



SEPT **Rock
ROOT
&
TRAIL** 2022

The newsletter for
supporters of CFPA

Summer Trail Crew loading up all the supplies they need on a pontoon thanks to FirstLight Power.

Growing Gracefully Because of You

You grow and expand CFPA's mission.

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THANK YOU CFPA PARTNERS

For a long time, there were few resources for bridges. Often a tree got dropped over the stream. Maybe it had a flat top and, if you were lucky, it would not wobble or be too slick from moss, rain or snow.

Bridges are a great example of how **you make trails safer and more accessible.**

Your Blue-Blazed Hiking Trails are 93 years young. They have grown in mileage and changed for the better.

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READ ABOUT ME INSIDE...!



You make trails safer for everyone in Connecticut.

Photo Courtesy of J.
Koteen Photography



Pictured: a carefully planned load of important tools and lumber to efficiently transport to a remote bridge project.

Trail-building techniques have evolved and modernized. Trails are safer. No longer do we build trails straight up hills causing erosion and slippery hiking conditions. Lots of thought go into trails to help hikers while protecting the land.

Today, bridges of all types help you navigate the Connecticut woods. Simple bog bridges allow hikers to walk on trails that are dry part of the

year and wet the other. Smaller, sturdy bridges help hikers cross a small stream.

Then there are the big bridges for major crossings like the Zoar Trail bridge project. They take a lot of planning, material, and labor to build them safely. They will last for years to come.

CFPA supporters like you make this happen. Thank you.

Photo Courtesy of J.
Koteen Photography



Summer Trail Crew transporting supplies via pontoon across Lake Zoar.

16. Columbine
blooming among rocks
delicate brink survivor
nectar for the eye

78. Walden Dreaming
just a small cabin
gives shape to dreams beneath trees
longing never ends

poems by David Leff



IN MEMORY OF DAVID

A Voice for the Land is Lost

David Leff, our great friend, passed away unexpectedly on May 29, 2022. David was a poet, essayist, novelist, CT-DEEP Deputy Commissioner, and CFPA Board Member. He was the New England Trail (NET) Artist in Residence from 2016-2017 where he wrote Haibun poetry inspired by his walks along the NET.

Whenever CFPA needed a positive, dynamic speaker to discuss poetry or politics, we would call David. His words never disappointed. His loss is great, but the legacy of his life is even greater.



CFPA's Garden Hero

Turns out you and Ruth Cutler are a lot alike!

The first thing you notice at the CFPA's headquarters is the wild and robust gardens. They are full of life with a variety of plants and animals. But that was not always the case.

Ruth Cutler's vision and drive helped rescue the troubled gardens around CFPA's headquarters. As a result, the landscape is beautiful for you, staff, and visitors.

The gardens are also an oasis for pollinators. Bees, birds, and butterflies visit every day. Their presence is crucial for the success of community gardens and Highlawn Forest.

What was Ruth's vision? A

natural landscape with native plants. Her idea was that informal designed (not sculpted) spaces are beautiful and fit into the natural native landscape.

Ruth may be full of energy—but she knew she could not save the gardens alone. She recruited a group of heroes, like Ken Sherrick, that she called the Garden Gang. For close to a decade, they have been rebuilding the gardens together. Ruth trained Master Gardeners for many years, so the task suited her well. Today we get to enjoy the beauty of their hard work.

Now, how are you and Ruth alike?

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CONSERVATION Champions

MONTHLY GIVING

Easy, Effective Giving

Provide critical support to the Connecticut Forest & Park Association (CFPA) by becoming a **Conservation Champion**, or monthly donor.

This ongoing, reliable source of funding gives CFPA the resources to advocate for land and trail protection, maintain and build new trails, protect Connecticut land resources, educate future conservationists through our Environmental Education programs and much more.

Learn more at
ctwoodlands.org/giving/monthly-giving

♥ CFPA is funded 100% by donors like you.

Thanks for creating a lifetime of fun outdoors.



Migrating Royalty

Be on the lookout for a fluttering orange insect from September through October. Every fall, the Monarch Butterfly migrates from New England to Mexico to overwinter.

But butterflies have a short lifespan. So how can they make such a long journey? The butterflies have spent the summer using successive generations to get to the last generation that migrates. This last generation of the year has a longer lifespan than their

Did you know that the Monarch Butterfly was listed as an endangered species in America this year?

We must continue to conserve their habitats for their survival.

parents and grand parents. The migratory Monarch can live up to 9 months.

Perfect for travelling hundreds or thousands of miles!



ONLY 2-6 weeks!

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You understand the relationship between forests and life and the importance of working with others to achieve a goal. She is passionate about the land and the creatures among whom we live. Ruth is generous to CFPA. Our community

would be less without her energy.

She served on CFPA's board for several decades and was a driving force in keeping the Covert's land stewardship program alive. Ruth is both a friend and a role model for action to protect our outdoor spaces, **like you**.

You understand the relationship between forests and life and the importance of working with others to achieve a goal.

You can find numerous pollinator plants in the gardens like Milkweed, Black-eyed Susan, and Purple Coneflower.



Different biospheres were accounted for too, like this shady rain garden. Take a seat and watch all the insects come and go!

Thank you for keeping trails open and forests and parks healthy. You do a lot of good for them...and yourself.

Many studies show that walking in a forest or exercising outside is better for you than inside. It reduces stress and heart rates. Think about how restless you would be if you didn't have the Blue-Blazed Hiking Trails. Especially during the COVID lockdowns.

Contemplate for a moment how much our little state has to offer.

Never have so many people lived next to so many trees, as we do in Connecticut. Since **you are critical to forests and trails**, get out and enjoy the unique land you help grow and protect.

Chaos without You

With all the chaos in the world, we do not want to take good friends for granted. We want you to know we are grateful for YOU.

You give to what you love in life. The trails you walk to stay healthy and relieve the stress of everyday life. The forests that fight climate change. **Giving to CFPA reflects your values, and who you are.**

Without you, forests, parks, trails, and CFPA would not thrive. You are part of a dynamic giving community that includes corporations, foundations, and clubs that share your values.

We are grateful for the running and hiking groups that run trails and give all year-round.

We are grateful to the organizations that give in support of Connecticut Trails Day.

We are grateful to the organizations and foundations that support forests, parks, and trails with grants and gifts.

Like you, these groups realize that without support, trails and parks would close, forests would shrink, and the natural world would suffer.

Connecticut is a healthier, better community because of **YOU**. Thank you.



Monarch chrysalises start bright green and become transparent when ready to emerge.

THANKS FOR READING!

