



# CONNECTICUT APPALACHIAN MTN CLUB

VISIT: [WWW.CT-AMC.ORG](http://WWW.CT-AMC.ORG)

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John Grasso, CT-AMC Chapter Chair

## A View From The Chair

These past months have been difficult for our Chapter, for AMC, and for us all. My thoughts are particularly with the many Chapter members who rely upon Chapter and AMC activities as the cornerstone of an active outdoor life. Notwithstanding the extra effort of some of our dedicated volunteer leaders, our Chapter outdoor activity schedule is the lightest within memory. Most of us who are getting outside are getting outside alone, or with people we know well or live with. We miss the energy and camaraderie of Chapter activities.

Even if you are getting outside, please also explore the many opportunities for online engagement with AMC and with our Chapter. Investigate AMC's website, and under the caption "Adventures", go to "Search All Activities". AMC has directed resources toward strengthening its online program and presence. You will find many great activities posted. Watch for emails from AMC regarding online programs. See our Connecticut Facebook page. Search our Connecticut Chapter website, particularly the Education Committee site, and particularly "Online Education".

There is every reason for optimism about our Chapter, and AMC. We know that this disruption is temporary. We know that we have an outstanding and resilient Chapter, among the several strongest in AMC, and that we will soon be back with a full schedule. Those of us who have been on the trails or on the waters over the past several

... continued on page 5

## A Sudden Goodbye to One of Our Own

With a sorrowful heart, I share the news that David Roberts lost his battle with cancer. The CT Chapter Committee received notice of this in mid-September. As a Club member, I hope you had the opportunity to share an activity or event where David would have welcomed you, lead the way, or presented one of his many world adventures to you. All served up with his casual humor, wit, and comfortable disposition.

David's CT-AMC resume goes as follows; Excursions Co-chair, Communications Chair, Fairfield County Group Co-chair, hike leader, club activity coordinator, accomplished world traveler and photographer, storyteller, mentor, and a good friend to so many. An irreplaceable member of our chapter.



... continued on page 4

## Storms Beat the Hail Out of the A.T.

~ by Dave Boone & Jim Liptack

Concern began to arise when the local television stations interrupted regular broadcasting to follow rotation observed on their various dopplers—a suspected tornado, in the area of Sharon and Cornwall. As more detail



Chip's map of the tornado's path.

... continued on page 6

### INSIDE THIS ISSUE: ..... page

- Uncle AMC Wants You! ..... 2
- CT-AMC Chapter History Project ..... 2
- Our Journey Through The 4000 Footers ..... 3
- Remembering David Roberts. .... 4
- The Call of Nature ..... 5
- The Rockfall Foundation ..... 5
- Storms Beats the Hail ..... 6
- 139th Fall Hiking Week 2021 ..... 7
- Braemore Hikers ..... 8
- Be Online With The AMC ..... 8
- 2021 CT-AMC Executive Slate ..... 9
- CT-AMC Annual Awards Recipients ..... 9
- Chapter Volunteer Stewardship Awards ..... 10



# CONNECTICUT APPALACHIAN MTN CLUB

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

Volume 41, Number 2, Autumn 2020

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



### Hello CT-AMC Chapter Members,

I would like to extend my thanks for the **2019 Lifetime Service Award**. My journey with AMC and the Connecticut Chapter over the years has truly been a grand adventure filled with challenges and opportunities to trek, travel and train with my all my backcountry friends!

Stay Safe ~ Leo Kelly 🍂

## CT-AMC Chapter History Project!

### Our Chapter History Book is Happening!



A big shout out to all who are making a difference contributing to the chapters effort to collect and document the past 25 years of the CT-AMC's. Regular activities, individual contributions, and landmark accomplishments round out its content. This recent collection will be published including the collected histories of the prior 75 years as we celebrate the Chapters centennial in 2021.

In the meantime, immerse yourself into the "History of the CT Chapter of the AMC 1921-1996", available on the Chapters History tab at: [www.ct-amc.org/history/](http://www.ct-amc.org/history/) 🍂

### All CT-AMC Members!

### We want to see it and hear about it.

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



## UNCLE AMC WANTS YOU!

**TO ALL OF OUR CT-AMC COMMUNITY. WITH THE EVER-CHANGING LANDSCAPE OF COVID-19, PLEASE USE THE CONTACT LINKS WITHIN OUR NEWSLETTER AND VISIT [CT-AMC.ORG](http://CT-AMC.ORG) TO KEEP UP TO DATE ON POSSIBLE CANCELLATIONS AND RESCHEDULING. STAY SAFE.**

**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)

**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/)

**JOIN US** - at [www.meetup.com/AMC-CT-Chapter](http://www.meetup.com/AMC-CT-Chapter)

**MEETUP** - Join us at [www.meetup.com/AMC-CT-Chapter](http://www.meetup.com/AMC-CT-Chapter)

**MEMBERSHIP** - If you are not a member of the AMC, we invite you to join the Club through our Chapter website. Please click on this link to join: [www.ct-amc.org/Membership/](http://www.ct-amc.org/Membership/)

**NEWSLETTERS** - To receive your chapter newsletters by email. Go to [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter) and follow the instructions. Help with this process is available at [www.ct-amc.org/optin](http://www.ct-amc.org/optin). Your membership number is on the cover of your copy of Outdoors or contact [membership@ct-amc.org](mailto:membership@ct-amc.org)

**NEW AND IMPROVED [WWW.CT-AMC.ORG](http://WWW.CT-AMC.ORG)** - COME VISIT! 🍂

## THE CONNECTICUT TEEN WILDERNESS FUND NEEDS YOUR SUPPORT!

In May 2018, the **Harry Duren - Gregory Simons Scholarship Fund** was recast as **The Connecticut Teen Wilderness Fund**. The fund is to make it possible for disadvantaged teenagers from Connecticut to attend an AMC Summer Teen Wilderness Adventure program.

**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. 🍂

What adventures have you found in your big backyard? Please share your story with your CT-AMC chapter.

# OUR JOURNEY THROUGH THE 48 - 4000 FOOTERS IN NH AND FAR, FAR BEYOND! ~ by Norm Schoeler



Ann and Norm Schoeler at the Falling Waters Trail June 2009.

My late wife Ann and I met during a CT singles group hike in the year 2001. We hit it off immediately and life took on new meaning. We were married in 2004 and almost immediately started talking to friends about hiking in the Whites. In July of '06 we climbed our first mountain, Mt. Washington, and that lit the flame. From that day on over the next 7 years Ann and I were going up frequently for hiking

weekends in NH, alone or with other friends. Our enthusiasm had to be contagious because several of these friends have now finished their 48 and others are still actively bagging peaks up north even as I type this message.

In July of 2009 we had just enjoyed our day of climbing Mt. Lafayette and Mt. Lincoln on the Franconia Ridge Trail. While standing below the Stairs Falls, Ann said, "I love these mountains so much I wish I could stay here forever." The reality was we had to get home because in the coming days she would be tested to determine if she had the suspected Alzheimer's Disease. Once it was confirmed, even though we knew that this was a death sentence for Ann, we increased the frequency of our NH



At Lincoln Woods celebrating my completion of the 48 - 4Ks in Ann's honor and the ALZ Association's Longest Day fundraiser.

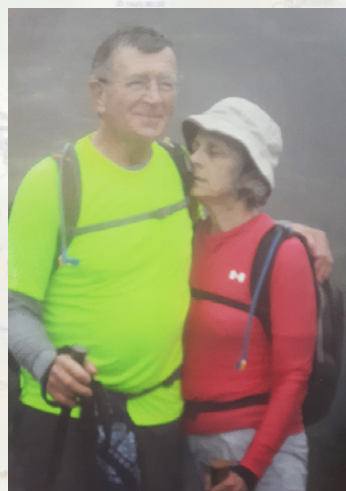
trips. She told me, "let's go, we have work to do"! The next four summers of hiking trips were amazing but we knew that our time was limited. Ann also underwent knee surgery and then a knee replacement but that didn't stop us. But, in 2014, on Mt. Hale, Ann fell several times on the trail and Ann's doctor said that her time in the mountains was over. She had made it to the top of 33 major peaks.

My challenge during the last 6 years has been to be Ann's primary care partner and figure out how to finish my 48. On June 8, 2019 I was part of an enthusiastic hike squad that summited Mt. Zealand and the three Bonds in 22 miles and 13.5 hours for me to earn my "48" status. Not bad for 71 years old!

That story was gobbled up by the Alzheimer's Association of CT for their Longest Day Fundraiser project. I was interviewed on the New Haven Green and the donations came pouring in

from all over the east coast. In six weeks the Ann and Norm story raised \$5,400.00 for the cause of defeating Alzheimer's Disease. Ann passed away on October 31, 2019 from the complications of her disease not knowing that I had completed the mission we had set up many years before.

I recently finished all the paperwork for the 48-4000 Footer Committee to seek membership in the 48 Four Thousand Footer Club. That truly was a tedious experience! Luckily Ann had kept great notes for our first 32 peaks and with my records from peaks # 33 to 48 I could fill out the paperwork. My request to the committee in Exeter was that Ann and Norm Schoeler be listed on the eternal roster as a



In the misty fog on Mt. Hale I knew that was her last mountain. I had her surrounded by four of our friends and she fell several times. I can read to look of surrender and peace on her face. That was mountain #33 for her and it would be her last.

goal. Our feeling was always "whatever it takes"!

Congratulations Ann you made it. I know you will continue climbing other mountains even if they are far, far away in a place with no disease and no pain. I really miss you and will love you forever. See you on the other side!

Your best friend and hike partner,  
Norm

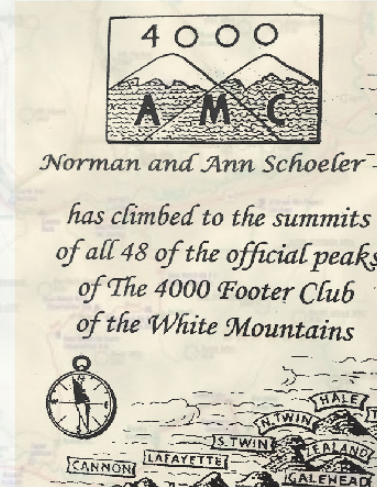
\*As a postscript I would tell you that I have summited 5 of the Whites for a second time and my goal is to get a few younger hiking friends up there for the first time as initiated by Ann. You have to give back! 🍂



Ann at home in the Whites.

Team. Ann didn't complete the 48 but I did ONLY because of her dedication and inspiration. The Committee agreed to include her name even though she didn't complete all 48 peaks and that her award would be listed posthumously.

On September 1st I received two official scrolls from the Four Thousand Footer Committee made out in the names of team Ann and Norm Schoeler. I had one framed immediately! All I could think of was how much time, planning, money, pain and suffering it took to reach this



**A Sudden Good-bye** - continued from page 1...

As the chapter news editor, I first met David "on the job" 15 years ago. Of course, David immediately rallied me to partake in and promote the Fairfield County Group's presentation dinners and gatherings. Here is where I witnessed David's magic first hand. Since then, David has been a constant contributor and support person to our chapter newsletter. I am quite lost with out him.

For now, here is an array of David's outstanding photographs from his numerous travels and adventures he had shared with us all. Perhaps something here will bring to you a fond remembrance of David. 🌿



North Pole, curious bear - David Roberts.



Greenland - David Roberts.



Greenland - David Roberts.



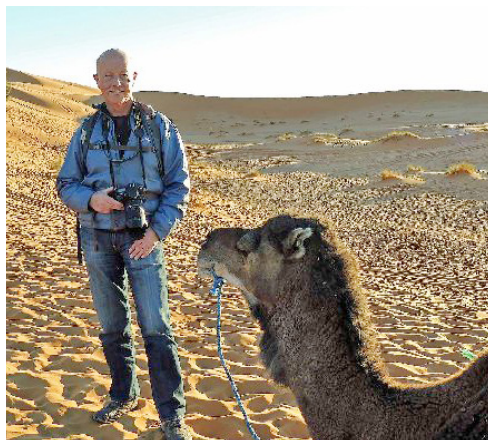
Etosha National Park - David Roberts.



Mono Lake - David Roberts.



Moroccan Desert - David Roberts.



David Roberts meets a friend in Morocco.



Crater Lake Dawn - David Roberts.



Hot air balloon, France - David Roberts.



Petra, Jordan. The Rose City.



Pembrokeshire Coastal Path - David Roberts.



Big Sky. South Dakota - David Roberts.

# The Call of Nature ~ by Peg Peterson

Call of Nature. Pit Stop. Stop and Go. Carpe Pee-um(?) See a man about a horse(??)

On AMC hikes, it's known as a Separation Break...men go forward and women stay back. Why? To pee in the woods! It's generally assumed that men can do that quicker (based on the lines at public restrooms) so they walk farther down the trail, out of sight, and wait for the slower women.

It's a topic that's seldom addressed, common knowledge to just about every hiker, but a mystery to those who don't hike. "What do you do if you have to pee?" is a question I have heard while discussing hiking with the uninitiated, and it's an excuse some people give for not venturing into the woods at all. Also an excuse that some hikers use for not drinking water while hiking. Since staying hydrated is one of the first rules of hiking, let's just answer some basic questions and set people's minds at ease. For men, it seems obvious, so I'll just address women's issues. I'll leave it to someone else to talk to the men, just in case there's some mystery to it that escapes me.

So the men have gone off down the trail, and what's next? The women scatter into the woods, each to her own private(ish) place, but not too far from the trail. There are a few different postures, including The Squat, The Lean, and The Squat/Lean. In all cases, keep in mind that water flows downhill, and choose a spot where your shoes are not in the flood zone. In general, you'll really not need to pull your pants any farther than mid-thigh, as long as you reach in front between your legs and hold both the front and back of the waistband together in one hand and pull forward.

The Squat requires some measure of balance, leg strength and flexibility, depending mainly on how long you plan to stay in that posture. It is basically the position you assume on the toilet (assuming you rest your elbows on your knees on the toilet) but without a toilet to support you. A little bit lower posture is more comfortable for some.



**View From The Chair** - continued from page 1...

months see that the public suddenly seems to have discovered the outdoors and is outside as never before. That can't be bad! We discover in this pandemic that millions of us have come to value the outdoor life in ways that we scarcely understood as a nation. This unexpected surge of activity off the beaten path may be why the Great American Outdoors Act, which at long last permanently and fully funds the Land and Water Conservation Fund with federal offshore oil and gas lease revenues, passed by large margins in both houses of Congress and has become law. AMC was a driving force in this seminal accomplishment.

May we all enjoy the glorious seasons to the fullest. I hope to see you on the trail in 2021. 🌿

~ John Grasso, CT-AMC Chapter Chair



The Lean uses a standing tree or large-ish rock (about hip-height) and requires less leg strength, little flexibility, and just enough balance to get yourself back into a standing position. When you lean back, your hips can be level with your knees, or even a little higher. It does require a little more diligence about keeping your waistband (and maybe shoes) out of the way. To stand back up when you're done, lean the top of your body forward and reach one or both hands back to push away from the tree or rock.

The Squat/Lean uses a smaller rock or downed tree, and is an almost-sit position, resting the buns at the very edge of the rock or tree. It requires no balance or flexibility, and only enough leg strength to stand back up.

Some carry toilet paper into the woods. A paper towel folded in quarters also works and is more absorbent than toilet paper. Both are odor-free as long as you remain well-hydrated. The important thing is to bring along a zip-lock bag and **PACK IT OUT!** No leaving paper in the woods! Green leaves are another option, in season, as long as you can tell poison ivy from a maple sapling. Some choose to just air dry, or wear a panty liner to catch any drips.

It's called the "call of nature" because it's natural, a necessity of life, and shouldn't be embarrassing. Don't let it keep you from enjoying hours in the woods! 🌿



## The Rockfall Foundation

**Announcement September 10, 2020**

Announcing the five winners of our 2020 Environmental Champion Awards! Congratulations to East Haddam Land Trust, to Margaret Miner from Rivers

Alliance of Connecticut and Roxbury Land Trust, to Artfarm, to Nathan Botting from Nathan Hale-Ray Middle School, and to Chantal Foster from The Middlesex Land Trust. Learn more about why they were chosen for the awards here: [www.rockfallfoundation.org](http://www.rockfallfoundation.org) and be sure to join the virtual celebration which honored them on October 8th. Let's give them a big **THANK YOU** for their amazing service to the earth and our community. Event info: [www.rockfallfoundation.org](http://www.rockfallfoundation.org) 🌿

**Storms Beat The Hail...** continued from page 1...

evolved, it appeared as though a tornado did touch down in Sharon and continued on northwesterly to Falls Village. The local stations, as they do, sent their on-the-scene crews to film the damage and talk to those impacted. A damaged greenhouse in Sharon was the focus of the reporters, but the focus of the CT AT Committee was on that land between White Hollow Road near the Sharon/Salisbury town lines and Rte 7 in Falls Village.

Monday morning, Jim Liptack, Overseer of Trails, was quick to check AT hiker websites and blogs, and did in fact find a hiker report posted to the Guthook app that a tornado had passed through the Belters campsite and caused much devastation. Jim also reached out to NOAA who graciously provided more detailed information, that confirmed that the AT from Hang

Glider View to Rte 7 was hit by an EF1 tornado. Meanwhile, Chip Ward, maintainer for the section between Rte 7 and Hang Glider View (and our intrepid Boundary Coordinator) went in to survey the damage. Chip made it as far as the Belters Campsite, and reported that it was a horror show. He observed "the tornado touched down about 100 yards north of the campsite and then crossed the road near the cornfield... one part of the Trail is impassible just north of Belters Campsite. The Chum survived but the path to the chum is completely covered with trees". He estimated at least 30 trees needed chainsawing. Based on Chip's report (and, gratefully, not discovering any bodies), we decided to close the campsite, and planned for a work party for the coming Wednesday to deal with the storm damage. That was Monday night.

Tuesday, Tropical Storm Isaias hit Connecticut.

Wednesday, only Jim and Don Klein, (section maintainer for Paradise Lane) were able to make it to the meeting place at "the cornfield" by the junction of Rtes. 7 & 112. Although several others attempted the trip, it was just impossible to "get there" due to road closures, power outages, and other storm impacts. Ironically, Don was able to travel all the way from Danielson to the cornfield in Falls Village. Under blue skies, they were able to begin work on clearing the close to 60 trees that fell between the road and the end of the major damage on the AT south of the campsite. That was Wednesday.

The project to reopen the rest of the Trail and campsite was rescheduled to the following Saturday, August 8. Fortunately, at that point many of the roads were reopened, and a good number of our volunteers had their home power restored. Thanks to Jim

and Don's efforts earlier in the week, the impassible section was cleared, and our team was able to focus on reestablishing the campsite. At the end of the day, we came upon a thru hiker named Wild, who Go Pro'd that section of Trail that day. To get a feel for what he encountered that day, and the work of the CT volunteers, see his YouTube video here [www.youtu.be/3RDA64-Gr-Y](http://www.youtu.be/3RDA64-Gr-Y). That was Saturday.

Following the passage of Isaias, we asked section maintainers to submit damage assessments of their piece of

Trail as soon as they possibly could. The reports began coming in during the week, and our brothers and sisters from the Massachusetts AT Committee assisted in this effort by surveying sections our regular volunteers could not get to in a timely manner. Based on such reports, we were able to prioritize what needed to be done. Basically, everywhere on the AT in Connecticut was a mess, but the environs of Schaghticoke Mountain suffered extensively. Over fifty trees were reported down in this rugged section, (when I say fifty trees, it does not capture the reality that in many cases, one giant tree brought

down 3-5 smaller trees with it, resulting in a complex sawing mess). Because access to this area is extremely difficult, we decided this would be our initial major response. We sent out an 'all hands' request to our certified sawyers. Nearly all our CT sawyers responded, including Cosmo Catalano and Jim Pelletier from the Mass AT Committee. We were also blessed with a good number of other volunteers to work the role of "swamper": tasked with pulling away the slash and any other debris. With the permis-

...continued on page 7



Russ Waldie adds the finishing touch ~ Dave Boone



Adam Lippman and Mark Delude in the bad bush ~ Dave Boone.



Gregg Nolting and Oliver Geiss in the swamp ~ Christoph Geiss.



Crew reduces a blowdown ~ Christoph Geiss.



Russ Waldie does a triple trunker ~ Dave Boone.



Master sawyer Jim Liptack ~ Dave Boone.

## SAVE THE DATE

### 139th Annual Fall Hiking Week - 2021 September 24th-October 1, 2021



The 2020 Fall Hiking Week (FHW) originally scheduled for Friday September 18th to Friday, September 25th was cancelled due to the COVID-19 restrictions. The FHW Committee has contacted the location for this year's event and has agreed to re-schedule

FHW for a week later next year. We will now be returning to the Town & Country Inn and Resort in Gorham, NH. Friday, September 24th to Friday, October 1st. This will give us another opportunity to hike many trails in the Northern Presidentials as well as into Western Maine. You can join us for the weekend, a few days, or the full week.

This trip typically draws a large group. We normally offer about 40 hikes with almost half of those hikes being led or co-led by our own CT-AMC Leaders. The hikes range from easy to challenging in the White Mountains. The challenging hikes will usually tackle a 4000 footer. We expect to offer a similar hike agenda next year. A listing of the entire week's hikes (Saturday through Thursday) 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 each hike. 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, and crackers) and concludes with an evening meal with your choice of meat, poultry, seafood, or vegetarian meals. Amenities include indoor heated pool, Jacuzzi, sauna, and free Wi-Fi. Four (4) local golf courses are available nearby. Evening entertainment is provided daily.

Further information and registration details will be available early next year 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. Like us on Facebook: [www.facebook.com/AMCFallHikingWeek](http://www.facebook.com/AMCFallHikingWeek). 🍂

~ Phil Wilsey, Fall Hiking Week Committee

#### Storms Beat The Hail... continued from page 6...

sion of our neighbors, the Preston Mountain Club, we were able to access this remote section without the monster climbs up from Rte 341 and Schaghticoke Road. Four teams of sawyers cleared the 7.5 mile section in one day with no injuries, and only one rattlesnake encounter.

Over the following days and weeks, CT volunteers whittled (or more properly said sawed) away at opening the other Trail sections. This activity occurred pretty much every Wednesday and Saturday through August to the end of September, with other efforts by individual section maintainers. In the six weeks since the storms, over 250 trees have been removed. Jim points out that for the entire previous trail season, we cleared a total of 229 trees.

A huge thanks goes out to all those who helped in this effort, including our friends from the Mass AT Management Committee and AMC Staff out of Noble View. This could not have been so successfully accomplished without our devoted section maintainers and the dozen or so AT volunteers who came out week after week. As of this writing, at the end of September, we are proud to report that the AT CT is more than 95% cleared, and cleared safely. 🍂

## New & Updated AMC Books & Maps!

### 1. *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 project, annual reports and poetry, songs and art.

Authors ~ Robert and Emma Crane

### 2. *AMC's Real Trail Meals: Wholesome Recipes for the Backcountry.*

Tired of ending a day on the trail with packaged backpacking meals? Kick your menu up a notch.

Authors ~ Ethan and Sarah Hipple.

### 3. *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 and René Laubach

### 4. *Blazing Ahead: Benton MacKaye, Myron Avery, and the Rivalry That Built the Appalachian Trail.*

The A.T. is one of America's most revered resources, a path of near-mythic proportions combining rugged natural beauty and human determination.

But few know the story of its journey to creation.

Author ~ Jeffrey H. Ryan

For all your AMC books, trip guides, maps, gear and gifts, visit the AMC Store: [www.amcstore.outdoors.org](http://www.amcstore.outdoors.org) 🍂



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#### Appalachian Mountain Club Connecticut Chapter (CT AMC)

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#### About

1 AMC provides opportunities for outdoor recreation, conservation and education. The CT Chapter represents some 8000 members and sponsors activities in hiking, paddling, climbing, cycling, AT trail maintenance and more.

1 At AMC, connecting you to the freedom and exhilaration of the outdoors is our calling. We invite and help people of all ages and abilities to explore... See More

Appalachian Mountain Club Connecticut Chapter (CT AMC) 1d · 🌐

Check out this awesome video from a thru-hiker passing through Connecticut. Not only does it feature some impressive footage of timber rattlers but it highlights our amazing CT-AMC volunteer AT maintainers!!! 🍂🍂🍂



## Braemore Hikers ~ by Janet Ainsworth

As I write this in early April, the state Department of Energy and Environmental Protection has announced that Kent Falls State Park will close for the duration of the public health emergency. In the preceding weekends of nice weather, I saw Twitter notices of state park parking lots closing because they were at capacity. It could be by the time you read this that the state parks were closed entirely because visitors were not practicing social distancing.

Early March seems like another world. Some of us in the Chapter attended a retirement dinner in Boston for Walter Graff, a long-time AMC employee who was the godfather of the Maine woods. Social distancing was already a topic, and many people opted for alternatives to hand shakes at that event. The following Saturday, I led a hike in Guilford's Braemore Preserve. I took six people into the woods to hear wood frogs and peepers. (It would be the last hike I would lead.) On March 13, the Connecticut Forest & Park Association wisely shut down access to its building, which led to the cancellation of two chapter gatherings at that site in the following weeks. On March 18, AMC President John Judge announced that all events and facilities would close until April 30. Also during this time, the Appalachian Trail was closed.

By the time you read this, I would hope that things are on their way back to normal. If not and if state parks are further restricted, may I suggest alternatives that provide options for hikes without the large crowds at state parks. There are 137 land trusts in the State of Connecticut, according to our friends at the Connecticut Land Conservation Council. [www.ctconservation.org/findalandtrust](http://www.ctconservation.org/findalandtrust) In my hometown of Guilford, the Guilford Land Conservation Trust owns 10 percent of the land in town. The town itself has conserved another 10 percent. It maintains



four preserves with extensive trail systems. The New England National Scenic Trail, 215 miles from Chittenden Park in Guilford to the New Hampshire state line, is an excellent option. A dedicated website, [www.newenglandtrail.org](http://www.newenglandtrail.org), provides maps and other information about the trail. CFPA maintains more than 800 miles of blue blazed trails in Connecticut. Like the scenic trail, these trails are a mix of state, municipal and privately owned lands. For years, the main source of maps of these trails was the Connecticut Walk Book. Now, CFPA offers an interactive map. [www.ctwoodlands.org/blue-blazed-hiking-trails/blue-blazed-hiking-trails-interactive-map](http://www.ctwoodlands.org/blue-blazed-hiking-trails/blue-blazed-hiking-trails-interactive-map) 🌲

## BE ONLINE WITH THE AMC ~ by Janet Ainsworth

As I write this on April 12th, an Easter Sunday to be celebrated in front of a television screen, the Appalachian Mountain Club is exploring how it may stay engaged with members, volunteers and the public when it cannot take people outside.

The Connecticut Chapter is stepping up its offerings in the virtual world. We are really good at taking people outside. We offer a large number of events each year with a dedicated group of volunteers. With restrictions imposed by state government and our parent organization due to the Corona virus we are exploring new ways of doing things.



By way of background, on March 16th, AMC President John Judge announced that all events and facilities would close until April 30th. The latest update is to close facilities until May 4th. Activities continue to be restricted until April 30th. The State of Connecticut currently has restrictions in place until May 20th.

We in Connecticut are lucky that outdoor recreation is not prohibited. I have heard that it is in some places. You may be outside, but are asked to observe social

distancing restrictions, difficult to meet at the more popular state parks when they are crowded, as they have been in recent weeks. Plenty of hiking is available at lower profile state parks and forests. (There are 110 state parks and 32 state forests in Connecticut.) The Connecticut Forest & Park Association maintains 825 miles of blue-blazed trails, including the New England National Scenic Trail. Towns and cities also own land and maintain trails on these lands. There are a lot of options. Unfortunately, the Appalachian Trail is not one of them. At the time of this writing, the federal government was expected to close it. Early on, the Appalachian Trail Conservancy closed associated facilities and asked people to stay off the trail due to the impossibility of conducting maintenance.

As a way to stay engaged, the Connecticut Chapter is now dipping its toe into online offerings. We recently participated in a social media challenge launched by club staff. We didn't win, but it got us thinking about how to do more in the virtual world when you cannot plan an event for a group. We had plenty of activities planned, and I am sure at least some of them will be rescheduled, but in the meantime, an excellent source of things to do is [www.outdoors.org/articles/blogs](http://www.outdoors.org/articles/blogs). This celebrates Earth Day all month. "Lunchtime learning" webinars are/were scheduled and recorded. If you are on Facebook, check out the club and the chapter's pages. AMC also may also be found on Twitter (club and chapter) and Instagram (club). (If you receive our weekly emails, these accounts are listed.) If you are not into social media, go to the Activities Database and look for BeOnlineWithAMC in the title of posts.

I hope this has you thinking in a different way about how to enjoy the benefits of your membership and I look forward to seeing you again on a trail. The photo associated with this article is from a trail system that I started exploring on solo hikes that became my solace. It is a trail system in Branford that I was largely unfamiliar with. I can't wait to take a group of you out there with me. In the meantime, I hope to see you on the web. 🌲



# CT-AMC 2021 Executive Committee Slate

**Chair:** *Jocelyn Eppich*

**Vice Chair:** *Open*

**Secretary:** *Martha Cain*

**Treasurer:** *Al Puches*

**Past Chair:** *John Grasso*

**Newsletter Editor:**

*Darcy Witham*

**Members at Large:**

*Open / Open*

**Webmaster:** *Keith Spaar*

**Appalachian Trail:**

*Dave Boone*

**Bicycling:**

*Susan Grant / Open*

**Communications:** *Open*

**Conservation:**

*Andrew May / Open*

**East of the River:** *Ray Phillips*

**Education:**

*Keith Spaar / Janet Ainsworth*

**Excursions:**

*Peg Peterson / Phil Wilsey*

**Fairfield County Group:**

*Tom Carruthers / Open*

**Family Activities:**

*Corey Mott / Janet Ainsworth*

**Flatwater:** *Barry Gorfain*

**Membership:** *Alison Terjek /*

*Barbara Beckerman*

**Mountaineering:**

*Chris Granata / 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*

## CT-AMC Annual Awards 2020

**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.)

Annual Chapter Awards Committee: Janet Ainsworth, Dave Boone, and Peg Peterson.



### Lifetime Service Award:

**Dale Geslien** – Since the mid-90's, you'll see Dale Geslien's name in chapter Annual Reports year after year in a variety of leadership roles. Beginning when former Chapter Chair Dave Cullen first recruited her to the Membership Committee to contact new members, her name appears as a committee volunteer or as a chapter committee leader in most years, until she ascended to the position of Regional Director from 2007-2012. During the years prior, she served in Membership, then as Program Committee Chair from 1999-2001, Chapter Vice Chair in 2002 and, following her tenure as Chapter Chair from 2003-2005, she took on leadership of the Education Committee from 2006-2010. She is a founder of the Fairfield County Group program in Bethel. A consequential decision that she made as Chair was to agree to sponsor the Fall Hiking Week program, after the club decided that it needed to be reorganized.

Education has also been a constant for Dale. As Chapter Chair, she focused on chapter leadership and held retreats designed to ensure the success of the chapter's Education program. She also sought training opportunities and educational roles outside of the chapter. She became a Leave No Trace Master Educator, was an instructor for the club's Mountain Leadership School in New Hampshire and served on the club wide Outdoor Leadership Development Committee, the committee that develops the requirements and guidelines for club volunteers. In 2005, these achievements led to her receipt of the club's Distinguished Service Award. Dale has been the administrator of the chapter Facebook account for many years and continues to lead chapter hikes and Adventure Travel trips to exotic locales around the world. She walks boundaries and patrols trails for the AT Committee. She also continues to teach activity leader prospects for the Education Committee. After cycling out of the Regional Director position, Dale was appointed to the club's Board of Advisors, joining many other former Board of Directors members.

She continues to serve on the board to this day. Congratulations Dale, our 2020 Lifetime Service Award winner! Your work over the years is much appreciated!

### Appie of the Year Award Recipient:



**Barry Resnick** – This year's Appie of the Year has been working with the East of the River group for over 20 years, and did his stint as Vice Chair and Chair of EOR. But more importantly, he has been one of the monthly hike coordinators since 2002, taking just a short time off for a cardiac arrest five years ago, then right back in the game.

Most people don't realize that the 4 monthly coordinators for Tuesday and Thursday hikes take responsibility for finding leaders for 4 hikes per week/52 weeks per year for the most part. That is a huge chunk of our monthly activities, since hiking is the most popular activity in our chapter. He not only continues as a monthly coordinator, but also took on the responsibility for finding other monthly coordinators. He also managed the hiking phone list; for years he read the hike list into the answering system every week for hikers who did not have internet access. This service was dropped only recently.

He was an extremely active hike leader for many years, generally leading 2 or 3 hikes every month of the year from 2002-2016. He was famous for his very popular urban hiking tours, including day trips to Boston and the NYC Wicky Wacky trips. From 2006-2015, he also organized and led the hike for the annual December cookie swap. Many people give some portion of their time to the AMC, but he has given decades of almost non-stop service and dedication to the AMC. Congratulations and much appreciation to Barry Resnick, our 2020 Appie of the Year. ❄️

## 2020 Chapter Volunteer Stewardship Awards

Janet Ainsworth	Mary Ferguson	Gini Kramer	Al Puches
Eric Barbour	Neal Fisher	Phil LaBell	Paul Reder
Michelle Baughman	Christopher Geiss	Elaine LaBella	Barry Resnick
Dave Boone	Oliver Geiss	Mike LaChapelle	Richard Rouse
Judy Bormann	Charles Gereg	Bruce Laroche	Bill Ruel
Steve Bormann	Dale Geslien	Adam Lippman	Claire Rusowicz
Steve Braciak	Jeff Glans	Jim Liptack	Zellene Sandler
Ray Bracone	Maryann Gleba	Bobby Mathoda	Mark Schappert
Cindy Butts	Barry Gorfain	Art Mauger	Ken Schmitt
Rich Cady	Susan Grant	Andrew May	Norm Schoeler
Martha Cain	John Grasso	Bill McCarthy	Jack Scott
Tom Carruthers	Gene Grayson	Debra McConville	Keith Spaar
Karen Cassidy	Bob Guenther	Hob McConville	Eric Stones
Bill Channing	Gary Guenther	Shirley McCunn	Debbie Tedford
Russ Charest	Michael Handelsman	Tom McGrath	Alison Terjek
Andrea Crawford	Carol Hassett	Kathleen Miller	Paul Thoma
Dave Cronin	Paul Hayes	Corey Mott	Steve Troop
Daria Cummings	Piper Hemphill	Lisa Nabulsi	Dave Waldburger
Walt Daniels	John Hicks	Bob Nickels	Russ Waldie
John DeAngelis	Bea Holt	Jill Oneglia	Steve Wall
Mark Delude	Ray Jarozewski	Rod Parlee	Chip Ward
Tom Ebersold	Patrick Kennedy	Louise Perkins	Dennis Wigg
Henry Edmunds	Craig Kennedy	Peg Peterson	Phil Wilsey
Bernadette Elligard	Mark Kiley	Ray Phillips	Darcy Witham
Jocelyn Eppich	Don Klein	Leo Pon	Margaret Zorn
Finlay Ferguson	Leigh Knuttel	June Powell	

## Autumn Blossoms on The Trail



### New England Aster

Asteraceae - Michaelmas Daisy

July - October

Aster in Greek means "star". They are in the daisy family and are notable for their starburst arrangement of bright petals, which most often surround a yellow center.

Constant outstanding color along the road, meadows, open fields and in your home garden. 🌿



### Goldenrod

Solidago

June - October

Goldenrod, is a large family of tough, perennial North American native flowers that are growing happily everywhere. Roadside native invasive Goldenrods, Woodland Goldenrod, and Goldenrod in the garden. Their sunny goldenness makes a big splash in floral arrangements. And the myth is false, Goldenrod does not cause hay fever! 🌿