

Adirondack Mountain Club - Ramapo

The Ramapough

www.hudsonhikers.org



Spring 2007

A VIEW FROM THE PEAK

Curt Miller, President of the Adirondack Mountain Club HQ said, "The future will bring us to many forks in the trail and we must be ready to make tough choices, lest we get caught in the dark without our flashlight." We are facing a time when changes must be made in our chapter. We need to work together to grow and expand our membership. When people who enjoy the outdoors are looking for an outdoors club, they are usually seeking a variety of outdoor activities, hikes with people who are their peers, educational opportunities, and reasons to be an active member. Fortunately, our chapter offers all of these things.

The challenge this club faces now is to attract many more new members and to find more members who want to participate in our scheduled outdoor activities. A lot of work goes into the preparation of the quarterly hiking schedule, quarterly member meetings and special activities such as our Mohonk Mountain House outing and holiday party. Our Board members spend their time and efforts discussing and planning new programs and ways to attract members. We need fresh ideas, new vitality and a larger membership base. With your help and input we can achieve these things for the Ramapo chapter.

The new hike schedule is included with this newsletter and it contains dozens of wonderful hikes and outings. Each is being led by a small group of dedicated hike leaders who volunteer their efforts to make the outings fun, safe and interesting. I hope that you who have never lead a hike will volunteer to lead one in the summer schedule season, running from July-September. It's easy to do and you can start off at any level of hike. Peter Tilgner is our Hike Schedule Coordinator.

I'm seeking two people who would be willing to start up two new activities for our chapter. The first is someone to lead hikes for singles, of all ages. We have many members who are single who would enjoy the opportunity to hike with other single people, but we need someone to lead these hikes. The second is someone to lead outdoor activities for families: hikes, canoeing, nature trips, etc., that will appeal to groups of family members of all ages. If you

are interested in either of these roles, please contact me. It would provide chapter members with additional outdoor recreational opportunities and meet their unmet needs.

Whenever I'm on a hike there are several things that I enjoy. First, I like the camaraderie among the people on the hike. Each person on the hike has different experiences, hobbies and stories to share. As we walk along the trails, we talk and share our stories and past adventures. Second, I like the peacefulness of the woods. I stop to listen to wind rustling through the trees, the absence of automobile sounds, and the songs from the birds. Third, I like the views- those endless vistas across a valley or lake that reflect back the wonders of nature. No two views are the same and each is inspirational. So my advice is to enjoy your different senses the next time you're on an ADK hike.

There are people who come from around the country and around the world to see the beauty of the Hudson Valley in our backyard. Within an hour's drive from anywhere in Rockland County you can reach the foothills of the Catskill Mountains, the large forest lands that make up Harriman, Bear Mountain, Sterling Forest and Ramapo Parks. The majestic Hudson River runs along many of our trails with the river's wide shorelines extending as far as the eye can see. We can hike, paddle, snowshoe, and kayak in many of these lands and lakes that are near to us. We should never take the beauty of the Hudson Valley for granted because it's all there to enjoy.

As I begin my role as President of the Ramapo Chapter, I want to commit to you that the Board and I will look for ways to make your membership in ADK more enjoyable and fulfilling. We will work hard on your behalf to bring you the best of a diverse group of outdoor, recreational and educational activities. We realize that you lead busy lives with many time commitments. However, there's no better way to recharge your energy, get some exercise, meet friendly people and explore the beauty of nature than to come out for hikes and other outdoor activities.

Contact me with your ideas, suggestions and input. See you on the trails.

Peter Reiner
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Conservation Corner

Adirondack Park Agency Voted in Favor of Comprehensive Review of Proposed Tupper Lake Development Project

On February 9, 2007 the Adirondack Park Agency (APA) voted unanimously in favor of holding an adjudicatory hearing on the proposed Adirondack Club and Resort project. This hearing process will provide a critical in-depth court-style examination of several issues related to this proposed large scale development which threatens the peaceful nature of this area in upstate New York. The proposed Adirondack Club and Resort project encompasses approximately 6,400 acres and as currently proposed would result in the development of a 60-unit inn, 675 single family and multiple family dwelling units, and 24 Great Camp lots. This project is the largest development proposal since the creation of the APA in 1972.

ADK would like to thank all of you who submitted comments to the APA in response to our Action Alert on this issue.

If you would like to read the Adirondack Park Agency's press release outlining all of the issues to be part of the hearing process please visit:

<http://www.apa.state.ny.us/Press/press.cfm>

More News!

- On January 24, the Town of Ramapo bought 262-acre High Mountain in Hillburn from the Ramapo Land Company for \$2 million. This Torne Valley site is home to the rare rattlebox plant, among other species. The acquisition of the new parkland completes a greenbelt corridor from High Mountain in New York through Ringwood State Park in New Jersey.
- Quarry operator Tilcon New York Inc. and the Town of Clarkstown announced an agreement in February under which Tilcon is to spend \$40 million to reduce dust, noise and truck traffic at its West Nyack facility. In addition, Tilcon has agreed to rehabilitate, rather than demolish, the 18th century Storms Tavern in Valley Cottage that it had recently bought.
- Fort Montgomery Marina in the Town of Highlands was one of 5 areas awarded Orange County Open Space Fund grants in January. The marina affords the town's sole public access to the Hudson River and is adjacent to the newly-dedicated Fort Montgomery historic battle site.
- On January 28, Knickerbocker Ice House # 3 on Rockland Lake's east shore was officially dedicated as a Clarkstown Town Historic Site in recognition of the lake's importance as a center of ice harvesting, one of the nation's top 10 industries in the latter part of the 19th century before the advent of mass refrigeration. The ice house once stored 40,000 tons of ice, which was harvested over winter from the spring-fed lake and insulated with saw dust and granulated cork before being shipped downriver over the summer months. A nature trail network is planned for the ice house vicinity.

Carol Ash Named as New Head of State DEC

Carol Ash, former head of the Palisades Interstate Park Commission, has been appointed Commissioner of the State Office of Parks, Recreation and Historic Preservation by Gov. Eliot Spitzer. She spent the past seven years as Executive Director of the Palisades Interstate Park Commission, the first woman to hold the post.

Adding open space, coming up with new land resource planning and attacking a number of infrastructure problems are among the items on her agenda, Ash discussed during an interview in her PIPC office at Bear Mountain State Park. Her new job, which will take her to Albany, requires her to consider all parts of New York but also shares many similarities with her former PIPC post, she said.

Parks and Trails New York, a citizens' group of park advocates, issued a report in 2006 that said \$140 million was needed to renovate the state's parks. The report cited problems ranging from a lack of bathrooms to crumbling parking lots. Rockland County, perhaps more than any other community in the state, has a great stake in the DEC department. About one-third of Rockland is state parkland. The county is home to nine of the PIPC's parks.

Gov. Spitzer Proposes to Increase Environmental Protection Fund To \$250 Million

Governor Spitzer's Executive Budget for 2007-08 contains additional appropriation for the New York State Environmental Protection Fund. This represents a 10% increase over the current year's appropriation and, if approved by the legislature, will make a huge difference in the ability to build land trust capacity and advance land protection projects. Gov. Spitzer proposes to increase the EPF by \$25 million, and it is this enhancement that has given him the flexibility to increase the resources for this program. The EPF budget also provides for an increase from \$23 million to \$28 million in the Farmland Protection Program and an increase from \$15 million to \$21.5 million for public access and stewardship of lands managed by the Department of Environmental Conservation. The overall increase in the EPF is based on, and is contingent upon, anticipated revenues from an expansion of the returnable bottle law so that it applies to non-carbonated beverages as well as soda, and from a provision that allows the State to reclaim the unclaimed deposits from unreturned bottles, which the beverage distributors currently keep. These funds would go directly to the EPF, and will allow the 2008-09 EPF to increase by another \$50 million, for a total appropriation of \$300 million.

Members in the News

•**Ed Walsh** has retired after long service as Long Path Trail Supervisor for the area that includes the 4-mile segment that our Chapter maintains in Harriman State Park. We thank Ed for his many labors on behalf of the trails.

•Former Chapter member **Don Derr** completed 12 years of service on the Taconic State Park Commission in December. Don's tenure featured the preservation by state action of 15,225 acres in the Taconic region, including 9,502 acres in Fahnestock State Park through the addition of the Hubbard-Perkins Conservation Area.

•The persistence of Pomona resident **Dean Gletsos**, the "**Dean of Ladentown**" has once again benefited his fellow Chapter members. While leading hikes from the TMI trailhead out of the Ladentown parking area on Diltz Road off Route 202, Dean saw that the ever-worsening erosion of the gravel parking surface had resulted in badly rutted road conditions and flooded wash-outs unsafe for auto or driver. Dean took charge and prodded the NY-NJ Trail Conference to contact Orange & Rockland Utilities, the Ladentown parking area's owner, to fill in the holes with gravel and level out the surface. Dean kept watch to confirm that the remediation effort had been satisfactorily completed by February. He is currently working with the local police to find out who keeps removing the Diltz Road street signs as soon as they go up. Who needs a fancy K Street lobbyist when Dean is on the case?

Ramapo 2007 Biennial ATC Conference

Hike Leaders Needed

Add it up: with 182 hikes going to the 94 destinations listed in the hikes schedule, Ramapo 2007 needs 364 leaders. Leading a hike at the conference is not just leading a hike. You are introducing our out-of-town guests to the region's wonderful trail system.

On other occasions when asked to lead a hike, you can pick out your destination and lead it. However, for Ramapo 2007, we ask you to choose from our list, which was set last fall. The Hikes Committee had to make some tough choices. We could not offer a hike on every one of the almost 1700 miles of trails which the Trail Conference maintains.

To see a list of the hike vacancies and leaders go to: <www.ramapo2007.org/view/hikeleaders>.

If you regularly hike in the area, know one or more of the trails on the hikes list, and have some experience leading hikes, please volunteer to lead a few hikes. To secure a Hike Leader Questionnaire Form go to:

<<http://www.ramapo2007.org/volunteer#HikeForms>>. Completed forms can be emailed to: Heidi Adami, Volunteer Coordinator, New York-New Jersey Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430 or emailed to: peter@acorncomputing.com.

Non-hiking volunteers are also needed to work the desk for registering hikers, and for giving general information about the hikes. Three to four hour shifts need to be filled. Parking lot traffic directors are also needed.

Come join us and have a great time meeting fellow hikers.

New Enhanced Website

Have you been to the Website www.hudsonhikers.org lately? The things you want most are right there on the home page: a link to the current newsletter, and a link to the current hike schedule. These two items are usually up on the web about the time that they are sent to the printer, which is two to three weeks before your copy comes in the mail. And the on-line newsletter is in color too!.

But if that's all you ever see, you're missing what may be the best part! Just scroll down to the bottom of the home page. There you will find the 'current' hiking photo, usually one taken on a recent ADK hike, but always taken by a Ramapo ADK member (sometimes when in a faraway location). The picture changes somewhat irregularly, as newer or better or just different pictures become available.

Which brings me to the last point. The webmaster needs more pictures! So if you have just taken a good hiking related picture, send it along to webmaster@hudsonhikers.org. The picture should be a high quality JPG format (not email quality), at least 1 megapixel, and it should not have recognizable people in the picture. There's no guarantee that it will show up on the web, but if it does, you'll get credit as the photographer.

Webmaster, HudsonHikers.org

News on the Trails

- The NY-NJ Trail Conference issued in January a totally revised and digitally-produced North Jersey Trails two map set. All the trails in the Ramapo/Ringwood/Norvin Green/Wanaque-Monksville Reservoir areas now appear together on the eastern map.
- Last October a new trailhead for the 1777/1779/Timp-Torne Trails opened on the east side of Route 9W at the new Fort Montgomery Visitor Center. The trail now also passes under 9W to the west side to avoid the previously perilous highway crossing.
- The pedestrian bridge in Alpine on which Forest View Trail passes over the Palisades Parkway from Route 9W to Women's Federation Monument on the Long Path has been reopened.
- On January 23, the once-renowned Red Apple Rest motor stop along Route 17 in Southfields - also the access to the Nurian Trail hiker bridge over the Thruway into Harriman Park - was condemned due to roof damage. Opened in May 1931 by Russian immigrant Reuben Freed, the Red Apple was the beneficiary of Catskills car traffic that started coming over the George Washington Bridge just six months later. Even after its post-WW II heyday, the Red Apple in 1965 still served 350,000 hot dogs, 200,000 hamburgers and 800,000 cups of coffee to over one million customers annually.
- The Bear Mountain Inn renovation enters its third year with no end in sight and already \$1 million over budget. The \$14 million project's first phase - the first floor and utilities - should have been ready last summer but will be lucky to be completed this summer. Park management attributes the delays to lead paint/asbestos abatement work and discovery of concrete walls and other structural elements that were not shown on building plans.
- Design development on the Shawangunk Gateway Campground on Route 299 began last fall. The project envisions approximately 50 tent platform sites, 3 cabins, bathhouse, office/store/library and manager's house.

HIKE REPORT: RAMAPO EQUESTRIAN CENTER

On January 21, the Chapter sponsored its first hike from the new Pine Meadow trailhead opened last June at the Ramapo Equestrian Center off Route 202. Hike leaders Pete Tilgner and Suzan Gordon led a dozen souls on a 5.5 mile jaunt on a sunny winter day through an area of eastern Harriman Park that had not been easily accessible before the trailhead's opening. The route began upward on the Pine Meadow Trail extension to the Suffern-Bear Mountain Trail, where a stiff climb to the right brought the company to panoramic views from Panther Mountain - in sight were High and Little Tors, the Hudson River and the NYC and (even!) Newark skylines. Having reached the plateau, the group turned left onto the TMI Trail, which offered a pleasant walk through abundant mountain laurel greenery. Another left led to a woods road walk along eponymous Woodtown Road, with lunch on a rock outcropping just before Woodtown Road's merger into Pine Meadow Road East. Coming soon to a tri-road junction, the group took the middle way and proceeded on Pine Meadow Road East until turning right onto Pine Meadow Trail. From there the not-so-weary strollers took the trail all the way down Catamount Mountain back to the Equestrian Center trailhead. Among its other advantages, the Equestrian Center offers winter hikers heated bathroom facilities. Also, while the Center is closed on Mondays, the parking area remains open to hikers. Summer hikers desirous of lake accommodations have the option at the tri-road junction of taking the right fork along Conklin Road past the east side of Minsi Swamp and Lake Wanoksink before the road ends at Pine Meadow Trail (and Lake) - this alternate increases total mileage by 1.25 miles to 6.75 miles.

Next Chapter Meeting, June 14th

Join us for our next meeting on Thursday, June 14th 7:30 PM at the Nanuet Public Library to discover the world of raptors with Tenafly Nature Center's Education Director, **Debora Davidson**. We will have several LIVE raptor guests to observe up close. We will learn about their behavior, physiology, adaptations, ecological importance, and natural history, enjoying hands-on materials and demonstrations. Debora has been the Educator for the Nature Center for three years joining them with a wide range of environmental activities. She has also been involved with the handling/training of birds of prey. Her exciting program will capture our imagination, so plan to be there. Refreshments and questions will follow the program. Suzan Gordon, Programs Chair.

A Warm Welcome to New Members

Marijean and Mark DeCesaris, Saddle River, NJ
 Dan Gray, Goshen NY
 Frank and Rosina Porco, Pearl River, NY
 Leonard Moldovan, New City, NY
 Richard Ricci, Yonkers, New York
 Eileen Turner, Glen Rock, NJ
 Margaret Wissler, Suffern, NY
 John Morgan, Midland Park, NY (Affil.)
 Grace Sisto, Sleep Hollow, NY (Affil.)
 Stella Green, Woodcliff Lake, NJ (Affil.)
 Daryl Boylan, Wyckoff, NJ (affil.)
 Margaret Douglas, Mahopac, NY (Affil.)

RAMAPO CELEBRATES 35 YEARS

Fifty-nine Ramapo members and friends turned out on Dec. 7 at La Terraza Restaurant in New City to celebrate the Chapter's 35th anniversary. And a good time was had by one and all. On hand for the festivities as special guests were Neil Woodworth, ADK Executive Director, and Ed Goodell, Executive Director of the NY-NJ Trail Conference. Among the evening's highlights were Neil Woodworth's presentation of White Birch Awards to the incomparable Neil Zimmerman, Chapter Director Manny Silberberg and veteran hike leader Nick Viggiano. Outgoing Chapter President Chris Connolly, dressed in tuxedo and bow tie, also presented Charter Member certificates (featuring a Shawangunks composite view courtesy of Chapter digital artist-in-residence Pete Tilgner) to six hardy pioneers who attended the first Chapter meeting back in 1971 - Jim Bates, Rita Boyd, Hermine and Julius Levine, and Ike and Marilyn Siskind. Charter Member Mary Sive could not attend her 35th reunion, but she sent a marvelous message that encapsulates Ramapo's enduring appeal: "Joining ADK was one of the better decisions I made in my life. New worlds opened up to me, and I met some of the best friends one could have. I am pleased that some of us charter members are still around, but more so that the club has remained vibrant and is here for new generations to be introduced to the joys and benefits of hiking." As part of the general business meeting, the party-goers had the privilege of having Neil Woodworth deliver the Chapter Director's report. In discussing the breadth of ADK's activities, Neil noted that he had written a brief and recently attended oral arguments in the U.S. Supreme Court on the Duke Energy case, which may determine whether long-operating coal-burning power plants can be required to install pollution control equipment under the federal Clean Air Act. He also looked forward to promising future ADK projects outside the Adirondacks, such as pushing for open space land acquisitions in the Catskills and Shawangunks and placement

of hiking trails on New York City watershed lands. Ed Goodell applauded the dedication of Chapter members to trail service over the past 35 years. Ramapoers have supplied two Trail Conference presidents including Neil Zimmerman, at least 17 Trail Chairs and Supervisors, five of 24 current Delegates-at-Large and, among numerous award recipients, the last two of only seven who have earned the Torrey Award, the Trail Conference's highest honor (most recent Torrey honoree Pete Heckler could not make the gala because he was presiding at a Trails Council meeting that evening). Ed joked that so many Ramapoers were missing the Trails Council meeting that it could barely eke out a quorum.

The business meeting concluded with the unanimous election of Chapter officers and the traditional passing of the gavel from lame duck President Chris Connolly to incoming President Peter Reiner. Serving with Peter for two-year terms are Vice-President Suzan Gordon (who also gets the kudos for organizing the 35th celebration) and incumbents Richard Sumner as Treasurer and June Slade as Secretary. Then all adjourned with joie de vivre.

Chapter Presidents

George Perkinson, Peter Reiner (new President), Ike Siskind, Aaron Schoenberg, Susan Gerhardt, Chris Connolly, Pete Tilgner, Dean Gletsos

ADK Education Programs

From Wilderness First Aid to Reading Maps and climbing peaks, Adirondack Mountain Club in Lake Placid, NY offers a variety of late winter and early spring workshops. To **register** for programs, please contact: **Adirondack Loj/Heart Lake Program Center** at **518-523-3441**

**Wilderness First Responder Recertification
April 14-15, 2007 Heart Lake Program Center**

This intense workshop will recertify former students of Wilderness Medical Associates' Wafa and WFR courses, as well as the wilderness component for WEMT graduates. Class time will be spent both inside and out, rain, shine, or snow, so please be prepared. **Cost: \$300 includes instruction and materials. Package: \$380 includes instruction, materials, meals, and lodging for two nights.**

**Map & Compass Bushwhack
May 5-6, 2007 Heart Lake Program Center/Field**

This course is a great refresher or a good place to learn the basics of map and compass skills. The first day will be an introduction to the fundamentals of map reading, compass use, triangulation, and identification of terrain features. On day two, participants will put their newfound skills to the test with a half-day guided bushwhack in the Heart Lake area. You'll go home with much more confidence in your ability to use a map and compass when it really counts!

Cost: \$94/\$106; includes instruction and use of equipment.

**Guide License Training
May 9-11, 2007 Heart Lake Program Center**

This three-day course is designed to help outdoor educators and leaders obtain a New York State Guides License. All certification courses needed for the guide license are included, plus additional workshops to prepare you for the guide license exam and hone your skills in leading others in the backcountry.

Cost: \$153/170; includes instruction, NYSOGA presentation, and CPR, First-Aid, and Basic Water Safety certification.

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Passing of Anna Parker

On January 11, 2007 Anna Parker, a long-time Ramapo Chapter member, passed away. I hiked with Anna a few times, but the most memorable time was when she joined the group of us on my White Mountain Trip XV. On this trip she went on three hikes: Sandwich Mountain, Tripyramids and the Osceolas. I have four photos of her with the group, enjoying the time together on the mountain or at the campfire. She was a happy person and so giddy to be camping. She hadn't camped since she was a child and was tickled to be out at the campfire with the river behind our campsite flowing away. It was a carefree time. I will remember Anna from that trip and will know that she will be with us when I climb the next mountain on our next venture.

Submitted by Aaron Schoenberg

Massage - luxury or necessity Stretching - it hurts so good!

It is true. At times massage does feel like a special treat. But, it is also an important component of a healthy lifestyle. Massage reduces stress which is fundamental to increasing the quality and quantity of life. Massage also stimulates the blood and lymphatic circulation, thereby nourishing the tissues, eliminating toxins and benefiting the immune system. There are massage techniques which specifically treat injuries. Another way to effectively address pain and dysfunction is stretching. After many years of searching, I find that Aaron Mattes Method of Active Isolated Stretching gets the job done. It may not be as much fun as massage, but on some levels it works even more deeply. Stretching and massage have much in common. When done properly, stretching also increases circulation. It breaks up adhesions and releases restrictions in the fascia (connective tissue). As we age, our connective tissue shortens as evidenced by contracted posture, decreased function and pain. This trend can be reversed with the use of proper stretching techniques. Physical activities such as hiking are enhanced when joints have their full range of motion. The goal is to keep doing the things we love for as long as we possibly can.

Reena Mancuso is a Licensed Massage Therapist with a graduate degree in exercise physiology and over 25 yrs. of experience in the field of health and fitness. She is also an enthusiastic member of the ADK