



# CONNECTICUT APPALACHIAN MTN CLUB

CT-AMC NEWSLETTER

VOLUME 42 | NO 2 | SUMMER 2021



Jocelyn Eppich -  
Chapter Chair

## VIEW FROM THE CHAIR

I hope everyone has been enjoying the freedom to move around with the COVID numbers going down as more people get vaccinated. The trails seem to be less crowded than this time last year though there are still some popular hiking spots that are closed due to human traffic. Hopefully, these will open soon. In November, we will be holding our Annual Meeting virtually. During this meeting, we

vote in a new slate of volunteers for our Executive Committee. This year, some of our positions remained open, making it hard to have activities if these positions are not filled. Generally, these positions are held by persons that have been involved with the Club for a period of time. The positions available are a Chapter Vice-Chair, Communications Chair,

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## SAVE-THE-DATE! THE CT-AMC CHAPTER CELEBRATES 100 YEARS

**Saturday, September 18:**

### The Connecticut Chapter Centennial Celebration!

Set aside *Saturday, September 18* to join Chapter members and our guests at Hubbard Park, Meriden to celebrate our centennial year as a Chapter of AMC. On June 11, 1921 "Appalachians" living in Connecticut gathered in Hubbard Park to vote on whether to create a Connecticut Chapter of AMC. The rest is history!

In September 1996, the Chapter gathered at Hubbard Park to celebrate our 75th anniversary. It was a great time. Our 100th birthday celebration will top it.

**Event details will be posted on our website as they develop: [www.ct-amc.org](http://www.ct-amc.org) AND look for updates in your email!**

Follow us at [www.ct-amc.org/history/](http://www.ct-amc.org/history/)

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



Beautiful Hubbard Park in Meriden, CT.  
Castle Craig is up above.

### 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/](http://www.outdoors.org/policies-covid/)



**CONNECTICUT  
APPALACHIAN MTN CLUB**

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

Volume 42, Number 2, Summer 2021

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Read online: [www.ct-amc.org](http://www.ct-amc.org)

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

**AT-A-GLANCE**

**AUGUST 13-15** - NW Camp Annual Perseid's Meteor  
Extravaganza & 70th Cabin Anniversary

**SEPTEMBER 11-12** - Paddle / Camp / Hike

**SEPTEMBER 14** - FCG Social Season

**SEPTEMBER 18** - Happy Anniversary CT-AMC!

**SEPTEMBER 19** - New Members Hike

**SEPTEMBER 24-OCTOBER 1** - Fall Hiking Week

**OCTOBER 16** - A.T. Day with the CT-AMC

**CT-AMC ACTIVITIES** - [activities.outdoors.org/search/](http://activities.outdoors.org/search/)

**CT TEEN WILDERNESS FUND** - [Donate here](#)

**LOOK-UP ACTIVITIES & JOIN EMAIL LISTS:**

**BICYCLING** - [ct-amc.org/bicycling/](http://ct-amc.org/bicycling/)

**EAST OF THE RIVER** - [ct-amc.org/east-of-the-river/](http://ct-amc.org/east-of-the-river/)

**EDUCATION** - [ct-amc.org/education/](http://ct-amc.org/education/)

**FCG** - [ct-amc.org/fairfield-county/](http://ct-amc.org/fairfield-county/)

**FAMILY ACTIVITIES** - [ct-amc.org/family-activities/](http://ct-amc.org/family-activities/)

**FLATWATER** - [ct-amc.org/flatwater/](http://ct-amc.org/flatwater/)

**HIKING** - [ct-amc.org/hiking/](http://ct-amc.org/hiking/)

**CLIMBING & MOUNTAINEERING** - [ct-amc.org/mountain/](http://ct-amc.org/mountain/)

**NW CAMP** - [ct-amc.org/nwcamp/](http://ct-amc.org/nwcamp/)

**WHITewater** - [ct-amc.org/paddle/](http://ct-amc.org/paddle/)

**YOUNG MEMBERS** - [ct-amc.org/young-members/](http://ct-amc.org/young-members/)

**TRAILS INFO & WORK PARTIES** - [ct-amc.org/trails/](http://ct-amc.org/trails/)

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

**UNCLE AMC  
WANTS YOU!**

**GET INVOLVED!** - [www.ct-amc.org](http://www.ct-amc.org)

**GET TRAINED!** - [www.ct-amc.org/education](http://www.ct-amc.org/education)

**GET OUT, GET GOING** - [www.ct-amc.org](http://www.ct-amc.org)

**HIKE LEADERS** - Like to be a Hike Leader? Contact Peg Peterson at: [hikes@ct-amc.org](mailto:hikes@ct-amc.org)

**VICE-CHAIR** - In the event of the absence or disability of the Chair, Vice-Chair assumes the duties of the Chair. This includes attending Inter-chapter gatherings, the Club's Annual Meeting, and representing the Chapter on Club committees to which the Chapter Vice-Chair is a designated member.

**COMMUNICATIONS/PUBLIC RELATIONS** - Promote the chapter and chapter events through the Club's activity listing system, emails, social media, and press releases.

**MEMBERS-AT-LARGE** - We have two positions open for members that 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 special programs of the Chapter, including the Annual Gathering and Spring Dinner by leading, organizing, and recruiting people to help with these events.

If you are interested/additional information, contact Chapter Chair Jocelyn Eppich at [chair@ct-amc.org](mailto:chair@ct-amc.org).

**FOR MORE INFORMATION** - about outings, meetings, education, training, events and this year's entertainment, review listings at: [www.ct-amc.org](http://www.ct-amc.org)!

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

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

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

**NEWSLETTERS** - to receive your chapter newsletters by email go to [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter) and follow the instructions. Contact [membership@ct-amc.org](mailto:membership@ct-amc.org) for more information. Our archive of newsletters is here: [www.ct-amc.org/news/](http://www.ct-amc.org/news/) -

**SAVE-THE-DATE**

**9.19.2021**

**WELCOMING NEW MEMBERS HIKE**

Chatfield Hollow State Park, Killingworth, CT

Visit the Membership at: [www.ct-amc.org/membership/](http://www.ct-amc.org/membership/) and/or write to Barbara: [membership@ct-amc.org](mailto:membership@ct-amc.org) -

**BARBARA BECKERMAN,  
CO-CHAIR, MEMBERSHIP COMMITTEE**



## SAVE-THE-DATE

Saturday, September 18:

THE CT-AMC CHAPTER  
CELEBRATES 100 YEARS

Our Centennial Celebration will be at Hubbard Park in Meriden to celebrate our 100th year as a Chapter of AMC.

Event details will be posted on our website as they develop: [www.ct-amc.org](http://www.ct-amc.org). Look for updates in your email!

Follow us at [www.ct-amc.org/history/](http://www.ct-amc.org/history/)

## CT-AMC MOUNTAINEERING Keeps on Climbing!

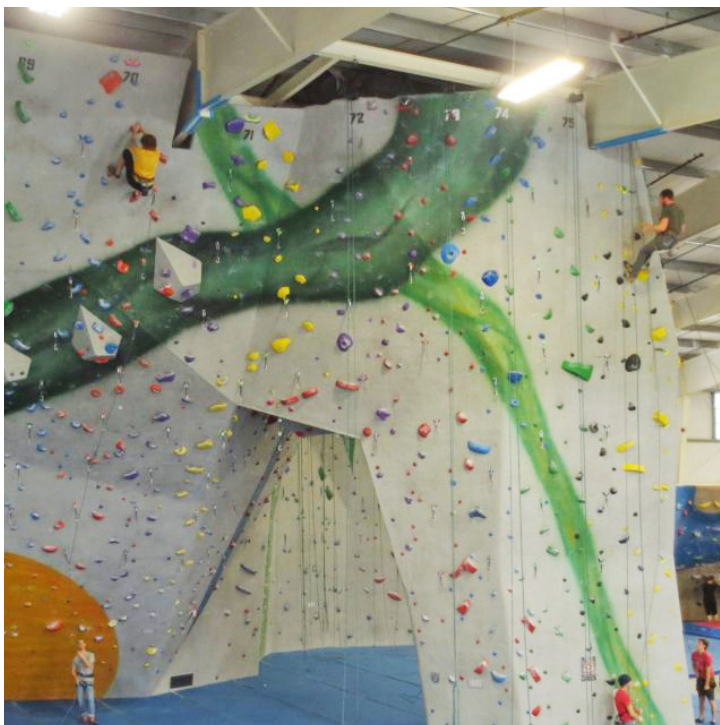
The CT-AMC mountaineering chapter *IS* currently running regular indoor climbing activities. These events take place at Central Rock Climbing Gym in Glastonbury, and are scheduled on the first and last Tuesday of every month, year-round. There is no CT-AMC fee to join these activities, but, a day pass to the gym is required to enter. These gym events can cater to all different levels of experience, from someone who has never climbed before and is looking to try it out, to a seasoned climber looking for a partner.

Registration through the CT-AMC website is required to join, a list of all our climbing events can be found under the "Mountaineering Activities" link on our chapters web page Climbing & Mountaineering: [www.ct-amc.org/mountain/](http://www.ct-amc.org/mountain/)

Sign up for our mailing list: [HERE](#)

Write to us at: [mountaineering@ct-amc.org](mailto:mountaineering@ct-amc.org)

CHRIS GRANATA,  
CO-CHAIR, MOUNTAINEERING COMMITTEE



THE FAMOUS APPALACHIAN TRAIL

→• A.T. DAY WITH THE CT-AMC •←

## SAVE THE DATE

SATURDAY, OCTOBER 16, 2021

Varying hikes along the entire 53 miles of the A.T. in CT and at Macedonia Brook State Park near Kent

Boundary Workshop & Trail Maintenance

Road Bike Rides close to the A.T.

Try-A-Climb on the A.T. at St. John's Ledges

All followed by a "Grand BBQ" at Macedonia Brook State Park Pavillion

Plans are in the works and confirmations will be made closer to the date.



NEW MEMBERS AND NON-MEMBERS WELCOME

Details of all events including locations, meeting times at: [www.ct-amc.org](http://www.ct-amc.org) or e-mail [hikes@ct-amc.org](mailto:hikes@ct-amc.org)

## Hello Hike Leaders:

*We can use your help!* Just a plain and simple appeal. In absence of a Program Committee Chair, we are calling upon our hike leaders to offer their knowledge and expertise in providing mini workshops to our chapter members and potential new members.

*Here are some examples:*

- Intro to day hiking series for folks new to hiking
- Carry the ten essentials & what to wear
- Choosing a route
- Personal health & safety
- Food & water
- Trail Etiquette
- Hiking with children & pets
- Map & Compass
- Winter Hiking Skills
- Basic Snowshoeing Skills
- Flora & Fauna on the trail

Workshops are to be offered September through March to members and potential new members.

We so appreciate your time and effort as a hike leaders. If this idea of providing educational workshops interests you, please write to: [membership@ct-amc.org](mailto:membership@ct-amc.org)

BARBARA BECKERMAN, CO-CHAIR,  
MEMBERSHIP COMMITTEE



# I ♥ Kayaking

The Flatwater/Sea Kayak Committee is alive and well and off to a slow, but sure, start for the season. We have survived the pandemic and are putting together a program that is sure to grow.

We started the season with some scouting trips, and because of popular demand, we held a Fun-With-Kayaks skills session focusing on wet exits and re-entries. We all had a good time getting wet, and learning and re-learning useful things... especially the instructor.

Tom Ebersold is back leading his wide variety of flatwater trips around the state; Bill Ruel is planning some overnight

paddling/camping trips near and far; Corey Mott is getting families and young members out paddling around the state as well. Debbie Tedford and Barry Gorfain are getting out in some rivers and Long Island Sound. We were out on the Mystic River, but unfortunately missed the Sea Music Festival at the Mystic Seaport. We paddled the Lieutenant River in Old Lyme for Trails Day, and were fortunate enough to see Eddie the resident bald eagle. His wife Edith and their kids were out of town. This is one of our annual events.

We are planning more paddle trips in both ends of Long Island Sound, old favorites on the Connecticut River, and a sunset trip to witness the spectacular swallow murmuration in early fall. If you are interested in exploring our state (and beyond) by water, please check out our chapter's website and look under the Flatwater/Sea Kayak page: [www.ct-amc.org/flatwater/](http://www.ct-amc.org/flatwater/)

**BARRY GORFAIN, CHAIR, FLATWATER COMMITTEE**

## CONNECTICUT CHAPTER 100<sup>TH</sup> 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](http://www.amcvolunteers.threadless.com/collections)




**Friday, August 13 through Sunday, August 15, 2021**  
**REGISTRATION IS REQUIRED BY AUGUST 10, 2021**

- Hikes and events all day Saturday!
  - Custom tour of NW Camp property by Committee members at 1 pm
  - "Why Ridgerunners are Critical" presentation at 4 pm
  - Cookout at 5 pm, FREE burgers and dessert.
  - Bring your own plate, cup, utensils, and beverages.
  - Preview of NW Camp chapter in CT Chapter Centennial book
  - A discussion by NW Camp Committee Chair, Rod Parlee at 7 pm
  - Around 9 pm on Friday and Saturday, hike to Bald Peak for meteor shower viewing.
  - Bring a fold-able soft chair for camp and headlamp and pad for meteor viewing.
  - Overnight camping is recommended, and limited space is available.
- Please reserve your spot now by emailing [nwcamp@ct-amc.org](mailto:nwcamp@ct-amc.org)

Check out this link on this year's  
**Perseid Meteor Shower:**  
**HERE** -



**ROD PARLEE, CHAIR, NORTHWEST CAMP COMMITTEE**

# GETTING STARTED IN THE WHITE MOUNTAINS - *“The Easier, Softer Way”*

**In the year 1998** I found myself going through a change of marital status and turning 50 at the same time. I wanted to try some new activities to be distracted and kick off the next half century of my life. Someone suggested hiking as an option to get into shape and make new friends. I realized that this meant going into the woods for a reason other than looking for my golf balls. My friend assured me that he could help me get started so I was ready to jump in.

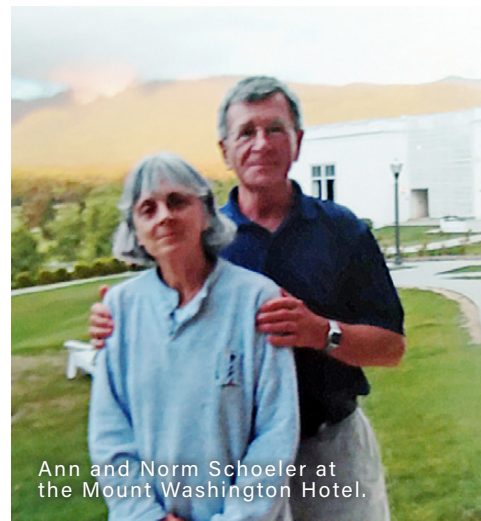
I purchased my first pair of hiking boots and signed on with a local hiking group. There were four skill levels of hikes which gave everyone a chance to challenge themselves. Let me just summarize by saying their beginner group was like a walk in the park and their “expert” group was one step below being a Navy Seal. After scrutiny and review by the group leader I was placed in the third level with the promise that I could work my way up. I started working out and by the following season I was appointed to be the leader of the highly regarded “expert group”.

Making new friends and learning about the CT Blue Trail System was just what I needed. There were plenty of attractive women and as long as no baby strollers were visible I was interested. As fate would have it I wound up leading a hike at Sleeping Giant in April of 2001 where I met a lovely hiker named Ann. Soon we would be dating and in April of 2003, while we were up in the Tower at the Giant, I would ask her to marry me.

Ann had been hiking for years and had always wanted to climb real mountains. Right away we teamed up to recruit a group of crazed hikers and in June of 2005 we headed north to tackle our first peak, Mt Washington. When someone asked Ann why she wanted to climb the

highest peak first she replied, “Norm and I want to climb all of the 48 and it will never get any easier than right now”. Ann was 55 and I was about to turn 58. That would set the stage for four or five trips to NH each season and we were soon on our way to summitting all 48. It was good that she had more resources than I did because she laid down the rules with no discussion. “There will be no tents, tarps, huts or lodges in our plans!” We usually asked friends to come along but not too many wanted to spend the bucks. The internet was relatively new so we couldn’t use it for our room search. We were still relying on our AAA Travel Guide for finding good motels and restaurants. Some of those choices are still popular with my hiking friends 15 years later.

Our usual routine was to drive up to New Hampshire on a Friday to one of our favorite motels for check in and unpacking. We would immediately search for the trailhead of the morning and choose a nice place to have dinner. The entire next day would be spent in our beloved White Mountains. We were used to two or three hour hikes in CT but in the Whites everything is longer, steeper, higher and more challenging so the hike would take us six to eight hours. When we finished our trek we were tired and it felt like our boots were smoking! No worries, it was nothing so terrible that a dip in the pool, a nice shower, a comfortable bed and a few ibuprofen couldn’t fix. Our mission on Saturday evening was to celebrate the days’ success and plan our next visit to this beautiful area. In the morning our last stop would be to Polly’s Pancakes



in Franconia and we would drive home with smiles on our faces.

For those of you who have never been to the White Mountains, or it has been a while, I have some advice for you on getting started safely. My friends and I like the area between the Franconia and Crawford Notches which includes Twin Mountain and Bretton Woods. There are several quality hotels, motels and restaurants around this area so do your internet searching. Purchase a copy of the AMC White Mountain Guide with trail maps to help you safely plan your hikes. This AMC publication also includes phone numbers for all the departments to help you select a hike destination. Ann and I referred to this book as our “Bible”. Always remember that hiking in any mountains can be dangerous so plan and prepare like Ann and I did.

Some suggestions for your early hikes:

In the Crawford Notch area look up the Mount Willard Trail. This is a relatively easy hike out to a ledge with beautiful views into Crawford Notch. Also behind the AMC Highland Center consider the Tom, Field and Avalon Loop. Across the road from the Highland Center take a look at the trails to Mount Pierce, Jackson and Webster. This is enough information to get you, your family and friends safely started in the easier softer way that Ann expected.

Remember, safety first as you begin chipping away at the list of 48 four thousand footers! Maybe I’ll see you at the top!

***Safely from the safety of his recliner! •***

**NORM SCHOELER**

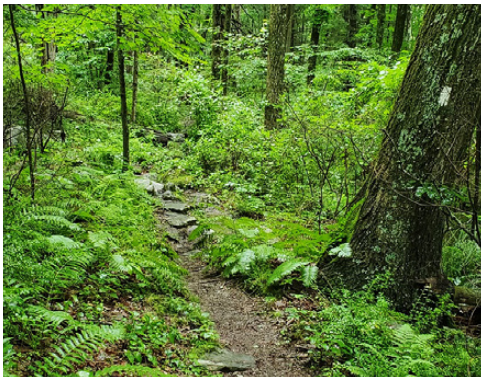


## SECTION HIKE THE CT A.T.

As a teacher, I usually go on a little outdoor adventure trip in the summer. After no summer 2020 adventure and there still being travel concerns for summer 2021 – I was uncertain what adventure we could tackle.

I decided that it was time to do the full Appalachian Trail in Connecticut. Forty years ago, I daydreamed of being an AT through hiker. I still love long challenging hikes, but much prefer a hot shower and bed indoors over sleeping on the ground in a backpacking tent. I was planning the hike with a friend, so we could have two cars for car spotting. It was an interesting task to plan a day-to-day section hike on the Connecticut AT which would allow my hot shower and bed criteria. Most resources give information about shelter-to-shelter sections, I needed parking-to-parking sections. I used a set of detailed waterproof topographic maps from National Geographic. That with a little help from google and locating a basic motel in the area (clean but small) were all I needed to plan our six days of hiking. We could have completed the route in five days, but we went lighter mileage-wise on days 5 & 6 so we could do some touristy things in the afternoon of those days.

**On the First Day** we went from Hoyt Road, the southern most point of the Connecticut AT, to Connecticut Route 341 near Kent, CT. This section started



our hike with a bang – about 12 miles with over 2,000 feet of elevation gain. We were tired but not sore (we hike regularly year-round 2-3 times a week).

**Day Two** we hiked from CT Route 341

to CT Route 4 (parking on Guinea Road, a short side street near where the trail crosses Route 4). This also was about 12 miles in length, but after the first 4.7 miles of ups and downs we had an easy five mile walk along the Housatonic River. At one point we were taking a break and heard all this squawking overhead – right above us were two bald eagles giving us the business. The last stretch of this day's hike did take us over Sliver Hill which does not look like much but at the end of two long days it was slow going.

**Day Three**, we took the advice of a sign posted at the end of yesterday's section that recommended a detour to avoid a dangerous stream crossing over Guinea Brook just north of CT Route 4. It recommended taking the Mohawk Trail from the junction of CT Route 4 and US Route 7 up to Breadloaf Mountain and the AT. Having battled a few tricky stream crossings the day before, (and seeing how high the rivers and streams were) we took this wise advice. It was still a day of 18 stream crossings, some of them quite challenging. Hiking with poles made them manageable, I can't imagine doing the crossings without poles. We ended at the junction of US Route 7 and CT Route 112 after another approximately 12 mile hiking day.

**Day Four** started at the junction of US Route 7 and CT Route 112 and ended at CT Route 41 near Salisbury. This was a shorter day of approximately 10 miles. This included some minimal road walking and a fabulous stretch near Great Falls in Falls Village. The recent rains that swelled the Housatonic River had those falls earning their name. We also enjoyed the bucolic Rand's View of the northern Berkshires and surrounding countryside.

**Day Five** was the first of our shorter days. Starting at the trailhead on CT Route 41, we hiked over Lions Head for a total of 4.7 miles on the AT and then hiked 1.8 miles down the Undermountain Trail to CT Route 41. In the afternoon, we had our tourist time – visiting Kent Falls State Park and the Kent Falls Brewing Company.

Our final day, **Day Six**, involved only a short stretch of the CT AT. We parked again at the Undermountain trailhead on Route 41, hiked the 1.8 miles that we did yesterday back to the AT. We headed north and got to the peak of Bear Mountain around 9 am (we had early starts every morning to beat the heat as much as possible). It was beautiful and we were the only ones on the summit, a rare treat. From there we continued north on the AT, down a treacherous section as it was very wet and slippery. We reached Riga junction to complete our Connecticut AT section. We had to get back to the car however, so we took the Paradise Lane trail back to the Undermountain trail (hiking this trail for the third time) back to our cars. Total distance hiked was about six miles on this last day. We finished about noon giving us plenty of time to meander back to southern Connecticut with a much deserved ice cream stop in Bantam on the way home.



I would highly recommend this as the way to go if you want to hike the CT section of the AT without backpacking. It was strenuous, training some in advance is necessary. We hike regularly and try to make one of our weekly hikes 10+ miles. This section hike could be trimmed to five days with combining our last two days – it would make that last day about nine miles. Section hiking the CT Appalachian trail has me now thinking about other states, I'm starting organize day hike routes to complete the New York section next. ■

MARY ANNE HARDY,  
CHAPTER MEMBER, AND EDITOR  
OF THE 6TH EDITION OF  
"50 HIKES IN CONNECTICUT"

# THE CHANGING FACE OF A TRAIL

Do you think a trail changes faces?

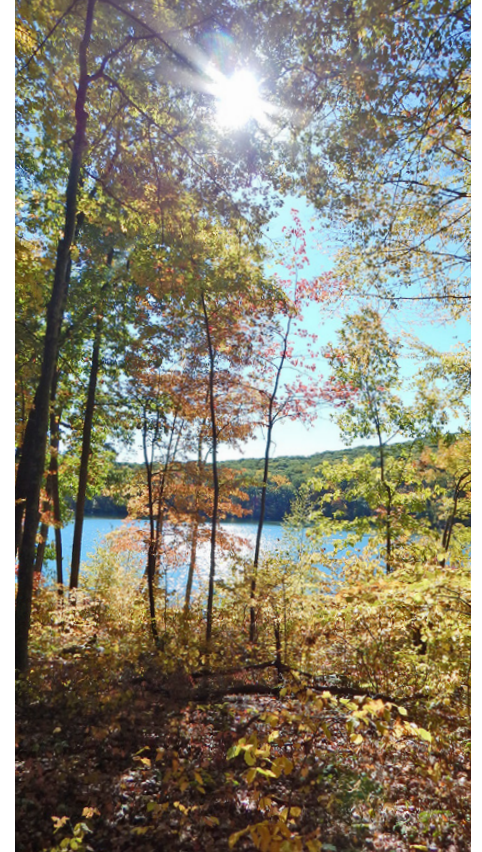
Well, of course, you would probably answer. A trail that in Summer is shady and somewhat overgrown opens up in Winter and is wider and might actually have views that were hidden by the leaves of Summer. In Autumn it shows berries and nuts and colorful wildflowers like goldenrod and loosestrife. And of course we have to watch out for the acorns that make footing feel like walking on marbles. The leaves have fallen and when wet are slippery, but they add a new layer to the trail protecting it from the rain and erosion, and after the Winter thaw they can keep the trail from becoming muddy. In Spring the birds are calling and maybe even buzzing us to stay away from their nests. The Spring ephemeral flowers are in bloom, filling the trail with color that mostly fades to green in Summer.

I organized a hike for friends recently and one friend, Linda, asked if I would consider it moderate or difficult. She's had hip surgery and is still being careful on

the trails. I'd done the trail alone before, and also with my 89-year-old husband Charlie. The distance is not far, maybe 4 miles which is a mile longer than Charlie usually does on his morning walk around the neighborhood. We always take any climb slowly, pausing to look at anything that might capture our attention: plants, views, water, rocks, mushrooms, insects, flowers. He would probably consider this particular trail somewhat difficult, so I had to think about it before I answered. I have another friend who occasionally walks in the woods with me but this trail, I knew, would be much too hard for her.

In the end, Linda thought the hike was easy. Sometimes we don't even notice the altitude changes and rocks and roots when we have good friends to talk with as we hike along. Nature is one thing that changes the face of a trail, but so do circumstances and the people who hike with us. ■

PEG PETERSON, CO-CHAIR  
EXCURSIONS COMMITTEE



## CT-AMC LEADER TRAINING PROGRAMS RECOGNIZED

The Connecticut Chapter Education Committee has been recognized by AMC staff as a group that has figured out how to do in-person training during the Covid-19 pandemic. Beginning in mid-November 2020, the Committee held training sessions outdoors in state parks while complying with the Covid-19 required limitations on numbers (10 with trainers). Three sessions were held at Hammonasset Beach State Park in Madison and one at Mansfield Hollow State Park in Chaplin. (Wilderness First Aid was held at a facility in Groton recommended by fellow Executive Committee member Corey Mott. Its usual location, White Memorial Conservation Center in Litchfield, has not been available.) The Committee was able to hold three sessions with the complete training curriculum; two other sessions were refresher courses that offered experiential education, which delivers lessons with scenarios of commonly faced problems for leaders. Another refresher session will be held in October. Much of the credit goes to my co-chair, Keith Spaar, a former Boy Scout scoutmaster who is extremely good at organizing events. Keith has been the go-to instructor since restrictions on the number of participants imposed by the Club have not allowed us to use all of our trainers.

We look forward to continuing to offer training as there have been, and no doubt still are, many prospective hike leaders from disbanded MeetUp groups that wish to become AMC leaders. ■

JANET AINSWORTH, CO-CHAIR,  
EDUCATION COMMITTEE

## AMC WANTS TO HEAR YOUR STORY!

**Attention, Story Tellers!**

**Why do you love the outdoors?**

*Your tale could be published on the revamped [outdoors.org](https://www.outdoors.org) and win some great prizes!*

AMC is currently seeking ideas for essays, adventure narratives, trail work successes, conservation highlights, and other outdoor content that tells AMC's story from across our region. Professional editors will select the best ideas and work one-on-one with writers to develop gripping stories that may appear across numerous AMC channels—including social media, e-newsletters, print mailers, curricula, and even educational displays in our facilities. The year's best writing will be entered into a contest and eligible for some great prizes.

We are currently seeking stories to be published in September, October, and November. Here are a few reader-submitted stories we've published this summer:

*"Lessons from the Summit of Mount Eisenhower"*

*"Getting Back Out: A City-Dweller's Reflection"*

**Pitch us your idea here!: [HERE](#)**

Questions or feedback? Email Steve Holt, AMC's Senior Editor for Engagement Content, at [sholt@outdoors.org](mailto:sholt@outdoors.org) ■



# I ♥ OUTDOORS

What is it about the outdoors that draws us back again and again?

We put together a list of reasons why we love the outdoors, but we want to hear why YOU do, too!

Follow AMC's social media accounts on Facebook, Twitter, and Instagram to participate in our I Love Outdoors summer contests and win amazing prizes, like a stay at your favorite AMC lodge or hut. A new contest will be announced each month over the entire summer season.

## Why do we love the outdoors?

- 1. For the surprise.** Every outdoor experience has its own unique story. You might hike the same trail over and over, yet there's always something new to explore. From the weather on a particular day, to the season, plant and animal sightings, views, and the company that joins you, there's plenty of stories to tell about your outdoor adventures.
- 2. For the elements.** Sometimes our goal is to simply enjoy nature. Whether it's a sweeping view from the top of a hill or mountain, the height of a cascading waterfall, spotting unique flora and fauna, or the hope of catching a fleeting surprise like leaves swirling in a gust of wind, these scenes remind us of nature's beauty and how important it is to protect this important resource.
- 3. For the exploration.** Curiosity fuels our outdoor journeys. Whether you've found a new place to paddle, a new trail, or a quiet spot to observe nature, these spaces draw you to the outdoors to explore.
- 4. For the joy.** Spending time in fresh air outdoors with friends, family, or your four-legged companion is an easy way to boost your mood and a reason why we return to the outdoors over and over again.

- 5. For the challenge.** Hikers, runners, paddlers, and more are turning to the outdoors to push themselves to new goals. But you don't have to be an ultra-marathoner to challenge yourself—the outdoors provides opportunities to try new things and step outside your comfort zone.
- 6. For the comfort.** The outdoors is essential to our mental health as much as our physical health, becoming a place of respite and renewal when we need to destress.
- 7. For the community.** Sharing outdoor experiences with people with similar interests helps us build a community, expand our friendships, and create memorable moments to treasure. Consider an AMC membership as your next step in deepening a love for the outdoors that formed or has grown over the past year—and ensuring its protection for generations to come.
- 8. For the history.** The outdoors provides us with a chance to walk in the footsteps of the past. Authors, photographers, explorers, and more have recorded their experiences for centuries, providing inspiration for the adventures we take today.
- 9. To Give Back.** As outdoor enthusiasts we hear the call to tend to nature and be good stewards of the natural world. Donating our time and money to protect the outdoor spaces we enjoy connects us more closely with those spaces and provides us with a sense of purpose.

That's why we love the outdoors. What's your top reason? Follow AMC's social media accounts on **Facebook**, **Twitter**, and **Instagram** and win some amazing prizes by using the hashtag #ILoveOutdoors2021 and telling us why you love the outdoors.

## Resources for the Journey: [HERE](#)

Want to spend more time outdoors? Here's a list of resources to help you recreate safely and responsibly. You may also consider joining one of the hundreds of guided group hikes, paddles, bikes, and climbs the AMC staff and volunteers offer around the Northeast and the Mid-Atlantic regions.

- What you need
- How to be Safe and Responsible
- Where to Go ▪

THE AMC STAFF



## VFC ~ CONTINUED FROM PAGE 1

Members-at-Large, and Program Chair. If you are interested and want more details, you can contact me at: [Chair@ct-amc.org](mailto:Chair@ct-amc.org).

Look at our calendar for the fall events. We will be having an event to celebrate our Chapter's 100th anniversary, which was June 11. Our Centennial Committee has been working hard to compile our history into a book. It is an exciting time. AT Day will be held as usual in October. I hope to see you on a Chapter activity soon. ▪

JOCELYN EPPICH,  
CT-AMC CHAPTER CHAIR



# CONNECTICUT GREEN BANK CELEBRATES TEN YEARS & CONTINUES TO INNOVATE:

A famous Chinese curse opines, “May you live in interesting times.” As we are living in “interesting” times; it is important for our collective sanity to take stock of what is good, innovative, and transformative. The Connecticut Green Bank ([www.ctgreenbank.com/](http://www.ctgreenbank.com/)), celebrating their 10th Anniversary in July 2021, represents just such an optimistic opportunity. In their ten years leveraging public money to leverage private investment in the green economy; the

make rooftop solar installations more affordable by providing Connecticut homeowners with rebates and performance-based incentives (PBI) designed to lower initial out-of-pocket costs, and easy access to affordable capital to finance such installations. In 2015, an observed income disparity in solar adoption was addressed through the creation of special incentives and financing for low- and moderate-income households, which

• **Helping homeowners reduce energy costs.** Through the **Smart-E loan** and our partnership with local lenders including credit unions and community banks, more than 5,400 households have been able to make energy saving upgrades to their homes, a total investment of nearly \$100 million.

Refusing to rest on past accomplishments, in 2019 the Connecticut Green Bank, facing a legislative budget “raid” of funds, flexed their innovative muscles. Inspired by patriotic WWII War Bonds, it started the first of its kind, “Green Bonds” to fund necessary transition to green energy production and distribution. In 2020, the first issuance of \$17 million in Green Liberty Bonds, lower-dollar denomination climate-certified bonds available for retail and institutional buyers, sold out in two days. This issuance earned The Bond Buyer’s Deal of the Year award in the Innovative Financing category. In 2021, a **second issuance** of \$25 million in Bonds also sold out, drawing more than four times as much demand as could be fulfilled from retail investors in Connecticut and across the US, as well as institutional investors interested in sustainability investments.

**Incentive Business RSIP and SHREC**

A SOLAR HOME PRODUCES...

Electricity  
Solar Home Renewable Energy Credits

When panels produce electricity for a home, they also produce **Solar Home Renewable Energy Credits (SHRECs)**. The Green Bank provides incentives through RSIP and collects all the SHRECs produced per statute (i.e., PA 15-194).

Utilities required to enter 15-year Master Purchase Agreement (MPA) with the Green Bank to purchase the stream of SHRECs produced. This helps utilities comply with their clean energy goals (i.e., Class I RPS).

Green bonds are created from the SHREC revenues received through the MPA and sold to institutional (i.e., pension funds, insurance companies, etc.) and retail investors (i.e., friends and family) to receive proceeds upfront.

The Green Bank uses the SHREC revenues and green bond proceeds to support the RSIP incentives (i.e., PBI and EPBB), cover admin costs, and financing costs to achieve 350 MW of solar PV deployment by 2022 and development of local solar PV industry.

CONNECTICUT GREEN BANK

Environmental Finance  
Bond Awards 2020

THE BOND BUYER'S DEAL OF THE YEAR 2020

Connecticut Green Bank has:

- **Support for commercial businesses and nonprofits.** Connecticut’s Commercial Property Assessed Clean Energy (C-PACE) program surpassed **\$217 million** in clean energy investment. This supported more than 345 closed projects and will provide an estimated lifetime energy cost savings of over \$300 million.
- **Reaching solar parity.** In 2012, the Green Bank launched the Residential Solar Investment Program (RSIP) to

accelerated solar adoption in these communities. Today, Connecticut is known as a “solar with justice” state as solar adoption is at parity for low- and moderate-income (LMI) residents versus non-LMI households and beyond parity for communities of color (i.e., Black and Hispanic families). Overall, RSIP has helped more than 45,700 households to date add solar as the achievement of the statutory target of 350 MW is approached.

To further highlight the great work of the Connecticut Green Bank, and specifically their Green Bonds, your Conservation Committee will feature a Fall meeting, either remote or in person, (preferably in person) with Connecticut Green Bank’s Rudy Stark. While Mr. Stark will happily explain the Green Bank’s history and the public policy behind Green Bonds, **NO ONE** will be offering financial advice or encourage purchase of said Green Bonds.

For questions, comments and/or concerns please feel free to contact Andrew May by phone or email: 860-983-4537 [andrewcmay13@aol.com](mailto:andrewcmay13@aol.com) ▪

**ANDREW MAY, CO-CHAIR, CONSERVATION COMMITTEE**



## 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*

## CT-AMC BIKING IS HEATING UP THE SUMMER OF 2021!

Warmer weather and the month of May brings out more CT-AMC cyclists and if that doesn't get them out then we see an influx of cyclists during the "Tour de France." Traditional rides have resurfaced in the spring with regular weekly Tuesday Night Rides out of South Windsor and Thursday Night Rides out of beautiful Essex.

CT-AMC Biking also offered several other rides from various locations across the state including Scenic Simsbury, Ledyard, Old Mystic, Preston, Madison River Road and Town Beach, Mother's Day Flower Bridge, Farmington River Valley, Kent, Kensington / Shuttle Meadow, Farmington Heritage Canal Trail, Tour of West Hartford, Glastonbury, Rocky Hill, Hartford Riverfront, Norfolk, Cornwall, Moodus, Milford, Deep River Brewery to Old Saybrook, Wethersfield, and Suffield.

Next up we see the continuation of the Tuesday Night Rides out of South Windsor at 5:30 pm from Wapping School in South Windsor through the fall; some Thursday Night Essex Rides at 6 pm from Route 9, Exit 3 CPL, next to the Essex Fire House.

Rides continue to be scheduled. Please check the ride listing frequently for new rides and changes to the existing schedule:

- **Current Chapter Ride and Trip Listing:** [www.activities.outdoors.org](http://www.activities.outdoors.org)
- **Information on CT-AMC Bicycling:** [ct-amc.org/bicycling/](http://ct-amc.org/bicycling/)
- **Interested in becoming an CT-AMC Ride Leader contact:** [bicycling@ct-amc.org](mailto:bicycling@ct-amc.org)
- **Join our CT-AMC Bicycling Rides Notice List email: [HERE](#)**

JUDY BORRMANN, CO-CHAIR, BICYCLING COMMITTEE

## SAVE THE DATE FAIRFIELD COUNTY GROUP WESTPORT SOCIAL SEASON KICKS OFF

### September 14, 2021

The Fairfield County Group returns to its second Tuesdays social schedule starting in September. **Save the date!**

Event listings, details, and directions can be found here:  
[www.ct-amc.org/fairfield-county/](http://www.ct-amc.org/fairfield-county/)

TOM CARRUTHERS, CO-CHAIR, FAIRFIELD COUNTY GROUP

**For details on these and future FCG presentations, visit and bookmark: [www.ct-amc.org/Fairfield](http://www.ct-amc.org/Fairfield)**

**Events in Westport:** Saugatuck Congregational Church, 245 Post Road, Westport, CT. Doors open, drinks and appetizers from 6:30 pm; presentation from 7:30 to 8:30 pm. \$10 members, \$15 nonmembers. No reservations. Pay at the door. Details, directions at: [www.ct-amc.org/Fairfield](http://www.ct-amc.org/Fairfield).

**Events in Bethel:** St. Thomas Church, 95 Greenwood Avenue, Bethel, CT. Doors open with appetizers from 6:30 pm; presentation 7:30 pm. \$10 members, \$12 non-members. No reservations, pay at the door. Details and directions at: [www.ct-amc.org/Fairfield](http://www.ct-amc.org/Fairfield).



# WHY I ADVOCATE: HOW A LIFETIME OUTDOORS TURNED ME INTO A CONSERVATIONIST

I had the perfect baby boomer childhood, roaming the central Connecticut woods with my friends, with nary an adult in sight. From a young age, we scampered up trails in an area that gave its name to the Tri-Mountain State Park, a particularly rugged trail system between New Haven and Middletown. We didn't care. We were kids, and there were vines to swing on, cliffs to climb, and trails to follow. We loved trails so much, we sometimes made our own.

I loved the woods and being out in nature, but I first became interested in protecting our environment after reading Rachel Carson's *Silent Spring* in junior high—which documented, in 1962, the effects of pesticides on natural ecosystems. (I became more passionate after the first Earth Day in 1970.) Years later, I joined the AMC Connecticut Chapter's Conservation Committee, which consists of a small cadre of very good "enviros." The Committee has a long history of advocating for environmental legislation in a Chapter founded 100 years ago this June. In fact, each year until COVID-19 shut everything down in 2020, the Committee would host a legislative preview of what it would be supporting or opposing in the upcoming legislative session.

Eventually, I became personally involved in lodging my support or opposition to state legislative proposals. During this period, Connecticut's state parks were being grossly underfunded. My AMC chapter colleagues and I submitted testimony year after year in support of adequate state park funding. When a bill to fund state parks with a surcharge on vehicle registrations was proposed, AMC advocated on its behalf. Since its implementation in 2018, Connecticut's "Passport to the Parks" has seen great success, bringing millions more visitors to the state's parks and beaches and raising \$14 million for their upkeep in the

first year. But we must remain vigilant. This session, there was a bill that would have reduced funding to the parks by up to 50 percent. We filed testimony in opposition to that bill, joining many other environmental groups, and the bill failed to advance out of committee.

As I write (eight days before the end of the session), several proposed environmental bills show a lot of promise. Following a year of study by the Governor's Climate Change Council, major climate change bills were raised and remain alive in the waning days of



The view of the Connecticut River.  
Photo: Peter Rintels/Creative Commons by Flickr

the session. They include bills promoting adaptation and resilience, implementing the Transportation Climate Initiative, and addressing problems with solid waste management, including a beefed-up bottle bill and changes in recycling. When the Committee is not promoting or opposing legislation, it also has a history of doing good works. A recent project resulted in a donation to fund bridge work in a state forest. The Committee has participated with various groups in clean-up projects and is the only group within the chapter that takes our work and information into public spaces, on a consistent basis. The energy boards that member Russ Charest built attract a lot of attention at events. Kids are fascinated by seeing the difference in energy use between

incandescent and LED light bulbs. The Conservation Committee membership has remained remarkably stable over many years. Andrew May, Russ Charest, Robert Andrews, and Jamie Lee are the core of the Committee. I learned from reading annual reports for our centennial anniversary book project that the Committee once had a much larger membership. Finding volunteers is a problem shared by all nonprofit organizations in this age of competing demands on people.

Personally, I've moved from just advocating for the environment (primarily through my AMC Connecticut Chapter ties) to volunteering in other ways. Last year, I agreed to chair AMC's Clubwide Conservation Committee, which connects volunteers to the Club board, working under the board's Conservation Programs Committee.

When I served as one of five Regional Directors for AMC's Board of Directors, I joined the board's Conservation Programs Committee, and I remain a member due to my role with the Clubwide Conservation Committee. In recent years, I have joined and now chair my town Conservation Commission and serve as a board member of my local land trust. I am a longtime volunteer for the Connecticut Forest & Park Association and, because of my land trust ties, I am

becoming more involved with the Connecticut Land Conservation Council – the umbrella organization for the more than 130 land trusts in Connecticut.

I sometimes still hike the local trails I explored as a child – trails that are now part of 800-plus miles of blue-blazed trails maintained by AMC's New England National Scenic Trail partner, the Connecticut Forest & Park Association. A childhood of freely roaming the woods near my house and early influences by environmentalists gave me a passion for the outdoors and for preserving wild spaces. As I plan for retirement at the end of the year, I am looking forward to having even more free time to pursue these passions. I truly consider myself to be an outdoor citizen. ■

JANET AINSWORTH, AMC MEMBER  
AND CT-AMC PAST CHAIR

# “THE PUMP DON’T WORK... THE VANDALS TOOK THE HANDLES”

Many of us are old (and cool) enough to recall this phase from Bob Dylan’s masterpiece

*“Subterranean Homesick Blues.”*

Recently, not vandals, but the CT AT Committee removed the pump handles from our wells at the Ten Mile and Silver Hill campsites to make the pumps inoperable. This was done in response to newly instituted requirements regarding water supplies on the A.T. The National Park Service directed that drinking water systems comply with the requirements of the Federal Safe Drinking Water Act. By definition, a hand pump constitutes a drinking water “system” (as opposed to a naturally occurring source, such as a brook).

Among the lengthy list of requirements were some that the AT Committee agreed we could not possibly deal with. The wells would need to be managed by a State certified Water Systems Operator and a certified backup

*Do not even consider the ten mile river or the Housatonic River as drinking water sources, even with water treatment.*

sampled between once and three times a week. A “Drinking Water Security Assessment Plan” would need to be developed so that we would be better able to understand how radicalized extremist wildlife or other terrorist organizations might contaminate our vulnerable water systems. The ultimate factor in deciding to close our systems was that the Clubs would need to assume all financial responsibility for well and hand pump maintenance, repairs, and/or replacement. Our partners were not willing to financially support the implementation of the requirements.



Signs at reliable water sources. This one is the spring between River Road and Dawn Hill Road. Photo credit: Dave Boone.

These alternative sources were felt to be the most reliable; Northbound to Ten Mile is the small unnamed brook between the Route 55 kiosk and Route 55, southbound the small unnamed brook between the power lines and the Anderson Bridge. Northbound to Silver Hill, tank up at the spring between River Road and Dawn Hill Road, and southbound, Guinea Brook. **DO NOT EVEN CONSIDER THE TEN MILE RIVER OR THE HOUSATONIC RIVER AS DRINKING WATER SOURCES, EVEN WITH WATER TREATMENT.** Your water treatment is not capable of removing the contaminants present in these rivers.

Having said that, do remember that all water for drinking must be treated by one of the standard methods. And, again quoting Bob Dylan, “Look out, kid, it’s somethin’ you did, God knows when but you’re doin’ it agin...”

**DAVE BOONE,  
CHAIR, AT COMMITTEE**



Silver Hill well—before. Photo credit: Dave Boone.



Silver Hill well—after. Bill Channing holds the pump handle. Photo credit: Dave Boone.

We simply could not afford to continue to be in the public water supply business. In addition to the two wells in Connecticut, four wells at New York A.T. sites were affected, namely: Shenandoah Tenting Area, RPH Shelter, Morgan Stewart Shelter, and Wiley Shelter. In mid-July, the pump handles in Connecticut were removed. Signs describing the water system closures were posted at kiosks and road crossings closest to the impacted sites. Alternate water sources were identified, and signs were posted informing hikers of the “last water” before Ten Mile and Silver Hill.

operator. A continuous disinfection system would need to be installed and

