



CONNECTICUT APPALACHIAN MTN CLUB

CT-AMC NEWSLETTER

VOLUME 43 | NO 1 | SPRING 2022



VIEW FROM THE CHAIR

Jocelyn Eppich -
Chapter Chair

As the nation celebrates Black History Month, we reflect on how the outdoors has not always been a safe place for Black, Indigenous, and People of Color. We can include sex, class, body composition and orientation in the statement too. Accessibility by those who use public transportation is also included in this discussion along with the access to equipment. AMC believes the outdoors is for everyone and has included an action plan for Diversity, Equity and Inclusion in the AMC150 goals. I have been participating in DEI discussions with all of the club's chapters, but we need persons to help us devise a path forward so we can develop programs to attract a more diverse membership in Connecticut. This will involve participating in monthly DEI calls with other AMC Chapters and communicating this information to our Executive Committee. This could involve, but not limited to, advertising in different medias, offering hikes in a more urban setting and reaching out to local groups to help bring leaders to our chapter. If you would like to help us with this endeavor you can reach out to me directly at Chair@ct-amc.org. The AMC Annual Summit was held virtually on January 22 with two of our volunteers receiving awards.

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CT-AMC CELEBRATES NATIONAL TRAILS DAY:

Saturday & Sunday, June 4 & 5, 2022

I'll admit it's an easy hike. We call it a "nature walk." It's the same hike we lead every year for National Trails Day. We call it "Last Chance Hike" because we do a sunset hike through the meadows on Sunday, generally long after all the other hikes are over after all our other weekend events are done, after everything else except for Sunday supper. It's easy because no one can get lost, and the possibility of someone getting hurt is... well, nearly impossible (how do you fall off a meadow?). It's the last chance for anyone who intended to hike for National Trails Day, but other activities got in the way. It's a short, safe hike for people who don't usually hike because National Trails Day is an excellent time for people to "try it out" to see if they like hiking. They don't even need hiking boots.

Connecticut enthusiastically supports National Trails Day, and we call it Connecticut Trails Day because it's a little different with events not just for Saturday but for the entire weekend. The Connecticut Forest and Park Association (CFPA) organizes it each year, and the leaders at CT-AMC generally offer several

events. Most towns and land trusts offer hikes, nature walks, bike rides, and other events adding up to usually the largest state celebration of National Trails Day in the country.

Mark your calendars and go to www.ctwoodlands.org/ to see what events will be held in your area. You won't have to travel far.

CT-AMC leaders, registration opens March 1. Submit your AMC hike to hikes@ct-amc.org and also go to www.ctwoodlands.org/ct-trails-weekend-intro and register your hike with CFPA. And maybe even get yourself a free CFPA "Follow the Leader" t-shirt.

AMERICAN HIKING SOCIETY NATIONAL TRAILS DAY®

I wasn't always a fan - of hiking in meadows, that is. I consider it an acquired taste. It was the Happy Landings meadows in Brookfield that won me over. Something about walking in those

continued on page 4 ...

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CONNECTICUT APPALACHIAN MTN CLUB

THE NEWSLETTER OF THE CONNECTICUT CHAPTER - APPALACHIAN MOUNTAIN CLUB

Volume 43, Number 1, Spring 2022

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Please send future newsletter submissions and advertising to:
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

MARCH 26 - New Members Hike, Hamden, CT

APRIL 9 - A.T. Give-a-Day, Falls Village, Canaan, CT

MAY 9 - A.T. Volunteer Round Up, Kent, CT

MAY 1 - New Members Hike, Redding, CT

JUNE 4 & 5 - NATIONAL TRAILS DAY

JULY 9 - Volunteer Appreciation Picnic

AUGUST 5-8 - A.T. Vista Hikes, SUNY, New Paltz, NY

AUGUST 13-15 - NW Camp Perseids Extravaganza

SEPTEMBER 16-23 - Fall Hiking Week, Jackson, NH

OCTOBER 4 - NW Camp Open House Weekend

OCTOBER 16 - A.T. Day and BBQ, Kent, CT

NOVEMBER 14 - Chapter Annual Gathering

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 & MOUTAINEERING - ct-amc.org/mountain/

MEMBERSHIP - ct-amc.org/membership/

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**

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

SECRETARY NEEDED - A.T. Committee Contact Chair
Dave Boone with your interest: trails@ct-amc.org ■

VICE-CHAIR - Assumes the duties of the Chair when unavailable, includes: attending Inter-chapter gatherings, the Club's Annual Meeting, representing the Chapter on Club committees to which the Chapter Vice-Chair is a designated member.

MEMBERS-AT-LARGE - We have two positions open for members who are familiar with our Chapter and have experience with the Exec Committee. These persons could be assigned projects as needed by the Chapter.

PROGRAM CHAIR - This person will plan and organize the Chapter's programs, including the Annual Gathering and Spring Dinner.

CONSERVATION CO-CHAIR - Organize, publicize, and direct conservation projects concerning the CT Chapter and works with allied organizations in these areas.

FAMILY ACTIVITIES CO-CHAIR - Organizer of an activity group for Chapter members with families. Promoting conservation and enjoyment of the outdoors.

YOUNG MEMBERS CO-CHAIR - Leads a peer group for Chapter members aged 21 to 39 that promotes conservation and the enjoyment of the outdoors. Organizes recreational and social events, and encourages members to take on leadership roles.

If you are interested in any of the listed positions above and would like additional information, contact the Chapter Chair Jocelyn Eppich at chair@ct-amc.org ■

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/

“SAVE THE DATE”

Volunteer Appreciation Picnic

SATURDAY, JULY 9, 2022

Chatfield Hollow State PRK, Killingworth, CT.

AMC ONLINE REGISTRATION WILL BE REQUIRED.
For more information at this time, please write to:
membership@ct-amc.org

A PATH TO GOOD HIKING

In 1971 the Vietnam War was still raging. Due to a very low lottery number I was soon ordered by the US Army to report for Basic Combat Training at Fort Dix, N.J. All I could think of was how to prepare myself physically and get as much advice possible from other troops so I would be ready for the worst. This strategy paid off because for me this "Boot Camp" experience became more tolerable and fortunately the war was starting to wind down. The expression, "Knowledge is Power" guided me through this difficult chapter of my life.

Thirty years later, at the ripe old age of 51, this was also how I approached the activity of hiking and leading hikes. I had never thought of hiking until I was thrust back into the singles life by an unexpected divorce. Up until then the only time I was in the woods was to search for a golf ball. Now I was about to join CT Active Singles and lace up my first pair of boots. I was not aware of any other hiking groups that might have existed at the time. "Active Singles" sounded like just what I needed!

There were several skill levels used by this organization. I humbly started at the second to the slowest level but soon set my mind on qualifying for the faster "expert group". I learned a lot from the group founder Charlie and by 2002 I became leader of this elite "expert" squad. Many hikers in CT have heard the story of how I met my future wife Ann on an Active Singles hike along the White Trail at Sleeping Giant S.P. I failed to think of it but two years later when I proposed and placed a ring on her finger we would no longer be single and thus no longer eligible for membership. This special "tour of duty" was over but a wonderful marriage was born.

Our next step was hike leader training with the AMC at the very same Sleeping Giant S.P. Ann and I became one of the few, if any, hike leading married couples with CT-AMC. We were very proud of this! With extreme enthusiasm we began our new venture while simultaneously taking early retirement from our work careers. Sound good? It was like living a dream!

To observe how AMC hikes worked we attended many such events with a variety of leaders to see how they managed their groups. We wanted to listen and benefit from their experience. I noted right away that there was often very little chatter in the

ranks during these hikes and many times important historical sites were barely spoken of by the leaders. We started planning a strategy to get to know people and make new friends ASAP.

Here is how we started:

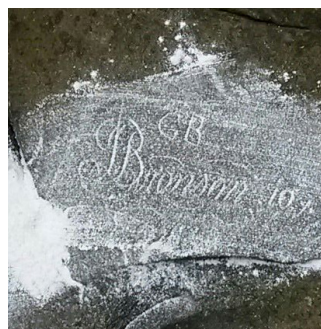
1. We picked Sunday mornings for our hikes because many other leaders were posting hikes during the week or on Saturdays. We also hoped that some of our Active Singles friends would join us occasionally on a Sunday morning. Even better, we would try to attract some non-church goers and share the concept that our hikes were being held under the brilliant blue skies of "God's Great Cathedral".
2. We would develop a list of five to seven mile (B2B) scenic hikes in central CT where we could start by 8:30 am and finish by 12:00 noon. We understood how precious time was to our still working hiker friends. We worked on our pace so we could get them back to their cars around 12:00 and we seldom failed. One man asked us if we would consider an 11 am to 3 pm format so people could sleep in. Ann and I responded simultaneously, "NO" and we never saw this fellow again. So sad! LOL!



Taking a Break at the Black Rock Overlook. From Left to Right: Tracey Petit; Darlene Russell; Carlos; Leader Norm Schoeler; Laurie Santos; Sarah Wilcox; Diane Remlin; Chris Moore; Debbie Olsen Front - Margaret Ceraldi



Here history buff Norm is brushing flour on the Rock to highlight several old signatures etched into the rock 230 years ago. Very distinctive!



3. A roster developed of hiker friends with "pleasant dispositions". It was fun for them to know when they attended our hikes there would almost always be someone they had met before and conversations would pick up from where they left off. Many friendships were formed and a feeling of "community" developed.
4. I have kept these Sunday morning hikes going despite the loss of Ann to Alzheimer's Disease in 2019 and my serious spinal operation in 2021. I thrive on sharing knowledge of the 850 mile Blue Trail system in CT and local historical sites such as the Smallpox Hospital Rock in Farmington.
5. Ann and I had started planning trips to the White Mountains around 2005 and invited friends to join us. Some of those hikers have gone on to summit all of the 48 and now lead others to NH on their quest for the 48 - 4k peaks. I love sharing the news of such success with my Sunday morning hiking friends. Ann would be proud of us all. To me this is what great hiking is all about. I will try to do my part to keep it rolling! ■

SUBMITTED BY NORM SCHOELER OF PLANTSVILLE

... *NTD continued from page 1*

meadows (there are two, separated by a dingle - a deep wooded valley, or dell) makes me feel peaceful.



The peak of the back meadow is the highest point in Brookfield, with far-reaching views off to the west and short views of a lovely little neighborhood to the east, which reminds me of a Rockwell painting.

These meadows were once part of a dairy farm. The two windmills in the front meadow pulled water from the wells to water the cattle. The windmills are still there, but just for decorative purposes these days. This I know because it belonged to my husband's aunt's father, John Benya.

Of course, we environmentalists are all fans of meadows, a habitat that supports flora and fauna that could not survive anywhere else. And I am incredibly grateful to towns like Brookfield that maintain meadows. ■

**PEG PETERSON, CO-CHAIR,
EXCURSIONS COMMITTEE**

A.T. VOLUNTEERS:

HOW WE WORK, WHY WE WORK, AND WHO WILL WORK IN THE FUTURE

In the late summer of 2020, the Appalachian Trail Conservancy (ATC) released the findings of a survey involving respondents from 30 of the 31 maintaining clubs Trail-wide. The survey sought to discover, among other topics, how volunteers are structured, how clubs conduct maintenance activities, why people do or do not volunteer for trail work, and a survey of familiarity with trail maintenance skills. Although not specific to the AMC-CT A.T. Committee, the findings reflect that our capacities and capabilities are very similar to those of the other maintaining clubs. I thank ATC for granting permission to quote from the Executive Summary and granting me

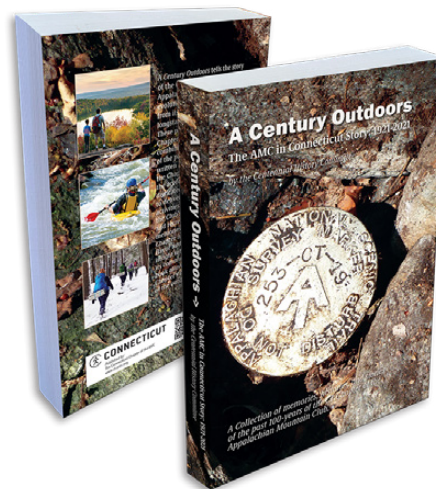
permission to use their tables and graphs. The survey was administered between March and June of 2020: therefore, the impact the COVID-19 epidemic has had on volunteerism and trail maintenance is not captured.

There is data specific to AMC-CT's annual volunteer contributions over the past two decades. Our count of volunteers remains relatively consistent, between 100 and 150. Yearly hours logged have been trending upward. Trail hours per volunteer have been level, averaging 30-40 hours. ■

**SUBMITTED BY DAVE BOONE,
A.T. CHAIR**

"A CENTURY OUTDOORS"

The AMC in Connecticut Story: 1921-2021



A Century Outdoors tells the story of the Connecticut Chapter of the Appalachian Mountain Club and its evolution over the last 100-years, from its inception to today's longstanding, thriving membership. A collection of memories, histories, and stories of the past 100-years of the CT Chapter of the Appalachian Mountain Club.

Books are available at all CT-AMC Chapter events.

For more information and availability, please write to the Centennial History Committee: ctamc100@gmail.com ■

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

CONSERVATION IMPACT THROUGH ADVOCACY

Ed note: Janet Ainsworth, a member of the chapter Conservation Committee and chair of the Clubwide Conservation Committee, made the following presentation in an advocacy workshop offered by conservation staff at the 2022 Annual Summit.

Since I was part of this program last year, Connecticut parks survived another year of efforts to roll back the highly successful Passport to the Parks program. Legislation enacted in 2017 created a new program whereby CT state parks would largely be funded by a surcharge on vehicle registrations and certain park fees. In return, all vehicles with Connecticut license plates would be admitted to the parks free. The program got underway in 2018 and since then, park attendance has increased, crowds are more diverse and parks programs enjoy a stable revenue stream. AMC advocated for adequate park funding for years before the creation of this program, supported the program when the legislation was introduced and continues to oppose all efforts to weaken the program by carving out exceptions to who must pay the surcharge.

Advocating for the parks and conservation generally is something I've done at least since 2012 when I both became involved in a multi-agency initiative to protect municipal landowners from liability for injuries suffered on unimproved recreational lands and I was elected Connecticut Chapter chair due



to an unexpected vacancy. Once I was chapter chair, I felt I had the freedom to pursue conservation advocacy in Connecticut.

During the 2021 session, I filed testimony and made phone calls on several legislative proposals. We had an embarrassment of legislative riches at the beginning of the session, but the number of climate-related bills enacted into law was disappointing. Enabling legislation for the Transportation Climate Initiative did not make it, a conveyance fee for climate adaptation and resilience projects was pulled out of the bill housing it and other initiatives by the Governor's Climate Change Council did not become law. The good news is an executive order delegating tasks to state agencies to take specific actions to reduce greenhouse

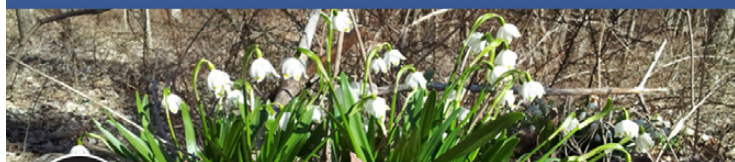
gas emissions was issued by the Governor. These recommendations range from modifying the building code to replacing the state's diesel bus fleet with electric vehicles."

Postscript: The new legislative session started on February 9. As I usually do, I will monitor bills raised by committees and communications from other conservation groups to see what is being proposed. I contact conservation staff to obtain permission to speak on behalf of the organization and then draft testimony for filing with the appropriate committee.

The purpose of the workshop is to encourage volunteers in all chapters to engage in this kind of advocacy. AMC staff cannot be everywhere, so having volunteers tracking legislation and weighing in on it increases the organization's ability to influence public policy.

**JANET AINSWORTH,
CLUBWIDE CONSERVATION
COMMITTEE CHAIR**

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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.

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)

February 13 at 6:01 PM · 🌐

The Banff Centre Mountain Film Festival is back in theaters for 2022! Click the link below for Connecticut theater locations and ticket information. There is a virtual option too! ➡



CHAPTER ARCHIVES

Do you Have Material Worthy of Permanent Protection in our Chapter Archives?

In the course of preparing our Chapter history "A Century Outdoors The AMC in Connecticut Story: 1921-2021," the Centennial History Committee chased down and gathered a trove of original Chapter records, dating back to the Chapter's inception in June 1921, and spanning the entire century which followed. We were lucky to find all that we found, because it was not all in one place, and there was and is no central repository for it. We now intend to protect this material, which is irreplaceable. Sometime this summer, we will deliver that cache of Chapter material to the Highland Center in Crawford Notch, for permanent protection in AMC archives.

Is there more still to be found? Possibly! We don't know. If you have custody of such stuff, and are unsure what to do with it, please email John Grasso at ctamc100@gmail.com. We want to preserve such material for Chapter posterity, before it gets away. ▀

JOHN GRASSO, CHAPTER PAST CHAIR

FLATWATER / COASTAL COMMITTEE ACTION



Hello! I am looking forward to the 2022 paddling season for a few reasons. I am recovering from rotator cuff surgery, so it's a slow start but can't wait to get back on the water. The Flatwater Committee will be offering up its usual mixture of new and favorite trips on Connecticut waters (and maybe beyond). And back by popular demand there will

be another Fun With Kayaks session, focusing on wet exits and re-entries. I have learned that we all need to brush up on our skills, myself included. There will also be a few more sea kayak trips on Long Island Sound as well. Keep your eye on the activities listings, and I hope to see you on the water! ▪

BARRY GORFAIN, FLATWATER CHAIR

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

Mountain Majesty North Cascades • AMC's August Camp 2022

Explore magnificent North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation Areas. Camp on the banks of the swift Skagit River in the shadow of 10,781 foot high glaciated Mt. Baker.

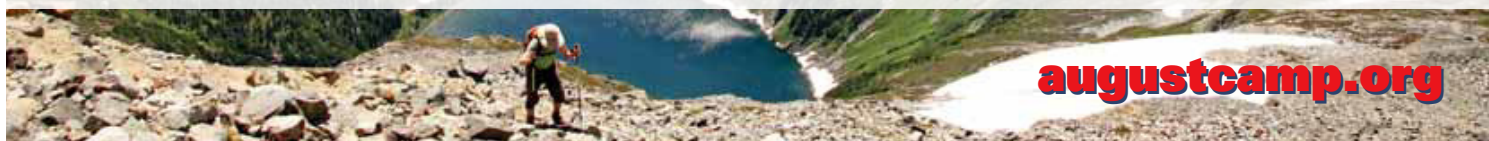
Hike, raft, bike and more, visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 16 – August 13. Plan to attend for one week or two. Details and registration are on our website: augustcamp.org

Cost per person per week: AMC Member \$1275; Non-member \$1525

The general application window for August Camp 2022 is January 3-12, 2022. Acceptances will be made based on a random lottery system, but applications will continue to be accepted until Camp is full and a substantial waitlist is generated. Visit our website, augustcamp.org, for more information.

Questions? Ask Lois Rothenberger at ACregistrar@comcast.net



augustcamp.org

90-YEAR-YOUNG HIKE LEADER

CT-AMC Hike Leader **Charlie Gereg** celebrated his 90th birthday last summer.

He's been hiking for most of those years, though when he was a child it was not called "hiking;" it was "going to school" or "gathering hickory nuts" or "picking berries." Not much recreational about it, though he does recall hiking through the snowy woods in the moonlight with his skis to try out the hill 1/4-mile away from his house.

What's the secret of his longevity? He credits early years of hard manual labor which built strong muscles as well as a strong immune system. From about age 6 to 15, he got plenty of exercise working on his grandparent's and two other farms during the summers: milking cows, harvesting corn by hand, working with horses, pitching hay. He also had a 6-mile paper route that he did every day on his bicycle (in the snow!) Hiking these days, he says, is "maintenance." He walks 3 miles each weekday morning around the neighborhood with his sister, and does 2- or 3-mile hikes in the woods on Saturdays and Sundays, after his Saturday morning doubles tennis game. If you ask him about his favorite hike of all time, he tells the story of hiking Mt. Fuji in Japan. He was in the Navy, and the aircraft carrier he was on lost a propeller and had to put into the Yokosuka port for repairs, offering a chance for some unexpected sight-seeing. He recalls the overnight hike starting in mid-afternoon and hiking into the dark, with the only sound the crunch of the volcanic basalt underfoot and the sight of the hikers with lights snaking up the mountain path below.

His hike-leading "career" began in the late 90's, volunteering for the Nature Conservancy in Devil's Den in Weston



as both a hike leader and trail adopter. In conjunction with the Aspetuck Land Trust, he and 2 others led the first public hike in Trout Brook Valley in Easton/Weston. He became a CT-AMC leader rather suddenly when the Connecticut Chapter hosted the interchapter Fall Gathering in 2004. Back then, experience leading for another organization satisfied the requirements to become a CT-AMC leader. So when one scheduled hike was missing a leader, Charlie was handed a map and recruited on the spot.

Charlie has generally been leading or co-leading about a half dozen hikes per year since, including an annual National Trails Day hike in June. He also received his 50-hour award for trail maintenance from the A.T. Committee, mostly for his work on the annual Give-A-Day projects. Though the pandemic has curtailed his hike leading, he did lead his regular Macedonia Brook Stroll for A.T. Day last October, and plans to continue leading again once the current surge in Covid cases abates. ■

**PEG PETERSON, CO-CHAIR,
EXCURSIONS COMMITTEE**

... VFC continued from page 1

Corey Mott received the Volunteer Leadership Award for his work in the Connecticut and Narragansett Chapter. Janet Ainsworth has held many positions in our Chapter, was a Regional Director and Board Member. She received the

Distinguished Service Award.

We are making plans for a summer event to bring our volunteers and those interested in volunteering together for a fun afternoon. ■

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**

CT-AMC 2022 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:

Janet Ainsworth / Open

Webmaster: *Keith Spaar*

Appalachian Trail:

Dave Boone

Bicycling:

Susan Grant / Judy Borrmann

Communications:

Peg Petersen / 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 / Eleanor Sasso

Family Activities:

Corey Mott / Open

Flatwater: *Barry Gorfain*

Membership: *Barbara Beckerman /*

Claire Rusowicz

Mountaineering:

Chris Granata / Jeffery Pipech

Northwest Camp: *Rod Parlee*

Program: *Open*

Whitewater: *Mark Schappert /*

Ed Yisnitsky / Troy Schinkel

Young Members:

Corey Mott / Open

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



April 23 & 24 at White Memorial Conservation Center, Litchfield, CT.

Cost is \$200 members, \$240 non-members. Includes instruction, lodging, and breakfast. Bring your own lunch. Dinner is not provided. at this time. Local restaurants are available in the area.

CPR is an additional \$40.00

For all the details and registration, please visit: ct-amc.org/education/

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

CT-AMC LEADERSHIP TRAINING SESSION

Sign up!

1 day Leadership Training -

April 23 - 8:30 am to 5 pm at White Memorial Conservation Center, Litchfield, CT. Cost: \$25.

1 day Leadership Training -

May 14 - 8:30 am to 5 pm at Hammonasset State Park, Madison, CT. Cost: \$25.

Leadership Refresher\Scenario

May 15 - 1 to 5 pm at Zbierski House, 1 Beach Pond Rd, Groton, CT. Cost: Free.

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.

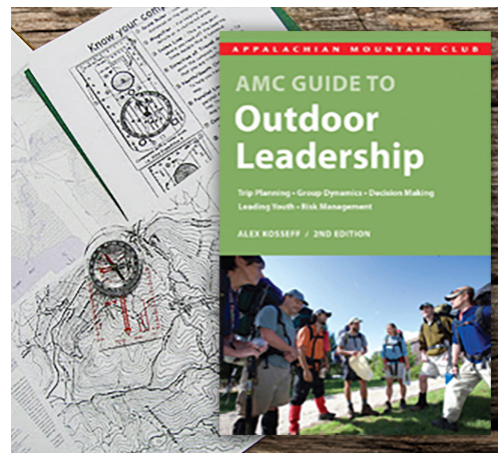
Class covers many aspects of being a leader such as:

- 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 for all events. 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: 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 ▪



ANNUAL CT-AMC CHAPTER AWARDS

Janet Ainsworth, Dave Boone, Peg Peterson - Awards Committee

Lifetime Service Award: This award is presented to a member who has made a significant lifetime contribution to the chapter. Recipients have 10+ years of significant service to the chapter.

Appie of the Year Award: This award is presented to members who have made a significant contribution to the chapter.

2020 LIFETIME SERVICE -

Jim Liptack

In 1977, a somewhat weird teenager joined the Appalachian Trail Conference. Luckily for us, along with his application and membership payment, he asked how he could become involved in trail maintenance. He was referred to Neil Clark, who was the AMC-CT Trails Chairman at that time. Neil took this young man under his wing, and so began Jim Liptack's nearly fifty-year trail stewardship relationship.



Much has been written of the stone steps installed by the AMC Pro Crew at St John's Ledges between 1978 and 1981. What is less well known is that young eighteen-year old Jim was in that first workshop at the Ledges learning the finer points of rock work. Since that time, Jim has become known as the "go-to guy" for his skill and expertise in the fine art of moving and placing stone. As those who have worked with Jim on various stone construction projects will attest, no rock is too big for Jim. Most rocks are way too small. Jim is also a skilled sawyer, and one of only three current fellers on the A.T. Committee. This means he is certified to cut standing trees, and in addition to felling trees for construction projects he also removes trees which present a hazard to our campsites, parking areas, vistas, and such, often with his dog Mindy watching from a safe distance.

Jim has been an essential member of the CT A.T. Committee for many years. He was one of the team that created our 1991 A.T. Local Management Plan, a document which took over two years of monthly meetings to complete. He has been the long-time maintainer of the Pine Knob Loop Trail and the A.T. between RT 4 and Cesar Brook. In 2009 Jim received the NPS Silver Award for twenty-five years of volunteer service. In 2011, he became our Overseer of Trails, responsible for all things treadway for the A.T. in Connecticut.

Jim thru hiked the entire A.T. in 1980. He has also been a regular volunteer hike leader at AMC Cold River Camp.

Jim's continuing dedication to the A.T. in Connecticut is remarkable. His enthusiasm for trail work has not diminished over the decades. His commitment to ensuring that Connecticut is the best maintained piece of trail on the entire A.T. is gospel.

Jim, congratulations on receiving the CT Chapter Lifetime Service Award.

2021 APPIES OF THE YEAR - Corey Mott and John Grasso

COREY MOTT:

Almost since he joined the Connecticut Chapter after moving here from Rhode Island, Corey has been a most valuable Connecticut Chapter member. He took on the co-chair role in both the Family Activities and Young Members committees, where he has been an energetic trip leader and innovator in the use of social media.

Family Activities has been a struggling committee for years, as kids seemed to be busy doing other things. Somehow, Corey has figured out how to reach young families, holding well attended activities like trips to rock climbing gyms or joint activities with other chapters. He has also taken on other projects like a database of activity locations as part of the Centennial Celebration and special events like A.T. Vista. He has recruited a sizable number of people interested in family programming. His next project is helping us to improve our use of social media. As we watched him



**Appie of the Year -
Corey Mott, with companion Daisy**

JOHN GRASSO:

John Grasso has been a steady presence in chapter leadership for the past nine years and an active volunteer for years before that. As secretary, vice chair and then chair, he was calm, organized and a good mediator at the Executive Committee meetings. At our last in-person Annual gathering in 2019, John circulated a memorandum which set forth his planning toward the goal of publishing a chapter history in the

reinovate the two committees he co-chairs and do these many other things for the chapter, it occurred to us that Corey would make an excellent Appie of the Year. Congratulations, Corey, and thanks for all you do!

chapter's 100th anniversary year of 2021. The small Centennial History Committee of six persons, consisting of John and two other Executive Committee members, two former chapter chairs and our chapter newsletter editor, rallied to bring together "A Century Outdoors - The AMC in Connecticut Story: 1921-2021", a comprehensive, professionally published 339-page chapter history, which includes "Reminiscences and Reflections" of many of today's members.



This was a challenging task. The history revealed in the book is a wonderful resource that members can turn to when conducting research.

**Hats off to you, John!
Appie of the Year - John Grasso**

2021 CHAPTER VOLUNTEER STEWARDSHIP AWARDS

Janet Ainsworth	Joel Jones
Bob Andrews	Tom Kaelin
Barbara Beckerman	Craig Kennedy
David Berggren	Patrick Kennedy
Dave Boone	Don Klein
Judy Borrmann	Leigh Knuttel
Steve Borrmann	Phil LaBell
Elijah Boulanger	Elaine LaBella
Steve Braciak	Mike LaChapelle
Ray Bracone	Carol Langley
Rich Cady	Bruce Laroche
Martha Cain	Darryl Lehmann
Tom Carruthers	Adam Lippman
Bill Channing	Jim Liptack
Nicholas Cocco	Jeff Magee
Andrea Crawford	Jeff Mantie
Dave Cronin	Bobby Mathoda
Bob Crowther	Art Mauger
Daria Cummings	Andrew May
Walter Daniels	Tom McGrath
Lori Davison	Pete Meyers
John DeAngelis	Eugenia Mezhirova
Chris DeGraaf	Kathleen Miller
Mark Delude	Arthur Morenz
Denise Dieli	Dennis Morse
Jo-Ann Durdock	Alex Mosenthal
Tom Ebersold	Corey Mott
Henry Edmonds	Abel Ngal
Bernadette Elligard	Fiona Nicholson
Jocelyn Eppich	Bob Nickels
W. Neal Fisher	Gregg Nolting
Christoff Geiss	Amanda Noyes
Jeff Glans	Laura O'Rourke
Maryann Gleba	Rod Parlee
Barry Gorfain	Louis Perkins
Chris Granata	Eugenia Mezhirova
Sue Grant	Peg Peterson
John Grasso	Jeffrey Phelon
Gene Grayson	Ray Phillips
Gary Guenther	Jeff Pipech
Carol Hassett	Leo Pon
John Hicks	June Powell
David Homer	Al Puches
Ken Johnson	Paul Reder
Kevin Johnson	Barry Resnick

Richard Rouse
Bill Ruel
Claire Rusowicz
Roy Sabo
Zellene Sandler
Eleanor Sasso
Bill Schaffer
Mark Schappert
Troy Schinkel
Ken Schmitt
Peter Scinto
John (Jack) Scott
Matt Sharp
Joseph Snyder
Alex Sowinski
Keith Spaar
Monica Swanson
Debbie Tedford
Alison Terjek
Paul Thoma
Aurelia Umholtz
Dave Waldburger
Russ Waldie
Chip Ward
Dana Warner
Pam Weaver
Dennis Wigg
Phil Wilsey
Darcy Witham
Ed Yisnitsky
Olivia Zeiner-Morrish
Patty Zemsta
Margaret Zorn

A.T. AWARDS

12 Hours

Elijah Boulanger
Ken Johnson
Kevin Johnson
Aurelia Umholtz
Alex Sowinski
Olivia Zeiner-Morrish
Alex Mosenthal
Martha Schmitt
Abel Ngal
Laura O'Rourke

Joel Jones
50 Hours
Gregg Nolting
Craig Kennedy

100 Hours

Bob Crowther
Gene Grayson

250 Hours

Pete Myers

2000 Hours

John Hicks

AMC 2021 STEWARDSHIP AWARDS

Pychowska Award

(96 Hours Trails Stewardship)

Ray Bracone
Rich Cady
Daria Cummings
Walter Daniels
John Hicks
Don Klein
Bill Schaffer
Ken Schmitt

Hart Award

(224 Hours Trails Stewardship)

Dave Boone
Bill Channing
Mark Delude
Henry Edmonds
Christoph Geiss
Jim Liptack
Paul Reder
Russ Waldie
Chip Ward

NPS PRESIDENTIAL LIFETIME SERVICE AWARD

Dave Boone	6898 hours
Walter Daniels	8098 hours
Henry Edmonds	9871 hours
Jim Liptack	5518 hours
Russ Waldie	7282 hours