



# Bootprints

The Bimonthly Newsletter of the  
Pioneer Valley Hiking Club

President's Corner:

## PVHC 2018

by President Lori Tisdell

2018 was a different kind of year for me. Being president of the club, I felt I would have more responsibilities than in any previous year. I am so thankful to the other executive board members who have been so supportive and helpful. With their help, this year has been much easier than I had anticipated. So, thanks to VEEP Jeanne Kaiser, Secretary Gina Geck and Treasurer Paul Kozikowski. Paul we will miss you - your diligence, work ethic, and wonderfully good-natured and pleasant personality has made working with you a joy.

Pioneer Valley Hiking Club is very lucky to have so many giving and caring members who volunteer and their efforts make our club so open, helpful and generous. I'd like to use this month's article to review the past year and the acknowledge the members who made it so extraordinary.

In 2018, we continued, led by Chip Pray and Rob Schechtman, to keep the Sections 1 & 2 of the NET in MA maintained, cleared and easy to follow. Many club members volunteered on trail maintenance days to go out with Chip and Rob to continue maintaining our sections of the trail as we have done for so many years.

For me, the backbone of the club is our leaders. Without them we would not be able to provide so many and varied hiking and other outdoor activities for our members. This year we organized 469 activities, that's 128% of the days in the year! We had 248 weekday activities – 94% of all weekdays. There were 124 weekend activities – 119% weekend days. There were 50 special events, as well as 14 backpacking trips, 31 biking activities, and, well, there was a kayak and skiing activity among them. We had a total of 43 different

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leaders – which is 15% of all club members. 18 members led 10 or more activities, of those 18, there were 9 leaders who led 20 or more activities and 5 who led 50 or more. This year we had 5 new hike leaders. And we welcomed 54 new members.

I'd like to thank all the club members for their participation and volunteerism to the club in 2018. Specifically thank you to the following:

*Bootprints* Editor and Webmaster - Dick Forrest;

Hike Scheduling, Monthly Agenda and Trail Maintenance co-chair - Chip Pray;

Monthly Greeter Table volunteers - Cindy & Gary Dolgoff, Tina Garde, Lori McMahon, Deb Bombard and Cheryl Stevens;

Non-member E-mail Inquiry and Trail Maintenance co-chair - Rob Schechtman;

Backpack Coordinator - Rick Briggs;

Quartermaster - Mike Carrier;

Weekly Activities Spreadsheet Coordinator - Ron Morrissette

Social Email Coordinator - Karen Markham;

Instagram Coordinator - Jos Brannan;

Picnic Coordinator 2018 - Erin Squires;

Gina Geck for Holiday Party co-organizer with me, as well as all the members who helped setup and stayed to cleanup.

Special thanks to Slide Show Coordinator Cindy Dolgoff – through her year-long efforts we had a wonderful time reliving our 2018 adventures

In February, Chip Pray retired as PVHC President. I'd like to recognize Chip for his outstanding service for so many years. During Chip's tenure he oversaw, for the club, the demolition of the old bog bridge at Rising Corner and the building of the new bridge.

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*"In February, Chip Pray retired as PVHC President. I'd like to recognize Chip for his outstanding service for so many years."*

*~ Lori Tisdell*



*"Thank you, Chip, for your invaluable years of service as president of Pioneer Valley Hiking Club, for leading and growing our club and for your continued service. "*

*~ Lori Tisdell*

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

Though it was, and is, not without some issues and problems, it spans 215 feet, providing sure access heading north on Section 1 of the New England Trail (NET). During Chip's time we celebrated Pioneer Valley Hiking Club's 25<sup>th</sup> anniversary with a year of celebration and remembrance. Our schedule grew providing activities nearly every day of the week and often more than one a day. Chip has continued to lead the Monday morning hikes, co-chair trail maintenance, and has taken over as the hike schedule coordinator. Thank you Chip for your invaluable years of service as president of Pioneer Valley Hiking Club, for leading and growing our club and for your continued service.

I'd like to take the time to recognize those members who received special recognition at the 2018 holiday party.

**First Time Hike Leaders**

Theresa Corey, Joe Stella, Mila Dibble, Kathy Fisher, Matt DiNatale

**Honorable Mention for 10 or more activity leads**

Erin Squires, Harry Allen, Cindy Dolgoff, Brenda Doucette, Jeanne Kaiser, Sandy Segó, Ed Marrone, Shari Cox, Gina Geck, Paul Kozikowski, Teri McElwain, Kevin Withers

**Most Weekday Hikes** - Chip Pray

**Most Weekend Hikes** - Lori Tisdell

**Most Special Events** - Gary Dolgoff

**Most Backpacks** - Karen Markham

**Most Biking Activities** - Jane Glushik

**Most Overall Activities** - Karen Markham

***Congratulations All!***

This year we started a new award - A Special Recognition Award for a member who goes above and beyond the call of duty.

*See President's Corner continued on page 4*

**President's Corner** continued from page 3

For our first annual special recognition award we were so pleased to acknowledge someone who volunteers so much time and effort to the club and provides a valuable service that so many of our members enjoy and appreciate.

**Special Recognition** to Dick Forrest as *Bootprints* and Web Editor – Thank you, Dick!

### **2018 Volunteer of the Year Award**



2018 Volunteer of the Year Award Winner, Harry Allen, receives the award from PVHC President Lori Tisdell

For the first time I had the honor of awarding the Volunteer of the year.

I have known this person from almost the first day I joined the club. He was one of the first friends I made in PVHC so it really was special for me to single him out for this award.

He joined the Pioneer Valley Hiking Club in 2001 and quickly became a very active member. Over the years he has been involved in many maintenance projects including in his first year with PVHC helping to replace 80 feet of the original bog bridge in Nov 2001. And, in coming full circle, he was involved in the 2016 bridge build project. He

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*"He was one of the first friends I made in PVHC so it really was special for me to single him out for this award."*

*~ Lori Tisdell*



**President's Corner** continued from page 4

was part of the PVHC contingent who helped in building the Falls Brook Shelter on the Tully and M-M Trails. And has been involved in a host of other maintenance projects over the years.

When I first joined the club, I was content to be a follower on hikes. But my new-found friend encouraged me to try hike leading. To help me gain confidence he would have me hike in front and lead him on the trails. And then pushed me, and pushed again, until I led my first hike. When I thought about doing bigger hikes he was unfailingly encouraging and helped instill in me a belief that I could do these hikes I thought undoable. I know I am not the only person he has supported, fostered and challenged to push our limits and go a little further than we thought we could.

Over the years this member has led a multitude of hikes. In fact, he leads over 50 hikes a year; you might even say he has a cult following. He is a wonderful ambassador for PVHC. He always somehow has an unending supply of club business cards...and passes them out regularly to people we meet on the trail. When he sees other hikers having a bit of a problem, he always stops to help them out to make sure they are on the right track....And then hands them a business card.

On behalf of, and with gratitude, from all the members of Pioneer Valley Hiking Club, we awarded the 2018 Volunteer of The Year Award to everyone's favorite Thursday Morning Hike Leader - Harry Allen.

Congratulations and many thanks Harry!

Many thanks to all Pioneer Valley Club Members for your support, volunteerism, participation and generosity. Every single one of you makes an impact on our club and helps to make it better.

*"On behalf of, and with gratitude, from all the members of Pioneer Valley Hiking Club, we awarded the 2018 Volunteer of The Year Award to everyone's favorite Thursday Morning Hike Leader - Harry Allen."  
~ Lori Tisdell*

— Lori Tisdell

## Walking Buddy

by Cindy Dolgoff

*"Walking with a friend in the dark is better than walking alone in the light." ~ Helen Keller*

Every November, I fly to Western North Carolina to visit my sister, Patty. She volunteers at her local animal rescue facility. Each visit, I look forward to meeting her newest foster dog. Patty regularly brings home one or two dogs that, as she puts it, "are not doing well in the shelter environment." There, the confused creatures stay until they are adopted into their forever homes.

This past November, I arrived and met Cheyenne. He is a dark brindle dog of dubious breeding. His black face, graying around the muzzle, resembles a Boston terrier. He has floppy ears and a docked tail.

"He's a great dog," Patty explained, "Not sure why no one wants him. We found him as a stray. He's completely housebroken and he loves my other dogs and the grandchildren. He's available for a discounted adoption price because he's eight years old - a Senior dog."

I settled myself onto the couch to watch the evening news. Cheyenne jumped in my lap.

"Oof! He's too big!" I complained. Cheyenne is a medium-sized dog, weighing about 25 pounds.

"He likes you!" Patty exclaimed.

"And he's peisty, too," I said. Now Cheyenne was licking my face. "Get down," I instructed, urging Cheyenne to the floor. Sissy, Patty's Feist Chihuahua, immediately took Cheyenne's place in my empty lap. "I like these kinds of dogs better. They're like cats," I said.

Cheyenne took no offense. He stared at me and thumped his stump of a tail.

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**Walking Buddy** continued from page 6

"He doesn't look like a *Cheyenne*," I said.

"What do you think he looks like?" Patty asked.

"I dunno. Sport. Pal. Buddy. Yeah, Buddy. I think we should call him Buddy."

The next morning, I decided to take a long walk and give Patty some alone time. Retrieving my coat off the rack, I looked down. There was Buddy. He looked like he had something to say.

"Hey, can I bring him with me?" I asked Patty.

"Sure!" she replied.

I clipped a leash onto Buddy's collar and stuffed a poop bag into my pocket. "C'mon, Buddy. Want to go for a walk?" He thumped his little tail in response.

The two of us walked down Patty's busy, winding country road to a two-mile stretch of a dead-end loop. Buddy happily trotted along beside me. He was obedient on the leash, straining only when he saw squirrels, which seemed to be of immense interest to him. Buddy did his business on the edge of a meadow and waited patiently for me to clean it up. He barked softly at two horses that were grazing in a field. He looked puzzled, like he had never seen such large animals before. I breathed in the fresh Blue Ridge Mountain air. What a wonderful morning.

Buddy and I returned to Patty's house. "He looks pleased," Patty said. Buddy plopped himself down on the floor. He was tuckered out from the exercise.

The next morning, right around the same time as the prior morning, Buddy placed himself at the door. "Okay," I said. "You were a good boy yesterday so I will take you again today." We walked a similar route. Buddy pooped in the same exact spot. We returned, both of us invigorated and content.

See *Walking Buddy* continued on page 8

*"I breathed in the fresh Blue Ridge Mountain air. What a wonderful morning."*

*~ Cindy Dolgoff*

**Walking Buddy** continued from page 7

Our walks continued for the remainder of my visit. Patty joined me and Buddy in our last walk, the day I flew back to Massachusetts. I called Patty a few days after my return home.

"How's Buddy?"

"He waits at the door for a walk every morning at 9:00 a.m., the time you were bringing him. He looks so forlorn that I've been walking him every day."

"I'm sorry! I guess I created a monster," I said.

"No – I'm glad!" Patty responded. "It's great to get out and walk. And I'm sleeping a lot better."

Buddy is still waiting for his forever family. Until then, he will live with Patty as a foster pet.

I thought about what this experience meant to me, and I determined - sometimes, I just need a Buddy to walk with. Then I reflected on being a Pioneer Valley Hiking Club member. Over the years, I've met so many "buddies." Our hikes are not merely activity – they are an exercise in friendship.

The End

Please note: Dogs are not permitted on PVHC hikes.  
-- Cindy Dolgoff

*"I thought about what this experience meant to me, and I determined - sometimes, I just need a Buddy to walk with."  
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*"Resilience is the ability to successfully cope with a crisis."*

~ Sandy Segó

*"Psychological resilience allows people to develop mental and behavioral capabilities that allow them to remain calm during a crisis and move on from the event without long-term, negative consequences."*

~ Sandy Segó

## Resilience

by Sandy Segó

Accidents. Health problems. Crises. Unfortunately, bad things sometimes happen that disrupt our normal lives. They can be a source of stress, anxiety, worry, annoyance, frustration, and be disruptive to our lives. In extreme situations, they can potentially define our lives. How we deal with these crises can impact our physical and mental well-being. Adapting to the unexpected and being able to move on in a healthy way requires resilience. Resilience is the ability to successfully cope with a crisis.

Psychological resilience allows people to develop mental and behavioral capabilities that allow them to remain calm during a crisis and move on from the event without long-term, negative consequences.

Resilience is generally thought of as a "positive adaptation" after a stressful situation. It was first investigated in the 1970s and remains an area of research today. In fact, that research has suggested that there are steps anyone can take to become more resilient.

1. **Be flexible.** Resilient people expect to face challenges. Different challenges happen at various points in our lives. Be willing to adapt and shift goals.
2. **Learn from Experience.** When a difficult situation occurs, don't focus on blaming someone. Consider different ways of dealing with the situation if it arises again. Try to find a positive lesson that you can learn from.
3. **Act.** Once you have thought about the possible ways to improve the situation, do it. Work on solving the problem, don't be incapacitated by negative thoughts and worry. Even if you can't solve the whole problem, taking steps towards a solution will allow you to focus on the action and feel that you are making progress.

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**Resilience** continued from page 9

4. **Talk.** Often when people are going through a difficult time, they withdraw from family and friends. But this is when you need to reach out for support; talk about your feelings. Share what is going on and how you are coping. Accept help from those who care about you.
5. **Sense of Purpose.** Do things that bring meaning and value to your life. Spending time with family or friends; volunteer; anything that seems worthwhile to you and produces a warm, fuzzy feeling.
6. **Adopt Healthy Habits.** You know the drill: Exercise; eat a balanced diet; get plenty of sleep. Taking care of yourself is necessary and an ongoing concern. You need to be healthy if you want to take care of others.
7. **Express your Emotions.** You need to let go of tension. Whether you like to talk to your buddies, write in a journal, or use art to express how you feel, get the emotions out.
8. **Be Confident.** Recognize that you have skills and abilities that have gotten you to this point in life. Think about your strengths. Be proud of your accomplishments.
9. **Laugh.** While it can be tough to keep a sense of humor when your life is falling apart, laughter can relieve stress. It can help you keep perspective on the big things in life, while all the little things crash and burn. So make jokes and find the humor in the situation.
10. **Be Optimistic.** Having a positive outlook can make you more resilient. Many of the challenges we face are temporary. We have all overcome obstacles in the past. We will overcome more in the future. Look on the bright side of life and know it will get better.

Everyone has stress. Everyone has drama in their lives. But by becoming more resilient you can bounce back, stronger than ever, when life knocks you down. You can maintain your self-esteem and overcome the problems. And you can be tougher than you were before.

-- Sandy Segó

*"But by becoming more resilient you can bounce back, stronger than ever, when life knocks you down."*

*~ Sandy Segó*



Smurfy advice for the trail...

## Sunset on the Tip of Your Fingers

by John "PaPa Smurf" Klebes

This afternoon I took a late afternoon bike ride before the end of 2018 and the coming snow. As I biked along the river, wondering if I would be finished before dark, I recalled a neat little trick I was taught and started calculating how much time I had before sunset. This brought back memories of a hike I did when I was younger and miscalculated how much time I had before sunset. I ended up in the woods with no flashlight and had to scramble through the brush of a fallen tree that I unexpectedly came across that blocked the trail. In the dark I had difficulty finding the trail again as I bushwhacked around the thick branches and promised myself to always carry a flashlight and be more aware of when sunset would hit me on the trail.

*"Today's column will introduce you to this useful technique for calculating how much time you have till sunset."*

~ PaPa Smurf

Today's column will introduce you to this useful technique for calculating how much time you have till sunset. Very useful to gauging if you have enough time to finish a hike in the daylight or even just to position yourself for that fantastic sunset photo opportunity!

### Using the Sun to Predict Sunset

First you will need a view of the horizon and the sun. While it works best if you have a clear view of the horizon you can usually estimate its location through obstructions, such as trees and buildings, and even guesstimate its approximate location when in the mountains.

If it's cloudy, or the sun is obstructed by trees, you may have to approximate its location. Even on cloudy days you can usually see a vague outline of the sun. Use the haze around the sun you see through the clouds as an approximation to the location of the sun. If it's too cloudy to find the sun you may be able to wait a few minutes to see if

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*"Each width of a finger represents fifteen minutes before sunset."*

~ PaPa Smurf

**Sunset** continued from page 11

you get a break in the weather. Unfortunately, this technique is of little use if you can't estimate where the sun is so it may not always work for you on overcast or rainy days.

First, extend your hand out and up toward the horizon. Position your hand with the fingers together and your palm flat and facing you and your thumb up. With your wrist bent and your palm facing toward you, line up your bottom little finger parallel to the horizon. You want to hold the bottom of your hand directly on the horizon line. (You can use either hand.) You are basically going to measure the distance between the horizon and the sun using the width of your fingers as a measuring ruler. Keep your thumb up and out of the way as its thickness is bigger than the rest of your fingers and doesn't work as well.



(Images supplied by PaPa Smurf)

Now count the number of finger widths between the horizon and the bottom edge of the sun. Each width of a finger represents fifteen minutes before sunset. You just need to multiply the number of fingers by the fifteen to calculate the time in minutes till the sun sets.



If you still have space between your top index finger and the sun you can stack one hand on top of the other. If, using both hands, you still have space between your hand and the sun you should hold your second hand steady in place, and stack your first hand on top of your second one. Continue stacking one hand on top of the other until you reach the sun's height. As you move your hands, stacking them on top of one another, remember how many hand widths you've measured.



Each full hand width is four finger widths, or one hour.

See Sunset continued on page 13



PaPa Smurf

*"Each width of a finger represents fifteen minutes before sunset."*

*~ PaPa Smurf*

**Sunset** *continued from page 12*

I am usually measuring the time late in the day so I only need one hand to estimate when I am getting close to sunset. Fifteen minutes for each finger or one hour for the whole hand (four fingers times fifteen minutes each). If it's earlier in the afternoon you can count hands on top of each other, estimating one hour for each hand and fifteen minutes per extra finger width.

When you are out in the forest knowing when it is going to get dark can be an important survival skill. Just remember this simple trick using your hands to measure the distance between the horizon and the sun. Each hand-width measurement between the horizon and the sun is equal to an hour, and each finger-width measurement is equal to an additional fifteen minutes before the sun sets.

With the short length of the days in winter you should always stay trail aware of how much sunlight you have left on your adventure.

-- 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))

*“When you are out in the forest knowing when it is going to get dark can be an important survival skill.”*  
~ PaPa Smurf

*“With the short length of the days in winter you should always stay trail aware of how much sunlight you have left on your adventure.”*  
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Featured Club Member:

## **My Early Memories and Reflections of My 18 Amazing Years with PVHC**

by Al Roman

I learned about the Pioneer Valley Hiking Club from a long-time church friend, Ann Mundy, in September of 2000 after my son Josh left for college. He had been my backpacking and hiking companion since he was 11 years old in Boy Scouts. With him gone, I was feeling alone and in need of a new group of people to enjoy the outdoors with. Ann said, "You'll fit right in quickly!" She shared a club hiking schedule with me so I could choose a first hike.

I still remember my first hike with the club because it was such fun! I quickly learned why Shari Cox is known as "U-turn Shari" by many club members when it took two attempts to find the correct spot to park cars to start hiking West Crag and Castle Crag in Connecticut. We had an intimate confrontation with a large snapping turtle on one of the access roads to the trail. One of the hikers in our group picked it up off the road, almost getting bitten in the process.

The next hike I remember going on with the club was North and South Hancock in the Whites of New Hampshire (NH) two days after Thanksgiving. I was in the area with family so I met the hikers in the parking area just off the "Kank" at 8 a.m. I had never done any peaks in the snow and ice, but I thought I was ready. What a challenging hike I was in for! I had borrowed some winter gaiters and had some 6-point crampons that clamped to my boots with straps and buckles that took forever to adjust in the cold! My new friends, Shari, John, Bart, Ed and Rob, helped me to figure out this new gear and it was again such fun that I wanted to do more! Shari loaned me a set of hiking poles to help keep me keep steady while crossing frozen brooks and climbing over icy boulders to the snowy peaks of two mountains that day. The group was planning to climb Mt. Moosilauke the next day and they invited me to stay over in Lincoln, NH, which I did. The wind on the mountain that Sunday was like nothing I had

*See Featured Club Member continued on page 15*

*"My new friends, Shari,  
John, Bart, Ed and Rob,  
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*~ Al Roman*

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

had ever experienced, but with my new-found friends I learned how to stay safe and warm while out in the elements for many hours.

These early hikes with the club really ignited my sense of adventure into the outdoors. I soon found myself part of a small group of hikers in our club that regularly backpack or hike to remote wilderness mountains. To understand what makes me so passionate about exploring the more remote areas of the Northeast U.S., the French and Swiss Alps, and, very recently, the Italian Dolomites, it would help to know a bit about my beginnings.

I grew up in the suburbs of Philadelphia, Pennsylvania (PA), until moving to Greenfield, Massachusetts, when 15. While growing up in PA, our family would often take walks in the woods on gentle trails or stroll to the top of the mountain at Hawk Mountain (Bird) Sanctuary to watch hawks and eagles migrate south in the fall. We would sit for hours on the ridge-top rocks watching for "kettles" of these birds to fly by. The feelings of peacefulness, wonder and happiness, to this day, come over my whole body and mind as I hike to the tops of mountains and wind down trails wherever I go. In fact, I feel a little closer to God when I sit in quiet reflection on top of a mountain gazing at the view of a small part of the world created for all to enjoy!

In the summer of 2002, Ann Mundy unexpectedly took me to the Adirondacks to hike a few of the 46-4000 foot plus mountains there. I had planned a Vermont Appalachian Trail backpack trip but couldn't find anyone to drive me to the trail after doing a car spot. When I called Ann asking for help, she said, "I have a better offer, if you're interested." After thinking about her offer for about 2 seconds, I said, "Let's go!" I had seen the Adirondack Mountains from the window of a bus to Lake Placid a few years earlier for a barbershop harmony singing competition. When we arrived at the ADK Heart Lake Campground and got set up, I felt like a kid in a new candy shop for the first time - so many mountains to be climbed and only a few days. After 12 years of traveling to the Adirondacks, I became a 46er, having climbed the highest 46 mountains in this range. I met my fiancée, Karen, in the Adirondacks, then proposed to her at the top of our 46th peak, "Allen Mt.," in August of 2014!

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*"These early hikes with the club really ignited my sense of adventure into the outdoors."*

*~ Al Roman*

*"I met my fiancée, Karen, in the Adirondacks, then proposed to her at the top of our 46th peak, "Allen Mt.," in August of 2014!"*

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*"We hiked all day and into the evening with only short breaks so that we could finish the 22+ miles before darkness."*

*~ Al Roman*

*"Backpacking remains one of my favorite ways to enjoy the great outdoors...."*

*~ Al Roman*

**Featured Club Member** *continued from page 15*

I also have vivid memories of a summer solstice death march led by Ed LaRoche on June 21 across the entire Presidential Range in the Whites of NH. Six of us slept at some no-name motel in Bethlehem, NH, to be able to start hiking, leaving Appalachia Parking Lot at 4:30 a.m., an hour before sun up. We hiked all day and into the evening with only short breaks so that we could finish the 22+ miles before darkness. When we crossed the top of Mt. Washington, which I thought was going to be a highlight of our day, we were met with extreme noise and close to 100 tourists wandering all over the summit, just having arrived via the cog railway train. The noise was from 2 large generators providing power to the summit buildings since a late winter storm had destroyed the normal power supply. I tried to block out this noise, insects, and the people, to enjoy my lunch, but found myself eating fast so I could get off the summit going towards Lake of the Clouds Hut and beyond. I remember a young boy passing close to me, then going over to his parents saying, "Why does that man smell so bad?" I found myself becoming a little mad by his comment then suddenly realized that it was just an innocent observation made by a non-hiker. I wanted to tell him that I had climbed that mountain while he rode up on the train, and I was proud of my earned stink, but held my tongue not wanting a confrontation. The rest of the hike went according to plan, walking out by Carter in a light, refreshing rain by 7:30 p.m.



(Photo by Karen Markham) Backpacking remains one of my favorite ways to enjoy the great outdoors as it immerses you into the area you are hiking. Other than the food in your pack, you are dependent on the woods, and streams to supply water and a place to pitch your tent. It still amazes me how quickly the woods change as you go from low to high on a trail. The weather, when you are hiking, can quickly change, making an easy hike a challenging one. There are so many variables that it never gets old to me!

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**Featured Club Member** *continued from page 16*

My 18 years in PVHC have taken me on so many amazing hikes to places I would have never visited if I had not joined this club. I continue to enlarge my circle of friends as I enjoy what I am so passionate about. Many of my best friends are members of PVHC which makes adventuring even more fun. Hiking a mountain for the second or third time doesn't mean I enjoy it less. To me it's like visiting an old friend. Since I know the trail, I can notice other little details of the flora and fauna, making the hike special.



(Photo by Dick Forrest)

Having hiked all the highest mountains in the Northeast, I find myself looking for mountains to climb that may not be among the highest, but have features or difficult approaches, making them interesting. Karen and I both enjoy helping our friends summit mountains that they need to complete their hiking lists.



(Photo by Dick Forrest)

If you are new to the club, my advice to you is to get active by going on as many hikes as you are able. Seek out people in the club that know as much or more than you about safely exploring the amazing outdoors. It's very possible that soon you, too, will make several good friends that you enjoy spending countless hours with while enjoying hiking in all kinds of weather. I plan on hiking until I can't, which I hope is still more than 20 years away! I already have hiking and backpacking trips

planned into the fall of 2019 with a few big trips still in the planning stages. Hope to see many of my club friends on the trail in 2019!

-- Al Roman

*"My 18 years in PVHC have taken me on so many amazing hikes to places I would have never visited if I had not joined this club."*

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The Adventures of Peakbagger:  
**My Favorite Views from the  
*52 With a View* List  
 in New Hampshire**  
 by Peakbagger

The *52 With a View (52WAV)* in New Hampshire (NH) is practically self-explanatory – it’s a list of 52 peaks with good views, and they all happen to be in New Hampshire. All of the 52WAV peaks are below 4,000 feet in elevation, so none of them are on the NH White Mountain 4,000 footers list. I suppose the *Over the Hill* hikers, who came up with 52WAV peaks list, chose it as a complement to the NH White Mountain 4,000ers list to make it a combined total of 100 peaks.

*“I have a number of peaks on the list that I would call my favorites.”*

*~ Peakbagger*

I have a number of peaks on the list that I would call my favorites. (Out of 52 peaks, there must be some you like, right?) Here’s my list of favorites in no particular order:

I like the Baldfaces (North and South), close to the Maine border and east of both Mt. Washington and the Carter Range. It’s about a ten-mile hike to cover both peaks and there are cliffs on South Baldface, steep but not too difficult to climb. You can also get a third 52WAV peak, called Eagle Crag/Mt. Meader, on a side trail past North Baldface. Three peaks on the list in 10 miles, not bad at all. There are great views east into Maine from the cliffs on South Baldface and west toward the Carter Range and Mt. Washington.

Looking back, another favorite on the list is South Moat Mt. We climbed South Moat (this one’s on the list) and Middle Moat Mt. on the same day – they’re right next to each other on the same ridge with a few ups and downs in between. This mountain overlooks North Conway, NH. In fact, it’s on a ridge right behind the motel that we use when we go to North Conway for our White Mountain Sampler

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**Peakbagger** continued from page 18

weekend. It's a gentle climb and I remember hearing a barred owl hooting early in the morning.

You want to do these three peaks on the list together: Mts. Crawford, Resolution and Stairs, respectively. You access all three from the Davis Path, and they all have short side trails off of the Davis Path to their summits. It's mostly an all-day hike since you're doing three mountains together. Perhaps the most interesting of the three is Stairs Mt. It has a two-stair riser shape to it, and it has a steep cliff overlook, as well as a camping area, at the summit. We met Ken MacGray on our hike – he's the owner and moderator of the almost 4,000 member Facebook group page called "NH 52 With a View." Here's a link to an interesting hiking video of the three peaks: <https://www.youtube.com/watch?v=Gv5RqMPYwh8>

There are two more which I recommend as great views that are both close to North Conway. One is in North Conway, and that's Kearsarge North. I remember much of the climb to be rather gentle, although there were steep sections, but what's great about the hike is the fire tower on top. Aside from the bugs in June when we climbed it, the view was great from the fire tower with a 360 degree walkway around it. The other gem is Mt. Tremont in Bartlett. As I remember it, the trail was on a sidehill climb closer to the top of the mountain, and had no views going up the trail. But, on the summit, you have a spectacular view to the south from a relatively small rock outcrop. However, when I climbed it, there was a nest of active bees close to the trail.

Probably my favorite view in all of the White Mts., also on the 52WAV list, is on top of Mt. Chocorua. What I love about the view are the bunch of peaks that you can see from the summit to the north. To me, it's an almost magical view of multiple peaks bunched fairly close together. Close by Mt. Chocorua, and below it in elevation on the

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*"Probably my favorite view in all of the White Mts., also on the 52WAV list, is on top of Mt. Chocorua."*

*~ Peakbagger*



**Peakbagger** continued from page 19

same ridge, is Middle Sister. The recommended route up to Middle Sister was a little dicey in a couple of places – you’re on the edge of cliff with nothing to grab onto if you fall. Out of all of the 52WAV, I don’t recommend the online (recommended) standard hiking routes up to Middle Sister because of those two perilous spots, although they had great views of Mt. Chocorua above you. See: <http://www.newenglandwaterfalls.com/52withaview.php>

Next on my list of favorites is Jennings Peak. You can get to Jennings Peak on a short side trail on your way up to Sandwich Dome/Mt. in the Sandwich Range of the White Mts. Since both peaks are on the list, you’ll want to do both of them together. Sandwich Dome is just short of 4,000 feet in elevation, and so, it’s number one in elevation on the list of 52WAV peaks. What I like about Jennings Peak is that the bigger mountain, Sandwich Dome, is right in front of you as you look up to it from a bare rock slab on the edge of a cliff at the top of Jennings Peak.

Honorable mentions on the list of best views are: Mt. Willard, an easy climb with a view from the Crawford Notch area, and the summit overlooks Route 302 far below; next, Mt. Cardigan has a lot of bare slab rock to climb on and a nice fire tower on top with good views of the surrounding area. I like to start from Mt. Cardigan State Park and hike up from there; and lastly, Mt. Monadnock is on the list, which has multiple trails which will take you to the top, and from which, on a clear day, you can see the Boston skyline. And because of its proximity to a large metropolitan area, Boston, it’s considered the second most frequently climbed mountain in the world behind Mt. Fuji in Japan.

-- Peakbagger

## **Points Unknown: The Greatest Adventure Writing of the Twentieth Century**

Edited by David Roberts

Book Review by Dick Forrest

I really enjoy reading good adventure writing, and this book, Points Unknown: The Greatest Adventure Writing of the Twentieth Century, edited by David Roberts, provides excerpts from some of the best adventure writing ever. My favorite adventure story, bar none, is the story of Ernest Shackleton's last expedition to Antarctica. It amazes me how he survived and ended up saving most of his men who were stranded in the ice in the Antarctic. An excerpt from this tale is in Points Unknown.



*"My favorite adventure story, bar none, is the story of Ernest Shackleton's last expedition to Antarctica."*

*~ Dick Forrest*

My second favorite story in the adventure genre is Touching the Void, an incredible story of two mountaineers from Great Britain in South America. On their way down the mountain, one the climbers has no alternative but to cut the rope to save himself. When he cuts the rope, his partner falls into a crevasse where he, badly injured, manages to climb out and is able to make it back to base camp just before all were to depart for home. The injured climber was given up for dead.

My third favorite adventure story is Dougal Robinson's Survive the Savage Sea. It's the story of a Scottish farmer who sells his family farm and decides to give his family a worldly education. So he buys a boat and sails around the world. Just west of the Galapagos Islands,

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*"Points Unknown is an anthology of adventure genre excerpts."*

*~ Dick Forrest*

**Book Review** *continued from page 21*

killer whales sink his boat, and the rest of the book describes the harrowing experience of how he and his family and one his children's friends survive in life rafts on the savage sea before they are rescued.

Points Unknown is an anthology of adventure genre excerpts. You would probably recognize many of the authors: Robert Falcon Scott, Ernest Shackleton, Colin Fletcher, Richard Bangs, Jon Krakauer, Tom Wolfe, Francis Chichester, Stephen Callahan, Sebastian Junger, and Edward Abbey, among others lesser known by me. There are 41 excerpts in the book, and the excerpts in the book are divided into 3 parts: "Obsessions," "Idylls," and "Ordeals." All of the stories are written about travelling in exotic places: some in the mountains, some on the oceans, some in the deserts, and some exploring distant places. What's great about an anthology is that you can sample different writings from various authors without reading the whole book, tale, or story – similar to *Reader's Digest*. If you like to read exciting, adventure stories, then this anthology is for you.

-- Dick Forrest

## Important Membership Renewal Notices

The following memberships are up for renewal:

### Jan. Renewals

Scott Brown  
 Tim & Laura Brown  
 Paula Christian  
 Kathleen Damon  
 Gary & Cindy Dolgoff  
 Carole DuPont  
 Sherry Goyette  
 Thomas Harrington  
 Gail Howe  
 Phyllis Keenan  
 Sarah Kiritsis  
 Diane Moriarty  
 Jade Mortimer  
 Joanne Sico  
 Patricia Watson  
 Ann Wood

### Feb. Renewals

Ali Baldwin  
 Anita Buchiane  
 Amy & Len Cohen  
 Suzette Dacruz  
 Chris & Jeff DeChristopher  
 Paul & Christine Duval  
 Peter Haas  
 Richard Harrington  
 Pat Jorczak  
 Andrea Kalifa  
 Paul Kozikowski  
 Paul & Maxine Lessard  
 J. Danusia Lokii-Braese  
 Lori Martin  
 Jettie McCollough  
 Christine Overstreet  
 Christine Pinney  
 Paul Plasse  
 Jane & Rick Ricci  
 Carol Vanderheiden

Please renew early, and renew by mail. (Make checks payable to PVHC) Mail your renewal with your name and any address or phone number changes to:

Pioneer Valley Hiking Club  
 PO Box 225  
 West Springfield MA 01090-0225  
 (Dues are \$25 member, \$40 family, and \$15 for students)

### Pioneer Valley Hiking Club Officers

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**

**November**  
 Devorah Jacobson & Margaret Mastrangelo  
 Renee Brown

**December**  
 Lisabeth Brault & Family



**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
- Jan 8 (MA) Club Meeting
- Jan 12 (MA) Bash Bish Falls
- Jan 19 (MA) Mt Tom
- Jan 26 (MA) MA MoCA/Natural Bridge St Park
- Feb 2 (MA) Lithia Springs Loop
- Feb 5 (MA) Club Meeting
- Feb 9 (MA) Mt Tom Trails
- Feb 16 (CT) McCann Family Farm
- Feb 23 (MA) Mt Greylock
- Mar 2 (CT) Peoples St Forest
- Mar 5 (MA) Club Meeting

## IMPORTANT NOTICES

Next Club Meetings:  
 January 8, 2019, 7 p.m. at **FBC**  
 February 5, 2019, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is February 20, 2019

**\*\* 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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