

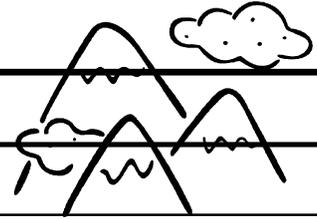
# Adirondack Mountain Club-Ramapo

## The Ramapough

[www.hudsonhikers.org](http://www.hudsonhikers.org)

Fall 2006

### The View From The Summit



Fourscore less five years ago this Fall our forerunners (they sprinted the trails in younger days!) brought forth a new chapter.... To be sure, our Ramapo Chapter founders did not form a new nation, but they did create a new community united by interests and affections. Thirty-five years later, we are inheritors of a still vibrant community in which, as the word connotes, members work with each other for common goals and, thereby, forge bonds of fellowship whose flowering may well be our Chapter's most cherished legacy.

While we are a community geographical in scope, our primary common objectives are, as set forth in the Chapter's Constitution, environmental and recreational in purpose. As to our Conservation goal, we are charged by our Constitution "to urge the acquisition of additional forest land for watershed and wildlife protection and for increasing recreational use...." This aim has assumed even more urgency in recent years with rising development pressures on the Ramapo River watershed that embraces much of our hiking homeland and provides drinking water to over 2 million people in our region.

Our Chapter has begun to rise to the challenge, most recently - at the initiative of Conservation Chair Ron Javer - joining the Ramapo Highlands Coalition, a group of like-minded organizations working together to preserve forested watershed lands. The Coalition affords a fine example of how a single community like ours can multiply its influence by joining together with other communities sharing similar interests. You can't commune with nature unless there's a community willing to protect it.

Our Conservation objective is hardly an abstract one, for we want all to enjoy the grandeur of the lands we seek to protect. That is why our other prime directive is Recreation and, in the mandate of our Constitution, "to sponsor and encourage recreation in our forests and mountains" and

"to organize and conduct various forms of outdoor activities...." Thanks above all to a dedicated corps of volunteer Chapter hike leaders (may their tribe increase!), you have been privileged over the decades to traipse the trails and follow the footpaths in which the Harriman hiking heartland abounds.

Community requires coordination - no leaders, no community.

"Peak" experiences involve not only the snaring of grand views but also the sharing of good times. If you have been so fortunate, the interests uniting us as a community have also fostered a more intimate communion of sociability and personal affection. This aspect of membership was brought home to me again this August on a Chapter-sponsored camping excursion to the wondrous White Mountains - the latest in an annual series of New England trips that Aaron Schoenberg has been undertaking for half the lifetime of our Chapter.

Camping is inherently a communal activity in which one must learn to live and get along with one's neighbors, but this trip was especially commune-al. The locale featured a long lake of limpid waters and loon calls, and camp companions Susan Sterngold and Alex Soltow provided memorable meals and fiddle-and-guitar campfire musicales (my only contribution being snores loud enough to scare away the bears). And, if I certainly enjoyed the sharing, I absolutely required the caring when a pulled muscle left me shaking and shivering back in camp, but soon nursed back into warmth.

So, collectively and individually, we have much to be thankful for as a Chapter. And one and all are welcome to come together and celebrate our community's 35th anniversary at the Chapter's December 7 dinner. Until then, keep to the trails!

**Chris Connolly**  
**President**

## Minnewaska State Park Preserve

**Minnewaska State Park Preserve** is located on Route 44/55, five miles west of the intersection of Route 299, near New Paltz, New York. Managed by the Palisades Interstate Park Commission, Minnewaska comprises approximately 12,000 acres of wild and scenic landscape on the Shawangunk ridge.

Primarily a day use area, a small admission fee is charged. What you'll find here is the essence of what the Shawangunks have to offer. Clear streams and lakes, conglomerate cliffs, waterfalls, miles of carriageways and trails, all against a backdrop of beautiful vistas, including outstanding views of the neighboring Catskill Mountains.

There are four primary meeting places in the park for the start of hikes. · The **Upper parking area** is through the main gate and up the main road to the end (about one mile).

· The **Peter's Kill Area** is one mile east of the main entrance on the north side of Route 44/55.

· **Jenny Lane** is one mile west of the main entrance on the north side of Route 44/55.

· The **Awosting Parking Area** is located near the main entrance on the south side of 44/55. In the summer, in addition there is a beach on Lake Awosting for swimming and picnics. During the Winter, the park is an excellent spot for cross-country skiing or snow shoeing activities. There are more than 50 miles of walking, biking and hiking trails in the park and Minnewaska Park Preserve.

(Getrude's Nose seen from Hamilton Point) Photo by NY State Park Service



## Conservation Corner

On June 19, new U.S. Secretary of the Interior Dirk Kempthorne rejected proposed National Park Service Management Policies that would have made recreation a park objective and allowed greater off-road vehicle/snowmobile use on federal parklands. The policy promulgated by the Secretary instructs park managers to maintain clean water and air and natural sounds, and prohibits any activities that might damage park resources.

On June 12, the Tuxedo Town Board approved a resolution providing for a 9-month building moratorium while the Town examines and updates its master development plan. One of the projects affected is proposed development of the 250-acre Sterling Forest Ski Center sold by Renaissance Faire Corporation, which continues to own the adjoining fairgrounds where the annual summer fair is held.

On July 6, the Orange County legislature rejected, by an 18-2 vote, the request of the Village of Kiryas Joel to build two 34-foot water towers on the undeveloped, County-owned Gonzaga property off Seven Springs Road just west of the Jessup Trail's southern terminus. The County Executive had previously set aside the Gonzaga property for a future park.

During July, the Town of Ramapo bought a 37-acre parcel in Sloatsburg as part of a plan to build a 3-mile pedestrian-bike trail between Sloatsburg and Suffern (modeled on the popular Monroe-Goshen Heritage Trail). The parcel is on the Ramapo well field that provides approximately 40% of Rockland County's drinking water.

On July 12, Orange County announced \$1.7 million in grants to preserve four parcels (three of which are working farms) as open space. The parcels include the Menendez dairy farm bordering the Walkkill River in the Town of Montgomery - renowned as one of the county's most beautiful vistas.

On July 30, Palisades Interstate Park Commission (PIPC) administrators toured an industrial waste dump site in Sterling Forest State Park. The debris includes industrial drums, car parts and piles of black sludge covering several acres near a former International Nickel Co. research laboratory. The site is on a ridge where rain run-off flows into Blue Lake, a public fishing spot, and then into the Wanaque Reservoir, North Jersey's largest water supply. PIPC will ask the New York Department of Environmental Conservation to test the sludge for toxicity. (Continued on Page 5)

## Crossing Streams and Rivers Safely

During the fall and spring the narrow, slow running streams often begin to run deeper and faster from rain or runoff. It's important to know the proper techniques for safely crossing these water flows that you encounter as you hike.

Here are some basic tips.

- Take the time to thoroughly investigate well above and below where you want to cross. Make certain there are no waterfalls or swift rapids below, in case you stumble.

- If the water is more than knee deep and very swift at the most favorable spots, consider turning back, outflanking the stream via a long detour, or waiting until the water flow decreases.

- For streams fed by snowmelt, consider waiting until the early morning to cross—at that time, such streams may flow at far lower levels than during the heat of the afternoon.

Always wear shoes to protect your feet from sharp rocks. If you'll be wading quite often, consider wearing lightweight boots with uncoated fabric panels and polypropylene socks for quick drainage; gaiters will help keep out sand and gravel.

- Before wading, try to estimate the stream's depth and toss a twig in to gauge its speed.

- Loosen your pack straps and unhook the hip belt and sternum strap in case you fall in.

- While crossing, use a hiking staff, trekking poles, or a sturdy branch to help maintain balance.

- Cross facing upstream and move sideways so your three points of support form a triangle. If the current is swift, choose a path that takes you diagonally across and downstream so that you won't have to fight the force of the water quite as much as you lift each foot.

## Welcome New Ramapo Members

Arnold Aronson-Pomona, NY

Debbie Bell & Donna Nye— Nyack, NY

Kathleen & Stephen Duch— Pearl River, NY

Andrew Florez— Rosendale, NY

Gail Piaquadio-Bronx, NY

Chris & Tabatha Pidustwa-Highland Mills, NY

Elizabeth Quinn-Ridgewood, NJ

Marie Ruebenstahl— Warwick, NY

Karen Vogel— Middletown, NY

## ADK TO BE FEATURED IN THE 7th ANNUAL HUDSON RIVER VALLEY RAMBLE

The **Seventh Annual Hudson River Valley Ramble** is scheduled for September 16-17 and 23-24 weekend. Covering ten counties with more than 160 events, participants will have the opportunity to explore the Hudson River Valley and Hudson River Estuary by boat and on foot through a variety of guided walking, hiking, kayaking, canoeing, and biking experiences that highlight nationally significant historical, cultural and natural resources of the Valley. Several events offer an in-depth exploration of heritage themes such as the Revolutionary War, the Hudson River School of Art, the Great Estates and the Hudson River Estuary. Last year, participation in the Ramble swelled to over 150,000 people and with a record number of events and festivals being offered again this year, we expect another great turnout!

All Ramble events are led by naturalists, ecologists, geologists, historians and trained volunteers from participating groups, which include nearly 100 environmental, land conservancy, trail and historic preservation organizations, such as **ADK**, Scenic Hudson, Inc., the Open Space Institute, The Nature Conservancy and The Riverkeeper. Many New York State historic sites and parks, as well as the National Park Service, also participate. Events are offered for every ability level and most are free

For more information about the Hudson River Valley Ramble and the Hudson River Valley National Heritage Area, please visit [www.hudsonrivervalley.com](http://www.hudsonrivervalley.com). Here you'll find a complete Ramble event listing, organized geographically by region (Lower Valley, Middle Valley, Upper Valley). To request a brochure, call 1-800-453-6665, e-mail [ramble@hvc.rr.com](mailto:ramble@hvc.rr.com), or visit [www.hudsonrivervalley.com](http://www.hudsonrivervalley.com) to download a copy.

## ADK Ramapo Member Dean Gletsos Completes Peaks

Dean Gletsos, former Ramapo President, has finished all the 115 of the 4000+feet mountains in the Northeast part of the country. He started on Phelps Mountain(4161') in the Adirondacks on a cloudy May 26, 1990 day and he finished them all sixteen years later, again on a cloudy day, on Old Speck Mtn. (4418') in Maine this year, on June 7, 2006.

He has meticulously kept diaries of all his hikes since 1989, when he seriously started hiking.

Some of the highlights of those diaries include:

On October 19, 1991 he almost died from hypothermia on top of Wright Peak(4587') in the Adirondacks. He started in the Adirondacks on Phelps, May 26, 1990 and finished on Gray Peak on July 18, 1992.

He started hiking the Catskill Mountains on Halcott, on November 16, 1996 and finished on Rocky Peak on March 7, 1998. He also finished climbing these peaks in the winter soon after.

He began climbing the Green Mountains in VT with Mt. Mansfield on October 27, 1990, and finished them much later on Killington Mountain on June 21, 2006.

(Dean and fellow hikers achieving his goal on Mt. Moosilauke on June 7, 2006-Photo by George Sheedy))

He started the White Mountains of NH on Mt. Liberty on October 10, 1997 and then completed them on his 70th birthday on Mt. Moosilauke on August 5, 2004.

There are 48 peaks of 4000' or higher in NY (46/Adirondacks+2/Catskills), 5 in Vermont, 14 in Maine and 48 in New Hampshire for a total of 115 peaks.

Finally, he started the Longfellow Mountains of Maine on North Brother on September 1, 2002 and finished them on Old Speck on June 7, 2006.

In addition, he has done about 800 miles on Appalachian Trail and eventually, hopes to finish them some time in the future.

Dean has hiked in Switzerland, France, Australia, Hawaii and Greece and has hiked Mt. Olympus in Greece twice. Clearly, Dean loves to hike, worldwide!



## New Jersey Trails Plan

The public has been invited to learn about plans for New Jersey trails and share their ideas by either completing a survey or coming to one of several Open House meetings arranged by the New-New Jersey Trail Conference. The Open House event that are open to the public will be held on September 19 from 3:30-7:30 PM at the Frelinghuysen Arboretum in Whippany, NJ.

Trail user surveys exist to identify use patterns, issues and priorities in NJ. The surveys can be found online at [www.njtrailsplan.org](http://www.njtrailsplan.org) to take the survey.

There will also be several Visioning Workshops for trail advocates to share their ideas and experiences with NJ trails.

Go to [www.njtrailsplan.org](http://www.njtrailsplan.org) for dates, times and locations of these workshops. Most of the workshops will be held in October.

For more information about the New Jersey Trails Plan email [trailsplan@rbagroup.com](mailto:trailsplan@rbagroup.com) or call 973-898-0300.

**Conservation Corner ( Cont'd)**

The Sterling site is over the border from the New Jersey Ringwood State Park dump where Ford Motor Co. has excavated 17,000 tons of paint sludge and tainted soil since January 2005.

**Chapter Joins Ramapo Highlands Coalition**

At the initiative of Conservation Chair Ron Javer, the Chapter has become an associate member of the newly-formed Ramapo Highlands Coalition (RHC), an ad hoc committee of local environmental groups and concerned citizens working to raise awareness and advocate for the protection of the Ramapo Highlands and its watershed. The Ramapo River watershed, which supplies drinking water to over two million people in Rockland, Orange, Passaic and Bergen Counties, is coming under increasing residential development pressure. Concentrating on the Towns of Ramapo, Tuxedo and Monroe in New York (where 2,650 proposed housing units could double the present population) and Mahwah and Ringwood in New Jersey, RHC seeks the purchase of land and development rights for use as open space and, where that is not possible, environmentally sensitive, planned development. RHC members have attended municipal and county public hearings to seek Highlands preservation and spoken with local clubs and organizations to obtain resolutions supporting such protection. RHC holds meetings twice

a month in Suffern Library to update its members and plan ways to garner further support for its goals. In June, the Christopher Reeve Foundation gave the New York-New Jersey Trail Conference a \$5,000 grant for the development of a mobility-impaired, accessible trail segment at the top of Bear Mountain connecting with the AT. The accessible trail is planned as part of the ongoing Bear Mountain Trails Restoration Project.

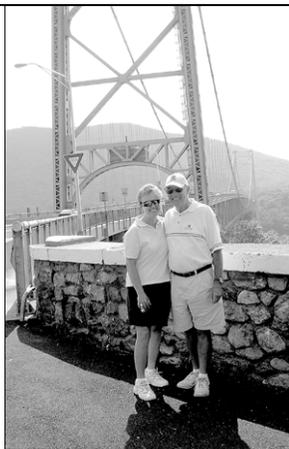
**MEMBERS IN THE NEWS**

After completing the Appalachian Trail, George Sheedy (see the article below), gives special thanks to Aaron Schoenberg, whose annual AT section hike trips to Maine in recent years enabled George to finish his Maine AT mileage.

And speaking of Aaron, he and his faithful companion, Sam the Pug, led trail angel evening mini-hikes over the summer to the AT Wildcat Shelter near Greenwood Lake off Route 17A, where Aaron and his fellow cherubs greeted and provided refreshments to AT thru-hikers. After performing their good deeds and enduring mugginess and mosquitoes, Aaron's Angels enjoyed a heavenly reward of home-made ice cream at Bellvale Creamery.

The Chapter congratulates Richard Zinn for his silver anniversary of being a hike leader. His 25th was celebrated with a "How to Lead a Hike" profile in the July-August issue of the Trail Walker.

**ADK Ramapo Member George Sheedy in The News**



Article and photo from the **Warwick Advertiser**, 8/11/06

It took a while - a while as in seven years - but former Warwick resident George Sheedy completed the 2,179 mile-long Appalachian Trail on Friday, June 30, by crossing the Bear Mountain Bridge. According to his daughter, Lauren, he chose to save this section of the trail for last in order to share

the moment with his wife, Rosemary, children and grandchildren who walked the bridge with him.

Sheedy, 69, is a retired math teacher at Tuxedo High School. After raising his family in Warwick for 25 years, he moved to Greensboro, Georgia, about 4 and 1/2 years ago because the nicer weather allowed him to play more golf.

The Appalachian Trail runs from Springer Mountain, Ga., to Mount Katahdin in Maine. For the last seven years, Sheedy would tackle portions of it. When his daughter asked him why he decided to make the trek, he told her that he hiked so much of it, with groups and on his own, that at some point he just decided to do the whole thing.

The last section took 30 days and it rained and sleeted for 28 of those days. When he finally came out of the woods, his daughter reported, the road was flooded and he couldn't get to his car. Sheedy was unavailable for comment for this story. You see, he is in New Hampshire hiking the White Mountains, where there are 46 peaks, some with summits of more than 4,000 feet above sea level.

I think his next plan is to finish all of those," Lauren Sheedy said. "He just really likes hiking.

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### **35th Anniversary Party**

A big celebration of Ramapo ADK 's **THIRTY - FIFTH ANNIVERSARY** on Thursday, December 7, 2006 that will be combined with our holiday party this year. We are planning a 7 P.M. dinner at La Terrazza, 291 South Main Street, New City, NY. A three course dinner including coffee/tea and soft drinks will be \$28.00 per person. A cash bar will be available. Some members( including myself) have tested the menu by eating there, so it is guaranteed that the six entree choices will be very delicious.

Neil Woodworth will be there to present White Birch Awards. It will be a festive evening with old friends and new, so place it in your social schedule. Reservations may be made before December 1st by calling or e-mailing me and then sending a check for \$28.00.

Suzan Gordon, Programs Chair  
201-871-3531

### **ADK Harvest Moon Ball**

The 10th Annual Harvest Moon Madness event will take place on Saturday, November 4, 2006 at the Hall of Springs in Saratoga Springs, NY. Festivities will begin at 5:30 pm. There will be a sit down dinner, wine, and beer tasting. There is also a series of hikes and nature walks in the local Saratoga and Lake George area that will be held on Saturday afternoon and Sunday morning.

The success of this fundraising event is having attendees that are enthusiastic about the event and encourage friends, chapter members, and acquaintances to join them for an evening full of fun and excitement.

Please help ADK make the 10th anniversary event a huge success. If you have any questions about the even, please contact via phone at 518-668-4447, ext. 30, or via e-mail [lorraine@adk.org](mailto:lorraine@adk.org). Member Service Manager.