



# Connecticut Section of the Green Mountain Club

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Editor: Carol A. Langley

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## PRESIDENT'S MESSAGE

The Summer Season will soon be here with it a rise in temperature and many times uncomfortable levels of humidity. Activity leaders should take a break at least every hour for all participants to get a snack/drink or relief break.

When leading a hike it is wise to let others also lead, this allows the leader to mingle with the hikers and take time to talk with new members. All of us hike at different paces but we all get there. As a hike leader if you have plans to do a specified number of miles in a planned time frame please make everyone aware before starting. Hikers if you plan to be off the trail by a certain time please let your hike leader know in advance. Remember all GMC activities are intended to be rewarding and enjoyable experience. **If you are having trouble keeping up with the group please let your leader know.**

When you contact an activity leader concerning a listed event and express intent to attend please let the leader know if you decide not to attend. The customary wait time is 15 minutes. Please exchange cell numbers with the leader if in doubt of meeting place.

Thanks to all our activity leaders who have put together a great schedule of events. Let's get out and play!!!

President,

Carol A. Langley



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

**Carol Langley—President**

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Marianne Valley, Treasurer

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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:

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**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/](http://groups.yahoo.com/group/ct_green_mountain_club/)

**Welcome New Members**

Gil Craig

Irene Murray

Michael Samsen

**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.

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](mailto:cosmical14@ayhoo.com) or 860-621-2860. Thank You!

**Pachaug Forest – Hell Hollow Road to Lowden Brook Hike  
Feb 25, 2012**

For years we have had the tradition of pizza after a hike. On this fine Saturday morning, we decided to congregate at Mandy's for breakfast and a board meeting. It turned out to be an excellent idea. We had quite the breakfast feast. With full bellies and a successful board meeting, we hit the trail at Pachaug Forest heading from Hell Hollow Road to Lowden Brook. When I scheduled this hike, I pictured being bundled up, with snow and ice along the brook. Well the day was warm and we were hiking without coats. Walking along Lowden Brook is pretty in the winter but on this hike it felt like spring. There was no ice. Lowden Brook was a full babbling brook. It was a gentle easy walk. Back at Hell Hollow Road, we walked by the pond before departing for home.

Breakfast attendees: Mandy Brink, Dan Zelterman, Marianne Valley, Dick Hart, Don Hagstrom, Carol Langley

Hikers: Mandy Brink, Dan Zelterman, Dick Hart, Don Hagstrom, Carol Langley, Mike Shaw



## Shenipsit Trail Hike

January 28, 2012

When I put this hike on calendar, I pictured a winter hike with snow, ice, wind, and everyone bundled in the best winter clothes with snowshoes. Who would have thought that on Jan 28 we would have some of the group down to hiking in T-shirts. It was a beautiful day with temps peaking at around 47 degrees. We started out from Hopkins Rd with some gray clouds. It was an easy gentle hike. As we approached Soapstone Mt, the sun came out and sparkled through the woods. We were entertained by Don Hagstrom who shared tales of being "Hazel the Housekeeper" among other things. If you ever need a load of laundry done by 5am, Don's your man. At the top of Soapstone Mt we climbed the fire tower for a clear view over the valley. After descending Soapstone Mt, we stopped at Brittney's Pond. It had barely a thin sheet of ice. There was a picnic table right on the pond's edge so we stopped for some lunch. It was a short walk after that back to the cars. We hiked 7 miles and could easily have continued hiking as it was a beautiful day.

L: Mandy Brink, Hikers: Jim Fritz, Carol Langley, Mike Shaw, Don Hagstrom and Kevin Burke



## M&M trail Section 7 from Route 47 to Route 116, Robert Frost Trail attempt one

April 7, 2012

Our intentions were to do at least the first two sections of the Robert Frost trail. In the trail description from 2004, it mentioned that section one was still in planning and tentative only. Well our conclusion at the end of the day is that in 2012, section one must still be tentative because to save our life we could not find one orange blaze. Supposedly we would split from the M&M trail at the first rocky ridge. The orange blazes were the Robert Frost trail. We found blue, red and green blazes but never any orange so we just ended up hiking on the M&M, knowing it would take us to the same destination, the Notch Visitors Center. The difference in the hike is that the Robert Frost trail would have skirted around the bottom of the mountains while the M&M went along the Holyoke ridge and was a constant up and down. It was a clear day with blue skies and the views were very pretty looking down on the Connecticut River Valley. We stopped and checked out the Summit house which seems to be in some sort of restoration. We had lunch at an overlook and really life doesn't get much better than that lunch spot. We were able to see a beautiful view of the river, the sun gently beating down to warm us up and a gentle breeze on the rock ledge where we chose to eat. It was so peaceful and a nice break from the rat race of life. We continued on our up and down, arriving at the Visitors Center early afternoon. We found the start to Section Two of the Robert Frost trail but decided it was getting late to tackle another 6 miles so we called it a day. Attempt two for the Robert Frost trail will be listed in an upcoming schedule. Please stay tuned. For those of you, who weren't able to come because of it being Easter weekend, hope to see you on attempt two.

Hikers: Mandy Brink, Carol Langley, Bill Heath, Don Hagstrom, Jim Fritz



## News Year's Day

Jan. 1, 2012

A gorgeous warm sunny day our group of GMCers enjoyed. Most of us were down to shirt sleeves and vests as the temp. edged into the low 60's.

We walked the inside dirt path since a large portion of the boardwalk had been destroyed by Hurricane Irene. Reaching Megis Point we went out to the farthest point then retraced our steps and went out to Willards Island in search of a dry sunny spot for lunch. Not here.

Back to the field in back of the Nature Center Sarah spotted picnic tables dry and in the sun. Everyone enjoyed lunch with friends basking in the sun what more could you wish for on a New Year's Day.

After lunch we followed a path which led us to viewing platform where we found tables in the sun. File this info for the next time.

On our return trip we met people on horses, bikes and so many cars it looked like the 4<sup>th</sup> of July. We did a short walk on Hammonasset Beach where people were lying on blankets sunning themselves.

Thanks to all who joined me on this most unforgettable New Year's Day

Sarah O'Hare, Mary O'Neill, Jim McCoy, George & Shirley Jackson, Don Hagstrom, L. Carol A Langley



## Quinnipiac Trail

Sunday April 15, 2012

We had beautiful weather for this hike, rescheduled from a dreary day in December. We started at the southern end of the northern section of the Quinnipiac at Camp Laurel. We walked past the camp and then almost immediately began to ascend the first hill. This was the theme of the day: laboriously climbing one hill after another, then pausing to breathe and let our legs recover. The early spring wildflowers were starting to bloom and we noted several species of violets as well as trillium and a few columbine clinging to the rocky slopes. Jim saw or heard a number of birds, particularly woodpeckers. As we approached the summit of Mt. Sanford a swirling group of turkey vultures circled ominously overhead, but we weren't as far gone as they thought and we soon left them behind.

We stopped for lunch just short of Roaring Brook Falls on a locally high spot on the ridge; a cool breeze kept the gnats at bay. Shortly after lunch we encountered the grey, furry skin of an animal that a hawk had wedged about 6 feet off the ground in a small tree. We began a discussion of what type of animal it was; prevailing opinion was that it most resembled a groundhog, although Ken felt that it was the rare boonrat (found only in a narrow stretch of land between New Haven and



Cheshire, CT.) He proceeded to discuss the natural history of the elusive (and imaginary) boonrat in some detail as we continued our hike.

The leader's reading of the contour map indicated that the second half of the hike was relatively flat. This was not actually the case. Jim had hiked this section before and helpfully noted that there were only two more hills (however, by the second or third time he had done this...after climbing yet another hill...he began to lose some credibility.) We finally did manage to come down off of the last hill to discover our cars safely parked near the water tanks. Thanks to all for a most enjoyable trip!

Hikers: Mary O'Neill, Jim McCoy, Tom Marston, Ken Williamson.  
L. Lora Miller

### **Mattabeset River Paddle**

**5/5/12**

Mandy Brink, Carol Langley and Dick Hart spent four and a half hours paddling down the Mattabeset River from the Route 3 put-in to the Connecticut River, around Wilcox Island and back to the put-in.

We met at Dunkin Donuts on a cloudy day for a river paddle through a wooded area to the marshes of the Cromwell Meadows State Wildlife Management Area. It is surprisingly isolated given it borders the city of Middletown and is near the Route 3 highway. On past trips, I've touched a swimming snapping turtle that had a two foot wide carapace and seen deer, beaver, egrets, herons, swans, geese, ducks and birds of all types. It holds the state's largest crop of wild rice.

There were a dozen people fishing from the river banks. A few other kayakers passed by.

The clear highlight of the day was the bald eagles we saw. They were on the hunt for some fish to eat.

One baldy caught a fish that was too large for it to pick up and fly away with to a tree to eat. It struggled to just flap its wings and haul it to the marshy edge of the river to eat there. We were able to float up to within 25 feet of it and watch it having lunch. The fish had many scales, likely a bass. The baldy started eating the blood engorged gills. We could hear the eagle ripping the skin off in order to get at the rest of the flesh. Mandy took a number of pictures on her cell phone. They are splendid! She up loaded them to the CMG-CT web site.

It was absolutely great to see such a majestic animal! The nice paddle almost turned out to be a mere by-product of the day.

Dick Hart





## Backpack PA./AT

April 26 – 29, 2012

We met our shuttle driver Rita from the Blue MT. Climbing Club at Rte. 309 at 12:00 P.M. after a scenic back road tour we arrived at Port Clinton and the AT crossing. Rain gear, pack covers and a hike ahead of us we headed north. As we climbed the 1000ft ascent the layers started to come off. At the top of the ridge we had lunch where we picked up a strong wind which stayed with us most of the day.

As we approached Windsor Furnace Shelter we saw smoke and new we would have company for the evening. When we arrived we were greeted by Relic Hunter and his son Loud Owl. Since there was a threat of rain for the evening we chose to share the shelter and fire with the thru hikers from Virginia. First plan let's get rid of this smoke which we did and soon flames danced in front of us giving off some warmth.

Noise at the crack of dawn - Gear Man rustling around shaking those food bags. Everybody Awake!!! We had 9 miles to cover today with the threat of rain again so we kept a steady pace moving along quickly. The trail was mostly on old woods road but there was those PA rocks scattered about. Lunch was enjoyed on the Pinnacle where we saw before us America's Farm Lands, there is not much of this left in CT. so we enjoyed the view. Around Panther Spring we took a break because my heels were on fire – BLISTERS – Nurse Mandy to the rescue with gel pads. We arrived early at Eckville Shelter. The Shelter had 6 bunks a table, lounge chair, water from a faucet and flush toilet on the grounds. A menu was on the table that said we deliver sounds good let's do it. We ordered a Pizza and Relic Hunter and his son ordered a Stromboli this was quite a treat for a backpacking trip. After getting our things ready for the evening we took a walk across the street to a lovely camping area which became invaded with a group of Boy Scouts rather than the shelter, since Mandy was outside reading she showed them the way. The rest of us were down for the count.

Sat. morning looks like a great day let's move out. Well we had fewer miles 7.4 but the rocks sure made it seem like twice as many. Mandy took a side trail to Hawk Mt. she just loved those rocks. As we hiked along the spring flowers were everywhere, Honeysuckle, Lady Slippers, Blazing Stars, Wild Baby Orchids and many others Arriving at the Allentown Shelter by 2:00 P.M. we had the afternoon to relax and get a good supply of wood for the evening campfire. This is a very nice shelter with very nice grounds and a fancy privy. We were all settled when the thru hikers just kept coming till there was no room at the shelter. Mandy, Don and I moved our things to a tenting area and gave up our spaces. (8:00P.M)

Sunday morning the sun was a fireball in the east, a hermit thrush sang from his perch high in a tree, as we packed up and wished everyone a safe hike Today was 4 easy miles that we hiked in 1 hour and 40 mins. After breakfast at the Beacon Diner we headed North East. Yes, we are going back to PA for more rocks, hope you will join us.

Backpackers: Carol A. Langley, Mandy Brink, Don Hagstrom







**Photos of AT/PA**

## **Chauncey Peak and Lamentation Mountain**

**March 11, 2012**

On this glorious morning in late winter all were early for this much anticipated hike. Beginning at Giuffrida Park in Meriden, we stepped onto the blue-blazed trail and almost immediately began our ascent up Chauncey Peak. The gradual climb soon became a serious rock climb. Buckeye, Tom's dog, needed a bit of encouragement but he, as did the rest of us, made it up without incident. Our view from the trap rock ridge made the effort

worthwhile: a pastoral countryside of fields and woods lay below, New Haven to the south and points of interest in Bristol and Southington to the west. Turning north, we followed the ridge around the upper edge of the quarry. Over the years the quarry has inched closer to the trail and we speculated how long it would be until the trail disappeared as the mountain loses itself to the man-made erosion. Further along, there were views of Mt. Higby to the east and below us, Crescent Lake (the Bradley Hubbard Reservoir).

The gradual descent brought us across a canal on a small foot bridge and we then turned north to begin the gentle and easy ascent up the south end of Lamentation Mountain. We ascended to the summit and began our walk along the level ridge, stopping occasionally to enjoy the view. Approaching the northern end of the ridge, we turned back, retraced our steps and followed a path back to the parking lot. Before parting we paused at the bank of the reservoir to try to identify the white waterfowl we observed from above on Chauncey Peak. Karen recognized them as Bufflehead Ducks. It was estimated that we hiked about six miles.

Hikers: Carol Langley, Don Hagstrom, Bill Falconer, Karen Foss, Dave Wells, Gil Craig, Tom Marston and Buckeye  
Leader: Sarah O'Hare

## 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: _____
Individual	\$40.00	ADDRESS: _____
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

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