



# CONNECTICUT CHAPTER

YOUR CONNECTION TO THE OUTDOORS

VOLUME 40, NUMBER 2

SUMMER 2019



John Grasso, CT-AMC Chapter Chair

## A View From The Chair

Fifteen or so years ago I was in Boston for several days attending a conference. My wife was able to join me, and we took walks when my schedule permitted. I had not spent much time in the city since childhood, when I sometimes spent afternoons with my grandfather and his friends at Boston Common as they conversed in their native Italian. As my wife and I walked, having no distinct sense of where we were, we suddenly came upon Joy Street, which I immediately recognized as the street on which the

headquarters of the Appalachian Mountain Club was then located. Without any hesitation we found the Club, and entered. I don't recall what was said, or who all we met, but I recall the warm welcome we received. It was as if everyone had been expecting us, and waiting for us to arrive. Various people dropped what they were doing, and showed us around. Back then I was not on our Chapter Executive Committee, or Chapter Chair. I was "just" a rank and file member, a sometime backpacking trip leader, not known to anyone I met that day. It never occurred to my wife and I that we would not be welcomed, and we were. After 20 or so minutes we were back on our way, with several souvenirs in hand.

This was our Club at its best, and what we all want it to be. I hope that we will each and all extend a warm welcome to everyone who arrives for any of our activities, and make them feel that we've been waiting for them to join us. 🦋

~ John Grasso, CT-AMC Chapter Chair

## CT-AMC Celebrates the Famous Appalachian Trail

### Saturday, October 5th

Appalachian Trail (A.T. Day) is CT-AMC's largest outdoor event of the year, celebrating the A.T. in CT and regularly attracting over 100 participants. But don't worry...it's not that crowded. We generally have 11 or 12 hikes, plus bike rides, trail work, flatwater paddling, and the ever-popular Try-A-Climb hosted by the Mountaineering Committee, so people are spread out across the northwest corner of the state for most of the day. Then we all get together at the Macedonia Brook State Park pavilion for our Grand BBQ.

Serious planning starts in late summer, when I start checking to see who is available (most people lead the same events every year), and what substitutes I will need. This year, Darcy suggested I write an article for the newsletter, so I asked our long-time A.T. Day Volunteers what their favorite thing about A.T. Day is. I loved the answers, some serious, some funny.

The first response came from David Roberts, past Excursions Chair and past A.T. Day Organizer. David said that one of his favorite things is the fire we always build during the BBQ in the huge fireplace in the pavilion, and he adds a little history: "It must be about ten years ago, when I asked some guys if they could get a fire going, using dead wood around the edge of the woods. I always suspected that they might be amateur arsonists (just kidding) as they had it blazing within a few minutes. After that we always built the fire into our planning and it's been a welcome feature ever since."

Many other "favorites" are also about the BBQ, which is truly a special AMC event. Though it's true that AMC events often include a stop for food after (though we are REALLY not an eating club with a hiking disorder, regardless of what people may tell you), the A.T. Day BBQ is all about sitting down face to face with people, some we know, some who are new, and some an opportunity to put a face to what have previously just been names in the Weekly. Al, our treasurer, makes sure everyone has a name tag.

Both John Grasso and Paul Thoma mentioned the happy kids that show up with their parents . . . Continued on page 8



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

Volume 40, Number 2, Summer 2019

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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)

## 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) 🦋



## AMERICAN HIKING SOCIETY NATIONAL TRAILS DAY®

### 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)! 🦋

## Camping at Kings Island Celebration



**Thursday July 11th, 7 - 8:30 pm** at the REI, 1417 New Britain Avenue, West Hartford, CT will be having an event at their store from 7-8:30 pm to celebrate the opening of a new paddler's campsite on

the Connecticut River. The campsite is located on Kings Island in Enfield and has 2 tent platforms and a moldering privy. It is one of only a few campsites on the river in Connecticut that is exclusively for use by paddlers. It is a continuation of the Connecticut River Paddlers Trail through Connecticut. Eversource owns the island and donated the land, REI donated money for the materials, and AMC staff and volunteers provided the construction labor. There will



be a presentation about the river, the trail, and paddling in CT. We hope you can come and learn and celebrate with us.

For more information on the Kings Island camp site and the Connecticut River Paddlers Trail visit: [www.connecticutriverpaddlerstrail.org](http://www.connecticutriverpaddlerstrail.org). 🦋

~ Barry Gorfain, CT-AMC Flatwater Chair

# CT-AMC's "50 for the 50th" Celebration Comes to the End of the Trail

~ by Dave Boone, CT-AMC AT Committee

2018 was the fiftieth anniversary of the passage of the National Scenic Trails Act. The Appalachian Trail is one of the three trails originally designated as a national class trail in 1968. In honor of this event and the 50th Anniversary, the CT Chapter of AMC encouraged all members to join the celebration by completing a "CT 50 FOR THE 50TH" goal. "50-4-50" was one of many 50th anniversary programs being offered nation-wide, but this was the only one specific to the Appalachian Trail in Connecticut.

Participants were encouraged to participate in activities involving the A.T. in Connecticut. Many hiked the 50+ miles of the A.T. through our state: in fact, one group ran the entire length over a nineteen hour and 53-minute timeframe! They probably deserve even more recognition having included "53" minutes into their accomplishment in support of the "50" theme! Others contributed 50 hours of volunteer trail maintenance. Some did a combination



of hiking and trail work. Several families took advantage of the challenge to spend quality time together experiencing the wonder of the A.T. through Connecticut.

More than 27 individuals qualified for the "CT 50 for the 50th" recognition. The Chapter hopes you enjoyed the challenge, and you wear your special sticker proudly:

Amy Stone, Micheal Presti and friends, Jim Liptack, Dennis Johnson, Adam Lippman, David & Adam Topol, Dave Boone, Janet Ainsworth, Terry & Kathryn Ellis, Ken Evitts, Lisa

Weismiller, Jocelyn Eppich, Bill Shaffer, Beth Critton, Rich Keyes, Judy Taylor, Ray and Laurel Bennettson, James Purcell, Jeffrey O'Hearn, Jeff Mihalek, Phil Wilsey, Margarita Giraldo

*Author's note: if you enjoy such events as the CT A.T. 50 for the 50th, keep your eyes open for the 90th anniversary of the Connecticut Forest and Park Association "Blue Blazed Trails" in 2019, and the 100th anniversary of our own AMC -CT Chapter coming in 2021. 🦋*

## Opportunity for Fun and Friendship ~ submitted by Bea Holt, CT-AMC Member at Large

There are so many ways that your AMC membership can alter the course of your life...in a really good way. It's up to you!

The best advice for new members wanting to meet new people

Your hidden talent may be parking cars, extending a welcome greeting while checking in campers, or signing up folks for hiking or biking trips.



and have fun is to watch for what's going on, listen when outdoor activities or gatherings are announced, and then volunteer to pitch in and help when you see a need. No one is ever turned away when they ask if they can help make a gathering run more smoothly.

I chaired the CT Chapter-hosted Fall Gathering 2018, a weekend Club-wide Annual Event held in Woodstock, CT last October. On a cool autumn day, over 200 members arrived from AMC Chapters ..from Maine to DC. Over the next few days, I witnessed strangers finding common ground in the out-of-doors and gathering together for fun and friendship.

You'll be remembered, and starting a conversation over dinner becomes more effortless and can be the start of a life-long friendship. Believe me, it's happened to me more than once.

Sign-up and step forward, your talents are always needed and pay dividends. Everyone can look around and see a need; offer a direction to someone who looks lost, find an extra chair when needed, offer to sit next to someone who is sitting alone. You'll be rewarded and remembered when your paths cross again.

Take the initiative to reach out, you'll be glad you did! 🦋



## 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 or secretary@ct-amc.org. 🦋



## CT-AMC Celebrates the Famous Appalachian Trail

Join the celebration Saturday, October 5<sup>th</sup>, 2019 for these events on or near the A.T. in Connecticut

12 hikes of varying lengths and speeds along the entire 53 miles of the A.T. in Connecticut and 3 hikes at Macedonia Brook State Park in Kent

Paddle Lake Waramaug in New Preston

2 Appalachian Trail Maintenance Work Parties

2 Road Bike Rides close to the A.T.

Try Rock Climbing at St. John's Ledges in Kent

All followed by a "Grand BBQ" at Macedonia Brook State Park, Kent, CT at 2:30 pm Only \$6 per person, no reservations necessary



Non-members welcome



Details of all events including locations, meeting times at: [www.ct-amc.org](http://www.ct-amc.org) or e-mail [hikes@ct-amc.org](mailto:hikes@ct-amc.org)

## Young Members and Families - Something For Everyone

~ by Corey Mott, Young Members Co-chair

**Young Members** - join the Young Members (20's and 30's) for day hikes, kayaking, and weekend camping trips all over the region! Join us June 8th, July 20th, August 10th, and September 14th as we continue our New England Trail Hiking Series. On the second Saturday of each month (except July), we hike a section of the NET as we head North from the Sound towards the New Hampshire border. Onto New York July 12th-14th for the YM's Take-Over of the Harriman Center! Some other events in the wilds include the inter-chapter Barnes Field Weekend, Mt. Monadnock, local kayaking trips, and other hiking activities.



At the viewpoint of Long Pond.

Find us on Facebook: AMC Connecticut Young Members Group, Instagram @amcctym, AMC CT's Meetup page, and [www.ct-amc.org/ym](http://www.ct-amc.org/ym). Please note, trips will be listed as 20s + 30s to align with the AMC website and be uniform across all chapter site listings.

**Family Activities** - Bring the kids and go on a hike or a kayak trip! Join the AMC CT's Meetup page and visit [www.ct-amc.org/Family](http://www.ct-amc.org/Family) for upcoming trips and activities! 🦋

**SAVE THE DATE!**

• **CT-AMC Annual Gathering 2019** •  
**Sunday, November 17th**  
 St. Clements Castle  
 1931 Portland-Cobalt Road, Portland, CT  
 Teacup Social Raffle, Workshops, Social Hour,  
 Dinner, Meeting & Presentation  
 AMC Members: \$45 • Non-Members: \$50 Workshops-only: \$15  
[www.ct-amc.org](http://www.ct-amc.org)

## AMC Leadership Training Day

### SIGN UP!

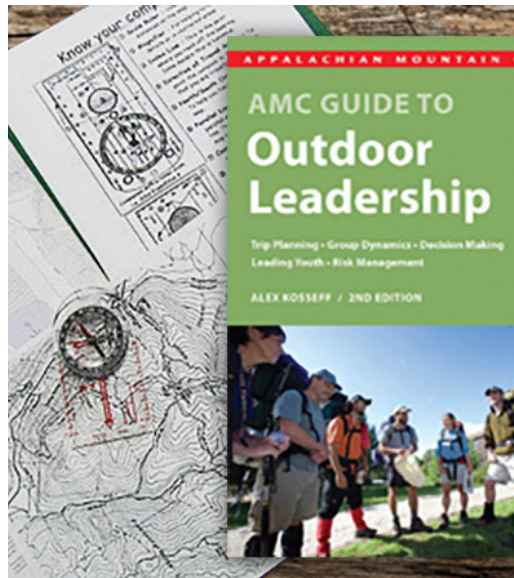
**AMC Leadership Training Session - 1 Day**  
at Mansfield Hollow  
State Park Pavillion,  
Mansfield, CT.

**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.  
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).



## Our Chapter and the AMC Youth Opportunities Program

This Chapter can be proud of our strong and tangible support of the AMC Youth Opportunities Program (YOP) in Connecticut. The AMC commenced the YOP in 1968, and in 2008, the AMC extended the YOP to New Haven. Since that time, thousands of Connecticut youth have participated in a total of 738 outdoor adventures supported by the AMC in partnership with four active New Haven-based youth services organizations. Commencing in 2016, and continuing to the present, the Connecticut Chapter has donated \$10,000 each year in support of the YOP in New Haven, a contribution totaling \$40,000 thus far. Our annual contribution is a large percentage of our yearly Chapter expenditures, demonstrating a genuine commitment to making quality outdoor adventure experiences available to our urban youth. **For more information, please see the AMC's 2019 Report to the Connecticut Chapter...here.**

~ John Grasso, CT-AMC Chapter Chair

## Perseid Meteor Shower Extravaganza

**When:** Friday-Sunday, August 9th-11th, 2019

**Where:** AMC Northwest Camp, Salisbury, CT

**Who:** Join members of the NW Camp Committee as they lead a short hike to the Bald Peak summit to view the year's most popular meteor shower. The Perseid Meteor shower is rich in fireballs, also known as Bolide.



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! [www.ct-amc.org/nwcamp](http://www.ct-amc.org/nwcamp).

~ by Rod Parlee, NW Camp Co-chair

## 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.

## Fairfield County Group Prepares for Its New Season ~ by David Roberts, FCG Co-chair

The Fairfield County Group (FCG) season consists of ten speaker dinners, with dinners running from September to June and alternating each month between Bethel and Westport. Finding ten presenters each year is a significant challenge, but already FCG has some speakers lined up for its 2019 / 2020 season and is adding all the time. Meetings are held on the second Tuesday of each month.

**In September** the new season will kick off in Westport with a presentation by photographer Daryl Hawk. Daryl will share photographs and experiences from his recent expedition to the northwestern provinces of Colombia, starting in the city of Cartagena and following the highest coastal mountain range in the world - the Sierra Nevada de Santa Marta Range. His adventure culminated in the vast Guajira Peninsula which has some of the most rugged and spectacular desert landscapes in Colombia. La Guarija is home to the Wayuu indigenous people, who have maintained their independent way of life through the centuries.



**October** in Bethel, hike leader Ian Lewis will talk about his loves of travel and eating. When Ian Lewis travels with a group, he usually leads the pack exploring, photographing and sampling food options, sometimes eating what others run from (ever tried tarantula or mopane worms?). Join Ian to see his favorite images of travel and food, from Patagonia to Morocco to Zimbabwe to Indochina, China, Japan, England, and more.



**November** is still a work in progress, but come **December** in Bethel, hike leader Rob McWilliam will present "The Uncertain Joys of Climbing Scottish Hills". Rob spent a month climbing or trying to climb, ten Scottish summits between the country's remote northwest and the outskirts of Glasgow. Join Rob on the wild, unpredictable, and stunningly beautiful slopes of Scotland's hills, from Ben Nevis-the highest and most famous of them all-to mountains far off the beaten track. 🦋



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).

## Discover where the locals hike, bike, and paddle on Cape Cod AMC Fall Gathering 2019 Save the dates: October 18th-20th!

Come join the Southeastern Mass. Chapter at AMC Fall Gathering 2019, October 18th-20th on Cape Cod. As always, you'll have a chance to meet, socialize, and share ideas with members from AMC chapters up and down the East Coast. And at this Fall Gathering, you'll also have a special opportunity to let our local leaders "on Cape" share their favorite – and often hidden – hiking trails, bike routes, and paddling areas with you!

The Cape is particularly appealing in the fall when the leaves start to change, the air turns crisp, and the summer crowds disappear. The location we've selected for FG 2019 is the beautiful Camp Burgess in Sandwich, Massachusetts. This great facility spans nearly 300 acres of forests, meadows, trails, and freshwater ponds. It offers a large private lake; spotless cabins (many with lake views); indoor washrooms and shower facilities; and a bounty of on-site recreational opportunities including zip

line; climbing wall; and basketball, volleyball, tetherball, and gaga ball courts.

At this event, you'll be able to explore the best "the Cape" has to offer! We're planning a wide variety of hikes, bike rides on quiet roads and pristine trails, and (weather permitting) one or two paddles. The hikes will include woodland hikes, hikes on the National Seashore, dune walks, and naturalist hikes. We're also planning to have live music, a trivia contest, yoga, campfires, and other activities to keep everyone engaged and entertained throughout the weekend.

One-night, two-night, or single-day options will be available along with delicious and healthy meals in the camp's expansive dining/meeting facility. **Please save the date for FG 2019 and visit [www.outdoors.org/fallgathering](http://www.outdoors.org/fallgathering) for more details! Registration opens July 1st, 2019.**

## Hello - To All You Wonderful Volunteers Leaders

I hope your Fall, Winter and Spring seasons (not over yet) have been going well in all the events you & your Committees have run and participated in.

I wish I had the chance to join in more than I have. Skiing took up a lot of my time.

### **It is time once again to think about the Executive Committee slate.**

I have asked our great Guru's to send out an email blast to ask about renewing your incredible commitments to serve again or if not have a candidate to replace yourself. Please consider ASAP and reply to the [Nominating@ct-amc.org](mailto:Nominating@ct-amc.org)

Thank you very much, and let us enjoy the Outdoors! 🦋

~ Bruce Laroche, CT-AMC Nominating Chair

## Defend the Clean Water Act – Add Your Voice!

Oppose any changes to the Clean Water Act that would harm our nation's rivers and waterways.

The Environmental Protection Agency is attempting to roll back essential protections for our rivers and creeks by changing the definition of "waters of the United States." If enacted, this change would strip protections from critical waterways, including ephemeral streams, wetlands, and any part of a river that does not flow continuously.

Removing protections from these streams and wetlands is bad public policy that threatens human health and the environment. Small streams and wetlands protect downstream drinking water quality, provide habitat, and ensure ecosystem health. They are also sources of backcountry water supplies for hikers and backpackers.

To tell the EPA to reject harmful changes to the Clean Water Act and take action for other conservation priorities, join the Conservation Action Network at [www.outdoors.org/CAN](http://www.outdoors.org/CAN). 🦋

~ submitted by the AMC

## Adventure with AMC in Sedona!

Join the Adventure Travel program for a week (November 9th – 17th, 2019) of hiking beautiful Sedona in Red Rock Country with deep canyons, soaring mesas, towering pinnacles and massive red rock formations. In addition to hiking, we will explore Native American sites with rock art and cliff dwellings and the area's vortex sites. Trip cost: \$2195. For details contact L Leslie Carson, [lesliecarson929@yahoo.com](mailto:lesliecarson929@yahoo.com); CL Annemarie Langan, [amlhikeamc@gmail.com](mailto:amlhikeamc@gmail.com)

To find out more about the program, visit [www.outdoors.org/adventuretravel](http://www.outdoors.org/adventuretravel). If you are interested in learning more about becoming an Adventure Travel leader contact Nancy Holland at [nholland@outdoors.org](mailto:nholland@outdoors.org). 🦋

~ submitted by the AMC

## Beauty On The Trail:



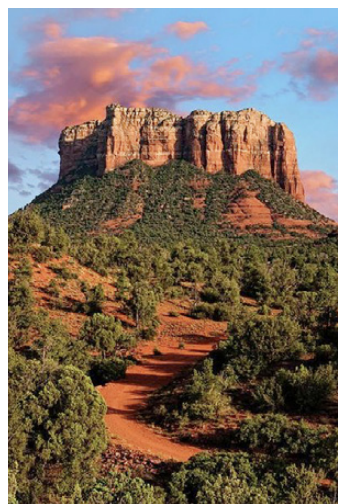
### Columbine

*Aquilegia*. The petals of this red-and-yellow, nodding flower are said to resemble doves; thus the name derives from the Latin word *columba*, or dove. There are five "doves" on each flower, the red upward spur being the head and the flaring petals the wings. The spurs, or tubes, contain nectar and attract long-tongued insects and hummingbirds. Can be found: Georgia to Maine. Bloom season: April to July.

### Jack-In-The-Pulpit

*Arisaema triphyllum*. A North American flowering plant also called the Indian Turnip.

Jack can be misleading, because, after its first year as a male, the plant usually becomes female and can change again depending on the environment in which it grows. These fascinating plants are not easy to spot. Jack, or perhaps Jill, stands tall but hidden inside his, or maybe her, roofed pulpit, which is usually green and white or dark purple and white. The pulpit, in turn, is hidden below large, 3-lobed leaves. Luckily, they often grow close to the Trail. Native Americans sometimes eat the root as a vegetable. In late summer, Jack transforms into a cluster of shiny red berries. Range: Georgia to Maine. Bloom season: April to late June. 🦋



## Like Us and Follow on Facebook

[www.facebook.com/AMCConnecticut](http://www.facebook.com/AMCConnecticut)



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

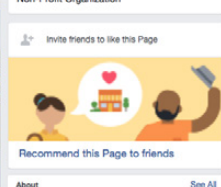


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### Upcoming Events



### Non-Profit Organization





Continued from page 1 . . . **CT-AMC Celebrates The A.T.**

for A.T. Day. For some kids, A.T. Day is a first chance to get out in the woods. John is currently our Chapter Vice-Chair and a long-time burger-flipping member of the A.T. Day All-Star BBQ Team. Paul is a long-time member of the Northwest Camp Committee and enjoys showing off Connecticut's own AMC "hut," a fantastic for-rent rustic cabin on the Mt. Riga Plateau nestled in the NW



corner of the state, with access trails for the Appalachian Trail passing by the door. What a great place for kids to be introduced to the backcountry!

Since our hikes cover the entire CT Appalachian Trail, it's a perfect time to be "introduced to a new section of the CT A.T.

each year," a favorite past thing of Jill Oneglia, an active AMC hike leader who has now led a couple of A.T. hike series of her own

## 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.

Registration is now open! 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 the 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 was a complete sellout by mid-July. 130 hikers attended with 33 guided offered hikes, ranging from easy to challenging. The challenging "A" hikes will usually tackle a 4,000 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, including many of our CT-AMC Hike Leaders, who will be available during the social hour and hike review meeting each afternoon for any questions about the next day's hikes.

throughout the year to introduce people to our trail. Several people mentioned the wonderful views we have from the A.T. in our state, and the terrific job the AT Committee does keeping it in shape.

Dave Boone, our CT-AMC AT Committee Chair, helps with organizing A.T. Day trail work parties and secured the rental of the pavilion this year. He says, "As a charter member of the All-Star BBQ team, I am proud to say my favorite thing about CT-AMC A.T. Day is grilling each char-broiled delight with love!" And hike leader Gene Grayson says, "My favorite thing is watching Dave Boone flip burgers."

I agree with Dennis Jakiela, who says, "One of my favorite things about A.T. Day is that it is an annual event. No matter how busy my schedule is, I know I am going to be spending that day with other people that love the outdoors, on some beautiful trails."

In addition, I have to say that my absolute favorite thing is the volunteers (really!...I'm not just saying that). There is no way that I would try to organize this whole day by myself. The enthusiasm and altruism of AMC volunteers is what makes it all worthwhile, not just A.T. Day, but all year long. THANK YOU to ALL our volunteers! 🦋

~ submitted by Peg Peterson, CT-AMC Excursions Co-chair

All meals are included. The day starts 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 provided daily: slide shows, play readings, and speakers. Daily rates per person (including all meals, taxes, and restaurant gratuities) are \$120 per person double occupancy and \$150 per person single occupancy.



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

~ Phil Wilsey, Fall Hiking Week Committee Member



# Happy 10th Birthday to The New England National Scenic Trail

~ submitted by Janet Ainsworth, CT-AMC Regional Director

The New England National Scenic Trail celebrates its the tenth anniversary this year. Designated as a National Scenic Trail by Public Law 111-11 on March 30th, 2009, the trail runs 215 miles from Chittenden Park in Guilford to the New Hampshire state line.



The trail is maintained and managed by the Connecticut Forest and Park Association in Connecticut and by the Berkshire Chapter of the Appalachian Mountain Club in Massachusetts, in both cases with the assistance of the National Park Service.

When designated, the NET incorporated the existing Mattabesett, Metacomet and Monadnock trails. Since then, the new Menunkatuk Trail was blazed from North Guilford to the shore via the historic Guilford Green area. Since then, new sections have been added, and re-routes have occurred.



Reportedly, talks have been ongoing with New Hampshire authorities to explore the possibility of taking the trail into New Hampshire.

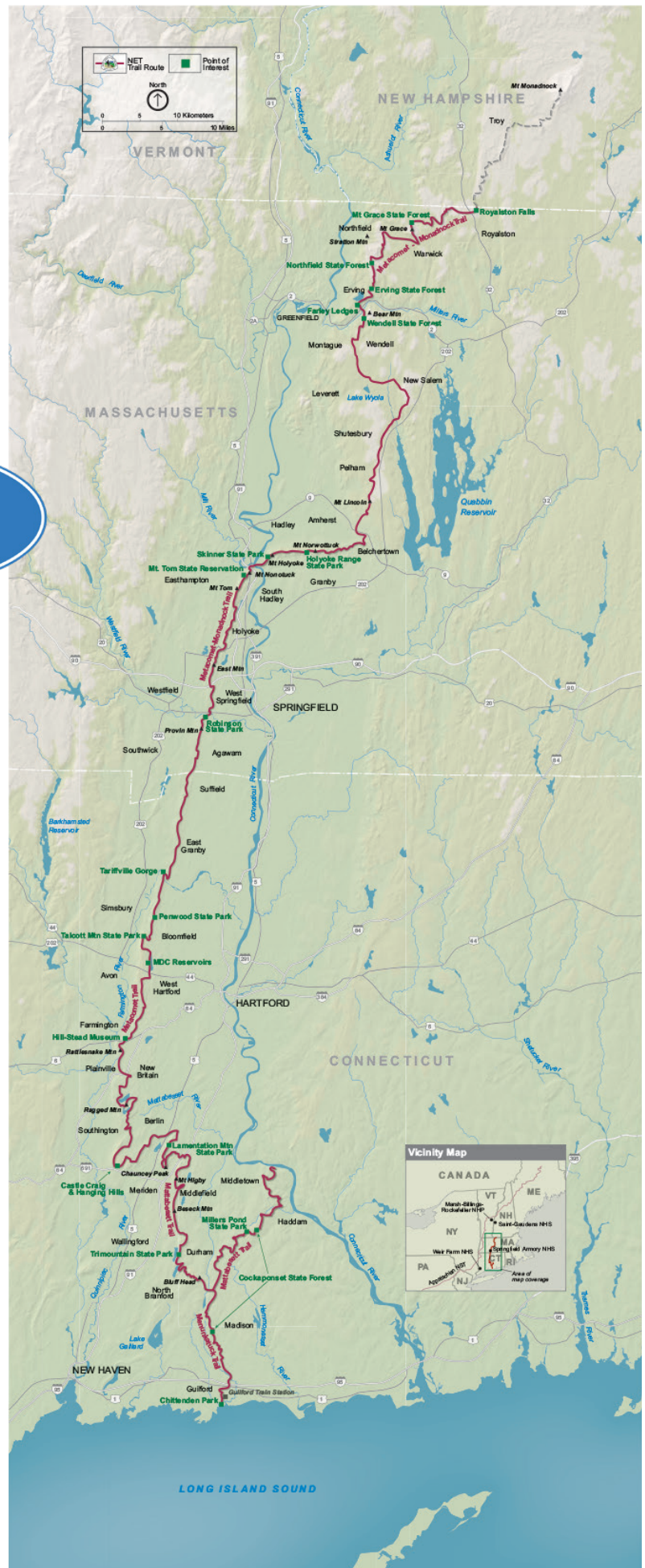
Trail managers have been and will continue to be busy. Last year, both CFPA and AMC hosted trail crews on the NET. This year's goals include the following:

- Expand trail crews using grants from REI and the Outdoor Foundation;
- Strengthen relationships with private trail hosts;
- Increase leadership and skills training opportunities for volunteers;
- Continue to promote uniform trail standards for a consistent trail experience; and
- Develop projects to increase accessibility for all trail users.

Both CFPA and AMC held Hike50 challenges to celebrate last year's 50th anniversary of the National Trails System Act. Participants received commemorative items. The Connecticut Chapter's AT Committee organized the challenge on the Appalachian Trail. CFPA and AMC both offered a series of guided hikes on the NET, as well providing the challenge to self-guided hikers. Connecticut Chapter hike leaders assisted CFPA in leading the guided hikes.

In the category of enhancing the NET experience, CFPA and AMC held 32 public events along the NET and in surrounding communities. Marisa Williamson, a Newark, NJ-based multimedia artist, will serve as artist-in-residence for the year. In 2018, composer-in-residence Ben Cosgrove shared NET-inspired music at public events and concerts throughout the year. It should also be noted that the National Trails Day celebration that CFPA organizes in Connecticut features many guided hikes on the NET. Although this article is being written before the event, this year was expected to be no different.

Finally, AMC will be working with the Town of Southwick, MA to create a newly accessible parking area and a portion of the trail leading to a scenic boardwalk thanks to a Recreational Trails Program grant. CFPA will continue trail protection planning. Some of the trail is on privately owned land with less formal agreements with property owners. Locating the trail on protected lands or securing more permanent agreements with landowners are among the ways that the trail can be better protected. 🦋



Appalachian Mountain Club, Worcester Chapter's

# 2019 TrailsFest!

In the Spirit of National Trails Day, We Bring Together Worcester County's Outdoor Community & Celebrate All Trails – Hiking Trails, Bike Paths, Waterways, Climbing Routes & More!

Wachusett Mountain Ski Area, 499 Mountain Road, Princeton, MA

June 1, 2019, 8:00 AM – 4:00 PM, FREE ADMISSION



**BE  
OUTDOORS**  
APPALACHIAN MTN CLUB

## 8 AM – 12 PM: TRIPS & ACTIVITIES, Including:

*Hiking • Trail Maintenance • Climbing • Paddling • Outdoor Yoga • Birding • Geocaching  
Outdoor Art Classes • Paddleboarding • Road Biking • Mountain Biking*

**12 PM: KEYNOTE, John Judge, President & CEO, Appalachian Mountain Club**

## 12 PM – 4 PM: MUSIC, FOOD TRUCKS, BEER! Come meet our partners:

*Wachusett Mountain Ski Area, Greater Worcester Land Trust, Midstate Trail, REI, LL Bean, Mass Audubon, Wachusett Greenways, North Quabbin Trails Association, DCR, US Army Corps of Engineers, TerraCorps, EcoTarium, Mount Grace Land Conservation Trust, MA AT Management Committee, Southborough Open Land Foundation, New England Mountain Bike Association, Friends of the Wapack, Bay Circuit Trail, Northborough Trails Committee, Leave No Trace, Appalachian Trail Conservancy & More*

**For more information, see [amcworchester.org/localactivities](http://amcworchester.org/localactivities)  
Questions? Want to Partner? Contact Shalin Desai, [programs@amcworchester.org](mailto:programs@amcworchester.org)**



CELEBRATE 10 YEARS OF THE NEW ENGLAND  
TRAIL WITH THE 2019

# *Hike50NET Challenge*

New year, new decade, updated challenge!

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**HIKE - VOLUNTEER - DONATE - SHARE - CELEBRATE**

Joining the #hike50net challenge is the best way to say happy 10th birthday to the New England Trail. Designated as a National Scenic Trail in 2009, this year marks the ten year milestone of this amazing trail.

Anyone can complete the challenge, earn prizes and receive a special edition completion patch by earning 50 or 100 points! Participants can earn points by hiking, volunteering, attending trail events, and more! Visit [newenglandtrail.org](http://newenglandtrail.org) to design your own challenge and sign-up today! Don't forget to share your adventures on social media using #Hike50NET

Visit <https://newenglandtrail.org> to sign up today!

