

Long Trail NEWS



Quarterly of the Green Mountain Club

SUMMER 2016



The mission of the Green Mountain Club is to make the Vermont mountains play a larger part in the life of the people by protecting and maintaining the Long Trail System and fostering, through education, the stewardship of Vermont's hiking trails and mountains.

Quarterly of the Green Mountain Club

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Cover photo: Section hikers approaching the Chin on Mount Mansfield. Photo by Jocelyn Hebert



Puncheon along Sucker Pond on the Long Trail

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From the President

Have you ever climbed a steep trail, stepping stone to stone on a seemingly perfect rise of steps? You wondered how nature came to provide you with such a convenient staircase, and then realized nature didn't put those stones there. Master trail builders like the Green Mountain Club's Long Trail Patrol did.

Trail builders take pride in improving the tread in such a naturalized way. In a few years their work blends into the terrain as if it had always been there. GMC invests hundreds of trail crew hours into this kind of tread hardening every year. Our crews improve trails with wooden puncheon, bog bridges and other support structures. They also do heavy stone work—not to make trails easier, but to protect them, and surrounding vegetation, from erosion when soil, water and hikers come together in Vermont's wet mountain climate.

The Long Trail is a wet (read: muddy) trail even in a dry season, so minimizing erosion is a priority. GMC Sections and trail adopters do an excellent job of clearing blowdowns, cleaning water bars, brushing out new growth and refreshing blazes, but they don't have the resources to build the heavy, permanent improvements needed to prevent serious erosion.

The parts of the Long Trail that get the heaviest use, such as the Long Trail/Appalachian Trail in the south and Mount Mansfield, Mount Abraham and Camel's Hump in the north, have been the focus of tread hardening efforts for decades. They are now models of how to construct a hiking trail in mountainous terrain.

But another hundred miles of Long Trail in northern Vermont is frequently at the bottom of priority lists. Any Long Trail thru-hiker will tell you tread hardening is much less common up north. And the tread can get very soft indeed.

Public trail work funding is greatly appreciated, but also finite. State and federal partners fund a little more than a third of GMC's professional trail work on public land. The club must raise the remaining funds for work on public land, and all funds for work on private land. This is done privately through the generous donations of our members and supporters. The annual challenge of raising money to support our trail work means we need to prioritize projects and identify additional capacity to maintain the Long Trail.

As we develop our next strategic plan later this year, we will address the need to build sustainable private funding sources (ideally a dedicated endowment fund) to



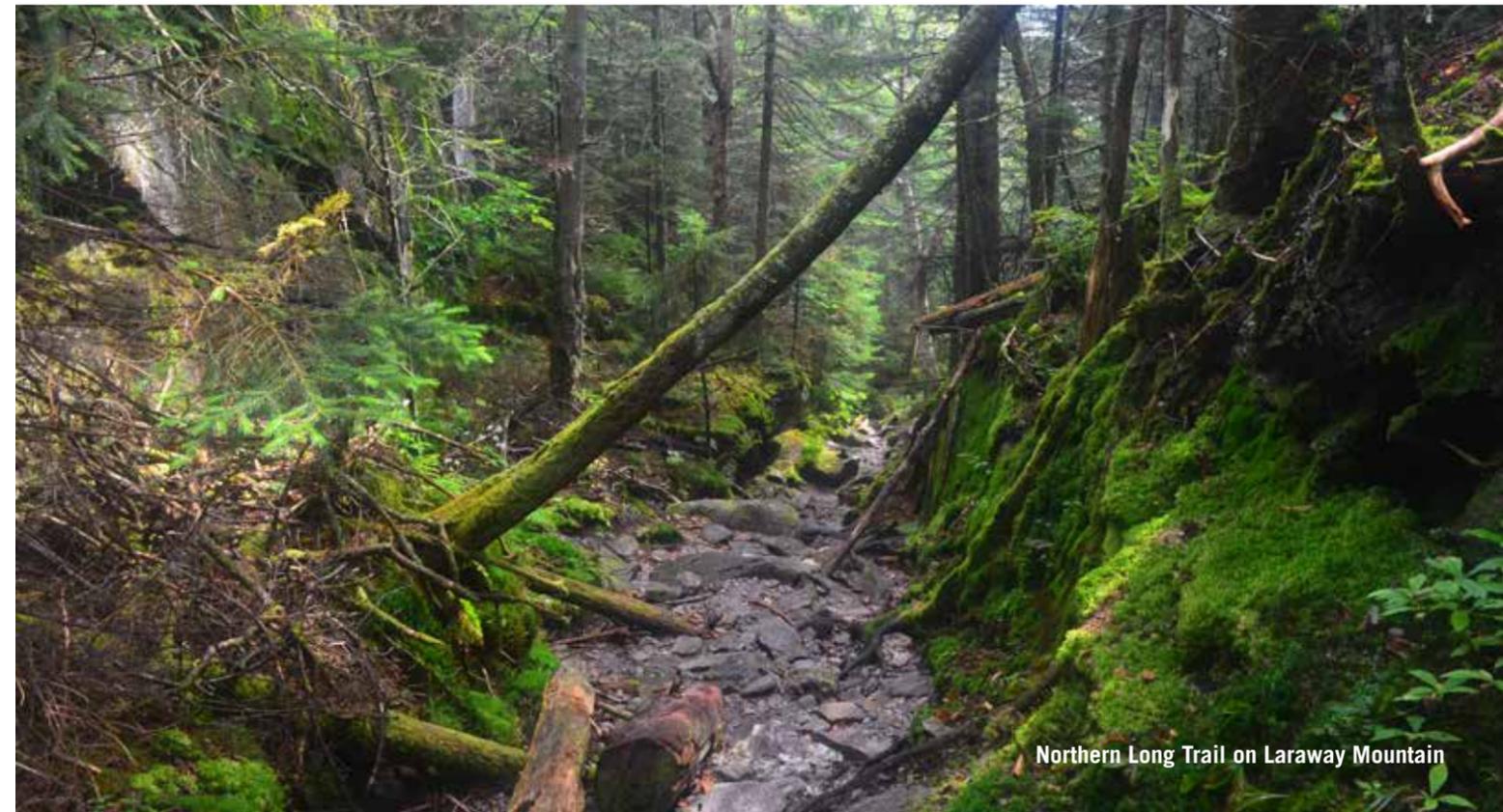
John Page

ensure that the entire trail, especially the northern region, is maintained to the same high standard.

In addition to enabling important trail improvements, we hope this effort will reinforce the work of the club's sections, and bring more attention to a part of the Long Trail that is loved by many for its rugged, remote appeal.

The summer hiking season has begun. Please make time to go outdoors and experience Vermont's world class hiking trails. We are blessed with a uniquely blended landscape of natural beauty and human presence. Enjoy it all. Appreciate it all. And remember how lucky we are.

— JOHN PAGE, PRESIDENT



Northern Long Trail on Laraway Mountain



Evocative Artwork

Thank you so much for the latest issue of the Long Trail News! I was idly flipping through the winter edition the other day, enjoying it again, and wondering when it might be spring enough for the next issue to arrive. And then there it was in my mailbox the next day!

I've just begun to read through the different features and departments, and have been enjoying them, but I wanted to say a special thank you for the beautiful and evocative artwork you included in this issue. The pieces of art throughout were lovely, but something I can't identify really spoke to me in Jenny Montagne's watercolor that accompanied Caitlin Miller's article, "A Collective Connection to the Land." The forest silhouette, single-color distant ridgeline, and abstract pattern of the hills just formed the perfect combination to call the Green Mountains to mind.

I'm still an aspirational Vermonter, having fallen in love with the state during a visit with friends in 2009. I come to see the Green Mountains (and my friends) when I can, but the Long Trail News brings some of the most beautiful parts of Vermont to me when I can't be there—both the beauty of nature and that of people working together to preserve that nature and help everyone enjoy it safely and responsibly. Thanks for finding yet another way of sharing that beauty with me!

—(MR.) JAN SPOOR, CHEVY CHASE, MARYLAND

Bear Problems

I was surprised to hear of the bear problems on and around Camel's Hump and other areas on the trail in the latest Long Trail News. I know I'm out of the loop, and it's been a few years now since I made it back to Vermont to hike and experience the mountains, so forgive me that.

I do know the Adirondacks. I experienced my first close bear encounter in New York State in a clearing for tents not too far from the Adirondack Mountain Club (ADK) building in the High Peaks area. It became a quite severe problem for them over the years, and you could find torn ropes and rags of well-hung food bags in many areas, which was a pretty good indicator you were in bear country with educated bears. They learned how

to work the ropes, etc. It became a less than safe situation for hikers.

The New York Department of Environmental Conservation finally came up with a workable policy over the years to get things turned around. In areas of high bear problems all hikers were required to carry bear canisters for their food. Period. No exceptions. Enforced with rules and fines, and patrolled by state rangers. To be fairer to hikers, the ADK purchased numerous bear canisters which hikers could rent for reasonable fees at club locations near these areas.

It stated in the Long Trail News article that you have already reviewed what other areas have done, so if this is not new to you, it still may be worth more serious consideration at this time if a problem still exists. What New York State and the ADK did work. And I believe their bear problem was far worse than what's been experienced in Vermont to date. We were required to take canisters well away from where we were tenting and leave them there. If bears did find them, they soon found out that they would get no reward for their futile efforts. A workable solution.

Hope this helps. Sometime I'll share about the grizzly we had to drive off with rocks on the McKinley River Basin in Alaska, but that's another story. Some old timer GMCers may remember it.

—TODD JENNER, LARAWAY SECTION

Todd and Wendy Jenner, with Laraway Section members and other GMC volunteers, built Round-top Shelter in 1994. The unique log lean-to, located on the Long Trail north of Route 15 in Johnson, was dedicated to Todd's brother Jeff.

Long Trail News welcomes your comments.

Letters received may be edited for length and clarity. GMC reserves the right to decline to publish those considered inappropriate. Not all letters may be published.

Send to: Jocelyn Hebert, jhebert@greenmountainclub.org or Letters to the Editor, GMC, 4711 Waterbury-Stowe Road, Waterbury Center, VT 05677



REMEMBERING GMC TRAIL ICON

Pete Richardson

Pete Hughes Richardson of Exeter, New Hampshire, formerly of Norwich, passed away on March 12 at age ninety-one. He is survived by his wife Corinne, four children, twelve grandchildren and ten great-grandchildren.

Pete "...translated his lifelong love of the outdoors and determination to leave his global campsite better than he found it into activities too numerous to count but which include the Connecticut River Watershed, the Appalachian Trail Conservancy, and the Exeter Conservation Commission," reads one memorial.

His global campsite most certainly included Vermont's Long Trail/Appalachian Trail and the Green Mountain Club (GMC).

Pete was a paratrooper in the Eighty-Second Airborne Division in France in 1945 during the Second World War, a 1948 graduate of MIT, and high school science and math teacher. In 1964 he went back to MIT to work in the Admissions Office, where he was director of admissions from 1972 to 1984. Pete also worked three years as director of the Vermont Law School Admissions Office.

At the start of the war the Appalachian Mountain Club (AMC) hired young men, including Pete, to help run the White Mountain's hut system. Hutmen were famous for routinely carrying hundred-pound packs of supplies up steep and rough mountain trails to the huts. Each made many trips, since there were no airlifts then. "Pete was an old hutman who relished revisiting the haunts of his youth," said friend Derek Teare. "He and Keenie, as newlyweds, ran the new Zealand Falls Hut one summer."

From the 1980s until 2005, Pete was heavily involved with GMC and the Green Mountain National Forest, and shared his passion for the outdoors with

GMC volunteers and employees. "Pete went everywhere in the woods, and was a critical link between the Appalachian Trail Conservancy and Green Mountain Club," said long-time Director of Trail Programs Dave Hardy.

Pete is remembered for his calm and encouraging presence. He was influential and highly respected throughout the Green Mountain Club, and his thoughtful wisdom helped volunteer leaders of the '80s and '90s manage changes required by the 2000s.

An Ottaquechee Section member, Pete and other O-Section volunteers including Don Whitney, Paul Magoon, Phil Woodbury and Glenn Wheelock, worked to relocate a sixteen-mile section of the Appalachian Trail between Kent Pond in Killington and Vermont Route 12 in Woodstock. This complex process required skillful negotiation with the Appalachian Trail Conservancy (ATC) and the National Park Service. Pete's strong relationship with both organizations helped guide the project to success. "I enjoyed very much working with Pete, and even though we worked very hard it was a fun project that gave all that worked on it a feeling of great satisfaction when it was done," said Don Whitney.

After a stint as ATC Regional Vice Chair, Pete continued to advise both ATC and GMC staff members about trails, stewardship and productive relations with volunteers and trail partners. He became GMC Trail Management Chair in 1999. "At the time Pete helped me, an overwhelmed former field assistant recently promoted to director of field programs, focus on the big picture by asking important questions and structuring meetings to include short reports on all facets of the program," said Dave Hardy. "On Pete's watch field programs expanded to

take on more shelter projects and finalize the Long Trail route across the Lamoille River."

Among Pete's most lasting contributions was his steady guidance of GMC's efforts to establish the treadway and boardwalk route of the Appalachian National Scenic Trail at Thundering Falls in Killington. After nearly twenty years of planning and four years of construction, GMC with ATC and USFS assistance, completed Vermont's first universally accessible stretch of AT in 2008.

Another significant contribution was Pete's constant encouragement of new volunteers and staff, like current Manchester Section President Marge Fish. "Pete is the reason I became active in club-wide committees, a board member, and eventually vice president and then president of the club," Marge said.

"I was out on the first of many scouting trips to find the perfect place for the new Bromley Shelter and trail relocation. I listened to Pete, then chair of the trail management committee, and Dave Hardy discuss a number of trail issues. I asked Pete how I could get involved in the decision making process and he said, 'Come to a trail management committee meeting, and if you like it, join the committee.'"

In 2013 The GMC bestowed its Honorary Life Membership award upon Pete in recognition of his many years of devotion to maintaining and improving Vermont's Long Trail and Appalachian Trail.

Pete's region-wide involvement with GMC, ATC and AMC made an enormous impact on all of these organizations and the people who were fortunate to work and hike with him. "Pete's passing leaves a large hole in several trail communities and in the hearts of those of us who knew him," Marge said.

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Illustration by Jenny Montagne

Photo Monitoring in Mount Mansfield's Alpine Zone: *The Results*

The results are in! In the Fall 2015 *Long Trail News* I described a broad analysis of vegetative recovery in the alpine zone on Mount Mansfield. In conclusion to that article I'll consider trends and outcomes from last summer's photo monitoring.

That monitoring followed a study by Matt Larson in 2004 that established plot locations along the Long Trail, and photographed them as a baseline for comparison with repetitions of the study. Last

summer I re-photographed all eighty-eight plots to learn what is happening to alpine vegetation now, to strengthen our trail management techniques protecting Vermont's alpine vegetation.

We were looking for changes between 2004 and 2015. Is there more vegetation now? Less? Did some plots show greater change than others? We used image classifier software to categorize each pixel as vegetation, rock or soil, and calculated the percentage of each characteristic for each photograph.



The results are very encouraging. In eleven years the amount of vegetation we saw in the quadrat plots increased. In 2004 forty-three percent of the area encompassed by the quadrat plots was vegetation; by 2015 this had risen to seventy-three percent. In addition, the portion of bare soil decreased from fifteen percent to five percent. This indicates vegetation is colonizing areas that were previously bare.

Not only is there alpine vegetation across more of the ridgeline, it is stabilizing soil and reducing potential erosion. Since the plot locations had been chosen to represent the most badly damaged areas, this also shows that trampled sites can recover relatively quickly.

There was no strong correlation between distance from the trail or type of trail definition (string, scree wall, or both) and vegetative regrowth or lack thereof. We did find that puncheon (wooden bridging placed over wet or vegetated areas) helps protect vegetation. The two transect plot photo sets in this article highlight the dramatic increase in vegetation surrounding puncheon. We did not see the same kind of improvement in transect plots with string or scree walls.

The discovery of the value of puncheon has already led to more projects and funding for the Green Mountain Club, and supported an effort this summer to replace failing puncheon on Mount Mansfield. One of the biggest problems GMC caretakers see on busy days is that narrow puncheon does not accommodate two-way traffic, so hikers either wait their turn or step off the puncheon for a few steps. The new puncheon will be wider and also made of more durable materials.

No matter how much we improve trail management techniques to minimize trampling of vegetation, it is still essential for friendly caretakers to stop and chat with hikers and inspire love and respect for the alpine zone.

The lively interest shown by hikers during this study showed that they like to interact with field staff. In a positive context hikers love having plants identified and hearing about the wonderful recovery alpine vegetation is making. Our monitoring on Mount Mansfield opened a new avenue for visitor interaction that should continue to benefit the GMC Caretaker Program through use of new photographs. Future repetitions of the study will create still more valuable discussions with hikers.

—ELISABETH FENN, GMC RESEARCH COORDINATOR

Elisabeth is a New Hampshire native. After graduating from the University of Vermont she started working with GMC as an intern stationed on Mount Mansfield. She spent her second season as a caretaker on Mount Abraham, and the next season as lead caretaker on Mount Mansfield. Last summer, she returned to Mount Mansfield to coordinate this project.



This project was made possible thanks to generous grants from the Lintilbac Foundation and the Waterman Fund.

Changes in Alpine Vegetation Coverage over Time



1a, 2004



1a, 2015



1a, 2004 classified



1a, 2015 classified

The top two images are photos of quadrat plot 1a from 2004 and 2015. The two images below show what each photo looks like after being classified as vegetation, rock, and soil pixels. In 2004, plot 1a was sixteen percent vegetation, fifty-seven percent rock, and twenty-seven percent soil. Compare that to 2015, when plot 1a was sixty-eight percent vegetation and thirty-two percent rock: there was no soil at all then. This is a marked improvement in just eleven years. Automatic classification of images produced much quicker and more accurate results than manual analysis of images.

Plot 1a is just west of the Long Trail at the first overlook north of the visitor center. Just a ten minute hike from the toll road parking lot, it sees thousands of visitors every summer. The trail in this area is prominently defined by string because this is the first time many visitors have been in an alpine zone. I did not expect to see so much recovery here, but it probably helps that visitors have just been talking to caretakers at the visitor center, so the advice to walk only on rocks is still fresh in their minds.

Summer Ponds

VERMONT'S PONDS are an idyllic habitat for many species of mammals, amphibians and migratory birds. Sit by a Long Trail pond on a summer day and you will see adult red-spotted newts swimming in the shallows, dragonflies lazily zooming around, and many birds busy nesting and singing. Lie in your tent in the evening and listen to loons calling from across the pond as you are lulled to sleep by frog songs.



Red-spotted Newt *Notophthalmus viridescens*

The orange salamanders that are often seen on the Long Trail in summer are the juvenile 'eft' stage of the red-spotted newt. This subspecies of the eastern newt is found on the East Coast from Maine to Georgia. Newts are a type of salamander in the family Salamandridae that generally share a life cycle which has aquatic and terrestrial stages.

Newt eggs hatch in the water. The aquatic larval, or tadpole, stage has feathery gills and a flat, fin-like tail for swimming. Eventually the tadpole climbs onto land and spends three to four years of its life as an orange terrestrial eft. The eft then returns to the water to mate and lay eggs. There it morphs into a yellowish brown color and its tail becomes flat again for an aquatic lifestyle. Efts must keep their skin moist so they are often seen migrating in large numbers after rain and they are commonly found in wet, mossy areas of the forest.

The eft's bright orange color warns predators that it produces toxins. All three stages can produce this chemical defense, but it is strongest in the eft stage. The aquatic adults retain the red spots to warn of their toxic skin secretions. Red-spotted newts are one of the few salamanders that can live in water with fish.

Dragonflies Order: *Odonata*, Suborder: *Anisoptera*

Vermont is home to ninety-nine species of dragonflies and forty-three species of closely related damselflies (Suborder *Zygoptera*). These suborders are easily distinguished. Dragonflies are generally larger and hold their wings out to the side while damselflies hold their wings together at rest.

Dragonflies date back to the Paleozoic Era. They reached their biggest size during the late Carboniferous Period 300 million years ago, when there was more oxygen in the atmosphere. Because insects diffuse oxygen directly to their cells through tubes called trachea, evidence suggests they were able to grow much larger with more oxygen available. Some prehistoric dragonflies had a wingspan of 65 centimeters (slightly more than two feet)! Today's dragonflies are smaller but they are still larger than most other insects.

The larvae, also known as 'naiads' or 'nymphs,' hatch from eggs, and spend most of their lives underwater feeding on other invertebrates, including mosquito larvae. When ready to molt a final time the larvae crawl out of the water and perch in a safe place where they stay until their exoskeletons harden into their flying adult form.

Dragonflies are aerial predators and they use their large compound eyes to search for prey. Because they need clean water to thrive dragonflies and their larvae are important environmental indicators.



Speckled Alder *Alnus incana*

Speckled alder is a common small tree species colonizing Vermont's pond shores, meadows and other wet, nutrient rich habitats. Alders are surprisingly adaptable and can thrive in many different soil types, tolerating flooding and even occasional droughts.

Like legumes, alders obtain nitrogen from the air with the help of symbiotic bacteria, benefitting other tree species that grow nearby. A member of the birch family, the speckled alder has greyish bark and white 'speckles,' which are lenticels or openings for gas exchange.

Alders are monoecious, meaning the conspicuous male and female reproductive structures occur on the same tree. The male catkin produces pollen while the female cone produces seeds.

Speckled alder thickets are important resources for wildlife for both cover and food. Red-winged blackbirds, flycatchers, common yellowthroats, white-throated sparrows, and several other songbirds nest in the branches and eat the seeds. Woodcocks probe mud under the trees as they forage. Muskrats, beavers, deer and moose eat the leaves and branches.

—SQUIRREL JOHNSON

To help you to identify the plants and animals you may see on the Long Trail pick up GMC's Nature Guide to Vermont's Long Trail by Lexi Shear. Available online, greenmountainclub.org.

Profile on the Common Loon

Trail Name: *Gavia immer*

Gear: Waterproof feathers conditioned with an oily powder and zipped up by preening create an insulating layer between the loon's skin and cold water, preventing hypothermia.

Footwear: Large webbed feet set far back on its body propel the loon through the water.

Backpack: Loon chicks ride on their parents' backs to stay warm, conserve energy, and avoid predators.

Rad Outfit: Breeding plumage is a striking black contrasted with a white striped bandana around the neck, with checkered patterns on the wings and body. Red eyes enable loons to see better under water.

Shelter: None. Loons sleep under the stars on open deep water out of reach of predators. They build nests close to the water because they are clumsy on land.

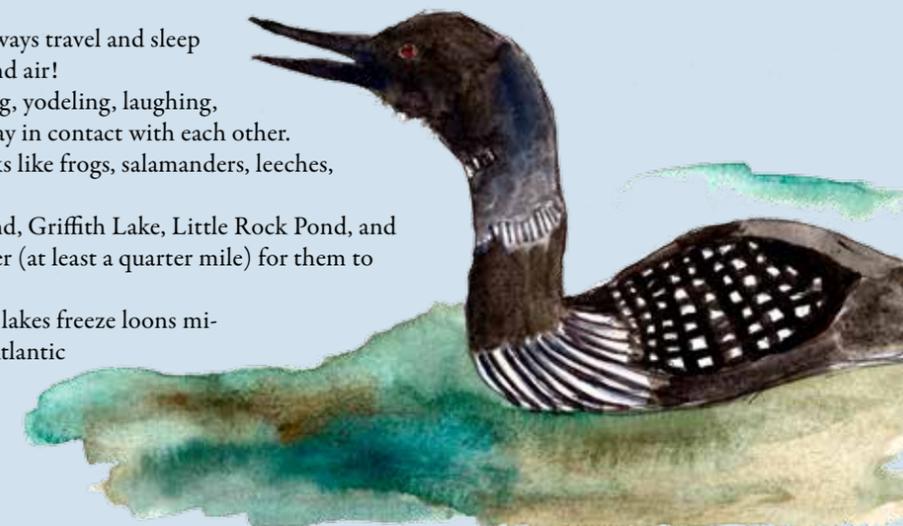
Leave No Trace Principle #1: Loons always travel and sleep on the most durable of surfaces, water and air!

Songs: Loons make many unique wailing, yodeling, laughing, and hooting calls to attract mates and stay in contact with each other.

Trail Food: Mostly fish, with other snacks like frogs, salamanders, leeches, snails and crustaceans.

Favorite Long Trail Ponds: Stratton Pond, Griffith Lake, Little Rock Pond, and any forested lake with enough open water (at least a quarter mile) for them to run on the water and take off.

Long Distance Flying: When Vermont's lakes freeze loons migrate south to spend the winter on the Atlantic coast where they can find open water and fish. Skilled fliers, they occasionally reach seventy miles an hour. They migrate north and return to Vermont's forests in April or May for the summer breeding season.



LONG TRAIL

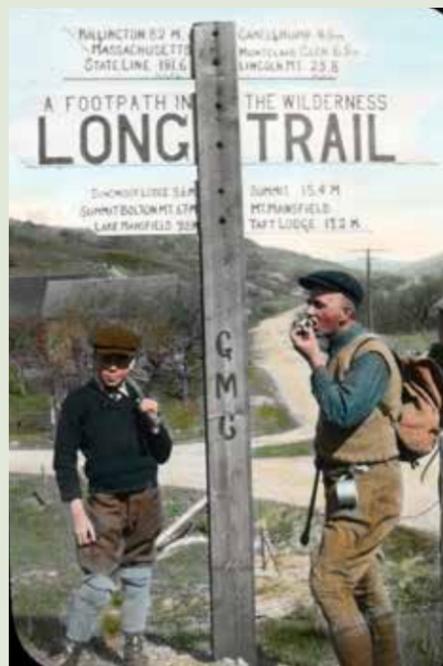
A FOOTPATH IN THE WILDERNESS

You can't be a real country unless you have a beer and an airline. It helps if you have some kind of a football team, or some nuclear weapons, but at the very least you need a beer.

—FRANK ZAPPA

I always wanted to start a story with this quote. A possible corollary to Zappa is, you can't be a real hiking trail without trail signs.

Growing up in southern New England there indeed were trails without signs. Some of those trails are now National Scenic Trails. (Hint: the Appalachian Trail was one of them.) Generally, well-made trail signs seem



to be an expression of organizational energy and, perhaps more importantly, skill and craftsmanship. Above all, signs should add to the trail experience.

Whenever my family visited the North Country, trail signs greeted us and pointed the way to the next adventure. The White Mountains had a curious mix of National Forest, Appalachian Mountain Club (AMC) and Randolph Mountain Club signs. The AMC's brown-painted wooden signs with bright yellow lettering stood out for not revealing trail distances; I've since learned that there is wisdom in avoiding numbers, because in the woods, nothing is exact.

From the start of the Long Trail construction in 1910 until the 1930s LT signs were hand-painted with just enough information to guide the hiker. The 1922 *Long Trail Guidebook* reads: "The Long Trail has been built in sections, largely by local enthusiasts who have given time and money to put it through, and various systems of marking have been used, so they are not always uniform."

The Long Trail then traversed a more diverse mosaic of public and private lands than it does now, which also fostered diversity in signage. One of the first color illustrations in the 1922 guidebook classified trail markers other than the white painted blazes still used today: red discs, white discs, red and white discs, red metal arrows, white metal or wood arrows, white lettered arrows designating direction and distance and red signs with white lettering.

It's likely that GMC's desire to publicize the new trail led to the prominent white crossroads signs that stood out for hikers traveling by in that new contraption, the automobile. Old photos show large arrow-shaped signs on wooden posts with "Long Trail, a footpath in the wilderness" in conspicuous black painted letters. Smaller arrows on the post pointed toward nearby towns and trail landmarks. "Massachusetts State Line 181.6 miles." "Taft Lodge 17.2 m."

I've seen photos of downtown Bolton

and remote Brandon Gap showing signs from the 1920s. The landscape and buildings in the background have changed so much that a game can be made of figuring out the sign's location by the destinations and distances listed.

Around the 1930s, hand-painted signs yielded to signs carved with routers. My theory is that the shift was inspired by the rustic architecture that accompanied the birth and growth of national parks and forests. The Green Mountain National Forest was established in 1932 and large brown routed signs soon appeared on the Long Trail. (Log shelters built by the Civilian Conservation Corps appeared soon thereafter; Old Job and Peru Peak Shelters are still with us.) Today the national forest is quietly changing to routed signs of unpainted western cedar, and state forests are installing lightly stained spruce and pine signs.

There doesn't seem to be a well-documented history of early sign makers but we can assume they, like nearly all GMC folk, were volunteer trail enthusiasts. Trail sign makers today are still volunteers who are generous with their time and skills. While GMC does have guidelines, one could say each sign maker has, or had, their own style, one of the Long Trail's many charms.

In the 1960s, **Herb Ogden Sr.** of Hartland routed beautiful brown painted signs on oak boards with impeccable white lettering detailing distances to multiple destinations and noting elevation. A couple are still out there on the trail today. One of his Pico



Herb Ogden Sr. Signs

Junction signs hangs in mint condition in the stairwell of the Inn at Long Trail. Mr. Ogden's signs led hikers through the Killington section, along the Vermont Appalachian Trail leading eastward to Hanover, and up the trails on Mount Ascutney. A few of his signs ranged further afield—we have one in the club's collection from Montclair Glen Lodge on Camel's Hump.

Don Whitney of Springfield contributed more than a few beautiful signs to the Vermont AT as the trail moved away from roads in the 1980s and 1990s, beginning with methods learned from Herb Ogden Sr. An engineer, Don developed ways to speed his work, including jigs and fixtures for straight lines, and templates for curved letters and numbers. He switched from the painted spruce he used at first (he couldn't find oak) to unpainted pressure-treated wood, and from tracing characters from stencils to composing signs on a computer. He also made a few signs for the Long Trail, many for trails on Mount Ascutney, and some for trails in Norwich.



Don Hill Sign

The recently departed **Don Hill** of St. Albans, made unique signs for the northern Long Trail employing very small letters that reflected his penchant for precision and a long love of the northern reaches of the trail. His signs are easy to spot because he mounted them on brackets so that as the tree grew, the bolts would not pull through and damage the sign. Don not only made signs but contributed mightily to the maps of the *Long Trail Guide* printings of the 1990s.

Former state senator **Bill Carris** of Rutland contributed many unpainted, pressure-treated wooden signs to the Long Trail/Appalachian Trail in the 1990s when the old trail signs started to fail or disappear.



Bob Lindemann Sign

Sterling Section member **Bob Lindemann's** signs are recognizable by their precision and slightly slanted lettering. His signs can still be found on the trail today at Hagerman's Overlook north of Sterling Pond and pointing the way to Whiteface Shelter.

Three other sign makers have filled in where needed in the past ten or fifteen years. The late **Al Fiebig** of Waterbury crafted block-lettered signs, and moved us away from the old standard of dark board with light letters to light board with darkened letters. **Cat Eich** of Waterbury spent long hours in the GMC field barns routing signs in between her AT thru-hikes. And 1970s summit ranger naturalist and caretaker (also current Trail Management Committee member) **Howard VanBenthuyzen** of Hyde Park has recently produced many signs for the Long Trail. Howard's signs have distinctive curved ends and a polyurethane finish.

A few summers ago GMC employed Long Trail Patrol member **Sam Schlep-phorst** as a part-time sign maker after he badly broke his leg skiing. Sam spent the summer learning the craft and helped with a GMC sign-routing workshop in 2012.

Our agency partners have contributed some distinctive signs, too. **Ken Norden** of the Green Mountain National Forest has made signs for the Long Trail in federal wilderness areas for years. Seasonal employees of the Vermont Department of Forests, Parks and Recreation have made signs for Camel's Hump and Mount Mansfield since before my time at the club. **Shane Prisby** has made more than a few, and **Tom Simmons**, now retired, deserves special mention for his work on northern and southern Long Trail terminus signs that hikers pass today.

I tip GMC's collective cap to Long Trail sign makers past and present, and welcome new ones. There is a learning curve but enthusiasm, patience and safe working practices are really the only prerequisites.

I Have a Friend Who Works on Mountain Trails; his particular passion is putting up signs telling hikers where they are now, how far they have yet to go, arrows to tell them where to turn and blazes to keep them on the trail.

At a meeting of fellow trail workers when someone tells of hikers getting lost because they didn't see his handiwork he pounds the table and recites his mantra, "they don't see because they don't look."

I've taken my friend aside and explained that some people don't see because they watch carefully where they step, others perhaps because they look at the scenery, or are involved in a good conversation.

He listens and being a not unreasonable man mumbles "you may be right," but then, like a child reluctant to give up a favorite thumb, mutters, "do you suppose if we painted a yellow line down the middle of the trail...?"

—DON HILL



L-R: Howard VanBenthuyzen and Attorney General William Sorrell

We and our land managing partners need to review sign content and agree on it before production. We try hard to harmonize distances posted on signs with those published in GMC's *Long Trail Guide*, and with field information collected over the decades, but "exact" continues to elude us.

If you have photographs of old Long Trail or Vermont Appalachian Trail signs or historical information about signs or sign makers, we encourage you to share them with us. And may a sign or two appear on your next hike when you need them most.

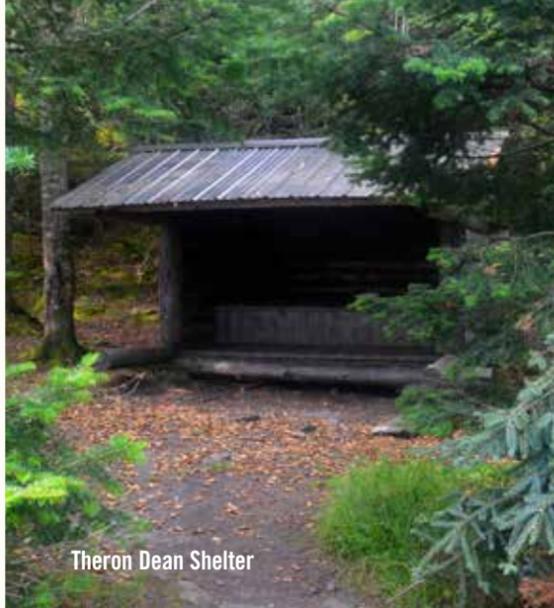
—DAVE HARDY

DIRECTOR OF TRAIL PROGRAMS

Long Trail Shelters



Taft Lodge



Theron Dean Shelter



Taylor Lodge

Amulets Along Vermont's Long Trail

My hand bolts
through darkness
to silence
the alarm on my watch
tucked in the spidered corner
of this worn wooden shelter.
No one rises
earlier than I
slow with the weight
of a half-century
moving silently
so as not to awaken
strangers with whom I've shared
intimacy of sleep.
Narrow funnel of light
channeling from my forehead
I stuff my bed, my food, my sodden clothes
into my pack, gather
my pen, my pages, my damp socks
lace my boots, and stagger,
hefting my small, heavy world
onto my back.
Patting my pockets,
my map presses my hip, my
compass my breast, my knife
folded against my waist,
as I bandage my prayer within
my father's red bandana
wrapped around my knee
as I entwine my prayer
etched in two bands of silver
encircling my wrists.
I breathe in and breathe out
Rumi's prayer in curls
of wet birch bark
as I step into the damp night
of morning.

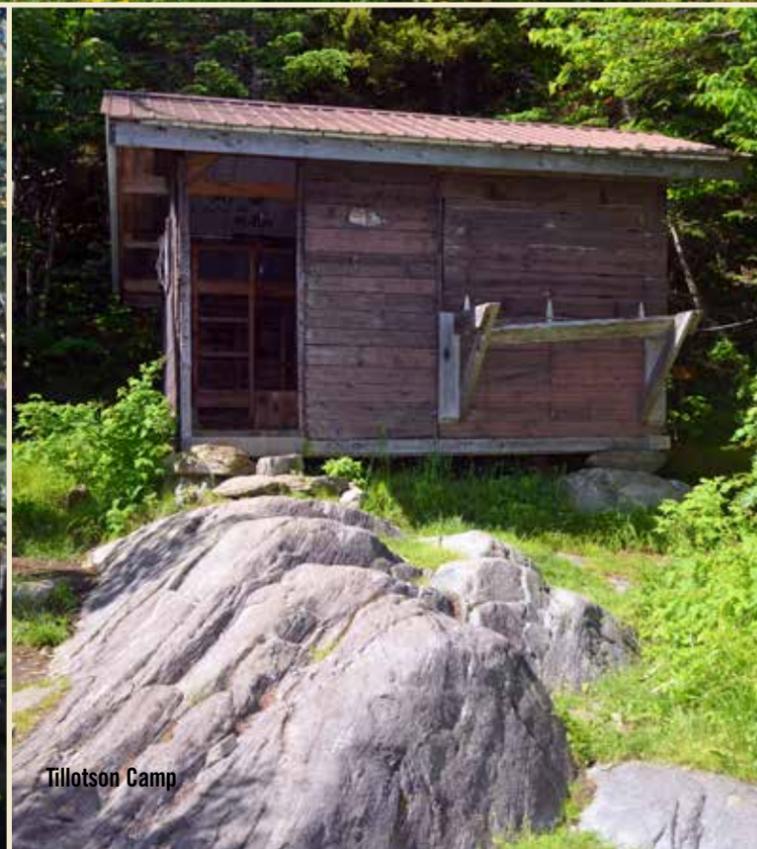
—Dawn 'TaosDawn' Chandler
2015 Long Trail Hiker



Montclair Glenn Lodge
photo by Matt Larson



Whiteface Shelter



Tillotson Camp



Corliss Camp

You Did it!



171 Hikers Complete 272-Mile Footpath Through Green Mountains

Congratulations to the following hikers who walked the rugged footpath over the Green Mountain Range from the Massachusetts border to the Canadian border and became Long Trail end-to-enders:

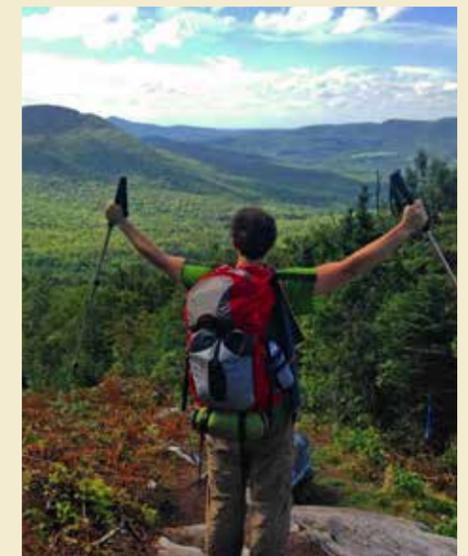
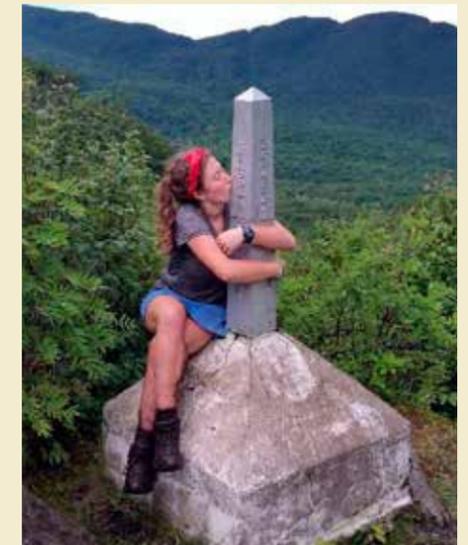
Oliver "Nobody Knows" Adams, Dorset, VT
Sydney "Humming Bird" Adreon, Vergennes, VT
Sarah Alper, Amherst, MA
Heidi "Baby Bear" Anthony, Pinellas Pa, FL
Elaine "Night Crawler" Anthony, Pinellas Pa, FL
Steve "Poxbat" Badowski, Stratford, CT
Randal Bailey, Arlington, MA
Joe "Backtrack" Barnett, Maplewood, NJ
Jacob "Beans" Barnett, Maplewood, NJ
Rachael "Lieutenant Rachael" Bassett, West Brookfield, MA
Mathieu "MapMat" Bastien, Montreal, QC
Fred "Tater Salad" Beddall, Florence, MA
Gabriel "Blackberry" Beland, Montreal, QC
Jakob "Hiccup" Berbrich, Littleton, NH

Anna Berg, Calais, VT
Hannah "Lost and Found" Birnbaum, Rochester, NY
Thomas Bleazard, West Kirby, Merseyside, UK
Joseph "Samwise" Bonasia, Smithtown, NY
Justin "Juke Box" Bondesen, Bryant Pond, ME
Kathy Borrell, Cochransville, PA
Bob "Robbo" Bradley, Canton, CT
Sue "Mama Bear" Brass, Dorval, QC
Melissa "Herbal Lucy" Bridges, St. Johnsbury, VT
Bob "The Instigator" Brown, Springfield, VT
Connor "Moe Baykin" Brown, Springfield, VT
David "Piano Man" Bryant, III, Springfield, VT
Christian "Compass" Burriss, Atlanta, GA
Bob "Grandcanyonbob" Cafarella, Phoenix, AZ
Diane "Sniffles" Capogna, Nassay, NY
Laura "Glitter" Cappio, Duluth, MN
Lisa "Hobo" Clemmey, Arundel, ME
Abby "Twiley" Colbert, Waterbury, VT
Charles "Papa Chuck" Colver, Waukegan, IL
Hilary Coolidge, Proctor, VT
Lael "Ender" Costa, Andover, MA
Karen "K2" Costello, South Burlington, VT
David "Crockett" Craig, Locust Valley, NY
Donna "Happy 60" Day, Essex Junction, VT
Rick "DharmaBum" DeAngelis, Montpelier, VT
Angela "Bucket" deBettencourt, Oak Bluffs, MA
Eliza "OMI" Densmore, Williamstown, MA
Daniel "Puck" DeRosier, Aldan, PA
Shalin, "Shay" Desai, Hudson, MA
Bram, "Boot" Diamond, Newton, MA
Allison Diehlmann, Tunbridge, VT
Kathy "Thirsty Boots" Dixon-Wallace, Milo, ME
Ross "Blue Mumme" Donley, Stowe, VT
Mary "Flute" Drake, Atlanta, ID
Richard "Thor & Dick" Duquette, Holyoke, MA
Heather "Firefly" Durkel, Jeffersonville, VT
Peter Duval, Underhill, VT
Douglas, "Gray Jay" Eaton, Sunderland, MA

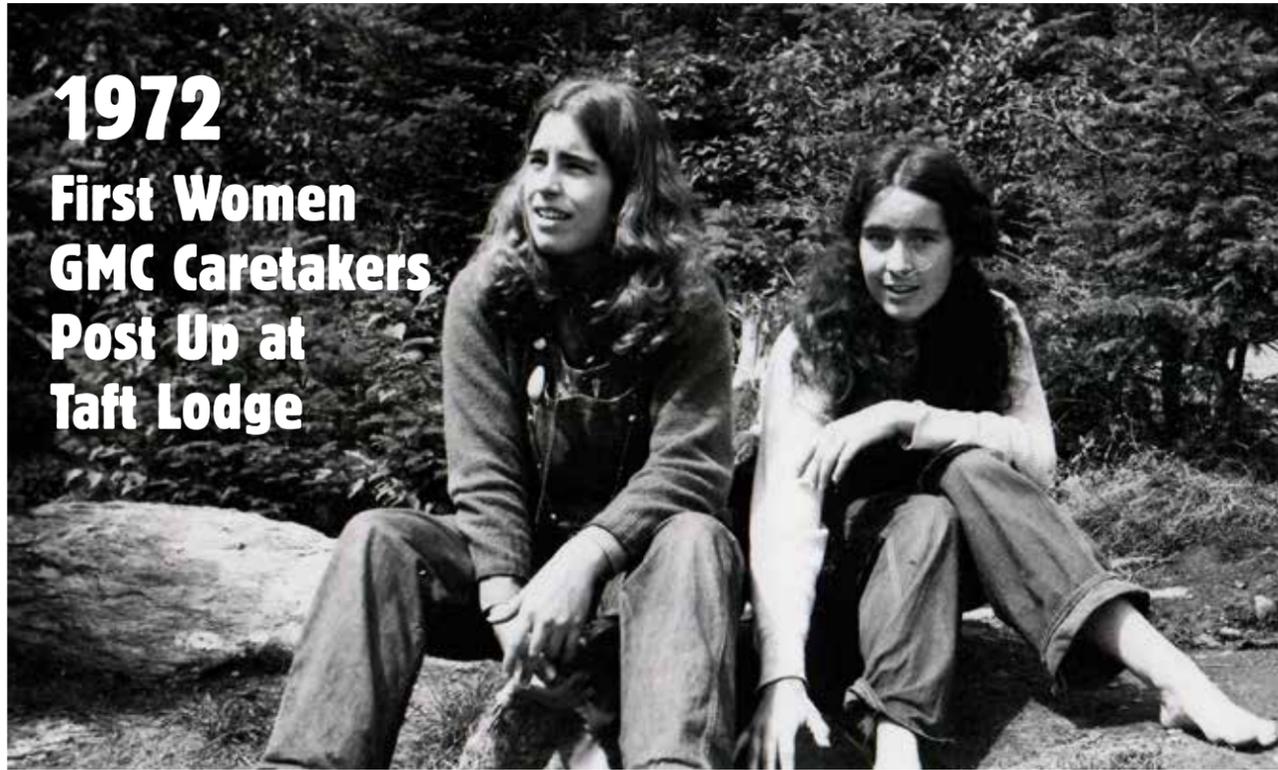
James Ellis, Orlando, FL
Abel "Virgil" Fallon, Thetford Center, VT
Patrick "Dosu Kinuta" French, Franklin, NH
Lori Jo "GI Jo" Gardner, Littleton, NH
John Geyster, Shelburne, MA
Sharon "Booya" Gilchrist, Livingston, TX
Rose "Crow" Goldberg, Bethel, ME
David "Hivernaut" Golibersuch, Manchester, VT
JeanMarie "Poo Boot Hobble Wobble" Gossard, Andover, MA
G. Scott Graham, Fairlee, VT
Ari "Rally" Grant-Sasson, Newton, MA
Sierra "Surplus" Grennan, Lake Placid, NY
Cindy "Hug'a Rock" Griffith, North Middlesex, VT
John "Bultaco" Grout, Plainfield, NH
Kenneth "Neo" Hancock, Hiwassee, GA
Geof "Goat" Harris, Kingston, NH
Tom "Marmot" Hartman, Woodstock, VT
Chris Hawkins, St. Johnsbury, VT
Amy "Trippy" Hawkins, Niwot, CO
Danielle "Bear Bell" Hayes, Burlington, ON
Jocelyn "Zuni Bear" Hebert, Calais, VT
Al Hendricks, Ennis, MT
Michael "Peanut" Hoberman, Shelburne, MA
Rick "More Knorr" Hopkins, Montpelier, VT
Daniel "LT Dan" Horne, Murfreesboro, TN
Jory Innes, Tunbridge, VT
Rose "Roasted" Jackson, Greenfield, MA
Kevin "Space Monkey" Jacobs, Aspen, CO
Janna "Frito" Jacobson, Bellingham, WA
Matthew "Murphy" Jarrett, Pierce, CO
Theresa Lynn "Zippy" Johnson, West Glover, VT
Emlyn "Pac-man" Jones, Craftsbury, VT
Lydia "Ladyslipper" Jones, Craftsbury, VT
Samuel "Crooked" Kay, Shelburne, VT
Jennifer "Sprinkles" Kelley, Syracuse, NY
Pat "Red Wolf" Kelly, South Strafford, VT
Julian "Yallah" Keuzenkamp, Brooklynn, NY
Peter "Bad Wheel" Kirk, Rutland, VT

Plona "Timber!" Kristofer, Eleanor, WV
JP "Jpezy" Krol, Randolph, NH
Delia Kulukundis, Astoria, NY
Mike "Duner" Landon, Thetford Center, VT
Jennifer "Sprout" Lane, Waterbury, VT
David "Tofu Pup" Lemonick, Pittsburgh, PA
Mark "Maniac Uno" Lena, Orono, ME
Nina "Whiteflower" Levison, Amherst, MA
Prem "The Sadhu" Linskey, Georgia, VT
Mary "Madre" LoTemplo, Morrisonville, NY
Sara "Kiwi" LoTemplo, Morrisonville, NY
Heather "Hoot" Lyon, Rockport, MA
Justin Maimone, Waynesboro, VA
David "Rootbelly" Majzler, Bridport, VT
Joseph "Gimpy" Marchione, Benbrook, TX
Debbie "Glimmer" Marcus, Quechee, VT
Edwin "Spark" McGrath, Chazy, NY
Ian "Cliff" McKay, Middlebury, VT
Erin "Snack Attack" Mcluin, St. Albans, VT
Peter "Opi (Juan-Kanopi)" Mihaly, Middletown, CT
Karen "K2" Mills, South Burlington, VT
Todd "Son of Odin" Nappi, Collingswood, NY
Hannah "High Efficiency" Narowski, East Corinth, VT
Meredith Naughton, Calais, VT
Frederick "Geezer" Norton, Essex Junction, VT
Lori "Passionflower" Overton, Sarasota, FL
Julie "Woven" Pacholik, Bridport, VT
Catherine "Green Mountain Girl" Paris, Jericho, VT
Liz "Battle Star" Parmalee, Somerville, MA
Sabine "Four Eyes" Pelton, Orlando, FL
Mike "Wilson" Perrin, South Burlington, VT
Melissa "Little Sister" Perry, Land O'Lakes, WI
Stacey Plocic, Wheelock, VT
Amy Potter, Hartland, VT
Dan Potter, Hartland, VT
Caitlin Quinn, Tunbridge, VT
Charles "Goat" Raeburn, Hampton, NH
Jim "Simba" Rahtz, Cincinnati, OH
Michael "Catnip" Rankin, Morgantown, WV
Earle "Ranger Ray" Ray, Bristol, VT

Bruce "Papa Tortuga" Robertson, Bradenton, FL
Jennifer "Miles to Go" Rosenthal, East Arlington, VT
Daniel Roush, Burlington, VT
Phyllis "Groovy Ruby" Rubenstein, Montpelier, VT
Ben "Stonecutter" Schersten, Somerville, MA
Paul "Skyline" Schmid, Milford, OH
Seth "Schmiedy" Schmiedeknecht, Allendale, MI
Ari "Irrational" Schneider, Medford, MA
Terence "The Lichen Lawyer" Schoone-Jongen, DC
Lesley Schuster, Hyde Park, VT
Robert "Buffalo Bob" Siebeneck, Waukegan, IL
Mark "Outback" Smith, Hampton, NH
Michael "Sparky" Sokolov, Newton, MA
Ira "Mountain Goat" Sollace, North Middlesex, VT
Chris "Slim Jim" Spencer, Tampa, FL
Tammy "Cookie" Stemen, New Haver, CT
Christopher "Glaciers" Stemen, New Haver, CT
Anna "Idgie" Stevens, Shoreham, VT
Harry "Boggle" Stone, Dover, MA
Joseph "Fireball" Strain, Bexley, OH
Kristen "Swift" Sykes, Florence, MA
Erica "Ballin'" Taft, Stow, MA
Michael "The Blur" Tidd, Allston, MA
Jeff "Truhfish" Truhn, Seymour, TX
Michael "Hui" Vacek, Flushing, NY
Reid "Mowgli" Van Keulen, Kingston, NH
Saybra "Red Blaze" Varisano, Burlington, VT
Alison "Dreamcatcher" Walford, Dorval, QC
Haley Webb, Allston, MA
Jordan "River" Weisberg, Fort Myers, FL
Keith "Prospector" Wendrychowicz, Mahwah, NJ
Susan M. Williams, Bellows Falls, VT
Terri "True Grit" Wilson, Lebanon, NH
Clare "Detroit" Wilson, Warren, VT
Michele "Monarch" Winterberg, Standish, ME
Tracie "South Pole" Winters, Sanford, FL
Chris "Leo" Wright Jr., Bryn Mawr, PA
Max "Sox" Zielinski, Chicopee, MA
Elaine, "Cadi" Zumsteg, Stuart, FL



1972 First Women GMC Caretakers Post Up at Taft Lodge



It was 1972 when I got the call from the Green Mountain Club: “Yes, we want to hire you, but...” I had replied to an advertisement in a magazine for a caretaker position at Taft Lodge on Mount Mansfield. “What a great way to spend the summer,” I thought. It was the ’70s, and things were changing rapidly. I never expected this job to be the least bit controversial, but they had never hired a woman caretaker before so decided it would be safer to post two women at the busy, high-profile lodge. Well, that sounded great to me—the more the merrier.

I was twenty-one that summer, and had just finished my junior year at Montclair State College in New Jersey. My caretaker partner, Susan Valyi, was eighteen and a student at Dawson College in Montreal. We had never met before but quickly became good friends due to our mutual love of the mountains.

It was never going to be a job to make money; we felt the job itself was the reward. This was a good attitude to have, because we were splitting \$150 for the summer, plus what we could make by charging 50 cents per person per night. I’m not sure if lodge is really the right word for a one room cabin with eight

wooden bunks, a picnic table, and a wood stove, but it suited us just fine.

We arrived in June and rode the Gondola up the mountain to the Cliff House. We then hiked to Taft Lodge. We didn’t have much to unpack: a cook stove, sleeping bag, some clothes and a few books. The door to the lodge had been gnawed by some animal, and our first night we were awakened by a family of porcupines who snuck through the hole and proceeded to make themselves at home. They eventually ate the crumbs littering the cabin floor and left. We made sure to fix the door the next day.

Our duties that summer were like those of today’s caretakers: trail maintenance, litter control, educating the public about fragile alpine areas, and making sure hikers followed good trail etiquette.

Taft Lodge, located on the highest Vermont peak and only 1.7 miles from the Long Trail crossing at Smugglers’ Notch, is probably the busiest shelter on the Long Trail. During the week it was pretty quiet, but on weekends it could get a little crazy. We met people from all over and loved hearing their stories. Although at times it was challenging to keep things under control, we

ABOVE: Wendy Turner and Susan Valyi in 1972.
BELOW: Wendy Turner in 2015.



never had a bad experience. Everyone was very accepting of us as caretakers and didn’t think it was anything unusual.

Once a week we hiked down the mountain and hitchhiked into Stowe for supplies. We also took advantage of flora on the mountain by cooking fiddlehead ferns and eating wild blueberries. We became known for the muffins we baked on our cabin stove and sold to the campers.

When we finished our daily chores we explored the trails on the mountain. Most nights we climbed to the Chin or Adam’s Apple to watch the sunset. It was wonderful to experience the mountain in all kinds of weather and conditions. The sunrises and sunsets were stunning, the fog and clouds were magical, and the storms were awesome and definitely commanded our respect. That summer some hikers were caught on the summit during a violent thunderstorm. They took shelter under a big rock, but lightning struck the rock and stunned them. They eventually made it down to the cabin but were pretty shaken.

Dogs had porcupine encounters and ended up with quills in their snouts and hikers got minor bumps and bruises, but there were no major accidents. We were lucky.

Later in the summer we got a puppy to keep us company and named him Rudy. Susan took him home at the end of the summer.

There were two rangers on the mountain during the day, a caretaker at the Cliff House and a caretaker at Butler Lodge, so it felt like a little community. At the end of the summer it was hard to leave and go back to civilization.

On a recent visit to Vermont my sister told me about the March 24 presentation “Green Mountain Girls: Women of the Long Trail.” It was sponsored by the Vermont Historical Society, the Vermont Commission on Women and the Green Mountain Club in honor of Women’s History Month. Montpelier Section President Reidun Nuquist walked the audience through history by showing old photographs and highlighting stories about the first women to walk the Long Trail and others who worked on the trail and for the GMC.

Since I had firsthand knowledge, I added a few stories of my own. Toward the end of the evening a woman told us how her mother had allowed her and a friend stay at Taft Lodge when she was fourteen only because she had read in the newspaper that there were two women caretakers. She said she fell in love with hiking then, and we were both very touched to know we had connected way back in 1972.

The best result of that evening is that Susan and I reconnected after losing touch for a while; I now live in Colorado, and she in Ontario. We continue to climb mountains, and agree that the summer of 1972 was one of the best summers of our lives.

—WENDY TURNER

A Night at Taft Lodge

I was fourteen in 1972 when my mother read about the first women caretakers at Taft Lodge in the newspaper. Inspired to get me to meet one of them, she asked if I wanted to go for a hike.

Mom offered to drive my friend Robin and me to the Long Trail so we could spend a night at Taft Lodge. I had been camping and hiking before, but never without a parent or Girl Scout leader. My father was not so sure this was a good idea. Mom, however, was confident in my hiking ability and certain it was a great opportunity for me to become more independent. She did wonder how young girls would be treated by other hikers at the shelter and told us to talk to the caretaker if we needed help.

Mom dropped us off on the Mountain Road near the trailhead. We couldn’t find the trail, so we walked higher into the Notch. Eventually we found the sign for Hell Brook Trail, and started climbing. It was long. It was steep. It got dark. We pulled out flashlights and kept hiking. Finally we came to a junction with a sign to Taft Lodge.

We arrived well after dark to a crowded shelter with lots of guys, including a troop of Boy Scouts. Wendy, the caretaker, welcomed us and showed us a bunk. She was friendly to everyone and helpful to us. Robin and I talked about how fun it must be to spend the summer outdoors—but not so fun to hike down the mountain every week for food.

After hiking to the summit the next morning, we descended on the Long Trail. Our adventure was a great success and, as my Mom thought it would be, a confidence builder for me.

On my fiftieth birthday I asked Susan, a friend my age, if we should do something significant in our next ten years—like hike the entire Long Trail. She immediately agreed. Since 2006 we have been putting in the miles to finish. It’s been rocks, roots and rain in some sections, but also exhilarating.

We are twenty-two miles from completing the last stretch to Canada which we plan to do this fall. Two hundred and seventy-three miles in ten years! There’s talk about doing our favorite sections again.

Every day on my commute I see the Mount Mansfield ridgeline, and remember how amazingly beautiful it was to see Vermont at my feet—thanks to Mom and the first female GMC caretakers.



—CAROL CZINA

Worthy Heirs

I may be wrong, but I think the Green Mountain Club was well ahead of other eastern outdoor organizations in hiring women for the field staff and giving them major responsibility right away. The first women at Taft Lodge were great examples of that policy.

More people know about Taft than voted in the last presidential election, and most of them try to visit the place at least once a season. A caretaker could have a full-time job just sitting on the bench in front and waving to hikers walking through the yard. Overseeing the Long Trail’s equivalent of Grand Central Station (only Stratton Pond had more overnight guests — and not by much) took real skill. Being a Taft caretaker required the talents of a seasoned diplomat joined with those of a hardened circus ringmaster. Patience was a must, as were a highly developed sense of humor, an ability to improvise on the spot, and a willingness to do a lot of heavy lifting on projects of all kinds.

The Taft women with whom I worked when I was a Vermont Forests and Parks ranger-naturalist up on the ridge—Wendy Turner, Susan Valyi, Libby Tuthill, and Nancy Pettingill—had all of these talents, and more. They were worthy heirs to the Roy Buchanan and Will Monroe tradition, and they in turn set a standard that their successors have had to work to match. The Lodge, the mountain and the club were all lucky to have them.

—VICTOR HENNINGSEN, BUTLER LODGE CARETAKER, ’71 AND ’77
AND MOUNT MANSFIELD RANGER NATURALIST, ’72 AND ’73

Respecting Wildlife

Respecting wildlife is an obvious principle of Leave No Trace (LNT), since the foundation of LNT is respect. When we enter wild spaces, we walk through the homes of countless animals with habits, instincts, routines, and needs we know little or nothing about. Imagine an elk charging into your living room. Your day would likely be disrupted and you would probably be distressed.

When animals are under stress, their ability to survive and thrive is compromised. Through no deliberate act of malice, we can cause them to be vulnerable to predators. We can force changes in their habits, or even cause them to fall ill and cease to thrive, simply through contact with us.

One of my roles as a backcountry caretaker for the Green Mountain Club was an ambassador for wild things. My experience has been that most people are mindful and respectful of the critters around them, but some caused unintentional harm to wildlife by:

- Picking creatures up.
- Feeding them, either deliberately or by leaving trash behind.
- Exposing them to chemicals by using soap, sunscreen or bug spray in or near ponds and waterways.
- Pursuing them to take photographs.

Picking them up – Spotted newts in a pond are cute and fun to watch. But picking them up terrifies them, and the oils and substances on our skin can harm them. Newts might compromise their fragile bodies in fear and attempts to escape. They think we want to eat them. The same goes for fish, red efts, frogs, toads, snakes, butterflies, or any others we can get our hands on. Let's keep in mind how we would feel if a giant creature got a hold of us.

Feeding them – One of the many great things about hiking in Vermont is that most bears are still wary of humans and won't approach shelters or tents for an easy meal. Let's keep it that way through

proper food storage and by not leaving trash. The importance of this cannot be overstated. Bear encounters have been increasing in the past few years partly through human carelessness.

As another example, chipmunks at shelters are cute, but they aren't designed to eat our food, and feeding makes them abandon natural habits they should be practicing. Also avoid unintentionally feeding wildlife by leaving food scraps behind. We should pick up and pack out dropped trail mix, potato chips, orange peels, and even bread crumbs. *If it didn't grow there naturally, it doesn't belong there.*

Exposing them to chemicals – Even biodegradable soap disrupts the chemical balance in water. Some pond skimmers, those neat bugs that cruise the surface, will sink and drown because soap reduces the surface tension of water. Bug spray on your skin when you take a dip enters the water, and could poison the very creatures we want to keep around to eat the bugs we are trying to repel. Try to rinse off chemicals some distance away from a pond before you swim. If you choose to use soap, use it sparingly, and at least two hundred feet from ponds, rivers or streams.

Pursuing them – We've all heard about the guy who snapped a killer pic of a moose charging him on the trail, before he dove out of the way. Don't be this guy (if you can help it). Also, it's just really not nice to stalk any living thing. It is always stressful, and we might send it into harm's way. This is especially true for a mama trying to protect and care for her young. Nothing is more compromising for an animal than forcing it to choose fight or flight when protecting its juveniles. Just stay on the kind side and keep a nice distance.

Enjoy your time on trails, and keep wildlife happy and safe. We want them all to continue to grace our experience of the wild by revealing their world to us. Happy trails!

—KIM ROSENBAUM
FORMER GMC FIELD ASSISTANT



The Principles According to LEAVE NO TRACE

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Field Notes

Thanks to financial support from the U.S. Forest Service, the Vermont Department of Forests, Parks and Recreation, and the Appalachian Trail Conservancy we have a very full slate of projects in front of us—enough for three trail crews.

Volunteer Long Trail Patrol

The Volunteer Long Trail Patrol, based at the USDA Forest Service Mount Tabor work center in Danby, will spend three weeks in the Glastenbury Wilderness.

There they will rehabilitate access to Little Pond, and open a side trail from the end of Little Pond Road to the Long Trail/Appalachian Trail just north of Hell Hollow Brook. They will also install rocks along the banks of Hell Hollow Brook to facilitate hiker crossing near the site of the Hell Hollow Brook bridge. The stringers rotted and the bridge was condemned two seasons ago.

The Patrol will also work four weeks on the Long Trail between the Pico-Killington ridge and Churchill Scott Shelter installing drainages and repairing eroded trail. And they will spend a week replacing puncheon on the Branch Pond Trail, just south of Bourn Pond.

Long Trail Patrol

The Long Trail Patrol, GMC's professional trail crew, will concentrate on northern Vermont, but will also continue work rebuilding the East Dorset Trail in southern

Vermont. When the trail is complete it will lead from East Dorset to Mad Tom Notch Road, adding a link just north of Bromley Mountain from the Battenkill Valley to the Long Trail/Appalachian Trail.

The Patrol will also dismantle the condemned Hell Hollow Bridge and move it away from the brook so draft horses can remove it from the wilderness. Motorized and mechanical equipment is not permitted in federal wilderness areas.

The Patrol will work with Land Stewardship Coordinator Mollie Klepack to reclaim open areas in the Appalachian Trail corridor in Shrewsbury and Pomfret in late summer or early fall.

In northern Vermont, they will do tread work on the Burrows and Monroe trails on Camel's Hump, the Frost Trail on Mount Mansfield, the Waterbury Trail on Mount Hunger, and will improve the Long Trail near Lockwood Pond, just south of Tillotson Camp.

Construction Crew

The construction crew also has a full slate this summer—enough to call for an early start. They will:

- Re-deck the bridge along a ledge of the Lake Trail, which connects Danby to the Long Trail near Griffith Lake.
- Complete restoration of Boyce Shelter, on the Long Trail north of Middlebury Gap.

- Begin the long awaited restoration of Bryant Camp located on Mount Mansfield State Forest and prepare for fall restoration of Bolton Lodge.
- Plan a late August airlift to Butler and Taft Lodges on Mount Mansfield to move roofing materials to Butler, and logs to Taft for replacing rotted logs.

Caretakers

Our backcountry caretaker program should be at full strength, thanks to funding from agency partners, the Mount Mansfield Broadcasters, Stratton Mountain Resort, Killington Resort, Sugarbush Resort and Smugglers' Notch ski areas, and individual donors. Last year's high visitation threatened all of our annual use records, and the attention hiking has received from the movie industry, most recently with the film version of *A Walk in the Woods*, will probably lead to even busier trails this summer.

We will continue caretaker coverage at the Stratton Mountain Firetower, Stratton Pond, Griffith Lake, Little Rock Pond, along the Coolidge Range, Mount Abraham and Sterling Pond. And we will have full coverage at Montclair Glen Lodge and the Hump Brook Tenting Area on Camel's Hump, and Butler and Taft Lodges on Mount Mansfield, plus the summit caretaker program on the Camel's Hump and Mount Mansfield alpine areas.

—DAVE HARDY
DIRECTOR OF TRAIL PROGRAMS



Little Rock Pond Caretakers McKayla Baker and Sabory Huddle

Goodbye to Long-Time Visitor Center Manager Jen Donley

March 11 was a day of celebration and good-byes. Not only was it the Green Mountain Club's 106th birthday, it was Visitor Center Manager Jennifer Donley's last day at the club. After nine years Jen D (as she was known around the office) and her husband Ross (long-time GMC volunteer) decided to move home to Pennsylvania to be closer to family.

Jen started in May, 2007, when the visitor center was temporarily in the Herrick Building, which now houses staff offices. She stood behind a counter in a cramped space with a few bins of merchandise next to the entrance. A sheet of plastic hung in a doorway to a construction zone, where a post and beam building for a new visitor center and more office space was under way.

I stopped in that spring to drop off my end-to-end journal, and to ask about volunteer opportunities. Though her work space wasn't ideal, Jen was cheerful and helpful. A few years later she hired me for a season in the visitor center. I came to know her well in the last five years, and learned how energetic and optimistic she is. Her positive attitude made her exceptional not only at her job, but as a friend.

At lunch on her final afternoon I sat while Jen bustled about helping people as she always did. A French-speaking woman asked whether her hiking party should worry about bears. A gentleman asked what would be a good place to stay overnight. Jen's mission was always to make her visitors happy, even if it meant taking her last bite of lunch at 3:00 p.m.

Between mouthfuls, phone calls and visitors, we talked about her favorite part of the job. "Meeting and working with so many awesome coworkers, many of whom I remain good friends with, was one of the best parts," she replied.

With her military family, Jen moved often when she was young, and later travelled with Ross to Australia, New Zealand, Canada, Latvia, Lithuania, Estonia, Sweden, Iceland, England, Germany, France, Portugal, Poland, Austria and Ghana. Her extensive travel background helped her to readily connect with visitors from all over the world.

"Just yesterday a couple came in, and the man was from South Africa," she recalled. "A couple of weeks ago I met a couple who are dairy farmers from Switzerland. I helped

another couple from the UK a few years ago, and we are still in touch. Over the years I have had visitors from Israel, France, Germany, the Ukraine. Tons of Canadians. It was always fun to chat with them."

Highlights of her time here were the raising of the new headquarters building, opening the visitor center and store in 2009, celebrating the club's 100th Anniversary in 2010, and completion of the Winooski River Footbridge in 2015.

I asked her *least* favorite part of the job (though I knew the answer): "Mud season! Hikers have spring fever. All they want to do is get outside and hike, and I have to encourage them to stay off wet trails. It can be frustrating."

Jen says she will miss the beauty of the Green Mountains, the great trails so close to her home in Stowe, and the slower pace of life. But she is looking forward to being back in Pennsylvania—"the snack capital of the world"—spending time with her eight nieces and nephews, playing soccer with old friends,



coaching basketball, hitting local rail trails on foot or bike, travelling the globe with Ross and, of course, going to Steelers games.

Did I mention that Jen D called everyone she liked Doll? Thank you, Doll. We wish you the best!

—JOCELYN HEBERT
LONG TRAIL NEWS EDITOR

Mollie Klepack New Land Stewardship Coordinator



The Green Mountain Club is pleased to welcome Mollie Klepack as our land stewardship coordinator.

Mollie comes to GMC after working for a number of conservation organizations, including the Nature Conservancy of Vermont, and most recently the University of Vermont Extension where she was a forest pest outreach coordinator. She has a bachelor's degree in environmental studies from the UVM Rubenstein School of Environment and Natural Resources.

Mollie will manage the more than 25,000 acres of conservation land overseen by GMC. She wants to be a catalyst ensuring the vitality and health of Vermont's mountains, hiking trails, outdoor recreation opportunities, and all of the species that live along the trail corridor.

Managing our conservation lands is a big undertaking so Mollie will work closely with the GMC Stewardship Committee and corps of volunteer corridor monitors. She has already visited key properties, met with volunteers, and planned the summer work schedule.

Mollie and her fiancé Jacob are renovating a 140-year-old house in the Old North End of Burlington that they bought last year. Other interests include making pottery, singing in a community chorus, playing guitar, road biking, gardening and cooking.

We are pleased to have Mollie join the staff and are looking forward to working with her to strengthen our land stewardship program.



We Have a New Website!

We are grateful to Earthlogic for all of their hard work helping us build a new website, and for donating half of the cost back to the Green Mountain Club.

Our dynamic new site includes:

- Easily accessible information about hiking on the Long Trail, Vermont's Appalachian Trail and Northeast Kingdom Trails.
- A new blog with articles and stories from the field and updates on general club activities.
- Volunteer report forms that can be filled out electronically.
- Information on GMC conservation and stewardship efforts.
- Current membership information and access to section websites and the section outings calendar.
- A convenient and secure way to renew your membership online or make a donation.
- Updated online store with GMC maps, books and merchandise.
- Listings of our coming outdoor skills workshops and James P. Taylor speaker series.
- Online reservation for GMC's Hadsell-Mares Cabin rental at Wheeler Pond.
- Visually inspiring photography!

If you haven't had a chance to check it out, we hope you will soon. And please, let us know what you think! Visit, greenmountainclub.org.

Returning Field Staff Leaders

We are glad to welcome back Ilana Copel, Matt Shea and Kurt Melin, who will lead GMC's backcountry caretakers, trail crews, and special projects construction crew.

Ilana Copel

This will be Ilana's fifth season with GMC. In her new role as northern field assistant, she will oversee caretakers posted on Mount Mansfield, Camel's Hump, Mount Abraham and at Sterling Pond. Ilana was lead caretaker on Mount Mansfield in 2015 and brings a deep knowledge of the Long Trail System and backcountry management to her new supervisory role.



Matt Shea

Matt is beginning his third season with GMC, having most recently served as trail crew supervisor in 2015. This summer he will be field supervisor and will coordinate field staff training and management in the summer and fall. Matt honed his backcountry skills working for the Pacific Crest Trail and with the U.S. Forest Service in Alaska before coming to GMC.



Kurt Melin

Kurt has worked for GMC since 2008, first on the Long Trail Patrol and then as a Winooski River Footbridge crew member. He led the special projects construction crew last year and will return to lead the crew again this season. Projects this year include the restoration of historic Bolton Lodge and Bryant Camp and badly needed bridge repairs and shelter roof replacements.





My Gift to GMC

“With great joy I confirm to you that the Green Mountain Club is a charitable beneficiary of my estate.

My gift is designated for trail protection and shelter maintenance—something you do exceedingly well and for which all hikers are appreciative. I know the Long Trail—I earned my end-to-end in 1996, and I began the trail in 1975! Completion of it was one of the greatest, personally fulfilling dreams that I’ve ever accomplished!

So, here is my gift so you can continue your stewardship of this unique asset, the Long Trail. Thank you for the good trails and shelters you provided for me. Continue to provide them for those who are still to hike this great state on the Long Trail. Happy Trails!”

—WRITTEN IN 1998 BY MEMBER AND LONG TRAIL END-TO-ENDER.

With this gift in our trails and shelters endowment her legacy will live on in the work we do to maintain and protect the Long Trail. We are honored to have the support of friends whose lives are so enhanced by their Long Trail experiences that they want others to enjoy the same.

For more information on planned giving, please contact Alicia DiCocco, director of development at adicocco@greenmountainclub.org.



Deer ticks, which can transmit Lyme disease and anaplasmosis, are becoming more common across Vermont. Ticks hide in high grass, bushy vegetation and leaf litter through the warm season, waiting for a warm body that can provide a blood meal to pass by. So take the precautions below when hiking, doing yard work or just playing around.

Repel. Before heading out, apply insect repellent with up to thirty percent DEET. Treat clothes and gear with permethrin, or wear factory treated clothing. Wear light-colored clothing (the better to spot ticks), long sleeves and long pants. Tuck pants into socks or wear gaiters (factory treated gaiters are especially effective) to keep ticks away from skin.

Inspect. Check yourself often to catch ticks before they bite. Do a daily head-to-toe tick check on yourself, children and pets.

Remove. Lyme disease transmission can be prevented if a tick is removed within about thirty-six hours, but ticks are so small they can go unnoticed if you aren’t looking for them carefully. (Nymphs, the immature form, are no bigger than poppy seeds.) Showering within two hours of coming indoors has also been proven effective. Tumble dry clothing on high heat for an hour. If drying clothes

treated with permethrin, follow instructions on the label. Also check gear for crawling ticks—these opportunists may hitch a ride and attach to skin later.

Detect and treat early. The first sign of Lyme disease is often an expanding red rash at the site of the tick bite. The rash usually appears seven to fourteen days after the bite, but sometimes takes up to thirty days to appear. Not everyone gets the rash, so be on the lookout for symptoms of early Lyme disease: fatigue, headache, fever, chills, swollen lymph nodes, muscle and joint pain.

Anaplasmosis can also cause fatigue, headache, fever, chills, muscle pain, but also causes nausea, cough and confusion. Unlike Lyme disease, anaplasmosis rarely causes a rash. Both Lyme disease and anaplasmosis can be successfully treated with antibiotics, especially if given early.

Track ticks. The Vermont Department of Health has created an online mapping tool, Tick Tracker, at www.healthvermont.gov/ticktracker. The tool enables users to report tick bites, identify species, and see where other tick bites have occurred in the state. The more reports posted by users, the better the information the tracker can provide.

The Health Department’s website, healthvermont.gov, also offers extensive information about ticks and tickborne disease prevention and treatment.

—DR. HARRY CHEN, M.D.
VERMONT COMMISSIONER OF HEALTH

Dr. Chen, a longtime GMC member, lives with his wife Anne in Burlington. They have three children, all of whom are Long Trail end-to-enders.



President John Page welcomed attendees to the March 19 GMC Board meeting, and thanked board members and staff for their participation and input at the January governance retreat. John shared ideas on initiatives to provide more sustainable multi-year funding for the Long Trail Patrol to improve the treadway in northern Vermont.

Executive Director Mike DeBonis said the Winooski River Footbridge project is completed, with all bills paid. He said the club’s new website is up and running with positive reviews—an amazing accomplishment for a \$12,500 investment. Finally, Mike reported on a Hubbard Brook Research Foundation workshop that convened scientists and recreation managers to learn more about one another’s work, and to identify areas of common interest.

Treasurer Stephen Klein noted that ten months into the fiscal year donations are up, but revenue from memberships and grants is lower than budgeted. Expenditures are within budget, and cost containment efforts are reducing operating expenses. Stephen presented a fiscal

year 2017 budget proposed by the budget and finance committee and endorsed by the executive committee that maintains core functions and funds important trail projects. The board unanimously approved the budget.

Director of Trail Programs Dave Hardy reviewed several proposed projects: reroutes for the Long Trail-Appalachian Trail and the Lye Brook Trail; permanent closure of the North Shore Trail; and improved facilities around Stratton Pond. He described the plan to replace Tucker-Johnson Shelter in the future. The shelter burned several years ago. The board unanimously approved a motion by the trail management committee to designate the Little Pond Trail as a side trail to the Long Trail.

John Page reported that the club’s governance review had identified four broad areas for further consideration by working groups:

- Roles of the board and staff;
- Board structure;
- Functions of committees;
- Roles of sections.

Each working group will develop recommendations for operating procedures, policies, and/or bylaws, which will be reviewed by the executive committee for submission to the board. John said a committee will also be appointed to begin preparation of a new five year strategic plan. The last strategic plan covered 2011 through 2015.

Mike DeBonis reviewed the status of a proposal to convert the Mount Mansfield summit station to a research and education center. The club is concerned with potential effects on the alpine environment, and is participating in discussions among proponents of the proposal.

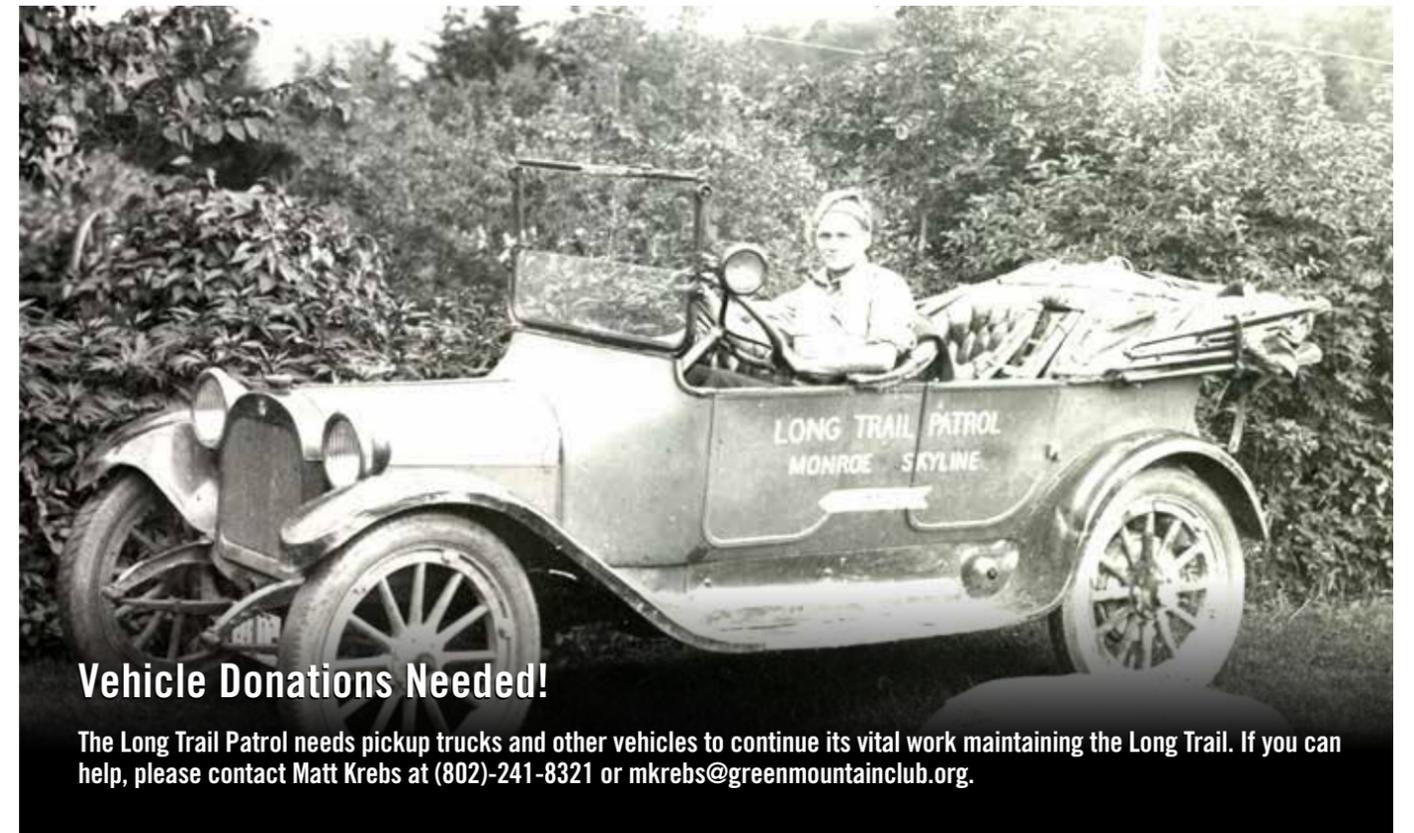
Nominating Committee Chair Rich Windish said the committee had nominated the following members to fill at-large board positions: Howard VanBenthuyzen, Ira Sollace and Ed O’Leary for three year terms; and Wayne Krevetski for a second three year term. The spring *Long Trail News* included biographies of the nominees.

—LEE ALLEN
SECRETARY



Bromley Mountain Sunrise

PHOTO BY AMY POTTER



Vehicle Donations Needed!

The Long Trail Patrol needs pickup trucks and other vehicles to continue its vital work maintaining the Long Trail. If you can help, please contact Matt Krebs at (802)-241-8321 or mkrebs@greenmountainclub.org.



Historic BARNES CAMP, Smugglers' Notch Visitor Center

What is Barnes Camp?

Barnes Camp has been a home to loggers, the terminus of the original Nose Dive Ski Trail, a skier dormitory, a gift shop and—until recently—just storage. Built in 1927, it is a historical gem at the base of Mount Mansfield in Smugglers' Notch.

Following a major renovation in 2014, Barnes Camp now features a rustic interior with original beams and beautiful pine throughout. It is a lively summer provider of outdoor and general tourist information, and soon will become a trailhead for the rerouted Long Trail. Eventually a boardwalk will lead from the camp across a wetland, providing beautiful views of the surroundings.

Three organizations joined the Green Mountain Club to support Barnes Camp's transformation: the Lamoille County Planning Commission, Stowe Mountain Resort and the Vermont Department of Forest, Parks and Recreation.

Last summer GMC volunteers staffed the information desk at Barnes Camp Friday through Sunday on many weekends from July 4th through Columbus Day weekend. Some weekends they saw a mere handful of visitors, but they helped nearly a hundred on holiday weekends with good weather.

Barnes Camp also sells bottled water, the *Mt. Mansfield Hiking Map*, the *Long Trail Map* and the *Long Trail Guidebook*, as well as some State Park items such as decals.

A Day in the life of a Barnes Camp Volunteer

Many visitors just wanted tourist information or the use of a rest room, but most asked about hikes, trails and other outdoor recreation opportunities. Volunteers assessed weather, hikers' experience, equipment, clothing and provisions when making suggestions. Some visitors asked where to camp or eat, or how to get to "the top" (of Mount Mansfield) by car. One volunteer gave four Long Trail thru-hikers a ride to Stowe, and others drove hikers back to their vehicles at the Long Trail.

"I thoroughly enjoyed answering questions about what trails to take, which hikes are best for families with small children, and of course, gazillions of requests about how to get to Bingham Falls," said Kathy Powell. "I also told families about the swimming hole at Foster's on Notchbrook Road in Stowe, which is more appropriate for those with little ones. Quite a number of GMC members came to see Barnes Camp for the first time since the renovations and were duly impressed. A section leader felt that the meeting room would be an excellent venue for the next section meeting in the fall."

Many visitors ask historical questions. "Those who stopped to chat were very pleased with talking about the history of the building, the Lyons family, and Stowe and Cambridge in general," said Barbara Baraw. "My weakness is that I am not a hiker. I am an historian who has done quite a bit of research about Barnes Camp."

The ground floor of Barnes Camp displays posters and images of its early use as a logging camp. The building also houses parts of the original Mount Mansfield rope tow, which has been cut into sections and used as balcony and stair rails in the building.

Meeting people from all over the U.S., Israel, China, England, Australia, France and many other places, volunteers enjoyed sharing their love for Vermont with appreciative visitors. They also took a lot of group photos!

Meeting Space

Barnes Camp has a lovely meeting space for rent on the second floor equipped with a conference table and chairs, ample windows and a balcony with spectacular views of the Mount Mansfield Ridge.

For more information contact Aaron Jacobs at smugglers.notch.park@vermont.gov.

Does Barnes Camp Need More Volunteers?

Indeed it does. The more the merrier! Last summer there were too few to open every weekend. We hope for at least double the number to enable opening Friday through Sunday from June 24 to October 9. Shifts are 8:00 a.m. to noon, and noon to 4:00 p.m. Some volunteers paired up and stayed a full eight hours. Any help is welcome.

Last summer volunteers who put in a specified number of hours received perks like Mount Mansfield gondola tickets, a twenty percent discount for Waterbury's CC Outdoor Store, and two free nights of camping in any Vermont State Park. Perks may vary from year to year but there is a showing of appreciation for this volunteer gig!

If you have even a few hours, please consider volunteering. Meeting and helping so many people who love Vermont and the Long Trail is stimulating and rewarding. For details, contact Membership and Volunteer Coordinator Jenny Montagne, jmontagne@greenmountainclub.org or 802-241-8324.

—CINDY GRIFFITH
BARNES CAMP VOLUNTEER



Volunteer Opportunities with GMC

Adopt a Trail or Shelter

Help enhance the hiking experience for everyone by becoming a Long Trail adopter. We can help you get started on basic maintenance of a trail or shelter. Whether you want to volunteer on your own, with your family, or with your outing group, maintaining a section of the Long Trail or a GMC shelter is a great way to give back to the Long Trail System.

Volunteer Long Trail Patrol

Run away and join the trail crew for a week! Meet new people from all over the country and the world as you spend a week or two living and working in the Vermont woods. Learn how to build and maintain hiking trails, or hone your skills on some engaging and essential trail projects. All sessions last one week, and crews are made up of six to eight volunteers led by

experienced GMC staff. A one week commitment is required, but volunteers can choose to stay longer!

Volunteer with Your Section

Check the calendar of events on our new website for work hikes organized and led by your local GMC section. Joining section work hikes is a great way to meet other GMC volunteers and to give back to your section of the trail.

GMC Outreach Ambassadors

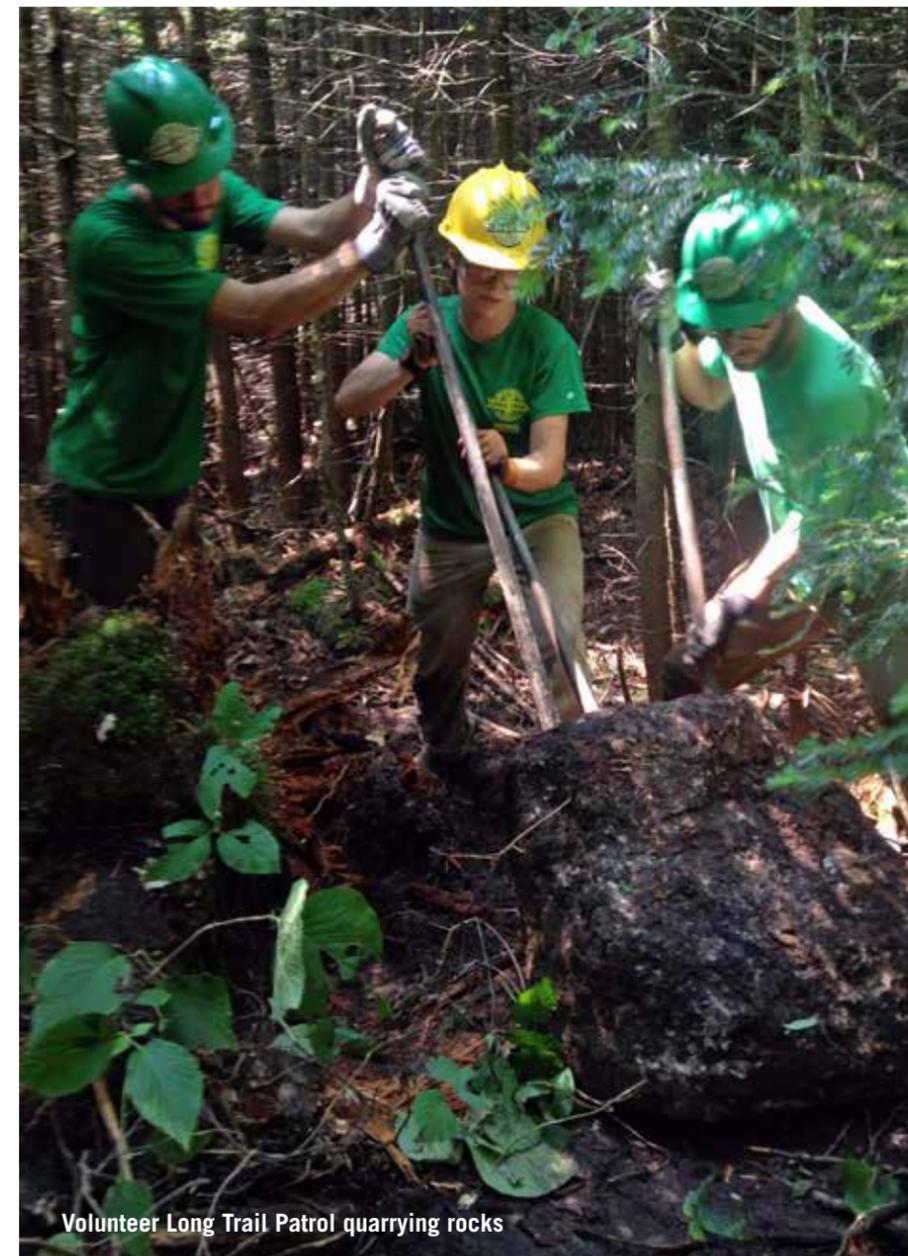
Volunteers are needed to represent the GMC at various festivals, events and gatherings throughout the state. No experience is necessary—just a love for the Long Trail and willingness to share information with the public!

Thursday Volunteers

Come and help GMC with a wide range of indoor administrative projects on Thursdays at the GMC headquarters in Waterbury Center. Sense of humor necessary!

Shuttle Drivers

With limited public transportation in Vermont, long-distance hikers often need help to get to trailheads. Volunteer shuttle drivers help hikers reach the trail or get home after their journey. You may charge for gas. Contact the GMC Visitor Center to be added to our transportation list at (802)-244-7037 or gmc@greenmountainclub.org.



Volunteer Long Trail Patrol quarrying rocks

Please visit our web site at greenmountainclub.org/volunteers or contact Membership and Volunteer Coordinator Jenny Montagne if you are interested in any of these volunteer opportunities. jmontagne@greenmountainclub.org or (802) 241-8324.

Section Directory

Bennington

Maintenance: Harmon Hill to Glazenbury Mountain
President: Lorna Cheriton, (802) 447-1383
E-mail: chertop@comcast.net
Website: www.bennington.com/outingclub

Brattleboro

Maintenance: Winhall River to Vt. 11/30
President: George Roy, (603) 381-7756
E-mail: neogeo03106@gmail.com
Website: www.brattleborogmc.com

Bread Loaf

Location: Middlebury area
Maintenance: Sucker Brook Shelter to Emily Proctor Shelter
President: Ruth Penfield, (802) 388-5407
E-mail: ruthpenfield@gmail.com
Website: www.gmcbreadloaf.org

Burlington

Maintenance: Jonesville to Smugglers' Notch
President: Ted Albers, (802) 557-7009
E-mail: ted@ted-albers.net
Website: www.gmcburlington.org

Connecticut

Location: Hartford, Connecticut
Maintenance: Glazenbury Mountain to Arlington-West Wardsboro Road
President: Jim Robertson, (860) 633-7279
E-mail: jrobert685@aol.com
Website: www.connngmc.com

Killington

Location: Rutland area
Maintenance: Vt. 140 to Tucker-Johnson Shelter site
President: Barry Griffith, (802) 492-3573
E-mail: Griff2Vt@vermontel.net
Website: www.gmckillington.org

Laraway

Location: St. Albans area
Maintenance: Vt. 15 to Vt. 118
President: Bruce Bushey, (802) 893-2146
E-mail: brbshy@comcast.net

Manchester

Maintenance: Vt. 11/30 to Griffith Lake
President: Marge Fish, (802) 824-3662
E-mail: marge.fish@gmail.com

Montpelier

Maintenance: Bamforth Ridge to Jonesville and Smugglers' Notch to Chilcoat Pass
President: Steve Bailey, (609) 424-9238
E-mail: stevebailey@gmail.com
Website: www.gmcmontpelier.org

Northeast Kingdom

Maintenance: Willoughby and Darling State Forests and the Kingdom Heritage Lands
President: Luke O'Brien, (802) 467-3694
E-mail: luke@northwoodscenter.org
Website: www.nckgmc.org

Northern Frontier

Location: Montgomery
Maintenance: Hazen's Notch to Journey's End
President: Jane Williams, (802) 827-3879
E-mail: janicwilliams@surfglobal.net

Ottawaquechee

Location: Upper Valley, and New Hampshire
Maintenance: Appalachian Trail from Maine Jctn. to the New Hampshire line
President: Dick Andrews, (802) 885-3201
E-mail: techcomm@vermontel.net
Website: http://gmc-o-section.org

Sterling

Location: Morrisville/Stowe/Johnson
Maintenance: Chilcoat Pass to Vt. 15
President: Greg Western, (802) 655-6051
E-mail: gw60031@hotmail.com
Website: www.gmcsterling.org

Worcester

Location: Worcester, Massachusetts
Maintenance: Arlington-West Wardsboro Rd. to Winhall River
President: Patricia Faron, (508) 892-9237
E-mail: Faron43@gmail.com



Sections



Sterling Pond Shelter

My Adopted Shelter

Last spring I saw the GMC Montpelier Section had an opening to adopt the Sterling Pond Shelter, one of my favorites. I quickly sent my application and was accepted. I felt like a proud new parent, and I still do!

I hiked to the shelter as often as I could through summer and fall. I visited with Tim, the caretaker, who did a fantastic job throughout the season. We shared a few good stories and laughs. Toward the end of the season I hid a care packet of goodies in his tent while he was working. I imagined it would bring him a little comfort and a smile after a busy summer. Day and thru-hikers had nothing but compliments about him. The shelter and surroundings were immaculate, as were the trails in the vicinity.

I found myself hiking with different eyes when I went up to the shelter. Instead of trying to avoid the large number of visitors, I embraced the opportunity to educate, inform and be of assistance. I also beamed with pride and joy about my adopted shelter.

Though not expected, I decided to visit the shelter during the winter one day. The weather was perfect. I am a four-season runner, so I ran to the top of Smugglers' Notch Road wearing micro-spikes and carrying a little pack with emergency supplies. To my surprise, I saw the Sterling Pond Trail was packed, and decided to run up as far as I could. When I could no longer run I sauntered along the trail following soft boot packed foot-steps until I arrived at my adopted shelter.

There it was, sitting silently in the snow as if awaiting me. It looked a bit hollow without the buzzing of warm summer days. I took a minute to eat a handful of trail mix and take in the serene beauty of the place. I quickly bid farewell as I was getting cold and still had the four-mile return trip to run, vowing to make a winter overnight trip on my next visit.

—FABIENNE (FAB) PATTISON, MONTPELIER SECTION

Adapted from GMC Montpelier Section Newsletter, Trail Talk, Spring 2016.

Montpelier Section President's Message

As I near the end of my last term as section president, I am allowing myself the luxury of looking back, not to the first year of my recent three terms, but back to when I first joined the Green Mountain Club in the distant 1970s. One thing that strikes me is that outdoor activities have become much more specialized.

Take gear, for instance: sporting goods companies have multiplied and gone global, while anticipating our every fitness need. I used to be perfectly happy cross-country skiing in the same cotton anorak I used for hiking; now I ski in 'performance' clothing and high-tech gloves with chemical hand warmers. When I pack for a day hike, I can choose between four different-size packs, two with CamelBak hydration systems. I am also reasonably well equipped for other activities, like paddling, biking, and snowshoeing. Your own stash of gear is likely as good or better than mine.

The ongoing development of gear—benefitting both competing athletes and general outdoor enthusiasts—has played a factor, over time, in changing and re-focusing section outings. In past years, the Montpelier Section's outing calendar included simple listings like:

- Overnight backpacking somewhere in the Green Mt.s. 6-8 mile hike.
- Family afternoon at Lake Elmore. Hiking, canoeing? Bring a picnic.
- Annual moonlight ski, in Berlin.

Although section membership in the 1970s, was a mere fraction of what it is today, outing participation equaled and sometimes exceeded what we have seen in recent years.

Today's outing descriptions are more detailed as to location, distance, degree of difficulty, and equipment. True, it is easier to produce a longer newsletter now than it was then, when we cut stencils and used a mimeograph machine. But it is also true that members want or need more information before they decide to sign up for an outing.

Now generally well equipped, Montpelier Section members have more focused outdoor interests than they had in the past. In winter, some stick exclusively to cross-country skiing while others prefer snowshoeing. When the weather warms up, some favor biking or paddling over hiking or trail work. Some like challenging outings while others choose shorter and easier trips.

Our preference for some types of outings over others means that we seldom meet members with priorities that are different from our own—other than at annual meeting or perhaps at a Taylor program at the GMC Visitor Center.

The recent twice-a-year section membership meetings with programs are an attempt to bring us together. No matter what kind of outings we favor, as GMC members we all share one important thing: a love of outdoor adventure.



—REIDUN NUQUIST

Current Shelter Adopters

The Green Mountain Club maintains sixty-six overnight sites on the Long Trail System and Vermont Appalachian Trail. Fortunately we have a strong force of volunteer shelter adopters, many of whom, like Fabienne, are section members who check on them. Thanks to all of our present (and past!) adopters. This year's adopters are:

Seth Warner Shelter	John Barnes	Skyline Lodge	Pete Antos-Ketcham
Congdon Shelter	Bob Adams	Emily Proctor Shelter	Sue & Bruce Isham
Melville Nauheim Shelter	Buddy Hayford	Coolley Glen Shelter	George Lockwood
Goddard Shelter	Dave Silverman & John Cahill	Battell Shelter	Jeffrey & Diane Munroe
Kid Gore Shelter	Timothy Gore	Glen Ellen Lodge	Peter Saile
Stratton Pond Shelter	Lee Allen	Theron Dean Shelter	Joplin James
William B. Douglas Shelter	Rick LaDue	Birch Glen Camp	Pete Antos-Ketcham
North Bourn Pond Tenting Area	Brian & Logan Thomas, Deb Napsey	Cowles Cove Shelter	Peter Russell
Spruce Peak Shelter	George Roy & Brattleboro Section	Montclair Glen Lodge	Mike Gillis
Bromley Shelter	Marge & Bob Fish	Hump Brook Tenting Area	Thomas Hartman
Peru Peak Shelter	Dick Andrews	Bamforth Ridge Shelter	Lawrence & Nancy Thomas
Griffith Lake Tenting Area	Dick Andrews	Duck Brook Shelter	Kerstin Lange
Lost Pond Shelter	Bob Whitney	Buchanan Lodge	Morgan Ruelle
Old Job Shelter	Ron Betts	Puffer Shelter	Jeff Bostwick
Big Branch Shelter	David Quesnel	Taylor Lodge	Jason Storer
Little Rock Pond Tenting Area	Glenn Hamilton	Twin Brooks Tenting Area	Jamie Ide
Little Rock Pond Shelter	Bruce Moreton of Night Eagle Wilderness Adventures	Butler Lodge	Dave Hardy & Carol Gregory
Greenwall Shelter	Doug Fontein, Cathy Reynolds, Jo Reynolds, Izzy Fontein	Taft Lodge	UVM Outing Club & John Abbott
Minerva Hinchey Shelter	Gerry & Cheryl Martin	Sterling Pond Shelter	Fabienne Pattison
Governor Clement Shelter	Zach Cavacas	Whiteface Shelter	Jim Pease
Rolston Rest Shelter	Joe Sessock	Bear Hollow Shelter	Ron Lucier
David Logan Shelter	Robert Widger	Roundtop Shelter	Howard VanBenthuyzen
Sunrise Shelter	Bill Zeiler	Corliss Camp	Patrick Audet
Sucker Brook Shelter	Nancy Pecca	Spruce Ledge Camp	Scott Christiansen
Boyce Shelter	Don Groll	Hazen's Notch Camp	Larry Bruce & Howard VanBenthuyzen

Our education program offers a wide variety of courses and outings to help you have fun, be safe, and learn more about the outdoors.

Experienced instructors teach hiking and backpacking; wilderness first aid and medicine; conservation and stewardship skills; navigation by map, compass and GPS; outdoor leadership; and much more. Visit us at greenmountainclub.org and sign up today.

Forest Forensics in the Vermont Woods

Saturday, July 16, 10:00 a.m.–4:00 p.m.
Location: To be determined

Learn how to read a forested landscape in this exciting new workshop inspired by Tom Wessels' popular book, *Forest Forensics: A Field Guide to Reading the Forested Landscape*.

Participants will learn the basics of the relationship between land and forest, how to estimate a forest's age, and how to recognize its past use—all while hiking through some of Vermont's most beautiful woodlands.

The hike location and directions will be sent out a week in advance. Moderately difficult. Total distance: 4 miles maximum.

Instructors: Joe Bahr and Caitlin Miller.

Limit: 8. Fee: \$30. Register one week in advance

Rain date is Sunday, July 17.

How the Camel Got its Hump

August 6, 9:00 a.m.–5:00 p.m.
Camel's Hump State Forest

Learn how glacial activity contributed to the unique and easily recognizable shape of Camel's Hump during this full-day hike. We'll ascend the Monroe Trail from the Duxbury side of the mountain, stopping to discuss the mountain's geography as we go. Then, we will veer off onto the Dean Trail taking a short break at the junction with the Long Trail to learn about the natural history of Wind Gap before continuing to the summit. At the summit we will break again to take in the sweeping panoramic views and discuss the surrounding topography before we return to the parking lot, arriving no later than 5:00 p.m. This is a strenuous hike requiring some hand-over-hand scrambling. Total distance: 7.5 miles.

Instructors: Joe Bahr and Caitlin Miller.

Limit: 8. Fee: \$30. Register one week in advance

Rain date is Sunday, August 7.



PHOTO BY SHERI LARSEN

GMC Events Calendar

Check the GMC Events Calendar on the website greenmountainclub.org for a list of hikes, outings and events throughout Vermont and beyond.

GMC Education Program Sponsors

GMC Education Workshops are made possible in part by the support of the business community and other friends of the club. To find out how you can support the GMC Education Program, please call (802) 241-8327 or e-mail groups@greenmountainclub.org.

Registration

Register at greenmountainclub.org or call our office. Full payment by credit card, check or cash is required before attending workshops.

Phone: (802) 244-7037

E-mail: gmc@greenmountainclub.org

Mail: 4711 Waterbury-Stowe Road
Waterbury Center, VT 05677

Fees

GMC members—ask about your member discount. Not a member? Join and save.

Cancellations and Refunds

Refunds (minus a \$10 processing fee) will be provided if cancellations are made before the registration deadline. Cancellations after the deadline will be refunded 50 percent of the workshop fee only if the space is subsequently filled. No refunds will be made for reservations cancelled less than three days before the workshop. GMC reserves the right to cancel a program at any time, in which case the club will notify registrants and make full refunds.

Note: Workshop dates and venues may change due to weather or other unforeseen circumstances. Please call or e-mail GMC before any workshop for the latest updates. Updates, additional workshop listings and more information can be found online at greenmountainclub.org.

Age Requirement

The minimum age to participate in a workshop is sixteen, unless otherwise noted.

Rent the GMC Meeting Hall



Conveniently located and easily accessible, the Green Mountain Club Meeting Hall is the perfect setting for your next business meeting, seminar, private party or special event. It is perfect for lectures, training programs, concerts, weddings and retirement and birthday parties.

The hall accommodates 120 people on the second level of the rustic timber framed GMC Visitor Center. The outdoor campus has lawn space with ten picnic tables and a half-mile loop trail through the nearby woods where a relocated historic Long Trail shelter can be seen.

Temperature controlled and equipped to modern standards, the hall includes a state-of-the-art media system with high speed wireless Internet, surround sound, overhead LCD projector and retractable screen, digital lectern, wireless microphone, and plenty of folding tables and chairs.

For rates and other information please visit greenmountainclub.org/about/meeting-hall-rentals/ or contact Visitor Center Manager Amy Potter at apotter@greenmountainclub.org or (802) 241-8210. Nonprofits, government agencies and club members receive discounts.

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From the Journal of Idgie

13. September, Day one, miles completed on the LT: 10, total miles 13.7, Congdon Shelter

The fact that I am carrying a spice kit and made a quesadilla for dinner tickled everyone. Not surprising but it seems my food preparation is much different than others. But I don't care! I love the process of cooking and eating good food on the trail. It enhances the hiking experience greatly. We each do it our own way, though, and that's part of being here, to complete this trail and this hike in the way that makes sense to me.

15. September, Day three, miles 8.9, total 36.6, Story Spring Shelter

Today I could have gone up and over to Stratton Pond but decided not to. The pusher in me wanted to keep going, but I reminded myself that part of this whole experience is also savoring the moments when I am not hiking...As the hours passed, joy returned to me and I began to notice many things that surrounded me: the thick layer of dead leaves on the ground; the stillness of puddles before I disturbed them; the dead ferns plastered to the side of a boulder with new ones sprouting up; a huge mushroom growing, trapped between two trees.

So much of me wants to push on all the time, to finish this trail quickly... I have 273 [miles] and I need to be patient with them. When the miles are too many, I need to be energized. When they are too few, I need to be calm.

16. September, day four, miles 10.8, total 47.4, Stratton Pond

The view from the firetower was incredible...There was a bird trapped in the glass enclosure and I took my shirt off to trap it and let it go. Although such a small and seemingly insignificant living being, it was surreal to be holding this sparrow. Its heart was pounding so quickly, I hoped it wouldn't die from a heart attack. Our lives had few commonalities but we shared the experience of life in that moment, and the reassurance of the woods.

17. September, Day six, miles: 17, total: 67.2, Little Rock Pond Shelter

The world and I woke up together this morning. Standing atop Bromley I watched the reddening sky illuminate the thick fog that had filled in the low-lying areas, each crevasse full, mountain tops poking above. The sky was an incredible pallet of blood orange, deep pink, green, blue, black. As the day rose, so did we.

After an hour of hiking, we saw a black bear on Styles Peak! I heard a noise to my right, saw a tree shaking and a black bear scampered down. It paused, stared at us, then moved on. On Peru Peak we startled a large group of grouse. It was a full day of wildlife: efts, snakes, hawks, toads. But, man, that bear.

22. September, stopped counting miles, David Logan Shelter

FINALLY JUST ON THE LONG TRAIL. It feels smaller, more familiar. It is so beautiful how it winds along the mountainside covered in fallen leaves. Only those who wish to know Vermont hike north of here.

This afternoon Elizabeth and I turned a corner and entered a pocket on the mountainside. The quiet startled me. We stood for a long time and listened. I closed my eyes, absorbing the sound of silence. A crow from a long way off called, the peace not broken, just added to.

26. September, day fourteen, zero day (Burlington)

As I stood on Mount Ethan Allen looking over—Fayston to the southeast, Mansfield to the north—I felt so grounded and in awe. I am here to discover more about this state. Meeting Vermonters on the trail and reading books about ecology and the landscape has helped. But looking out onto the valleys and hamlets below made me realize just how many places there are left for me to discover...

30. September, day eighteen, Tillotson Camp

The thing about hiking when it's cold and rainy is that if you stop, you will die. At least that is what it feels like. So you can't stop.



I have learned more about my personality. I am impatient, but I need time. I am adventurous, but I need to be comforted. I like to push myself, but I am not afraid to consider giving up.

1. October, day nineteen

I am so glad I pushed on today. The climb up Jay was not so bad. I spent so long up there, alone, relishing the sunset. I was able to look back at the ridge I had hiked along the past few days. I saw Lake Champlain, drank in Canada. I realized, the obvious fact, that oh sh*t, I have almost walked the length of this state!

6. October, Done with the Long Trail

As the minutes and days propel forward, much of my time is spent reflecting backward. In constant motion but mentally stuck in steps, hours and weeks behind.

Vermont IS where you find it.

I love this state and the opportunities for me here. I feel like a better person, a contributing member of society when I am happy. Backpacking makes me happy. I am removed from society, relying on its resources less but interacting with it more. I am learning from it, not taking from it. I am home.

Idgie (Anna G. Stevens) is from Shoreham, Vermont. She thru-hiked the Long Trail last fall. She currently resides in Colorado where she works in experiential education. She spends a portion of each year in Vermont and Maine leading backpacking trips and enjoying all the outdoors has to offer.



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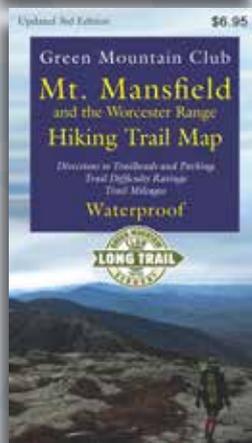
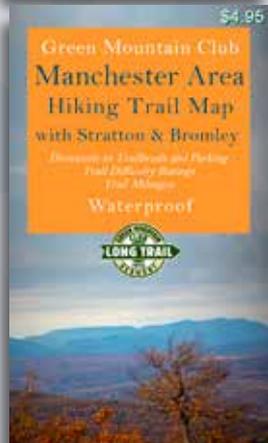
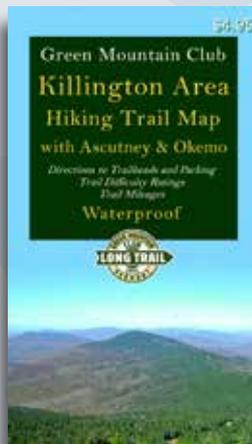
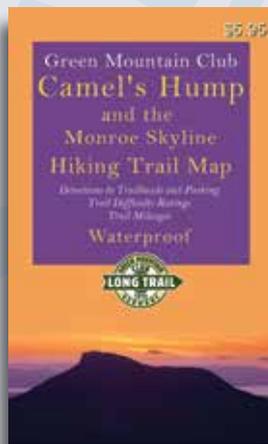
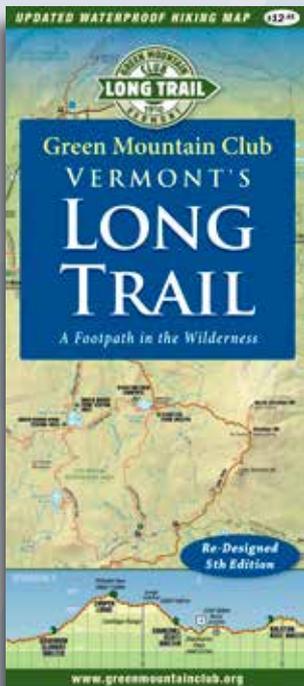
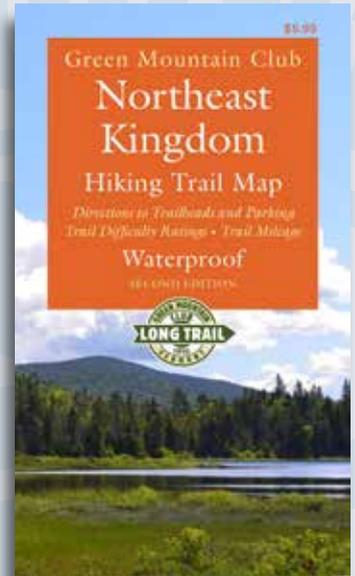
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◀ If it's time to update your hiking maps, choose from GMC's collection of waterproof pocket-sized area maps or purchase the full-sized *Long Trail Map* covering the entire Long Trail. GMC members receive a 20 percent discount. Available online, greenmountainclub.org or in the Visitor Center located in Waterbury Center.