



SPRING 2014

Trail Talk

Adirondack Mountain Club
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

Toshiko d'Elia

We mourn the loss of Toshi d'Elia who died on Feb. 19 at the age of 84 from brain cancer. Toshi's husband Fred d'Elia was the founder of both the Ramapo and the North Jersey Chapters (Fred died in 2000).

We remember them as leading the hardest hikes. On one hike they did the SBM from end to end (24 miles!) on Saturday, stayed overnight at the Bear Mt. Inn and returned on the trail to Suffern on Sunday (they were the only ones to do the round trip). The d'Elia's were ADK 46'ers and climbed mountains all over the world.

Toshi took up running at the age of 42 to build strength for her hiking and climbing. Soon running became her passion. At 100 pounds and a little over 5 feet tall, she broke many age-group records. In 1976 she ran the New York City Marathon and placed third in the women's race in 3 hours, 8 minutes and 15 seconds. In 1980 in Glasgow, Scotland she became the first woman over the age of 50 to run a sub 3 hour marathon finishing in 2:57:25.

What made Toshi's achievements so remarkable was that she battled cervical cancer in her 40's and underwent open-heart surgery to repair an aneurism at the age of 78. But she kept on running, breaking more world records. Mary Wittenberg, the president of NY Road Runners, called her "our queen of the roads".

At one of our holiday dinners our chapter was fortunate to see a movie "Running On" about Toshi's life. Toshi wanted her ashes spread at her mother's grave in Japan and also in the Adirondacks.

A memorial service for her will be held in the Spring.

Ike & Marilyn Siskind

A Message From the Chair

Spring has sprung!

By the time you read this I hope that it really has, since as I write this we have over a foot of snow on the ground and the high temperature won't get above freezing this week. My snowshoes and stabilicers have become my best friends during this snowy, cold winter. I hope you've taken advantage of all this snow to get in some snowshoeing.

Spring is a time when it seems like the earth is reborn and life returns. This year it has special meaning for me as I pass the 1 year anniversary of my heart attack and I'm still going strong. When the weather gets warmer and the trees begin to bud we all come down with a case of "Spring Fever", an itch to get outside and enjoy the warm weather we've all been waiting for.. I'd like to encourage all of you to get out, go on a hike, and get more involved in our club. If you've thought of leading a hike please contact one of our experienced leaders to show you the ropes. If you haven't been on a hike recently there's no better way to shed those winter blues like getting out in the sunshine!

We have some great events planned for the year, including our next chapter meeting on Friday, March 28, 2014 at the Nanuet Library. Don't miss Dumont Historian Dick Burnon presenting a video/lecture on what really happened to famed Aviatrix Amelia Earhart. We also have our very popular annual Mohonk Mountain House outing in September. Speaking of events, this year's Black Fly Affair in Lake George this year will be a Trek to the Track on May 31st so be sure to save the date and click the link for more information: www.adk.org/page.php?pname=Black-Fly-main Be sure to check our Facebook page and Yahoo Group for details on our events when they become available. I would also encourage you to join your Yahoo Group at groups.yahoo.com/group/North_Jersey-Ramapo_ADK/ to stay informed in the event of last minute additions to the schedule or hike changes.

If you have a hike you've been wanting to do why not lead it with the assistance of an experienced hike leader? Are there other events that you would like to see on our schedule? Why not suggest it to a board member or an officer? Remember, this is YOUR club. Get out there, get involved, and let's hear from you.

See you on the trails!

Jeff Sovelove
Chapter Chair



Photo by Jeff Sovelove

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

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www.hudsonhikers.org/catskills.html

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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

If you do not receive newsletter by the end of each quarter, please contact Phyllis Key 201-768-5573 membership@hudsonhikers.org

ADK STICKERS

Stickers for your car windows are available by contacting Phyllis Key at pkeyhiker@gmail.com or Laurie Schweighardt at 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 • SPRING 2014 • APRIL • MAY • JUNE

- Thursday, 4/3 In The Woods B 6/8 B
Georgette Fazzari grfhiker@gmail.com (pref.) or 551-265-2369 (NCA 9 PM)
Contact leader the week of hike for details and to register.
- Saturday, 4/5 Early Spring Harriman Special B 8 B
Dean Gletsos cgletsos@yahoo.com or 845-354-0738
Experience the thrills and surprises of Harriman. We will use several trails and old roads, over mountains, valleys and lakes. Some very nice views too. Weather and conditions will determine hike length. Dress for conditions. Register with leader. Meet 9:30 AM at Rt.106 SBM Parking Area. TC Southern Harriman map 118.
- Sunday, 4/6 Long Path Series-Section Two B 8 B
Elie Bijou adirondacks@verizon.net or 718-377-2990 10AM-9PM, Fri to 6PM
Starting at the Englewood Boat Basin and picnic area, we'll take the Dyckman Hill Trail to the Long Path to the Huyler's Landing Trail and hike to Huyler's Landing. Then we will return via the Shore Path to the Englewood Boat Basin. Elevation gain around 700 ft. Please register for this hike. TC Hudson Palisades map 108.
- Thursday, 4/10 Out Of The Elk Pen B 6 B
Fred Hodde Bullwnk1@aol.com or (H) 973-728-3223/(C) 973-722-7824
Meet at the Elk Pen at 9:30 AM 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 North map 119.
- Saturday, 4/12 Harriman Trails B 6/8 B
Bill Drapkin wdrapkin@optonline.net (pref.) or 845-826-2112
A reasonably paced hike on various Harriman trails. Contact leader the week of the hike to register and for all details.
- Sunday, 4/13 Osborn Loop B 7 B
Chris Connolly c.connolly7@verizon.net or 201-321-6605
Check out the scenery east of the Hudson. Precipitation cancels. Meet 9:30 AM Castle Rock Parking Lot off Rt. 9D (about 4 miles north of the Bear Mt. Bridge). Please register for this hike. TC East Hudson map 101.
- Thursday, 4/17 In The Woods B/C 5/7 B
Richard Sumner RLS@RSUMNER.COM or 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, 4/19 Meandering Around Lake Welch B 8 B
Dean Gletsos cgletsos@yahoo.com or 845-354-0738
We will explore places. We will use regular trails, old roads, visit old ruins, a cemetery, lakes, a shelter, a fire-tower and the Irish Potato! Some very nice views too. Dress properly, bring lunch and water. Meet 9:30 AM at St. John of the Wilderness parking area. Do not park on the road, you may be ticketed. TC Southern Harriman map 118.
- Sunday, 4/20 Popolopen Torne B 7.5 A/B
Peter Reiner psr7777@gmail.com or 845-323-7635
Starting at the Fort Montgomery Visitor Center Parking we cross under 9W to the Timp Torne, 1777/79 Trails with good views of the Gorge. We then climb and scramble approximately 800 ft. to the summit of Popolopen Torne for lunch and great views. Descending the back side of the Torne we join the TT, 77, 79 Trails continuing on to Queensboro Lake and our return on the Popolopen George Trail. Meet 10 AM at the Visitor Center Parking Lot. Call or e-mail to register. TC Harriman North map 119.
- Thursday, 4/24 In The Woods B 6/8 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.
- Saturday, 4/26 Jockey Hollow Leader's Choice B 5 B
Jeff Sovelove Hiker_Dood@yahoo.com
Leader's choice of trails depending on conditions at Jockey Hollow National Park in Morristown. See <http://www.nps.gov/morr/planyourvisit/directions.htm> for directions and information. Meet at the visitors' center at 10 AM. Inclement weather cancels. Proper footgear required (stabilicers, crampons or snowshoes) if appropriate for the conditions. Optional lunch at a local eatery if we get done in time. Joint ADK/Sierra Club hike.
- Saturday, 4/26 Suffern Bear Mountain Trail B 7.5 A
Elie Bijou adirondacks@verizon.net or 718-377-2990 10AM-9PM, Fri to 6PM
Hike the Suffern Bear Mt. Trail from Gate Hill Rd to Anthony Wayne Recreation Area. Two car shuttles required. Involves a hike over five hills and includes Irish Potato, Pound Swamp Mt, Pynygyp, Horn Hill and Cats Elbow. A challenging section of the Park. Elevation gain 1400 ft. Rain Cancels. Read about it here: <http://nynjtc.org/hike/suffernbear-mountain-trailpynygyp>. Please register for this hike. TC Harriman North and South maps 118/119.
- Sunday, 4/27 Sterling Forest Twofer B 9 B+
Fred Hodde Bullwnk1@aol.com or 973-728-3223 (H) 973-722-7824 (C)
We meet at the upper parking lot for the Sterling Forest Visitor 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 where we enjoy lunch. After lunch, we continue down the Bare Rock Trail. We climb back to the tower from the south via the Fire Tower and Sterling Ridge Trails, requiring a mini scramble. Not for beginners. 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, 5/1 In The Woods B 6/8 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.

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Saturday, 5/3 Norvin Green B 8.5 B+
Sheree Bennett shereestarrrett@yahoo.com or (H) 973-857-0543
(C) 973-932-9466

This is a moderately strenuous hike with two steep uphill. Meet 9:30 AM at the large parking lot at 150 Snake Den Road, Ringwood, New Jersey. This hike will not go if it is raining. Please call or e-mail leader to register or with any questions. TC North Jersey map 115.

Sunday, 5/4 Camp Smith Trail B 8 B+
Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021
High above the Hudson the Camp Smith Trail challenges the hiker with good rock scrambles and the excitement of great views of the river as we make our way to Anthony's Nose for lunch. Please leave name and phone to register. Inclement weather cancels this hike. Registration open 2 weeks before hike but must register by Thursday before the hike. No e-mail after 10 PM Friday before hike. Contact leader for meeting time and place. Please leave full name and phone number. This hike is not for beginners. TC East Hudson map 101.

Thursday, 5/8 In The Woods B/C 5/7 B
Richard Sumner RLS@RSUMNER.COM or 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, 5/10 RD Trail Maintenance C 5 B
Karen Rose kkarose@aol.com or 201-962-8546
Meet Silvermine Parking Lot 10AM for shuttle to 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 stop to throw off blowdowns, clip back brush, check blazes, pick up trash etc. Bring work gloves, clipper if you have them and lunch. Heavy rain cancels. Rain date 5/25. Please e-mail or call to register. TC North Harriman map 119.

Sunday, 5/11 Skannatati East Side Loop B 6 B
Fred Hodde Bullwnk1@aol.com or (C) 973-728-3223 (H) 973-722-7824
Meet at the Lake Skannatati Parking Area at 9:30 AM. The planned route will use the ASB, Red Cross, Beech and Long Path Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Harriman North map 119.

Thursday, 5/15 Silvermine Circular B 6 B
Fred Hodde Bullwnk1@aol.com or (C) 973-728-3223 (H) 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 Harriman North map 119.

Saturday, 5/17 Rt.106 Circular B 6 B+
Chris Connolly c.connolly7@verizon.net 201-321-6605
Cardio vascular up and down Carr Pond, Parker Cabin, Tom Jones and Black Rock Mts. Precipitation cancels. Meet 10 AM at White Bar Parking Area on Rt. 106. Please register for this hike. TC South Harriman map 118.

Saturday, 5/17 Turtleback Rock B 6 B
South Mountain Reservation
Jeff Sovelove Hiker_Dood@Yahoo.com.
We will start at Turtleback Rock trailhead at 10 AM. See the Essex County Parks Commission website <http://www.essex-countynj.org/p/index.php?section=parks/sites/so> for directions. 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, 5/18 Hikes on Champlain Area Trails B 4 B
(Adirondacks)
Elie Bijou adirondacks@verizon.net or 518 873-2119 9-9 PM
Fri 6 PM.

We'll start at the Bobcat Trail then on the Homestead Trail and finish on North Boquet Mountain Trail. About 4 miles and a possibility of hiking the Wildway Overlook trail (1.5 mi RT) to South Boquet Mt. offering superb views of Champlain Valley. Two cars needed for shuttle. Ascent about 900 ft. Please register for this hike.

Thursday, 5/22 Various Harriman Trails B 6/8 B.
Bill Drapkin wdrapkin@optonline.net (preferred) or 845-826-2112
A reasonably paced hike on various Harriman Trails. Contact leader the week of the hike to register and for all details.

Saturday, 5/24 Ramapo State Forest Romp B 6/8 B
Pete Heckler p_heckler@msn.com or 973-831-2307(No calls morning of hike)
Scenic hike at steady pace over Pete's Path, Wanaque Ridge, Indian Rock, Cannonball, Hoeflerin, Lookout and McEvoy Trails. Meet 10:00 AM at Hagerstrom Ball Field parking lot, Wanaque NJ. Driving directions: Rt. 287 South Exit 55, turn right to traffic light, left onto Ringwood Ave. (Rt.51), 3 miles north turn right (3rd traffic light) on to Hagerstrom Blvd. Go east toward the mountain. Ball field parking lot on left. Rain or hazardous road conditions cancels hike. Registration by e-mail appreciated. TC North Jersey map 115.

Thursday, 5/29 PIP Exit 17 Circular B 6.5 B
Pete Tilgner & Suzan Gordon petertilgner@icloud.com or (H) 201-871-3531 (C) 201-546-0509
Meet at Anthony Wayne North Parking Lot at 9:30 AM. We will hike the Anthony Wayne, 1779, SBM (some short rock scrambles), and ski trails for our return. Please register for this hike. TC Harri man North map 119.

Saturday, 5/31 Skannatati Lollipop Loop B + 7 B
Allison Tully alitully63@optonline.net or (c) 845 656-0442
Meet at Lake Skannatati lot 9:45 AM off 7 Lakes Drive. Hike includes hopping over small streams, hiking on woody trails,

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taking in surrounding mountains, valleys, and ponds, and walking on glacial rock! Should be green all around! Trails trekked will be Long Path, Dunning, RD, Nurian, White Bar, Lichen. Rain cancels. Please call 30 minutes prior if in doubt. Register by Friday May 30. TC Harriman maps 118/119.

Saturday, 5/31 Hurricane Mt 3694 ft (Adirondacks) B 5 B+
Elie Bijou adirondacks@verizon.net or 518 873-2119 9-9 PM, Fri. 6 PM
We will hike the popular Route from 9N to the summit. Ascent 2100 ft. Please register for this hike.

Sunday, 6/1 Indian Head on the Devil's Path B+ 7.2 A
Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021
This is a great loop hike at the eastern end of the Catskills' challenging Devil's Path. The hike takes a full day with lovely woods, great scrambles and views of the Hudson area. Please be prepared for hot or cold by dressing in layers and have water and serious food snacks. As hikers are committed to completing their peaks, please be serious about your commitment to this group event. Rain, severe wind or thunderstorms will cancel this hike. Registration from two weeks before until Thursday before hike. Contact leader for meeting time and place. No e-mails after Thursday before hike. This hike is not for beginners. TC Catskill map 141.

Thursday, 6/5 Johnstown Circular B 6.5 B
Fred Hodde Bullwnk1@aol.com or (H) 973-728-3223 (C) 973-722-7824
Meet at the Johnstown 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 South Harriman map 118.

Saturday, 6/7 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 website 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.

Thursday, 6/12 In The Woods B 6/8 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, 6/14 Norvin Green B 8 B+
Allison Tully alitully63@optonline.net or (C) 845 656-0442
Meet at Weiss Ecology Center 9:45 AM. There are several steep ups and downs on this loop hike, 360 degree view included, as well as a distant view of the NYC skyline! Lunch will be about halfway point, so it could be in the forest or on the open rocks, depending on the group's pace. Endurance needed; however there is a chance to opt out early if you have map. Steady rain cancels. Please call if in doubt. Register by Friday June 13 via e-mail or phone. TC North Jersey map 115.

Sunday, 6/15 Mt. Marcy Adirondacks B 14.8 A
(Ascent 3300 ft.)

Elie Bijou adirondacks@verizon.net or 518 873-2119 9-9 PM. Fri 6 PM
Please join me for my annual ascent to Mt. Marcy. Please register for this hike.

Thursday, 6/19 In The Woods B 6/8 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.

Friday, 6/20 A Lakeside Summer Evening with Yoga C 1 C
In Harriman State Park
Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021
Evening's event begins at 6:30 with a short walk to a relaxing lakeside location. No previous Yoga knowledge needed for this moderate session especially designed for hikers and those who love the outdoors. Bring a beach blanket or mat and a bottle of water. Summer storm or rain cancels this event. Decision for weather by phone only by 3:30 PM before event. Those who wish to register must leave name and a contact phone number for meeting place. Guests welcome

Saturday, 6/21 Carris Hill/Wyanokie p B 7 B+
High Point Lollypo
Pete Tilgner & Suzan Gordon petertilgner@icloud.com or (H) 201-871-3531 (C) 201-546-0509
Trail head parking is limited. Meet first at the Stonetown Recreation Area, Mary Roth Drive (off Stonetown Rd.) at 9:15 AM for a short car shuttle to trail head. We will hike the Highlands, Lower, Carris Hill (good views), and Hewitt Butler Trails in Norvin Green State Forest. Please register for this hike. TC North Jersey Trails map 115.

Sunday, 6/22 Owl Head Lookout and High Bank B 8.2 B+
(Ascent 1100 ft.)
Elie Bijou adirondacks@verizon.net or 518 873-2119 9-9 PM Fri. 6 PM
We will hike this lovely Adirondack trail to OHL with its wonderful views. Then proceed to High Bank, an interesting area, for lunch. Please register for this hike.

Sunday, 6/22 Catskill's Highest B+ 9.5 A
Slide Mountain and Cornell
Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021
Hike up Slide Mt. for a great view and then descend into the col scrambling up and down to Cornell lookout for another great Catskill peak view. Please be prepared for hot or cold by dressing in layers. As hikers are committed to completing their peaks, please be serious about your commitment to this group event. Rain, severe wind or thunderstorms will cancel this hike. Registration from two weeks before until Thursday before hike. Contact leader for meeting time and place. No e-mails after Thursday before hike. This hike is not for beginners. TC Catskill map 143.

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Thursday, 6/26 In The Woods B/C 5/7 B
Richard Sumner RLS@RSUMNER.COM or 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, 6/28 Alpine/ Bombay Hook B 5.5 B
Peter Reiner psr7777@gmail.com or 845-323-7635
Meet at 10:00 AM at the Alpine Basin by the Kearny House off Rt. 9W in Alpine. Follow the Shore Trail to the abandoned spots where New Yorkers came for summer play. We will take the Forest View Trail to the Long Path to head back to Alpine Basin. Lunch will be on a unique spot overlooking the Palisades. Call or e-mail hike leader to register. TC Hudson Palisades map 108.

Sunday, 6/29 Fahnestock Loop B 6 B
Fred Hodde Bullwnk1@aol.com or 973-728-3223 (H) 973-722-7824(C)
Pleasant loop starting with a nice section of the AT. Much of the hike will be in shaded areas. Meet at 9:30 AM at the first parking lot on the right (when taking Rte. 301 from Cold Spring) where the AT crosses on Canopus Lake. Registration by e-mail is preferred. Call cell before 8:30 AM if the weather is questionable. TC East Hudson 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. Just click on the icon to go to those pages. Remember, you don't have to join Yahoo or Facebook to see our pages.



MANY THANKS, HIKE LEADERS ...

... for sending me your hiker registration forms. It is so very important that we have them on file.

Betty Heald, Sign-In Form Collection
201-967-2937
formcollection@hudsonhikers.

A Brief History of Harriman Park

by Peter Reiner

In 1909 Mary Harriman donated much of the land that makes up Harriman Park, together with \$1 million to build facilities in the park. Mary Harriman was opposed the state's plan to build a prison at Bear Mountain and decided to offer some of her land to the state in order to build a park instead. To get the donation the state agreed to cancel the plan to build the prison and appropriate \$2.5 million to acquire additional land and construct park facilities.

The park became a reality on October 29, 1910. The family's gift created Bear Mountain and Harriman State Parks, which now encompass more than 50,000 acres, more than three times the size of Manhattan.

Harriman park is bordered by Bear Mountain State Park and Sterling Forest State Park, which creates a large wilderness area only 30 miles from New York City. Harriman State Park has over 200 miles of marked hiking trails to explore and enjoy. The Appalachian Trail passes through the state park on its 2180 mile journey. Before the park was created in 1910, the area was home to farms, iron mines and small towns.

Harriman State Park, which is located in Rockland and Orange counties, is the second-largest park in the New York parks system, with 31 lakes and reservoirs, two beaches, two public camping areas, a network of group camps, miles of streams and scenic roads, and scores of wildlife species, vistas and vantage points.



One out of thirty-one

Photo by Peter Reiner

A Lightbulb Went Off Over My Head

by Reena Mancuso

I've been discarding old lightbulbs in the trash since I can remember and I'm 56 years old! That's a lot of lightbulbs! Then, one day I received a gift from my new energy distributor: two energy saving mini spiral compact fluorescent bulbs. Clearly stated on the side of the box was the statement "lamp contains mercury.- dispose according to local, state or federal laws." I was flabbergasted. These new bulbs contain toxic materials, unlike old style incandescent bulbs which can be safely discarded as ordinary trash. For many years I had been so conscientious about curbside recycling, but now I realized that was just the tip of the iceberg. I quickly went to the website printed on the box: www.lamprecycle.org and a whole new world of recycling possibilities was revealed.

This epiphany prompted me to ask friends what they've been doing with this new generation of lightbulbs. Their reaction was similar to mine. These are informed, environmentally conscious people: hikers, nature lovers and various outdoor types. My lightbulb odyssey rapidly evolved to include batteries and electronics. It's ironic that technology is responsible for the fastest growing waste stream on the planet, but also responsible for making it much easier to find the resources to recycle all this waste, now called e-waste.

In 2010, the N.Y.S Electronic and Recycling and Reuse Act was signed into law. It requires manufacturers to provide free and convenient recycling of electronic waste to most consumers in the state. As a result, there are numerous drop-off and collection sites. Listed below are some useful resources. Let's help reduce pollution, keep waste out of landfills and create jobs in the process!

- www.Earth911.com has all the information you need to find recycling facilities in your area for practically everything as well as other useful info.

- Batteries Plus (www.batteriesplus.com) will accept all lightbulbs as well as most batteries and some small electronics. A small fee (pennies) may apply for some items. The nearest store in our area is on route 17 in Paramus, N.J.

- Goodwill and Dell (www.goodwill.org) have partnered in a free recycling program. They will accept any brand of computer, computer accessories (cables, software, etc.) and other electronics in any condition. Their motto is "refurbished, resold or recycled."

- Staples (www.staples.com) will accept desktop computers and accessories, shredders, small electronics and rechargeable batteries up to 11 pounds (limit is 6 items/day/customer). When you recycle empty ink and toner cartridges, you receive a \$2 Staples reward certificate for each one (limit 10/month/customer).

- Best Buy (www.bestbuy.com/recycle) has free drop-off for all computers, electronics and related accessories, all TV sets up to 32" (3 items/household /day). There is home pick-up available for larger TV sets and appliances for a fee. Their motto is "repaired, repurposed or recycled."

- Interstate Waste Systems (ewaste.com)

- Rockland residents can dispose of e-waste and other hazardous materials by taking them to the Household Hazardous Waste Drop-off Facility adjacent to the Fire Training Center any weekday from 8 AM to 1 PM.

Note that computer disk data deletion is the responsibility of the donor. DBAN and Eraser are free software programs available for this purpose. Also, Best Buy has a free video from the Geek Squad on removing personal data.

Hike-Defined

by Phyllis Key

HIKE - walk for a long distance, especially across country or in the woods. Yes, that is the definition, but a hike is much more. In addition to walking, and exercising your body, you can learn other skills as well as make new friends.

Although I am no longer out on the trails, I keep many of my friendships close by in my heart and in my mind. Three ADK hikers in particular, influenced me and taught me important leadership skills: Ed Fanslau, Betty Heald, and Rita Boyd. All three began their hiking days in the early years of the chapters when there was both the North Jersey and the Ramapo chapters. I was a relatively late-comer as a hiker joining North Jersey in 1998.

Betty got me hooked as a leader by her, "You go ahead and I will lead from behind" technique. I learned to pay close attention to official trail signs and check regularly on my followers. Rita and I often hiked independently. I'll never forget the snowy day we got "misplaced" trying to find the Bottle Cap Trail. And then there is Ed Fanslau, the consummate hike leader and gentleman. He was my role model as a hike leader.

Since the early 1970s when he found hiking, Ed has been a member and leader of many local hiking clubs including AMC, Hudson Hikers, Sierra Club, North Jersey (now NJR_ADK), Woodland Trail Walkers and the informal Wednesday Hikers. He was X-country ski coordinator of our ADK chapter for many years.

Ed now lives in a Senior Condo Residence in Maryland near his family. I speak to him frequently. Ed loves to hear what is going on in NJR and the trails he remembers so well. He goes to the gym three times a week, walks (with his hiking sticks) both indoors and outdoors, plays pool, belongs to the Welcome Committee at the residence, enjoys shopping via the residence van. When he first moved to Maryland he celebrated a birthday by walking on the nearby Appalachian Trail with his daughter.

If you would like his contact information please let me know. I know he would enjoy hearing from ADK folks.

With happy memories of time spent in the woods and the friends I made along the way!

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 North Jersey Ramapo Chapter
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 Nancy & Bob MacPhee – Midland Park NJ
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 Sook-Kuen Chang – Waldwick NJ
 Christine & Bill Balcerski – Ramsey NJ
 Travis Cosaboom – Oldwick NJ
 Jessica & Guy Percibal – Morristown NJ

Yoga for Hikers - Easy Pose

By Deanna Felicetta, E-RYT

Easy Pose is a seated pose for everybody, so grab a comfortable blanket or beach towel and come sit on the ground. This pose is a comfortable variation of Sukhasana, the traditional pose used for classic Yoga meditation. Easy Pose is a perfect pose in which to pause on a hike and enjoy the beauty around you. It can also be the gateway to an entire class of seated relaxation postures.



So here you are comfortable and seated on your blanket. Your torso should be tall and erect, your shoulders relaxed with your chest forward and rising and falling with each full breath. Let your gaze be easy. Now form a double V (diamond) shape with your legs. Let your knees fall open, with the soles of your feet touching together and the outer edges of your feet resting on the ground. Your toes will be about 2-3 feet away from your torso. Let your arms fall down comfortably by your side. Breathe easy.

Now bring your hands to rest on your knees with the palms open and facing the sky. Accept the peace of the place you are in as you breathe gently and close your eyes. Remain in this pose as long as is comfortable for you. When you are ready, gently come out of this quiet place. You will be refreshed. This is a favorite of mine and I think you will find it to be a favorite of yours too.

Be well, NAMESTE, Deanna