



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

It's All About Gina!

by Lori Tisdell

As most of you may recall Gina had an unfortunate accident the day before she was supposed to finish the NH 48 along with seven other PVHC members. We all knew it would not be long before Gina rescheduled her finishing hike on Wildcat D, and it wasn't. Just one month after her aborted finish Gina and 11 of us were headed back up to NH and Joe Dodge Lodge. Most of the Finishers from October were back to support Gina to her finish. Dave, Peggy, Sandy, Jos and Ron came back along with several people who had supported everyone in October. And there were a few new people who hadn't been able to make it the month before.

We were all to meet up at Wildcat Ski area about 11:00 a.m. on Saturday November 11th. As we drove through the White Mountains we were excited to see the blue skies and stunning views! A far cry from the previous
See Gina on page 4

Healthy Brains

by Sandy Segó

We all want to live a long and healthy life. And one of the key factors in doing so involves keeping our minds fit as we age. Dr. Gary Small at UCLA has written extensively on this topic. He noted that baby boomers tend to be proactive in seeking out ways to improve their health. There are steps we can take to keep ourselves alert and reduce the odds of facing severe cognitive decline in late life.

Maintaining a healthy weight may play a key role in brain health. Carrying fat tissue in the abdomen seems to increase inflammation in the entire body. Having an overactive inflammatory system may add to age-related cognitive decline. We may see this in the amyloid plaques, which are hallmarks of Alzheimer's disease, and show evidence of inflammation. In
See Healthy Brains continued on page 7

Volume 22, Issue 1
Jan., 2018

Inside this issue:

- Important Renewal and Membership Notices 16
- Upcoming Events And The Usuals 17
- Important Notices 17

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
- Dick Forrest's article on page 2
- Peakbagger's article on page 3
- Dick Forrest's 2nd article on page 3

Smurfy advice for the trail...

Winter Hydration

by John "PaPa Smurf" Klebes

As I write this it is the day after the start of the winter solstice - the shortest day of the year and the official start of winter. It reminds me of one of my first really cold winter hikes when my water bottle froze. When the temperature drops below freezing, one of the last things on your mind is chugging down some ice-cold water. But staying hydrated in winter is just as important as in summer, maybe even more so.

If you are layering and are dressed appropriately, then you should be managing your sweat much better than in the heat of summer. But did you know that that cold dry winter air causes your lungs to work much harder to humidify the air and warm it up? And the dry air is
See *Winter Hydration continued on page 8*

Attempting to Complete New Hampshire's "52 With A View" Hiking List (No Success)

by Dick Forrest

What is New Hampshire's "52 With a View" hiking list?

From http://4000footers.com/list_52wav.shtml:

This list first came about in 1979 with an ordinary group of friends hiking in the New Hampshire. Lib Bates and her husband Charlie Crooker soon took over to organize the group. In 1990, some of the older members of the hiking group suggested a new hiking list (getting tired of only hiking the NH 4,000 Footers) called 52 with a View; A list of mountains shorter than the NH48, but all with amazing views!

See *NH 52WAV continued on page 10*

*"But staying hydrated in winter is just as important as in summer, maybe even more so."
~ PaPa Smurf*

*"...called 52 with a View;
A list of mountains shorter than the NH48, but all with amazing views!"
~ From:
4000footers.com*



Bootprints

The Adventures of Peakbagger: The 50 Finest

by Peakbagger

*"The 50 Finest is a list of mountains in New England that are determined by a term called "topographical prominence."
~ Peakbagger*

The 50 Finest? Yes, the "50 Finest" in New England. What are the New England 50 Finest? The 50 Finest is a list of mountains in New England that are determined by a term called "topographical prominence." From *Wikipedia* (https://en.wikipedia.org/wiki/List_of_New_England_Fifty_Finest), and includes a complete list of the 50 Finest peaks):

The **New England Fifty Finest** is a list of mountains in New England, used in the mountaineering sport of peak bagging. **The list comprises the 51 summits with the highest topographic prominence — a peak's height above the lowest contour which encloses that peak and no higher peak.** The list includes 20 peaks in Maine, 15 in Vermont, 14 in New Hampshire, and one in Massachusetts.

See *The 50 Finest* continued on page 12

Why You Should Treat Your Water

by Dick Forrest

*"You might be thinking: I always treat my water, doesn't everyone?"
~ Dick Forrest*

I'm talking about in the backcountry, when you are hiking or backpacking, of course. You might be thinking: I always treat my water, doesn't everyone? Well, no, not everyone.

In fact, in a Fall, 2017, Letter to the Editor of *AdirondackPEEKS* magazine, Eric Schlimmer advocated drinking the water in the Adirondacks without treating it, based on his experience of not getting sick and citing some articles/studies that, he reasoned, supported his point of view.

In the same Fall, 2017, edition of *AdirondackPEEKS* magazine, in *See Treat Your Water* continued on page 14

Gina continued from page 1

month's rain and cloudy skies. But the temps were much colder than the 50-60 degrees in October. This time it was in the 20's and wind chill forecasted to be in the teens. Huh, guess short sleeves and capris were out this time around.

Gina was a bundle of excited energy as she literally jumped up and down greeting each of us as we arrived at the ski area. Once we all were gathered we layered up as it was cold, windy and blowing snow. Not only was there natural snow but it was the first day the ski area was open and the snow making machines were running too! The biggest surprise was that Beth Case was hiking. Those of you who know Beth know she hibernates in winter due to Reynaud's – a condition where cold causes severe pain in hands and feet. Beth was the most layered of us all. She was making sure she would not get cold!



Off we started along the same route as only a month before. But it looked and felt vastly different with the snow cover and frigid wind. We started out at noon and moved along well up the ski road and trails. It wasn't long before the views opened behind

us. The Presidentials from Madison to Monroe with Adams, Jefferson and Washington in between. It was spectacular!

It's a short of 2.1 miles with about 2,100 feet of elevation gain. As 4,000'ers go it's one of the easier ones, but it is relentlessly uphill! As we got higher in elevation the temps continued to drop and there was more snow accumulation and icy areas. Most of us didn't use traction

See Gina continued on page 5

"Gina was a bundle of excited energy as she literally jumped up and down greeting each of us as we arrived at the ski area."
~ Lori Tisdell



*"I don't think that Gina couldn't keep from smiling that entire day, but during this last bit she was glowing."
~ Lori Tisdell*

Gina continued from page 4

as the ice was avoidable and the snow wasn't "slippery" enough to be dangerous. We got to the top of the ski trails in two hours and had just one tenth of a mile of hiking trail to go to the summit. The trees were covered with huge mounds of snow and thick ice - so beautiful with the clear blue sky above.

Here almost all of us put traction on as the icy steep trail to the summit is a bit tricky. Gina got some help from Karen and Sandy while Harry and I helped Beth put on traction for the very first time! And, dang, was it cold up there in the open with the wind. Once everyone was ready we all started up the last bit. I don't think that Gina couldn't keep from smiling that entire day, but during this last bit she was glowing. As Gina climbed the steps to the top of the viewing platform on the summit she was emanating joy! As were we all who had been with Gina on her journey and had been so disappointed for her the previous month. So maybe the wait made it just a bit better, more joyful, and we all savored that moment, but none more than Gina.



Gina continued from page 5

What a grand celebration it was, and with those stunning views as a backdrop we couldn't have asked for more. We all took lots of photos, popped a cork on a bottle of champagne (ok, turned the screw top), and reveled in Gina's accomplishment. Then the cold intruded and we had to head back down. It was a pretty easy descent, all downhill and short. And the views were in front of us now to enjoy. The sun was just above the Presidential Range as we arrived back at the bottom around 4:00 p.m. We formed the Hiker's Honor Guard for Gina to walk under to officially commemorate her New Hampshire 48 Finish. Way to go, Gina!



We spent the night at Joe Dodge Lodge and continued our celebration with dinner, wine and more fun. But this time Gina got her own cake with her name on it. Because this time it was all about Gina!

Congratulations, Gina. We could not be prouder or happier for you. You inspire us everyday with your cheerful attitude, boundless energy (ok, maybe we are just jealous) and zest for life. We all aspire to be like you now, never mind when we are seventy-five!

-- Lori Tisdell

"You inspire us everyday with your cheerful attitude, boundless energy (ok, maybe we are just jealous) and zest for life."

~ Lori Tisdell



“Exercise, in particular, cardiovascular conditioning, provides the strongest scientific evidence for maintaining a healthy brain.”

~ Sandy Sego

“Finally, there is growing evidence that mental stimulation throughout life leads to better cognitive performance and reduces the risk of dementia.”

~ Sandy Sego

Healthy Brains continued from page 1

addition, being overweight can lead to hypertension, high cholesterol, and diabetes; all of these conditions can attack the brain in other ways.

Various studies have shown that a diet rich in omega-3 fats (which include walnuts, fish, and flaxseed) and low in omega-6 fats (which include butter, whole milk, and red meat) can reduce the risk of cognitive decline. It is also thought that colorful fruits and leafy green vegetables are brain-healthy because they can reduce oxidative stress. Most researchers also suggest minimizing refined sugars and processed foods.

Exercise, in particular, cardiovascular conditioning, provides the strongest scientific evidence for maintaining a healthy brain. Working up a sweat causes the heart to pump oxygen and nutrients to the brain. When we exercise, the body produces brain-derived neurotropic factor, which causes the neurons in the brain to sprout the branches that connect neurons. Exercise also improves mood, which can be good for the brain and the person who uses it. Walking as little as 90 minutes a day can decrease the risk of Alzheimer’s disease.

Sleep is always important. It can reduce risk of inflammation, reduce depression and improve our moods. After all, we have observed the cranky behavior of the sleep-deprived individuals in our lives. And a lack of sleep is often associated with greater stress. There have been studies with animals which show chronic stress leads to deterioration of the hippocampus. The hippocampus is part of the brain which is critical for memory to work. When this part of the brain wastes away, memory decline occurs. So utilizing different techniques to manage stress is critical to brain health.

Finally, there is growing evidence that mental stimulation throughout life leads to better cognitive performance and reduces the risk of dementia. There are lots of ways to increase mental stimulation: do crossword puzzles, learn a new language, learn to play a musical instrument, solve a puzzle, even searching for information online. By continuing to learn new things and think critically about the world around us, we are stimulating different parts of the brain, making these areas work together and exercising the brain “muscle”. Keeping mentally engaged is good for your brain health.

See **Healthy Brains** continued on page 8

Healthy Brains *continued from page 7*

The good news is that we can start doing any of these things now, and they will have a positive effect on our brains! It is never too early to start taking care of the brain, and luckily, never too late either. So debate the best movie of all time with your fellow hikers. You will be utilizing several strategies to improve your brain health and theirs as well.

-- Sandy Sego

Winter Hydration *continued from page 2*

evaporating moisture out of your skin at an alarming rate, despite the lack of that sweaty feeling. Your body is working very hard to help regulate body temperature, and if you get dehydrated, it will drastically decrease the efficiency to regulate your temperature. In the winter, it's easy to forget to drink because we don't feel overheated and sweaty, and the resulting dehydration can contribute to your susceptibility to hypothermia. Keeping warm and being well-hydrated go hand and hand.

But how can you stay hydrated if your water bottle freezes? Depending on the temperature and how long you are out, you can quickly find the water in the threads of your water bottle top freezing, making it difficult to unscrew the cover. Worse still, if the top surface freezes, you will have liquid water below that, so you cannot get to it even if you can open the top. Hydration bladders with tubes will freeze even faster.

What can you do to keep your water from freezing? For a small bottle, you could keep it in an inner jacket pocket so your body heat keeps it from freezing. This is not always very practical so the next best thing is to store it buried in your pack, preferably surrounded by spare clothing as insulation and tucked against your back to capture body heat. If you must store your water outside of your pack you will need to insulate it. You can purchase insulated bottle carriers, or even make a homemade one, to slow down the heat loss and extend the time it takes to freeze. Just keep in mind that insulation only slows the loss of heat and water will eventually freeze. When the temperature is below freezing, the only way to completely stop the threat of freezing is by adding heat, such as from the warmth of your body. But generally, a good insulated holder will keep water from freezing for many hours. Ice forms on the top of your bottle first, so even in an insulated holder, the cover might freeze solid, or a layer of ice may start to form and block access to the remaining liquid water. A nice trick is to place your bottle in the insulated

See *Winter Hydration* continued on page 9

"The good news is that we can start doing any of these things now, and they will have a positive effect on our brains!"

~ Sandy Sego

"But how can you stay hydrated if your water bottle freezes?"

~ PaPa Smurf



PaPa Smurf

"Stay hydrated - you will stay warmer and enjoy the grand winter wonderland!"

~PaPa Smurf

Winter Hydration *continued from page 8*

holder upside down, which will make sure any ice that forms is on the bottom, and you can still open the top and drink what has not frozen. Don't fill the bottle all the way to the top to allow for expansion, should it accidentally freeze.

Hydration bladders such as a Platypus or Camelbak present special problems. Keeping the reservoir close to your body to absorb your body warmth should keep the main water bladder from freezing, but the hose will easily freeze faster. One trick is to blow backward into the tube after drinking to push the water back into the reservoir. You can also purchase a winterizing kit for your hydration system that comes with an insulated sleeve to put on the tubing. Or run the tubing through your coat to keep it warm. Or just leave it home and use a water bottle with an insulated holder in winter. I find in extreme cold the insulated tube always freezes.

To insure you keep hydrated you might also try using warm drinks instead of water. There is nothing better than a hot beverage to warm you up on a cold hike and you will be much more likely to drink up. In an insulated holder it will stay warm for a few hours. Or you could use a thermos. Warm drinks like green tea, hot cocoa, hot water with lemon, soup broths, or even hot lemonade or cider. I like to just throw a simple bouillon cube into hot water. Avoid caffeine and alcohol as they can make your body even more dehydrated.

Stay hydrated - you will stay warmer and enjoy the grand winter wonderland!

~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 .)

NH 52WAV continued from page 2

The highest peak in elevation on the New Hampshire (NH) "52 With a View" (52WAV) list is Sandwich Dome (or Mt.) (3960'); the shortest peak in elevation on the NH 52WAV list is Hedgehog Mt. (2532'). You can find the entire list of 52 peaks, all in NH, and the recommended "standard hiking routes" at:

<http://www.newenglandwaterfalls.com/52withaview.php> .

Although we have not finished the list, Sue Forrest and I have been working on completing this list all summer, beginning with the PVHC White Mountain Sampler, and practically all fall. We climbed 40 peaks on the list during this time. Previous to this time, over the years and before even considering undertaking this list, at PVHC White Mountain Samplers, we had previously climbed 11 NH 52WAV peaks.

Why did we take on the NH 52WAV list? My family owns some property in New Hampshire which we have not been able to use this summer due to legal issues with a septic system – our neighbor essentially shut us down from using the system which is on his land. Consequently, we could not open our cottage without bathroom services. So, in the immortal words of PVHC member Al Roman (not his original quote), and others, "When life gives you lemons, make lemonade." So, Sue and I made lemonade. (By the way, if you're wondering, I did not twist Sue's arm to do this list – she volunteered to do it with me.)

To make a long story short, Sue and I came within 0.4 miles of completing the list on November 12, 2017. Our 52nd peak was Mt. Success in the Mahoosuc Range of the White Mountains, just east of Berlin, NH. We climbed about 2.6 miles of a 3-mile trail until we came to an obstacle. There was a 7 to 8-foot ledge drop on the snow and ice-covered trail with nothing to hold on to, which on this

See NH 52WAV continued on page 11

"We climbed 40 peaks on the list during this time."

~ Dick Forrest

"(By the way, if you're wondering, I did not twist Sue's arm to do this list – she volunteered to do it with me.)"

~Dick Forrest



"Thus far, 'Success' has eluded us, but we haven't stopped trying."

~ Dick Forrest

NH 52WAV continued from page 10

portion of the hike was also on the Appalachian Trail. Going off-trail, we couldn't find a way around the impediment. There were plenty of ice flows on bare rock sections of the trail as we were climbing, which slowed us down, and we were running out of daylight. I didn't want to chance getting injured at this place on the trail, so we turned around. As someone wrote on a 52WAV Facebook page post, "the mountains aren't going anywhere." To put it another way, "discretion is the better part of valor."

Thus far, "Success" has eluded us, but we haven't stopped trying. We will be attempting this hike again in late spring or early summer of 2018. The trail opens back up on May 23rd, after mud season. We will also open this hike up to the club for anyone who would like to join us. It's a steep, difficult hike with about 2,000 feet of elevation. There may also be black flies to contend with at that time of year. Nancy Sporborg, who hikes with her hiking partner, Pat Piper, of "It's Not About the Hike" fame, whom we've bumped into twice on the trail while climbing NH 52WAV peaks, mentioned that she would like to go back to the mountain (they've climbed it already) to investigate the (well-known) plane crash on the mountain. At least one PVHC member has expressed an interest in joining us. Look for the planned hike on the PVHC schedule, or by a separate club email, in late spring, or early summer. We would love to have several PVHC members join us and help us to achieve "Success" on our final NH 52WAV climb.

-- Dick Forrest

The 50 Finest continued from page 3

This list differs substantially from lists of peaks by elevation, such as the New England 4000 Footers. For instance, Mount Washington, the highest peak in New Hampshire's Presidential Range, has an elevation above sea level of 6,288 ft (1,917 m). **It has a prominence of about 6,150 ft (1,875 m), because it stands that high above its key col — the lowest ground on the ridge line connecting Washington to the higher peaks of the southern Appalachian Mountains.** Washington's key col happens to be at the Champlain Canal in New York, the lowest ground on the water divide between the watersheds of the Hudson and Saint Lawrence Rivers. *None* of the other peaks of the Presidential Range are on this list because, while several have elevations above 5,000 ft (1,520 m), none has a prominence of even 1,000 ft (300 m), because they are connected to Washington by ridge lines that are nowhere below 4,900 ft (1,490 m).

Of the 48 New Hampshire Four-thousand Footers, only eight are also on this list, including Mount Lafayette and Carter Dome, which are the high points of the Franconia Range and the Carter-Moriah Range, respectively. The list includes several monadnocks, including the eponymous Mount Monadnock, and the high points of several small mountain ranges which have high prominence by virtue of their isolation from higher peaks by surrounding low ground.

I must admit that my understanding of the term, "topographic prominence," is rather fuzzy. But the above paragraphs from *Wikipedia* lay it out pretty well. Mount Washington, for instance, has a **key col**, the lowest ground on the ridgeline connecting it with higher peaks in the Appalachians, of the Champlain Canal in New York, that is, **the lowest contour which encloses the peak, with no higher peak within that contour**. A **col** (sometimes called a saddle point or pass) is the lowest point on a ridge connecting higher terrain; a **key col** (sometimes called a key saddle or linking col or link) is defined as the highest of these cols along all connecting ridges.

See *The 50 Finest continued on page 13*

"I must admit that my understanding of the term, "topographic prominence," is rather fuzzy."

~ Peakbagger



"Prominence is used as a cutoff point to determine which peaks are to be included on a hiking list."

~ Peakbagger

The 50 Finest continued from page 12

The highest peak of topographical prominence in New England, from the *Wikipedia* article above, is Mt. Washington at 6,150 ft. (at an summit elevation of 6,288 ft. minus the height of the key col (Champlain Canal), which must have an elevation of 138 ft.). **So, to calculate the value of topographic prominence, subtract the elevation of the key col from the elevation of the summit of a peak.** Number two on the list is Mt. Katahdin in Maine, with a prominence of 4,290 ft. Numbers 3 through 7 on the list, in order, Mount Mansfield (VT), Mount Lafayette (NH), Killington Peak (VT), Sugarloaf Mt. (ME), and Equinox Mt. (VT), have prominences in the 3,000 ft. range. Most of the peaks on the list have prominences in the 2,000 ft. range. And eight of the peaks on the list have prominences just below 2,000 ft. – the lowest on the list, Moxie Mt. (ME), has a prominence of 1,820 ft. Here's an online map showing peaks with 2,000 feet or more of prominence for the Northeastern U.S. Mountains (New York and New England), created by Aaron Maizlish in 2003, with a peak list compiled by Roy Schweiker, Edward Earl, Andy Martin, and Ron Tagliapietra: <http://www.peaklist.org/USmaps/newenglandsummits.gif>

Topographical prominence also comes into play when creating other hiking lists.

For example, if we include unnamed peaks and do not consider prominence, the number of Adirondack peaks at least 4,000 feet in elevation is over sixty! The Appalachian Mountain Club's NH48 and New England 4,000 Footers lists use a prominence of 200 feet for peaks in the White Mountains of New Hampshire, whereas the Colorado 14ers list uses a prominence of 300 feet. ~John Sasso (46er) #7130W, from: *Rise of the Adirondack High Peaks: The Story of the Inception of the Adirondack Forty-Six* by Robert Marshall, George Marshall, and Russell M.L. Carson, published in *AdirondackPEEKs* magazine, Spring, 2017.

Prominence is used as a cutoff point to determine which peaks are to be included on a hiking list. In other words, as topographical prominence relates to the NH48 in the White Mountains of NH, for example, there must be a "vertical separation" between a peak's summit and its
See *The 50 Finest* continued on page 14

The 50 Finest *continued from page 13*

key col of at least 200 ft. to be considered as an independent 4,000 footer, and therefore, to be considered as a distinct peak on that list.

Why do I want to climb the 50 Finest? As a confirmed peak bagger, I have only sixteen peaks (6 peaks in Vermont and 10 peaks in Maine) to complete the 50 Finest list. So, in my previous ramblings, I have already climbed 34 of the 50 peaks. Unfortunately, upon completing the 50 Finest list, a patch or certificate is not offered. C'est la vie – another list, another set of adventures.

-- Peakbagger

Treat Your Water *continued from page 3*

another Letter to the Editor entitled "Counterpoint," Brendan Wiltse, Ph.D. (some of you may remember Brendan as the caretaker for many years when our club visited John Brooks Lodge in the Adirondacks) wrote cogently about Eric Schlimmer's faulty reasoning, which he said was "short on facts and science."

Brendan Wiltse writes that Eric Schlimmer, in his editorial Letter to the Editor, focuses primarily on Giardia, but ignores other potential pathogens, such as "Aeromonas, Campylobacter, Shigella, Yersinia, Cryptosporidium, Cyclospora, and Hepatitis A, along with other enteric viruses (Backer 2002)." Wiltse, point by point, refutes Schlimmer's arguments and corrects misleading statements which are in support of not treating your backcountry water. Wiltse concludes:

If we look at the scientific literature on backcountry water there are a few take home messages. First, there is a need to do more water quality and pathogen testing in backcountry waters, especially given that recreational usage is increasing and the reported incidence of improperly disposed human waste is rising. Second, it is difficult to quantify that exact risk of drinking untreated surface water from the backcountry. This is because there are many variables that need to be considered – not the least of which is whether someone (or some animal) recently

"As a confirmed peak bagger, I have only sixteen peaks (6 peaks in Vermont and 10 peaks in Maine) to complete the 50 Finest list."

~ Peakbagger

"...Brendan Wiltse, Ph.D. (some of you may remember Brendan as the caretaker for many years when our club visited John Brooks Lodge in the Adirondacks)..."

~ Dick Forrest



Treat Your Water continued from page 14

pooped in or near the water source. Finally, while the risk may be difficult to quantify, it is present and easy to manage. My suggestion is to treat your water if possible. However, if you are in an emergency, the immediate concern of dehydration is more important than concern of contracting a waterborne illness.

In one more Letter to the Editor in the same publication, Dr. Judith M. Sondheimer, a pediatric gastroenterologist from Washington, D.C., writes about the effects of Giardia as it relates to households and communities:

Each new Giardia case is associated with a significant risk of household and community spread and this poses a real health risk especially for the very young, the elderly, and the immunocompromised.

It is common courtesy that a healthy hiker, admittedly at low risk for infection, should make every effort to avoid becoming infected and thereby becoming the agent for a household or community outbreak.

The bottom line: Treat your water in the backcountry when you have the ability to do so, for the sake of your own health, as well as for the sake of your household's and your community's health.

--Dick Forrest

"The bottom line: Treat your water in the backcountry when you have the ability to do so..."

~ Dick Forrest

Important Membership Renewal Notices

The following memberships are up for renewal:

Jan. Renewals

Joyce Berg
Max Caldwell
Paula Christian
Marie Clark
Kathleen Damon
Gary & Cindy Dolgoff
Carole DuPont
Carol Fox
Rena Giefer
Sherry Goyette
Thomas Harrington
Diane Moriarty
Elaine Tryjankowski
Patricia Watson
Ann Wood

Feb. Renewals

Ali Baldwin
Tonya Binga
Amy & Len Cohen
Steve Daly
Misa Dargie
Peter Haas
Richard Harrington
Pat Jorczak
Andrea Kalifa
Paul Kozikowski
Paul & Maxine Lessard
J. Danusia Lokii-Braese
Bernard M. Marshall, PhD
Lori Martin
Jettie McCollough
Heather Oliphant
Paul Plasse
Jane & Rick Ricci
Carol Vanderheiden

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

November

Chris Corriveau
Ruth Dibuono
David Marks
Lisa Troy

December

Suzanne Roberts



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
- Jan 2 (MA) Club Meeting
- Jan 6 (CT) McCann Family Farm
- Jan 13 (MA) AT Section 6
- Jan 20 (CT) Steep Rock Preserve
- Jan 27 (MA) Laughing Brook
- Feb 3 (MA) Bash Bish Falls/Alander
- Feb 6 (MA) Club Meeting
- Feb 10 (MA) Amherst Winter Fest
- Feb 17 (CT) Bear Mt.
- Feb 24 (CT) Hublein Tower
- Mar 3 (MA) Fitzgerald Lake

IMPORTANT NOTICES

Next Club Meetings:
 January 2, 2018, 7 pm at **FBC**
 February 6, 2018, 7 pm at **FBC**

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

Deadline for submissions to the next *Footprints* is February 20, 2018

**** 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

