climb"*

~ Miley Cyrus

Peakbagger, by the very definition of his name, loves to bag peaks. And, of course, there are rewards for bagging peaks, aside from the often magnificent views and the great sense of accomplishment and satisfaction in getting

See *Peakbagger* continued on page 13

Camping, Biking and Hiking in VT:

August 25-27th

by Shari Cox

I am leading a trip to Vermont for a weekend where we will camp, bike and hike. There is also available swimming, kayaking and standup paddling! I have reserved one lean-to, which is on the water side of Lake Carmi in Enosburg Falls. This will hold 8 people. First come, first serve. If this fills up and we have enough people for another lean-to, I can reserve another as long as there availability. If there is not enough people, you are welcome to reserve your own campsite.

The bike ride will be on the Missisquoi Valley Rail Trail. The trail starts in St Albans and ends in Richford. The trail goes through Enosburg Falls between mile 16-17. We will bike from Enosburg Falls area. So we can ride up to Richford and back and it will be about 16 miles. For the people who want to bike more will continue on to St. Albans and back which will end up being 50 miles round trip. From the little I know, the trail is crushed stone. Hybrids will be better suited for this type of trail.

The hike I have scheduled is Belvidere Mountain. The mountain is 5.8 miles up and back. If a loop is desired, it is 7.9 miles.

After biking or on Friday, you are welcome to kayak or swim in the lake. They have rentals available.

Please send a deposit of \$20.00 to hold your space. To: 223 Gifford Street, Springfield, MA 01118-2103

Further details will come when it gets closer and I have received your deposit.

If you have any questions, please contact me.

— Shari Cox



"One of the few ways people escape from using technology is to go backpacking or camping...The backpackers who had been away from electronic devices and been out in nature performed significantly better in using their creative thinking skills."

~ Sandy Sego

Nature continued from page 1

In the study, "Creativity in the Wild: Improving Creative Reasoning through Immersion in Natural Settings," the researchers used the Remote Associations Test to measure creativity. For this test, participants are given three cue words and must come up with a fourth word that is related to each of the cues. For example, if you were given the following three words: Falling, Actor, and Dust, what word has a relation with each of those three? The connections across the words may not be obvious at first. Take a moment and attempt to come up with an answer. Did you think of Star? If so, you would get a point on the Remote Associations Test.

One of the few ways people escape from using technology is to go backpacking or camping. The lack of access to screens or electricity forces people away from technology. So the researchers studied groups of backpackers who were not allowed to use any electronic technology during their outings. The backpackers were divided into two groups. One group was given the Remote Associations Test on the morning before their backpacking trip. The other group was given the Remote Associations Test on the fourth day of their trip. The number of associations they were able to find was measured. A statistical analysis showed that the backpackers who took the test on the fourth day of their trip performed 50% better than backpackers who took the test on the morning of their trip! The backpackers who had been away from electronic devices and been out in nature performed significantly better in using their creative thinking skills.

While we may be tempted to say that this increase in creativity was due to the benefits of being in nature, it is also possible that being away from technology and the type of focused attention it requires led to the increase in scores on the Remote Associations Test. While the researchers implied that the benefits in creativity were due to the time spent in nature, further research will have to support that idea. But either way, it is a good excuse to put down your phone and spend a few days in the great outdoors.

-- Sandy Sego

April the Giraffe *continued from page 1*

As we continued to watch through the rest of February, all of March and into April (!), we wondered if April would ever give birth to this calf. Jos and I would check several times a day and check in with each other, commiserating and wondering when it would finally happen. During this time we road tripped out to Arizona to meet up with friends, hiked the Grand Canyon for three days, hiked in Sedona, and road tripped back, and still no calf! We began to be a little bit less invested as time went on, checking in less than we had been - I guess our patience had dimmed after weeks of waiting.

On April 15th, Jos and I were driving to Connecticut, along with 16 other members of Pioneer Valley Hiking Club, to hike the NET's West and East Peak and see Castle Craig. Suddenly, Jos exclaimed excitedly, "April's having the baby!" Finally, and of all times, April was birthing her calf. The hooves were out and the zoo had made their official announcement that April was in active labor. Ugh, all the weeks of waiting and watching and now April finally "decides" to give birth while we are hiking. Nature cannot be ruled....but technology is a wonderful thing. Well, maybe not everyone on the hike was thankful for that technology.

Jos and I let everyone know we were on giraffe calf watch. Some of the group had heard about April and others hadn't. I can't imagine that someone hadn't heard as there were over a million people watching the YouTube live cam feed of the birth. Before heading out, Jos checked and still only the hooves were out. About a half hour later during a de-layering break, Jos said the head was partially out as well. We all took a look, some because they didn't have much of a choice, and others to see such a cool event happening in real time.

See April the Giraffe continued on page 7



April's male calf (as of this *Bootprints* publishing time) was recently named "Tajiri," which means "hope" in Swahili.

"Jos and I let everyone know we were on giraffe calf watch."

~ Lori Tisdell



“In the end, it seemed quite apropos to watch April give birth on that beautiful spring day with the early flowers blooming and trees budding with new life.”

~ Lori Tisdell

“The second part of our hike led us to a cave. Only a few brave souls dared to investigate.”

~ Cindy Dolgoff

April the Giraffe *continued from page 6*

About 10 minutes later, during a brief break at the top of a climb, Jos exclaimed “It’s born!” In that brief time between breaks, April’s calf had been born and was on the ground with its head bobbing as it tried to lift it up. Wow, so cool. Once again everyone (maybe not everyone) checked out the newborn giraffe calf.

We continued the rest of our hike, some of us lighter of spirit having seen the culmination of weeks of waiting and watching for this amazing event to finally take place. In the end, it seemed quite apropos to watch April give birth on that beautiful spring day with the early flowers blooming and trees budding with new life.

-- Lori Tisdell

A Gusty Hike *continued from page 2*

At the top of the trail, we reach the tower. “Does anyone want to go up?” Harry asks. Hmm. I had already assessed the outside of the structure – it was made of stone, probably won’t get felled in any heavy winds. I decide I am game and about half of us begin to ascend the steep stairs.

We are half-way to the top and it doesn’t feel any less windy. In fact, it feels worse. “I think we are getting above wind-line,” Harry reports.

We weren’t.

At the top, the gusts were whipping us back and forth. Those of us wearing nylon hiking trousers watched them ripple and shimmer. Carol Vanderheiden and I held our hiking poles by their straps and watched them swing to a horizontal position. Now this was wind!

As we walked down the road, the wind subsided. We thought, maybe it is over for the day. Harry brought us back to the parking lot and then across the street. If you’ve ever been on this hike, you will know that it’s a Figure 8 shape.

The second part of our hike led us to a cave. Only a few brave souls dared to investigate. “There’s probably bears hibernating in there,” we surmised. Harry Allen, Ron Morrisette, and Karon Belunas reported back to us that the cave was bear-less, although there was a blanket in it. Maybe a bear was cold.

See *A Gusty Hike* continued on page 8

A Gusty Hike *continued from page 7*

Shortly thereafter, we had lunch back at on the mountain-top, on a wooden platform. Here we experienced the wind at its worst. I had to put up my hood and eat my sandwich wearing gloves. It was cold!

The hike ended back at the parking lot. Gratefully, I got back into my sun-warmed Prius. I checked my Fitbit and saw that we hiked about 4 ½ miles. I was tired, but it was a great start to my 2017 hiking season.

-- Cindy Dolgoff

Trails *continued from page 2*

On popular trails you usually find a well-worn path that is fairly easy to stay on. We can often follow this path with confidence for many miles without the need to reference our maps, compasses or GPS. But even on these well-worn and marked trails, there is always a risk of getting off-trail by missing a turn, or losing your way at an intersection with another path or obstacle. This is why we always recommend that the hike leader stop, regroup, and make sure there is consensus whenever we encounter a split in the trail, a water crossing, an obstacle like a downed tree, the trail seems to fade, or when you are at a spot that is confusing or ambiguous.

See *Trails* continued on page 9

“On popular trails you usually find a well-worn path that is fairly easy to stay on.”

~ PaPa Smurf



“Many of the more established trails are marked by using blazes, cairns, or ducks.”

~ PaPa Smurf

“The best strategy is to pay closer attention for a trail change in direction whenever you see a blaze pattern that is different than what you have been following.”

~ PaPa Smurf

Trails continued from page 8

But what do you do at a spot like this if you are not sure which way to go? When you encounter a confusing or ambiguous choice of your path forward, we typically find ourselves looking for some indication or “confidence marker” that we are following the right path. Many of the more established trails are marked by using blazes, cairns, or ducks. On others you might find directional signs, hatchet marks or nothing at all, and we might have to use other means to reliably follow an overgrown path.

In wooded areas blazes are often marked on trees. The most common tree blazes are painted and the color often associated with a specific trail. They are generally found at eye level so they are easily visible even in deep snow. The major trails in our area such as the AT, LT, NET and AMC trails are usually blazed. In New York State, many of the trails are marked with colored disks where blue disks are used for north-south trails, red for east-west trails, and yellow for connectors. And in other areas, such as older trails in the far west, the trails are marked by carving into the tree with an axe or knife; typically, the US Forest Service standard for carved blazes resembles a blocked letter lower case “i,” but arrows or notches are also common.

While not universal it is common to indicate direction by using a double blaze. A single blaze means straight ahead, two blazes one on top of each other indicates a turn in direction with the top offset blaze indicating right or left. Two directly above each other or three blazes indicates caution, or confusing area ahead, or even “end of trail.” Since the color, style and techniques vary region to region its a good idea to understand the meanings for the trail you are on if information is available. This is sometimes listed on local trail maps. The best strategy is to pay closer attention for a trail change in direction whenever you see a blaze pattern that is different than what you have been following.

When at a confusing spot think about what might be going on. It might be that something has changed, such as a downed tree across the trail, making you feel that you lost your path, a change in

See *Trails* continued on page 10

Trails continued from page 9

direction, such as crossing a stream unexpectedly, or turning where many people or animals before you went straight, making it easy to continue on the path forward instead of turning as the trail meant you to. If in doubt, backtrack to the last marker and retrace your steps forward while being alert for possible turns or blazes on the other sides of obstacles. Remember, a blazed tree could have fallen or been taken by a beaver, or what may have been adequately blazed for someone that knows the trail it might be confusingly marked for someone new to the trail or under snow or leaf coverage. Blazes are usually marked in both directions so look both forward and backward on the path to see if you can find a marker. A blaze that has been damaged or lost in one direction might be visible from the other direction. Look out in all directions. You might be at a spot where the trail crosses a stream, or a mud slide, or the effects of a wind storm, or a downed tree has blocked your view of the trail or trail markers. Look beyond these obstacles for a continuation of the path.

If you still are not sure, you might have to travel down one of several options at a trail junction to see if you can find a trail sign or blaze. Perhaps hike 100 yards down the left fork, and if you don't find the trail marker, return to the fork and test the right fork for 100 yards. Be aware that many side trails form around confusing spots where people may take an alternate path, and you could end up on a game trail, or a side trail to water or a bathroom break, or a homemade trail going in a direction you didn't intend to follow. Be "Trail Aware."

One particularly difficult problem is beavers. The speed in which a beaver can change the landscape is amazing. If you find you have lost a trail due to flooding, look for landmarks on the other side of the beaver activity. You might have to hike a long way around the beaver area to get to the other side and pick the trail back up again.

When traveling above the tree line, or through open areas, rock piles are typically used as trail markers. Typically called cairns in the east and ducks in the west, they are used as markers where there are no trees, and help you follow the route in heavy fog or snow. A cairn is a large pile of rocks, typically 3 feet high; while, ducks are typically a stack of three small rocks, oftentimes stacked on top of a larger boulder.

See Trails continued on page 11



PaPa Smurf

"Be 'Trail Aware.'"

~ PaPa Smurf

"Typically called cairns in the east and ducks in the west, they are used as markers where there are no trees, and help you follow the route in heavy fog or snow."

~ PaPa Smurf

Trails continued from page 10

When following cairns and ducks, be sure you follow them in a straight line and that you don't accidentally pick up a secondary trail's markers. This is particularly important at trail junctions or at ridge intersections or summits where several trails may meet. You can easily follow the correct rock pile at first and notice a rock pile marking a different trail on the left or right of your path and think that it's your marker, when it's really a diverting trail.

No matter what kind of trail markers you are following, when in doubt, you should rely on your map, compass, and GPS for location and direction guidance. But, in general, as you hike, these trail markers provide a visual "confidence" that you are on the right path.

What about an overgrown trail without markers or when the markers are so old and unmaintained that you are not sure where to go? Established trails are usually well-worn. Even if the underbrush is overgrown, by lifting up the branches or crouching down low, you can usually make out the well-worn path where the dirt is packed down and grass and seedlings have a hard time taking root. You might have to push through high weeds or saplings, but you can usually make out the footbed underneath. If there is snow on the ground, you can usually see a depression in the snow that outlines the trail. Typically, the higher foliage on the sides, and/or footprints or snowshoe prints, make the trail lower than the surrounding area, and snow builds up in a ridge along the side of the trail. In new snow, it may create a nice outline of the trail if you look for it carefully.

Another clear indication of a trail that is easy to miss is that the branches of trees are usually cut or broken off to a height of person on either side of the trail. If you look down a potential pathway that you think is a trail and see lots of low branches crisscrossing the pathway, it's probably not your path but an animal path. If you look down an opening in the trees and see short or cut branches on either side, but only going up about six feet and then the branches are longer and growing across the area up higher, it's a good bet that's your trail. Of course, if it's deep snow, you might be higher and the branches might be low to the ground, which is why it's much harder to follow an unbroken trail in deep snow.

A game trail will tend to be very narrow and will run through brush that protrudes across the trail. Animals do not trim or break off branches for convenience like humans do. Look for the signs of human activity to confirm you are still on a trail, such as branches that have been cut back, stumps of trees, old blazes, footprints, or even litter - all signs of a man-made trail. Look at the ground cover. If it looks identical to the surrounding ground, it's more likely a game trail. If it looks heavily compressed (relative to the surrounding ground cover) and footprints, then it's a trail. Even if a game trail looks like a human trail, they usually revert to typical game trails in a hundred feet or so, at most. So, if you start following it, and then realize it's getting harder to follow, it's probably a game trail, and you should backtrack to where you were last confident that you are on the right trail.

See Trails continued on page 12



Trails *continued from page 11*

Be especially careful at areas where trails and game paths may diverge. Since animals often use our trails, it's easy to continue off your main trail onto a game trail. Be especially careful where game trails meet common trails, such as along ridge-lines and ravine edges, along streams and near water sources, and when traversing around the bottom of scree slopes or dense spruce or rock fields.

When traveling cross-country (where there is no clear trail to follow), or where it's hard to follow an established path, the group should remain within eye and ear contact and not be reluctant to turn back. Expect a significantly longer time to hike if you are constantly double checking and re-correcting your path through the wilderness.

~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}

100 Summers *continued from page 3*

Where hikers get "trail names," the Trail Crew members get "woods names." The "Old Masters" from the early 1900's, were the original Trail Crew members who laid many of the trails we know today. Because they were having trouble finding help each year, one of the Old Masters decided to ask a couple of high school boys if they would like to spend the summer working on the trails in the White Mountains. They jumped at the chance and a new group of workers was hired.

Read along to be enthralled by stories detailing the many challenges, adventures, difficulties and rewards of being a Trail Crew member. This is a very interesting book, especially for those of us who have hiked in the White Mountains and often take for granted all the work the Trail Crews have done.

-- Carol Vanderheiden

Peakbagger continued from page 3

to the tops of those peaks. Those rewards usually involve either a certificate of achievement/ accomplishment and/or a patch for bagging certain lists of peaks. Peakbagger especially loves patches so he can display his peak bagging accomplishments on his pack. And Peakbagger wants others to achieve the same peak bagging goals that he's aspiring to, and therefore, wants others to hike with him to achieve those same goals. So, here is "partial" list of possible patches that one can achieve in New England and New York:

Awarded by the AMC 4,000 Footer Club

(With the exception of the new, 4-Season Award below, the club also gives "separate" awards for climbing them in winter for the following):

The White Mountain Four Thousand Footers – 48 peaks in NH



The New England Four Thousand Footers – 67 peaks in New England (includes the 48 peaks in NH above)



See Peakbagger continued on page 14



Page 14

Bootprints

Peakbagger continued from page 13

The New England Hundred Highest - 100 peaks in New England (includes the 67 peaks in New England above)



The Northeast 111 Club – 115 peaks in the Northeast (the 67 peaks in New England above and the 46 Adirondack high peaks and the 2-4,000 footers in the Catskills)



New -The Four-Season White Mountain Four Thousand Footer Award – 152 peaks in NH (4 x 48 peaks, the 48 peaks above climbed in each season of the year, plus 48 hours of trail maintenance)



See *Peakbagger* continued on page 15

Peakbagger continued from page 14

Awarded by Ed Hawkins of "The Grid" Advisory Committee

The White Mountains 4000 Footer Grid – 576 peaks (12 x 48 peaks above) in NH. You have to climb the White Mountain 4000 Footers in every month of the year, but you don't have to climb them all in a calendar year, although one woman from Vermont did just that. On Monday, Dec 26, 2016, Sue Johnston (Snow Flea) became the "First (#1)" finisher of a "Calendar Year Grid." In fact, she should have her own special patch for that incredibly singular accomplishment.



Awarded by the Adirondack 46ers

The 46er Award (also, a "separate" winter 46er award is available) – 46 peaks in NY



For a list of Adirondack mountain hiking challenges: <http://www.adirondack.net/hiking/challenges/>

See Peakbagger continued on page 16



Peakbagger continued from page 15

Awarded by the Catskill 3500 Club

Membership in the Catskill 3500 Club (also, a “separate” winter 3500 Foot Club award is available) – 35 peaks, plus 4 in winter, in NY



Awarded by 52 With a View (aka, Over the Hill Hikers)

Awarded for climbing 52 peaks in NH



Peakbagger has earned some of these patches, and is also trying to earn some more of them. But, for some of the patches, he can only dream about achieving them.

Like Peakbagger, set your goals to complete your hiking lists, and earn some of these patches. Believe it or not, life has many more hiking adventures in store for you, if you are open to them.

-- Peakbagger



AMC 4,000 Footer Club Hiking Award Recipients from PVHC



From left to right: Dick Forrest, Carol Vanderheiden, Karen Markham, Al Roman

Awards Received:

Carol Vanderheiden—White Mountain 4,000 Footers

Dick Forrest, Karen Markham, and Al Roman—New England Hundred Highest

Important Membership Renewal Notices

The following memberships are up for renewal:

May Renewals

Lorraine Baron
 Karon Belunas
 James Brown
 Steven & Amy Dane
 Nora Dryjowicz
 Steven Hilburn & Kelly Turney
 Tom Lake
 Betsy Loughran
 Peggy McLennan
 Ron & Eleanor Morrisette
 Michael Reed & Deb Gebo
 Wayne Rodrigues
 Lou Silver
 Erin Squires
 Robert & Georgene Trombley
 David Vibber
 Bruce & Jennifer Wade
 Janice Webb
 Celeste Ziemba

June Renewals

Judy Alfano
 John Boyd
 Bill Burgart & Marianne Huber
 Allison Cook
 Rachel Davis
 Robert Duclos
 Gina Geck
 Missie Godwin
 Sheila Goggin & Timothy Sheehan
 Dana Gronbeck
 John & Margit Hair
 Cindy Hibert
 Beth Ouellette
 Jim & Peggy Tibbitt
 Peter Tomb
 Mary Ann & Peter Wilcox

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

March

Luann M. Bianco
 Kathleen Burke
 Theresa Corey
 David & Lorie Emmonds
 Grace Golden
 Dave Poulin
 Carl Todd
 Murray Watnick

April

Jill Bodnar
 Pat Dudas
 Kelly Fradet
 Julie & Nancy Minns-Piepho



UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Mornings w/ Chip
- Every Thurs. (MA) Mornings w/ Harry & Ashley Reservoir evenings w/ Erin
- May 6 (CT) AT and Mohawk Trail
- May 13 (CT) Sleeping Giant
- May 20 (VT) AT - Sections 1 & 2
- May 27 (CT) NET-Sec. 13- Chauncey Peak and Mt. Lamentation
- June 3 (MA) Race Brook-Mt. Everett
- June 10 (NH) Mts. Passaconaway and Whiteface
- June 17 (CT) NET Sec. 14-Mt. Higby
- June 24 (NH) White Mt. Sampler
- July 1 (CT) NET - Rocky Ramble & Beseck Ridge
- July 8 (CT) Bluff Point
- July 15 (MA) NET - Section 5

IMPORTANT NOTICES

Next Club Meetings:
 May 2, 2017, 7 pm at **FBC**
 June 6, 2017, 7 pm at **FBC**

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

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

**** 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



- - - - - fold here - - - - -



A publication of the
Pioneer Valley Hiking Club
P.O. Box 225
West Springfield, MA 01090-0225

