



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

Holiday Party 2022

by President Lori Tisdell

On Saturday December 10th Pioneer Valley Hiking Club (PVHC) celebrated the holidays and our 31st year of fun and adventure! The party was organized by Karen Markham, Al Roman and Lani Giguere – and what a great job they did! It was a wonderful evening of celebration and friendship.

PVHC had so much to celebrate as we had another terrific year. And it is because of so many members who volunteer their time and effort that make us the great club that we are.

Some of the highlights in 2022 were...

Officer elections were held in February. We had two new (well, one new and one old) officers added to the board. I returned to the board as president and Lani Giguere as secretary joining Vice President Erin Squires, and Treasurer Peggy Tibbitt.

Early in the year we created a new logo and business card. The reason for the logo redesign was to be more representative. If we are to continue to move forward, we must show PVHC embraces diversity and is representative of all people who enjoy hiking and outdoor activities.

Special thanks to Jos Brannan for creating both the new logo and the business card for PVHC.

In March the club resumed In-Person meetings, along with Zoom, mainly in alternating months when we also resumed presenting clinics! Thanks to those who participated in the clinics sharing their expertise and experiences to help other club members.

The Outreach Committee, which was started under Jim Brown's leadership, continued to meet, brainstorm ways to get PVHC more in the public eye
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*“A year ago, our membership stood at 230 and we are now 267. An increase of 16%.
~President Lori Tisdell*

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and to help grow our membership. Committee members are Erin Squires, Debbie Bombard, Cheryl Stevens, Lani Giguere, Phyllis Keenan, and me.

Deb and Cheryl led hikes open to both non-members and members. We opened our Facebook page to non-members and posted hundreds, maybe thousands, of photos of club activities. We scheduled leader training clinics, started a new member referral program (more on that later), and contacted local publications hoping to have articles about PVHC published. A year ago, our membership stood at 230 and we are now 267. An increase of 16%. I can’t say for certain their efforts were part of the increased membership – but it didn’t hurt! The committee has more planned for 2023.

In April, under Chip Pray and Rob Schechtman’s direction as maintenance coordinators, the club constructed a driveway at the Rising Corner trailhead. It took a lot of prep work, coordination, emails, phone calls and time on Chip and Rob’s part before the actual day of work. Many PVHC members volunteered, and the work was completed in a morning. Thanks to Chip, Rob and all the volunteers. It wouldn’t have happened without all of you.

August was the annual club picnic at Mt Tom. It was a beautiful day with lots of fun, games, and socializing. Many thanks to first time organizer Pat Davison, you did a great job, and her committee – Judy Alfano, Teri McElwain, Cheryl Stevens and grillers Rob Schechtman, Rick Briggs, and Mike Carrier!

And of course, the holiday party organized by Karen Markham, Al Roman, and Lani Giguere. Thank you for stepping up once again Karen and Al, and Lani for joining them as co-organizer. And thanks to Deb Bombard, Cheryl Stevens and Marie Holmes who helped with the prep work. And also, the members who came to set up and clean up tonight. It is one of the most, if not the most, anticipated social event on the club calendar.

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President's Corner continued from page 2

Holiday Party Attendees 2022

Our activities schedule was filled to the brim with day hikes, bike rides, kayaking, and walks nearly every day and many days with more than one activity! There were only 28 days that did not have an activity scheduled! That's 92% of the entire year had an activity! A huge thanks to all the PVHC hike leaders!

The multi-day /calendar was close to pre-pandemic days with the regularly anticipated ones on the calendar. Karen's memorable spring White Mt. Hut trip to Galehead along with her Lily Bay and ADK Johns Brooks Lodge in September, Al's June White Mt. Sampler, Dick and Sue leading ADK Heart Lake in July and Jim Brown leading a September biking trip and starting a new hike series - the 52 WAV. These trips are so special, creating lasting bonds of friendship between club members. They are so very important, and I thank all of you for leading them.

Thank you to all of our hike leaders – they are the backbone and mainstay of our club.

I'd like to acknowledge those who work behind the scenes to keep PVHC running smoothly. They are the unsung heroes of our club. They continue to work and support the club but without all the glory those hike leaders get!

Fellow board members, Erin Squires, Lani Giguere and Peggy Tibbitt,
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"A huge thanks to all the PVHC hike leaders!"

~ President Lori Tisdell

"These trips are so special, creating lasting bonds of friendship between club members."

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*“Many thanks to all Pioneer Valley Club Members for your support, volunteerism, participation, and generosity.”
~ President Lori Tisdell*

President’s Corner continued from page 3

Hike Scheduler Michele Wolf, Backpacking Advisor Rick Briggs, Trail Maintenance Coordinators Chip Pray and Rob Schechtman, Web Page Editor Dick Forrest, Non-Member Email Coordinator Rob Schechtman, Quartermaster Mike Carrier, *Bootprints* Editor Dick Forrest, and Greeter Table Volunteers Debbie Bombard, Cheryl Stevens, and Pat Davison.

We are all thankful for their hard work, input, help and dedication to PVHC.

Many thanks to all Pioneer Valley Club Members for your support, volunteerism, participation, and generosity. Every single one of you makes an impact on our club and helps to make it better. Without all of you we would not have lasted these 31 years!

We had one raffle and several awards to present.

The raffle was for the Referral Program and the prize was one-year free PVHC membership. During the year we kept track of people who, having been referred to the club by a member, joined PVHC. The winner was Shari Cox.

Jim Brown and Sandy Segó both received service award mugs for their service in 2021, as, respectively, club president and secretary.

Karen Markham and Al Roman received Special Recognition for their leadership in the club and taking on for the second (third really) time in a row organizing the Holiday party.

We had a new award this year recognizing first time volunteers Michele Wolf as scheduler, Pat Davison for organizing the annual picnic and Lani Giguere for volunteering on the Outreach Committee, as a Holiday Party co-organizer, and as club secretary.

Our final award was for Volunteer of the Year.

The recipient of the Volunteer of the Year award joined the club in 2015 and stepped right in as though she had been a member for years! Her considerable hiking experience prior to joining PVHC made her a great asset to the club and its members. And she was more than happy to

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share those experiences and advice.

Over the last seven years she has led numerous club hikes. In 2016 she joined the group of seven other club members working to complete the NH48, leading hikes and lending her support and experience.



2022 Volunteer of the Year

After the club pause during the early days of the Pandemic, she continued to lead hikes to help ensure PVHC would continue to thrive. When the ever-popular Thursday hikes looked as though they may end, she marshaled a group of participants to share duties and organized the weekly hike so they would continue – and so they have.

When one of our own, Harry Allen, had emergency surgery, she stepped up again. She organized a group to visit Harry, take him to doctor's visits, bring food, and generally help him through that time.

She was elected to the board as Treasurer in 2021 – volunteering while still in the midst of the Pandemic. She, along with Jeanne and Erin, and then Jim, Erin and Sandy helped continue to shepherd the club through these strange times. She continues to serve on the board and is a valuable asset and voice for PVHC. **Our 2022's Volunteer of the Year is Peggy Tibbitt!**

Congratulations to all of our awards recipients!

Thanks to all the members of Pioneer Valley Hiking Club for your participation, your enthusiasm and your commitment to PVHC.

--President Lori Tisdell

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~ President Lori Tisdell



Smurfy advice for the trail...

Of Hollers, Gaps, and Kills

by John "PaPa Smurf" Klebes

What's with all these hollers, gaps, and kills? As you hike around different geographic areas around our great country you will encounter many different terms that at first can be a bit confusing. If you are like me, you have wondered why there are so many places with the word "kill" used in the Catskills, hollers, gaps and knobs down south, and notches in New England. We hikers have an abundance of terms for geographic features and many of them are unique to certain areas. Let's jump into a few of them.

Holler – I first heard this term watching the movie "Coal Miner's Daughter." And it's a very common term heard down south when hiking the Appalachian Trail. A holler, or hollow, is a small area between two higher-elevation geographic features, such as mountains. In the southern Appalachians the term is used in many informal place names, such as Hell's Holler, North Carolina. You can think of it as a small sheltered valley between mountains where a small rural community forms and usually has a remote road and watercourse running through it.

A true holler has a head and a mouth where the head is as far as you can go up the valley and the mouth is where the creek runs into a larger stream of water. Rumor has it that the name comes from the fact that the houses are spaced along the both sides of the main road through a holler. You can "holler" from one house to the other in the narrow hollow.

Gaps – Or more regionally **gaps, passes, notches, saddles, and sags**. A lot of names for very similar geographic features. By context it seems the term gap and sag is very common in the south, while the See *Hollers, Gaps, and Kills continued on page 7*

*"A holler, or hollow, is a small area between two higher-elevation geographic features, such as mountains."
~ PaPa Smurf*

Hollers, Gaps, and Kills continued from page 6

pass is used in the west. New Hampshire seems to prefer notches and the Adirondacks saddles. You can imagine hikers in Appalachia coming to a gap in the mountains and naming it Cumberland Gap. Or wagon train pioneers heading west through a mountain range and wanting to pass through them. How to climb through the notch in the Mahoosuc Mountain Range; or the saddle-like mountain feature along the Adirondack Great Range.



See *Hollers, Gaps, and Kills* continued on page 8



"Notches are difficult to cross and usually marked by steep cliffs on either side, whereas a pass is the easier to navigate route over a gap in the mountains."

~ PaPa Smurf

Hollers, Gaps, and Kills continued from page 7

Some books describe the area between two higher-elevation land-masses, such as mountains, as a mountain pass. And differentiate gaps as similar to a pass but more rugged and difficult to navigate. Even more rugged gaps are often referred to as "notches," such as the famous Dixville and Mahoosuc Notches of New England. Notches are difficult to cross and usually marked by steep cliffs on either side, whereas a pass is the easier to navigate route over a gap in the mountains. Others consider a narrow gap in a mountain range providing access to the other side as a "pass." But for me the real distinction comes from the geographic area and local customs and they are all low points on the ridge line of a mountain chain.



Mountain Pass

"A col is the lowest point of a ridge or saddle between two peaks."

~ PaPa Smurf

This brings me to my favorite term that I see often in mountaineering books: the col. A col is the lowest point of a ridge or saddle between two peaks. The col, or saddle, provides an area, or pass, from one side of a mountain range to another. Are you starting to see why there are so many words for the same feature? A saddle is literally that shape in the mountain that is high and broad at each end and narrower and lower in the middle. The saddle typically connects the high points or mountain peaks. A col is similar to a saddle but it always connects two peaks.

Some define COL as a dip in the ridge without a road, while a GAP or See *Hollers, Gaps, and Kills* continued on page 9

Hollers, Gaps, and Kills continued from page 8

NOTCH typically has a road or well-established trail through it. A SAG is another typically southern term similar to GAP. A Sag is a dip in the ridge without a road. No matter what you call it Gap, Pass, Notch, Saddle, or Sag, it's that lower point in a mountain range that we hikers like to aim for to find the easiest route to the ridge!

Kill – A kill is a body of water, most commonly a creek, and comes from the Dutch word meaning “riverbed” or “water channel.” Why does it seem that all the names in the Catskills end in “kill”? We can look to the founding Dutch that settled in Fishkill, New York, in the early 1600's. The “kill” part in the name is the dutch word for stream.

Knob – Another common term I saw a lot on the Appalachian Trail, is the name for a prominent rounded hill or mountain used in the southeastern states. I always liked them because they seemed to always have a prominent rock outcropping that had nice views.



PaPa Smurf

*“**Kill** – A kill is a body of water, most commonly a creek, and comes from the Dutch word meaning ‘riverbed’ or ‘water channel.’”*

~ PaPa Smurf

*“**Knob** – Another common term I saw a lot on the Appalachian Trail, is the name for a prominent rounded hill or mountain used in the southeastern states.”*

~ PaPa Smurf

A few more terms that are common in my Wisconsin neck of the woods and associated with the Ice Age geographic features, as in Kettle Moraine State Park, but also are common in the New England area, are:

See *Hollers, Gaps, and Kills* continued on page 10



Hollers, Gaps, and Kills continued from page 9

Dells – A gorge cut by torrents of melt water released by a *melting* glacier or draining of glacial lakes. My backyard contains the Wisconsin Dells and the Dalles of St. Croix.

Moraine – A ridge formed by gravel, sand and boulders carried by the glacier and deposited at the outer edge, or front, of a glacier where it stopped.

Kettle – A surface depression formed when large detached blocks of ice from the glaciers were buried with sand and gravel. As the ice melted, the other material collapsed, leaving a crater-like depression.

Esker – A sinuous rounded ridge of sand and gravel deposited by the streams that flowed through tunnels at the base of the glacier as it melted. They make interesting areas to hike as the trail follows along the snake-like ridges of the esker.

Erratics – Boulders carried long distances by the glaciers and deposited when the glacier stopped and melted. They tend to be smooth and rounded and are of a kind of rock not normal to the area. The Glen Boulder, a famous glacial erratic on New Hampshire's Mt. Washington, is a good example.

Tunnels – created by a fast moving river of water formed under a melting glacier that carves a valley. After the glacier has melted, the valley often contains a series of lakes. There is a good example of a tunnel along the Tunnel Brook Trail that follows a deep valley between Mt. Clough and Mt. Moosilauke in New Hampshire.

Scree refers to loose stones, pebbles, and small rocks on a slope.
See *Hollers, Gaps, and Kills* continued on page 11

Hollers, Gaps, and Kills *continued from page 10*

Talus is a slope with bigger rocks and boulders. While sometimes used interchangeably a good way to think of them is scree is the loose stuff that is crumbled and accumulated on the base of the slope and talus is the large boulders that fall off or make up the slope itself.

And lastly, no list is complete without:

PUDs – Pointless Ups and Downs. Where the trail goes up and back down, with no views, for no reason other than the amusement of whoever laid out the trail. Several PUDs in a row are **MUDs**, which is short for Mindless Ups and Downs. Beware of PUDs. No list of hiking terms would be complete without the pointless PUDs.

No matter what you call them, a rich vocabulary of terms to describe the wonders of the hiking outdoors, will fill your friends with excitement and help create the next generation of hiking enthusiasts. So get out there and hike around some hollers, gaps, and kills.

-- 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)

"No matter what you call them, a rich vocabulary of terms to describe the wonders of the hiking outdoors,...."

~ PaPa Smurf



My Love and Hate of the Appalachian Mountain Club

by Dick Forrest

Ah, yes, the Appalachian Mountain Club (AMC). Where do I begin? Let me say that I am a member of the AMC so I don't totally hate the organization. But I don't totally love the organization either. So let's talk about some of the things I dislike about the AMC first.

First of all, I am a member of Pioneer Valley Hiking Club (PVHC). PVHC has been such a vibrant, life-enriching organization that I haven't needed to participate in or feel that I've needed to be involved in AMC activities. So the following are some of the things that I dislike about the AMC:

When I was an early member of PVHC, many years ago, I heard that AMC hike leaders did not wait for fellow hikers to catch up on the trail - they were inconsiderate of the needs of the people on their hikes. I don't know if it's true today but it has always stuck with me. Why would I want to go on a hike with other people on an AMC hike when I would be left in their dust? I might as well hike alone.

I'm a member of the Berkshire Chapter of the AMC but I don't know anything about it, despite getting their online newsletter. I don't know where they meet, I don't know the people involved, and I know very little about them. I'm sure there are good people in the AMC chapter but my needs are being met by PVHC. One specific aspect that I think PVHC has it over the AMC is PVHC's sense of community. People in PVHC get to know one another and are friendly towards each other. We are continually open to new members joining our group. And if you are willing to go on hikes to get to know people in PVHC you will be accepted by our large group of friends.

The AMC, I've heard in the past, has been nicknamed the *Appalachian Money Club*. The price to stay in their White Mountain huts and lodges, as well as membership in the organization, is becoming
See *Love and Hate of the AMC* continued on page 13

"The AMC, I've heard in the past, has been nicknamed the 'Appalachian Money Club.'"

~Dick Forrest

Love and Hate of the AMC continued from page 12

steep, at least compared to the past. The prices seem to keep going up and up to stay a night or two in any of the White Mountain huts and lodges.

Price of membership in the organization is also on the rise – just recently our family membership rose by a third. I'll have to say that their lodges are beautiful; we just dropped by the AMC Medawisla Lodge and Cabins in Maine this past summer and found their accommodations stunning. (Recently, members of the Maine Chapter of the AMC rented out the entire AMC Little Lyford Lodge and Cabins for a weekend at a significant discount and volunteers from that chapter led local hikes in the area. The discounted price for the weekend was a very good thing, however.) My question is: Where is all of this money coming from? Is it on the backs of AMC members? I don't know. One other problem that I'm aware of is the criticism that the AMC received when they built the Highland Center at Crawford Notch in New Hampshire. The local New Hampshire inns and motel owners were quite unhappy with the AMC for competing for services they already provide.

PVHC has been tasked by the AMC to maintain Sections 1 and 2 of the New England Trail in Massachusetts. Members of PVHC spearheaded the building of a bog bridge, bought with money supplied by the AMC from the federal government (former U.S. Congressman John Olver got the funds for the New England Scenic Trail with the AMC as the caretaker), on Section 1 of the trail near the Massachusetts-Connecticut line. The AMC sent a small crew to help with the bridge building. Volunteers from PVHC spent over 1500 hours constructing a prefabricated bridge, that failed to include the requisite hardware, with the help of the small AMC crew. PVHC essentially did most of the work of bridge building with some limited supervision by the AMC crew. Tension between the AMC crew chief and PVHC bridge building leaders did not help the bridge construction efforts.

Even though the AMC has several negatives there are many positives about the organization, as well. They maintain a large portion of
See *Love and Hate of the AMC* continued on page 14

"Price of membership in the organization is also on the rise – just recently our family membership rose by a third."

~ Dick Forrest



Love and Hate of the AMC continued from page 13

the trails that we in PVHC hike on. Their hut systems and lodges in the White Mountains of New Hampshire enable us in PVHC to hike safely and comfortably in the mountains.

One of the positives: Out of all the people who I knew who was part of the AMC, the one I most respected, was Pat Fletcher. He was a tireless trail maintainer for the AMC, a fine man who lived life to the fullest. There is a boulder as a memorial to Pat next to the same bog bridge which our club helped build on Section 1 in Massachusetts of the New England Trail. Inscribed in the boulder it says: In memory of Pat Fletcher, Dedicated Trail Steward and Advocate

"The AMC, as a positive, is buying conservation land in Maine,...."
~Dick Forrest

The AMC, as a positive, is buying conservation land in Maine, which from my perspective, since the paper companies in Maine have folded, has become like the Wild West. It seems like anything goes with logging trucks taking trees in Maine. The AMC is protecting more than 100,000 acres of forest and waterways, further protecting the 100-Mile Wilderness from Monson to Baxter State Park. They say that they have invested \$87.5 million to permanently protect land in that area of Maine. They say that they are addressing the issue of climate change.

--Dick Forrest

(Editorial note: The above is the opinion and perspective of one person in regard to the AMC. Differing opinions are always welcome to be published in future editions of PVHC's *Bootprints* newsletter.)



Future Events in 2023

May 19-21 - (NH) White Mt. Greenleaf Hut Trip led by Karen Markham

June 23-25 - (NH) White Mt. Sampler organized by Al Goodhind

July 14-16 - (NY) ADK Heart Lake led by Dick and Sue Forrest

September 11-15 - (ME) Acadia National Park led by Erin Squires and Lori Tisdell

September 23 - (NY) NYC Trip, led by Jeanne Kaiser and Gary Dolgoff

October 16-20 - (MA) Cape Cod Trip led by Cheryl Stevens and Deb Bombard

PVHC 2022-2023 Executive Board



Left to Right: Lori Tisdell, President; Erin Squires, Vice President; Peggy Tibbitt, Treasurer; Lani Giguere, Secretary

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 2023 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

Paula Christian
 Kathy Damon
 Gary Dolgoff
 John & Sara Donaruma
 Paul & Christine Duval
 Judy Fogg
 Galen Hammitt
 Pam Haywood
 Phyllis Keenan
 Elizabeth Mass
 Laura & Mike Moran
 Diane Moriarty
 Harry (Chip) Pray &
 Brenda Doucette
 Melanie Sama
 Ann Wood

Feb Renewals

Susan Crim
 Tanya Dragan
 Jill Franks
 Andrea Kalifa
 Charlotte Lee
 Nancy Mangan
 Lori Martin
 Christine Pinney
 Paul Plasse
 Jane & Rick Ricci
 Mark Rosenberg
 Carol Vanderheiden
 David Vivian
 Eileen & Robin Wood

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

Lori Tisdell, President
 Erin Squires, Vice President
 Peggy Tibbitt, Treasurer
 Lani Giguere, Secretary
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Lori Tisdell & Michele Wolf
 Backpacking Advisor: 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

WELCOME NEW MEMBERS

Nov

Leslie Barone
 John Della Torre
 Maribeth Erb & Mary Finn
 Tracy Harrity
 Jill Pendleton

Dec

Brenda Cortese
 Dan O'Brien
 Michael & Nancy Olbrych
 Ann Van Dyke



UPCOMING EVENTS AND THE USUALS

- Mondays Morning hike
- Tuesdays Morning hike, evening hike
- Wednesdays Morning hike
- Thursdays Morning hike
- Fridays
- Saturdays Morning hike
- Sundays Morning hike
- Jan 3 (2023) (MA) Club Meeting
- Mar 7 (MA) Club Meeting
- PVHC <https://teamup.com/ksz8qkbizhndt3qjt7>
- Schedule of Events

IMPORTANT NOTICES

Next Club Meetings

January 3, 7 p.m. at **ROC**
 February 7, 7 p.m. at **ROC**

ROC - Red Oak Church, 337 Piper Road, West Springfield

Deadline for submissions to the next *Footprints* is February 28, 2023

**** 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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 P.O. Box 225
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