

FALL 2012

# Trail Talk

Adirondack Mountain Club  
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

## A Message From the Chair, it's Election time!

Our by-laws state that elections will be held in even numbered years at the annual meeting (our Holiday Party). It was the tradition in the Ramapo chapter that the Chair would serve only one 2 year term and the Vice Chair would step up. We are continuing that tradition. Suzan stepped down after her term and I will soon step down and go back to being an ordinary member. It has been an interesting and pleasant 2 years. The executive board members, the other officers and committee chairs, do their jobs so well that there is very little for the chair to do! Very occasionally a situation arises that requires my help or advice, and then I feel needed. Most of the time I just watch.

In May I appointed a nominating committee and they and the board have recommended the following slate of candidates. Members may nominate additional candidates at the September chapter meeting, provided they follow the rules set out in the by-laws. Voting will take place at the Holiday Party and the new Chair will begin to watch immediately!

### Jeff Sovelove - Chair

Jeff has been involved with ADK since 2005 as a hike leader. He also served as Director and special outings chair for the North Jersey Chapter. He has been Vice Chair for the past 2 years and now also serves as interim Director. Jeff also leads hikes and social events for the Sierra Club and is a hike leader for Union County Hiking Club.

### Karen Rose - ViceChair

Karen joined the ADK in 1994 and was the Activities Chair for the North Jersey Chapter for 7 years. She has been the Trails Chair for NJ-Ramapo since 2009 and is a Delegate at Large to the NYNJ Trail Conference. Karen also is a member of the Catskill 3500 and the ADK46ers.

### Marcia Greenwald - Treasurer

Marcia joined ADK over 40 years ago, and has done lots of hard hikes. Now she does easier, slower ones, but still loves to get into the woods and feels that life is worth living by enjoying the outdoors. She has been the chapter Treasurer since the merger and had been keeping the financial records of the North Jersey Chapter for several years.

### Fred Hodde - Secretary

Fred joined the North Jersey chapter in 2009 and has actively led many hikes. He has been the chapter Secretary for the past two years. He retired from AT&T Wireless two years ago. Other activities and interests include biking, radio -controlled model airplanes, reading and exploring on the computer.

### John Jurasek - ADK Director

John has been a life member and hike leader for the ADK for over a decade. He has also been a Delegate at Large, trail maintainer, and member of the Publications Committee for the New York-New Jersey Trail Conference. He has been very active in helping to produce the Trail Conference Maps for the past 15 years. John is also a Sierra Club life member, hike leader and Chair of the Atlantic Chapter Outings Committee.

So come to the Holiday Party and VOTE!

*Richard*



*Balsam Lake Mountain - Catskills. Hike on Oct.7th led by Deanna Felicetta with Lark in the Woods. See schedule for details.*

## 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 NORTH JERSEY RAMAPO CHAPTER

385 N. Franklin Tpke, Box 7, Ramsey NJ 07446

For information: [info@hudsonhikers.org](mailto:info@hudsonhikers.org)

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

### OFFICERS

CHAIR - Richard Sumner

845-362-8470 [chair@hudsonhikers.org](mailto:chair@hudsonhikers.org)

VICE CHAIR - Jeff Sovelove

973-261-4745 [vicechair@hudsonhikers.org](mailto:vicechair@hudsonhikers.org)

TREASURER - Marcia Greenwald

201-797-7541 [treasurer@hudsonhikers.org](mailto:treasurer@hudsonhikers.org)

SECRETARY - Fred Hodde

973-728-3223 [secretary@hudsonhikers.org](mailto:secretary@hudsonhikers.org)

### COMMITTEE CHAIRS

ADK BOARD OF DIRECTORS

Alternates

Christopher Tausch

201-669-3113 [alternate@hudsonhikers.org](mailto:alternate@hudsonhikers.org)

Jeff Sovelove

973-261-4745 [vicechair@hudsonhikers.org](mailto:vicechair@hudsonhikers.org)

CONSERVATION - Chris Connolly

201-816-9465 [conservation@hudsonhikers.org](mailto:conservation@hudsonhikers.org)

DELEGATE NY-NJTC - Deanna Felicetta

845-216-2021 [delegate@hudsonhikers.org](mailto:delegate@hudsonhikers.org)

HIKE SCHEDULE - Peter Tilgner

201-871-3531 [schedule@hudsonhikers.org](mailto:schedule@hudsonhikers.org)

SIGN-IN FORM COLLECTION - Betty Heald

201-967-2937 [formcollection@hudsonhikers.org](mailto:formcollection@hudsonhikers.org)

SIGN-IN FORM MAILING - Lou O'Neill

845-357-0497 [formmailing@hudsonhikers.org](mailto:formmailing@hudsonhikers.org)

MAILING - Denis & Joan Kmiec

845-634-1397 [mailing@hudsonhikers.org](mailto:mailing@hudsonhikers.org)

MARKETING - Peter Reiner

845-634-7635 [marketing@hudsonhikers.org](mailto:marketing@hudsonhikers.org)

MEMBERSHIP - Phyllis Key

201-768-5573 [membership@hudsonhikers.org](mailto:membership@hudsonhikers.org)

MERRYWEATHER HIKER

[merryweather@hudsonhikers.org](mailto:merryweather@hudsonhikers.org)

NEWSLETTER - Judith DeBiase

845-354-7736 [newsletter@hudsonhikers.org](mailto:newsletter@hudsonhikers.org)

NEWSLETTER COPY EDITOR- Sheila Rizzo

201-567-8108 [copyeditor@hudsonhikers.org](mailto:copyeditor@hudsonhikers.org)

PROGRAMS - Suzan Gordon

201-871-3531 [programs@hudsonhikers.org](mailto:programs@hudsonhikers.org)

PUBLICITY - Eileen Turner

201-670-1527 [publicity@hudsonhikers.org](mailto:publicity@hudsonhikers.org)

SUNSHINE - June Slade

973-835-2832 [sunshine@hudsonhikers.org](mailto:sunshine@hudsonhikers.org)

TRAILS - Karen Rose

201-962-8546 [trails@hudsonhikers.org](mailto:trails@hudsonhikers.org)

WEB MASTER

[webmaster@hudsonhikers.org](mailto:webmaster@hudsonhikers.org)

*Trail Talk is published quarterly in December, March, June and September. Deadline for submissions is generally one month prior to publication date. Please send articles, photos or other contributions to [newsletter@hudsonhikers.org](mailto:newsletter@hudsonhikers.org)*

## ADK STICKERS

Stickers for your car windows are available by contacting Phyllis Key at [pkeyhiker@juno.com](mailto:pkeyhiker@juno.com) or Laurie Schweighardt at [laurie@adk.org](mailto:laurie@adk.org). There is NO charge for the stickers. Be sure to give your full name and address so they can be mailed to you!



## HIKE SCHEDULE • FALL 2012 • OCTOBER • NOVEMBER • DECEMBER

Wednesday, 10/3 Saddle River Cty Park, Ridgewood, NJ C 3 C  
John & Louise Parnell [parnelljt@optonline.net](mailto:parnelljt@optonline.net) or 845-290-5287  
Meet at 10 AM in the parking lot near the start of the trail. This parking lot is close to the exit of the park. If you have any questions call.

Thursday, 10/4 Surebridge Mountain Loop B 6 B  
Fred Hodde [Bullwnk1@aol.com](mailto:Bullwnk1@aol.com) or (h) 973-728-3223 or  
(c) 973-722-7824

We'll meet at the Skannatati parking lot in Harriman at 9:30 AM. We'll do a lollipop starting and ending with the Long Path. We'll hike Surebridge Mountain using the Dunning, RD and Lichen trails. Registration by e-mail preferred. Call cell before 9 AM if the weather is questionable. TC Map 119.

Saturday 10/6 Sterling Forest Fire Tower Ramble B 5 B+  
Jeffrey Sovelove [Hiker\\_Dood@yahoo.com](mailto:Hiker_Dood@yahoo.com)  
We will hike to the Sterling Forest Fire Tower with an option to extend if the group desires. This is a moderately strenuous hike with a considerable amount of climbing. Meet at the Visitors' Center 10 AM sharp. Inclement weather cancels. Joint with the Sierra Club. TC map 100.

Saturday, 10/6 Adirondacks - Hike to Algonquin & Iroquois B 10 A  
Elie Bijou [adirondacks@verizon.net](mailto:adirondacks@verizon.net) or 518-873-2119 (NCA or e-mail after 8 PM, 10/4)

Join me to hike the two enormously popular 46'ers. Distance about 10 miles RT. ascent 3800 ft. Slower moderate pace. Algonquin 5115 ft, Iroquois 4860 ft. Please bring lunch, water, fleece, and rain gear.

Sunday, 10/7 Balsam Lake Mountain (a Catskill hike) B 10 B+  
Deanna Felicetta [felicetta.deanna@gmail.com](mailto:felicetta.deanna@gmail.com) or 845-216-2021  
Come enjoy this Lark in the Park Event and see a Catskill Fire Tower too! The day's hike will be from the lesser known western access trailhead at the end of Beaver Kill Road. Hike begins in lovely grass and berry fields and continues on into the woods. There are some fun scrambles up to the vistas and to the Balsam Fire Tower. The woods are worth the hike as are the great views of the Catskills from the Fire Tower. Pace will be steady but we plan to stop to admire all the special spots on our way. Dress in layers, and bring lots of water and lunch. Poor weather will cancel this hike. Must register by Monday before hike. Confirmation e-mail will go out Tuesday night. After that correspondence will be by phone only. Must leave name and phone no. in case we need to cancel. For driving directions go to [www.hudsonhikers.org/catskills.html](http://www.hudsonhikers.org/catskills.html). TC map 142.

Sunday, 10/7 Wyanokie High Point Loop B 7 B  
John Roebig [jroebig@gmail.com](mailto:jroebig@gmail.com) or 854-357-4538.  
We will do a loop hike in the Norvin Green State Forest originating out of the Weis Ecology Center. The trip will visit Roomy Mine and Blue Mine on the way to climb to the nearby summits of Wyanokie High Point, Yoo Hoo Point, and Carris Hill. Meet at 9:30 AM at the Weis Ecology Center at the large dirt parking area on the right side of the road, just before the entrance to the Weis Ecology Center. Come prepared with appropriate gear including traction devices. Precipitation or forecast of same cancels. E-mail or call for directions. Call or e-mail (pref.) to register for hike. TC map 115.

Sunday, 10/7 Jay Mountain B 6 B  
Elie Bijou [adirondacks@verizon.net](mailto:adirondacks@verizon.net) or 518-873-2119 (NCA or e-mail after 8 PM, 10/4)

Hike one of the more spectacular peaks in the northern Adirondacks. Pace: slower moderate. Elevation gain 1800 ft.

Monday, 10/8 Three Fire Towers In The NE Adirondacks B 7 B  
Elie Bijou [adirondacks@verizon.net](mailto:adirondacks@verizon.net) or 518-873-2119 (NCA or e-mail after 8 PM, 10/4)

Join me for a hike up Pokomoonshine, Belfry and a third one in between. Possibility of lunch afterwards. Pace slower to moderate. Total elevation gain about 800 ft.

Wednesday, 10/10 Ramapo Reservation, Mahwah, NJ C 3 C  
John & Louise Parnell [parnelljt@optonline.net](mailto:parnelljt@optonline.net) or 845-290-5287  
Meet at 10 AM at the Ramapo Reservation Parking Lot off Route 202 in Mahwah, NJ and enjoy an easy walk around the lake. TC map 115.

Thursday, 10/11 Ramapo Reservation C 5 B  
Phyllis Stewart [pastewart@optonline.net](mailto:pastewart@optonline.net) or 201-327-6319 (NCA 9 PM.)

Slow pace going up hills. We will hike the Ridge, White, Blue and White Trails, returning back around reservoir. Opportunity for longer hike if so desired. Looking forward to seeing some of my old friends. Meet 10 AM at Ramapo Reservation Parking Lot on Rt. 202, Mahwah. TC map 115.

Saturday 10/13 Two Skyline Crossings B 6 B  
Hank Zulauf [hankz46@verizon.net](mailto:hankz46@verizon.net) or 201-391-5867

Start 10 AM from the lower Skyline Drive Parking Lot off Skyline Drive (Exit 57 on Rt. 287). We'll take the Blue Trail to the Todd Trail crossing Skyline Drive past Millstones to Camp Glen Gray for lunch at the Gazebo. After lunch, we'll take the Schuber Trail crossing Skyline Drive again and then follow the Memorial and MacEvoy Trails to the lower parking lot. Call if weather is uncertain. TC map 115. Note: The parking lot needs work. Drive slowly and use caution. TC map 115.

Sunday, 10/14 Lake Skannatati Lollipop B 8 B+  
Reena Mancuso [reenamaybe@gmail.com](mailto:reenamaybe@gmail.com) or 914-391-3886  
Meet 9:30 AM at Lake Skannatati parking lot on Seven Lakes Drive in Harriman State Park. Beautiful views on the Lichen and RD trails. Not for beginners. Rain cancels. Call or e-mail leader to register. TC map 119.

Sunday, 10/14 Catskills- Bearpen and possibly Vly B 5.5 B  
George Preoteasa [gvpreo@gmail.com](mailto:gvpreo@gmail.com) or 201-694-8344

E-mail or call leader for meeting time and directions by October 12. This hike is in the Catskill Mountains, approximately 120 miles north of northern NJ. The 1700 ft of total ascent are on unpaved roads, woods roads and trails making the ascent quite easy. The hike to Vly, an easy bushwhack, would add 1.5 mi and 500 ft of ascent; however, an early out is possible. These are some of the easiest hikes in the Catskills. TC map 145.

Wednesday, 10/17 Fort Montgomery & Bear Mt. Bridge C 3 C  
John & Louise Parnell [parnelljt@optonline.net](mailto:parnelljt@optonline.net) or 845-290-5287  
Meet at 10 AM in the parking lot of Fort Montgomery. Take the

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Palisades Parkway north towards Bear Mt. At the circle take 9W north to Fort Montgomery on the right. We will walk over the Bear Mt. Bridge and enjoy the view.

Thursday, 10/18 Silvermine Circular B 6 B  
Fred Hodde Bullwnkl1@aol.com or (h) 973-728-3223  
(c) 973-722-7824

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 Map 119.

Saturday, 10/20 Johnstown Circular B+ 7 B+  
Robert Permutt rpermutt2003@yahoo.com (pref.) or  
914-588-0212

Meet 9:30 AM at the Johnstown Road Parking Circle. Hike to Almost Perpendicular, Claudius Smith's Den, Lake Skenonto and Lake Sebago via the Blue Disc, Victory, Triangle and White Bar Trails. Registration required by 10/18. TC map 118.

Sunday, 10/21 Panther Mountain And The Ledges B 6 B+  
Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021  
Hike one of the Catskills' most popular 3500 peaks in the Fall. Enjoy the fun of scrambling and catching lovely views. We will go at a steady pace but plan to stop to admire all lovely sights. Dress in layers and bring water and lunch. If weather poor we will cancel. Must register by Monday before hike. Confirmation e-mail will go out Tuesday night. After that correspondence will be by phone only. Must leave name and phone no. in case we need to cancel. For driving directions go to [www.hudsonhikers.org/catskills.html](http://www.hudsonhikers.org/catskills.html) TC map 142.

Sunday, 10/21 Surprise Lake Loop B 6 B+  
Fred Hodde Bullwnkl1@aol.com or (h) 973-728-3223 or  
(c) 973-722-7824

We'll meet at the A&P/Sears parking lot in the Hewitt section of West Milford 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. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Map 116.

Wednesday, 10/24 Bear Mt./Hessian Lake C 3 C  
John & Louise Parnell parnelljt@optonline.net or 845-290-5287  
Meet at 10 AM in the Bear Mt. parking lot near the newly renovated lodge. Take the Palisades Parkway north & follow the signs to Bear Mt. Enjoy a fall walk around Hessian Lake. TC map 119.

Thursday, 10/25 In The Woods B 7/9 B  
Paul Margiotta pjmm11@verizon.net (pref.) or 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 7:00 PM on Wednesday. No beginners.

Saturday, 10/27 Apschawa Preserve B 7 B  
Pat Marcotullio patmarcotu@optonline.net or 845-729-4046  
Apschawa Preserve is a 570 acre preserve off Macopin Rd. in the town of West Milford. It has some wonderful trails and an old,

unfinished water storage project that we will visit. The park is also home to the Butler Reservoir with a trail that goes around it. Meet 9 AM at the Stop & Shop parking lot off Exit 55 on Rt. 287. Steady rain will cancel.

Sunday, 10/28 Bare Rock Vista B 6 B  
Kevin Prunty/Jay Reilly gap3380@mac.com or K. (h) 845-942-1249  
J.(c) 845-826-3083

We'll meet at the upper parking lot for the Sterling Forest Visitor's Center at 9:30. We'll start with a climb to the Sterling Forest Fire Tower. After taking in the view, we'll hike to the Bare Rock Vista and enjoy lunch. After lunch, we'll return to the Visitor's Center using the Bare Rock and Sterling Lake Loop Trails. Registration by e-mail preferred. Call Jay's cell before 9:00 AM if the weather is questionable. TC Map 100.

Tuesday, 10/30 Historical Walk of Haverstraw C 2.5 C  
John & Louise Parnell parnelljt@optonline.net or 845-290-5287  
Meet at 10 AM at the Brick Museum, 12 Main St., Haverstraw, NY. We will have a talk & walk about Haverstraw of 100 years ago, the brick industry & the landslide of 1906. Meter parking in the front & back of the museum. Free parking is one block away. Some are planning to have lunch at Civile's Venice on the Hudson. Call if you have any questions.

Wednesday, 10/31 Rockland Lake C 3 C  
John & Louise Parnell parnelljt@optonline.net or 845-290-5287  
Meet at 10 AM at parking lot #1 near the swimming pool. Use the northern entrance on 9W and Lake Road in Congers. Enjoy an easy walk around the lake. TC map 110.

Thursday, 11/1 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.

Saturday, 11/3 Terrace Pond Loop B+ 5 A-  
Allison Tully 845-656-0442  
Great for hikers who want to do a fast hike with me. Panoramic views, short rock scrambles, beaver dam, glacial lake, and some ridges. What more can a hiker want? We start on yellow Terrace Pond South Trail and return on blue Terrace Pond North Trail. Meet 9:45 at Clinton Road lot (designated as P-7) on the right side of the road, about 0.2 mile south of a gas pipeline crossing (just north of the entrance to the Wildcat Mountain Wilderness Site - Project U.S.E.). Be prepared for wet areas. Rain cancels. If in doubt call leader between 8-9 AM. Register by Friday, Nov. 2. TC map 116.

Sunday, 11/4 Daylight Savings Time Ends.

Sunday, 11/4 Jessup Trail To The Megaliths B 8 A  
Peter Reiner psr7777@gmail.com or 845-323-7697  
Enjoy the marvelous views on Schunemunk Mountain and its double crest. Meet in parking lot on Taylor Road at 9:30 AM in Mountville. We will follow the Jessup and Sweet Clover Trails to the Megaliths and have lunch at the top. This is a strenuous hike with an elevation of 1700 feet above sea level. Rain cancels the hike. Call or e-mail hike leader to register and for directions. TC map 114.

*Pre-registration is advised in case of a change in schedule. Changes will be posted on facebook and the Yahoo group*

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Thursday, 11/8 To Ramapo Torne And Russian Bear B 7 B  
Pat Marcotullio patmarcotu@optonline.net or 845-729-4046  
Meet 9 AM Reeves Visitor Center. Steady rain will cancel. TC map 118.

Saturday, 11/10 Blauvelt Parks: Piermont-South Nyack C 10 B  
John Jurasek Jurasek@optonline.net or 845-519-4247 (NCA 10 PM)  
Visit Rockland Cemetery and the mysterious tunnels of an abandoned National Guard rifle range. Meet in front of 450 Piermont Ave. (building with mural) on the corner of Tate and Piermont Ave. in Piermont, NY by 10:15 AM. Joint with other groups. TC map 110.

Sunday, 11/11 Wyanokie High Point Circular B 7.5 A-  
P. Tilgner & S. Gordon browning.27@verizon.net or 201-871-3531  
We hike from West Brook Rd. to the Wyanokie High Point for lunch and grand views in Norvin Green State Forest using several different trails. Our return will be on the Highlands Trail. Trailhead parking is limited. Meet first at the Stonetown Recreation Area, Mary Roth Drive (off Stonetown Rd.), at 9 AM for a short car shuttle to trailhead. TC map 115. Joint with IHC.

Thursday, 11/15 In The Woods B 6/8 B  
Georgette Fazzari grfhiker@gmail.com (pref.) or 551-265-2369 (NCA 9 PM)  
Varied terrain in Harriman or nearby parks. Contact leader the week of hike for details and to register.

Friday, 11/16 NJR Board meeting at home of Richard Sumner 7:30 PM.

Saturday, 11/17 Taurus Trek B 5 A  
Chris Connolly c.connolly7@verizon.net 201-321-6605  
We take Washburn Trail 1400 feet up to terrific Mt. Taurus East Highlands views. Meet 9:30 AM at Washburn Trailhead Parking on Rt. 9D (.8 mile north of Rt. 301 in Cold Spring, NY). Precipitation cancels. TC map 102.

Sunday, 11/18 Pine Meadow Circular B 7.5 B+  
Kevin Prunty/Jay Reilly gap3380@mac.com or K. (h) 845-942-1249 J. (c) 845-826-3083  
Meet at 9 AM at the Reeves Visitor's Center for the start. We will follow the Pine Meadow Trail around Pine Meadow Lake, and then take the Kakiat and Stony Brook Trails back to our meeting spot. This is a lovely fall hike with great views of the lake. Call or e-mail leader to register. Call Jay's cell before 9:00 AM if the weather is questionable. TC map 118.

Saturday, 11/24 March Through Jockey Hollow B 5 B  
Jeffrey Sovelove Hiker\_Dood@yahoo.com  
We will do the parts of the Grand Loop, Blue and Yellow Trails at Jockey Hollow National Park in Morristown. We will stop at the Soldiers' Huts. For directions and information see: <http://www.nps.gov/morr/planyourvisit/directions.htm>. Bring lots of water, a light snack, and wear hiking boots. Meet at the visitors' center at 10 AM. Heavy/steady rain cancels. Joint with the Sierra Club.

Saturday, 11/24 RD Trail Maintenance Hike C 6 B  
Karen Rose kkarose@aol.com or 201-962-8546  
Meet Tiorati Circle at 10 AM. Join me to hike and inspect the RD

to the Wm. Brien Memorial Shelter and back again. 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 cancels. Please call or e-mail to register.

Sunday, 11/25 West Mountain Circular B 7/8 B  
Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021  
West Mountain affords some great hiking, some scrambles and some of the area's most gorgeous views of the Hudson and park. Route will be determined by the day's weather. Poor weather cancels. Register by Monday before hike. Confirmation e-mail will go out Tuesday night. After that correspondence will be by phone only. Must leave name and phone number in case we need to cancel. TC map 119.

Thursday, 11/29 Johnstontown Circular B 6.5 B  
Fred Hodde Bullwnk1@aol.com or (h) 973-728-3223 or (c) 973-722-7824  
Meet at the Johnstontown 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 Map 118.

**Friday, 11/30 Deadline to RSVP to Suzan Gordon for NJR Holiday Party at Marcello's Restaurant, Suffern, NY.**

Saturday, 12/1 Lunch On The Bottle Cap B 7 B  
P. Tilgner & S. Gordon browning.27@verizon.net or (c) 201-546-0509  
Meet 9:30 AM at Lake Skannatati Parking off Seven Lakes Drive. Hike the Long Path to the Bottle Cap. Then on to the RD, Times Square, and the ASB out. Severe inclement weather cancels. Register with leaders for this outing. TC map 119.

Sunday, 12/2 Ramapo Torne Circular C 5 B  
Aaron Schoenberg askus3@optonline.net or 845-987-4893  
This hike is a loop from the Reeves Meadow Visitor Center. Scenic views of the Ramapo Valley will be afforded from the summit. TC Map 118. Meet: NY/NJ Trail Conference Office Building (Rt. 202/ Ramapo Valley Rd.) Mahwah, 10 AM. Prefer not to meet at Reeves Meadow due to lack of parking, thus we will carpool.

Thursday, 12/6 In The Woods B 7/9 B  
Paul Margiotta pjmm11@verizon.net (pref.) or 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 7:00 PM on Wednesday. No beginners please.

**Thursday, 12/6 North Jersey Ramapo Holiday Party, Marcello's, Suffern, NY.**

Saturday, 12/8 Sterling Forest Meandering - 1 B 8 B  
Dean Gletsos 845-354-0738  
Starting at the Sterling Forest Visitor Center, we will take a variety of trails not usually frequented. We will visit little lakes and we will admire the many views, especially with the foliage gone. See what you missed and learn about the history of the area. If time permits, visit the panorama, the exhibits and watch a beautiful

*Pre-registration is advised in case of a change in schedule. Changes will be posted on facebook and the Yahoo group*

## HIKE SCHEDULE • FALL 2012 • OCTOBER • NOVEMBER • DECEMBER

video. Be prepared for the weather, dress appropriately and bring enough food and water. Call leader if in doubt about the weather or for additional information. Meet at the Visitor Center Upper Parking Lot at 9:30 AM. TC map 100.

Sunday, 12/9 Winter In And Out Hike In Harriman B 5/8 B  
Deanna Felicetta felicetta.deanna@gmail.com or 845 -216- 2021  
Hike from Lake Tiorati to Black Mt. on the RD to catch a view of Silvermine Lake at lunch. Moderate pace. Route may be changed if snow arrives. Bring appropriate clothing and gear for the winter. Poor weather cancels. Register by Monday before hike. Confirmation e-mail will go out Tuesday night. After that correspondence will be by phone only. Must leave name and phone number in case we need to cancel. TC map 119.

Thursday, 12/13 Bare Rock Vista B 6 B  
Fred Hodde Bullwnkl1@aol.com or (h) 973-728-3223  
(c) 973-722-7824

Meet at the upper parking lot for the Sterling Forest Visitor's Center at 9:30 AM. We start with a climb to the Sterling Forest Fire Tower. After taking in the view, we'll hike to the Bare Rock Vista for lunch. After lunch, we'll return to the Visitor's Center by "strolling" back down the Bare Rock Trail. Registration by e-mail is preferred. Call 973-722-7824 before 9 AM if the weather is questionable. TC Map 100.

Saturday, 12/15 Queensboro & Turkey Hill Lakes Loop B 5 B  
Peter Reiner psr7777@gmail.com or 845-323-7697

Meet at Anthony Wayne Recreation area parking lot at 10 AM for a hike on the Fawn, Timp Torne and 1777W Trails as we explore the beautiful Queensboro and Turkey Hill Lakes. We will lunch by the lake and return on the Anthony Wayne Trail. A few strenuous climbs but this is a moderate hike. TC map 119.

Sunday, 12/16 Surprise Lake Loop B 6 B  
Kevin Prunty/Jay Reilly gap3380@mac.com or K. (h) 845-942-1249  
J. (c) 845-826-3083

We'll meet at the A&P/Sears parking lot in the Hewitt section of West Milford at 9:30 AM. We'll do a loop around the Surprise Lake area on Bearfort Ridge going up via the Bearfort Ridge Trail and returning via the Quail Trail. Registration by e-mail preferred. Call Jay's cell before 9 AM if the weather is questionable. TC Map 116.

Thursday, 12/20 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.

Saturday, 12/22 Sterling Forest Meandering - 2 B 8 B  
Dean Gletsos 845-354-0738  
Starting at the Sterling Lake Visitor Center, we will take a variety of trails not usually frequented. Similar to Sterling Forest Meandering - I, but different trails will be used. Be prepared for the weather by dressing appropriately and bringing enough food and water. Call leader if in doubt about the weather or for additional info. Meet at the Visitor Center upper parking lot at 9:30 AM. TC map 100.

Sunday, 12/23 Timping Along B 7.5 A-  
Chris Connolly c.connolly7@verizon.net or 201-321-6605  
We ascend via Cornell Mine Trail to The Timp and Hudson panoramic views, weather permitting. Meet 9:30 AM at Cornell Mine Trailhead Parking on Rt. 9W. Precipitation cancels. TC map 118.

Thursday, 12/27 From the Hollow To The Cabin B 6.5 B  
P. Tilgner & S. Gordon browning.27@verizon.net or (c) 201-546-0509

We hike the Parker Cabin Hollow Trail using 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-87 underpass. Please register for this hike. Severe inclement weather cancels. TC map 118.

Saturday, 12/29 Bear Mountain Circular B 7 B+  
Chris Connolly c.connolly7@verizon.net or 201-321-6605  
We step up on AT and return via Popolopen Gorge Trail, weather permitting. Meet 9:30 AM at Fort Montgomery parking lot off Rt. 9W. Precipitation cancels. TC map 118.

Sunday, 12/30 Fahnestock Loop B 7 B  
Richard Sumner rls@rsumner.com or 845-362- 8470  
My favorite hike in Fahnestock. It includes a section of the AT nice even in winter when the leaves are gone. Meet at 10 AM at first parking pull-off on Rt. 301 (where the AT crosses) at Canopus Lake (take Rt 301 from Cold Spring). Foul weather will cancel. Call before 8:00 AM if uncertain. TC Map 103.

*Last-minute changes in the hike schedule will be posted on Facebook and/or Yahoo. This is the place to look for cancellations, changes in meeting place or time and last-minute additions to the hike schedule. The easiest way to get there for the first time is from our website home page [www.hudsonhikers.org](http://www.hudsonhikers.org). Just click on the icon to go to those pages. Remember, you don't have to join Yahoo or Facebook to see our pages.*

### TIME TO PARTY

Our annual **Holiday Party** will take place at Marcello's Restaurant in Suffern, NY on **Thursday, December 6th** beginning at **7 PM**. We will have time to socialize before sitting down for dinner at 7:40. Marcello has promised us another fantastic evening of fabulous food (salad, pasta, choice of entree, dessert, coffee and/or tea) for the unbelievable price of \$30 per person. A cash bar will be available to keep us merry and in a holiday mood. Please let me know if you will join us by contacting me before November 30th. Looking forward to seeing you then.

Suzan Gordon, Program Chair  
201-871-3531  
browning.27@verizon.net



# Meeting Nature's Plants in the Woods

By Deanna Felicetta

You have read many articles recently on how to be prepared for ticks in the outdoors. Perhaps you have attended one of the talks about snakes in the Northeast areas. There have even been programs and TV shows on our larger friend the black bear. As a hiker, you are feeling very well informed, and quite prepared to go into the woods. BUT ARE YOU? What about our green friends THE PLANTS?

On a hike we look at and admire the local plants all the time. But what do you know about these living things? Most hikers will go on a hike and admire their surroundings, leaving at the end of their day's visit with only the happy memory of nature's beauty. But occasionally there is more to know and consider. Most plants are safe to touch, but some plants or their flowers or berries/fruit are poisonous. If you are not knowledgeable about a flower or a berry, simply refrain from picking! However, some plants are a bit more tricky.

It is important to know about poisonous plants that act by contact. So there is something to that old proverb "LOOK but do not TOUCH!" There are many plants that grow in the woods and meadows that should not be touched or sniffed. It is wise to know the ones you might find on your hike. I think it best to limit this discussion to three very common plants of our NY/NJ area where our hike leaders lead our hikes. In these areas it is not uncommon to find areas where a plant is so prolific that it is impossible to continue on the hike without contact with it. Use caution. Poison ivy and poison oak are very common in Harriman State Park as well as other areas in Bergen, Sussex, Rockland and Orange County. Stinging nettles are well-known in upstate New York, and can grow in fields and in the woods to some height in the summer in the Catskills.

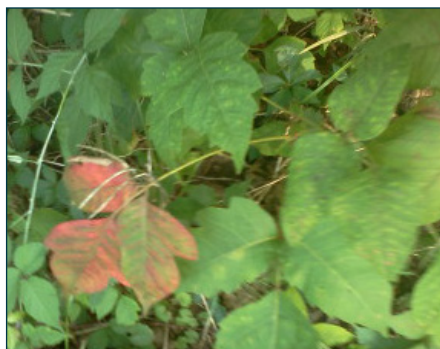
Poison Ivy may be either a woody shrub or woody vine (*Todendron radicans*/rydbergii), with three parted and pointed leaves, usually green in color. Leaves may be shiny green in summer or change to colors in fall. The entire plant, including the roots, can cause an allergic reaction



*Poison Ivy*

with severe and continual skin irritation, blisters and sometimes swelling, fever and headache. Fluid in blisters can spread the dermatitis! Signs may show in a few hours or the following day.

Poison Oak (*Toxicodendron pubescens*/diversiloburn) of the cashew family is widespread in North American in the local Atlantic or Pacific variety. The Western variety may be up to fifty feet in vine with berrylike drupes. Eastern poison oak likes the dry barrens, oak and pine woods of the Atlantic.



*Poison Oak*

wash the area well with strong soap and water. Apply first aid cream with antihistamine or calamine lotion to ease the itching. Reapply as needed. ALWAYS go to see a doctor if symptoms are severe.

Our last "Look and do not touch" selection is the notorious Stinging Nettle (*Urtica Dioca*). The leaves and stems are very hairy with both non-stinging and stinging hairs called trichomes. Leaves have a serrated-like edge containing these bristles or trichomes that cause an intense stinging sensation,



*Stinging Nettle*

that will commonly last up to 20 minutes if they touch the skin. For some, allergic reactions may be more severe. Washing the area with water or rubbing with a local jewelweed plant may lessen the stinging sensation. (Be certain of your plants.) Nettles grow from 3 to 7 feet while their leaves can be 2 to 6 inches long, with flowers atop in summer. Nettles are herbaceous perennials common throughout North and Central America, the Caribbean and northern Europe. They are very prolific in Upstate New York, especially in areas like the Catskills. This unusual plant can grow in the woods in moist areas, along streams or at forest margins. Stinging nettles have been written about in ancient literature in the form of poems, or even evil "spells". Young nettles have been used to make nettle soup both in the United States and Europe, and are considered edible when boiled. What a plant!

So come meet some of these famous plants on your next hike! Whether you plan to take some pictures, pick a berry, or just plan to hike along and "look but don't touch", the woods are a pretty great place to be!

See you on the Trail,

Deanna

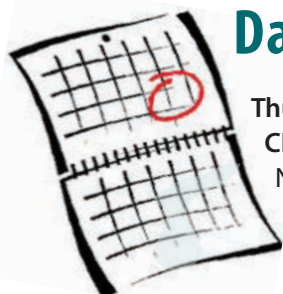
It is especially unwise to touch oily leaves of Poison Ivy and Poison Oak. Do not burn these plants as the smoke and even pollen can produce severe symptoms! Best to keep laundry separate as it can contaminate other clothing. AFTER CONTACT

Adirondack Mountain Club  
North Jersey Ramapo Chapter  
385 N Franklin Tpke, Box 7  
Ramsey, NJ 07446

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## Dates to Remember!

**Thursday, Sept 20th 7PM**

**CHAPTER MEETING- "You Want to Go Where?"**

Nanuet Public Library in Nanuet, NY.

Jeff Blumenthal will present a program on expeditions and adventures. Please bring family and friends for an evening of education and enjoyment.

**Thursday, December 6th 7PM**

**HOLIDAY PARTY!**

**Marcello's Restaurant, Suffern, NY RSVP by November 30th**

See page 6 for details.

## Welcome New Members!

Sue & Mark Alleman – Florida NY  
June Auger – E Rutherford NJ  
Marta Carbone – Pequannock NJ  
Brendan Collishaw – Suffern NY  
Aimee & Peter Dlugos – Andover NJ  
Joan Jones – Ridgewood NJ  
Michael Livni – Wayne NJ  
Len Melone – Fairview NJ  
James Narron – Hoboken NJ  
Albert Scalza – Linden NJ

Ciro & Andrea Attardo- Chester NY  
Rita & Ed Biml – Hillsdale NJ  
Kimmy & Young Kim – Nanuet NY  
Susan Lilly – Fort Lee NJ  
Oliver Schirokauer – Oberlin OH  
Maria & Tom Blon – Middletown NY  
Margaret Fraser – Nyack NY  
Nancy & Norm Illian – Hillsdale NJ  
Karen Lethbridge – Wilton CT  
Ellen Roth – Nyack NY

Donna & Edward Dowd – Ridgewood NJ  
Barry Bernstein – Mahwah NJ  
Gwynne & Michael Bontempo – Toms River NJ

### Welcome Back

Matthew Butler – Morristown NJ  
Rosa & John Festa – Metuchen NJ  
Elizabeth Von Dreele – Allendale NJ  
Nancy & Steven Fazio – Bloomfield NJ  
Nancy Schluter – Pennington NJ