



# CONNECTICUT APPALACHIAN MTN CLUB

**WE HAVE A NEW WEBSITE!  
TAKE A LOOK - WWW.CT-AMC.ORG!**

**VOLUME 40, NUMBER 3**

**AUTUMN 2019**



*John Grasso, CT-AMC  
Chapter Chair*

## **A View From The Chair**

There is a unique energy and beauty in this season which beckons us outside to the trails and mountains and waters. Isn't it almost unbearable to be indoors on a bright fall day? Our Chapter presents many opportunities to get outside in the good company of people drawn to open spaces. We are blessed to have many dedicated volunteer leaders whose contributions sum to comprise a full schedule of quality outdoor activities.

I've experienced the outdoors with the AMC in every season, and if our lives can be regarded as composed of seasons, in three seasons of life. As a young man, the further and faster I could hike in a day, the better. In my middle years, AMC activities were often respites during which the weight of demanding commitments was somehow lifted, and many activities allowed me to introduce my children to the lifetime sport of hiking and to people who embrace it. Now in "early" old age, the AMC is my principal connection to an active outdoor life and the camaraderie of people who share my interests in hiking and conservation. The AMC has always been a good fit for me, and an affiliation important to me. I hope that our Chapter, and the AMC, will remain the expansive and welcoming community that we are, gladly providing people of all ages and all seasons a path to an outdoor life, and that we will each do our part to keep it so. 🍂

*~ John Grasso, CT-AMC Chapter Chair*

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## **CT-AMC Annual Gathering 2019**

*with guest speaker*

*Dr. Susan A. Masino presenting:*

# **“Forests and Brain Health: Translating Science into Policy”**

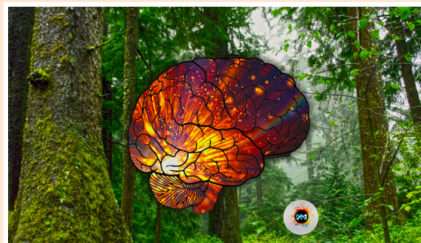
**SUNDAY, November 17th, 2019 • 12 noon - 9:30 pm**  
**Saint Clements Castle • 1931 Portland-Cobalt Road, Portland, CT**

Teacup Social Raffle, Workshops, Exhibits,  
Social Hour, Dinner, Meeting & Presentation

**AMC Members: \$45 • Non-Members: \$50**  
**Workshops only: \$15**

**Register online by Friday, November 7th**

Susan A. Masino's research focuses on the relationship between metabolism, brain activity, and behavior. She is most interested in opportunities and policies that promote and restore brain health, and, in addition to laboratory-based research, she is involved in environmental issues. Recently, she was awarded the Charles Bullard Fellowship in Forest Research



at Harvard Forest as a collaboration with Harvard Medical School as a result of her research. Dr. Masino has a

particular interest in New England's forests for their benefits for brain health and as a source for new medicines.

Dr. Susan A. Masino holds a Ph.D. in Biology and is the Vernon Roosa Professor of Applied Science at Trinity College in Hartford, CT. She spent the past year as a Charles Bullard Fellow at Harvard Forest, working on a research project on forests and brain health in collaboration with Harvard Medical School. She is also the Hartford County Coordinator for the Old Growth Forest Network and a member of the Town of Simsbury Open Space Commission. 🍂

**Agenda and registration information on page 7  
and on [www.ct-amc.org/program/](http://www.ct-amc.org/program/)**

*... Continued on page 7*



# CONNECTICUT APPALACHIAN MTN CLUB

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

Volume 40, Number 3, Autumn 2019

Editor & Publisher: Darcy Witham - [dwgraphicart.com](http://dwgraphicart.com)

Please send future newsletter submissions and advertising to:  
Editor: The AMC In CT, 71 Noble Street, Stamford, CT 06902  
or [ctamceditor@ct-amc.org](mailto:ctamceditor@ct-amc.org)

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)

## 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.

**NEW AND IMPROVED WWW.CT-AMC.ORG** - OUR CHAPTER WEBSITE HAS AN ALL NEW LOOK AND FUNCTION! COME VISIT!

**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)!



## 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

Boundary Workshop & Trail Maintenance

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)

## 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).



There will be a gathering of members who wish to participate in this project and/or to contribute their recollections and materials at our **Annual Gathering, November 17th, during the Social Hour**. We very much want our longtime members to have the opportunity to share their recollections, and to tell us what they hope to see included in a final product.

The broad plan at this time is to call upon each activity Committee to rough out its own story, to gather memorabilia and photos pertinent to that story, and to submit its product in early October 2020. We will seek input and materials from our older members, and information on our Chapter's involvement in AMC institutions as Fall Hiking Week and August Camp. We'll also be looking through AMC archives, now located at the Highland Center.

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

Share your experiences! Write up your stories, send in pictures, get published! Send to: [ctamceditor@ct-amc.org](mailto:ctamceditor@ct-amc.org).



## Fine Art to Decorate A.T. Privies in Connecticut-

~ by Dave Boone, CT AT Chairman, and Aaron North, SNE Regional Trails Supervisor

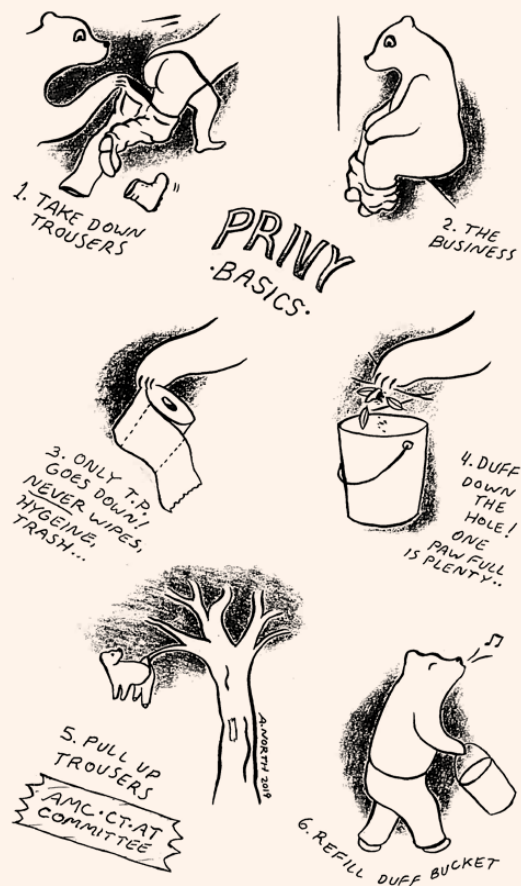
Something is wrong with our messaging down here in the Nutmeg State. Our directions for the proper use of a moldering privy are similar to the instructions posted up and down the Trail. Plain English, no big words, understandable (or so we thought). So why were our duff buckets, instead of being replenished with fresh duff, being used instead as repositories for used toilet paper? This phenomenon was occurring most commonly on the southern sections of our Trail, where day use is more prevalent, and, perhaps, trail users may be less experienced and less knowledgeable of the ways of the A.T.

Rather than assign volunteers to the tedious duty of personally instructing the uninitiated in proper privy etiquette (we found very few volunteers willing to take on this difficult and time-consuming task!) the CT AT Committee decided to try a different means of educating the public. Fortunately, we learned that Aaron North, our newly appointed AMC Regional Trails Supervisor, is an artist of some note. We approached him as to whether he would be interested in creating a cartoon-style poster that would pictorially demonstrate proper use of moldering privies.

Aaron agreed. "When Dave Boone reached out to me for a privy cartoon, my first reaction was, "Ha-ha, absolutely!" It seemed it would be fun, and, after all, it's a PRIVY cartoon!" We asked Aaron to devise a step-by-step process that would be unmistakable. His creation involving a privy using bear is imaginative, fun, and gets the message across in such an entertaining way!

Aaron has privy cred. "As a long-time backcountry bathroom user, I know it can feel like a scolding reading dry, abrasive signage" Aaron comments. "The most educational tools for me as a user are light and fun. Is a cartoon bear stealing pants? Teach me anything!". Another consideration of Aaron's was remembering fellow AMC staffer Amanda Burgess's tales as a caretaker removing POUNDS of baby wipes from NH privies.

The CT AT Committee intends to laminate, and post the new signs in all our moldering privies this season. We sincerely hope we don't need to ask Aaron for a second cartoon series on "What is duff, and how do I get it into a bucket?"



## 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.**

## Solar Youth ~ by Yexandra Diaz - Solar Youth Parent

Solar Youth is a non profit, youth educational program that empowers youth to achieve lifelong success through long-term supportive relationships, environmental exploration, youth-led problem solving and leadership development. Focusing in high-poverty neighborhoods of New Haven, we do this through our unique program model.

When the opportunity arose to offer the teen wilderness experience for up to two program participants, staff seized it by creating a detailed brochure to offer families of program participants who were within the desired age range. Youth were selected on a first come, first serve basis while considering their capacity to commit (willingness & physical abilities).

Syra Barrett-Diaz and Ezebella Callo chose the Youth 6 Sport Explorer program and while they both enjoyed their experiences, their impressions and impact were contrast. While Syra, who has more experience in nature exploration, was enthused, Bella was more hesitant and borderline skeptical about the program. While debriefing, they shared the vast activities they engaged in ranging



from hiking Mount Washington and climbing to the head, to ropes courses and even mountain climbing! In a short period of time, they were able to create bonds, gain knowledge and develop basic skills in outdoor nature exploration like pitching a tent. The girls both agreed that while it was a challenge, it was an experience they wouldn't trade and that if they had the opportunity to do it all over again, they would!

**About Us:** Solar Youth empowers our youth to achieve lifelong success through long-term supportive and meaningful relationships, environmental exploration, youth-led problem solving and leadership development. See what we do, participate and support Solar Youth, visit our website: [www.solaryouth.org](http://www.solaryouth.org) 🌿

## 2019 Perseids Meteor Shower Extravaganza at NWC ~ by Rod Parlee, NW Camp Co-chair

### Meteor Showers, Satellites, Watermelon, and Wonderful Lichen

This year's Perseid Meteor Shower Extravaganza had clear skies each night unlike the last two rainy years. Friday we hiked to a classic Fen on the way up to Brace Mountain loaded with lush grasses, sedges, rushes, wildflowers, salmon-berries and cranberries. Our special guest a Botanist and Lichenologist, Steve Messier identified numerous plants and lichens.

After a tasty cookout Friday and our ceremonious annual \$200 donation to the Ridgerunners, we hiked up Mt Riga and even though the -close to full- Moon was bright, we counted 5 streaking meteors and three satellites. One satellite puzzled us all, because it didn't move. It just stayed in the same spot and flashed. On the way down from Mt Riga Steve Messier pointed out many glowing lichens found at the bottom of certain trees.

Saturday we hiked down to Brassie Brook Shelter and on the way realized we were overshadowed by a very large stand of a Sassafras forest on both sides of Bear Mt Road and the AT. Sassafras (*Sassafras albidum*) is a member of the laurel family having both ovate and lobed aromatic leaves.

After another tasty cookout with loads of watermelon for desert, our special guest Steve Messier put on his powerpoint presentation and enlightened us with lichen slides and real samples of the colorful lichen we had seen along the trail.

Then, it was up to Mt Riga to count more meteors. Saturday night we counted 13 bright meteors and 6 satellites and there was that same geosynchronous satellite we saw the night before.



A geosynchronous satellite is a satellite in geosynchronous orbit, with an orbital period the same as the Earth's rotation period. Such a satellite returns to the same position in the sky after each sidereal day, and over the course of a day traces out a path in the sky that is typically some form of analemma.

Steve Messier also inventoried plants and mapped out an area under the dense hemlock within the heavily impacted zone near the cabin where revegetation areas may be cordoned off. The Committee is grateful to Steve for the amount of time he spent at NW Camp during the Perseid Meteor Shower Extravaganza. 🌿

# Fairfield County Group – New Season in Full Swing ~ by David Roberts, FCG Co-chair

The Fairfield County Group (FCG) opened its 2019 / 2020 season of speaker dinners in Westport on Tuesday, September 10th with club favorite, photographer Daryl Hawk. Daryl shared photographs and experiences of his recent journey through northern Colombia.



country of Myanmar, including the capital city of Yangon, the ancient temples of Bagan, and beautiful Inle Lake. Bill's presentations include impressive combinations of still photographs, video, commentary, and music.



Returning to Bethel in December, hike leader and author Rob McWilliams will present "The Uncertain Joys of Climbing Scottish Hills." Rob spent a month climbing, or trying to, ten Scottish summits between the country's remote northwest and the outskirts of Glasgow. Join Rob on the wild,



FCG's speaker dinners alternate each month between Westport and Bethel, with the Bethel series starting on Tuesday, October 8th with a presentation by Ian Lewis. Ian, a Connecticut Chapter hike leader, has always

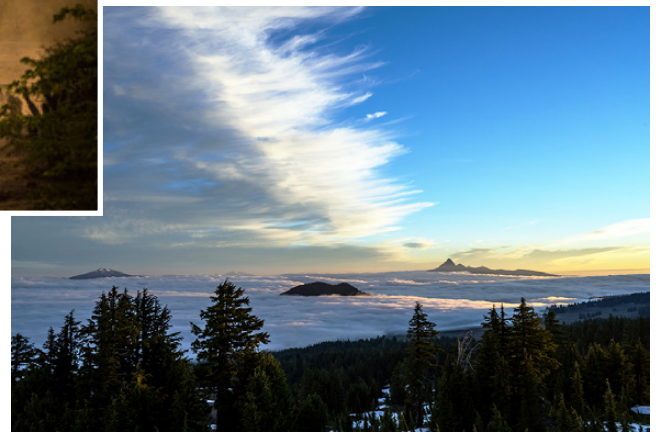
unpredictable, and stunningly beautiful slopes of Scotland's hills, from Ben Nevis-the highest and most popular of them all, to less well-known mountains far from the tourist routes.

To start the new calendar year, FCG's all-time favorite, photographer David Roberts, will introduce a new presentation, called "Journeys Through America." David will take the audience on a series of road trips varying from New England to the Far West, the deep south and the Mexican border to the Great Plains, the Rockies and Sierras and many places in between, including many well-known locations as well as many off-the-beaten-track. 🍁

enjoyed traveling and eating many of the strange foods he encounters on his trips, like tarantula and mopane worms. In this presentation, "I Travel, I Eat," Ian shares stories of his travels from Croatia, south to Morocco, Namibia, and Zimbabwe. Then east to Cambodia, Laos, Vietnam, and China and onto to his native England for traditional black pudding.



The November meeting in Westport features prize-winning photographer Bill Barnett, with a presentation on the fascinating



## Like Us and Follow on Facebook

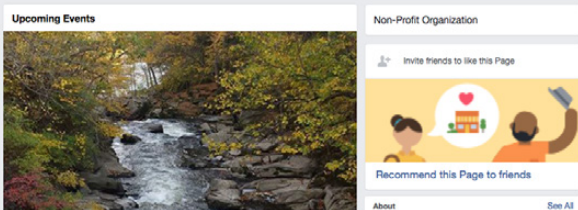
[www.facebook.com/AMCConnecticut](http://www.facebook.com/AMCConnecticut)



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



Like Follow Share Send Message



Upcoming Events: Oct 8 I Travel, I Eat - Fairfield County Group Beth... Tue 6:30 PM \$1 Thomas' Episcopal Church, Bethel... You like Appalachian Mountain Club Connecticut Ch... Interested Message Now ct-amc.org Non-Profit Organization

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. \$10 members, \$12 non-members. No reservations, pay at door. Details and directions at: [www.ct-amc.org/Fairfield](http://www.ct-amc.org/Fairfield).



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

CT-AMC's A.T. Day is a day to celebrate the Appalachian Trail in Connecticut, and more. It's a day to get together with old friends and make some new, to exercise some muscles, and picnic in the park.

Events are scheduled for all ages and all levels of fitness. The day includes 12 hikes that cover the length of the CT section of the Appalachian Trail, plus hikes in Macedonia Brook State Park in Kent. All activities are followed up with our Grand BBQ, at 2:30 in the park's pavilion.

Bicycling events are also scheduled, and the ever-popular "Try-A-Climb," where beginners can try rock climbing at St. John's Ledges on the Appalachian Trail with the certified experts of the CT-AMC Mountaineering Committee.

If you are interested in volunteering to help out with trail maintenance, our A.T., our committee works 3 seasons of the year keeping our section of the A.T. in great shape.. We have special projects that you can join on A.T. Day, no experience necessary.

This year's A.T. Day is on Saturday, October 5th. Check our schedule of events at [www.activities.outdoors.org](http://www.activities.outdoors.org) and for the times and location for the event you choose. Visit [www.ct-amc.org](http://www.ct-amc.org) for all our events all year round. 🌿

## Adventure Travel Leadership Training

March 13th - 15th, 2020 - Charlton, MA

Ever thought about taking your leadership skills to different parts of the world? Become an AMC Adventure Travel Leader! This workshop provides important training to people who have AMC chapter leadership experience to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. Emphasis is on planning, marketing, trip management, people skills, risk management, and reporting. Includes procedures and guidelines for researching, proposing, and leading AMC Adventure Travel trips.



Visit [www.outdoors.org/outdoor-activities/adventure-travel/become-a-leader](http://www.outdoors.org/outdoor-activities/adventure-travel/become-a-leader) for more information and to download an application.

Questions? Contact Nancy Holland. 🌿

## AMC Leadership Training Day

### SIGN UP!

#### AMC Leadership Training Session - 2 Day

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

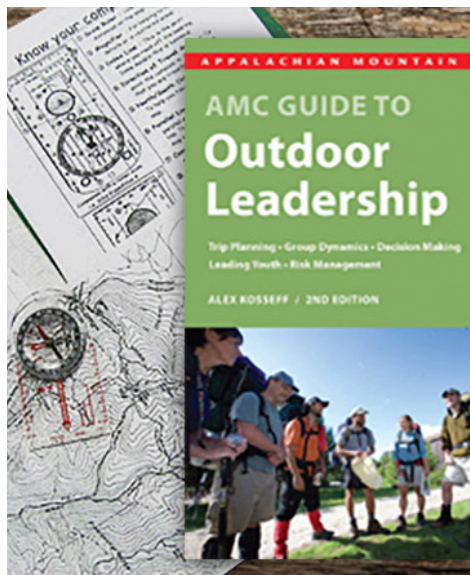
**Saturday, 8 am November 9th to 4:30 pm November 10th.**

**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). 🌿



## SOLO Wilderness First Aid

Two FULL days of instruction on topics including:

- Patient assessment
- Long-term patient care
- Environmental emergencies
- Splint improvisation and preparedness
- Shock
- Soft tissue injuries
- Fractures
- Dislocations

**November 9th & 10th** at White Memorial Carriage House, Whitehall Road, Litchfield, CT. Cost is \$180 members, \$200 non-members, CPR is \$40. Includes instruction, meals, and lodging. Limited Enrollment.



For all the details and registration, please visit:

[www.ct-amc.org/Education](http://www.ct-amc.org/Education). Questions?

Write to Keith Spaar [Education@CT-AMC.org](mailto:Education@CT-AMC.org) 🌿

# CT-AMC 2020 Executive Committee Slate

- Chair: *John Grasso*
- Vice Chair: *Jocelyn Eppich*
- Secretary: *Martha Cain*
- Treasurer: *Al Puches*
- Past Chair: *Cindy Butts*
- Newsletter Editor:  
*Darcy Witham*
- Members at Large:  
*Bea Holt / Bob Guenther*
- Webmaster: *Keith Spaar*
- Appalachian Trail:  
*Dave Boone*
- Bicycling:  
*Susan Grant / Mary Ann Gleba*
- Communications:  
*David Roberts*
- Conservation:  
*Russell Charest / Andrew May*
- East of the River: *Ray Phillips*
- Education:  
*Keith Spaar / Janet Ainsworth*
- Excursions:  
*Peg Peterson / Phil Wilsey*
- Fairfield County Group:  
*David Roberts / Tom Carruthers*
- Family Activities:  
*Corey Mott / Open*
- Flatwater: *Barry Gorfain*
- Membership:  
*Alison Terjek / Open*
- Mountaineering:  
*Paul Hayes / John DeAngelis*
- Northwest Camp: *Rod Parlee*
- Programs: *Michelle Baughman*
- Whitewater:  
*Mark Schappert / Dennis Wigg*
- Young Members:  
*Alison Terjek / Corey Mott*

## Nominating Committee:

- Bruce LaRoche, Chair*
- Barbara Beckerman*
- Skip Frey*
- George Schott*

Join us **SUNDAY, November 17th**, for CT-AMC's Annual Gathering 2019.  
*Teacup Social Raffle, Workshops, Committee/Sponsor Exhibits,  
 Social Hour (w/cash bar), Brief Business Meeting and Presentation.*

### Annual Gathering Schedule

*Teacup Social Raffle 12 noon to 5:00 pm      Social Hour 5:00 to 6:00 pm*  
*Committee / Sponsor Exhibits 12 noon to 5:00 pm      Dinner 6:00 pm*  
*Afternoon Workshop Schedule 1:15 noon to 5:00 pm      Annual Business Meeting 7:00 pm*  
*Dr. Susan A. Masino presents "Forests and Brain Health" 7:45 pm*

### Afternoon Workshop Schedule

PRINCE EDWARD A	PRINCE EDWARD B	PRINCE EDWARD C & D
<b>1:15 - 2:15</b> <b>Lynx Rufus: Bobcats of the Northeast</b> <i>Ginny Apple, CT DEEP Master Wildlife Conversationalist</i>	<b>1:15 - 2:15</b> <b>Discovering Lichens in Connecticut</b> <i>Steve Messier, Botanist, Lichenologist</i>	<b>1:15 - 2:15</b> <b>Threatening our Waterways: Invasive Aquatic Plants</b> <i>George Knoecklein, Ph.D. NE Aquatic Research Laboratory</i>
<b>2:30 - 3:30</b> <b>Protecting the trail: The Roles of Ridgerunners and Volunteers on the CT A.T. Trail</b> <i>Adam Lippman, A.T. Ridgerunner Patrol Volunteer</i>	<b>2:30 - 3:30</b> <b>50 Hikes in Connecticut</b> <i>Mary Ann Hardy, educator, author, and lifelong hiker.</i>	<b>2:30 - 3:30</b> <b>Alternatives For A Cleaner River</b> <i>Kelsey Wentling, CT River Steward, CT Conservancy</i>
<b>3:45 - 4:45</b> <b>Going South – Antarctica and South Georgia</b> <i>David Roberts, World Adventure Traveler, CT-AMC FCG Co-Chair</i>	<b>3:45 - 4:45</b> <b>Eastern Hemlock: Prospects for Conservation and Sustainability</b> <i>Carol Cheah, Ph.D. Research Entomologist, Valley Lab CT Agricultural Experiment Station</i>	<b>3:45 - 4:45</b> <b>Leave No Trace – Practicing The Principles of Outdoor Ethics</b> <i>Keith Spaar, CT-AMC Education Committee Chair</i>
<b>5:00</b> <b>Connecticut Chapter 100 Anniversary Project Meeting</b> <i>Volunteer to be a part of archiving our chapter's history!</i>		

### Driving Directions

Saint Clements Castle and Marina is located approximately 5 miles south of Portland on CT Rte 66.  
**Saint Clements Castle, 1931 Portland-Cobalt Road (CT Rte 66) Portland, CT 06480**

### VOLUNTEER

Would you like to be a volunteer at the Annual Gathering? There are many opportunities.  
 Please write to [programs@ct-amc.org](mailto:programs@ct-amc.org).

*cut here*

## CT-AMC Annual Gathering Reservation Form:

First and Last Name	AMC Member #	Meal Choice	Amount Enclosed
1 _____	_____	_____	\$ _____
2 _____	_____	_____	\$ _____
3 _____	_____	_____	\$ _____
			Total _____\$

### Dinner Choices;

French Pork Loin Chop, Grilled Angus Sirloin, Chicken Française, Eggplant Rollatini

Members \$45 • Non-Members \$50 • \$15 for Workshops Only

Dinner price includes workshops, exhibits, dinner and evening program.

**Registration online or by mail no later than Friday, November 7th, 2019.**

**REGISTER ONLINE: [www.eventbrite.com/e/ct-chapter-2019](http://www.eventbrite.com/e/ct-chapter-2019)**

or mail this form with a check payable to "AMC CT Chapter" and send to Michelle Baughman, 17 Blake Lane, Storrs Mansfield, CT 06268.

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