



CONNECTICUT APPALACHIAN MTN CLUB

AMC SUSPENDS ALL EVENTS AND ACTIVITIES THROUGH APRIL 30th VISIT CT-AMC.ORG FOR REGULAR UPDATES

VOLUME 41, NUMBER 1

SPRING 2020



John Grasso, CT-AMC Chapter Chair

A View From The Chair

Wednesday, April 22nd, 2020, is the 50th anniversary of Earth Day. Much has been accomplished since the first Earth Day in 1970, yet the pressure of our species upon the planet and the environment is no less severe and immediate than 50 years ago.

Earth Day 2020 will be both an occasion for celebration, and also an opportunity for a redoubling of commitment to the welfare and good health of the natural world.

Conservation and environmental stewardship is the heart of AMC, the first and the oldest conservation organization in America. If you are unfamiliar with the range and scope of the AMC's environmental leadership throughout the northeast region both today and in the past, please see the AMC website, www.outdoors.org, and follow "About AMC" to learn more. Our CT Chapter's indispensable stewardship of the Appalachian Trail and the lands through which it crosses is explained at our Chapter website, www.ct-amc.org, follow the "Trails" tab. We are active in Hartford. We often join other conservation organizations and land trusts in support of or in opposition to proposed state regulations and legislation.

As members of AMC, and of this Chapter, we are each a part of an impressive and honorable legacy in conservation leadership, and perhaps more importantly, we are each a part of what AMC is achieving here and now, and will continue to do so in the many years to come. ✿

~ John Grasso, CT-AMC Chapter Chair

Do you remember April 22nd, 1970?
I do!
It was the first Earth Day!
Which means that April 22nd, 2020 is the 50th Anniversary



That first Earth Day achieved a rare political alignment, enlisting support from Republicans and Democrats, rich and poor, city slickers and farmers, tycoons and labor leaders. By the end of that year, the first Earth Day had led to the creation of the United States Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species Acts.

Today, the annual Earth Day celebration is the largest secular observance in the world, celebrated by more than a billion people every year.

Things to do to celebrate this grand day: bike, hike, paddle, climb a mountain. Plant some trees. Plant some flowers. Broadcast a talk! I'm sure lots of local conservation organizations would be thrilled to have some help getting the word out; Pollinator Pathway, a garden club, trail maintainers, local land trusts, conservationists...

More about Earth Day here: www.earthday.org/earth-day-2020.

As always, THANK YOU for all you do CT-AMC'ers. You are the best!

~ Peg Peterson, Excursions Co-Chair

PLEASE NOTE: 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 to keep up to date on cancellations and rescheduling. We are not sponsoring any Earth Day gatherings this season yet we hope you all find some way to celebrate. Stay Well. Stay Safe. ✿

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CONNECTICUT APPALACHIAN MTN CLUB

The Newsletter of the Connecticut Chapter - Appalachian Mountain Club

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Read online: www.ct-amc.org

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

All CT-AMC Members!

WE WANT TO HEAR ABOUT IT.

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



CT-AMC CELEBRATES NATIONAL TRAILS DAY: Saturday & Sunday, June 6th-7th

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 CFWA web site, www.ctwoodlands.org/ct-trails-weekend/2020

For CT-AMC events: www.ct-amc.org/excursions/TrailsDay *



AMERICAN HIKING SOCIETY NATIONAL TRAILS DAY®

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 TO KEEP UP TO DATE ON POSSIBLE CANCELLATIONS AND RESCHEDULING. STAY SAFE.

GET INVOLVED! - www.ct-amc.org

GET TRAINED! - www.ct-amc.org/Education

GET OUT, GET GOING - www.ct-amc.org

HIKE LEADERS - Like to be a Hike Leader? Contact Peg Peterson at: 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! *

Northwest Camp - Open for Business!

NW Camp is open all year long only to those who register. A maximum of 10 people are allowed per reserved night, 6 in the cabin (for fire safety), and four on the platform. Rental fees for Members throughout the year are \$90 per weekend and \$35 per night weekdays (Sunday through Thursday). Holiday weekends for three nights are \$135 for members. Non-member fees are \$110 per weekend and \$45 per night weekdays (Sunday through Thursday). Holiday weekends for three nights are \$165 for non-members. Holiday weekends, Friday, and Saturday nights must be booked together throughout the year. Payment must be received two weeks after reservation is accepted or risk losing the reservation. Third weeknight FREE Monday-Thursday if available, June 1st-September 30th.



Northwest Camp



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

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

~ Rod Parlee, Northwest Camp Chair,

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



6 Women Trek the Adirondacks ~ by Miriam Schroers, CT-AMC Member

My friend Courtney and I led a group of women in their 40's and 50's on a 3-day first time backpacking trip to the Adirondacks. I met Courtney at the AMC Mountain Leadership School. We were in the same group and had similar goals - we wanted to introduce women to backpacking, hiking, and camping.

Courtney and I worked together to plot out the trip in early October, a notoriously beautiful time of year. I'm new to the Adirondacks, but Courtney knows the region pretty well. She talked to a few ADK (Adirondack Mountain Club) folks and came up with a solid route.

We sent out an email to our networks and quickly filled the four spots. We even had a waitlist.

The group convened at the Adirondack Loj at Heart Lake. We ate dinner, chatted with other guests about bagging peaks and foraging for mushrooms and then distributed gear, food, and loaded our packs. A few worried-looking older men in khaki hiking pants asked if we had bear canisters. We replied, yes.

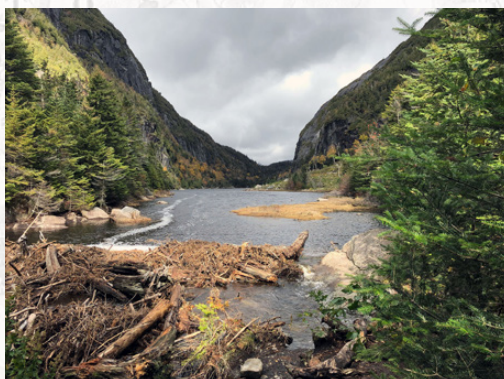
We set off early the next morning. After 7 miles, we arrived at the interior outpost ranger cabin. There we met Wade. He was a bearded young man. He told us where to camp that night and gave us some vague information about our route. All he said is "it's wet."

Our campsite was pretty and next to a river. We set up our tents, filtered water, and starting heating water to rehydrate our meals. Courtney and I encouraged everyone to eat heartily because it would keep us warm at night. The temps were dropping quickly, and by 7:00 pm, everyone was tucked into their sleeping bags. The night was long and cold- down to 25 degrees, but everyone stayed safely warm.

Our second day was a 10-mile day. The first 7 miles were relatively flat, and then we would climb over Indian Pass and camp on the other side that night. The idea was that we would have only 4 miles to do on Sunday- our last day.

As we set off the next morning, everything glistened with frost and sunshine. Before long, we bumped into two downtrodden couples- may be in their thirties. They warned us that the trail ahead was wet, and by wet, they meant it was sometimes actually a river. They also said that Indian Pass was rough- big boulders and tricky blazes.

About an hour later, we hit the mud. For the next 6 miles, we trudged through the wet, rocky, muddy trail. There wasn't much trail, in fact: just rocks, logs, streams, and mud. The blazes



were elusive, but the trail was always the wettest route, so in some ways, it was easy to follow.

Around 4:00, Courtney and I started to get nervous. We weren't making our expected time because of the mud. The sun sets at 6:30, so we really needed to be at camp by 5:30. But there weren't any official sites before Indian Pass.

Courtney and I consulted with each other like nervous parents. We talked to every hiker we encountered on the trail. Everyone said the same thing. Indian Pass was steep, rocky, challenging, challenging to navigate, and beautiful. Not viable at all in the dark.

At 5:00, we had to make a decision. The mossy rocks started to grow in size, and the incline crept skyward. To get up and over the pass would take 3 hours, about 1.5 hours in the dark. But if we waited, we might face the climb the next day in the rain.

As we were weighing options, I was visited by a very clear apparition- it was Michael, our AMC instructor. He told me without a doubt NOT to attempt that pass in the dark. We were tired and discouraged and needed to eat and sleep. Channeling Michael, I said, "we're calling it a day." Courtney agreed, and we started looking for a wilderness site.

While wilderness camping isn't always ideal, it is legal on this side of the mountain and was clearly the safe decision.

Weirdly, after just 5 minutes of exploring, Courtney spied something notable off-trail- a cubed shaped rock. She found a good place to spend the night. To our disbelief, it was an old deserted campsite. Flattish and close to a water source. We had found our home for the night.

The crew was relieved, and we quickly set up camp. We boiled water to rehydrate our food and remembered the adventures of the day. Everyone was exhausted and muddy, but giddy and proud.

Well rested, we started up Indian Pass at 7:30 am. The scenery was lush and enchanting. We climbed confidently and quickly. At 11:00, we arrived at the spot we had intended to camp the night before. Our wilderness site was so much nicer.

We walked quickly back to the Loj and finished our trek by 2:30 Sunday afternoon. We signed out and headed off in our separate cars. Everyone feeling

tired but energized and accomplished. At the restaurant where we shared a late lunch, we ran into the two thirty-something couples. The men were limping. The woman said that the trail had destroyed them. For us, not even close. ✿

SAVE THE DATE - Give-A-Day to the A.T. 2020

Saturday, May 9th: Join your CT-AMC Chapter Appalachian Trail Committee to help improve “the People’s Trail”: here in Connecticut. “Give-A-Day” with fellow trail enthusiasts by coming out on this significant annual event.

In fact, we have heard rumors (you know how quickly word travels up and down the Trail!) that this year, for the first time ever, other A.T. maintaining clubs will be hosting a “Give-A-Day to the A.T.” event on their sections! Yes, we know the next day is Mother’s Day, but what better way to show your love for your Mother (Nature) than getting down and dirty!

“Give-A-Day” is designed to offer opportunities for all to make essential contributions to improving the A.T. and the adjoining corridor lands, in a way that appeals to both first-time trail volunteers, and those more seasoned maintainers. We ask all A.T. users to consider “giving back” in appreciation for what the Trail gives us—for just one day!

Projects of varying degrees of skill or experience will be offered. We’ll have something for all interests and abilities. Choose the one which most appeals to you. We will also recognize some returning volunteers and demonstrate safe tool use and other safety considerations. Then, off we go!

At this point in time, some projects are

still under development, but we can say a major effort will be directed toward treadway improvements in the Falls Village area between the Great Falls and the Mohawk and A.T. junction.



Dave’s photos from Give-A-Day 2019. Volunteers on the Undermountain Trail!



Tools and safety gear will be provided, but please bring your own work gloves, plenty of water, snacks, and a trail lunch.

Trail work, although so much fun (as you will experience), is real work, so dress appropriately in work style clothing rather than your typical hiking garb. Please consider bringing snacks and beverages of any sort to share at the end of day “Social”.

Did I mention the “Social”? Yes, following your day of hard work, plan to reconvene with your fellow volunteers to relax, snack, and recharge with both your old and new friends.

Ready to grab a tool and get down? Meet us at 9 am at the Housatonic Meadows State Park Day Use Area on Rte 7 just north of the junction of Rte 7 & 4 in Cornwall Bridge, CT. (NOT the campground which is located beyond the day area).

MARK YOUR CALENDARS NOW and plan to attend this highlight of the CT-AMC Chapter season—and bring your friends!!

See you there! Watch for details at www.ct-amc.org/trails ❁

Dear Russ, Congratulations!

On behalf of the Appalachian Trail Conservancy I would like to thank you for your extensive dedication to the Appalachian Trail. The following link is an article highlighting a few of the contributions you have made of over the past 27-years as a volunteer: www.atcvip.org/home/volunteer/volunteer-recognition/volunteer-biography-full-page/russ-waldie

While no thanks could ever be enough we hope this small token of appreciation helps to express the importance of your contributions, as well as inspire other to become stewards of the Appalachian Trail. ❁



~ Regards, Alivia Acosta,
National Service Coordinator,
Stewardship Council Member

2020 ANNUAL AMC PHOTO CONTEST WINNER



Grand Prize: “Morning at Sawyer Pond,” White Mountain National Forest, NH by Sam Moore. Visit: www.outdoors.org/articles/amc-outdoors/meet-your-2020-amc-photo-contest-winners for more spectacular captures.

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NY/NJ Chapter Attends LTS in November

On cold November 10th afternoon, members of the AMC NY/NJ climbing committee saved the CT Education Chapter leader, Keith Spaar, who took a nasty spill in the crisp leaves near the White Memorial Carriage House in Litchfield, CT. Because of our quick decision-making, and situational leadership skillsets, we quickly treated his sprain and prepped him for extraction. We were not seasoned rescue rangers, or first responders, but instead were taught situational leadership through a series of classroom workshops and outdoor scenarios that weekend.

The Leadership Training course prepped the AMC's NY/NJ climbing group for a series of challenges and situations they might encounter leading groups on trips; highlighting how AMC's leaders must often adapt to new audiences and new expectations. Over the weekend experienced instructors facilitated leadership curriculum, and experiential learning. Overall the NY/NJ climbing committee leaders left with a newfound love for things like map orienteering and bonded over mutual appreciation for participatory decision-making and Leave No Trace (LNT) Ethics. Many thanks to Keith and his staff for letting us practice our Leadership skills on them first, and for a great weekend learning with new friends.

~by Sarabeth Brockley, Outreach/Partnership,
NY/NJ Climbing Committee

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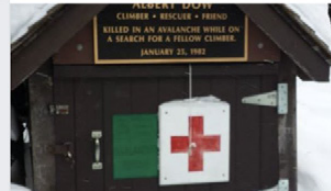
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Upcoming Events



Wilderness First Aid Training
Apr 4 - Apr 5 - White Memorial Foundation - Litchfield...

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Dave Boone and 8 other friends like this or have checked in

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Visit us today!

An "All-American" Start to the New Year. ~ by David Roberts, CT-AMC FCG Co-chair

Fairfield County Group's speaker dinners like to take audiences to locations around the globe. Our prior recent presentations included Ecuador, Myanmar, China, Colombia, Scotland, Antarctica, and even the North Pole, but the first two presentations of 2020 featured the United States for the first time in many years.

For FCG's January meeting in Westport, regular presenter, and FCG co-chair, David Roberts presented "American Journeys." Over



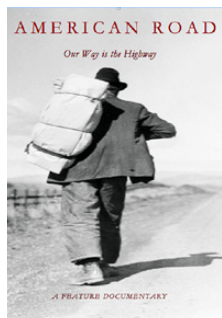
the years, David has traveled to many parts of the lower 48, and in this fast-moving presentation, David shared over 500 photographs from his travels. In addition to many of the great national parks, locations visited included fewer know parks, historic towns, forts, plantation homes, and Spanish missions, as well as wildlife.



FCG's February's meeting in Bethel continued the "on the road" theme with an award-winning movie entitled "The American Road," which "explored the mystique of the open road in American culture." In addition to the experiences of individuals such as Mark Twain, Woody Guthrie, and Jack Kerouac, the movie examines the journey of America as a nation.

Please note: In March, FCG is scheduled to return to its global travels with a presentation in Westport by photographer Dave Pressler, followed by a presentation by Emily Kelting on India in Bethel in April.

These presentations will most likely be postponed and rescheduled due to the COVID-19 situation. Please visit www.ct-amc.org for the latest information regarding the AMC community, its programs and activities. ❀



For details on these and future FCG presentations, visit and bookmark: 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.

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.

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Fun With Kayaks ~ Barry Gorfain, Flatwater Chair

Back by popular demand, this season marks the return of Fun With Kayaks! The Flatwater Committee will be holding this instructional session to allow us to sharpen our boat handling and rescue skills.

What if...



- you want to know what happens when you overturn your kayak
- brush up on your rescue and re-entry skills
- perform a wet exit to participate in the chapter's sea kayak trips
- need to be more comfortable and safer in your boat

...then this is right in your wheelhouse! We will also talk about boat setup, as well as proper PFD fit. This session is a hands-on, all-immersive experience. Come prepared to get wet and have fun. Capt. Graybeard, AKA Barry Gorfain, will lead the day and ably assisted by a few mates. It will be a low key opportunity to brush up old skills and learn a few new ones. It is open to all levels of ability.

When? Keep your eyes on the Flatwater schedule for late June and/or July for the date, time, and place for this always-popular event: www.amc.org/flatwater/. If you have any questions, you can contact Barry directly at barrygorfain@gmail.com. Hope to see you on the water! ❀

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 renovation 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 trail with packaged backpacking? Kick your menu up a notch. 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 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 ❀



AMC Leadership Training Day

SIGN UP!

AMC Leadership Training 1-Day Mansfield Hollow State Park, CT

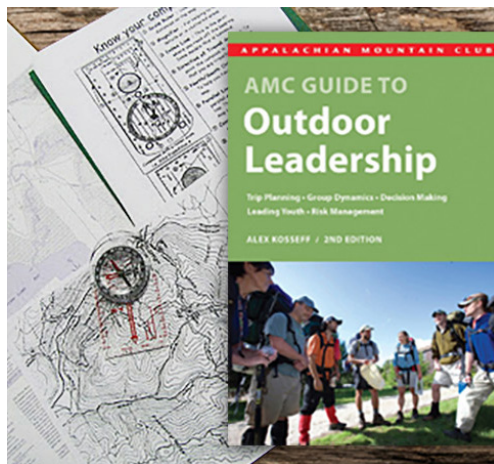
Saturday, June 6th 8 am to 4:30 pm

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

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

Includes both classroom and outdoors role-playing. Limited enrollment. \$25.

Registration is required !



Leave No Trace

SIGN UP!

Leave No Trace Awareness Workshop -

3 hours. Free. Learn about LNT principals to minimize your impact in the outdoors. Workshop is open to all. Scout groups, Land Managers, Hikers & Backpackers. Live demonstrations, Hands-on activities.

Registration is required !

Saturday, May 2nd - 9 am - 12 pm at Zion Episcopal Church, 326 Notch Hill Road, North Branford, CT.

For all the details and online registration, visit: www.ct-amc.org/Education. For additional information on this event and future programs, visit: www.ct-amc.org/Education and/or contact Keith Spaar: education@ct-amc.org ❀

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CT-AMC Annual Awards Presented at the AMC Fall Gathering 2019

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

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

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

Lifetime Service Award:

Leo Kelly – 2019 's winner of the Lifetime Service Award. Leo leads day hikes, multi-day hikes (including some frigid winter nights to the White Mountain huts), and Adventure Travel trips. Leo is an instructor for Leadership Training School, Leave No Trace, and Wilderness First Aid. He is an active member of the A.T. Committee, having served as a boundary monitor, and currently as a sawyer and tree warden. He has also been an instructor and director of the club's Mountain Leadership School, Chapter Chair, Education Chair, and, of course, a long-time member of the famous A.T. Day All-Star BBQ team. Leo's list of contributions is ongoing. Thank you Leo.



Appie of the Year Award Recipients:

Russ Waldie – If you have set foot on the A.T. in Connecticut any time over the last 28 years, you have witnessed the impact



of Russ Waldie. Always willing to step up, assist the A.T. effort in any way, and doing much of the heavy lifting, Russ is that kind of volunteer out to maintain the high standard of the Trail in Connecticut year after year. He has been a constant presence on organized work parties, rarely missing a single one. A conscientious section maintainer of the A.T. between Rte 44 and Prospect Mountain but can

also be counted on to assist other maintainers who could use a willing hand. He serves the A.T. Committee as our Overseer of Camps and Shelters, in addition to being our sign maker. Russ's considerable construction talents are continually applied to build and often rebuild our Trail facilities. Russ has constructed, modified, AND rebuilt more privies than any of us, or he cares to count!

Russ's commitment to the Trail in Connecticut is inspirational. His modesty and subtle sense of humor is a model for all of us. He continues to lead in his unassuming manner. He is the go-to guy for all things that require tools on the A.T. in Connecticut. Russ has proven to be more than deserving of this year's "Appie of the Year" award. Thank you for all you do, Russ.

Phil Wilsey – Phil is a busy guy. He serves as co-chair of the CT-AMC Excursions Committee, assessing and entering trips for all hike leaders, assisting in the development of monthly hike listings for the CT-AMC East of the River Committee, and leads about 25 to 30 hikes of his own per year. He is a member of the CT-AMC Education Committee, instructing two to three times per year. Phil is an information volunteer for the AMC in New Hampshire and an organizer and hike leader of the chapter's annual Fall Hiking Week. Last year, Phil oversaw the hikes for the AMC's Annual Fall Gathering, which the Connecticut Chapter hosted for the first time since 2004. Phil participates in work parties on the Appalachian Trail with our A.T. Committee and the Blue-Blazed Trails with the Connecticut Forest & Park Association. Huge thanks Phil. ❁



Family Activities Has Lots of News:

It has been a busy winter! The Family Activities group is excited to welcome three new leaders! We have made connections with



other Chapters to plan inter-chapter activities! We will also be planning activities with other committees - like mountaineering, paddling, and biking! If you are interested in learning more about Family Activities, join our Facebook Group - CT AMC - Family Activities Group or look for our trips on MeetUp and Outdoors.org! There are already two Family Activities planned for Earth Day Weekend in April and for National Trails Day in June! ❁

~ Corey Mott, Young Members Co-Chair

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139th Annual Fall Hiking Week

~ Phil Wilsey, Fall Hiking Week Committee

September 18th-25th, 2020

The 2020 Fall Hiking Week (FHW) will be returning to the Town & Country Inn and Resort in Gorham, NH. Friday, September 18th to Friday, September 25th. 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 draws a large group adding up to a big success. 2019 registration opened on 4/7 and filled up within two weeks. We had raised the attendance limit from



Webster & Jackson hike, September 16, 2019.

120 to 125 and still had 20-25 people on the waitlist. By the week of FHW; the waitlist had gone up to 34. There were 13 last-minute cancellations, which allowed 13 of those waitlisted to attend. We had 40+ hikes on the schedule, with almost half of the hikes led or co-led by CT-AMC leaders. The hikes ranged from easy to challenging in the White Mountains. The challenging hikes usually tackle a 4000 footer, and we expect to offer a similar hike plan this year. A listing of the entire week's hikes (Saturday through Thursday) is posted on our large free-standing bulletin board the first day of the trip, and detailed information about each hike is added to the post the day before. All hikes are led by volunteer AMC leaders who are available every afternoon at the hike review meetings and social hours for questions.

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 choice. Amenities include indoor heated pool, Jacuzzi, sauna, free Wi-Fi, and four nearby golf courses. There is always evening entertainment. Daily rates per person (including 3 meals a day, taxes, and restaurant gratuities) are \$125 double occupancy and \$160 single occupancy.

Registration details will be available at www.fallhikingweek.org and on www.outdoors.org. Visit the sites for additional information and review pictures from last year's event. Visit and Like us on Facebook: www.facebook.com/AMCFallHikingWeek. ❀

CT-AMC Volunteers Recognized at the Annual AMC Summit

~ Janet Ainsworth



Three of our chapter volunteers received awards at the 144th Annual Summit on January 25, 2020 in Norwood, Massachusetts.

Keith Spaar, webmaster and co-chair of the Education Committee, received a volunteer leadership award for taking on the redesign of the website while holding a full slate of leader and wilderness first aid training

sessions for the chapter. Keith also has been active in the Train the Trainer educational program offered by volunteers associated with the Outdoor Leadership Development Committee. This award recognizes a volunteer who shows outstanding passion and commitment and who is instrumental in advancing AMC's activities, programs and mission.



Paul Thoma, treasurer of the Northwest Camp Committee received the Marian Pyschowska Award and **Dave Boone**, chair of the AT Committee, received the Warren Hart Award. These awards recognize volunteers who donate 96 and 224 hours, respectively, for trails, conservation and/or education. ❀

2019 Chapter Volunteer Stewardship Awards

Janet Ainsworth
Robert Andrews
Tony Antonowitz
Scott Baker
Eric Barbour
Michelle Baughman
Barbara Beckerman
Dave Berggren
Joel Blumert
Dave Boone
Judy Boorman
Chuck Boyd
Steve Braciak
Ray Bracone
Adam Brown
Bobbie Buchan
Polly Buckley
Cindy Butts
Rich Cady
Martha Cain
Tony Calabrese
Barbara Carruthers
Tom Carruthers
Mike Caruzzi
Karen Cassidy
Mike Ceruzzi
Wayne Chapman
Russ Charest
Joyce Clark
Nicholas Coco
David Crockett
Dave Cronin
Lorraine Cronson
Bill Curley
Walt Daniels
John DeAngelis
Bruce Ebbets
Tom Ebersold

Henry Edmonds
Bernadette Ellegard
Jocelyn Eppich
Jannine Farrell
Finlay Ferguson
Mary Ferguson
W. Neal Fisher
Merri Fox
Skip Frey
Paul Garborino
Dale Geslien
Jeff Glans
Mary Ann Gleba
Jennifer Golec
Barry Gorfain
Susan Grant
John Grasso
Gene Grayson
Chris Granata
Robert Gregory
Dorothy Grimm
Bob Guenther
Michael
Handelsman
Carol Hassett
Daryl Hawk
Paul Hayes
Leslie Henebry
Mark Henebry
John Hicks
Bea Holt
Leo Kelly
Craig Kennedy
Patrick Kennedy
Mark Kiley
Donald Klein
Leigh Knuttel
Virginia Kramer
Elaine LaBella

Mike LaChapelle
Carol Langley
Bruce LaRoche
Jaime Lee
Ian Lewis
Tim Linehan
Adam Lippman
Jim Liptack
Art Mauger
Andrew May
Bill McCarthy
Debra McConville
Hob McConville
Tom McGrath
Al McGunnigle
Sam Mehta
Rick Merritt
Rich Michna
Kathleen Miller
Kathy Miville
Art Morentz
Corey Mott
Lisa Nabulsi
Fiona Nicholson
Bob Nickels
Aaron North
Carol Olsen
Jill Oneglia
Rod Parlee
Peg Peterson
Jeffrey Phelon
Ray Phillips
Bob Poitras
Leo Pon
June Powell
Dave Pressler
Al Puches
Ethan Rain

Mary Ann Raph
Paul Reder
Bonnie Reidinger
David Reik
John Rek
Barry Resnick
Dayton Rich
David Roberts
Karen Rudio
Claire Rusowicz
Zellene Sandler
Eleanor Sasso
Mark Schappert
Norm Schoeler
George Schott
Jack Scott
Conio Sessa
Ann Sherwood
Jason Smith
Pete Sofman
Keith Spaar
Sue Spring
Eric Stones
Debbie Tedford
Alison Terjek
Paul Thoma
Steve Troop
Dave Waldburger
Russ Waldie
Steve Wall
Chip Ward
Bill Wheeler
Dennis Wigg
Phil Wilsey
Darcy Witham
Greg York
Susan Zimmerman
Paula Zinbrean

Margaret Zorn
A.T. AWARDS
12 Hours
Joe Brien
Patrick Cady
Sandra Cady
Brian Carpenter
Deojay Collin
Darian Cummings
Jack DeToureso
Christoph Geiss
Oliver Geiss
Peter Goodman
Audrey Hill
Linda Kaelin
Jeffrey Mitchell
Evan Saccone
Sue Sulo
Judy Taylor
Tek Ung
Shawn Waldie
30 Hours
Bill Channing
50 Hours
Leo Kelly
100 Hours
Ed Brown
Pete Myers
Joe Parenteau
Chris Varian
Keith Wright
250 Hours
Angela Liptack
Eugene Newell
Suzanne Newell
Louise Perkins
John Rek
Joan Tegtmeyer

500 Hours
Rich Cady
Julia Lumens
1000 Hours
Bill Channing
Bernadette Elligard
Chip Ward
2190 Hours
Ray Bracone
STEWARDSHIP AWARDS
Pychowska Award
(96 Hours
Trails Stewardship)
Rich Cady
Bill Channing
Bernadette Ellegard
Gary Guenther
Phil LaBel
Pete Myers
Ken Schmitt
Bill Shaffer
Chris Varian
Chip Ward
Hart Award
(224 Hours
Trails Stewardship)
Dave Boone
Ray Bracone
Walter Daniels
Henry Edmonds
Jim Liptack
Julia Lumens
Paul Reder
Russ Waldie
NPS Silver Award
(25 Years)
Ken Schmitt
Bill Shaffer

Spring Blossoms on The Trail



Bloodroot

Sanguinaria canadensis
March-May
Georgia-Maine
Bloodroot's name comes from the red or orange sap that flows freely whenever its stem or root is cut or broken. These earliest inhabitants of North America used the sap as an insect repellent, a treatment for rheumatism and ringworm, and a dye for clothing, baskets, and facial paint. ✿



Spring Beauty

Claytonia virginica.
March-May
Georgia-Maine
True to their name, spring beauties are some of the first flowers to emerge as the weather gets just a bit warmer from the cold of winter. These pinkish- white flowers sometimes line the A.T. in such great quantities that they appear to be patches of slowly melting snow. ✿