



SUMMER 2018

Trail Talk

Adirondack Mountain Club
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

A Message From The Chair

"IF YOU THINK YOU ARE TOO SMALL TO MAKE A DIFFERENCE, YOU HAVEN'T SPENT THE NIGHT WITH A MOSQUITO"
African Proverb



Dear reader, I know what you are thinking - "Is this yet another attempt to get me to volunteer in some way?" Well, sorry to disappoint you, but that is not the case. I just happened to come across this very wise African proverb and wanted to share it with you. Please feel free to do likewise with your

family members, co-workers or members of other organizations you might belong to. And, who knew a mosquito could be so darn cute?

But, since I did mention volunteering, kudos to Peter Tilgner for having received the

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Mohonk Day - Thursday, September 13

Once again, we are planning an all-day outing at Mohonk Mountain House on Thursday, September 13, with a rain date of Friday, September 14. Please keep both dates open in case of bad weather.

Mohonk Day is doing whatever you'd like; the planned activities are optional. Take a walk on the extensive carriage roads, join a 6-mile hike in the woods or, for the really ambitious, go on a rock scramble. But it's all up to you. You can simply wander around the award-winning gardens, hotel, and gift shop; sit on the lakeside porch or in a gazebo reading; take part in various other activities (barn museum, greenhouse, lawn bowling, shuffleboard, horseshoes, frisbee golf, row-boating, and more) or simply enjoy watching the goings-on around this magnificent hotel.

After the day's activities, we will shower and change on the pool level of the hotel's health spa, then at 4 p.m. enjoy tea and cookies in the Lakeside Lounge or relax on the Sunset Porch with a cocktail (cash bar). Then we'll meet at 6 p.m. for a delicious buffet dinner in the main dining room, including a selection of carved meats, hot entrees, vegetables, a salad bar and prepared salads and a variety of homemade desserts.

This year's event is limited to ADK members and their guests. The cost includes taxes and tips and, for NJR Chapter members, is \$85 with the reduced rate of \$70 for seniors (age 65+). The cost for guests and members of other ADK chapters is \$93, with a reduced rate of \$78 for seniors. RSVP with payment must be received by Wednesday, September 5. Checks should be made payable to "NJR-ADK" and mailed to Daphne Downes, 3 Hazelwood Road, Sloatsburg, NY 10974. For car pooling arrangements, or if you have any questions, contact Daphne at daphner974@gmail.com or (201) 424-9360. We hope to see you at this favorite annual event!



A Message From The Chair (continued from page 1)

Distinguished Service Award from the NYNJTC in recognition of his 31 years of service to the Trail Conference as a volunteer including more than 10 years as the trail supervisor of Sterling Forest State Park. Besides leading hikes for us, he compiles our quarterly hike schedule - an unenviable task - that you see in each newsletter. And as Hike Schedule Committee Chair, he also serves on our Board of Directors. Thank you Peter for all your work!

And there are two great outings coming soon in September and October thanks to volunteers Daphne Downes and Karen Rose.

Daphne is once again organizing our popular annual Mohonk Day. However, it cannot be held on our usual Saturday after Labor Day, since the facility is in the midst of a major kitchen renovation and cannot accommodate such a large group that day. (More than 80 of us attended last year!) Instead, it is being held on Thursday, September 13 - a usual day for a scheduled hike. Also, unfortunately, they cannot offer us their discounted group rate as in the past, but they do offer a generous rate for seniors, 65 and older. (See page 1 for the details.)

Karen, a member of our Board as "Trails" Committee Chair, is planning a revival of a favorite tradition not held in many years - a weekend in the Adirondacks - which will be held over the Columbus Day weekend in October. (See below for further information.)

Please remember to thank Peter, Daphne and Karen when you see them at Mohonk, in the Adirondacks, or on hikes on the local trails.

Paul

REMEMBER - VOLUNTEERS MAKE IT HAPPEN!

Adirondacks Weekend – October 6 - 8

Members of our chapter have an opportunity to enjoy a weekend at ADK's famed Adirondack Lodge Loj on Heart Lake. ADK-LI has reserved it for an outing Columbus Day weekend and has invited us to join the party. For more details or to register, contact Karen Rose (trails@adknjr.org). Registration begins July 1, 2018.



ADK NORTH JERSEY RAMAPO CHAPTER

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

For information: info@adknjr.org

www.adknjr.org

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Trail Talk is published quarterly. The deadline for submissions is generally one month prior to publication date.

Please send articles to newsletter@adknjr.org

Send photos to photos@adknjr.org

If you do not receive the newsletter by the beginning of each quarter (January, April, July and October) please contact the membership chair (membership@adknjr.org 845-304-0867).

HIKE SCHEDULE • SUMMER 2018 • JULY • AUGUST • SEPTEMBER

Sunday, 7/1 McKeag's Meadow Look (Loop) C 3.8 B-
 Mario Medici 201-396-9391
 marioamedici@gmail.com (pref.)
 10:00 AM at Sterling Forest Visitor Center. This hike is intended for individuals who have limited hiking experience and/or want an easy hike. Terrain is relatively level with some moderate inclines. Be sure to wear hiking boots or sturdy shoes and bring a lunch or a snack and at least two quarts of water. Call hike leader before 9 AM, if weather is questionable. Email or call hike leader to register. TC Sterling Forest Trails map 100.

Thursday, 7/5 Bare Rock Vista B 7 B
 Fred Hodde (h) 973-728-3223
 Bullwnk11@aol.com (c) 973-722-7824
 9:30 AM at the upper parking lot for the Sterling Forest Visitor's Center. 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 where we'll enjoy lunch overlooking Greenwood Lake. After lunch, we'll return to the Visitor's Center by "strolling" back down the Bare Rock trail. Registration by email is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Sterling Forest Trails map 100.

Saturday, 7/7 Ramapo Mountain State Forest B 6 B
 Roland Autran (h) 201-886-9119
 autran@msn.com (c) 201-699-3388
 9:30 AM at the Hiking Trail Parking area on Skyline Drive and Rye Cliff Rd, Oakland, NJ. The hike will take us on the Todd, Yellow, and Schuber Trails. Severe inclement weather cancels. Please register for this hike. This is hike 33 of "Hike of the Week" by Daniel Chazin. TC North Jersey Trails map 115.

Sunday, 7/8 Manitou Point Preserve Easy Hike C 3 C
 Karen Rose 201-962-8546
 kkarose@aol.com
 10:00 AM at Manitou Point Preserve. Turn left at small sign exactly 1.7 miles north on Rt 9D after crossing Bear Mt Bridge. Circuit hike with river views. Bring water and snack; out by noon. Rain cancels. Must email or call to register. TC East Hudson Trails map 101.

Thursday, 7/12 The Pothole Hike Revisited B 6.6 B
 Roy Wooters (c) 845-304-0867
 rfwoot@gmail.com
 9:00 AM at Lake Skannatati on Seven Lakes Drive, Harriman State Park. Hike the Long Path, Dunning and Ramapo Dunderberg trails to the POTHOLE. Return to Times Square for lunch. then return on the Arden-Surebridge trail. Please register via email with phone number. Rain cancels. TC Northern Harriman Trails map 119.

Saturday, 7/14 Jockey Hollow Leader's Choice B 5 B-
 Jeffrey Sovelove
 Hiker_Dood@yahoo.com
 10:00 AM at Jockey Hollow Visitor's Center. Leader's choice of trails depending on conditions at Jockey Hollow National Park in Morristown. For directions and information see <http://www.nps.gov/morr/planyourvisit/directions.htm>. DO NOT follow the directions to Washington's Headquarters. Bring lots of water, a snack, and wear hiking boots. Heavy/steady rain cancels. No pets please. Joint ADK/Sierra Club hike.

Sunday, 7/15
 No hike is currently scheduled for this date. Please check the Facebook and/or Yahoo group pages for last-minute additions and changes to the schedule.

Thursday, 7/19 In The Woods B 6/8 B
 Paul Margiotta 201-693-6705
 pjmm11@verizon.net (pref.)
 Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of the hike. Others can contact the leader by 7 PM on Wednesday.

Saturday, 7/21 Almost Perpendicular B 6 B
 & Claudius Smith Den
 Geoff Fonseca 845-357-9366
 geofffonseca@yahoo.com
 9:30 AM at the Skate Park in Tuxedo Park, NY (near the end of East Village Rd, GPS 41.193228, -74.182439). We will hike the RD, Kakiat, and Blue Disc trails to Claudius Smith Den for lunch. We will return on the Blue Disc and RD. Precipitation of any kind cancels. Email leader to register. TC Southern Harriman Trails map 118.

Sunday, 7/22 Black Rock Forest Trails B 7 B+
 Peter Reiner 845-323-7697
 psr7777@gmail.com
 9:30 AM at the parking area along Reservoir Rd. Hike on the Stillman Trail, followed by the Scenic Tower View, White Oak, and Black Rock Hollow Trails. Great views from Mt Misery. Bring plenty of water for the hike. Rain cancels. Call or email hike leader to register. TC West Hudson Trails map 113.

Thursday, 7/26 Sterling Forest's Allis Trail B 7.4 B
 To The AT And Return
 Peter Tilgner and Suzan Gordon 201-681-0592
 petertilgner@icloud.com (best)
 10:00 AM at the Allis Trail/Sterling Ridge/Sterling Valley Trail heads. Drive north on Rt. 17 to the traffic light at exit ramp on Rt.17 to Rt.17A and 106. On 17A drive west 5.7 miles passing Renaissance Festival grounds. Look for Hiker Crossing sign on right. The woods entry road to trail head parking will be on your left. TC Sterling Forest Trails map 100.

HIKE SCHEDULE • SUMMER 2018 • JULY • AUGUST • SEPTEMBER

Saturday, 7/28 SBM From Rt 106 to Bear Mountain B+ 10 A
Bob Fiscina
fis7380@pm.com

This hike requires a car shuttle. Please register for meeting time and place. Rain cancels. No beginners please. Joint hike with ADK Mohican. TC Northern Harriman Trails map 119.

Saturday, 7/28 To Big Hill Shelter and Back C 5 C
Dean Gletsos 845-354-0738
cgletsos@yahoo.com

9:30 AM at the small parking area where the Long Path crosses Call Hollow Rd. We will take the LP to the Big Hill, have lunch at the shelter (hopefully with views of NYC on a clear day) and back via Second and First Reservoir. Bring plenty of water, a snack, and a smile! Bad weather might cancel; call if in doubt. TC Southern Harriman Trails map 118.

Sunday, 7/29 Silvermine Circular B 6 B
Fred Hodde (h) 973-728-3223
Bullwnk1@aol.com (c) 973-722-7824

9:30 AM at the Silvermine Parking Lot off Seven Lakes Drive. We'll do a circular hike 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 email is preferred. Call 973-722-7824 before 8:20 AM if the weather is questionable. TC Harriman Bear Mt. Trails map 119.

Thursday, 8/2 Abram S. Hewitt State Forest B 4.1 B+
Roland Autran (h) 201-886-9119
autran@msn.com (c) 201-699-3388

9:00 AM at 517-525 Lakeside Road, (Rt. 511), Hewitt, NJ. We will hike the State Line Trail to Ernest Walter, loop around Surprise Lake and West Pond to the AT returning us to the State Line Trail and the parking lot. This hike is moderately strenuous. Severe inclement weather cancels. Please register for this hike. This hike can be found in the "Hike of the Week" by Daniel Chazin. TC North Jersey Trails map 116.

Saturday, 8/4 Patriots Path Stroll C 5 C
Jeffrey Sovelove
Hiker_Dood@yahoo.com

10:00 AM at the Speedwell Lake parking lot across the street from Historic Speedwell. Come take an easy 5-mile stroll on Patriots Path in Morristown. For directions see the Morris County Parks website (<http://www.morrisparks.org>) or Google Speedwell Park, Morristown. Please bring plenty of water and a light snack. Great for beginners. NO RESTROOM FACILITIES. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday, 8/5 Sterling Valley Loop B 6.5 B
Roy Wooters (c) 845-304-0867
rfwoot@gmail.com

9:00 AM at the end of Ironwood Drive (P7 parking) off Long Meadow Road, Sterling Forest. Hike the Sterling Valley Loop

Trail in its entirety. Please register via email with phone number. Rain cancels. TC Sterling Forest Trails map 100.

Thursday, 8/9 Bear Mountain B 7 B+
Henry Barkhorn 646-853-0824
hcbarkhorn@hotmail.com

9:30 AM at the Bear Mt. Inn parking lot just south of the ice rink. We will do a loop up the AT to Perkins Tower, then down the AT to 1777W and the SBM back to the cars. Steady rain cancels. Registration by email preferred. TC Northern Harriman Trails map 119.

Saturday, 8/11 Breakneck Mountain, Harriman B 7 B
Geoff Fonseca 845-357-9366
geofffonseca@yahoo.com

9:30 AM at parking at Diltzes Lane, Pomona, NY (GPS 41.18512, -74.07453) Hike the TMI, SBM, TMI and Breakneck Mountain trails to the Third Reservoir. Return on the SBM, Red Arrow and TMI. Please register via email with phone number. Rain cancels. TC Southern Harriman Trails map 118.

Sunday, 8/12 Long Path From the Start B 5 C
Peter Reiner 845-323-7697
psr7777@gmail.com

10:00 AM at the Fort Lee Historic Park off Hudson Terrace in Fort Lee. There is a parking fee of \$5.00. Hike the Long Path starting at the GW Bridge. Head north to Dyckman Hill Trail and down to the Shore Path to return to Fort Lee Park. Call or email to register. TC Hudson Palisades Trails map 108.

Thursday, 8/16 Skannatati East Side Loop B 8.5 B
Fred Hodde (h) 973-728-3223
Bullwnk1@aol.com (c) 973-722-7824

9:30 AM at the Lake Skannatati parking area. The planned route will use the ASB, Red Cross, Beech and Long Path Trails. Registration by email preferred. Call cell before 9:00 AM if the weather is questionable. TC Northern Harriman Trails map 119.

Friday, 8/17 NJR Board Meeting
The North Jersey Ramapo Board will meet 2 PM at the headquarters building of the NY-NJ Trail Conference located at 300 Ramapo Valley Rd. (Rt. 202) Mahwah, NJ. If you plan to attend please email chair@adknjr.org.

Saturday, 8/18 To Stone Memorial Shelter and Back C 5 C
Dean Gletsos 845-354-0738
cgletsos@yahoo.com

9:30 AM at the Kakiat Park parking lot. We will take the Kakiat and SBM to have lunch at the shelter (hopefully with views of NYC on a clear day) and back via the same trails. Bring plenty of water, a snack, and a smile. Bad weather might cancel; call if in doubt. TC Southern Harriman Trails map 118.

HIKE SCHEDULE • SUMMER 2018 • JULY • AUGUST • SEPTEMBER

Saturday, 8/18 TMI End To End B+ 9/10 B+
 Bob Fiscina
 fis7380@pm.com
 RD to TMI out to Mt Ivy. This hike requires a car shuttle. Please register for this hike to get meeting time and place. Rain cancels. No beginners please. Joint hike with ADK Mohican. TC Southern Harriman Trails map 118.

Sunday, 8/19 Not-Quite-to-Pine Meadow Lake C 4 B-
 (Out and Back)
 Mario Medici 201-396-9391
 marioamedici@gmail.com (pref.)
 10:00 AM at the Reeves Meadow Visitor's Center. This hike is intended for individuals who have limited hiking experience and/or want an easy hike. A hike to Ga-Nus-Quah Rock (Big Rock) where we will stop for lunch. Be sure to bring a snack or lunch and at least two quarts of water. Call cell before 9 AM if weather is questionable. Please email or call hike leader to register. TC Southern Harriman-Bear Mt. Trails Map 118.

Thursday, 8/23 Tallman State Park C 4/5 C
 Debbie Bell 845-358-8386
 deb2@columbia.edu (NCA 9 PM)
 10:00 AM at the main parking lot in Tallman State Park (email leader for directions). We will explore most of the park atop the Palisades using the Long Path, unmarked trails and woods roads. Lunch will be at a scenic viewpoint looking north to Nyack and the new bridge. All hikers who want a relaxed day in the woods are welcome. Please register if you plan to come (and let me know if your plans subsequently change). If the hike is cancelled for weather or other reasons, I will email registered participants before 8 AM on the day of the hike. TC Hudson Palisades map 109.

Saturday, 8/25 Mahlon Dickerson Reservation B 6.7 B
 Roland Autran (h) 201-886-9119
 autran@msn.com (c) 201-699-3388
 10:00 AM at Saffin Pond parking area at 157 Weldon Road, Jefferson, NJ. We hike a loop on Highland, Pine Swamp, Orange, and Ogden Mine Trails. This hike is very moderate. Severe inclement weather cancels. Please register for this hike. TC Jersey Highlands Trails map 126.

Sunday, 8/26 Red Back Loop B 6.5 B
 Roy Wooters (c) 845-304-0867
 rfwoot@gmail.com
 9:30 AM at P16 parking off South Gate Road in Sterling Forest. Hike the Red Back trail in its entirety. Please register via email with phone number. Rain cancels. TC Sterling Forest Trails map 100.

Thursday, 8/30 Ramapo Reservation Easy Hike C+ 5 B
 Karen Rose 201-962-8546
 kkarose@aol.com
 9:00 AM at NW corner Ramapo Reservation, Rt 202 in Mahwah. Early start on various trails to beat the heat. Bring water and snack; out by noon. Rain cancels. Must email or call to register. TC North Jersey Trails map 115.

Saturday, 9/1 Turtleback Rock B 6 B-
 South Mountain Reservation
 Jeffrey Sovelove
 Hiker_Dood@yahoo.com
 10:00 AM at Turtleback Rock trailhead. For directions see the Essex County Parks Commission website <http://www.essexcountyparks.org/parks/south-mountain-reservation> or Google "turtle back rock picnic area". Bring lots of water and wear hiking boots. We will take the orange trail down to Hemlock Falls and also see the famous Turtleback Rock. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday, 9/2 Sterling Lake Loop (Modified) C 4 B-
 Mario Medici 201-396-9391
 marioamedici@gmail.com (pref.)
 10:00 AM at Sterling Forest Visitor's Center. This hike is intended for individuals who have limited hiking experience and/or want an easy hike. Hike around picturesque Sterling Lake. There is an initial climb but relatively level (some moderate inclines) after that climb. Plan on stopping at the "beach" for a short break, so be sure to bring a snack and at least two quarts of water. Please email or call hike leader to register. Call hike leader before 9 AM if weather is questionable. TC Sterling Forest Trails map 100.

Thursday, 9/6 Raccoon Brook Hills End To End B 7 B+
 Roy Wooters (c) 845-304-0867
 rfwoot@gmail.com
 9:30 AM at Reeves Meadow Visitor Center. Hike various trails to the Raccoon Brook Hills Trail, hiking it in its entirety, then return to the Visitor Center. Please register via email with phone number. Rain cancels. TC Southern Harriman Trails map 118.

Saturday, 9/8 Norvin Green State Forest B 5.8 B
 Roland Autran (h) 201-886-9119
 autran@msn.com (c) 201-699-3388
 9:30 AM at the Otter Hole Parking Lot on Glenwild Ave., Oakland NJ. We will hike on parts of the Hewitt-Butler, Lower Mine, Carris Hill, Macopin, Wyanokie Circular, Outlaw, and Wyanokie Crest Trails. Severe inclement weather cancels. Please register for this hike. This is hike 37 of "Hike of the Week" by DanielChazin. TC North Jersey Trails map 115.

HIKE SCHEDULE • SUMMER 2018 • JULY • AUGUST • SEPTEMBER

Sunday, 9/9 Hasenclever Mine B 6 B
 Karen Rose 201-962-8546
 kkarose@aol.com
 10:00 AM at Skannatati parking lot on 7 Lakes Dr. We will hike at a moderate pace and see Hasenclever Mine and a Civil War cemetery. Good hike for beginners looking for a moderate hike. Bring water and lunch. Rain cancels. Must email or call to register. TC Northern Harriman Trails map 119.

Thursday, 9/13 Mohonk Mountain House Day
 10:00 AM on the Lakeside Porch. A 4/5 mile carriage road walk, a 6/7 mile hike in the woods, and a rock scramble are planned. Shower, tea/cocktails, and dinner to follow. Car pooling arrangements will be made prior to the event. See newsletter page 1 for details and www.mohonk.com/directions for driving directions.

Friday, 9/14 Rain Date -- Mohonk Mountain House Day

Saturday, 9/15 Wildcat Mountain B 7 B
 Geoff Fonseca 845-357-9366
 geoffonseca@yahoo.com
 9:30 AM in the commuter's parking lot at intersection of Route 17A and 17 (GPS 41.2296200, -74.1842800). We will hike the Wildcat Mountain Trail and the Furnace Loop. Precipitation of any kind cancels. Please email leader to register. P5 parking on TC Sterling Forest map 100.

Sunday, 9/16 Giant Stairs/Peanut Leap Cascade B 6 B+
 Peter Reiner 845-323-7697
 psr7777@gmail.com
 9:30 AM in the parking lot of State Line Lookout, Exit 2 Palisades Parkway. Using both the Long Path and the Shore Trail we will hike down to the river. We will follow the river to the Giant Stairs for a scramble upward, passing Peanut Leap Cascade waterfall. Bring plenty of water. Call or email hike leader to register. TC Hudson Palisades Trails map 109.

Thursday, 9/20 West Mountain B 7 B+
 Henry Barkhorn 646-853-0824
 hcbarkhorn@hotmail.com
 9:30 AM at north parking lot at Anthony Wayne Rec. Area. We will do a loop on the Fawn, SBM, AT, and Timp-Torne Trails. Lunch at West Mountain Shelter. Steady rain cancels. Registration by email preferred. TC Northern Harriman Trails map 119.

Saturday, 9/22 Schenemunk Mountain B 8 B+
 Roland Autran (h) 201-886-9119
 autran@msn.com (c) 201-699-3388
 9:00 AM on Taylor Rd, Mountainside, NY at the Schenemunk Trail Head (GPS 41.407563, -74.081768). The trail head is on the south side of Taylor RD. We will hike the Jessup, Sweet Clover, Barton Swamp, Ridge-to-Ridge, Dark Hollow Trails,

returning to the Sweet Clover and the parking lot. This hike is strenuous. Severe inclement weather cancels. Please register for this hike. This is hike 26 of "Hike of the Week" by Daniel Chazin. TC West Hudson Trails map 114.

Sunday, 9/23 Out Of The Elk Pen B 6 B
 Fred Hodde (h) 973-728-3223
 Bullwnk11@aol.com (c) 973-722-7824
 9:30 AM at the Elk Pen. We'll hike the Stahahe Brook, Nurian (see the Valley of Boulders), Dunning, White Bar, ASB and AT Trails. Registration by email is preferred. Call cell before 8:30 AM if the weather is questionable. TC Harriman Bear Mt. Trails map 119.

Thursday, 9/27 In The Woods B 6/8 B
 Paul Margiotta 201-693-6705
 pjmm11@verizon.net (pref.)
 Active Thursday hikers will receive a group email from leader by Tuesday for location, time and other details of the hike. Others can contact the leader by 7 PM on Wednesday.

Saturday, 9/29 Round Hill From Hubbard Lodge B 7 B+
 Peter Tilgner and Suzan Gordon 201-681-0592
 petertilgner@icloud.com (best)
 10:00 AM at Hubbard Lodge. Driving directions from east side of Bear Mt. Bridge: take Rt. 9D north for about 8.5 miles to its junction with Rt. 301 (Cold Spring, NY). Drive east following Rt. 301 to its intersection with the Rt. 9 traffic light. Turn left. Hubbard Lodge is located along a dirt road on the right about three tenths of a mile north of the intersection. Please register for this hike. Rain cancels. TC East Hudson Trails map 103.

Sunday, 9/30
 No hike is currently scheduled for this date. Please check the Facebook and/or Yahoo group pages for last-minute additions and changes to the schedule.

Please see the complete Hiker's Guide at
<https://www.adknjr.org/hikers-guide/>

HIKE RATINGS: represent the Pace, Distance and Terrain covered during the hike.
 PACE: A - fast, B - moderate, C - easy
 DISTANCE: is given in miles as noted
 TERRAIN: A - Strenuous, B - Moderate, C - easy
 MAPS: The TC number indicates a NY-NJ Trail Conference map for the area of the hike.
 ABBREVIATION: NCA-No Calls After . . . ,
 Pref.- Leader's contact preference.

Welcome New Members

Catherine Alderman - Eastampton, NJ
Karen Aulbach - Monroe, NY
Robert Bazley - West Long Branch, NJ
Gloria Bletter - New York, NY
Lawrence Brody - Tinton Falls, NJ
Thomas Cacciola - Paramus, NJ
Christopher Campanelli - New Milford, NJ
Jack Contantin - Airmont, NY
Christie Cotty & Lawrence Owens - Ridge, NY
Diana Diasparra - Tenafly, NJ
James Engel - Long Valley, NJ
Deidra Hanley - Pearl River, NY
Erin Gass - Riverside, NJ
Priscilla Glover - Red Bank, NJ
Jamie Harrington - Chester, NY
Aron & Caroline Mandel - Metuchen, NJ
Masood Manoochehri - Clifton, NJ
Vincent Querrazzi Sr. - Pequannock, NJ
Richard Saul - Ho Ho Kus, NJ
Benjamin Schaffer - Livingston, NJ
Gary & Kara Weir - Hillsdale, NJ

Welcome Back

Richard & Judy Cocchiara - Washingtonville, NY
Mark & Dori Cudworth - Cranford, NJ
Chong Hong - Palisades Park, NJ
Rudy & Zachary Kircher - Hillsborough, NJ
Yumiko Parker - Fort Lee, NJ
Ellen Schwartz - Teaneck, NJ

Betty Heald

We mourn the loss of Betty Heald who died on May 21, 2018.

Betty was an active volunteer and board member of the North Jersey Chapter beginning in the 1970s. She was secretary, vice chair, programs chair and chair (more than once!) and held many other volunteer jobs. She initiated our Thursday hikes and led many of them. The Thursday hikes are now our most popular hikes, and have attracted many new members over the years. When the North Jersey and Ramapo chapters merged in 2009, Betty was there, as North Jersey secretary. After the merger, she took over the sign-in form record-keeping and revived the pot luck holiday party tradition. She finally retired just two years ago. Board meetings are just not the same without Betty.

Betty was also a hiker. She climbed peaks! The Adirondack 46ers, summer and winter, the North East 111, North East winter 100 highest and Catskill winter 3500, and many hikes with our chapter and others around the country and world.

Not just a hiker, but as an educator (she led a student hiking club), horticulturist, and active environmentalist, she inspired many. She was also an excellent bridge player. She will be missed but not forgotten.

Betty's family will hold a memorial service to celebrate her life at a later date.



The Hiker and Yoga

Yoga for outdoor lovers

By Deanna Felicetta, E-RYT, Yoga of the Heart certified

For any hiker and lover of the outdoors, Yoga can provide a wonderful balance. You can take Yoga with you on your hike in the mountains, and perhaps enjoy meditating by a quiet stream, or at some beautiful mountain viewpoint. Asanas, or poses, are also fun to do at an appropriate and safe location in the woods. You might feel the expression of a Mountain or Warrior pose quite warming to your spirit. Yoga has been doing this for people since ancient times. Yoga was first created in ancient India, and has traveled the globe through those who practice it. Yoga unites a person's mind, body and spirit. This unity creates the wonderful balance. As a hiker, I find that my mind, body and spirit are often calmed as I walk quietly in the woods.

At home, Yoga can be wonderful between hikes. Asanas can be wonderful for stretching those sore muscles the day after a hard hike, or keeping you moving and fit on days when that hike is canceled due to a snowstorm or a summer storm. Poses may keep you active; but quiet meditation is welcome at almost any time, especially after an Asana practice or in the evening after an energetic day outdoors.

Meditation is a very personal experience. There are many different techniques that can be used. No one is more or less correct than any other. Practicing sitting quietly helps to make the experience better for you. Some days are better, too, so never force it. I have always found keeping it simple is the best. So let's give it a try!

Find a comfortable floor space and place a folded blanket on the floor. Gently sit down with your legs crossed.

One heel should be in front of the other. The leg furthest out is usually the right one, but the choice is up to you. Gently wiggle your bottom on the floor to find your comfortable seat. Press into the floor strongly and slowly lengthen your spine upwards. Relax your shoulders. Let your head and neck be still. Simply sit and reflect on a pleasant space of time from your recent hike and remember the site visually, and how it felt and smelled. Now close your eyes and breathe in and out gently. Focus on your thought. Bring the backs of your hands to your knees as you touch your thumb tip to your index finger with other fingers relaxed and straight in Gyan Mudra, or any other mudra (hand gesture) of your choice. Sit for as long as you are comfortable. Be at peace!

Till next time.

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Deanna

SUMMER 2018

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Upcoming Events

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September 13



Adirondacks Weekend
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See Details Inside!