



# Bootprints

The Bimonthly Newsletter of the  
Pioneer Valley Hiking Club

President's Corner:

## A Short History of Our Club

by President Lori Tisdell

While researching the history of trail maintenance within PVHC for my last article I found a wealth of historical information about the club.

Did you know PVHC was originally known as the *Western Mass Outdoor Adventures Hiking Club*? The quarterly newsletter from October, 1992, had 13 hikes/activities listed for three months. And three of those were club meetings! We sometimes have 13 activities in one week now. It came home to me how much the club has grown since 1992.

The 2<sup>nd</sup> newsletter, Volume 1, Issue 2 (April, 1992) had the officers elected to the executive board. The positions were President – Ed Lizotte, Treasurer – Jeff Greb, Activities Director – Ray Tibbetts and Secretary – Vacant. I gather getting someone to volunteer to serve on the E-Board was just as difficult back then too! But there were only 20 active members at that time.

By January of 1993, there were 34 members and there was \$385 in the checking account. And at that time there were no bylaws. In February, 1993, the current club name, suggested by Dick Forrest, was voted on and officially adopted. During officer elections Al Goodhind, who is still an active member and organizes one of the most popular and anticipated annual events - The White Mountain Sampler - was elected as VP. And the club also acquired a secretary. Monthly clinics at the club meetings began 1993 and continue today. The calendar of events had almost 20 activities for a three-month period. And at that time all the hikes were listed in the quarterly newsletter.

By August, 1998, I saw more familiar names in the newsletter, which was now called *Bootprints*. The first article was written by Dick Forrest and talked about his and Sue's Glacier National Park and Rocky Mountains trip. In May  
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of that year Mike Gross led an Mt. Ascutney hike where a non-club hiker broke her leg and dislocated her foot. PVHC had four nurses on the hike who helped the injured hiker. When she was stabilized, the club helped carry her out. That year there was both a picnic and a holiday party. Al Goodhind was elected president.

In early 1999, Dick Forrest was hiking Mt. Monadnock (and still leads an annual hike there) when he happened upon an injured hiker – possible broken hip. He and about 20 other hikers on the mountain that day started a rescue operation until the rangers came with their expertise. They all worked together to bring the injured hiker down in a litter. John Klebes was the member profile article in October of 1999. And Gary Dolgoff wrote an article about “The Gentle Art of Co-leading.” I think I’ve heard that before! By December, 1999, Shari Cox was planning her AT Thru Hike. And that year, thanks to Shari, the club had its first *Sharp as a Tack* awardees. I really think we should resurrect that one!

By the year 2000, the club had grown to 150 members. Rob Schechtman was the newly elected president, John Klebes the VP. In that year the club went high tech with an email list and website. *Bootprints* now looks as it does today; there was a membership directory, an online schedule of events and bylaws. The members in those early years moved the club forward into the future while also creating a lasting foundation to keep it going.

When I joined the club in November, 2008, Ann Mundy had just become an Adirondack 46'er (I had no clue what that meant). Al was leading his White Mountain Sampler (again – no clue) and Christmas weekends, Dick Forrest had his annual Mt. Monadnock January hike, and, at that time, Katahdin trip, as well. And so many people  
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*“The members in those early years moved the club forward into the future while also creating a lasting foundation to keep it going.”*  
~ Lori Tisdell



*"There is such a wealth of interesting historical information and anecdotes stored in the PVHC website's archives."*

~ Lori Tisdell

*"The friendliness of the club and its people has been the envy of other clubs in the area."*

~ Founder Ray Tibbetts,  
quoted by Lori Tisdell

**President's Corner** *continued from page 2*

from that time are still members, still leading hikes and events, volunteering and participating. Little did I know I would be one of them of them in a few short years.

There is such a wealth of interesting historical information and anecdotes stored in the PVHC website's archives. When you have a chance, I recommend checking it out. But, out of all the articles I read, there was one from July, 2000, that resonated with me. Our founder, Ray Tibbetts, was not hiking as much anymore due to health issues but wanted to touch base with an open letter to the club. The following quote, for me, is what drew me to and kept me coming back year after year. My hope for PVHC is that we continue the tradition that Ray started so many years ago.

One of the goals I've had for the club is that it would always be a teaching club and not a follow me club. As experience grows in the club, it would be my wish that your knowledge is passed on to someone else. The friendliness of the club and its people has been the envy of other clubs in the area. We have had many visitors and inquiries on how we do it and what we do. The club can grow as big as it wants to, but the main focus should never change because that is what made it strong.

~ Ray Tibbetts

-- Lori Tisdell

# Heat Exhaustion and Hyponatremia: Health Conditions to be Aware of When Hiking

by Joe Stella

Recognizing and treating the symptoms of heat exhaustion and hyponatremia early on is crucial to prevent a deteriorating progression resulting in more serious health issues that could ultimately be fatal. Both conditions have some overlapping symptoms, which may complicate the diagnosis and treatment.

## Heat Exhaustion

Heat exhaustion is caused by a combination of factors that may include: high ambient temperature and/or humidity, excessive water and electrolyte (sodium and potassium) loss, usually due to sweating and moderate to strenuous hiking. Other components may include stress and anxiety levels and inadequate hydration and electrolyte loading prior to hiking.

### Symptoms

The following is a list of items that may indicate a problem or a potential issue. One or more of the symptoms may be subtly apparent, therefore, it is important that fellow hikers be aware of their comrades.

- Headache
- Nausea or vomiting
- Sweating
- Exhaustion
- Pale, sweaty or flushed skin
- Thirst and decreased urine output (urine is darkish yellow)
- Dizziness when individual stands quickly
- Elevated heart and respiratory rates

Headache and/or a nauseous feeling are typically the early warning signs of heat exhaustion when hiking. The other symptoms common when hiking are less evident until the condition progresses.

### Treatment

The initial diagnosis is the difficult part. The treatment is  
See Health Conditions continued on page 5

*"Heat exhaustion is caused by a combination of factors that may include:...."*

*~ Joe Stella*

*"Headache and/or a nauseous feeling are typically the early warning signs of heat exhaustion when hiking."*

*~ Joe Stella*



*"If left undetected or untreated, heat exhaustion may progress into a more critical condition, referred to as heat stroke."*

*~ Joe Stella*

*"Hyponatremia occurs when the sodium level in a person's blood is too low to maintain normal body functions."*

*~ Joe Stella*

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straightforward and will be listed as bulleted items.

- Have hiker stop and rest, preferably in a cool, shaded area.
- Help hiker replace fluids and electrolytes (sports drink, water with electrolytes, etc.)
- Do not give salt tablets or other concentrated forms of electrolyte pills or powder.
- Loosen and/or remove as much clothing as possible and reasonable.
- Wet down and fan person to increase cooling by evaporation.
- Continue to hydrate, preferably with electrolytes.
- If person feels better, he/she may continue hiking.
- 24 hours may be required for a full recovery. Be vigilant for recurrences.
- Immediate evacuation is required if the affected hiker has a seizure.

If left undetected or untreated, heat exhaustion may progress into a more critical condition, referred to as heat stroke. Heat stroke affects the personality and mental acuity of the individual and requires immediate cooling, preferably by dunking in cool water. Immediate evacuation is warranted.

### **Hyponatremia**

Hyponatremia occurs when the sodium level in a person's blood is too low to maintain normal body functions. In the case of hiking, it usually is the result of consuming too much water and secondarily, not eating enough. If untreated, hyponatremia can lead to seizures, coma, and even death.

### Symptoms and Signs

The early warning signs are similar to those identified for heat exhaustion cases. However, the possible altered mental state for

See *Health Conditions* continued on page 6

**Health Conditions** *continued from page 5*

hyponatremia cases in the later stages is defining and alarming.

- Headache
- Weakness and fatigue
- Light headedness
- Muscle cramps
- Nausea and/or vomiting
- Sweaty skin
- Clear urine color, recent/frequent urination
- Considerable amount of water/fluids consumed
- Possible increase in anxiety level as condition progresses
- Use of diuretic (water pill) medicine
- Change in mental state, disoriented, irritable and combative

**Treatment**

- Stop hiking and rest in cool, shaded area.
- Stop fluid intake.
- Proceed with gradual consumption of salty foods, such as Pringles, etc., to allow body to reestablish a sodium balance.
- Gradually reestablish food and fluid intake as person improves.
- Reestablish normal urine output.
- Rapid evacuation is necessary if person exhibits an altered mental state, otherwise slow evacuation is sufficient.

**Conclusion**

A hiker with hyponatremia will appear to have heat exhaustion, especially in the early stages. It is important **not** to give the patient water, as would be done for heat exhaustion. Water or fluids in this case will exacerbate the hyponatremia condition.

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**Health Conditions** *continued from page 6*

The following guidelines can be used to differentiate between heat exhaustion and hyponatremia cases, along with an thorough understanding of the conditions that led up to the debilitated hiker.

- Persons suffering from heat exhaustion will have a low output of darkish yellow urine and will be thirsty. They previously consumed little water or fluids and may urinate every 6-8 hours. Food consumption may also have been limited or less than normal.
- Conversely, those individuals troubled with hyponatremia usually will have urinated recently and discharged a clear urine. They typically will claim to have been drinking considerable amounts of water/fluids and are not thirsty.

Once the proper diagnosis is made follow the treatment protocol specified above.

-- Joe Stella

## A Good Night's Rest

by Sandy Segó

When we think about our physical health, we often think about diet and exercise. We don't tend to think as much as we should about sleep. Yet how well we sleep affects our overall health and well-being.

When we sleep we cycle through two main types of sleep: REM sleep and non-REM sleep. When we initially fall asleep, we are in non-REM sleep – we drift off into a light sleep and gradually over about 90 minutes move into deeper, more restful stages of sleep. The brain produces different types of waves as we move into deeper stages of sleep, showing decreased activity. But then we enter Rapid Eye Movement (REM) sleep. If you look at a sleeping person, you can see the eyes move quickly behind their eyelids during this phase. REM sleep is the period when we are most likely to dream. Our brain becomes more active and resembles the level of activity we show when we are awake. This stage only lasts for a few minutes. We then return back into non-REM sleep and repeat the cycle several times during the night.

While it is a popular notion that everyone needs eight hours of sleep a night, the reality is different people need different amounts of sleep.

*See Good Night's Rest continued on page 8*

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*~ Sandy Segó*

**Good Night's Rest** *continued from page 7*

Some individuals need nine hours of sleep. Yet most of us don't get enough sleep. Sleep deprivation can put individuals at increased risk of heart disease, type II diabetes, and obesity. Not getting enough sleep can impact our ability to think and concentrate; it can impair driving. Lack of sleep can lower the effectiveness of our immune system, lower our energy level, impact our memory, and make us less creative.

So sleep is important. What are the steps we can take to improve our sleep? First, we can sit less. One study suggested that people who sit for fewer than 8 hours a day were more likely to report "very good" sleep quality. Second, we can get exercise – and vigorous exercise is best. About 75% of exercisers describe their quality of sleep as very good or fairly good. Vigorous exercisers are more likely to report they had a good night's sleep and are least likely to report sleep problems. And you can exercise at any time of the day to get the benefits with your sleep.

A third step we can take to improve our sleep is to turn off our electronic devices. About 90% of people in the U.S. say they use an electronic device during the hour before they go to bed. Yet using tablets, smartphones, computers, and even televisions can interfere with your body's circadian rhythm. These devices emit a short wave blue light. This light can prevent the release of melatonin – a sleep-inducing hormone. So if possible, turn these devices off an hour before you plan to go to bed. Earlier is even better, but even 30 minutes before bedtime can help improve your sleep.

A final suggestion for improving sleep is to engage in some relaxation exercises. Progressive muscle relaxation is one option – start at the top of your head and tense the muscles, then release the tension. If the muscles still feel tense, do it again. After tensing the muscles in your head, move to your neck and then down to your shoulders. Slowly work your way down your body, one muscle group at a time. Another option is to do some deep breathing exercises. Breathe in and slowly fill your lungs with air. Count how long it takes to fill your lungs to bursting with air (perhaps to the count of four). Hold your breath for half as long as you inhaled (maybe to the count of two). Then slowly exhale – it should

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*"Lack of sleep can lower the effectiveness of our immune system, lower our energy level, impact our memory, and make us less creative."*

*~ Sandy Sego*

*"A final suggestion for improving sleep is to engage in some relaxation exercises."*

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*"Getting a good night's sleep improves mood and provides energy."*

*~ Sandy Segoe*

*"The challenge of hiking in winter is to stay warm without overheating."*

*~ PaPa Smurf*

**Good Night's Rest** *continued from page 8*

take as long to empty your lungs as it did to fill them (again counting to four). When you do this, you should notice that your muscles relax and you feel calm. Being in a relaxed state can help you fall asleep.

Getting a good night's sleep improves mood and provides energy. Try any of the suggestions and see if you notice a difference in your sleep. After all, what do you have to lose?

-- Sandy Segoe

Smurfy advice for the trail...

## **Cold Weather Hiking**

by John "PaPa Smurf" Klebes

As we enter the colder weather I'd like to talk a little about some winter skills that will insure your enjoyment of this great hiking season. Does your view of winter hiking consist of cold, wet, dampness, and misery? With a little thought to gear, food, and preparation you will be warm, happy, and enjoying a winter wonderland that fair-weather hikers never see.

The challenge of hiking in winter is to stay warm without overheating. It sounds so easy: layer on lots of clothes. But overdressing will quickly soak your clothes with sweat during hard exertion and while hiking uphill. You need to keep warm, but not too warm, and keep cool, but not too cool. A tough challenge.

### **Layering Clothing**

First, forget about those comfortable blue jeans and cotton shirts. In winter anything made with 100% cotton will get wet, stay wet, and

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**Cold Weather Hiking** *continued from page 9*

suck the warmth right out of you. There's a saying in the mountaineering community: "Cotton kills." No matter what the temperature at the trailhead, this time of year calls for a base layer that is made of a wicking synthetic material. A great choice is our club's tee shirt, or any of the wicking performance long underwear available at most stores and mail order. Just check the label and stay away from anything that says it's mostly cotton. Synthetics or silk are best. This base layer will wick the perspiration away from your body and keep you feeling dry and warm.

Next, a layer of warm insulating, but breathable, material should be worn. Wool or fleece-like products are best since it will continue to insulate even when wet. I like to bring a couple of thinner layers such as a polypro, long sleeve shirt and synthetic sweatshirt, such as Primaoft®, versus one thick one because you can layer them depending on the temperature and difficulty of the hike. While hiking hard, I wear one layer which lets out moisture easier. Then when I stop or get cold I add a layer or two to stay comfortable. The idea is to design a system of clothing layers that lets you add warmth when you need it but lighten the layers before you get too warm and soak the material with perspiration. Pants should be loose-fitting to allow easy bending at the knees, and, again, stay away from 100% cotton.

For protection from wind, snow, and rain, a waterproof parka shell and pants are important. The best are both waterproof and breathable but inexpensive non-breathable materials are okay, too. No matter how nice the weather is I would never suggest going out in winter without your rain/wind gear. A lightweight, thin, waterproof  
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PaPa Smurf

*"The idea is to design a system of clothing layers that lets you add warmth when you need it but lighten the layers before you get too warm and soak the material with perspiration."*

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*"Some better shells and mid-layers have arm pit zippers and vents that can be opened to help regulate temperature."*

*~ PaPa Smurf*

*"In cold conditions, I opt for mittens with wicking liner gloves."*

*~ PaPa Smurf*

**Cold Weather Hiking** *continued from page 10*

shell parka combined with a couple of fleece sweatshirts is warmer than some of the thickest heavy jackets and a lot easier to carry and regulate your temperature with. Winter can trick you with a warm sun slipping behind a cloud and turning your delightfully comfortable day into a deep chill, if you don't have that windbreak to put on. With it you might not even notice the cold.

Some better shells and mid-layers have arm pit zippers and vents that can be opened to help regulate temperature. These can give you many options for regulating your temperature while hiking but don't be shy about stopping and adding and removing layers, if needed. It is much easier to stay warm than to try and warm up after getting chilled. And, more importantly, it is even harder to waste energy trying to dry out your wet clothes with body heat.

Next don't forget your feet and head. A pair of wicking socks made from wool or silk will keep your feet dry as well. An even better system is a pair of wicking liner socks and a heavier wool sock over. Just like your shirts, the liner sock will wick the moisture away from your feet and into the wool sock. The wool sock will continue to wick the moisture outward away from your feet keeping you dry and warm.

Don't forget that hat. Mommy always told me if your feet are cold put on a hat. I like to have a thin beanie cap that covers my ears. Thin and light it wicks moisture away while hiking. In colder weather I add a fleece hat as a second layer. For gloves I like to bring a pair of windproof light gloves. In cold conditions, I opt for mittens with wicking liner gloves. Mittens provide a much warmer environment than gloves because you can share heat between your fingers.

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**Cold Weather Hiking** continued from page 11

### **Regulating Temperature**

Now that you have your layering system together it's important to manage your body's sweat. The number one mistake might be forgetting to bring enough warm clothes but the number two mistake is allowing yourself to get too warm while exerting yourself and getting wet with sweat. Most people start off with too many clothes on because they are standing still and feel cold. So start off a little underdressed or plan to stop after just a short warm up time to lose a layer. While hiking simply adding or removing your hat and gloves can make a big difference, too. Just shove your hat in your pocket if you get warm and pull it back out when you get a little chilled.

Use pit zips or open your jacket partly or completely to vent out heat as you hike and don't be shy about slowing down to keep from sweating too much or stopping completely to remove a layer. Keep your clothes as dry as you can by changing out, venting, and slowing down. When you take a break, have a puffy layer on top of your pack that you can quickly put on when stopped so you don't get too cold. Be sure to stuff it back in your pack again when you end your break to keep from getting too warm while hiking again.

If you get really cold, switch out a damp pair of socks for a dry pair from your pack. And if you really can't warm up, even try changing your base tee shirt for a dry one. The key to staying warm is a dry layer against the skin.

### **Fuel**

There are two ways we stay warm in winter: one is to insulate and

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*"Now that you have your layering system together it's important to manage your body's sweat."  
~ PaPa Smurf*

*"Keep your clothes as dry as you can by changing out, venting, and slowing down."  
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*"Next time you feel cold ask yourself, "How long has it been since I have fueled up?"*

*~ PaPa Smurf*

*"As part of my first aid kit in winter I always bring a package of those chemical hand warmers and a cheap space blanket just in case."*

*~ PaPa Smurf*

### **Cold Weather Hiking** *continued from page 12*

conserve the warmth we already have and the other is by burning fuel to keep warm. What kind of fuel – well, food, of course. If you are planning a winter hike the next day try fueling up the night before with a high carbohydrate meal, such as pasta, and definitely start your day with a good breakfast. This will provide the fuel your body needs to keep you warm. As we use up our fuel we begin to have trouble keeping warm. Next time you feel cold ask yourself, "How long has it been since I have fueled up?" Bring plenty of easy energy-giving snacks to eat as you hike. In winter it is sometimes harder to find a nice place to sit and eat without getting wet or cold. It's best to eat lots of small and frequent snacks then one big meal in the cold. Water is also very important. Because of the dry winter air we lose a lot of moisture from breathing. If you don't drink enough water in the winter your body has a harder time circulating the warm blood around your body. Again, if you're cold, ask yourself how long has it been since I ate or drank. It will really make a difference. You might even bring warm teas, cocoa, or soups in a thermos. Keep your water stuffed deep in your pack or in an insulated parka to keep it from freezing. A good trick is to place it upside down - since water freezes from the top this will still allow you to drink the water that has not frozen. Drinking tubes from those hydration systems are the first things to freeze in winter - leave them home.

### **Extra Gear**

As part of my first aid kit in winter I always bring a package of those chemical hand warmers and a cheap space blanket just in case. I also bring a spare pair of dry socks, liner gloves, and a dry base layer. Another challenge in winter is encountering ice and snow. Don't be afraid to admit that conditions are too dangerous and turn back if the snow

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**Cold Weather Hiking** *continued from page 13*

is too deep or it gets too icy. Better to turn back than slip and hurt yourself. This time of year I like to bring a pair of instep crampons (small metal teeth which attach to the bottom of your boots) to give extra traction on icy surfaces.

~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))

Featured Club Member:

## **My Life With PVHC**

by Karen Markham

I started working at UMass in January, 1997, where I met my dear friend Louise. She belonged to the Fourth Hill Hiking Club and invited me along for a Quabbin hike one March Saturday that I had off. I wore nylon pants, a cotton t-shirt, and a nylon jacket, and an old pair of very heavy leather boots. I thought I looked cool! That was until I saw what everyone else was wearing...hiking pants, tech shirts and nice, lightweight hiking boots! It turned out to be a great hike with really nice people! I was hooked. Every chance I had I went hiking with the 4<sup>th</sup> Hillers and became good friends with another couple. Eventually we started hiking our own hikes, longer, harder ones, backpacking, hut-to-hut trips, camping, biking, kayaking, always having a great adventure!

Fast forward to 2007, my friends started to slow down, not doing the backpacking and more difficult hikes. I was bummed and started to do a lot of hiking by myself, including the Long Trail – which was an awesome adventure for many reasons, the main one was that I was totally dependent upon myself. And then there was the fact that I didn't have

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*"It turned out to be a great hike with really nice people! I was hooked."*

*~ Karen Markham*



*"Hiking alone was very therapeutic in so many ways, though part of me still longed to do more difficult hikes with others."*

*~ Karen Markham*

*"I was nervous as hell, not because I questioned my ability, but because I did not know anyone!"*

*~ Karen Markham*

**Featured Club Member** *continued from page 14*

a care in the world, no bills to pay, emails to check, telephone calls to make, texts to reply to, no Facebook, no news to listen to, no television to distract you, no radio, no work, no alarms...only me and the woods putting one foot in front of the other! WoW! It was awesome and healing! I continued to hike, some with my friends, though continued to do a lot of hiking by myself. Hiking alone was very therapeutic in so many ways, though part of me still longed to do more difficult hikes with others.

So, I think it was either 2008 or 2009, I happened to go to the camping show in West Springfield and there was a table for PVHC. I chatted a bit, grabbed a card and off I went to look at campers. I'd look at the website from time to time and one trip I remember being offered was to Baxter State Park – oh, how I wanted to go, though for personal reasons, I was not ready to join the club...yet! Then a few years later at my chiropractor's (who was also a very active outdoorsman), we'd always chat about hiking, kayaking, El Camino, etc., when one day he mentioned another client of his belonged to a hiking club and he'd ask if they would mind him giving me their phone number. As it turned out that client stopped seeing him and the only information he had was the club's name, PVHC! Still, for personal reasons, I waited until the following spring of 2010 to do my first hike, which was with Richard Harris leading Mt. Greylock. I was nervous as hell, not because I questioned my ability, but because I did not know anyone! It turned out to be a great time and a wonderful hike! I know I went to a meeting, too, and was very nervous, though I can't remember if it was before or after Greylock.

That summer I went on Ann Mundy's Heart Lake camping trip. It was a great trip and an opportunity for me to meet some great members and hike with others! It wasn't long after that trip that I embarked on doing all 46 Adirondack 4,000-footers. What a great journey it was.

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**Featured Club Member** continued from page 15

The hiking opportunities, trips, backpacks, camping, and lists were/are endless! And I was thrilled to get back to Baxter, not once, but three times, and already looking forward to going back next year!



(Photo by Karen Markham)

I have no recollection of what the first hike I led or co-led was or how/why I decided to lead. I'm sure it had to do with a place or mountain or backpack that I wanted to do, perhaps for a list I was working on, and I was always thrilled to have others journey with me. If you have a place or mountain you want to climb, don't wait for another to put it on the schedule, lead or co-lead it! You will be happy you did; I was and still am!

My favorite seasons to hike are fall and winter, though when I hike in the summer heat which I do not like...unless...there is a stream, river, brook for a cool dip in after – I LOVE to hit the cold water after sweating in the summer heat – absolutely LOVE it! It's so cool and refreshing! WoW! Sometimes on those hikes I persevere through the heat knowing that I will cool off soon! Oh, then those cool, crisp days of fall, shuffling in the leaves and watching them fall and blow around you on a breezy day. The beauty and colors of fall! Outstanding! Another fall favorite is when I start a hike early in the morning in the cool, crisp air on a sun-filled day, and you reach the peak, a treeless peak, and you feel the warmth of the sun on your face or your back! Love that, too! And let's not forget winter (though I know many of you would like to – haha), it's another favorite season I love to hike in. If you've never winter-hiked, let me tell you that the snow is so

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*"The hiking opportunities, trips, backpacks, camping, and lists were/are endless!"*

*~ Karen Markham*





*“And I love looking at the crystal clear, blue sky through the leafless trees and feel the warmth of the sun and see the beauty of the sky – WOW!”*

*~ Karen Markham*

**Featured Club Member** continued from page 16 amazingly beautiful on the forest around you – words cannot describe how it makes me feel when I hike in the winter or an early snowfall in October or November! And I love looking at the crystal clear, blue sky through the leafless trees and feel the warmth of the sun and see the beauty of the sky – WOW! No matter what season when I’m hiking and I smell Christmas, I always stop, close my eyes, and breathe it in, or when you can smell the earth. WoW! It’s a feeling that’s hard to describe, so peaceful! Ah, full moon hikes – love hiking in the dark with the only light being the moon’s! So totally cool! And getting to see a sunset or sunrise. Oh my goodness, I could go on and on and on, though I won’t! I’ll switch gears and talk a bit about “lists.”



(Photo by Karen Markham)

Lists! Lots of lists! Al Roman and I joke around about being ‘listers,’ not ‘peak baggers.’ I love having a list to “cha-ching” off another peak as it brings me to areas in the northeast I would not have otherwise ventured to. It has given me an opportunity to study maps, trails, logistics, plan backpacks, trips and experience bushwhacking! Oh, the fun of bushwhacking. Always thankful to have others along for bushwhacks! When I complete a list, it’s always bittersweet. I suppose that’s why I don’t mind “repeating” peaks with others! The memories come back and new ones are made! Love that! Yea, there’s not much I don’t like about hiking!



(Photo by Karen Markham)

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**Featured Club Member** continued from page 17

This club has given me awesome friendships and a chance to do what I am most passionate about with those awesome friends! The areas we explore and hikes are endless. The fun we have is amazing! Not to mention the challenges, the views, the laughs, the opportunities, the support, and the love you feel! **AAA000UUU!**

THANK you, PVHC members! You are all amazing!  
-- Karen Markham

## The Vermont Sampler

by Cindy Dolgoff

As I delve through hundreds of 2018 PVHC photos, in preparation for this year's holiday party slide show, I am awed by the number and variety of hikes. Leaders have thoughtfully put together a myriad of fun outdoor activities. In addition to the usual hikes and trips, there's been a plethora of new hiking venues added this year. One such jaunt is this year's Vermont Sampler.

Organized by hike leaders Brenda Doucette, Jeanne Kaiser and Lori Tisdell, the Vermont Sampler was, in my opinion, a great success. The Sampler was based in Ripton, Vermont, which is in the Middlebury/Waterbury area of the state. Most of the participants stayed in the Robert Frost Cabins. It was a charming conclave of modern and cheery cabins, with just about every imaginable amenity provided.

On Friday night, we gathered at the community room of the cabins for a potluck dinner. Yum! As usual, club members brought a tasty assortment of delicious side dishes. The dinner was followed with a gathering by the fire at the outside pit.

We split into three separate groups for the Saturday hikes. Gary and I joined Brenda for her Little River State Park History Hike in Waterbury, Vermont. It was wonderful to participate in such a well thought-out hike. We explored the trails and traced the history of the farmers who  
See Vermont Sampler continued on page 19

**"AAA000UUU!"**

~ Karen Markham

*"It was a charming conclave of modern and cheery cabins, with just about every imaginable amenity provided."*

~ Cindy Dolgoff



**Vermont Sampler** continued from page 18

originally settled the land in the 1800s. The weather, cool with a few sprinkles, was a welcome respite from our overly long summer. After our six-mile hike, our group explored the Waterbury area by visiting Ben and Jerry's (ice cream) Factory and Smuggler's Notch Distillery. We also went to the Cabot Cheese Creamery, where we sampled many types of delicious cheeses.

Saturday night, 20+ hikers gathered at the Fire and Ice restaurant in Middlebury, Vermont. I know from experience how difficult it is to organize a large dinner group; however, everything seemed to fall into place. The restaurant was able to accommodate us in the same room on two tables. I loved my meal and especially the salad bar.

On Sunday morning, we met at the Robert Frost Trail in Ripton for our final hike. It was a short and sweet hike, accentuated with signs reciting the poet's poems. As we covered the



(Photo by Cindy Dolgoff)

park's short loop, we discovered a longer trail – the Waterfall Trail – which we vowed we would hike someday, maybe next year.

Our club is lucky to have dedicated leaders who put together events like this. You are appreciated.

-- Cindy Dolgoff

*"It was a short and sweet hike, accentuated with signs reciting the poet's poems."*

*~ Cindy Dolgoff*

## Haunted Madame Sherri Forest

by Brenda Doucette

From Mt. Wantastiquet, loops, ruins, and mine ledges  
 To a colorful forest, rolling hills, Indian Lake and rock wedges  
 At Mine Ledges the Pennacook natives who would spy below  
 As you wind through, catch a floating feather or a fleeting shadow  
 Down below at the castle now eerie and gray  
 The memories of her wild parties' sway  
 Though her castle long ago has been gutted by fire  
 Her staircase still stands tall and under the sky her arches tire  
 But still intact and the steps call  
 You cannot help to climb to the top  
 Shh...listen close to hear champagne bottles pop  
 Witness Madame Sherri descend from her room  
 Down her staircase into the starry night  
 Calling to those waiting to sing, dance and bloom  
 Entertaining her guests laughing with delight  
 This magical forest whispers through the trees  
 Waiting at the ruins are the effervescent ghosts  
 For Madame Sherri's return to her castle, their muse Calliope  
 While up on the mountain the Indians wait at their posts  
 -- Brenda Doucette

*"Witness Madame  
 Sherri descend from  
 her room  
 Down her staircase  
 into the starry night"  
 ~ Brenda Doucette*



*“My favorite place to hike in all of New England is Baxter State Park in Maine, a Maine state park.”*

*~ Peakbagger*

*“The view from both peaks rivals or surpasses any of the “52 With a View” peaks in New Hampshire.”*

*~ Peakbagger*

The Adventures of Peakbagger:  
**Two Gems in Baxter State Park**  
 by Peakbagger

My favorite place to hike in all of New England is Baxter State Park in Maine, a Maine state park. Not only is Mt. Katadhin in Baxter State Park, the northern terminus of the Appalachian Trail, but there are several great hikes in the park that are exceptional. I would like to tell you about two smaller gems which I’ve climbed.

The first is Doubletop Mountain which is on the “50 Finest in New England” list. The mountain is #39 on that list with 2,080 feet of prominence. I’ve always marveled at this mountain to the immediate south of the parking lot to the Brothers Range. As the name states, there are two peaks, a north and a south peak. We took the trail from the Nesowadnehunk Campground (a popular option) for 3.1 miles to the north peak (3489 feet in elevation), and then went 0.2 miles further to the south peak (3,455 feet in elevation). It’s about a seven-hour hike at a moderate pace, and takes about 15 minutes between each peak. Along the ridge you are on the edge of a cliff in a few places so you have to be careful. The view from both peaks rivals or surpasses any of the “52 With a View” peaks in New Hampshire. The Brothers Range and Baxter Peak/Mt. Katadhin, along with some lesser peaks, are staring you right in the face, standing magnificently in front of you to the north. It’s a popular hike in the park – we met three couples on the top of the mountain when we climbed it, although we felt that we were hiking alone during the climb.

The other gem, which I’ve hiked twice, is South Turner Mountain. South Turner Mt. can be easily accessed from Roaring Brook Campground, a major trailhead in Baxter St. Park. The summit is exactly 2.0 miles from the campground. The elevation of the mountain

*See Peakbagger continued on page 22*

**Peakbagger** continued from page 21

is 3,123 feet, and the vertical gain is close to 1700 feet. So the South Turner Mt. Trail is quite steep.

The first time I hiked the mountain was in the early 1990's after hiking Mt. Katadhin (we went up and down the Cathedral Trail); we climbed South Turner Mt. the day after our big climb on a Columbus Day weekend. The next time was this year and it seemed quite different from before and I didn't remember much from the first climb.



South Turner Mt. from Sandy Stream Pond  
(Photo by Lori Tisdell)

From Roaring Brook Campground, you take the Sandy Stream Pond Trail for 0.6 miles to South Turner Mt. Trail for approximately 1.4 miles to the summit of South Turner Mt. What impresses me about South Turner Mt. are the trails and the views. There are puncheons (bog bridges) that are fun to walk on on the Sandy Stream Pond Trail, and the view of South Turner Mt. and surrounding peaks from Sandy Stream Pond, which you pass on your way to South Turner Mt., is spectacular. On the South Turner Mt. Trail there are many rock stairs up the steep mountain trail – an absolute marvel of trail maintenance – and the views close to the very top of the trail and on the summit are also spectacular. On the last few tenths of a mile, near the summit, you encounter a large boulder field which can be a little tricky to traverse. When we got to the top, we had the mountain and the magnificent views of the glacial cirques of the big mountains in the park to ourselves.

-- Peakbagger

*"On the South Turner Mt. Trail there are many rock stairs up the steep mountain trail – an absolute marvel of trail maintenance – and the views close to the very top of the trail and on the summit are also spectacular."*

*~ Peakbagger*



## A Gothics Loop in the Adirondacks

by Dick Forrest

On our annual John Brooks Lodge (JBL) weekend in the Adirondacks this September, Teri McElwain, Sandy Sego and I hiked a Gothics Loop on the so-called Great Range. (We ran into a number of hikers who were ambitiously traversing the entire Great Range. -- <https://www.hikingproject.com/trail/7009885/adirondack-great-range>) Our Gothics Loop consisted of three peaks over 4,000 feet in elevation (all on the ADK 46er List): Gothics (4,736'), Armstrong (4,400'), and Upper Wolf Jaw (4,185'). Some hikers include Lower Wolf Jaw, as well, but ten hours of hiking these three challenging peaks is enough for one day (at least, for me). This was my third or fourth time climbing these three peaks – I've honestly lost track.

Teri announced that she wanted to hike the Gothics Loop, and I told Sandy, when she asked where I was hiking, that I was hiking with Teri. That was enough for Sandy to join us, too. (Jeanne Kaiser had also hiked this loop and had encouraged Sandy to hike it so Sandy said that Jeanne and I were both half-responsible for her decision to join us.) So Teri was the leader and Sandy and I were her followers.

Teri was a fearless leader. Here's the best example: We were climbing Gothics Mt., not far from the top of the ridge, above the famed cables on the mountain which are used as an aid to hikers to pull themselves up a steep section of trail, when we came to a large, open, bare rock slab, without cables. Teri, without hesitation, with nothing to hold on to, crab-walked up the middle of the steep rock face for about 50 yards to the safety of a flat spot higher up the hill. Sandy and I stood in amazement as she did this, initially not knowing what to do. At the

See Gothics Loop continued on page 24

*“Teri, without hesitation, with nothing to hold on to, crab-walked up the middle of the steep rock face for about 50 yards to the safety of a flat spot higher up the hill.”*

*~ Dick Forrest*

**Gothics Loop** *continued from page 23*

same time, there was a French Canadian couple who were having a little difficulty getting up the rock face – they chose another more difficult path to the left of us on the rock face. In fact, the French Canadian man, after the couple had gotten to a safe place above us on the hill, complimented Teri on her “nice technique.” I suggested to Sandy that we go up a vertical crack in the rock which ran most of the way up the right side of the rock face, so that if we slipped, we could catch ourselves from falling down the steep slab. So that’s what we did. Seeing Teri’s pluck, and using our hands to go up the vertical crack in the rock, Sandy resolutely went first and I tentatively followed behind her up the steep rock face, which more safely took us to safety further up the mountain. In short, Teri fearlessly led the way and we emulated her undaunted effort



(Photo by Teri McElwain)

Wilderness hiking in the Adirondacks can be difficult and exhausting. And it requires more upper body strength than other wilderness trails that we usually hike on. The steeper trails are often bare rocks, with ledges and/or cliffs, which are often bare of soil and vegetation. This is often due to erosion caused by the feet of a multitude of hikers who use the trails. Many of the trails are not being maintained so any problems with erosion are exacerbated by the crush of hikers using the trails.

On this set of trails, we encountered and overcame obstacle after obstacle on our way along the loop. The obstacles were bare rock  
*See Gothics Loop continued on page 25*

*“Wilderness hiking in the Adirondacks can be difficult and exhausting.”*  
~ Dick Forrest





*"This three mountain loop is not for the faint-of-heart – it's serious wilderness hiking."*

*~ Dick Forrest*

**Gothics Loop** *continued from page 24*

ledges and cliffs which were often awkward to go either up or down, depending upon what was required at the moment. Sometimes we held onto trees and/or bushes along the trail in steep spots; other times there was no vegetation to help us get up or down the trail. Tree roots, when there were trees lining the trail, helped us get up and down the trail, also. Finally, the many ups and downs along the trail presented further obstacles in our path, especially the steep cols between the three mountains.

This three mountain loop is not for the faint-of-heart – it's serious wilderness hiking. I was impressed by the fitness and stamina of both of the women on this hike. It also helps to be young. As I get older, I'm not sure how many more of these rigorous, ten-hour treks I have in me. But since we stopped frequently, especially on the summits of each mountain, I could keep my energy level up by eating and staying hydrated.

All in all, a terrific hike, especially if you aspire to be an ADK 46er. And I almost forgot to mention that one ADK Guidebook writer wrote that Gothics Mt. has the number one view in all of the Adirondacks - we found out why.

-- Dick Forrest

**Final Call for PVHC Holiday Party Slide Show Photos**

Hello! Just a reminder that this year's deadline for the slide show photos is **November 21**. Exception: Hikes that take place between November 21 and November 30. Photos from those hikes should be submitted as soon as possible but no later than December 3. Photos can be emailed to me at [cdolgoff@gmail.com](mailto:cdolgoff@gmail.com) or [gnilrets55@aol.com](mailto:gnilrets55@aol.com). If you have a CD or flash drive, please call me and I will arrange to pick it up and subsequently return it to you.

If you have any questions, please call me. My phone number is in the Membership Directory. Thanks. -- Cindy Dolgoff

## Important Membership Renewal Notices

The following memberships are up for renewal:

### Nov. Renewals

Marie Babbitt  
 Barbara Bigelow  
 Jos Brannon  
 Karen Chaffee  
 Terry L. Champiney  
 Ruth Dibuono  
 Debi Garlick  
 Lynn Gebo  
 Richard Harris  
 Tracy Harrity  
 Edward Laroche & Mimi  
 Watroba/Laroche  
 Mary Moriarty  
 Claire Norton  
 Teri O'Connor  
 Bill Packard  
 Ron & Cathy Sena  
 Chuck Serafin  
 Patricia (Patty) & Mike Spirito  
 Martha Spiro  
 Peter Thieme  
 Lori Tisdell  
 Lisa Troy  
 Warren Wilkinson

### Dec. Renewals

Chris Corriveau  
 J B DeJean  
 Phyllis Levenson  
 Debbie Mac Neal  
 David Marks  
 Teri McElwain  
 David Pierrepont & Theresa Mur-  
 phy  
 Suzanne Roberts  
 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

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

### Standing Committee Chairs

Hike Schedule: Chip Pray & 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](mailto:dforrest@charter.net)

### WELCOME NEW MEMBERS

**September**  
 Nancy Lois

**October**  
 Mary Heaner  
 Stephen Klein



**UPCOMING EVENTS AND THE USUALS**

- Every Mon. (MA) Mornings w/ Chip
- Every Tues. (MA) Evenings w/ Lori
- Every Thurs. (MA) Mornings w/ Harry & Ashley Reservoir Evenings w/ Erin
- Nov 6 (MA) Club Meeting
- Nov 10 (MA) Mt Toby
- Nov 17 (MA) AT Section I
- Nov 24 (MA) NET Section I6
- Dec 1 (MA) Notch to Long Mt.
- Dec 4 (MA) Club Meeting
- Dec 8 (MA) PVHC Holiday Party
- Dec 15 (MA) Robert Frost Trail
- Dec 22 (MA) Seven Sisters/Full Moon
- Jan 5 (NH) Mt Monadnock
- Jan 8 (MA) Club Meeting

## IMPORTANT NOTICES

Next Club Meetings:  
 November 6, 2018, 7 p.m. at **FBC**  
 December 4, 2018, 7 p.m. at **FBC**

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

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

**\*\* Check out our club website at:**  
[www.pioneervalleyhikingclub.org](http://www.pioneervalleyhikingclub.org)

Members may join the PVHC Email List by sending a message to:  
[pvhc.hikingclub@gmail.com](mailto:pvhc.hikingclub@gmail.com)



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