



You're doing some pretty great things.

Trail staff and volunteers hoist heavy bags of stone to put on the trail turnpike on the Metacomet Trail in Farmington.

1-2
FARMINGTON TURNPIKE

3
HEALTHY HEART

4
LILY & CLARA

P'sst, You're Making Better Trails

Creating safe trails is an ongoing and costly task that you solve one structure at a time!

Hop inside to read
more about me...! →



Thick layers of mud threaten to injure—and dirty!—hikers and pets in areas with poor drainage and compact soil. But **thanks to your commitment**, and the help of dedicated volunteers, muddy muck disappeared from a section of the Metacomet Trail in Farmington.

Every year CFPA builds trail structures for hiker safety. One of the biggest challenges for trails is

keeping them open and safe where they cross rivers, creeks, streams, and other natural obstacles.

These obstacles can force hikers to turn back or go around—which can result in trail braiding (widening the trail) or going through unsafe areas. **Your support helps create better trails, one trail structure at a time.**

(CONTINUED ON PAGE 2...)

One of the biggest challenges for trails is keeping them open and safe where they cross rivers, creeks, streams, and other natural obstacles.

These structures are an ongoing and costly need. Luckily for us all, some people volunteer their time, tools, and expertise to keep the trails safe for hikers like you—volunteers like Kent Glowa.

Building a large turnpike in the middle of the woods on the Metacomet Trail is not an easy

Dry Feet = Happy Hikers

Hikers know how important it is to have a dry and safe trail. That is why CFPA uses trail structures like trail turnpikes to keep hikers dry and preserve the trails. Trail turnpikes are a major, labor-intensive structure that is **only possible because of generous hikers like you.**

So, how are trail turnpikes made? Trail crew members place wooden logs or beams along the side of a dug-out area filled with stone dust or gravel. Drainage along the sides redirects water away from the trail. The elevated turnpike helps to prevent hikers from trail braiding into sensitive ecological areas to avoid mud.

The next time you're out on the Metacomet Trail, take a hike to the Farmington Trail Turnpike – you'll be glad you did! **Thanks to your donations, trails are maintained, safe, and enjoyable for all hikers.**

❤ Donors like you make a difference. Thanks for creating a lifetime of fun outdoors.

(or cheap!) project. **You make it possible** for CFPA to get the needed supplies but some projects need extra powerful tools and brains.

Kent's construction experience is exactly what was needed to help CFPA navigate building a large turnpike in a challenging area. Kent donated his company's, Kencore Construction, services so that more people could enjoy the outdoors without worrying about getting stuck in sticky conditions. With his expertise, crew, and heavy equipment, an important trail turnpike was built in no time.

You should feel proud that your support keeps these projects running and protects your Blue-Blazed Hiking Trails from eroding. Together, **you keep the trails safe and accessible for**



Kent Glowa moves heavy equipment into the remote site using trees, cables, and gravity.

everyone to enjoy—snow, rain, or sun!

Kent donated his company's services so that more people could enjoy the outdoors...



A wary pup comes eye-to-eye with the mud-aggadon before the turnpike was installed.



Volunteers finish adding rocks in the ditch and wood beams to the sides before adding stone to the elevated turnpike.

ONE MORE MESSAGE FROM WOODROW

Dear Friend,

I am writing to you in my final moments before hibernation because of something amazing my friends at CFPA told me. A total of \$220,159 was donated to conserve my forest home!

Thank you from the bottom of my shell for all your support. I will hibernate happily knowing so many people care about me, my fellow wood turtles and woodland creatures, and the forests here in Connecticut. I look forward to telling your impact when I wake up!

See you on the trails,
Woodrow W. Turtle
Woodrow W. Turtle



Be the Guiding Light for the Future

Bridges and trail turnpikes wear out and need replacing. Future generations of conservationists will need CFPA to be there to protect trails, forests, and parks.

Consider a legacy gift to keep the future bright for Connecticut's land and trails. It's easy. A bequest in your will. Or a gift via your IRA or other retirement plans. **Protect the future and your legacy.**

Call our office at (860) 346 - 8733 or email Jim Little at jlittle@ctwoodlands.org if you are considering a gift and have questions.

Walk Your Way to a Healthy Heart



One more reason why the Blue-Blazed Hiking Trails are so important for you.

Did you know that walking on the Blue-Blazed Hiking Trails can do more than reduce stress? A recent study published in the journal *Circulation* (Vol.14, No.2) found that adults over 60 who walked 3-4 miles a day were

40%-50% less likely to have a stroke or heart attack than those who only walked a mile a day.

This is great news for everyone who loves to spend time outdoors! Not only do you get to experience the beauty

of nature, but you can also get healthier while doing it.

So, the next time your friends tell you to "Take a hike," don't be offended! They're expressing their love and concern for your health! We hope you'll come out and explore the Blue-Blazed Hiking Trails soon.

Year of the Rabbitat

If you see a white puff ball in the distance, it may be Connecticut's only native rabbit: the New England Cottontail! Well, that is if you are in the right area.

New England Cottontails require large expanses of young forest or shrubland where the dense vegetation is the perfect place for them to hide, forage, and raise their young.

Due to the loss of young

forest habitat over time, **their population has dropped dramatically—now only 5 smaller populations remain in New England including Connecticut.**

And most likely, if you come across a rabbit outside, it will be the Eastern Cottontail that was introduced into New England in the late 1800s and is now the dominant population over here.

Although almost identical looking, there are a few things that can help give you a clue if you're looking at a New England Cottontail

Did you know CFPA is working with DEEP, NRCS, and USFWS to manage rabbitat in Stonington that one day may join the Great Thicket National Wildlife Refuge?

or an Eastern Cottontail. Look for the absence of a star on the forehead and smaller eyes. But, the best indicator will be the habitat you are in.

Info from CT DEEP





Lily and Clara Have Been Donating to the Connecticut Forest & Park Association Since They Were 4 Years Old



Their story is one of incredible generosity and commitment to help what they love.

Lily and Clara are two of CFPA's youngest donors. They have been donating to CFPA since they were four years old! What started as coins in a jar has grown over the years and now they choose to donate cash to charities of their choice.

Their parents, Adam and Fabricia, taught them about the importance of giving and how it can make a difference in someone's life. This has been a driving force for the two sisters, with a jar set aside specifically because "I want to help people".

They are donating to CFPA because they love the outdoors and want to share their favorite places with others. **They know that the money they give to CFPA will help others get outside and protect trails, forests, and parks.**

Lily and Clara have been an inspiration to the CFPA community and beyond. The two sisters are proof that generosity and kindness can come from anywhere and at any age. Their donations have made a positive impact on many lives, and their story will continue to be an inspiration to many. They have shown that **giving can be fun and rewarding** and that it can truly make a difference for the outdoors.



THANK YOU!

Lily & Clara proudly hold their giving jars with their parents the last time they donated.

Back to the Future

Impact the future without time travel.

You do not need a time machine to change the future! By committing to a monthly donation, **you can help ensure that the Connecticut Forest & Park Association can continue its important work for years to come.**

Recurring donations provide CFPA with a steady source of income and enable us to plan for the future. Become a Conservation Champion today and make 12x the impact.



Thanks for reading!