



# Bootprints

The Bimonthly Newsletter of the  
Pioneer Valley Hiking Club

President's Corner:

## An Interesting Walk Down Memory Lane

by President Lori Tisdell

Sometimes I like to check out the *Bootprints* archives just to see what has changed about Pioneer Valley Hiking Club over the years and what has remained the same. I also find it interesting to read about the adventures, hikes, parties, picnics and occasional misadventures. I went back to the year I joined, 2008, to see what happened that year.

The January, 2008, issue had an article by John Klebes called *Peak-Baggers*. Huh, I think that is something that has remained the same. Whether it's the ADK 46, NH48, NE67, NE100, Northeast 111, Catskill 3500's, 52WAV and more it seems that there are always some members working on one list or another.

There was the annual holiday party with a slide show commemorating the year's events. Some of the events that year included rafting the Grand Canyon, hiking Mt. Whitney and parts of the High Sierra, as well as trips to Africa and Costa Rica. The White Mt. Sampler and Christmas trips were led by Al Goodhind.

In the March, 2008, *Bootprints* Richard Harris wrote an article about hiking the White Mts. in the winter. Hmm, seems some things never change. Richard and other PVHC members, Kathy Damon and Allison Cook, hiked Mt. Cabot. On a second trip, Richard, Bob Morgan, Shari Cox and Tom Pedersen hiked Cannon Mt., and a third trip included John Klebes, Rick Briggs and Bob Morgan hiking Mt. Adams.

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That same winter Rob and Lisa led a Lonesome Lake Hut trip. There was a large group of Boy Scouts. And that doesn't change – when I went with Lisa and Rob several years ago there was a large group of scouts. It was cold and the lake was frozen over. Yep – winter at Lonesome Lake.

*Footprints* – a continuing tradition – was the April 1<sup>st</sup> edition. The Hiker's Glossary including the following definitions.

**FalseSummit** – a peak that lies about its height

**BearBells** – supposed safety device rung by hikers to alert bears to mealtime

**PepperSpray** – an intense Tabasco-like seasoning preferred by discriminating grizzlies

And my favorite:

**Turtling** – to fall backwards on onto one's backpack at an angle that makes it exceedingly difficult to right oneself. Always funny when it happens to someone else.

Uh huh – been there.

In the July issue Mike Reed wrote about the Farewell Hikes and Feast for John Klebes who was moving. I thought the line "Lots of Hiking and Lots of Food" as the title of John's memoirs was especially apropos. John had been the *Bootprints* editor and would be missed but returning club member Marie Babbitt volunteered to be the new editor. And a wonderful job she did until Dick Forrest took the reins.

The September issue had a short article by Rob Schechtman detailing trail maintenance and lunch at EB's afterwards. This clearly is one of the most important club traditions. I mean, EB's wings are the...oh, yes, trail maintenance is important too!

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## Bootprints

*"He (founder Ray Tibbetts) noted the self-confidence so many had gained, the outlet others needed and the friendships (and marriages) made through the club."  
~ Lori Tisdell*

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

Marie Babbitt wrote an article about the Seven Sisters wondering about the history of the name, she also wondered why anyone would construct a hiking trail that does such a number on your knees. *Wikipedia* notes the seven hills are in reference to the seven liberal arts (historically women's) colleges in the Northeast. Can you name them? Periodically we try to when hiking the 7 Sisters. For the record they are Barnard, Bryn Mawr, Mount Holyoke, Radcliffe, Smith, Vassar and Wellesley.

September's issue included a lovely article by our founder, Ray Tibbetts. Ray wrote about how the club had grown in the years since he had founded it and all the positive changes that had occurred. He noted the self-confidence so many had gained, the outlet others needed and the friendships (and marriages) made through the club. The club had gone beyond what he had ever envisioned and he was thrilled that it had done so. The following quote from Ray's article is still what makes our club so remarkable. "A lot of hard work from a lot of dedicated people that were willing to take the time to make the club into what it is."

There was an article about the White Mt Sampler, Flatbread (pizza) Company and a long table of pizzas with 20 members eating heartily. The writer hiked Mt Chocorua with Dick and Sue. They had a wonderful hike with great views but when they returned to the trailhead discovered three hikers were missing! I have heard that story...from one of the missing hiker's perspective. Everyone was reunited and no harm done. But it was surely an adventure.

The last issue was November, 2008, and the month I joined. I clearly remember my first club meeting and how welcoming people were – especially Deb Gebo who was the treasurer at that time. She made me

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

feel very much at home when I paid my dues to join. There was an article about Ann Mundy who had just completed the Adirondack 46ers. And I remember Ann speaking at the meeting and thanking several other club members for their help in her goal to hike all the ADK 46 mountains. I had no idea what she was talking about or what a 46'er was, but if it involved 46 high peaks, I knew I had to be an impressive accomplishment. When I did find out what it meant I was significantly more impressed.

Monica Gross wrote an article about the September, 2008, Johns Brook Lodge (Adirondacks) trip led by Ann Mundy. Monica wrote about the wonderful camaraderie and fun of that weekend. She painted a particularly vivid picture with her story about her attempt to stop a loudly buzzing smoke detector. Monica stood on a bench swinging a broom in front of the detector while club members took photos. They had a perfect weather hiking day for Gothics, Armstrong and Upper and Lower Wolfjaw. It came as no surprise that she mentioned a ladder with no rungs!

It was an interesting walk down memory lane. So much does remain the same – or at least the important things do. The fun, the camaraderie, the friendships, the inspiration, people working together, and volunteering, and, of course, lots of outdoor adventures and good times.

-- Lori Tisdell

*"The fun, the camaraderie, the friendships, the inspiration, people working together, and volunteering, and, of course, lots of outdoor adventures and good times."*  
~ Lori Tisdell



## Epilogue to: *Walking Buddy*

by Cindy Dolgoff

A few people asked me for an update to my story in the last issue of *Bootprints – Walking Buddy*, which was an article about a foster dog who liked to go on walks and who was waiting for his forever home.

*"Buddy's little stump of a tail wagged in happiness, as he hurried over to greet them. The woman reached down to pet Buddy. "What a good dog," she murmured."*

~ Cindy Dolgoff

Shortly after Christmas, Buddy accompanied Patty, my sister, his foster guardian, to the local Tractor Supply store. The store allows well-behaved dogs inside. Buddy was trotting along on his leash when he spied two shoppers – a middle-aged man and woman. Buddy's little stump of a tail wagged in happiness, as he hurried over to greet them. The woman reached down to pet Buddy. "What a good dog," she murmured.

"He's available for adoption," Patty reported. The couple seemed surprised. They said they were thinking about getting a dog. Buddy was bonding with them. Could this be a match?

Patty gave the potential adopters a brief history of Buddy. "He has a complete write up at the shelter," she explained. She had written a two-page resume for Buddy. "Here's the telephone number. Call the shelter if you decide you want to explore this further."

*"Buddy was settled into his new home. He has two people who love him, his own yard, and grandchildren next door to play with him. A happy ending, for sure."*

~ Cindy Dolgoff

Patty said she doesn't put too much stock in chance encounters, as often the interested parties never follow up. But not this time. The man and the woman contacted the shelter right away, and several days later, after all the paperwork was approved, Buddy was settled into his new home. He has two people who love him, his own yard, and grandchildren next door to play with him. A happy ending, for sure.

-- Cindy Dolgoff

## Improving Attitudes

by Sandy Segó

Most of us want a healthier lifestyle. How do we make that happen? Simply denying ourselves a treat or getting exercise on occasion won't create a permanent change. So what do we need to do to improve our attitudes about health and maintain a healthier lifestyle?

If we want to change our attitudes, we need to work on both our bodies and minds. We need to be confident we can do it and have the stamina to follow through on our plans. The belief that we can make changes and be successful is essential to making those changes. When we are confident of success, we are more likely to persevere, but when doubt creeps in, failure seems likely. We need to recognize when doubt begins, and try to remove ourselves from the situation.

Doubt can come from different areas. For example, we may feel frustration; maybe we aren't seeing the progress we want. We may feel we can't control things in our lives. We may feel deprived by not having a sugary treat. Or we may feel that making healthy changes won't be fun. And, of course, we may feel that any mistake dooms us to failure. We have to recognize that no one is perfect, and missing a workout or indulging in a treat one day doesn't mean we have to give up.

So we need to take a moment to think about the positive choices we want to make and why we want to make them. Reflect on progress that we have made. Keeping a journal of our progress by tracking what we eat or how much we exercise can be beneficial in recognizing small changes. While there are plenty of electronic devices that may track our exercise (like a Fitbit), the act of writing down your exercise or what you have eaten may be more helpful in making you conscious of the changes you have made. You can look back at your record of healthy food choices and feel proud of yourself. You can see how you exercised each day and record how you felt about it – both before and after the workout. If you see patterns in the times you struggled compared to when you didn't, you may be able to notice things that trigger a difficult day. You can try to set yourself up for more successes by mimicking what you have done on your better days.

See *Improving Attitudes* continued on page 7

*"If we want to change our attitudes, we need to work on both our bodies and minds."*

~ Sandy Segó

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*"A can-do attitude is needed in so many parts of life: diet, exercise, work, and dealing with family."  
~ Sandy Segó*

**Improving Attitudes** *continued from page 6*

Having a strong support network helps, too. You want a support system that believes in you and helps by also making healthier choices. So finding a friend to workout with can help make both of you accountable. Get your family to commit to healthier eating or having less junk food in the house. Even making small changes to your diet can result in feeling better. And that will strengthen your attitude.

Another step you can take is to recognize your weaknesses and plan for how to deal with those situations. Don't want to walk outside in the rain and cold? Can you do a few squats or lunges inside? Plan things to do when you are bored and likely to eat. Try to think of activities that keep your hands occupied, or keep your mind active.

A can-do attitude is needed in so many parts of life: diet, exercise, work, and dealing with family. You need to believe in yourself to be successful. Making healthier choices requires that we make a change in our attitudes and how we think about food and exercise. It requires determination and a commitment to keep trying. You have to work on your attitude each day. Over time, you will develop healthier habits and this can lead to fewer medications, feeling better, and improved health.

-- Sandy Segó

Smurfy advice for the trail...

## Of Spruce Traps, Tree Wells, and Rock Melts

by John "PaPa Smurf" Klebes

Late winter and early spring are some of my favorite times to hike in the snow-filled mountains of The Whites, Adirondacks, Catskills, and, of course, Maine and Vermont. In March it always seems the upper tops of the 4000-footers are filled with deep snow and the spruce trees frosted in white. Absolutely beautiful! But, there is a hidden danger that I know too well. Ask me sometime about the three most memorable times I have had to dig myself out of a Spruce Trap!

### Spruce Traps

What is a Spruce Trap? Well, let me tell you it can be either your savior or a nightmare. Sometimes called a "tree well," a spruce trap forms below the branches of conifer trees. Heavy snow builds up on the evergreen branches and creates an umbrella sheltering the area beneath. As the winter continues on, more and more snow builds up around the tree while the branches protect our little tree well or pocket of open air. Sometimes it a very large hidden open space; sometimes it's filled with lighter softer snow but you can be sure under the right conditions it's just waiting for you to step on that hidden spruce trap.

Since the roof over the spruce trap is soft branches the first thing you will notice when you step in the trap is that your foot or snowshoe will push right through the branches and they will close back up around you. Deep enough and you will fall under the top of the snow but more

See *Smurfy Advice* continued on page 9

*"Ask me sometime about the three most memorable times I have had to dig myself out of a Spruce Trap!"*

*~ PaPa Smurf*

*"Sometimes called a "tree well," a spruce trap forms below the branches of conifer trees."*

*~ PaPa Smurf*



**Smurfy Advice** continued from page 8

Illustration of a Spruce Trap by PaPa Smurf

common is that you drop down two or more feet and then your foot or snowshoe is caught under the branches, making it very difficult to free your feet.

Even if you can easily free your snowshoes from the branches you are now several feet below the surface of the surrounding snow and it may be very difficult to get out. In very deep snow you might not even be at the bottom of the spruce trap but have only dropped down to a lower branch. Your attempts to get out may result in you dropping down even deeper into the hole.

Getting out of a spruce trap takes patience and sometimes even help from others. Don't panic. Stretch your arms out and try to distribute your weight to your arms as you swing your legs up and out. This is the same technique you would use to try and get out of a hole in thin ice. If the snow just caves in around you it may help to use your feet

See *Smurfy Advice* continued on page 10

*"Getting out of a spruce trap takes patience and sometimes even help from others. Don't panic."  
~ PaPa Smurf*

**Smurfy Advice** continued from page 9

to pack the snow down around you. Pack down a shelf of snow like a step and when it's solid enough to stand on move up and do it again to create a kind of staircase out of your snow hole.

If your snowshoes are trapped under a branch try lifting the back of the shoe with your pole. Or try moving your foot forward and backward to open a larger pocket around your foot. You may have to dig your hands under the shoe for leverage and to control how you get it out of the branches. Usually pulling the shoe backward works best to free the tip, which is usually the part that's trapped under the branch. Some say cursing loudly helps! Seriously though, try and stay calm and don't get angry. Accept that it might take a bit of work to get out and don't panic. Slow steady progress is better than getting exhausted with unproductive progress and possibly getting hurt by scrapes with branches or by muscle pulls.

### **Rock Melts**

A "Rock Melt" is similar to a spruce trap. Well, to be fair, I may have just made up the term "rock melt," but I had to name them something. Rock outcrops in winter absorb the sun's heat during the day and the snow along the sides quickly melts leaving a large gap around the exposed rock. A new snowstorm can easily drift over the sides of the rock and cover the top of these holes or gaps near the edges of the rock. The resulting air pockets are another danger you can fall through. It's common to fall in them when you see a nice rock in the sun and decide to walk over and sit down on it and find yourself instead in a deep hole filled with melt water. So be careful around the edges of rocks.

See *Smurfy Advice* continued on page 11



PaPa Smurf

*"Rock outcrops in winter absorb the sun's heat during the day and the snow along the sides quickly melts leaving a large gap around the exposed rock."*

*~ PaPa Smurf*



**Smurfy Advice** continued from page 10



Illustration of a Rock Melt by PaPa Smurf

*"If the depression is clear enough to follow, and you stay to the established trails, then it's unlikely a spruce trap will be found on the path."*

*~ PaPa Smurf*

### **Avoiding Spruce Traps**

On popular trails there is usually a well-defined track of footprints or snowshoe tracks to follow. Even with new snow filling in the tracks it is possible to see the footpath caused by the indentations in the snow. If the depression is clear enough to follow, and you stay to the established trails, then it's unlikely a spruce trap will be found on the path. Even following tracks that are not on established trails are pretty safe as you can be pretty sure that someone else will have discovered any lurking traps, so the footprints should be safe. But for those breaking trail in new snow it is not always easy to follow the established path exactly.

If you are the one breaking trail in snow, or you are stepping out of the established paths and bushwhacking, then you need to be aware when

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**Smurfy Advice** continued from page 11

conditions are right for spruce traps (same applies if you are just leaving trail to find a campsite or take a bathroom break). Snow depths in the mountains can change quickly. It's not uncommon for one spot on a mountain to be blown clean of snow and a dip in a sheltered ridge-line (gaps, saddles, cols) can be filled with deep snow. Climbing up the sunny south side may have shallow snow depths but deep snow on the north side that is more sheltered from the sun. Be aware of these changing snow depths and especially in areas that accumulate windblown and drifting snow. These are the times to be looking out for traps.

Look around at the types of trees. Evergreen trees such as fir, hemlock, and spruce can have large, deep tree wells that form due to the low hanging branches. This is less likely with deciduous trees that lose all of their leaves. If the snow and trees are right for traps, now is the time to be on alert. Check out the area around trees you walk by. If you see the branches at ground level buried in the snow and little pockets forming under the exposed branches you are in a prime area for forming spruce traps.

You might even poke your ski pole in around the area around the trunk. If it glides in softly or pushes through into a hole you know to be careful. It's also sometimes possible to get a good idea of the snow depth if there is an exposed hole by the trunk or the hiking pole slides in all the way to the ground.

So, you think you are in an area with potential spruce traps. Stay aware of trees with branches down near the ground that are near your path. Give them a wide berth. A small, little evergreen on deep snow is probably the top of a tall tree that may have wide branches

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*"Snow depths in the mountains can change quickly."*

*~ PaPa Smurf*

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*"Stay aware of trees with branches down near the ground that are near your path. Give them a wide berth."*

*~ PaPa Smurf*

**Smurfy Advice** *continued from page 12*

that stretch out many feet around the exposed top. Be careful whenever you are stepping near any trees in these areas. It helps to keep the image in your head that you are really walking up in the air. That small bush you see **MUST** be a tall tree if you are standing on five feet of snow. And be careful approaching any rocks and watch for rock melts around the edges. The sides of that rock are also possibly many feet below you. Poke the snow with your hiking pole as you approach the edges of rocks before stepping nearby.

### **The Plus Side of Spruce Traps**

I did start this article with a hint on a possible GOOD use for spruce traps. If you are ever in an emergency and need to create a bivouac shelter spruce traps are about as close as you can get to a ready-made snow shelter. It will be a bit of work but you can dig an entrance and use the open area under the branches as a type of igloo. You are out of the wind, the branches will block any new precipitation, and the snow is a stable 32 degrees.

Be aware and prepared for winter's possible hazards; but don't be afraid of the adventure. Winter is one of the best times to try hiking off trail as there are no bugs and you can hike above all the dense underbrush. Places that would be difficult or impossibly hard in summer are wide open to exploring in winter. Get out and enjoy it!

-- PaPa Smurf

(If you have a suggestion for future topics or a hike-related question you would like covered in this column, send a note to [john.klebes@gmail.com](mailto:john.klebes@gmail.com))

*“It helps to keep the image in your head that you are really walking up in the air. That small bush you see **MUST** be a tall tree if you are standing on five feet of snow.”*

*~ PaPa Smurf*

*“Be aware and prepared for winter's possible hazards; but don't be afraid of the adventure.”*

*~ PaPa Smurf*



## How Thoreau Helped My Sister Understand My Passion

by Karen Markham

*"...the light (finally) came on for her and she understood my passion for hiking, for being in the woods, for being one with nature, for how it feeds my soul."*

~ Karen Markham

My beloved 'little' sister never quite understood my love of hiking, of being in the woods, of being one with nature, of feeding my soul... There were many, many times she would get upset, sometimes to the point I would not hear from her for days and days! No matter how I tried to explain to her, she didn't quite get it... until this Christmas!

What changed? Henry David Thoreau's book, Walking, which I received from her for Christmas though not before she read it. Below is the paragraph, that when she read it, the light (finally) came on for her and she understood my passion for hiking, for being in the woods, for being one with nature, for how it feeds my soul.

I think that I cannot preserve my health and spirits, unless I spend four hours a day at least-and it is commonly more than that-sauntering through the woods and over the hills and fields, absolutely free from all worldly engagements. You may safely say, A penny for your thoughts, or a thousand pounds. When sometimes I am reminded that the mechanics and shopkeepers stay in their shops not only all the forenoon, but all the afternoon too, sitting with crossed legs, so many of them-as if the legs were made to sit upon, and not to stand or walk upon-I think that they deserve some credit for not having all committed suicide long ago.

~Henry David Thoreau

No doubt many of us feel this way! I know I do!

-- Karen Markham

## **Fun Pin Awards for Completing Hikes**

PVHC has started a new Fun Pin Award for participating in hikes with the club. There are three pins that members can earn:

1. **10 Hikes with PVHC**
2. **10 Mountains/Summits with PVHC**
3. **10 Trails with PVHC**

There is no double or triple dipping. One hike can be used for just one hike or summit or trail. You can count weekly hikes, summits or trails more than once if you do them on different dates. Examples - the Monday Morning hike can be used several times in the hikes log as long as you do them on different dates, Mt Holyoke can be listed several times as long as it is hiked on different dates, same with trails.

We hope you have fun hiking with PVHC and earning your Pins!

The logs for each pin are posted on the club website. Once completed you may turn it in at a club meeting for your pin award.

## **Slide Show Photos**

Please send all slide show photos for the 2019 PVHC Holiday Party multimedia slide show to the following email address:  
[pvhcpictures@gmail.com](mailto:pvhcpictures@gmail.com)



## The Boston Ramble

by Cindy Dolgoff

Sunday, February 17, was a brilliant winter day – the sun was shining and no snow in the immediate forecast. It was a perfect day for a PVHC hike, or, in this case, a ramble in the City of Boston.

Our group of eleven, led by Peggy Tibbitt, met at the Ludlow McDonalds and carpooled to the Museum of Fine Arts on Huntington Avenue. Peggy had previously located a parking garage that had a \$10 flat rate for the day, so we parked there and strolled over to the museum, a short distance away.

The main attraction at the museum was the Ansel Adams exhibit. The line to see the famous American landscape photographs was expectedly long, as the show is popular and ends on February 24. We did get into the exhibit, and admired the iconic photographs, which I had previously seen only in magazines.

Our group then gathered for lunch at the Garden Cafeteria in the museum. Peggy asked us what we wanted to do next, and most of us decided to spend another two hours in the museum and then walk outside.

Fellow PVHC member Terry and I reviewed the Visitor Guide to try to decide what we wanted to see in our limited time in the museum. It is a cavernous building and it would be difficult to see everything in one visit. We explored two galleries – Art of Asia and Art of the Americas. My favorite exhibit was the Boston jewelry and silver pieces.

Our time in MFA was just right for me, as I get museum fatigue after several hours. Most of our group gathered at 2:30 for a brisk walk through Back Bay, over to Fenway Park, returning to the museum to meet up with the rest of the PVHC contingent. It was a wonderful day and I had so much fun.

See *The Boston Ramble* continued on page 17

*"The main attraction at the museum was the Ansel Adams exhibit."  
~ Cindy Dolgoff*



**The Boston Ramble** *continued from page 16*

If you plan to go to a local museum, be sure to check out the public library. The Northampton Forbes Library had discount coupons for the Museum of Fine Arts. Those of us who picked up the coupons were able to pay an admission charge of \$10 to the facility.

Thank you, Peggy, for leading this marvelous Boston excursion.

-- Cindy Dolgoff



## **<Critical Hours> Search and Rescue in the White Mountains**, by Sandy Stott

Book Review by Dick Forrest

*“Currently, NH Fish and Game (NHFG) are the people who are responsible for coordinating and performing rescues in the Whites.”*

~ Dick Forrest

*“So this book talks about the people, individuals and groups, from early on until today, who have performed and currently perform wilderness rescues in NH.”*

~ Dick Forrest

This is a book about the history of the people who do wilderness rescues in the White Mountains of New Hampshire (NH). Currently, NH Fish and Game (NHFG) are the people who are responsible for coordinating and performing rescues in the Whites. What’s interesting, and unique to New Hampshire (but also similar in Colorado), is that NHFG, a state government entity, relies upon a lot of different volunteer organizations, like the Appalachian Mountain Club (AMC), Androscoggin Search and Rescue Team (AVSAR), Mountain Rescue Service (MRS), Pemigewasset Valley Search and Rescue Team (PVSART), Upper Valley Wilderness Search and Rescue Team (UVWRT), Randolph Mountain Club (RMC), among other volunteer groups as well as a few other professional, government entities, like the NH Army National Guard (NHANG), and the U.S. Forest Service (USFS). So, at any one time, any one or a number of people from these organizations and others could be participating in/helping out in a wilderness rescue in the White Mountains, or in any other part of the state, for that matter, at the behest of NHFG.

So this book talks about the people, individuals and groups, from early on until today, who have performed and currently perform wilderness rescues in NH. Similar to Nicholas Howe’s book, Not without Peril, it also touches upon some of the incidents of actual rescues in the Whites. The book also touches upon the dangers of rescues and “when and when not” they should be performed.

What I get from this book is that there are plenty of ways to get into  
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**Book Review** continued from page 18

trouble, or even die, in the wilderness of the White Mountains, from a myriad of circumstances, and there are heroic people, often volunteers, who are willing to risk their lives to save yours. The Kate Matrosova incident in Chapter 2 of this book and the Cheryl Weingarten incident in Chapter 18 of this book come to mind.

One of the issues brought up in the book is funding for search and rescue in New Hampshire – it's continually underfunded. Hence, the continual need for volunteers. And if you need to be rescued, under NH law, you could be liable to pay the various expenses related to your own rescue. And many of the rescues can be quite expensive. So the Hike Safe card was created by the NH Legislature to help defray search and rescue costs in the state. And if you hike a lot in the Whites, or do other outdoor activities in the state that might get you into trouble, it's certainly advisable to buy one as an insurance policy against incurring any rescue costs (see: <https://www.nhfishandgame.com/HikeSafe.aspx>)

Overall, Sandy Stott's book told me perhaps more than I wanted to know about search and rescue in the White Mountains of NH, but it's well-written and thorough. It certainly gives me a better understanding of the heroic people of NH, both professionals and volunteers, doing essential and often perilous work they feel called to do, or as part of their jobs, to try to save the lives of people who get into trouble in the outdoors.

-- Dick Forrest

*"It certainly gives me a better understanding of the heroic people of NH, both professionals and volunteers, doing essential and often perilous work they feel called to do, or as part of their jobs, to try to save the lives of people who get into trouble in the outdoors."*

*~ Dick Forrest*

## Important Membership Renewal Notices

The following memberships are up for renewal:

### Mar. Renewals

Meg Allard  
 Debbie Bombard & Cheryl Stevens  
 Stephanie & Santiago Bustos  
 Kay Byington  
 Mike & Gail Carrier  
 Norma Casillas  
 Theresa Corey  
 Howard Eldridge  
 Alan Goodhind  
 Bill Grygiel  
 Pamela Kennedy & David Launchmen  
 John Klebes  
 Keli Kuklewicz  
 Pete Ledoux  
 Donna Mages  
 Nancy Mangari  
 Edmund Marrone  
 Lorraine Plasse  
 Dave Poulin  
 Linda Quesnel  
 Susan Wills  
 Kevin & Robin Withers  
 Eileen Wood

### Apr. Renewals

Jacki Barden  
 Virginia Brown  
 Dianne Carey  
 Mila Dibble  
 Shari & Mark Dorman  
 Pat Dudas  
 Thomas Eaton & Donna Crabtree  
 Jane Glushik  
 Brian Goodwin & Joan DelPlato  
 Sharyl Hill  
 Eunice Jones  
 Norah Lusignan  
 Sushma R. Madanbha  
 Susan McGurk  
 Lori McMahon  
 Robert Morgan  
 Diane Norman  
 Thomas Pospisil  
 Albert Shane  
 Lynne Shapiro  
 Jacqueline Sheehan  
 Maryellen Sullivan  
 Carl Todd  
 Ed Watson  
 Susan Young  
 Kathy Zeiben

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

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

### Pioneer Valley Hiking Club Officers

Lori Tisdell, President  
 Jeanne Kaiser, Vice President  
 Erin Squires, 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

**February**  
 David Vivian



## UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Mornings w/ Chip
- Every Tues. (MA) Evenings w/ Lori
- Every Wed. (MA) Mornings w/ Erin
- Every Thurs. (MA) Mornings w/ Harry
- Mar 5 (MA) Club Meeting
- Mar 9 (MA) NET Section 5
- Mar 16 (CT) Burr Pond St Park
- Mar 23 (MA) Notch Area Hike
- Mar 30 (MA) Mt. Greylock
- Apr 2 (MA) Club Meeting
- Apr 7 (MA) Mt Tom Trails
- Apr 13 (CT) Sleeping Giant
- Apr 20 (VT) Mt Antone
- Apr 27 (NH) Mt Monadnock
- May 4 (MA) Spring Hike Kickoff & Cookout
- May 7 (MA) Club Meeting

## IMPORTANT NOTICES

Next Club Meetings:  
 March 5, 2019, 7 p.m. at **FBC**  
 April 2, 2019, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is May 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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 P.O. Box 225  
 West Springfield, MA 01090-0225

