

AH: In Connecticut, we actually have a good documentation of what parts of our state belong to which tribes. Prior to a hike, I always do a pre-hike and plan out what I'm seeing and what I can learn about that land to share with people on the day of the event. At the beginning of the hike, I first acknowledge whose land and take a moment of silence for that. To accept and appreciate what I just shared, but I also give a spiel.

So, the last hike we did... Oh gosh, where was that? I'm not actually sure, but [chuckle] one example I'll give was one tribe where they actually had a shaman, historian, land advocate who was very prominent. I'm trying to remember this wonderful woman's name, but it's escaping me at the moment. I just shared about her fight for her land and advocating for her land, because there was a whole situation with land grabs for construction, as it goes, and it's not good. [chuckle] I thought it was important to share that and discuss some of that history with people so they could appreciate that. I know her name's Gladys, I can't remember her last name. She was a part of the Mohegan tribe. I thought a lot of people really appreciated that discussion. I actually had someone email me after and tell me, "I looked into it, and she's a phenomenal person to learn about."