



CONNECTICUT APPALACHIAN MTN CLUB

CT-AMC NEWSLETTER

VOLUME 42 | NO 1 | SPRING 2021



**Jocelyn Eppich -
Chapter Chair**

VIEW FROM THE CHAIR

If you are like me, I was delighted to say goodbye to 2020 and welcome 2021, hopeful 2021 would bring herd immunity and social gatherings. I have been glad to see many more people have been getting outside enjoying the trails, dusting off their bikes, and securing snowshoes for winter hiking. Starting June 12, AMC will be in Phase 3 for COVID requirements and recommendations, allowing for larger group sizes. Online registration will most likely still be required.

This year our Connecticut Chapter of the AMC

will be celebrating our 100th anniversary. Our Centennial Committee is working hard to publish our 100 years of history. We hope to be able to organize some fun events around this milestone. We are grateful to all our new and seasoned volunteers who have navigated through the club's COVID restrictions and answered countless questions from our membership. Thank you for your dedication. We would not be a club without our dedicated volunteers and members. ▪

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CT-AMC CELEBRATES NATIONAL TRAILS DAY:

Saturday & Sunday, June 5-6

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. For many years, CT has offered more events than any other state. This year the events are back "live" again, however, pre-registration is required and the number of attendees is limited. The CT Trails Day Weekend events are posted on the CFPA web site, www.ctwoodlands.org/ct-trails-weekend. For CT-AMC events: www.ct-amc.org/hiking "Current Hike Listing."

The major changes for this year are no booklet, pre-registration is required, and the number of attendees is limited. www.americanhiking.org/national-trails-day/ ▪



**AMERICAN HIKING SOCIETY
NATIONAL TRAILS DAY®**

Information about AMC's ongoing COVID Response

AMC is excited to focus on reopening and welcoming guests and volunteers back into AMC spaces and activities. We expect to update practices and policies throughout the coming months. We appreciate your patience as we continue to adapt to this changing situation. Please read the updated AMC COVID-19 Policies here for more information: www.outdoors.org/policies-covid/ ▪



**CONNECTICUT
APPALACHIAN MTN CLUB**

**THE NEWSLETTER OF THE CONNECTICUT
CHAPTER - APPALACHIAN MOUNTAIN CLUB**

Volume 42, Number 1, Spring 2021

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Editor: The AMC In CT, 71 Noble Street, Stamford, CT 06902
or ctamceditor@ct-amc.org

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

AT-A-GLANCE

JUNE 5 - NATIONAL TRAILS DAY

JUNE 11 - CT-AMC's 100th Birthday

JUNE 12-13 - SOLO Wilderness First Aid Training

JUNE 17 - Evening Top Rope Climbing

JUNE 26 - Leadership Training Session

AUGUST 7-8 - AT Vista 2021 Hikes

AUGUST 12-14 - NW Camp Perseids Extravaganza & Possible 70th Cabin Anniversary

SEPTEMBER 11-12 - Paddle / Camp / Hike

SEPTEMBER 24-OCTOBER 1 - Fall Hiking Week

CT-AMC ACTIVITES - activities.outdoors.org/search/

LOOK-UP ACTIVITIES & JOIN EMAIL LISTS:

BICYCLING - ct-amc.org/bicycling/

EAST OF THE RIVER - ct-amc.org/east-of-the-river/

EDUCATION - ct-amc.org/education/

FCG - ct-amc.org/fairfield-county/

FAMILY ACTIVITIES - ct-amc.org/family-activities/

FLATWATER - ct-amc.org/flatwater/

HIKING - ct-amc.org/hiking/

CLIMBING & MOUNTAINEERING - ct-amc.org/mountain/

NW CAMP - ct-amc.org/nwcamp/

WHITEWATER - ct-amc.org/paddle/

YOUNG MEMBERS - ct-amc.org/young-members/

TRAILS INFO & WORK PARTIES - ct-amc.org/trails/

**FOR ALL ACTIVITIES - CHECK IN ADVANCE
FOR REGISTRATION AND RESTRICTIONS!**

**UNCLE AMC
WANTS YOU!**

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

PROGRAM CHAIR - the interested person will plan special programs of the Chapter, including the Annual Gathering and Spring Dinner by leading and recruiting people to help with these events.

MEMBERS-AT-LARGE - we have two positions opened for members that are familiar with our Chapter and have some experience with our Executive Committee. These persons could be assigned special projects as needed by the Chapter.

FOR MORE INFORMATION - about outings, meetings, education, training, events and this year's entertainment, review listings at: www.ct-amc.org!

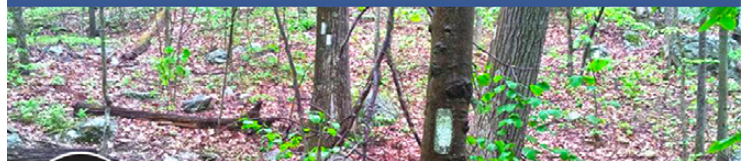
FOLLOW US - on www.facebook.com/AMCConnecticut and on Twitter [@ConnecticutAMC](https://twitter.com/ConnecticutAMC)

MEETUP - Join us at 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/

NEWSLETTERS - To receive your chapter newsletters by email, go to www.outdoors.org/email-signup/ and follow the instructions. Contact membership@ct-amc.org for more information. Our archive of newsletters is here: ct-amc.org/news/

Like Us and Follow on Facebook
www.facebook.com/AMCConnecticut



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

@AMCConnecticut · Nonprofit Organization

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About See All

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.

2 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

Appalachian Mountain Club Connecticut Chapter (CT AMC) is at Mashamoquet Brook State Park. May 28 at 10:01 PM · Pomfret Center, CT ·

Home of the free because of the brave.



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 / Judy Borrmann

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: *Open*

Whitewater:

Mark Schappert / Dennis Wigg

Young Members:

Alison Terjek / Corey Mott

Nominating Committee:

Bruce LaRoche, Chair

SOLO WILDERNESS FIRST AID

Two FULL days of instruction from SOLO instructors.

Topics include:

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



June 12 & 13 at Zbierski House, Beach Pond Road, Groton, CT. Cost is \$200 members, \$250 non-members. Fee includes instruction only. NO LODGING, NO MEALS, NO CPR. A payment receipt will be sent on approval to class.

For all the details and registration, please visit: activities.outdoors.org

Questions? Write to Keith Spaar Education@CT-AMC.org ▪

CT-AMC LEADERSHIP TRAINING SESSION

Sign up! A full day LTS at the Mansfield Hollow State Park, Chaplin, CT.

Saturday, June 26
8:30 am - 5:00 pm

Become a leader in AMC. Topics include Leadership Styles, Group Dynamics and Trip Planning. Course concentrates on leading hiking day trips, but the concepts apply to all AMC activities and beyond.

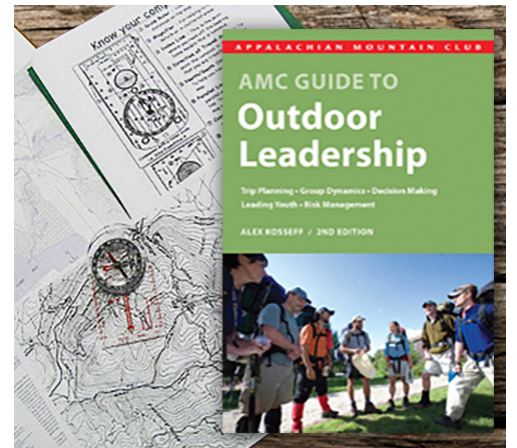
Class covers many aspects of being a leader such as:

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

Space is limited. Fee is \$25. To secure your spot, complete the registration form on the website (see link below). Class is held entirely outdoors, so you must come prepared for the weather; bring water and lunch. Participants must be 18-years or older to become an AMC leader.

Register online: activities.outdoors.org

For additional information on this event and future programs, visit: www.ct-amc.org/Education and/or contact Keith Spaar: education@ct-amc.org ▪



EDUCATION - ONLINE

The CT-AMC Committee offers these How To Videos: Outdoor Skills, Adventures, Water Activities, Online Courses, and other educational, skill enhancing, and life saving resources here: ct-amc.org/education/online/

WILDCAT ENLIGHTENMENT

June 23, 2012 - My wife and I had summited and checked off about thirty of the White Mountains when we both



began to experience some health issues which delayed our quest for the 48. We had discussed scheduling Wildcat Mountains D and A for our next trek but unfortunately she would not be able to go. I felt bad that Ann would miss out but then a new idea came to me. I took a positive approach and thought how nice it would be to invite some friends who had never been to the White Mountains before. It would be like "giving back" for all the time I had been able to spend in that special place. My doctor cleared me to hike and said he would follow up with me when I returned.

I had been leading local hikes around CT for over five years with the AMC. One day I mentioned to my hiking friends that I had no one to join me for this Wildcat trip. Suddenly some hands went up and I instantly assembled a group of four adventurous rookies plus three veterans. We had a meeting in my porch where everyone was briefed and given written materials to digest. I looked at the map and noticed that the approach to our first mountain, Wildcat D, looked like a "thumb print." I had learned before that this type of topography was not usually fun for me but I did not mention that to the group. I reviewed the list of "10 Essentials" for hiking in the mountains and we all agreed that with the hot weather forecasted we did not need

warm clothing, headlamps or matches. Everything else seemed necessary. What always struck me the most about hiking up north was the immensity of these mountains and the knowledge that many careless hikers have died while doing their "fun" hikes. The other drawback was that we would actually be climbing four mountains (Wildcats DCBA) and only getting credit for D and A. I had to look this up to review the confusing formula that is used to determine which peaks are included in the list of 48.

We would be coming in from the Pinkham Notch Visitor Center on the Appalachian Trail and heading up Wildcat D. It would take about four hours to get to Wildcat A and take our break at the famous Pulpit Rock. We were expecting a nice smooth trip and hoped to be back to our cars by about 3:30 pm.

Wildcat D was very challenging and the rest of the way to Wildcat A and Pulpit Rock was a constant up and down which made for a very strenuous workout. The weather had been pristine. At Pulpit Rock we were planning on a 20 minute stop for lunch, hydration and a separation break. I glanced across Route 16 towards Mount Washington and that mountain seemed so close like you could reach out and touch it. Suddenly we spotted a layer of puffy black clouds heading our way and we knew we were in trouble. Someone yelled "let's go guys" and the wind and rain moved in like a car wash. I didn't finish my snack and had to race to tie my boots. We headed back out on the trail and we were soaked in minutes. Not one of us had felt the need for rain gear! So much for following the "10 Essentials"! Now for the next act! A few people fell on the wet slabs and one friend missed a turn and went down 50' rocky slope

without getting hurt. The lightning and thunder commenced and there was a look of fear on every face, both rookies and seasoned hikers alike. The thunder claps got louder and closer. The experts tell you to seek shelter, but there was no obvious shelter, so on we rushed. I looked at my friend and said "so much for peaceful hiking under God's Great Cathedral!" Loudly he said to me, "HE is telling us that we are not in charge!" With that said, the woods were pitch dark and silent for a few minutes. We were moving as fast as we could, soaking wet, disgruntled and scared. All we wanted was to reach the parking area safely and get back to our motel. Suddenly there was

a final monstrous lightning strike and thunderclap nearby. The ground shook and the forest lit up like Stop and Shop. The Spirit of The Universe had spoken!

THE 10 ESSENTIALS

- 1) *Map*
- 2) *Compass*
- 3) *Warm Clothing*
- 4) *Extra Food and Water*
- 5) *Flashlight or Headlamp*
- 6) *Matches/Firestarters*
- 7) *First Aid Kit/Repair Kit*
- 8) *Whistle*
- 9) *Rain/Wind Jacket and Pants (The thing we ignored yet needed the most)*
- 10) *Pocket Knife*



Our Higher Power had enough firepower to shock and humble our brave and adventurous group of friends. The storm was over and we had learned our lesson. The "10 Essentials" it is! The next time we were even more enlightened and prepared. I had warned everyone that "people die in the Whites someday" but let's not have it happen on our day!" -

SUBMITTED
BY NORM SCHOELER

20s & 30s NET HIKING SERIES

Back in February of 2019, the 20s & 30s Group (a.k.a. Young Members Group) started an awesome adventure traversing the entire length of the New England Trail! Starting at Chittenden Park in Guilford one cold February morning we started our 215 mile journey! Year round, rain (snow) or shine we hiked! We



had many memorable moments, made new friends, and enjoyed some great vistas along the way! One of the more memorable moments was trying to park our cars in a snowy Bluff Head lot and then also getting to break trail on that hike. We practiced working as a team to break trail as we made our way through 8-10 inches of fresh snow on that hike too! On another trip, we were fogged in with rain to start, but cleared out with blue skies before we finished! COVID interrupted our plans, but we got back on track and are looking forward to finishing the Connecticut section in June.

The Connecticut portion hikes totaled approximately 137 miles of hiking (this includes three hikes that were out and back or loops because of COVID concerns making shuttling impractical.)



The Connecticut portion took 16 trips. We plan to start the Massachusetts section of the NET in July! Keep an eye out on [Outdoors.org](https://www.outdoors.org) or join our **CT-AMC - Family and Young Members Facebook group** for up-to-date plans about what's coming up! ▪

SUBMITTED BY COREY MOTT,
YOUNG MEMBERS AND FAMILY
ACTIVITIES CO-CHAIR

GOT KIDS? CHECK OUT THE FAMILY ACTIVITIES GROUP!



Group is looking forward to being able to have larger groups! This summer, we are looking forward to hiking, biking, kayaking, overnight trips up north, and rock climbing trips! Keep an eye out on [Outdoors.org](https://www.outdoors.org) or join our **CT-AMC -**



Family and Young Members Facebook group for up-to-date plans about what's coming up! ▪

SUBMITTED BY COREY MOTT,
YOUNG MEMBERS AND FAMILY
ACTIVITIES CO-CHAIR

In February of 2019, the 20s & The Family Activities Group continues to grow in numbers and leaders! Even with COVID, we have had a couple events throughout COVID. Now that restrictions will be relaxed again, the Family Activities



CONNECTICUT TEEN WILDERNESS FUND

Our Chapter's Connecticut Teen Wilderness Fund makes it financially possible for disadvantaged teens from Connecticut to attend an AMC summer Teen Wilderness Adventure program. The Fund, known as the Duren-Simons Scholarship Fund until recent years, is now in its 26th year. Our Chapter works with AMC's Youth Opportunities Program through partnering youth organizations in New Haven to provide this exceptional opportunity to deserving teens. Because of the pandemic AMC did not conduct Teen Wilderness Adventures in 2020, and 2021 is in doubt; but when the opportunity comes again, the Chapter is ready. The Fund recently received a very generous donation from

hike leader June Powell, who designated her gift as made in honor of all East of the River hike leaders. Thank you June! Donations sustain the Fund, and make this important Chapter program possible. To contribute, 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. If you wish, indicate in honor or in memory of whom, or in celebration of what occasion, your contribution is made. This information will appear in the Chapter Annual Report. ▪

FROM JOHN GRASSO

THE CONNECTICUT CHAPTER CELEBRATES ITS FIRST 100 YEARS

The Connecticut Chapter of the Appalachian Mountain Club came into existence at approximately 6:45 pm, June 11, 1921, on the summit of West Peak, in Meriden, CT.

AMC members had assembled in response to an invitation “to learn what may be the general sentiment among Connecticut Appalachians as to the demand for the formation of a Connecticut Chapter of the AMC as has been suggested and urged by the Club Committee on Regional Chapters. Allowing a discussion of the advisability of such action all come prepared for a tramp, bringing ‘supper and a cup.’ A four to five-mile hike over an attractive route will be a feature, with an open-air supper on West Peak.” About 40 “Appalachians” responded to this invitation and made the trek to the mountain meeting site. The vote in favor of the creation of a Connecticut Chapter appears to have been unanimous. Dr. Augustin A. Crane was elected the first Chapter Chair. Minutes of this first Chapter meeting were made by Karl P. Harrington, a Wesleyan University professor noted in Laura and Guy Waterman’s classic account of northeast mountaineering “Forest and Crag” as “one of the four great trailmen who between 1912 and 1930 built the White Mountain trail clusters into a unified system, essentially the trail system that White Mountain hikers know today.” Harrington was elected Chair of the first Chapter Trails and Camps Committee.

Chapter records and Chapter “histories” prepared by Chapter members at intervals over the past century reflect that the Connecticut Chapter was off to a fast start, and has been high energy every year since. For many years through the 1930s, the Chapter conducted a camping weekend every month except July, August, and December, scheduled for the weekend closest to the full moon. Chapter tents and gear were used for these camping weekends. In the 1960s, groups of Connecticut Appies set out to climb all the peaks above 4,000 feet in New Hampshire, the 100 highest peaks in New England, and to hike the entire Long Trail in sections. In 1949

the Chapter assumed responsibility for maintaining half of the Appalachian Trail (AT) within Connecticut, and in 1979, the Chapter assumed responsibility for the entire length of the AT within Connecticut and for the federal land corridor through which much of it passes. Our stalwart and capable volunteers are why the Connecticut AT has the deserved reputation as the best maintained stretch of the entire AT. The Chapter has always enjoyed an affectionate and symbiotic association with the Connecticut Forest and Park Association (“CFPA”), formed in 1895, which has leadership of the famed “Blue Trails” system of forest trails spanning the state, and there is much common membership and active collaboration between these two important Connecticut conservation institutions. In fact, our Chapter Executive Committee meets at CFPA headquarters, at no cost to the Chapter.

The Connecticut Chapter is among the several most active of AMC’s 13 Chapters. In a typical year, hundreds of activities ranging across the activity spectrum are organized and conducted by our strong cadre of trained volunteer leaders – to which we are always adding. The Chapter conducts at least 2 and typically 3 leader training events annually. We are always seeking to grow our leader ranks.

Several years ago the Chapter Executive Committee began contemplating what we might do in celebration of our impending centennial. The several members most interested in Chapter history realized to our dismay that no one serving in Chapter leadership knew what early records of the Chapter existed, or where such records might be. There was no inventory. There was no clue where surviving records might be. A Chapter “history” from 1958 had been located by chance by our Webmaster Jim Scheef several years earlier, and posted to the Chapter website. This “history” was a start. In his personal AMC memorabilia,

Chapter Chair John Grasso discovered a pamphlet titled “A Brief History Of The Connecticut Chapter Of The Appalachian Mountain Club” sold at the Chapter’s 75th anniversary celebration in 1996, which he had purchased at that celebration, but forgotten. AMC archivist Becky Fullerton located an unpublished Chapter “history” from 1981. That 1981 “history” incorporated both the 1958 “history”, and an earlier 1939 “history” which we had not known existed. Conservation Committee Co-Chair Russ Charest thought that former Chapter Program Chair David Bellemare might have useful information about Chapter records. Upon contacting David, we learned that he had taken custody of many Chapter records roughly 15 years earlier, and that they were in boxes in his cellar. David explained that he had reluctantly accepted custody of the records and that he would be happy to part with them. Chapter Chair John Grasso retrieved these records from David, and to his surprise discovered comprehensive Executive Committee records dating from the Chapter’s inception in 1921 through 2000. Some of the records were covered with rodent droppings and dry mold, but with careful, page by page cleaning, all were restored. Irreplaceable records had come perilously close to being lost, along with the stories they tell. We expect to turn these over to AMC archives for safekeeping.

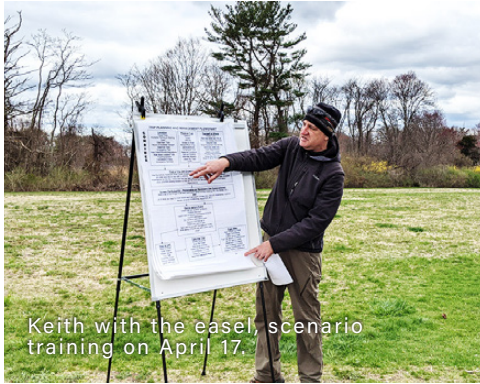
In 1996 our Chapter celebrated its 75th anniversary with a large gathering of members and friends at Castle Craig near the site of the Chapter’s creation, and we hope to celebrate our centennial at West Peak later this year, calling on members to gather at the summit with “supper and a cup”, as was done 100 years ago.

Follow at www.ct-amc.org/history/

**JOHN GRASSO, CHAIR OF THE
CENTENNIAL HISTORY COMMITTEE**

EDUCATION COMMITTEE REPORT

After a year without hike leader training, except virtual training that staff in Boston offered; the Education Committee could finally train new hike leaders, alleviating some pent-up demand. The determination was made within the chapter that training without the experiential component that the chapter offers would not sufficiently



Keith with the easel, scenario training on April 17.

qualify students to lead. Covid-related restrictions that limited numbers to 10 remained in place, so only eight students could be trained by no more than two trainers. (Usually, we would have as many as five trainers and 20 students.) On April 17, the committee provided two experiential training sessions focusing largely on scenarios of possible problems leaders may face. These students either took the online substantive training, or were existing leaders looking for refresher training. On April 24, full training was offered. Students received all the substantive material and engaged in scenarios. Both dates were at Hammonasset Beach SP and, fortunately, the weather cooperated. At the time of this writing (May 22), another full training session was scheduled at Mansfield Hollow SP on June 26. Although not conducting the training, the committee



Around the rocks was a water crossing scenario that the students were actively performing.

facilitated the scheduling of Wilderness First Aid training with SOLOSchools.com scheduled for June 12. White Memorial Conservation Center is still unavailable for training, so this session was planned for Zbierski House, Beach Pond Road, Groton. Because of the location, food, lodging and CPR will not be offered. ■

JANET AINSWORTH, EDUCATION COMMITTEE CO-CHAIR

CONSERVATION AT THE CLUB LEVEL

As chair of the Clubwide Conservation Committee, I am thrilled that the new website has launched.

As Chair of the Clubwide Conservation Committee, I am thrilled that the new website has launched. I can now point people to the web to become familiar with the organization's conservation priorities. At the top of that list is dealing with climate change. With conservation being one of three prongs of the current strategic plan, it is important that chapter leaders also are engaged. Our committee consists of chapter conservation committee chairs and other volunteers interested in conservation. We are actively encouraging our members to become involved in advocacy in their states. My participation has been to support the governor's climate change legislation, which includes the Transportation Climate Initiative. Transportation is the largest single cause of greenhouse gas levels in Connecticut. The air quality in Connecticut is often at unacceptably dirty levels. As of this writing (May 22), the legislative session was still underway. Fingers crossed that all the bills that we support make it through the session and become law.

AMC is no stranger to advocacy. We are the nation's oldest conservation organization, having been founded in 1866. In 1911, we joined other conservation groups to lobby in favor of a law that allowed the federal government to acquire private land for the purpose of protecting it. Thanks to the Weeks Act of 1911, the White Mountain National Forest came into being. More recently, we took the lead in the reauthorization and funding of the Land and Water Conservation Act, a program first created by federal law in 1964 for the purpose of financing conservation projects. Billions have been spent since its inception. My own neighborhood state park, Hammonasset Beach, has been the recipient of monies from the fund. ■

JANET AINSWORTH, CHAIR CLUBWIDE CONSERVATION COMMITTEE

CONNECTICUT CHAPTER 100TH ANNIVERSARY SWAG

The Connecticut Chapter is celebrating its centennial in 2021 with special trips, events and sharing some Chapter history. There is limited edition 100th Anniversary apparel and merchandise available in our new online store. We are looking forward to celebrating this historic milestone in the coming months as we look to the next century of the Connecticut Chapter.

SHOP HERE: www.amcvolunteers.threadless.com/collections



BEING AN EVENT ORGANIZER FOR MEETUP VS BEING A CERTIFIED HIKE LEADER FOR AMC

When I was asked to write an article explaining the differences between the two, I was perplexed. I have hiked with and have learned from some of the best hike leaders on Meetup. Then I realized I have LEARNED from them, after I was already organizing my own hiking events.

Here is my story. I joined Meetup in 2012. After doing my second hike with the WCOA Meetup group, I decided I wanted to plan my own events. I asked what needed to be done. To be an organizer. I reached out to the founder of the group. He said post the disclaimer in your event and post pictures.

That sounded easy enough. So I organized my first hike. It was in March. It was 26° F, nice and chilly. I wore fleece lined jeans, a ski coat, a hoodie, gloves and two pairs of cotton socks. I had a fanny pack with a snack, two water bottles and a first aid kit with bandaids and an ace bandage. I had hiking boots on, so that was a plus. There was no snow or ice the ground, which was great, because I didn't even know what microspikes were.

I work in the healthcare field, so I was

certified in CPR/BLS and was aware of possible medical emergencies. There was no cell phone service at this location. I would have been in trouble if an accident did happen. My pack and first kit were useless. I learned a lot over the years and even became WFA certified.

When the Covid-19 came to the US, I decided to walk away from organizing for Meetup. I didn't want to be responsible for other hike leaders actions or lack of. Not everyone had the same hiking standards as myself.

I joined the AMC. I asked what was required to become a hike leader for them. I was instructed to take a leadership training course and get certified. I paid the course fee and took the 8 hour required class for my hike leader certification. We covered a lot of ground that day. We went over trip planning, leadership styles, group and conflict management, screening members, Leave No Trace, weather (being prepared), and medical emergencies, such as hypothermia, heat stroke, diabetic shock, etc. We participated in role plays, where we acted out a series of events that might happen



and how to handle those situations. We opened ourselves up to constructive criticism and were glad that we did. We learned a lot! It was an intense 8 hours.

I am happy that I took that course and am extremely grateful that all the hike leaders are required to get certified for the AMC.

I feel very fortunate to be part of such an amazing outdoor club.

AMANDA JANE, CT-AMC MEMBER AND CERTIFIED HIKE LEADER

139TH ANNUAL FALL HIKING WEEK - 2021

September 24-October 1, 2021

The 2021 Fall Hiking Week (FHW) will be returning to the Town & Country Inn and Resort in Gorham, NH, Friday, September 24 to Friday, October 1. 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 4,000 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 at www.fallhikingweek.org and at Outdoors.org. Visit the sites for additional information and pictures from previous year's events. Like us on Facebook: www.facebook.com/AMCFallHikingWeek.

~ PHIL WILSEY, FALL HIKING WEEK COMMITTEE

THE CONSERVATION COMMITTEE SUPPORTS PUBLIC LANDS

It is safe to say that the past year has been tumultuous for all of us: a raging pandemic; mass protests for social and racial equality; and apparent political change in the air.



It is safe to say that the past year has been tumultuous for all of us: a raging pandemic; mass protests for social and racial equality; and apparent political change in the air. No matter where you stand on these events, we can all take solace in the eternal comfort provided by our beautiful public lands. The State of Connecticut, for example, secured the rights for Rocky Neck State Park in 1931, while we were in the harrowing throes of the Great Depression.

With this conceit in mind, your Conservation Committee has dedicated this year to trying to support Connecticut's public lands. As the first installment of this overarching theme, we were able with generous financial support from the Executive Committee - to provide \$500 to Friends of American Legion & People's State Forest: www.falps.org/ for a bridge project. We are also committed to providing money for a trail project later in the year at Pachaug State Forest: www.portal.ct.gov/DEEP/State-Parks/Forests/Pachaug-State-Forest.

At the Capitol, AMC has supported the



Photos courtesy of Jamie Lee. The Chapter Conservation Committee participated in this work party with Friends of American Legion and People's State Forest on April 10, 2021.

following pieces of pending legislation, both of which received joint favorable approval in the Environment Committee:

- **HB-6441: An Act Concerning Climate Change Adaptation:** This is salient because there is a provision in the bill to give municipalities the option to implement a conveyance fee to purchase and/or preserve open space or to fund resilience, mitigation and adaptation measures.
- **SB-884: An Act Reducing Transportation-Related Carbon Emissions:** Similar to what the Regional Greenhouse Gas Initiative (RGGI) does for the energy sector, the Transportation Climate Initiative (TCI) would allot each participating state a specific amount of carbon emissions. Each state in the compact would be encouraged to reduce greenhouse gas emissions from the transportation sector by selling "credits" if they come under their allowance of carbon emissions. ■

ANDREW MAY, CHAIR,
CONSERVATION COMMITTEE

A WFA PRIMER

Musculoskeletal Injuries Sprains and Strains

Signs and Symptoms. *What we see and what victim tells us:*

- Generalized pain around a joint, no point tenderness
- Pain with movement of the joint
- Minimal pain with weight-bearing
- Swelling can be *Dramatic*
- May become discolored over time, "black and blue" (ecchymosis)

Treatment TX

the primary goal is to minimize swelling by using **RICE**

Rest: stop and sit down; this slows circulation

Ice: causes vasoconstriction, decreasing circulation—ice, snow, or wet

Compression: decreases circulation and room for swelling; the less it swells the faster it will heal

Elevation: decreases circulation

LEO KELLY, CT-AMC
EDUCATION COMMITTEE

STONEHEARTH OPEN
LEARNING OPPORTUNITIES
ADJUNCT INSTRUCTOR

A LNT PRIMER

OUTDOOR ETHICS

Plan ahead and Prepare

- Know the regulations and special concerns for the area you'll visit
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use
- Visit in small groups. Split larger parties into groups of 4-6
- Repackage food to minimize waste
- Use a map and compass to eliminate the use of rock cairns, flagging or marking paint.

LEO KELLY, CT-AMC
EDUCATION COMMITTEE

LEAVE NO TRACE
MASTER EDUCATOR

2020 CHAPTER VOLUNTEER STEWARDSHIP AWARDS

Janet Ainsworth
Eric Barbour
Michelle Baughman
Dave Boone
Judy Bormann
Steve Bormann
Steve Braciak
Ray Bracone
Cindy Butts
Rich Cady
Martha Cain
Tom Carruthers
Karen Cassidy
Bill Channing
Russ Charest
Andrea Crawford
Dave Cronin
Daria Cummings
Walt Daniels
John DeAngelis
Mark Delude
Tom Ebersold
Henry Edmonds
Bernadette Elligard
Jocelyn Eppich
Finlay Ferguson
Mary Ferguson
Neal Fisher
Christopher Geiss
Oliver Geiss
Charles Gereg
Dale Geslien
Jeff Glans
Maryann Gleba
Barry Gorfain
Susan Grant
John Grasso
Gene Grayson
Bob Guenther
Gary Guenther
Michael Handelsman
Carol Hassett
Paul Hayes
Piper Hemphill
John Hicks
Bea Holt

Ray Jarozewski
Patrick Kennedy
Craig Kennedy
Mark Kiley
Don Klein
Leigh Knuttel
Gini Kramer
Phil LaBell
Elaine LaBella
Mike LaChapelle
Bruce Laroche
Adam Lippman
Jim Liptack
Bobby Mathoda
Art Mauger
Andrew May
Bill McCarthy
Debra McConville
Hob McConville
Shirley McCunn
Tom McGrath
Kathleen Miller
Corey Mott
Lisa Nabulsi
Bob Nickels
Jill Oneglia
Rod Parlee
Louise Perkins
Peg Peterson
Ray Phillips
Leo Pon
June Powell
Al Puches
Paul Reder
Barry Resnick
Richard Rouse
Bill Ruel
Claire Rusowicz
Zellene Sandler
Mark Schappert
Ken Schmitt
Norm Schoeler
Jack Scott
Keith Spaar
Eric Stones
Debbie Tedford

Alison Terjek
Paul Thoma
Steve Troop
Dave Waldburger
Russ Waldie
Steve Wall
Chip Ward
Dennis Wigg
Phil Wilsey
Darcy Witham
Margaret Zorn

A.T. AWARDS

12 Hours

Ray Jarozewski
Chris Fricke
Mark Delude
Gregg Nolting
Denis Cronin
Craig Kennedy
Doug Goodale
Sarah Lippman
Craig Weber

50 Hours

Ray Jarozewski
Mark Delude
Oliver Geiss
Matt Sharp
Daria Cummings
Christoph Geiss

100 Hours

Ray Jarozewski
Sue Kirk
Leo Kelly
David McCunn
Shirley McCunn
Christoph Geiss

250 Hours

Ray Jarozewski
Gary Guenther

2020 STEWARDSHIP AWARDS

Pychowska Award

(96 Hours Trails Stewardship)

Ray Bracone
Ken Schmitt

John Hicks
Don Klein
Jeff Glans
Paul Reder
Bernadette Elligard
Rich Cady
Henry Edmonds
Walter Daniels
Hart Award
(224 Hours Trails Stewardship)

Chip Ward
Bill Channing
Russ Waldie
Dave Boone
Jim Liptack

2019-2020 A.T. COMMITTEE CHAPTER STEWARDSHIP AWARDS

Dave Boone
Ray Bracone
Rich Cady
Bill Channing
Daria Cummings
Walt Daniels
Mark Delude
Henry Edmonds
Bernadette Elligard
Christoph Geiss
Oliver Geiss
Jeff Glans
Gary Guenther
John Hicks
Ray Jarozewski
Don Klein
Phil LaBell
Elaine LaBella
Adam Lippman
Jim Liptack
Louise Perkins
Paul Reder
Richard Rouse
Ken Schmitt
Russ Waldie
Chip Ward