

BOOTPRINTS

Volume 9 Issue 3

May 2005



Hunter Mountain

By Rick Briggs

Originally I listed this hike as both backpack and dayhike as it would have been easy to do either but since this was Easter weekend I decided a dayhike would be just fine.

As it turned out there were just 4 of us going anyway so Sybille and I rode out with John and Ann Marie in John's

new van. This was Sybille's last hike before she departed for Wisconsin.

We arrived at Stony Clove Notch around 9:30 a.m. and although the trail was packed snow around a foot deep, we decided to put on snowshoes as the snow was no doubt deeper at the 4000' level.

The first several miles of trail are on the Devil's Path which was last year's Ed Laroche Death March. It is quite steep climbing out of the notch for a mile or more and then the trail climbs gradually to a shelter at the Hunter Mountain trail junction. At first it was very warm as we were angled directly into the sun which was very strong under the deep blue sky.

As we climbed in elevation the snow became much deeper and it clung to all the spruce trees. It still seemed like midwinter up here.

We snowshoed along a long ridge that eventually led us to a ranger station and fire tower that marked the 4020' summit where we ate our lunch in the bright sun. The top of the fire tower was encrusted in ice so you had to be careful with your footing, but the view was worth it.

When it came time to head back down we were going to retrace our route but Ann Marie suggested we try a more direct route down. So we located the trail which was unbroken and we headed down. We soon learned why it was so direct as the trail dropped right off the steep east face of Hunter. Then the trail

traversed across the top of a steep bowl as it headed down which made it difficult to keep your footing. I think Ann Marie was cursing this part of the



PVHC Pizza & Pool Party at WEU

trail. We did make it down quick though and came out on the road about a mile from our car. John immediately started thumbing and one of the first cars stopped. He was so startled he couldn't find his car keys at first- I think they were in his pocket.

We had a nice dinner at a diner in Hunter, NY and drove home. That was my final winter hike of the season.

- Rick Briggs

Bartholomews Cobble

By Frank Kamlowski

On Saturday, April 16th the annual Bartholomews Cobble workday was a huge success with a total of 18 volunteers. It was a beautiful day with the temperatures in the high 60s. We moved a bridge, cleared brush and also burned a lot of brush that was cut down in January.





Back at the parking lot Mike and Monica moved a huge pile of stones around the area. After we completed our workday, about three hours, we had a guided tour of the ledges trail (about a half mile) and were shown the different flowers and vegetation. We ended up at the lodge for lunch; which consisted of baked ham, turkey, salad, vegetables, chips and cookies.

After lunch and socializing with each other some of us took a walk up to Hobarts Hill (about 2 miles) where we had a beautiful view on a clear day with the temperatures in the low 70s by now.

After going back to the lodge and saying our goodbyes I thanked Sara for the wonderful meal that she always puts on. She mentioned that how the club members always works together and goes above and beyond expectations.

We could not move a bridge in another location because it was in a wet area from rain the week before and I mentioned to her that i would take a ride up sometime this summer look it over and see if we can get a few volunteers to move it in the fall.

I want to thank all of you that helped out that day it is people like you that makes this club a huge success. Thanks to Norm Plante, Rick Briggs, Ed Laroche, Al Goodhind, Jack Leary, Roz Gwozdz, John Klebes, Ann Marie Visconti, Carol Vanderheiden, Rita Blaze, Charlette Westhead, Dick and Sue Forest, Dave and Theresa Pierepont, Mike and Monica Gross.

- Frank Kamlowski

Henhawk Trail

By Michael Reed

Henhawk Trail and High Ledge Hike, April 24. As you may recall, the weekend of the hike was rather wet. As I stood looking out my window at 8:20 AM, the first of the "Umm, it's kinda wet outside, so we'd gonna pass this time" calls came in (I won't mention any names!), and I was anticipating a washout, in more ways than one. But, not hearing from any of the other promisees, I proceeded to the gathering place at



the Norwottuck Trailhead and, to my surprise, the "what rain?" remnant (i.e. the true hikers) were there waiting for me: Norm, Rick & Ann (Wood). And, wouldn't you know it, no more rain. Nice.

Next stop, the Henhawk Trailhead along Nash Hill Road in Burgy, where we met Judy Treu and her friend from PA. I will spare you the details of the course of the hike, which I spelled out in an earlier e-mail, and focus on the more exceptional aspects. First some math: 55-60% of the hike was on forestry roads and, after 2 to 3 inches of rain, 70% of these roads functioned as streambeds during the hike. Everyone but I of course had waterproof boots on, so I did lots of rock and gravel bar hopping, and thereby (thinking positively) doubled the hike's exercise value! And, taking the initiative here before someone else does, I will admit to getting us lost--but only for 10 minutes, honest.

The highlight of the hike, I thought, was our lunch spot at the confluence of Avery Brook and a smaller unnamed brook in the heart of the Conway State Forest. After all the rain, the brooks were swollen and invigorating to hear and watch. Kodak moments were aplenty, but, alas, absent our hike club queen, nary a camera was to be had. Although shady, this spot has an open understory carpeted by pine needles, with logs for sitting and even a makeshift grill. (Next time, I might offer it as a hike and cookout!)

Finally, the most direct passage out of this locale was across a half-timber spanning the aforementioned unnamed brook and then beneath an apparent outdoor survival group's wooden archway, adorned with a raccoon skull, that Norm proclaimed to be the "Portal of Death." Having survived this, we headed southward along the Sinkpot Road streambed back to the trailhead, where I was heartened to hear Norm pronounce it to be a "good hike," high praise indeed.



REMINGTON LODGE

March 5-6, 2005

- as always, a grreat! time...

By Gary Dolgoff

Originally put on by our former & honored members Terry & Sandy Cripps, 'Remington' has become a Club yearly tradition!

And no wonder: Nestled up in the very rural area of West Cummington, it's a rustic & spacious lodge, loaded with atmosphere & warm spirits.

This year, I organized it with Ann-Marie (she ended up doing the lions' share of the work, admittedly, as I went to Florida shortly before this event- tho I did do alot of the 'food planning', along with her...)

-The place outdid itself this year, serving up awesome, delicious four-course meals (which of course we appreciated even more, as we either went on various hikes in small groups, skiing with Ann-Marie, or the multi-hour road walk [we were the 'road warriors', so to speak]- led by 'yours truly')!

At night in the Lodge, the feature presentation is Norm leading us in a game of Guesstures, wherein teammates must visually convey stuff for the teammates to guess...without words (Klebes couldn't believe that Stephanie correctly guessed 'cow',

from my wild gestures...we all got some good laughs from that!).

By around 10-11pm, most of us left for our various homes, smiling tho weary...'nother great day with the Club...(A few folks stayed overnight...)

- Gary Dolgoff



Notchview Ski during Remington Lodge Getaway

Northampton Dinner & Walk

APRIL 20, 2005 -

...'record attendance, including our designated 'king 'n queen'!...

by Gary Dolgoff

As many of you know, I lead a Northampton dinner & walk once a month on most months. (Have been enjoying leading this for prob. over 5 years- began orig. by Jane Glushik & myself).

It typically consists of our group treating ourselves to a delicious meal in town- then going for a bucolic & interesting walk thru the town of 'Noho', plus the grounds of Smith College, & beyond...

This month, I was making reservations at a small Moroccan restaurant in town called Ama Nouz (the atmosphere is really cool, reminiscent of a Greenwich Village-type restaurant, ala NYC...)

-They allowed me to make special reservations there, as seating is limited in this place...

-As Mr. Klebes kindly 'mass emailed' for me, that I needed reservations- we ended up getting no less than 16 intrepid folks, who were willing to brave the wilds of Northampton, on that warmer-than-average Spring night...

-Great time: food a'plenty & tasty; lots of laughs & good comraderie; plus Norm got a taste of the food, before heading on Marsha's Moroccan adventure, which she's leading, returning around May 10th, or so...we expect good stories from that trip,

Norm!...

-On that evening, we had a great walk; it was good to have John Klebes & Ann-Marie with us, as well...I encourage every Club member to try it, at least once...who knows, you may 'get hooked'!

- Gary Dolgoff



“SHAMU BALL” Competition at PVHC Pool Party



full body rash 6 to 20 inches in size, flu like symptoms, or joint pain occurring within the next 5 to 21 days.

Tips to defend yourself when outdoors:

- Where light colored clothes that allow the tick to stand out
- In the woods, wear long sleeved shirts and long pants
- Tuck pant legs into shoes and socks
- When hiking stay in the middle of trails. Do not bushwhack
- Insect repellent should be applied to skin, every few hours. A 10-30% concentration of DEET is all that is needed (more concentrate will not give added protection)
- Do not apply DEET on children's hands or your face and wash applied areas well when you get indoors.
- Avon Skin-so-soft works for mosquitoes and can be used on

hand and face.

- Apply permethrin (Permonone, Duranon) to clothes only
- After getting home, run clothes through a high heat dryer for 30 minutes (since washing alone will not kill ticks)
- Check each other for ticks when you get indoors especially hair lines in groin and neck.
- If tick is found, remove it immediately with tweezers (use a slow steady pulling action to remove it)
- If entire tick is not removed, seek medical attention.
- Look for signs of rash, flue like symptoms, and joint pain. If this occurs, see your doctor for antibiotic therapy.

- Article Content Contributed by Mark Cancelliere

Ticks & Mosquitoes

Spring is the season of fun in the sun but it is also a time for mosquitoes and ticks. Most mosquitoes are disease free but we must be more protective with the possible threat of the West Nile Virus. Ticks on the other hand are carrying Lyme disease, a bacteria that can cause a rash, flu like symptoms and arthritis if left untreated. Wood ticks and dog ticks do not carry Lyme disease but deer ticks do. The small nymphs carry the disease and are normally the size of a poppy seed or a sesame seed. The longer a tick has been attached to the skin, the greater the chance for infection. *Lyme disease is most common during the late spring and summer months in the U.S. (May through August)*

If a tick has been attached for less than 24 hours, the risk of Lyme disease appears to be very small. If the tick is identified to be a nymph with ability to carry Lyme disease, prompt treatment with an antibiotic is very effective in curing Lyme disease in nearly all infected cases. If a tick is found check the size, remove with tweezers and clean the area with soap and water, followed by an antiseptic solution. Look for a bulls eye rash or



Maple Corner Farm Breakfast Hike

Mt Norwottuck/Rattlesnake Knob with Carol Vanderheiden & Don Leis



Up Coming Hikes & Activities

May 27-30, Memorial Day Adirondacks Weekend

This is the area I go to whenever I get the chance. It is a part of the Adirondacks filled with less touristy villages, a lake or stream around every curve and of course miles of hiking trails. There is a campground at lake Durant just before Blue Mountain Lake. There are plenty of inns and B&B's if camping does not suit you.

The plan for the weekend would be to do a High Peak on Saturday (Santononi is at this end up by Newcomb). Sunday we could do Blue Mountain which is the dividing line as to whether the streams flow east or west in the Adirondacks. We would have time that afternoon to tour a Great Camp and learn its history and also how the Adirondacks came to be along with a lot of local trivia. Did you know Teddy Roosevelt was exploring in the area when he was named president and had to get over by Warrensburg to take the train to NY and on to Washington..

The great Camps were built in the wilderness to be entirely self sufficient, staffed by local families who made everything needed for when the family came up from NY on a journey of several days.

On Monday before we head for home there is a tour of the 3 lakes to either canoe or kayak or be taken by a loving restored wooden boat. Of course we will have a PVHC gourmet picnic. If interested in exploring this part of the Adirondacks call the leader. Reservations are necessary to hold the campsite.

- Marcia Kelly

Sunday, June 26, 2005

International Hiking Trips, 2006 Planning Get Together

The first trip was Costa Rica and then the past 4 years a group (some regulars and a few new each year) went hiking in Ireland mainly the Beara Peninsula. This year a few of us decided to go further afield. We are departing as you first read this for Morocco to go hiking in the Atlas Mountains. What is next? There are so many places on my list that I have not narrowed down the answer. If you are interested in traveling and hiking you are invited to be part of the process in deciding where. Planning and discussion will take place June 26 after your local day hike.

Some places under consideration for next year are:

1. Finland/Norway in early spring when the days start getting longer for cross country skiing/snowshoeing and dog-sledding and being up close to the reindeer herds.
2. Ideas for a longer trip bubbling at this time are Poland in summer, Machu Picchu or perhaps an African Safari.

So if something like this may appeal to you come and have input, ask questions and decide. Look forward to seeing some of you.

- Marcia Kelly

June 23, NORTHAMPTON DINNER & WALK

- (an 'extra-special' one...)

This month, we'll be doing the walk first, 4 miles this time- along the Mill River from downtown Noho, it's a wide dirt path...pretty, and worth the easy walk! (followed of course, by one of those tasty Noho restaurants...come one, come all...)

- Gary Dolgoff

JULY 7th (Sat.)

- **Agawam park walk & Villa Idiots Comedy Improv night (meeting at 4:30pm at Agawam Friendly's)**

Cost for the (appr.) 2-hour show at the Majestic Theatre in Springfield is \$16...for high-octane laughs, come join us!

SPECIAL TREAT : For those who REGISTER & PAY RIGHT AWAY

for the 'Idiots' show, I'll reserve seats as close to the front row as possible! (who knows- they might let 'the likes of me' on stage for a short skit or two with them- and wouldn't that be...)

- Gary Dolgoff

July 30th - Block Island

The hike is ~ 7 miles long, easy to moderate in difficulty (rolling terrain, no real climbs per se), and otherwise, the hike specifics should be quite similar to those of last year's Boston Islands hike: I'd like to meet at the Ludlow McD's lot probably around 7:00 AM; it's 1.75 hrs to the Point Judith ferry, which leaves at 9:30 (or 10:30, my fallback time); hikers will need to bring a lunch along, which we'll be having at Black Rock Point, a grassy area at the top of the bluffs on the south side, with a stunning view; we should get back to the New and/or Old Harbor area around 3:30; have an hour or so to snoop around the beaches or the shops; eat supper at a moderately priced (\$9 to \$15 entrees) restaurant (or two, if need be) circa 4:30 (4:45 max); catch the 6 O'Clock ferry back to Pt. Judith; and be back at our cars a little before 9:00. As with the Boston trip last year, hikers should plan on spending between \$40 and \$50 for all expenses (tolls, gas, parking, ferry, and eats).

- Michael Reed

August 6-7 Barton's Cove Canoe

Stay overnight at Munn's Ferry (shelter) or leave the next day & canoe to meet up with group that stays overnight. A canoe is \$60.00 (\$25/day +\$10 to shuttle canoe). With 2 people per canoe, it will be \$30.00 each for the 2 days. We can go either 5 miles or 11 miles the first day & 9 miles the second day. There is a grill, so we usually have everyone bring something to cook for dinner. Please let me know by the June meeting or sooner if interested. - Ann Marie Visconti

Sept 3-5 - Baxter State Park Trip

If you are interested in hiking in Baxter State Park (Mt. Katahdin) over Labor Day weekend with PVHC members, you have a choice of accommodations:

- Cabin w/kitchen & linens: \$84 for 2 nights per person
- Lean-to: \$26 for 2 nights per person
- Tent site: \$20 for 2 nights per person

Please let us know if you want to go & what accommodations you want because we have to make the reservations very soon. Email: dforrest@charter.net or 413-525-3288

- Dick and Sue Forrest



From: "Heather Linscott" <hlinscot@bcn.net>
To: <pvhc2000@hotmail.com>
Subject: hello from the Berkshires
Date: Sun, 10 Apr 2005 23:03:28 -0400

Hello,

I heard about your group through Al Goodwin. I am from Adams the home of Mt. Greylock. I am also working to form a consortium of trail users in the Berkshires that are non motorized folks. Since many of the multi use trails in our state parks here in the Berkshires are used for ORV's it seems like they are not multi use any more... but rutted trails that are full of water and mostly ruined. We are trying to gather groups that are interested in establishing a dialogue with the DCR to work on trails and save some of them for non motorized use so we can enjoy some pleasant trails and maybe quieter times in the woods. I am wondering if there is anyone from your group that would be interested in participating in our consortium.

Heather Linscott
(you can contact Heather directly at hlinscot@bcn.net)

THIS SPRING & SUMMER- COME OUT & PARTICIPATE!!! (Hike, eat, yak, enjoy, etc...make new friends, see familiar faces, whatever...'it's all good', as they sat way down in Jamaica...don't let this marvelous weather 'waste away'...seize the moment...your 'Club awaits'!!! [perhaps consider- also, leading or co-leading a Club event...it's fun, rewarding...'good for the soul'...])-GD-

Gary Dolgoff

PVHC SUMMARY OF MARCH 1, 2005 MEETING

Heublien Tower was an "interesting adventure" with Dave Rotundo. Zealand Hut Ski/Hike was beautiful. Lots of snow and good food. Reminder of Snow shoeing etiquette "Don't snowshoe on ski trails." A word to the wise: Remember to carry crampons "just in case." Ann Marie and Norm did a treacherous Section 3 of the M & M. Richard Harris did more sections of the M & M and was not lost just misplaced on the trail. Pool Party was great fun. Thanks Laura & Scott. Upcoming Activities: Bartholomew Cobble work day, M & M Trail maintenance, White MT. sampler, ADK trips. Other Business: Mike Carrier and Al Roman have signed on to the Trail Maintenance organization crew joining Rob Schectman and Ed Laroche. New Trip leader guidelines were printed in the last issue of "Bootprints".

Respectfully submitted
Monica Gross
Secretary

PVHC SUMMARY OF APRIL 5, 2005 MEETING

Activities went well, snow is going by the end of March - still present in the high country. Upcoming Activities: Work Days at Cobble April 16th and M & M Section 1 & 2 Spring cleanup. Encourage participation "many hands make light work". This is how we give back to the trails we love to hike. Catskill rainy season backpack. June 11th and 12th two events: Battenkill Canoe Trip & Tully Lake Backpack or day hike option. White Mt. sampler, Father's Day weekend, Labor Day Weekend, Katahdin/Baxter State Forest, Grand Canyon Rafting May 2005, ADK trips summer and fall. Other Business: Proposal presented to have Clambake at Remington instead of annual picnic. Club would contribute \$5.00 pp to Clambake cost of \$35.00 pp. Discussion table until May meeting. Sue Carey expressed her thanks to club members for their sympathy and support at the loss of her mother. Clinic: Sopia Zanzarella presented a talk on Heel-strike to Toe-off walking/hiking and injury prevention and helping. Discussed various techniques and approaches to treat related problems. Door prizes went to Dick & Sue Forrest (t-shirts) Norm, Don, and Julianna (mugs).

Respectfully submitted
Monica Gross
Secretary

Important Notice

Last Chance: We want you to remain members and will be sorry to see you go:

<u>Past Members</u>	<u>Expiration Date</u>
Stephen Beauregard	200503
Dianne Carey	200503
Lisa Edson	200503
Alan Goodhind	200503
Lynne Hartwell	200503
Linda Krasnow & Doug Dollar	200503
Arlene Lawler	200503
Donna Lessard	200503
Rose Murphy	200503
Michael Ripa	200503
Jennifer Sagan	200503
Scott Aschenbach	200504
Bill Bartsch	200504
Luann Bousquet	200504
John Choinere	200504
Brian Craig	200504
Bryan Goodwin	200504
Debora Guiel	200504
Scott Hall	200504
Charlotte Lee	200504
Susan McCarthy	200504
Susan McGurk	200504
Robert Merriman	200504
Rosmarie & Terry O'Conner	200504
Carolyn Stewart	200504

The following memberships are up for renewal:

May Renewals:

Stephanie Bustos
Maggie Hodges
Ravi Kulkarni
Betsy Loughran
Michael Reed
Marlene Spencer & Family
Michael Stanley
Janice Webb & Family
Joe & Carol-Anne Zawrotny & Family
Celeste Ziemba & Family

June Renewals:

Bill Burgart
Sandra Carr
Sharon Connor
Allison Cook
Amy Dunn
Kerry Frechette
Karen Gallik
Marion Germino
Mark Henke & Family
Edward Kleciak
Lori Martin
Barbara Pelland & Family
Beth Reneris

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:

Pioneer Valley Hiking Club
c/o Wilderness Experiences
P.O. Box 265
Southwick, MA 01077

(Dues are \$25 member, \$40 family, and \$15 for students)

Book Review of:

My Daughter, the Mountains, and Me
"Two for the Summit" by Geoffrey Norman.

Reviewed by John Klebes

When I first heard about this book my daughter was only fifteen, the same age as the authors daughter when they climbed the 14,000 feet high Grand Teton. At that time we were getting ready to climb Mt. Katahdin in Maine together. The thought of a book about a man and his daughter climbing "big mountains" intrigued me to no end. It's been two years since then when I stumbled on this book at our local library.

Geoffrey's story begins when a business trip brings him to Jackson Hole, Wyoming and views of the Grand Tetons. The seed of his obsession, The Grand, becomes an overpowering draw as over the years he sets his goals on climbing her for his fifth birthday. While Geoffrey knows nothing of climbing his desire to climb "The Grand" is easy for me to feel. Some of you may recall that four of us spent a week climbing in the Wind River Range just outside of Jackson Hole, Wyoming just last summer. What a magical place this is. The mountains call to you.

Much of the story deals with the relationships of the author and his family, especially his two daughters and the coming of adolescents. The role of a father in raising daughters is explored between the pages, as his original solitary goal to climb the Grand becomes a shared goal with his fifteen year old daughter Brooke. As Geoffrey says: "Those who wonder why adults climb mountains should probably ask why children climb trees. The second question is, I suppose, an answer to the first."

Knowing nothing of climbing the two prepare for the climb by joining a two-day course and, by luck, end up being guided by the likes of Alex Lowe and Kim Schmitz themselves.

"For the rest of her life, she could tell people that she'd belayed Alex Lowe in the Tetons."

Geoffrey does a great job describing the dynamics of humble beginners climbing with Alex Lowe over famous rock climbing pitches of the Grand such as Wall Street, Golden Staircase, Wind Tunnel, and the Friction Pitch.

After summiting the Grand for his fifth birthday the story continues with the two climbing in the Shawangunks of New York while showing the dynamics of how a father daughter relationship changes as children grow older. The story concludes with a climb of Aconcagua. At 22,834 feet, she's the highest mountain in the world outside of Asia, second tallest of the "seven summits," and seventeenth highest peak in the world.

Pioneer Valley Hiking Club Officers & Committees

Ann Marie Visconti, President (413) 547-2729
 John Klebes, Vice President (413) 519-1859
 Monica Gross, Secretary (413) 536-6611
 Mike Gross, Treasurer (413) 536-6611
 Scott Cook, *Wilderness Experiences Unlimited*
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Planning Coordinator: *Sue Forest & AnnMarie Visconti*
 Backpacking Coordinator: *Ed Laroche & Mike Rattelle*
 Trail Maintenance: *Ed Laroche & Rob Schechtman*
 Web Page Editor: *Dick Forrest*
 Email Correspondent: *Rob Schechtman*
 Email List: *John Klebes*
 Quartermaster: *Jack Leary*
 Bootprints Editor: *John Klebes*

Bootprints is a publication of the Pioneer Valley Hiking Club. Send your story contributions to the editor at: j.klebes@jeee.org (Email) or by USmail to John Klebes, P.O. Box 51385, Indian Orchard, MA 01151.

IMPORTANT NOTICES

- ❑ Next Club Meetings:
June 7, 2005, 7pm at **FBC**
July 5, 2005, 7pm at **FBC**
- ❑ Next Hike Planning Meeting:
June 14, 2005, 7pm at **WEU**
- ❑ Deadline for Submissions for next BootPrints is: June 21, 2005

FBC – First Baptist Church, West Springfield
WEU – Wilderness Experiences Unlimited

*** **Check out our web page at:**
<http://www.geocities.com/pvhcweb>

Join the PVHC Email List by sending a message to: pvhc2000@hotmail.com

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