

WINTER 2011

# Trail Talk

Adirondack Mountain Club

NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

## Snowshoes

by Sheila Rizzo

Last winter I bought a new pair of shoes. They were big, clunky, hard to put on and take off, and encouraged an ungainly crablike gait. Snowshoes! Now I had no excuse to avoid hiking when the temperature was below freezing and the trails were blanketed with snow. And last winter, global warming notwithstanding, there was a lot of snow in our neck of the woods.

Somewhat to my surprise, I actually enjoyed this new activity.

Unlike other winter sports, like skiing or iceskating, snowshoeing requires absolutely no skill. But you do need stamina, especially if you are lucky enough (?) to be the first up the mountain, plodding through dazzling, pristine drifts. The more spectacular the scenery, the more energy you need.

If you find yourself in deep fresh snow, and are with a group, there are basically two options: You can either have the hiker with the strongest legs blaze the trail until he or she is exhausted; or you can emulate migrating geese and rotate the leader every 15 minutes or so.

The other wonderful thing about snowshoeing is, if you do fall, it's SOFT. Yes, it's wet. But by this time you are probably so warm you won't mind at all.

So, for the first time since I was about 14 years old, I'm hoping for lots of snow this winter. And I urge all you spring-through-fall hikers to make a trek to your nearest sports shop and invest in a pair of snowshoes.



## A Message From the Chair

This is my first *message from the chair* so perhaps I should introduce myself. I'm sort-of-re-tired and have lived in Pomona, NY since 1990. I've been hiking a lot in the past 2 years; it's a very pleasant way to get exercise and it's been therapeutic for me. If you've been hiking too, we've probably already met. I'm the one with the little green convertible (and the white 'convertible' hair). I sometimes amuse myself by baking new and interesting cookie recipes to take along when I'm leading a hike. I'm not an especially fast hiker, and when I'm the leader I adjust the pace to suit the group. So if we haven't met yet, come join me on a hike and try one of my cookies!

The last two years have been interesting ones for our hiking club, to say the least! We merged the North Jersey and Ramapo chapters into the North Jersey Ramapo chapter, with official approval from ADK in June 2009. The work of actually merging the two chapters began immediately. The officers and committee chairs came from both North Jersey and Ramapo and got right to work, solving problems and getting to know each other. There was a new newsletter, and a new combined hike schedule. We had to find a new place in a more central location to hold chapter meetings. Our outgoing chair, Suzan Gordon, skillfully guided us through the awkward moments with her blend of tact, enthusiasm and common sense. The success of our newly merged chapter is due in no small part to Suzan's leadership. I take over the chair of a club with a stable membership, an enthusiastic board and a very active (and growing) hiking community.

This spring, we're departing from our usual schedule and combining the March and June Chapter meetings into one meeting on April 29th. The featured speaker will be one of our own members, Ivan Kossak. Ivan is a long-time hiker and birder. If you've been on a hike with Ivan, you know about his encyclopedic knowledge of birds and his ability to identify them with just a glimpse or only by hearing their song. I'm sure it will be an interesting meeting! And the next day (April 30th) Ivan will lead a bird walk. It will be a little earlier than our usual hike starting time (well, a lot earlier!) I plan to make the effort and I hope you will too.

But right now Winter is in the immediate future, with the prospect of cold weather and snow. Winter hiking can be fun. Walking on a trail in Harriman Park on a clear winter day, with ice-covered trees glistening in the sun and the crunch of snowshoes (or the whooosh of x-country skis) under your feet is exhilarating. Dress appropriately (lots of layers, hand warmers, traction devices, etc), pack a thermos of hot chocolate and join me on a hike.

In closing, a big thank you to Suzan and a big welcome to our new vice chair, Jeff Sovelove!

See you on snowshoes,

Richard



## 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.

For an additional hike schedule please contact Denis Kmiec at [kmiec20@yahoo.com](mailto:kmiec20@yahoo.com) or 845-634-1397. The hike schedule can also be downloaded from the website.

## Email

We have an email list that we use very sparingly to send announcements and reminders to our members. If you haven't received any reminders in the last few months you are probably not on the list. The list comes from ADK headquarters, so if you didn't fill in the email address on your application or it has changed and is no longer correct then you're not on the list. We also have an email list of active hikers. This is used for announcements and reminders of interest only to hikers. We wish all of our members were hikers but that's just not the case, so we need a separate list. To get added to either list send an email to: [email-list@Hudsonhikers.org](mailto:email-list@Hudsonhikers.org) with a note that tells us which list(s) we should add you to.

Thanks.

## ADK NORTH JERSEY RAMAPO CHAPTER

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## HIKE SCHEDULE • WINTER 2011 • JANUARY • FEBRUARY • MARCH

Saturday, 1/1 Brouhaha In The Wilderness B 6 B

Dave Sutter dsuttr@aol.com

A New Years Day hike up vanished routes dimly remembered by aged leader. Meet Elk Pen parking off Arden Valley Rd. in Harriman Park 9:30 AM. No phone calls. TC map 119.

Saturday, 1/1 An Afternoon Walk To A Farm C 3 C+

Ike and Marilyn Siskind lkemar@verizon.net or 845-352-8506

We will walk right from our house to the Fellowship Community Farm in Chestnut Ridge. Celebrate the New Year with light refreshments afterwards. Registration required. Enrollment is limited.

Sunday, 1/2 White Bar Circular B 6 B+

Chris Connolly c.connolly7@verizon.net or 201-321-6605

Invigorating Harriman winter hike over Black Rock, Tom Jones, Parker Cabin and Carr Pond Mts. Meet 10 AM at White Bar parking lot on Route 106. Precipitation cancels. TC map 118.

Thursday, 1/6 In The Woods C+ 5/6 C+

Eileen Berch 973-506-7078 NCA 8 PM

We'll start from the upper parking lot of Ringwood Manor (State Park) at 10 AM. Our hike will take us to Governor Mountain using the Cooper Union and Crossover Trails and possibly a short climb on the Ringwood-Ramapo Trail. No need to register, but No Go if raining, sleeting, or snowing. Call by 8:30 AM morning of hike if weather is doubtful. Proper equipment required. We may need snowshoes, Stabilicers or Microspikes. TC map 115.

Saturday, 1/8 Osborn Loop B 7 B

Chris Connolly c.connolly7@verizon.net or 201-321-6605

Classic East Hudson hike with possible Sugarloaf Hill side trip and using Carriage Connector and Curry Pond Trails for modified loop. Meet 9:30 AM at Castle Rock Unique Area parking off Route 9D. Precipitation cancels. TC map 101.

Sunday, 1/9 Pequannock Loop B 6.5 B

Richard Sumner rls@rsumner.com or 845 362 8470

A pleasant circular hike in the Pequannock Watershed. Normally off limits without individual permits, we will have a group permit to hike in the watershed. The hike will be limited to 16 hikers, due to limited parking at the trailhead and the permit. You MUST register for this hike by January 7. Appropriate footwear is required, possible snowshoe hike. TC map 116.

Thursday, 1/13 Diamond Mountain And Beyond B 6 B

Irene Logan 111er378@optonline.net or 845-753-5651

Meet at 10 AM sharp in the Lake Sebago Boat Launch Parking Area off of Seven Lakes Drive if it has been snowplowed. If not, the leader will send out an e-mail notice to all regular Thursday hikers regarding the new meeting place. At a moderate pace, we will let the weather determine the route. Appropriate winter gear required (snowshoes, traction devices, gaiters, etc.) as conditions warrant. Inclement weather or forecast of same will cancel the hike. Call after 7 AM the day of the hike if in doubt. TC map 118.

Saturday, 1/15 The Entire Bare Rock Trail and More - 1 B 8 B

Dean Gletsos cgletsos@yahoo.com or 845-354-0738

Meet 9:30 AM at the Parking Area of the Sterling Forest Visitor Center, off Long Meadow Rd. (Co. 84). We will traverse the Bare Rock Trail in its entirety and return via the Fire Tower Trail. We will visit the exhibits of the beautiful Visitor Center and if time allows, we will watch a DVD about the Park. Lunch on a cliff, overlooking Greenwood Lake. Other nice views too. Be prepared for conditions and bring snowshoes or crampons, if necessary. If questions, call up to 8:30 AM the day of hike. TC map 100.

Sunday, 1/16 Loop Hike B 7 B+

Peggy Wissler 914-260-7506

Meet 8:30 AM sharp at the Tiorati Circle parking lot. At a moderate pace, the hike will follow the Appalachian Trail to the Fingerboard lean-to. We will then continue to the intersection of the AT and the Long Path where we will begin our return to the starting point by way of the Long Path and a short walk along Tiorati Brook Road. Please call leader to register and discuss winter hike equipment. TC map 119.

Thursday, 1/ 20 Easy Day Out C 4/5 B

Pat Marcotullio patros@optonline.net or 845-729-4046

Meet 9AM Skyline Drive upper parking area approximately 1-1/2 miles from exit 57 on 287. Route and distance will be determined day of hike. Inclement weather will cancel. In case of ice and snow, you must have Stabilicers. TC map 115.

Sunday, 1/ 23 Beyond Cape Horn Hike B 7 B

Dave Sutter dsuttr@aol.com (no phone calls)

Discoveries await at the defile of Myles. Meet 9:30 AM at Lake Kanawaukee Parking on Route 106. Precipitation may cancel. TC map 119.

Thursday, 1/27 In The Woods with Dogs, B 5/8 B

Snowshoe , Hike or XC ski

Susan Sterngold banjolady.susan@verizon.net or 845-519-4890 (prefer e-mail)

Varied terrain in Harriman or nearby parks. Contact leader for hike details by 8 PM Wed.

Sunday, 1/30 Wildcat& Townsend Trails In and Out B 9.5 B

Pete Tilgner and Suzan Gordon browning.27@verizon.net or 201-871-3531

These Sterling Forest trails offer several fine view points to the south and west. Meet 9:30 AM in the Commuter Parking Lot top of the exit ramp leading from Rt.17 to Rt. 17 A. The exit at a traffic light is about 2.5 miles north of the Tuxedo Train Station. You may need snowshoes, Stabilicers or Microspikes. Be prepared for winter conditions. Register with leaders for this hike. TC map 100.

Thursday, 2/3 In The Woods with Dogs, B 5/8 B

Snowshoe , Hike or XC ski

Susan Sterngold banjolady.susan@verizon.net or 845-519-4890 (prefer e-mail)

Varied terrain in Harriman or nearby parks. Contact leader for hike details by 8 PM Wed.

## HIKE SCHEDULE • WINTER 2011 • JANUARY • FEBRUARY • MARCH

Sunday, 2/6 Bockberg North and South B 7 B

Dave Sutter dsuttr@aol.com (no phone calls)

Myles Lookout, Valley of Panties, Secret of Stalter spring. Never done before. Steep. Meet 9:30 AM Bockberg Parking on Rt. 9W (2 miles south of Bear Mountain Inn and 2 miles north of Jones Point). Precipitation may cancel. TC map 119.

Sunday, 2/6 Winter Hike in Ramapo Valley Reservation B 5/7 B

Karen Rose kkarose@aol.com or 201-962-8546 (must e-mail or call to register)

Meet 10:00 AM at Parking Lot on Rt. 202. Get out to enjoy Winter. Route determined by weather conditions. Must have traction devices or snowshoes. Bad driving conditions cancels. Call if weather uncertain.

Thursday, 2/10 Sterling Forest B 6 B

Irene Logan 111er378@optonline.net or 845-753-5651

Meet at 10 AM sharp in the parking area up the hill from the Sterling Forest Visitor Center. At a moderate pace, we will let the weather determine the route. Appropriate winter gear required (snowshoes, traction devices, gaiters, etc.) as conditions warrant. Inclement weather or forecast of same will cancel the hike. Call after 7 AM the day of the hike if in doubt. TC map 100.

Saturday, 2/12 Catskills - Rusk and possibly East Rusk B 4/5.5 A

George Preoteasa gvpreo@gmail.com or 201-694-8344

E-mail or call leader for meeting time and directions by February 10. This hike is in the Catskill Mountains, approximately 100 miles north of northern NJ. It is mostly off-trail, but as far as bushwhacks go this is an easier one, a good opportunity to try one in winter. Snowshoes are required. Total elevation gain is 1600 ft. Carpools can be organized from the Harriman train station or the Diner in Kingston. Bad weather cancels. Joint with 3500 Club hikers. TC map 141.

Sunday, 2/13 Summer Hill Circular B 5/6 B

Richard Sumner rls@rsumner.com or 845-362-8470

A pleasant hike with a lunch stop at Turkey Lake. Meet at the hiker parking lot on Rt. 6 (at the Long Path crossing) at 9:30 AM. Appropriate footwear is required, possible snowshoe hike. Foul weather will cancel. Call before 8:30 AM if uncertain. TC map 119.

Thursday, 2/17 In The Woods with Dogs, B 5/8 B

Snowshoe, Hike or XC ski

Susan Sterngold banjolady.susan@verizon.net or 845-519-4890 (prefer e-mail)

Varied terrain in Harriman or nearby parks. Contact leader for hike details by 8 PM Wed.

**Friday, 2/18 NJR Board Meeting 7:30 PM**

At the home of Betty Heald, 156 Spring Lane, Paramus, NJ 07652

Saturday, 2/19 Catskills - Rusk C 4 A

Elie Bijou adirondacks@verizon.net or 718-377-2990

Hike approximately 4 miles at a leisurely pace part on the trail and part bushwhack. Ascend approximately 1600 feet to this peak required for Catskill 3500 Club membership. Register with leader (3 PM-9 PM) by February 17 for meeting time and place. New TC map 141.

Sunday, 2/20 Wawayanda Circular C 7 C

Aaron Schoenberg askus3@optonline.net or 845-987-4893

This is a pleasant hike south from the beach at Wawayanda State Park. Some scenic swamps are traversed on boardwalks and a stop at the bird haven on Lookout Lake will be made. Note that if significant snow cover exists the hike will still take place but it will be much more strenuous. Traction aids or snowshoes may be required. Contact Aaron for info about snow conditions a couple of days before the hike. Meet 9:45 AM at the beach parking lot at Wawayanda State Park off Warwick Turnpike. Meet 9 AM at NY-NJ Trail Conference in Mahwah, Rt. 202 for carpooling without leader. TC map 116.

Thursday, 2/24 In The Woods with Dogs, B 5/8 B

Snowshoe, Hike or XC ski

Susan Sterngold banjolady.susan@verizon.net or 845-519-4890 (prefer e-mail)

Varied terrain in Harriman or nearby parks. Contact leader for hike details by 8 PM Wed.

Saturday, 2/26 The Entire Bare Rock Trail And More - 2 B 8 B

Dean Gletsos cgletsos@yahoo.com or 845-354-0738

Meet 9:30 AM at the Parking Area of the Sterling Forest Visitor Center, off Long Meadow Rd. (Co. 84). We will traverse the Bare Rock Trail in its entirety and return via the Fire Tower Trail. We will visit the exhibits of the beautiful Visitor Center and if time allows, we will watch a DVD about the Park. Lunch on a cliff, overlooking Greenwood Lake. Other nice views too. Be prepared for conditions and bring snowshoes or crampons, if necessary. If questions, call up to 8:30 AM the day of hike. TC map 100.

Sunday, 2/27 Hasenclever Iron Works Trail B 6 B

Peter Reiner psr7777@gmail.com or 845-323-7697

Starting from the Long Pond Iron Works Visitors Center on Greenwood Lake Tpke, we will take the Hasenclever Iron Works Trail to the end. From there we will go on the Manor Trail and end at the Ringwood Manor Parking Area. Meet the leader at 9:30 AM at Ringwood Manor Lower Parking Area on Sloatsburg Road (Co. Rt. 72). Car shuttle is required to starting point. Questions about the weather call leader before Sunday AM. TC map 115.

Thursday, 3/3 In The Woods B 5/8 B

Debbie Bell deb2@columbia.edu or 845-358-8386 (NCA 9 PM)

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

## HIKE SCHEDULE • WINTER 2011 • JANUARY • FEBRUARY • MARCH

Saturday, 3/5 Kakiat Pine Meadow Circular B 6 B  
 Peter Reiner psr7777@gmail.com or 845-323-7697  
 Meet at 9:30 AM in the Town Of Ramapo Equestrian Center Parking Lot off Route 202 in Pomona, NY. We will car shuttle to the Kakiat County Park and the start of the hike where we take the Kakiat, Suffern Bear Mountain, and Conklins Crossing Trails, stopping for lunch at Pine Meadow Lake. We return on the Pine Meadow Trail to the Equestrian Center. Snow cancels hike. TC map 118.

Thursday, 3/10 In the Woods C 5/6 B  
 Phyllis Key pkeyhiker@juno.com or 201-768-5573 or 201-937-8070 (day of hike)  
 Route to be determined by weather and trail conditions. For details call or e-mail (preferred) no earlier than Tuesday before the hike.

Saturday, 3/12 Catskills - North Dome B 5/7 A  
 and possibly Sherrill  
 George Preoteasa gvpreo@gmail.com or 201-694-8344  
 E-mail or call leader for meeting time and directions by March 10. This hike is a bushwhack in the Catskill Mountains, approximately 100 miles north of northern NJ. Snowshoes are required. Total elevation gain is 1850 ft, 2850 with Sherrill. Carpools can be organized from the Harriman train station or the Diner in Kingston. Bad weather cancels. Joint with 3500 Club. New TC map 142.

Saturday, 3/12 Johnstown Circular B 6 B  
 Irene Logan 111er378@optonline.net or 845-753-5651  
 Meet at 10 AM sharp at the end of Johnstown Road in the circular parking area.  
 At a moderate pace, we will let the weather determine the route. Appropriate winter gear required (snowshoes, traction devices, gaiters, etc.) as conditions warrant. Inclement weather or forecast of same will cancel the hike. Call after 7 AM the day of the hike if in doubt. TC map 118.

**Sunday, 3/13 Daylight Savings Time Begins.**

Sunday, 3/13 Winter Hike in Harriman B5/7B  
 Karen Rose kkarose@aol.com or 201-962-8546 (must e-mail or call to register)  
 Meet 10:00 AM at Reeves Meadow Visitor Center. Experience the beauty of winter in Harriman Park. Route determined by weather conditions. Must have traction devices or snowshoes. Bad driving conditions cancels, call if weather uncertain.

Sunday, 3/13 Catskills - Halcott C 3/4 B+  
 Elie Bijou adirondacks@verizon.net or 718-377-2990  
 We'll hike this 100% bushwhack at a leisurely pace. Ascend approximately 2000 feet to this peak required for Catskill 3500 Club membership. Register with leader (3 PM-9 PM) by March 11 for meeting time and place. TC map 142 and 145.

Thursday, 3/17 North of Route 106 B 6/7 B  
 Irene Logan 845-753-5651 (NCA 9 PM or after 8:30 AM day of hike)  
 We will meet at the parking area on Route 106 where the White Bar Trail crosses Route 106 at 10 AM. The wind chill will determine what trails we hike. Come prepared with appropriate gear for winter hiking including traction devices. Precipitation or forecast of same cancels. TC map 119.

Saturday, 3/19 The SBM From Suffern B 8 B+  
 Pat Marcotullio patros@optonline.net or 845-729-4046  
 Meet 9AM Suffern Railroad Station at Rt. 202 & Rt 59. We will hike the SBM from Suffern past the Valley of Dry Bones and back with a couple of nice views along the way. Inclement weather will cancel. TC map 118.

Sunday, 3/20 Manaticut Point Circular B 7 B  
 Chris Connolly c.connolly7@verizon.net or 201-321-6605  
 We traverse north Norvin Green using Manaticut Point, Lake Sonoma, overlook Rock and Hewitt-Butler Trails. Meet 9:30 AM at second intersection of Crescent Drive with Burnt Meadow Road. Precipitation cancels. TC map 115.

Thursday, 3/24 In the Woods B 7/9 B  
 Paul Margiotta pjmm11@verizon.net (preferred) or 201-693-6705  
 "Regular" 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 7:00 PM on Wednesday. No beginners please.

Sunday, 3/27 The East Side Of Sterling Forest B 8.6 B  
 Pete Tilgner and Suzan Gordon browning.27@verizon.net or 201-871-3531  
 We will hike the Sapphire, AT Link, Indian Hill and Furnace Trail sections, and Wildcat Mountain Trails. Meet 9 AM in the Commuter Parking Lot at the top of the ramp at the junction of Rt. 17 and 17-A. We will carpool to the start of the hike at the Harriman Commuter Rail Station off Rt. 17. You may need snowshoes, Stabilicers or Microspikes. Be prepared for winter conditions. Register with leaders for this hike. TC maps 119 and 100.

Wednesday, 3/30 Historic Tappan New York Walk C 2 C  
 Call Louise Parnell to register 845-290-5287 by Friday, March 25  
 Janet Galloway will give us a short lecture and tour of historic Tappan. We will visit the Tappan Reformed Church, the DeWint House and the Carriage House with possible lunch at the "1776" restaurant. About 3 hours. Meet at the Tappan Reformed Church on Kings Highway in Tappan, NY at 10 AM.

Thursday, 3/31 Fingerboard Mountain B 7/8 B  
 Georgette Fazzari grfhiker@gmail.com (pref) or 551-265-2369  
 Meet 10 AM at Lake Tiorati. We will visit a mine and Paradise Rock. Call or e-mail (pref) to register for hike. Weather may cancel. TC map 119.

# A Rescue Episode

by Isaac Siskind

On a Sunday Hike led by Rudy Garfinkel on 7/11, a group of 7 headed towards Pine Meadow Lake from the Lake Sebago parking lot. Those driving to the trail-head on 7 Lakes Parkway from route 17 passed Reeves Meadow which was teeming with people, including several police cars. Those that drove by hadn't a clue as to what was going on. Around 11 AM as we hiked towards the lake, a police helicopter began buzzing the area. Around noon we reached the lake and chose to eat lunch at the eastern end on a little beach. As we settled in, a helicopter began circling, approaching closer and closer until the downwash forced us to retreat towards the woods. The helicopter touched down momentarily and then took off again.



We then resumed our lunch until about ten minutes later the helicopter came back and landed on the beach in front of us. Just as it touched down, two Rangers emerged from the woods, supporting a woman, who was escorted into the helicopter. I then asked a Ranger what was going on. I was told that the woman had been missing since Saturday and had just been found.

Monday's local paper had a little article that listed some of the agencies that were involved. Police, Park Rangers, a K9 unit, a volunteer rescue dog association etc. This accounted for the crowd at Reeves. No mention of the helicopter rescue. The victim was a 49 year-old woman who was separated from her husband the day before. She was taken to a local hospital. It was a most interesting scenario.

## Welcome New Members!

Arta & Gerald Boutcher – Teaneck NJ  
 David Feldbaum – Hackensack NJ  
 Daniel Ruskauff – Rockaway NJ  
 Marianne Ardito – Union City NJ  
 Kathleen Boylan & Peter Boutcher – Teaneck NJ  
 Ed Fitzgerald – Pearl River NY  
 Pantaleo Germinario - Mahwah NJ  
 Joyce Gomez – Midland Park NJ  
 Maribeth & Daniel King – Highland Mills NY  
 Michael & Nora Leone – Rockaway NJ  
 Stace & Edward Maude – Oakland NJ  
 Deborah & Ron Weiss – Guttenberg NJ  
 Sherry & Earl Young – Maybrook NY  
 Carl Guzzo – Spring Lake NJ  
 Susan Seckel – Milburn NJ  
 Scott Herland – Oak Ridge NJ  
 Elizabeth DiStefano – Suffern NY  
 Jim Sorensen – Hopatcong NJ  
 Brian & Patricia Kelly – Twp. Washington NJ  
 Vickie & John Fielder – Cornwall NY  
 Dawn Dingley – Maplewood NJ  
 Michael O'Keefe – Ringwood NJ  
 Deborah Donnelly – Suffern NY  
 Richard Panicucci – Pine Brook NJ

Welcome Back

Kimberly & Mark Dumont - Albany NY  
 Brian Horowitz – Bridgewater NJ

## Updated Harriman Trails Guide For Sale

by Chris Connolly

The NY-NJ Trail Conference has issued a long-awaited second edition of Bill Myles' classic "Harriman Trails: A Guide and History", first published in 1992. The guide's 500 pages provide a comprehensive physical description and fascinating history of all blazed, and numerous unmarked, trails in Harriman/Bear Mountain State Parks.

This is a book to dip into and savor throughout the years. You can place your order through the Trail Conference's website [nynjtc.org](http://nynjtc.org).



Photo taken at the Ramapo Reservation. From left to right: Lou O'Neil, Betty Heald, June Slade and Phyllis Key.

# Early Days Of The Ramapo Chapter

by Mary Sive

At the June picnic some of us old-timers had fun reminiscing about our past hiking days. More recently I tackled some old files in the back of a closet and among them found notes pertaining to the 1970s and 1980s. I had assembled them while compiling the story of the chapter's first 20 years in 1991. They held some surprises.

The hiking schedule may look similar but it has changed. Early on, there were many canoe trips, some involving camping in the Pine Barrens. And those were not the only weekend outings - we went to the Loj, to campgrounds in the Catskills, or backpacking in the Adirondacks and Catskills. We spent winter weekends at Frost Valley (the cost for two nights was \$38.75 in 1979. Did we sleep in the cabins and bring our own sleeping bags?). We did much cross-country skiing but no biking.

Ramapo hikes met originally at the Suffern Police station and later at the Nanuet Mall near Sears. North Jersey typically met at

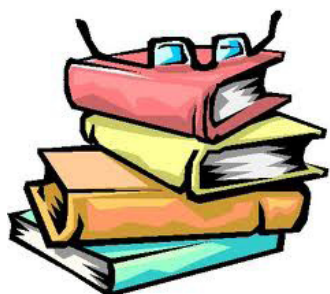
a shopping center on Route 17. Ramapo's Spring 1974 schedule carried this admonition: "Due to the changing gasoline situation, please contact leaders in advance for all hikes outside the local area." How quickly we forgot those long lines at gas stations!

I certainly had no recollection that from 1976 to 1981 our schedules showed hike lengths in kilometers as well as miles. "Metrication," as it was called, was another short-lived and quickly forgotten episode. Historic hikes were featured as the nation celebrated the Bicentennial in 1976. About that time also the schedule showed more Catskill hikes (some joint with North Jersey) as several members got interested in peakbagging.

The cost of the 10th-anniversary dinner in 1981 was \$13.50. Always ready for a party, Ramapo members got together for several New Year's Eve observances, one of them involving a midnight hike on the shore path under the George Washington Bridge. Where are the leaders to take on such an outing now?

## Book Review

by Suzan Gordon



I have just completed reading a captivating novel entitled *Man in the Woods* by Scott Spencer. The title has everything to do with the story, although it is not about a person spending their life in a forest. Mr. Spencer is a skillful writer using descriptive passages and interesting plot twists throughout the book. In

the beginning of the story two of the characters are taking a walk in a nearby woods ( it takes place in Tarrytown, NY). The following excerpt was extremely meaningful to me, and I believe it will be to any of us who walk in the woods.

"Walking through the woods, it's step by step, one foot in front of the other. What could be more fundamental? It's like breathing - inhale through the nostrils, exhale through the mouth... You can't walk in the woods the same way twice, no matter how you may try. You can tread the same path at the same pace and at the same time of day, you can measure your steps so that Tuesday's walk matches Monday's as closely as possible, but no matter what, the walk will be singular and unique. Leaves will have fallen since your last time here, pine cones, acorns, berries, a beer can, a candy wrapper. Procreation will have taken place, pursuit, death, shoots will have been eaten, brush will have been trampled, bark will have peeled, roots will have grown deeper. Decay and regeneration are a wheel that will not stop turning..."

I am looking forward to reading and enjoying each of the ten other novels that Scott Spencer has written. I am going to my local library tomorrow to take home another.

## Obituaries

by Betty Heald

FRED SCHMELTZER

Fred Schmeltzer, one of North Jersey ADK's early leaders, died peacefully at the New York State Veterans Home on August 20. He and his wife, Janet, moved to Pittsfield, NY in the early '90's. They bought a small farm where Fred was able to indulge in a life-long dream of raising Highland cattle and vegetables. Fred served his country in the Army and was wounded in 1944, receiving a Purple Heart. In addition to becoming a Catskill 3500'er, he was an Adirondack Forty-Six'er #1590. Fred enjoyed camping and during the '70's, he scheduled an annual Columbus Day camping weekend for the Club at Bash Bish Falls in southwestern Mass. (The mornings were very cold!) And, he hated fire rings. Whenever we came across one on Harriman hikes, he would see that we all helped in demolishing it.

SUE MORRISON

On September 30 Sue Morrison passed away in Pompton Plains. Graveside services were private. She and Jack relocated from Ridgewood to Cedar Crest several years ago and Jack died soon after. Just a year ago, June Slade, Elsa Tupanjanin and I enjoyed a delightful visit with Sue at Cedar Crest. Sue and Jack were regulars on North Jersey ADK weekend hikes in the '70s. In addition to the Morrisons, regulars included George & Marilyn Adair, Joe & Helen Cavallo, Hal & Mimi Cohen, Betty (Maury) Heald, Joe & Lila Oppenheimer, Fred & Janet Schmeltzer, Fred & Grace Sisto, and Halana Stumph. Elaine Wyckoff, Sue, and I organized North Jersey ADK's 10th Anniversary banquet in 1978. The ladies wore formal gowns. Sue was ever cheerful, outgoing and welcoming at meetings, always willing to help with even the smallest task. Through the years, though no longer hiking, Sue and Jack continued to attend Chapter meetings. Until just a few years ago, Sue collected and filed the hiker Sign-up forms. "Her trademark was enthusiasm," reports Marilyn Adair.

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 North Jersey Ramapo Chapter  
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## Winter 2011

### Dates to Remember!



#### Next chapter Meeting

**FRIDAY, April 29th**, 7:30 PM

Holy Cross Church, Mahwah NJ.

ADK member and bird watcher, Ivan Kossak, will present a program about sounds and sightings of local birds.

A **bird walk** will follow this program on **Saturday, April 30th** at Garret Mountain Reservation, West Paterson, NJ.

More information in the spring "Trail Talk".

**Wild Edibles Workshop** with Paul Tappenden  
**SATURDAY, May 21st**, rain date Saturday, May 28th.  
 Details in the spring "Trail Talk".



### Hike the Whites in June

Diane Grunthal, an NJR affiliate from the Long Island chapter will lead a one-week hiking trip in the White Mountains of New Hampshire June 12-17. She plans to hike six 4000 footers, staying in AMC huts and motels. Full details are at [www.Hudsonhikers.org](http://www.Hudsonhikers.org). Participation is limited to 10 persons so if you're interested contact Diane promptly.