



# A Special April Supplement of Feetprints

The Prez's Corner:

## Reining in My Delusions of Grandeur

by Prez Lori Tisdell

Volume 23

April 1, 2019  
(April Fool's  
Edition)



"With great power comes great responsibility" or so said Uncle Ben in the Spider-man comics. I try to take that to heart with my vast responsibilities and power as Pioneer Valley Hiking Club president.

When I first became president, I thought – "Wow, I can do anything I want!" Or as He-Man says, "I have the power!" And as Queen Hippolyta (Wonder Woman's mom) said "In the world of ordinary mortals, you are a wonder woman."

So, apparently, in the beginning this dominion over so many may have gone to my head just a little bit. But when you hold such a powerful and mighty position

in the world of hiking it's hard not to feel it course through your veins. And once released, it's hard to rein it in.

I had to go to The Walking Dead graphic novels to learn a few lessons about what happens with power gone mad. Most of those characters ended up dead! And I mean really dead, not walking dead!

I turned to comics to find my center and learn about how not to abuse the  
See Prez's Corner continued on page 2

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*~ Prez Lori Tisdell*



*"...Still, a crown would be nice. Not ostentatious, just a few sparkly jewels...platinum, ok gold...Do the PVHC By-laws have articles of impeachment?"*

*~ Prez Lori Tisdell*

**Prez's Corner** *continued from page 1*

power bestowed upon me. To paraphrase Captain America the strength of this club is in the hearts of its members. I took to my heart the words of Commissioner Gordon to a new class of Gotham police officers "You're going to make a difference. A lot of times it won't be huge, it won't be visible even. But it will matter just the same."

I realized it isn't about the glory, the majesty, the grandeur, the magnificence....sorry, carried away (still a work in progress), of being president. It's about doing your best, making a difference even if no one knows or recognizes your contributions. I'm not sure I really agree with that but....It's about being a superhero, oops, I mean NOT about being a superhero (yeah, yeah, work in progress). I'm trying. Still, a crown would be nice. Not ostentatious, just a few sparkly jewels...platinum, ok gold. But definitely not silver. I swear I'll pass it on to the next president. But you must get me out of office first. Do the PVHC Bylaws have articles of impeachment?

-- Prez Lori Tisdell

## Make PVHC Great Again

by Dick Forrest, Disassociated Press

President T. of PVHC has announced that all future, main communications with PVHC membership will be made by presidential tweet (@POPVHC). And from now on, all hikes will have to be approved by the PVHC President before any hike leader can lead a hike. PVHC's Executive Board will enforce this new presidential directive.

President T.: "My use of social media is not Presidential - it's MODERN DAY PRESIDENTIAL. I attribute my election to, among other things, my use of social media, and my reelection will also hinge on its use to communicate with my base (of PVHC members)."

President T. is instituting a new program in PVHC called, "Make PVHC Great Again." The club will be getting hats with the embroidered slogan on them. The cost of the hats will be \$25 each, and every member is expected to purchase and wear one of the new hats at the monthly meetings, or they will not be admitted to them.

President T. boasted: "I hate to minimize the accomplishments of any of our previous PVHC administrations, but my administration has done more than any other in the history of PVHC. Just look at all the things which we've accomplished."

Yes, it's certainly hard to argue with that.

-- Reported by Dick Forrest, D.P.

*"President T. is instituting a new program in PVHC called, "Make PVHC Great Again."  
~ Dick Forrest, Disassociated Press*



## Ultralight Survival Backpacks

by PaPa Smurf

Papa Smurf has just introduced a new line of ultralight survival backpacks. Available in both Original and Extra crispy versions the new line of deep-fried backpacks are light, strong, and provide the unique characteristic that they are edible in an emergency survival situation. The new survival series backpacks were Inspired by the Donner Party, who ended up boiling buffalo skins from their clothing and tents to make a broth to stay alive.

Made with an edible, original, beef jerky-like material that's been deep-fried to enhance its structural integrity to last very long. No GMO's used, No BMO plastic additives, or BO are used. In keeping with the edible theme and to stick with environmentally reusable materials, rigid chicken bones are used as stays to stiffen the backpacking structure. This gives the added chicken stock-like flavor as the backpack and bones are boiled as an emergency food source. Environmentally friendly, recyclable, and renewable, the edible, deep-fried survival backpack is not only practical but yummy to eat. Get yours today from your local hiking gear dealer or directly from Papa Smurf's web store.

-- PaPa Smurf

*"Environmentally friendly, recyclable, and renewable, the edible, deep-fried survival backpack is not only practical but yummy to eat."*

*~ PaPa Smurf*

## Murphy's Law (Of Hiking)

*Anything that can go wrong, will go wrong.*

by Cindy Dolgoff

**Law of Gravity:** When the item you urgently need falls to the lowest point in your backpack.

**Law of Attraction:** Biting insects gravitate towards certain hikers.

**Law of Supply:** The trailhead has three parking spaces and all of them are occupied.

**Law of Demand:** 27 hikers sign up for the hike you're leading.

**Law of Inertia:** Really, really wanting to go on that hike! And staying home and binge-watching Netflix instead.

**Law of Conservation of Energy:** The Act of dragging your hiking poles at the end of an exhausting hike.

**Law of Relativity:** You will not encounter another hiker of the opposite sex on the trail until you step behind a tree to relieve yourself.

**Law of Averages:** If you go on enough hikes, eventually you will fall and incur an injury.

**Law of Inversion:** The chance of encountering excellent weather is inversely related to the number of miles you drove to the trailhead.

**Law of Diminishing Returns:** This is what happens when a hike leader loses more than 10% of his/her participants.

**Law of Force and Acceleration:** The parking lot is in sight! You speed up to finish the long and arduous hike. And trip over your own two feet.

**Law of Large Numbers:** If there are enough people on a hike, you have a decent chance to bum some food if you've forgotten your lunch.

**Law of Variability:** When the five-mile moderate hike you signed up for turns into a ten-mile bushwhack.

-- Cindy Dolgoff



## Helped Wanted in PVHC To Ensure Good Hiking Weather

by PaPa Smurf

*"Anyone with skills in weather-changing, rain dance experience, or voodoo, who would like to take on Dick's role as weather controller for the club, please contact Dick or Sue."*

*~ PaPa Smurf*

Dick Forrest is considering retiring from his role in creating weather patterns specifically for PVHC hikes. "It's been a big responsibility but I'm starting to get to that age where I'd like to just relax and spend some time peak bagging instead of devoting several days each week influencing the weather," said the long-term club member. Each week Dick uses a series of voodoo dolls and astronomical charts to determine and influence weather for PVHC's scheduled hikes. I'd like to take this opportunity to thank Dick for all the great sunshine and fantastic weather that has resulted in many of my best hikes, especially those hikes in winter and for those fantastic sunset and sunrise pictures. Those of you who have encountered his wrath for missing *Bootprints* deadlines and making constant hike schedule changes may not be quite as happy for the bad weather he has imparted to your own hikes, but I, for one, have been mostly pleased with his work. Thanks, Dick, for taking on this important position for the club. Anyone with skills in weather-changing, rain dance experience, or voodoo, who would like to take on Dick's role as weather controller for the club, please contact Dick or Sue. Those with dark hearts or grudges against other hike leaders need not apply.

-- PaPa Smurf

## The Importance of Layering

by Erin Squires

This May I celebrate my fourth year as a member of PVHC. Over that last four years I have learned a lot about hiking thanks to the wealth of knowledge from the members of this club. I would now like to share with the club a valuable lesson I learned last September when I hiked the Knife's Edge in Baxter State Park in Maine with Jos Brannan and Ed Marrone. That lesson is, never underestimate the importance of layering.

As we learned last year from Gina Geck, fashion is everything on the trails. Matching is a must along with making sure that your color combinations do not clash with your footwear, poles or backpack. There is also a fine art of having layers that, when shed, reveals a new and interesting color palate. Thanks to Gina I think we have the most fashion forward hiking club in New England.



PVHC's Queen of Chic

(photo by Lori Tisdell)

I learned, though, that Gina failed to mention the unmentionables. We cannot blame Gina completely of this slight as her style of hiking involves less butt-scotting than other hikers. It is Gina's lack of knowledge of the impact that butt-scotting has on your layers.

See *The Importance of Layering* continued on page 8



(photo By Erin Squires)

*"As we learned last year from Gina Geck, fashion is everything on the trails."*

*~ Erin Squires*





***The Importance of Layering*** continued from page 7

As we all know, learning to layer is a fine art. You want to make sure you have enough layers to stay warm and that your core layer is of a wick away fabric. At the same time, you want to ensure that you are matching or that your color combinations complement one another. With all of this planning, did you consider the most basic layer?

When you are climbing over craggy rocks or clamoring over a fallen tree in the middle of the trail did you consider the danger imposed to your outer layer? It takes just a second and a careless shove off to expose you to the elements. Then it is too late. Your fate is revealed to those behind you.

In that moment, your choice of your bottom layer will be uncovered. Did you make the right choice of this most important layer? If not, ask yourself if Gina is on the hike? Be afraid if she is.

For the sake of this fashion forward club, be mindful of your bottom layer. This is the time to show your personality, maybe something fun like a superhero theme or a bright color so that no one misses it. On Katahdin I tore my pants on the rocks in a large L-shaped fashion. I had on my sedate, light pink leopard print bottom layer. If I had it to do over again, I would have made a better choice like something that screams **adventurer**.



(photo By Erin Squires)

-- Erin Squires

*"I had on my sedate, light pink, leopard-print bottom layer. If I had it to do over again, I would have made a better choice like something that screams **adventurer**."*

*~ Erin Squires*



## Substitutes for the 10 Essentials.

by PaPa Smurf

Many of you know how important it is to bring the ten essentials on hikes. Originally developed by the Seattle-based Mountaineers it is a list of 10 critical gear items to get you out of any emergency. But what if you don't have them? Here's a handy list of substitutes if you forget, can't afford, or are just plain stupid for not bringing the right gear.

**Fire starter:** Most expensive high tech hiking tents and sleeping bags are made mostly of nylon. Did you know that they light easily and burn well putting out lots of heat? No more struggling to find dry wood and small tinder. Silk nylon lights easily with just the touch of a match even when wet or in windy conditions. In an emergency, if you get cold, just light your tent on fire and add the sleeping bag, too, as it burns down. You will have a nice warm fire for easily 10-15 minutes. Enough to make you nice and cozy while you improvise building a new shelter and gather leaves to replace your sleeping bag.

**Map:** Don't have a map, simply find a wooden stick and draw one in a sandy spot on the ground using the stick from memory. Not as convenient as a paper map but it should do in a pinch provided you remember most of the details from the map you left home. Be sure to orient your map to true north before drawing as it's hard to turn it once it's drawn in the sand.

**Compass:** Forgot your compass? No problem. Almost everyone nowadays carries a smartphone with GPS and an extra battery. Did you know it's easy to make your own compass out of a GPS-enabled smartphone and extra battery? Simply smash open the cell phone and pull out the GPS antenna. Straighten the antenna wire out to make a compass needle and use the spare battery to make an electric circuit across the antenna. The electrical current will magnetize the antenna wire, and ta-da, a magnetic compass needle! Place it on top of a small rock to act as a pivot point. If the needle does not move easily on the rock lubricate the rock with a few drops of blood after quickly poking your finger with the antenna wire. Before disassembling your smartphone be sure to google your GPS location and use it to search for the correct magnetic declination for your area. You will need this after you destroy your cell phone to make the correct adjustments to the magnetic compass you will be building.

See Subs for the 10 Essentials continued on page 10

*"Here's a handy list of substitutes if you forget, can't afford, or are just plain stupid for not bringing the right gear."*

*~ PaPa Smurf*

*"Did you know it's easy to make your own compass out of a GPS-enabled smartphone and extra battery?"*

*~ PaPa Smurf*



*"I learned this trick from reading about the Donner Party's survival tricks used in the old days."*

*~ PaPa Smurf*

*"Little known fact: most people don't have the foggiest idea what to do with all that stuff in their first-aid kit anyway."*

*~ PaPa Smurf*

**Subs for the 10 Essentials** continued from page 9

**Water:** Running out of water? This one is pretty easy. Just drink your pee. Just pretend it's lemonade. For more variety you can spike the pee with a few drops of blood to make it look like Kool-Aid. Drink up.

**Extra food:** I learned this trick from reading about the Donner Party's survival tricks used in the old days. It turns out we really don't need all 10 toes or 10 fingers and the amount of essential proteins and fats needed to keep hiking long days can easily be found in a few spare fingers or toes. Added bonus: they taste just like chicken.

**Rain gear:** Forgot the rain gear and stuck in a downpour? No problem. As your outer layer of clothing starts to get wet, remember you have a nice dry layer underneath. Simple solution is to take that wet outer layer off and place it under the dry layer below. Instantly you will have a nice dry outer layer again. If this layer gets wet keep adding your dry clothes from your pack. You can easily keep the rain away by adding more and more dry layers on top of the wet layer. By rotating your driest layers to outside layer you are sure to always look drier than your hiking mates. Cotton layers work best because they will soak up more water before getting really saturated.

**First-aid kit:** Little known fact: most people don't have the foggiest idea what to do with all that stuff in their first-aid kit anyway. All you really need to improvise a first-aid kit is duct tape. And for bigger emergencies like gunshot wounds a few tampons to shove in the bullet hole will suffice.

**Flashlight:** Again, remember most of your expensive high tech clothes and even your backpack are made from highly flammable nylon. (See **Fire starter** above). A good substitute for a light source is to light your backpack and clothing on fire. The glow of the burning nylon is brighter than any flashlight and will let you see in the darkest nights.

**Pocketknife:** This one is a little harder to improve upon. But looking back at our early ancestors, before they discovered metal, they used sharpened bones for knives. As under **Extra food** we have an

See *Subs for the 10 Essentials* continued on page 11

**Subs for the 10 Essentials** continued from page 10

overabundance of fingers and toes that can be a handy source of bone material for making your bone knife. Simple break off a finger, the middle one is longest, and tear or eat off the flesh. Then, dragging the bone along a stone, sharpen the bone into a nice blade.

The last item on the list is **Sunscreen**. Not really the end of the world here but clearly sunscreen has many easily used substitutes. My favorite is a thick coating of mud but you might find it's hard to find if you are in a dry area and short on water. A good substitute that has a similar consistency to mud is feces. Just smear it on. It's got to be at least SPF 60.

Remember, if you're not prepared, improvise! Good improvised solutions might just earn you eligibility for the famous Darwin Awards.

-- PaPa Smurf

## Smart Backpacks

by PaPa Smurf

Amazon is entering the backpacking market with a new line of smart backpacks. The Alexa-enabled smart backpack includes a small USB charging station, GPS navigation system, integrated water hydration and purification system, and a handy pocket for storing your smartphone that connects using Bluetooth to an integrated, personal entertainment system. When in camp you can open a flap to expose the active matrix touch screen on the back to play movies and interactive content in the privacy of your tent or slide the expansion screen open to allow wide screen viewing of movies by the campfire for groups of up to 8 people. The backpack includes a free Amazon Prime membership and its rich selection of free and pay-per-view movies. Included in the sides of the internal frame are surround sound speakers and a killer bass speaker.

See *Smart Backpacks* continued on page 12

*"Remember, if you're not prepared, improvise! Good improvised solutions might just earn you eligibility for the famous Darwin Awards."*

*~ PaPa Smurf*

*"The Alexa-enabled smart backpack includes a small USB charging station, GPS navigation system, integrated water hydration and purification system, and a handy pocket for storing your smartphone that connects using Bluetooth to an integrated, personal entertainment system."*

*~ PaPa Smurf*



*"The backpack is fully Alexa-enabled to allow you to request directions, help find scenic spots, identify wildlife, and request information on a range of topics just using your voice."*

*~ PaPa Smurf*

*"For a really special treat you can arrange for 'Blue Apron,' chef-curated recipes using farm-fresh ingredients, sent straight to your tent."*

*~ PaPa Smurf*

**Smart Backpacks** *continued from page 11*

The backpack is fully Alexa-enabled to allow you to request directions, help find scenic spots, identify wildlife, and request information on a range of topics just using your voice. Ultralight hikers might be turned off by the slight added base weight of all the technical features, but not to worry, Alexa has you covered. You no longer have to worry about being prepared for every situation which will allow you to save weight on many of the items you carry that might not be needed. With one-click purchase options you can request Alexa to show you a selection of equipment and supplies from a large range of products that can be delivered in most cases within 3 hours by drone. The backpack's internal GPS provides accurate delivery location information in even the most remote locations for just a small extra fee. Note Amazon Prime's normally free shipping rates do not apply to most backcountry locations but we plan to expand coverage in the future.

Did you forget to bring an extra sweater? No problem. Just ask Alexa for help in selecting your size and style, and off a drone goes with your new sweater. Broke a tent pole; new replacement parts are just a drone flight away. Want to travel extra light? Just order your tent, sleeping bag, and stove when you get to your campsite. And free returns are always available. A small restocking fee will be charged for the time the item was used. And no need to bring the 10 essentials. Only order them when you need them.

For a really special treat you can arrange for "Blue Apron," chef-curated recipes using farm-fresh ingredients, sent straight to your tent. Amazon also provides drone delivery for most of your favorite takeout items, including pizza, Mexican, and Chinese food, as well as a selection of microbrew beer and wine distributors. So, get on-board with the latest technical backpack and carry only what you need when you need it. Up your comfort game and style with Amazon Prime drone-delivered merchandise directly to you anywhere in the wilderness. Camping in style made easy by Alexa and Amazon. When I get to camp tonight I'm ordering a nice Chianti wine to go with my Blue Apron, prosciutto-wrapped, balsamic-infused salmon with truffle mushroom risotto. Maybe I'll even order the pre-built campfire option to impress my hiking mate!

--PaPa Smurf

## Mud Season Hiking

by PaPa Smurf

New rules for hiking in mud season in Vermont: The Long Trail Mountain Club (LTMC) now requires all hikers, during the spring mud season, to use special mud-rated crampons for safety and to limit wear and tear on trails. The mud-rated crampons provide minimal contact with the ground while providing a large range of ground clearance to avoid contact with the mud. The adjustable stilt-like spacers provide ample clearance to keep your feet out of muddy trails and the small-profile, goose-foot contact baskets provide minimal environmental impact. They are rated at an equivalent damage impact as a Canada goose footprint and are environmentally pleasing to the eye since your footprints will actually mimic a goose's footprint.

The new requirement for using mud-rated crampons takes effect on April 1st and stays in effect to the end of mud season. Do the right thing and get a pair today to be prepared for hiking the trails in mud season. Available from your favorite PaPa Smurf Hiking Supply dealer. See the attached link to this eco-friendly product:

[http://www.virtualshoemuseum.com/sites/default/files/imagecache/object\\_image/65915\\_EelkoMoorer\\_Stelt1.jpg](http://www.virtualshoemuseum.com/sites/default/files/imagecache/object_image/65915_EelkoMoorer_Stelt1.jpg)

--PaPa Smurf



PaPa Smurf

*"The mud-rated crampons provide minimal contact with the ground while providing a large range of ground clearance to avoid contact with the mud."*

~ PaPa Smurf



## Shortest Hike Peak Bagger List

by PaPa Smurf

*"All peaks can be climbed in under three minutes with minimal elevation gain to make it easier on our aging hikers."*

*~ PaPa Smurf*

The AMC (Apple Mountain Club), in the interest of encouraging its aging core membership to continue paying dues, has come up with a new peak bagger list of summits to climb. All peaks can be climbed in under three minutes with minimal elevation gain to make it easier on our aging hikers. Use of powered aids, such as e-bikes, powered scooters, ATVs, trams, horses, and Sherpas are encouraged. During bad weather the use of a paid surrogate hiker will also qualify as an AMC member bagging a peak. As an example, Joe, hires a hiking surrogate, who finishes a climb of Rhode Island's high point to qualify Joe for completion of his own mini-peaker list. Subsequently, Joe, beaming with pride of great accomplishment, posts a slideshow of his personal climbs – and yet, only 60 of the 99 summits done by his paid surrogate.

--PaPa Smurf

**UPCOMING EVENTS AND THE USUALS**

- Every Mon. (MA) Monday Morning  
Hikes w/ Chip
- Every Tues. (MA) Tuesday Evening  
Hikes w/ Lori
- Every Wed. (MA) Wednesday Morning  
Hikes w/ Erin
- Every Thurs. (MA) Thursday Morning  
Hikes w/ Harry
- Apr 1 (MA) April Fool's Hike w/  
Chip - Good Luck!
- Apr 6 (NYC) Bus Trip
- Apr 13 (CT) Your taxes are due!
- Apr 20 (VT) Mt Antone
- Apr 27 (NH) Mt. Monadnock
- May 4 (MA) Spring Hiking Kickoff  
& Cookout
- May 11 (MA) NET Sections 1 & 2
- May 18 (MA) Full Moon 7 Sisters
- May 25 (MA) Mt. Greylock



# IMPORTANT NOTICES

Next Club Meetings:  
Apr. 2, 2019, 7 p.m. at **FBC**  
May 7, 2019, 7 p.m. at **FBC**

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

This issue of *Footprints* is dedicated to my Mentor-in-Jest, John "PaPa Smurf" Klebes, former *Footprints* Editor ~ Dick Lost & In the Forest

Deadline for submissions to the next *Bootprints* is April 20, 2019

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

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



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

