

# Long Trail NEWS



Quarterly of the Green Mountain Club

SPRING 2020



The Unstoppable Jean Haigh | Trilliums in Vermont | From Porcupines to Pesticides | Stratton Pond Artist  
Rock Hopper on the Long Trail | Section Hiking



# Long Trail

N E W S

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: Cyrus (a.k.a. "Rock Hopper") making his way to the Jay Peak summit. Photo by Tom "Krummholz" Kidder (a.k.a. Grandpa).



PHOTO BY JOCELYN HEBERT

Jean Haigh at the beginning of her term as GMC President.

## C O N T E N T S

Spring 2020, Volume 80, No. 1

### FEATURES

#### 6 / The Unstoppable Jean Haigh

*by Jocelyn Hebert*

#### 8 / Trilliums in Vermont

*by Tom Scavo*

#### 10 / From Porcupines to Pesticides: A GMC Caretaker's Influence on *Silent Spring*

*by Vic Henningsen*

#### 12 / A Pause in the Woods: An Interview with Caretaker and Artist Kati Christoffel

*by Rachel Palmer*

#### 16 / Rock Hopper on the Long Trail: 272 miles and 101 Stories to Canada

*by Tom Kidder*

#### 20 / Let's Hear it for Section Hiking!

*by Eleanor Lahr*

### DEPARTMENTS

3 / From the President

4 / Mountain Views

5 / Trail Support

22 / Field Notes

26 / Trail Mix

28 / Annual Meeting

30 / Land Stewardship

32 / Outdoor Education

34 / Sections

36 / Volunteers

37 / Board Report

39 / Journey's End



## From the President

The Green Mountain Club is celebrating its 110th anniversary this year. Since its inception, generations of hikers have enjoyed the powerful experience of hiking on the Long Trail System, and each has a personal story of how they came to love the trail.

Some of us were introduced to hiking and camping at a young age through a Boy or Girl Scout outing or summer camp, and others by parents or family members who wanted to share and pass on the joy they experienced growing up. Getting kids outside at an early age can make an indelible impression and teach them to care for natural spaces. Take nine-year-old Ephraim Maciejowski, who began hiking with his parents at a very early age and today is GMC's youngest monthly financial supporter (see his story in Trail Support on page 5). Ephraim already understands how hiking makes him feel and is doing what he can to make sure the trail is well maintained.

Those young nature lovers become young adults who look for opportunities to learn more about our ecosystems and outdoor recreation. Our own field staff is made up of budding environmentalists and conservationists who spend a couple of months immersed in the mountains. There, they can observe firsthand how plants, animals, and people affect one another. It can be an enriching experience, as last season's Stratton Pond caretaker and artist Kati Christoffel notes on page 13 in "A Pause in the Woods." Or it can be the start of a career dedicated to important scientific research, as was the case with 1930s Butler Lodge caretaker, George Wallace, whose work influenced Rachel Carson's book *Silent Spring* (see pages 10-11).

Many of those young adults who have benefited from nature ultimately mature



Tom Candon and his grandchildren wearing GMC's kid t-shirts.

into outdoor enthusiasts who are committed to recreational resources like the Long Trail because it helps keep them in shape, challenges them, or provides camaraderie on the trail. "Let's Hear it for Section Hiking!" on pages 20-21 is the journal of a group of backpackers (the Hoosier Backpackers) who are of various ages and stages of life. They have been coming to Vermont from Indiana and beyond to hike together for ten consecutive years and plan to finish their last stretch of the trail this summer.

When some members cannot be as active as they once were, many focus on supporting the club in other meaningful ways. Sadly, we lost former President Jean Haigh, who died this past fall while leading a hike at age eighty-four. Jean is not really a good example of someone who slowed down as she aged, but she is an excellent example of someone who became a mentor and who shared her institutional knowledge and expertise with others. She was an inspiration to all and is

greatly missed. (To learn more about this extraordinary woman, see pages 6-7).

The story of a grandfather who shared his passion for hiking with his grandson Cyrus (aka "Rock Hopper") is a nice example of how the young and old can teach one another new things. They started the trail together when Cy was six and finished when he was nine. Over those impressionable years, they bonded by telling imaginative stories and role playing while walking the footpath in the wilderness. We hope that Cy will one day share the passion for the mountains his grandfather instilled in him.

I encourage all of you to reach out to anyone interested in becoming active in the club. Provide a gift membership to a young person in your life, take a hike with them, or help them plan a hike of their own.

Every stage of life offers ways to both enjoy and support GMC's mission, and everyone has an important role.

—TOM CANDON, PRESIDENT



Future peak bagger on Mansfield





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## Mountain Views

### JEAN HAIGH: The True Heart of Vermont's Hiking Community

Jean was a tremendous leader, a shining light with endless passion and energy for Vermont's mountains and trails. She was also a true friend to all who knew her, with a deep capacity for caring and a knack for making everyone in her life feel special. Jean was the true heart of Vermont's hiking community. Though she will be missed, she leaves a tremendous legacy from a lifetime of working, hiking, and advocating for the Green Mountains.

—RICH WINDISH AND THE BRATTLEBORO SECTION

### GMC Champion

I knew Jean Haigh as a champion of GMC and hiking in general. Her love of nature, which she passed on to her daughter Jackie, also was passed on to me through Jackie. We went to Castleton at the same time, have been 30-plus-year friends, and have hiked many trails together. Some even with Jean! The service was wonderful—a true tribute. Jean was a blessing to the GMC and blessed to be part of such a caring and adventurous community.

—JANET ROUNDS



### Trail Blazing in Winter

My wife and I, back when we were in our 60s, decided to do some snowshoeing on the Long Trail between Kelley Stand Road and Story Spring Shelter. A storm had just dumped six to eight inches, and we were looking forward to the outing. The windblown fresh snow totally obliterated the blazes, and we could not find the trail after a few dozen yards. This is a part of the LT we had done many, many times in addition to two thru-hikes. We had to give up! But we were glad it

wasn't made easy with day-glow blazes. The Long Trail should remain difficult, and not just a walk in the park. If it's too snowy, use some judgment and stay home!

—"BAMBOO BOB" SARTINI

### More Search and Rescue Safety Tips

Like all armchair adventurers, I enjoyed reading the "2019 Search and Rescue Incidents" in the winter issue of the *LTN* and the accompanying safety tips from Neil Van Dyke. I would add three tips I have found useful while hiking in winter. First, alkaline batteries often fail in cold weather. If using them in your light, keep it close to your body for warmth. Second, activated charcoal hand warmers inside your mittens will keep your fingers toasty for up to eight hours. Third, chocolate is a sure crowd pleaser when it's cold. Always pack both milk and dark chocolate, because fun-size Snickers bars no longer satisfy like they once did.

—MARY LOU RECOR

### Renewing a Lifetime Membership

What a nice surprise when I opened your letter ... It was a gift! And information about benefits I was entitled to receive. Thank you!

Now, I must confess my lifetime membership has been weighing on my conscience lately. Back in the day when I took that membership option, I did not realize how long my life was to be, and the expense I was to incur for the GMC sending me the beautiful *Long Trail News* magazine and the very interesting chapter newsletters. I feel I have been more of a liability than a benefactor.

I have heard of married couples renewing their vows. Taking a cue from that practice, I wish to renew my lifetime membership ... Also, please note that I am in the Connecticut Chapter, and have been enjoying their newsletter, so full of accounts of adventures I only enjoy vicariously these days. I'm not familiar with your practices, but hope my dues will help defray that chapter's expenses. Wishing you all the best for 2020 and beyond.

—ROSEMARY MILLER, NORTH BRANFORD, CT

#### *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. Letters may not be published.

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 Letters to the Editor, GMC, 4711 Waterbury-Stowe Road,  
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# Ephraim Maciejowski, Age 9

## An Interview With Our Youngest Monthly Donor

**W**hen I first met Ephraim Maciejowski, he was upside down on a swinging bar on a play structure in my neighborhood. He heard me talking about working at the Green Mountain Club, and exclaimed, "I donate every month to the Green Mountain Club!" Since then in weekly encounters after school we have developed a bond based on our love for the outdoors, and especially for the Long Trail.

This summer he climbed Camel's Hump with friends at the camp my kids attend. When he returned, I asked him how his day had been. His eyes lit as he described in detail the route they took, what they ate, and every animal and person they encountered. He also told me that he had first climbed Camel's Hump when he was four years old, but that he didn't really remember it.

Recently I talked with Ephraim about hiking and why he donates monthly. I wondered what inspired him to be so charitable, and wanted to learn more about his outdoor adventures.

**Alicia: What do you like about hiking?**

**Ephraim:** I enjoy the outdoors, especially taking in the peace and the fresh air. I like listening to the sounds, like the creeks and the water and the wind through the leaves of the trees. I also like the views of the alpine zone. I like to go up the Long Trail to the Forehead of Mansfield so that you can be in the alpine zone. I really like it there.

**A: Do you have a favorite hike?**

**E:** I don't really have one favorite hike, but Mount Adams in New Hampshire, because there are a ton of views and not too many people. Also, Mount Abe from Lincoln Gap, because I like the last part where you're going up and you're almost there, and then you can see the view all around you. Then I like to go back down on the ridge to check out the plane crash.

**A: Why did you start donating to the Green Mountain Club?**

**E:** I really think supporting the mountains is important, and I like to hike them, and I know that the trails need to be maintained. (You know, so I don't get lost.) It might not be a lot of money, but it's a lot of money for me. And I know every little bit counts. I think other people should think about donating because if you really appreciate the trail and like to hike in the mountains, then you should help maintain them. Also, there are a lot of people who hike the Long Trail, so it needs to be maintained.

So far Ephraim has hiked the five 4,000-foot mountains in Vermont, and is working on the 48 in New Hampshire. He started climbing the New Hampshire

peaks with Mount Washington when he was seven, and he hopes to complete the 48th on his tenth birthday this July. He thinks he will hike the entire 272-mile Long Trail when he is 12 or 13 with his parents, and then maybe the Appalachian Trail when he is 17.

I look forward to hearing more about Ephraim's hiking adventures, and hope he continues to inspire others with his enthusiasm and appreciation for the work that goes into caring for trails. I also hope he always finds peace and calm in the alpine zone. His example certainly makes me want to work to protect it.

—ALICIA DiCOCO, DIRECTOR OF  
DEVELOPMENT AND COMMUNICATIONS



Ephraim Maciejowski





# The Unstoppable JEAN HAIGH

BY JOCELYN HEBERT

*Don't ask what the world needs. Ask what makes you  
come alive, and go do it. Because what the world needs  
is people who have come alive.*

—ROBERT THURMAN

When I learned of Jean Haigh's sudden death last November 2, I wrote to my mother: "I knew Jean couldn't live forever, but I always *hoped* she would."

Jean Crossley Haigh died while leading a Green Mountain Club Northeast Kingdom Section hike, in a place she cherished, surrounded by people she loved. Her death left deep sorrow and an emptiness in the trail community.

Born on March 21, 1935, to Ernest and Etta (Morris) Haigh, Jean grew up in Rutland and attended Rutland High School. Proud of her Scottish heritage, she studied microbiology at the University of Edinburgh.

Jean returned to Scotland five times. The first time she and her family retraced a route through the highlands she had hitchhiked after graduation. Later she made three more trips—one to tour universities with her grandson Skylar, another to settle him into Saint Andrews, and the third to see him graduate. On her final trip in 2019 she and her daughter Jackie revisited some of her favorite stomping grounds in Edinburgh.

After college, Jean planted roots in Sudbury, Vermont. Raising her two daughters, Jackie and Nancy, caring for and riding Morgan horses, skiing at Pico, and pursuing a master's degree in education filled Jean's early life. Eventually she moved to Craftsbury, and her family grew to include three grandchildren and three great

grandchildren. Although she reached great grandmother status, she heavily resisted the idea of aging, even asking her grandchildren to refrain from calling her grandma and to just call her Jean.

## "She's so badass."

Jean established countless lifelong relationships. As an elementary school teacher, special education director, and adjunct professor at Johnson State College, she was an inspirational mentor for many future educators. Colleagues expressed gratitude for her advocacy for students and for taking the time to, as one said, "speak the truth." Jean never really retired. At 84 she was still highly valued as a consultant and drove all over Vermont doing the work her passion fueled.

Equally committed to outdoor recreation, she also traveled the state conducting Green Mountain Club business. She was a longtime member and volunteer, served on the board for nearly two decades, was on numerous committees, and eventually became the forty-first president of GMC (2012-2015).

No matter how busy or tired she might have been, or how dreadful the weather, Jean always showed up. She often did so with arms wide open inviting you in for a hug, a hand extended for a warm handshake, or two hands offering a plate of brownies.

Soon after I became editor of the *Long Trail News*, our working relationship became a close friendship built on a shared love and respect for hiking trails and the mountains, and ultimately for one another.

Jean was fun and funny ("I am bringing meatballs and sauce and rolls in my slow cooker!!!! Well, not the rolls!"). She was determined ("The snow on my roof unloaded and buried me up to my chest. But I dug myself out..."). She spoke her mind ("This is the most boring article I have ever written and way too long."). She stood up for others ("You just wait. We'll see about that.").

*"She lit everyone's world,  
but somehow made you  
feel she was lighting  
yours alone."*

Jean cared deeply about the club staff, and we saw her regularly at headquarters. Many times, after she scurried away to her next meeting, we looked at each other, and said: "Man, I hope I'm like her when I'm older," or "She's so badass." In my eight years at GMC I've heard new staff say the same thing, again and again.

Jean was a "founding mother" of the Northeast Kingdom Section (2001) who then spearheaded the building of a new trail

system in the Kingdom. She was the force that drove this project for over twenty years to its completion, and she was justifiably proud and happy to attend the ribbon cutting ceremony last June.

Jean was president of the Northeast Kingdom Section for many years, a hike leader, and an organizer who rallied the troops. The loss of her boundless energy left section members resolving to pick up where she left off, pledging to meet the challenge in their leader's memory and honor.

Jean's accomplishments and contributions to the Green Mountain Club and Vermont hikers are too numerous to list, but be assured, she earned every GMC award there is, including the Honorary Life Membership Award. In October 2019, the Vermont Recreation and Parks Association honored her with the Theresa S. Brumgardt Friend Award in recognition of her outstanding commitment to outdoor recreation. This was a surprise to Jean, and she told me privately how touched she had been that her family had secretly gathered to witness that special moment.

I think Jean realized that a great way to stay young at heart was to keep making friends. She made time for everyone and had close friends of all ages. She lit everyone's world, but somehow made you feel she was lighting yours alone.

Open and welcoming to all, Jean connected people who might otherwise never have met and through her networking helped establish enduring traditions of community.

In all facets of her life Jean left extraordinary legacies as one who saw the potential in everyone. In her private and professional life, she was able to push through obstacles and achieve goals despite difficulties, failures, or opposition. Her strong will moved people to action. They responded by stepping up to help others in need, care for the environment, and promote the benefits of outdoor recreation in Vermont.

She lived on her own terms until the end of her life. Now we must take comfort, as her friend Deb Smith so eloquently said, "in the poetic sweetness of how Jean left us—leading the way upward and onward among kindred spirits on a beautiful day in the woods in her beloved Northeast Kingdom."

But, oh how we all wish she had lived forever. 🌲



Becoming GMC President



Receiving Honorary Life Award



"Jean was a great friend, a lovely, caring, compassionate person, and the best hiking partner I ever had."

—ED O'LEARY

"Jean had many loveable human qualities, but her superpower was persistence. She was GMC president in trying times, but nothing stopped or even slowed her search for solutions. And Vermont has the Kingdom Heritage trails because for 20 years she simply would not give up."

—DICK ANDREWS

"My grandmother, Jean Haigh, was awarded the Theresa S. Brumgardt Friend Award today ... It was pretty special to see someone who has played such an important role in my life and the way I interact with the outdoors being honored for the impact she has had on so many others."

—SKYLAR LOBDELL

"I admired my grandmother's strong-willed attitude and bravery to be who she truly was, her ability to keep going through any kind of pain, her love for education and connecting people, and her love for animals—and the way she spoiled her own."

—MEGAN HARVEY

"My grandmother's commitment to her students to provide support when others wouldn't, her strong passion for the outdoors and getting the community together to achieve goals, her honesty and blunt reactions—saying just how she felt—her confidence, dedication to family, and non-stop laughs when we got together are just some of the things I will miss."

—MOLLY KERR

"She was the heart and soul of the Green Mountain Club ... She literally brought hiking to the Northeast Kingdom."

—JOHN PAGE

"Her energy, enthusiasm, and interest in my outdoor professional life and recreational adventures both encouraged and supported me. Her interest was so true—she listened with a hunger. I can still hear her say, 'heemmm...', 'hmmmm...', 'we'll see...' and her laughter. All different measures of approval, feedback, and loving support."

—CHERYL BYRNE

"Though she lived a long life by anyone's measure, it is hard to fathom that she left us so suddenly and so soon ... I am so very sad that I did not get to say goodbye to my dear friend and mentor, but perhaps that is the way it was supposed to be, with her slipping out before anyone could make a fuss over her."

—RICH WINDISH





# Trilliums in Vermont

BY TOM SCAVO

Last spring was my first in Vermont, having moved from Michigan the summer before. I hit the trails early, eager for the end of winter. To my delight, colorful spring wildflowers dotted the otherwise stark landscape, especially trout lilies, spring beauties, marigolds, and violets. One wildflower—the trillium—stood out from the others. I was struck by its elegance and beauty. Now I look for trilliums wherever I go.

## Trillium species

*Trillium* is a genus of about 50 species of perennial flowering plants found throughout the temperate regions of North America and Asia. The greatest variety of trilliums are found in the eastern United States, especially the southern Appalachians. Four species of trillium are native to Vermont and the rest of New England:

- Nodding trillium (*Trillium cernuum*)
- Red trillium (*Trillium erectum*)
- White trillium (*Trillium grandiflorum*)
- Painted trillium (*Trillium undulatum*)

Common names vary by region.

## Nodding trillium

Nodding trillium (*Trillium cernuum*) is the northernmost species of trillium in North America. It is common in the Great Lakes basin, but occurs infrequently in New England. It is classified S3 (uncommon and vulnerable) by the Vermont Fish and Wildlife Department. In recent years there have only been a handful of sightings in Vermont. The last confirmed sighting was reported in Rutland County in June, 2018.

## Red trillium

Red trillium (*Trillium erectum*) is the most abundant trillium in Vermont. In New England it is observed more often than all other trillium species combined. Most red

trillium in Vermont have dark maroon petals, but other petal colors occur. For example, flowers with white or pale yellow petals have been found in Windsor County, especially at the Marsh-Billings-Rockefeller National Historical Park.

## Painted trillium

Painted trillium (*Trillium undulatum*) has the most distinctive and consistent character of any trillium in North America. It is very particular, demanding cool temperatures and a strongly acidic soil rich in humus. It is found mostly at higher elevations, from the southern Appalachians to Nova Scotia. In New England, painted trillium is common across Vermont, New Hampshire, and Maine.

## White trillium

White trillium (*Trillium grandiflorum*) is one of the most popular wildflowers in North America. It is abundant throughout the Great Lakes basin, but Vermont is at the eastern edge of its range. It is found relatively infrequently in Vermont, and even less often in other New England states. In Maine, where it has not been seen for 20 years, white trillium is listed as potentially extirpated.

## Distribution

In the northeastern United States, white trillium is found primarily in the Champlain Valley. In contrast, both red trillium and painted trillium are common throughout the Adirondacks and New England. In Vermont, white trillium and painted trillium do not share habitat, whereas red trillium is often found growing with either species.

Both red trillium and painted trillium are found along the Long Trail and its side trails. I saw one or both on every side trail I hiked last season between Brandon Gap and Belvidere Mountain. As far as I know, white trillium has never been observed along the Long Trail or its side trails.

## Season

As with all spring wildflowers, timing is everything. In Vermont, trilliums grow above ground from mid-April to mid-October. Flowering occurs between late April and mid-June, depending on latitude and/or elevation. The first two weeks of May are the best time to observe flowering trilliums, just after the flowering season begins.

Red trillium is the first to flower, usually during the last week of April. It is a hardy plant, not easily deterred by lingering winter weather. White trillium begins to flower about a week later. Painted trillium is a late bloomer, finally emerging from its slumber around the second week in May.

## Trip planning

The wildflower season overlaps mud season along the Long Trail System. Fortunately many side trails have good drainage and may be accessible during mud season. For example, last spring during the second week of May there were wildflowers galore along the first half mile of the Forest City Trail, including both painted trillium and red trillium. If you're looking for wildflowers, an early spring visit to your favorite side trail may be just the ticket!

Since white trillium doesn't grow along the Long Trail or its side trails, a different strategy is needed. I found white trillium accompanied by a few red trillium in many undisturbed areas managed by the Winooski Valley Park District. Visit [iNaturalist.org](http://iNaturalist.org) to learn where to see trilliums in your area. 🍄

*Tom Scavo is editor of the Trillium article at Wikipedia and frequent contributor to iNaturalist. He also volunteers as a Corridor Monitor for the GMC. When he isn't exploring the beauty of Vermont (or playing with his grandkids in Middlebury), he's usually writing or doing research in some remote corner of cyberspace.*





Nodding Trillium

PHOTO BY SUSAN ELLIOTT



Painted Trillium

PHOTO BY JOCELYN HEBERT



White Trillium

PHOTO BY TOM SCAVO



Double White Trillium

PHOTO BY SUSAN ELLIOTT



Red Trillium

PHOTO BY MATT LARSON



Red Trillium fruiting

PHOTO BY TOM SCAVO

# From Porcupines to Pesticides

## A GMC Caretaker's Influence on *Silent Spring*

BY VIC HENNINGSEN

There's an old story about a pair of caretakers at Butler Lodge in the 1930s offering porcupine stew and blueberry pie for sale to hungry hikers. The catch: you had to buy the stew to get some pie.

It's partly true. That was the Great Depression. George and Martha Wallace sold candy bars, Kool-Aid, homemade cookies, and – yes – pies baked in the stovepipe to augment income from the 25-cent overnight fee. As for porcupines, George reported:

“We found porcupines quite edible . . . the younger ones were fairly good. Their livers were a special delicacy; often we were wasteful of resources and ate only the livers. By the end of the summer, we almost, but not quite, ran out of porcupines.”

Ignoring famished hikers, the Wallaces hoarded porcupines for themselves. A disastrous experiment with red squirrel stew confirmed the wisdom of their choice.

A lifelong ornithologist, George J. Wallace (1907 - 1986) of Waterbury was pursuing a Ph.D. in zoology. His dissertation examined the Bicknell's thrush, native to the higher slopes of Mount Mansfield, where he conducted research while caretaking at Taft Lodge in 1933 and, after his marriage, with Martha at Butler Lodge in 1935 and 1936.

Bicknell's thrush, Wallace noted, was “one of the shyest, rarest, and least known” of American birds. “Its choice of the bleakest, most isolated, and inaccessible habitats, and nesting as they did in the most impenetrable tangles, made it difficult to study.”

Wallace, however, was patient and persistent, learning to locate nests and track the birds. Once he even rescued a sickly young thrush, which he and Martha nursed back to health. Bathing in a special dish, “Bicky” was a brief Butler star until he mistakenly dove into a pot of scalding water and died. The Wallaces later rescued another thrush, inspiring *National Geographic* magazine to capture the scene before Bicky II was released into the wild.

Meanwhile the Wallaces followed a

familiar routine: sweeping the lodge every morning, replenishing the woodpile, maintaining local trails (and, in their case, building what became the Wallace Cut-Off), educating visitors about mountain flora and fauna, greeting hikers, and wondering how full the lodge would be that evening (their record was 32!).

They moved in through deep snow on Memorial Day weekend, packed their supplies down over the Forehead cliffs from the old Mount Mansfield Hotel, and left after Labor Day as autumn rains began. One of the few caretakers to work at both Taft and Butler, Wallace's preference for the latter was clear. Referring to Taft as “a rustic, somewhat



Martha and George Wallace with their pet thrush at Butler, 1936

PHOTO BY WILLARD R. CULVER, NATIONAL GEOGRAPHIC IMAGE COLLECTION



rundown log cabin” he waxed eloquent about Butler, built during his first season on the mountain, and gloried in the view from its doorway:

“Often at sunset the waters of Lake Champlain shone like a sea of gold. In the mornings great banks of snow-white fog hovered over the valleys below, then rose and dispersed slowly, bathing the mountaintop with mists for hours or even all day.”

Wallace was the first caretaker to use the position as an opportunity to further his research – “to unite” as Robert Frost put it, “my avocation and my vocation as my two eyes make one in sight.”

He would not be the last.

Honed on Mansfield, his talent for meticulous scientific observation led Wallace to a career as a professor at Michigan State University, where he later became a central figure in one of the major environmental controversies of the 20<sup>th</sup> century.

During the mid-to-late 1950s Wallace and his students documented widespread robin die-off on the MSU campus which, their evidence suggested, derived from spraying the pesticide DDT to combat Dutch elm disease. DDT killed the beetles carrying the disease, but lingered on leaves and soil to be consumed by earthworms, which in turn were eaten by campus birds. After recording more than 100 bird species showing signs of DDT poisoning, Wallace took the risk of publishing his preliminary data, arguing that waiting years for more complete documentation “will be too late.”

Wallace’s report caught the eye of Rachel Carson, a marine biologist and brilliant author whose gift for explaining complex science in clear, lyrical prose made her the best-known science writer in America. Her work paved the way for writers like Terry Tempest Williams and Bill McKibben. Carson was researching government policies that permitted industries to introduce toxic substances into the environment without considering long term consequences. She was electrified by Wallace’s findings, and their subsequent correspondence significantly influenced her thinking about the ripple effects of pesticide use and influenced her book *Silent Spring*.

It is difficult to overstate the impact of *Silent Spring*. Carson’s blunt moral challenge to heedless government and industrial ecological destruction revolutionized public opinion, and helped spark the modern

environmental movement. Carson’s work influenced passage of the Clean Air Act, the Wilderness Act, the National Environmental Policy Act, the Clean Water Act, and the Endangered Species Act, and led to a ban on DDT and to the creation of the Environmental Protection Agency. Historians regard *Silent Spring* as one of the most influential books of the 20<sup>th</sup> century.

The conclusions of Carson and Wallace were brutally attacked. Carson died in 1964, two years after *Silent Spring* appeared, but Wallace endured years of efforts to discredit his work. Michigan State was heavily funded by chemical and agricultural corporations deeply invested in production, marketing, and widespread use of DDT. They orchestrated a smear campaign, challenging Wallace’s methods and his conclusions. His funding dried up, his graduate students left, colleagues shunned him, the university tried to fire him. He was saved only by the timely intervention of Michigan Congressman John Dingell Jr. Impressed by Wallace’s testimony before his Congressional committee, Dingell threatened to block all federal funding for MSU if he was terminated.

Wallace continued to research and teach, paying little attention to the conflict swirling around him. His autobiography devotes only four paragraphs to the DDT controversy, but ten pages to Mount Mansfield. Although further research has long confirmed his early findings, he has been largely overlooked, unlike Rachel Carson. But without his contributions *Silent Spring* might not have become one of the most influential books of the century.

George Wallace’s legacy continues on Mount Mansfield in the research of scientists at the Vermont Center for Ecostudies, whose studies of the Bicknell’s thrush, blackpoll warbler, and other mountain birds command international attention. But recent reports of worldwide avian species declines of 25 to 30 percent since 1970 reinforce the urgency of Wallace’s inspiration and encouragement of Rachel Carson. Environmental activism, he wrote, “needs doing now. Twenty years from now . . . will be thirty years too late.” (1996) 🐦

*Historian and former VPR commentator Vic Henningsen was a caretaker and ranger-naturalist on Mount Mansfield during the 1970s. He lives in Thetford Center.*



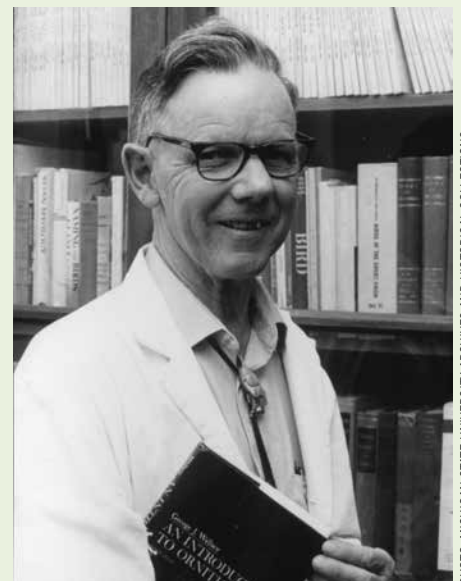
Bicknell's thrush

PHOTO BY BRYAN PEIFFER



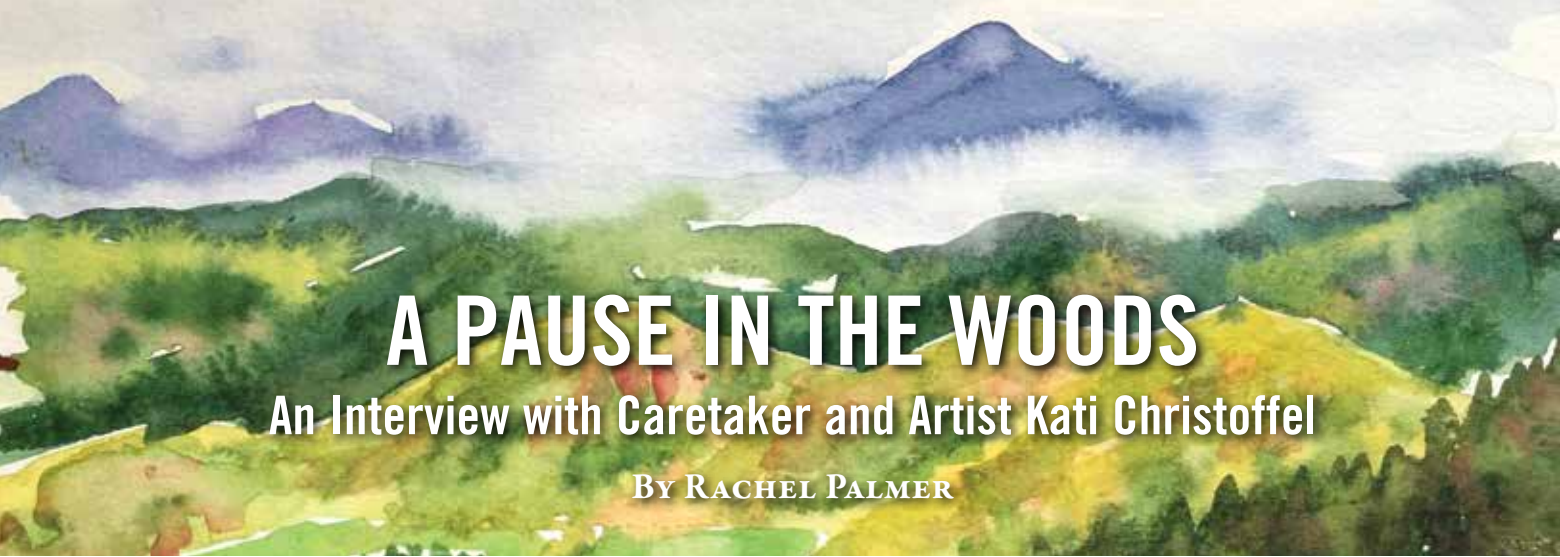
Rachel Carson

PHOTO BY ALFRED EISENDAEDT, LIFE MAGAZINE, COURTESY OF GETTY IMAGES



Professor George Wallace at the time of the DDT controversy.

PHOTO: MICHIGAN STATE UNIVERSITY ARCHIVES AND HISTORICAL COLLECTIONS.



# A PAUSE IN THE WOODS

An Interview with Caretaker and Artist Kati Christoffel

BY RACHEL PALMER

**A**s a backcountry caretaker at Stratton Pond from June through October, 2019, Kati Christoffel regularly canoed across the pond, spoke with hikers in her cheerful way, and fended off bears at her privy, but she will probably be best remembered for her art. I asked her what it was like to protect, and paint, Stratton Pond.

**It's great to talk with you again! Let's get right into it. How did you become interested in painting?**

I've been painting my whole life. My grandmother on my mom's side was a watercolor artist. She taught me to paint, and my first studio was in their garage. I received a lot of encouragement from my family to make art and painted throughout my childhood. Then I studied art at University of Maine at Presque Isle.

**It's wonderful to hear you had so much support. Did your family also get you into backpacking?**

No, actually! I grew up day hiking but my parents are not camping people. It wasn't until college where I met a guy who backpacked that I started camping. I loved it, and then I found a job with the Student Conservation Association in the Adirondacks. That led to my southbound thru-hike of the Appalachian Trail in 2014.

**How did you find out about caretaking?**

After the AT I knew I wanted to do another thru-hike. In 2018 I hiked the Long Trail and met caretakers along the way. I had some really great interactions and thought it would be cool to do myself.

**When you were a caretaker, what was your best and worst interaction with hikers?**

Oh, such a good question! There was some

sexism, which always sucks, especially when older men acted like they knew so much more than me, when I'd been living out there for months, and it was my job to be educated about responsible backcountry behavior. But I absolutely loved the one-on-one conversations with hikers. The setting can open people to a much deeper level than talking in the frontcountry. And quickly! I really appreciated learning everyone's story or perspective.

**Yes! People seem to be less defensive or shy in the woods, and experiencing their authenticity can leave you with wonderful memories. I'd say more confidence in who you are as an individual too, or at least inspired. Where do you find inspiration?**

Through my passion at the time. As a child I loved horses and I painted horses and animals a lot. In high school I got really into cross country skiing and painted skiers. That led to landscape painting in college. As a caretaker I was passionate about my pond, so I sat and painted that. When you see beauty, you can create beauty, and I found my pond really beautiful.

**Do you have a favorite piece from this season?**

Oh, tough. I'd have to say my painting of Stratton in the fall. It was so much fun to work with all of the colors, and the water was a really beautiful purple-blue.

**How many colors did you take into the woods? What was your setup, and did it evolve?**

I took my watercolor palette and sketchbook in and out of the woods every week. I used the same paints I have at home, 35 colors, and I used every single shade of green! I used a Chobani yogurt cup to hold water from the pond, and my regular paint brushes. When hiking I used a watercolor set with only eight or ten colors, and hollow paint brushes

you can fill with water to cut down on the mess. Originally I carried watercolor pencils but paint was more my style. When I was hiking the Long Trail, I really ironed out my backcountry supplies.

**Any tips for creating art outdoors?**

Work small, light, and simple.

**How did you balance caretaking and painting?**

Ha ha, well, I thought I'd have more time to paint but it turned out that there is a lot of trail work involved in caretaking. When I worked at Bourn Pond, though, I took my sketchbook or paint during pond duty on Saturdays. I wanted painting to be my decompression or personal time, though, so I didn't really use painting as a tool to reach out to hikers. I was either painting or talking. I didn't like to do both.

**Where could I find the artwork you did that season?**

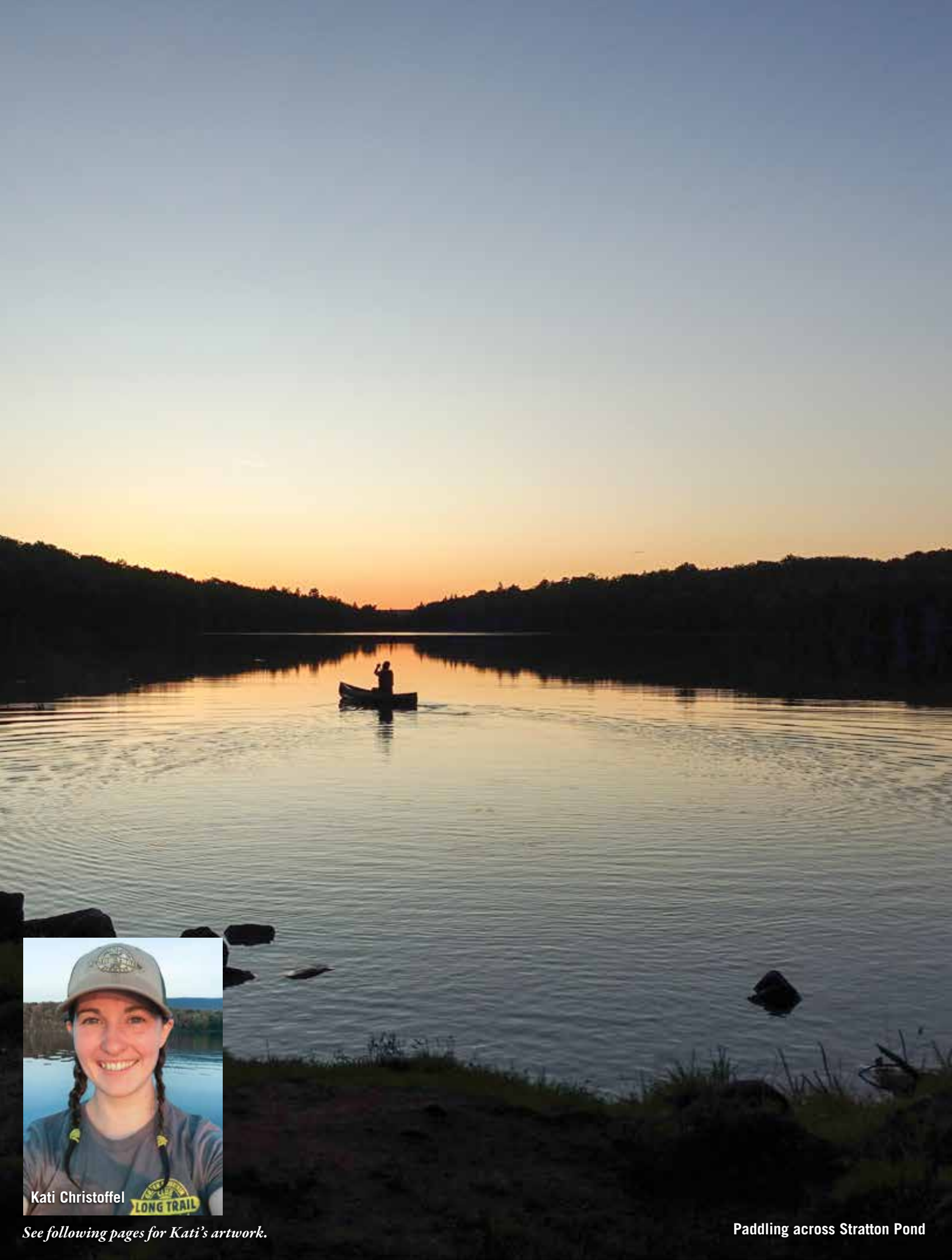
I use the internet to display my work. I have an Instagram account: @watercolorwanderer, and an Etsy account: etsy.com/shop/WatercolorWanderer. I'd also be happy to do a custom painting and can be reached through my Etsy shop. I like to do landscapes or pets but I enjoy painting anything, really.

**What did you learn that you value now? And what are your plans now?**

Living alone outside as a woman really taught me to love my body and to see through the pressures placed on women by society and social media. I don't see that understanding ever going away. Less abstract plans are to paint and return to GMC next summer. 🍷

*Rachel Palmer was a caretaker at Butler Lodge (2018) and Sterling Pond (2019), on the Long Trail Patrol (2019), and is returning this year to work on the construction crew.*





Kati Christoffel

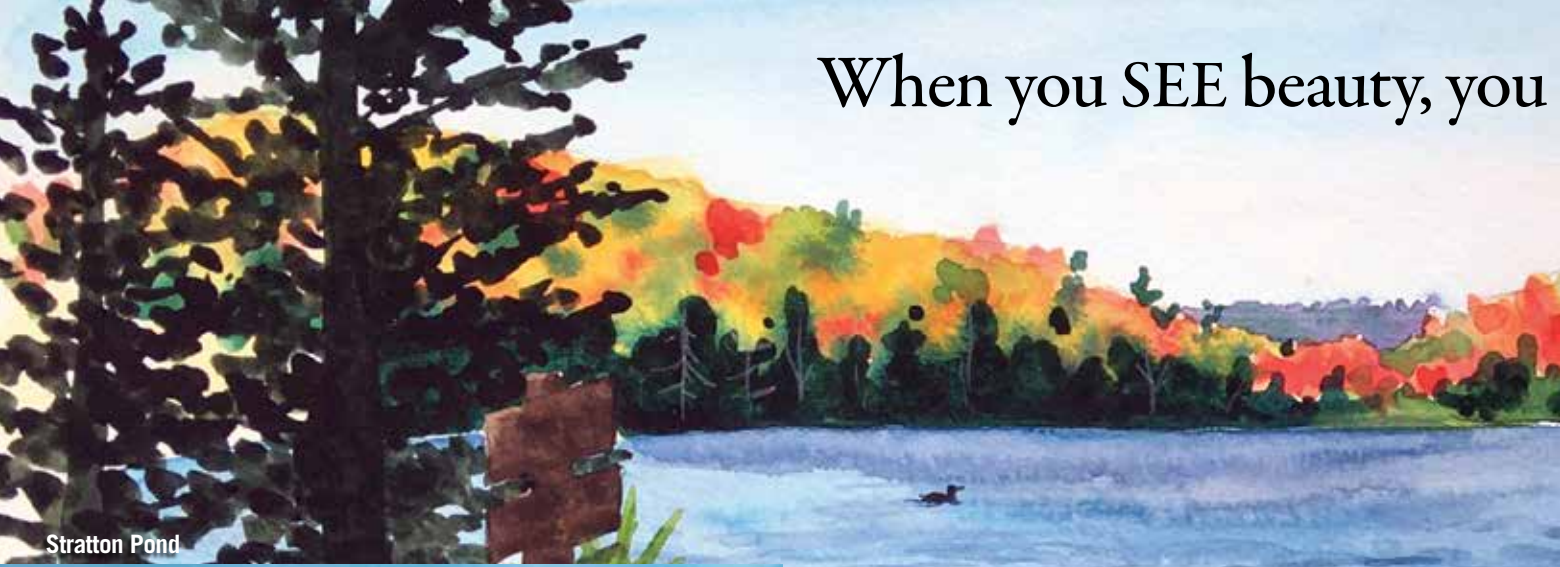


*See following pages for Kati's artwork.*

**Paddling across Stratton Pond**

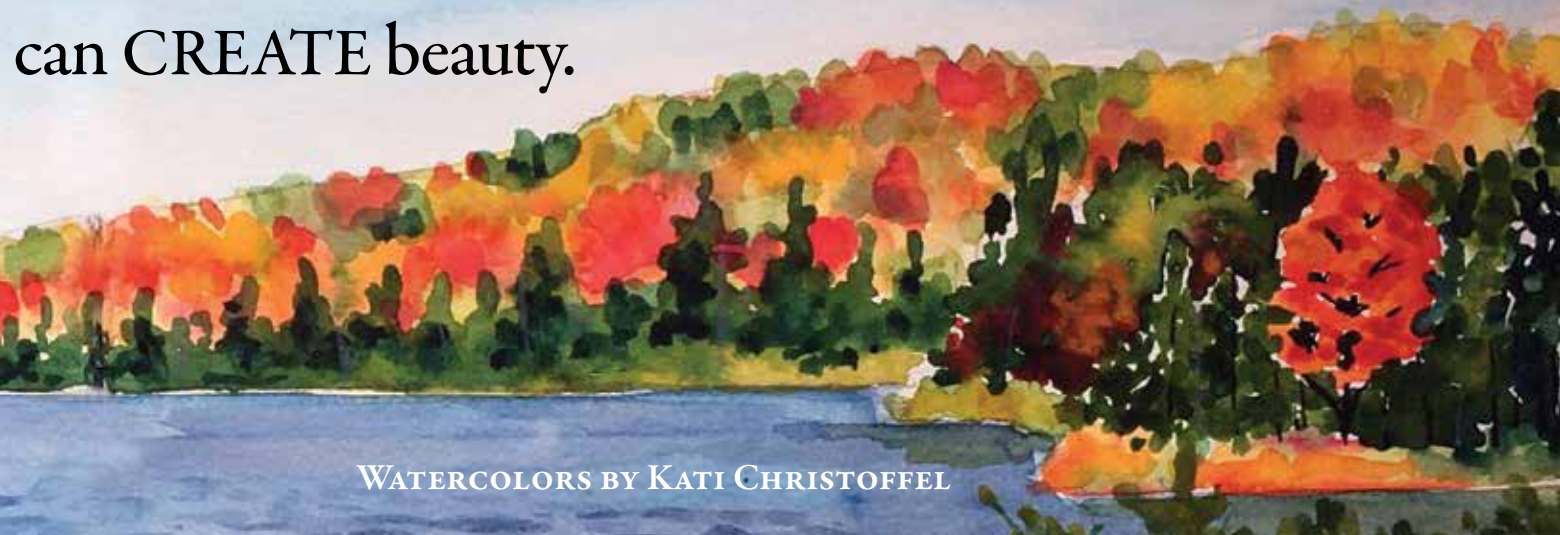


When you SEE beauty, you





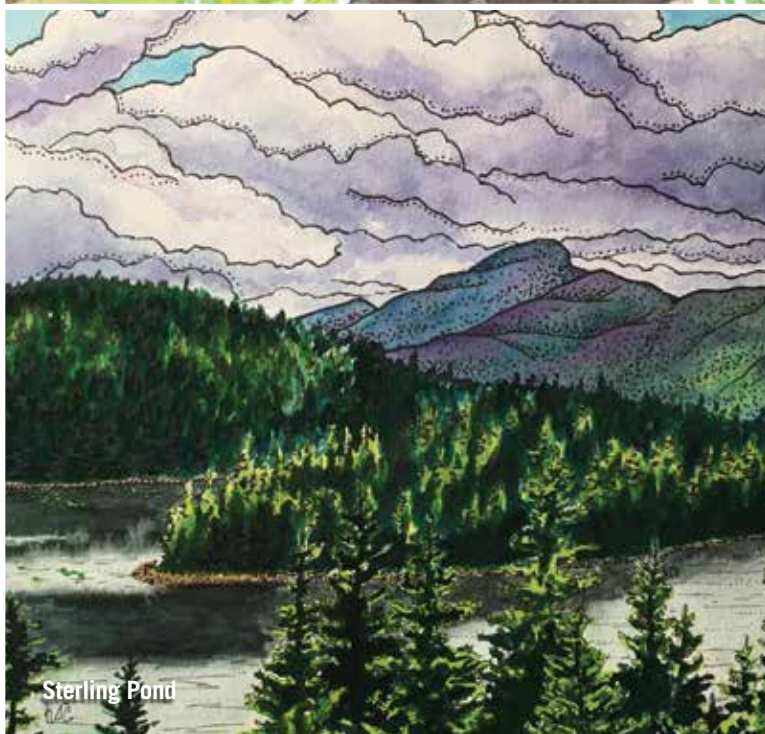
can CREATE beauty.



WATERCOLORS BY KATI CHRISTOFFEL



Bourn Pond



Sterling Pond



Stratton Pond Sunset



# Rock Hopper

## ON THE LONG TRAIL

### 272 miles and 101 Stories to Canada

By TOM KIDDER

In 2016 my grandson Cyrus and I started section hiking the Long Trail. He was six. Reaching Canada in July, 2019, was the end of an epic journey that both of us will treasure for the rest of our lives.

Rock Hopper, a.k.a. Cy, found his trail name the first day out. We started from North Adams, Massachusetts, on a July day with mountain laurel in full bloom. I knew this section would tell me a lot about the next 272 miles, that I'd know by the end of the day whether Cy had the will and endurance to reach the northern terminus. But I really had little doubt.

I wondered how he would manage the first steep rockslide I remembered from my previous Long Trail hike—a real test of strength and stamina. He loved it! Scrambled and danced right up boulders, and asked me when the next slide was coming. He announced his trail name was now Rock Jumper, which evolved to Rock Hopper because, guess what? it sounded better.

Guess What! might have been a more fitting trail name. That, and questions like “Ya wanna know something?” were common conversation openers. There were lots of them: “Imagine a Matchbox car driving the Long Trail,” “How far to the next shelter?” and “What keeps the gas cannister from blowing up?”

Cyrus is an active kid; we've had him hiking since he was three. He climbs trees, skis, rides his bike, hunts, and plays baseball. At two he used to look longingly through the screen door and plead, “Outside. Outside!” At six, he was game for this long walk. Since he has been steered away from the glowing temptations of TV, video games, and cell phones, he had none of those distractions to hold him back.

He's a reader and loves a good story,

and stories were essential to keep his mind going those long days on the trail. Early on, storytelling began with his questions: “What's the funnest thing you've ever done? What is the story of your dad? What's the story of your grandpa who lived in Montana?” He asked for stories from my childhood, then for made-up stories of the Civil War and stories of hunters. He taxed my imagination and mental energy.

To give my brain a rest on our next section hike, I suggested we tell stories together. I would present a chapter, then he would pick up the next. “Great idea, Grandpa!” By Chapter 4 he was talking twenty minutes to my five. Just as my chapter described two smoke jumpers parachuting to save a family of campers from certain death by fire, he interrupted: “No, Grandpa, that's not how it goes. It's like this.” He returned the jumpers to the plane, and narrated another twenty minutes of the story.

I have no doubt storytelling is what kept him going. As lovely as the Long Trail is, those miles of green can be boring for a kid. We developed first-person narratives, those games of pretend we all played as children. On a sweltering hot and humid day from Clarendon Shelter up Killington Peak to Cooper Lodge, I worried Rock Hopper might be overly challenged. But he was Indiana Jones and I was David Livingston, searching for the gateway to the Lost City, knowing full well we would find it by pressing a granite pebble in the back wall of the old stone lodge.

We were Larry and Bob, who located Goofus Johnson, lost off the Appalachian Trail for 30 years. We hiked home to Maine at the end of the Civil War as Union soldiers Colonel Joshua and Private Finnegan; we slashed through jungles in Vietnam as Captain Levi and Lieutenant Keith, Army medics trying to reach injured soldiers. We were Black







Day 1 on the Long Trail, six-year-old Rock Hopper.

Panther and Plastic Man; Native Americans; knights of the Round Table; Vermont homesteaders at the end of the French and Indian War. We told tales of a haunted Colorado mining town, and the story of two World War II soldiers who discover and befriend a family of yeti in the Swiss Alps.

It wasn't all fiction, this story telling. In preparation, I read up on the Patch Hollow Massacre of 1831, a wild tale of vigilante injustice and accidental murder in a tiny vanished settlement on the trail above Shrewsbury. I researched stories of strange disappearances on Glastenbury Mountain.

Parents and grandparents know there is one brief hour when you are no longer slowing your stride to keep a kid with you, when you hike side by side at your own right pace. When that hour is suddenly over, you're the one straining to keep up. Cy beat a steady pace up Jay Peak with few breaks. When we entered the sub-alpine zone, rich with the smell of spruce and balsam fir, he paused for a moment and said, "This is beautiful, Grandpa!" Then he launched ahead, and when we broke out onto the ski slope below the rocks and krummholz of the top, he ran, scrambling up the rocks, and I couldn't catch him.

We loved collecting trail names: Miss Step, Merlin and his little dog Monkey, Yonder, Oops, Sunnyside, Boogie Pilgrim, and many others. We trail-named mountains, too. Belvidere became Mount Velvet Ears. Haystack was Mount Moose Poo.

Rock Hopper proved early on that he could hike 10- and even 13-mile days. But I wondered about his emotional strength, knowing it's not always easy for a kid that young to be away from home and parents. There were a few upsets, but they didn't last long. His father joined us at the Inn at Long Trail for a night, and hiked five miles with us the next day. The goodbye was tearful, but Rock Hopper left it behind when we became Levi the Logger and Olaf the Forester walking a stand of big timber. At night he had his Purple Bunny stuffy for comfort.

One morning as we were packing to leave Greenwall Shelter, Rock Hopper came to me quite upset because he'd lost a bag of jelly beans his mom had given him. She had told him to think of her





Rock Hopper at the southern terminus



At plane crash on Mount Abe



Dinner at Melville Nauheim Shelter, day 3



Cyrus at age 7

every time he ate one. Not only were the treats missing, he also had lost the precious charms that connected him to his mother. We found an empty plastic bag. A bad sign. Chipmunks! He cried a bit more, but after one last sniffle moved on. A few hours up the trail, Cy stopped and said he'd thought of one more place to look. He took off his pack and checked the side pocket under his copy of *Hatchet*. There they were! Big smiles and jellybeans all around.

Rock Hopper had a good eye for wood frogs, maybe because he is closer to the ground

than I and has younger eyes. Whenever he saw a red eft, he carefully picked it up and set it off to the side, safe from the feet of inattentive hikers.

Mt. Abraham was his first 4000-footer, and his first time above tree line. He was elated, but he was equally impressed by the 1973 wreckage of a small airplane just north of the peak. I had done some research, so I could tell him the story of this small plane lost in the clouds, skimming through the treetops and crashing. The pilot and his two friends, uninjured, found the Long trail 100 feet from the site

and walked out. We later detoured on our way up Camel's Hump to see the wreckage of the World War II B-24 that crashed on a training mission in 1944. This story was sadder: only one of ten men aboard survived, rescued by high school members of the Civil Air Patrol in Waterbury.

Rock Hopper delighted in scrambling up the rock faces of Camel's Hump and the ladders and stones of Mansfield. He dove into deep pools in the Mill River in Clarendon Gorge, and climbed the fire tower on Belvidere twice. We panned for gold. We watched a snake swallowing a tiny frog, the little hopper's legs poking out of the snake's mouth. When Cy saw "0.3 Miles" on a trail sign, he asked how far, introducing a good lesson in decimals. His energy was limitless: after a 13-mile walk to David Logan Shelter, he was climbing the



shelter frame and swinging from the rafters.

His baseball skills came in handy when hanging bear bags. I must have tried ten times to toss a stick tied to a cord over a limb when he asked to give it a try. His first throw put it right over the branch. His closest approach to serious injury was when someone sharing Corliss Shelter tried to hang a line tied to a small bag of sharp rocks. Her underhand was so wild the bag of rocks came down on Cy's back, just missing his head, and slid off, without harm. "Let me give it a try," Cy said. He had the cord up and over the limb on his first try. Our trail name for her was Watch Out.

On day seven of our final section, from Laura Woodward Shelter, Rock Hopper's mother walked in from Journey's End to meet us with a pack full of fresh fruit and sandwiches. Cy had been expecting her all day at every turn of the trail. Such an embrace when those two met! And she was there to see her Rock Hopper stand by the obelisk marking the Canadian border and the end of the Long Trail.

"Grandpa, every time I look up, I expect to see green," Cy had said earlier that day. That reminded me of his response to the view from Mt. Horrid's Great Cliff: "How green does it get?" The list is long of the bounties a child—or anyone—gains from walking those miles in such a green world, scrambling up rocks, swimming the mountain lakes, bathing in streams, hiking in the rain—just living in the woods, off and on, for thirty days. If Rock Hopper is like me, those moments will shape his dreams for years to come. And I have a hiking partner for life. 🐾

*Tom Kidder is a retired teacher and video producer. A long-time resident of West Newbury, Vermont, he chairs Newbury's Tucker Mountain Town Forest Management Committee.*



Journey's End

## Tips on Hiking the Long Trail with a Child

**Trust a child's ability.** I gave Rock Hopper a lesson or two about fall avoidance, pointing out how to safely navigate roots, slippery rocks, and mud. Then I let him learn, let him make his own mistakes, only observing for safety. Cy learned to pick his own way, and it often was a better choice than mine, or a better choice for his short legs. If his way was different, it didn't make him wrong. I didn't nag or criticize. He rarely stumbled, and almost never fell.

**Encourage; don't nag.** Experienced hikers trying to make time boost their strides and tempo on a flat or smooth stretch of trail, no matter how short. Kids don't always think of that. Rather than telling Cy to 'step it up' or 'move along faster now,' I'd comment on the trail condition, avoiding the nag. "Wow, this piece trail is sure built for speed," or, "Here's an easy stretch of trail." He never failed to take the initiative to pick up the pace.

**Set reasonable goals.** We started with 7- to 8-mile days, and worked up to 10 to 13 miles with an occasional 8-mile day to relax.

**Take breaks.** Some short, some long, always with snacks. I could tell when Rock Hopper needed a break, and when I could push him a bit. At first we established a schedule of a break every half hour with a long break every two hours.

**It doesn't have to be a marathon.** We hiked seven sections in four years: two trips per summer with one 65-mile trip the final year, working around summer camp, baseball, and family travel.

**Meet new people.** I started conversations with fellow hikers to break the ice for Rock Hopper, then he took over.

**Keep the weight down.** When he was six and seven, I carried most of the weight. He had less than 10 pounds in his small day pack. At eight and nine, he carried a child's backpack with loads of 15 to 17 pounds.

**Hydrate.** He liked his "Woobie," as he called his hydration bladder, and always drank plenty of water.

**Keep their minds active.** Have a storehouse of stories. I researched the two plane wrecks along the trail, the Patch Hollow Massacre, and the mystery of Glastenbury Mountain. Stories of all kinds got Rock Hopper to Canada—family stories, Bible stories, Greek myths, role playing. We carried a lightweight paperback, a deck of cards, and a journal for camp time, and he could easily spend two hours building fairy houses of sticks, bark, moss, and stones.

**Keep a journal.** It's a rare privilege to pass the Long Trail experience on to a new generation. You won't want to forget the precious miles you walk with a kid like Rock Hopper. Treasure the time.



Next peak, Mount Mansfield

# Let's Hear it for Section Hiking!

BY ELEANOR LAHR



PHOTO BY BARBEE HAUZINGER

**“Y**ou know, Eleanor, enough roads cross the trail that we could do some of it as day hikes.” With those words, Dave indicated he was thinking of more than one trip from Indiana to Vermont’s Long Trail.

In August, 2010, the Hoosier Backpackers were on their way home after five days of backpacking from Canada to the Frank Post Trailhead. It was tough, as three who started at Journey’s End but didn’t finish could tell you. Those who survived the first week were dreamers along for the adventure.

Why north to south? Because several in the group were in various stages of decline: artificial joints and arthritis, with medication to relieve pain, for a week of: up and down, up and over, and slip and slide, while carrying a backpack. To that, add advanced years. Most were retired. “If we go south to north, I’ll be 90 by the time we get to Mansfield... and I’ll never make it!” So it began.

## 2010 Northern terminus on the Canadian border to Frank Post Trailhead

Eight backpackers headed south. John C. earned the determination award. With a knee replacement, and neuropathy in his feet, his frequent falls were a cause of both concern and admiration. Betty W. and Patrick and Patty W. dropped out before Frank Post Trailhead (and two of them had hiked the entire Appalachian Trail!). After repeated attempts for a cell signal, we found a kind soul to provide transport back to the B&B in North Troy.

The experience was a wake-up call. It showed the importance of having access to a base camp and dedicated shuttle driver. The Green Mountain Club has a list; some are

volunteers who are willing to pick up smelly hikers and their backpacks on the side of the road.

## 2011 Frank Post Trailhead to Vermont Route 15

Basecamp for the week was a lovely house on Lake Eden, including a boat and a double hammock in which to relax! To say the least, Devil’s Gulch was a challenge, particularly with a full backpack. Do you balance across the ledge, or take a chance on the worn clothesline rope for help up the huge slab?

We realized that if hiking this trail were to be more than a one-off trip, someone ought to help with its upkeep. Volunteer workdays were out of the question from Indiana. So began annual contributions to support the staff and volunteers who make it possible to hike where the Green Mountain Boys trained. If you use it, help maintain it—even from a distance.

## 2012 Vermont Route 15 to Trout Club

Bear Hollow Shelter to Sterling Pond Shelter is 7.4 miles. In Indiana, an easy morning hike. But this section is rocky. “What friggen idiot calls this a trail?!?!?” were Tim T.’s frequent mutterings, grouses, and exclamations. Patti B. and Eleanor walked into camp at Sterling Pond at about 5:30. Ten hours! Daylight waned. Calls to Dave and John C. went unanswered. Pattie and Eleanor were unable to warn them (spotty cell service) to stay at the ski lift because there was no place to pitch a tent between the ski lift and the shelter. Just before midnight, two exhausted guys dragged themselves into camp. Relief was

joyous. After that, Mansfield was a two-day piece of cake.

## 2013 Trout Club to Forest City Trail parking lot

A torn tendon deep-sixed Eleanor’s dream of hiking and backpacking with her son John and his childhood friend Ed. Instead she limped a short way in to see them off, and then helped Kay B. shuttle. In July, 2014, Eleanor returned to hike from Bolton to Camel’s Hump with her son and his Waterbury Center friend Eric.

## 2014 Forest City Trail to Jerusalem Trail

Hiking down Hedgehog Brook Trail, Cindy yelled back, “???? Hikers!!!!” Her alarm message was unclear. The ensuing Long Trail experience was crystal clear. Looking down the rocky access trail at five naked males hiking up seared the image into one’s brain. Not as shocking, but still unforgettable, were plastic tubes running between trees along the Jerusalem Trail. It took a moment to realize they were part of a large maple syrup operation, whose patient maintenance crew took time to answer questions.

## 2015 Jerusalem Trail to Skylight Pond Trailhead

For The Year of Injuries the crew found a delightful farmhouse near the trail with a small pond for swimming, the perfect base camp and R&R facility. Three hikers needed it. Dave had broken his ankle hiking in Nepal the previous October. (However, he returned in 2017 to do that section with Lisa.) John C. gave in to exhaustion at Lincoln Gap



Road, but returned year after year to hike and provide his van for shuttling.

Cindy, with an unapologetic dislike of access trails, fumed: “We hike more miles than the thru-hikers!” She was right. Officially, the Long Trail is 272 miles. Section hikers walk farther.

## 2016

### Skylight Pond Trailhead to New Boston Trailhead

Unfamiliar with the area, Kaye H. reserved a house rather far from the trailheads. However, long shuttle rides at the start and end of each hike prompted restorative stops in Warren for baked goods, ice cream, and gas.

Carole suffered a panic attack. Luckily, one of the cell phones contacted our loyal shuttle driver Kay B., who picked up Carole and her husband Rick. Rick’s EMT skills, as well as his humor, lightened many situations.

## 2017

### New Boston Trailhead to Lower Cold River Road

During a heavy downpour, hunkered under raincoats, our intrepid hikers sat waiting for the shuttle beside Lower Cold River Road. The store at the end of the road allowed them use of the bathroom and front porch. The group returned several times to resupply and buy snacks because the store clerk had been so kind.

## 2018

### Lower Cold River Road to Mad Tom Notch

Everyone was delighted that Cathy, daughter of Stan Newhall, who had started the Hoosier Backpackers in 1979, joined us to honor her father, who had died a few months earlier. All day hikes! Just what Cathy wanted, no heavy backpack loaded with a tent, sleeping bag, and food and water for days.

While waiting by an abandoned house, Lynette, a yoga instructor, led yoga stretches, a plus that several enjoyed. (Not everyone does everything. But each is an important part of the group.)

Patty W., who began with the group at the Canadian border, had broken her wrist, knee, and both ankles in a climbing accident in 2014. This year she recovered enough to do several day hikes. A great comeback!

## 2019

### Mad Tom Notch to Kelley Stand Road

The day before we headed to Vermont the Green Mountain National Forest decreed that, because of aggressive bear activity, all food, toothpaste, deodorant, etc., must be in bear-resistant containers or hung. Not many bears in Indiana, so a mad scramble ensued to find bear canisters, Ursacks, and OPSaks. Jayne, who had not backpacked for years, found three Ursacks at an REI store in Columbus, Ohio, which they picked up en route. Cell phone videos taught others the correct knot for hanging them.

Eleanor tore a hamstring in February, but with the help of physical therapy and the YMCA, she managed to be ready to attempt one day-hike and three backpacking days.

Stratton Mountain, a tough 3.1 miles up for the backpackers, was a piece of cake for the guy and his dog trail-running down. Despite the breeze, everyone climbed the fire tower for a 360-degree view of Somerset Reservoir, Glastenbury Mountain, and the White Mountains of New Hampshire. Awesome. No wonder this was the place James P. Taylor conceived the Long Trail and Benton MacKaye the Appalachian Trail.

## 2020

As Dave and Eleanor make preliminary plans for the Hoosier Backpackers to finish the last 39.1 miles to Massachusetts, they look back as well. Thirty-eight hikers have participated. Some, like Bonnie and Phil, came for a day or two. Others returned for several years; then life got in the way. They came from California, Michigan, New Mexico, Pennsylvania, South Carolina, and of course, Indiana. They returned year after year in spite of scrapes, falls, broken bones, torn tendons, strained muscles, panic attacks, artificial joints, exhaustion, and contusions (as Patti B. suffered when she missed the last step of an outhouse).

Thus far, only one has completed the entire distance—an 83-year-old woman. She is convinced that yearly training on the Long Trail kept her stronger and more active than many of her age.

Determined souls will be hiking the hills in southern Indiana, California, New Mexico, Pennsylvania, and South Carolina in anticipation of joining the Hoosier Backpackers as they finish the Long Trail in 2020. Even if injuries, illness, or other perils of life prevent someone from saying they’ve hiked all 272 miles (plus the 35.7 miles of access trails they’ve covered), it’s been a challenging, enriching, and exciting ten years.

Thru-hiking has its place, but don’t discount section hiking—it does you good! 🐾



Some of the Hoosier Backpackers



I recently turned 40. Now, all you folks who are chuckling and thinking “he’s just a youngster”—well, I’ll take it. For those of you who are in the OMG camp—I can’t believe it, either.

As it turns out, 40 wasn’t a big deal. But, as I talked with some other recent over-the-hillers, contemplating our past 40 years on the planet, I became curious about what GMC was up to around the year I was born, so I dove into the *Long Trail News* archives and I emerged with some inspiration.

Here are themes from the 1979-1980 editions, and how they are relevant today:

### THEME: Change on the trail

**1980.** A decade of worsening erosion due to growing hiker traffic.

**2020.** Erosion due to growing traffic continues to increase, compounded by more extreme weather. High use and environmental concerns call for relocation of trails and elimination of pit privies. Age and high use require more frequent renovation of shelters.

This season the Long Trail Patrol will improve the treadway on the northern Long Trail from **Tillotson Camp** to **Haystack Mountain**, and about a mile north from **Vt. Rt. 242**. The patrol will also continue work on the **Stratton Pond Realignment**, and will do trail work north of **Bromley Mountain** and from **Vt. Rt. 9** to **Dunville Hollow**.

Long Trail Patrol construction projects will include rehabilitation of **Cooley Glen**, **Kid Gore**, and **David Logan** shelters and new privies at **Rolston Rest**, **David Logan**, **Mellville Nauheim**, **Stratton Pond (two!)**, and **Journey’s End** shelters.

### THEME: Partnerships

**1980.** An *LTN* issue called a partnership with the Green Mountain National Forest a successful “co-op,” and described efforts to coordinate beneficiaries of the Comprehensive Employment and Training Act to form a Long Trail Patrol crew.

**2020.** Our enduring partnership with the national forest is addressing trail erosion and overuse around **Stratton Pond**, and unauthorized trail crossings in **Norwich**.

Today we are working closely with the Green Mountain National Forest and the Appalachian Trail Conservancy to harden the muddy trail that AT hikers have encountered for years near Massachusetts.

Among others, we also have a strong partnership with the Vermont Youth Conservation Corps, which didn’t exist in the 1970s, but is now funded through youth employment programs, and works on the Appalachian Trail.

Club staff members regularly organize service trips for college orientation groups and other groups that use the trail. The trips make trail improvements, introduce new audiences to the club, and educate the public in Leave No Trace principles.

### THEME: Field Staff

**1979.** *LTN* called the season a “building year,” since only three Long Trail Patrol member veterans were returning.

**2020.** We expect half of the 2018 and 2019 seasonal field staff members to return.

Returning **Stratton Pond Caretaker Kati Christoffel** will be the southern lead caretaker and provide support to caretakers at **Stratton Mountain**, **Stratton Pond**,

**Griffith Lake**, and **Little Rock Pond**, and the **Coolidge Ridgerunner**.

Former **Mount Mansfield Caretaker Nigel Bates** will support caretakers as a field assistant, with **Mount Mansfield** and **Camel’s Hump** fully staffed. And former LTP Leader, **Rosalie Sharp**, will support our trail crews as a field assistant.

**Clara Kuhn** and **Miles Lehman**, both veterans, will lead the two LTP trail crews. There also will be a construction crew patrol (leader to be determined). Eighty percent of last year’s crew members will return.

Last year’s **Field Supervisor Ilana Copel** left GMC at the end of February after training her successor, **Isaac Alexandre-Leach**. Ilana kept our field programs going during the illness and subsequent passing of **Director of Trail Programs Dave Hardy**, and then trained me. She will be missed, but we look forward to her continued connection with GMC as a volunteer. (See page 24 to learn more about Ilana.)

### THEME: Equity

**1980.** “*By the way, for all you women’s libbers, two of our three Crew Bosses this season will be female.*”

**2020.** In 2019 we began conversations with seasonal staff members on the topics of diversity and equity.

This winter the field program staff and a class at **Sterling College** developed a curriculum on diversity awareness in outdoor recreation, particularly hiking, which we will use in staff orientation this season. We are examining our recruitment, hiring, and training practices to ensure that we are open to all people interested in trails.

—KEEGAN TIERNEY  
DIRECTOR OF FIELD PROGRAMS





## Bear Challenges

*What you need to know about bears on the Long Trail and the Vermont Appalachian Trail*

Conflicts between backpackers and bears increased dramatically on the Green Mountain Club's trails last season. All incidents occurred in southern Vermont on the Appalachian Trail, including the part of the Long Trail south of Killington that is co-located with the AT.

In response, the club and the Green Mountain National Forest consulted with the Appalachian Trail Conservancy and the Vermont Department of Fish and Wildlife, and quickly placed food storage boxes at:

- Goddard Shelter
- Stratton Pond Shelter
- Peru Peak Shelter
- Griffith Lake Tenting Area
- Little Rock Pond Shelter
- Tucker Johnson Shelter
- Stony Brook Shelter (VT AT)

Other sites that already have food storage boxes:

- Seth Warner Shelter
- Kid Gore Shelter
- Story Spring Shelter
- Montclair Glen Lodge
- Hump Brook Tenting Area
- Bamforth Ridge Shelter

The Green Mountain National Forest also established a food storage order requiring all hikers and campers on the Forest to store food in bearproof containers or properly hang to prevent dangerous confrontations.

Until now conflicts with bears were infrequent in Vermont. However, they are not new on the mid-Atlantic and southern portions of the AT. The Appalachian Trail Conservancy and the National Park Service office for the Appalachian National Scenic Trail have been conferring with federal jurisdictions along the AT, discussing the feasibility of a uniform AT food storage order, or at least common language in individual orders. A common federal order might be enacted this year.

This winter the GMC Trail Management Committee was examining the club's approach to food storage, but had not

reached a conclusion at this writing. Hikers should, however, follow safe practices. This means understanding the following:

1. The food storage order on the entire Green Mountain National Forest, [greenmountainclub.org/bears](http://greenmountainclub.org/bears)
2. How to do a proper (PCT style) bear-hang or use an approved food storage canister.
3. How to use permanent food storage lockers appropriately.
4. Basic backcountry food management: storing food away from shelters and privies; picking up all scraps; and washing cookware without leaving food residues behind.

The GMC website has detailed information. If you have further questions or concerns, please call the GMC visitor center at (802) 244-7037 or e-mail [gmc@greenmountainclub.org](mailto:gmc@greenmountainclub.org).

## Stratton Pond Long Trail Relocation

*Progress so far, and plans for this season*

The relocation of the Long Trail and side trails to and around Stratton Pond began last season with the completion of a 0.3-mile stretch of the Lye Brook Trail, which will be blazed, signed, and officially opened this spring. Restoration work will continue at remaining shoreline spots where the trail has collapsed into the pond.

We will also build moldering privies at Stratton Pond Shelter and Stratton View Tenting Area, and will evaluate options for designated tent sites near Stratton Pond Shelter. We expect this preliminary work to continue through 2022. If you're in the Stratton Pond area and see the Long Trail Patrol or the site caretaker, give them a big smile, and thank them for their hard work!

## Airlifts

*How airlifts may affect your hike or your use of shelters*

There will be one or more major airlift of materials this year for construction at Stratton Pond, Kid Gore, and Melville Nauheim shelters, and airlifts may require temporary closures in some areas along the trail on dates yet to be set.

Closures may also be needed this summer as the Long Trail Patrol

construction crew rehabilitates Cooley Glen, Melville Nauheim, and David Logan shelters. Even if the shelters are open, they may be busy construction sites. Please check the GMC website or social media channels for updates.



View from Stratton Mountain

WATERCOLOR BY KATI CHRISTOFFEL



# Saying Goodbye to Ilana Copel After Eight Great Years in the Field

BY KEVIN HUDNELL

No plain account of Ilana Copel's influence on coworkers, projects she supervised, or partners and organizations for which she was the face of the Green Mountain Club can do justice to her eight years here. So I fall back on anecdote.

I met Ilana during caretaker training in 2012, the summer before her senior year of college, when she was learning the art and science of clipping trail corridor in Mount Mansfield's krummholz. This is more like pruning bonsai than clearing hobblebush—lots and lots of little cuts.

I trimmed several branches. "See what I did there?" I clipped a few more. "Don't do it like that." I clipped more. "Do it more like this." I started to clip more, but Ilana cut me off: "Okay, yes fine, I get it; please stop hurting that tree."

As caretaker at Montclair Glen on Camel's Hump in 2013, Ilana became renowned for wearing shorts on the summit regardless of weather. One late summer day—the VPR "Eye on the Sky" forecaster would have described it as 45 degrees with rain and winds gusting to 30 miles an hour—I found Ilana in shorts as always. Caretakers had long since picked the best protected rock to huddle behind on days like this. Not Ilana, who was out bouncing about the summit cone.

As a man and dog arrived, the dog immediately dropped into the sedge. The man and his pack soon followed. Ilana made it four words into a polite explanation of the fragility of the alpine ecosystem when the man cut her off with a brusque, "Just chill out, sweetheart." At a loss for words, as usual on such occasions, I glared impotently at this hiker who had ruined an otherwise delightful freezing wet day. Ilana didn't bat an eye. "I've been up here for four hours now, sir," she deadpanned. "I'm pretty chilled out. Please get off the plants."

In 2014 Ilana returned from a summer working at Canyonlands National Park to be a pinch-hitter fall caretaker. I remember trying to calm the Mansfield lead caretaker,

distraught over losing her staffers to college, when Ilana burst through the door holding a *Junior Ranger* activity book in one hand and pruning shears in the other: "I heard you were short staffed and I'm back to save the Long Trail!" The Mansfield lead swooned. The day was saved. Some details of this recollection may have been heightened for dramatic effect, but that was how it seemed to staff-strapped field leaders at the time.

Ilana became lead caretaker on Mansfield in 2015, northern field assistant in 2016, and field supervisor from 2017 through 2019. She was a bedrock of continuity during the greatest upheaval in



**Ilana Copel and Camille Robertson on Mount Mansfield summit**

recent GMC memory when the club lost longtime Director of Trail Programs Dave Hardy to cancer. She directed a campaign to replace pit privies at overnight sites with moldering privies. This was no minor accomplishment. Corner any field staff member who's dealt with poop, and they'll tell you more than you want to know.

It would be trite to say Ilana grew to adulthood at the GMC, but she did

begin as an amateur and is leaving as a consummate professional in conservation. She was no child when she arrived, though sometimes when I hear her giggle over parodies of English literature I'm not sure she's an adult now. In any case the club was lucky to have her: the student who wanted to save every branch of every tree, the leader who shouldered every responsibility offered, and every Ilana in between. 🐾



# Loss of GMC Pioneer Daan Zwick

**D**aan Zwick was a Green Mountain Club site caretaker in the 1930s, an active volunteer into the 1980s, and a generous financial supporter. After a full and active life, he died on November 21 at his home in Rochester, New York, at 97.

A Burlington native, Daan developed a love of the outdoors and the Long Trail through outings with his family and the Boy Scouts. He was a writer and storyteller, and once told me a favorite memory of spending the night on Mount Mansfield in 1930. His father tucked him and his sister snugly in under a ledge near Bear Pond, then hiked over the ridge to play cards with the caretakers at Taft Lodge.

In 1938 Daan became the first Taylor Lodge caretaker at age 15. The next summer Daan became caretaker at Taft, and he continued to care for the trail and shelters for decades to come.

When Daan was no longer able to hike, he stayed connected to the club from afar through his philanthropy, written stories, and friendships with members and volunteers.



PHOTO BY JOCELYN TEBERT

Daan's deep commitment to the Long Trail led him to help fund some of the club's most significant projects, including the Long Trail relocation through the Winooski River Valley and construction of the Winooski River suspension bridge. "I began to have doubts that I would live long enough to see the finished bridge, let alone walk across it," he once said. "But the bridge is completed. And I have walked across it. Joyfully."

Daan's financial support also enabled the club to restore Taft Lodge on Mount Mansfield (twice), build field staff housing behind club headquarters (now called The Back Forty), and restore Bolton Lodge and Bryant Camp in Bolton Valley.

But probably Daan's greatest impact on the club has been the example he set for generations of field staff members through his decades of service to the mountains of Vermont. He was a pioneer whose spirit will remain in the walls of The Back Forty and Taft and Taylor Lodges, on the planks of the Winooski River suspension bridge, and in the hearts of all who were fortunate to know him.

To see Daan walking across the newly completed Winooski River bridge, was to see a full expression of joyful exuberance and passion for the outdoors.

—MIKE DeBONIS  
EXECUTIVE DIRECTOR



Daan Zwick would have been pleased to see young "Rock Hopper" walking across the Winooski River Bridge on his Long Trail section hike.





## Happy 110th Birthday GMC!

The GMC is thriving after more than a century of working together to keep the Long Trail System a beautiful and enjoyable place to experience nature in Vermont. Thank you all for being a part of this special community.

### Long Trail Exhibit

#### "A Footpath in the Wilderness: The History of the Long Trail"

Now through May 16

Vermont History Museum, Calder Gallery, Montpelier

What better way to honor the Green Mountain Club's 110th anniversary than by a visit to the Calder Gallery at the Vermont History Museum, where an exhibit on Long Trail history will display rarely seen photographs and show how the Long Trail has changed over the past century.

While you're there, be sure also to see the museum's main exhibit, "Freedom and Unity," which presents a history of Vermont. It displays the skis owned by Green Mountain Club founder and visionary James P. Taylor, and includes an interactive activity celebrating the first women to hike the Long Trail.

### Spring Taylor Series Presentation "Climbing Denali: Today and Half a Century Ago"

Heinz Trebitz and Mike DeBonis

Thursday, April 23, 6:30 p.m.

Montshire Museum, Norwich

Hosted by the Upper Valley Ottauquechee Section

Heinz Trebitz of the Upper Valley Ottauquechee Section and GMC



1972 Denali team member

### Annual Mud Season Celebration and Egg Hunt

Saturday, April 11, 10:00 a.m.–noon  
GMC Visitor Center, Waterbury Center

Children of all ages and their parents are invited to take a walk on The Short Trail during our annual non-competitive Mud Season Celebration and Egg Hunt. This is a great chance for families to get outside and enjoy warming weather, while avoiding muddy and slushy hiking trails so they can dry. After the hunt, children can turn in their eggs for chocolate and other goodies. Please come dressed for the outdoors and BYOB (bring your own basket)! Free. Open to the public. Registration not required.



Executive Director Mike DeBonis will present stories and photos of their 1972 and 2019 climbs of Denali, North America's highest peak. Come hear of two attempts with very different experiences and outcomes, demonstrating how luck and 47 years of technological advancement can affect the odds of summiting this 20,310-foot mountain. The presentation will be free of charge. *Check the Education page on our website for other previously advertised presentations.*



Mike DeBonis, Denali 2019

### Baby and Toddler Hikes

Every second Wednesday of the month,  
10:00 a.m. to noon  
Green Mountain Club Visitor Center, Waterbury Center  
Free. Led by GMC staff members

Join other parents with babies and toddlers up to five years old on The Short Trail, a half-mile nature trail with endless possibilities for exploration: bridges and boardwalks, fields and forest, big rocks and big trees, and even an old Long Trail shelter.

Whether you are just learning to hike with a little one or already have lots of mileage under your feet, we foster a supportive, non-judgmental environment for all caregivers.

Club staff members will offer advice and answer questions as your toddler happily scrambles and plays on the trail. Nature therapy at its best!

Questions? Contact Amy Potter, [apotter@greenmountainclub.org](mailto:apotter@greenmountainclub.org) or call (802) 241-8210.

### 20s and 30s Hikes

Weekends, once a month  
Various Locations. Free.

Hey hikers in your 20s and 30s! Join us on a guided hike to learn what GMC is all about and meet other hikers your age. Wear hiking footwear and bring layers appropriate for the weather. Snowshoes



and/or microspikes may also be required in early spring.

Check [greenmountainclub.org/hikevt](https://greenmountainclub.org/hikevt) for scheduled hikes.

### Beer Partnership Success

During REI's grand opening of its Vermont store last November, REI selected the Green Mountain Club as a non-profit beneficiary and collaborated with Burlington Beer Company on a limited release of New England IPA, Gazing Over Green. GMC received ten percent of the sales, totaling \$2,500, plus an additional \$1,000 in associated merchandise donations.

Following this success, the brewery plans to continue producing Gazing Over Green and giving the club a percentage of sales. Thank you, Burlington Beer Company! Stay tuned for a March release at the Williston brewery and throughout its Vermont retail distribution network.

## Long Trail Day 2020



### Save the Date

Saturday, August 1  
Section Hikes on the Long Trail

Join the Green Mountain Club's annual social fundraiser and hiking challenge! Individuals and teams will hike segments of the Long Trail to jointly complete the entire 272-mile trail in one day, all while raising money for the club to continue caring for Vermont's mountains and trails. Rally your friends, and hike to support the trail you love! Details and registration are at [greenmountainclub.org/longtrailday](https://greenmountainclub.org/longtrailday)



John on Stratton Pond

## INTRODUCING AMERICORPS MEMBER John Plummer

JOHN PLUMMER spent a season as a GMC caretaker at Stratton Pond in 2018. He has returned to GMC to fill a Vermont Housing and Conservation Board funded AmeriCorps position as GMC's group outreach and field coordinator. John will assist organized groups planning to use the Long Trail by providing the information they will need to have a fulfilling experience. In addition to working with groups, John will assist the field staff by preparing caretakers for group interactions and acting as GMC's Leave No Trace educator.

A New Hampshire native, John attended the University of New Hampshire, where he studied business. He went on to work in technology project management before he felt a call back to nature. An Eagle Scout, John spent his early years learning backcountry skills that prepared him for his eventual Long Trail thru-hike in 2015 and Appalachian Trail thru-hike in 2017. In 2019 he served in the Lakes Region Conservation Corps in New Hampshire.

John enjoys backcountry skiing, running, fly fishing, and making art.

If you have questions about group hiking on the Long Trail System, contact John at [groups@greenmountainclub.org](mailto:groups@greenmountainclub.org) or (802) 241-8327.



# GREEN MOUNTAIN CLUB'S 110<sup>th</sup> Annual Meeting

Friday–Sunday, June 12–14

Sterling College, Craftsbury Common

The 110th Annual Meeting, hosted by the Laraway, Northern Frontier, and Sterling Sections, will take place at Sterling College in Craftsbury Common.

According to its mission statement, Sterling College uses affordable education to address ecological problems caused by unlimited growth and consumption, and to advance ecological thinking and action through experiential learning, preparing students for knowledgeable and responsible leadership.

Load the car with your boots, pack, tent, bike, kayak, camp chair, and favorite campfire clothes (but please leave pets at home), and plan to spend a fun-filled summer weekend with friends. It's a wonderful opportunity for GMC members to share stories and club news, and to celebrate our year's accomplishments. Make sure to prepare yourself for Sterling's delicious, local, seasonal food as well.

Registration begins at 4:30 p.m. on Friday. *Please do not arrive before that time.*

## SCHEDULE OF EVENTS

### FRIDAY, JUNE 12

**10:00 a.m.**

**Work hike** at a location TBD (check website for details). Bring lunch, liquids, work gloves, and bug repellent, and dress for the weather; tools will be provided or bring your own favorites. Contact [gmc@greenmountainclub.org](mailto:gmc@greenmountainclub.org) by June 5 to sign up.

**4:30 – 8:30 p.m.**

**Registration.**

**6:00 – 7:00 p.m.**

**Dinner.**

By reservation only.

**8:30 – 9:30 p.m.**

**Campfire and storytelling.**

### SATURDAY, JUNE 13

**6:15 – 7:30 a.m.**

**Birding walk.**

**7:00 – 8:00 a.m.**

**Gravel run.** Join GMC staff for a 3-5 mile run.

**8:00 – 9:00 a.m.**

**Registration and breakfast** (by reservation only). Sign up for afternoon activities.

**9:00 – 11:45 a.m.**

**Annual Meeting.**

**9:00 a.m. – 6:00 p.m.**

**Kids' activities.** Arts and crafts and games will be provided all day for children. There are also outdoor play spaces. Supervision is not provided.

**11:45 a.m.**

**Silent auction** to benefit GMC begins.

**11:45 a.m. – 1:00 p.m.**

**Bag lunch buffet.** Courtesy of the Laraway, Northern Frontier, and Sterling Sections.

**12:00 – 1:00 p.m.**

**Board of Directors meeting.**

**1:00 p.m.**

**Afternoon outings begin.** (Some longer hikes may start earlier – check the schedule posted at the meeting). A film may be shown for those not hiking.

**4:30 – 5:30 p.m.**

**Yoga.** Please bring your own mat.

**6:00 p.m.**

**Dinner.**

By reservation only.

**6:45 p.m.**

**Silent auction** ends.

**7:00 – 8:30 p.m.**

**Speaker presentation.**

"What Does Access Mean for the Outdoors?" with Pedro Altagracia. (See sidebar.)

**9:00 – 10:00 p.m.**

**Campfire and social.**

### SUNDAY, JUNE 14

**8:00 – 9:00 a.m.**

**Breakfast.**

By reservation only.

**8:30 – 11:00 a.m.**

**Trail maintenance workshop.**

We'll cover topics such as pruning and clipping, blazing, and erosion control. No prior experience is necessary. Tools provided. This is valuable for new trail adopters. Location TBD.

**9:30 – 11:30 a.m.**

**Section workshop.** DEI and GMC: Actionable steps to be a more engaged and inclusive outdoor recreationist. Facilitated by Saturday night speaker, Pedro Altagracia.



## OUTINGS

(Distances are round trip.)

**Barr Hill Natural Area.** Hike. .8 mile. Easy.

**Ritterbush Pond Lookout.** Hike. 3.4 miles.

Easy to moderate.

**Craftsbury Outdoor Center Trails.** Hike. 3-5 miles. Easy to moderate.

**Elmore Mountain.** Hike. 4.5 miles.

Moderate to difficult.

**LT/Babcock Loop to Devil's Gulch.** Hike. 4.9 miles. Moderate to difficult.

**Mount Norris.** Hike. 3.6 miles. Difficult.

**Belvidere Mountain.** Hike. 5.6 miles.

Difficult.

**Great Hosmer Pond.** Paddle. Bring canoe or kayak. PFD required. Easy.

**Lamoille Valley Rail Trail.** Gravel bike.

30 miles. Bring bike. Helmet required.

Moderate.

**Craftsbury Outdoor Center Trails.**

Mountain bike. 3-5 miles. Bring bike.

Helmet required. Moderate.

*Schedule subject to change. For the most up-to-date Annual Meeting information, please visit [greenmountainclub.org/meeting](https://greenmountainclub.org/meeting).*



## REGISTRATION

Please register online by May 29:

[greenmountainclub.org/meeting](https://greenmountainclub.org/meeting) or call

GMC's membership manager at (802)

241-8324 (Monday-Friday, 10 a.m.-4 p.m.)

## PRICING

Meeting registration is free. All prices are per person.

**Lodging options include:**

- tent space (\$21/night)
- shared double dorm rooms (\$34/night)
- single dorm rooms (\$56/night)

Linens are not provided.

**Meals can be registered for a la carte:**

Friday dinner: \$16, BYOB

Saturday breakfast: \$10

Saturday lunch: Courtesy of the Laraway,

Northern Frontier, and Sterling Sections

Saturday dinner: \$21, bar included

Sunday breakfast: \$10

*Please let us know if you need special meals, wheelchair accessibility, or any other special considerations.*

## WHAT DOES ACCESS MEAN FOR THE OUTDOORS?

Pedro Altagracia grew up in New York City in a Dominican family. Coming from a lush and agricultural environment, appreciation for the outdoors was always a part of his life, although it lay dormant while he resided in the Bronx. After moving to New Hampshire, he went to great lengths to find nature, personally experiencing exclusion in the management of outdoor recreational and associated spaces. Pedro will share how he fought for his access to the outdoors, the value and impact of nature on him personally, and why diversity, equity, and inclusion matter for the outdoors and organizations like GMC.

### Pedro Altagracia

Pedro Altagracia works as a community engagement coordinator for New Futures in New Hampshire and is responsible for recruiting and training advocates to participate in the legislative process. He received his BA in sociology with a minor in environmental studies from Colby-Sawyer College in 2014. His post-collegiate extracurricular activities focused on social justice, education, and racial equity. A graduate of the Equity Leadership Fellowship program, Pedro has participated and supported efforts to address persistent opportunity gaps faced by people of color, the LGBTQA+ community, and groups of diverse cultural, religious and spiritual backgrounds. Pedro grew up in New York City and has been a New Hampshire resident since 2010. He currently lives in Concord and enjoys hiking, rugby, and fishing.







# Natural Wonder: SNOW FLEAS

If you hike on a sunny late winter or early spring day while snow still covers the ground, look down, especially around tree trunks. You'll probably find the white surface peppered with little jumping black dots. You've just seen one of the first insects of the year to emerge: the snow flea.

Snow flea is the common name for a group of animals, genus *Hypogastrura spp.*, which are not fleas at all, and in fact are not even insects. Snow fleas are a type of springtail, which are arthropods, and thus are more closely related to centipedes than fleas.

Springtails have six legs and no wings and get their name by their remarkable ability to jump like fleas. Fleas jump using large hind legs, but springtails use a tail-like appendage called a furcula, which unfolds like a lever and launches the creature several inches into the air. If humans could jump as high relative to our body size, we could leap more than 500 feet into the air! Snow fleas cannot control their altitude or landing spots, but the effort is enough to evade predators and find more food.

Snow fleas live in soil and feed on decaying organic matter, thus playing an important role in decomposition on the forest floor. But why can you find them on snow? They can stay active all winter because they produce a type of antifreeze in the form of a protein. Since the animal creates no body heat, it would freeze in winter without this adaptation. The protein is rich in glycine, an amino acid, and prevents ice crystals from growing in its cells so it can remain active in below freezing temperatures. Snow fleas are probably looking for food like algae and fungal spores on the surface of the snow as you watch them hopping about.

—MOLLIE FLANIGAN, CONSERVATION MANAGER



Snow fleas peppering the snow-covered ground

## Corridor Monitors Needed!

The Green Mountain Club is looking for new volunteer corridor monitors to adopt parcels of land our trails cross in northern and central Vermont. Monitors visit their assigned parcels at least twice a year to ensure conservation restrictions are being upheld, and to maintain boundary lines. This is a great way to perfect your map, compass, and bushwhacking skills; gain conservation experience; and observe wildlife. Contact GMC Conservation Manager Mollie Flanigan to learn more: [mflanigan@greenmountainclub.org](mailto:mflanigan@greenmountainclub.org) or (802) 241-8217.

### PARCELS AVAILABLE

#### Long Trail

- **South of Vt. Route 105**, Jay, 287 acres
- **Northern slopes of Jay Peak**, Jay, 166 acres, 2 miles of LT
- **Belvidere Mountain foothills**, Eden, 519 acres, 1.5 miles of LT
- **Laraway Mountain**, Waterville, Johnson, and Belvidere, 1,180 acres, 3.6 miles of LT

#### Appalachian Trail

- **Wayside Road Extension to Green Gate Road**, Bridgewater, 322.7 acres, about 2.2 miles of AT
- **Bridgewater Hollow Road to Les Newell Wildlife Management Area**, Bridgewater and Barnard, 1,185.6 acres, about 1.7 miles of AT
- **Stony Brook Road to River Road**, Killington, 484 acres, about 3 miles of AT
- **Maine Junction to Jungle Junction**, Mendon, 1,100 acres, about 3.5 miles of LT/AT
- **Jungle Junction to Shrewsbury Peak Trail**, Mendon, 1,182.7 acres, about 3.5 miles of LT/AT
- **Vt. Route 103 to Minerva Hinchey Shelter**, Shrewsbury, 394.5 acres, about 2 miles of LT/AT





Mary Beth Herbert Painting Boundary Marker



# Green Mountain Club Outdoor Programs

We are always looking for ways to help you have fun, be safe, and learn more about the outdoors. Our education program offers a wide variety of courses and trips. So if you're ready for your next outdoor adventure, visit [greenmountainclub.org](http://greenmountainclub.org) and sign up today.

## SOLO Wilderness First Aid

Saturday, April 4, 9 a.m.-5:30 p.m.; and Sunday, April 5, 8 a.m.-5 p.m., rain or shine  
GMC Visitor Center, Waterbury Center

Sign up early—this course fills fast! The 16-hour, hands-on course will prepare you for backcountry medical emergencies. Its focus is the prevention, recognition, and treatment of injuries and illnesses. Wilderness First Aid (WFA) certification or Wilderness First Responder (WFR) recertification is provided upon completion.

*Instructors:* SOLO staff.

*Fee:* \$170 for GMC members, \$190 for nonmembers. WFR recertification and/or CPR/AED available.

*Register at least one week in advance.*



## Never Too Old to Backpack

Thursday, April 16, 6 p.m.-8 p.m.  
GMC Visitor Center, Waterbury Center

If hiking the Long Trail is still on your bucket list, but you're wondering if it's a



goal you should give up at your age, think again. GMC members Alan Paschell and Morgan Irons completed LT thru-hikes in 2013 and 2017, at 62 and 66, and lived to tell enthusiastic tales. "Pokey" and "Tag-Along" will share what they've learned about senior hiking, including its humorous side, and basic knowledge they've acquired through trial and error.

*Instructors:* Morgan Irons and Alan Paschell.

*Fee:* \$8 for GMC members, \$10 for nonmembers.

*Registration closes 24 hours before the course.*

## Adventuring with Babies, Toddlers, and Preschoolers

Wednesday, April 22, 6 p.m.-7:30 p.m.  
The Pacem School, 32 College St., Montpelier

Thinking of having a baby? Expecting one? Not sure how to start camping with your toddler? This workshop is for you. Zack Porter and Kassia Randzio have taken their three-year-old, Celeste, on many outdoor adventures. Celeste has spent more than 50 nights in tents, skied in minus 20-degree temperatures, kayaked with manatees, and traveled to seven countries. Her parents are on a mission to help families discover the wonders of the great outdoors—even



with little ones. Their workshop is part travelogue, part photo tour, and part tips and tricks to make sure the adventures never stop.

*Instructors:* Zack Porter and Kassia Randzio.

*Fee:* \$5.

*Register at least 24 hours in advance.*

## Food Storage and Black Bear Awareness in Vermont

Sunday, April 26, 12 p.m.-3 p.m., rain or shine  
GMC Visitor Center, Waterbury Center

Join the Green Mountain Club and Vermont Department of Fish and Wildlife Bear Biologist Forrest Hammond for an information and training session on food storage methods on the Long Trail and how to be bear aware in Vermont. Forrest will describe the population of black bears in Vermont and their behavior and habits. GMC staff members will instruct participants on effective options for bear-safe food storage on the Long Trail, and backpacking practices and techniques to keep a clean camp.

*Instructors:* Forrest Hammond and GMC staff.

*Fee:* \$5.

*Register 24 hours in advance.*



## End-to-End Panel

*Live Broadcast courtesy of Orca Media*

Friday, May 1, 7 p.m.-9 p.m.

GMC Visitor Center, Waterbury Center

This informative Q&A, show-and-tell style hiker panel will provide sound backpacking advice to aspiring Long Trail end-to-enders. Wondering about the best lightweight tent or how to not get tired of PB&Js? Sign up to learn the ins and outs of a long distance hike, and get answers to your questions about food, equipment, and planning.

*Instructors:* Long Trail end-to-enders.

*Free.*

*Register at least 24 hours in advance.*

## Wild Edibles of the Northeast

Saturday, May 2, 10 a.m.-2 p.m., rain or shine

GMC Visitor Center, Waterbury Center

Are you intrigued by the wild world of mushroom and plant foraging? Join Ari Rockland-Miller of The Mushroom Forager ([themushroomforager.com](http://themushroomforager.com)) on a guided tour of spring's wild tastes and tonics. The program will introduce wildcrafting safety, strategy, and sustainability, followed by an exploration of the rich woods around the Green Mountain Club Visitor Center for the culinary and medicinal treasures of early May.

*Instructor:* Ari Rockland-Miller.

*Fee:* \$45.

*Register at least one week in advance.*

## Trail Adopter Training

Sunday, May 10, 9 a.m.-4 p.m., rain or shine

Long Trail, North of Route 4, Killington

Learn how to care for New England hiking trails by joining seasoned GMC field staff members. In this all day, field-oriented workshop, we will cover pruning and clipping, blazing, clearing drainage channels, removing blow downs, and other maintenance work. No prior experience is necessary, and tools will be provided. Please wear appropriate outdoor clothing and footwear and bring plenty of water, snacks, and lunch.

*Instructor:* GMC Field Staff.

*Fee:* Free for GMC members; \$10 for nonmembers.

*Register one week in advance.*

## Maintenance of Trail Tools

Sunday, May 17, 10 a.m.-2 p.m., rain or shine

GMC Visitor Center, Waterbury Center

Honest Abe said it right: "Give me six hours to chop down a tree, and I will spend the first four sharpening the axe." Come learn from the GMC Long Trail Patrol about tool use and maintenance. Picking the right tool for the job and knowing how to maintain it is critical to an efficient, affordable, and long career as a trail maintainer. You are welcome to bring your tools for maintenance, but GMC has plenty of backstock to work on. Long pants, sturdy footwear, and work gloves are required; safety goggles recommended.

*Instructors:* GMC Long Trail Patrol.

*Fee:* Free for GMC members, \$10 for nonmembers.

*Register one week in advance.*

## iNaturalist and Northeast Alpine Flower Watch Citizen Science Training

Thursday, May 28, 6 p.m.-8 p.m., rain or shine

GMC Visitor Center, Waterbury Center

Join Emily Anderson of the Vermont Center for Ecostudies and the Green

Mountain Club's education staff to learn the value of citizen science in conserving Vermont's biodiversity and collecting data on alpine plant phenology (the timing of life phases). Learn through slide shows, outdoor exploration, and hands-on training to record observations on iNaturalist. We will also answer questions from established app users.

*Instructors:* Vermont Center for Ecostudies and Green Mountain Club education staff.

*Free.*

*Register 24 hours in advance.*

## Shelter Adopter Training

Sunday, May 31, 10 a.m.-4 p.m., rain or shine

Taylor Lodge on the Long Trail, Stowe

The Long Trail System has more than 65 overnight sites, designed to concentrate use and minimize damage to natural resources. Volunteer shelter adopters are critical to maintain and protect them. This training will provide shelter adopters and frequent users with information, tips, and tricks for maintaining and supporting overnight facilities.

*Instructors:* GMC field staff.

*Fee:* Free for GMC members; \$10 for nonmembers.

*Register one week in advance.*



PHOTO BY NIKKA MEYERS





## Favorite Mud Season Hikes

### Burlington Section

The Burlington Section likes walking at **Shelburne Farms** during mud season. It's not in the mountains, but that makes the trails drier, and there are trails everywhere. The main trail from the visitor center is packed gravel, so it is seldom muddy. It's a great choice for families with kids, because it's impossible to get lost. A general admission fee is charged starting in mid-May. Visit [shelburnefarms.org](http://shelburnefarms.org) for more information.

Another mud season option we are eager to check out this spring is the **Salmon Hole to Ethan Allen Park section of the Burlington Wildways**. Join us on Sunday, April 19, for a Burlington Section outing to explore this trail, which opened in September, 2019. The distance and difficulty will depend on whether we do a car spot or a round trip. This will be an easy to moderate hike of 5.5 or 11 miles. Contact outing leader Lisa Hardy, to join: [ndlisa827@aol.com](mailto:ndlisa827@aol.com).



Trail Around Middlebury (TAM)

### Bread Loaf Section

In mud season hike leaders in the Bread Loaf Section recommend the **Middlebury Area Land Trust's Trail Around Middlebury** (known as the TAM), an 18-mile system that circles Middlebury like a necklace. Parking areas at all road crossings make access easy. You can easily do two- or three-mile hikes, or walk longer with a car spot. Refreshments and services are nearby in the picturesque town of Middlebury. See more information at [maltvt.org/tam](http://maltvt.org/tam).



Merck Forest and Farmland Center

### Killington Section

**Merck Forest and Farmland Center** is a great option for mud season walking, and we particularly enjoy going during their Maple Celebration and Pancake Breakfast. See what fun we had on last year's trip report by leaders Sue Thomas and Vivian Bebee:

On March 25 we arrived at Merck to find vehicles overflowing the parking lot onto the road near the visitor center. Staff members with walkie-talkies directed traffic, allowing a few cars at a time in and out. Our seven, plus our dog Burdock, anticipated the breakfast and quickly reached the sugar house, which of course was packed. Happily the staff allowed Burdock to enter, and he behaved like a gentleman, sitting on the floor and graciously accepting pets from admirers.

After a delicious meal we paid a visit to a *huge* pig that unaccountably lived in a barn labeled "small animals." We then set out to work breakfast off with a hike, hauling our pancake-stuffed selves up the hill to Clark's Clearing to admire a new cabin, then continuing to have a look at Ned's Place.

Early clouds lifted, giving us a beautiful sunny day. However, there seemed to be a surplus of gravity: our younger hikers frequently toppled into snowbanks, and lay inert until prodded with ski poles. Thankfully we older folks were largely able to resist. A good thing: it would probably have taken more than ski poles to get us back up.

We returned to the sugar house just in time to catch the last ride out in a wagon drawn by two patient draft horses. I wonder whether they noticed that people weighed more going out than coming in.

### Manchester Section

In the Manchester area we strongly recommend the lower trails in the **Equinox Preservation Trust**—not to the Equinox summit. Numerous trails can be linked for variety (see the inset on GMC's *Manchester Area Hiking Trail Map*).

Favorite routes are to **Robin's Lookout** for a view, combined with the pretty **Pond Loop**, or a hike to the Southern Vermont Arts Center and back.

We also recommend the **West River Trail** (a rail trail) from the end of River Road in South Londonderry to Winhall Campground and back, which can be extended through the campground and on through on the other side as far as Pratt's Bridge site. This hike is included in GMC's *The Walker's Guide to Vermont*.

### Montpelier Section

**Little River State Park** is a great place for a mud season hike, with blooming wildflowers as a May bonus. It is relatively low elevation, and many trails are old woods roads that dry early. The park website ([vtstateparks.com/littleriver.html](http://vtstateparks.com/littleriver.html)) has a map for the **Little River History Hike**, and information about the village relocated when Waterbury Dam was constructed after floods in 1927 and 1934. Foundations, rusted tools, an old sawmill boiler, and a cemetery or two are still visible. You can plan a hike of any length on various loops. A popular choice is the **Dalley Loop**, which passes quite a few historic sites. Check GMC's *Day's Hiker's Guide to Vermont* for more hikes in the park.





Wildflowers, Snake Mountain

## Northern Frontier Section

The Northern Frontier Section likes to hike **Mount Philo** in Ferrisburg and **Snake Mountain** in Addison during mud season. We travel farther than usual to both places because the trails in and near our area are too wet, snowy, or muddy long into spring. It's nice to enjoy the panoramic views in Addison County when we can't hike closer to home.



Lamoille Valley Rail Trail

## Sterling Section

Hiking in mud season is a real challenge for us. Snow on the ridgeline over Morse and Whiteface can linger well into May. The unbridged south branch of the Lamoille River becomes a raging torrent during the thaw, and attempting to cross risks hypothermia or worse. The Beaver Meadow bowl can be muddy all summer but truly surpasses itself in spring, when calf-deep mudpits justify the Long Trail's old nickname, "the footbath in the wilderness."

So we retreat to the **Lamoille Valley Rail Trail**. Some of it is still under construction, but a 17-mile section from Morrisville to Cambridge and a 15-mile piece from Danville to St. Johnsbury are open and hardened with gravel.

Rail trail hikes can ease you back into hiking if you hibernated through the winter. And while the Long Trail seeks wild ridges to avoid towns, the Lamoille Valley Rail Trail connects them. You'll walk past several restaurants, so you won't have to carry snacks. Access points are in Morrisville, Hyde Park, Johnson, and Cambridge. Learn more at [lvrt.org](http://lvrt.org).



NH Northern Rail Trail

## Upper Valley Ottawaquechee Section

To enjoy the UVO Section's favorite mud season hikes, why not join us on two we plan to repeat this spring?

April 25, 2020 (rain date April 26). We will hike into the **Moosalamoo National Recreation Area of the Green Mountain National Forest** past the Falls of Lana and Silver Lake, out the Leicester Hollow Trail, and finish via the Minnie Baker Trail down to a car spot. This is a moderate seven-mile hike with a 1,200-foot elevation gain. Most of the hike is on maintained service roads in current use, or old logging roads. A short portion of the Leicester Hollow Trail was recently rebuilt to modern U.S. Forest Service standards with good drainage on high ground exposed to wind and sun, so it dries early in the season. We also expect early wildflowers! Contact the outing leader, Duncan Love, to join: [duncanlove4024@yahoo.com](mailto:duncanlove4024@yahoo.com) or 802-226-7697.

May 26, 2020. Hike New Hampshire's **Northern Rail Trail** from Ice House Road to Enfield Village, an easy four-mile hike with a short car spot. Contact the outing leader, Inge Brown, to join: 802-280-8017.

*Check out all the sections' mud season outings on the GMC calendar: [greenmountainclub.org/calendar](http://greenmountainclub.org/calendar)*

## Section Directory

### Bennington

Maintenance: Harmon Hill to Glastenbury Mountain  
President: Lorna Cheriton, (802) 447-1383  
E-mail: [chertop1@comcast.net](mailto:chertop1@comcast.net)  
Website: [benningtongmc.org](http://benningtongmc.org)

### Brattleboro

Maintenance: Winhall River to Vt. 11 and 30  
President: Bonnie Haug-Cramp, (802) 380-5165  
E-mail: [onacloud@myfairpoint.net](mailto:onacloud@myfairpoint.net)  
Website: [brattleborogmc.com](http://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](mailto:ruthpenfield@gmail.com)  
Website: [gmcbreadloaf.org](http://gmcbreadloaf.org)

### Burlington

Maintenance: Winooski River Footbridge to Smugglers' Notch  
President: Jonathan Breen, (802) 764-1275  
E-mail: [ghostman2651@gmail.com](mailto:ghostman2651@gmail.com)  
Website: [gmc Burlington.org](http://gmc Burlington.org)

### Connecticut

Location: Hartford, Connecticut  
Maintenance: Glastenbury Mountain to Stratton-Arlington Road  
President: Jim Robertson, (860) 633-7279  
E-mail: [jrob685@aol.com](mailto:jrob685@aol.com)  
Website: [conngmc.com](http://conngmc.com)

### Killington

Location: Rutland area  
Maintenance: Vt. 140 to Maine Junction  
President: Herb Ogden, (802) 293-2510  
E-mail: [hogden@vermontel.net](mailto:hogden@vermontel.net)  
Website: [gmkillington.org](http://gmkillington.org)

### Laraway

Location: St. Albans area  
Maintenance: Lamoille River to Vt. 118  
President: Bruce Bushey, (802) 893-2146  
E-mail: [brbshey@comcast.net](mailto:brbshey@comcast.net)  
Website: [gmclaraway.org](http://gmclaraway.org)

### Manchester

Maintenance: Vt. 11 and 30 to Griffith Lake  
President: Marge Fish, (802) 824-3662  
E-mail: [marge.fish@gmail.com](mailto:marge.fish@gmail.com)  
Website: [gmc-manchester.org](http://gmc-manchester.org)

### Montpelier

Maintenance: Camel's Hump to Winooski River Footbridge and Smugglers' Notch to Chilcoat Pass  
President: Steve Bailey, (609) 424-9238  
E-mail: [stevebailey@gmail.com](mailto:stevebailey@gmail.com)  
Website: [gmcmontpelier.org](http://gmcmontpelier.org)

### Northeast Kingdom

Maintenance: Willoughby and Darling State Forests and the Kingdom Heritage Lands  
President: Cathi Brooks, (802) 626-8742  
E-mail: [cathibrooks@aol.com](mailto:cathibrooks@aol.com)  
Website: [nekgmc.org](http://nekgmc.org)

### Northern Frontier

Location: Montgomery  
Maintenance: Hazen's Notch to Canada  
President: Ken Whitehead, (802) 933-5352  
E-mail: [mrsswhitehead@gmail.com](mailto:mrsswhitehead@gmail.com)  
Website: [gmcnorthernfrontier.org](http://gmcnorthernfrontier.org)

### Upper Valley-Ottawaquechee

Location: Upper Connecticut River Valley, and New Hampshire  
Maintenance: Appalachian Trail: Maine Jct. to NH border  
President: Dick Andrews, (802) 885-3201  
E-mail: [techcomm@vermontel.net](mailto:techcomm@vermontel.net)  
Website: [gmc-o-section.org](http://gmc-o-section.org)

### Sterling

Location: Morrisville/Stowe/Johnson  
Maintenance: Chilcoat Pass to Lamoille River  
President: Kevin Hudnell, (802) 851-7019  
E-mail: [khudnell@gmail.com](mailto:khudnell@gmail.com)  
Website: [gmcsterling.org](http://gmcsterling.org)

### Worcester

Location: Worcester, Massachusetts  
Maintenance: Stratton-Arlington Road to Winhall River  
President: Ram Moenns, (508) 210-6965  
E-mail: [shivratr@gmail.com](mailto:shivratr@gmail.com)  
Website: [gmcwooo.org](http://gmcwooo.org)





## Trail and Shelter Adopters Needed!

**V**olunteer trail and shelter adopters are critical for maintaining the Long Trail System and its structures. Trail and shelter adopters visit their adopted section or shelter several times a season, performing regular maintenance, reporting conditions, and alerting GMC to problems that require further attention. Adopting a trail or shelter is a great way to care for a favorite shelter or piece of trail so hikers will have a positive experience and enjoy their time outdoors even more.

### TRAILS & SHELTERS AVAILABLE

#### Northeast Kingdom Trails

- Middle Mountain Trail: Gore Junction to summit, 2.2 miles
- Middle Mountain Trail: Southern terminus on Vt. Route 114 to summit, 3.7 miles

#### Long Trail

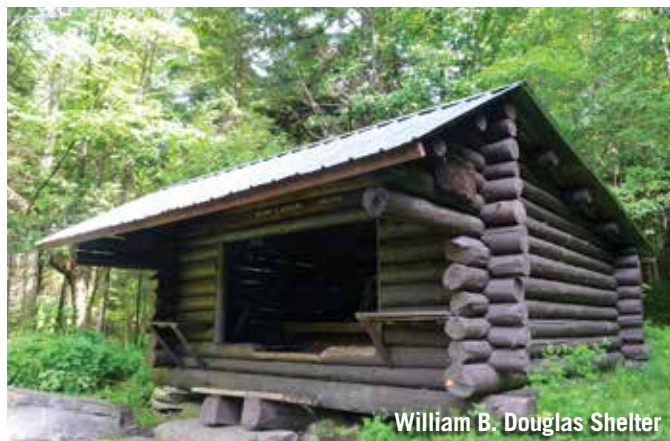
- Southern terminus to County Road, Division 1, 3.1 miles
- County Road to Roaring Branch, Division 1, 2.7 miles
- Skylight Pond Trail Junction to Bread Loaf Mountain, Division 7, 1.0 mile
- Montclair Glen Lodge to Camel's Hump summit, Division 9, 1.7 miles
- Chilcoat Pass to Whiteface Shelter, Division 10, 1.5 miles
- Vt. Route 105 to Canadian Border, Division 12, 2.6 miles

#### Long Trail Side Trails

- Lye Brook Trail, Glen Road to Bourn Pond, Division 3, 7.3 miles
- Branch Pond Trail, Bourn Brook North to William B. Douglas Shelter, Division 3, 3.5 miles
- Branch Pond Trail, William B. Douglas

Shelter to Long Trail, Division 3, 0.5 mile

- Old Job Trail, South Branch, Division 4, 3.4 miles
- Monroe Trail, Division 9, 3.1 miles



William B. Douglas Shelter

#### Long Trail Shelters

- William B. Douglas Shelter, Division 3
- Sunrise Shelter, Division 6
- Emily Proctor Shelter, Division 7
- Boyce Shelter, Division 7
- Cowles Cove Shelter, Division 9
- Sterling Pond Shelter, Division 10

### OTHER VOLUNTEER OPPORTUNITIES!

#### Barnes Camp Visitor Center

In the 2019 hiking season, volunteers at Barnes Camp Visitor Center helped nearly 12,000 visitors. Visitation is expected to continue to increase this year, and we need more welcoming volunteers to provide information on trails and other attractions. Volunteer shifts are flexible and rewarding, and volunteers receive local discounts and benefits. Barnes Camp Visitor Center operates from Memorial Day Weekend to Indigenous Peoples' Day, with a volunteer training session on Saturday, May 16.

#### Volunteer Long Trail Patrol

The 2020 Volunteer Long Trail Patrol (VLTP) will be working on trail reconstruction and tread hardening on the Long Trail between Dunville Hollow and Vt. Route 9 in southern

Vermont. The VLTP has four to eight volunteers led by GMC staff, each working one or more weekly shifts on trail construction and maintenance projects on the Long Trail/Appalachian Trail in southern Vermont. The Patrol is a great way to try out life on a trail crew, improve your maintenance skills, and enjoy a week of camaraderie. Volunteer shifts run from Thursday to Tuesday, and the first week begins

Thursday, June 18, with the last week ending on Tuesday, August 4.

#### Group Service Trips

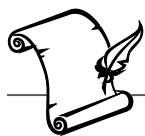
Recruit your coworkers, fellow students or group of friends, and work to improve the Long Trail System. Many projects are suitable for volunteer groups, and the club can customize projects for your group's capabilities. Volunteering for a group service trip is a way to give back to the Long Trail while also strengthening the bonds of community in your office, youth group or school in a healthy, productive, and generous way.

#### Bark Mulch Packers

Mulch packers carry 40- to 50-pound bags of bark mulch over rugged terrain into backcountry shelters or tent sites for use at composting privies. The activity is excellent conditioning for backpacking trips and mountaineering expeditions. Scheduling is flexible.

*Contact GMC Volunteer and Education Coordinator Lorne Currier to learn more about any of these opportunities: [lcurrier@greenmountainclub.org](mailto:lcurrier@greenmountainclub.org) or (802) 241-8329.*





## Board Report

**P**resident Tom Candon called the January 4, 2020, Green Mountain Club board meeting to order at club headquarters in Waterbury Center. Executive Director Mike DeBonis reported that the club was halfway through its five-year strategic plan, and he summarized the club's accomplishments in 2019.

Board members took a moment to recognize the sudden death of longtime board member Jean Haigh in November, and reflected on her friendship and immeasurable impact on the club over the past twenty years.

Treasurer Steve Klein and Director of Finance Jason Buss reported that the club's current year financial results were in accord with the budget and presented an outline of the fiscal year 2021 budget. A final budget is expected for board approval at the board's next meeting March 21.

The club's endowment fund was \$4.9 million at calendar year end. The endowment committee has formed a working group to develop a plan for addressing environmental, social, and corporate governance considerations in the club's endowment investments.

Staff reports included information about GMC's marketing campaign, land protection projects, and plans for the 2020 field season.

The board spent an hour in a facilitated session devoted to exploring how to make the club more diverse, equitable, and inclusive. Members decided to continue the conversation at the March meeting.

The meeting concluded with a discussion of the GMC's governance structure, including general policies and the 2020 election of general board members.

—ED O'LEARY, SECRETARY

## 2020 Board Meeting CALENDAR

### March 21

Green Mountain National Forest Supervisor's Office, Rutland

### June 13

Sterling College, Craftsbury, during GMC's 110th Annual Meeting

### September 19

GMC Headquarters, Waterbury Center with the Volunteer Appreciation Picnic to follow

## Annual Election of General Directors

At the Green Mountain Club's 110th Annual Meeting on Saturday, June 13, three general seats will open on the board of directors. General directors serve with directors elected by the sections. Directors are elected to three-year terms, with a limit of two consecutive terms. The GMC Nominating Committee presents the following candidates (full bios available on our website) for approval:

**Alexis Peters**, first term. Alexis is an attorney who lives in Burlington

**Mariah Keagy**, first term. Mariah is a trail designer and builder who lives in Morrisville

**Anne Hauser**, first term. Anne is a business owner from Manchester

### How to Vote

Vote for up to three directors. If you have a family membership, you may vote twice. All section and at-large members are eligible to vote. For candidate information and to vote online, please visit [greenmountainclub.org/vote2020](https://greenmountainclub.org/vote2020). Voting concludes on April 1.



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# Running the Long Trail with Type I Diabetes

BY BRAD JOHNSON



In the summer of 2018, my wife and I began contemplating an intriguing idea. Emily and I had thru-hiked the Appalachian Trail in the spring of 2001. Avid trail runners, we wondered whether two 45-year-old amateur athletes could run the Long Trail in less than ten days. And whether someone with type 1 diabetes could do it.

We would be walking, running, and scrambling more than 25 miles a day over tough terrain with more than 71,000 feet of elevation gain. We decided it would be an interesting challenge and began a year of training and preparation. We ran and hiked long miles, and tested shoes, packs, clothing, and other equipment, including small stoves and dehydrated foods. In addition, we had to figure out how to safely manage my diabetes.

Diagnosed in my late 20s, I have lived with the challenge of diabetes for many years. The disease is an autoimmune condition that robs the body of the ability to produce and regulate insulin, the hormone that enables sugar to travel between the blood and body tissues. Sugars are the metabolic fuel for all parts of the body, and blood sugar levels are affected by exercise, stress, alcohol, the type of food you eat—carbohydrates, fats, proteins—and more.

I have to make sure my blood sugar stays at a safe level day and night, which a healthy person accomplishes with no trouble. High levels cause many long-term health complications, and low blood sugar is a crisis causing disorientation, sweating, shaking, and other behavioral changes, not unlike the effects of alcoholic inebriation. Exercise changes the

amount of insulin a diabetic needs. A trip like ours presented many difficulties, primarily the challenge of consuming just the right amount of sugar during heavy and variable exertion.

Extensive backpacking and trail running experience had given me a good sense of how much food we would need. We each planned to eat more than 5,000 calories, or 2 to 2.5 pounds of food daily, with about 5,150 calories a day in our first ration period.

“We joked about having shirts printed with ‘Exercise is my insulin!’”

I carried my insulin pump with a continuous glucose monitor (CGM) in addition to food and ultra-light backpacking gear. The pump enables me to deliver insulin using infusion sets without manual injection. The CGM uses a special sensor worn against the skin that reads out my blood sugar level every five minutes, and transmits it wirelessly to the pump. Emily packed a small first aid kit and extra skin adhesive for keeping the sensors and pump infusion sets on my skin. She also had an extra infusion set and battery. We had to carry enough to get me through each two-day ration period between our resupply points.

On August 10, 2019, we traveled with family members to Williamstown, Massachusetts, and camped. At 5:00 a.m. we began running with headlamps. Most days we awoke between 4:00 and 4:30 and were traveling by 5:00. The first hour or so was a magical but challenging part of each day, as we

navigated cautiously around dimly lit rocks and roots. The morning bird chorus started promptly at 5:45, signaling enough daylight to turn off our lights until we needed them again after dark. Our longest day—32 miles from Cowles Cove Shelter to Taylor Lodge—took 16 hours of running and walking, getting us into camp at 9:00 p.m.

Fortunately my pump and CGM generally worked well, because blood sugar readings every five minutes were essential for eating enough to keep my body fueled while maintaining proper sugar levels. Despite the calories we consumed I lost seven pounds in ten days.

At one memorable dinner resupply with friends, three of us ate two large pizzas. I ate a whole pizza, plus a beer and a 16-ounce Coke. Needless to say, our metabolisms were cooking. It was easy to consume all sorts of fun foods that normally would be forbidden to a diabetic, and I used very little insulin compared to my regular routine. We joked about having shirts printed with “Exercise is my insulin!”

The days were long, the weather offered a little of everything from dry and pleasant to cold, rainy and wet, and the trail was constantly beautiful. After 9 days, 12 hours, and 20 minutes averaging 2.5 miles per hour, we reached the Canadian border in the rain, joining the roster of others who complete an end-to-end hike of the Long Trail each year.

We felt super lucky for the chance to test ourselves on this hike. It turned out it was indeed possible to pull it off, even with diabetes along for the ride.





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# Green Mountain Club Rental Cabin Member Benefits



GMC members may take advantage of a **24-hour early reservation period** for Bolton Lodge and Bryant Camp in Bolton Valley, VT! All GMC members with an email address on file will get an email with an early reservation offer link that will go live on May 14 at 10:00 a.m.

Due to high winter demand, renters are encouraged to book their preferred cabin on the day reservations become available for the following winter season or visit GMC's website periodically to check on camp availability.

## **BOLTON LODGE**

**Rent: July 1–March 31**



## **BRYANT CAMP**

**Rent: August 1–March 31**



Green Mountain Club members get **20% off all GMC rental cabins!** During checkout, use the discount code member20.

## **HADSEL-MARES CABIN AT WHEELER POND**

**Rent: Year-round**

