TICKS!

They’re all over this page. And, unfortunately for outdoor lovers, they’re all over the outdoors. Be tick smart! On page 2, read information and advice about avoiding the little critters and protecting yourself from their bites.

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It’s Not Easy Being Green – by Bruce Post – pages 3 and 4
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SAVE THE DATE!
GMC’s Annual Meeting will be held Saturday, June 10 at Common Ground Center in Starksboro. Common Ground is a non-profit recreation and retreat center that focuses on arts, education and the outdoors. The grounds are beautiful, perfect for strolling, hiking and exploring.

Save the GMC some expense – and save a tree or two!
Many Burlington Section members have already chosen to receive Ridge Lines electronically instead of getting paper copies in the mail. They are reducing paper use and, at the same time, helping the Section to trim expenses. If you’d like to start getting your newsletter as an on-line PDF only, just send us your name, at gmc@gmcburlington.org. Each quarter, you’ll get an email message letting you know when the latest issue is posted online and where you can read it or download and print it.
Dr. Harry Chen, M.D., the Vermont Commissioner of Health, wrote this article for last summer’s Long Trail News. Dr. Chen is a longtime GMC member and lives with his wife Anne in Burlington. They have three children, all of whom are Long Trail end-to-enders!

Deer ticks, which can transmit Lyme disease, are becoming more common across Vermont. Ticks hide out in high grass, bushy vegetation and leaf litter throughout the warm season waiting for a warm body that can provide a blood meal to pass by. So take the precautions below when hiking, doing yard work or just playing around.

**Repel.** Before heading out, apply insect repellent with up to thirty percent DEET. Treat clothes and gear with permethrin. Wear light-colored clothing (the better to spot ticks), long sleeves and long pants. Tuck pants into socks or wear gaiters (factory treated gaiters are especially effective) to keep ticks away from skin.

**Inspect.** Check yourself often to catch ticks before they bite. Do a daily head-to-toe tick check on yourself, children and pets.

**Remove.** Lyme disease transmission can be prevented if a tick is removed within about thirty-six hours, but ticks are so small they can go unnoticed if you aren’t looking for them carefully. (Nymphs are no bigger than a poppy seed.) Showering within two hours of coming indoors has also been proven effective. Wash and then tumble dry clothing on high heat for about an hour (if drying clothes treated with permethrin follow instructions on label). Also check gear for crawling ticks—these opportunists may hitch a ride and attach to skin later.

**Detect and treat early.** The first sign of Lyme disease is often an expanding red rash at the site of the tick bite. The rash usually appears seven to fourteen days after the bite, but sometimes takes up to thirty days to appear. Not everyone gets the rash, so be on the lookout for flu-like symptoms of early Lyme disease: fatigue, headache, fever, chills, swollen lymph nodes, muscle and joint pain. Lyme disease can be successfully treated with antibiotics, especially if given early.

**Track ticks.** The Vermont Department of Health has created an online mapping tool, Tick Tracker. The tool enables users to report tick bites, identify species, and see where other tick bites have occurred in the state. The more reports posted by users, the better the information the tracker can provide. You can also visit the Health Department’s website that offers extensive information about ticks and tickborne disease prevention and treatment. Read more here:


**Additional Info from other sources:**

Stick to the middle of the trail away from grass. Cinder trails may be better than grassy ones.

Don’t wear sandals! Don’t wear any clothing that has holes or mesh. Seal any openings in your clothing where you’ll brush against grass or shrubs. If you tuck your pants into your socks, be aware that stretching your socks might make gaps in the fabric that can let ticks in.

**Remember that not all repellants are equally good.** Some kill all bugs including the insects that are food for birds. Use repellants that are insecticides with caution, and always follow the directions. Note: Many people would rather use repellants based on herbs or essential oils (lavender, orange, peppermint) instead of insecticides. These haven’t been proven to be as effective as poisons but they might repel many insects, including ticks. They should be reapplied as often as every twenty minutes.

After a walk, stand outdoors while you use a lint brush all over your outer clothes.

Get a nice back brush and use it all over when you shower.

If you find a tick crawling on your skin, catch it! One way is to put sticky tape on the insect, fold it around to trap the tick inside, and throw it out.

If a tick is on you and it’s already imbedded, don’t follow some of the well-known folk remedies: DON’T burn it with a match or a lighter and DON’T put Vaseline or nail polish to its head. Instead, get a clean pair of tweezers and grab the tick by its head. Then pull it out. Cover the spot with disinfectant and a Band-aid. If you remove an imbedded tick quickly, you’re much less likely to get infected, but watch for common symptoms anyway just to be safe.
It’s Not Easy Being Green … Not Even For A Lorax
By Bruce Post

Author’s note: Bernie Paquette, responding to my essay “Vermont’s Environmental Spring,” wrote in the Fall 2016 Ridge Lines that “Vermont has had its Loraxes.” The editor explained what a Lorax was for that “rare person out there who hasn’t read Dr. Seuss.” I’m that rare person when it came to the Lorax, which I always confused with a soap named “Borax.” So, I bought the book and my journey began along the “Lorax Highway of the Green Mountain Land.”

In April, 1889, a cannon boomed out across the Oklahoma Plains, and a torrent of eager settlers surged forward on horseback and Conestoga wagons in search of cheap land for homesteads. The great Oklahoma Land Rush had begun. Nearly seventy years later, in November 1958, a more sedate and proper crowd gathered in Guilford, Vermont, to cut the ribbon to open the first part of Interstate 91. Conestoga wagons were replaced by station wagons, Oklahoma boomers by baby boomers. The great Vermont Land Rush had begun. Vermont, long a rural backwater, would finally have its place in the sun.

All that glittered was not gold. The glow of progress was soon dimmed by the environmental costs. Speaking to the Vermont Historical Society in August 1966, author and environmental advocate Wallace Stegner, a part-time Greensboro resident, issued a warning:

“And what has all this to do with Vermont, this green sanctuary of peaceful meadows and painted woods, off the main line of the Progress which has swept most of the other states like a fire? I will tell you what you already know. It is coming here, and you can’t escape it. Vermont will have its turn after a long quiet sleep, and if a summer visitor can read the signs at all, it is in real danger of succumbing, as other regions have done, to the temptations of the boom psychology.”

Stegner was not alone in reading the signs of the times. More and more Vermonter were becoming equally alarmed. One was Shirley Strong, an active member of the Burlington Section and later President of the Green Mountain Club.

Shirley Strong put on her conservationist’s boots early in the 1960s as Vermont’s mountains fell, one by one like dominos, before the bulldozer’s advance. “So here was Killington having a problem,” she recalled, “Jay Peak was or just had a problem …. Bolton was coming into being, Sugarbush …, and Mount Mansfield was pushing to get the gondola in.” Yet, it was old wine in new bottles that got Shirley going: the resurrection of the Green Mountain Parkway idea, proposed by Lyndon Johnson’s Administration and backed by Vermont Governor Phil Hoff.

In danger, though, there can be opportunity, and in its opposition to the Parkway idea, Shirley felt the Green Mountain Club gained strength and renown. Still, she believed it was not enough to be defined solely by opposition. “(I)nstead of being against something,” she said in an interview, “(we turned) it around … saying, ‘Hey! We’re for something. And what we want to be for is the mountains.’”

The mountains indeed. Along the way toward protecting those mountains, Shirley Strong gathered important collaborators: UVM botanist Hub Vogelmann and Green Mountain Audubon Society founder Bob Spear. Strong, Vogelmann and Spear joined forces with a fourth member, Roland Wilbur, to found what was called the Green Mountains Profile Committee to protect Vermont’s highlands. They not only took on a fundamental issue; they collectively became, as Aldo Leopold once wrote, “the doctor who sees the marks of death in a community that believes itself well and does not want to be told otherwise.”

Strong, Spear, Vogelmann and Wilbur made a startling diagnosis: “The natural beauty of the mountains is steadily disappearing and the availability of mountain wild lands is dwindling rapidly. More and more of the state and national forest lands are being leased and opened for development. … Our abundance of wildland areas, which are such an important aspect of the mountains, can no longer be taken for granted.”

Their prescription was tough medicine for a society addicted to growth: “(1) designate a ‘Wildlands Profile Strip’ to encompass the entire length of the Green Mountains above 2500 feet in elevation; (2) zone the strip to prevent destructive uses; (3) prohibit logging on the ridgeline; and (4) encourage the state to accept gifts and to purchase land to complete public ownership of the strip.”

- continued next page -
It's Not Easy Being Green ... Not Even For A Lorax – by Bruce Post - cont.

The Profile Committee did not achieve all its objectives — obviously, look around. It was, however, the catalyst for what eventually became Act 250’s celebrated “2500-foot rule,” which attempted to limit development above that environmentally-sensitive zone.

Now, Vermont approaches the fiftieth anniversary of Act 250 with justifiable pride. “It is our creation myth,” writes Paul Gillies. “Repeating how Vermont turned back a wave of unwelcome, unplanned subdivision development just in time ....” Pride aside, any celebrations must not promote the illusion that the environmental achievements of the 1960s-70s were easily attained. They were not. The advances faced determined opposition, and not even Vermont’s Loraxes were inoculated against resistance.

When Shirley Strong broached her idea for a woodlands strip (instead of a parkway) to Governor Phil Hoff in 1966, he allegedly “pounded the table to emphasize the admirable attributes of a scenic highway.” Forest Commissioner Perry Merrill was dismissive, telling her “there was no need to do more than he was already doing to protect the Green Mountains.”

Bob Spear met intransigence even within the Green Mountain Audubon Society that he founded. Its board, according to one participant, was deeply conservative and fearful that its Conservation Committee’s environmental activism would alienate donors.

Hub Vogelmman received pushback from within the University of Vermont’s administration because of his early conservation work. Later, after he published his epic 1982 Natural History article on acid rain, “Catastrophe on Camels Hump,” research support from an electric power company dried up. But that was not all. “About two weeks after my article came out,” he recalled, “I heard a high-powered rifle, bang, right in my yard here and I looked out the window and I saw a man climbing the fence and getting into a fancy car and drove away and one of my animals was shot.”

Deane Davis, another Lorax and the Vermont Governor called the father of Act 250, remembered rough sailing for his environmental proposals in 1970. “(B)ills were languishing that would limit pesticide use, restrict development at elevations higher than twenty-five hundred feet, and create zoning for floodplains and lake shores,” he wrote, and, “The principal opposition came from lawyers representing developers and from conservatives who labeled Act 250 ‘statewide zoning.’” To avoid losing momentum, Davis threatened to extend the legislative session if the Legislature did not act.

A half-century later, Vermont still faces extensive environmental threats: forest fragmentation, habitat loss, mountaintop destruction, ski area sprawl and a deteriorating Lake Champlain. It is easy to get discouraged, particularly now that all the Loraxes seem gone. But if you feel that way, take a trip up to Craftsbury Common. Park your car across from Sterling College’s Brown Library and wander into the adjacent cemetery. Walk in about five rows, turn left and head north toward the tree line. You’ll come to a place where a Lorax once stood before being lifted away: the resting place of Shirley Strong, with the Long Trail sign on its headstone.

And, just perhaps, if you listen real close, you might hear her say:

“But now,” says the Once-ler,
Now that you’re here,
The word of the Lorax seems perfectly clear.
UNLESS someone like you cares a whole awful lot,
nothing is going to get better.
It’s not.”

(The epitaph on Shirley Strong’s headstone reads “Lover of Mountains and their Trails”.)
Blowing Up Our Mountains

This newspaper clipping from July 1966 shows when Weyerhauser blew off the summit of Jay Peak. Bruce Post writes that the photo is "a useful illustration of things that were happening back then that raised the concern of concerned folks such as those who formed the Green Mountain Profile Committee".

The text says:

Construction workers have blasted a hole in the top of the mountain 30 feet deep for the foundation of the upper tramway station. The building will also house a restaurant and observation deck.

A giant crane was hauled to the top of the mountain last week by three bulldozers. Flood lights have been installed at the Peak in order that work can continue after dark.

Sally Spear died in March, leaving a rich legacy in friendships, memories, and writings. She was a teacher, a poet, a photographer, an editor, a librarian and an avid reader; a mother and a friend; a long-time member of the Green Mountain Club; a hiker, backpacker, paddler, biker, and all-round lover of nature.

Dot Myer remembers:

Sally is especially remembered by the Green Mount Club as the founder and long-time editor of Ridge Lines. Before she took over, our newsletter was a one-page mimeographed paper called "Bulletin". About 1970, Sally became the newsletter editor and immediately began to improve it. It acquired a name "Ridge Lines" and a masthead. Several people made drawings or photos for the masthead before the final one by Herm Hoffman.

Most important, Sally greatly improved the content of the newsletter, adding excellent coverage of both Section and Main Club affairs. News of past outings was included, and Sally added a section describing coming hikes. There were articles on various topics of interest to hikers such as equipment, backpacking food, snowshoeing, environmental issues, etc. Sally searched out interesting material as well as skillfully editing articles submitted by others and writing some herself.

Pam Gillis remembers:

In addition to working with Sally, hiking and biking with her, I remember Sally for her generosity in inviting to her Thanksgiving dinner anyone she knew who she thought might be alone otherwise. I was one of those and for many, many years I shared most of my Thanksgivings with her (at her place or mine). Sally will be missed, but not forgotten.
With spring, we’ll be seeing tee shirts of all kinds: tee shirts of organizations, of places, of causes; serious tee shirts and silly tee shirts. Very likely some people will still be wearing Bernie Sanders tee shirts.

The Burlington Section of the Green Mountain Club once had our own tee shirts. They were suggested by Ralph Gibbs, an active member of the Section at that time. The first ones were printed in 1976, before the “main club” had any tee shirts. They were planned as fund raisers and were very successful.

Our first tee shirt design was the Green Mountain Club seal, followed soon by “Leave Nothing But Footprints”. The shirts were bright yellow. These were not commercial tee shirts; we made them ourselves. We bought the shirts of course, but we did the printing. Gardner Lane had silk-printing equipment and space for us to work. We had many happy sessions printing tee shirts at Gardner’s house. The shirts were spread out to dry and sometimes Gardner’s house was filled with drying tee shirts.

We later began using different colors and different designs. At that time the most common wild animal in Vermont was the porcupine. They were everywhere. They were voracious eaters. There were trees stripped of bark by them. They were fond of manmade things, especially salty things. If an ax were left out overnight, its handle would be chewed up by dawn. Their chewing did much damage to shelters. But their favorite food was outhouses! We saw them on almost every hike. When we thought of a new design, everybody wanted a porcupine. We had a contest to find a slogan for this shirt. The winning slogan was “I’m an Ornery Member of the Green Mountain Club”. I think the winner may have been Clem Holden.

My favorite design was the “Old Hikers Never Die”, and not just because I am an old hiker. This shirt was a true committee project. We had a brainstorming session that actually included a consultant. At the time there was a popular song “Old Soldiers Never Die, they just lose their …” (I can’t remember what they lost"). The consultant said “Old Hikers Never Die, they lose what?” We thought about this for a while. Then suddenly Ginny Yandow and I came up with the wording “They Just Lose Their Soles”. Peg Whitson drew the design for this shirt. She also drew the one for the porcupine shirt.

Although most of us may have “lost our soles” at times, I think of this design as being about MY soles. I once went on a hike in Alaska. The very first day, after our plane was gone, the sole came completely off one of my hiking boots. I may be one of the few people to hike for two weeks in northern Alaska in sneakers!

We thought of a couple of other designs but never used them. We continued making and selling tee shirts until 1999. By that time the main club was making and selling their own tee shirts. We gave our remaining unsold shirts to the YMCA.

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**Porkies Along the Trail**

Porcupines used to be a real problem for hikers! Here’s a recollection by Daan Zwick, reprinted from the April 2004 issue:

Porcupines can make a wide variety of noises: low piggy grunts, loonish wails, clicks and mutters. One evening I was alone in Taylor Lodge, which at that time was an enclosed log cabin. I was preparing a late supper, well after dark, when I heard people talking outside the cabin. I thought it was a small group of women discussing quietly whether they should come in or not. Always the welcoming caretaker, I took my kerosene lantern and swung open the door to invite them in. All I saw in the light of the lantern were four porcupines grouped around the fire-ring a few feet in front of the door. On my disturbing them, they ambled slowly into the darkness of the nearby forest, still making sounds so like human voices.

Another time, I found a large hole in a wooden chest holding summer supplies. A porky had made the hole, and then mice had joined him in the feast. The mice had been attracted to the Hershey bars – but the porcupine had been chewing two bars of Fels Naptha (yellow) soap!
The Footpath in the Wilderness Has a New Footbridge

Have you walked across the GMC Winooski bridge yet? Here's an article that was originally published in *Trail Talk*, GMC Montpelier Section Newsletter Winter, 2016 – 2017.

Eight Tenths of a Mile - by Andrew Nuquist

Eliminating the road walk necessary for a Long Trail hiker to cross the Winooski River - between the north end of Bamforth Ridge and its continuation north in Bolton- has been a long-term goal of the GMC. What great progress we have made! The club’s new footbridge across the river eliminated over one mile of the trudge along River Road.

The new LT route along the Winooski River, from the bridge to the boat launch parking lot, cuts off another mile of road walk. This mile passes between the Winooski River and fields leased to local farmers by the State. I find passing turkeys, chickens and cattle, and kale and Brussels sprouts, an interesting contrast to the prevailing ‘footpath in the wilderness’ character of the LT.

Now, to achieve 100% success, the club must detour around the remaining 8/10 mile of the road, between the boat launch parking lot and the northern end of the Bamforth Ridge. For years Montpelier Section members, GMC staff, and Vermont Forests, Parks and Recreation employees have explored various alternative routes to the west, leaving Bamforth Ridge at various spots between Bamforth Ridge Shelter and the wooden Gleason Brook bridge, often flagging a possible route.

The consensus focused on a route south of private property on River Road and through a series of rock ledges that block easy passage. Northbound, this route descends steeply on state land, around the private property, and exits the forest onto River Road directly across from the boat launch parking lot - from which point the LT continues west out of the parking lot toward the footbridge.

On October 25 [2016], six people representing the Montpelier Section, the State, and the GMC followed and assessed the most recent route flagged by the GMC. John Buddington and I represented the section. We found pleasant sections of forest with occasional views of the Winooski River Valley. We found steep sections that would require stone steps such as on the Sterling Pond Trail. We found rocky side hills that would require considerable effort to cut out a narrow trail. We found a tight way through rock ledges that would require extensive and difficult rock work, including cutting into a rock face to widen a trail for passage. We found a few places where the route could be adjusted, but saw no obvious alternatives to the flagged route - given the squeeze between private property (we could occasionally touch the southern boundary) and the ledges.

The flagged route is possible. Is the effort and expense to eliminate the last 8/10 mile of road walk worth it? Opening this route would require at least a full season of work by a paid crew, augmented in places by volunteers. At the end of our scouting trip, all six of us agreed this question should be discussed by the three partners - section, club, and State - before a final decision is made.

This report is to give my section a heads-up on our observations, so the Montpelier Section can be an informed participant. Our trails and shelters committee welcomes your opinions.
The following people have joined the Burlington Section recently. Welcome!

Emily Gerber
Michael Haenn
Peter Hurd
Nicholas Kedzierski
Kate Maciejowski
Amy Seidtl
Samantha VanGerbig & Joy Snow
Ava Raci
Spencer Nordland
Kaitlyn Sephton & Ryan Lambert
Jeremy & Samantha-Roach Gerber
Stephanie Seguinn
Joseph Lyon
Jude Dirks

Kate Shaw
Molly Moore
Kathy Sephton and Ryan Lambert
Evan Jackson
Patrick Leary
Beth Royer
Andrew C. Suntup
Stephen and Judith Selin
Russ and Kathleen Rzemien
Laura Seman
Kalyn Sullivan
Steve Wilkinson
Carlie and David Krolick

A CHALLENGE FOR OUR READERS

Look quickly at the following story starters:

One night along the trail, I was startled out of a deep sleep by …
I’ll never forget that hike when our path was blocked by a …
Some people hike light. The most extreme light hiker I ever saw …
Some people definitely don’t hike light. They carry everything but the kitchen sink!
The oddest item I’ve ever seen carried by a hiker was …
The best trail name ever is …
GORP might do it for some people, but for me, it’s always …
You want happy hiking feet? Try …
The words “kayaking” and “disgusting” rarely occur in the same sentence. But one time …
I will never, never, never ever go backpacking without …

Did any one grab your attention?
Yes?
Quick! Jot down the first thing that came to your mind!
Now send your jottings to us for publication in future issues of Ridge Lines. (maevulus@surfglobal.net or Maeve Kim, PO Box 1086, Jericho 05465)

Looking for a rewarding and interesting volunteer experience?

How about helping to staff to staff the historical Barnes Camp Visitors Center at Smugglers’ Notch this summer and fall?

Originally built by Willis Barnes in 1910 as a logging camp, the structure has been used as a Long Trail hiking shelter, a ski dormitory, and off-day housing for Green Mountain Club caretakers. In 2014, The Green Mountain Club partnered with Smugglers’ Notch State Park, Stowe Mountain Resort, and Lamoille County Planning Commission to completely renovate Barnes Camp with the goal of establishing a primary point of contact for area visitors interested in recreation and the natural history of Smugglers’ Notch.

Contact GMC by calling 244-7037 or e-mailing rrives@greenmountainclub.org
Section Outings
Summer 2017

Unless otherwise specified, call the trip leader to sign up, find out what equipment you'll need, and learn about any changes. Check with trip leader before bringing your pet along. Human guests are always welcome. Trip leaders often arrange carpooling. If you ride along in someone else's car, we recommend reimbursing the driver at the rate of 10 cents a mile.

June

6/3 (Sat) National Trails Day Help clear the Long Trail (and some side trails). Bring work gloves, lunch, water. Tools provided or bring your own. Meet at UVM visitor's lot at 8AM or Richmond Park & Ride (Exit 11) at 8:30AM. Moderate work trip. Slow-moderate pace, 4-10 miles, 1000-2000' elevation gain. Pam Gillis, 879-1457 or gillis1986@gmail.com. John Sharp, 862-3941.

6/4 (Sun) Camels Hump via Monroe Trail Starting from the Couching Lion Farm in Duxbury, we will climb the Monroe Trail to the summit of Camels Hump and return the same way. Difficult hike at a moderate pace, 6.8 miles, 2700' elevation gain. Group limit 10. David Hathaway, 899-9982 or david.hathaway.78@gmail.com

6/11 (Sun) Champlain Trail Network, NY We'll take the ferry from Charlotte to Essex and walk on a trail (to be determined later) in the Champlain Area Trail network in NY. Easy hike. Beth Ruskai, ruskai@member.ams.org.

6/17 (Sat) Appalachian Gap to Stark Nest From the Appalachian Gap we'll climb steeply to the Stark Nets and return. Moderate hike, 6 miles, 1200' elevation gain. Lee Wrigley, leerwrigley@myfairpoint.net.

6/17 (Sat) Young Adventurers Club The Young Adventurers Club will meet in a location TBD for play and exploration of local trails at a family-friendly pace. Please contact the leader for more details. Michelle Connor, colem2003@hotmail.com.

6/18 (Sun) Camels Hump via Bamforth Ridge We'll take the Long Trail from the Winooski River to the summit of Camels Hump, and then descend via the Monroe Trail. Difficult hike, 9.6 miles, 4000' elevation gain. Wes Volk, wesvolk@gmail.com or 355-4135.

6/24 (Sat) Waterbury Reservoir Paddle Enjoy an easy two to three hour paddle on the Waterbury Reservoir near Waterbury Center. We will access the reservoir via the boat launch at the dam, from the less-used access off Little River Road and Rt. 2. Contact trip leader for meet-up time and directions (but please take note: this outings leader is not an early riser!). Perfect weather guaranteed or double your money back. Easy paddle. Group limit 8. Ted Albers, ted@ted-albers.net.

6/25 (Sun) North Country Trail in New York - Possible Overnight Let's carpool to New York and explore access points to the NCT in designated wilderness areas. Lean-to's available for overnights! Moderate hike, moderate pace, 10 miles, 500' elevation gain. Group limit 8. Contact leader by 6/15. Adam Heckle, 802-233-8091 or theheckle@hotmail.com.

July

7/1 (Sat) Laraway Loop From Davis Neighborhood we will head over to Coddling Hollow, follow the Long Trail up over Laraway Mt., and return via Davis Neighborhood Trail. Moderate hike, moderate pace, 8 miles, 1600' elevation gain. Group limit 10. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

7/4 (Tue) Sterling Pond from Smugglers Notch Happy 4th of July! We'll hike up from Route 108 in Smugglers Notch to Sterling Pond and have lunch at the pond or nearby on the porch of the Top of the Notch where the Smugg's chairlifts unload. Moderate hike at a moderate pace, 4 miles, 1000' elevation gain. Group limit 8. Ted Albers, ted@ted-albers.net.

7/8 (Sat) Lake Mansfield via Nebraska Notch From the Stevensville parking area we'll hike up Nebraska Notch to Taylor Lodge, then descend to Lake Mansfield and return. Moderate hike. Moderate pace. 7.6 miles. 1600' elevation gain. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

7/15 (Sat) Belvidere Hike from the Route 118 road crossing north on the LT to Belvedere Saddle, and then to the summit and the fire tower. Lounge on the summit, climb the tower if we wish, and then return. Moderate hike, moderate pace, 5.6 miles, 2000' elevation gain. Contact leader by 7/13. Sheri Larsen, larsen007@aol.com or 878-6828.
July Outings – cont.

7/28 (Fri) **Lincoln Gap to Appalachian Gap** We'll carpool from Burlington to Appalachian Gap to drop off car(s) and proceed to Lincoln Gap. This is a wonderful all-day ridge walk along the Long Trail with our initial ascent up to Mt. Abraham. From here north, the trail continues ascending and descending several 4000’ peaks with 360 degree views. Bring your binocs and a fun attitude for this all-day hike. Ideally we'd like to begin hiking @ 0830 from Lincoln Gap. Difficult hike, moderate pace, 12.3 miles, 2100’ elevation gain. Contact leader by 7/27. Pete Saile, 658-0912.

7/29 (Sat) **Young Adventurers Club** The Young Adventurers Club will meet in a location tbd for play and exploration of local trails at a family-friendly pace. Please contact the leader for more details.
Michelle Connor, colem2003@hotmail.com.

August

8/5 (Sat) **Hunger & White Rocks from Middlesex** We'll hike up Mt. Hunger from the Middlesex (east) side of the mountain. This trail goes up pretty steadily with a few scrambles near the top. From the top of Mt Hunger, we will go down the west side of the mountain a short distance and then take the trail over to White Rocks. From White Rocks, we will loop back to the trail we started on and return to the trailhead. Estimated hiking time is 5 hours, including lunch. Moderate hike, moderate to strong pace, 6 miles, 2500’ elevation gain. Group limit 10. Contact leader by 8/3. Sheri Larsen, larsen007@aol.com or 878-6828.

8/6 (Sun) **Shelburne Bay Paddle** Let’s paddle Shelburne Bay. We’ll paddle north from the boat ramp hugging the east short of Shelburne Point and see how far we can get. Can we make it to the Shelburne Shipyard? Probably not - but let’s try. Group limit 8. Ted Albers, ted@ted-albers.net.

8/12 (Sat) **Mt Mansfield Mystery Hike** A Mystery as I write this, but more than likely this outing will involve some hiking on long forgotten trails or maybe no trails at all. Lots of elevation gain/loss and lots of miles, but a lot of fun under a cool mountain clear sky. Expect a long day, but out long before dark. Difficult hike at a moderate pace. Group limit 10. Phil Hazen, philhazen@comcast.net or 355-7181.

8/13 (Sun) **Young Adventurers Club** The Young Adventurers Club will meet in a location tbd for play and exploration of local trails at a family-friendly pace. Please contact the leader for more details.
Michelle Connor, colem2003@hotmail.com.

8/13 (Sun) **Prospect Rock** From Rte. 15 we’ll follow the Long Trail north, crossing the Lamoille River and then continuing up to take in the views from Prospect Rock. Easy hike, relaxed pace, 3 miles, 550’ elevation gain. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

8/19 (Sat) **Worcester Ridge** We’ll climb the Middlesex Trail to the summit of Mt. Hunger, then follow the Skyline Trail to Mt. Worcester, returning on the Worcester Mt. Trail. Difficult hike, moderate pace, 11 miles, 3000’ elevation gain. Group limit 10. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

8/26 (Sat) **Mt Garfield (NH)** Join us as we climb to New Hampshire’s 17th tallest mountain to enjoy magnificent views from the rocky summit. Difficult hike, moderate pace, 10 miles, 3000’ elevation gain. Group limit 8. Contact leader by 8/23. Hank Dombroski, dombro_h@yahoo.com or 316-1584.

8/27 (Sun) **Camels Hump via Monroe Trail** Starting from the Couching Lion Farm Site in Duxbury, we will climb the Monroe Trail to the summit of Camels Hump and return the same way. Difficult hike, 6.8 miles, 2700’ elevation gain. Kim Farone, kfarone@yahoo.com.

September

9/2 (Sat) **Whiteface (VT) from Smugglers Notch** From the top of the Notch we'll climb to Sterling Pond, then follow the Long Trail over Madonna and Morse Mountains, continue to Whiteface Mountain and return. Difficult hike, moderate pace, 11 miles, 4000’ elevation gain. Group limit 10. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

9/9 (Sat) **Young Adventurers Club** The Young Adventurers Club will meet in a location tbd for play and exploration of local trails at a family-friendly pace. Please contact the leader for more details.
Michelle Connor, colem2003@hotmail.com.

9/10 (Sun) **Lamoille Valley Rail Trail bicycle** Ride the Lamoille Valley Rail Trail from West Danville to St. Johnsbury and back with lunch in St. Johnsbury. Easy/Moderate bike ride, 34 miles. Mary Lou Recor, mlrecor@myfairpoint.net or 660-2834.
9/9-10 (Sat-Sun) **Elephants Head to Whiteface Mt - Overnight** We’ll start out early Saturday morning at VT Route 108 at Smugglers Notch Picnic Area and head to Elephants Head Cliff then off to Sterling Pond. We will hang out at the pond, fish a little if you would like to, have lunch, bask in the sun, walk around the pond before we head up toward Madonna Peak. We’ll continue on to Whiteface Shelter to set up camp with a possible sunset on Whiteface Mtn. On Day 2 we’ll loop around and head back to the trailhead on Route 108. Rain date is the following weekend. Kim Farone, kfarone@yahoo.com.

9/16 (Sat) **Waterbury Reservoir Paddle** Enjoy an easy two to three hour paddle on the Waterbury Reservoir near Waterbury Center. We’ll access the reservoir via the boat launch at the dam, from the less-used access off Little River Road and Rt. 2. Contact trip leader for meet-up time and directions but please take note: This outings leader is not an early riser ;) Perfect weather guaranteed or double your money back. Group limit 8. Ted Albers, ted@ted-albers.net.

9/17 (Sun) **Easy Mystery Hike** We’ll do an easy hike somewhere in or near Chittenden County. Contact the trip leader for details. Beth Ruskai, mbruskai@gmail.com.

9/23 (Sat) **Mt Norris (Eden)** The best place you've never been for the best view you've never seen. Moderate hike, 3.6 miles. Mary Lou Recor, mlrecor@myfairpoint.net or 660-2834.

9/24 (Sun) **Mt Mansfield via Sunset Ridge** From Underhill State Park we'll head up Sunset Ridge Trail to the summit of Mt Mansfield and return. Difficult hike, 6.6 miles, 2600’ elevation gain. Wolfgang Hokenmaier, hogges@gmx.net or 343-8175.

### Remember to check the Burlington Section Meetup group for more outings!

Go to:
https://www.meetup.com/Green-Mountain-Club-Burlington-Section-Outdoor-Adventures/

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**Cross Country Ski at Little River**

Conditions were mercifully slow  
To ski Little River near Stowe.  
Our party of two  
Avoided the poo  
The sled dogs had dropped in the snow.

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**2017 Executive Committee**

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email/Contact Info</th>
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<tbody>
<tr>
<td>President</td>
<td>Ted Albers</td>
<td><a href="mailto:ted@ted-albers.net">ted@ted-albers.net</a></td>
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<tr>
<td>Vice President</td>
<td>Nancy McClellan</td>
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<td>Mary Keenan</td>
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<td>Facebook and Social Media</td>
<td>Cara Nelson</td>
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