



# Bootprints

The Bimonthly Newsletter of the  
Pioneer Valley Hiking Club

President's Corner:

## Hiking During the First Signs of Spring

by President Lori Tisdell

I'm not a fair-weather hiker. I hike year-round and truly do love being outdoors in every season. Each one has its own beauty and pull. But there's something that just touches my heart when I see the first signs of spring. The world coming back to life after the stark, cold winter.

I see yellow forsythia, green budding leaves, mountain laurel, fiddlehead ferns, robins, the rains, the muddy mess on the trail. Yes, like clockwork every year - mud season. Though, even that doesn't put a damper on seeing spring blooming everywhere. Especially before the bugs arrive. Along with the new spring growth are waterfalls running swift and heavy with spring rains and snow melt. Sanderson Brook Falls is an annual spring destination as it is so beautiful in April.

Another nice perk of spring hiking is a lighter pack! We don't have to carry traction, multiple extra layers of clothing, hats and gloves for varying temperatures, hand and foot warmers, etc.

We recently enjoyed a great spring hike on a Thursday morning. We hiked on a section of trail that's close by but don't often have on our schedule. Section 4 of the NET in MA is an excellent trail to do on a clear day as it goes up and down along the Metacomet Ridge between route 202 and the Mass Pike. We started at 202 and the first view came quickly – maybe 20-25 minutes or so in. There are several more vistas along the trail with views of McLean Reservoir on one side and Hampden Ponds and Snake Pond on the

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other, and, of course, more distant views. We hiked out just under three miles to an old fire tower and then turned back the same way we came.

The perfection of a spring day with mild temperatures, blue skies, sun, no bugs and a light breeze cannot be overstated.

On an unrelated note:

I want to take the time to thank those hike leaders who pitch in and keep the weekly hikes going when the regular leader is unable to do so. Chip Pray had surgery in January and Brenda Doucette led the hikes while he was recovering. Thanks Brenda and it's great have you back and doing so well, Chip. Also, Harry Allen had surgery in February. Thanks to Joe Stella and Gina Geck for taking turns with me keeping the Thursday hike going until Harry's return. Also, most times, if a leader is unable to lead a hike someone else will pick it up for them. Ed Marrone has done this for the Tuesday night hike. Also, thanks to Karen Markham for picking up the Mt Holyoke portion of the Tuesday night hike for me. With two grandchildren recently arrived it's nice to have an extra night or two during the month, just in case.

Thanks to all the hike leaders for stepping up and keeping our hikes going. Without all of our leaders, their hard work and dedication, we wouldn't be enjoying all these wonderful hikes in the spring...as well as in the summer, fall and winter!

-- Lori Tisdell

*"The perfection of a spring day with mild temperatures, blue skies, sun, no bugs and a light breeze cannot be overstated."*  
~ Lori Tisdell



*"Our area is blessed  
with many places that  
are easy to walk/hike."  
~ Cindy Dolgoff*

## Short Hikes

by Cindy Dolgoff

Sometimes you need, or want, to go on a short hike. Maybe you don't have much time, or you're tired or recovering from an illness or injury, or you're just starting to hike. Our area is blessed with many places that are easy to walk/hike. Some of these places are free and others charge a small admission fee. Let's pick up our feet and get going!

### Reservoirs

There are two reservoirs in Holyoke where you can take a relatively short, flat walk. My favorite is Whiting Reservoir, which is accessible either from Mountain Park Road (off of Route 5) or Route 141, near the Wyckoff Country Club. If you walk the entire loop, it's almost four miles. Ashley Reservoir is also in Holyoke. It's best to park at the Elks Club on Whitney Road, although there is another entrance on Route 202 with limited parking. Ludlow Reservoir, off of Route 21, is also a good choice; however, parts of it are currently closed due to tree work. Finding a parking spot at Ludlow Reservoir on a balmy weekend can be challenging. Quabbin Reservoir (Ware, MA and other towns) has a myriad of trails and road paths, perfect for a picturesque stroll.

### Parks

Springfield's Forest Park is a great place to walk, and there are often PVHC scheduled hikes at the park. You can meander down the roads or through forested trails. Another favorite of mine is Look Park in Northampton. It's especially beautiful at night in December, when it is illuminated with holiday lights.

### Bike Paths

Not just for bicycles, the paths in the Pioneer Valley are awesome places to walk. Northampton especially has a number of options. You can walk/ride West (to Easthampton/Southampton), East (all the way to Belchertown) and North up to Haydenville. There is also a spur that leads out to Route 5. Websites: <https://manhanrailtrail.org> or <https://www.mass.gov/locations/norwottuck-rail-trail>.

See *Short Hikes* continued on page 4

*Short Hikes continued from page 3*

### **Audubon**

There are nine Massachusetts Audubon Wildlife Sanctuaries in the Connecticut River Valley, with trails ranging from .7 miles to 5 miles. My favorite is Acadia Wildlife Sanctuary, located in Easthampton, MA. Don't forget your binoculars. The birdwatching is incredible. You may even see eagles. Website: [www.massaudubon.org](http://www.massaudubon.org).

### **Land Trust Properties**

These are non-profit organizations that protect land and natural resources for the public benefit.

Pascommuck Conservation Trust in Easthampton controls 16 properties, with short trails. To obtain additional information or download a map, go to [www.pctland.org/category/trail-maps/](http://www.pctland.org/category/trail-maps/)

Kestrel Trust has conserved a number of properties in the Pioneer Valley. It recently published a PDF of "Trail Maps for Everyone." Many of the trails offer a suggested walking route that can be completed in one hour or less. Some of the trails, such as Mineral Hills Trail and Fitzgerald Lake (both in Northampton), are longer and provide a great day hike. Go to <https://www.kestrreltrust.org/trail-maps-release-2018/> for the entire collection of 20 trail maps.

The land trusts have conserved thousands of acres of pristine outdoor properties that otherwise may have been converted to shopping centers or housing developments. You may wish to consider making a charitable donation to these non-profit organizations that do such good work.

### **PVHC Short Hikes**

Watch the schedule for short hikes that are offered through the PVHC. They are notated as "Easy".

I would like to take this opportunity to put in a plug for the new hikes that are held on Wednesday mornings. I've been on four of these hikes, and we've gone to Ashley Reservoir, Whiting Reservoir, and Pomeroy Meadows (a Pascommuck Conservation Trust property in Easthampton). Check the weekly email schedule for the time and place, and as always, make sure you contact the hike leader via phone or the PVHC Meet Up website.

I hope your Spring finds you hiking and that you can visit some of these lovely local properties.

-- Cindy Dolgoff

*"I hope your Spring finds you hiking and that you can visit some of these lovely local properties."  
~ Cindy Dolgoff*



## A Key to Being Healthy and Happy? Nature

by Sandy Segó

Many people turn to Google to find out how to be healthy and happy. One of the options it may suggest is spending time in nature. Over 100 studies have shown that being in nature, living near nature, or even viewing nature in paintings and videos can have positive effects on our brains, bodies, and feelings. Specifically, viewing nature helps us be more open, creative, generous, and resilient. These things can contribute to our social well-being.

There is some research suggesting that connections to nature may increase our health and happiness. For one thing, spending time outdoors make help keep your immune system strong. Research suggests that if we are exposed to a wide variety of bacteria, such as grass and dirt, when we are young could contribute to a stronger immune system as we age. And getting some sun (after applying sunscreen) can boost your vitamin D levels which are needed for a strong immune system.

In an interesting study, researchers at the University of Chicago found that living in areas with lots of trees can make people mentally and physically healthier. They found that the more trees a street had, the healthier the residents were. This fact could be due to several factors: trees filter out pollution, making the air cleaner; people may be more likely to go outside and exercise when there are more trees around; and trees may be naturally calming to people. A separate research study even showed that neighborhoods with more green spaces tended to have less crime.

There are other studies from the *Journal of Environmental Psychology* which suggest that spending time in nature make increase physical and mental energy. Researchers found that participants consistently reported being more energetic when they spent time in nature or visualized themselves doing so. So even imagining natural surroundings allowed participants to benefit from nature.

See *Nature* continued on page 6

*"There is some research suggesting that connections to nature may increase our health and happiness."*

~ Sandy Segó

*"In an interesting study, researchers at the University of Chicago found that living in areas with lots of trees can make people mentally and physically healthier."*

~ Sandy Segó

**Nature** continued from page 5

A Stanford University study found that walking in nature yielded a decrease in activity in a part of the brain associated with rumination – repetitive thoughts focused on negative emotions. This is a key symptom of depression. Another study by the author and his colleagues found that spending time in nature had a positive effect on mood and lowered the symptoms of anxiety. And some research suggests that most kinds of nature immersion – views from a window, pictures or videos, and plants around residential or work environments could reduce stress, improve mood and general feelings of well-being.

And a study in 2015 found that people who have access to natural spaces slept better than those who don't have access. Participants who have access to nature slept poorly fewer than seven nights in a month; the participants who were in more urban settings slept poorly up to 29 nights a month.

Many of us spend a great deal of time indoors. Just getting outside can have a beneficial effect on both our physical and mental health. By taking a walk, bike ride, or just sitting in a park, we can get the benefits and feel so much better.

-- Sandy Segó

*"Another study by the author and his colleagues found that spending time in nature had a positive effect on mood and lowered the symptoms of anxiety."*

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*"Just getting outside can have a beneficial effect on both our physical and mental health."*

*~ Sandy Segó*



Smurfy advice for the trail...

## Trail Etiquette

by John "PaPa Smurf" Klebes

It's finally springtime when a new crop of wonderful hikers will head out onto the trails. Help out those new hikers by demonstrating great trail etiquette and share our love of nature. As the snow melts from the White Mountains one of the first true signs of spring is that gross crop of toilet paper flowers that appears on the side of the trails. All winter long dozens of hikers have thought they carefully buried their nasty TP in the snow only to find that all that accumulation has not decomposed but pops up as the snow melts. This is a great teaching moment to share with new hikers about how important it is to practice good trail etiquette.

From the proper way to poop in the woods, to bathing and washing, litter and compost, campfires and protecting the flora and fauna, it's important to help educate our fellow hikers, both new and old, on how to protect our scenic places. Many new hikers are well-meaning but may simply not know any better. They think their little impact will not really make a difference, or that things really decompose quickly, or simply didn't understand that a little soap in the water can kill the fish downstream. Let's all pitch in to keep our fellow hikers educated.

### How to Poop in the Woods

The rule of thumb is 200 feet from trails, campsites, and water sources if there is no other facilities to be had. I would go one step further: try to pick an inhospitable spot that others would not care to go. If you are near a campsite or view you can be pretty sure the easiest spots have already had a visitor use them. Nothing worse then stepping into someone

See *Trail Etiquette* continued on page 8

*"From the proper way to poop in the woods, to bathing and washing, litter and compost, campfires and protecting the flora and fauna, it's important to help educate our fellow hikers..."*

*~ PaPa Smurf*

**Trail Etiquette** continued from page 7

else's uncovered mess (from poor coverage or animals uncovering it), exposing someone else's poo, or lifting a rock to find a surprise. If possible wait until you are farther out, away from camp, lunch spots, or vistas.

Pick a spot that others are unlikely to stumble on and use a trowel, or the heel of your foot, to dig a 6-8 inch cathole and bury your waste. I know it can seem like a lot to get 200 feet away but remember to think of the ground drainage. You don't want anything leaking into a water source. Ideally, you should pack out any hygiene products including TP. Many hikers keep a zip-lock bag for this. If you just can't tolerate the yuck factor at least try and stir the poo and TP up a little with a stick and cover with soil to keep animals from digging it up.

### **Bathing, Washing, and Cleaning up**

One of the biggest mistakes new hikers make is washing and bathing in rivers and streams. From cleaning out the nasty, burnt cook pot, laundering your clothes, and soaping off that hiker sweat it seems like the never ending flow of water from the stream can handle anything. You're wrong. Even a biodegradable soap can starve the oxygen from the river killing sensitive amphibians like frogs, as well as fish. That biodegradable soap needs time to decompose and in the mean time can be just as bad as normal soap. Take a pot of water and move away from the water source to scrub your dishes, rinse your clothes and do a sponge bath if you are using soap. A handy way to do laundry is to put some biodegradable soap in a gallon ziplock bag filled with clothes and stream water, seal and knead to clean, then dump the soapy water far from the stream. Refill with water to rinse and dump the rinse water away from the stream, too.

See *Trail Etiquette* continued on page 9

*"One of the biggest mistakes new hikers make is washing and bathing in rivers and streams."*

*~ PaPa Smurf*





*"If you packed it in,  
pack it out."*

*~ PaPa Smurf*

*"One big mistake many  
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ring for the next camper  
to burn."*

*~PaPa Smurf*

**Trail Etiquette** *continued from page 8*

### **Litter and Compost**

If you packed it in, pack it out. Nothing ruins a scenic vista more than a rotting apple core, orange peel, or piece of trash. You might think that banana peel, apple core, or even a few nut shells will quickly decompose but you are very wrong. Come back a few weeks or months later and it's still there as an eye sore or worse - full of maggots. And trash begets trash. One piece of trash left behind and the next person thinks it's OK to add to the pile. It quickly accumulates after a few bad apples start the trend. We can't stop everyone from misbehaving but I try to make it a point of picking up at least one piece of trash on every hike. If most of us do, it keeps everything in check. Keep a ziplock bag handy on the top of your pack to put your trash in and add one new piece of existing trash from the trail in, as well.

### **Campfires and Campsites**

A lot of people think it's a great idea to burn up their trash and waste in a campfire. While the intention seems good the execution is usually flawed. While a piece of paper might burn easily, many of our trash products do not burn well and release toxic fumes. That and they never seem to completely burn up. Take a look at the amount of unburned trash in the campfire ring next time you are out. It takes an intense fire to burn up much of today's trash and any residue attracts wildlife that just might be poking inside your backpack or sleeping area later that night. And any trash left in the fire ring encourages the next camper that it's ok. One big mistake many new campers make is the assumption that they can just leave burnable trash in the campfire ring for the next camper to burn. Bad idea - don't do it!

### **Flora and Fauna**

You know the old saying, "Take only photos and leave only footprints."

*See Trail Etiquette continued on page 10*

**Trail Etiquette** *continued from page 9*

When possible, stick to the marked tracks, especially in mud season. It doesn't take much traffic to quickly cause damage to tree roots and young plants which will cause erosion. If you must hike off trail try to use durable surfaces, such as rocks and firm ground, and disperse the impact instead of packing down a new trail. And please leave the pretty flowers, mushrooms, and living trees as they are so others can enjoy. Uprooting plants to show a friend or carving your name in a tree is not what the next hiker wants to see. We all love wildlife but a quick picture if you can and let it be. Approaching wildlife stresses the animal, may endanger you, and will acclimate the animal to not fear humans causing it to become a danger to us and itself. Don't feed them either. It's not their normal diet and it causes sickness, encourages dependence, and disturbs the natural predator/prey balance of nature.

Remember: it's part of your responsibility to protect our wilderness areas, but even more than that, you need to help educate others. If you see someone drop a piece of trash offer to pick it up for them. They probably didn't mean to but more important they need to be aware that it's wrong. If someone dumps their messy pot in the stream, or drags out a bar of soap in the middle of the lake, let them know that it's not really OK, in a friendly way. And set the bar high by your own example.

I met a gentleman on my first week on the Appalachian Trail who bent down to pick up a piece of trash on a particularly messy section of trail and couldn't help commenting to him that it seemed like a losing battle. He just grinned and said, "It's not much but try and

*See Trail Etiquette continued on page 11*



PaPa Smurf

*"When possible, stick to the marked tracks, especially in mud season."*

*~ PaPa Smurf*

*"Remember: it's part of your responsibility to protect our wilderness areas, but even more than that, you need to help educate others."*

*~ PaPa Smurf*



*"Let's all try to pick up one piece of trash off the trail whenever we are outside."*

*~ PaPa Smurf*

**Trail Etiquette** *continued from page 10*

pick up at least one piece of trash each day on the trail. It seems daunting but every one of us can handle picking just one piece. Little by little it makes a difference." That stuck with me and I try to do the same. Let's all try to pick up one piece of trash off the trail whenever we are outside.

-- PaPa Smurf

(Special thanks to Karen Markham for this month's suggested topic. 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).)

The Adventures of Peakbagger:  
**Comparing Three Hiking Awards  
Dinners in the Northeast U.S.**  
by Peakbagger

I have been to three hiking awards dinners/banquets in the Northeast U.S. Each were different; each had their pluses and minuses. Let me tell you how I felt about all three annual events.

The first awards dinner which I have attended was in Lake Placid, New York. It is called the Annual Spring 46er meeting (I have been to several of these meetings.) (<http://www.adk46er.org>). The Adirondack (ADK) 46ers have been around since the 1920's. There are over 11,000 members of this club, and to become a club member, you have to climb all 46 high peaks in the Adirondack Mountains of New York. Each member is assigned an individual, membership number (there are also separate winter completion numbers). The dinners are held in a large banquet hall in the Lake Placid Crown Plaza Hotel. (One advantage of holding the event in a hotel banquet hall is that the awardees have the option to stay overnight at the hotel at a discounted price, which is especially great for those who come from a long distance.) There is an optional, crowded social hour space where members congregate to socialize, which includes a cash bar, and there's also an optional separate vespers ceremony (a nice touch) prior to dinner. You can buy 46er Club merchandise at the same time. A sit-down dinner follows at round tables in a huge banquet hall. Then, after dinner, maybe two to three hundred people line up and individually receive their 46er Certificates of Accomplishment. (The recent members who didn't come to the banquet will get their certificates mailed to them, which is also true for the other two award ceremonies.) Consequently, it's a long meeting.

See Awards Dinners continued on page 13

*“Then, after dinner, maybe two to three hundred people line up and individually receive their 46er Certificates of Accomplishment.”*

*~ Peakbagger*

**Awards Dinners** *continued from page 12*

The second awards dinner which I attended was in Exeter, New Hampshire. It is called the AMC Four Thousand Footer Club Annual Meeting, (I have been to a few of these meetings.) (<http://www.amc4000footer.org>). It's hard to know how many people are members of the AMC 4000 Footer Club – they don't have assigned numbers like the ADK 46ers. You can buy AMC 4000 Footer merchandise prior to dinner and prior to the awards gathering in the school auditorium. The dinners are held currently in the Exeter High School cafeteria where you are served cafeteria-style, cardboard-backed slices of pizza and cookies, plus drinks. All the action takes place in the school auditorium. The highlight of the evening, a multimedia presentation of pictures, submitted from all of the awardees, has been set to music, having been put together by Nancy Sporborg of *It's Not About the Hike* fame, and is warmly received by all of the attendees. After which, all of the various membership awards are presented. The AMC 4000 Footer Committee tries to expedite the giving of the awards. This, too, can be a long evening since many awards are given out.

The third awards dinner which I attended was in Kingston, New York. It is called the Catskill 3500 Club Annual Dinner Meeting. (I went to my first meeting this year.) (<http://catskill-3500-club.org>). Of the three awards dinners, this one is the newest, but it's also the nicest. The banquet venue is at The Chateau in Kingston, New York, in the area east of the northern Catskill Mountains. The Chateau is a gorgeous banquet facility: there is a bar area with servers bringing around hors d'oeuvres, also a separate room with a fabulous, much more complete selection of hors d'oeuvres, plus a large dining hall for a sit-down dinner. In the bar area, before the sit-down meal, you could buy Catskill 3500 Club merchandise. The membership awards are presented after the sit-down meal, and everyone receiving an award, whether they attended the event or not, had their names mentioned. Not as many

*See Awards Dinners continued on page 14*

*“The highlight of the evening, a multimedia presentation of pictures, submitted from all of the awardees, has been set to music....”*

*~ Peakbagger*

*“The Chateau is a gorgeous banquet facility....”*

*~ Peakbagger*



*"If I had to sum up the positives from each awards ceremony...."*

*~ Peakbagger*

**Awards Dinners** *continued from page 13*

awards as the other two clubs are given out. This award ceremony and dinner venue was by far the best. It makes you want to get more awards in the Catskills just to come back to this fabulous banquet facility.

If I had to sum up the positives from each awards ceremony, the ADK 46ers was in a hotel which was convenient for out-of-town guests at a reduced price, the AMC Four Thousand Footer Club had the best multimedia presentation, which is always very inspirational and mood uplifting, and the Catskill 3500 Club had the best banquet facility and food. The leaders of all three clubs do a nice job of organizing and implementing their respective annual award ceremonies.

-- Peakbagger

## **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)

## Important Membership Renewal Notices

The following memberships are up for renewal:

### May Renewals

Susanne Burgess-Range  
 Nora Dryjowicz  
 Deb Gebo  
 Steven & Kelly Turney Hilbun  
 Ron & Eleanor Morrisette  
 Asa & Per Nilsson  
 Michael Reed  
 Lou Silver  
 Robert & Georgene Trombley  
 David Vibber  
 Bruce & Jennifer Wade  
 Janice Webb  
 Christopher & Sarah White

### June Renewals

Judy Alfano  
 Jean Brunges  
 Bill & Marianne Huber Burgart  
 Allison Cook  
 Rachel Davis  
 Robert Duclos  
 Gina Geck  
 Thomas E. Hanson  
 Marie Holmes  
 Donna Lee  
 Thomas McBride  
 Peter & Beth Ouellette  
 Dale Sundstrom  
 Jim & Peggy Tibbitt  
 Richard Towne  
 Mary Ann & Peter Wilcox

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

#### March & April

Donna Henderson  
 Gwen Shook  
 Marianne Baush  
 Daniela & Augusto Espin Campuzano  
 Michelle Dechristopher  
 Kathryn Ruhf  
 Rachael Naismith  
 Jeff Briggs  
 Ray Girard  
 Heather Lomax  
 Francisco & Nicole Vargas  
 Pamela & James Hicks  
 Michelle Martinat





**UPCOMING EVENTS AND THE USUALS**

- Every Mon. (MA) Mornings w/ Chip
- Every Tues. (MA) Evenings w/ Lori/Karen
- Every Wed. (MA) Mornings w/ Erin
- Every Thurs. (MA) Mornings w/ Harry
- May 7 (MA) Club Meeting
- Mar 11 (MA) NET Sections 1 & 2
- May 18 (MA) Full Moon 7 Sisters
- May 25 (MA) Mt Greylock
- June 1 (MA) Seven Sisters
- June 4 (MA) Club Meeting
- June 8 (MA) Robert Frost Trail
- June 15 (MA) Mt Toby Caves
- June 22 (NH) White Mt Sampler
- June 29 (MA) Mt Tom Traverse
- July 2 (MA) Club Meeting
- July 6 (MA) Seven Sisters

## IMPORTANT NOTICES

Next Club Meetings:  
 May 7, 2019, 7 p.m. at **FBC**  
 June 4, 2019, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is June 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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