

Rock, Root & Trail



MARCH 2018

For the Love of Trail Dogs

It started with a check...

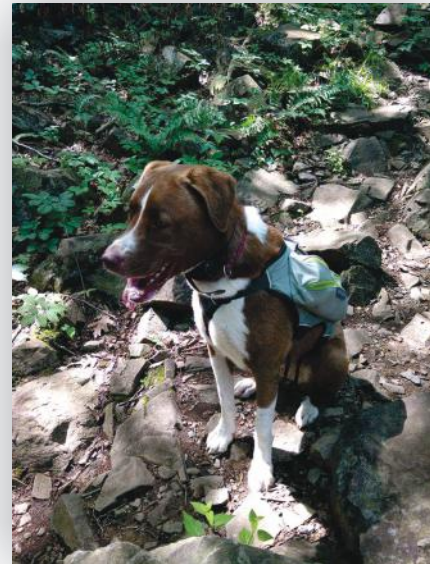
for which we are *extraordinarily thankful*. Generous checks - from supporters like YOU - keep your trails healthy and forests green.

Every now and then, however, a story drifts in with a check. It's usually a note – a scrawl on the return envelope, or a piece of paper thrown in with the check.

They are notes highlighting what makes CFPA so important to your lives.

It was a brief note attached to a check from Hope Seeley (see page 2) that got me thinking about dogs and how they occupy special places in our lives and on our trail wanderings. So part of this Rock, Root, & Trail is ... for the love of dogs.

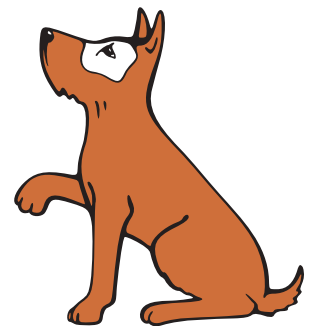
"The average dog is a nicer person than the average person." Andy Rooney



Trail Dog Fun and Safety

Dogs are such great companions on a walk or hike and you should feel comfortable taking your dog(s) on the trail (even some runners with well trained dogs do so). It is great for them and for you. Safety is important for both you and your dog. Here are a few thoughts- mostly common sense - from assorted sites.

- Have fresh water (a collapsible bowl helps) along with food and treats
- Carry doggie bags for waste. Critical on a trail – always strive to leave no trace
- Consider pad protection for rocky/rough terrain
- Dog clothing can provide an important, extra layer for shorthaired dogs
- Have a first aid kit (even a snake bite kit in certain areas)
- Keep your dog on a leash
- Tick checks are essential for dogs and you



Walking in the Woods... with the One You Love.



There are seven hikers - all women. And their dogs.

They started hiking together around 2002 or 2003 when their dogs were just pups. The group was organized by Sherri McKelvey, pictured (left) with her best bud Divot. She had a connection with each of the hikers through work, school, sports or being neighbors. Lots of groups start this way.

This group shared a love of walks in the woods. But they also had the added canine connection. For years they've met at Case Mountain, year round, on weekend mornings. They traveled from West Hartford, Somers, Ellington, Manchester, Coventry and Glastonbury.

The group made several donations to CFPA in memory of their companions. First in 2009 when Hope Seeley's two black labs, Douglas and Webster, passed within days of each other. More gifts came in when two other members lost their beloved friends - Spike, a lovable golden retriever, and Gracie, a sweet hound dog.

Hope pointed out that it only made sense to donate to CFPA given how much they enjoyed walks (and snowshoeing in the winter) on the trails in the woods with their dogs.

Thanks to the Case Mountain hikers and their gifts to CFPA. And for the loving dogs who inspire them. **Is there a special four-legged friend who you would like to honor with a gift to CFPA?**

The Beast and Killer

They are not just trail dogs – they are CFPA office dogs. You'll find them working (okay mostly sleeping) on Mondays and Fridays. You'll also discover them on the Highlawn Forest Trails throughout the year.

Their real names are Izzy and Toby, but I call them “the Beast” and “Killer”. One is a large, snaggletooth, cross eyed mix that is noiseless – unless you wake her up suddenly. She then lets out a blood curdling bark ... followed by a sheepish look.



Toby is a white toy poodle with attitude. He never barks but likes to wander the office and peek in to remind us he's in charge ... when he's not in Terri's lap that is. As on trails, CFPA office dogs give comfort and unfiltered love and affection. They are a part of CFPA office life and companions on our journey.



We invite CFPA members -and their dogs - to use the Highlawn Forest Trails – a gift to the community by the Camp Family. The three miles of trails are right behind CFPA's HQ – the heart of Connecticut conservation. If you're there on a Monday or Friday – look out for the Beast and Killer.

Girls Excelling

Your support is helping teachers connect their students to the outdoors by tapping into CFPA's education resources. CFPA Education Director, Emma Kravet, has been visiting classrooms in response to requests for support from many teachers. Emma uses Project Learning Tree – a national environmental education program administered in Connecticut by CFPA and DEEP - to train teachers on how to get students outdoors and learning.

In November, Emma visited the Bethany Community School, where she spoke to 35 fourth, fifth and sixth graders from the GEMS (Girls Excelling in Math and Science) program. Emma taught the girls about forestry and honeybees, and discussed possible careers in the environmental world. **You help girls excel when you give in support of CFPA's Education Program!**

Go Emma!



Get (ee)smart

Good news - 75 CT formal and non-formal educators have been brought into the CFPA fold as new members thanks to an important partnership between CFPA and eesmartTM.

eesmartTM is an energy efficiency and clean, renewable energy learning initiative funded by the Connecticut Energy Efficiency Fund. The program trains teachers in energy and environment focused lessons. CFPA has worked closely with eesmartTM over the last few years to train its instructors to use Project Learning Tree.

It's difficult for classroom teachers to find the time or resources necessary to leave the classroom for professional development opportunities, so eesmartTM offers workshop participants stipends for attendance, full access to eesmart curriculum, and a yearlong pass to one of its Museum Partners.

In 2017, eesmart began offering workshop participants a free membership to CFPA as a tool to help them and their students connect with the outdoors.

What an eesmartTM thing to do.

Fabulous Volunteer Spotlight – Lance Hansen

Lance has worked at CT DEEP for 20 years, currently in the wildlife division. And yet he still finds time to be an uber-volunteer for CFPA. Lance is a Master Naturalist leading hikes as a CFPA Ramble leader, and is CFPA's Trail Manager for the Walcott Trail in Torrington. In 2015, he helped found the Friends of American Legion and Peoples State Forest (FALPS) and is always willing to lend a hand and spread the word about CFPA.

Lance had the second highest for number of hours reported in 2017 to CFPA's Time Reporting System. He gave over 370 volunteer hours to CFPA and our programs while working a full-time job, volunteering for a number of other organizations, and being a husband.

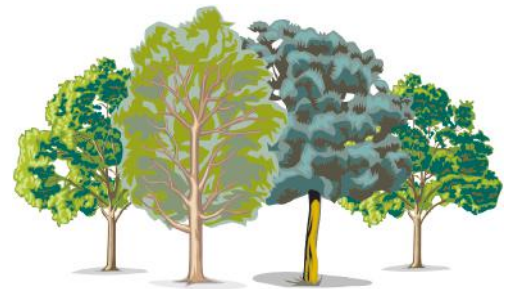
One other reason Lance works so hard for CFPA ... he first wooed his wife, Valerie, on a hike. It was a very casual first date – a CT Trails Day hike in June 2000 on the Air Line State Park Trail. CFPA was such an important part of their relationships that when they got married they labeled their tables with various Blue-Blazed Hiking Trail names.



CFPA is very fortunate to have Lance's enthusiasm and expertise. **Join CFPA at the Field Day in Burr Pond State Park on May 12th**, meet Lance, and join him for a hike on the Walcott Trail! Don't forget to thank him and all CFPA volunteers for their service.

Ways you can help trails, forest, and parks without writing a check:

- ☑ Ask a friend you know loves trails to join CFPA – this is so important ... really
- ☑ Ask your company to support a trail, education, or land project
- ☑ Ask that your birthday, wedding, special event be celebrated with a gift to CFPA
- ☑ Volunteer on a trail, at an education event, or as a land steward
- ☑ Call or email your legislator about key conservation legislation
- ☑ Introduce a friend to walking, hiking, or trail running
- ☑ Get involved, do good, and change your life
- ☑ Use your credit card 😊



Visit us at www.ctwoodlands.org



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