



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

Chip Pray Retires as PVHC President After 7 Years

by Incoming President Lori Tisdell

In February Chip Pray “retired” as Pioneer Valley Hiking Club President after seven years. We are all so thankful for his direction and leadership during that time.

So, I’d like to take a few moments to thank Chip for his dedicated leadership for the last seven years. When he took office, it was amid a personal medical crisis. And yet he carried on his duties for the club while battling cancer. That says so much about his personal commitment and honoring his promises. I can only hope to live up to that level of commitment.

In the last seven years Chip has led our club and given it direction. His
See Chip Pray continued on page 6

Cold, Cold, Cold

by Cindy Dolgoff

My current favorite television commercial is a soup ad that goes like this: “The worst part about January? February is next.” I hate winter.

Thus, I surprised myself by signing up to go on Gina and Lori’s Sunday noon hike at The Notch. The local weather reported temperatures in the low 20s. I was totally prepared. My hiking outfit included two polyester shirts, a lightweight fleece sweater, a heavyweight fleece sweater, North Face jacket, flannel-lined hiking pants, silk long pants, wool socks, gaiters, scarf, hat, ear warmers, mittens and gloves.

I started up my Prius. “Look, it’s 28 degrees,” I said in glee.

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Brief Adventures in the White Mountains

by Sandy Sego

Many people in our club venture up to New Hampshire to hike 4,000-foot mountains. I am in that group. When I go, I typically plan to spend hours climbing the tough peaks and making progress on the 48. But we should all know that there are lots of nice hikes that don't involve thousands of feet of elevation.

Over President's Day weekend, I ventured north with a dedicated group who were intent on bagging a winter peak or two. As most of the group was working on their Winter Whites, there was a big hike planned: Cabot (at 4,170 feet) was the destination on Saturday.

It would be a hike of about 9 miles and the temperatures were expected to top out in the mid-20s. With a few concerns about a cold,
See *Brief Adventures continued on page 8*

Smurfy advice for the trail...

Snowshoeing

by John "PaPa Smurf" Klebes

This past weekend I got a chance to treat a few friends to a wonderful snowshoe hike to a frozen waterfall. Snowshoes are a great way to enjoy winter areas that may be difficult to explore in deep snow, and are even easy for beginners to use without practice. Still, a few tricks can make using them much easier and safer.

First timers will quickly become comfortable hiking on flat terrain so don't be afraid to just head out on a short hike. Be sure to practice attaching the bindings to your boots in the warm comfort of your home so you will not hold anyone up trying to figure out how to put on your particular brand of snowshoes. Most snowshoes have straps or simple binding systems that securely hold them to your boots. Be sure to take special care that your boot is firmly held in position in the binding, and that the binding freely moves, or pivots, without catching on the main deck of the snowshoe. There should be

See *Snowshoeing continued on page 10*

"Many people in our club venture up to New Hampshire to hike 4,000-foot mountains. I am in that group."

~ Sandy Sego

"This past weekend I got a chance to treat a few friends to a wonderful snowshoe hike to a frozen waterfall."

~ PaPa Smurf



Featured Club Member: My Twenty-Year Journey

by Carol Vanderheiden

*"Twenty years.....Wow!
Time has flown by."
~ Carol Vanderheiden*

Twenty years.....Wow! Time has flown by. I remember my first hike with the club in February, 1998. I did a night hike at Robinson State Park with Mike and Monica Gross. I had been hiking with the AMC for about a year prior and the idea of a night hike appealed to me. It was a very cold night in February with snow and ice. A new adventure with people I didn't know. On the way back, we crossed a small stream and my foot went in. I remember Mike asking me right away if I was okay and did I need dry socks? Since we were so close to the end of the hike, I opted to keep going. After this hike it was on to Friendly's for what else?...ICE CREAM! The first time with a new group is always uncomfortable for me. Everyone shared common interest stories that I was not part of. As we finished, Ann Mundy

See 20-Year Journey continued on page 13

"Friluftsliv" and Environmental Connectedness

by Sandy Segó

"Friluftsliv. It translates to 'open-air living' and refers to being outside in nature for both spiritual and physical well-being."

~ Sandy Segó

As a person who historically is reluctant to hike in winter, I recently read an interesting article from the BBC. The article was titled "Friluftsliv: The Nordic Concept of Getting Outdoors." Now we all know that Sweden, Norway, and Denmark are in the far North and have cold winters. They have snow. They have ice. It is cold. And yet, people go outside to exercise regularly year-round. They even have a name for it. Friluftsliv. It translates to "open-air living" and refers to being outside in nature for both spiritual and physical well-being. The idea of being outdoors year-round is really embedded in their culture. Many of the companies there have flexible work hours that allow people to go outside for part of the day. Sweden's government reports that approximately one-third of the people participate in outdoor activities at least once a week. There are 25 non-profit associations tied to Friluftsliv. So they do get outside year-round.

And they seem happier for it.

See Friluftsliv continued on page 16

Book Review:***Where You'll Find Me: Risk, Decisions, and the Last Climb of Kate Matrosova*, Ty Gagne (author)**

Review by Lori Tisdell

Two years ago, on President's Day weekend, Kate Matrosova died near Star Lake not far below the summit of Mt Adams in the Presidential Range of the White Mountains of New Hampshire. I remember at the time hearing about a woman stranded up there and rescue efforts being organized by SAR (Search and Rescue) to go up to find her. I also remember hearing for 4-5 days before that weekend that it was going to be a terrible weather weekend with sub-zero temperatures and triple-digit winds. The Mt. Washington Observatory had sent out a warning not to hike above tree line as SAR may not be able to get a rescue crew out if there was trouble.

See Book Review continued on page 18

"The Mt. Washington Observatory had sent out a warning not to hike above tree line as SAR (Search and Rescue) may not be able to get a rescue crew out if there was trouble."

~ Lori Tisdell

The Adventures of Peakbagger: Why I Support Conservation Groups Related to Hiking

by Peakbagger

I've been noting a disturbing trend lately – and I'm sure that the trend has been going on for a long time without me noticing - but it hasn't been on my radar to a great degree. More and more areas around where I live are being lost to development. By "development," I mean housing and commercial business developments.

A Harvard Forest study came out recently and declared that "New England is losing 65 acres of forest a day." And from the online version of *The Harvard Gazette* (<https://news.harvard.edu/gazette/story/2017/09/harvard-research-reports-major-forest-loss-in-new-england/>):

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"More and more areas around where I live are being lost to development."

~ Peakbagger



A VERY PVHC CHRISTMAS

(Reprint: first published: Jan., 2003, in *Bootprints*)

by Kerry Tuell

*"I jumped in my car
with a smile and a
stretch, thinking
thoughts in my head
of the best party yet."
~ Kerry Tuell*

'Twas eleven days before Christmas, and all through the Pueblo, all the hikers were gathered,
partying with gusto!

The centerpieces were lit on the tables with care, in hopes that hungry hikers soon would be
there;

The huge stone fireplace crackled and glowed, the hors d'oeuvres table alone was a sight to
behold!

All of us hikers, cleaned up and decked out, we had to use name tags to figure it out!

And I in my raincoat with "pigs in a blanket", had just arrived for the evening's gala banquet.

When out in the Great Room a voice begged to be heeded, Rob Schechtman was speaking,
no microphone needed!

He had our attention and it was time to give thanks, to the dedicated officers, and helpers,
and leaders that grace our Club's ranks.

Then the raffle began, with all sorts of prizes, Rob called out the numbers and the winners
trooped up, till quite a crowd gathered, all undecided.

On to the slide show we flew as Ann Marie narrated, we commented and quipped at all the
great photos submitted.

Then what to our wondering eyes should appear, but a singing DJ and an empty dance floor!

More rapid than eagles the hikers they came, prancing and dancing and calling out names!

There was Twisting and Swinging and Sliding, the young and the, well, not so young, all coin-
ciding.

The tunes they kept spinning and the rug had to be moved, hiking's built up our stamina and
it had to be proved!

After all the food and festivities, I was feeling quite spent, I said my good-byes and off into
the rain I went.

I jumped in my car with a smile and a stretch, thinking thoughts in my head of the best party
yet.

But I heard them exclaim, ere I drove out of sight, "Happy hiking to all, and all a good night."
-- Kerry Tuell

Chip Pray continued from page 1

major goal was to find a solution to the long-standing issue of the Rising Corner bog bridge problem. Through hard work and dedication on his part (and many hours working with NET personnel, specifically Pat Fletcher) that goal was achieved in September of 2016. The floating boardwalk our club was instrumental in building was completed with Chip heading up our clubs' efforts. I am counting on him as Maintenance Co-Chair to continue that work.

Under Chip's leadership our club has become more active than ever. Our activities and hike leadership have risen beyond what anyone could have expected from a small club here in Western Mass. We have a hike or activity nearly every single day of the week and some days have multiple activities! Our activities range throughout many



PVHC President Chip Pray presents Karen Markham with the 2017 club "Volunteer of the Year" award.

areas of the Northeast. Another one of his goals was to provide varying levels of hikes for all ranges of ability. We took Chip up on that goal and have weekly easy, moderate and difficult hikes and activities.

The most effective leaders lead by example. Chip has provided that with his enthusiasm and dedication to Pioneer Valley Hiking Club. He has fought for

our club; his efforts have always been to help our club continue to grow and make it better each year.

Chip, our heartfelt thanks from Pioneer Valley Hiking Club for your years of leadership, dedication, hard work and direction.

-- Lori Tisdell

"Chip, our heartfelt thanks from Pioneer Valley Hiking Club for your years of leadership, dedication, hard work and direction."
~ Lori Tisdell



Cold continued from page 1

"That's because we're sitting in the sun," Gary countered.

He was right. As we drove down the road, the car's outdoor temperature gauge dove down to 21 degrees.

We arrived at The Notch. It was a bright sunny day but the parking lot was only half-full. Many of the cars were from our group. Thirteen people showed up for the hike.

Other hikers were similarly bundled up. I was glad we had circle time because I didn't recognize a few people; they were completely covered except for nose and eyes. ("Lorraine? Is that you?")

Standing around in the parking lot felt cold, but I quickly warmed up as we moved along the trail, at an energetic but not frantic pace. "This feels good," I thought to myself. About 45 minutes into the hike, we stopped abruptly.

"Time to remove a layer!" someone announced.

I wasn't warm enough to take off a sweater or my jacket but I did shed my scarf and hat. I pulled down my jacket zipper. And quickly pulled it back up again.

The terrain was weird. Some parts of the trail were completely bare. Some parts of the trail had smatterings of snow. The ground was totally frozen. The weather had recently been in the 50s and rainy, melting most of the pre-existing snow. We crossed a couple of streams that were still running, and stepped in some spots that looked like they were frozen - but weren't.

Towards the end of our hike, interestingly enough, on the Robert Frost Trail, we encountered a long stretch of sheer ice. It actually looked pretty to me, until I thought of how it would feel if I fell on it. Everyone brought along some type of micro spikes, and this is where we all put them on. My comfort level increased with the sharp, tiny blades under my feet.

The hike ended and I wondered what time it was. I couldn't see my watch because it was buried under so much clothing. The afternoon sunlight was

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"The terrain was weird. Some parts of the trail were completely bare. Some parts of the trail had smatterings of snow. The ground was totally frozen."

~ Cindy Dolgoff

Cold continued from page 7

starting to wane. 3:30! We had been out on the trail for three and a half hours. It didn't feel like that to me. Time flies when you're having fun.

It was still 21 degrees. I couldn't get my car hatchback open; it was frozen shut. The eye drops in my backpack were frozen. My drinking water was still liquid although it had gotten much colder.

Gary asked me to stop at the Hadley Cinemark on the way home because he needed some movie information. We pulled into the parking lot, which was packed with cars. "This is where the sane people went today," I joked.

But I truly enjoyed my day! I think I might try another winter hike. Thank you so much, Gina and Lori, for leading a wonderful hike.
--Cindy Dolgoff

Brief Adventures continued from page 2

my companion and I decided not to hike Cabot. After all, we aren't working on the Winter Whites. So we looked at some options nearby and thought about hiking out to Lonesome Lake Hut. It sounded like a good plan. We hadn't been there before, and would only be a little over 3 miles. We made sure we had copies of the map, and read over the description of the hike, so we were fully prepared.

The best laid plans never work out. We drove to the trail head and the parking lot was full. There really wasn't anywhere left to squeeze in a car. We tried. We were not successful. So we had to drop this idea. Instead, we headed over to Lincoln Woods (which has a big parking lot) and decided to hike out to Franconia Falls. It is shown on the map at the trailhead. And we had been by the turnoff for it on other hikes (of 4,000 foot mountains). It was about 3 miles of mostly flat trail out to see the cascading water. Unfortunately, there was a lot of snow and ice on parts of the river, so the falls weren't as visible as they could have been, but we had blue skies and sun reflecting off the snow along the trail. We had a nice workout and got back to the Notch Hostel before everyone else. This means we got hot showers without a wait, which is always a bonus!

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"The best laid plans never work out."

~ Sandy Segoe



Brief Adventures continued from page 8

While one dedicated couple went on to hike Mt. Tecumseh (4,003 feet) on Sunday and some just headed home, we had hoped to do a small hike before heading back. We considered Lonesome Lake Hut. But it had snowed overnight and there were several inches of new snow on the ground. The parking lot for Lonesome Lake hadn't been plowed. Many of the cars were still there from the day before, and covered in snow. We couldn't even get into the parking lot. So we changed our plans again and headed over to the Basin.

The Basin is located in the Franconia Notch State Park. You can easily walk around part of the trail along the Cascade Brook. There are several small waterfalls, including Little Flume; and you can see the Basin,



where water falls into a scenic pool. You can also hike out to Kinsman Falls. The trail was pretty easy, but near the falls you do get a steep climb. The falls were frozen, but we enjoyed a nice snowshoe hike. Again, we lucked into blue skies and sun! We

went past the falls, but a tree had recently fallen over the trail. To get by it we would have to climb around the trunk, over one branch and under the next branch (in snowshoes). This was our sign to turn around and head back to the car.

We realized that it is important to be flexible in deciding on hikes. There are many reasons that the original plan may not work. But if you look around, there are lots of great hikes in the area, and you don't have to climb thousands of feet to have good views and a great time. So even if you are reluctant to scale the dizzying heights of the high peaks, there are lots of great smaller hikes to be done in the White Mountains. I encourage you to check them out.

-- Sandy Segoe

"So even if you are reluctant to scale the dizzying heights of the high peaks, there are lots of great smaller hikes to be done in the White Mountains."

~ Sandy Segoe

Snowshoeing *continued from page 2*

adequate room in front of your toe to clear the deck of the snowshoe should your foot slide a little forward when going downhill. A pair of ski poles, or hiking poles with snow baskets, will be helpful for balance.



Once you put on your snowshoes you may find you need to widen and lengthen your stride a little to keep the snowshoes from hitting each other. Otherwise, just walk normally and maybe pick your feet up a little if you find your shoe doesn't clear the snow when moving your foot forward. At first, it will feel a lot like walking on sand at the beach as the snow gives

underfoot. Remember that hiking in snow can be more strenuous so plan extra time or shorter hikes. The stronger hikers should take turns breaking trails in new snow while beginners will have an easy time following in the packed down path left by the lead hikers. Snowshoeing on new snow is fun but requires a lot more energy. Use your hiking poles to maintain balance and try to maintain an easy pace to avoid overheating.

The Ups and Downs

Next, you'll want to get used to walking uphill and downhill in snowshoes. Modern snowshoes have metal teeth called crampons that give you better traction when on hills. When snowshoeing uphill, you will want to plant your poles in front of you, step forward, and press down on your toes to grip the snow ahead of you. With particularly

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PaPa Smurf

"Remember that hiking in snow can be more strenuous so plan extra time or shorter hikes."
~ PaPa Smurf



"You may have to zig-zag up the trail if it's too steep."

~ PaPa Smurf

Snowshoeing *continued from page 10*

steep areas, you can actually stand on your tiptoes as the front portion of the shoes will pivot allowing you to dig your crampon into the snow. When you do this, the back of your snowshoes may be suspended in air. Bend your knees and take smaller strides to walk up the hill. In powdery snow, you may have to plant your foot and lightly pack down the snow to make a firmer layer of snow to place your foot on. You may have to zigzag up the trail if it's too steep. Some models of snowshoes have a flip-up heel lift feature (televator) that can be used to put your foot in a more comfortable angle to the snow. It makes uphill so much more comfortable, but you will quickly learn to flip it down as soon as you are on flat or descending terrain - which you will quickly discover.



When going downhill, keep your poles planted in front of you and you'll want to lean slightly back on your snowshoes to put pressure on the heels of your feet. Your instinct will be to lean back on your tails, which works well with snowshoes that have crampons built into the heel, and the pivoting binding will allow the heel to contact first. If you find the

heel is not gripping, you can just let yourself gradually slide down the hill with each step. If that is not comfortable, place your heel first but then roll your weight slightly forward on the toes to grip tighter. If you still start to descend too quickly, just fall on your butt to stop yourself from sliding.

When traversing across the side of a hill, balance is important. Use your poles with the downhill pole extended and the uphill pole shorter so they are even. You may have to pack down a footing by pushing the uphill side of each snowshoe into the slope to create a shelf for your foot, or, alternatively, walk in the steps made by others ahead of you.

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Snowshoeing continued from page 11

Winter Hazards

Backcountry travelers may encounter avalanche conditions, changing weather, spruce traps and rock or tree wells, and stream crossings that present unique winter hazards, which I hope to cover in another article next fall. But, on known trails, you should be fine getting around most obstacles with snowshoes. Turn back if you are unsure.

You will want to remember that it is very difficult to walk backward in snowshoes and that your snowshoe is much wider and longer than your foot. You will want to take special care stepping over an obstacle like a log or rock. Walk around or step sideways over them to keep from slipping.



Trail Etiquette

When sharing the trail with cross-country skiers try to stay out of the skiers tracks when possible and remember that skiers have the right-of-way, since it is easier for a snowshoer to step off the trail safely.

March in New England can still bring large, heavy wet snow and the shaded side of higher mountains can hold deep snow long into April and May. There are plenty of great snowshoe opportunities ahead this winter!

-- 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.)

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~ PaPa Smurf



"What an adventure this has been...from leisurely trails to strenuous ones."

~ Carol Vanderheiden

20-Year Journey *continued from page 3*

came over and said she had always wanted to do an AMC hike. She decided to join me on a hike at Mt. Tom with the AMC the following morning. That was the beginning of my journey.



What an adventure this has been...from leisurely trails to strenuous ones. From camping, to hut trips, to leading hikes, to organizing white water rafting trips down the Colorado River, and, ultimately, to hiking all the 48 Four Thousand Footers in New Hampshire.

Not just hiking, but giving back, as well: Trail Maintenance at Bartholomew's Cobble, as well as helping build a bridge; the Tully Lake Shelter project; working at the Springfield RV Camping & Outdoor Show to introduce the club to potential new members; trail mapping section 1 and 2 of the M&M trail; and culminating with working on the bog bridge on Section 1 of the NET.

I have had so many happy group experiences, such as First Night, Lake Wyola, Halloween parties at Bill's, tubing down the Deerfield River, kayaking, stand up paddle boarding, snowshoeing, cross-country skiing, corn maze, Ann's Adirondacks camp/hike trip, Merck Forest, Remington Lodge, Mass MOCA, Block Island, the annual picnic, and the annual holiday party.

See 20-Year Journey continued on page 14

20-Year Journey continued from page 13

How can I forget Mt. Monadnock, Mt. Greylock, Sleeping Giant, Seven Sisters, Mt. Ascutney, Keystone Arch Bridges, Sugarloaf, Catskills, Poet's Seat, Mt. Toby, Mt. Tekoa, etc., etc., etc.

Mt. Monadnock in January became one of my favorites. But I have yet to return since I broke my ankle there in 2015. I will stick to nicer weather now.



Nothing can compare to the White Mountain Sampler - at least three days and two nights of camaraderie, food, and various hikes. It would take something really important for me to give up on this trip.

My most brutal hike ever was Mt. Katahdin via the Knife's Edge. This was an extremely difficult hike and I hadn't done enough hiking to realize

that I was not ready for it. On the good side, we had great leaders who watched out for all of us. And on that trip I experienced views that I had never seen before, except from an airplane. I was mesmerized.

The first hike I led was up Mt. Tom and over to the memorial of a plane that crashed, which occurred as soldiers were heading back to Westover after the war. Paul Dower, who blazed an entire trail on Mt Tom, was kind enough to show me the way. That weekend, I was nervous and excited about leading a hike on my own. Lots of people were there to support me. And it felt special because I was able to show them the memorial that none of them had seen before.

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"My most brutal hike ever was Mt. Katahdin via the Knife's Edge."

~ Carol Vanderheiden



20-Year Journey continued from page 14

I have always been drawn to the night hikes. With very little free time due to work, they were easy to fit into my schedule. (Forest Park, Whiting Reservoir, Mt. Tom, Mt Holyoke) What stands out in my mind about one of those wintry night hikes to the Summit House is following our leader single file, wearing headlamps and snowshoes through a shortcut in the woods. The quiet, snow-filled mountain gave the feel of "The Sound of Music" as they were crossing the Alps in the middle of the night to get to Switzerland unseen.



*"In 2005, and again in 2007, I organized trips to the Grand Canyon for whitewater rafting."
~ Carol Vanderheiden*

So when former leaders, Norm, Marcia, and Juliana decided to stop leading those hikes, I took over. Many times, I wasn't in the mood, but went because I had made the commitment. After going, I was always happy that I had. It was amazing how stresses were no longer an issue by the end of the hike.

In 2005, and again in 2007, I organized trips to the Grand Canyon for whitewater rafting. In total, I have rafted different sections of the Colorado River seven times. It was great to share the experience with fellow club members. We all met in Las Vegas, flew to the South Rim of the Grand Canyon for an overnight, and then hiked 8.5 miles down to the Colorado River. From then on, we were in the hands of the guides. We had so much fun...sleeping on the beach, hiking (their easy hikes were usually moderate to difficult), eating (all cooking done by the guides), running the river at a leisurely pace, and then...those rapids, which were some of the fastest whitewater in North America. (The guides did all the work. We just hung on.)

See *20-Year Journey* continued on page 16

20-Year Journey *continued from page 15*

I was introduced to the high peaks in the White Mountains on one of Rob's overnights, staying at Indian Head Resort the first night, and hiking to Mt. Lafayette with a stay at Greenleaf Hut the following day. I wasn't "hooked" on completing the high peaks in New Hampshire until I was about half way through. It took me fifteen years to complete that journey and was worth every minute. I shared many frustrations, joy and triumphs with my hiking partners. I finished my journey on Mt. Jefferson and hope to return there one day.

I still have never done the Newport Cliff Walk, Breakneck Ridge, Strawberry Banke, Acadia National Park and several others. But that just gives me something to look forward to.

What wonderful friends I have made! And what great memories I have.

I may slow down somewhat, but will not stop because the mountains are calling and I must go!

-- Carol Vanderheiden

Friluftsliv *continued from page 3*

After reading about this concept of friluftsliv, I was curious, so I decided to learn a bit more about it.

Thomas Beery (2013) has conducted several studies which involve friluftsliv. He suggests that friluftsliv fuses ideas of outdoor recreation, nature experience, philosophy, and lifestyle. Beery maintains that friluftsliv is an essential part of Nordic culture. He suggests that it is unique to their culture and reinforced by ideas of universal access to nature; flexible work schedules with shorter work weeks and vacation time provisions; a desire for a healthy lifestyle.

One of Beery's studies is on the relationship of friluftsliv and environmental connectedness. This study included data from adult, nature-based, outdoor recreation participation (friluftsliv) and a measure of environmental connectedness from a national survey.

See *Friluftsliv* continued on page 17

"What wonderful friends I have made! And what great memories I have."

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"After reading about this concept of friluftsliv, I was curious, so I decided to learn a bit more about it."

~ Sandy Segó



“One question investigated if people who regularly participate in nature-based outdoor recreation have higher levels of environmental connectedness than people who do not regularly participate in such activities.”

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“So this research study demonstrates that nature-based outdoor recreation shows a positive and significant relationship with environmental connectedness.”

~ Sandy Segó

Friluftsliv continued from page 16

Beery proposes that environmental connectedness involves seeing oneself as part of the broader community and environment. It includes an emotional, experiential sense of oneness with the natural world. Beery suggests that it may encourage an emotional attachment to the community and environment which may encourage us to preserve them. Other research has supported the existence of a relationship between environmental connectedness and environmental action.

One question investigated if people who regularly participate in nature-based outdoor recreation have higher levels of environmental connectedness than people who do not regularly participate in such activities. Respondents who reported regular participation in outdoor activities did score significantly higher on environmental connectedness.

Beery also found that participation in outdoor recreation was a significant predictor of environmental connectedness, regardless of age, gender, or participation in outdoor activities as a child. So people who engage in more outdoor recreation scored higher on environmental connectedness.

In addition, the researcher found that eight activities were reliably related to environmental connectedness. These activities were (1) walking in the forest and country; (2) pleasure and exercise-oriented walking; (3) dog walking; (4) walking with poles; (5) garden work; (6) nature picnics and grilling; (7) plant or animal study or bird watching; and (8) meditation or yoga in nature. You will note that several of these are variations on hiking and many of these activities are offered by our club!

So this research study demonstrates that nature-based outdoor recreation shows a positive and significant relationship with environmental connectedness. While we have to remember the study was done in Sweden, and may not generalize to the U.S. because of cultural differences, it is nevertheless possible that we would find similar results here. There may be other factors that contribute to environmental connectedness as well. It was certainly nice to see that eight activities

See Friluftsliv continued on page 18

Friluftsliv continued from page 17

that contribute to environmental connectedness can be done close to home, are inexpensive, and do not need technical expertise. In essence, four of them are walking. Something we are familiar with in this club!

For myself, I certainly feel a greater connectedness to nature when I am outdoors – hiking, biking, trying to observe animals, or on a picnic. Perhaps we simply need to get people outdoors to feel a greater connection to the natural world.

-- Sandy Segó

Book Review continued from page 4

I looked for updates hoping the woman stranded (her name had not been released prior to finding her) would be found and brought down safely. There was a lot of talk on the Internet of the “stupidity” and “foolhardiness” of this woman who was solo hiking the Northern Presidentials on such a weekend. There was also concern for her and the SAR rescue workers going up in the worst weather of that winter to find her. But overall, there was a considerable amount of judgment about Kate Matrosova before knowing anything about her or how much climbing experience she had. I remember thinking where was the compassion? We all make mistakes and have lapses in judgment. Fortunately, most don't require rescue, aren't fatal, and aren't broadcast to the world to dissect and condemn.

In the end, as we know, Kate Matrosova did not survive. There was a considerable amount of “Monday Morning Quarterbacking” for a while. A few articles came out along with an interview with Kate's husband, Charlie Farhoodi. As it turned out, Kate Matrosova was an extremely fit, experienced, and driven climber with a list of climbing accomplishments (Denali, Kilimanjaro, Aconcagua, and Elbrus) behind her. Her goal was to climb the high peaks of all seven continents and was training for Mt. Everest.

See Book Review continued on page 19

“For myself, I certainly feel a greater connectedness to nature when I am outdoors – hiking, biking, trying to observe animals, or on a picnic.”
~ Sandy Segó

“We all make mistakes and have lapses in judgment.”
~ Lori Tisdell



“We wanted to know Kate’s story, learn what happened up there, and how and why she made those fateful decisions that led to her death.”

~ Lori Tisdell

Book Review *continued from page 18*

When *Where You’ll Find Me* was released the hiking community embraced it. We wanted to know Kate’s story, learn what happened up there, and how and why she made those fateful decisions that led to her death.

In the book we learn that all Kate’s previous big climbs had been with organized groups with the leaders making all the decisions.

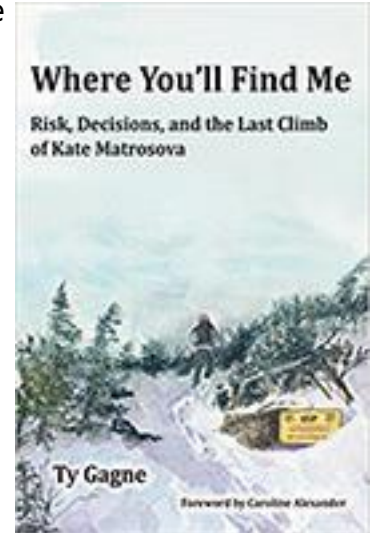
This hike of the Presidential Range was to be a solo effort with Kate making the decisions

for herself. The author, Ty Gagne, surmises in *Where You’ll Find Me* that this was a factor that led to Kate’s death. That and her fierce drive and “never give up” attitude to always move forward even in the face of insurmountable odds.

The book details Kate’s life from her meager childhood in Siberia, her move as a student to the U.S. to study finance to graduating magna cum laude with a B.A. from DePaul University, as well as a master’s from Berkeley, and finally, to her work as a financial analyst with Banque Nationale de Paris Paribas in New York City by the age of 32. Kate had a passion and zest for all areas of her life that drove her to move higher and forward to greater heights in her personal life, her work, and in the mountains.

In *Where You’ll Find Me* Ty Gagne uses Kate’s GPS track, photos, and interviews with Charlie Farhoodi, friends, co-workers, and SAR rescue workers to dissect and analyze the decisions she made, why she made them, and how they led to her death. The author is non-judgmental and compassionate in detailing and relating each move along Kate’s climb that day.

See Book Review continued on page 20



Book Review *continued from page 19*

The first part of the book, using the GPS track and timing, details Kate's hike that day. The author shows the timeframe Kate had planned for the hike took far longer than anticipated from the beginning. Kate had sectioned the hike off and had a number of bailout points planned should she run into trouble. She never made it to any of the bailout points and turned back on the shoulder of Mt Adams far too late amid the storm that came upon her. Kate knew a storm was coming in later in the day and had planned to be below tree line by the time it arrived. Unfortunately, Kate missed the 5:30 a.m. update from the Mt. Washington Observatory showing the storm coming in much earlier than originally forecasted. She was already on the Valley Way Trail when the update came in.

The author details and analyzes each move forward and the decisions Kate was making until she, finally, set off her personal locator beacon (PLB). The title comes from the author's surmise that, when Kate set off her beacon, it was so they would know where to find her body, knowing, at that point, she would not survive.

The second part of the book details SAR's tremendous and heroic efforts to get to Kate that night and again the next morning. Each person involved put so much selfless effort into this initial rescue operation. It takes a special kind of person to put their life on the line, especially in the horrendous weather circumstances that night and the next day. Hurricane force winds literally blew SAR volunteers off their feet and tumbled them around on the trail above tree line. The double-digit, sub-zero temperatures caused at least one volunteer to experience the beginnings of hypothermia. And again, these are volunteers who answer the call for help at any time of the day or night and in any conditions.

See Book Review continued on page 21

"The first part of the book, using the GPS track and timing, details Kate's hike that day."

~ Lori Tisdell

"The second part of the book details SAR's tremendous and heroic efforts to get to Kate that night and again the next morning."

~ Lori Tisdell



"The story is heart-breaking, and Ty Gagne brings to life Kate Matrosova and the tragedy of a life cut short."

~ Lori Tisdell

"It is a cautionary tale for all of us who hike in the White Mountains, and anywhere really, and how even the smallest of decisions can have devastating consequences."

~ Lori Tisdell

Book Review *continued from page 20*

SAR volunteers were initially hoping this would be a rescue but by the next day they all knew it was a recovery operation. And still they went up there hoping to find her. Tragically, they may have been able to get to her had her PLB not sent multiple locations causing confusion as to where Kate was located. The first location was correct, but succeeding signals transmitted incorrect locations due to Kate putting the beacon into her pack. It needed to be outside with the antenna up for accurate transmissions.

The story is heartbreaking, and Ty Gagne brings to life Kate Matrosova and the tragedy of a life cut short. Through compassionate analysis and researching of Kate's life the author brings us to realize that, though she made bad decisions, it wasn't just what was happening around her that brought her to those decisions. Her state of mind, possible early stage hypothermia before heading up Mt Adams, her climbing history, her driven personality how she was always challenging herself to reach higher and further and her "never give up, never give in" attitude, all had a hand in her decisions that day.

Where You'll Find Me is the compelling story of a fateful climb and the last hours of a woman driven to seek the best in herself, to push limits and boundaries, and challenge herself to live life to the fullest and on her terms. It is also the story of the heroic SAR volunteers who are willing to risk everything to help a stranger in need, and to do so with compassion and fortitude. It is a cautionary tale for all of us who hike in the White Mountains, and anywhere really, and how even the smallest of decisions can have devastating consequences.

-- Lori Tisdell

Peakbagger continued from page 4

Development claims 24,000 acres of forestland a year in New England, according to data from 1990 to 2010. By 2060, that could mean another 1.2 million acres lost.

I understand that economics has everything to do with it, and my personal economics is certainly affected. I have to, and choose to, drive long distances to access wilderness areas. My favorite wilderness areas in the northeast are the White Mountains of New Hampshire, the Adirondacks and the Catskills of New York, and Baxter State Park in Maine. These are large chunks of land which wise people who value wilderness have chosen to preserve and conserve.

Will these wilderness areas remain relatively intact and pristine? Who knows, but I choose to support organizations which want to preserve and conserve land that I can hike on. I support the following organizations through membership: the Appalachian Mountain Club (AMC), the Adirondack Mountain Club (ADK), and the Catskill 3500 Club. And I don't mind paying entrance fees to get into Maine's Baxter State Park – it's such a wonderful, beautiful and pristine wilderness area. I've seen areas of Maine, undoubtedly in private hands, that are being raped by loggers – I don't see any efforts being made to reclaim the land once it's logged.

I'm just sorry that I live so far away from these wilderness areas. And, in the meantime, the land around me is becoming more and more developed. Yes, development will go on – it's not something I can prevent or worry about. But I can and will, in my small way, financially support organizations which conserve land that I can use to hike on, and which allow me the freedom to feel alive in the outdoors.

-- Peakbagger

"But I can and will, in my small way, financially support organizations which conserve land that I can use to hike on, and which allow me the freedom to feel alive in the outdoors."

~ Peakbagger

Important Membership Renewal Notices

The following memberships are up for renewal:

March Renewals

Meg Allard
 Luann M. Bianco
 Debbie Bombard & Cheryl Stevens
 Stephanie & Santiago Bustos
 Kay Byington
 Mike & Gail Carrier
 Norma Casillas
 Theresa Corey
 Howard Eldridge
 David & Lorie Emmonds
 Grace Golden
 Alan Goodhind
 Bill Grygiel
 John Klebes
 Keli Kuklewicz
 Pete Ledoux
 Donna Mages
 Nancy Mangari
 Edmund Marrone
 Lorraine Plasse
 Dave Poulin
 Linda Quesnel
 Murray Watnick
 Susan Wills
 Kevin & Robin Withers

April Renewals

Jacki Barden
 Jill Bodnar
 Luci Bolduc
 Virginia Brown
 Kathleen Burke
 Dianne Carey
 Pat Dudas
 Thomas Eaton & Donna Crabtree
 Jane Glushik
 Bryan Goodwin & Joan DelPlato
 Dan Harrington
 Eunice Jones
 Susan McGurk
 Lori McMahon
 Julie & Nancy Minns-Piepho
 Robert Morgan
 Bea Robinson
 Albert Shane
 Lynne Shapiro
 Jacqueline Sheehan
 Carl Todd
 Ed Watson
 Susan Young
 Kathy Zeiben

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

Lori Tisdell, President
 Jeanne Kaiser, Vice President
 Paul Kozikowski, Treasurer
 Gina Geck, Secretary
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Jeanne Kaiser & Lori Tisdell
 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: Lori Tisdell
 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

January

Scott Brown
 Tim & Laura Brown
 Anita Buchiane
 Paul & Christine Duval
 Gail Howe
 Phyllis Keenan
 Sarah Kiritsis
 Jade Mortimer
 Joanne Sico

February

Suzanne Dacruz
 Chris & Jeff DeChristopher
 Christine Overstreet
 Christine Pinney
 Eileen Wood



UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Mornings w/ Chip
- Every Tues. (MA) Evenings w/ Lori
- Every Wed. (MA) Evenings w/ Marcia
- Every Thurs. (MA) Mornings w/ Harry & Ashley Reservoir Evenings w/ Erin
- Mar 6 (MA) Club Meeting
- Mar 10 (CT) People's St. Forest
- Mar 17 (MA) Sec. 1 & 2 of NET
- Mar 24 (MA) Quabbin Gate 35
- Mar 31 (MA) AT Sec/ 6
- Apr 3 (MA) Club Meeting
- Apr 7 (MA) Robert Frost Trail
- Apr 14 (MA) AT Sec. 5
- Apr 21 (MA) Sec. 3 & 4 of NET
- Apr 28 (MA) Trail Maintenance
- May 1 (MA) Club Meeting

IMPORTANT NOTICES

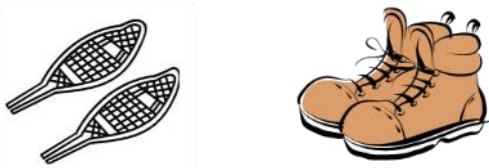
Next Club Meetings:
 March 6, 2018, 7 pm at **FBC**
 April 3, 2018, 7 pm at **FBC**

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

Deadline for submissions to the next *Footprints* is April 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



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