



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

Responses to September's Club Survey

by President Lori Tisdell

In September, the board sent out a survey to all PVHC members asking a set of questions. They were designed to see if the club is meeting members' needs and to address those that we may not be meeting. There were almost 50 respondents. Many had detailed and thoughtful answers to the questions we posed.

Thank you to all those who took the time to respond to the survey. I will summarize the responses to all the questions and what the board decided would be good first steps towards addressing the needs that were brought to our attention.

The questions we asked were:

- Where would you like to hike?
- Would you like to see more easy, moderate, or difficult hikes on the calendar?
- What is the best time to meet? On Saturday? On Sunday?
- Would you like to see more Saturday or Sunday hikes on the schedule?
- Would you like to become a leader (you can decide the hike location and difficulty) but are concerned about leading? Would you like to have leader training?
- What would motivate you to participate in weekend hikes?
- Are there any other concerns, questions, or comments on a category or question not listed? Please be candid and specific.

President's Corner continued on page 2

Volume 28, Issue 6

Nov, 2024

Inside this issue:

Important Renew- 20
al and Member-

Upcoming Events 21
And The Usuals

Important Notices 21

Special points of interest:

- Lori Tisdell's
President's Corner
article on page 1
- Lynn Gebo's
article on page 6
- Judy Alfano's
article on page 8
- Jacqueline Sheehan's
article on page 12
- Future Events
on page 18



“More than half the respondents wanted to see more easy, easy/moderate, and moderate hikes on the calendar.”

~ President Lori Tisdell

President’s Corner continued from page 1

Where would you like to hike? Of those who answered, more than half wanted local destinations within an hours’ drive, a quarter 2 hours or more driving distance for bigger hikes and the rest had no preference. For the most part, the PVHC schedule is in line with those figures. The board didn’t feel we needed to address it.

Would you like to see more easy, moderate, or difficult hikes on the calendar? More than half the respondents wanted to see more easy, easy/moderate, and moderate hikes on the calendar. About a quarter wanted moderate difficult ones with 1/10th looking for more difficult hikes. A few others like the current mix.

The board was a little surprised that so many of the respondents wanted to see more easy/moderate hikes on the schedule. There were comments about having only or mostly, more difficult hikes on the week-ends. A couple of leaders added easier to moderate hikes to the November/December calendar at the last hike planning meeting.

What is the best time to meet? On Saturday? On Sunday? There was a bit of a surprise here. Not for Saturday as about 2/3’s of the members like to meet 8:00AM – 9:00AM or have no preference and a quarter later than 10:00 AM and afternoon. The surprise was that more than 1/3 of respondents were looking for Sunday late morning/afternoon hikes. About ¼ like mornings and the rest had no preference.

As Saturday’s generally meet in the morning, we did not feel any changes or additions need to be made. However, a couple of us have added Sunday late morning/afternoon hikes to the November/December calendar to accommodate the request for Sunday afternoon hikes. We hope to see many of you sign up!

Would you like to see more Saturday or Sunday hikes on the schedule? This was equally divided by the same number of people asking for more Saturday and Sunday hikes. Almost as many had no preference and a 5th preferring weekdays. The club has a hike nearly every Saturday and Sunday, so we didn’t feel the need to makes changes there.

President’s Corner continued on page 3

President's Corner continued from page 2

Would you like to become a leader (you can decide the hike location and difficulty) but are concerned about leading? Would you like to have leader training? The answers to this question was the most surprising of all. Of those who responded, 19 of the 26 either wanted to be, or were possibly interested in, leading hikes. This is huge! PVHC has been asking for members to lead hikes for a long time as we continue to have mainly the same people leading over and over again. So, thank you to all those who expressed interest in leading. Many also wanted training.

We heard! We have formed a leadership training committee and will be meeting soon to work on a training program for those who are interested. Initially we will meet via Zoom as that seems the easiest and the best way for all to meet to start. With the input of those interested, we will work on helping club members become PVHC leaders.

What would motivate you to participate in weekend hikes? There was not too much that stood out as a majority of respondents making a specific request. 15% wanted to have hikes similar to Wednesday – more easy/moderate hikes. Which was addressed in the 2nd question. Next at 10% was longer hikes in new locations. And at 10% shorter hikes and slower pace. The rest were 1 or 2 offs. There were 2 requests for allowing dogs. That isn't going to change as Bylaw # 14 states "Pets are not allowed on any P.V.H.C. event."

Are there any other concerns, questions, or comments on a category or question not listed? Please be candid and specific. Highlights - 8 people thought we were doing a good job/no changes needed. Pacing (slower or add pace in description), calendar confusing, would like a printed calendar. Below are some of the specific comments – and thank you for your candid comments!

"...plainer, better directions on how to reach the rendezvous point... town, an address, geo coordinates, landmarks, distances between junctions, - sometimes just more detail."

President's Corner continued on page 4

"Of those who responded, 19 of the 26 either wanted to be, or were possibly interested in, leading hikes. This is huge!"

~ President Lori Tisdell



*“In the spirit of being candid and specific, for me personally I am reluctant to join certain weekend hikes because of pace.”
~ Responder to the September survey*

President’s Corner continued from page 3

“My hesitation is related to pace. I wish there was a posted speed for each hike so that I could chose the ones that fit me. It is not comfortable to be the slowest or the fastest. Not knowing the pace of a given hike leader has definitely prevented me from feeling comfortable attending.”

“I’ve only attended a few hikes but have really enjoyed the ones I made it to. Everyone was very welcoming which was helpful since I have a lot of anxiety which makes group activities difficult for me.”

“In the spirit of being candid and specific, for me personally I am reluctant to join certain weekend hikes because of pace. I am a turtle and I move slowly up and slowly down. I don't want to do easy hikes - I like difficult hikes at a slower pace. I know the club leaders wait at trail junctions, etc. for the slower hikers, but as a slow hiker, it is never fun to be the last person up or the last person down while everyone else is standing there waiting. I wonder if the club might consider adding pace to the hikes?”

“I am a SLOW hiker. Folks have been good about checking in, offering shortcuts, and waiting. I have my own list of rabbit and tortoise hike leaders. Maybe a pace rating would help people know when to join hikes.”

“I appreciate the hikes have a rating (easy, Mod2, hard ,etc.) as that helps me know what to expect and to choose appropriate hikes.”

“One of the things that I had noticed starting with the pandemic is that people were hiking more and that hikers got stronger and so the hikes in general to me became harder to some degree... So for me who is only one person I would love more let’s say 4 to 5 miles or six if there was not a lot of elevation or difficulty.”

” Appreciate when it lists elevation and if it rises quickly. Overall, hike leaders are doing a fabulous job trying to accommodate so many different hiking abilities.”

President’s Corner continued on page 5

President's Corner *continued from page 4*

"Many members of the club are now retired, as I am, and prefer to do our hiking during the week. When I first joined the club in 2001 most, if not all of the hikes were on weekends only. I feel that the club is meeting the needs of our club members."

"Five to six miles with some elevation is my comfort zone."

"This is a great club and I appreciate all that people do. I am a fairly new active member and enjoy being a part of it. By being more active I am able to see what is what and where I fit in. I have the time to do that at this point in my life. It was harder when I was working to figure things out without the time. "

Back to me...thank you to all the members who responded to the survey. PVHC will continue to strive to provide a variety of activities and levels of difficulty for all members. And please remember you all have a voice, and we are always open to suggestions, ideas and comments. Our monthly meetings on the first Tuesday of each month is an open forum where you can share your thoughts. Or you can send an email to: pvhc.hikingclub@gmail.com if you are uncomfortable speaking in front of people. Thanks again!

--President Lori Tisdell

"This is a great club and I appreciate all that people do. I am a fairly new active member and enjoy being a part of it."
~ Responder to the September survey



Thanks to Deb and Cheryl for a Fantastic Week at the Cape

by Lynn Gebo

"You are both awesome!! Thank you very much for all you do for our club. It is very much appreciated."

~ Lynn Gebo

WOW! I want to publicly thank Deb and Cheryl for organizing a truly fantastic week at the Cape. You both did an amazing job, from sending out early emails to get people to book their rooms to encouraging members to put on hikes and bike rides. You were both very welcoming to all of us as we arrived at the Cove Motel. Setting up our nightly campfire was surely appreciated as the evenings cooled off. You are both awesome!! Thank you very much for all you do for our club. It is very much appreciated.

I would also like to thank Chris Pinney for leading our bike ride on the Shining Sea Bike Trail on Monday. We started in North Falmouth and rode into Woods Hole and back about a 21-mile picturesque ride! What a great way to break up the long car ride from Western MA.



(photo by Betty Lempke)

On Tuesday 14 of us joined Betty Lempke for a fantastic bike ride on
Thanks to Deb and Cheryl continued on page 7

Thanks to Deb and Cheryl *continued from page 6*

the Cape Rail Trail a short distance from our motel. We had many stops to take in the ocean, some of us walking in the sand barefoot. Betty did a great job knowing where all the bathroom stops were along the way! Thanks, Betty, for being such a prepared leader! It was a perfect day!

Wednesday I chose to hike and took advantage of John Fortune's leadership as did 29 other club members. Our first adventure with John was about a mile long hike to a beautiful beach where seals oftentimes hang out. I guess the seals never got the message as only one showed up! Unfortunately I missed it. We then drove to another beach location where we hiked over dunes and along the beach which was beyond gorgeous! My feet were aching to be set free to feel the sand between my toes. It seemed crazy to be walking barefoot along the water's edge in late October, but I am so glad I did! Just perfect! Thank you so much, John, for a wonderful day.

On Thursday I joined the hike led by Chris Pinney as she was as going to a place I had been over 20 years ago and wanted to revisit. I made a good decision as the day was perfect! I believe there were about 18 of us on this hike which took us through woods and here again along another one of the Cape's magical beaches. The hike was listed to be 6 miles, so Chris, being a responsible leader, took a group of hikers on her planned route while 6 of us decided we wanted a little more of nature's beauty so under the leadership of Joe Stella we continued on for another mile before we headed back. Thank you so much Chris and Joe for a truly memorable day!

On Friday morning in the Cove parking lot one could observe groups gathering together saying their farewells to one another with plenty of hugs. What a heartwarming sight!

Some of us were not quite ready to call the week over. Shari Cox along with 5 followers ended our fabulous week by riding the Canal Bike Trail before we headed home. That put the icing on the cake! Thank you, Shari!

I am so glad I went on this Cape trip. Thank you so very much, Deb and Cheryl!

--Lynn Gebo

"Thanks, Betty, for being such a prepared leader! It was a perfect day!"

~ Lynn Gebo

"Thank you so much, John, for a wonderful day."

~ Lynn Gebo

"Thank you so much Chris and Joe for a truly memorable day!"

~ Lynn Gebo



A Spectacular Week for the 2nd Annual PVHC Cape Cod Trip

by Judy Alfano

It was a spectacular week for the second annual PVHC Cape Cod trip, once again led by Debbie Bombard and Cheryl Stevens. On Monday afternoon fifty (50!) PVHC members and friends descended upon the Cove Motel, taking up more than half their rooms. Our sincere apologies to the non-PVHC hotel guests who mistakenly assumed midweek in late October would be a peaceful time to visit Orleans. We're a lot of things, none of them quiet!

Deb and Cheryl could not have been better hosts – first they found us the awesome Cove Motel, as the website states 'on the waterfront in Orleans'. The east facing dock provided a great spot for early risers to watch the sun come up over the Orleans Town Cove. Groups of even earlier risers headed over to Nauset Beach for an ocean view. Each of those sunrises launched another perfect day – we packed for fall and got summer!

At great personal sacrifice, Deb and Cheryl scouted the best local bakery for us, choosing the Cottage Street Bakery just steps from the hotel. I'm told the coffee was amazing, I was far more interested in the almond croissants. Besides all the baked goods, there were a variety of unique homemade soups. But seriously, those almond croissants. Good golly.

There were multiple gorgeous seaside hike and bike ride options each day, and bunches of happy hikers and bikers back at the hotel each night. Thanks so much to all the hike and bike ride leaders - you rock!

There were sunset viewing outings each evening, many a lobster roll consumed and cranberry bog visited, even some outdoor yoga thanks to our new friend Russ, son of our longtime friend Joanne F.
See *2nd Annual Cape Cod Trip* continued on page 9

"Deb and Cheryl could not have been better hosts...."
~ Judy Alfano

2nd Annual Cape Cod Trip continued from page 8



(photo by Christine Pinney)

There were shorter hikes at nearby Fort Hill (no, not the brewery), lighthouses to visit, shore birds to watch, high tides and kettle ponds, sand dunes and cedar groves, easy boardwalk walks and sandy beach trudges, one massive erratic (no climbing!), shopping and sightseeing in Provincetown, endless mounds of Montauk daisies, and seal watching along pristine Cape Cod National Seashore beaches (thank you JFK!). Gosh those seals are cute.

Many thanks to Shari C. for introducing us (well at least me!) to Province Lands with breathtaking views of the dunes of the Cape in all their autumnal glory from the visitor's center's rooftop observation deck. The Province Lands bike trail winds through the dunes and a sweet beech forest – but the prize discoveries were the GIGANTIC bolete mushrooms found by our favorite aspiring mycologist, Nora D!

One of our hardest members took an ocean swim every day – can you guess who? Here's a tiny hint, though I doubt you'll need it! KM

In case all this wasn't enough to keep us busy, Deb and Cheryl set up a table with local brochures and more Cape Cod hike and sightseeing ideas.

See *2nd Annual Cape Cod Trip* continued on page 10

*“...lighthouses to visit,
shore birds to watch,
high tides and kettle
ponds, sand dunes and
cedar groves, easy
boardwalk walks and
sandy beach trudges,....*

~ Judy Alfano



2nd Annual Cape Cod Trip continued from page 9



(photo by Lezzelz Lalou)

*"Evenings were for fire pit gatherings under twinkly stars with moonlight shining on the cove."
~ Judy Alfano*

Evenings were for fire pit gatherings under twinkly stars with moonlight shining on the cove. Our ever-thoughtful hosts decorated the patio with autumn tablecloths and fairy lights. Thanks to those folks who brought wood and tended the fires. The conversations were loud and lively, with plenty of laughs. There may have been wine.

When high winds finally sent us inside on Thursday night, it was time for raucous games of Mahjong and Farkle in the Cove's upstairs Community Room.

See 2nd Annual Cape Cod Trip continued on page 11

2nd Annual Cape Cod Trip continued from page 10



(photo by Ron Morrisette Jr.)

Friday morning came far too quickly. Many headed home after check-out, but others took advantage of another stellar day to visit the Sandwich boardwalk or bike along the Cape Cod Canal. An amazing end to an amazing week!

We asked attendees for their thoughts on the trip, and everyone shared many of the same sentiments. Chuck S's comments sum it up nicely:

"What a great trip! Deb and Cheryl did a fantastic job putting together this trip with 50+ people! Lots of good company and things to do including biking the rail trails, hiking the dunes and paved paths, dinners in the local restaurants, games and fire pit conversations! And phenomenal weather!!"

Deb and Cheryl have already decided to host the third annual PVHC Cape Cod trip Monday October 20th through Friday October 24th, 2025. Hope to see you there!

-- Judy Alfano

"An amazing end to an amazing week!"

~ Judy Alfano



*"If not for the Pioneer Valley Hiking Club, I would never have had the courage to live out my dream of walking the Portuguese Camino."
~ Jacqueline Sheehan*

Notes from an Occasional Hiker Walking the Camino by Jacqueline Sheehan

If not for the Pioneer Valley Hiking Club, I would never have had the courage to live out my dream of walking the Portuguese Camino. I received wonderful advice from experienced hikers, some of whom have walked various Caminos more than a handful of times, including Deb Bombard and Cheryl, Carol and Tom Permar (who knew about so many apps), and Shari Cox who hiked solo. But like all good advice, some of it went unheeded.

My friend Jane Mortifee and I booked with Santiago Ways, for October 7 – 20 after many phone calls and lots of comparisons with other companies. This company booked our rooms, provided breakfast, and transported our luggage. All we had to carry was carry a light day pack. Imagine, just walking, that's all we had to do. No checking email, no working, not riding the tide of our daily regimes, but instead, just putting one foot in front of another.

As I learned, just walking blossoms into an array of other details. Are there rocks to walk over, are they dry or slick, and are the cobblestones loose? Remember to shorten your steps going uphill. On the downhill, let the walking poles take the work off your knees. Did you sweat off all the sunscreen? Did you put sunscreen on the back of your neck? When you greet other pilgrims on the path, remember to say, *Bien Camino*, which translates as *Good Way* except we all knew it meant, *keep going, you can do it!*

There are several approaches to take when walking the Camino. As several of our PVHC members have done, you can carry everything on your back, winnowing belongings down to the minimum. You can also be adventuresome and count on finding an available room when you get to your destination each day, hoping for a nice bunk in a hostel, pension, or hotel. Or you can book ahead. Or like us, you can use a company like Santiago Ways. I am not one bit embarrassed by our See *Walking the Camino continued on page 13*

Walking the Camino continued from page 12

choice and we dubbed it The Princess Tour. All we had to do was carry a light pack with water, snack food, and rain gear. But we did have to walk 100 miles.

After walking the Portuguese Camino, I have a few suggestions. There are other Camino routes, some starting in France, Spain, and another one runs down the center of Portugal. They are all different, some much longer, and some with greater changes in elevation. But my suggestions should hold for all the Caminos.

Fair warning: I'm not a well-researched, down to the last hiking gear kind of walker, so my suggestions aren't for the super-experienced Camino-walkers. These are the basics and may you learn from my follies.

1. **Cotton or no cotton.** It would be difficult to be clueless about the merits of quick dry clothing on a hike and cotton is anything but quick dry. I knew this. I've advised people on exactly this. "Cotton is not your friend," I'd say to anyone, including those who See *Walking the Camino* continued on page 14

"After walking the Portuguese Camino, I have a few suggestions."

~ Jacqueline Sheehan



Walking the Camino continued from page 13

hadn't even asked. But somewhere along the line when I was packing, my fifteen-year-old self, the oppositionally defiant one, appeared with hands on her hips and announced that just because everyone else is wearing the REI uniform doesn't mean I have. You can't make me. You'll have to excuse her; I never know when she'll show up.

So cotton t-shirts were packed and worn and drenched in sweat, and after washing them out in the evening, they did not dry by morning. My patient and fully equipped travel buddy suggested, "Try using the hair dryer on them."



My suggestion: Pack the silly quick dry shirts and pants.

2. **Hats.** My fifteen-year-old, fashion conscious gal didn't want an REI hat. Instead, I packed my favorite straw hat, which had served me well on local hikes and even a PVHC trip to Italy. But guess what a straw hat is not good for? Rain. Straw hats absorb water in an impressive way, especially when walking through Hurricane Kirk on day two. Out of our twelve day hike, we had eight days of rain, some harder than others and some days only a steady drizzle but six or seven hours in a steady drizzle is still a lot of water.

My suggestion: get the water proof hat that ties under your chin.

See *Walking the Camino* continued on page 15

*"My fifteen-year-old, fashion conscious gal didn't want an REI hat."
~ Jacqueline Sheehan*

Walking the Camino continued from page 14

3. **Rain.** I was prepared with a bright yellow rain poncho that I had picked up at a garage sale in the remote chance that it might rain. It folded up into a tiny package and when called into duty, it covered me and my day pack. For the days of drizzle, it was fine. But on day two, we ran into Hurricane Kirk which we didn't know was a hurricane. We just thought, "Wow, this is a really massive, windy rain storm." With hurricane force winds and horizontal rain, my yellow garage sale poncho flapped all over.



"I was prepared with a bright yellow rain poncho that I had picked up at a garage sale in the remote chance that it might rain."

~ Jacqueline Sheehan

My suggestion: either use waterproof covers for the pack and bring a good raincoat that covers your thighs or use a heavy rain poncho.

4. **Shoes.** I have never liked hiking boots. Everyone's body is constructed with slight differences, including our feet and ankles and my feet are unhappy in hiking boots. I know that I'm an outlier in this regard and I've heard all the rave reviews from fellow hikers about their favorite hiking boots. My trail runners from Altra, with their wide toe box, have served me well for years. They have good tread, flexibility, and comfort. What they are not is waterproof, at least the ones I have. Fortunately, I brought two pair of trail runners, so while it took two days to dry out one pair of shoes, I had another pair to wear. In the evenings, the wet pair was stuffed with newspaper, and yes, the hair dryer was called to service again.

My suggestion: Bring waterproof shoes, whether they are trail runners or hiking shoes. Gortex is our friend.

See *Walking the Camino* continued on page 16

"Bring waterproof shoes, whether they are trail runners or hiking shoes. Gortex is our friend."

~ Jacqueline Sheehan



*"Don't get blisters, but if you do, buy Compeed."
~ Jacqueline Sheehan*

Walking the Camino *continued from page 15*

5. **Feet.** I almost escaped blisters, but on day eight, after days of wet/dry/wet/dry with my leaky shoes, the bottom of my little toe developed a blister. And then the next day, I had a hot spot on the joint of my big toe. I used moleskin, but on the longer days, the moleskin caught on my socks and became dislodged. What worked far better than moleskin was Compeed, <https://www.compeedusa.com>, found in every pharmacy in Portugal and Spain. It is super thin so you won't even notice that you have it on and far more effective than moleskin. Whatever you use, attend to a blister or hot spot the moment they appear.

My suggestion: Don't get blisters, but if you do, buy Compeed.

6. **To Sim card or not to sim card.** We decided to go au natural rather than downloading an e-sim card to our phones. We wanted a break from being constantly connected. And most of the time we didn't need Google Maps. The Camino is marked well enough with the ubiquitous yellow arrows. But finding our hotels was a different matter. We ended up asking so many people for directions, who then looked at their phones and showed us Google Maps.

My suggestion: download an e-sim card. Just be sure to follow directions about how and when to install it.

7. **The language.** While the people in Portugal and Spain were patient and helpful at every turn and very often spoke enough English so we could all communicate, it would have helped to freshen up my traveler's Spanish.

My suggestion: Spend 15 minutes a day for a few weeks on Duo Lingo studying Spanish, or better yet, sign up for a Spanish class at the International Language Institute in Northampton. Your tuition helps to fund English classes for new immigrants.

See Walking the Camino continued on page 17

Walking the Camino continued from page 16

8. **The Camino Culture.** There is something special about interactions on the Camino. It's like everyone brought their best selves, with loads of kindness, generosity, and acceptance. Conversations with strangers were deep and meaningful. Many people are traveling the Camino for spiritual reasons, struggling with grief, break-ups, or re-evaluating their lives. Now that I'm home, I miss the Camino.

My suggestion: Take the spirit of the Camino into everyday life and be as kind, generous and empathetic as the cobbler who fixed my hiking poles, the woman in Spain who drove us to our hotel when we were lost and whipped by Hurricane Kirk, and all the people who kept pointing us in the right direction. Be like the pilgrims on the Camino. That's my goal.



*"It's like everyone brought their best selves, with loads of kindness, generosity, and acceptance."
~ Jacqueline Sheehan*

--Jacqueline Sheehan



Future Events

2024

November 16-17 - Taft Lodge led by Karen Markham

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

December 21 - Solstice hike led by Chip Pray & Brenda Doucette

2025

April 19 - NYC Day Trip organized by Jeanne Kaiser, Gary Dolgoff & Lori Tisdell

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:

Nov Renewals

Marie Babbitt
 Karen Chaffee
 Terry Champiney
 Lynn Gebo
 Richard Harris
 Tracy Harrity
 Mary Heaner
 Kent Johnson
 Sandy Lemanski
 Christine O'Malley
 Vearle Sayer
 Chuck Serafin
 Mark L Smith & Barbara
 Veale
 Carolyn Smith
 Martha Spiro
 Kathleen Stewart
 Lori Tisdell & Jos Bran-
 non
 Paul Weaver
 Phyllis Wheeler

Dec Renewals

Christine Hunter
 Teri McElwain
 Mary & Kate Moriarty
 Michael & Nancy Olbrych
 Ann Van Dyke
 Steve & Michele Wolf
 Jean Zimmer

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 mem-
 ber, \$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

September

Patricia Applebaum
 Chris Boyd
 Liz Brown
 Celeste Demarsico
 Anne Muench
 Penny Pitts
 Lisa Ryan
 Mary Tigner-Rasanen
 Mike Winters

October

Julie Bermant
 Michael Delaney
 Brenda Jorgensen
 Elizabeth Post
 Carolyn Young



UPCOMING EVENTS AND THE USUALS

- Mondays Morning hike
- Tuesdays Evening hike
- Wednesdays Morning hike
- Thursdays Morning hikes (2)
- Fridays
- Saturdays Morning hike
- Sundays Morning hike
- November 5 Club Meeting
- December 3 Club Meeting

- PVHC <https://teamup.com/ksz8qkbizhndt3qjt7>
- Schedule of Events

IMPORTANT NOTICES

Next Club Meetings

November 5, 7 p.m. at **ROC**
 December 3, 7 p.m. at **ROC**

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

Deadline for submissions to the next *Footprints* is December 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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