

Rock, Root & Trail

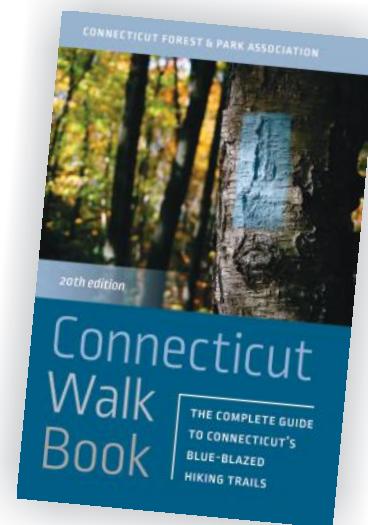


MAY 2017

Ta dah... the new Walk Book is here!

From Stonington to Salisbury, hordes of hikers/walkers are crowding bookstores (and Amazon) for the long-awaited 20th edition of the world famous Connecticut Walk Book. It is here ... and it is awesome.

Unlike your teenage children, CFPA listened to you. The new Walk Book is back to a single volume with detailed maps and will be available in an eBook for easy use on your mobile devices - smart phone and tablet (well easy for those of you who can actually read from a small phone). CFPA partnered with Wesleyan Press to produce this edition and it will be available in traditional retail outlets, on Amazon, and on other online sites.



APPLAUSE PLEASE - fabulous volunteer spotlight

Lynn Kochiss' volunteer work is critical. **Why ... because she is growing the next generation of conservationists.** She is a wonder with young children – bless her patience – and lives for the joy of giving back to others. She tirelessly shares her love for the wonders of nature.

Lynn is a retired teacher who is part of CFPA's celebrated 100-hour volunteer club (and is secretly trying to gather more volunteer hours than anyone else – don't tell on her). Here is why she is so important to YOU and CFPA:

- She inspires children to love and appreciate the natural world
- She builds the fire of passion for the outdoors.
- She is a “nature walker” who does not walk long distances, but goes deep into the natural world that she encounters.
- Lynn teaches her companion walkers to use their power of observation, to be in the moment of their experience, and to live by the adage **“let's go find out”** when in nature.

We thank Lynn, and hope you will too, for giving back in her retirement and leaving a legacy of young enthusiasts who will continue your mission to protect forests, parks, and trails.





Connecticut and You are # 1 again!

Connecticut Trails Day is right around the corner and once again you and CFPA have coordinated the largest number of Trails Day events in the country. **Now get out there and enjoy as many events as you can fit into a busy Saturday and Sunday (June 3rd & 4th).** Use the handy CT Trails Day booklet to find events. Members get a booklet mailed to them automatically. You can also go to the helpful events directory online and search to your heart's content.

TIP: CT Trails Day is a great way to get friends onto the trails and the right time for you to encourage them to join CFPA & support trails.

Get your Art on ...

Go ahead, you can tell everyone ... getting outdoors onto trails and into the woods inspires you. Nature also inspires artists and you have a fun way to connect your love of nature and art. The nationally-acclaimed Florence Griswold (Flo Gris) Museum in Old Lyme opens its summer exhibition, *Flora/Fauna: The Naturalist Impulse in American Art*, on June 3rd. The show will explore the significance of artist-naturalists and environmentally-conscious artists from the 19th through 20th Centuries.

CFPA is collaborating with the Flo Gris on the exhibit. The museum is hosting a Trails Day event on June 4th that will wander along the banks of the Lieutenant River with a view of the salt marsh, and continue along the old farm road that leads to Lyme Street. CFPA's Winslow Society members will also gather at the Museum on June 15th. The museum is offering discounted admission of \$8 for CFPA members going to the exhibit.



I'd rather walk in the woods, thank you!



Whew ...it's been a long 40 years. Thanks to special supporters like you, an easement was acquired to PERMANENTLY protect access to the Metacomet Trail (fireworks please) on the most northern trail property in Connecticut. Instead of a 2.5 mile uninspiring road walk, you can now discover beautiful woodlands with scenic views as you meander this section of the New England National Scenic Trail. This project highlights CFPA's ongoing need to sustain relationships with all of our trail hosts. Thanks to the hundreds of Blue-Blazed Hiking Trail hosts across the state for their generosity! We also thank you for giving generously to protect what YOU love.

Spotlight on love of trails and nature

Eunice Carden has been a member of CFPA since July, 1953 ... and we thank her for her wonderful loyalty. She and her husband, George, recently visited CFPA and noted that their lifelong love of **hiking helped them live longer and happier lives!** They've been married for 62 years!

Eunice has been hiking the Blue Trails for years - her first hike was on the Mattabesett Trail at Seven Falls in Middletown. When asked what her favorite trail was, she replied, "where there is peace and quiet." Our conversation was inspiring because Eunice was good friends with historically significant CFPA visionaries, such as Romeyn Spare, one of the founders of the Blue-Blazed Hiking Trails. She was recruited as a CFPA member by Kornel Bailey, an original trail manager who served on the Trails Committee for over 60 years.



Eunice's loyalty to CFPA is a true reflection of her love of trails and the natural world ... and we thank her.

“Do you hear your Blue Trail calling?”

Yes, it is your trail ... and it's asking for your help right now! Your Blue Trail is at risk and only you can protect it. The good news is that, if you are reading Rock, Root & Trail, you've already proven yourself a trail hero by supporting CFPA. We only send R, R & T to trail heroes – don't you feel good? Feel even better and take out your check book or credit card and ... oh wait, you need more information.

What is your trail's greatest danger? The loss of a trail section can fatally wound a trail's continuity. But there are also other actions that impact your trail, such as:

- ATVs that rut and damage your trail
- Kiosks destroyed by senseless acts on your trail
- Weed invaders that want to move in on your trail

Today your Blue Trail is asking you to protect its survivability. You can help with a donation today! Keep up your good work.



Go to www.ctwoodlands.org/donate

Seeking strong, good looking people to register ... isn't that you?

Registration is now open for Run for the Woods. The fun 5k and 10k (okay, the 10k is fun and CHALLENGING) takes place on **September 9th** at Sessions Woods in Burlington – yes, Burlington is in CT... gee whiz.

Our good friends at CT Trail Runners are helping out again this year. Run, have fun, sleep well that night, help raise a little money for CFPA, and increase awareness of the fun of trail running. *FYI*: Walkers are welcome ... and no one will make fun of you!

For more information visit www.ctwoodlands.org



A stand-up donor ...

Sitting is the new smoking! The sedentary act of sitting for long periods impacts your back, legs, and your overall well-being. CFPA staff have taken this to heart and over the years built, in true not-for-profit Rube Goldberg fashion, a myriad of stand-up desks.

A fabulous donor and friend, sent, without name or notice, a real stand-up desk, a Varidesk, to CFPA Development Director, Jim Little. It arrived when he was on vacation and only after a week of sleuthing did he discover his benefactor was none other than Linda Cunningham – chef/baker extraordinaire and former CFPA staff member. Jim was touched and asked if it was because of their friendship or their years working together? Linda, in true CT Yankee fashion, replied with a chuckle, “no, I was tired of hearing you whine about the desk you made for yourself.”

She didn't whine, but Clare Cain, CFPA's Trails Stewardship Director, recently found a new Varidesk in her office as well. Linda strikes again, and we cannot thank her enough for her generosity and thoughtfulness.

We tell you this story because some donors, maybe you, in addition to their cash donations like to do something really nice for CFPA staff or a CFPA area that has particular meaning for them ... or to stop Jim from whining. Linda knew exactly what was needed and took action. If you are motivated to do a little more for CFPA by way of a donated item needed by CFPA, please call Jim Little at 860-346-2372.



Visit us at www.ctwoodlands.org



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