



Connecticut Section of the Green Mountain Club

Volume XLII Issue IV

Editor: Carol A. Langley

Mar. 2012 - May 2012

PRESIDENT'S MESSAGE

LEAVE NO TRACE – PACK IT IN PACK IT OUT

During a recent two night backpacking trip I witnessed people who did not understand Leave No Trace. When I arrived at my first shelter a group of people were inside cooking fish and other foods with strong odors. After setting up my tent I spoke to them as asked that they leave no food in the shelter, they were agreeable. After lunch I set out for an afternoon hike. Returning late in the afternoon they had departed but the food and sticks they used to eat with were thrown outside the shelter. What a mess!!

Since I did not want to be carried off by the animals during the night I set out to in search of wood to burn the mess and hopeful enjoy the campfire. Just as I had flames more people arrived and went out to collect more wood. It was a long day so I chose to retreat to my tent before the hiker's midnight hour.

Next day I hiked into another shelter that apparently had been used by the group of Boy Scouts I passed on the AT. This doesn't look good. Set up the tent again and went off hiking for the afternoon. Returning about one hour before dark I found less than 10 feet away from my tent a mound of Pistachio Nut Shells. Finding an old trowel in the shelter I cleaned up the shells.

Please if you are reading this remember it is not okay to leave any food for the animals. Nature provides for its' own, we upset this balance of nature when we leave any kind of food behind.

Now there is another problem T.P. left behind rocks and trees. Please carry a BROWN PAPER BAG not plastic with you to dispose of your T.P. When you reach your next campsite this can help with the campfire or pack it out and put it in your garbage.

Every year there are more and more people on the trails – let's all be protectors of the EARTH. We are only visitors on this planet for a very short time. Make a difference – set a good example.

Look forward to seeing you on the TRAIL this Spring!!!

Thank you,

Carol A. Langley



Club Information
<http://www.conngmc.com>
Officers & Executive Committee

Carol Langley—President

(860) 621-2860, cosmical14@yahoo.com

Dick Hart, 1st Vice President, Trails & Shelters

(203) 484-9925, ihike@sbcglobal.net

Mandy Brink, 2nd Vice President of Activities

trekeragb@sbcglobal.net

Laurene Sorensen, Director To The GMC

(401) 965-6724, laurenesorensen@gmail.com

Dan Zelterman, Secretary

(203) 230-9108, daniel.zelterman@yale.edu

Marianne Valley, Treasurer

m_valley@att.net

Laurene Sorensen, Reporter to the Long Trail News

(401) 965-6724, laurenesorensen@gmail.com

Please direct all inquiries regarding the Club to the President.

The Trail Talk is published four times a year Winter, Spring, Summer and Fall. Activity schedules are included in each issue. Reports of activities and articles must be sent to the editor no later than the tenth day of the month of the publication. Send articles to:

Carol A. Langley
67 Pondview Drive
Southington, CT 06489
(860) 621-2860, cosmical14@yahoo.com

Membership

When filling out the form to join or renew, circle the Connecticut Section on the application to receive, at no extra charge, the Connecticut Section's newsletter and activity schedule.

Dues:

Individual Adult	\$40.00
Family	\$50.00
Senior (70 or older) or Limited Income	\$22.00
Nonprofit or Youth Group	\$50.00
Business or Corporation	\$150.00

Send annual dues to:

The Green Mountain Club

4711 Waterbury-Stowe Road

Waterbury Center, VT 05677-9904

(802) 244-7037, <http://www.greenmountainclub.org>

Connecticut Section of The GMC

Post & Receive Messages, Photos, Other Activities

http://groups.yahoo.com/group/ct_green_mountain_club/

Welcome New Members

Kevin Burke

Tom Drinane

TRAIL TALK – if you are presently receiving your newsletter in the mail and would like to receive an electronic mailing please e-mail me. I will gladly add your name to our list.

If you have had a change of address we need to know.

Thanks,
Carol

Week Day Sunshine Hikers & Backpackers A new group has formed. Unscheduled activities, there is usually a 24 hour notice sent via e-mail. If you are interested please contact Carol Langley at cosmical14@ayhoo.com or 860-621-2860. Thank You!

ANOTHER SET OF EYES

Throughout the year many Section members head up to our portion of the Long Trail. They do it on their own, with other GMC members or with different groups.

As Trails Chair, I'd like to ask that each of you act as another pair of 'eyes on the ground' when you're up there as regards the status of the trail, shelters and privies. In particular, I'd like feedback on blowdowns, condition of blazes, brushing needs, drainage problems, broom and logbook replacement needs, building conditions, etc. This information will help me schedule trail maintenance trips. Thanks.

Dick Hart

**PEAK BAGGING WEEKEND
WHITE MOUNTAINS, N.H.
AUG. 12 – 14, 2011**

On Friday morning at Zealand Campground, we spent the night at the campground relaxing and visiting. After a few games we hit the hay in anticipation of a big hiking day on Saturday. Mike D had a nifty hammock that he strung up between two trees. It was really quite cozy.

Saturday we were up and staging cars early because we knew it was a big hiking day. We started on North Twin Trail in the rain and fog. We did North Twin Mt at 4761 ft and then hopped on the North Twin Spur trail to South Twin at 4902 ft. Arriving at Galehead Hut, we had hiked 6.4 miles. We dropped our packs, ate a snack on the porch before heading off to climb Mt Garfield. Jim and Mike D hiked a bit and decided to return to the hut. Mandy and Mike S continued on the Garfield Ridge Trail for what seemed like the longest 2.9 miles of the day. This is a pretty challenging hike and we were happy to arrive at the summit. After taking in the views, resting for a very brief moment, we calculated that we had to hit the trail back otherwise we risked missing dinner. Mike S, being the good do-bee, had already done this mountain and Mandy sure didn't want him to miss dinner over climbing it again so we pushed our tired muscles and started our descent. This was an even longer 2.9 miles than the longest 2.9 miles mentioned earlier. The pressure was on, could we do it? We ended up getting there about 30 minutes after dinner started but the hut staff saved food for us and we had a hearty dinner. We had a very brief discussion on whether to do Galehead Mt after dinner and ended up with a four to none vote for nay. We decided to save the hike for the morning.

We had the privilege of meeting Cimarron at the Galehead Hut. His real name is Mike Caetano. He was reclaiming his record for being the oldest man to hike the AT. He had set this record at age 86 in 2009. He was like a celebrity at the hut. He had a following of support from the staff at the hut who had brought some resupplies. We followed

his blog and learned later that he was unable to complete his hike because of Hurricane Irene. He had his 89th birthday on Wildcat Mt but was forced to end his hike when the National Forest service closed due to the hurricane.

Evenings don't get much better than that evening we had at Galehead Hut. We sat on the porch watching as a full moon came up over the mountain. It was a clear sky and the night felt magical as the moon lit up the mountain range. We sat for a long time and just enjoyed the peace of the night. We took plenty of pictures but of course they never do justice to the feeling of being there.

Mike S, Mandy and Jim were up early at 6am to hike Galehead before breakfast. It was a fairly easy half mile hike up, only 225 feet of elevation gain to Galehead Mountain at 4204 ft. After a great breakfast at the hut, we headed out for the bigger challenge, heading back over South Twin with its 1100 ft elevation gain in 0.8 miles. It was a bugger of a way to start the day. We hit Twinway Trail to Mt Guyot. Our original plan was to hike out to the Bonds but we decided that was a bit ambitious. We changed our plans and headed for Zealand at 4260ft. From Zealand we hike over to Zealand Falls Hut where we had nice lunch break. Over lunch there was much debate on whether to do Mt Hale. It was 3pm and we were a wee bit tired. Mandy really wanted to try but after hitting the trail which was up up up, she decided it is a woman's prerogative to change her mind. Dinner in a nice restaurant seemed like a much better idea than hiking out in the dark at 9pm from Mt Hale. So we turned around, hit the Zealand Trail out, hike a mile on the road to our cars. Mileage for the day was 11.8 miles. We stayed at the Shapleigh Bunkhouse, which is part of the AMC Highland Center. Hot showers sure felt great and dinner tasted great. We had a rousing game of backgammon followed by Outdoor Trivia before heading to bed.

Sunday morning Mike D and Jim F departed for home. Mandy and Mike S headed off to conquer three more peaks. We went up the Avalon Trail to

the A to Z trail and bagged Mt Tom first at 4051ft. We looked across the range to an ominous black thunderhead. We were heading that direction so we geared up for the big storm. After hiking about 30 minutes, we doffed our rain gear as the storm seemed to have headed east. We bagged Mt Field at 4340 and then Mt Wiley at 4285 before descending down the Avalon trail. Mandy was having knee issues at this point so it was a slow walk down. This is a steep challenging trail. Mileage for this day was 10 miles. Mandy's one obsession on the trail was the thought of an ice cream cone so after changing into dry clothes we went to Catalano Main St Pizzeria and had a big ice cream cone. We sure did pack a bunch of peaks into this weekend. We did 8 peaks for the weekend (but we had to do a couple twice so we actually did 10). As is always the case, leaving the beautiful White Mts is always hard but at least for this trip it wasn't as difficult since we knew we'd be back in two weeks to do Baldface. Please read Mike S's accounts of that in the article to follow.

Hikers: Mike Shaw, Mandy Brink, Jim Fritz, Mike Dizazzo

**FULL COLD MOON –
UPPER GOOSE POND
DEC. 10 - 11, 2011**

A cold windy Dec. day greeted us as the brave GMCer's started to arrive at the Rte. 20 parking lot. Packs on five hikers started their day promptly at 10:00 destination Upper Goose Pond. We arrived around 11:30 – first decision of the day was where will everyone sleep on the snow covered ground? Don Hagstrom & George Jackson put their tents on some nice soft leaves. Kevin Burke chose a platform. Allen Freeman and I decided to claim our space on the front porch.

After we were all settled, lunch was enjoyed on the porch in the sunshine. We then hiked out to a side trail which would lead us to Rte. 20. The snow covering was just enough for the old eyes of the leader to miss the side trail and we had to double back. When we reached Rte. 20 thoughts entered our minds to hitch hike into town for a

Pizza. Chances were slim that 5 hikers would be picked up so we hiked back up hill with snow and a stiff wind blowing in our faces. Clearing blow downs we worked up an appetite so whatever we packed in for food would taste real good.

When we arrived back the first job was to gather wood for our campfire that we thought would keep us warm. Piles of branches and logs soon grew, then out came the saws. Some of the guys were so strong they were breaking these branches with the hands and feet. What a crew!!!!

Now let's eat before the sun goes down. As we fired up our stoves the sun sunk into the west casting off a rosy glow that made you feel warm. In the east the COLD FULL MOON rose and Allen Freeman stuck the match that ignited our fire. It was picture perfect. Soon we had flames licking the sky and sparklers shooting around us. We had everything under control except the temp which was going down, down, down. By 8:00 hikers midnight we were all huddled in our sleeping bags with foot and hand warmers. One brave hiker Kevin took a walk down to the water to enjoy the beauty of the moon as it danced on the water.

6:30 a.m these guys are alive and moving, can't we ever sleep in!!! No time to stand around the temp was 10 degrees on the porch. Breakfast, pack up and move out. We took out the side trail which led us to an old woods road that has been named by the CT. Section of the GMC as the Myers Trail. Reaching our cars we moved quickly to pack our things as the wind was blowing and the temp was not moving. Soon we said our goodbyes and in our minds hoped to be able to do this trip again next year. Hope you will join us for this BONE CHILLING experience. We had one new hiker Kevin Burke who has been a member at-large but after this trip he contacted Mari at the Main Club and said I want to be a CT. Section member. Looks like you missed a great time if you didn't come.

L. Carol A. Langley – Backpackers – Don Hagstrom, Allen Freeman, George Jackson, Kevin Burke

BROOKSVALE PARK DEC. 29, 2011

This hike was listed to bring a child well one of our members Mandy Brink took me seriously and brought five grandchildren, one daughter and one daughter-in-law. As I was driving to the park with my grandson Brian I asked how many miles he thought he could do his response was "I am good for 5 miles Gramma".

The children had fun making sure we were on the right color trail and counting the blazes, testing ice patches to see if they would break, etc. We planned to hike into the Cheshire YMCA Camp to have lunch. Many breaks were made snacks, water in and out, I'm tired, etc. These kids did great and showed no signs of being tired.

When we reached the end where the park has animals we visited the Rabbits, Peacocks, Goats, Lambs and did a few tricks on the playscape.

Speculation has it that after a quick stop at McDonald's the children had a long winter's nap and were revived to celebrate Christmas at Gramma Mandy's house that evening. Thanks for joining me we had lots' of fun.

Hikers: Jim Robertson, Don Hagstrom, Mandy Brink, Laura Mooney, Rachel Brink, Deondre Bransford, Amarie Bransford, Amanda Brink, Luke Brink, Haley Kumpf, Brian Palumbo, Carol A. Langley



The Berkshires: Cheshire to Pittsfield Rd. Aug 11 - 13, 2011



Why are these people smiling? Could it be the ice cream?

With an eye toward the end of the hike, we met in a parking lot situated within easy walking distance to readily available ice cream. Hey, are we experienced hikers or what?

It was a late start for a short day. We were so happy to be together, out in the woods, chattering to each other, that we missed a major turn in the trail. Not to worry! We are experienced hikers. Those marks on the trees are for the novices. Who needs 'em when you are as capable as we are? Besides, the trail probably goes THIS way, and they just forgot to blaze it. Long story short, we crossed the trail and some decided to double back on it in order to see what we were supposed to see. This made it an authentic AT hike: getting lost, finding your way, and still managing to see the sites. The day ended at a tenting area. A through-hiker came by looking for some trees to string up his hammock. None of us recalled seeing any

Friday involved a downhill hike into Dalton. A south-bounding through-hiker was uncertain about her direction. (Even after hundreds of miles from Maine, those through-hikers are just a bunch of newbies.) The trail went right by a deli and we passed it exactly at lunch time. Of course, we are experienced hikers, and

planned it that way. The shelter was a short distance after that. We arrived just in time for an afternoon siesta. (Cue the zz's.)

Saturday would be a short day. The car was parked at the second road crossing. Never mind that both roads are called Pittsfield Rd. Upon arriving at Pittsfield Rd (the first) an advance party saw Sarah's car parked in the wrong place (Bad car! Bad, bad car!!) and decided to continue hiking to the place where the car was supposed to be: Pittsfield Rd (the second). This, as if to teach that wayward car a lesson.

But as the memorable Bullwinkle the Moose once said:

*Two wrongs do not make a right,
But three rights make a left.*

Confusion and mayhem ensued. A search party was sent out to cut 'em off at the pass. Once reunited, our fearless-fivesome went out for beer, pizza, and ice-cream. In that order. In the end, experience pays off.

Hikers:

Don Hagstrom, Bill Heath, Mark Blanchard,
Dan Zelterman, reporter
Sarah O'Hare, hike leader

SEVEN FALLS DEC. 4, 2011

On this late autumn morning eight hikers arrived to enjoy a brisk walk in the woods. Some hadn't hiked here in a very long time and was learning of the re-route of a few years ago. This trail relocation made the crossing of the brook no easier. We all made it across safely by way of the nearby former path. Further along, the trail now crosses the power line area over boulders, a fun challenge.

We followed the blue-blazed Mattabesett Trail north, the Chinese Wall and Bear Hill its highlights. Just after descending Bear Hill we turned south onto the blue/yellow-blazed Bear Hill

Loop Trail. At times the trail followed in conjunction with or crossed the Mattabesett. After crossing Freeman Road we were on the lookout for our final section, the Seven Falls Loop Trail. Here Karen spotted a small patch of Trailing Arbutus, leader pointed out an area where the Cardinal Flowers bloom. This will mean a return trip in both spring and summer to view the wildflowers in their glory.

This series of loop trails, with their many rocky scrambles, is a fun hike. The distance is estimated to be approximately 6.5 miles.

Hikers: Carol Langley, Dave and Karen Wells,
George Jackson, John Bensenhaver, Don
Hagstrom, Bill Falconer
Leader: Sarah O'Hare

Green River Reservoir Paddle/Camping Trip September 16-8, 2011

Mandy Brink, Dave and Regina Chatel, Beth Schwartz, Dan Zelterman and I went on an EXTREMELY enjoyable trip of yaking and yuking up in northern Vermont.

Green River Reservoir is a 653 acre lake that seems to be much larger than it is because of its many coves and narrow arms. The only access on its 19 miles of shoreline is the put-in at the southern end of the lake. Paddling is the only way to get to the tent sites – no roads and no trails. Our site was a one hour paddle away from the put-in. Each site is a goodly distance from the next one. Only on Big Island are they near to each other. No power boats are allowed. It seemed just like the whole place came right out of one of James Fenimore Cooper's books.

A 5,113 acre park that is only 25 miles from the Canadian border insured that we had tons of wildlife viewing. We paddled to the inlet stream at the north end of the lake. Going up the stream, we ran into a beaver dam. After crossing it and going further, we ran into a second dam. We crossed that one also but the stream soon petered out and we had to turn around. Although two

Snowshoe Festival February 4, 2012

kayaks and two canoes negotiated both dams going upstream and one dam heading back downstream, there was a “dampening incident” involving one boat going over the final dam.

Mandy, Dave and I went back to the inlet at dusk with hopes of seeing moose and beaver. We didn’t see any moose but we saw or heard the slapping tail warning sounds of a dozen beaver. A curious otter swam up to the canoe to check us out for multiple minutes before it submerged into the dark water and swam off. We also heard a raven soaring overhead.

It was great to fall asleep hearing the plaintive wailing call of loons out on the lake in one ear and the “who cooks for you” hooting of barred owls up on the mountain in the other ear. All this within five days of a full moon – absolute, utter enjoyment.

Dinners of stew and chili and breakfasts of pancakes and ham, egg and cheese sandwiches kept everyone contented. These were seasoned with lots of jokes and laughter.

The facilities were 0.1 mile up a steep hillside. After making the climb, there was a raised 12’ by 12’ open platform with a porcelain commode in its center – forsooth, a veritable throne! It was completely *al fresco*; there were no walls or roof. Happily it wasn’t raining. (As subsequently learned from Don Hagstrom, this type of facility is called a “chum”.)

On the way back home, Mandy, Beth, Dan and I stopped to see Moss Glen Falls. Mandy and I saw this last winter but it looked quite different without the ice covering. We also stopped at the Ben & Jerry’s plant for some delicious ice cream.

Dick Hart



Photos by Kevin Burke

Join the Connecticut Section of the GMC

The Connecticut Section offers a wide range of outdoor activities all year around. Hiking, backpacking, canoeing, snowshoeing and work parties in VT to maintain our section of the Long Trail. Members will receive Trail Talk our section newsletter and The Long Trail News, a quarterly publication of the Green Mountain Club, published four times a year, and discounts on GMC items such as books and shirts, etc.

ANNUAL DUES		NAME: _____
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Family	\$50.00	_____
Senior/Student/ Limited Income	\$22.00	PHONE: _____
Lifetime Membership	\$1000	E-MAIL: _____

Please make checks payable to the Green Mountain Club. Mail your payment with form to:
Green Mountain Club, 4711 Waterbury-Stowe Rd., Waterbury Center, VT. 05677

Carol A. Langley
67 Pondview Drive
Southington, CT 06489

