



# Bootprints

The Bimonthly Newsletter of the  
Pioneer Valley Hiking Club

President's Corner:

## PVHC's 30th Anniversary

by President Jim E. Brown

Hi Hikers:

A (final) letter to describe the 2021 awards and provide my own Thank You's.

I was very honored to be President during PVHC's 30<sup>th</sup> anniversary. I feel like there has been continual appreciation of this incredible milestone all year.

The Board wanted to celebrate our 30<sup>th</sup> anniversary by awarding \$30 L.L. Bean gift cards to the **longest serving memberships** in the Club. By the way, there are many members right below the line we drew.

Congratulations to Al Goodhind, Dick & Sue Forrest, Shari Cox, Norm Plante, John Klebes, Bryan Goodwin & Joan Del Plato, Mike Gross, Ann Mundy, Gary Dolgoff, Rob Schechtman & Lisa Frigo, Dave Pierrepont and Carol Vanderheiden!

In addition to the 30<sup>th</sup> anniversary awards, the Board handed out 3 more.

We created the first-ever **Lifetime Contribution Award** and are giving it to Al Goodhind. This award is in recognition of someone who has not only been a long-time member but more importantly has made special efforts time and again to keep important traditions alive, not the least of which is the 23<sup>rd</sup> annual and famous "White Mountain Sampler," something that rivals our picnics for attendance. Al will receive a lifetime free membership.

With the importance we have placed on getting and keeping new members during 2021, we wanted to recognize Debbie Bombard for her personal efforts to literally talk one-on-one with many potential Clubbers. Debbie's **Membership Drive Award** comes with a \$20 gift card to REI.

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Volume 26, Issue 1

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Finally, Lynn Gebo has been awarded the **Weekly Activities Award** for setting up 7 months of weekly bike rides for the Club, the first time we have added something of this magnitude to our regular schedule. Lynn is receiving a \$20 gift card to REI.

Many, many members deserve recognition themselves for the impressive number of weekly and overnight activities that we have offered. It's just mind-boggling sometimes. I hope they will help me in congratulating the 2021 awardees while also recalling their own pride of accomplishment that made the year one to remember.

I'd like to thank a number of people for putting up with me for a year and for taking **key leadership roles** that in many ways enable the President to know that things are in good hands:

- Erin S for handling 2 picnics, the "New Member" committee and filling in for me a couple of times
- Peggy T for improving our membership data and strengthening our financial diligence, something very important to me
- Sandy S for her support of some of my crazy ideas and for being the best scribe ever
- Karen M for the Holiday Party but also for scheduling multiple overnight camping and hiking trips, one of the core activities of PVHC
- Rob S and Chip P for handling NET, AMC and the other acronyms that are crucial to the professionalism of PVHC and how our image is perceived by other established groups
- Lori T and Jeanne K for helping me the first few weeks
- Dick F for letting me gripe about writing letters for *Bootprints* but yet being persistent
- Chip P, Lynn G, Debbie B, Cheryl S, Peggy T, Al S, Sandy S, Erin S, Lori T and the many other day-to-day hike leaders that make our schedule one of envy

Congratulations to all and Thank You for 2021!

Jim E. Brown, President

*"Many, many members deserve recognition themselves for the impressive number of weekly and overnight activities that we have offered."*

*~ President Jim E. Brown*



## Favorite Hikes of 2021

by Lori Tisdell

2021 was another excellent year of hiking.... though are there any that are not? Here are some of my favorite hikes and times of 2021.

First Day hike at Skinner to start the year off right with a hike.

Chip's Quabbin series on Monday mornings. Exploring areas, I had never seen before with the history, man-made remains, and natural wonders was fun, thought-provoking, exciting, and at times, profound.

Snowshoeing at Quabbin, Lithia Springs, Fitzgerald Lake and Mt. Tom. All on gorgeous days with sunshine, blue skies and snow-covered trails and trees.

The spring and fall Tuesday evening hikes when the timing was perfect for the sunset - we had amazing ones this year. And the spring trillium blooming at Mt. Holyoke and the mountain laurel at Mt. Tom - every year like clockwork.

Hiking the Seven Sisters, following the GPS track, stopping at the top of each one and naming them for sisters of our fellow hikers. There were lots of laughs that day.

Hiking in downpours this year. It was a wet year and we hiked more than a few times with the rains (and occasional thunder) all around us. Made for beautiful waterfalls and cascades. And more mushrooms and varieties of mushrooms than I have ever seen.

Conditioning hikes for the White Mt. Sampler at Mt. Tom, the Seven Sisters, Mt. Greylock (Death March), and the southern Berkshires! Lots of elevation, miles, rock scrambles, deep conversations, random whining, and most of all, fun.

The White Mt. Sampler! Thanks again to Al Goodhind. It was wonderful to be able to get together during the "Golden Time" in June when we  
*See Favorite Hikes of 2021 continued on page 4*

*"Lots of elevation,  
miles, rock scrambles,  
deep conversations,  
random whining, and  
most of all, fun."  
~ Lori Tisdell*

**Favorite Hikes of 2021** *continued from page 3*

worried less about ever-present COVID. Back in the Whites in September, hiking Mt. Garfield for the third time and getting my first view of Franconia Ridge!

The fall colors that came alive in October and lasted into November. They made our hikes extra special, surrounding us with leaves blazed in yellow, orange and red.

Unexpectedly finding the trees and shrubs at Goat Peak covered in ice after the previous days rain and freezing rain. Some of us were so enthralled we had a hard time leaving the summit to continue the hike. Sometimes the moments of unexpected beauty are the ones that remain with us the longest.

Those are my favorites of 2021. I know many of you had hikes and adventures in 2021 that you will remember for years to come, as well. We are all fortunate to have PVHC to provide us with countless unforgettable hikes and adventures.

--Lori Tisdell

*“Sometimes the moments of unexpected beauty are the ones that remain with us the longest.”*  
~ Lori Tisdell



Smurfy advice for the trail...

## Blankets from Space

by John "PaPa Smurf" Klebes

Finis Mitchell, the famous mountaineer of the Wind River was known to say when things go wrong; "Sit down, don't get panicky, just sit on a piece of plastic (or one of those newfangled space blankets) and eat your sandwich."

*"Space blankets, basically a plastic sheet coated with a reflective metal coating, were invented in the mid-1960's by NASA as a very lightweight means of reflecting heat."*

*~ PaPa Smurf*

*"Space blankets are an ideal emergency supply item as they are ...."*

*~ PaPa Smurf*

Space blankets, basically a plastic sheet coated with a reflective metal coating, were invented in the mid-1960's by NASA as a very lightweight means of reflecting heat. You may recall the gold foil wrapping of the lunar lander which was basically just a fancy space blanket.



Space blankets are an ideal emergency supply item as they are waterproof, windproof, lightweight, inexpensive, reflect heat, and pack into a very small space. Do you carry one with you in your hiking backpack?

They can help prevent or counter hypothermia as the water and windproof material reduces convection and evaporative heat loss while the reflective surface inhibits heat loss by thermal radiation. They can be used to block the wind, as a poncho or rain barrier, or an emergency shelter or bivouac sack. They can also make a handy emergency signal as the shiny coating can reflect light, making you more visible to search and

See *Blankets from Space* continued on page 6

**Blankets from Space** *continued from page 5*

rescue efforts. Some even come with a bright orange color on one side or an SOS message preprinted on the outside.

In winter weather a space blanket can be a life saver. If someone gets hurt and you have to wait for help to arrive, the time waiting can make you brutally cold. Without movement you quickly chill down and if you were day hiking it's unlikely you have a sleeping bag or shelter. Wrapping up in a space blanket can keep you out of the wind and weather while help comes. In an emergency it may even make it possible to shelter in place overnight.

One downside of sleeping in what is basically a plastic bag is that it doesn't let sweat evaporate. While that keeps in all the heat loss it also will make you feel wet and damp. Be sure to wear all your wicking layers near your skin and all your insulating layers on top. You will not be that comfortable but at least you will be warm.

One note of caution is that a space blanket is not a magical heat source and can provide a false sense of security. While the protection from heat loss is significant it does not create warmth and the cold ground will still seep in. Additional layers of insulation such as sitting on your backpack and wearing all of your insulating layers helps while the space blanket blocks additional heat loss and reflects your own body heat back toward you. All of the heat you feel is coming from your own body's ability to create heat which can be compromised by hypothermia. Be sure to keep hydrated and eat plenty of energy-rich foods to feed your human furnace.

A typical space blanket costs less than \$4 and weighs about 3 ounces (85 grams). Folded up, it's about the size of a deck of cards. So there  
See *Blankets from Space* continued on page 7



PaPa Smurf

*“One note of caution is that a space blanket is not a magical heat source and can provide a false sense of security.”*

*~ PaPa Smurf*

*“All of the heat you feel is coming from your own body's ability to create heat which can be compromised by hypothermia.”*

*~ PaPa Smurf*



*"If you do a lot of winter hiking I'd recommend an upgraded insulated blanket that is shaped into a sleeping bag or sack shape and is more durable for multiple use."*

*~ PaPa Smurf*

**Blankets from Space** *continued from page 6*

really is little reason to head out without this little piece of protection. Even Walmart sells a cheap one for under a few bucks. SOL sells a basic emergency blanket that is both orange on one side for signaling and silver on the reflective side. If you do a lot of winter hiking I'd recommend an upgraded insulated blanket that is shaped into a sleeping bag or sack shape and is more durable for multiple use.

I carry a cheap small blanket as part of my emergency kit all the time. I also upgrade to the larger bivy sack version for winter in the Whites. Enjoy the great outdoors but go prepared. Make sure to bring a space blanket on your next adventure!

--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))



## The Roof of Africa - Mount Kilimanjaro

by Shari Cox

*“This journey is to  
climb to the top of  
Kilimanjaro.”*

*~ Shari Cox*

“Jambo!” That is the greeting one hears up and down the trail from the porters, the guides and fellow hikers. Everyone is very happy as we start this exciting journey. This journey is to climb to the top of Kilimanjaro. It is one of the seven continent highest peaks, at 19,341 feet and probably one of the easiest to do.

After seeing something on TV about the mountain and hearing that it was relatively easy to do, I decided that I wanted to do it. I always wanted to go to Africa and go on a safari. So, I thought it would be great to combine the two. After years of thinking, waiting, and planning, it was going to happen. I found someone who was willing to take this adventure with me, Theresa Corey, a PVHC member.

During our planning we wanted to pick a route and time of year that would be good. We didn’t want to go in the rainy season and we wanted to do the longer route to give a better chance of making the summit. There are several routes to climb to the top. One is nicknamed the “Coca-Cola” route. It is called that because it is the most popular one. However, many people that go on that route have less of a chance summiting because they have to climb quickly and really don’t get a chance to acclimate. The route we took was a western route called Lemosho. A total of eight days. Six and half days of climbing up and one and half to get down. We had found an outfitter that we were going to use and we had picked the date of September, 2020.

*“The route we took  
was a western route  
called Lemosho.”*

*~ Shari Cox*

Theresa and I started training in March of 2020 by climbing steep roads with a 30-pound pack. Just when we started our training the pandemic was just starting to hit everywhere. By June we realized we wouldn’t be able to make this trip because of the pandemic, so we decided to postpone until 2021. Though Theresa and I continued our twice a week training. We trained on two roads. One of the roads was the memorial

*See Mt. Kilimanjaro continued on page 9*



**Mt. Kilimanjaro** continued from page 8

road to the top of Mt. Tom. Not sure what the real name is, we just always call it that because there is a World War II memorial on the road. The second route we would walk is Monson Road in Wilbraham. If you know those roads, you know how steep they are. More difficult because of the weight we were carrying. We knew that we weren't going to be carrying that much weight when we actually do the hike, but we thought it was good training.

The beginning of 2021, people were getting vaccinated. Travel was opening up. Looks like we were going to have a chance to get our trip in. This time we decided in October because of work commitments. October is spring time in Africa. We continued our training all through the summer. We were getting our shots, our equipment and gear together, our VISA's and other things that we needed. We got our shots at the Hartford Travel Clinic. They were really good there and went over everything from stomach problems to spraying our clothes with permethrin. They handed out a booklet of all of the possible diseases that one could get. After looking it over, I was beginning to wonder why people dared to travel.

Due to COVID-19, traveling had more restrictions, such as wearing masks and getting tested before you leave, when you get there, and before you fly home. You had to get it in a certain time frame and it was stressful whether you passed or whether you would get the results in time. We have been waiting for this for a long time and we didn't want anything to jeopardize this trip.

We took our flight out of Boston to Amsterdam. The flight had a lot of empty seats. Which was nice because you could spread out. It was a seven-hour flight and it was during our normal sleeping hours. The extra room made it easier to sleep. Traveling internationally has more benefits such as meals, drinks, and hot warm towels. Also ear phones and eye covers. I never wore eye covers before, but they really helped!

We arrived in Amsterdam and had a few hours wait. We found a  
See *Mt. Kilimanjaro* continued on page 10

*"We continued our training all through the summer."*

*~ Shari Cox*



**Mt. Kilimanjaro** *continued from page 9*

place to relax and stretch out. When we were lining up to board, we could see fellow hikers. You can tell by the way they were dressed: boots and hiking pants. We talked to a few of them to see what they were hiking, what route and who their outfitter was. We thought we might see them on the trail.

The flight to Kilimanjaro was packed and it was another seven-hour flight. More food, more drinks, more movies and more nap time. We got into Kilimanjaro about 9:00 p.m. It took us forever to get out of the airport. It was pretty small, but we had to do our COVID testing, go through customs, and exchange money. With a full flight it took a while.

Our guide Yusef was waiting outside for us with about 25 other guides/drivers. And we were one of the last few out. I can't imagine what it would have been like trying to find Yusef if we were one of the first ones out.

By the time we got to our hotel, which was in Moshi, it was late and we were tired. So we went right to bed. We knew we were going to have a busy next day sightseeing in the area. This one day gave us some time to adjust to the time difference. We visited a coffee plantation that was run by the Chagga people. They showed us how they manually processed coffee beans and also showed us a cave that their people had used for hiding and protection years before. They also talked to us about some of the history of their people. It was very interesting.

Kilimanjaro is made up of about 120 tribes and all have different languages. That is why they developed Swahili. Tanzania is made up of 50% Christian and 50% Muslim. They all work together and don't seem to have any racial or religious conflicts. They consider themselves Tanzanian first. People from different tribes will intermarry without issues.

We also went to a waterfall that day. It was a steep hike down, which of course means there was a steep hike up. I think this was our training hike before we were going to start hiking tomorrow. We had the evening to get our gear ready.

*See Mt. Kilimanjaro continued on page 11*

*“Kilimanjaro is made up of about 120 tribes and all have different languages. That is why they developed Swahili.”*

*~ Shari Cox*

**Mt. Kilimanjaro** continued from page 10

Since this was a three-tier trip, we had to plan our gear accordingly:  
1. Gear for hiking Kilimanjaro which we needed: sleeping bags, winter clothing (our packs could only be 30 pounds that the porters were going to carry); 2. Gear for safari which was summer clothing and cameras and binoculars; 3. Zanzibar which included snorkeling gear and we could only carry a small bag as we were in a small prop plane. Lots of juggling gear as we wanted to have the next bag packed and ready to go.

Our climb starts on our 2nd full day being in Tanzania. We were picked up by our bus that was already filled with the porters, chef, server, "doctor", assistant guide, and guide. I didn't realize we needed so many people for just 2 people hiking. We had a total of 12 people assisting us for this climb. Though, when I saw the gear and equipment that they had to bring when the first camp was set up, I realized why there are so many porters.

We had to check in at the Kilimanjaro National Park. The check-in was not just going through the gate and showing a pass. Everyone had to get off the bus and the gear had to be unloaded. They are very strict on how much the porters carry. Each bag had to be arranged and rearranged so that it was not over the weight limit in each bag. There was quite a science to all of this and interesting to watch the chef rearrange the bags. The porters carried all the tents, which included a chef's tent and a dining tent (for Theresa and me), a portable toilet, sleeping pads, our gear which included clothing and sleeping bags, buckets that they used for gathering water and hand-washing station, chairs and table for the dining tent, cooking and eating utensils, gas for cooking and, of course, the food, and their own clothing and gear! I started to feel bad that these people had to carry all of this stuff for us. Though to them, it was a job and they were happy to be working. Especially after the last year of dealing with limited tourists climbing and no work.

After that was all settled, everything was loaded back on the bus and  
See *Mt. Kilimanjaro* continued on page 12

*"I didn't realize we needed so many people for just 2 people hiking. We had a total of 12 people assisting us for this climb."*

*~ Shari Cox*



*"It is the highest free-standing summit in the world and registers at 19,341 feet."*

*~ Shari Cox*

**Mt. Kilimanjaro** continued from page 11

we traveled back down the road we had just driven up. We had to head to another side, the west side, of the mountain to where our hike was going to start.



Kilimanjaro is a dormant volcano and is made up of three distinct volcanos. It is the highest free-standing summit in the world and registers at 19,341 feet. We start the climb at 6900 feet. The hike goes through five distinct climate zones: cultivation, rain forest, heather and moorland, highland alpine desert, arctic summit. The start of our hike is in the rain forest. We did get a few sprinkles through this section. The vegetation is green and lush. We hear and see birds and monkeys. The monkeys that we saw are the blue monkey and the black/white colobus monkey. The colobus monkey looks like a skunk in marking with the white stripe down the back.

*"We hiked about 4 to 7 miles a day throughout the trek except the summit day."*

*~ Shari Cox*

The hike is fairly easy and we have a relatively short day. Most of our days are short due to taking our time climbing up in elevation. We hiked about 4 to 7 miles a day throughout the trek except the summit day. We eat our lunch on the trail this first day which was prepared and carried in. The porters needed to get our gear to camp to set up the tents and get our dinner going. So much to be done! When we get to camp, we have a dining tent and they bring us popcorn, cookies and hot water for tea, coffee or hot chocolate. It feels very luxurious to have these comforts. We even have a private toilet carried. The "doctor" is the one who carries and handles the toilet for us.



See Mt. Kilimanjaro continued on page 13

**Mt. Kilimanjaro** *continued from page 12*

There are several tents set up already. When we hike we see mostly porters. You can imagine, if we have 10 all together for carrying our stuff, you can imagine how many porters they have for bigger groups. I do have to say, I can't imagine what it would be like to have the treks in full operating mode.

Our beginning elevation and our ending elevation each day increases only about 1000' to 2000' per day. Though on some days we hike up to high elevations, but climb back to a lower elevation. This is part of the normal acclimatization routine. Most days we have snacks on the trail and then have lunch in camp. The food is very good and we are well-fed with plenty to eat. I feel bad about what we leave uneaten, but others get to finish what we don't eat.



*“Our beginning elevation and our ending elevation each day increases only about 1000' to 2000' per day.”*  
~ Shari Cox



The night temperatures get colder as we progress up the mountain. We start off cold in the morning and shortly get warmed up and take off layers. Once you are out of the rain forest section, which is only on the first day, you are out in full sun. Sunscreen and water are very important on the trail. Our guides, Yusef and Tom, are always reminding us to put on sunscreen and to drink. The water is also important for helping with the altitude.

*“The night temperatures get colder as we progress up the mountain.”*  
~ Shari Cox

Yusef and Tom are very knowledgeable about the terrain and vegetation. To be a guide, you have to hike so many hours as a porter and go to guide school. They have a lot to learn, and learn it in English. They point out the different plant species and name them. Unfortunately, my memory does not allow me to retain all the information. Though I do recognize plants that we also have at home.

See *Mt. Kilimanjaro* continued on page 14



**Mt. Kilimanjaro** *continued from page 13*

Mostly the trail is very dry. The clouds come and go regularly. Though when they are gone, we have some beautiful views. It is very impressive to see Kilimanjaro at night before the sun sets. It is amazing to think that we are going to be on top, as it looks so far away. Besides what few rain drops we had in the rain forest, and the coldness in the morning and night, we had amazing weather. It was perfect hiking weather.

Each morning our server would bring us hot water to our tent for our coffee and hot chocolate. We would pack up and head for the dining tent to have breakfast. The server brought hot porridge first and then eggs, crepes, fruit, potatoes and what appeared to be hot dogs. It is funny that we were told to bring so many bars a day during the hike - we ate very few of them because we were so well-fed.

There was one day that we actually had lunch on the trail. This was at a section called Lava Tower and it was over 15,000 feet. They set up our dining tent, the cooking tent and the toilet. Once we eat and are on our way, they have to take it all down and head to the destination camp, Barranco Hut, which is at a lower elevation. Lava Tower is a common destination because it is over 15,000 feet.

All the trails are pretty easy even though you may be going up in elevation. Not a lot of rocks or rock scrambling along the way. There was only one day that we had some rock scrambling. This was called the Barranco Wall. It was on our 5<sup>th</sup> day of the hike. It felt good to climb through some rocks like we do in the White Mountains of New Hampshire, because it was more physical. Though I needed to take a few breaks because of the altitude. The top of the Barranco Wall is a very

common rest stop for the climbers. I was just looking around, and then Theresa told me to look over to the side. Our chef, server and porters were there waiting for us. They had a table set up with popcorn and cookies with hot water and juice.

*See Mt. Kilimanjaro continued on page 15*

*“All the trails are pretty easy even though you may be going up in elevation. Not a lot of rocks or rock scrambling along the way.”*

*~ Shari Cox*



**Mt. Kilimanjaro** continued from page 14

I got very emotional to see that they did this for us. When the clouds cleared, we had an amazing view of Kilimanjaro. It is getting closer and closer!

We left the top of the wall and descended down to our next camp, Karanga Hut. After dinner we go to bed because it is too chilly to stay in the dining tent. Though we always wait for our guides to come in to check on us and talk about the day and what the next day will be like. Tom checks our oxygen level every night to see where we are at and also checks in with other possible symptoms of altitude sickness. This includes headaches, diarrhea, lack of appetite, and shortness of breath. I have



been pretty much feeling okay, but had a headache early on and didn't feel like eating. I never had taken Diamox on any of my previous high-altitude hikes, but felt like I should. I didn't want to ruin this hike because of that. My normal blood oxygen level is about 98. I would check with a monitor that I carried to see what it would be when we got into camp. At times, it was down to 72 when I first got to camp. Though, it would climb to about 78 by the end of the night.

Our last day of hiking before the summit was a short day. One reason it had to be short was because we were going to be starting the summit climb at 11 p.m. that night. We needed to find some time to relax and rest. After lunch, we went into our tent to get our gear ready and decided what to wear. It gets really cold, so I had my fleece and winter windbreaker pants, plus several layers of coats, as well as hats and mittens. I laid down a little before dinner. After dinner, we had to try to sleep. We would be getting up at 10 p.m. to get something to eat, dress, and head out.

See *Mt. Kilimanjaro* continued on page 16

*“Tom checks our oxygen level every night to see where we are at and also checks in with other possible symptoms of altitude sickness.”*

*~ Shari Cox*



*“This summit hike is only 3 miles. However, it is 4,300 feet up.”*

*~ Shari Cox*

*“Then I looked out towards where we had been climbing from and I noticed that the sky was getting lighter. That certainly changed my attitude, and at that point I knew I could do it.”*

*~ Shari Cox*

**Mt. Kilimanjaro** *continued from page 15*

This summit hike is only 3 miles. However, it is 4,300 feet up. Plus we are hiking starting at 15,100 feet and going up to 19,341 feet. The Swahili word that we heard all of the time was “polepole,” (pronounced poeleepoelee) meaning “slowly.” We were trying to get up to Stellar Point for sunrise which is about 6.30-7 a.m. So you can see how slow we were planning on going. The hardest part for me was that I was so tired. I just wanted to pull over and take a nap. I tried to see if I could close my eyes and hike. Though I knew that would not be successful. We would have rest stops along the way to get something to eat and add on more layers. At one point, I was feeling that this was too much for me. I told myself at the beginning, “don’t look at your watch.” I didn’t want to be discouraged if I saw I had only been hiking a few hours. There was one stop that Yusef was getting something out of my fanny pack and I saw my phone. It said it was 5 something. Then I looked out towards where we had been climbing from and I noticed that the sky was getting lighter. That certainly changed my attitude, and at that point I knew I could do it. Even though I was tired, but because the day was getting lighter out, I felt more energized. I can’t say that I could hike any faster but I didn’t feel the tiredness. We got to Stellar Point and it was a beautiful sunrise. Though we still needed to hike another half mile or so to get to the summit. It wasn’t steep, but still felt like a slog.



Around every corner, I thought I would see the summit. We walked along the ridge of the crater to Uhuru Peak which is the summit. We could see the glaciers, but they were not on the trail. It is sad to see that the glaciers are receding rapidly. I read that by 2025-2035 they could be gone.

*See Mt. Kilimanjaro continued on page 17*



**Mt. Kilimanjaro** *continued from page 16*

We got our pictures at the top and turned around to go back to Stellar Point. It was an amazing feeling of joy to be at the top and know that I accomplished something that not everyone can do. Going back down to Stellar Point was easy. We stopped there to rest and have a snack and water. From there, it was all downhill! We had to go back to our camp which was 4300 feet down. It was really easy, but a lot of loose dirt, rocks and scree. I felt like it was their version of snow as I was sliding through the dirt. We got back to our camp, had something to eat, and then we had to continue down to our next camp, Mweka Hut. They may be called huts, but there aren't any huts to stay in - I just didn't want you to think that there were. It was another 5000 feet down to this camp. I am not sure how many miles, but it was very slow going because at this point, we had some rocks to maneuver around. We didn't get down until about 4:30 p.m. We were exhausted and were happy to be there. We ate dinner and went directly to bed.

The final day out was a piece of cake. We had to go down 3800 feet but the trail was pretty good. At the end, there were vendors and we were able to get a well-deserved, cold soda! The porters were down long before us and the bus was already loaded. After a brief rest, we took the bus back to our luxurious lodging called the Pink Flamingo. We tipped the porters and thanked them for their hard work and



acknowledged that we could not have done it without them. They gave us an award and we sang and danced to a song that Yusef had been teaching us as we were hiking. It was quite an emotional feeling to be down, and to know that I had completed an incredible hike.

See *Mt. Kilimanjaro* continued on page 18

*“It was an amazing feeling of joy to be at the top and know that I accomplished something that not everyone can do.”*

*~ Shari Cox*

*“It was quite an emotional feeling to be down, and to know that I had completed an incredible hike.”*

*~ Shari Cox*



**Mt. Kilimanjaro** continued from page 17



I think we trained well for this hike, but no one can train for altitude. If you want to try the highest peak of a continent, this is a good one to start with.

We treated ourselves to a much needed shower and massage. We relaxed before we had to head out for the next adventure! Safari, here we come!

--Shari Cox

## Annual Slide Show

by Lori Tisdell

I always look forward to the annual slide show. It gives me, and many others, a chance to look back over the previous year's hikes, activities, and adventures. The show generally runs about 20-30 minutes with several hundred photos and music to add to the enjoyment.

I feel the most challenging part is collecting photos for the show. Most people I talk to like to see the year's retrospective. But also, most people don't send any photos to add to the show! A few years ago, when Jos Brannan was doing the show, she created a Gmail account to have a central location where club members could send photos. That worked for the first year and there were maybe 10-12 people who would send photos and several of those regularly. In 2021, there were 7-8 people and only two people who sent more than a couple emails of photos.

It has made me wonder if people aren't interested in seeing the annual retrospective. But I have heard so much positive feedback every year for each person who has volunteered to create it that I don't think that is the case. I have only ever heard 1-2 people say they'd prefer not to have a slide show.

This year I really liked the set up that Karen, Al, Rob and Lisa decided upon. They set the show up in a corner with it running throughout the evening. People could watch at any time. Though I didn't attend the holiday party, that setup seemed like the perfect way for members to watch...or not.

Hopefully in the coming year more people will send photos to the person who volunteers to do the 2022 slide show. Or that someone will volunteer to do the show!

--Lori Tisdell



***Upcoming Event:***

**Adirondacks Car Camping at Heart Lake  
Two Nights - August 9 (Tues.) and 10 (Wed.),  
2022**

Heart Lake, near Lake Placid, New York, provides the best access/trailheads to the Adirondack High Peaks. There will be easy and difficult walks and hikes, as well as swimming, canoeing and kayaking opportunities on this small lake. The nearby village of Lake Placid, as a tourist attraction, offers a variety of shops and restaurants.

We need PVHC members to respond ASAP to find out how many people can come to this club event. We have reserved 3 canvas cabins (6 people per cabin) and 2 campsites (up to 6 people per campsite). A deposit of \$50 each will reserve your spot for this event. Please send your check (made out to Susan Forrest) to: Susan Forrest, 642 Prospect St., East Longmeadow, MA 01028, and indicate whether you want to be in a canvas cabin or on a campsite. Please call us if you have any questions about the event: (413) 525-3288.

Depending on the number of people who can attend, you may receive a refund. If, for any reason, you need to cancel your reservation, you can do it three weeks before (by July 19). After that, you will lose your deposit unless you/we can find someone to take your place. There will be a waiting list if all of the spots are taken.

We will have a group meal on Wednesday night which includes hamburgers, hot dogs, and veggie burgers, with condiments. We want each attendee to contribute a side dish or dessert to the meal. Coffee will be available each morning. Wood for campfires will be provided. For Tuesday dinner, in the past there was a concession stand at the campground, or you can go into nearby Lake Placid where there are several restaurants available.

Ann Mundy was up at the Heart Lake Campground on Columbus Day weekend and said that the 4 parking lots fill up by 5 or 6 a.m. every morning and the place is very heavily used. So we anticipate that the campground will be full. If, at all possible, we need attendees to car-pool because parking space at the campground is very limited.

*See Upcoming Event continued on page 21*

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**Upcoming Event** *continued from page 20*

Currently, there is a Covid-19 policy (it currently extends to April, 2022) that requires that you are fully vaccinated and that masks are required in the ADK buildings. We'll keep you posted if this Covid-19 policy is still in place in August, 2022.

Ann Mundy has been very helpful in giving us advice and is "THRILLED" that we are continuing this club event which she has organized for many years.

—Dick and Sue Forrest

## **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 2021 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:

### Jan Renewals

Marianne Bergeron  
 Paula Christian  
 Kathy Damon  
 Gary Dolgoff  
 John and Sara Donaruma  
 Paul & Christine Duval  
 Thomas Harrington  
 Pam Haywood  
 Phyllis Keenan  
 Elizabeth Massa  
 Diane Moriarty  
 Harry (Chip) Pray &  
 Brenda Doucette  
  
 Melanie Sama  
 Cynthia Taylor  
 Ann Wood

### Feb Renewals

Pat Jorczak  
 Andrea Kalifa  
 Paul Kozikowski  
 Charlotte Lee  
 Nancy Mangari  
 Lori Martin  
 Ed McCarthy  
 Christine Pinney  
 Paul Plasse  
 Jane & Rick Ricci  
 Carol Vanderheiden  
 David Vivian  
 JB Royal

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 \$25 individual member, \$40 family, and \$15 for students)

### 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](mailto:dforrest@charter.net)

### WELCOME NEW MEMBERS

#### Nov

Barbara Pearson  
 Carolyn Smith  
 Elaine Davenport  
 Julie, Robert, Joann, Val, Marcus  
 wearle Sayer  
 JB Royal

#### Dec

Amy & Kevin Aliengena  
 Linda Casey  
 Sami Keats  
 Tibor Flothmann iii  
 Karen Lemoine  
 Marylinda Moriarty  
 Terry Nagel  
 Isabella Rzeszutek  
 Scott & Jennifer, Hunter, Smith  
 Michelle & Ben Sullivan  
 Steve & Michele Wolf  
 Loretta Yargeau



### UPCOMING EVENTS AND THE USUALS

- Mondays Morning hike
- Tuesdays Morning hike, evening hike
- Wednesdays Morning hike
- Thursdays Morning hike
- Saturdays Morning hike
- Sundays Morning hike
- Feb 1 (MA) Club Meeting
- Mar 1 (MA) Club Meeting
- PVHC <https://teamup.com/kszb8qkbizhndt3qjt7>
- Schedule of Events

## IMPORTANT NOTICES

### Next Club Meetings

February 1, 2022, 7 p.m. at **FBC**  
 March 1, 2022, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is February 20, 2022

**\*\* 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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