



# Bootprints

The Bimonthly Newsletter of the  
Pioneer Valley Hiking Club

## The Big Finish

by Lori Tisdell

Back in September, 2016, at Johns Brook Lodge in the Adirondacks, several of us planned Gina Geck's New Hampshire 48 finish. Gina was only six peaks away from finishing and wanted to complete the, in her words, "48 by 75," for her October 10th birthday. We decided that Columbus Day weekend would be perfect. It was a three-day weekend so there would be lots of time to hike and celebrate. It would also give others who were working on the 48 time to catch up. And it was decided Wildcat D would be the final peak - an easy hike with a gondola to the top for those who wanted non-hiker family and friends to participate.

Gina started working on the other club members, who were close (and some not so close) to finishing, to get them on board to finish with her.

*See The Big Finish on page 5*

## Two Ways to Reduce Stress

by Sandy Segó

Stress. We all have it. Stress affects our bodies with elevated cortisol levels, increased heart rate, and blood pressure. Stress can lower our energy level, make us irritable, angry, and reduce the amount of sleep we get. If we suffer from persistent stress, we may increase our risk of ulcers, strokes, heart attacks, and depression.

Stress is a common problem. The Stress in America survey – commissioned by the American Psychological Association – which measures attitudes and perceptions of stress among the general public shows that stress levels are increasing slightly. Adults report that stress has a negative impact on their mental and physical health. Many people feel that they are not doing enough to manage their stress.

*See Reduce Stress continued on page 10*

Volume 21, Issue 6  
Nov., 2017

### Inside this issue:

Important Renew- 24  
al and Member-  
ship Notices

Upcoming Events 25  
And The Usuals

Important Notices 25

### Special points of interest:

- Lori Tisdell's  
article on page 1
- Sandy Segó's  
article on page 1
- PaPa Smurf's  
article on page 2
- Cindy Dolgoff's  
article on page 2
- Mike Reed's  
article on page 3
- Peakbagger's  
article on page 3
- Dick Forrest's  
article on page 4
- Dick Forrest's 2nd  
article on page 4

Smurfy advice for the trail...

## PaPa Smurf's "WEGS" Bag

by John "PaPa Smurf" Klebes

No, it's not "WAG" bag. You know, the one that mountaineers take on mountain climbs to put their poop in. We are talking about my "First Aid & Repair Survival Kit." I call it the "When Everything Goes to Shit" bag, which just happens to spell "WEGS." But since I include toilet paper maybe the WAGS name fits.

Everyone has a different threshold of risk preparation and many of the items in my kit could be improvised from other things to save weight, but over many miles of hiking this is what I like to bring to be prepared.

See *WEGS Bag* continued on page 11

*"No, it's not "WAG" bag. You know, the one that mountaineers take on mountain climbs to put their poop in."*

*~ PaPa Smurf*

## The PVHC Holiday Party Slide Show

by Cindy Dolgoff

A little background, in case you're new to the club: Every year at the annual holiday party, we have a photographic recap of the year of hiking. It's a flashback of the fun times and picturesque scenery of the year gone by.

When I attended my first PVHC holiday party in December, 2005, the slide show was, in fact, a slide show. Club members submitted print photographs, which were transferred onto slides. *Ca-Click. Ca-Click.* The narrator explained each slide and manually advanced onto the next one.

About five years ago, Lori Tisdell took over organization of the show, and created a PowerPoint presentation. This was truly a leap forward.

Now, club members submit photos electronically. The images are inserted into the computer program, along with music and subtitled descriptions of the date and place of the hike, as well as the hike leader.

See *Slide Show* continued on page 17

*"It's a flashback of the fun times and picturesque scenery of the year gone by."*

*~ Cindy Dolgoff*



## Footprints

### **The Benefits of Hiking and a Challenge**

Excerpt from *The Trustees of Reservations*, Fall, 2017, newsletter article written by freelance writer Matt Heid  
(found by Mike Reed)

*"Moving back and forth over uneven terrain, constantly adjusting your stride length, these really engage all of your muscles in a way that gym machines don't."*

*~ Dr. Baggish, quoted by Matt Heid*

Dr. Baggish notes, "Moving back and forth over uneven terrain, constantly adjusting your stride length, these really engage all of your muscles in a way that gym machines don't."

There's no real downside to a more substantial hike either. "Once you go past 150 minutes, you very quickly start to improve your fitness and endurance," Dr. Baggish adds. "If that's what you are after, going longer and harder makes sense."

Finally, hiking offers something else, something beyond the physical. "There's the mental benefits," Dr. Baggish notes. "Being in the natural environment, unplugging from the electronic barrage we all contend with, experiencing and smelling the fresh air, interacting socially with other people rather than with our devices – the list of why hiking is ideal is long and compelling."

See *Trustees continued on page 19*

### **The Adventures of Peakbagger: My New Membership in the Catskill 3500 Club** by Peakbagger

I just received a letter from David S. White, Membership Chairman of the Catskill 3500 Club, congratulating me on completing the requirements for membership in the Catskill 3500 Club. I was assigned member number 2835. I will also receive a certificate to be presented at the next annual dinner in April, 2018.

See *Peakbagger continued on page 19*

## Do you have a New Hampshire Hike Safe Card?

by Dick Forrest

If you are doing a lot of hiking or spending a lot of time outdoors in New Hampshire (NH), you may want to purchase a voluntary NH Hike Safe Card for yourself and/or for your family. Why? It can save you a lot of money if you have to be rescued anywhere in the state of New Hampshire. (However, if you have either a NH hunting or a NH fishing license, you don't need a NH Hike Safe Card - you are equally covered.)

If you have to be rescued due to **negligence** on your part while you are hiking, boating, cross country skiing, or engaged in any other outdoor activity in New Hampshire, then having a NH Hike Safe Card

See *Hike Safe Card* continued on page 21

## “Redlining” All of the Trails in the White Mountains

by Dick Forrest

An article recently appeared in the *Boston Globe* (Sept. 9, 2017) entitled “Taking in the White Mountains, every step of each trail,” written by Billy Baker. Two different hiking club members gave me a copy of this article. And coincidentally, at hiking trailheads in the Whites, I have met two individuals, on two different occasions, who were attempting to redline all of the trails in the White Mountains.

What is “redlining?” Admittedly I wasn't too familiar with the concept when I first heard about it, but the concept is simple. The goal of redlining is to draw a red line, on/over portions of trails on trail maps of the White Mountains which you have hiked. The ultimate goal is to hike every trail in the Appalachian Mountain Club (AMC) *White Mountain Guide* (some choose different editions of the *Guide*) at least once. Billy Baker's article says that redliners can easily walk 3,000 to 4,000 miles in order to complete that objective, and then compares those

See *Redlining* continued on page 22

*“If you have to be rescued due to **negligence** on your part...”*

~ Dick Forrest

*“The ultimate goal (of redlining) is to hike every trail in the Appalachian Mountain Club (AMC) White Mountain Guide...”*

~ Dick Forrest



*"I had been keeping a spreadsheet of the progress of club members working on the NH 48."*

*~ Lori Tisdell*

**The Big Finish** *continued from page 1*

By the time Gina was done she had Ron Morrissette, Peggy Tibbitt, Cheryl Stevens, Dave Vibber, Jos Brannan, Angela Whittaker and Sandy Segó planning to join her. Some of the group, like Gina, only needed about 6 peaks or so left. Jos and Angela needed the most, at 16 left, so they would have some catching up to do.

I had been keeping a spreadsheet of the progress of club members working on the NH 48. All the eight hikers planning to finish had only 18 peaks in common, which meant that we needed to plan hikes for 30 peaks! So, we all started planning out hikes for June through late September. We had to plan out enough time to reschedule in case we had to cancel for some reason. Most hikes were club hikes, but some were private hikes. There were day hikes, weekend overnight hikes, hut trips, backpacks, etc. There were many of us leading hikes - myself, Sandy, Peggy, Gina, Ron and Jos. And as June, 2017, rolled around, our first of many hikes throughout the four months began.

Passaconaway and Whiteface, hiked together, was the premier hike of the Big Finish season. We had 16 hikers on that one! For most, it would become a "one and done" hike. It was challenging for several reasons. First and foremost, the black flies were swarming and without pity, dive bombing us and getting into our eyes, ears and nose. On the way home that night I blew my nose and bugs came out! That was a first. The ledges on the way up to Whiteface were also challenging with sketchy footing and a section where we needed to scramble up a crack in the rock where there once were stairs. But everyone completed the hike - the season was on!

Over the next few months hikes for Carrigain, Garfield, North Twin, Cabot, Isolation, Flume, Owl's Head, The Presidentials, Franconia Ridge, Bondcliff, South Twin, Galehead, Moriah, Tripyramids, Kinsmans, and Cannon were planned and hiked. It was joked that we should have rented a house for the four months of hiking. It might have been cheaper in the long run! The hostels and huts in the White Mountains loved our club this year.

*See The Big Finish continued on page 6*

**The Big Finish** continued from page 5

It was an amazing summer with all the eight finishers so focused and motivated. I was so impressed by each and every one of these men and women. They all worked together and hiked through rainstorms, heat, humidity, bugs, falls, injury, high winds and freezing temps in July, the Owl's Head slide, plus anything else the White Mountains threw at them. There were beautiful blue-sky days and rainy summits with nary a view, but everyone remained cheerful (mostly) and in high spirits (mostly). Owl's Head seemed to be the one most were dreading due to its length and the slide. It turned out to be one of the most fun hikes of the entire season, if not the year. Ron was a singing/kazoo savant. He knows all the words to every song every written, or so it seemed. You know you're having a good time when you have to stop on the slide because you're laughing too hard to keep going.

One by one the eight finishers hiked their 47<sup>th</sup> peak and waited for the rest. Cheryl and Dave waited the longest having gotten to 47 peaks on Carrigain and the Kinsmans respectively, at the June White Mt. Sampler weekend. Then it was Gina at the beginning of August with Bondcliff, then Peggy and Ron with Owl's Head at the end of August, Sandy on Moriah in September, and, finally, Jos and Angela on Garfield with a week to spare at the end of September. Then it was onto Wildcat D and the Big Finish!

Months before the scheduled finish I had been able to get reservations for 24 people at Joe Dodge Lodge in Pinkham Notch. It was a perfect location being minutes from both the Wildcat Ridge Trailhead and the ski area. The plan was for two groups to hike – one via the WR Trail and one up the ski trail. Also, meals were included and we could get a private room for our celebration. And it's not far from Gorham and Berlin, NH.

See *The Big Finish* continued on page 7

*"It was an amazing summer with all the eight finishers so focused and motivated."*

*~ Lori Tisdell*



*“Unfortunately, Gina slipped on wet rocks and had a bad fall, hit a rock very hard and sustained bruised ribs and had a severe bout of vertigo.”*

*~ Lori Tisdell*

*“In the end, Gina was OK and released that night to all of our great relief.”*

*~ Lori Tisdell*

**The Big Finish** *continued from page 6*

As we all started furiously checking weather reports the week before the hike and were dismayed to see a wet weekend looming, we all thought that it was too soon to call - it could change and since it's the Whites, anything could happen. But the forecast stubbornly refused to change. It was going to be wet. Gina had gone up early in the week with her brother, David, who had come up from Texas to hike and be with her for her NH 48 finish. They had done several hikes together and Gina introduced him to the White Mts.

The day before the big hike, Gina, her brother David, Sandy, Beth Case, Dave Vibber and Lorraine Plasse wanted to do a hike. Glen Boulder was recommended as a good hike with nice views. On the way up, they kept hearing it was only a half hour away, several times. Finally, someone told them it was clouded in, wet and slippery. They all decided to turn back. Several went ahead to get a ride to their car while Gina, Lorraine and Dave V. continued down. Unfortunately, Gina slipped on wet rocks and had a bad fall, hit a rock very hard and sustained bruised ribs and had a severe bout of vertigo. In an amazing stroke of good luck, a group of hikers, who had someone with wilderness rescue experience with them, happened upon our group a short time after the accident. They took over and were able to make a litter from two raincoats and four hiking poles. They carried Gina out and an ambulance took her to Androscoggin Valley Hospital.

In the end, Gina was OK and released that night to all of our great relief. However, she wasn't released by the doctor to hike the next day. We were all so very sad that she wouldn't be able to hike. Gina was the one who had gotten this ball rolling and had gotten everyone together. It seemed so unfair. But Gina, the wonderful person she is, did not want to see her fellow hikers miss their finish.

On Sunday the rains came during breakfast. It was decided everyone would hike up the ski trail as the Wildcat Ridge Trail with its scrambles, rocks and ledges would be treacherous in the rain. And one person being

*See The Big Finish continued on page 8*

**The Big Finish** continued from page 7

injured on wet rocks was more than enough. Nineteen of us started up the ski trail in the rain. It continued on and off (mostly on) with heavier to lighter rains all the way to the top of the ski trail. Then it is a short hike up a slab and a minor scramble to the actual summit. Gina, her brother, Jos's husband Kevin, Beth and Ron's wife Eleanor were coming up in the gondola so we waited for them to arrive. Meanwhile, some of us changed into dry shirts and added layers as it was colder in the wind once we were no longer moving uphill!

Once everyone was there we started up the final stretch. One by one the seven finishers climbed their final 48<sup>th</sup> peak! For some it was very emotional with many happy tears. It was a joyful celebration on the summit platform. There were no views but I don't think a single person cared! We popped a champagne cork and most people had a few sips. The rest went to the summit in thanks for the years of fun, challenge, comradery, laughs, a sea of mountain views, and bonding friendships.



Then it was time to head back down. The rain stopped, the clouds began to dissipate, blue skies began to show through the parted clouds and then.....the most amazing rainbow ever formed in front of us. We could see the entire rainbow end to end. The colors were intense and spectacular. We were all stunned and had to stop over and over to take in this wonderful gift. It lasted for more than half the hike down. As we turned each corner of the trail the rainbow would appear once again in front of us. It was the perfect end to this journey that so many of us were privileged to take part in.

*The Big Finish continued on page 9*

*"The rest went to the summit in thanks for the years of fun, challenge, comradery, laughs, a sea of mountain views, and bonding friendships."*

*~ Lori Tisdell*

*"The rain stopped, the clouds began to dissipate, blue skies began to show through the parted clouds and then.....the most amazing rainbow ever formed in front of us."*

*~ Lori Tisdell*



**The Big Finish** continued from page 8

Gina is determined to complete the NH48 so stay tuned for another Wildcat D hike!



Congratulations to all the new NH 48'ers! Well done!

Angela Whittaker  
Cheryl Stevens  
Dave Vibber  
Jos Brannan  
Peggy Tibbitt  
Ron Morrissette  
Sandy Segó

-- Lori Tisdell

**Reduce Stress** *continued from page 1*

Since we cannot eliminate stress, we need some effective ways to reduce or cope with our stress. We need things that we can do daily, in different places, at different times.

A study conducted in 2015 by Zwan, Vente, Huizink, Bogels, and Bruin looked at how two different coping strategies - physical activity and mindfulness meditation - could affect stress levels. Their research was carried out in Amsterdam, at the Institute for Health and Care Research. The researchers wanted to see whether physical activity or mindfulness meditation was more effective in managing stress. They also looked at the effects of these two activities on anxiety, depression, sleep quality, and psychological well-being.

The researchers recruited participants who suffered from stress and were willing to try to reduce their stress levels. The participants were between the ages of 18 and 40. The participants were given a series of psychological tests before the study began, to measure stress, anxiety, depression, sleep quality and overall well-being. Next, they were randomly assigned to either the physical activity condition or the mindfulness meditation condition. Half of the participants were given instruction on the benefits of physical activity on stress and engaged in a physical activity (cycling). During the study, participants could engage in any physical activity they enjoyed (for example: hiking, cycling, or swimming). The other half of the participants were given instruction on the benefits of mindfulness mediation on stress and engaged in a guided meditation. Participants engaged in the targeted activity for 10 minutes a day during the first week, and worked up to 30 minutes a day during the final weeks.

For the next five weeks, participants were to engage in their assigned task. They received daily reminders via text and kept a daily record of whether and how long they engaged in the activity. At the end of the five weeks, they completed the psychological tests again to see what change, if any, had occurred.

The good news is that both physical activity and mindfulness meditation were equally effective in reducing perceived stress, lowering anxiety, reducing depression and improving psychological well-being.

*See Reduce Stress continued on page 11*

*"The researchers wanted to see whether physical activity or mindfulness meditation was more effective in managing stress."*

*~ Sandy Segó*

*"The good news is that both physical activity and mindfulness meditation were equally effective in reducing perceived stress..."*

*~Sandy Segó*



**WEGS Bag** continued from page 11

abrasions. Putting it over a bandage keeps it from peeling off or you can improvise large or small bandages with just folding up a square of toilet paper to cover the wound and covering it with the tape. It also makes a great substitute if you run out of duct tape for repairs.

I also bring a small kit of Band-Aids, Steri-Strips, butterfly bandages, and antibiotic ointment. Butterfly bandages are a good substitute for stitches. Antibiotic ointment is really important if you are out for a few days because it's almost impossible to keep things clean and infections can get out of hand quickly. I also like to bring a small tube of skin therapy cream, such as Gold Bond, udder cream or Benadryl cream. Try to find one that is good for burns, poison ivy, bug bites, and moisturizes for treating sunburn and foot calluses.

For medications, the old staple, Ibuprofen, is a must. I carry at least 12 tablets or more, because if you sprain or break something, you might need to take the maximum dose several times, and for sore muscles it can really improve your night's sleep if you overdo it. Other must-have medications include an anti-diarrheal for water or food poisoning or sickness, and Benadryl for bug bites, bee stings, poison ivy and allergies. If you disturb a beehive and get multiple stings, I advise taking the Benadryl immediately, even if you normally are not bothered by bee stings. The cumulative effect of bee stings is very dangerous and Benadryl will help. I like to also bring Tylenol or aspirin for colds and fever and an antacid.

The last general item in my first aid kit is a pair of latex gloves. They are recommended to avoid blood when helping others, but more important to me is to provide a backup for cold hands. Put them on under a pair of wet gloves or use them in wet rainy weather to slow heat loss from wind and moisture. I have yet to find a pair of gloves that stays dry in the rain for very long.



See WEGS Bag continued on page 13



PaPa Smurf

*"If you disturb a beehive and get multiple stings, I advise taking the Benadryl immediately, even if you normally are not bothered by bee stings."*

*~ PaPa Smurf*



*"For the repair portion of my kit I carry a number of items that may or not be as important to those who do not go long distances."*

*~ PaPa Smurf*

### **WEGS Bag** *continued from page 12*

Personalized additions to your first aid kit are very important. If you take prescription drugs, be sure to carry several days of extra in case of an unplanned injury causing you to be delayed. For myself, I include an EpiPen, emergency contact lens and small eyeglass repair kit.

### **Repair**

For the repair portion of my kit I carry a number of items that may or not be as important to those who do not go long distances. I have used each of these items at least once and think they are well worth the weight. A 3-foot length of duct tape is pretty standard for most hikers. I also bring several zip ties for making repairs to backpacks and gear. It can reattach a broken hip or shoulder strap to a pack and make a surprising number of quick repairs. I have a small sewing kit that includes thread and needles, safety pins, buttons and a square of pack cloth for patching and repairing tents, packs, and clothing. I also like to bring dental floss and a large leather working needle, which works well for major repairs of pack straps or boots that are hard to sew with a thin thread and needle.



### **Survival**

The next group of items falls in the survival category. I keep a pack of waterproof matches, which is separate from my camp stove lighter and matches, along

*See WEGS Bag continued on page 14*

**WEGS Bag** continued from page 13

with a gel fuel fire starter to make lighting in an emergency fire easier. If your hands are so cold that you need a fire you probably can't start it easily. The army surplus gel fuel is ideal and can also substitute for a fire to heat a cup of water. Just remember to remove it from your kit if you fly on a plane.

Even though I always carry a knife in my cook kit I like to keep a single edge razor blade in my survival kit. A brand new sharp razor blade can be used for cutting, as well as for first aid applications, that require a much sharper edge than a utility jackknife. Plus it's a second blade if you lose your kitchen knife, and it weighs almost nothing. I also include, under "survival equipment," a pair of precision tweezers for ticks and splinters, nail clippers for hangnails and hygiene, an old P-38 military can opener, and a small, LED emergency light.

Some more basics include a large trash bag that can be used as a rain coat, pack liner, ground cloth, or partial bivy sack. I tuck a small amount of emergency toilet paper, separate from my everyday roll, in the kit, as well.

Another vital item is a piece of rope. I like to have at least 15 meters of parachute cord and a small carabiner. This is my primary bear rope, but also the source of rope for emergency repairs and first-aid splinting. Add to this a compass to backup my GPS/phone and maps. I also include in my kit the standard staples of sunscreen, bug spray, and a bug head net.

The last, but not least, item is a small pencil (more reliable than a pen) and a pad of paper. This is a critical item for leaving and taking notes. If you have to leave your planned route you should leave a message at intersections so a rescue searcher will know what you are doing.

### **Extras**

I have a few items that I used to carry but no longer do. They can be very useful but I dropped them from my kit to save weight. I include them here as your needs might warrant them.

See *WEGS Bag* continued on page 15

*"Some more basics include a large trash bag that can be used as a rain coat, pack liner, ground cloth, or partial bivy sack."*

*~ PaPa Smurf*



**WEGS Bag** continued from page 15



sound like a lot, but remember that it includes a bear rope, full-size compass, pad of paper, sun screen and bug spray items, which most would carry anyway.

We all hope we never need any of these items but it's good to know that, when bad things happen, we are prepared. Go out and enjoy the great outdoors safely!

~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))

*"Go out and enjoy the outdoors safely!"*  
~ PaPa Smurf





**Slide Show** *continued from page 2*

After connecting the computer to the AV equipment, we just turn it on and let it go. Everyone, including the creator, gets to sit back and watch the show.

The end result looks so easy and effortless. When I started working with Lori, I learned how much work actually goes into the show.

The first task is keeping track of the hikes throughout the year. My 2016 list contained over 140 hikes, not including the Monday morning hikes, Thursday evening hikes, etc. The hikes are categorized and computer folders are set up for each hike.

Next – obtaining photos. Last year I asked members to send photos to my email address and/or provide me with a portable storage device of photos. The resulting photos are downloaded onto my computer and filed into their respective files.

In October/November, I start to sort through the photos. Last year I obtained over 3,000 photos! While they are all appreciated, we can't use all of them for the show. Some photos are not used because they are out of focus, personally unflattering or visually bland. Or, there might be too many. If I get 100 photos for one hike, I have to select the best photos. The goal of the show is to showcase as many hikes as possible.

After the initial photo pre-sort, the final selections are inserted into the PowerPoint presentation. Music is chosen and inserted. Of course, there are always technical difficulties and tweaking. And re-tweaking. And more re-tweaking. In November of 2016, my main life's focus was working on the show. Thankfully, my brother hosted our family's Thanksgiving dinner that year.

Thousands of photos. Hundreds of hikes. Numerous hours of work. The end result is a 45-minute presentation.

There would be no slide show (yes, we still call it that) if it wasn't for you, our wonderful hikers/photographers. And yes, I still need  
See Slide Show continued on page 18

*"Last year I obtained over 3,000 photos!"*

*~ Cindy Dolgoff*

*"Thousands of photos. Hundreds of hikes. Numerous hours of work. The end result is a 45-minute presentation."*

*~ Cindy Dolgoff*

*Slide Show continued from page 17*

photos for the 2017 presentation. Here are a few tips:

**Deadline:** I will be accepting photos until **Friday, November 24**. Exception: hikes held the last week of November. As always, the earlier you send them to me, the better. Note: The holiday party is Saturday, December 9.

**What types of photos should be sent?** We like both scenery and photos of hikers. Make sure you identify the date and place of each hike. The hikes must be Pioneer Valley Hiking Club scheduled hikes. If the hike was not on the schedule, it should not be in the slide show, even if it included only club members. The date range for the 2017 show is December 1, 2016, through November 30, 2017.

**How do I submit the photos?** You can email individual photos – my email address is: [gnilrets55@aol.com](mailto:gnilrets55@aol.com). If you have more than a few photos, please download them onto a CD or other portable computer storage device. I can pick it up at a club meeting or arrange to meet you. Your device will be promptly returned.

**How do I get photos off of my cell phone?** If you have a newer phone and a newer computer, you can probably download your photos onto your computer just by plugging your phone into your computer. After the photos have downloaded, you can store them onto a CD or other memory device, commonly available at stores like Staples. Check out YouTube or other computer websites for exact instructions. You can also download your cell phone photos onto a CD at photo kiosks, such as CVS. I've found that the clerks there are generally knowledgeable and eager to assist.

Thanks again for providing me with photos. Without your photos, there would be no slide show.

Thank you also to Lori Tisdell for her enormous efforts in updating the slide show to a PowerPoint presentation. The creation of each annual show is infinitely easier by not having to recreate the wheel. And thank you to Lori McMahan, who is working as my able assistant for the 2017 show.

Hope to see you and your photos at the December 9<sup>th</sup> Holiday Party.  
-- Cindy Dolgoff

*"Thanks again for providing me with photos. Without your photos, there would be no slide show."  
~ Cindy Dolgoff*



*"The goal is all but self-explanatory: Hike 125 miles on Trustees properties by the end of the year."*

*~ Matt Heid*

*"I do know that I prefer hiking in the Adirondacks over the Catskills even though the Adirondacks, as a whole, have harder peaks to climb. "*

*~ Peakbagger*

**Trustees** *continued from page 3*

Matt Heid goes on in the article to write about The Trustees of Reservations "Hike 125 Challenge," launched as part of the Trustees 125<sup>th</sup> Anniversary. "The goal is all but self-explanatory: Hike 125 miles on Trustees properties by the end of the year," writes Matt Heid.

This challenge seems like an obvious effort, and a good one from a hiker's standpoint, and since many of the Trustees properties have hiking trails on them, to get people to explore local Trustees properties, and some not so local Trustees properties around the state of Massachusetts – to find out what the Trustees have to offer and to help support their organization.

-- Matt Heid's article found by Mike Reed

**Peakbagger** *continued from page 3*

My initial reaction was: Why are the member numbers for the Catskill 3500 Club so low compared to the member numbers of the ADK (Adirondack) 46ers? (The assigned ADK 46er member numbers are just over 10,000 members.) I suppose that the Catskill 3500 Club started later than the ADK 46ers in recognizing achievement and, therefore, assigning numbers. But you would think that the huge population in New York City is a lot closer to the Catskills than it is to the Adirondacks. So why aren't the Catskills more popular to climb than the Adirondacks? Perhaps they are – I don't know for sure.

I do know that I prefer hiking in the Adirondacks over the Catskills even though the Adirondacks, as a whole, have harder peaks to climb. Since both mountain ranges, the Adirondacks and the Catskills, are in New York, the New York Department of Environmental Conservation (DEC) has done a good job of blazing the marked trails. On the other hand, practically all of the "trailless" (having no marked trail) required high peaks in the Adirondacks have well-defined herd

*See Peakbagger continued on page 20*

*Peakbagger continued from page 19*

paths; approximately one third of the required high peaks in the Catskills are "trailless," having some well-defined herd paths, usually close to the tops of the mountains, and some not so well-defined. I have to give kudos to my hiking companions who were terrific navigators to those trailless peaks - my achievements are due to their help and shared goals.

Surprisingly, also in the letter from David S. White, is David's evaluation of my hiking journey in the Catskills. He cites when I started hiking in the Catskills, who I hiked with most frequently (since I supplied that information), my most difficult peak, my favorite peak, and my least popular peak (also supplied information), all in the Catskills.

David S. White reminds me of the famous ADK 46er Historian, Grace Hudowalski, ADK 46er #9. Grace was a legend and cheerleader for those climbing the 46 high peaks in the Adirondacks. She corresponded with practically everyone who became a 46er, starting from the club's beginnings in the 1930's. As club historian, she corresponded with hikers into her 80's until the paperwork became so burdensome that she needed help with it. The name of the mountain called East Dix, in the Dix Range of the Adirondacks, was renamed to Grace Peak, in honor of Grace Hudowalski. She is now deceased, but lived to the age of 98.

Well, Peakbagger bagged another set of peaks – the Catskills - and is proud of his accomplishment. Like a giddy boy scout, it's always enjoyable to earn another merit badge, I mean, patch.

-- Peakbagger

*"Well, Peakbagger bagged another set of peaks – the Catskills - and is proud of his accomplishment."*

*~ Peakbagger*



*“For PVHC members who hike frequently in New Hampshire, this card is a small price to pay as insurance against a large expense.”*

*~ Dick Forrest*

*“The money collected from the Hike Safe Cards goes toward Search and Rescue (SAR) operations in the state.”*

*~ Dick Forrest*

**Hike Safe Card** *continued from page 4*

means that you will not be liable for any rescue expenses incurred during the course of your rescue. However, if NH authorities determine that you were either **reckless** or that you **intentionally** created a situation involving **unreasonable** conduct, which required a rescue, you may still be liable for rescue expenses, even after purchasing this card.

For PVHC members who hike frequently in New Hampshire, this card is a small price to pay as insurance against a large expense. The cost is \$25 for an individual or \$35 for a family. You will, however, have to buy this card every calendar year. The law involving the sale of NH Hike Safe Cards took effect January 1, 2015. In 2015, 2,800 cards were sold; in 2017, at least 4,500 cards have already been sold.

The money collected from the Hike Safe Cards goes toward Search and Rescue (SAR) operations in the state. From FY2008-FY2014, tallied from NH Fish and Game statistics, there were 1,023 reported SAR missions for a total cost of \$2.1 million. An average of 180 missions was conducted in each of those years. (Approximately sixty percent of the SARs (609 missions over those years) were hiking and climbing related.) And the average cost of a SAR was \$2,100. However, even with the money raised from the sale of Hike Safe Cards, the SAR Account of NH Fish and Game continues to operate at a deficit.

Several years ago, one of our PVHC members and his girl friend, at the time, got lost, due to white out (snow) conditions, on a White Mountain wilderness trail, and had to spend the night high on a mountain. They were told to stay where they were – they snuggled behind a rock, out of the wind, in a sleeping bag - and were eventually rescued in the middle of the next morning. I’m almost positive that they were not charged for that rescue.

*See Hike Safe Card continued on page 22*

**Hike Safe Card** *continued from page 21*

In April, 2009, a resourceful Eagle Scout named Scott Mason was lost in the snow-covered White Mountains for 3 days. He survived and was eventually rescued after being spotted climbing up to the summit of Mt. Washington. He was so grateful for his rescue that he sent \$1,000 to the State of New Hampshire. Sometime later, the State of New Hampshire billed him \$25,734.05 for his rescue. The article states that, controversially, New Hampshire is one of the few states that consistently bills people for rescues. So why is it controversial? Follow this link to the story: <https://www.cbsnews.com/news/nh-bills-lost-hikers-for-cost-of-rescue/>

All of the information that you need to know about the NH Hike Safe Card can be found at this web URL address: <http://hikesafe.com/index.php?page=the-nh-hike-safe-card>

-- Dick Forrest

**Redlining** *continued from page 4*

numbers to the roughly 2,200 miles hiking the entire Appalachian Trail (AT). (To be fair to AT thru-hikers, it might also be roughly 3,000 miles hiked before the completion of the AT.)

How hard is this to do, that is, redline all of the trails in the White Mountains? I would suspect that it would help to live close to the Whites in order to attempt this undertaking. In fact, one of the redliners I met, who was from Massachusetts, bought a condo in the Waterville Valley area. The other redliner I met moved up to New Hampshire from Rhode Island, and was tired of all the money taken out of his paycheck by that state.

But then, there's Sue Johnston of Vermont (aka, Snow Flea) who was  
See *Redlining* continued on page 23

*"New Hampshire is one of the few states that consistently bills people for rescues."  
~ taken from the CBS News article from the Associated Press*



**Redlining** continued from page 22

the first and only calendar year “gridder,” who completed “the Grid” in the Whites in 2016 (See her blog: <http://runsuerun.blogspot.com>). For those not familiar with the Grid, you have to climb the 48 high peaks in New Hampshire in every month of the year (48 peaks in January, 48 peaks in February, and so on (48 peaks x 12 months=576 total peaks). To qualify as a “gridiot” (as they sometimes call themselves), one who has completed the grid, you don’t have to climb them all in one calendar year. As a calendar year gridder, Sue Johnston’s achievement is singular, and I hope that she didn’t have to drive from Vermont every time that she hiked in the Whites in 2016. But the Grid is another story, another obsession.

Billy Baker’s article quotes Steven Smith, the owner of the Mountain Wanderer Map and Book Store in Lincoln, New Hampshire. He’s the editor of the last edition of the *AMC White Mountain Guide*. Billy Baker said in the article, that Steven Smith, using the 28th edition of the *Guide*, took 30 years to redline all of the trails in the Whites.

I suppose that the appeal for most redliners, as one of them whom I met stated, is that you are not hiking the same popular trails that everyone else is on. Consequently, redliners must like the challenge of a new trail, be tired of the same-old, same-old, and delight in the thrill of adventure, with an end goal in mind.

-- Dick Forrest

*“Billy Baker said in the article, that Steven Smith, using the 28th edition of the ‘Guide,’ took 30 years to redline all of the trails in the Whites.”*

*~ Dick Forrest*

## Important Membership Renewal Notices

The following memberships are up for renewal:

### Nov. Renewals

Marie Babbitt  
 Donna Barr  
 Barbara Bigelow  
 Karen Chaffee  
 Terry L. Champiney  
 Lynn Gebo  
 Richard Harris  
 Tracy Harrity  
 Edward Laroche & Mimi  
 Watroba/Laroche  
 Helen MacMellon  
 Mary Moriarty  
 Claire Norton  
 Teri O'Connor  
 Bill Packard  
 Jeffrey & Marian Parentela  
 Mark Ruddock  
 Ron & Cathy Sena  
 Chuck Serafin  
 Martha Spiro  
 Emily Squires  
 Peter Thieme  
 Lori Tisdell  
 Warren Wilkinson

### Dec. Renewals

Charles & Wendy Bernstein  
 J B DeJean  
 Mary Fitzpatrick  
 Felicia Kleciak  
 Phyllis Levenson  
 Debbie Mac Neal  
 Teri McElwain  
 David Pierrepont & Theresa Mur-  
 phy  
 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

Michael Sharpe  
 Emma Bernard  
 Jonathan Major  
 Marie Valliere

#### October

Patricia (Patti) Spirito





**UPCOMING EVENTS AND THE USUALS**

- Every Mon. (MA) Mornings w/ Chip
- Every Wed. (MA) Evenings w/ Marcia
- Every Thurs. (MA) Mornings w/ Harry & Ashley Reservoir evenings w/ Erin
- Nov 12 (MA) Seven Sisters
- Nov 18 (CT) Soapstone Mt.
- Nov 25 (MA) Mt. Greylock
- Dec 2 (VT) Bennington Inn Tour
- Dec 9 PVHC Holiday Party
- Dec 16 (MA) Mt. Tom Traverse
- Dec 23 (MA) Chicopee St. Park
- Dec 30 (MA) Keystone Arches
- Jan 2 (MA) Club Meeting
- Jan 6 (NH) Mt. Monadnock
- Jan 14 (CT) Mark Twain House

## IMPORTANT NOTICES

Next Club Meetings:  
 November 7, 2017, 7 pm at **FBC**  
 December 5, 2017, 7 pm at **FBC**

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

Deadline for submissions to the next *Footprints* is December 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)



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



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

