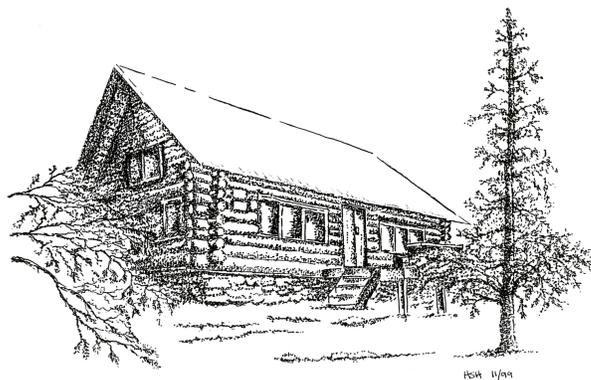


RIDGE LINES



GREEN MOUNTAIN CLUB
BURLINGTON SECTION

Winter 2020

www.gmcburlington.org
gmc@gmcburlington.org

NEWS ABOUT THE BURLINGTON SECTION'S ANNUAL MEETING

Yes! There will be an Annual Meeting, even in this very unusual winter.

Join other GMCers for an **On-line Zoom Event** Saturday evening, January 30, from 6:30PM to 8:00.

During the business meeting, you'll hear reports from the Section's President and the chairs of various committees. This is a great opportunity to learn what's been happening with our trails, shelters and outreach initiatives during 2020. It's also a chance for section members to ask questions and share ideas about GMC and our Section.

Starting at about 7:15, Jack Mayer of the GMC Breadloaf Section, will present "Poems from the Wilderness". He'll share wilderness-inspired poetry written along the trail by an American doctor/poet, expressing love of the backcountry and trail-walking. You'll hear about "the wilderness effect", a unique sensation of aliveness and deep connection that comes to so many people who enjoy Vermont's hiking and walking trails. Mayer's poetry explores our human experience of the natural world, our intimate and mysterious connections to flora and fauna. It proclaims the opportunity to experience the divine that walking mindfully in the wilderness offers.

Get out that favorite lasagna recipe, salads, beverages and desserts (A-Z for all three this year), settle in a comfy chair safely in your home, and plan to join in on the (remote) conversation.

Watch your mail and email for further details on how to register. Registration will include an option to make a donation to the main club in lieu of our usual registration fee.

Also in this issue:

Welcome to Steve Titcomb, new Burlington Section treasurer, and Toben Galvin, our new Taylor Series/Education chair - page 2 - The wide range of experiences and know-how these two volunteers will bring to the club will be important assets!

Tips for safe winter hiking - page 3

Clem Holden - page 3

We are delighted to welcome two new volunteers to the Burlington Section's Executive Committee!

Series/Education chair - This important position involves organizing educational or instructional outings or programs, including the well-known James P. Taylor Outdoor Adventure Series.

Toben Galvin is a 15-year resident of Shelburne and a long-time GMC club member whose interests include hiking, skiing, sailing, fishing, and world travel. A frequent audience member in past Taylor Series events, Toben has enjoyed the series over the years and would like to help ensure that the programming continues with its blend of local, regional, and international topics.

Toben has an MA in Resource Economics from the University of Florida (2000), a BA in Anthropology from Grinnell College (1995), and has completed a Semester Abroad program in Ecology with the School for International Training in Ecuador (1991). He's an independent energy consultant at his own firm, www.skytopconsulting.com.

Toben's most frequent use of the Long Trail and supporting trail network system is during the winter months, as he enjoys backcountry skiing.

Over the years, he has hiked and overnighted widely on the Long Trail. Toben has two children, ages 15 and 18; the 18-year-old is regularly hiking and on his way to completing the Lincoln Gap to Johnson Section in multiple trips.

Toben has traveled widely, including long trekking trips in the Cordillera Blanca range of Peru and a short weekend trek in the Swiss Alps (Grindelwald). He is friends with many active local adventurers and naturalists and would use this local network to help identify future speakers and topics for the club.



Welcome to Steve Titcomb, Treasurer



Steve's first exposure to the Long Trail was in 1971 when he and his brother climbed Mt. Mansfield via the old Bear Pond Trail (steep!). When he moved to Vermont in 1983, his first hike was up Camels Hump via the Bamforth Ridge Trail. When this trail became the official Long Trail route, he adopted this section of the trail and has continued to maintain it. He has also done many work hikes over the years with the Montpelier Section and, more recently, with the Burlington Section.

As an at-large GMC member, Steve served as a general director for six years during Ben Rose's tenure as Executive Director. He did an end-to-end hike of the LT in 1997 and had an amazing experience. Steve moved to VT to take a tenure-track faculty position in Electrical Engineering at UVM. He retired from UVM in 2016. His wife, Maureen Delaney, has been working at IBM since 1992. They have a son who graduated from RIT in 2018 and a daughter who is a third-year student at Northeastern University.

Many thanks to retiring Treasurer, Kayla Weeks for her service to the Burlington section. May she have many more hikes in her future!!

Be safe this winter! revised from earlier winter issues of *Ridge Lines*

Winter hiking in New England presents unique challenges. Here are some tips from experienced hikers:

Prevent hypothermia by staying hydrated, well fed, and dry.

Remember the **Three W's**. Wear a layer like polypro that will **Wick** moisture away from your skin. Wear a **Warming** layer like wool or fleece. Wear or carry a layer that will protect you against **Wet**. A waterproof shell could literally save your life if it starts raining, sleeting or snowing.

Leave cotton clothing and blue jeans at home. Cotton provides almost no protection from wind, and when it gets wet you might as well be wandering around out there naked.

Don't count on your good old summer hiking boots. Wear insulated boots designed for winter hiking.

The "umbles" are a warning! Be concerned if you start mumbling, fumbling and stumbling. More severe symptoms of hypothermia include vision problems, forgetfulness, confusion or fainting.

Whenever you hike in the winter, consider the awful possibility of getting stranded on the trail overnight. Make sure your pack has extra clothes, including hats and gloves. Carry high-calorie snacks like gorp, chocolate, cheese and peanut butter

Be alert for spruce traps! For info and tips on how to get out of one, go to:

<https://gmcburlington.org/2009/02/28/bushwhack-caught-in-a-winter-spruce-trap-and-how-to-save-yourself/>

Note about outings: The COVID-19 pandemic is still a fluid and unpredictable situation. We will post outings on our website as they are scheduled. Go to www.gmcburlington.org for up-to-date information.

Clem Holden died at age 97, after a rich and varied life filled with his loving family, years of skillful work in labor relations, and sailing, skiing, canoeing and hiking.

Clem's job took him and his family to Canada for many years. After he retired, he and his wife Sylvia returned to their home town of Burlington, Vermont. Many Green Mountain Club members knew Clem as one of the "old goats", seniors who blazed and maintained cross-country ski trails at Bolton Mountain.

Clem was a thrifty Vermonter for his whole long life. He was comfortable spending money on good copper and slate for the roof of their house because it would last for many years, but he always chose a push lawnmower and drove an inexpensive car.

Clem's Vermont reserve and taciturnity masked a wry sense of humor. He once remarked that "butter is the secret to long life", adding a few other necessities such as bacon, ice cream, maple syrup, donuts and Swiss Army knives.

A full obituary can be read at

<https://www.legacy.com/obituaries/burlingtonfreepress/obituary.aspx?n=a-clement-holden&pid=196735470>

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GMC BURLINGTON SECTION

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