



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

Our Club's Commitment to Trail Maintenance

by President Lori Tisdell

Some months it's harder to come up with a topic for this President's Corner than others. The first few were inspired by conversations I had on the trail with other club members. And off-topic for a moment. How many wonderful conversations have we had on the trail with each other? I know, for me, it's at least half the fun of the hike. Anyway, I asked around if anyone had a topic they thought would be good and Sandy Segó suggested trail maintenance. I thought that was a great idea!

Our club has a long history of trail maintenance. Back in the October, 1992,
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Bleeding Basics in Remote Areas

by Joe Stella

Blood is essential to human life. It is a complex fluid that transports nutrients, dissolved gases, wastes and other important molecules to and from the cells. Additionally, blood contains components to fight infection and guard against foreign invaders. The flow of this essential fluid throughout the body helps to maintain temperature. Through evolution, blood has developed a unique clotting capacity to minimize blood loss associated with an injury and promote the healing process. In the case of an injury in a wilderness area, it is important to minimize blood loss, clean the immediate injured area and bandage to protect against infection and further damage.

How much blood loss is too much? To put things into perspective, the average adult (160 lbs.) has a blood volume of about 10 pints or 160 ozs. Generally speaking, an individual's blood volume is proportional to his/her weight, with heavier persons having larger volumes and lighter people
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Transform the Brain

by Sandy Segó

We all know exercise is good for us. We have heard it our whole lives. Exercise can help us fight off both physical and mental health problems.

Recent work in the area of neuroscience has supported the benefits of exercise on the brain. Neuroscience is an interdisciplinary field which includes all of the sciences which deal with the structure and function of the brain. Recent work by neuroscientist Wendy Suzuki suggests that exercise can help protect the brain from Alzheimer's disease or dementia and depression. The protection the brain gets from exercise can be immediate and long-lasting.

There are two fundamental parts of the brain that can be impacted

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Smurfy advice for the trail...

"FUN" Stream Crossings

by John "PaPa Smurf" Klebes

What's more FUN than that fearful feeling we get when we come up on unexpectedly nasty stream crossings? This month's Smurfy trail advice will look at safely crossing streams to put the FUN in your **Fearful-Unexpected-Nasty (FUN)** stream crossings.

Crossing moving water can be a refreshing dip of the toes in summer or can quickly turn into a dangerous or cold, difficult challenge at any time of year. It's important to be careful, assess the best way across, and be ready to turn around if it's unsafe.

Scouting out the best place to cross:

This is the most important step, and the point where you decide if it's even worth the risk to cross at all. The marked route might not be the best place to cross. Look both upstream and down to find the safest spot. And take special care to determine how hard the exit up

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"Recent work in the area of neuroscience has supported the benefits of exercise on the brain."

~ Sandy Segó

"Crossing moving water can be a refreshing dip of the toes in summer or can quickly turn into a dangerous or cold, difficult challenge at any time of year."

~ PaPa Smurf



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Featured Club Member:

Back in the Day

by Harry Allen

It all started when I became acquainted with PVHC in July, 2001, while attending a Thursday night music event at the Summit House. I was with two fellow FDNY retirees who were visiting from New York. Matt, John and I worked together in Brooklyn in the 1970's. I noticed the group sitting in front of me with backpacks. The following evening we were at EMS in Hadley and I was fortunate enough to see Ginnie Traub, a DCR employee and former club member who was at the Summit



(Photo by Lori Tisdell)

"She referred me to PVHC and told me, 'It will change your life!' I decided to look into it."

~ Harry Allen

House the night before. She referred me to PVHC and told me, "It will change your life!" I decided to look into it.

My first hike was Mt. Ascutney led by Suzanne Love on August 18. It was a fairly challenging 6-mile hike, and longer than any hike I had completed prior but I really liked it. I met many nice people, including Lynn Gebo and Gary Dolgoff on that hike. There were others that I recognized from the Summit House music event!

The following weekend I signed up with Carol Vanderheiden who was leading her first hike. She led us up Mt. Tom on the M & M trail. I was amazed at how steep the trail was but it was the vista that took my breath away and I knew I was hooked.

See Featured Club Member continued on page 15

The Ghosts of Quabbin

by Cindy Dolgoff

My first visit to Quabbin Reservoir was a non-school-sanctioned high school picnic.

There it was. In my 16-year-old eyes, Quabbin was another world plunked down into the middle of nowhere – an enormous body of water, winding roads, rock walls, manicured fields and unexplored (by me, anyways) forests. There were no houses at all, just an imposing state police barracks.

A classmate told me the reservoir was formed by the flooding of four Massachusetts towns that no longer existed. I didn't believe him.

Sometime after that, I read a book about the history of Quabbin Reservoir and learned that it was indeed created through the disincorporation and flooding of the towns of Dana, Enfield, Greenwich and

See *Ghosts* continued on page 18

The Adventures of Peakbagger:

I'll Be Happy If I Never See Another Blowdown

by Peakbagger

During the annual Adirondack weekend at Heart Lake on Saturday, July 14, 2018, five PVHCers and I climbed Mts. Street and Nye, two of the peaks on the ADK 46er list. Three of our group flew up and down the mountains – we saw them only once during the day, like ships passing in the night. By comparison, the other three of us plodded up and down the mountains.

Mts. Street and Nye are the mountains which can be seen directly across Heart Lake from the Adirondack LOJ. The trail to both mountains is unmaintained for the most part – there's a sign that says so – and the mountains are considered to be "trailless" peaks. There is, however, a well-defined herd path to a col (a lower place between two

See *Peakbagger* continued on page 19

"In my 16-year-old eyes, Quabbin was another world plunked down into the middle of nowhere – an enormous body of water, winding roads, rock walls, manicured fields and unexplored (by me, anyways) forests."

~ Cindy Dolgoff

"Mts. Street and Nye are the mountains which can be seen directly across Heart Lake from the Adirondack LOJ."

~ Peakbagger



It's a Small World

by Dick Forrest

I was hiking with Bob Morgan in the Adirondacks, and we were on our way to hike Mts. Dial and Nippletop, two of the 46 high peaks in the Adirondacks. We were on the Lake Road, owned by the well-to-do members of the Ausable Club, who thankfully give us the privilege of hiking across their private land. We stopped at a trail sign that read, "H.G. Leach Trail to Dial and Nippletop." A large group came up behind us on the road and asked us if we were hiking Dial and Nippletop. We said that we were as they headed further up the road to another trail-head.

We met the same large group on the way out on the same Lake Road. They had climbed 4 high peaks in the Great Range: Gothics, Armstrong, Upper Wolfjaw, and Lower Wolfjaw, in that order. Bob and I had just finished hiking Dial and Nippletop. One member of the large group asked us if we were 46ers. I said that I was.

See Small World continued on page 20

President's Corner *continued from page 1*

Bootprints issue there was an overnight maintenance party at Beartown State Forest. In fact, it is one of our bylaws that we maintain a section of trail.

For more than twenty-five years, adopted when the club was still fairly new, PVHC has been trail maintainers of Sections 1 & 2 of the Metacommet-Monadnock Trail, as it was then known. It had recently received the designation of a "National Recreation Trail." Now it is The New England National Scenic Trail or NET, for short. The first official Section 1 & 2 trail maintenance party was on September 9, 2001. It was led by then Vice-President John Klebes, and attending club members

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~ Lori Tisdell

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were Carol Vanderheiden, Dave Koerber and Stephanie Klebes. They joined Pat Fletcher and the AMC to map out the trail and review the accuracy of the trail guide.

PVHC's first major project was replacing the old and rotting puncheon bridge with a new bog bridge in November, 2001. The 25 volunteer club members completed about half the project, which cost \$275 and was paid for with a grant. Pat Fletcher visited the site and was so impressed he offered to fund the rest of the project, which was completed the following spring. It was originally designed to be able to lift it up should the water rise. It had been an issue with the previous puncheon bridge. Little did we know.

In 2003, PVHC was part of the crew that constructed the Adirondack Shelter at Tully along the NET. The crew consisted of PVHC, The Trustees of the Reservation and the Army Corps of Engineers. The shelter is still there and enjoyed by many. The club has used the shelter and whenever we hike by it, we stop in and remember our club was a part of that effort. The framework was constructed off-site, then disassembled, reassembled on-site, and completed. The shelter is 16 x 18 with a sleeping loft, first floor main area and a porch.

For years a PVHC crew was involved in trail maintenance at Bartholomew's Cobble as far back as the 1990's. I remember the first few years after I joined in 2008 we were still leading trail crew parties. They did some major work for the Trustees including building bridges and stairs.

Sometime in 2000 there was an established Trail Maintenance Chair. There have been a number of volunteers who have held that position in the last 18 years, including Joe Zawrotny, Rob Schechtman, Ann Marie Visconti, Ed Laroche, Mike Rattelle, and since 2010, Chip Pray and Rob.

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"In 2003, PVHC was part of the crew that constructed the Adirondack Shelter at Tully along the NET."

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President's Corner *continued from page 6*

I would say PVHC's biggest project to date was the construction of the bridge/boardwalk in September of 2016 that replaced the old bog bridge that was constructed in 2001. The original bog bridge had worked as anticipated with the club raising the level of the bog bridge as the water rose. I remember being a part of one of those work parties for my first maintenance volunteer effort. It was more fun than I'd thought it would be, but I was thankful for waders as I was standing thigh deep in the water. Eventually raising the bog bridge just wasn't enough to keep it passable year-round and so another solution was needed.

This current bridge cost a bit more than the \$275 the original bog bridge cost. Fortunately, there was a grant from the town of Southwick that funded the project. Chip Pray headed up the project for the club and was liaison between PVHC and the AMC, who held the grant monies.



Bog bridge on Section I of the New England Scenic Trail in MA (photo by Rick Ricci)

PVHC members came out in droves to help build the

bridge. There were weeks of work before the actual bridge-building to clear and prepare the area. Then it was two weeks of work starting with dismantling the old bog bridge, and what a filthy job that was for those carrying and moving the old heavy, water-logged and muddy bridge. Once it was cleared out, the building of the new bridge was completed in sections. Paul Kozikowski's engineering skills were essential to this as the bridge did not have building instructions! In the end more than 30 club members volunteered over multiple days and 1500 hours.

*"In the end more than 30 club members volunteered over multiple days and 1500 hours."
~ Lori Tisdell*

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President's Corner *continued from page 7*

Though the current bridge has some issues, crossing that section of trail is no longer a catch-as-catch-can wondering if we will be able to get across. We continue to address these issues as we can and are in regular contact with the committee who have headed up the NET for several years.

Shortly after the bridge was completed we put in water bars on the north side of the bridge to stop the erosion the rains and runoff was causing as it comes down the hill. And not long after that we built and put in stairs on a tricky, steep part of section 2 – it's so much easier in all seasons to get past that climb now.

As hikers and lovers of the outdoors we receive so much enjoyment from the trails. It is essential as well as rewarding to be a part of maintaining the trails we use so often. Giving back to the trail is so important. The great part is that we do not need to have any special skills to be a part of it! There are so many jobs each person can participate in doing. We pick up trash, cut back shrubs and trees branches, paint blazes, carry supplies, etc. Our club has been an active leader in trail maintenance for over 25 years. Our next club maintenance is in November, if you haven't participated I challenge you to do so this year.

-- Lori Tisdell

Bleeding Basics *continued from page 1*

lower volumes. When donating whole blood at the local Red Cross Blood Mobile, one pint of blood (think one 16 oz. water bottle) is routinely drawn with minimal side effects. In this controlled environment, approximately a 10% loss of blood volume has little physiological effect. As expected, a 40% blood loss can have serious consequences. In a wilderness accident situation, many other factors are present, such as patient and provider anxieties, which may exacerbate any blood loss injury.

One particular, serious consequence of blood loss is that the patient goes into shock. Shock occurs when blood flow to major organs is stopped or minimized. Possible causes of shock include: loss of blood externally or internally, traumatic injury, onset of a heart attack, severe dehydration, and severe allergic reaction.

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~ Lori Tisdell

"One particular, serious consequence of blood loss is that the patient goes into shock."

~ Joe Stella



Blood Basics continued from page 8

A person in shock may have one or more of the following signs:

- Feels weak, faint or dizzy
- Feels nauseous or thirsty
- Skin appears gray or pale
- Acts restless, agitated, or confused
- Skin is cold and clammy to the touch
- Exhibits rapid and shallow breathing rate
- Exhibits rapid and weak or irregular heart rate

Treatment of a person in shock include:

- Identify and treat symptoms early
- Care for conditions causing shock, (stop bleeding and rehydrate, etc.)
- Keep person calm
- Keep person comfortable (lying down)
- Maintain open airway

The following are basic steps for treating a bleeding injury, including lacerations, abrasions, and impaled objects:

1. Stop Bleeding

- Maintain calm and confident demeanor
- Put on protective barrier (gloves)
- Apply direct pressure to wound using preferably sterile, absorbent material (Do not apply pressure to a head injury for fear of pushing fractured bone into the soft brain tissue – apply gauze and wrap lightly)
- Elevate injured body part, if possible
- If blood oozes through, put additional layers of absorbent material on top of soaked dressing – do not remove blood soaked layers

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Blood Basics *continued from page 9*

- May take 10-30 minutes to stop bleeding, check with patient for blood thinning medicine usage, aspirin, Warfarin, Eliquis or Plavix
- Use clotting gauze, if available
- Estimate blood volume lost, small amounts of blood appear to be worse than they really are, especially those associated with head injuries
- Determine "Method of Injury" to help understand the extent of the injury

2. Clean Wound

- Bleeding stopped, remove blood soaked, absorbent material
- Remove debris and dirt from injured area
- Clean around wound with soap and water, be cautious with wipes containing alcohol
- Irrigate wound with copious amounts of pressurized, (sterile?) water

3. Dress and Bandage Injury

- Apply antibiotic ointment on perimeter of wound
- Completely cover wound with sterile gauze and lightly wrap with tape or stretchy bandage
- Reapply dressing and bandages every 6-12 hours
- Provide nourishment and fluids, if patient is conscious and not nauseous
- If needed, devise and execute an emergency plan

-- Joe Stella



"A growing body of research in the field of neuroscience shows that exercise can have many benefits:..."

~ Sandy Sego

"To get long-lasting benefits you will need to change your exercise plan."

~ Sandy Sego

"The third way exercise transforms our brains is by preventing cognitive decline with aging and makes us more resistant to dementia..."

~ Sandy Sego

The Brain continued from page 2

by exercise. First is the prefrontal cortex. This part of the brain lies behind your forehead. It is where the essence of our personality resides, our ability to focus, and make decisions. The second area of the brain impacted by exercise is the hippocampus, which lies within the temporal lobe. The hippocampus is involved in our ability to form and retain memories for facts and events.

A growing body of research in the field of neuroscience shows that exercise can have many benefits: it can help you improve your ability to focus, it can improve your memory, it can put you in a better mood, and it can give you more energy.

Why is this? How does exercise make all these changes? Well, first it has a direct effect on your brain. One workout will increase the levels of neurotransmitters (chemicals in the brain) such as dopamine, serotonin, and noradrenaline. These neurotransmitters are involved in regulating our moods. When the levels of these chemicals increase, our moods improve. Studies have shown that a single workout can improve a person's ability to shift and focus attention for at least two hours. And that one workout can improve your reaction time – so you are quicker to respond when someone throws a ball to you.

You have to be aware, though, that these effects on the neurotransmitters are brief. To get long-lasting benefits you will need to change your exercise plan. You need to engage in cardio exercises – exercise that boosts your heart rate and breathing. When you regularly do cardio, you can produce more brain cells. In particular, you can produce more brain cells in the hippocampus. The hippocampus is used in long-term memory. So by doing a cardio work out you can grow the brain and have a better memory.

The second way exercise transforms the brain involves the functioning of the prefrontal cortex. The prefrontal cortex is used in attention and our ability to focus. So we are better able to focus, sustain our attention, and that will also help with improving our memory.

The third way exercise transforms our brains is by preventing cognitive decline with aging and makes us more resistant to dementia and

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Alzheimer's disease. By strengthening our prefrontal cortex and hippocampus, we build up our resistance to these diseases, so that they are less likely to affect us.

Now you want to know how much exercise you need to do to get these benefits. The good news is it's only 30 minutes of exercise, three to four times a week. And you can do any type of exercise that you like – hiking, biking, kayaking, or whatever you want. As long as the exercise gets your heart rate up, it will work.

Exercise can transform your brain. It can make you happier, healthier, and more productive. And it can help protect you from disease. So go work out!

-- Sandy Sego

Stream Crossings *continued from page 2*

the bank on the other side will be. Current accelerates through narrow points in a channel so the wider the spot the slower-moving the water may be. That tempting, narrow crossing will be the most dangerous because it's the deepest and swiftest part of the stream. Select a crossing point where the stream is straight as current also accelerates around curves with the water fastest at the inside curve.

It is usually easier to cross if the river is broken into small channels with shallow banks and sandbars. Another trick is to look for animal tracks and footprints in sandbars that indicate that large animals are able to cross safely. Look for shallow areas where the water is slowest. Mild ripples are usually a good spot but avoid whitecaps. Eddies, which form above large boulders, can be a good spot to cross because the water flows slower cross the upstream side; but beware of the downstream side and as you wade into the edges of the eddy.

One rule of thumb is not to wade in water deeper than your thighs. The current is calmest at the bottom and flows faster just below the surface. This means that your feet can have good traction on the river bottom but your knees may experience the full brunt of the

See Stream Crossings continued on page 13

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~ Sandy Sego

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~ PaPa Smurf



Stream Crossings continued from page 12

current and push you off-balance. One good way to feel the current pressure is by sticking your trekking pole or a branch into the stream to feel the current. You may also want to throw a stick into the river to see how the current flows and how fast. Keep in mind that



where the stick goes, that will probably where you go if you fall in. (Photo by PaPa Smurf)

"It's best to angle across the current."

~ PaPa Smurf

"While it's appealing to jump over boulders to stay dry it's usually where people slip, get wet, and end up with bruises and sprained wrists."

~ PaPa Smurf

It's best to angle across the current. A slight angle upstream gives you a little more stability against the current. If the current is really strong, crossing at a 45-degree angle going downstream may be easier.

You might be tempted to clamber over big rocks but beware. When you need to climb down onto wet rocks closer to the surface it's very easy to slip and fall. Stay low and go slow over rocks that are closer to the surface even if they are partially submerged. Boulder-hopping requires good balance; using a stick or trekking poles will help with the balance but beware. While it's appealing to jump over boulders to stay dry it's usually where people slip, get wet, and end up with bruises and sprained wrists. Beware of rocks that look safe but may have an unseen layer of slime that slides you right off. Look for pointed rocks that provide a better grip than flat rocks that can be slippery. It's best to just assume you are going to get your feet wet and use solid, secure footing instead of trying to hop from boulder to boulder.

If you find a log crossing the whole stream, you can try crossing over it but to straddle it and to shimmy across is much safer than trying to balance and risk a fall. If you try balancing across, you will find a side-step safer. Be sure to look out for branches that tend to snag your backpack straps.

See *Stream Crossings* continued on page 14

Stream Crossings *continued from page 13*

Once you are sure the crossing is safe enough for your ability it's time to prepare to cross:

Undo any waist belts or sternum straps from your pack. If you slip you want to be able to shed your pack quickly so it doesn't hold you underwater. You may also want to repack the contents in plastic bags to protect your valuables and provide buoyancy.

It's best to cross using water shoes. If you don't have them it's better to cross in your boots or wool socks than to go barefoot. Sharp rocks, lost fishing tackle, sharp sticks, and slippery rocks can make you lose your balance easier when you are barefoot and you can quickly lose feeling in your feet in cold water. I like to take off my socks and go barefoot in my boots so I have dry socks for the other side. You can hike the first half-mile before putting the socks on again to allow most of the water to escape your boots. Believe me, the most difficult way to cross is barefoot.

Unzip your pant legs or take off your pants to both keep them dry and reduce the drag of the wet clothes while crossing - an added bonus is dry pants on the other side.

If you are solo, you can use trekking poles or sticks to form several points of contact. Face upstream and step sideways across the stream, probing the stream bottom with the poles and always keeping two points of contact with the ground. Lean into the current, move across with shuffling sidesteps.

Cross with a buddy as four legs are more stable than two. The stronger or larger person can wade slightly upstream and in front to break the current for the downstream person and the downstream person can add stability for the upstream crosser. If you have three people, you can form a triangle as you cross. Link your arms together to help balance each other as you cross.

Lastly, know when to turn back. If you find yourself partway across and it's deeper, swifter, or more dangerous than you thought, don't be afraid to turn back and hike across another day. If you do fall in, point your feet downstream and float on your back, paddling with your hands toward shore.

See *Stream Crossings* continued on page 15



PaPa Smurf

"Undo any waist belts or sternum straps from your pack."

~ PaPa Smurf

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"If I can leave you with one message it's don't be afraid to get your feet wet."

~ PaPa Smurf

"It was steep, cold and windy getting to the summit but the feeling of accomplishment at the summit made it all worth it."

~ Harry Allen

Stream Crossings *continued from page 14*

One last note on crossings: High water levels caused by rainfall or snow melt can change drastically over a day. You may find a stream that is easy to cross in the morning to be much harder after warm sun melts snow or new rainfall adds volume. Take the weather into consideration, and if you find a stream too high, you may be able to camp and try again in the morning when it's safer.

If I can leave you with one message it's don't be afraid to get your feet wet. Most trail stream crossings are very easy if you are willing to get your feet wet. Most accidents are caused by trying to avoid getting wet and slipping. Go ahead and put some FUN into your next hike and splash across a stream.

-- 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)

Featured Club Member *continued from page 3*

I started doing as many hikes as I could, and eventually found myself going up Mount Monadnock in January, 2002, which I have come to know as an annual winter PVHC pilgrimage. It was steep, cold and windy getting to the summit but the feeling of accomplishment at the summit made it all worth it. My life was indeed changing for the better.

The summer of 2002 was my first White Mountain Sampler. I signed up to hike Mount Washington. The leader changed his plan unexpectedly at the last minute. I was encouraged by Dick Forrest to lead the hike myself. After being directed to the trailhead, Lynn Gebo and I were off to conquer the trail with no map but to follow the white blazes. It was a steep, soggy climb. We arrived at the Lake of the

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Clouds Hut around 11 a.m. I was pleasantly surprised to find a hot bowl of soup available to warm my bones and a map to help us get to the summit. Upon arriving at the summit, I had to dissuade Lynn from being seduced by the opportunity to jump on the Cog Railway back down the mountain.



(Photo by Karon Belunas)

Visibility was zero up there and another hiker helped us find the Jewell Trail to descend the 6,200 feet. We made it back to the car exactly nine hours after we started. Now I felt like I was a real hiker.

I continued to sign up for hikes with the club and made mental notes of the details of the trails and unique spots along the way in the event I wanted to go back. I started to develop favorite hikes and a large map collection. I, like others in previous articles, also recall being invited to the hike planning meeting by Dick Forrest. With the assurance that I can sit back and observe the meeting but didn't have to lead a hike, I went. Sounded pretty safe. Well I, too, walked out with the commitment to lead my first hike - Mt. Norwottuck and Horse Caves, I believe.

I started leading more hikes sporadically on weekends, and developed some favorites - High Ledges, Mt. Monadnock, The Seven Sisters, and many more. I finally started putting hikes on the schedule for Thursdays about 6 years ago, mainly to assure that I would be getting a workout other than just on the weekend. And do I have to tell you about the ice cream?

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~ Harry Allen



Featured Club Member continued from page 16

I have since fortunately developed a faithful group of followers, that I affectionately refer to as my "usual suspects" on my contact list. When it's warm out, I try to include a waterfall or river that people can cool off at. There is one hiker that actually goes into those cold mountain streams. In the winter we enjoy snowshoeing and shivering. Hot chocolate usually helps!

*"There is one hiker that actually goes into those cold mountain streams."
~ Harry Allen*



(Photo by Rick Ricci)

I won't list all the places I go, but always try to keep them varied, interesting, and within the advertised mileage. If you'd like to see some or all of these places, you can join in!

One of the more prominent recollections is the bog bridge trail maintenance on the old M&M, now NET section 1. I recall helping to rebuild the old sections in 2001 and 2002. As they became more deteriorated and almost unusable and dangerous, I often helped Chip Pray put band aids on them. I joined in when we did trail maintenance, and was happy to help with the installation of the current bridge!

Well, that about sums up my last seventeen years with the PVHC. Hoping for more good years to come.
-- Harry Allen

Ghosts continued from page 4

Prescott. The reservoir was built in the 1930s, mainly to provide a source of fresh water for residents of the Boston area.

Over the ensuing years, I visited the reservoir many times, but I only drove or walked on the roads.

I never hiked at Quabbin Reservoir until I joined the Pioneer Valley Hiking Club, and even then, I unconsciously avoided hikes on this property. I hiked here only a couple of times, in the winter and mostly on the road. On August 12, I went on a PVHC hike at Quabbin; Lori Tisdell leading.

Nine of us met at the CVS in Belchertown at noon and carpooled down Route 9 the short distance to the second Quabbin entrance. We parked in the small parking lot and entered the trailhead, which was marked with yellow blazes. Lori said, as far as she knew, the trail was unnamed. It was a warm and humid day and we were scanning the skies for impending precipitation. Several hikers donned backpack covers which apparently successfully staved off the rain.

The beginning of the hike wended its way upwards through a forested area. Not long afterwards, the trail converged onto the parking lot of the Tower - a familiar sight - I had driven here many times. After a brief stop at the Tower, we continued on the trail,



bushwhacking through a grove of overgrown blueberry bushes,

continuing on through a field of ferns and a meadow clearing. Then we hiked back into the woods. We stopped for a snack break at the Enfield overlook. Reentering the forest, we came upon the stone remains of an old house foundation. Afterwards, we followed a logging road and ended back at the parking lot - about 5.5 miles and two and a half hours of hiking.

See *Ghosts* continued on page 19

"I never hiked at Quabbin Reservoir until I joined the Pioneer Valley Hiking Club, and even then, I unconsciously avoided hikes on this property."

~ Cindy Dolgoff



Ghosts *continued from page 18*

On my drive home, I couldn't stop thinking about the past. Who lived in the doomed towns that were destroyed? Where did they go, and were they happy and accepted in their new hometowns? What happened to the cemeteries? We had discussed this on the hike – some hikers thought the graves were moved prior to the flooding, but were they, really? How did the residents feel about being relocated so someone else could have clean drinking water? Are there any houses or other artifacts at the bottom of Quabbin Reservoir?

I enjoyed my hike to Quabbin and I am looking forward to hiking there again. Stay tuned for "The Ghosts of Quabbin, Part 2" in a future *Bootprints*.

-- Cindy Dolgoff

Peakbagger *continued from page 4*

higher points, in this case, mountain summits) on a high ridge where the trail splits into two trails, one to each peak. Street Mountain is #31 of 46 on the ADK 46er list at 4,166 feet in elevation; Nye Mountain is #45 of 46 on the ADK 46er list at 3,895 feet in elevation. (Note that the elevation of Nye is less than 4,000 feet. Most, but not all, of the peaks on the ADK 46er list are 4,000 footers and above.)

This was our second attempt climbing Street and Nye. Last year, during the same Heart Lake weekend, we couldn't get across a significant stream crossing closer to the beginning of the hike. The water in the stream was running fast and was at least 3 feet deep. We decided not to chance it since we didn't have water shoes. This year, we could easily walk across the protruding rocks and keep our boots dry. The water level was significantly lower this year; the area needs rain.

Supposedly, the trail is 8.4 miles roundtrip with 2,500 feet of elevation gain - it definitely felt longer. What added to that feeling was the number of blowdowns (fallen trees) on the trail. I would argue that this trail in the Adirondacks, since I've climbed all 46 high peaks, has more blowdowns on it than any trail in the Adirondacks. You have to
See *Peakbagger* *continued on page 20*

"This was our second attempt climbing Street and Nye."

~ Peakbagger

Peakbagger continued from page 19

climb over, under and around a myriad of blowdowns. Of course the trail is unmaintained and "trailless" but it's not completely so. There is evidence of chainsaw work on the trail. If I had a chainsaw and unlimited fuel and unlimited time, and the ability, I would have no end of fun cutting trees off of the trail. I would estimate that there are 200 blowdowns in one direction (that's 400 obstacles roundtrip).

I don't know about you, and since I'm an older hiker now, but climbing over, under, and around blowdowns is exhausting. And the sheer quantity of them is mind-numbing. You can tell that this was not my favorite hike in the Adirondacks. Yes, after this hike, I'll be happy if I never see another blowdown.

-- Peakbagger

Small World continued from page 5

(Photo by Dick Forrest)

Another person from the group came up from behind us and I got to talking with him. I didn't get his name, but I got his 46er number: #7092. I looked up his name online (See: <http://www.adk46er.org/pdf/Adk46er-Member-Roster-as-of-07-18-2018.pdf>) and found out that his name is Tom Schenck. Coincidentally, my 46er number is #7290. We were in the same 46er class – both of us completed our 46 high peaks in the 46er class of 2011. He finished in June of that year and I finished in October, hence, his lower number.

See *Small World* continued on page 21

*"If I had a chainsaw
and unlimited fuel
and unlimited time,
and the ability, I
would have no end of
fun cutting trees off
of the trail."*

~ Peakbagger



“Well, I remembered that Ann Mundy had two openings left that fall at Johns Brook Lodge (JBL), and so I got them in touch with Ann. And the rest is history.”

~ Dick Forrest

“When they returned to the lodge that night, after dark, Meg and Grace received a standing ovation for completing their lists of the 46 Adirondack high peaks.”

~ Dick Forrest

Small World *continued from page 20*

Tom said that he was from the Utica area. The name, “Utica, New York,” immediately reminded me of Meg Higginson (64 years old in 2011) and Grace McNasser (72 years old in 2011), a couple of ladies from Utica – I had forgotten their names from 7 years earlier - whom several other PVHC members and I ran into at the intersection of the trailheads to Mts. Cliff and Redfield (2 more of the Adirondack high peaks), and whom my wife, Sue, and I later met on the way up to, at a trail junction, and on the summit of Mt. Seymour (another Adirondack high peak). On top of Mt. Seymour the four of us got to talking and we discovered that Meg and Grace were two peaks (Mts. Haystack and Basin) short of finishing their 46er lists. And that they couldn’t get into Johns Brook Lodge this year (in 2011) and so they would have to finish the following year. Well, I remembered that Ann Mundy had two openings left that fall at Johns Brook Lodge (JBL), and so I got them in touch with Ann. And the rest is history.

When we went to JBL that fall, Sue and I hiked with Meg and Grace to Mt. Haystack, which I also needed for my list, and they went on to finish on Mt. Basin with another PVHC member, Bill Bates. When they returned to the lodge that night, after dark, Meg and Grace received a standing ovation for completing their lists of the 46 Adirondack high peaks. (See *Bootprints, Thoughts About Climbing All 46 Adirondack High Peaks*, January, 2012: <http://pioneervalleyhikingclub.org/blog/wp-content/uploads/2013/03/bp2012jan.pdf>) Subsequently, Meg and Grace received their 46er numbers #7252 and #7253, respectively, while finishing in September of 2011.

And so, back to walking out with Tom Schenck (46er #7092) on the Ausable Club’s Lake Road. In the course of five minutes, Tom told me some amazing things. He was a member of the Tramp & Trail Club of Utica (<https://www.trampntrail.org>), and Meg and Grace, who were

See Small World continued on page 22

Small World continued from page 21

also members, were his friends. In fact, he would see Meg that night when he got back to the Adirondack LOJ at Heart Lake. Thirty of their club members were staying at the LOJ that night. Of course, I told him to say hello to Meg for me when he saw her after the hike. He also told me that he lost his wife fairly recently to breast cancer and that he remarried a woman from his club, who was hiking that day. He said that hiking gave him solace since it was one of the things that he and his first wife loved to do together. He also mentioned one other thing: the group spread the ashes of a good friend of Meg and Grace's, named Roger, a former member of the club, on Gothics Mt. that day.

Lastly, when I told Tom my story about meeting and hiking with Meg and Grace, he said that "it's a small world" and "it's supposed to work that way." As a fellow 46er with mutual friends, I presume, is why he shared with me some of the intimate details of his life.

-- Dick Forrest

PVHC Holiday Party Slide Show

Hello Hikers! I'm in the process of putting together this year's Holiday Party Slide Show. I would love to receive your photos from 2018 PVHC hikes.

You can email them to me: cdolgoft@gmail.com or gnilrets55@aol.com OR

You can put them on a CD or flash drive. All photos are welcome, however, they must be from hikes that were on the PVHC schedule.

This will be my last year in charge of the slide show. I've enjoyed working on it but it's time for someone new. Thanks for all your help in past and present years.

-- Cindy Dolgoff

Feel free to call me if you have any questions.

"Lastly, when I told Tom my story about meeting and hiking with Meg and Grace, he said that 'it's a small world' and 'it's supposed to work that way.'"

~ Dick Forrest

Important Membership Renewal Notices

The following memberships are up for renewal:

Sept. Renewals

Emma Bernard
 Allie Brady
 Carol Carrington
 Shari Cox
 Lucie Devries
 Matthew DiNatale
 Krystyna Galipeau
 JoAnne Gebski
 Carolyn Keeffe
 Tim LaBonte
 Laurie Mahoney
 Jonathan Major
 Thomas Neal
 Marty & Meg Schoenemann
 Michael Sharpe
 Marie Valliere

Oct. Renewals

Janet Beach
 Dona Burdick
 Eliza Dagostino
 Donna Fleury
 John & Regina Fortune
 Jacki Gadbois
 Jane Garb
 Lisa Golob
 Barbara Graf
 Karen Markham
 Thomas Pedersen
 Maria Rocco
 Al Roman
 Annie Schultz

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

WELCOME NEW MEMBERS

July
 Jane & Daniel Giat
 Michael S. Roper
 Helen Skerritt

August
 Debora Brown
 Paul G. Provencher
 Deborah Weidner



UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Mornings w/ Chip
- Every Tues. (MA) Evenings w/ Lori
- Every Wed. (MA) Morning Bike Rides w/ Jane
- Every Thurs. (MA) Mornings w/ Harry & Ashley Reservoir Evenings w/ Erin
- Sept 4 (MA) Club Meeting
- Sept 8 (CT) NET Series
- Sept 15 (RI) Newport Cliff Walk
- Sept 22 (MA) Peaked Mt/Miller Tract
- Sept 29 (CT) Salmon River Trail
- Oct 2 (MA) Club Meeting
- Oct 6 (MA) Mt Tom
- Oct 13 (MA) Mt Greylock - Stony Ledge
- Oct 20 (NY) Minnewaska St Park
- Oct 27 (CT) NET Series Finale
- Nov 6 (MA) Club Meeting

IMPORTANT NOTICES

Next Club Meetings:
 September 4, 2018, 7 p.m. at **FBC**
 October 2, 2018, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is October 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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