



# CONNECTICUT CHAPTER

YOUR CONNECTION TO THE OUTDOORS

VOLUME 40, NUMBER 1

SPRING 2019



John Grasso, CT-AMC Chapter Chair

## A View From The Chair

*"Oh would some Power the gift give us  
To see ourselves as others see us."*
















~ Robert Burns

This couplet of Scotland's Robert Burns comes to mind as I recall a recent Chapter hike, and what it taught me. I arrived at the specified spot and time, where many Chapter members I have hiked with gathered. After greetings and the standard introductions, we were off. I found myself hiking beside someone

I recognized, but whose name I did not recall. I introduced myself, and after exchanging names, we learned that we had attended several of the same recent Chapter activities. As we spoke, I came to realize that he was somewhat unfamiliar with the AMC. I asked him, "Are you a member of the AMC?" He replied that he was not. I immediately responded in a friendly tone, "Well, why not?". Supposing he would reply that somehow he had just not gotten around to doing it. After all, joining the AMC is as easy as providing a name and address, and paying an annual fee. After a pause, my hiking companion replied, "No one has asked me." His words startled me. He had participated in several of our Chapter activities, but he had not become a member because he had not felt sure he was

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## CT-AMC Spring Dinner 2019

Saturday, April 13th • Cheshire Grange

Reservations \$20 • Please RSVP by March 30th

Dinner and Presentation

### "Counting Eagles Along the Connecticut River"

by Barry Gorfain


Join us on a journey on the Long Tidal River! Following bald eagles down our namesake river, the Connecticut, a group of enthusiastic, fun-loving and dedicated paddlers headed south from Enfield and wound up in Old Lyme at Long Island Sound. Along the way, we explored new waters, learned about local flora and fauna, and contributed to the expansion of the CT River Paddlers Trail. Come and listen to historical, folkloric fantastic stories about our river's natural, social and historic final miles before emptying into the sound.



Barry Gorfain has been an AMC trip leader for over 20 years, has trained in Class 2 white water and river rescue, is an ACA certified canoe and kayak instructor, and has served as AMC CT-AMC Flatwater/ Coastal Paddling Chairperson since 2011.

Please plan to attend our Spring Dinner to meet old friends and make new ones. Join us for a roast beef dinner at the Cheshire Grange. If you don't care for the beef, we have a limited vegetarian option.

Reservations required by March 30th: [www.ct-amc.org/program](http://www.ct-amc.org/program)

- When:** Saturday, April 13th
- Where:** Cheshire Grange, 44 Wallingford Road, Cheshire, CT
- Reservations:** **BY MARCH 30th:** [www.ct-amc.org/program](http://www.ct-amc.org/program)
- Program:** Non-alcoholic social hour: 5 to 6 pm  
Roast Beef dinner: 6 pm  
Evening presentation: 7:30 pm  
Q&A: 9 pm
- Cost:** AMC Members: \$20, Non-members: \$25
- Directions:** Cheshire Grange. To get there, turn east from Route 10 onto Wallingford Road (by Town Hall). It's one block south of Routes 10 & 68 intersections. Go one and a half blocks. The Grange is on the left with parking on both sides of the building.
- Information:** [Programs@ct-amc.org](mailto:Programs@ct-amc.org) and visit: [www.ct-amc.org](http://www.ct-amc.org) 



## CONNECTICUT CHAPTER

YOUR CONNECTION TO THE OUTDOORS

### *The Newsletter of the Connecticut Chapter - Appalachian Mountain Club*

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Editor: The AMC In CT, 71 Noble Street, Stamford, CT 06902  
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Read online: [www.ct-amc.org](http://www.ct-amc.org)

Please send all address and e-mail corrections to:  
AMC, 10 City Square, Boston, MA 02129 or [information@outdoors.org](mailto:information@outdoors.org)



## Congress Reauthorizes Land Acquisitions Funding

~ Bob Guenther, Chair, AMC's Clubwide Conservation Committee

As outdoor enthusiasts, we all are keenly aware that many of the places where we hike, paddle, and pedal are open to us because far-sighted members of previous generations have protected them. That is why advocacy for conservation is one of our club's core missions. These advocacy efforts chalked up a long-sought win recently with federal legislation reauthorizing a keystone program, the Land and Water Conservation Fund (LWCF). This program has funded the acquisition of numerous parcels of land for public recreation just in Connecticut alone. Hammonasset Beach State Park is but one example of the many open spaces that have benefited from LWCF.

In late February, the U.S. House of Representatives, following the Senate's lead, passed by a bipartisan vote of 363 to 62, a broad legislative package that establishes the LWCF permanently. After passage by the Senate earlier in February, the Natural Resources Management Act (S. 47) will now be sent to the President's desk where his signature is expected. Last fall, LWCF lapsed, thereby curtailing further acquisitions, and its continued existence was in doubt. LWCF is funded through royalties mostly from offshore oil and gas drilling.

Congressional action was the culmination of work at the club level in Washington as well as by AMC grassroots. Numerous Chapter members sent emails to our state's congressional delegation urging reauthorization, and many activities leaders routinely made participants on our events aware that critical recreational resources exist only because of LWCF.

Through our Chapter Conservation Committee, the club also advocates on behalf of our members to the Connecticut General Assembly.

### All CT-AMC Members! We want to hear about it.

Share your experiences! Send us your stories and pictures. Get published! Sent to: [ctamceditor@ct-amc.org](mailto:ctamceditor@ct-amc.org).



## UNCLE AMC WANTS YOU!

**GET INVOLVED!** - [www.ct-amc.org](http://www.ct-amc.org)

**GET TRAINED!** - [www.ct-amc.org/Education](http://www.ct-amc.org/Education)

**GET OUT, GET GOING** - [www.ct-amc.org](http://www.ct-amc.org)

**HIKE LEADERS** - Like to be a Hike Leader? Contact Peg Peterson at: [hikes@ct-amc.org](mailto:hikes@ct-amc.org)

**FAMILY ACTIVITIES COMMITTEE CHAIR** - to plan and lead family hikes, and encourage others to lead hikes/outdoor activities that may appeal to families. Frequency of activity established by the Chair and perhaps a Co-chair. Includes a position on the Chapter Executive Committee, which may be shared with other committee volunteers.

**MEMBERSHIP CO-CHAIR** - needed to offer their time at least two or three times annually to membership events East of the River, such as an information session about any aspect of outdoor activities or an easy hike to introduce the outdoors to potential members. Includes position on the Chapter Executive Committee, which may be shared with other committee volunteers.

**FOR MORE INFORMATION** - about outings, meetings, education, training, events and this year's entertainment, review listings in *AMC Outdoors* magazine and on the web at: [www.ct-amc.org](http://www.ct-amc.org)

### THE NW CAMP COMMITTEE NEEDS YOU!

The Northwest Camp Committee seeks committee members that can attend meetings four times a year at the CFPA Headquarters in Middletown, CT, oversee work parties held at the camp in Salisbury, CT on the first weekend in May and November



and partake in our annual Snowshoe Frolic, Perseid Meteor Shower Extravaganza and A.T. day activities.

The function of this Committee is to ensure the Camp retains its historical and current footprint, remains a place for family wilderness camping experiences, maintain camp structures (cabin,

privies and tent platform) and the land, and administer the policies consistent with the terms of our deed.

The next meeting of the AMC Northwest Camp Committee is on Tuesday, April 23rd at the CFPA Headquarters in Middletown, CT. Free pizza at 6:30 pm and the meeting starts at 7 pm. Interested members are requested to contact Rod Parlee, Chair for more details at 860-306-7250 or [nwcamp@ct-amc.org](mailto:nwcamp@ct-amc.org)

To enjoy all that Northwest Camp has to offer, call or email registrar Craig Kennedy: [nwregistrar@ct-amc.org](mailto:nwregistrar@ct-amc.org) and 866-576-6994 ext 6 - leave a message only (toll-free).

Reserve your place now at Connecticut's only volunteer managed self-service facility - Northwest Camp, Salisbury, CT!



### Northwest Camp





## March Madness ~ by Elaine Pfeffer, CT-AMC Member

Every year, as winter moves towards the spring solstice, I look forward to my annual trek to AMC's Highland Center Lodge in Crawford Notch, New Hampshire. Over the years, I have joined a number of AMC trips for these late winter, early spring adventures. Usually, plans begin with a casual invitation among AMC friends after a posting on the Chapter's Activities List and inevitably ends with the logistics of carpooling and the impossible task of stuffing too many pairs of skis, boots, snowshoes and other miscellaneous cold weather gear (items essential for an expedition to the arctic pole) into one member's car. AMC's Highland Center has become one of my favorite winter destinations. Frankly, over the years, I have been on so many of these outings that my experiences have run together into one great memory of snowy adventures, mountain peaks and the joy of being with AMC friends. Memories of snowshoeing up steep evergreen-lined trails to the summit of Mt. Sugarloaf and wondering if the posted bear warnings were still relevant in severe cold or woods blanketed under snow? I particularly remember a beautiful slideshow presented at Highland Center by photographer Dave Smith, both for its pictorial history of the White Mountains and its many vivid images of mountain wildlife and passing seasons.

One late winter CT AMC trip description included a detailed list of required cold weather equipment, including boots with a temperature rating to at least 40 degrees below zero. While my costly investment in felted, wool-lined Kamik boots have been gratefully used many times over the years, for that particular snowshoe adventure, my feet suffered severely from heat prostration – as temperatures in the Whites rose to a sun-drenched 50+ degrees!

On a February cross-country ski trip, our CT AMC group all joined in a Valentine's Day cross-country ski contest. Clutching an entry form and a map designating a dozen trail-linked participating ski centers, we clicked into our skis at the AMC Highland Center and glided our way downhill to the first destination on the map. As the day progressed, we each received the required stamps on our entry forms, not to mention the reward of a special gourmet chocolate at each location. Alas, by late afternoon, with sunset approaching, we realized both time and energy were ebbing. When someone casually noted there was nothing in the rules stating participants had to actually to ski to each place on the list, we accomplished the entire challenge by simply piling into a member's SUV and driving to the last ski center! We had grand fun as a group, even though,



windshield. Five miles later, the road was coated over with a light blanket of sparkling white. We almost missed the entrance to AMC's Highland Center as the snow was falling so thick and heavy that we struggled to peer through white-out conditions. The Center itself was hidden behind towering mounds of plowed snow. Finally meeting up with the rest of the CT Chapter members, we snuggled down next to the big fireplace in the comfortable and remote lodge. Incredibly, it snowed heavily every night, and for the next four days we experienced the best skiing and snowshoeing anyone could remember. **To me, that's March Madness!**

and perhaps appropriately, none of our entries was drawn for the grand prize.

There remains with me one memory of an extremely mild winter with little snowfall in New England. As we headed north, we eagerly searched for the first sign of snow. Stopping at the Brattleboro Vermont Visitor Center, we were not overly concerned about the bare fields that greeted us. By White River Junction, we spotted some lingering patches of white bordering the highway. However, our hopes for finding any new or lasting snow coverage dashed when we exited

the highway and headed east on Route 302 in New Hampshire. With not a trace of snow anywhere, the closer we got to Bretton Woods and Crawford Notch, the more we became resigned to hiking the trails rather than skiing them. Alas, about 15 miles from AMC's Highland Center, a few snow flurries began to drift gently down, a few even sticking to the



## CT-AMC Chapter History Project!



~ by John Grasso, CT-AMC Chapter Chair

### Calling on all CT-AMC Members!

Our Chapter will celebrate its centennial in 2021, and we hope to publish a Chapter history for the occasion. In 1957, and again on our 75th anniversary in 1996, the Chapter published booklets which recount some of our Chapter's past. Both booklets are very valuable, but our hope for our 100th anniversary is not merely to fill in the years since 1996 with a next partial "history." If we can muster the interest and the commitment, and the talent, we can build upon previous work and achieve a comprehensive story. To pull this off, we need to take action in 2019. All members interested in participating in this project in any way, and to whatever extent, are encouraged to contact our Chapter Secretary Martha Cain or me. We need members with such interests as conducting interviews; gathering written records and photos; writing; editing; and publishing. We need members who can commit much time and members who cannot. Once we have assembled a group, we'll get organized, and we'll get going. If you think you may be interested, don't hesitate. Please take a chance on the side of pitching in. Write to: [chair@ct-amc.org](mailto:chair@ct-amc.org) or [secretary@ct-amc.org](mailto:secretary@ct-amc.org)

## A.T. in Connecticut Project Plans 2019

~ by Dave Boone, CT-AMC A.T. Committee Chair

We are beginning to plan projects for the 2019 season. We have several ambitious projects planned, including replacing the roof on Algo Shelter and possibly moving to a new base of operations.

A large scale "ecotourism" project is being proposed near the A.T. just over the border in Dover, NY. The Committee is concerned over potentially large negative impacts to the A.T. in CT, as the "Harlem Valley Homestead" shares a border with NPS land between the 10 Mile River and south of 10 Mile Hill. 80 cabin and campsites are proposed, along with meeting facilities, dining halls, and other common areas. Unauthorized "trail magic" has already been found near the shared property line on the north slope of 10 Mile Hill. The Committee will meet with the developers to discuss issues in mid-January.

Also, in the 10 Mile River neighborhood, FirstLight Power has notified us they intend to replace high tension transmission wires across the Housatonic River in mid-spring. The trail is to be closed while this activity is underway. We are meeting with FirstLight to discuss details, and perhaps making a hiker shuttle available between Route 55 and Bulls Bridge Road.

We are investigating relocating our tool storage from the Housatonic Valley Association office in Cornwall Bridge to the Mohawk State Forest in Cornwall. We have met with the Mohawk Forest Supervisor, and he is supportive of making available an unused barn at the Forest HQ, which would provide us with much needed additional storage, including our sign making equipment. More detailed discussions with DEEP are planned. We would also share this space with CFPA for their western tool cache.

## STATEWIDE TREE DAMAGE

~ by Leo Kelly, CT-AMC Chapter Education Committee, Arborist/Tree Warden, City of West Haven, CT

Look up and watch out for hazardous trees while visiting the woods in our state's forests, parks, and wildlife management areas. Several years of severe storms and drought, resulting from our changing climate, and significant insect infestations have left many damaged or dead trees in forests and residential areas. Damaged, dead, and diseased trees can fall without warning, potentially causing injury or property damage.

As you hike the trails or visit picnic areas and campgrounds, be extra cautious:

- Look up and be aware of your surroundings.
- Be particularly watchful when it is windy or when branches are covered with snow.
- Avoid parking, picnicking, camping, hiking, and hunting in areas where dead trees or dead limbs are more likely to fall.
- Walk around, not over, downed limbs and trees.

While the chances of being struck by a falling tree or branch are low, being vigilant while in the woods can reduce the odds even more.

### What Happened?

1. Storms in spring 2018, including nor'easters in March and tornadoes in some parts of the state in May, have left their share of broken limbs and dead and downed trees.
2. The invasive, exotic emerald ash borer was discovered in Connecticut in 2012 and has been spreading across the state. This insect is inevitably fatal to ash trees. Although ash trees are not a large component of Connecticut's forests, they are somewhat common along roadways and in residential areas.
3. A gypsy moth outbreak began in 2015 in eastern and central Connecticut. It persisted through 2017, enabled by a serious drought

in 2015 and 2016. The drought by itself was enough to kill trees. Coupled with the gypsy moth infestation, even more trees died, especially the large oak trees that are so valuable in our forests.

Widespread oak mortality, particularly in eastern Connecticut, began in summer 2017 and continued through 2018. By summer 2018, the leaves on many oak trees began to turn brown. This was caused by another insect, the two-lined chestnut borer, which attacks and kills vulnerable oak trees stressed by previous defoliation. This loss of oak trees is likely to continue into 2019.

### The Good News

Despite the loss of so many trees, our forests are still healthy. A forest is more than just trees. It includes the animals, other plants, soils, landscape, and the many processes that stitch these individual items together. One way to assess the health of a forest is to observe how it recovers from disturbance. New trees and shrubs will grow in the openings created by dead and downed trees. Standing dead trees, known as snags, provide roosting sites for hawks and habitat for cavity-using birds (woodpeckers, wood ducks, some owls, and more), amphibians, reptiles, and mammals, such as squirrels. Insects and fungi thrive on downed wood, also aiding in their decomposition back to the soil. Brush piles created by downed trees and branches provide cover and homes for a variety of wildlife, including chipmunks, rabbits, and snakes.

### Keeping the Forests Open

DEEP is taking steps to address damaged, diseased, and dead trees, particularly in high-use areas. You may see trees marked with a dot of orange paint in picnic areas, around parking lots, and along major trails. These trees are slated for removal – please stay away from them.

You are encouraged to visit our parks, forests, and wildlife management areas, but it is essential to keep in mind that there is always a certain element of risk in using natural areas. Taking precautions is prudent while you enjoy the beautiful natural resources that our state has to offer.

## CT-AMC Annual Awards Presented at the AMC Fall Gathering 2018

**Lifetime Service Award:** Presented to a Chapter member who has made a significant lifetime contribution to the Chapter. Recipients will have 10+ years of significant service to the Chapter. Candidates for this award may have been active for many years, but are perhaps not as active as they once were.

**Appie of the Year Award:** Appie of the Year Award: Presented to those individuals who have made a significant contribution to the Chapter over the last 5-10 years.

Note: A person may receive both awards if there has been at least a ten year period since the first award was given (except in special circumstances.)

### Lifetime Service Award:

**David Roberts** – Based on readily available historical information, we've been able to trace David's AMC volunteerism back to at least 2002. In 2002, David was a member and leader recruiter for the Excursions Committee, as well as a regular hike leader. He began co-chairing excursions in 2004, became Chair in 2005 and continued in that role until he handed it off to Peg Peterson a few years back. David has a long service as Co-chair with the Fairfield County Group, where his own innumerable travel experience presentations are often the main attraction at their Bethel and Westport meetings. Since leaving Excursions, David has put in his time as the Chapter's Communications Chair. You see his work weekly with the Chapter's activity emails. David also contributes his knowledge and experience to leader training programs. Over the years, David has been one of the pillars of the Connecticut Chapter and continues to be so.



### Appies of the Year Award Recipients:



**Bea Holt** – Bea has been a hike leader for ten+ years and has served on the Chapter Executive Committee since 2013. In that role, she has handled special projects like building up the library at NW Camp and revising the Chapter Standing Rules. Her biggest project as of yet, planning and delivering the AMC Fall Gathering! Most Chapters spend more than a year planning, usually with the help of large committees. Bea handled the arranging solo and drew in support as needed. The AMC Fall Gathering 2018 was a huge success!

**Keith Spaar** – Keith recently stepped up and took on a project that was in great need, an update on all levels of the Chapter website. He took on the role of working with the club to modernize web communications and improve the activity database. He is also ready and willing to help out other committees with the ever-changing tech world. In his free time, Keith continues as our Education Chair, working towards expanding instructional offerings and working with club staff and volunteers from other chapters for the Train the Trainer program.



## SAVE THE DATE

### Give-A-Day to the A.T. 2019

~ by Dave Boone, CT-AMC A.T. Committee Chair

**Saturday, May 11th:** Come out with the CT Chapter A.T. Committee and "Give-A-Day to the Trails." Assist with essential improvements to the Connecticut portion of the Appalachian Trail. Love your Mother (Nature) the day before Mother's Day!

The day begins with project descriptions - select one that appeals the most to you. We will also recognize some returning participants, and go over some critical tool safety tips. There will be something for all interests and abilities. Leaders from the A.T. All-Star Celebrity leader list will entertain you throughout the day. Some anticipated projects include habitat restoration with CT-AT's Natural Heritage managers, boundary recovery in the wilds of the A.T. corridor, and two exceptional projects this year: one is cutting a brand new relocation on Sharon Mountain in the Housatonic State Forest, and the another is to replace the roof on the Algo Shelter. Tools will be



provided, but do bring work gloves, plenty of water, and a trail lunch. You may become wet, sweaty, muddy, ugly, or some combination of the above, so do not wear your most expensive L.L. Bean hiking ensemble.

The day ends with the raucous "social," at which volunteers get the mud off and brag about their achievements of the day! Please feel free to bring liquid refreshments of any sort and snacks to share for the social. "Get Down, and Dirty" with new and old friends, beginning at 9 am at the Housatonic Meadows State Park Day Use area (NOT the campground) just north on Route 7 in Cornwall Bridge, CT. Mark your calendars now and plan to attend this highlight of the CT Chapter season – and bring your friends!

See you there! [www.ct-amc.org/trails/](http://www.ct-amc.org/trails/)

A scenic landscape photograph of a lake surrounded by trees with autumn foliage. Overlaid on the image is the text: "SAVE THE DATE!" in large white letters, followed by "• CT-AMC Annual Gathering 2019 •", "Sunday, November 17th", "St. Clements Castle", "1931 Portland-Cobalt Road, Portland, CT", and "www.ct-amc.org".

**SAVE THE DATE!**  
• CT-AMC Annual Gathering 2019 •  
Sunday, November 17th  
St. Clements Castle  
1931 Portland-Cobalt Road, Portland, CT  
[www.ct-amc.org](http://www.ct-amc.org)



## THE CONNECTICUT TEEN WILDERNESS FUND NEEDS YOUR SUPPORT!

The **Connecticut Teen Wilderness Fund**, formerly the **Harry Duren-Gregory Simons Scholarship Fund**, makes it possible for disadvantaged teenagers from Connecticut to attend an AMC summer Teen Wilderness Adventure program.

Harry Duren and Greg Simons were members whose untimely deaths years ago generated interest in a memorial, and donations made to the Fund in their memory were sometimes sufficient to pay for at least one teen to attend an AMC summer program. In recent years, as fewer members have a personal recollection of Harry or Greg, the Fund has not attracted significant donations from members, and it has seldom been self-sufficient, necessitating that the Chapter supplements the Fund so that teens could be assisted. The hope is that by now naming the Fund for its goal, and by recasting the Fund so that donations to it are solicited in honor or celebration of any purpose or occasion, whether as a tribute or as a memorial, and by publishing notice of donations in the program of the Chapter Annual Gathering, the Chapter can revive and strengthen the Fund. The Chapter is committed to the kind of outreach the Fund is intended to achieve, and if as Chapter members we commit to the Fund as a means of memorializing both our joys and our losses, the Fund can achieve its useful purposes.

**How can you help? Write to:** [treasurer@ct-amc.org](mailto:treasurer@ct-amc.org). **To contribute to the Fund**, please send a check made payable to "Appalachian Mountain Club," with memo line "Connecticut Teen Wilderness Fund," to Al Puches, Treasurer, 32 Highland Avenue, Redding, CT 06896. Enclose check with information to who or what the contribution is made, and please identify all persons who have contributed. 🌿

## AMC Adventure Travel

AMC's Adventure Travel Program is taking you around the world! Led by our trained volunteer leaders, join us on a small group excursion to exciting destinations like skiing in Austria, cycling in Ireland or trekking in Nepal.



Photo credit: Mike Davzi

It is an exciting and affordable way to recharge in nature and experience group travel. To learn about the latest trip offerings, sign up for our quarterly newsletter at [www.outdoors.org/ATnews](http://www.outdoors.org/ATnews).

Are you an experienced Chapter leader looking to take your next step in leadership? Adventure Travel leadership may be for you! Contact the programs manager, Nancy Holland, at [nholland@outdoors.org](mailto:nholland@outdoors.org) to find out more. 🌿

## AMC Leadership Training Day and Wilderness First Aid Course Weekend

### SIGN UP!

#### AMC Leadership Training Session - 1 Day

at the White Memorial Carriage House, Whitehall Road, Litchfield, CT.

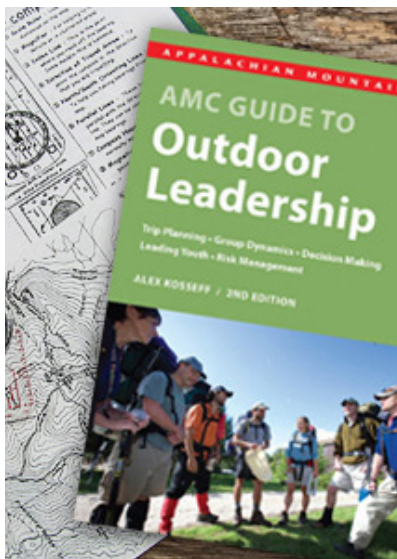
**Saturday, April 6th at 8:30 am - 5 pm.**

### AND

#### AMC Leadership Training Session - 1 Day

at Mansfield Hollow State Park Pavillion, Mansfield, CT.

**Saturday, June 8th at 8 am - 5 pm.**



#### The class covers many aspects of being a leader such as:

- Leadership Styles
- Group Dynamics
- Day Hike Planning
- Map & Compass
- Leadership Opportunities
- Leader Liability
- Screening Hike Participants
- Critical Incident Stress Debriefing
- Accident Scene Management
- Leave No Trace Principles

Includes both classroom and outdoors role-playing. Limited enrollment. \$25 registration. [www.ct-amc.org/Education](http://www.ct-amc.org/Education) 🌿

#### CT-AMC Wilderness First Aid Course (WFA) - 2 Days

White Memorial Conservation Center in Litchfield, CT

**Saturday, April 6th, 8 am - Sunday, April 7th, 5 pm:**

The course is a blended experience of classroom and hands-on learning. ~50% of student time is spent outside rotating as mock rescuer and mock patient in realistic caregiving scenarios, making the most of learning-by-doing. The Wilderness First Aid certification is an entry-level course for wilderness medicine and has no pre-requisites. It is highly recommended for anyone who spends time in the backcountry; whether you are planning on leading a multi-day trip or a day hiker who wants to be prepared for any emergency. The class is suitable for adults and focused youths ages 12+ and is hands-on learning on how to care for an injured or ill person during the critical minutes or hours before help arrives for the hand-off.

This course will recertify current WFR (Wilderness First Responder) or EMT (Emergency Medical Technician) certifications. Did you receive your certification through another provider? No problem - we honor most major providers for recertifications; call for more details and prior approval.

Cost is \$180 for members and \$200 for non-members. This cost includes instruction, handouts, lodging, and meals.

Register online: [www.ct-amc.org/Education](http://www.ct-amc.org/Education). For additional information on this event and future programs, visit: [www.ct-amc.org/Education](http://www.ct-amc.org/Education) and/or contact Keith Spaar: [education@ct-amc.org](mailto:education@ct-amc.org). 🌿

**F**airfield County Group held its final event of 2018 on Tuesday, December 11th when AMC Hike Leaders Ian Lewis, Conio Cessa and I presented "Hiking in the Alps and the Dolomites" We had 80 paying guests, over 90 people in total, including volunteers, and it looked like we might run out of chairs at one stage. This event drew our biggest crowd in Bethel for many years and a great example of stapling a presentation together to create something new with just a few friends. Ian and I have presented numerous times before, but it was Conio's first time, and he did very well. We also had

a large crowd when several of us presented "Hiking in Britain" a couple of years ago, and audiences seem to like presentations about places they might go, given by people they know.

Over the years, the Chapter's FCG has taken its audiences to the far corners of the world, with presentations about some of the most exciting locations around the globe.

This pattern continues as FCG nears the end of yet another successful season.

**February in Bethel** - former Chapter Chair Bob Guenther presented "Hiking to Machu Picchu" about the legendary Incan redoubt, which is as mysterious today as it was when discovered over a century ago. Bob Guenther hiked over the 15,000-foot Salkantay Pass in the Peruvian Andes to witness the sunrise over Machu Picchu on the Southern Hemisphere's winter solstice. Bob shared his photographs from that trip as well as explaining Connecticut's unique connection to Machu Picchu's discovery.



**March 12th in Westport** - FCG Co-chair David Roberts presented "Polar Journeys - To the North Pole" This was an updated version of the presentation David gave at the club's Fall Gathering in October, following his recent trip to South Georgia. David first took the audience south to the Antarctic, the Falkland Islands, and South Georgia, and then north to the Arctic region, visiting Greenland, Spitzbergen, Russia's Franz Joseph Land, and finally through the ice all the way to the North Pole aboard the world's most powerful ice breaker, the Russian nuclear powered "Fifty Years of Victory." With amazing scenery, David's presentation featured whales, polar bears, walruses, musk oxen, seals, including giant elephant seals, sea birds, and lots of penguins.



**Tuesday, April 9th in Bethel** - hiker and world traveler Ida Lowe will share her experiences and photographs of trekking to "Ciudad Perdida" the lost city in the Sierra Nevada mountains of her native Colombia. Discovered in 1972, Ciudad Perdida is believed to have been founded around the year 800, some 650 years earlier than Machu Picchu. Ida's hike included crossing rivers and steep climbs, with the entrance to the ancient city accessed by 1,200 steep steps through dense jungle.



**Tuesday, May 14th in Westport** - regular presenter Sam Mehta will present "Trilogy of Nations: Japan, Korea, and China." Sam, a passionate photographer, and adventure traveler, has journeyed extensively in the Far East. Most Western tourists limit their travels in China to Beijing, Shanghai, Hong Kong, and Xian, and in Japan to Tokyo, Mt. Fuji, and Kyoto. Few experience Korea or Taiwan, much less the fascinating remote regions of China. Sam has photographed these sites that, while often overlooked by tourists, are important in weaving the story of Japan, Korea, and China-how they came to have shared aspects of culture and how their relationships have changed between friend and foe over the centuries.



**FCG will close its 2018 / 2019 season with a movie night in Bethel in June.**

**For details** on these and future FCG presentations, visit and bookmark: [www.ct-amc.org/Fairfield](http://www.ct-amc.org/Fairfield)

**Events in Westport: Saugatuck Congregational Church, 245 Post Road, Westport, CT. Doors open, drinks and appetizers from 6:30 pm; presentation from 7:30 to 8:30 pm. \$10 members, \$15 nonmembers. No reservations. Pay at door. Details, directions at:** [www.ct-amc.org/Fairfield](http://www.ct-amc.org/Fairfield).

**Events in Bethel: St. Thomas Church, 95 Greenwood Avenue, Bethel, CT. Doors open with appetizers from 6:30 pm; presentation 7:30 pm. \$6 members, \$8 non-members. No reservations, pay at door. Details and directions at:** [www.ct-amc.org/Fairfield](http://www.ct-amc.org/Fairfield).



# AMC Recognizes CT Chapter Volunteers

Two of our leaders were honored at the 2019 AMC Annual Summit on January 26th in Norwood, MA.

## AMC Distinguished Service Award

**Merri Fox** – CT Chapter member and AMC Adventure Travel Leader

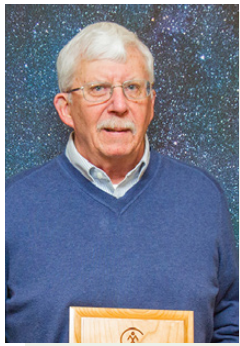
Merri Fox receives Appalachian Mountain Club's 2019 Volunteer Leadership Award. The award recognizes AMC's outstanding volunteer leaders who share their time and expertise in pursuit of AMC's mission.

Merri Fox is an outstanding leader for AMC Adventure Travel program. She manages the logistics at every step along the way even when an overseas trip needs to change direction due

to flooding! Merri mentors other Adventure Travel leaders through the process of becoming a Chapter leader and then through the Adventure Travel training courses. She can see the leadership potential in others, and she invites them to step up. Merri has served on the CT-AMC executive committee as Secretary. She is active in training new and potential co-leaders and leaders, and she continues to lead national and international trips as well as local hikes in Connecticut. She is an inspiration to all who meet and work with her. Congratulations, Merri!



## AMC Volunteer Leadership Award



**Phil Wilsey** – CT Chapter Excursions Co-chair and Information Volunteer

The Appalachian Mountain Club honored Phil Wilsey with its Volunteer Leadership Award. The award recognizes AMC's outstanding volunteer leaders who share their time and expertise in pursuit of AMC's mission.

Phil holds several positions in the Chapter. He leads 25 to 30 local hikes per year for the East of the River Committee. Phil volunteered for Fall Gathering 2018

organizing hikes, answering questions and sending guests in the right direction all weekend. Phil has also served as a Ridgerunner, is a regular work party participant with the CT-AMC A.T. Committee, volunteers for both the CT-AMC A.T. Day and the annual CT-AMC Give-A-Day to the A.T. In New Hampshire, he is an Information Volunteer and an organizer of annual Fall Hiking Week.

Phil is passionate about the outdoors and conservation, investing his time promoting and taking care of our natural world, both here in CT and NH. His actions encourage others to attend AMC events and do more volunteering. Phil is a significant influence, encouraging people to step up to be local hike leaders and give more. Phil is a true leader - caring for all of us, helping us on the steeps, adding a bit of history, waiting with us when we are tiring. Phil is one of the best volunteers we have. Congratulations, Phil!

## Off The Trail...

~ Leo Kelly, Saranac Lake 6er #65

As Connecticut Hike leader for number of years I have trekked on many dirt paths in the Nutmeg State. On occasion I have ventured away from the familiar blue blazes in State and have headed out into the White Mountains of New Hampshire. Many four season Chapter group hikes that I have led into the backcountry have included summitting one or two peaks during the outing. Although not a peak bagger in search of that magical White Mountain 48, I did keep a log of my accomplishments, when I climbed and who I was with.

However, in the Spring of 2013 I discovered a unique mountain challenge, The Saranac Lake 6er Challenge in the Adirondacks Mountains of New York! A great introduction to hiking in the Adirondacks: gently rolling terrain, bird-filled wetlands, towering pine forests and steep challenging ascents that lead to outstanding views of mountains and water. Yes, the mountains have always been there to climb at anytime but the official start of the 6er Challenge began in May 2013 when the roster of successful 6er's was started and which is now into the 3000s.



CT-AMC Chapter group on Sarnac Lake 6er St. Regis Mt. Left to right: Dale Geslien, Joe Duwan, Leo Kelly, Susan Schmerl, Jim Schmerl, Linda Irish-Simpson, Dave Roberts and W. Douglas Fitzgerald (fire tower restorer)

In April 2013 I organized and listed a week long CT Chapter Outing to become an official SL 6er by climbing all six mountains in one week, 2452' Baker, 2874' St. Regis, 3054' Scarface, 3353' Ampersand, 2878' Haystack and 3822' McKenzie. You can take your time and pick the peaks off one-by-one to earn the 6er patch or become a ultra 6er doing them all in a 24 hour period!

With an enthusiastic group of seven we accomplished our goal and became the first organized group (AMC CT Chapter) to Ring the Bell in Berkeley Square and receive the SL 6er Patch. (Be wary of ringing the bell if you haven't climbed the six mountains-legend has it that any non 6ers who pull the rope will become the victims of the Kiwassa Curse.)

This unique adventure is suited to all ages, another way to share the great outdoors with kids and friends who normally would not be up for the more strenuous challenges of the WM 48. I found a deep sense of accomplishment

and renewed love of the Adirondacks and the many outdoor adventures the 6 million acre State park offered. I encourage all with an adventurous spirit to take the Saranac Lake 6er challenge. More info at [www.saranaclake.com](http://www.saranaclake.com)



## LED Light Bulbs

~ by Russ Charest ~ CT AMC Conservation

There is a new technology “LED Light Bulbs” available for consumers but there are many questions.

What does LED mean? “Light Emitting Diode” this is the term in the electronic field and they have been used in electronics for years. How do you know which bulbs to buy? They are compared to old style “Edison Incandescent” light bulbs and “measured” in watts. There is also a lumen number on the package.

### What is a Lumen?

“One Lumen” = one candle in a one square foot area.

### Lumen Chart :

40 watts of light = 460 lumens. 60 watts of light = 780 lumens. 75 watts of light = 1170 lumens. 100 watts of light = 1650 lumens. These numbers are approximate.

| Lumens / Brightness  | 250+ | 450+ | 800+ | 1100+ | 1600+ |
|--|------|------|------|-------|-------|
|  <b>Incandescent</b> | 25W  | 40W  | 60W  | 75W   | 100W  |
|  <b>Halogen</b>      | 18W  | 28W  | 42W  | 53W   | 70W   |
|  <b>CFL</b>          | 6W   | 9W   | 12W  | 15W   | 20W   |
|  <b>LED</b>          | 4W   | 6W   | 10W  | 12W   | 18W   |

### Color of Light :

What about the “Color of Light”? Assigned to this is a “K Number” = degrees Kelvin, a scientific measure for temperature.

“Warm White” or “Soft White” is a yellow/white light, 2700\* - 3000\* K, the recommended light color.

“Daylight” or “Cool White”, is a blue/white light, 4500\* - 6000\* K.

|                            | 2000-3000K  | 3100-4500K  | 4600-6500K   |
|----------------------------|---|---|--|
| Color Temperature (KELVIN) | 2000K - 3000K   | 3100K - 4500K   | 4600K - 6500K  |
| Light Appearance           | Warm White  | Cool White  | Daylight   |
| Ambience                   | Cozy, calm, inviting, intimate  | Bright, vibrant   | Crisp, invigorating                                      |
| Best for                   | Living room, kitchens, bedrooms, bathrooms, restaurant/commercial ambient lighting, decorative outdoor lighting | Basements, garages, work environments, task lighting, bathrooms | Display areas, security lighting, garages, task lighting |

### LED Savings :

OK, how much do these new LED bulbs save? On average 80%!

Older style CFL’s (compact fluorescent) save average 75% but they have mercury. LED bulbs are better. These bulbs are very helpful in saving the earth and the environment.

If anyone has any questions please contact Russ Charest - conservation@ct-amc.org

## All CT-AMC Members!

### WE WANT TO HEAR ABOUT IT.

Share your experiences! Send us your stories and pictures. Get published! Write to: ctamceditor@ct-amc.org.

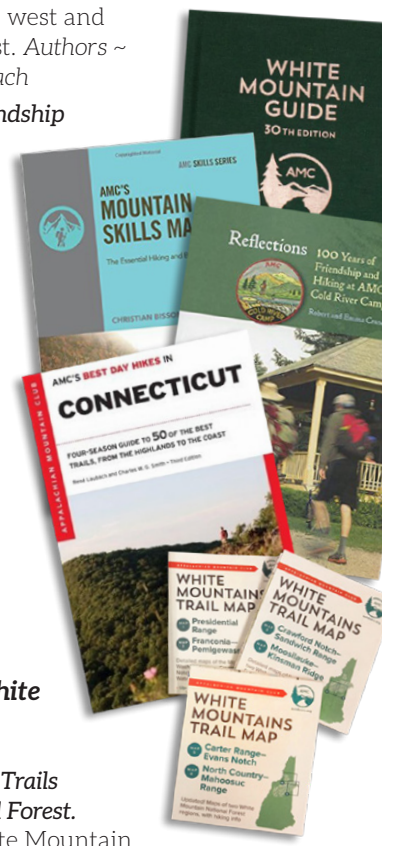
## 23RD ANNUAL AMC PHOTO CONTEST WINNER



*People Outdoors, Honorable Mention: “Look Out! And Where Does This Trail Go?” by Scott Livingston, Connecticut Chapter. Taken on Katahdin, Baxter State Park, Maine, on July 2, 2017.*

## New & Updated AMC Books & Maps!

- 1. Best Day Hikes Connecticut 3rd Edition: Four-Season Guide to 50 of the Best Trails, from the Highlands to the Coast**, AMC’s Best Day Hikes in Connecticut. Includes sections of the Appalachian Trail to the west and oceanside walks along the coast. *Authors ~ Charles W. G. Smith, René Laubach*
- 2. Reflections: 100 Years of Friendship and Hiking at AMC Cold River Camp.** The first 100 years of Cold River Camp, including photographs, memories from the CRC family, stories of land acquisitions, buildings and infrastructure, the nature trail and garden renovation project, annual reports and poetry, songs and art. *Authors ~ Robert and Emma Crane*
- 3. AMC’s Mountain Skills Manual: The Essential Hiking and Backpacking Guide**, covers the essential skills every hiker and backpacker must know. *Authors ~ Christian Bisson & Jamie Hannon*
- 4. White Mountain Guide: White Mountain National Forest Centennial Edition: AMC’s Comprehensive Guide to Hiking Trails in the White Mountain National Forest.** In 2018, AMC salutes the White Mountain National Forest’s centennial and, just a decade older, the 110th anniversary of our own quintessential White Mountain Guide. *Author ~ Steven D. Smith*



For all your AMC books, trip guides, maps, gear and gifts, visit the AMC Store: amcstore.outdoors.org

## 2018 Chapter Volunteer Stewardship Awards

|                    |                   |                  |                    |                     |                        |
|--------------------|-------------------|------------------|--------------------|---------------------|------------------------|
| Janet Ainsworth    | Barry Gorfain     | Rick Merritt     | Jason Smith        | Walt Daniels        | Pete Meyers            |
| Maria Antonini     | Chris Granata     | Josh Michna      | Joseph Snyder      | Don Devito          | Al Puches              |
| Michelle Baughman  | Susan Grant       | Nick Michna      | Pete Sofman        | Henry Edmonds       | Chris Varian           |
| Barbara Beckerman  | John Grasso       | Rich Michna      | Keith Spaar        | Bernadette Ellegard | <b>100 Hours</b>       |
| Don Bellemare      | Gene Grayson      | Kathleen Miller  | Eric Stones        | Jeff Glans          | Gary Guenther          |
| Barry Black        | Robert Gregory    | Kathy Miville    | Debbie Tedford     | Gene Greyson        | Julia Lumens           |
| Judy Bormann       | Dorothy Grimm     | Art Morenz       | Alison Terjek      | Gary Guenther       | <b>250 Hours</b>       |
| Steve Braciak      | Bob Guenther      | David Morris     | Paul Thomas        | Don Klein           | Adam Lipmann           |
| Polly Buckley      | Michael           | Corey Mott       | Steve Troop        | Jim Lovelett        | Julia Lumens           |
| Cindy Butts        | Handelsman        | Fiona Nicholson  | Patti Vaughn       | Phil LaBell         | Rich Perry             |
| Annette Calabrese  | Carol Hassett     | Bob Nickels      | Dave Waldburger    | Elaine LaBella      | <b>500 Hours</b>       |
| Tony Calabrese     | Daryl Hawk        | Carol Olsen      | Dana Warner        | Adam Lippmann       | Bill Channing          |
| Barbara Carruthers | Paul Hayes        | Carolyn Olsen    | Mark Warren        | Jim Liptack         | Don Klein              |
| Tom Carruthers     | Mark Henebry      | Jill Oneglia     | Bill Wheeler       | Lisa Luca           | <b>1000 Hours</b>      |
| Karen Cassidy      | John Hicks        | Dennis OToole    | Dennis Wigg        | Julia Lumens        | Ken Schmitt            |
| Mike Ceruzzi       | Kristi Hobson Edm | Rod Parlee       | Phil Wilsey        | Anna Mclellan       | <b>2000 Hours</b>      |
| Wayne Chapman      | Bea Holt          | Peg Peterson     | Darcy Witham       | Jim Mclellan        | Bob Poitras            |
| Russ Charest       | Dennis Jakiela    | Suzanne Petke    | Edward Yiznitsky   | David McCunn        | <b>2190 Hours</b>      |
| Sean Coughlan      | Frank Keen        | Jeffrey Phelon   | Margaret Zorn      | Shirley McCunn      | Elaine LaBella         |
| David Crockett     | Leo Kelly         | Ray Phillips     | <b>A.T. AWARDS</b> | Pete Myers          | <b>STEWARDSHIP</b>     |
| Dave Cronin        | Craig Kennedy     | Gilles Pipernos  | <b>12 Hours</b>    | Eugene Newell       | <b>AWARDS</b>          |
| Lorraine Cronson   | Patrick Kennedy   | Robin Pleshaw    | Ed Brown           | Suzanne Newell      | <b>Pychowska Award</b> |
| Bill Curley        | Mark Kiley        | June Powell      | Aidan Cambell      | Rich Perry          | (96 Hours              |
| John DeAngelis     | Don Klein         | Dave Pressler    | Heather Dineen     | Bob Poitras         | Trails Stewardship)    |
| Chris DeGraaf      | Leigh Knuttel     | Al Puches        | Carol Gregory      | Al Puches           | Rich Cady              |
| Denise Dieli       | Gini Kramer       | Ethan Rain       | Matt Hack          | Paul Reder          | Jim Lovelett           |
| Jo-Ann Durdock     | Mike LaChapelle   | John Reck        | Mike Kulikowski    | John Rek            | Lisa Luca              |
| Bruce Ebbets       | Carol Langley     | David Reik       | Jen Lockfort       | Ken Schmitt         | Paul Reder             |
| Tom Ebersold       | Bruce LaRoche     | Barry Resnick    | Julia Lumens       | Bill Shaffer        | Ken Schmitt            |
| Jocelyn Eppich     | Ian Lewis         | Dayton Rich      | David McCunn       | Joan Tegtmeier      | <b>Hart Award</b>      |
| Finlay Ferguson    | Trish Lewis       | Bonnie Riedinger | Shirley McCunn     | Chip Ward           | (224 Hours             |
| Mary Ferguson      | Tim Linehan       | David Roberts    | Dennis O'Toole     | Russ Waldie         | Trails Stewardship)    |
| W Neal Fisher      | Timothy Linehan   | Claire Rusowicz  | Andrew Paladino    | Richard             | Dave Boone             |
| John Foehl         | Jeff Magee        | Zellene Sandler  | Matt Sharp         | Wanderman           | Ray Bracone            |
| Bob Foltz          | Kathryn Martin    | Eleanor Sasso    | <b>30 Hours</b>    | <b>50 Hours</b>     | Bill Channing          |
| Merri Fox          | Bobby Mathoda     | Breina Schain    | Bob Andrew         | Ed Brown            | Walter Daniels         |
| Paul Garborino     | Andrew May        | Mark Schappert   | Dave Boone         | Bob Crowther        | Henry Edmonds          |
| Dale Geslien       | Bill McCarthy     | Jim Scheef       | Ray Bracone        | Gene Grayson        | Bernadette Ellegard    |
| Ann Gillard        | Debra McConville  | Troy Schinkel    | Ed Brown           | Rick Keyes          | Phil LaBell            |
| Mary Ann Gleba     | Hob McConville    | George Schott    | Rich Cady          | Julia Lumens        | Jim Liptack            |
| Jennifer Golec     | Alfred McGunnigle | Conio Sessa      | Bill Channing      | David McCunn        | Julia Lumens           |
|                    | Sam Mehta         |                  |                    | Shirley McCunn      | Bill Schaffe           |
|                    |                   |                  |                    |                     | Russ Waldie            |

### On the A.T.:

#### Lady's Slipper

Cypripedioideae, also known as Lady Slipper orchids. Late spring and early summer see the return to the Trail of the extravagant blooms of the Lady's Slipper. The twisting slender upper petals frame the balloon-like lower petal. Though the pink Lady's Slipper is the most commonly seen along the Appalachian Trail, you may also encounter yellow, white or even the pink-and-white variety known as "showy." These orchids are alternately known in some areas, including the Great Smokies, as the moccasin flower. Range: Georgia to Maine. Bloom season: Late April to July.



#### Dutchman's Britches



*Dicentra cucullaria*. Look at this bloom upside down to find the yellow-topped white pantaloons which give Dutchman's Britches its name. With fern-like foliage this plant reaches up to twelve inches tall with several white and yellow blossoms per stalk. This plant can only be pollinated by Bumblebees, which have a tongue long enough to reach the nectar deep in the end of the pantaloon legs. Range: Georgia to Maine. Bloom season: April to May.



Continued from page 1 . . . **View From the Chair**

welcome. No one had asked him to join; no one had extended a personal invitation to him to join. Likely something had been said to him about some benefit of membership – but no one had expressed to him the wish that he become a member.

We may not see that to persons outside the AMC, the word “Club” in our title may present a barrier. Some of us recall when a prospective AMC member had to be sponsored in writing by at least two AMC members. That era is past, yet when nonmembers join us in our activities, they perceive that many of us have associations and shared experiences. We can’t spare our visitors the awkwardness any newcomer may feel upon coming into an established group, but we can be more aware of such sentiments, extend a direct welcome, and before the activity ends, extend a personal invitation to membership.

A month later, on another Chapter activity, I again found myself hiking and talking with someone who is not a member. After a time, I told him that I want him to become a member of the AMC and our Chapter. I told him this again at the end of the hike.

The AMC is on my short list of good associations which I value, and I want to share it. I expect that you feel the same. Some of us may hesitate to extend a personal invitation to join our Club, for concern that this is too forward. I feel sure that no one receiving such a request will be offended. Our welcome will be crystal clear. I intend to keep asking, to keep inviting, and I hope you will also. 🍃

~ John Grasso, CT-AMC Chapter Chair

## CT-AMC CELEBRATES NATIONAL TRAILS DAY: Saturday & Sunday, June 1st-2nd

National Trails Day® is the country’s largest celebration of trails and takes place the first Saturday in June. Events are held in every state in the U.S. Here in CT, we celebrate the whole weekend.

The CT Trails Day Weekend booklet and add-on events are also posted on the CFPA web site, [www.ctwoodlands.org/ct-trails-weekend/2019](http://www.ctwoodlands.org/ct-trails-weekend/2019)

For CT-AMC events: [www.ct-amc.org/excursions/TrailsDay](http://www.ct-amc.org/excursions/TrailsDay) 🍃

## 138th Annual Fall Hiking Week

September 13th-20th, 2019

The 2019 Fall Hiking Week home base will be the Eagle Mountain House in Jackson, NH.

**Sign up soon!** This year the CT-AMC sponsored 138th Fall Hiking Week will be returning to the Eagle Mountain House ([www.eaglemt.com](http://www.eaglemt.com)) in Jackson, NH from Friday, September 13th to Friday, September 20th. This location will give us an opportunity to hike many trails in the eastern and northern White Mountains, as well as into Maine. You can join us for the weekend, a few days, or the full week.



This trip draws a large group. Last year 130 hikers attended with 33 guided hikes ranging from easy to challenging. The challenging “A” hikes will usually tackle a 4000 footer. A listing of the entire week’s hikes will be posted on our large free-standing bulletin board the first day of the trip and detailed information about each hike will be posted the day before. All hikes are led by AMC volunteer leaders who will be available during the social hour and hike review meeting each afternoon for any questions about the hikes.

All meals are included. The day starts out with a buffet breakfast, a table fully stocked for trail lunch preparation, and continues with 4 pm tea and cookies, 5 pm social hour (punch, cheese, crackers, etc) and concludes with an evening meal with your choice of meat, poultry, seafood, or vegetarian meals. Amenities include an outdoor heated pool and a 9-hole golf course. Evening entertainment is provided daily: slide shows, play readings and speakers. Daily rates include all meals, taxes, and restaurant gratuities.

Registration is due by August 15th. All details are available at [www.fallhikingweek.org](http://www.fallhikingweek.org) and at [Outdoors.org](http://Outdoors.org). Visit the sites for additional information and pictures from last year’s event. And like us on Facebook: [www.facebook.com/AMCFallHikingWeek](http://www.facebook.com/AMCFallHikingWeek)

~ Phil Wilsey, Fall Hiking Week Committee Member 🍃



**AMERICAN HIKING SOCIETY**  
**NATIONAL TRAILS DAY®**



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Appalachian Mountain Club Connecticut Chapter (CT-AMC) @AMCCConnecticut

Upcoming Events: Counting Eagles along the Connecticut River