VOLUME XXXXV ISSUE I EDITOR: CAROL A. LANGLEY April 2014 – June 2014

#### HIKING SAFETY ZONE

What is the safety zone? The distance between hikers! On hikes recently I have noticed the bunching up or piggy-backing of hikers. If you can touch the person in front of you with your hiking pole, with your arm extended, you are too close. Please back off, drop back to increase your space for safety sake.

Climbing hills, rocks, inclines, the person behind the leader should wait till the leader is a safe distance ahead before following all others should do the same. Upon reaching the top no one should charge ahead but wait till all are together.

Descending is probably when the most accidents happen. Let the person in front of you be at least half way down the incline, rocks, etc. before you follow. I have witnessed accidents first hand because of people following to close and being in a hurry. On Ragged Mt. one evening a hiker was in hurry to return home and followed too close to another tripped knocking down the hiker in front. This resulted in a torn pack shoulder strap and broken glasses. Another incident was on Barrack Mt. where again someone was following too close tripped the hiker in front resulting in a tumble down the side of the embankment and was saved by their pack getting caught on a branch. It is the responsibility of all hikers to maintain a safe distance when hiking.

Remember hiking is NOT a competitive sport, how many miles and how fast we can go is NOT the reason we hike together. It is time shared with friends and enjoying the sights and sounds that Mother Nature offers us.

Let's be safe as we play!!!!

Carol A. Langley





### **Club Information**

http://www.conngmc.com

#### Officers & Executive Committee

# Carol A. Langley - President

cosmical14@yahoo.com

Dick Hart, 1st Vice President, Trails & Shelters (203) 484-9925, ihike@sbcglobal.net

Mandy Brink, 2<sup>nd</sup> Vice President of Activities trekeragb@sbcglobal.net

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

Andrew J. Hood, Alt Director (860)-646-2753, andrew.hood@snet.net

Kevin T. Burke, Secretary (203)-729-1603, burke-kevin@sbcglobal.net

Marianne Valley, Treasurer m\_valley@att.net

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 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	\$45.00
Family	\$60.00
Senior (70 or older) or Limited Income	\$25.00
Sponsor (Individual/Family)	\$75.00

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.vahoo.com/group/ct\_green\_mountain\_club/

## WELCOME NEW MEMBERS

Rosemary Hyson David Junius Glenn Stolle

## SEE YOU ON THE TRAIL!!

## GOOGLE CALENDAR

If you would like to be added to this site please subscribe to site listed below.

Ct-gmc-activity-reminders+subscribe@googlegroups.com

Allen Freeman will be posting our activities to this site. Please contact him with any questions:

allen@allenf.com

#### THANK YOU

David Cullen, Sherrill & Ruth Collins for your generous donations to the CT. Section

#### HIKE LEADERS

All reports should be sent in a Word Document in Times Roman 11. Reports sent from I-phones or I Pads will be returned.

Thank you, Carol A. Langley

# Martha's Vineyard Bike Trip Sept 13-15, 2013

Doreen and Martha took the 9m ferry out of Point Judith while Mandy and Jack caught the 1pm ferry. We met up in Oak Bluff and biked out to the hostel in Tisbury in late afternoon. On the bike path we passed a statue of the Heath Hen. This hen was popular on Martha's Vineyard but was overhunted. An attempt was made to save them but in 1932 they became extinct. As Jack was locking up his bike, there was a whish and then one very flat tire on his bike. The weekend had begun. We cooked a spaghetti dinner together and then settled in for a game of Trivia.

Jack was up early on the bus to Edgartown to get a new tire. The rest of us followed suit after breakfast. We checked out the visitors center and the lighthouse and then began our very own game of "Where's Waldo" except our game was "Where's Jack". His cell phone had died so we had no way to contact him. We sent out our psyche ways and sure enough, heading down the road, we saw him riding towards us. We headed to the ferry for Chappaguidick. In past trips we had always done a quick trip on Chappaquidick. This time we decided to explore the island in more detail and actually spent most of our day out there. We biked first to the Cape Poge Refuge. We parked out bikes and enjoyed a nice walk on the beach. From there we biked over to the Wasque beach. What a great place. The water was swift flowing and swimming would have been difficult. We just walked all around enjoying the views, the nature and how unique it all seemed. On our way back to the ferry we stopped at the MyToi Gardens. This is a 14 acre garden of exotic and native plants. It is laid out in Japanese style and quite nice to walk through.

It was back to the ferry and a late lunch at News From America in Edgartown. We biked out to the hostel. Jack and Mandy continued biking to West Tisbury in search of a nature preserve that we remembered from a previous trip but we never did find it. Back at the hostel we had dinner and then another rousing game of Trivia. The hostel on Martha's Vineyard was the first purposed hostel built in the USA by Lillian Davis Mentor who guided the plans for this youth hostel on the island.

On Sunday, Martha and Doreen were out early to catch the morning ferry. Mandy and Jack were not leaving till 5pm. We spent the day stopping to see random

sites. First we stopped at the Frisbee golf course. The guys were practicing and very nice about explaining the game to us. They let us try a round and we made a respectable showing, not missing the basket by too much. Jack and I decided we had found a great alternative for the GMC when we are all too old to hike. We found a land preserve and biked around there, checked out the ice arena and then decided to bike to Vineyard Haven. Somehow at the most remote area of Vineyard Haven, I lost Jack. We rode out to check out the lighthouse. I was riding along and all of a sudden there was no Jack behind me. Um, had my endless rambling finally gotten to him? I backtracked but to no avail. No Jack. I headed back into town, biked all over town and no Jack. I felt guilty leaving him behind but decided to head over to Oak Bluff in hopes that he was somewhere near the ferry terminal.

Sure enough, there he was. Guess we had been looking for each other in Vineyard Haven and just kept missing each other. We had a late lunch, did a small walk among the gingerbread houses and then it was time to take the ferry home. Another island weekend of grand fun was over quickly, but that's okay, we will return.

Co-Leaders Mandy Brink and Doreen Scott with Jack Sanga and Martha Cain

# Carrigain Hike Oct 27, 2013

I asked Jim Moore if he thought we'd catch the tail end of the fall foliage on this hike. His response was that it was probably a bit late in the season. Boy was he ever right. It looked like late fall as we started in on the Signal Ridge trail. The trees were bare and the leaves heavy on the trail. As we started to gain elevation, we spied our first snowflake on a bush. I was quite excited and took a picture, unsuspecting that soon I would be seeing lots and lots of snowflakes. It started to snow at a pretty steady pace. It wasn't long before the rocks were snow covered and slippery. The higher we got, the heavier the snowfall until it looked more like Jan 27 than Oct 27. Right before the final push to the summit, there is a flat area of pines and this looked like a winter wonderland. We could see the tower so we continued through the beautiful pines.

Upon reaching the summit of Carrigain at 4700 feet, we climbed up the tower. The rail was covered with

frozen icicles. Despite the clouds and snow, we still managed to get some good views at the top. After a few pictures and a snack, we started for what would be a slow descent down. We really could have used micro-spikes at this point and were a bit envious of those who actually had them. We managed to slip and slide our way down. After a few hours we were back into the fall setting and it felt more like October once again. We were off for a well deserved dinner and hot beverage. It was 10 miles of hiking for the day.

Co-Leaders: Mandy Brink and Jim Moore. Hikers: Tom Lynott and Dave Kwiatkowski

# Devil's Hopyard November 3, 2013

Thank heavens for Sarah O'Hare and Dave Wells who came with nicely colored maps of the state park. It has been about 5 years since I was out here and my memory was not serving me very well, nor was my poorly detailed map. We congregated at the parking lot and decided to start by enjoying the beautiful Chapman Falls.

We took the orange looped trail first. It was fairly flat and easy until we reached the area for Devil's Oven. This was a stout climb up to the Oven, but fun to explore the small rock caves here. After a nice group picture we continued on, eventually coming out by the covered bridge. The area hiked along the Eight Mile River was very pretty with the gentle flowing waters surrounded by the majestic Hemlocks. After a nice lunch in the picnic area, we continued on another loop leading up to a Vista. There was a blue blazed trail going off that was an Eagle Scout Project that would be fun to explore on another hike. We briefly lost Don and Bob, but found them again at the gate.

This state park has many loops of trails so having a nice colored map was very helpful. This is a nice state park and I thought it would be nice to see how different it looks in the winter so another hike is scheduled for then. We hiked about 7 miles for the day.

Leader: Mandy Brink. Hikers: Sarah O'Hare, Don Hagstrom, George Jackson, Carol Langley, Cathryn Dolan, Dave and Karen Wells, Bob and Mel Michaud and Doreen Scott.

# Tunxis Trail and Sessions Woods November 17, 2013

With a large number of hikers in attendance there are more opportunities for distraction. For me, the hike becomes more of a social outing rather than one of quiet observation of the natural surroundings. This was apparent from the start, as the first turn onto the Tunxis Trail was missed. It was to take us across Rt. 69 and follow a series of loops encompassing the Tunxis and Orange Dot Trails. Rather than turning around to begin anew we continued on, following the Beaver Pond Trail. We stopped at the Beaver Marsh but saw no wildlife activity, all was quiet on this late fall day.

We then followed a blue-blazed trail, taking us around the marsh. Here, Karen pointed out that a few Princess Pines were ready to release their spores. The Princess Pine, a small evergreen plant, is actually not a pine but rather a club moss. In the fall they produce "clubs" that shed spores into the wind. Karen gently touched the club and the powdery spores were released. She further explained that in the early days of photography the spores were used as flash powder. When ignited, the flammable spores would explode in a flash of light.

In looking at the map we noticed a youth camping area off the Black Dot Trail. As lunch time was approaching it became our destination. We settled in at the picnic tables where sandwiches and hot beverages were enjoyed. To top off our lunch, Lora passed around her home baked tasty treats. As a light rain began to fall we decided to head back to the parking area. Upon arrival at our cars, Don, Mel and Bob weren't quite ready to call it a day. Despite the drizzle, they began the hike anew, on the originally planned Tunxis and Orange Dot Trails. As the rest of us drove off, we waved goodbye as they crossed Rt. 69 on the Tunxis Trail.

Hikers: Don Hagstrom, George Jackson, Bill Falconer, Mark Schofield, Dave and Karen Wells, Lora Miller, Melanie and Bob Michaud, Celia and Fred Campbell with their pup, Fire

Leader: Sarah O'Hare

# Salmon River Trail December 5, 2013

The Comstock Bridge is one of the few covered bridges in our state. Built in 1873, it underwent major reconstruction a few years ago. It was here, at the impressive covered bridge, that we began our hike. Crossing the bridge, we then stepped onto the Comstock Bridge Connector Trail and followed it upstream. There were some terrific views of the river and the hills beyond. After a two mile gradual climb, we reached the junction with the South and North Loops of the Salmon River Trail. Turning left onto the North Loop, we eventually came upon the ruins of some old stone cellar holes. We explored them briefly before getting back to our trek.

A rather new side trail, blazed red, was to lead us to a scenic waterfall. Don had discovered it previously and so it was a new destination for many of us who hadn't hiked here in many years. The trail was an Eagle Scout project, a project well done! Coincidentally, Bonnie had known the Eagle Scout. Some photos were taken at the falls before we retraced our steps the 0.2 mile to the blue-blazed trail. Soon the trail became the South Loop. We continued on to Day Pond State Park where the picnic tables in the pavilion by the pond became our stop for lunch.

Crossing Day Pond Road, we entered the woods once more and continue along the South Loop. We soon passed the glacial erratic, a familiar landmark, and then reached the junction with the Connector Trail once again. From here it was a two mile trek downhill, back to the bridge. Our seven mile hike on the Salmon River Trail was most enjoyable.

Hikers: George Jackson, Don Hagstrom, Bill Falconer, Bonnie Stuckart, Gary Gregory, Ed Shyloski

Leader: Sarah O'Hare

## Upper Goose Annual Deep Freeze Dec. 7-8, 2013

Snow was falling and the wind was blowing as we reached the parking lot off Rte. 20. I packed in fire starters, dry paper and some twigs for our campfire. Mel & Bob carried in the fixings for the Smores, Kevin hauled in a shovel which was a very useful item. The farther in we hiked the more Ice on the limbs. Taking a

short break we discovered a print in the snow, just one and it was huge. BIG FOOT IS ON THE TAIL!!!

Reaching the cabin we found many downed trees and limbs but all were incased in ice, so a fire was started and the cut wood was placed on the rocks to thaw. Mel and I hauled in the limbs and Kevin & Bob just kept sawing. Finally a nice blaze was sparkling and we enjoyed smores. By 3:00 Mel & Bob were on their way out

The pond was frozen and groaning, snow was melted in a tea kettle for water. The tent platforms were encased in ice and even after scraping with the shovel, Kevin and I found ourselves dancing with the tents to keep them on the platforms.

We decided to eat early by day light. Keeping our feet warm was a challenge because of the construction of the fireplace. I may have to use my engineering skills to redesign these rocks for greater warm.

By 5:00 we placed the last of the wood on the fire, by 5:30 I headed to my tent, put on as much clothes as possible a shot of Fireball and my lights were out.

Next noise was the Coyotes screaming around 6:30 at 7:00 Kevin was yelling you alive over there. We packed everything we could inside our tents to stay warm. A quick cup of hot coffee and a bar, we hiked out the Myers Trail, since it is old dirt roads and would have less chance of ice. Are we going to do this again, you bet we are. See you next year we will have a Full Moon. Dec.6&7, 2014

L. Carol A. Langley Hikers: Kevin Burke, Bob & Mel Michaud.

## Rocky Neck S.P. Dec. 28, 2013

Whow, eight hikers and one dog. Once again the weather was to be sunny but it did not happen. We started our hike following the paved road which leads past the campground. Soon we reached the bridge where we disturbed a Great Blue Heron. Black Ducks and Mallards swam around to keep the small brook from freezing.

Just past the privies we entered the woods on the red blazed rail which followed the shore of the marsh. Soon we reached the parking area off Rte. 156 which was filled. From here we picked up the Blue Trail which gave us some nice views of the ocean and Ten Mile River. Soon we reached the pavilion which was built in 1937. The main supporting poles were brought in from other State Parks. I can remember as a young girl walking up to the Pavilion and buying an Ice Cream for 50 cents.

After a couple of pictures Mandy and Cathryn left, the rest of the group found a picnic table in a sheltered area. As we ate lunch a ship came into sight and Bob announced it was his ship. However he missed it as he was concentrating on his P&J sandwich. Better luck next time Bob!!!

We waked back towards the paved road along the beach and spoke of how white the sand was. All too soon we reached our cars and the day was done. Thanks for joining me. L. Carol A, Langley

Hikers: Mandy Brink, Cathryn Dolan, Bob & Mel Michaud, Sarah O'Hare, Jim Robertson & Molson, Mark Scofield.

## Penwood State Park January 12, 2014

On a relatively mild mid-January day we hiked on bare ground owing to warm air and rain on the preceding days. We began on the red trail following along the park's eastern boundary to the picnic area and Shadow Pond. Sarah recalled visiting this pond with her two sons years ago and looking for mutated frogs. On this day the frogs, if there were any, were burrowed in the muddy bottom for the winter. We tried to find the old rock stairway up to the park main route but were turned back by blow-downs obstructing our way. Taking another way we joined the main route and continued north passing Lake Louise, all ice covered, and then the old cabin site. We joined the Metacomet Trail and climbed to the Pinnacle for the view up and down the Farmington Valley. Turning south we followed trails along the western park boundary, visiting Cedar Ridge Overlook along the way and reconnecting with the Metacomet Trail back to the park entrance and the parking lot.

Hikers: Mel and Bob Michaud, Carol Langley, Sarah O'Hare and Dave Wells, leader.

# Northern Exposure: Jan 23-26, 2014 Winter Weekend in Vermont

How funny to think that when the temperatures were in the 40's the week before our trip that we were worried that it wouldn't be cold enough for the first winter trip of the year. We drove up on Thursday night and watched the temperatures sink to the negatives as we approached the cabin on Wheeler Pond. It was late, around 11pm when we arrived. The fire quickly became the first thing on the agenda. We unloaded, warmed things up a bit, and settled into our down bags around 1:30am.

We were surprised to see the thermometer on the porch read minus 22 when we got up Friday morning. Any bare skin seemed to freeze immediately, so even a trip to the outhouse required bundling up. We hovered over the map, picking a choice hike for the day and settled on Bald Mt. It was a clear blue day, just perfect for bringing out the beauty of the snow and ice on the trees. We headed up the Long Pond-Bald Mt trail. There was enough snow to require some breaking of trail and our snowshoes. Some areas were a bit tricky with ice under the snow but we worked our way to the summit at 3315 ft. It was pretty cool to discover a cabin and a fire tower at the top. The cabin was basic, but nice, with bunks and a picnic table. It would be fun to stay there for a future trip. Mike and Mandy climbed the fire tower to get great views of the mountain ranges. It was very cold and windy at the top of the tower, so we stayed long enough to enjoy the views and take a few pictures before our hands got too cold to climb back down. After lunch in the cabin, we headed back down the mountain. The hike down went relatively quick. It was a short but strenuous hike at around 4.2 miles.

We were joined at the cabin on Friday evening by Dennis Himes and Jim Moore. Dennis had climbed Mt Ascutney (3130 ft) earlier in the day. After an evening of appetizers, stew, and chatting, we headed to bed. Jim Moore was special enough to have a visitor who thought his nice warm sleeping bag certainly had enough room in it for just one little mouse. Jim thought otherwise and soon the mouse was sent scurrying.

On Saturday we were climbing Jay Peak. It was a warmer day with the temperatures at minus 4 when we woke up. But the forecast promised it would be a warm 20 degrees for the day—almost a summer day

compared to the day before where it hardly got out of the minus temperatures. Again we bundled up well as not only was it windy but it was snowing. We all piled into Jim's car and headed to the trailhead about 45 minutes away. We were doing well till we hit the last hill before the parking lot. Jim's car had had enough and was not about to go up that snowy hill. After a few attempts, we resigned ourselves to parking at the bottom and walking up. Again we donned our snowshoes and headed on the Long Trail to Jay Peak. It was a gradual climb and not to difficult. Once we got above the tree line, we quickly hit the edge of the ski trail. We were pleasantly surprised to find a deli right below the summit as Jay Peak is a busy ski resort. Before getting settled with some nice hot soup, we decided to do the last little push to the summit at 3812 ft. It was frigid cold and windy on top so it was a few quick pictures and we were ready for lunch. There is nothing that tastes better than a hot meal after a cold winter hike. The deli was a definite bonus.

The descent was actually pleasant. Once again in the tree line, we could enjoy the beauty of the blanket of new snow on the trees and in the forest. It was so peaceful. There certainly is a contentment that comes with nature's simple reminders of how good life really is. Mileage for the day was 3.4 miles plus the mile, or mile-and-a-half, slog up and down the road between the trailhead and the car. Soon we were back to the car and back to the cabin, where once again, getting the fire started was high on the priority list. We enjoyed a relaxed evening of appetizers, chili and many aceydeucy games. Certainly there is never any competitiveness, just friendly, skillful, game playing. Sunday was an early out as many had other obligations. We cleaned the cabin, packed the cars and headed for home. Dennis stayed to hike Wheeler Mt before heading south. It may have been a blast of cold weather but we sure did have our own blast playing outside in the cold for the weekend.

Co-leaders Mike Shaw, Mandy Brink. Hikers Dick Hart, Dennis Himes, Jim Moore

This past weekend I took Friday off and joined some fellow members of the Conn. Section of the Green Mtn. Club for a weekend in a cabin on Wheeler Pond in northern Vermont.

### Friday: Ascutney

My original idea was to hike East Mountain on Friday, because it's near Wheeler Pond and I need it for the NEFF list. However, in researching it I started wondering if I would be able to even make it to the trailhead in winter, so I played it safe and decided to climb Ascutney instead. It's much farther south, but it's on the way; you practically drive right by it on I91.

This was not my first time on Ascutney, or even my first time there in January, but it was my first time on Brownsville Trail. There was only a little snow down low, increasing to several inches on top. I was on microspikes on broken out trail the whole time. There were some spots, though, where the trail was solid ice. Crampons would have been better there, but they never lasted long, so I didn't bother putting them on, even though I had them with me.

Brownsville Trail has a few steep parts, but also some longer gentler climbs, which is where most of the ice was. It goes by what I guess was an old quarry. It's mostly in the woods with a few lookouts. Near the top it joins the Windsor Trail and becomes the Windsor-Brownsville Trail. This goes to the summit. After tagging the summit I went back to the observation tower and climbed it to observe. The sky was cloudless and the air was clear and I could see a lot. Since I'd last been there signs with pictures of the view and peak names have been put up, so you can tell what you're looking at. Thanks to those I could clearly identify Camel's Hump, Mansfield, and Washington, as well as dozens of closer peaks.

On the way down I slipped once and slid off the trail, ending up supine, head downhill, on solid ice, and wedged against a blowdown. It took a while to right myself. I did and made it down, though. I didn't see another person the whole hike.

I then drove up to Mares/Hadsel Cabin in the Wheeler Camps on Wheeler Pond. There I met my fellow GMCers, Mandy, Mike, Jim, and Dick. I knew Dick from other trips, but not the others. This cabin is a real nice place. It doesn't have electricity or running water, but it does have a wood stove, and plenty of wood, so we were warm inside.

Unfortunately, my exhaust system had become partially detached from my car about ten miles from the cabin, so that it was partly lying on the ground. Fortunately, Jim and Mike helped me tie it up so I could drive it home on Monday.

### Saturday: Jay

On Saturday we all got into Jim's car and went to where the Long Trail crosses 242 a little south of Jay Peak. Or at least that was the plan. We actually

couldn't get the car up the final rise to the trailhead, so we parked about a third of a mile shy of it and road walked the rest of the way.

Saturday was much different than Friday. It was not as cold (at least down below) and it was cloudy. Once we got to the actual trail we all put on snowshoes and kept them the rest of the way up. The LT was not broken out, so we took turns breaking trail, but it wasn't very deep.

When I through hiked the Long Trail in 2009 I had planned to spend a night in Jay Camp, which is at the foot of the mountain. A short trail called Jay Loop connects the LT to the camp at both ends, and I decided then to keep going when I got to the southern end of the loop and take the northern end. However, I never saw the northern end and (to make a long story short) ended up spending the night in the basement of the Jay Tramway. So this time I was curious if I could find the northern end of Jay Loop now. I did; there was a sign there and it was pretty obvious. I'm pretty sure that sign wasn't there in 2009, though.

#### **Dennis Himes**

# McLean Refuge Jan. 1, 2014

A cold windy New Year's Day greeted the eager hikers. We started out on the Horse Trail winding its' path through evergreens. There was a little snow under foot. The group hiked along at a steady pace. After crossing Simsbury Rd. Molson thought he needed a drink and so tested the thin ice of the backwaters of the Bissell Brook, he got more than a drink. We heard ice cracking then Molson was on the trail shaking himself off. He never missed a step and just kept on hiking, like nothing happened. When we reached Barndoor Hills Rd. plans were to continue onto the South Trail and make a loop. Sam Molinari a resident of the area advised us not to since there was a good size brook to cross and no bridge.

Jim Robertson and I put on Reflective Vests and led the group safely to the North Trail. Finding a valley out of the wind we stopped for lunch. Jim very carefully tied up Molson so he would not be begging. Before Jim had the first bite of his sandwich I watched Molson back himself out of the harness, dog wins.

Our next stop was at the site of an old spreader. Don Hagstrom being an OLD FARM BOY from Southington told of its' use, how old it was and how he used one way back when!!! Continuing on, we past Kettle Pond and then hiked through a young White Pine Nursery. A photo was taken at Senator McLean Cabin, we then returned to our cars. Before returning home we made a stop at the local Dunkin Donuts for conversation and some hot beverages.

L. Carol A. Langley Hikers: Don Hagstrom, Mel & Bob Michaud, Sam Molinari, Jim & Molson Robertson, Dave Wells,



I hope you enjoyed reading about all the adventures that the CT. Section has taken and you will join us on our next activity!!!

Carol A. Langley

### JOIN THE CONNECTICUT SECTION OF THE GREEN MOUNTAIN CLUB

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.

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Carol A. Langley 67 Pondview Drive Southington, CT 06489