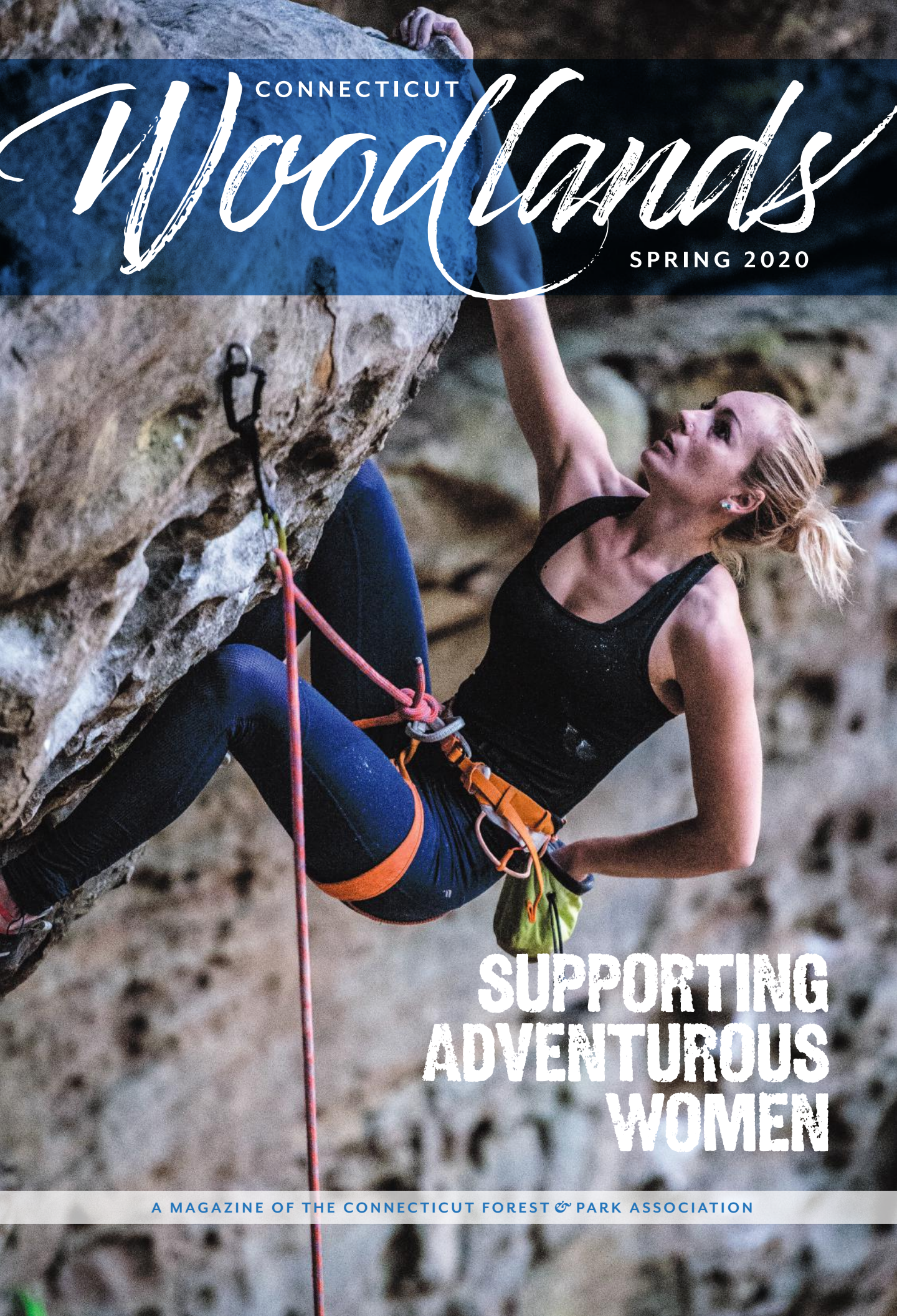

CONNECTICUT

Woodlands

SPRING 2020

SUPPORTING ADVENTUROUS WOMEN

A MAGAZINE OF THE CONNECTICUT FOREST & PARK ASSOCIATION

The Connecticut Forest & Park Association (CFPA) is a 501c3 nonprofit organization that protects forests, parks, walking trails, and open spaces for future generations by connecting people to the land. Since 1895, CFPA has enhanced and defended Connecticut's rich natural heritage through advocacy, conservation, recreation, and education, including maintaining the 825-mile Blue-Blazed Hiking Trails system. CFPA depends on the generous support of members to fulfill its mission. For more information and to donate, go to ctwoodlands.org

On the Cover: Annie Michaud and other women are changing the face of the outdoors industry.

This spring, Lhakpa Sherpa will attempt her 10th summit of Mt. Everest, page 9.

CONTRIBUTOR'S *Spotlight*

Photo by Jani E. Quinn

Dennis Quinn is an environmental scientist and photographer striving to save some of Connecticut's most endangered species. The owner of CTHerpConsultant, LLC, a consulting business specializing in amphibian and reptile research, conservation, and preservation, Dennis also serves as the consulting herpetologist for the Department of Energy and Environmental Protection (DEEP). Combining his love for photography and herpetology, he created CTHerpetology.com, an online photographic atlas of our state's amphibians and reptiles.

We caught up with Dennis to learn more about his passion for these rare and captivating creatures.

CFPA celebrates 125 years of conservation leadership, page 12.

Conservationists race to save the endangered bog turtle, page 19.

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In This Issue

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What initially drew you to amphibians and reptiles?

My interest stems back to my early childhood where I spent many hours observing amphibians and reptiles with my father in the field. I knew from a very young age that I would be spending my life working to protect and conserve these incredibly fascinating animals.

Tell us about your consulting work with DEEP.

As part of my duties, I coordinate Connecticut's role in Regional Conservation Needs and Competitive State Wildlife Grant Programs working on a variety of conservation-focused research projects. I educate the public, coordinate volunteers, and participate extensively with on the ground research efforts. In addition, I coordinate conservation initiatives across the state, working directly with a variety of state and federally listed species, including the bog turtle, box turtle, timber rattlesnake, hog-nosed snake, eastern spadefoot, and blue-spotted salamander.

What types of services does your consulting firm provide?

My services range from wildlife and habitat surveys, to detailed environmental impact assessments complete with land use planning, mitigation design, and monitoring for local, state, and federal governments as well as the private sector. I also assist clients with permit applications and provide expert testimony for town commissions and state councils.

How can our readers help conserve endangered species such as the bog turtle?

The public can do a lot to conserve endangered species by being active in local and regional land use decisions. Actively engage local planning and zoning and inland wetland commissions to develop strategic town-wide and inter-town conservation plans that identify areas of high importance or which serve as critical corridors for wildlife dispersal. Having strategic plans help towns to be proactive when it comes to decision-making and conserving critical resources.

Editor's Note

This year marks the 125th anniversary of the Connecticut Forest & Park Association, the state's oldest, private, nonprofit conservation organization. It's hard to fully appreciate what Connecticut's landscape looked like in 1895. At the time, only a third of the state was forested. Wildfires ravaged the land. There were no state parks, no state forests, no Blue-Blazed Hiking Trails.

Much has changed over the past 125 years. Today more than 60 percent of the state is forested, and Connecticut is now home to 107 state parks, 32 state forests, and a remarkable 825 miles of Blue-Blazed Trails. But these changes didn't just happen; they are the result of the vision and dedication of a relatively small group of concerned citizens who have devoted their time, wealth, and energy to conserving our state's natural treasures.

As we celebrate 125 years of CFPA's conservation leadership, it's worth reflecting not only on our achievements, many of which are highlighted in this issue, but also on the challenges we still face. Development threatens our precious remaining open space. Countless species of plants and animals are on the brink of extinction. And the climate crisis poses existential threats to ecosystems across the globe.

These challenges are not purely scientific, however, but also social. In order to solve our ecological problems, we must also tackle economic inequality, the polarization of our politics, and the systemic discrimination that excludes the majority of the world's people from having a seat at the table.

This year also marks the 100th anniversary of the 19th Amendment, which granted women the right to vote. Despite the advancements made throughout the last century, women still earn just 79 cents for every dollar that men earn. Like other professions, gender bias runs deep in the outdoors industry. It's high time that we change the landscape when it comes to diversity, equity, and inclusion in conservation and outdoors recreation. Our world depends on it.

I'll see you outside,

Timothy Brown
Editor

Woodlands

Timothy Brown
Editor

Kolk Design
Graphic Design

David Leff
Poetry Editor

Thanks to photo contributions from: Merrie Avallone, Allison Cheng, Steve Kornfeld, Melissa Post, Dennis Quinn, Lhakpa Sherpa, Steve Silk.

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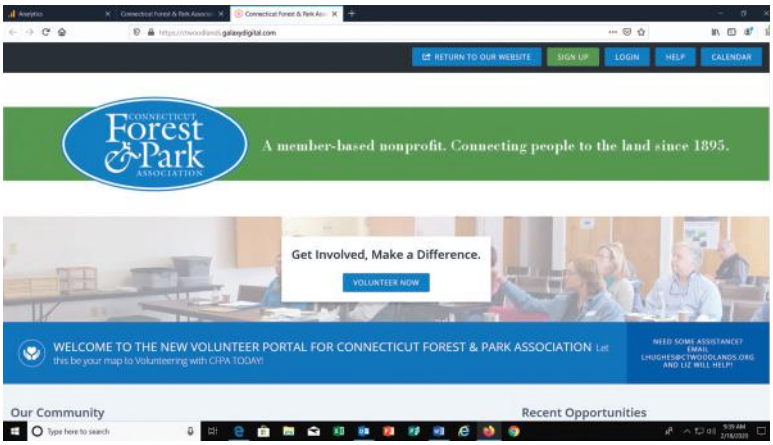
CFPA Updates



Check out CFPA's new volunteer portal! It's an easy to use resource that connects you to the right volunteer opportunity at the right time, sign up for events, and record your volunteer hours...all in one place! Start engaging with CFPA in a whole new way. For more information visit ctwoodlands.org/volunteer

CFPA is partnering with the Windham school district to connect youth with Connecticut's forests and parks. This spring, CFPA's Education Director, Beth Bernard, will be leading workshops for Windham's Middle School science teachers and Elementary After-School staff. Teachers will learn ways to use the forest as a platform for learning, using Project Learning Tree's environmental education activities as a model. These trainings will prepare teachers to facilitate a number of student field trips to Goodwin Conservation Center and other local Joshua's Trust forests, a land trust that is a partner in this effort. Jennie Navarro, Windham school district's After-School & Enrichment Program Coordinator, is looking forward to providing this new resource for her staff. Mrs. Navarro shares, "Through training our afterschool program staff in the Project Learning Tree Curriculum, we are increasing their skills and their ability to teach our students about the environment and its importance. In today's society, we are consumed by technology and the opportunity to get outdoors is no longer appealing to our students. This program will hopefully bring back that excitement and provide students with opportunities that they may not have otherwise had access to." We look forward to new connections made and new opportunities provided for these Windham students!

Just in time for the Spring hiking season, we have a new and improved Blue-Blazed Hiking interactive map on our website. In addition to the trail lines, the new map adds more layers – trail notices, blazing, overnight sites, and, most exciting, a geolocation feature – to help make you hike planning easier than ever and show where you are while out on the trail!

To learn more about CFPA and our upcoming events, go to ctwoodlands.org

INTERNSHIP AVAILABLE!

Can You Dig It?

The Summer Trail Crew internship is open to anyone between the ages of 18-24 years old. If you have a positive attitude, are enthusiastic about the outdoors, and are interested in learning about trail stewardship and conservation, this might be the job for you!

Application deadline March 2020

For more information or to apply, visit

www.ctwoodlands.org/STC

From the Statehouse

By Eric Hammerling

CFPA Leaves Big Footprints for Forests, Parks, and Trails

Today, few people visit a forest and wonder what it looked like when CFPA was founded 125 years ago. Similarly, few of us who work on public policy issues think about the laws enacted over the last 125 years that have transformed our ability to protect and manage Connecticut's forests, parks, trails, and open spaces.

To give you some perspective, in 1895:

- There were no state forests or parks;
- There were no municipal tree wardens;
- There were no professionally-certified foresters or arborists;
- There were no forest management standards or laws; and
- There was no Yale Forest School, or any other higher education forestry programs in the U.S.

Here are some of the significant laws and policies that CFPA has spearheaded over the last 125 years.

Forest Fire Law: In 1895, large forest fires burned tens of thousands of acres, and sparks from locomotives were one of the primary causes of forest fires. CFPA's first advocacy campaign in 1897 was to require spark arresters on trains. But the railroads were a powerful foe and it took 26 years to change the law. CFPA also successfully advocated for the Connecticut Forest Fire Law—the first such law in New England—and to establish a system of fire towers throughout the state.

Land Use Valuation Law: The concept of "land use valuation"—charging property tax based upon the actual use of the land rather than its fair market value—was pioneered in 1913 with the passage of the "10 Mill Law." 10 Mill froze the local mill rate at 10 mills for 100 years on forests of a significant size and established tax penalties that grew over time. This visionary law was superseded in 1963 by Public Act 490, which today helps protect more than one million acres of land in Connecticut by reducing taxes for qualifying properties.

Recreational Liability Law: One of the first questions many landowners who host recreational trails ask is: "What is my liability if I make this trail available for public use?" Fortunately, Connecticut's Recreational Land Use Act of 1971 provides strong protections for landowners. This law has been critical for private landowners who host Blue-Blazed Hiking Trails and other recreational activities for public enjoyment. In CFPA successfully led a coalition in 2012 to have the law clarified to include municipalities.

Public Land Constitutional Amendment: In 2018, CFPA led a coalition of over 130 conservation organizations and private individuals to get Question #2 on the statewide ballot with bi-partisan support, and then rallied to help it pass with 85 percent of the vote. The initiative amended the state constitution to ensure that state-owned public lands could not be sold, swapped, or given away by the Connecticut General Assembly without a public hearing, and, in certain situations, requires a two-thirds majority vote. This represents the first and only inclusion of any environmental issue in the state constitution.

Other monumental achievements include:

- Passage of the **Tree Warden Law in 1900**, which recognized that it was essential for each municipality to have a tree warden responsible for the care and control of town trees;
- Passage of the **Forest Practices Act in 1991**, which established certification standards and continuing education requirements for professional foresters;
- Designation of the **New England Trail in 2009** as one of only 11 National Scenic Trails (the same designation as the Appalachian Trail); and
- Establishment of the **Passport to the Parks in 2017**, which raises dedicated funding for state parks and allows all Connecticut residents entry without having to pay a parking fee.

These types of conservation victories only happen thanks to your support and willingness to be an engaged public citizen. Thank you!

Learn about CFPA's Conservation Agenda for 2020 at ctwoodlands.org

Eric Hammerling has served as the Executive Director at the Connecticut Forest & Park Association since 2008.

Society teaches young girls to fear being outside. But a new generation is challenging old stereotypes and proving that a woman's place is in the outdoors.

REFRAMING FEAR

By Hanna Holcomb

When my friends and family learned that I planned to backpack alone through Connecticut's section of the Appalachian Trail, they responded with warnings about the dangers I would face as a single woman on the trail. Some told me that I should find a partner to go with, or not go at all. Others forwarded me articles about women who had been attacked by wildlife or people on trail. They asked, "Won't you be afraid to spend the night alone?"

It was my first solo backpacking trip, and admittedly I was a bit nervous. But over the previous year, I had spent more than six months living in the backcountry and I felt confident in my skills. I became frustrated, knowing that if I were a man, people probably wouldn't be so concerned.

"Fear is not just expected of women and girls, it's almost encouraged," says Caroline Paul, author of The Gusty Girl. Part memoir, part manifesto, the book emboldens middle school-aged girls to push through fear in search of a life filled with adventure. Paul, who grew up in Cornwall building forts and skateboarding with her siblings, eventually became one of San Francisco's first female firefighters in an industry where only 4 percent of its workers are women. People kept asking if she was scared on the job, she says; it was not a question they would ask her male counterparts.

Research suggests that from a young age, our society teaches girls and boys to react differently to fear. One study published in The Journal of Applied Developmental Psychology observed parents with their children at a playground fire pole. Parents were more likely to tell their daughters to be careful and to physically assist them down the pole, whereas sons were encouraged to use the pole independently, even though there is little difference between boys' and girls' physical abilities. Another study found that after an emergency room visit for non-life-threatening injuries, parents were more likely to tell their daughters than their sons to be more careful—or to just not participate—in the injury-causing activity.

"The emotional messages start really early, even when they don't make sense," says Paul. "We're taught that girls are fragile and need help, and boys should learn to do things on their own. Parents don't give girls a chance to practice resilience and relearn how to do something in a more skilled way."

By limiting the types of risks girls take, they get fewer opportunities to practice skills like hazard assessment and decision-making. They also don't get to develop confidence in their skills by overcoming the risk.

"You understand that you can do things that you weren't sure you could," says Cris Cadiz, vice president of the Quiet Corner Chapter of the New England Mountain Biking Association. "You think, 'I'm going to try this; I might fail, I might fall. But when you do it, it just pumps you up."

But positive representations of risk-taking outdoor females are rare. When women are depicted pursuing an outdoor sport, they are often shown in less physically and technically demanding pursuits than men. They are also more likely to be shown as followers and not the leaders of an expedition. Female athletes receive less media coverage than men and are paid less in sponsorships. Representation of women in the outdoors is so poor that 6 out of 10 women can't name a single outdoor female role model.

Despite these barriers, women acknowledge the importance of spending time in the outdoors. In a survey by Outdoor Magazine, over 90 percent of women reported that spending time outdoors makes them feel more confident. And a survey conducted by REI found that for 85 percent of women, spending time outdoors improves their mental and physical health and overall well-being. For many women, the outdoors provides an escape from everyday stressors.

"The way I can tune things out while rock climbing is insane," says Allison Cheng, Assistant Youth Programs Director and Recreation Team Co-Head Coach at Central Rock Gym Glastonbury. "I can leave my problems at the door and focus on myself."

More than 70 percent of women say that they would like to spend more time outdoors, but many are also wary of trying a new sport in mixed gender groups. "We find that a lot of women won't even try mountain biking if it's in a mixed gender group," says Cadiz. "Women don't feel that they can keep up or feel that they're holding people back."

6 out of 10 women can't name a single outdoor female role model.

Single gender classes teach women new skills in a supportive environment and provide them with opportunities to develop techniques that enable them to overcome differences in size and strength between the sexes. "When I stand next to my main climbing partner, who is male, there is a huge size difference," says Cheng. "But we can still crush the same routes, just with a different style technique."

Female sport participation has improved over time, but still more than 60 percent of women feel that men's interests in outdoor activities are taken more seriously. As a society, we need to recognize the ways that we limit girls' athletic experiences and work towards empowering them to take chances, just as we do with boys. ➡ *page 21*

The Everest Queen

You might be surprised to learn that Lhakpa Sherpa, one of the world's greatest mountain climbers, lives in a state where the tallest mountain is only 2,316-feet. But what's truly shocking is how this elite athlete supports not only her family, but also her expeditions. And here's a clue: it's not sponsorship.

By Timothy Brown
Photographs courtesy of Lhakpa Sherpa

LHAKPA SHERPA isn't exactly a household name, but she should be. Ms. Sherpa, a Nepalese-born mountain climber, holds numerous world records, including being the first Nepalese woman to summit Mt. Everest and descend alive, and summiting Everest nine times, more than any other woman. She has successfully ascended Everest from both the Nepal and Tibet sides, and this May, will attempt her tenth summit. And yet, despite all of her achievements, this elite athlete remains unsponsored and largely unknown. A single parent who lives in West Hartford, Conn., with her two daughters, Ms. Sherpa supports her family—and her Everest expeditions—by washing dishes at Whole Foods.

Ms. Sherpa grew up in shadow of Mt. Everest in the Makalu region of Nepal, one of 11 children, many of who are also elite mountain climbers. Her family couldn't afford to send her to school so nature became her teacher, along with her father who taught her how to climb. Now a U.S. resident, Ms. Sherpa

Ms. Sherpa and her daughter, Shiny.

"I would love to climb Everest and K-2 in the same season to show people that a woman can do that. I don't believe women are weaker than men in the mountains." Lhakpa Sherpa

trains for Everest by hiking Talcott Mountain—which tops out at a mere 950 feet—and other Connecticut trails, and the occasional trip to New Hampshire's White Mountains.

It's hard to not to be cynical about the reasons why Ms. Sherpa doesn't receive equal recognition and support compared to her male counterparts. Despite being an essential member of most successful Everest expeditions, Sherpas tend to be viewed as simply porters—people who guide and carry gear for wealthy tourists—and earn only a fraction of what Western guides charge. And while the number of women who have stood atop the world's tallest mountain continues to increase—last year 20 percent of Everest's climbers were women—the sport is still heavily dominated by men.

We were curious what drives Ms. Sherpa's passion for Everest, how she approaches risk, and what advice she has for young girls, including her own. This interview has been edited for clarity and length.

Connecticut Woodlands: What first inspired you to climb Everest? How did your family and other Sherpas react when you told them you wanted to climb Everest?

Lhakpa Sherpa: My inspiration was the female tourists that came to my area. They were trekking and backpacking. My father would guide them. I thought to myself, "Why not me?" After that, I joined my father on his business trips to other villages. These treks could take up to two months of walking and camping on the trails. He would light a bright fire at night to keep predatory animals away.

In regards to my ambitions with Everest, my mom said "No." All my family told me I couldn't; that it was a bad idea; that it was a man's job and I would never get married because I would be too "manly." The other Sherpas were jealous. They felt threatened that a woman could do that job. They didn't really want women to be successful in that way. Times were different then. Now the Sherpa men are quite supportive of my climbing.

CW: What motivates you to keep going back to Everest again and again?

LS: I love the sport. I love hiking. I love mountains. I'm absolutely addicted to the Himalayan mountains. When the climbing season comes around, I'm itching to go back and climb again.

CW: Connecticut obviously doesn't have any high mountains. How do you train for the extreme weather, exposure, and altitude of Everest?

LS: I work hard at the grocery store I work at, taking out the trash and washing dishes. I also hike around in this area. Sometimes I go up to New Hampshire for variety.

CW: Hundreds of climbers have died on Everest. How do you mentally prepare for the risks you face there?

LS: I mentally prepare myself like a soldier. I know I'm putting myself in a survival situation. Death is natural; it happens to people no matter what, even if you aren't climbing Everest.

CW: Last May, at least 11 climbers died while attempting to summit Everest. Do you think the mountain has become too congested with climbers who lack the proper training and understanding of the risks involved?

LS: When people climb Everest, it's almost entirely single file especially near the summit. If someone has a problem, it backs up everyone behind that person much like a car accident on the highway. Most tourists who come are in good shape, and tourists who want to climb provide Sherpas with the opportunity to make a decent living. There aren't good ways of making money in that region; guiding is definitely one of the most lucrative jobs. The news makes it seem like the traffic jams are a recent phenomenon, but it's always been like this. People are going to have problems on the trail and jam the other groups even if you have fewer climbers.

CW: In 2000 you became the first Nepalese woman to summit Everest. How has the sport changed for women since then? Do other guides and Sherpas treat you differently now?

LS: After my first summit, some girls just out of high school went to Everest to see if they could climb it. A few of them made it, but the most of the girls were too scared and left. They went as tourists; they paid Sherpa's to climb. Over the years, I climbed Everest more and more times. The other Sherpas call me "The Everest Queen," however I am no queen. I take out trash for Whole Foods and wash their dishes. What kind of queen would have to do that to support their family?

CW: You have said that your mother told you that you always did "boy things," never "girl things." As a woman in a male-dominated sport, do you feel pressured to prove that mountaineering is for everyone?

LS: I always enjoyed hanging out with boys. My father called me his son and let me sit on the side of the table with my brothers. My sisters sat across from me. I think anyone can enjoy the mountains. Beautiful nature can be appreciated by anybody.

CW: You hold numerous world records, but still find it difficult to gain sponsorship for your expeditions. Why do you think you don't receive the same recognition and level of sponsorship as your male counterparts?

LS: I live here in Connecticut, supposedly a wealthy and well-educated state. It makes me upset that I get very little support. If someone decided to sponsor me, I would love to climb Everest and K-2 in the same season to show people that a woman can do that. I don't believe women are weaker than men in the mountains.

CW: Are your daughters also interested in mountain climbing? How do they feel about you going back to Everest? How have you taught them to approach risk in their lives?

LS: Last summer, I took my daughters to my home village in Makalu. I also took them to the Makalu Base Camp, which sits at around 4000 meters high. They support my climbing; my older daughter wants to go climbing with me. She wants to be a filmmaker and make videos and movies. My younger daughter is more of a city girl who is more reluctant to really go adventure into nature. When it comes to risk, I simply tell them to be careful, don't give up, and figure it out. There's danger everywhere, I say, keep looking and don't rush. Best to be patient and think about your problems.

CW: Is there any parting advice you have for young girls who may be reading this interview?

LS: To all the young girls that may be reading this: Go outside and look at nature. Go hike—there's more oxygen where there are trees and your body will feel better. If you stay inside all time, you'll feel worse because the air is not as good. I hope one day I can run a day camp and take girls out to go hike. It would be a time to think about their dreams and what they can accomplish. Children need a good leader who teaches good things like positivity, respect, to be caring, and peace. It's important to be healthy at a young age. They wouldn't hurt as much when they get older.

For more information about Lhakpa Sherpa and her guiding service, visit her website cloudscapeclimbing.com

"The other Sherpas call me 'The Everest Queen,' however I am no queen. I take out trash for Whole Foods and wash their dishes. What kind of queen would have to do that to support their family?" Lhakpa Sherpa

Celebrating 125 Years of Conservation Solutions

Since our founding in 1895, CFPA has been Connecticut's preeminent conservation leader. Our staff and supporters have advocated for better forest practices, fought to protect our natural treasures, and built—and maintain—over 825 miles of Blue-Blazed Hiking Trails.

This timeline highlights some of our proudest accomplishments. It is with deep appreciation that we honor our past and people like you who have supported and directed our mission.

1924 Envisions, acquires, and donates the Peoples State Forest to the State of Connecticut.

1924 CFA helps establish the Sleeping Giant Park Association and provides a home of SGPA until 1968.

1924 CFA begins effort to establish Sherwood Island State Park, an effort which takes 18 years to complete.

1918 Meshomasic State Forest CFA meeting May

View from Great Hill Lookout, Meshomasic State Forest

1895

1895 A group of conservationists band together in Simsbury to create the Connecticut Forestry Association.

1900

1901 CFA advocates for the first state forester in the nation, Walter Mulford, and helps form a state forest acquisition policy making Connecticut the first state to acquire land for state forests.

1910

1903 Encourages the acquisition of the Portland State Forest (now Meshomasic), the first state forest in New England.

1905 Rallies support for the Connecticut Forest Fire Law, the first such law in New England.

1913 Spearheads the first bill to reduce taxation on forest land (also known as the "10 Mill" program).

Strip along railroad burned as a precaution against forest fire.
Source: Connecticut Forestry Department

1920

1921 Supports bill authorizing purchase of the first 100,000 acres of state forest.

1923 Engineers a bill requiring spark arrestors on railroad locomotives, a top priority since 1895.

1928 Changes name to Connecticut Forest and Park Association after a 15-year fight to establish and fund Sherwood Island State Park.

1929 CFPA Trails Committee establishes the Blue-Blazed Hiking Trail System; designates the Quinnipiac Trail in Hamden as the first Blue-Blazed Trail.

1929 Ten CFPA members purchase land for Rocky Neck State Park.

1929 Association Forest Robert Ross (below) and Austin Hawes develop prototype for Civilian Conservation Corps.

1943 Spearheads acquisition of Gillette Castle State Park.

1945 CFPA director donates Nathan Hale State Forest.

1956 CFPA director donates Osborndale State Park.

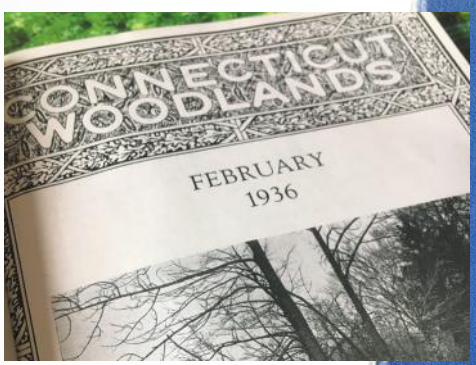
1943 CFPA Vice president donates Penwood State Park.

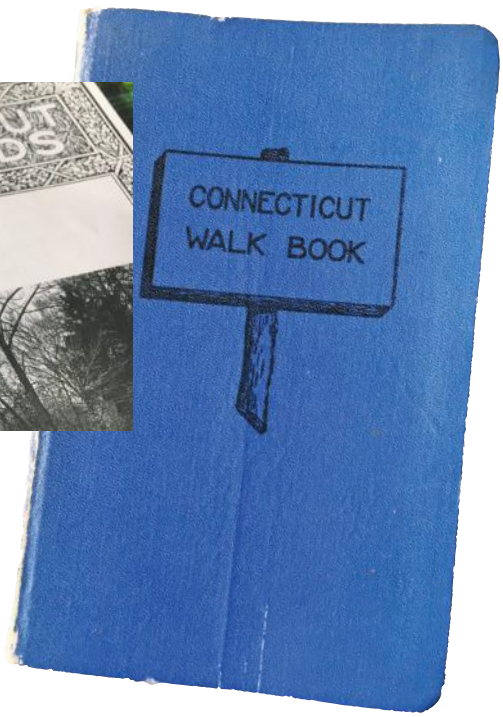
1930 1940 1950

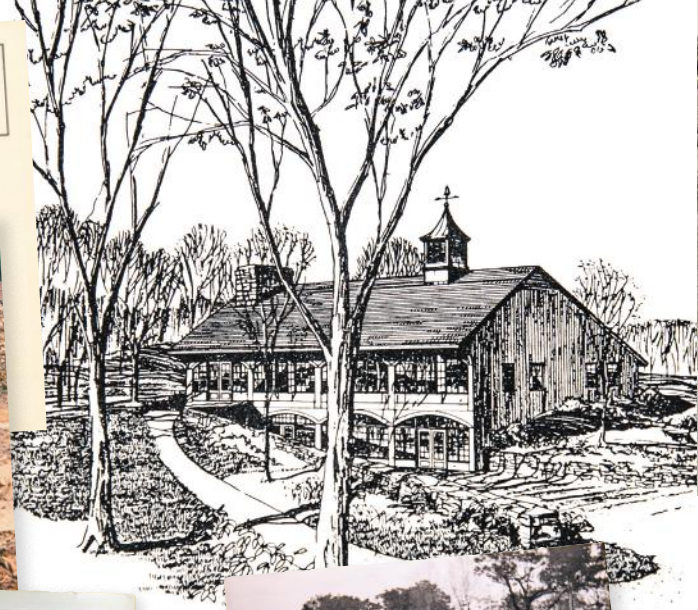
1930 Helps develop the prototype for the Civilian Conservation Corps at Peoples State Forest.

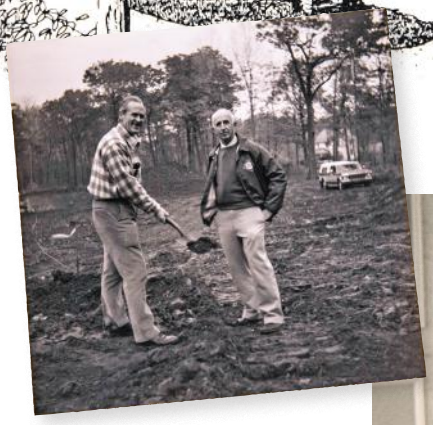
1936 Publishes the first issue of Connecticut Woodlands Magazine

1937 Publishes the Connecticut Walk Book



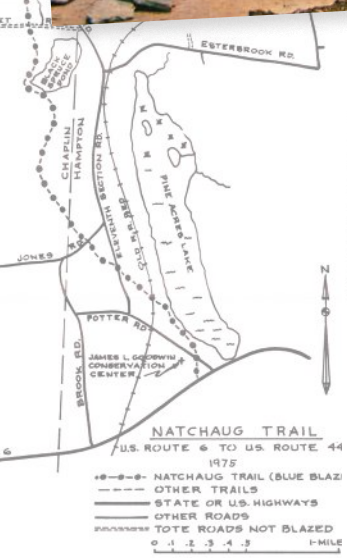






1964 James L. Goodwin, one of America's first professional foresters and long-time CFPA board member, gifts Pine Acres Farm, renamed Goodwin State Forest, to the State of Connecticut.

ca 1977 – Groundbreaking for Goodwin Center with Clyde Fisher and George Milne



1964 Establishes James L. Goodwin Forest Conservation Center.

1966 Help raise over $150,000 to acquire Talcott Mountain State Park.

1972 CFPA director gives Topsmead State Forest.

1960

John Hibbard (below) serves as CFPA's executive director and secretary/forester from 1963-2000.

1963 Lobbies for Public Act 490, redrawn from the 10 Mill Law of 1913.

1970

1971 Secures enactment of the Landowner Liability Law to help protect landowners.

1980

1986 Establishes the James L. Goodwin Forest & Park Center in Middlefield as CFPA headquarters.

1986 Begins Project Learning Tree teacher workshops and student programs.

1986 Pioneers the use of conservation easements to conserve 81 acres of woodland in Woodstock and Eastford.

The Salmon River Trail in Colchester traverses a portion of Salmon River State Forest and loops through Day Pond State Park. The trail's Comstock Connector features the historic Comstock Bridge, the only covered bridge in eastern Connecticut.

1995 George Milne signs copies of his book, Connecticut Woodlands, at a gala celebrating CFPA's 100th anniversary.

1998 CFPA Trails Day Ride with the Blind at West Hartford Reservoir's Bike Trail.

2019 CFPA Trails Day continues to connect people to the land.

Facing the Challenges Ahead

Over the past 125 years, CFPA's role has evolved from advancing the creation of public parks, forests, and trails, to working to protect those jewels in the face of the climate crisis, urban development, and continual threats to hard-fought environmental regulations. But one thing remains the same: we continue to be inspired by our passionate and committed volunteers. Together we will work to ensure that Connecticut will continue to have open space, healthy ecosystems, and safe, accessible outdoors recreation for generations to come.

1990 | **2000** | **2010-2020**

1991 Advocates for the Connecticut Forest Practices Act, which sets licensing and continuing education requirements for forests, forest supervisors, and loggers.

1993 Launches the first National Trails Day celebration in Connecticut.

2009 New England National Scenic Trail signed into law by President Obama.

2010 Leads the charge to protect 530 acres of forest and 3.5 miles of the Nipmuck Trail in Mansfield and Willington.

2012 Advocates to close the loophole in the recreational liability act to protect municipalities that host recreational activities.

2014 Southern Gateway, which connects the NET to Long Island Sound, opens in Guilford.

2017 Advocates to establish the Passport to the Park to provide free entry to all Connecticut residents.

2018 Leads a successful campaign to pass Question #2, a ballot initiative that amends the state constitution to protect public land from being sold, swapped, or given away without public input.

2019 Celebrates the 90th anniversary of the Blue-Blazed Hiking Trails, which include 825 miles of trails spanning 96 towns.

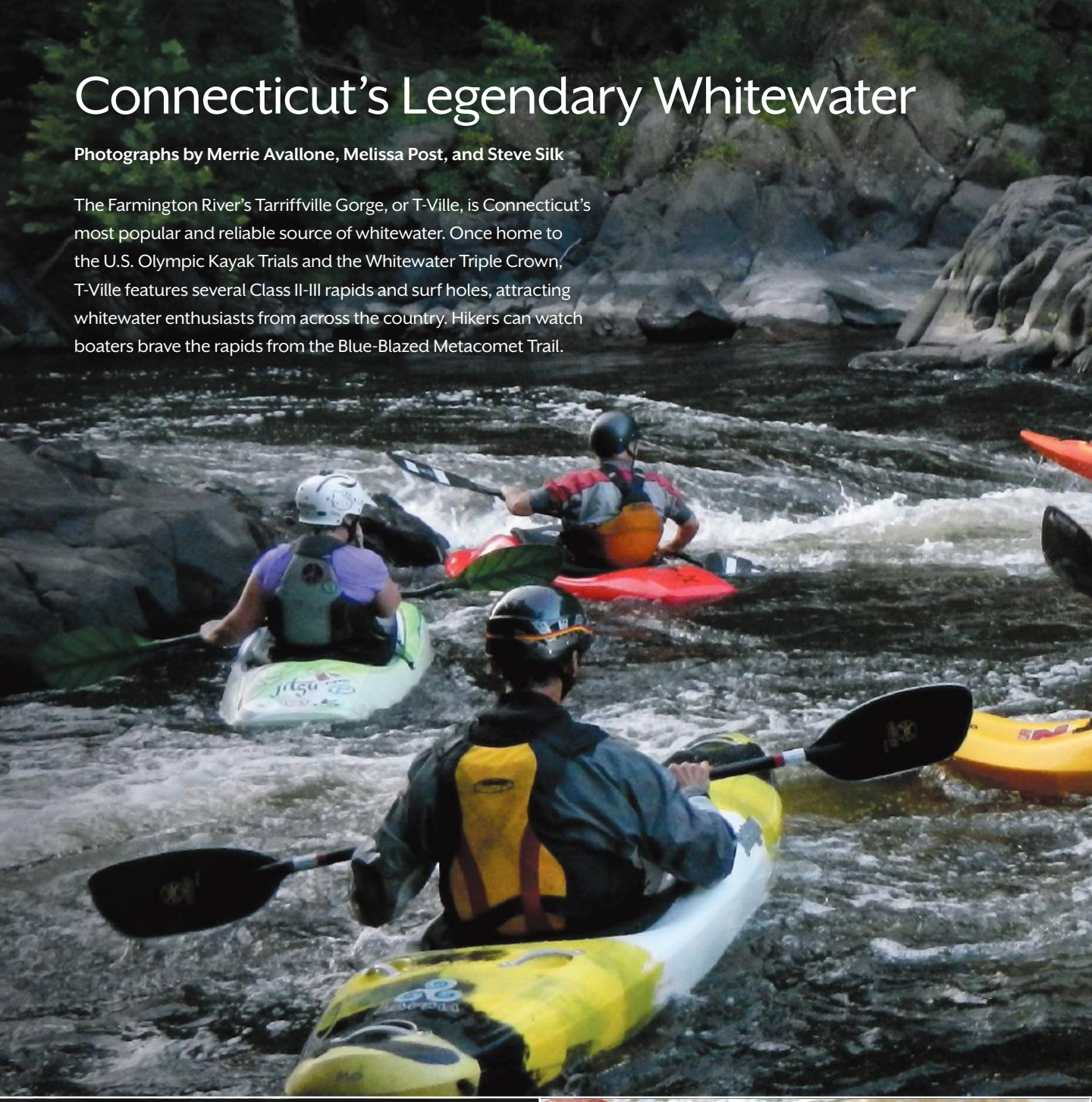
2020 CFPA turns 125!

NET dedication
June 8, 2014

Connecticut's Legendary Whitewater

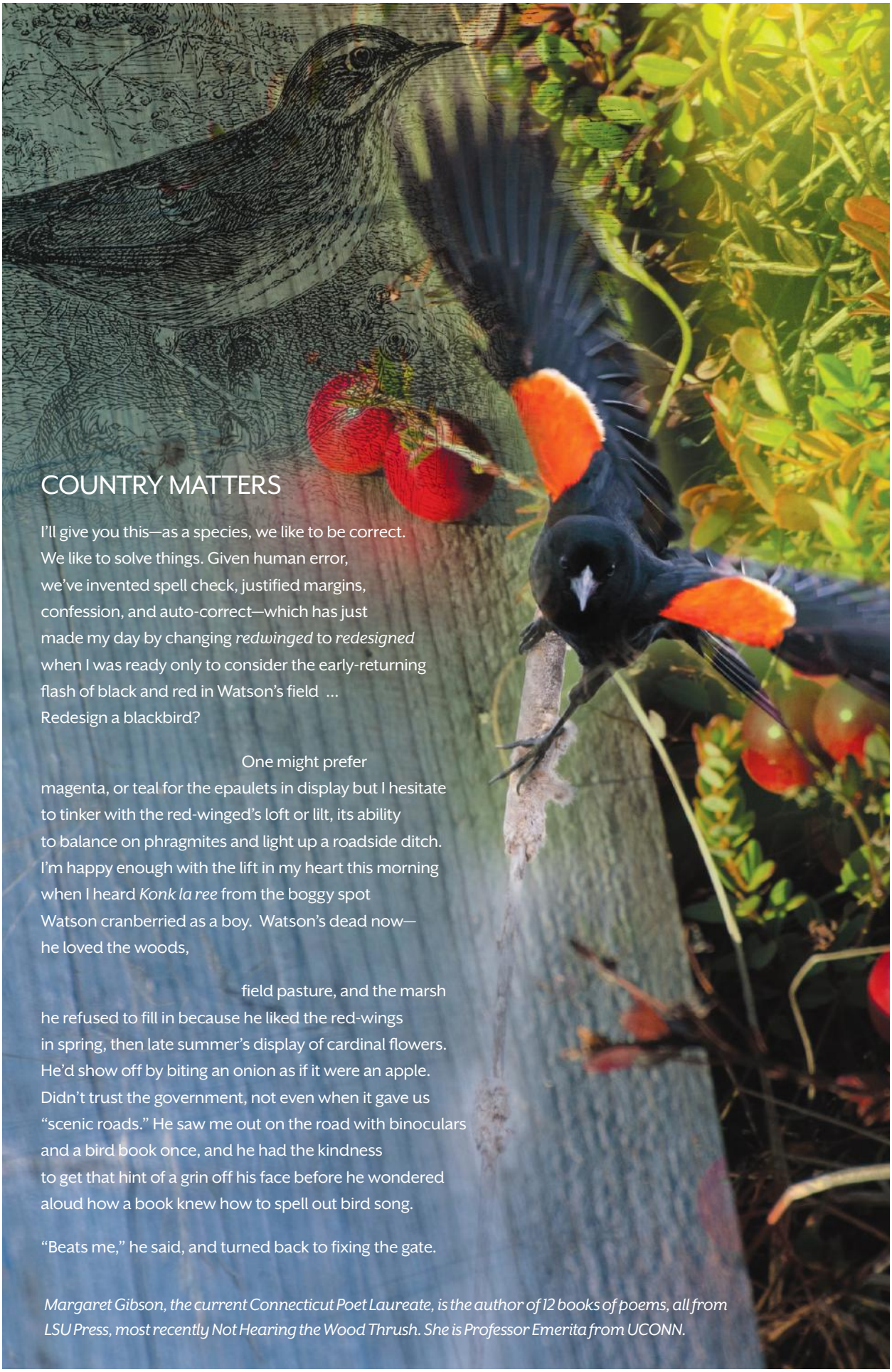
Photographs by Merrie Avallone, Melissa Post, and Steve Silk

The Farmington River's Tarriffville Gorge, or T-Ville, is Connecticut's most popular and reliable source of whitewater. Once home to the U.S. Olympic Kayak Trials and the Whitewater Triple Crown, T-Ville features several Class II-III rapids and surf holes, attracting whitewater enthusiasts from across the country. Hikers can watch boaters brave the rapids from the Blue-Blazed Metacomet Trail.




WAVE SPORT
WAVE SPORT


Liquidlogic



COUNTRY MATTERS

I'll give you this—as a species, we like to be correct.
We like to solve things. Given human error,
we've invented spell check, justified margins,
confession, and auto-correct—which has just
made my day by changing *redwinged* to *redesigned*
when I was ready only to consider the early-returning
flash of black and red in Watson's field ...
Redesign a blackbird?

One might prefer
magenta, or teal for the epaulets in display but I hesitate
to tinker with the red-winged's loft or lilt, its ability
to balance on phragmites and light up a roadside ditch.
I'm happy enough with the lift in my heart this morning
when I heard *Konk la ree* from the boggy spot
Watson cranberried as a boy. Watson's dead now—
he loved the woods,

field pasture, and the marsh
he refused to fill in because he liked the red-wings
in spring, then late summer's display of cardinal flowers.
He'd show off by biting an onion as if it were an apple.
Didn't trust the government, not even when it gave us
"scenic roads." He saw me out on the road with binoculars
and a bird book once, and he had the kindness
to get that hint of a grin off his face before he wondered
aloud how a book knew how to spell out bird song.

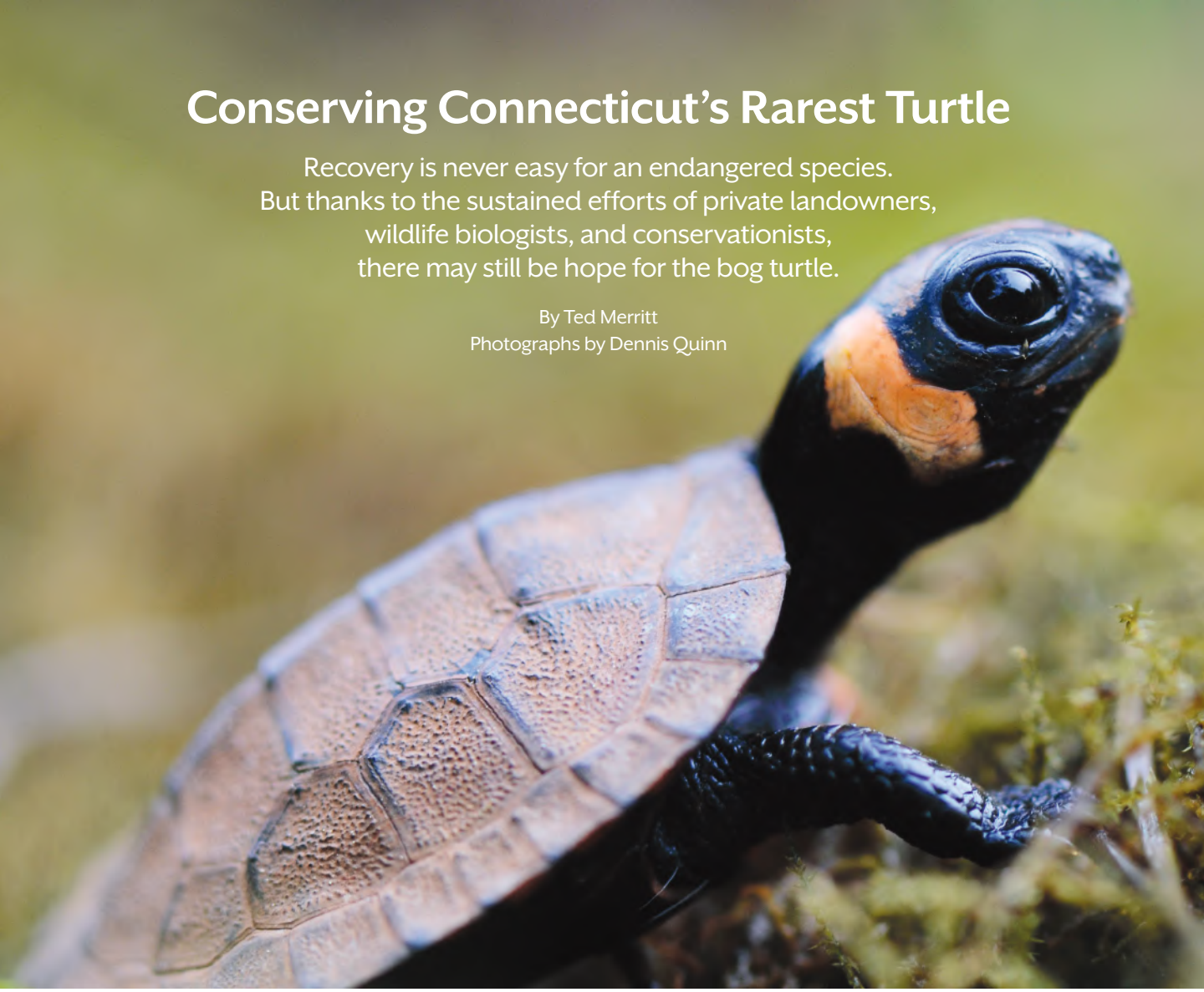
"Beats me," he said, and turned back to fixing the gate.

Margaret Gibson, the current Connecticut Poet Laureate, is the author of 12 books of poems, all from LSU Press, most recently Not Hearing the Wood Thrush. She is Professor Emerita from UCONN.

Conserving Connecticut's Rarest Turtle

Recovery is never easy for an endangered species. But thanks to the sustained efforts of private landowners, wildlife biologists, and conservationists, there may still be hope for the bog turtle.

By Ted Merritt
Photographs by Dennis Quinn



Despite being the third smallest state, Connecticut boasts a spectacular variety of wildlife. Many of our most treasured creatures, including the bald eagle, fisher, bobcat, and wild turkey, are thriving today thanks in part to strict state and federal regulations. But some two-dozen species are still classified in Connecticut as "endangered," including the bog turtle, our smallest and rarest turtle.

Measuring less than four-inches long and weighing fewer than four ounces, bog turtles (*Glyptemys muhlenbergii*), are habitat specialists who live in calcareous wetlands. Like other endangered species, they face numerous threats, from predation to poaching. But none is more serious than habitat destruction and hydrological changes, says Dennis Quinn, consulting herpetologist for the Connecticut Department of Energy and Environmental Protection (DEEP) and owner of CTHerpConsultant, LLC.

The public can help all of Connecticut's turtles by participating in habitat restoration efforts, observing wildlife from a safe distance, and being mindful when driving.

"We have lost multiple bog turtle populations over the years due to changes in wetland hydrology," Quinn says. "When water levels are reduced, there tends to be an influx of non-native, invasive plants that inundate wetlands, reducing habitat suitability for bog turtles."

In Connecticut, responsibility for habitat conservation often falls to private landowners. Due to the fragmented nature of the state's bog turtle population, turtles are managed on a site-specific basis. This can vary from targeted mowing practices; to careful consideration of where, when, and how a hiking trail is installed; to the removal of shrubs to

promote early successional habitat, which the turtles prefer. Ultimately, conservationists hope to increase reproduction and even recruitment to a particular population.

Scientists use telemetry to monitor the movements of individual turtles. By attaching small radio transmitters to their shells, biologists can determine which areas of a watershed a turtle is utilizing and, perhaps more importantly, which are being avoided.

Bog turtles are only about an inch long when they emerge from their eggs.

"We need to look at species like the bog turtle as indicators of overall wetland quality and health," says Quinn. "In their absence, the wetland itself may not be functioning at its optimal capacity."

Illegal poaching also threatens turtles. When combined with other stresses such as habitat loss, road mortality, predation, and disease, turtles become vulnerable to localized extinction. "Once populations are impacted, recovery becomes very difficult," Quinn says. "Because turtles have low reproductive potential, the ability of long-lived species to rebound from these types of events is very low."

The public can help all of Connecticut's turtles by participating in habitat restoration efforts, observing wildlife from a safe distance, and being mindful when driving. During the spring and early summer, many turtle species are on the move in search of suitable nest sites, potential mates, and new territory. Turtles are wild animals and picking one up may cause unnecessary stress. If a turtle needs to be moved, wildlife officials advise placing a car mat under the turtle and sliding it across the road in the direction it was headed.

Through continued vigilance and cooperation amongst private landowners, biologists, and state officials, there is hope that the bog turtle will continue its quiet existence amongst Connecticut's wetlands for generations to come.

For more information, visit Dennis Quinn's site, CTHerpetology.com

Ted Merritt is an environmental educator who teaches throughout Connecticut and New York.

Reframing Fear, *continued from page 8*

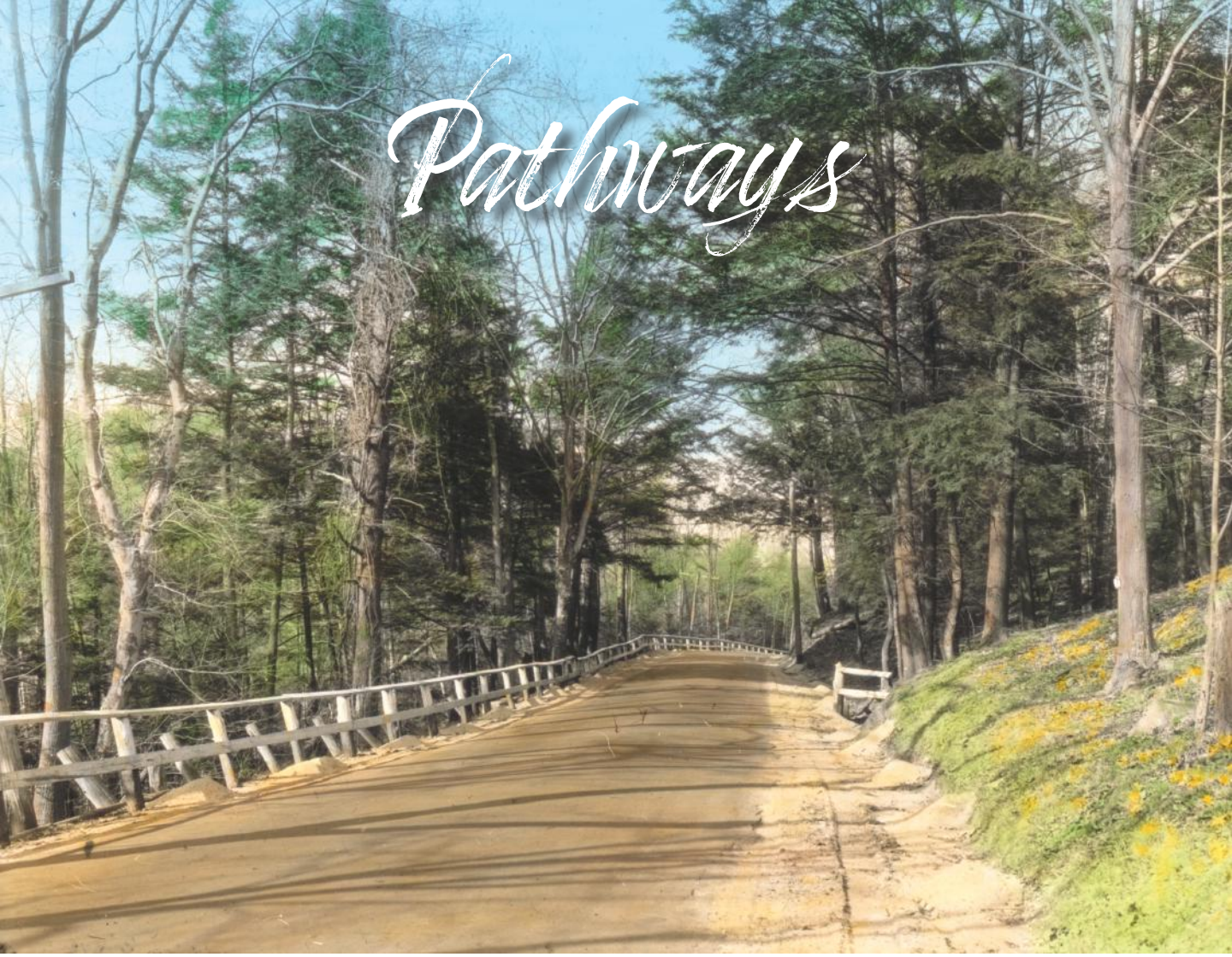
As I followed white blazes north along the Appalachian Trail, I focused on the things I loved about backpacking alone. The solitude, satisfaction of hauling my pack over hills, and spending a few days away from everyday stressors outweighed the fear I felt spending the night alone.

Fear is not just expected of women and girls, it's almost encouraged.

Caroline Paul

"If you think that fear is bad and is a reason not to do something, you're closing down your life a lot," says Paul. "But if you look at fear as the red flag that it is, and see whether you can push beyond it and value the fun you might find, I think you have a much better and more expansive life."

Hanna Holcomb recently moved to Montana in search of bigger mountains and more snow, but she will always love CFPA and Connecticut's trails.



Pathways

In late December of 1895, a small group of concerned citizens gathered at the Reverend Horace Winslow's home in Weatogue to discuss how they might protect the state's dwindling forests. From those humble beginnings, the Connecticut Forest Association—later renamed the Connecticut Forest & Park Association—was born. That same year, the General Assembly made Connecticut the second state in the nation to establish a department dedicated to improving the state's public highway system. The State Highway Commission's mandate was to monitor town expenditures of state funds as well as construction and improvements to public roads. At the time, there were approximately 12,000 miles of roads in Connecticut.

Roads have played an integral role throughout CFPA's 125-year history. As early as 1926, CFA sponsored a highway shade tree conference, and throughout the 20th century, CFPA fought to protect our state forests and parks from encroaching highways. Today there are nearly 46,000 miles of roads.

The above photo was taken in the 1930s near Sandy Hook.

Connecticut Forest & Park Association

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Rockfall, CT 06481-2961

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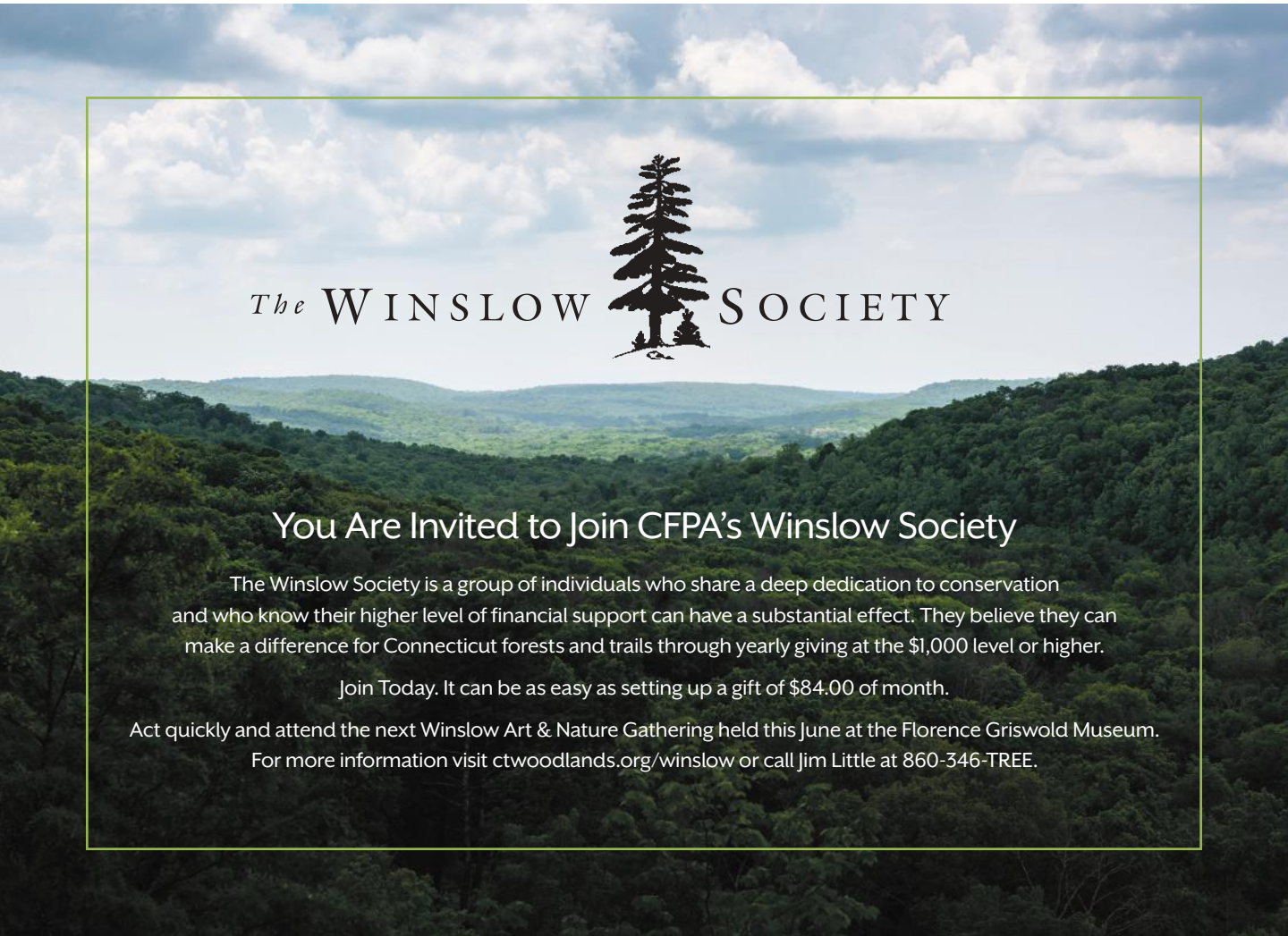

The Winslow Society

You Are Invited to Join CFPA's Winslow Society

The Winslow Society is a group of individuals who share a deep dedication to conservation and who know their higher level of financial support can have a substantial effect. They believe they can make a difference for Connecticut forests and trails through yearly giving at the $1,000 level or higher.

Join Today. It can be as easy as setting up a gift of $84.00 of month.

Act quickly and attend the next Winslow Art & Nature Gathering held this June at the Florence Griswold Museum. For more information visit ctwoodlands.org/winslow or call Jim Little at 860-346-TREE.