



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

Vice President's Corner:

A Message from our Club

Vice President

by Erin Squires

This year we celebrate Pioneer Valley Hiking Club's 30th anniversary. I joined PVHC 5 years ago when we celebrated the club's 25th anniversary. As we celebrate what Ray Tibbetts created, I look back on the 5 years that I have been a member. In those 5 years I have been inspired on and off the trails, I have made amazing friendships and I have learned that I am capable of more than I ever thought.

I joined PVHC because I wanted to start hiking and I was soon becoming an empty nester. My son was going into the Marine Corps and my daughter was busy in high school with her studies, sports and friends. My wonderful husband had his fishing and his own business that kept him busy. I thought hiking would be the perfect distraction and a great way to enjoy the outdoors.

The first hike with PVHC sold me. Everyone was friendly, helpful and full of hiking adventure stories. It didn't take long before I was sharing my hiking adventures with new members. I learned that I am stronger than I thought, more fearless than I ever imagined and night hiking is fun.

In my personal life, I went back to school and earned my Bachelor's. I was inspired to finish my degree because if I can climb a 4,000-footer in the White Mountains I can do anything. Before I walked across the stage, I landed my dream job. Less than a year later I was promoted. Would I have had the courage to put myself out there like I did? Maybe eventually but I like to think that the courage I found in myself during some of the more challenging hikes pushed me to jump in and make the moves to have the career that brings out my passion.

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May, 2021

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Bootprints

"The most important thing I've gotten out of the hiking club are my friendships."

~ Vice President Erin Squires

Vice President's Corner continued from page 1

The most important thing I've gotten out of the hiking club are my friendships. We've laughed, celebrated, sang and solved the world's problems. We've shared stories, we've shared our fears, we've shared our hopes and dreams and we've shared our bug spray. My PVHC friends have gotten me up to some glorious peaks, helped me get down safely and shared the best ice cream spots in the area.

Members of the club thank me for stepping up and being on the e-board. In all honesty, it is the least I can do for the club that brought me such joy in my life. I am honored to serve as the club's vice president.

-- Erin Squires, PVHC Vice President

From the Social Corner

by Gary Dolgoff

After more than a year of Covid-era life, I'm looking forward to some safe socializing with the club, perhaps in the not too distant future!

Though, first and foremost, we are a hiking club, we are looking forward to expanding, having an increasing amount of walks and offering other social things, such as going to plays.

In West Springfield, The Majestic Theater, a nice, not gigantic place, with good seating throughout, will be having plays starting in the fall, such as *Nine to Five*, and many more!

Also, driving to scenic vistas, such as waterfalls. Bash Bish Falls is fantastic, a grand, 40-foot waterfall, split by a huge boulder and truly a scenic wonder! I want to bring Clubbies there. It is an hour and change away, and once out of the cars accessible via an easy, wide path and an almost level walk and less than a mile away from the parking! There are also nearby, easily accessible waterfalls, to go to...

Shelburne Falls is a lovely destination, with their Bridge of Flowers, etc.

MASS MoCA Museum, in the northwestern part of the state, with the scenic Natural Bridges State Park, only a stones throw away from the museum

And other museums! The Clark, Norman Rockwell, etc.

There is live music coming to Easthampton - Saturdays at 4pm in May.

And of course, my (in)famous Northampton Dinners and Walks (for now, Picnics and Walks, tho)

It will be great to step-by-step, mingle with our fellow Clubbies! Depending upon your individual comfort level, 'Come out and play,' during the coming weeks and months!

Plus, of course, please feel free to attend our hikes, and I hope you will attend our club picnic in August.

-- Gary Dolgoff

"After more than a year of Covid-era life, I'm looking forward to some safe socializing with the club, perhaps in the not too distant future!"

~ Gary Dolgoff



Hiking Promotes Health Benefits

by Sandy Segó

Hiking can be a great way to promote health benefits. Hiking is an economical and (for most) convenient way to increase outdoor activity. In the U.S., 43.4% of the population is considered sedentary (Mitten, Overholt, Haynes, D'Amore, & Ady, 2018). We tend to sit for both work and relaxation.

More health care professionals are encouraging people to engage in physical activity to improve physical and mental wellness. Physical activity can be a form of prevention in addition to a cure. Hiking is considered accessible to most people as there are limited skills and equipment needed. Hikes can be chosen that can vary in difficulty based on the terrain and speed of the hikers.

Adults who perform less than 150 minutes of moderate-intensity activity per week are considered insufficiently active (Mitten, et al 2018). Lack of physical activity contributes to cardiovascular disease and some cancers. Sedentary behaviors are associated with physical problems, such as obesity, hypertension, and type 2 diabetes. Sedentary behaviors are linked to emotional and cognitive problems such as anxiety, depression, and stress.

An Outdoor Participation Report showed hiking as an increasingly popular form of physical activity in the United States. And unlike other forms of exercise such as going to the gym, many hikers report that hiking does not feel like exercise or working out. It is possible that hikers may burn more calories than runners because they tend to spend longer periods of time outside enjoying nature than they would if exercising in a different environment. This may be due to physical exercise being incidental to other goals of hiking, such as socializing or experiencing nature.

In fact, one research study that examined the effects of exercise on mental health found self-reports for outdoor exercise included benefits, such as feelings of revitalization, positive engagement, and increased energy.

See *Health Benefits* continued on page 5

"More health care professionals are encouraging people to engage in physical activity to improve physical and mental wellness."

~ Sandy Segó

"An Outdoor Participation Report showed hiking as an increasingly popular form of physical activity in the United States."

~ Sandy Segó

Health Benefits *continued from page 4*

At the same time participants reported decreases in tension, confusion, anger, and depression. The same effects were not found when people exercised indoors.

Health care workers are increasingly encouraging their patients to adopt an active lifestyle. Creating a culture of wellness that includes activity in the natural world can benefit everyone. It can help counter the sedentary lifestyle so many have adopted. It can aid individuals in being proactive to prevent health problems. Breathing fresh air, being physically active, and engaging in social bonding can have positive effects on both one's mental and physical well-being.

--Sandy Segó

“Breathing fresh air, being physically active, and engaging in social bonding can have positive effects on both one’s mental and physical well-being.”
~ Sandy Segó



*"But before we head out let's cover the proper care of our winter gear as we store it all away for warmer weather."
~ PaPa Smurf*

Smurfy advice for the trail...

Winterizing Gear and Waterfalls

by John "PaPa Smurf" Klebes

Goodbye winter, hello spring. May is one of my favorite times of year to visit waterfalls. The melting snow and spring showers gives the highest water volumes making for peak spectacular water shows. Wild and enchanting but sometimes dangerous. But before we head out let's cover the proper care of our winter gear as we store it all away for warmer weather.

Last year I wrote about spring cleaning and repairs to gear (May, 2020, *Bootprints*). But, in hindsight, I didn't cover some specifics for winter gear such as snowshoes, crampons and microspikes. I don't do anything special for most of my winter gear. Mostly I just make sure to wash and dry those items that I don't routinely clean, such as snow pants, jackets, balaclava, facemasks, etc. I then put them all away with my heavier socks and winter layers in a large plastic covered bin. The internet suggests that they be stored in a dry environment in an open or loose package, such as mesh, to let air circulate. I personally use the loose-fitting lid on a covered bin because of my oversensitivity to fearing mice will get into it - just like on the trail. LOL!

I also like to wash any down layers if they have gotten a lot of sweat into them. Don't fear washing your down. See the May, 2020, *Bootprints* or the internet for down washing instructions.

Do be careful washing outer jackets, snow pants, balaclava, facemasks, and even liner gloves and overmitts. Because they are not usually washed, the dyes are not set and can bleed. Read care instructions and/or See *Winterizing and Waterfalls* continued on page 7

Winterizing and Waterfalls *continued from page 6*

just handwash and rinse in the tub with cold water and something like Woolite. You may see the water turn black from the dye in things like gloves and balaclavas so don't overdo it. You just want to get the mud, dirt, and sweat out.

Do the same for your winter boots. Dirt left on boots keeps dampness against the material that can cause rot and inhibits water repellent properties and breathability. Clean and brush off any old mud and dirt before storing your boots and other gear, including backpacks.

Snowshoes, crampons, and microspikes can last a lifetime but do have a few maintenance issues above and beyond just keeping them clean. The metal spikes can get dull from contact with rocks, degrading their ability to grip on hard ice. If you find that they are starting to round over and not grip as well, they may benefit with a good sharpening. It's a simple procedure using a file but can be time-consuming. Look on YouTube for videos on how to sharpen the points. Some people like to keep the points very sharp to grip well on hard ice but others may prefer to leave them a little rounded over as they are less likely to tear clothing or cut skin if you misstep. It all depends on how much hard ice climbing you are planning. If you usually only hike on packed snow you might be safer with them less sharp.

Whether you sharpen or not it's a good idea to put a light coat of oil on the metal surfaces of snowshoes, crampons, and microspikes to inhibit rust. Rub a light oil, like 3-in-1 or sewing machine oil, or even WD-40, then wipe any excess off with a rag before putting them away till next winter. A drop or two of oil on any moving pivot points, such as where the crampon and snowshoe deck components move, helps, too.

See *Winterizing and Waterfalls* continued on page 8



PaPa Smurf

"Snowshoes, crampons, and microspikes can last a lifetime but do have a few maintenance issues above and beyond just keeping them clean."

~ PaPa Smurf



“My favorite waterfalls in the PVHC area include: ...”
 ~ PaPa Smurf

Winterizing and Waterfalls continued from page 7

As to my teaser about waterfalls. Let’s jump right in. My favorite waterfalls in the PVHC area include: Bash Bish Falls on the NY/MA border, Royalston Falls near the Fall’s Brook Shelter, Doane’s Falls and the Tully Lake Loop Trail, Race Brook Falls on the AT, and Arethusa Falls, a White Mountain Sampler favorite. If you have not been to these falls in the peak of spring they are must do hikes!



If you are heading out to explore waterfalls at peak flow you want to have sturdy boots with good traction. Hiking

poles, climbing on all four, or griping a tree helps, too. The terrain around waterfalls is naturally step, wet, and slippery, and trails that cross the streams feeding them will be overflowing and may present water crossing dangers. Just be prepared to only go as close as you feel safe to go. Most accidents occur due to a slip and fall or the ground caving away, causing a bad fall. Enjoy the beauty but be very aware of your surroundings and what might happen if you lose your footing.

“Enjoy the beauty but be very aware of your surroundings and what might happen if you lose your footing.”
 ~ PaPa Smurf

With all your gear clean and kept together in one place you will be all set for the start of the next winter season.

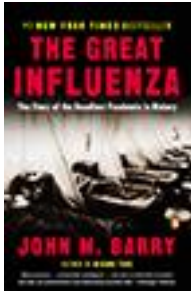
See *Winterizing and Waterfalls* continued on page 9

Winterizing and Waterfalls *continued from page 8*

Now get out and enjoy those waterfalls!

-- PaPa Smurf

(Special thanks to Sandy Segó for the suggestion to cover the proper care of our winter gear. 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)



Book Review:

The Great Influenza: The Story of the Deadliest Pandemic in History

by John M. Barry

Book Review by Dick Forrest

When did “The Great Influenza” start? In early 1918, in the year that marked the end of World War I. This infectious disease spread rapidly through the army and navy bases where there were many soldiers and sailors housed in large barracks. It was believed that this new influenza virus originated in Haskell County, Kansas. The virus was thought to have spread east across the state to a large army base, and from there, to Europe. (In 1918, military personnel were still being deployed to Europe where the Allies were fighting the war in the trenches against the Germans.) And then the virus spread from the military to the civilian population across the world.

Why was it the deadliest pandemic? (a paragraph from page 250 of John M. Barry’s book)

In 1918, the world population was 1.8 billion, and the pandemic probably killed 50 to 100 million people, with the lowest credible modern estimate at 35 million. Today the world population is 7.6 billion. A comparable death toll today would range from roughly 150 to 425 million.

What were the symptoms of influenza that came before death?

Based upon the symptoms of the disease, some scientists and doctors erroneously thought that the influenza was a recurrence of the bubonic plague. It seemed to be a milder form of influenza but many people died from pneumonia, as a result of the illness. “One army report noted ‘fulminating pneumonia, with wet hemorrhagic lungs’- ‘fatal in from 24 to 48 hours.’ Such a quick death from pneumonia is extraordinary.” (page 173) “They seemed to die of pneumonia, but it was a pneumonia accompanied, according to a Penn medical student, by

See *The Great Influenza* continued on page 11

“In 1918, the world population was 1.8 billion, and the pandemic probably killed 50 to 100 million people, with the lowest credible modern estimate at 35 million.”

~ John M. Barry

The Great Influenza continued from page 10

strange symptoms, like bleeding through the nose." (page 179) "Lack of oxygen was sometimes so severe that victims were becoming cyanotic – part or all of their bodies were turning blue, occasionally a very dark blue." (page 180)

It wasn't unusual for normally healthy people to just drop dead from the disease. In fact, normally healthy people in the prime of their lives (in their 20's and 30's) seemed to die more frequently, not the young and the old as you would expect from the flu. One memorable story related in the book was the story of a man who was returning home, riding on a streetcar. The streetcar driver suddenly dropped dead while driving and three people on the streetcar also died during the brief transit. The person relating the story got off the streetcar and walked the rest of the way home.

Was there an effective vaccine at the time that prevented death from influenza? For one thing, scientists, even though some suspected, did not really know that it was a virus causing so much death. There were no effective vaccines developed by medical researchers at the time that would prevent death from this strain of influenza. They called it the "Spanish influenza" (or "Spanish flu"). Spain was neutral during the war and the government did not censor the press. So, since Spanish newspapers were publishing accounts of the disease it's likely other countries were picking up on those accounts. (page 171)

This book concentrates on telling the stories of the leading medical researchers of the time. John Barry seems to show incredible respect for these chief medical researchers of that age. He does a good job of explaining science to the non-scientist – some of the personal stories of those scientists seem less interesting. Unfortunately, many were operating in the dark in a very desperate time. However, that didn't prevent them from doing medical research and trying to come up with a cure for this virulent disease - many effective vaccines had already been produced for other forms of illness, like typhoid and others, but it was still in the early days of modern medicine.

See *The Great Influenza* continued on page 12

"There were no effective vaccines developed by medical researchers at the time that would prevent death from this strain of influenza."

~ Dick Forrest



*“For example, at the pandemic’s height, 779 people died in one day in Philadelphia.”
~ Dick Forrest*

The Great Influenza continued from page 11

Before I read this book, I knew nothing of this terrible pandemic, and John Barry explains it quite well. (Incidentally, my mother was born very close to that time in 1920.) 1918 was a very scary and terrifying time and illness came in three waves. Each successive wave was a little less virulent. For example, at the pandemic’s height, 779 people died in one day in Philadelphia. And this scenario, perhaps to a lesser degree, played out all over the country and all over the world. The morgues filled up and the undertakers could not keep up with the work. So bodies would pile up and some would decompose in homes. The hospitals ran out of doctors and nurses, who were, instead, supporting the war effort in Europe. And some doctors and nurses, some of whom died from this strain of flu, were even too frightened to work among the sick. The hospitals quickly ran out of bed space with too few nurses to care for their patients. Now compare that to our most recent Covid-19 pandemic, almost exactly 100 years later, that has so ominously affected our lives.

--Dick Forrest

Northeast Mountain Puzzle Game

by Shari Cox

Name the three northeast mountains below (from the White Mts. of New Hampshire):



Answers: (Top to Bottom) Kinsman, Cabot, Waumbek



A Couple of Spring Beauties

(photos by Sandy Segó)



Fringed Polygala - "Gaywings" - *Polygala pauciflora* - Milkwort Family - 6". Flowers 3/4", orchid-like, with 2 pink purple wings flanking a bushy-tipped tube. Leaves oval, evergreen. **Blooms:** May-June **Habitat:** Woods **Range:** w. and in n. New England (source: National Audubon Field Guide to New England)



Wild Columbine - *Aquilegia canadensis* - Buttercup Family - 18". Flowers 1 1/2", drooping, red and yellow bells, with long, red, upward-projecting spurs. Leaves light green, long-stalked, divided and subdivided into threes. **Blooms:** May-June **Habitat:** Rocky woods, ledges (source: National Audubon Field Guide to New England)

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 2020 PVHC Holiday Party multimedia slide show to the following email address:
pvhcpictures@gmail.com

Important Membership Renewal Notices

The following memberships are up for renewal:

May Renewals

John Barber
James & Diane Brown
Steven & Amy Dane
Nora Dryjowicz
Deb Gebo
Carol Giguere
Tom Lake
Peggy McLennan
Ron & Eleanor Morris-
sette
Erin, Peter & Emily
Squires
Robert & Georgene
Trombley
David Vibber
Bruce & Jennifer Wade
Janice Webb
Angela Whitaker
Alison Wondriska
Celeste Ziemba & John
Gorey

June Renewals

Judy Alfano
Jean Brunges
Bill Burgart & Marianne Hu-
ber
Allison Cook
Rachel Davis
Robert Duclos
Gina Geck
Marie Holmes
Lori Murphy
Peter & Beth Ouellette
Jim & Peggy Tibbitt

Pioneer Valley Hiking Club Officers

Jim E. Brown, President
Erin Squires, Vice President
Peggy Tibbitt, Treasurer
Sandy Segó, Secretary
Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Jim E. Brown & other club members
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: Jim E. Brown
Quartermaster: Mike Carrier
Bootprints Newsletter Editor: Dick Forrest

Bootprints is a publication of the Pioneer Valley Hiking Club. Please email your story/event contributions to Dick Forrest at: dforrest@charter.net

WELCOME NEW MEMBERS

March

Denis Wogan
Chrystal Paul
Cindy Kennedy

April

David Arbeitman
Bernice & Elbert Bowles
Elizabeth Satin

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:

Peggy Tibbitt
413 South Gulf Rd.
Belchertown, MA 01007
(Dues are \$15 member, \$25 family, and \$10 for students)



UPCOMING EVENTS AND THE USUALS

- Mondays Morning hike
- Tuesdays Morning bike, evening hike
- Wednesdays Morning hike or kayak
- Thursdays Morning hike, evening walk
- Fridays Evening hike
- Saturdays Morning hike
- Sundays Morning hike, evening walk
- June 1 (MA) Club Meeting (tentative)
- July 6 (MA) Club Meeting (tentative)
- PVHC <https://teamup.com/kszb8qkbizhndt3qjt7>
- Schedule of Events

IMPORTANT NOTICES

Next Club Meetings:
 June 1, 2021, 7 p.m. at **FBC**
 July 6, 2021, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is June 20, 2021

**** Check out our club website at:**
www.pioneervalleyhikingclub.org

Members may join the PVHC Email List by sending a message to:
pvhc.hikingclub@gmail.com



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