



# Bootprints

The Bimonthly Newsletter of the  
Pioneer Valley Hiking Club

President's Corner:

## **An Adventure/Leader's Guide to Aid Hike Leaders**

by President Lori Tisdell

Let's talk hike leaders. Again...for the 700<sup>th</sup> time! This has been a topic of conversation for some years now. But hike leaders are a vital component of Pioneer Valley Hiking Club. The one area we are currently experiencing problems with is the weekends. We have plenty of hikes during the week – thank you to all of the weekday hike leaders! But we've had an upsurge, yes, upsurge, of younger members who are still among the working population, and they cannot hike during the week. Up until recently, we have relied on a small number of people to lead the weekend hikes. But they are not always able to do so.

An idea at the March clinic was to create an adventure/leader's guide. We are hoping this guide will help with this problem. The leader's guide will have step-by-step instructions on how to put a hike on the schedule, what to do when meeting for the hike, helpful general information, advice, gear lists, release forms, hike ratings guide, specific hikes with pertinent information and maps, etc. Oh, and of special note – specific car spotting instructions!

Jeanne Kaiser and I are working on the manual and are hoping to get it out to the club sometime in August. Jeanne and I met, decided what was needed and how to put the manual together. If you are going to do something of this scope, Jeanne is the perfect person to have as a team member!

Jeanne recently sent out an email to all current and past hike leaders. She asked them to submit a few of their favorite hikes to be included in the manual. This should give us a good basis for lots of hikes the club has enjoyed in the past and can enjoy once again with new hike leaders.

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Volume 27, Issue 4

July, 2023

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*“Our hope is that with this resource, more PVHC members will be willing to lead hikes.”*

*~ President Lori Tisdell*

***President’s Corner*** continued from page 1

The manual will be an electronic document that leaders can print out specific pages as needed. For example, the release form we ask participants to sign with an emergency contact phone number will be in it. You’ll be able to print all the information and maps pertaining to a hike a leader has shared in the manual.

Oftentimes new leaders are intimidated about leading and are unsure what to do. They may have done numerous hikes with PVHC but have never led one. Our hope is that with this resource, more PVHC members will be willing to lead hikes. If enough members lead just one hike occasionally, we will have a much easier time filling the schedule.

Thank you and happy trails!

Below is a sample of the information you will see in the manual:

**HIKE DESCRIPTIONS**

The purpose of this form is to help PVHC hike leaders, both new and current, choose good hikes and successfully complete them for the club. Please provide as much information as you can about the hike to help future leaders. Thanks!

**Location/Name of Hike:** Mt Greylock

**Meeting location:** Sheldon Field, Ferry Rd, Northampton

- Carpooling Location: Sheldon Field, Ferry Rd, Northampton, MA
- Trailhead location: Gould Trailhead, West Mountain Rd, Adams, MA

**Driving time to trail head:** 1 hour plus pit stop at McDonald’s - 1 hour 15 minutes.

**Distance of Hike:** 8 miles / 2700 feet elevation gain

**Typical amount of time to complete:** 6 hours.

**Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory):** Difficult 1

**Loop trail, Out & Back or Section Hike:** Loop Hike

**Color of Blazes (if you know):** White/Blue

**Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.):** Areas of roots, rocks, and good footing, mostly easy to moderate grades.

See *President’s Corner* continued on page 3

*President's Corner continued from page 2*

**Trail directions, as specifically as you know: (Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow-blazed trail, then take yellow...)**

Going up to the summit: On the right side of the entrance looking at the road is the start on the Brookside Trail, follow the blue blazes – at the end of the Brookside Tr go right onto the Cheshire Harbor Trail, The Cheshire Harbor Trail ends at the Appalachian Trail North - follow the AT to the Summit. Heading back to the cars - follow the AT South, at Summit Rd (paved) there is a parking area straight ahead – The Gould Trail is at the back of the parking area. Follow the Gould Trail back to the parking lot. There are a couple of side trails - do not take them. Follow the route of the attached map.

**Special Features, Views (ex. scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.):** Great views from the summit, glades, some minor waterfalls, a lovely mountain pond

**Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter)** All seasons. In winter it is usually packed out, so snowshoes aren't always necessary. Traction in the winter as the upper trails can get very icy. Mud during times of thaw.

**Recommendations for lunch spots—both before and after hike.**

Lunch at the summit!

If the leader can provide a trail map with the route, they will do so. Below is a sample (there will be full-size maps in the manual) of the map that goes with the sample hike above.





## Mt. Isolation #46

by Erin Squires

Sometimes it's not about the hike but about the people on the hike. I've attempted Mount Isolation four times only to be turned away from the hike due to weather. Well, I finally did it and it was not my final 48/4000 footer (my biggest fear was that I would finish on Mount Isolation).

Mount Isolation was the worst hike ever. Buggy, muddy, wet, rocky, 10 water crossings, a bushwhack and a never-ending downhill out. On the bright side, it was a beautiful day, the view at the summit was amazing and I hiked with a fun crew.

Misery loves company and this hike proved it. We were miserable but we marched on. We laughed, I cried and we encouraged each other to keep going. This was definitely a one and done.

The best reward, we saw a moose on the way to the trailhead.

--Erin Squires

*"The best reward, we saw a moose on the way to the trailhead."  
~ Erin Squires*



See *Mt. Isolation* continued on page 5

**Mt. Isolation** continued from page 4



== Photos by Erin Squires





Smurfy advice for the trail...

## **Everyone Knows It's Windy**

by John "PaPa Smurf" Klebes

We had some exciting wind up on Mt. Lincoln during last month's backpacking trip to Greenleaf Hut. Oh, how quickly the weather can change. It shows how little wind it takes to drastically change your hiking experience. On a warm day a welcome breeze can keep the bugs away. On one day you may risk hypothermia; and yet on another day high winds can make it nearly impossible to move.

### **How windy is too windy to hike?**

Just how windy is too windy? It really depends on the weather, temperature, how prepared you are, and how happy you want to be on your adventure. As a general rule, anything over 50 mph is risky for all but the most experienced hikers and speeds above 75 mph are hurricane force winds. In exposed terrain with limited tree cover; wind speeds above 40 mph can be very difficult to walk in. On a good day below 40 mph can be okay or even adventurously fun. But add moisture, cold temperatures, poor clothing choices and/or exposure, and you could be in for a miserable time or risk hypothermia. I would suggest turning back if there is a chance of winds above 50 mph in all conditions. And think twice before hiking long distances in conditions that sustain winds above 35 mph. Remember, even if you don't mind the wind, it can make balancing as you cross rocks and tough terrain difficult and dangerous. But the biggest danger is how quickly it can drop your core body temperature and induce hypothermia.

### **How to estimate wind speed using visual clues**

While taking a long range precision shooting class recently I realized how hard it is to estimate wind speed. But there are some basic visual clues you can use to guess the approximate wind speed. The Beaufort scale relates wind speed to observed conditions and a few key points are presented in the table below:

See *It's Windy continued on page 7*

*"In exposed terrain with limited tree cover; wind speeds above 40 mph can be very difficult to walk in."*

*~ PaPa Smurf*

**It's Windy** continued from page 6

<b>Beaufort Force</b>	<b>Wind Speed (mph)</b>	<b>Seamen's Term</b>	<b>Effects on Land</b>
Force 2	4-7	Light Breeze	Wind felt on face; leaves rustle
Force 4	13-18	Moderate Breeze	Dust, leaves and loose paper raised up; small branches move.
Force 6	25-31	Strong Breeze	Large branches of trees in motion; whistling heard in wires
Force 7	32-38	Moderate Gale	Whole trees in motion; resistance felt in walking against the wind
Force 12	73 or higher	Hurricane Force	Violence and Destruction

I picked a few points of critical interest from the extensive Beaufort Scale. As you feel the wind push on your face a little you can guess the wind is under 10 mph. As the wind starts to move branches it's getting stronger. As it progresses from small, to larger, to whole trees, you are passing through 20 to 30 mph and should be more aware that you should be concerned with the high winds. As you start to feel resistance to walking against the wind you are around 35 mph and should become concerned in most situations.

**What about wind chill?**

Wind speeds below 25 mph or scattered gusts below 35 mph are usually relatively safe. But that changes with wind chill. Wind chill is a term used to describe what the air temperature feels like to your skin due to the combination of the cold temperatures and winds blowing on exposed skin. This is exaggerated by moisture which conducts heat faster. So, in higher winds and/or with damp or wet air or clothing, the real felt temperature is much lower. This is why we always say to avoid cotton, which keeps dampness near the skin and

See *It's Windy* continued on page 8

*“Wind chill is a term used to describe what the air temperature feels like to your skin due to the combination of the cold temperatures and winds blowing on exposed skin.”*

*~ PaPa Smurf*



*“When evaluating the safety of hiking in high winds you need to take in the exaggerated effects of colder temperatures and/or wet or damp conditions.”*

*~ PaPa Smurf*

### ***It's Windy*** continued from page 7

avoid hiking in high winds in rainy or damp weather. It can be relatively warm in temperature but the wind chill can create a much colder effect on your exposed skin. When evaluating the safety of hiking in high winds you need to take in the exaggerated effects of colder temperatures and/or wet or damp conditions.

### **Plan and prepare for windy hikes**

One of the key parts of the ten essentials in having the right clothing options for changing weather conditions. In high winds your best defense is to cover exposed skin to avoid heat loss. As you come near an exposed ridge or area in high winds, stop short of the exposure and regroup to put on layers. It's always easier to put stuff on before you go into the higher winds. Start with a windbreaker or rain coat and long pants to block the wind from chilling you down. Additional options are a hat and gloves and even a neck gator or bandanna to cover exposed areas. Even in the heat of summer I always bring a very thin pair of gloves and beanie cap for just this reason. Limiting the exposed skin will stop you from losing heat and risking hypothermia.

As you move forward in higher winds be hyperaware of your footing and expect gusts. The wind resistance is greater near the ground so lean into the wind. The wind down at 2-3 feet above the ground can be 10-15 mph slower than up at head high. Bend forward, or crouch over, and keep most of your body in lower wind speeds. This will also make you less of a wind sail to push against.

Consider alternate routes that are lower and in more sheltered areas with trees or hillsides that mitigate most of the wind. Stay away from cliffs, exposed ridges, and rocky climbs. Dress in layers and be ready to add layers before you get chilled. Hiking poles also can provide

See *It's Windy* continued on page 9



***It's Windy*** continued from page 8

more stability in the wind. And be careful when looking at that map. It's easy for the wind to tear it out of your hands. As the wind conditions change be ready to alter your plans and adapt your hike by using escape routes or turning back.

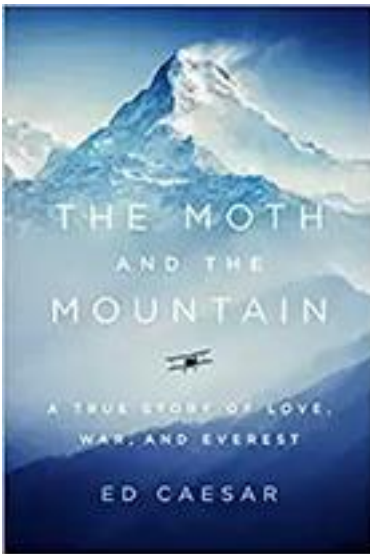
Remember the basics: Be aware of the weather, bring your ten essentials, including the right clothing, and be ready to turn around. Respect the power of the wind and adapt to your environment and you can still enjoy the grand outdoors!

--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))



PaPa Smurf



Book Review by Dick Forrest:

**The Moth and the Mountain: A  
True Story of  
Love, War, and Everest**  
by Ed Caesar

This is one of the best books I've ever read. What criteria do I have for that statement? Above all, I had a hard time putting the book down. I enjoyed the writing style, and was amazed by the thorough research undertaken to create this book. It's a work of nonfiction, a true story as the title says. The story is incredible, and incredible is probably the best word that I can use to describe this intriguing story.

So what's the story? Maurice Wilson, a regular bloke from an industrial town in the Yorkshires of England, enlists and is sent to the European front in World War I. When you think of the front in World War I you should think of trench warfare. He's one of the lucky ones who survived the war with a bad injury to one of his arms. After the war, he then travels to exotic places, like New Zealand, to make a new life for himself. He has various relationships with women that never seem to work out. We learn that he has a close relationship with a married couple in England who he spends much time with. In fact, we find out that he's infatuated with the married woman.

Maurice Wilson, having acquired some money from a previous marriage, hatches a fantastic plan to buy an airplane, crash land it on the lower slopes of Mt. Everest, and climb to the top of the highest mountain in the world, thereby achieving fame and fortune. In reality, he buys a used de Havilland Gypsy Moth biplane (hence the name "Moth" in the book title), takes flying lessons, and then flies half way around the world from southern England in the northern hemisphere to Darjeeling in eastern India in the southern hemisphere. This was all without permission from the British government. See *The Moth and the Mountain* continued on page 11

*"...hatches a fantastic plan to buy an airplane, crash land it on the lower slopes of Mt. Everest, and climb to the top of the highest mountain in the world, ..."*

*~ Dick Forrest*

***The Moth and the Mountain*** *continued from page 10*

at every stage of his journey. The fact that he made it all the way to India in his biplane in 1933 is a spectacular feat in and of itself – so he didn't actually crash land his plane on the lower slopes of Everest as he originally intended. From Darjeeling, Wilson hires three porters and disguises himself as a Tibetan monk, for the purpose of not being arrested by the authorities who are on the lookout for him, and sneaks into Tibet.

Maurice Wilson walks with his small entourage to the base of Mt. Everest and starts to climb Mt. Everest from the Tibetan side of the mountain. I'm sure that he thought to himself, "How hard can it be?" Other British expeditions to Mt. Everest had failed to reach the summit and he wanted to be the first person to do it. What's really fantastic, unrealistic, is that he has no climbing experience. He has no foot traction and is attempting to climb the tallest mountain in the world without foot traction and oxygen. He has no conception of what he's doing. He makes one attempt, realizes that he won't make it, and barely makes it back to his porter team who have retreated to a nearby monastery. On a second try, he has his porters go with him up the mountain to Camp III, and then he continues on by himself. Knowing that Edmund Hillary and Tenzing Norgay were the first people to reach the summit of Mt. Everest in 1953, you can guess what happened to Maurice Wilson. No he wasn't successful and he gave up his life for a fanatical dream.

I picked this book out of the stacks in the hiking/adventure section of a local library and thoroughly enjoyed reading it. This book was less about love, more about war and about an incredible dream of conquering a mountain in 1934 that would never come to fruition. But the fact that he made it almost all the way to the mountain by flying his own plane half way around the world not many years after the Wright Brothers attempted their maiden flight at Kitty Hawk was an incredible feat in and of itself. This book was published in 2020 and Ed Caesar is a very talented writer.

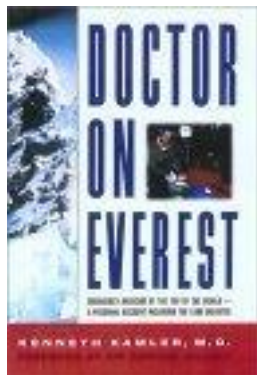
--Dick Forrest

*"What's really fantastic, unrealistic, is that he has no climbing experience."*

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*"But the fact that he made it almost all the way to the mountain by flying his own plane half way around the world ... was an incredible feat in and of itself."*

*~ Dick Forrest*



*"I was curious about what kinds of medical problems on Everest that the doctor had to contend with."  
~ Dick Forrest*

Book Review by Dick Forrest:

**Doctor on Everest: Emergency Medicine at the Top of the World  
— A Personal Account Including the 1996 Disaster**

by Kenneth Kamler, M.D.

Before Dr. Ken Kamler published this book in the year, 2000, he is a renowned hand surgeon (and to this day still happens to be) with a dream – he wants to climb Mt. Everest. What I wanted to know when I picked this book out of the library stacks was, as a doctor, how was he treating people on Mt. Everest. I have heard of HACE (High Altitude Cerebral Edema) and of HAPE (High Altitude Pulmonary Edema). I was curious about what kinds of medical problems on Everest that the doctor had to contend with.

There is a great photo or illustration at the beginning of the book which shows the traditional route from Nepal up the face of Everest. It shows the Khumbu Icefall (the route through an unstable frozen waterfall where you have seen pictures of people walking on flat ladders, sometimes two or three tied together, above and across deep crevasses), and the position of Camp I on a flat section at the top of the Icefall. Camp II (22,000' elev.), further up the mountain, is just above a relatively flat section called the Western Cwm (pronounced "koom"). Camp III (24,000' elev.) is at the base but very steep section of the 27,890 foot mountain called Lhotse. Camp IV (26,000' elev.) is on a relatively flat section of mountain called the South Col between the Everest summit and the summit of Lhotse. The summit of Everest is pictured at the top of the image at 29,035 feet, and looks to be a very steep climb.

In the several years that Ken Kamler tried to climb Mt. Everest he never did make it to the top of the mountain. However, one year, he  
*See Doctor on Everest continued on page 13*

**Doctor on Everest** *continued from page 12*

did make it up to Camp IV. It seems that as an expedition doctor that he was always treating patients either at base camp or on the mountain itself. There is a great color picture in the book of all of the medical supplies laid out in a big pile in a medical tent at base camp, of all of them that he took with him to base camp – four big plastic containers of medical supplies which the yaks carried in. If Dr. Kamler wasn't treating climbers he was treating the Nepali Sherpas. Sometimes he treated people for either broken bones, snow blindness, diarrhea, dehydration, extreme frostbite, HACE, HAPE, various extremity injuries, among other ailments.

Unfortunately people die on the mountain. Kamler described one incident when a Sherpa named Kami, after dropping his load at one of the camps above the climbers who were coming up the mountain, in his haste to impress and get down the mountain fast – Sherpas often didn't clip into the rope to get down the mountain quicker – shot past them (Ken and others who were climbing up to the camp) in a free fall of 2,000 feet. Another incident described in the book was of a Sherpa who fell into a crevasse. The other Sherpas were able to get him out of the crevasse but he died despite efforts to save him. You may have heard of or read that there were 12 fatalities on Mt. Everest this year, 2023, about double the average number of fatalities on the mountain in any given year.

You may have read Jon Krakauer's bestseller, [Into Thin Air](#). Well, Ken Kamler was on the mountain that day in 1996 and he treated some of the survivors. Hence, the reference to that disaster is in the subtitle of this book. You may recall in that disaster that Beck Weathers, who was given up for dead on the mountain, regained his ability to descend the mountain, and descended alone. Beck's hands and his nose were severely frostbitten, if you've seen pictures, they were actually black in color, and Dr. Kamler helped him recover from these injuries. Here's a link to a TED talk, entitled *Medical Miracle on Everest*, by Dr. Kenneth Kamler (the medical miracle was the survival of Beck Weathers): [https://www.ted.com/talks/ken\\_kamler\\_medical\\_miracle\\_on\\_everest](https://www.ted.com/talks/ken_kamler_medical_miracle_on_everest)

See *Doctor on Everest* continued on page 14

*"It seems that as an expedition doctor that he was always treating patients either at base camp or on the mountain itself."*

*~ Dick Forrest*



*"...you get the sense that, even though he regretted not reaching the summit, he loved the camaraderie with his climbing buddies and made many lifelong friends during attempts to achieve an arduous common goal."*

*~ Dick Forrest*

***Doctor on Everest*** continued from page 13

Overall, the book is enjoyable and highly readable, Kamler relates his experiences over several years at base camp and on the mountain in a very interesting style. He is his expedition's doctor but he also treats many people from other climbing teams. You also get the sense that he feels guiltier about being away from his loving wife and children than he does about his practice. He's a micro-surgeon with a delicate touch – he operates on people who might have severed their hand in an accident and restores that damaged appendage back to life and usability. At the end of the book, you get the sense that, even though he regretted not reaching the summit, he loved the camaraderie with his climbing buddies and made many lifelong friends during attempts to achieve an arduous common goal. He also knew when it was time to hang up his ice ax.

--Dick Forrest





## **Future Events in 2023**

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

**August 12** - (NH) Liberty & Flume 4K - led by Erin Squires

**August 20** - (MA) PVHC Annual Picnic - organized by Pat Davison

**August 25-27** - (NH) 52 WAV weekend - organized by Jim Brown

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

**September 19 - 25** - (ME) Maine Camping Trip, Lily Bay State Park - organized by Karen Markham

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

**September 29- October 1** - (NY) Johns Brook Lodge (JBL) - led by Karen Markham

**October 3-4** - (NY) Biking Trip - overnight Millerton, NY - organized by Jim Brown

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

**December 9** - (MA) PVHC Annual Holiday Party - organized by Karen Markham, Al Roman, Lani Giguere

## 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:

### July Renewals

Nikki Abromson  
 Diane Berg  
 Luann Bianco  
 Rick Briggs  
 Kathy Brown  
 Elizabeth Case  
 Pam Chandler  
 Amy Cohen  
 Matthew DiNatal  
 Kimberly Duval  
 Tina Garde  
 Mike Gross  
 Constance Janik  
 Jeanne Kaiser  
 James Kidd  
 Denise Lauze  
 Patrick Love  
 Norm Plante  
 Fred Riotte  
 Robert & Lisa (Frigo)  
 Schechtman  
 Sandy Segó  
 Heather Wardrop  
 Bill Wright  
 Carol Wood  
 Heidi Zajonc

### Aug Renewals

Virginia Ahearn  
 Harry Allen  
 Marie Bienvenue & Albert  
 Gagliarducci Jr  
 Zita Boscher  
 Stephanie Bustos  
 Patricia Davison  
 Dick & Sue Forrest  
 Carol Geoffrey  
 Dave Giese  
 Joseph & Judith Haseltine  
 Karen Hidalgo  
 Gabriella Horvay  
 Dan Klimoski  
 Loe (Lutze) Kornet  
 Marty Kounitz & Susan  
 Mellinger  
 Barbara & Andy Kowal  
 Jean Lynch  
 Lisa Morrin  
 Ann Mundy  
 Don Neuwirth  
 Shari Scott-Smith

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: \$20 individual member, \$35 family, and \$10 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: Jos Brannan & Lori Tisdell  
 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](mailto:dforrest@charter.net)

## WELCOME NEW MEMBERS

### May

Terry Camerlin  
 Debi Garlick  
 David Goldfarb  
 Ruth Harper  
 Steve Harvester  
 Judith Koretz  
 Marna & Michael Shields

### June

Lisa Grenier  
 Lynn Rappaport  
 Ryan Wendell



### UPCOMING EVENTS AND THE USUALS

- Mondays Morning hike
- Tuesdays Morning bike, evening hike
- Wednesdays Morning hike
- Thursdays Morning hike
- Fridays
- Saturdays Morning hike
- Sundays Morning hike
- July 11 (MA) Club Meeting
- Aug 1 (MA) Club Meeting
  
- PVHC <https://teamup.com/ksz8qkbizhndt3qjt7>
- Schedule of Events

## IMPORTANT NOTICES

### Next Club Meetings

July 11, 7 p.m. at **ROC**  
 Aug 1, 7 p.m. at **ROC**

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

Deadline for submissions to the next *Footprints* is August 20, 2023

**\*\* 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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