



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

PVHC Presidential Responsibilities

by President Lori Tisdell

As you all know, from my incessant hounding, three members of the PVHC Executive Board are retiring at the end of this term. We had a special meeting in June and talked about the duties and responsibilities of all the board members. But most specifically the three positions that will be opening up - president, VP, and secretary.

We do have interested parties for VP and secretary – thank you! However, no one has expressed an interest in the office of president. I'd like to use this month's article to talk about being president - the duties, responsibilities, and rewards. But first...

I am leaving the board at the end of this term not only because I must, due to PVHC term limits, but because I am ready to leave after a total of 10 years on the board. I served 3 years as secretary, 2 as VP and 2 as president in the 2010's and the last 3 years as president. I've had people say that we can change the bylaw for term limits so I could continue as president. Though that's very flattering, I am sorry, but no. I have done my duty and have been happy to do so - seriously, it has been an honor and (mostly) a joy, to serve. I think I have done a good job for PVHC, but it is time for me to leave the board. The last several terms we had new blood on the board and will have more in the next term. This is a good thing! We have over 300 PVHC memberships, which is a lot of people who could serve with lots of great ideas and input for PVHC. As the club moves forward, we need more voices and new ideas.

I have loved serving on the PVHC board and found so much pride in seeing our club grow over the years. There is something that feels so good knowing I have been a part of that growth. That I have been able to give back to PVHC when it has given so much to me. This club changed my life
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*“I’m going to be really honest here – it should not be this hard to get someone to step up when a board member retires (especially president).”
~ President Lori Tisdell*

President’s Corner *continued from page 1*

for the better in friendships, in confidence, in ability, in strength, and in learning how much satisfaction comes from knowing I have made a difference. I would not change the time I spent on the board.

I’m going to be really honest here – it should not be this hard to get someone to step up when a board member retires (especially president). It is a continuing issue that takes up so much of our time (and angst) during the year trying to find someone new to serve. Sometimes, people express an interest and volunteer and that is a wonderful thing! But also, sad that we are so relieved when someone volunteers!

So, on to the...

President’s Responsibilities

1. Attends and leads all Executive Board Committee meetings, regular club meetings, and any special meetings of the Board and/or club. Responsible for preparing agenda items.

This must be done twice a month, once for the club-wide meetings and once for the board meetings. I created the original agenda for the first board meeting I led and kept that format moving forward. I work off the previous month and add and delete and update items, so it generally doesn’t take too long. I ask the other board members if there are any agenda items that need to be added. I would say it takes about 20-30 minutes. As I think of items for the agenda, I write them down in my “PVHC President” pad, so I don’t forget.

Board meetings are currently held once a month via Zoom and take about 45-60 minutes. The club meetings are also once a month and are held in- person and via Zoom. They start at 7:00 and usually end by 8:30 including the social time after the meeting is adjourned. As president, I usually arrive at 6:30 to set up the Zoom and audio-visual equipment as needed.

2. Assist in making decisions regarding Policies and events with the Executive Board members.

These are made on a monthly basis at the board and club meetings
President’s Corner continued on page 3

President's Corner *continued from page 2*

3. Ensures all functions of officers, committees, and the club are carried out.

The PVHC officers and committees are really good so other than updates and occasional questions, they run smoothly.

4. Communicates club policies and resolves club issues.

As issues come up, they are discussed at board and club meetings

5. Maintains E-mail distribution

I send a weekly email and it probably takes the most time overall of all the jobs I do. However, I feel communication is very important. Depending on what's happening in the club, there are announcements, activities, trail closures, etc., it takes on average about 30-60 minutes to craft. When we stopped using the monthly printed calendar and went to Teampup, we didn't have a listing for future events, so I incorporated that into the weekly email. And then people started asking about the old social email distribution and how to get on it and was anyone taking care of it. So, I decided to just add a social activities announcement to the weekly email, so everyone had access.

I also answer emails from club and non-club members asking for information or relating club business. There are not a lot of those though and Rob receives most of the non-club member emails.

It's hard to say exactly how many hours a month I spend on club business because some months I have more to address than others. I would say maybe 20ish hours a month, including time spent at the two meetings I lead.

If you are interested in serving as president, please contact me and I will be more than happy to answer any questions you may have. To ease the transition, I am also more than happy to spend time with the new president to show them the agendas, Google docs, email, and any other necessary information. I will also write how to docs for sending club wide emails, logons, etc.

President's Corner continued on page 4

"I would say maybe 20ish hours a month, including time spent at the two meetings I lead."

~ President Lori Tisdell



*“Please consider serving if you want to have your voice heard, want to make a difference, or want to give back to PVHC. ”
~ President Lori Tisdell*

President’s Corner continued from page 3

Each person who serves as president has their own style of leadership. There isn’t a “set” standard of how each person should be president. There are specific duties and responsibilities that must be performed but there is leeway. Some presidents delegate more than others, and some like to keep a closer rein on things. There is no right or wrong. So, if you are interested, don’t think that you must be exactly the same as someone who came before you. You will have your own style and as long as the responsibilities are carried out, that is the most important thing.

Please consider serving if you want to have your voice heard, want to make a difference, or want to give back to PVHC. This club has changed so many of our members’ lives. I assure you, it’s probably (almost certainly) not as hard as you think it is!

--President Lori Tisdell

Smurfy advice for the trail...

Feel the Heat!

by John "PaPa Smurf" Klebes

Summer is finally here. No more bulky clothes to stay warm, the bugs are dying down, and there is nothing like a sunny day with a cool breeze on a mountain ridge. But sometimes it's just too hot. Being hot and sweaty can be a downer and sunburn and chaffing are real issues. We talked about chafing in the July 2022 issue of *Bootprints*. (<https://pioneervalleyhikingclub.org/wp-content/uploads/2023/03/bp2022july.pdf>), and I'm sure everyone knows the importance of sunscreen. But hot summer weather also brings the very real danger of hyperthermia or heat exhaustion and heat stroke.

Hyperthermia is when your body is so overwhelmed it can no longer regulate your core temperature. It's basically the opposite of hypothermia (See Nov. 2019 *Bootprints*. <https://pioneervalleyhikingclub.org/wp-content/uploads/2023/03/bp2019nov.pdf>) where the body is too cold. It's just as dangerous and can sneak up on you if you are not careful in hot weather. It's particularly acute with the high exertion of hiking. It's important to know how to recognize the symptoms in yourself and others, how to prevent it, and how to treat it.

WATCH FOR SYMPTOMS

Before heat stroke hits you, you will experience heat exhaustion. The combination of heat and sun can dehydrate you quicker than you think. Before the onset of heat exhaustion you will notice that things are feeling a little wrong. You may get a headache, feel tired and your muscles a little shaky or weak. Ignore these early signs and you will begin to get more severe symptoms, such as excessive sweating, extreme thirst, extreme fatigue, nausea, muscle cramps, abnormal heart beats, and even chills. Noticing symptoms in the early stages of heat exhaustion can significantly lower the risk of serious complications.

See *Feel The Heat!* continued on page 6

"Hyperthermia is when your body is so overwhelmed it can no longer regulate your core temperature."
~ PaPa Smurf



“Left untreated, heat exhaustion will quickly develop into heat stroke...Left untreated, heat stroke can lead to delirium, unconsciousness, and death.”

~ PaPa Smurf

“Stay Hydrated...Wear Appropriate Clothing....”

~ PaPa Smurf

Feel the Heat! *continued from page 5*

Left untreated, heat exhaustion will quickly develop into heat stroke. Heat stroke can quickly lead to irreversible injuries and death and is one of the deadliest dangers of hiking in hot climates. Extreme fatigue and breathing issues occur. The skin will feel dry and hot to the touch and the absence of sweating are significant signs. A body temperature of 104°F or greater with dry, warm skin is considered an extreme case and can lead to death. Your body is basically shutting down as it's ability to sweat and cool the body's core temperature has failed. Heat stroke should be considered an extreme emergency and professional help or rescue may be needed. Left untreated, heat stroke can lead to delirium, unconsciousness, and death.

PREVENTION

It's always better to prevent symptoms before they happen.

Stay Hydrated: Take regular drinking breaks. Under hot conditions you may need to double or triple the amount of liquids you usually take in to stay hydrated. I try to take on almost a half liter to a liter of water every hour. You can include fluids that contain electrolytes, such as sports drinks or supplements. If you are only drinking water be sure to also keep eating and snacking to supplement the mineral and electrolytes you are losing in sweat.

Feeling thirsty is not a good measure of when to drink. Your body is already being stressed before you may notice your thirst. Keep hydrated so that you don't get to the point of feeling strong, thirst issues. A sign of good hydration is a pale, light-colored or clear urine. If you urine is bright yellow you are already dehydrated and the absence of a need to pee is a red-flag warning.

Wear Appropriate Clothing: Wear cool, breathable clothing and a broad-brimmed hat with sun screen. Nothing that holds in the heat. But be aware that you can have too little coverage which may also leave you overexposed to the sun. It may be wise to wear light-colored, loose pants and a long sleeve sun shirt to keep the sun off your skin. Lightweight, breathable, moisture-wicking fabrics are best. See *Feel the Heat!* *continued on page 7*

Feel the Heat! continued from page 6

Slow Things Down: Summer heat is not the time to race up the trail. Overexertion can build up heat faster than your body can get rid of it. Slow down your pace so your body doesn't overheat. You might also try hiking with a wet bandanna wrapped across your neck or kept handy to wipe down your face and neck from time to time.

Take Rest Breaks and Snacks: Keep eating light snacks. In the heat you may not feel like eating and loss of appetite/nausea is also an early sign of heat exhaustion. Bring small, salty, high-protein snacks to eat, like jerky, nuts, seeds, and protein bars, as well as dried or fresh fruits. This will also help resupply nutrients and electrolytes lost in sweat. Take frequent breaks in shaded areas to allow the body to cool down and avoid overheating.

Avoid the Sun: Avoid extended, direct-sun, exposed areas by walking in shaded areas when you can. Avoid hiking on days of extreme heat and/or avoid the hottest parts of the day. Try hiking in the evening or stay in shaded areas as much as you can. Sun hats, light-colored breathable, long sleeve shirts and pants, and sun umbrellas can provide mobile shade while you hike.

TREATMENT

Stop and Rest: Find a cool shady spot and sit or lay down and rest. Stop as much physical activity as you can so your body can start to cool down and recover. Remove excess layers, backpacks, shoes, and socks to allow better air circulation. If you can't find shade at least try blocking some of the sun with a brimmed sun hat or umbrella. You can try creating shade with a tarp, raincoat, tent fly or hanging out under the shade of a rock or tree.

Keep drinking fluids: Keep hydrated with both water and added electrolytes. Sip water slowly.

Get out of the heat: Apply cooling aids, such as a wet bandanna, or pour water over a tee shirt. If a stream or pond is nearby try wading in or soaking your feet to quickly drop body temperature.

See *Feel the Heat* continued on page 8



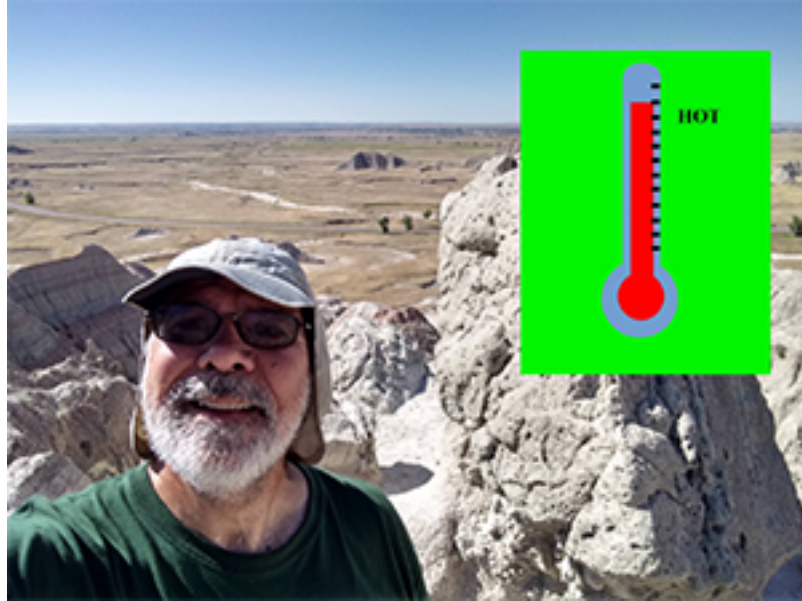
PaPa Smurf

*“Slow Things
Down...Take Rest Breaks
and Snacks...Avoid the
Sun...”*

~ PaPa Smurf

*“Stop and Rest...Keep
drinking fluids...Get out
of the heat...”*

~ PaPa Smurf

**Feel the Heat!** continued from page 7

*“Simply slow down your
pace, take more breaks,
and keep well-hydrated.”
~ PaPa Smurf*

If you keep yourself aware and on the lookout for early symptoms of heat exhaustion, in both you and your hiking partners, you can keep symptoms in check. Simply slow down your pace, take more breaks, and keep well-hydrated. Take early symptoms seriously and you can enjoy the many wonders of hiking even on very hot days.

Stay cool and have fun.

--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)

Book Review by Dick Forrest:

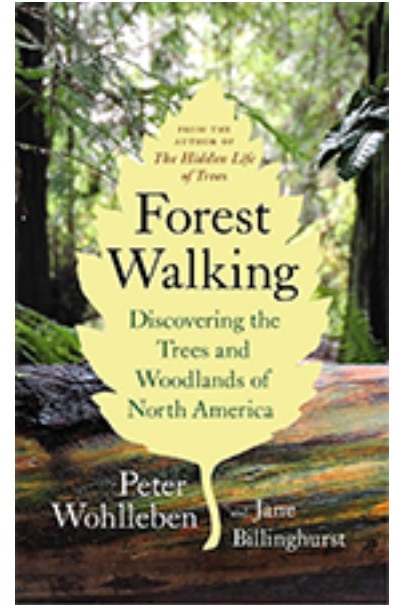
Forest Walking: Discovering the Trees and Woodlands of North America

by Peter Wohlleben and Jane Billinghamurst

Peter Wohlleben is a forester/land manager based in Hümmel, Germany. In the community of Hümmel in the Eifel Mountains of western Germany, Peter found a community which shares his values concerning the sustainable management of forests. He is a proponent of sustainably managing forests, meaning instead of clear-cutting whole swaths of trees as a forester, he selectively commercially culls, and preserves, and manages woodlands. As a scientist, he understands the biology of the woodlands that he manages. He likes to give people tours of those woodlands. In the May edition of *Footprints*, I reviewed Peter's first book entitled, The Hidden Life of Trees: What They Feel, How They Communicate – Discoveries from a Secret World (<https://pioneervalleyhikingclub.org/wp-content/uploads/2024/05/bp2024may.pdf>). Jane Billinghamurst is an American who lives in the Pacific Northwest and is Peter's field researcher in North America for this book.

What's this book about? Imagine that you are on a walk in the woods with Peter and imagine that he is telling you about the myriad of things that you've really never thought about right in front of you. The first chapter is what you would encounter on one of Peter's walks in the forest – it's titled "Total Immersion." As an environmental educator, he wants you to use all of your senses when touring a forest with him: your sense of taste, your touch, your sight, your sense of smell, and your sense of hearing. The quote at the beginning of the book conveys a succinct and lovely message: "To all who set out to explore a forest, may you find many wonders and delights."

The next chapters speak about roots, what trees can tell you, and of See *Forest Walking continued on page 10*



“Peter found a community which shares his values concerning the sustainable management of forests.”

~ Dick Forrest



Forest Walking continued from page 9

leaves, nuts, and seeds, and the beauty of bark. This gives you a clearer picture of what this book is all about. Peter uses Jane Billingham's field research through her travels in North America to complement his text. I get the sense that Peter is writing from Germany and that Jane is supplying supporting material for his book from the field in North America. To me, it's interesting teamwork.

The life of a forest is not permanent but ephemeral. Like us, trees grow and trees die. When we hike we see dead trees in the woods all the time. But the thing about trees is that there are so many living creatures that are dependent on their decay. Peter writes about the importance of decay and about the creatures who are the decomposers in the forest.

Peter is good at interpreting the forest for children and providing activities to help them learn. He likes to lead walks in the forest at night and also likes to be in the forest during the different seasons. He talks about different foods found in the forest which both wild animals and humans eat. He likes to view wild animals in the forest. He writes about differences among different predominant tree species in various parts of the United States. This is a small taste of what Peter's book is about.

This is Peter Wohlleben's second book which is packed with information about trees and woodlands in North America. Peter is a keen observer of nature and a well-read scientist who knows a lot about his chosen field of work. From my perspective the best parts of Peter Wohlleben's book are when he incorporates the field work of Jane Billingham into his text, which helps to illuminate the walks and tours in forests which he is so fond of.

--Dick Forrest

"This is Peter Wohlleben's second book which is packed with information about trees and woodlands in North America."
~ Dick Forrest



Future Events in 2024

July 11-17 - (ME) Baxter State Park organized by Lani Giguere - (there is a **waitlist** for this event)

August 11 - Annual PVHC Picnic organized by Amy Cohen

August 15-18 - (ME) Mount Blue State Campground in Weld, Maine, organized by Karen Markham & Al Roman

September 9-12 - (NY) Adirondacks High Peaks Backpacking Trip organized by Lani Giguere

September 15-22 - (ME) Lily Bay State Park Campground in Greenville, Maine, organized by Karen Markham

September 26-29 - (NY) Johns Brook Lodge (ADK) organized by Karen Markham - (there is a **waitlist** for this event)

October 21-25 - (MA) Cape Cod Trip organized by Cheryl Stevens & Debbie Bombard

December 7 - Annual PVHC Holiday Party organized by Karen Markham, Al Roman, & Lani Giguere

PVHC 2024-2025 Executive Board



Left to Right: Judy Alfano, Treasurer; Lani Giguere, Secretary;
Chip Pray, Vice President; Lori Tisdell, President

Important Membership Renewal Notices

The following memberships are up for renewal:

July Renewals

Diane Berg
Luann Bianco
Rick Briggs
Kathy Brown
Elizabeth Case
Pam Chandler
Amy & Len Cohen
Kimberly Duval
Krystyna Galipeau & fam.
Tina Garde & Mike Gross
Erin Holman
Constance Janik
Jeanne Kaiser
Wendy & Jerry Long
Patrick Love
Eddie Mientka
Jeffrey & Marian Parentela
Norm Plante
Fred Riotte
Rob Schechtman & Lisa F.
Sandy Segó
Heather Wardrop
Garrett Westcott
Linda Wolf & Landon R.
Carol Wood
Bill Wright
Heide Zajoric

August Renewals

Virginia Ahearn
Harry Allen
Marie Bienvenue & Al Gag.
Stephanie Bustos
Patricia Davison
Deidre Doherty
Dick & Sue Forrest
Carol Geoffrey
Joseph & Judith Haseltine
Karen Hidalgo
Gabriela Horvay
Dan Klimoski
Lou (Lutze) Kornet
Marty Kounitz & Susan M.
Barbara Kowal
Jean Lynch
Ann Mundy
Don Neuwirth
Shari Scott-Smith
Joe & Noel Stella
Brian Stimson
Gabriele (Gabi) Strauch
Nina Wilder
Heather Wyman

Please renew early, and renew by mail. (Make checks payable to Pioneer Valley Hiking Club (PVHC)) Mail your renewal with your name and any address or phone number changes to:

Pioneer Valley Hiking Club
PO Box 225
West Springfield, MA 01089
(Dues are: \$25 individual member, \$40 family, and \$15 for students)

Pioneer Valley Hiking Club Officers

Lori Tisdell, President
Chip Pray, Vice President
Judy Alfano, 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

WELCOME NEW MEMBERS

May

Brenda Cortese
Joshua DeLand
Carol & Tom Permar
Susan Reeder
Melissa Stello

June

Karen Brown
Richard Howitt
Mike Kurowski
Stefanie Laituri
Anna Viadero



UPCOMING EVENTS AND THE USUALS

- Mondays Morning hike
- Tuesdays Morning bike ride,
evening hike
- Wednesdays Morning hike
- Thursdays Morning hike
- Fridays
- Saturdays Morning hike
- Sundays Morning hike
- July 2 Club Meeting
- August 6 Club Meeting

- PVHC [https://teamup.com/
ksz8qkbizhndt3qjt7](https://teamup.com/ksz8qkbizhndt3qjt7)
- Schedule of Events

IMPORTANT NOTICES

Next Club Meetings

July 2, 7 p.m. at **ROC**
 August 6, 7 p.m. at **ROC**

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

Deadline for submissions to the next *Footprints*
 is August 20, 2024

**** 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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