

BOOTPRINTS

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JULY 2009



PVHC Picnic Sunday, August 23, 2009

By Rob Schechtman

Hold the date, the PVHC picnic is set for August 23 at Mount Tom, noon to closing. It will happen rain or shine, as we have secured the covered pavilion. There will be lots of good food, hiking to some of our favorite spots at the reservation, and possibly Frisbee and other games at a nearby field. Bring a chair as well for relaxing and visiting.

It is free to club members, except for the park entrance fee. Guests are welcomed for a \$5 fee. The club will provide the main courses from the grill, as well as drinks and chips. We ask all participating to bring an appetizer, side dish (except chips) or desert. If you want to bring a cup, plate or silverware to be green, please do, but we will have paper goods as well.

If you missed the July meeting, when the sign-up list was circulated, then please call Lisa or Rob at 786-4198 to add your name to the list, so we have an accurate head-count.

Directions to Mt. Tom Pavilion:

From Rt. 5 . take Reservation Rd. into the park, pass Bray Lake and head up the hill to the pavilion, which is on the right near the junction with Christopher Clark Rd. and the visitor center.

From Rt. 141 . take Christopher Clark Rd. to the visitor center, then take a right onto Reservation Rd., where the pavilion will be immediately to the left.

May Hikes with Sheila

By Cindy Dolgoff

Sheila Croteau hosted two fun hikes recently and Gary and I

were able to participate at both of them.

Hike #1 was on Sunday, May 17. This hike was originally scheduled to take place at Bear Swamp in Ashfield; however, there were reportedly too many trees down in that area. The hike was rescheduled on the same date to the Hall Conservation Area and O'Neil Hill Trails in Williamsburg, MA.

Our day began rainy but cleared up as soon as we reached the trailhead. The Hall Conservation Area was donated to the Town of Williamsburg in 1997. The O'Neill Hill and Valone parcels are owned by Mass. Audubon and are considered part of their larger Graves Farm Sanctuary, located on the other side of Depot Road. The O'Neil Hill property formerly belonged to the Northampton State Hospital and was used for grazing livestock up to the middle of the last century.

The woods here are apparently a haven for a large deer population, judging by the abundance of deer droppings along the trails. We did briefly see a deer at the end of our hike. There is also a proliferation of poison ivy. During the hike, Norm Plante, the club's resident PI expert, pointed out examples of what was and was not the dreaded itch-vine.

The hike concluded after several hours of walking. About half of our original group of eleven hikers went to "Sam's" in Northampton for a pizza lunch.

Hike #2 was at High Ledges Wildlife Sanctuary in Shelburne, MA. The weather was a bit better for this hike. We had an awesome 4 plus mile hike. We saw a giant bullfrog in a pond and lots of birds. There was interesting plant life here too. We saw a field of pitcher plants in a swamp, and numerous lady slippers, one of my favorite types of plants.

After the hike most of us proceeded to nearby, downtown Shelburne Falls. We had a quick lunch and then toured the glacial potholes. After that, we had a pleasant stroll

across the Bridge of Flowers. There is an interesting movie theater there that we discussed returning to one of these days. But that will be for another time.

Thank you Sheila for leading two, very enjoyable hikes.

My Midlife Crisis Trip to the Greenleaf Hut

By Jeanne Kaiser

Ever since I joined the PVHC about five years ago, I have been the quintessential middle-of-the-road hiker. If there was a trip labeled 6 miles, moderate, you could sign me up. Sure, I admired all those people who were trying to bag all the 4000-footers, had hiked the AT, or defied death on trails all over the world, but I was still sticking with the six-mile moderate.

In the past year or two, however, my mid-life crisis started to kick into gear right on schedule. While on my six-mile moderate hikes, I started talking about trying to do something more challenging. So, when I saw that Rob and Lisa were leading a backpack to the Greenleaf Hut in the White Mountains, and that they were welcoming beginners on the trip, I took a deep breath and signed up.

In the weeks before the trip I alternated between trying to walk myself into shape and coming up with imaginative excuses for getting out of this predicament. A friend suggested that the next time I had a mid-life crisis, I should look into getting a hot tub and a pool boy! I considered that alternative but, still, on the day of the trip I found myself in Rob's car, heading up to the White Mountains.

To my surprise, the beginning of the trip was downright luxurious. Rob and Lisa arranged for the six of us traveling together, to stay at their favorite, local bed and breakfast. For continuation see *Mid life page 2*.

Mid Life from page 1

We had a wonderful dinner at a local restaurant, followed by a night in a comfortable bed. In the morning, the extremely friendly proprietor of the B&B served us fruit, yogurt, homemade muffins, pancakes, and eggs. Okay, this I could definitely handle.

But then it was time to strap on the backpack. We met up with the remaining eleven members of our group at the trailhead and divided up the food to bring along on the trip. I was given some lettuce, a cucumber, and a pound of cheese, while the rest of group stuffed pound after pound of food into their packs. I brushed aside all feelings of guilt with the rationalization that I hadn't backpacked in eleven years and I was weaker.

We then started down the Bridle Path Trail. Most of us were taking that trail all the way to the Greenleaf Hut, where the plan was to drop off our packs and then hike up to the summit of Mount Lafayette. The rest of the group was taking an even more scenic, but much harder and longer trail to the summit of Lafayette and then down to the hut. Good for them. My ambition was to simply, (1) make it to the top, (2) not whine, and (3) too much.

As I hiked toward the hut I found myself thinking this is not bad at all. The trail was steep but manageable. The pack was heavy, but not back-breaking. And, the trail was beautiful. Around one bend were the rushing waters of a creek, around the next, a clump of wildflowers, then around the next, a gorgeous view of the mountains above and the valley below. Rob and Lisa could not have been more encouraging. And just when it started really getting tough we were at the hut!

The hut, by the way, was not truly a hut, but an extremely nice and well equipped cabin. With bathrooms! And a spectacular view from the porch, of a lake just below us and Mt. Lafayette in the distance. These White Mountains are great, I thought.

But then, I had the White Mountain experience that many talk about. A single, harmless looking gray cloud in the distance, started to ominously roll towards us. It seemed to pick up speed each second, until it met up with a second cloud coming from another

direction. Suddenly, the lake that had been sparkling before us seconds ago simply vanished, as the rain and thunder came. Not only did our trip to the summit look unlikely, but we had to wonder about what was happening to the other part of our group who right about then were probably walking along the ridge.



View from Shining Rock of Cannon Mountain

After a period of time the torrential rain passed, and a group of us decided to try to reach the summit. Of course, after deciding to chance it, it started to hail on the way. okay now, I really believe everyone when they warn that the weather in the White Mountains can change in seconds. We were undaunted by the hail and clouds though, and made it to the top. There we reunited with the rest of our group, who had survived the thunderstorm on the ridge. But as for a view you couldn't see a damned thing.

The rest of the trip was all downhill in terms of our need to exert great physical effort. We ate like royalty with Lisa's spaghetti and meatballs for dinner, and blueberry pancakes and sausage for breakfast. (The meal would not have been complete without the cucumber I hauled up the mountain). John Klebes shared his huge box of wine that he lugged up. We played games, chatted, listened to a self-appointed raconteur of the mountains tell stories, dodged Boy Scouts, and then hit the sack at quiet time. The next morning, we trudged down the mountain, our packs much lighter without the food, and made it home, intact.

I highly recommend this trip to anyone seeking to stretch their limits. The entire group on the trip, most of whom were very experienced hikers,

were very encouraging and helpful to this six-mile-moderate girl. The scenery was wonderful and I found the challenge of testing myself physically and mentally very rewarding. Granted, there was no hot tub or pool boy, but it was probably even a better cure for a mid-life crisis. Indeed, it set me up for my next adventure on Solstice weekend- my mid-life crisis assault of Mt. Washington.

Wimpy Hikers OR Smart Hikers? *By Richard Harris*

In preparation for the White Mountain Sampler, I scheduled a series of hikes to condition participants to doing 10+ miles at a moderately aggressive pace. It was noted by the leader that these would all be at an aggressive pace. where, unlike previous hikes, I never used the word "compassion" in describing them.

Three of these hikes came to be known as the "Wimp Series," as most of the hikers who started out failed to finish the entire route. A total of 34 hikers began these hikes, but only eight, triple-counting the leader and double-counting two other hikers, finished the hikes. Does this mean that I lost more than the allowed 10%? Does the loss of so many hikers mean this hike leader is overbearing. or are some of our strongest hikers simply becoming wimps? Or, conversely (and more compassionately), are the "drop-outs" actually the "smart hikers" as bionic arm-man Bob M would have us believe? You decide. Let's review these hikes.

Long Mountain Yo-Yo: The Hike of the Twelve Wimps

On May 2, 2009, fourteen of the club's strongest hikers, including such notables as the fast trail blazers duo of Mike and Monica and Quabbin Pioneer, Chip Pray, met to hike to the summit of Long Mountain and back, with a leisurely ascent and descent of Bare Mountain finishing the hike. The entire 10+ mile hike was planned to follow the *for continuation see Wimpy page 3*

Wimpy from page 2

New England Scenic Trail (formerly the M-M Trail).

It was a really good day to be on the trails . especially, moving rapidly. Bugs were starting to become pests for stagnant hikers.

We ascended Mount Norwottuck and promptly headed for the Horse Caves. Given the distance to be traveled, this leader kept a steady pace. After reaching Rattlesnake Knob, the group turned down the trail to head for Long Mountain . at this point, the group was down to 13 hikers. At a rather quick pace, we reached the vista on Long Mountain and proceeded without stopping to reach the summit . a bit disconcerting as the summit sign is no longer on Long Mountain. After taking the obligatory photo at the summit, we turned back to the vista where the group had their brunch/lunch break.

Proceeding back towards the Notch Visitor Center, we reached the split of the Robert Frost Trail and the New England Scenic Trail. At this point, three members decided they did not want to ascend Mt. Norwottuck and so, split to take the Robert Frost Trail, leaving the group with only ten hikers (already a loss of over 10%).

After ascending/descending Mt. Norwottuck and reaching the Notch Visitor Center parking lot, 4.5 hours and 8+ miles after we began, eight more members decided they were finished with the day's hike. Thus, 12 wimps had dropped out, leaving Allison Cook and I to ascend Bare Mountain and retain the honor of the Pioneer Valley Hiking Club for this day.

Seven Sisters Yo-Yo: The Hike of the Nine Wimps

The series continued on May 16, 2009, as 11 of the club's strongest hikers, including such admired hikers as Adirondacks Annie, Solstice Man Rick, Grand Canyon Carol, bionic arm-man Bob, and Mt. Whitney mountain man Tom, met at the Notch Visitor Center . some met at the Skinner Main Gate. This was an even better day than the May 2nd hike. Bugs were almost nonexistent, and the temperature was wonderful. Truly, a great day to do a long hike.

Proceeding again along the New England Scenic Trail at a moderately-aggressive pace, I slowed the pace some to allow almost an hour to reach the Summit House.

After a few leisurely seconds of views from the Summit House, the group continued along the trail over Taylor's Notch and the Seven Sisters peaks, with a rest/snack break on one of the easterly Sisters. After descending to Low Place, the group began the grinding westerly ascent of Mount Hitchcock. Again, showing some compassion for the group, I allotted a few moments for photos and a snack before proceeding along the up-and-down traverse to Bare Mountain.

While this was posted as an aggressive pace, it took the group nearly 3.5 hours to reach Bare Mountain . is that really an aggressive pace? Hmm. At this point, nine members decided to opt out of the rest of the hike and descend to the Notch Visitor Center. Again, nearly 90% of the hike members were lost.

Only Wildcat Mountain Goat, Beth, and I were left to uphold the honor of the Pioneer Valley Hiking Club by completing the planned hike back to the Summit House and the Route 47 trailhead. We reached our destination around 4:30 . we took an even more leisurely pace on the return route. (The leader was suffering from an occasional cramp . the bionic arm-man's curse?)

Mount Holyoke Range Traverse: The Hike of the Five Wimps

The third in the Wimp Series of hikes occurred June 6, 2009, as nine of the club's most dynamic hikers (including bionic arm-man Bob, Mt. Whitney mountain man Tom, Wildcat Mountain Goat Beth, and the Assassin) met to tackle my fourth annual, Mount Holyoke Range Traverse. It is, depending on the source of the information, a 12-mile hike along the New England Scenic Trail.

The conditions were ideal for a 12-mile rigorous hike. Trail conditions were nearly excellent, bugs were few, and the temperatures were refreshing.

This hike was previously designed as the only conditioning hike for my White Mountain Sampler hike. In previous years, the hike proceeded

from west (Mountain Road off Route 47) to east (Harris Mountain Road). However, bowing to prior years' comments and complaints about doing the Seven Sisters in the afternoon, the leader graciously and compassionately reversed the direction of the hike.



Quabbin Resident

Proceeding up the New England Scenic Trail to the Summit House, the group took the opportunity to avail themselves of some of the offerings (i.e., restrooms) of the Summit House before proceeding east over the Seven Sisters. While taking an occasional water and photo break, the group reached Low Place and began the slow grind up the westerly approach of Mount Hitchcock. Taking a few minutes, the group enjoyed a little water, photos, and fresh air before continuing to Bare Mountain.

Upon reaching Bare Mountain, the group stopped for a snack break. The leader demonstrated the type of thoughtfulness which all hike leaders should exercise . he produced a container of fresh grapes, strawberries, and orange slices to refresh the group. Shortly thereafter the group proceeded down the steep descent towards the Notch Visitor Center. Once there, five of the group bailed from the hike, leaving the leader, Wildcat Mountain Goat Beth, the Assassin (Allison), and a relatively new member to continue the hike to uphold the honor, prestige, and dignity of the Pioneer Valley Hiking Club.

After leaving the wimps groaning in agony at the Notch Visitor Center, *For continuation see Wimpy page 4*

Wimpy from page 3

Center parking lot, the four iron hikers proceeded to ascend, rather quickly, Mt. Norwottuck, where they dined on their lunches and the snacks provided by the leader: fresh brei and cheddar cheeses, Triscuits, fresh strawberries, and fresh orange slices. After such a refreshing lunch, the group was ready for another 10 miles, but we only had about 4 to go. While disappointed about the short distance remaining to be hiked, all four (three women and the leader . who was referred to by Mountain Goat as %one of the girls-) happily and smilingly enjoyed the rest of the hike as they stopped for more *Wimpy continues from page 3*

photos taking at the vistas on Rattlesnake Knob and Long Mountain.

Upon reaching Harris Mountain Road and returning to their cars, two of the members further upheld the club's customs and honor by proceeding to Barstow's Farm Store and enjoying ice cream.

New Members

Amy Dane	May
Francesco DuVal	May
Curt & Sheryl Freedman	May
Jeffrey Kern	May
Stephanie Buston	June
Roger Jones and Family	June
Ron & Sandy Kistner	June
Larry Krainson & Family	June
Katherine Merritt	June
Paige Darden	June



Quabbin Hike

White Mountain Extravaganza

By Monica Gross

Mike and I once again participated in Al Goodhinde's White Mountain Sampler. We have attended this trip for ten of the last eleven years. Al does a great deal of work to organize the trip and provide coupons and information to share with everyone who attends. He has set the benchmark for a well-organized event. I would venture to say that this might have been the best attended, with 44 hikers and 22 rooms booked.

Mike and I tend to follow our own plan, and try to coordinate with the rest of the group's plans. We took that Friday off and stopped to hike up Mt. Hale . just to warm us up for the bigger hike on Saturday. Mt. Hale is a 4054-foot-high peak. It is named for Rev. Edward Everett Hale, author of %The Man Without a Country.+

We parked on Zealand Road in a fee area about ¼ mile before the parking area for Zealand Hut. We traversed up the Hale Brook Trail to the summit. The hike essentially is straight up or straight down. Since I had been recovering from bronchitis, my breathing was still labored on the ascent, so I went slow. Mike was patient and waited for me. He was also testing my skills for the Saturday hike. The total mileage was 4.6. It rained moderately for the entire hike up, but when we reached the summit and wanted to eat and change into dry shirts, the rain stopped. I wish I could say the sun came out but alas it was not to be. The good news was that the views were poor due to tree growth and the removal of a former fire tower. It was so overcast that it would not have mattered.

Still, we were inspired by meeting a father and his three-year-old son, Ben, along the way, who were climbing to the top of Hale and on to the Hut. The little boy was happily talking with his dad as he hiked along the trail. He wore his red raincoat and little hiking boots. He did not carry a pack. Dad had that well in hand. It was really a nice treat, particularly appropriate on Father's Day weekend.

I hiked down a lot better than I had on the way up. It also had pretty much stopped raining, so we were able to take off the rain gear. It felt good to be on the trails again after a month of no hiking and two weeks of no exercise at all.

Afterwards, we arrived at the Briarcliff Motel and checked in about 3:00 pm, and found to our surprise that we were the first to arrive. We showered and dressed to go to dinner. We had decided to try the Italian restaurant recommended to us last year, Maestro's, located to the north on Rt. 302, about 1/3 of a mile past the Eastern Slope, on the same side. We would strongly recommend it to those of you who enjoy good Italian food. It was like going to Italy, or at the least the North End of NY City.

We made the 9:30 pm meeting with the group and Mike described our hike plans; however, we had no takers. So, next morning we set out on our own for Mt. Whiteface (4,010 ft) and Passaconaway (4,060 ft). They are part of the Sandwich Range. The road access is at Ferncroft Rd., off 113A.

Mt. Passaconaway is named for a legendary Indian chief who lived during early colonial times. Mt. Whiteface earned its name from the white granite that makes up the summit. That same white granite offers a lot of rock scrambling to get to the summit. We found there was evidence of a ladder in the rock face that had been removed, leaving behind only small holes at regular intervals in the rock. They were big enough for two fingers and offered the only thing to grab on to, to aid in getting up the rock face. We met a young man on the lower summit who told us that the local outing club had to remove the ladder due to liability issues. He said there had been a rope but that too had been removed. I was grateful we only had to go up and not back down that way.

We stopped midway and some of the clouds cleared to offer limited views. We pressed on to the summit and after a quick snack pressed on to Mt. Passaconaway. By the time we reach the summit we were *For continuation see Whites page 5*

Forest Futures Vision

By Claudia Hurley

Members of the Pioneer Valley Hiking Club are encouraged to provide personal anecdotal feedback regarding MA forestry practices on public lands to Claudia Hurley, at 25 Ridgecrest Circle, Westfield, MA, 01085 (or at mandchurley@comcast.net or 413-568-9379). Comments may be submitted anonymously. Photographs would be welcomed.

Claudia has been selected by the state as a member of the Stakeholder Advisory Committee for the Forest Futures Vision process sponsored by the MA Dept. of Conservation and Recreation (DCR). Her responsibilities include providing "feedback" to DCR, from citizens who observe or experience the ramifications of forestry practices on our public lands. It is the goal of DCR to "balance" the economic, ecological, and social purposes for which these lands are held in trust for the people. There have been allegations that excessive, aggressive, and/or inappropriate harvesting has occurred or been planned that could be considered tipping the "balance" away from the ecological and social values of these lands. At present, 80% of all public lands are considered "available" for commercial timber harvesting, with 20% of set aside as reserves. Public lands comprise approximately 10% of the total land mass of the state.

Please submit any comments or opinions you might wish to share about your general views on commercial timber harvesting on public lands, including specific sites where you have witnessed tree harvesting, both good and bad. There has been a suggestion that a substantial portion (some say all) of public land be preserved in its natural state, similar to the treatment of National Parks, because MA does not have any permanently protected lands. Please offer opinions on this suggestion. All comments will be shared during the Forest Vision Process.

To learn more about the Forest Futures Vision Process, please visit:

<http://www.mass.gov/dcr/stewardship/forestry/docs/2009%20Vision%20for%20DCR%20Forests.pdf>

Whites continued from page 4

hungry and very weary. We had covered about 8 miles and been hiking 4.5 to 5 hours. We walked past the summit, down the Walden trail to a vista point, and had our lunch. However, we quickly learned that we were the lunch. We were attacked by swarms of black flies that nibbled on us with great intensity. We gobbled down food and beat feet off the top as quickly as the steep grade and wet rocks would let us. We covered the 4.8 miles to the car in 2 hours. Amazing what an incentive hungry bugs can be.

We arrived back at the motel to find Carol V. had return from Mt. Washington, having opted to return with Kate via The Cog Railway. Having never taken the Cog I imagine it must have been fun to come down . especially after a rugged hike. I also learned that on Friday, Kate, Carol, and Beth had taken the zip line tour at Bretton Woods. Sounded like a lot of fun. They had some get photos and a short film.

We did not run into the rest of the Mt. Washington group but assumed that the trip finished without incident. Only one problem, in the beginning two of the hikers scheduled for the trek had overslept and took one of the alternate trips to North Moat with Mike Reed. This trip was scheduled to include the Red Ridge Trail, but due to high water conditions they nixed the ridge and just did Moat, still completing a good 9 miles or so instead.

Richard Harrisq trek to the Carter Range was to have included Mt. Moriah, but Allison persuaded him to limit the hike to the Carters and leave Mt. Moriah for another day; bringing their hike to a more reasonable 8 or 9 miles instead of 13. I think Allison wanted to have dinner and see the sunset from N. Conway and not on the mountaintop.

One nice thing though was the absence of rain that Saturday. Even so, some of the hikersq views were limited by cloud layers, depending on how high the mountain was that was climbed.

On Sunday the rain came and went, and the sun came and went, from

one moment to another. Mike and I had our buffet breakfast at the Red Fox in Jackson, then went to the outlet stores, and finally home. Another pleasurable trip to the Whites, thanks to the efforts of Al. Thank you Al. We'd be sure to join you again next year.

Hungry Hikers Corner

By Monica Gross

ITALIAN WEDDING SOUP WITH VEGAN MEATBALLS



1 15-oz can of Italian-style diced tomatoes, with garlic, oregano & basil
 6 cups vegetable broth
 4 oz elbows pasta
 1 16-oz package of vegan meatballs (Whole Foods has them, although if you want to substitute meat meatballs, you can)
 3 cups fresh spinach, roughly chopped
 2 tsp. dried Italian seasoning
 Sea salt and ground black pepper
 2 - 3 Tbls. grated parmesan cheese (optional)

Bring tomatoes and broth to a boil in a large pot over medium-high heat. Simmer 10 minutes. Add pasta, meatballs, spinach and Italian seasoning, and cook until pasta is tender and meatballs are cooked through; about 8 minutes. Season to taste with salt and pepper. Ladle into bowls and serve. Sprinkle with parmesan if desired. Serves 6.

This is quick, easy and delicious. One of Mike's favorites.

GRILLED SUMMER VEGGIE FAJITAS

1 red onion, peeled & thickly sliced
 2 zucchini, halved lengthwise
 1 large red bell pepper, seeded & halved
 2 tomatoes, de-stemmed and halved
 2 ears of fresh corn, with husks and silk removed
 1 tsp. sea salt
 ¼ cup olive oil
 8 flour tortillas (8 inch diameter)

For continuation see Hungry page 6

Falling Waters

by John Klebes

It was another fantastic spring AMC Hut Trip led by Rob & Lisa on what has become an annual tradition. When I heard Rob & Lisa's plans for the Greenleaf Hut trip I promptly offered to lead a little harder hike up the Falling Waters Trail to the Franconia Ridgeline. How can you go wrong with a trail named "Falling Waters"? Rick Briggs, Ron Morrisette, his son, Ron, Mike Carrier, and Leah Visconti made for a group of six on this adventure up the Franconia Ridge, which is considered one of the best sections of above-tree line views in the White Mountains.



The Falling Waters Trail is a direct and steep route to Little Haystack Mountain and the Franconia Ridge Trail. Living up to its name we passed three sets of waterfalls along the trail: Stairs Falls, Swiftwater Falls, and Cloudland Falls. I was never sure which falls was which but the trail was so full of magic we hardly cared. The cascades, rock falls, babbling brooks and interweaving springs merged into larger waterfalls to create an enchanting few miles of hiking along side the "Falling Water"!

A short side trail at 2.8 miles leads to the base of Shining Rock Cliff, with excellent westerly views. The name "Shining Rock Cliff" comes from the cascading water that covers this large

rock face. This water coating causes the whole rock face to shimmer in the sunlight. We had a nice lunch with great views at this spot.

As we came close to the summit of Little Haystack, we heard the sounds of thunder and felt the mist of rain. Not wanting to be on the exposed ridge with lightning, we hung out for about 20 minutes as the storm passed by before heading up onto Franconia Ridge. On the ridge we had a little of everything: great sunshine and views some of the time, and thunder, lightning, rain, and wind-driven hail that hurt your cheeks.



On the way we met a lot of other hikers out on the ridge, many without the proper clothing for such an exposed area. We reached the summit of Lafayette and found Ann Marie had hiked up from the hut to meet us. She was soon followed by others from the PVHC group that had taken the direct route to the hut.

Dropping down to Greenleaf Hut we claimed our bunks for the night and enjoyed the views and company at the hut. We also enjoyed appetizers and a few rounds of "Cosmic WimpOut," our favorite backpacking dice game before enjoying the great meal Rob and Lisa had planned. At the hut we also met Kim Nilsen, founder and author of the book, *On the Cohos Trail*. He told us moose stories after dinner and agreed to give the club a talk on the Cohos Trail that goes from the White Mountains to the Canadian border in Maine.

A nice sunset greeted us after dinner with magnificent views of the surrounding mountains that faded into and out of view with the shifting clouds and mist. Thanks Rob & Lisa for

another grand hut adventure.

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- ½ cup shredded Monterey Jack cheese
- 1 ½ cup (cooked) red kidney beans, rinsed, drained and heated
- 1 cup fresh cilantro
- ½ cup mild or medium-hot prepared salsa
- ½ cup sour cream

Clean and prepare onion, zucchini, bell pepper, tomatoes, and corn as directed. Bring pot of water to boil, and add salt. Blanch zucchini and bell pepper separately for about one minute each. Do not overcook. Remove zucchini and bell pepper with a slotted spoon and drain well in a colander and then on paper towels.

In a large bowl, lightly coat zucchini, bell pepper, and tomatoes with olive oil. Place oiled vegetables on hot grill, 7 inches above gray flaming coals, if using charcoal. Place corn on the cob on the grill at the edge of hottest part of grill. Turn vegetables to ensure grill marks on all sides. Grill vegetables just until crisp-tender for zucchini, bell pepper and corn, and until tomatoes become slightly soft and heated through, approximately 6 to 8 minutes.

Meanwhile, preheat the oven to 400 F. Wrap tortillas in foil and heat for 3 to 5 minutes, until they are just warm. Arrange tortillas, cheese, bean, cilantro, salsa and sour cream for easy serving. Set out vegetables and make up your tortillas to eat and enjoy.



Wendell State Forest



Alander Mountain



Mt. Ascutney



Looking for chocolate and nuts

Pioneer Valley Hiking Club Officers & Committees

Ann Marie Visconti, President
Marcia Kelly, Vice President
Gail Carrier, Secretary
Deb Gebo,
Scott Cook, Wilderness Experiences Unlimited
Ray Tibbetts, Founder

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Hike Plan:	<i>Sue Forest & AnnMarie Visconti</i>
Backpacking Coordinator:	<i>Rick Briggs</i>
Trail Maint.:	<i>Glenn Ewing & Rob Schechtman</i>
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Email List:	<i>John Klebes</i>
Quartermaster:	<i>Mike Carrier</i>
Bootprints Co- Editors:	<i>Marie Babbitt; Mike Reed</i>

Bootprints is a publication of the Pioneer Valley Hiking Club. Send your story contributions to the editor at: marie_babbitt@hotmail.com

Important Notice

The following memberships are up for renewal:

July Renewals:

Norm Plante
Marcia Kelly
Robert & Lisa (Frigo) Schechtman
Robert Church
Rick Briggs
Jeanne Kaiser
Donna Delisle-Mitchell
Elizabeth Case
Tina Garde
Stacey Laplante
Francesco Tripoli
Lynne Hartwell
Joanne Kellogg
Larry Pope
Scott Aschenbach

August Renewals:

Dick & Sue Forrest
Ann Mundy
Marie Bienvenue
John D. Leary, Jr.
Ann Marie & Leah Visconti
Harry Allen
Connie Fogarty
Heather Wyman & Family
Meg Eakin
Bert McDonald
Russell Seelig
Francis DeToma, Jr.
Gabriela Horvay
Charlotte Lee
Chuck & Fritzi Tiernan



I think he is doing something with dental floss

UPCOMING ACTIVITIES & THE USUALS

- July 10-12 - Solarfest 2009 VT
- July 17-19 - NY Adirondacks camping (\$, Res)
- July 25 - MA Mt. Greylock loop
- Aug 2 - MA Midstate/Douglas (N)
- Aug 7 - MA Full Moon Kayaking
- Aug 8 - MA Lake Wyloa Hike/Picnic
- Aug 9 - MA Deerfield River Tubing
- Aug 14-16 - (ME) The Cabin-hike/bike/canoe (\$,Res)
- Aug 23 - (MA) PVHC Summer Picnic . Mt. Tom
- Aug 29-30 . (MA) Barton Cove overnight/day, Canoe/kayak
- Sept 5-7 - (ME) Katahdin Weekend (\$, Res)
- Sept 12 - (MA) Ashley Reservoir Photo Hike
- Sept 18-20 - (NY) Adirondacks Backpacking JBL Lodge
- Every Monday - Morning hikes, various locations
- Every Wednesday - Evening walks
- Every Thursday - Afternoon hikes

IMPORTANT NOTICES

- ❑ Next Club Meetings:
Aug 4, 2009, 7pm at **FBC**
Sept. 1, 2009, 7pm at **FBC**
- ❑ Deadline for Submissions for next BootPrints is: Aug 17, 2009

FBC . First Baptist Church, West Springfield

***** Check out our web page at:**
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