



# The AMC IN CONNECTICUT

VOLUME 32, NUMBER 2

SUMMER 2011



## A VIEW FROM THE CHAIR

"Overeating. Portion control is the ultimate goal of nutritionists and dietitians..."

Whoever wrote that has obviously never stayed at AMC's Highland Center. I've just returned from four days of

educational programs at Highland. The mental fog of information overload and the physiological effects of having been continuously overfed by the Hi-C culinary staff are making it difficult to maintain focus long enough to complete this column. But I'll do my best.

To begin, I'd like to thank those who contacted their State legislators concerning H.B. 6557. Your assistance helped move the Judiciary Committee to vote, unanimously, to forward the bill to the General Assembly. Passage of H.B. 6557 isn't about the recreational opportunities that are available to us today; the importance of the bill is that it will help ensure that open spaces remain accessible for recreation in the future. Thank you. Thank you.

If the AMC is "about" anything, it's about volunteerism. Most of us are aware of the Chapter level volunteers – the individuals who participate in our trail work parties, who lead our hikes, paddles, rock climbs, bike rides, and conservation initiatives. Less widely known are several other volunteer "constituencies" within the AMC that might be of interest since they offer opportunities for involvement and education beyond that of the Chapter.

Information Volunteers staff the trail information desks at Cardigan Lodge, Pinkham Notch Visitor Center, Highland Center, the White Mountain hut system, and assist with "event" programming run by Highland, Pinkham, and the Maine Woods camps.

Volunteer Naturalists present evening programs and "table talks" to facility guests. They also fill in for paid staff when these individuals have a day off.

Alpine Stewards help hikers learn about and protect endangered and threatened species along the trails in the Presidential and Franconia ranges.

VMF staff maintain the club's Volunteer Managed Facilities (VMFs). Northwest Camp here in Connecticut is a VMF; so too is Noble View in Massachusetts. Three Mile Island and Echo Lake are family friendly waterfront VMFs on Lake Winnepesaukee in NH, and Echo Lake on Mt. Desert Island, ME. Knubble Bay (ME) and Fire Island (NY) round out *Continued on page 7...*

## Climbing the East Face of Long's Peak: Rocky Mountain National Park, Colorado

~ by Jesse Morenz, Mountaineering Co-Chair

I often tell our members that the CT-AMC Mountaineering Committee can prepare you to climb mountains all over the United States -- and even the world. Sometimes members are amazed by this but, in truth, New England offers myriad rock, ice, and alpine routes on which to hone your big mountain climbing skills. A case in point is a route my climbing partner, Mark Sondeen, and I undertook last August in Colorado. The following excerpt is from my climbing journal and captures my thoughts on a climb of Long's Peak East Face. This was a mixed technical climb involving steep snow and technical rock climbing mixed with fourteen thousand foot altitude and some nasty weather.

Day 6 Tuesday: Long's Peak approach. We drive from Boulder to the Long's Peak trailhead and go to the ranger station to secure our bivy permits. Camping is only allowed in a few campsites on the mountain and hikers grab them up months in advance. Luckily technical climbers are allowed to bivy at the base of their climbs but you cannot use a tent. So we packed bivy sacks instead and hoped for no rain. The rangers are very friendly, perhaps too friendly as they insist on describing the route to us in infinite detail. This leads us to get a late start hiking up, maybe about 11 am.

The hike up goes well until about 1:30 pm when an absolutely insane thunderstorm moves in, it begins to rain then rain harder, and then rain as hard as you can imagine. Then it starts to hail marble size stones so hard we have to put our helmets on to avoid getting hurt. All the while bolts of lightning are coming down all around us. We manage to take shelter in a small cave and at least keep our backpacks from getting totally soaked. I sacrificed my rain coat to help keep my pack dry so I am soaked to the bone once again.



Picture shows the East Face of Long's Peak and our route (Keiner's Route) in red.

Finally the storm moves on and we make it to our bivy site at the base of the Mill's Glacier at around 4:30 pm. We are in one of the greatest mountain cirques in the Lower 48. To the front of us, the massive east face of Long's Peak rises up 2,000 feet, the upper part of this face is known as the Diamond and its easiest route, the Causal route, is 5.10a. To the left is the 1,500 foot north face of Mt. Meeker and to the right is a 1000 foot high spur of Long's peak. Below us is the aptly named Chasm Lake. We make our bivies in small caves and spend quite the wet night. It rains on and off again till 10 pm, temps were in the 40s, I was very happy to have a synthetic sleeping bag. Elevation ~12,000 feet, sleeping elevation the same.

Day 7 Wednesday: Summit Day, Keiner's Route. We are up at 4:30 am and quickly get onto the Lamb's Slide, a couloir on the side of the east face of Long's, we climb up this about 800 vertical feet until it is possible to traverse right onto the Broadway ledges which make their way across the middle of the east *Continued on page 7...*



# The AMC

IN CONNECTICUT

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

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Editors & Publishers: Darcy Witham, Maggie Grayson & Debra Rich

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/News/pages/archives.htm](http://www.ct-amc.org/News/pages/archives.htm)

Please send all address and e-mail corrections to:

AMC, 5 Joy Street, Boston, MA 02108 or [information@outdoors.org](mailto:information@outdoors.org)

## Nominating Committee

The Chapter Nominating Committee is ramping up to begin work on the slate of candidates for the 2012 CT-AMC Executive Committee. Having "graduated" one of the members to the 2011 Executive Committee, we need a new member (or two). The time commitment is minimal; the work is easy. If you're interested in having a voice in where the Chapter "goes" over the next year or two, please consider joining us.

And, of course, we are soliciting recommendations for the 2012 Chapter Executive Committee. If you know someone whom you believe would be an asset to the Chapter, either as an activity Committee Chair or as a member of the Chapter Executive Committee, please contact us.

All messages can be sent to Bruce Laroche, Chair of the Nominating Committee: [nominating@ct-amc.org](mailto:nominating@ct-amc.org)

## CT-AMC Annual Gathering 2011

**Saturday, November 12th. SAVE THE DATE!**, because we have Andrew Skurka giving a talk on his Alaska - Yukon 4,680 mile Solo Expedition! The Expedition consisted of 1,315 miles of cross country skiing in -15 degrees F, 2,100 miles of trekking, and 1,270 miles of rafting. If you don't know who Andrew Skurka is, he's only Backpacker magazine's Person of the Year, and National Geographic's Adventurer of the Year. Read more about Andrew: [www.andrewskurka.com](http://www.andrewskurka.com).

The event will be held at the Marriott Courtyard Hartford Cromwell, 4 Sebeth Drive, Cromwell, CT. More details to come



## UNCLE AMC WANTS YOU!

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

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

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

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

**FOR MORE INFORMATION** - About outings, meetings, education, training, events and this year's entertainment, review listings in *AMC Outdoors* magazine and on the web at: [www.ct-amc.org](http://www.ct-amc.org).

### RECEIVE YOUR NEWSLETTER ELECTRONICALLY

Opt in to receive future CT-AMC Chapter newsletters electronically. To sign up online, visit [www.ct-amc.org](http://www.ct-amc.org) or [www.outdoors.org/MemberCenter](http://www.outdoors.org/MemberCenter) for detailed instructions to update your newsletter delivery preference.

## CT-AMC IS LOOKING FOR YOU!

We are actively recruiting candidates for a number of Chapter leadership positions including those of Chapter Chair and Chapter Vice Chair. The tasks of these positions vary from year to year, but generally include: moderating meetings of the Chapter Executive Committee, working with Committee Chairs to achieve Chapter and Committee goals, meeting periodically with the Chairs and Vice Chairs of the other Chapters to brainstorm solutions to common problems and assist in setting club policy, communicating with the club's professional and volunteer staff on program development and other matters, and working with local and regional partners on common recreation and conservation goals. If you would like to assist the Chapter in setting goals and formulating policy, please contact the Chapter Nominating Committee: [nominating@ct-amc.org](mailto:nominating@ct-amc.org).

## Leadership Training Session

**Sunday, June 26th, 2011.** Sleeping Giant State Park in Hamden, CT

This session covers the same materials as the Leadership Training School compressed into one intense day.

To register, download the online form: [www.ct-amc.org/Education/LTS-SessionRegistration.pdf](http://www.ct-amc.org/Education/LTS-SessionRegistration.pdf), fill it out and mail in with your check. Address is on the form. Cost is \$10 for members and \$15 for non-members. Confirmations will be sent by e-mail on a first come, first served basis upon receipt of a completed registration form and payment.

For additional information, visit: [www.ct-amc.org/Education](http://www.ct-amc.org/Education) and/or contact John Crist: [education@ct-amc.org](mailto:education@ct-amc.org).

NOTE!!! Class is held outdoors. Come prepared for the weather.

**FALL GATHERING 2011 • OCTOBER 14TH - 16TH**  
**Nature's Classroom at Sargent Center  
 in Peterborough, NH.**

Save the date for this year's Fall Gathering hosted by the Boston Chapter. Enjoy New Hampshire in the fall with fellow AMC members and volunteers. Watch for more details in the upcoming *Outdoors* magazines. Inquiries, contact: Ingrid Shuttleworth: [ishuttle@aol.com](mailto:ishuttle@aol.com) and Nate Karol: [natekarol@gmail.com](mailto:natekarol@gmail.com)

## CT-AMC Chapter Turns 90

### How, When and Where it all started

~ by David Bellemare, Programs Chair

This photo shows everyone that attended the 1st ever CT-AMC Executive Committee Meeting.

Dave Bellemare has been uploading all of the early documents that tell the whole story of how the CT Chapter of the AMC came to be, including everything that happened during the 1st 50 years of the Chapter. Learn where the Executive Committee meetings were held, who the early Chapter Chairs were, how Northwest Camp came to be, how the AMC got the Sage's Ravine property, and much more. Peruse as many of these old documents as you wish, visit: [outdoors.websshots.com/album/579617163ZtInup](http://outdoors.websshots.com/album/579617163ZtInup).

Meeting Adjourned



## AMC Conservation Corner

~ by Russ Charest

With all this talk of "Global Warming" and "Being Green," here's things that you can do.

One of the biggest things that you can do is install a Programmable Thermostat (PT). I personally have set the PT to 60 degrees when I turn in for the night. Before I get up, my place will be warmed to 65 degrees. Then, when I'm in work, the temperature will go down to 50 degrees. While I'm driving home from work, the furnace will warm my place to 65 degrees. It's all done automatically and, like a good friend, helps you conserve.

On the thermostat, Monday through Friday is a program, Saturday is a program, and Sunday is a program. You will use less energy to heat with and you get the idea. There can be up to 30 percent savings. Energizer AA Lithium batteries are probably the best choice and they will greatly enhance your thermostat for many reasons. Also, I personally like "Honeywell" Thermostats, which have been around for years and which are very dependable. The Honeywell PT model (RTH6400D) is easier to program. It has a button between the two arrow buttons. This model can be used for oil, gas, electric, and heat pumps.

If you have an electric hot water heater, you may want to use an "intermatic" timer. This keeps your water heater from being on all the time. These devices cost about \$55 and require on and off trip dogs. You need to know what your recovery time is. How long will it take to heat a tank of cold water until it's up to temperature? My water heater takes about one hour. There are three different voltages and both single pole and double pole. I believe that I save about \$15 a month by using this timer.

You can override the intermatic timer easily for doing dishes, etc. You may need hot water when the timer isn't in heat mode and this is easy. The intermatic timer is also good with outside lights that you want left on at night. It turns on and off automatically. Please consult a licensed electrician regarding this capability, however.

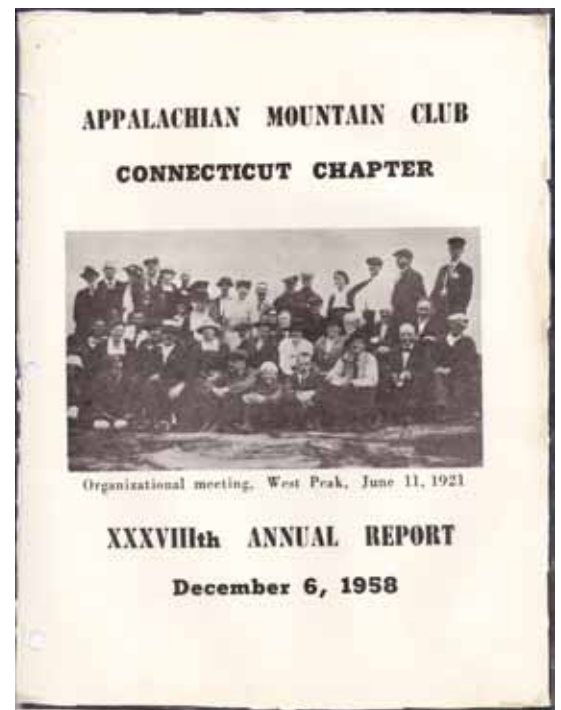
I have surge protector power strips (SPPSs) installed on many of my appliances and I figure that I save about \$88 a year. For example, when appliances are on, they take power to be on standby. This is called "Phantom Power." My stereo, DVD, VCR combo, TV, computer, printer, modem, cassette deck, CD juke box, etc., are all on SPPSs.

Finally, an appliance that has a timer that is used to tape shows would not work well on a SPPS. With a Kill-A-Watt Meter you will get numbers and you can do a study in order to see your savings.

I have heard it said that if the entire United States used SPPSs, we could save \$4 billion to \$5 billion a year. Theoretically, that could go towards a smart grid, wind farm, or solar farm. CFL light bulbs are also very good and Energy Star Appliances are good too.

For conservation videos, please refer to: [www.youtube.com/meridenmt](http://www.youtube.com/meridenmt).

**Be Green & Be Great!**



## Come along with the CT-AMC Whitewater Committee to Canada's Wilderness Tours

~ by Dennis Wigg, Whitewater Co-Chair

**Check out [www.wildernesstours.com](http://www.wildernesstours.com) for kayak instruction by [www.ottawakayak.com](http://www.ottawakayak.com) for the week of July 18th through the 22nd.**

The prices include 5 day program; 14 meals, Monday breakfast thru Friday lunch. Camping, instruction and equipment for Beginners and Teen Camp are all included. Arrive Sunday, 7 pm, July 17th and depart Friday, 5 pm, July 22nd.

All amounts are in Canadian currency (prices for 2011 CT-AMC Whitewater).

**PRICE PRIOR TO 4/15/11**

**Beginner/Novice:** \$600 ca

**Intermediate must have roll/advanced:** \$600 ca

**PRICE AFTER 4/15/11**

**Beginner/Novice:** \$600 + 28.25 late service charge fee = \$628.25 ca

**Intermediate must have roll/advanced:** \$600 + 28.25 late service charge fee = \$628.25 ca

**Cancellation insurance:** Add \$35 ca (tax included). Must be purchased at time of booking. Redeemable only in the event of illness, accident or bereavement (tax included)

Payment can be made through the [www.wildernesstours.com](http://www.wildernesstours.com) web site or calling Wilderness Tours at 1-800-267-9166. Contact me for the reservation number to be used when making your payment. Also please let me know when you have made a payment. You can put up half now and pay the other half one month prior to going.

On the way up a group will be stopping to kayak a few rivers in NY or Canada and on the way back as well. These stops will be organized by Chris Degraaf: [christian105@charter.net](mailto:christian105@charter.net)

For more information or to sign up for OKS trip contact Dennis: [whitewater@ct-amc.org](mailto:whitewater@ct-amc.org). Reservations are being taken now so get in touch ASAP if you intend to go.

**All Prices are in Canadian dollars and are subject to change without notice!**





Photograph is of "Petra in Jordan"

## Fairfield County Group presented "Syria and Jordan - Cradle of Civilization"

~ by David Roberts, Fairfield County Group Co-Chair

The recent Fairfield County Group's Speaker Dinner in Westport featured a presentation by David Roberts entitled "Syria and Jordan - Cradle of Civilization." The presentation highlighted Aleppo and Damascus, probably the oldest cities on earth, the spectacular ruins of Palmyra and Jerash, crusader castles, the Dead Sea, the desert at Wadi Rum, and the "rose red city" of Petra.

FCG presentations are either held at Saugatuck Congregational Church, 245 Post Road East, Westport, drinks and appetizers at 6:15 pm; dinner at 7:00 pm; presentation at 8:00 pm, \$8 for members and \$15 for non-members. Or at St. Thomas Church, 95 Greenwood Avenue, Bethel, appetizers at 6:30 pm; presentation at 7:30 pm. \$6 members, \$8 non-members. No reservations needed at either location. Pay at door only.

For upcoming FCG presentations, please visit: [www.ct-amc.org/Fairfield](http://www.ct-amc.org/Fairfield).



## Family Hiking Series: The Complete Hikes of Redding

~ by Debra Rich, Family Activities Co-Chair

Family hike leader Eric Stones is leading a series of kid-friendly hikes covering all the preserves in Redding. This is a great opportunity to get young children outdoors so they can learn to appreciate some of the wonderful preserved spaces in our community. All hikes start at 2 pm from Christ Church in Redding. After each

hike, ice cream and apple juice will be served back at the meeting place. Hope you and your families can join in on these family-hiking adventures!

**Sunday, May 22nd.** Afternoon Family Hike, Rock Lot, Redding (C3C). Bring the kids for this 4-mile hike along the Whaleback and other great rock formations.

**Sunday, June 5th.** Afternoon Family Trails Day Hike, Huntington St. Park, Redding (C3C). Bring the kids for a 4-mile hike round Redding's beautiful state park. We'll visit the split rock and the Hawk Look Out.

**Sunday, July 31st.** Afternoon Family Hike, Reservoir Trail, Weston/Redding (C3C). Bring the kids for this 4-mile hike along the Saugatuck Reservoir. Joint with CT Forest & Parks Association.

**Sunday, August 28th.** Afternoon Family Hike, Aspetuck Valley Trail, Easton/Redding (C3C). Bring the kids for this 3-mile hike along the Aspetuck River.



**Sunday, September 11th.** Afternoon Family Hike, Great Ledge, Redding (C3C). Bring the kids for this 3-mile hike to the best view in the county.

For full hike descriptions, please visit the Family Activities web page at: [www.ct-amc.org](http://www.ct-amc.org). Questions? Contact Eric Stones: [estones01@snet.net](mailto:estones01@snet.net).



## How To Calculate The Trail

For example: C3C is a trip difficulty rating.

### Distance

AA: > 13 mi

A: 9-13 mi

B: 5-8 mi

C: < 5 mi

### Pace

1: very fast

2: fast

3: moderate

4: leisurely

### Terrain

A: very strenuous

B: strenuous

C: average

D: easy

## AMC Youth Opportunities ~ by Stefanie Brochu, Director, AMC Youth Opportunities Program

It took finely honed packing skills and there was no room to spare, but somehow it all fit – enough AMC backpacks, fleece, tents, sleeping bags, stoves and boots to equip 20 youths. The vehicle pulled out into Boston traffic and turned south. Several hours later the gear reached its final destination: Common Ground High School in New Haven, CT. This journey last fall established a new gear satellite site for AMC's Youth Opportunities Program (YOP) and now offers urban youth groups the



• *Solar Youth young people reach a high point*

chance to borrow clothing and equipment for their outdoor adventures. YOP, an AMC education program established in 1968, provides youth agencies with outdoor leadership training and a wide range of support services to enable youth workers to take their young people on outdoor adventures. With offices in Boston, New York City, and New Jersey, YOP's mission is to make the outdoors accessible to urban and at-risk youth. In 2008, AMC received a grant to bring YOP to New Haven. This presented an exciting challenge for the program as we were not reaching any organizations in Connecticut.

Three years and much hard work later, YOP is well established in New Haven and has established partnerships with four youth-serving organizations: Solar Youth, Common Ground High School, Peabody Natural History Museum, and LEAP. The creation of a YOP equipment room in New Haven offered an exciting addition to the services AMC provides to our partners. The gear is managed by Common Ground High School but is available to all YOP partners in New Haven, enabling hundreds of youth to benefit, and eliminating the need for long drives



• *Learning to cross country ski at Millville Estates, a housing development in New Haven, CT*



• *Solar Youth at AMC's Cardigan Lodge*

to Boston to pick up and return equipment. In addition to this valuable service, YOP has provided our partners with other important support including outdoor leadership training for staff, training scholarships, trip planning assistance, and free outdoor adventures co-led in partnership with YOP staff.

New Haven youth have participated in a wide variety of outdoor adventures over the past three years including hiking, camping, backpacking, snow shoeing, cross-country skiing, and trail building. Trips have ranged from close-to-home adventures in nearby parks to as far as the White Mountains, AMC's Mohican Outdoor Center in



• *A winter trip to Sleeping Giant State Park*

the Delaware Water Gap, AMC's Camp Ponkapoag near Boston, and AMC's Cardigan Lodge. These were the first outdoor adventures for many youth and most of these trips would not have happened without the support provided by YOP.

Each year the initiative has grown to serve more youth and new youth groups. In the past three years AMC has more than 1,300 New Haven youth who have benefited from over 2,000 days of outdoor adventure. The young people reflect the diversity of the city (59 percent African American, 20 percent Latino, 16 percent Caucasian, 5 percent Asian) and range in age from 6 to 16. The four-year project is supported through funding provided by the Ron Cohen Memorial Fund and is currently concluding its third year. AMC hopes to secure additional funding to keep this successful project going in the coming years. For further information, please contact YOP Director Stefanie Brochu at 617-391-6631 or sbrochu@outdoors.org. ✨

## Celebrate the Famous Appalachian Trail with the Appalachian Mountain Club

Join any of these events on

**Saturday, October 15th, 2011**

Hikes of varying lengths and speeds along the entire 52 miles of the Connecticut section of the AT

Road bike rides close to the AT

A river and trail clean-up along the AT and the Housatonic River

Rock climbing practice at St. John's Ledges, near Kent

A flat-water paddle close to the AT

All followed by a "Grand BBQ" at Macedonia Brook State Park, Kent at 3 pm.

Only \$6 per person, no reservation necessary  
Non-members welcome

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

## Winter Hiking

~ submitted by David Roberts, Excursions Chair



The recent winter may have brought some of the heaviest snow falls for many years but it did not deter Excursions Committee Hike Leaders one bit. In fact many rose to the occasion by leading winter hikes, snowshoeing, and cross country skiing trips, including several weekend trips, as well as regular hikes. Excursions Chair David Roberts said, "It was great to see so many Leaders using our ability to send out hikes at very short notice to post trips in response to each storm." Including regular hikes, Excursions Leaders led over 130 trips in the first three months of this year enabling a lot of people to get out and enjoy the winter months. ❁

## Northwest Camp to Celebrate 60 years!

~ submitted by Rod Parlee, Northwest Camp Co-Chair

2011 is the 60th anniversary year of the AMC Northwest Camp Committee (NWC) and its management of the Northwest Camp cabin and property in Salisbury, CT. The NWC Committee will honor many former active Committee members for their outstanding service at a special celebration at the cabin on Saturday, August 13th, 2011, beginning at 11 am. Meet long-standing NWC members of 50 years or more and share your knowledge of the camp's history.

Join us to celebrate the day with a 60th anniversary cake, champagne, fellowship and many memories, followed by a natural history hike near the cabin. A campfire and grill will be available for cooking.

After supper, there will be a hike up to see the annual Perseids Meteor shower. Sturdy footwear and headlamps are required



for night-time hike. Provide your own sleeping pad for comfortable viewing of meteors.

If you wish to stay overnight on Friday, August 12th, and/or Saturday, August 13th, tenting areas will be available on a first come, first serve basis.

For more information please contact: [nwcamp@ct-amc.org](mailto:nwcamp@ct-amc.org) and visit: [www.ct-amc.org/nwcamp](http://www.ct-amc.org/nwcamp). ❁

## CT Chapter Leadership Training School

**Friday, November 18th - Sunday, November 20th.** A weekend session at White Memorial Conservation Center on the shores of Bantam Lake in Litchfield, CT. Program covers Leadership Styles, Group Dynamics and Trip Planning, Accident Scene Management, Leave No Trace Principles and much more. Limited enrollment. \$50 for AMC members, \$60 non-members. Cost includes instruction, handouts, lodging and meals.

To secure your spot, complete the registration form at [www.ct-amc.org](http://www.ct-amc.org)/education and submit with check payable to AMC-CT Chapter (address on form). Questions? Contact John Crist: [education@ct-amc.org](mailto:education@ct-amc.org). ❁

## HARRY DUREN - GREGORY SIMONS SCHOLARSHIP

The Harry Duren – Gregory Simons Scholarship fund was established by the CT Chapter of the AMC in memory of Harry Duren and Gregory Simons. The fund pays for one or two 12 – 17 year olds from Connecticut to attend one of the AMC's Teen Wilderness Adventure camps each summer. These are great programs and from what we hear from the attendees provide life-changing experiences.

To qualify, candidates must be Connecticut residents from a financially challenged family, show an enjoyment for the outdoors, and demonstrate a caring attitude for their peers and the environment. For more information, go to [ct-amc.org](http://ct-amc.org), click on the Programs link, and then click on the Harry Duren – Gregory Simons scholarship link.

To contribute to the fund, please send checks made out to AMC Duren - Simons Fund to: Eric Stones, 72 Sunset Hill Road, Bethel, CT 06801.

## New England Trail

~ submission and photo by Janet Ainsworth,  
Family Activities, Co-Chair,  
NET Trail Stewardship Council member



I first learned about the New England Trail at a presentation in my hometown of Guilford four or five years ago. I thought it was really neat that a trail system that could take me to the New Hampshire border and beyond was going right through my neighborhood.

On June 4 and for the third time in three years, I will lead a Family Hike on a section of the New England Trail (now a National Scenic Trail) within walking distance of my home. Bea Holt, also an AMC hike leader, will join me for the third time as we walk from the hiker parking lot on Route 80 in North Guilford to the Our Lady of Grace Monastery several miles away, and back. The route will take us through a section of Cockaponsett State Forest, a short walk on Hart Road near the Guilford Sportsmen's Gun Club and then along the unimproved Race Hill Road to the monastery. We will see watercourses, a cave, vernal pools and a lot of green on this route.



Brian Gottwalt and Paul Mei. Paul is a CFPA volunteer instrumental in developing the Menunkatuck Trail in Guilford.

We've had all ages on these hikes. Last year, we had a very special guest. Boy Scout Brian Gottwalt joined our hike to show off the 13-foot bridge that he built across a stream in the state forest. A member of Troop 472 at St. John's Episcopal Church in North Guilford before moving with his family to North Carolina, Brian raised the money for the materials and, along with a large number of youth

and adult volunteers, constructed the bridge in a morning. When we returned to the parking lot from our hike, Brian and his mom, Margie, then joined a hike in progress running the entire length of the NET in Guilford (the Guilford extension is known as the Menunkatuck Trail).

Trails Day (June 4-5) will feature 25 activities wholly or partially located on the NET. Created from the 220-mile Metacomet-Monadnock-Mattabesett (MMM) trail system in Connecticut and Massachusetts, the NET is maintained by volunteers affiliated with the Connecticut Forest and Park Association (CFPA) in Connecticut and AMC's Berkshire Chapter in Massachusetts.

For further information on the 190 events planned for Trails Day, check the Connecticut Forest and Park Association's web site ([www.ctwoodlands.org](http://www.ctwoodlands.org)), beginning on May 1. Sometime later in May, printed booklets will be available in libraries and other public places. 🌿

... East Face - continued from page 1 face and the Diamond. The traverse is about 1000 horizontal feet and is spectacular. It is non-technical except for one 5.1 move but it is inanelly exposed, 800 feet straight down to the Mill's glacier. It varies in width from 10 feet to about 1 inch at the 5.1 move. Most of it is in the 2-3 foot wide range. We simulclimb this and quickly get to the start of the technical pitches. The technical pitches are up the side of the Diamond and are about 5.4. Although they were soaking wet and at over 13,000 feet, it felt much harder than that. We did this part in three pitches and then got onto the upper part of the route. The upper route is all 3rd and 4th class and we simul-climb up about 700 vertical feet to the summit of Long's. We get there at 11:30 am and stay about 15 minutes.

Our descent route is the north face; it is mostly 3rd class with three single rope rappels over some low 5th class sections. We get back down to the trail without incident and begin to hike out and it starts to rain. When I get to the trailhead at 6:30 p.m. I am soaked to the bone for the third time on this trip. Elevation 14,255 feet, 12 total miles, ~4,850 feet of vertical gain total. Summit day was 14 hours. Sleeping elevation ~9,100. 🌿

... View From The Chair - continued from page 1 the list of VMFs.

Recreation, Education, and Conservation. Each part of the AMC mission is supported by, and dependent on, volunteers. Whether it's leading a hike, teaching an outdoor skill, or rallying support for conservation issues such as the passage of H.B. 6557, volunteers are integral to our success. We can use your help. Please contact me, or any of the individuals listed on the Chapter's "contact us" web page: [ct-amc.org/CT/index.shtml](http://ct-amc.org/CT/index.shtml) if you would be willing to help out.

### The Chapter Executive Committee would like to recommend two items for your calendar:

- AT Day is Saturday October 15th. This celebration of the Appalachian Trail has become something of a "happening" for the Chapter. During the day there are hikes along the length of the AT in CT as well as a local bike ride and a paddle, and even a rock climbing event for those with no experience but who want to give it a try. We finish the activities in mid-afternoon and head to Macedonia Brook State Park in Kent for a barbecue. Last year we flipped hot dogs, hamburgers, and veggie burgers for more than 200 people. Great activities. Great food. Great people. What more could you want on a colorful autumn day?
- The Chapter Annual Gathering is Saturday November 12th. While the format will be traditional – workshops; silent auction; social hour; catered dinner; short business meeting; featured presentation, the keynote speaker will not. If you "google" Andrew Skurka you will quickly learn why our Program Committee is positively giddy to have secured him as our keynote speaker: Andrew is a National Geographic Adventurer of the Year. In addition to the evening presentation, Andrew will also be presenting an afternoon workshop on lightweight backpacking.

### Some news from AMC North Country:

The club is striving to make our facilities a bit more family friendly; to that end the following changes have been made:

- Child rates have been lowered by 25%
- A new youth rate (to age 17) has been implemented
- Food service options will better support families (I hope that doesn't mean mac & cheese)
- An environmentally appropriate playscape will be constructed at Highland Center

In regards to the latter item, several piles of large rocks have been delivered to the southwest corner of the field in front of Highland. While I haven't seen a detailed design for the playscape, it sounds as though the finished structure will be a cross between the "subway" in King Ravine and the Matterhorn in Switzerland. Sorry kids; this playscape will likely be monopolized by your parents.

### And, lastly, some info from the Forest Service:

- If you'll be visiting the White Mountain National Forest, please purchase a parking pass. 95% of the funds received from the pass program remain in the WMNF budget and are used to upgrade parking, and trailheads, and maintain (and provide supplies at) pit toilets, etc. If you fail to purchase a pass and end up paying a fine, that money goes into the Federal government's general revenue account – it isn't used for WMNF projects.
- If you plan to camp in Great Gulf please adhere to LNT protocols for food storage, etc. There have been several reports of bears following people on the trails in the Great Gulf. Though they are not (yet?) required, you can rent bear resistant containers at the Forest Service offices.

As always, check [Outdoors.org](http://Outdoors.org), or the Chapter web site: [ct-amc.org](http://ct-amc.org), for an up-to-date list of all of our Chapter activities. 🌿

See you out there! ~ Tim Linehan

Summer 2011

# The AMC IN CONNECTICUT



Appalachian Mountain Club  
Connecticut Chapter  
71 Noble Street  
Stamford, CT 06902

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- ✿ AMC Youth Opportunities
  - ✿ “Syria and Jordan - Cradle of Civilization”
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  - ✿ The New England Trail
  - ✿ CT Chapter Leadership Training School
  - ✿ Harry Duren - Gregory Simons Scholarship Fund
  - ✿ Celebrate the Famous Appalachian Trail
  - ✿ Northwest Camp to Celebrate 60 Years!
- 

## Coming Events:

- May 11th - FCG Speaker Dinner, Westport
- June 4th - National Trails Day
- June 14th - FCG Speaker Dinner, Bethel
- June 26th - Leadership Training Session
- August 13th - NW Camp 60th Celebration
- October 15th - AT Day
- November 12th - CT-AMC Annual Gathering

## CT-AMC Whitewater to Canada's Wilderness

July 18th - 22nd. Details Inside.

