

FALL 2016

Trail Talk

Adirondack Mountain Club
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

A Message From The Chair

How time flies, here we are in the last quarter of the year. My favorite time of the year to get out and hike, as the weather cools down. And what a hot summer it has been! Now is the time for all our members to catch up with what is going on in our chapter of ADK.

I am sad to report that we are losing 2 long term Committee Chairs. Betty Heald is retiring from her position as Sign-In Form Collection Chair. Betty has an extensive history with our chapter, dating back to the 1970's (North Jersey Chapter). More recently (in the 1990's), she initiated our series of Thursday hikes, which are some of our most popular hikes and are responsible for bringing more new members and future leaders into our ranks. Her leadership and guidance has been an inspiration to me and everyone in our chapter.

Luckily, Mario Medici volunteered to take on the responsibility of collecting the sign-in forms. This is in addition to his job of mailing the sign-in forms to the hike leaders. And leaders, if you want to make his job a little easier, you can download the forms from our website (hudsonhikers.org). Just let him know, it can save us time and the cost of mailing.

Chris Connolly is retiring from his position as Conservation Chair. Chris was Ramapo Chapter Chair 2004-2006 and has held the position of Conservation Chair for the past 10 years. Thank you Chris for your hard work over the years. Without the dedication of people like Chris, the chapter wouldn't be the success that it is.

While it is sad we are losing Chris, this could be a great opportunity for a member to step up and get involved. We also need a volunteer to take the job as Programs Chair. Please contact me if you can assist.

I am happy to see we have a great fall hike schedule, thanks to the efforts of Peter Tilgner and our hike leaders. But there is as always a need for more leaders, so we will be offering a NYNJTC map set to new leaders after leading 2 hikes for our chapter. I think our chapter offers varied hikes for all levels, however I want to bring to your attention the new online calendar that lists hikes from all chapters. Go to www.trumba.com/calendar/adirondackmountainclub.

This year we are having our holiday party at the NYNJTC headquarters in the beautiful Darlington Schoolhouse in Mahwah, Sunday, December 4th from 2-5 PM. We are going back to a pot-luck this year. Please come and bring your favorite dish to share. We always have a wonderful time tasting new dishes and meeting old and new friends! See the details in this newsletter. (page 6)

Hoping to see you on the trails and at our holiday party.
Karen

North Jersey Ramapo Election

It's that time again!

Every two years we elect our chapter officers, the Chair, Vice Chair, Treasurer, Secretary and Director (our representative to ADK in Lake George). By tradition (all the way back to the beginning for the Ramapo Chapter and since the merger) the Chair serves one two-year term and then the Vice Chair is nominated as the new chair. The Treasurer and Secretary usually serve for several terms. This year is a little different. Our Vice Chair resigned for personal reasons last winter. Paul, our newly appointed (by the Chair with consent of the board) Vice Chair feels that he should have more experience with the chapter administration before becoming Chair. So Karen will run for a second term (the gods will be angry!) and Paul will run as Vice Chair. Allen and Fred will run again for Treasurer and Secretary. When Paul feels that he is ready (hopefully within a few more months) Karen will resign and Paul will become Chair (appeasing the gods!).

The election will be held at the Holiday Party on December 4. The slate is as follows:

Chair: Karen Rose
Vice Chair: Paul Margiotta
Treasurer: Allen Grunthal
Secretary: Fred Hodde
Director: John Jurasek

Our Vice Chair may be new to some of you, so here is some basic info. Paul has been a member of ADK and the NYNJTC for over 13 years and has been a hike leader for 12 of those years. He worked on the mailing of the North Jersey Chapter newsletter and currently does the newsletter mailing for the NJR Chapter. He worked as a civil engineer (Cooper Union) for NYDOT and NYSTA (thruway) until his retirement a few years ago. Now he's an active Thursday hiker. He currently volunteers for Meals on Wheels. Paul and his wife Charlene live in Park Ridge, NJ.

HIKER'S GUIDE

RESPONSIBILITIES - Hikers with children under 16 and new hikers are required to contact the hike leader in advance to determine if the hike is suitable for them. Minors under 16 are welcome on day hikes when accompanied by a parent or guardian. No person under 18 shall participate in overnight outings unless accompanied by a parent or adult sponsor over 21. The hike leader may refuse to allow a person to hike who is judged to be poorly equipped or unable to do the published hike. Pets are not permitted on hikes unless the hike description clearly states that it is "dog friendly". Non-members are welcome on two hikes after which ADK membership is required. Participants should get to the hike at least 10 minutes prior to the starting time.

RISKS - As with all physical activities, hiking involves hazards. Persons participate at their own risk and will be asked to sign a statement acknowledging that fact before starting the hike. Prior to the hike please advise the leader of any medical condition or physical liability that could affect you during the hike.

FOOTWEAR AND CLOTHING - Wear clothing suited to the weather and carry extra garments for unexpected weather conditions. Dress in thin layers so that you can adjust the number of layers as required to maintain comfort. In winter carry a wool cap and wool or polypropylene gloves or mitts and a windproof shell. Be prepared for rain. Bring a rain jacket and rain pants, preferably of the type that permits venting body moisture. Wear comfortable, sturdy boots. Do not wear cotton garments in winter.

DRINK AND FOOD - Adequate hydration is important year round. Drink frequently during the hike. Carry food to enjoy during the midday lunch stop.

DOG-FRIENDLY HIKES - All hikers with dogs must abide by park leash regulations.

HIKE RATINGS - represent the Pace, Distance and Terrain covered during the hike. A hike's rating is determined by the hike leader.

PACE: A - fast - 2.5 mph or faster
B - moderate - about 2 mph
C - easy - 1.5 mph or less

DISTANCE: is given in miles as noted

TERRAIN: A - Strenuous, long ups and downs, some rock scrambling possible.
B - Moderate ups and downs as occur typically in Harriman.
C - Generally flat with little elevation change.

MAPS - The TC number indicates a NY-NJ Trail Conference map for the area of the hike. For example: TC-118 refers to the Southern Harriman Park map.

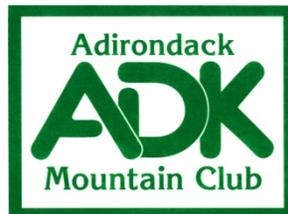
ABBREVIATIONS - NCA-No Calls After . . . , Pref.- Leader's contact preference.

EXPENSE SHARING - When car-pooling, passengers are expected to offer the driver funds sufficient to cover the cost of fuel, tolls and parking fees. A \$3.00 minimum per person is recommended. Most hike trailhead meeting locations can be found on NY-NJ Trail Conference maps.

HIKE CANCELLATION POLICY - Sometimes an illness, injury or other unforeseen problem will make it impossible for a hike leader to lead his/her hike as announced in the schedule. When this happens the leader should first try to find a substitute leader so the hike can proceed. The hike schedule chair person or any club officer can assist if necessary. If no substitute leader can be found then the leader or a substitute should appear at the hike meeting place to inform hikers of the situation. If a qualified leader volunteers, he/she should be given the sign-in sheet and the hike can proceed as scheduled. If the hike is one that requires preregistration, the leader must inform all who registered of the change by phone or e-mail.

ADK STICKERS

You can get an ADK sticker for your car windows by contacting Phyllis Key at pkeyhiker@gmail.com. There is NO charge. Be sure to include your name and address so they can be mailed to you!



ADK NORTH JERSEY RAMAPO CHAPTER

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For information: info@hudsonhikers.org
www.hudsonhikers.org

OFFICERS

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201-391-6011 vicechair@hudsonhikers.org
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Trail Talk is published quarterly. The deadline for submissions is generally one month prior to publication date.

Please send articles, photos or other contributions to newsletter@hudsonhikers.org. If you do not receive the newsletter by the beginning of each quarter (January, April, July and October), please contact the membership chair, (membership@hudsonhikers.org 201-768-5573).

HIKE SCHEDULE • FALL 2016 • OCTOBER • NOVEMBER • DECEMBER

Saturday, 10/1

No hike is currently scheduled for this date. Please check the facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

Sunday, 10/2 Bare Rock Vista Easy Way B 7 B
Fred Hodde Bullwnk1@aol.com
973-728-3223 (h) 973-722-7824 (c)

We'll meet at the upper parking lot for the Sterling Forest Visitor's Center at 10:00 AM. We'll climb to the Bare Rock Vista using the Sterling Lake Loop and Bare Rock trails where we'll take in the view and have lunch. After lunch, we'll hike to the Fire Tower using the Bare Rock and Sterling Ridge trails. We'll return to the Visitor's Center by "strolling" down the Fire Tower, F.T. Connector and Sterling Lake Loop trails. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Sterling Forest map 100.

Thursday, 10/6 In The Woods B/C 5/7 B
Richard Sumner RLS@RSUMNER.COM
845-362-8470

Harriman or nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on the group and the weather. Details will also be posted on Facebook and the Yahoo group.

Saturday, 10/8 Fahnestock/Charcoal B 7.5 B
Burners Lollipop
P.Tilgner/S.Gordon petertilgner@icloud.com
201-871-3531 (h), 201-681-0592 (c)

Meet 10 AM at the AT crossing, Rt. 301, Fahnestock State Park. We will hike the AT north to the Fahnestock, Clove Greek, Wycoppee, and Charcoal Burners Trails returning on the AT. Trailhead parking is available on Rt. 301 south side or north side where the AT enters after crossing Rt. 301. Driving directions from east side of Bear Mt. Bridge: Take Rt. 9D north for about 8.5 miles to junction with Rt. 301 (Cold Spring, NY). Drive east following Rt. 301. Cross Rt 9 and drive for about 5 miles to AT trailhead crossing parking. Canopus Lake will be on your left. TC east Hudson map 103.

Sunday, 10/9 Tiorati AT Long Path Loop B 6.5 B
Geoff Fonseca geofffonseca@yahoo.com
845-357-9366

Meet at 9:30 am at Tiorati Circle Parking. We will follow the Appalachian Trail at Fingerboard Mountain to the intersection of the AT and the Long Path. We will return on the Long Path, woods trail and AT. Please e-mail leader to register. TC Northern Harriman map 119.

Thursday, 10/13 West Mountain B 7 B+
Henry Barkhorn hcbarkhorn@hotmail.com
646-853-0824

Start at 9:30 AM from north parking lot at Anthony Wayne Rec. Area. We will do a loop on the Fawn, AT, Doodletown Bridle Path, SBM, AT, and Timp-Torne Trails. Steady rain cancels. Registration by e-mail preferred. TC Northern Harriman Trails map 119.

Saturday, 10/15 In The Woods B 6/8 B
Roy Wooters rfwoot@gmail.com (pref.)
845-304-0867

Hike Harriman, Sterling Forest or North Jersey (East). Contact leader for location, time and other details of hike.

Sunday, 10/16 Another Piece Of The AT B+ 10 B+
Peggy Wissler pwissler115@gmail.com
914-260-7506

Meet 7:00 AM at 156 Ramapo Valley Rd., Mahwah, NJ. Drive to Greenwood Lake for car drop and AT hike. Hike has views of the lake and includes some "pudding stone" trail sections. Inclement weather cancels. Please register for this hike. TC map NY-NJ AT and TC Sterling Forest map 100.

Thursday, 10/20 Out Of The Elk Pen B 6 B
Fred Hodde Bullwnk1@aol.com
973-728-3223 (h) 973-722-7824 (c)

Meet at the Elk Pen at 9:30 a.m. We'll hike the Stahahe Brook, Nurian (see the Valley of Boulders), Dunning, White Bar, ASB and AT trails. Registration by e-mail is preferred. Call cell before 8:30 AM if the weather is questionable. TC Harriman Bear Mt. map 119.

Saturday 10/22 Sterling Forest Bare Rock Vista B 8 B+
Jeffrey Sovelove Hiker_Dood@yahoo.com

Meet at the Visitors' Center at 10 AM sharp. We'll climb to the Sterling Forest Fire Tower then to the Bare Rock Vista for lunch. After lunch, we'll return to the Visitors' Center back down the Bare Rock Trail. See the Sterling Forest web site for information and directions:
<http://nysparks.state.ny.us/parks/74/details.aspx>
Inclement weather cancels. Joint ADK/Sierra Club hike. TC Sterling Forest map 100.

Sunday, 10/23 RD Trail Maintenance hike C 5 B
Karen Rose kkarose@aol.com
201-962-8546

Meet Silvermine Parking Lot 10 AM for shuttle to Tiorati Circle. Starting from Tiorati Circle we hike and inspect the RD to the Wm. Brien Memorial Shelter and exit on the Menomine Trail back to the cars at Silvermine Parking. We will be stopping to throw off blowdowns, clip back brush, pick up trash, check blazes, etc. Bring work gloves, clippers if you have them, and lunch. Heavy rain will cancel. Please e-mail or call to register. TC Harriman Bear Mt. map 119.

HIKE SCHEDULE • FALL 2016 • OCTOBER • NOVEMBER • DECEMBER

Thursday, 10/27 In The Woods B 6/8 B
 Paul Margiotta pjmm11@verizon.net (pref.)
 201-693-6705

Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7 PM on Wednesday.

Saturday, 10/29 Pine Meadow Lake(Out & Back) B 5.5/6 B
 Mario Medici marioamedici@gmail.com (pref.)
 201-396- 9391

A leisurely 5-6 mile hike to picturesque Pine Meadow Lake. Plan on stopping at the lake for lunch. Be sure to bring a snack and plenty of water. Meet 10 AM Reeves Meadow Visitor's Center. Call cell before 9 AM if weather is questionable. TC Southern Harriman Trails map 118. Please e-mail or call hike leader to register.

Sunday, 10/30 Anthony's Nose and Bear Mountain
 with Perkin's Tower B 8 B+
 Deanna Felicetta felicetta.deanna@gmail.com
 845 216-2021

A great Look and See Hike at one of the most scenic places on the Hudson. This hike will afford experienced hikers the chance to see the Hudson and surrounding areas from multiple sites. Ups, downs and some great scrambles for all. We plan to walk the Bear Mountain Bridge. We will summit Anthony's Nose for a look west. We will climb the challenging Major Welch Trail, enjoy the view from the top of Bear Mountain and descend on the lovely new AT to Bear Mountain Carousel area. Please note a shuttle is required for this unusual hike which is a full day event. Please let leader know if you plan to eat after at 1915 Pub Restaurant at the Bear Mt. Inn. Registration is limited (club members and guests) and is open from 10/16 to 7 PM 10/27. Full name, e-mail and reachable phone is required to register. Leader will send a confirmed registration e-mail by Wednesday before hike with final details. TC Northern Harriman Bear Mt. map 119.

Thursday, 11/3 In The Woods B 6/8 B
 Debbie Bell deb2@columbia.edu
 845-358-8386 (NCA 9 PM)

Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Saturday, 11/5 Surprise Lake Loop B 6 B
 Fred Hodde Bullwnk1@aol.com
 973-728-3223 (h) 973-722-7824 (c)

We'll meet at the A&P/Sears parking lot in the Hewitt section of West Milford (Rt. 511) at 9:30 AM. We'll hike to the Surprise Lake area on Bearfort Ridge going up via the Bearfort Ridge Trail and returning via the Quail Trail. Not for beginners. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC North Jersey map 116.

Sunday, 11/6 Daylight Saving Time Ends

Sunday, 11/6 Lunch at Black Rock Mountain B 7.5 B
 Geoff Fonseca geofffonseca@yahoo.com
 845-357-9366

Meet at 9:30 am at Lake Skannatati Parking. We will hike the ASB past Times Square, Lichen and RD to Black Rock Mountain. We will return on the RD, Dunning and Long Path. Please e-mail leader to register. TC Northern Harriman map 119.

Thursday, 11/10 In The Woods B/C 5/7 B
 Richard Sumner RLS@RSUMNER.COM
 845-362-8470

Harriman or nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on the group and the weather. Details will also be posted on Facebook and the Yahoo group.

Friday, 11/11 NJR ADK Board Meeting, 7:00 PM
 This date is tentative. The meeting will be at the Darlington Schoolhouse. All members are welcome to attend, but please notify Karen as space is limited and the date may change.

Saturday, 11/12 In The Woods B 6/8 B
 Roy Wooters rfwoot@gmail.com (pref.)
 845-304-0867

Hike Harriman, Sterling Forest or North Jersey (East). Contact leader for location, time and other details of hike.

Sunday, 11/13 Jordan Pond Loop B 7.6 B
 Fred Hodde Bullwnk1@aol.com
 973-728-3223 (h) 973-722-7824 (c)

This is a scenic hike in Fahnestock State Park. Meet at 9:30 AM where the Charcoal Burners trail crosses Route 301 (approximately 3.3 miles east of the Routes 301 and 9 intersection. The trail route will include views of Jordan Pond and Clove Creek. Registration by e-mail preferred. Call cell before 8:00 AM if the weather is questionable. TC East Hudson map 103.

Thursday, 11/17 Silvermine Loop B 7 B
 Henry Barkhorn hcbarkhorn@hotmail.com
 646-853-0824

Start at 9:30 AM from Silvermine Lake. We will do a loop on the Menomine, Long Path, Ramapo-Dunderberg and Menomine Trails. Steady rain cancels. Registration by e-mail preferred. TC Northern Harriman Trails map 119.

Saturday, 11/19 Sterling Lake Loop B 4 B
 Mario Medici marioamedici@gmail.com (pref.)
 201-396-9391

A leisurely 4-mile hike around picturesque Sterling Lake. Plan on stopping at the "beach" for a short break, so be sure to bring a snack and water. Park car in Visitor Parking lot and meet at Visitor's Center (across the road) at 10 AM. Call cell

HIKE SCHEDULE • FALL 2016 • OCTOBER • NOVEMBER • DECEMBER

before 9 AM if weather is questionable. TC Sterling Forest Trails map 100. Please e-mail or call hike leader to register.

Sunday, 11/20 From the Hollow To The Cabin B 6.5 B
P.Tilgner/S.Gordon petertilgner@icloud.com
201-871-3531 (h), 201-681-0592 (c)

We hike the Parker Cabin Hollow Trail and several other trails to get to Parker Cabin Mt. for lunch. Meet 9:30 AM at the Parker Cabin Trail Parking Pull-Off on Rt. 106 just west of the I-95 underpass. Please register for this hike. Severe inclement weather cancels. TC Harriman Southern map 118.

Thursday, 11/24

No hike is currently scheduled for this date. Please check the facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

Saturday, 11/ 26 Turtleback Rock, B 6 B
South Mountain Reservation

Jeffrey Sovelove Hiker_Dood@Yahoo.com
We will start at Turtleback Rock trailhead at 10 AM. See the Essex County Parks Commission web site www.essex-countynj.org/p/index.php?section=parks/sites/so for directions. Bring lots of water, and wear hiking boots. We will take the orange trail down to Hemlock Falls and also see the famous Turtleback Rock. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday 11/27 Hike in Ramapo Reservation B 5/7 B
Karen Rose kkarose@aol.com
201-962-8546

Must e-mail or call to register. Meet 10AM at Ramapo Reservation Parking Lot on Rt 202. Weather conditions will determine route. Rain cancels. TC North Jersey map 115.

Thursday, 12/1 In the Woods C 5 C
Debbie Bell deb2@columbia.edu
845-358-8386 (NCA 9 PM)

Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Saturday, 12/3 Silvermine Circular B 6 B
Fred Hodde Bullwnkl1@aol.com
973-728-3223 (h) 973-722-7824 (c)

Meet at the Silvermine Parking Lot off Seven Lakes Drive at 9:30 AM. We'll do a circular starting with the Menomine past Lake Nawahunta, followed by the Long Path and AT Trails and returning to the starting point via the Menomine. Registration by e-mail is preferred. Call 973-722-7824 before 8:20 AM if the weather is questionable. TC Harriman Bear Mt. map 119.

Sunday, 12/4 ADK NJR Holiday Pot-Luck Party
2-5 PM

See page 6 for details.

Thursday, 12/8 In The Woods B 6/8 B
Paul Margiotta pjmm11@verizon.net (pref.)
201-693-6705

Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7 PM on Wednesday.

Saturday, 12/10 North Harriman adventure B 7 B
and some old roads
Dean Gletsos cgletsos@yahoo.com
845-354-0738(h)

We will meet 9:30 AM at the Tiorati parking lot. We will use the Appalachian, the R-D and other trails. We will visit a shelter, two mountains and follow some old lumber/mine, long forgotten roads. TC Hudson Palisades trail map 119.

Sunday, 12/11

No hike is currently scheduled for this date. Please check the facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

Thursday, 12/15 Hasenclever Mine B 7 B
Henry Barkhorn hcbarkhorn@hotmail.com
646-853-0824

Start at 9:30 AM from Lake Skannatati. We will do a loop on the Red Cross and Beech Trails, returning on the Long Path. Steady rain cancels. Registration by e-mail preferred. TC Northern Harriman Trails map 119.

Saturday, 12/17

No hike is currently scheduled for this date. Please check the facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

Sunday, 12/18 Johnsontown Circular B 6.5 B
Fred Hodde Bullwnkl1@aol.com
973-728-3223 (h) 973-722-7824 (c)

Meet at the Johnsontown Circle at 9:30 AM. The planned route will be on the Blue Disc, Victory and White Bar Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Harriman Bear Mt. Southern map 118.

Thursday, 12/22

No hike is currently scheduled for this date. Please check the facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

Saturday, 12/24

No hike is currently scheduled for this date. Please check the facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

HIKE SCHEDULE • FALL 2016 • OCTOBER • NOVEMBER • DECEMBER

Sunday, 12/25 Silvermine Lake and Black Mountain B 6 B
Deanna Felicetta felicetta.deanna@gmail.com
845 216-2021

Mellow paced hike for this Sunday Christmas Day. We will meet at Silvermine Lake Parking Area. We will begin loop hike as a woods road walk on gently sloped Silvermine Road to Black Mountain. Gentle hikers may hang out at the base while other hikers enjoy doing a short ascent for a view or two. We will then proceed on the AT on moderate rambling terrain to the O'Brien Shelter. We will again hang here before we walk out on the Memomine Trail to our cars. This is a pretty hike in winter. Hope you will come join us for this day outdoors. Full name, e-mail and reachable phone is required to register. Leader will send a confirmed registration e-mail Friday afternoon before hike with final details. TC map Harriman Bear Mt. North map 119.

Thursday, 12/29 Pine Meadow Lake (Out & Back) B 5.5/6 B
Mario Medici marioamedici@gmail.com (pref.)
201-396-9391

A leisurely 5-6 mile hike to picturesque Pine Meadow Lake. Plan on stopping at the lake for lunch. Be sure to bring a snack and plenty of water. Meet 10 AM Reeves Meadow Visitor's Center. Call cell before 9 AM if weather is questionable. TC Southern Harriman Trails map 118. Please email or call hike leader to register.

Saturday, 12/31 North Harriman Medley Of Trails B 7 B
Dean Gletsos cgletsos@yahoo.com
845-354-0738 (h)

We will meet 9:30 AM at the Anthony Wayne parking lot. We will use the Anthony Wayne, Popolopen Gorge and Long Path Trails. We will visit two lakes and a summit memorial. Lunch on top of a rocky bluff with fantastic views. Back via P.G., Timp Torne and A.W. trails. TC North Harriman Bear Mt. map 119.

Support ADK While You Shop

Adirondack Mountain Club is one of the organizations participating in Amazon's Smile program, where 0.5% of eligible purchases are donated to the charitable organization of your choice.

In your Amazon profile you can set your charity to "Adirondack Mountain Club".

For more information, visit: <http://smile.amazon.com/about>

ADK NJR Holiday Party

Sunday, December 4, 2016 from 2 to 5PM

Come and enjoy a delicious meal with the company of your fellow hikers in the beautiful renovated Darlington Schoolhouse.

This will be a pot-luck. Everyone should bring an appetizer, side dish, salad, main dish or dessert for six. Non-cooks can bring a bottle of wine or other beverage. The Chapter will supply a roast turkey breast, a baked ham, rolls and paper goods (plates, silverware, etc).

\$5 per person, collected at the door.

You must RSVP by December 1st to 201-962-8546 or chair@hudsonhikers.org to let Karen know what you will be bringing.

The Darlington Schoolhouse is at 600 Ramapo Valley Road (just east of Ramapo Reservation parking lot) in Mahwah New Jersey.

Welcome New Members

Heather Darley – Montvale NJ
Galadriel Fernandez – High Bridge NJ
Jason Friske – Bloomfield NJ
Jon Harrington - Hoboken NJ
Steven Koestner – Mahwah NJ
Michael Poland – Howell NJ
Marybeth Ryan – Rutherford NJ
Michael Yesko – New York NY (affil)
Eddi Zamft – Kent Lakes NY (affil)
Daphnee Fromentin – Nyack NY
Bob Janney – Wayne NJ
Felicia Karamitis – Otisville NY
Corey Machado – Sloatsburg NY
Sheryl & Howard Schechter – Fair Lawn NJ
Sandra Zimmerman – West Nyack NY
Miriam Frankl – Monsey NY
Karen King – Boonton Township NJ
Christine Mousin – Teaneck NJ

Welcome Back

Ellen Blumenkrantz – Closter NJ
Stephanie Berirsky – Northfield NJ
Donald Tripp – Lambertville NJ

Yoga for Hikers: Rooted Tree Pose (A wonderful Vrksasana variation)

by Deanna Felicetta, E-RYT

Rooted Tree is my favorite variation of the full expression of VRKSASANA (Tree Pose). It stresses grounded strength and peacefulness, and can be done often by any hiker or Yoga student with much benefit.

Do you practice and try to improve your hiking skills when not on the trail? Just what do you do on those days of bad weather when the hike is canceled? A few moments of Yoga and Rooted Tree can be a part of your day indoors. We studied Mountain Pose in the Fall 2013 newsletter. We learned to stand firmly with our toes pointing forward, both feet pressing down into the earth and arms raised up to the sky. The power of grounding and extension this creates in our bodies is wonderful. In Rooted Tree we expand on that skill and learn steadiness while standing on one foot.

We begin standing barefoot with our feet parallel and a fist width apart (ideally on a hardwood floor). Stand tall and erect with stomach muscles engaged, chest open, arms at your side and head relaxed and facing front. The shift of weight from two feet to one and the toes of the other helps with the skill of focusing and body balance so important to hiking. Centering in our core and equilibrium are essential here. The pose is done twice, once on each side.

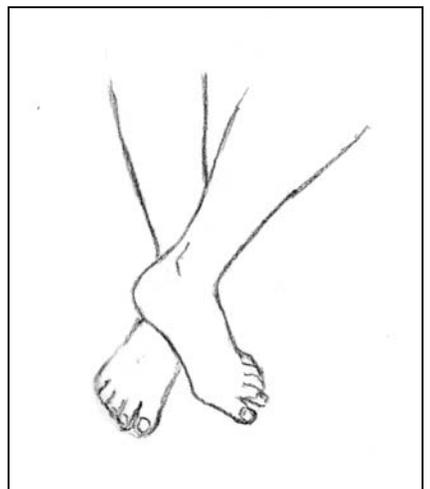
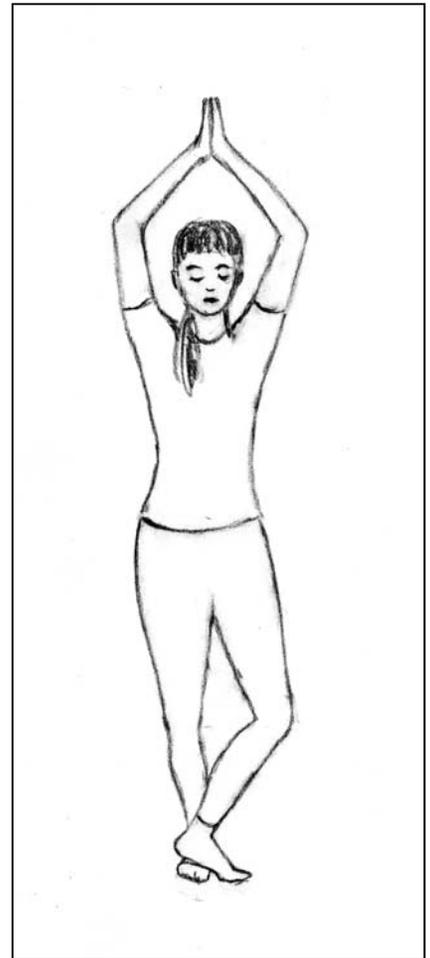
Let's start by moving our right foot. Press down firmly into the ball of your right foot and toes, then lift the heel up high and turn that heel so it rests on top of your left foot with the right side of the right foot against the front of the left ankle. The right foot will be at about a 45 degree angle. Press the left foot and right toes down firmly into the ground, creating the solid base of your rooted tree. Let your arms gently float up to the sky alongside your head. There are two arm styles for tree. I suggest you begin as an evergreen, so let your palms meet centered above your head with all fingers interlaced except the upward pointing index fingers. Breathe several times and be still.

Now let us do the other side. Again our feet are parallel and a fist width apart. Stand tall with an open chest as you let your arms hang at your sides. Press the ball and toes of the left foot into the floor. Begin to raise your left heel up high as you turn your foot placing your left heel on top of your right foot in front of your right ankle. Press the full right foot and toes firmly into the floor. On this side we will create a lovely tree with leaves, like an oak or maple. So let your arms float up to the sky alongside your head. Turn palms forward and separate the fingers with energy and let them each move away from your head sideways about six inches on each side. You may even want to let your branches move a little before bringing them to rest. Be extended and tall with your feet rooted down firmly. Breathe a few times as you feel the breeze through your great branches and let the leaves move gently about. This pose allows us to be comfortable in a change of place of our bodies, just as we do all day as we hike through the woods. It gives us emotional confidence. Enjoy the Rooted Tree. It is a steadying and peaceful pose.

Till we hike again,

NAMASTE,

Deanna



FALL 2016

Adirondack Mountain Club
North Jersey Ramapo Chapter
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Ramsey, NJ 07446

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YOU ARE INVITED TO THE ADK NJR Holiday Party

Sunday, December 4, 2016 from 2 to 5PM

Come and enjoy a delicious meal with the company of your fellow hikers in the beautiful renovated Darlington Schoolhouse.

This will be a pot-luck. Everyone should bring an appetizer, side dish, salad, main dish or dessert for six. Non-cooks can bring a bottle of wine or other beverage. The Chapter will supply a roast turkey breast, a baked ham, rolls and paper goods (plates, silverware, etc).

\$5 per person, collected at the door.

You must RSVP to attend. See details on page 6.

Originally built in 1891 and regarded as one of the finest schoolhouses in New Jersey, Darlington Schoolhouse is now the home of the New York New Jersey Trail Conference.

www.hudsonhikers.org

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