

APPALACHIAN MOUNTAIN CLUB
CONNECTICUT CHAPTER

East of the River Newsletter

Betty Robinson, Editor

No. 47 January 2007

JOINT EAST OF RIVER AND FRIENDS OF MANSFIELD HOLLOW

The East of River first started the work of creating a Friends group, and it has been a Non-Profit Group member ever since. Now it's time for our members to get together to celebrate this happy occasion.

The 5th Annual Meeting of Friends of Mansfield Hollow !

Can it have been that long?

**February 8, 7 PM at First Church of Mansfield.
Corner of Routes 89 and 195 in Mansfield Center**

Come and bring your friends. We are fortunate to have as our speaker our State Archeologist, Nick Bellantoni. His topic will be:

“History Underground in the Hollow”

Instead of a dinner, as in the past, we will be serving dessert, followed by his program and a brief business meeting.

Y'ALL COME!

**FMH memberships will be sold
A cup will be there for donations.**



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Friends of Mansfield Hollow State Park

Betty Robinson, President

FROM THE CHAIR

The East of the River Committee is recruiting new members.

Several key players in the EOR group have moved along. John and Linda Cunningham have opted, after many active years of leading hikes and holding events, to take a less active role in these activities. Their efforts and successes in the past have been greatly appreciated by all.

Barry and Renny Resnick graciously volunteered to host a holiday get together and cookie exchange. The house was full!

A new infusion of members as well as a chairperson is needed for the EOR Program Committee. The EOR Group will not have a Spring Dinner unless folks step up and volunteer to undertake this activity.

The good news is that we have more hikes than ever. Bob Nickels continues to coordinate regular midweek Tuesday hikes. Barry Resnick arranges the regular midweek Thursday hikes. Zellene Sandler sets up alternate hikes, now moved to Thursdays. Phyllis Freeman and Carolyn Olsen have volunteered to lead and coordinate Tuesday alternate hikes.

Also, the EOR Co-Chair position is open. Gene Grayson has resigned his position as EOR Co-Chair. He will remain on the Chapter's Executive Committee, serving as a Member-at-Large. He is also a hike leader and active on the Trails Committee. Doug Atwell will complete the current term in 2007 and will leave the Committee to continue hiking and leading hikes.

As always, EOR is looking for folks to train as hike leaders.

If you have interest in filling these positions please contact co-chair Doug Atwell.

Thank you

A MESSAGE FROM AN OLD FRIEND—TOO GOOD TO KEEP TO MYSELF!

Dear Friends

You may have received, from us, a beautifully white but completely empty Christmas envelope. Here is the story.

I asked Bob to help with the Christmas cards. Maybe that is enough said...but I'll continue. I gave him a stack of envelopes and asked if he could take care of those cards. He said sure! I had already prepared the envelopes with addresses, return addresses and stamps and even put a note on the pile (with an elastic around them). Unfortunately I also said that when he was done he could mail them. Also unfortunately, there was another stack of envelopes (with an elastic around them) all addressed and stamped, on the same desk. Those were the ones I was going to complete that evening. I didn't put a note on those.

So Bob, now very proud of himself for having worked so hard and completed this unfamiliar task, grabbed all of the envelopes and joyfully put them in the mail box. I'm still not sure why he didn't notice something was a little odd when before his very eyes, in the same boxes he was taking cards from, there was a really big bunch of cards remaining but no envelopes.

Hummm...

That afternoon when I spoke to Bob on the phone he said he had done all of the cards and I thought, wow, that's really great! When I arrived home I had a chance to go to the desk and noticed all of those "extra" cards but no envelopes! So, when Bob arrived home I said "how come we have all those leftover cards?" He said, "I don't know I just mailed everything you left on the desk." Well, you see what happened.

Bob, giving the US Postal Service credit for clairvoyant powers, was sure that our local post office would notice unsealed empty envelopes, at Christmas time no less. So the next day, dressed in his Chief of Police uniform, he stopped at the post office. They got a big chuckle out of the whole thing and handed him back about six empty envelopes, all local.

Needless to say there are empty, unsealed Christmas envelopes from the Bromleys winging there way all over the place. I think though that this could start a whole new tradition. From now on we'll just send a Christmas envelope to everyone!

We hope all is well with you this Christmas season!

Bob is the Chief of Police here in Alstead and I am doing some work for artist friends who need a little extra office help.

We are very happy to announce that our daughter Jill and her husband Mike are expecting their first child in April. It is a boy!

WE WISH YOU GOD'S BLESSINGS AND A VERY MERRY CHRISTMAS!!

Bob and Janet Bromley (former hike coordinator for mid-week hikes)

ANOTHER OLD FRIEND

Milt and Wendy Clark were known for their travels to strange places, for their slide shows, and for the hikes that Milt led near his lake home in Salem, CT. Those who saw Milt using water skis while he perched on a chair placed on a table will never forget that! That life ended for him with an auto crash on snowy roads on their way home from Bradley after another "dangerous" trip to foreign lands. Wendy died and Milt was injured severely. Recently he had a bout with pneumonia, was hospitalized and is now staying with his son, Seth Clark in California. He would love to get cards at:

2510 Tassajara Ave., El Cerrito, CA 94530

ARE ALTERNATE HIKES FOR WIMPS???

What is an alternate hike and who should do one? Well, an alternate hike is just another option in your choice of hikes. We are now offering 4 hikes a week which is really quite a challenge with our limited leader pool. Many of our leaders have been laid up with various health issues. However, the news isn't all bad as we have a few more new leaders on-board.

We are VOLUNTEERS and it is a REAL COMMITMENT. Besides the responsibility of leading, most of us usually have to scout a trail several times before we're ready to get out there and lead a group.

Many times a regular hike is located in either the southeast or northwest part of the state and so we offer an alternate hike which may be closer to home. Also, the alternate hikes are usually slower, shorter and over easier terrain. I consider it an alternate hike if it features 2 out of the 3. I do lead the Master's School hike which I do slowly. However, it is steep and quite a challenge.

Some of our best alternate hikes are where we stop at a local restaurant for lunch. They usually are quite popular. If you're trying to choose a hike, think first of the location, then get to know your leaders. What a wonderful diversified group! We have Ed Richardson and his tree or historical hikes, John Cunningham with his knowledge of rocks, Zellene and her nature hikes, and Marty who likes to stop and enjoy the flowers. Then there's the rest of us who just like to plug along. If you want a fast hike then hike with Dick Roethlein or Doug. It's your choice and nobody can tell you whom to hike with. But please examine yourself honestly and try to pick a hike that suits your hiking style. Why go with a fast leader if you're not a fast hiker? Why hold up everyone else and make yourself miserable trying to keep up? Let the fast hikers do their thing. Hiking isn't a contest, there's no prize for being first, we don't need to prove anything; it's for getting out in the woods and along beaches, enjoying yourself in our wonderful outdoors.

No, ALTERNATE HIKES ARE NOT FOR WIMPS! They are just another option.

Phyllis Freeman

Note from Your Editor:

Again, this issue is going to those with internet capabilities via e-mail, using a PDF format. Others continue to receive them via bulk snail mail. If any of you latter wish them by e-mail in the future please let me know. I welcome any items that members wish to send out, and can also send them via e-mail to a selected location within the eastern area; we are a big, spread out part of the state! As a member of our chapter's membership committee I would also like to introduce our new Chair, Joanne Shortell. Joanne lives in Enfield overlooking the CT River., owns a kayak, loves to hike, and is working hard to make the membership Committee responsive to the needs of our membership. If you know of anyone who is not a member, some of us are carrying around those "Membership in a Bottle" kits, and would like to sell them. New members get a good deal and the chapter gets a portion of the fee. Also, members are urged to check out membership on the CT Chapter Website.

Just one more note: **Please, if your e-mail changes, let me know!**

Betty Robinson, Editor pbrobinson@snet.net

WINTER HIKING HINTS/COMMANDMENTS

Winter has finally arrived, about a month late. We may have been lulled into a false sense of “hiker’s security”. Sandy Dunn, who has led some of our workshops in the past, passes along these comments

1. Read the articles in *AMC Outdoors*, December, pages 1 “Hot hands” and p. 22, “Jack Frost Hikes,” January/February, p. 20, “snowshoes” and p. 24, “Sure Footed.”
2. Dress for the cold:
 - Mittens are warmer than gloves. Wool, acrylic mittens (I wear acrylic under wind proof fleece)
 - Scarf and warm hat with ear coverage - also important for local hikes.
 - Pants – synthetic, not cotton (no dungarees). If real cold, I wear polypro long johns under rainpants
 - Top – fleece (make sure no cotton component) or wool, (no sweatshirt – 'No cotton' is of prime importance in what wear over torso). Dress in layers, and take off a layer before your body gets wet with sweat.
 - Boots – if no insulated boots (thinsulate, felt liner) then carry/wear plastic bags (grocery?) one for each foot to wear over socks, then put on hiking boot.
3. Carry in pack:
 - extra pair of wool and liner socks
 - small Ziploc bags for used t paper
 - medical ins. card – (I carry all essentials, in case - money, Visa, driver's license)

From Sandy Dunn

One of John Cunningham’s tips is that you should always expect you may fall in a brook-carry dry socks and a change of pants-a small towel helps too. This has happened on some of our hikes.

FROM NORTH COUNTRY VOLUNTEERS

Many of these applied only to the White Mountains, but here are some gems from the Volunteer INFO, THE Voice of AMC’s Info and Naturalist Volunteers.

1. Always hike with at least one other person
2. Clothing—cotton kills!
3. Maps, know how to read it, and carry one, (even on group hikes)
How high, steep, wet, etc.
4. Compass know, or learn, how to use it
5. Don’t rely on cell phone or GPS
6. Mileage: know your limits Estimate half of summer mileage during winter conditions.
7. Leave a detailed plan with someone (route, departure and return times, companions)

AND, MOST IMPORTANT! DON’T FORGET YOUR COMMON SENSE!

Hiking in Connecticut can be just as challenging—remember, we are taught in SOLO classes that wilderness is only about a mile from a trailhead; just think of how far it would be to have to carry out an injured hiker that distance in the cold and/or wet or both! Even our alternate hikes can be a challenge once winter really sets in.

EOR Midweek Hikers Head for Cardigan
May 21,22,23, 2007

It's time to repeat the good times we had there years ago. The lodge is open for self-service only at this time of year. Sandy Dunn, Carolyn Olsen and Betty Robinson are planning a great three nights/four days of good fellowship, food, hiking and fun!

The lodge has been completely renovated, with an expanded dining room/meeting room, a new library on the lower level and a big boot room where the old garage used to be. Best of all, a new manager, Tom Fisher is open to new ideas and runs a happy camp!

The cost for registration and lodging is \$85.00, and the cost for food will be shared by the participants. The plan is to have a pot-luck supper the first evening, and other meals cooked by rotating 'stints.' The committee will plan the menu. Plans now include one day out of camp for a trip up to Franconia, maybe visiting Lonesome Lake, the flume, or other trails. (Like our B and C hikes only in NH!)

Registration is limited to the first 25 registrants: contact Carolyn Olsen. at 860-569-2149 or by e-mail carolynolsen@juno.com. Registration must be at the AMC by mid-April.

Specifics will be on the way once we have received your inquiry.

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