A Message From the Chair

My fellow hikers,

We all have different reasons and different motivations for being hikers and people often ask me how I became interested in hiking in the first place. I’ll tell you.

It was the Spring of 2005 and I had a very traumatic event take place in my life, one that left me feeling lost, desolate, and very alone. Up until then I had been a total introvert, keeping to myself and not associating with people except for chatting online. I never let my face show any emotion; my co-workers often referred to me as a robot.

Even as I went into therapy (long overdue) I found only one thing that gave me any relief at all from my inner pain – walking. I walked every evening after work. I walked in the rain, I walked in the heat, I walked in the dark. Even as I racked up the miles in solitary walking someone gave me the best piece of advice in my life: find something to do with people. It doesn’t matter what that something is, just get out of the house.

I had the good sense to take this advice and in June of that year I went on my first organized hike up at High Point. I was totally unprepared but somehow made it through the hike. At one point I was walking beside someone and it dawned on me that he looked familiar – we had gone to graduate school at Wake Forest University together in 1982 and it turned out that he lived around the corner from me. He got me into different events and, with the help of a gifted therapist, I actually began to have a life. I uttered the immortal words when I was asked to lead an event: “How hard could it be?” Leading that first event was terrifying and thrilling at the same time, not to mention freeing. After that I began to get involved with ADK and met the most fantastic bunch of people I could ever hope to meet.

People ask me why I’m so passionate about hiking. The answer is easy: it saved my life and gave me one. Out in the woods with a bunch of hikers is, as they say, my happy place.

I hope that you’ll want to get involved, help out, and above all give back to the club that has given us all so much.

Our biennial election of chapter officers will take place at the Holiday Party. The slate of new officers is listed on page 8. Be sure to come and enjoy the party and vote!

See you on the trails!

Jeff Sovelove

You’re Invited to the North Jersey Ramapo ADK HOLIDAY PARTY SUNDAY DECEMBER 7, 2014 4 – 8 PM CENTRAL UNITARIAN CHURCH 156 FOREST AVENUE PARAMUS, NJ

This will be a pot-luck. Everyone should bring a casserole, a side dish, or a salad for six. Non-cooks can bring a bottle of wine or other beverage. The Club will supply a roast turkey breast, a baked ham, rolls and paper goods (plates, silverware, etc). The cost will be $5 per person, collected at the door.

You must RSVP by December 1st to let Betty know what you will bring.

Call: 201-967-2937 or email: ebheald@aol.com
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-member 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 Souther 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 situation. If the hike is one that requires preregistration, 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 situation.

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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.

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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.

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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 • FALL 2014 • OCTOBER • NOVEMBER • DECEMBER

Hunting Season In Sterling Forest
Gun - Nov. 15 - Dec 7 Bow - Oct. 1 - Nov. 14 and Dec. 8 - 16

Thursday, 10/2   In The Woods  C 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.

Thursday, 10/2   Tallman Mt. State Park  C 3 C
Louise Parnell  parnelljt@optonline.net or 845-290-5287
Meet at 10 AM at the parking lot behind Confetti Restaurant on
Ash St. in Piermont. TC Hudson Palisades map 109.

Saturday, 10/4   Various 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 to register and for all details the week of the hike. Joint
with AMC.

Saturday, 10/4   Schunemunk Mountain Loop  B 9 B+
Allison Tully  alittuly63@optonline.net (e-mails/text pref.) or
845-656-0442
Meet 9:30 AM at Taylor Road trailhead. This will be a loop hike,
with the most strenuous part of the hike being the ascent of the
Dark Hollow Trail. We will use a variety of trails including the
Jessup, Sweet Clover, Dark Hollow, Highlands, Western Ridge,
and Otter Swamp Trails. During the course of this hike, we
should get views of the Newburgh Beacon Bridge, the Perkins
Tower atop Bear Mountain to the southeast, with the Shawangunk Ridge visible to the northwest, and the Catskills beyond.
Pitch pines, white quartz, pink sandstone and the Megaliths.
Estimated hike time is 6 hrs. Register by Friday, October 3. TC West
Hudson map 114.

Saturday, 10/4   Rockland Lake & the Ice Industry  C 4 C
of Over 100 Years Ago
Louise Parnell  parnelljt@optonline.net or 845-290-5287
Rob Maher  rmforlake@gmail.com or 917-579-0785
Meet at 10 AM in front of the large building in parking lot #1. The
building was the bath house and it is to the left as you enter the
parking lot. We will walk around the corner and to the left and see
a sign that says,”Programs”. We will look at some pictures there
first. Parking lot #1 is off Route 9W in Congers where 9W crosses
Mt. & Nyack Beach” will lead a walk identifying the remains of
the ice industry & the village of Rockland Lake of over 100 years
ago. Sturdy walking shoes, water, walking stick & hat are recom-
manded. TC Hudson Palisades map 111.

Sunday, 10/5   Lark In The Park 2014  B+ 8.5 A
Blackdome, Thomas Cole and Blackhead
Deanna Felicetta  felicetta.deanna@gmail.com or 845 216-2021
The wonderful hike begins stream-side and climbs to elevations of
3980’, 3940’ and 3940’ with great scrambles and gorgeous
views. This hike is for the experienced hiker who wants to have a
day of hiking fun in the fall. Come prepared for changes in
weather by dressing in layers. Have lunch, snacks and plenty of
fluids, especially water. Register by e-mail or phone leaving full
name and a contact phone for day of and before hike in case of
changes or cancellation. A contact phone is required as internet
not available from Thursday PM before hike. Meeting at Batavia
Kill/ Big Hollow Road Trailhead. Best access from Tannersville, Rt.
23-A. Turn north on 23-C, taking it to Maplecrest Road (Rt. 40)
turning right. Continue on to Big Hollow Road (Rt. 56). Drive to
end and trailhead in Black Dome Valley. Meet prepared to depart
on hike at 8:45 AM. TC Catskill Trails Northeastern map 141.

Thursday, 10/9   In The Woods  C 5 C
Debbie Bell  deb2@columbia.edu or 845-358-8386 (NCA 9 PM)
Varied terrain in Harriman or nearby parks. Contact leader for
hike details.

Thursday, 10/9   Rockland Lake  C 3 C
Louise Parnell  parnelljt@optonline.net or 845-290-5287
Meet at 10 AM at parking lot #1 off Route 9W in Congers for a
walk around the lake. TC Hudson Palisades map 111.

Saturday, 10/11  OCA By Foot and Rail  C 8.5 B
P. Tilgner and S. Gordon peteretilgner@icloud.com or 201-871-3531
or c 201-685-0592
This hike is Dan Chazin’s Hike Of The Week (No. 40). Hike the Old
Croton Aqueduct from Tarrytown to Yonkers Greystone Metro
North Station for a short return train ride ($2.00 for seniors) to
Tarrytown. The walk takes us through the Mercy College campus
and past the Octagon house among others and offers fine views
of the Hudson and the Palisades. Some street walking will be nec-
essary. Walking shoes, lunch and water are all you need for this
outing. Meet 9:30 AM. Steady rain cancels. Register for this outing
and get directions to start of hike.

Sunday, 10/12  RD Trail Maintenance Hike  C 5 B
Karen Rose  kkarose@aol.com or 201-962-8546
Meet Silvermine Parking Lot 10 AM for shuttle to Tiorati Circle.
Starting from Tiorati Circle we hike and inspect the RD to the Wm.
Brien Memorial Shelter and exit on the Menomine Trail back to
the cars at Silvermine Parking. We will be stopping to throw off
blowdowns, clip back brush, pick up trash, check blazes, etc. Bring
work gloves, clippers if you have them, and lunch. Heavy rain will
cancel. Please e-mail or call to register. TC Northern Harriman Bear
Mt. map 119.

Thursday, 10/16  Sterling Forest  B 4.5 B
Phyllis Stewart  pastewart@optonline.net
Hike around Sterling Lake with lunch “on the rocks” overlooking
lake with beautiful views. Meet 10:00 AM at Visitors Center, Upper
parking lot. TC Sterling Forest map 100.

Thursday, 10/16  Nyack Beach State Park  C 3 C
Louise Parnell  parnelljt@optonline.net or 845-290-5287
Meet at 10 AM in the Nyack Beach parking lot at the end of N.
B’way in Nyack. TC Hudson Palisades map 110.
HIKE SCHEDULE • FALL 2014 • OCTOBER • NOVEMBER • DECEMBER

Saturday, 10/18 Sterling Forest Bare Rock Vista B 8 B+
Jeffrey Sovelove Hiker_Dood@yahoo.com
Meet at the Visitors’ Center at 10 AM sharp. We’ll climb to the Sterling Forest Fire Tower then to the Bare Rock Vista for lunch. After lunch, we’ll return to the Visitors’ Center back down the Bare Rock Trail. See the Sterling Forest web site for information and directions: http://nysparks.state.ny.us/parks/74/details.aspx. Inclement weather cancels. Joint ADK/Sierra Club hike. TC Sterling Forest map 100.

Sunday, 10/19 The AT On Bellvale Mountain B 7 B
Pete Heckler p_heckler@msn.com or 973-831-2307 (No calls morning of the hike)
We will car shuttle between Lions Field Park, Village of Greenwood Lake, NY and AT crossing at Rt. 5. While hiking this section of the AT we will pass Wildcat Shelter and Cat Rocks, with a possible extension slightly beyond the Village Vista Trail for a spectacular view then exiting via the Village Vista Trail. Rain or hazardous road conditions cancels the hike. Please register by e-mail. Meet 9:30 AM at A&P Parking Lot on Warwick Tpk. ( Rt. 511), Hewitt, NJ. TC Sterling Forest map 100 and North Jersey map 116.

Thursday, 10/23 Haverstraw Beach State Park (Dutch Town) C 3 C
Louise Parnell parnelljt@optonline.net or 845-290-5287
Meet at 10 AM in the parking lot at the end of Riverside Ave. Take 9W north, at Short Clove Road make a right then the first left on Riverside Avenue to Dutch Town. TC Hudson Palisades map 111.

Thursday, 10/23 In The Woods B 6/8 B
Paul Margiotta jjm11@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, 10/25 Shepherd Lake And Skylands Manor B 7 B
Peter Reiner psr7777@gmail.com or 845-323-7697
Meet at 9:30 AM at Shepherd Lake Parking Area in Ringwood State Park. Access is off Sloatsburg Rd. via Morris Rd. to start the hike on the Ringwood Ramapo Trail. Hike will continue on the Mountain Bike Loop, Halifax and Crossover Trails, followed by a walk through Skylands. Hike will end with a short road walk back to the parking area. Call or e-mail hike leader to register. Rain cancels hike. TC North Jersey map 115.

Sunday, 10/26 Haverstraw Brick Museum & The Ice Industry in Rockland Lake
Louise Parnell parnelljt@optonline.net or 845-290-5287
Haverstraw Brick Museum 12 Main Street Haverstraw NY 10927, 845-947-3505. Rob Maher, author of the book “Rockland Lake, Hook Mt. & Nyack Beach” will present a program about the ice industry & the village of Rockland Lake from over 100 years ago. Refreshments will be served. Meet 2 PM.

Sunday, 10/26 Bare Rock Vista B 7 B
Fred Hodde Bullwnkl1@aol.com or 973-728-3223 (c) 973-722-7824
We’ll meet at the upper parking lot for the Sterling Forest Visitor Center at 9:30 AM. We’ll start with a climb to the Sterling Forest Fire Tower. We’ll then hike the Sterling Ridge Trail to Bare Rock Trail and Vista and enjoy lunch while taking in the view. After lunch, we’ll return to the Visitor Center via Bare Rock and Sterling Lake Loop Trails. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Sterling Forest map 100.

Thursday, 10/30 In The Woods C 5/6 B
Richard Sumner RLS@SUMNER.COM or 845-362-8470
Harriman or nearby parks. This will be a C pace and an easy route, no serious hills or rock scrambles. Call or e-mail for details the week of the hike. Details will also be posted on Facebook and the Yahoo group.

Thursday, 10/30 Bear Mt. Bridge C 3 C
Louise Parnell parnelljt@optonline.net or 845-290-5287
Meet at 10 AM in the parking lot of Fort Montgomery off Route 9W north. TC Harriman Bear Mt. North map 119.

Saturday, 11/1 Various 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 to register and for all details the week of the hike. Joint with AMC.

Sunday, 11/2 Daylight Savings Time Ends

Sunday, 11/2 Sterling Forest East Side B 8.5 B
PTilgner and S. Gordon petertilgner@icloud.com or 201-871-3531 or (c) 201-685-0592
We hike the Sapphire, AT, AT Link, Indian Hill, Furnace, and Wildcat Trails from the Harriman Rail Station south to the Commuter Parking Lot at the junction of Rts. 17 A and 106. Meet first 9 AM at the Commuter Lot for a car shuttle north to our starting point. From Tuxedo Rail Station drive about 2.5 miles north on Rt. 17 to traffic light at foot of ramp on left to 17 A and 106. Steady rain cancels. Register for this hike. TC Sterling Forest map 100.

Thursday, 11/6 Walkway Over the Hudson C 4 C
Louise Parnell parnelljt@optonline.net or 845-290-5287
Meet at 11 AM at the free parking lot on Haviland Ave. near the old red caboose. Take the New York State Thruway north to New Paltz(Exit 18) and turn right on to Route 299. Follow that to Route 9W and turn right going south. At Haviland Rd. make a left to the first parking area. We plan to have lunch at Lola’s Cafe on the Poughkeepsie side.

Thursday, 11/6 Skannatati East Side Loop B 6 B
Fred Hodde Bullwnkl1@aol.com or 973-728-3223 (h)
7824 (c)
Meet at the Lake Skannatati Parking Area at 9:30 AM. The planned

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group.
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 Northern Harriman Bear Mt. map 119.

Saturday, 11/8 Bear Swamp Lake B 6 B+ Peter Reiner psr7777@gmail.com or 845-323-7697 Starting at 9:30 AM at Ramapo Valley Reservation, hike the Red-Silver Trail up to Bear Swamp Lake, going around the lake and returning on the Halifax Trail. Steep downhill on the return trail. Call or e-mail hike leader to register. Rain cancels hike. TC North Jersey map 115.

Sunday, 11/9 Sterling Forest Twofer B 9 B+ Fred Hodde Bullwnkl1@aol.com or (h) 973-728-3223 (c) 973-722-7824 We’ll meet at the upper parking lot for the Sterling Forest Visitor Center at 9:30 AM. We’ll start with a climb to the Sterling Forest Fire Tower. We’ll then hike to the Bare Rock Vista and enjoy lunch while taking in the view. After lunch, we’ll continue down the Bare Rock Trail. We’ll 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, 11/13 In The Woods C 5 C Georgette Fazzari grfhiker@gmail.com (pref.) or 551-265-2369 (NCA 9 PM) Contact leader the week of hike for details and to register.

Thursday, 11/13 Perkins Tower C 3 C Louise Parnell parnelljt@optonline.net or 845-290-5287 Meet at 10 AM in the parking lot near the tower. Take the Palisades P’way north to Exit 19 (Perkins Memorial Drive). At the sign for Perkins Drive make a left and drive up the hill and park near the Tower. TC Harriman Bear Mt. North map 119.

Saturday, 11/15 Out Of The Elk Pen B 6 B Peter Reiner psr7777@gmail.com or 845-323-7697 Meet at the Elk Pen at 9:30 AM. We’ll hike the Stahahe Brook, Nurnian (through the Valley of Boulders), Dunning, White Bar, ASB and AT Trails. Registration by e-mail is preferred. Rain cancels hike. TC Northern Harriman Bear Mt. map 119.

Sunday, 11/16 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. Starting on the Menomine we hike past Lake Nawahunta, followed by the Long Path and AT Trails and woods roads returning via the Menomine. Registration by e-mail is preferred. Call 973-722-7824 before 8:20 AM if the weather is questionable. TC Northern Harriman Bear Mt. map 119.

Thursday, 11/20 Saddle River County Park/Wild Duck Pond C 3 C Louise Parnell parnelljt@optonline.net or 845-290-5287 Take the Garden State P’way to Exit 165 and follow the road to the right and towards Ridgewood NJ. Continue on Ridgewood Ave. to Saddle River County Park on the right. We will meet 10 AM in the last parking area that is close to the exit back to Ridgewood Ave.

Saturday, 11/22 Turtleback Rock, South Mountain Reservation B 6 B Jeffrey Sovelove Hiker_Dood@Yahoo.com We will start at Turtleback Rock trailhead at 10 AM. See the Essex County Parks Commission web site www.essex-countynj.org/p/index.php?section=parks/sites/so for directions. Bring lots of water, and wear hiking boots. We will take the orange trail trail to Hemlock Falls and also see the famous Turtleback Rock. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday, 11/23 A Harriman Hike B 6 B Karen Rose kkarose@aol.com or 201-962-8546 Meet Reeves Meadow Visitor Center Parking Lot on Seven Lakes Drive at 9:30 AM. Various trails depending on weather conditions. May need traction devices. Bad driving conditions will cancel. Please e-mail or call to register. TC Southern Harriman Bear Mt. map 118.

Saturday, 11/29 Black River County Park (Chester, NJ) B 6.5 B Chris Connolly c.connolly7@verizon.net or 201-321-6605 We’ll be doing Dan Chazin’s Hike Of The Week No. 7 featuring a spectacular rocky gorge. Take Rt. 80 West to Exit 27A, take Rt. 206 south 8 miles, turn right on to Rt. 513, 1.2 miles to Cooper Mill Park entering on left. Meet 10 AM.

Sunday, 11/30 Thank You Dean Gletsos B 9 B Fred Hodde Bullwnkl1@aol.com or (h) 973-728-3223 (c) 973-722-7824 Meet at the Lake Skannatati Parking Area at 9:30 AM. Dean led this hike last summer. I thought it would be a great fall hike (not for beginners). We’ll hike the Long Path, Dunning, and ASB Trails stopping for lunch alongside Island Pond. Registration by e-mail preferred. Call cell before 8:30 AM if the weather is questionable. TC Northern Harriman Bear Mt. map 119.

December 1, 2014 Holiday Party Reminder The party will be on Sunday Dec 7, but today is the deadline to RSVP to Betty Heald. Call: 201-967-2937 or e-mail: ebheald@aol.com.
HIKE SCHEDULE • FALL 2014 • OCTOBER • NOVEMBER • DECEMBER

Thursday, 12/4  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.

Thursday, 12/4  Saddle River County Park C 3 C
Louise Parnell parnelljt@optonline.net or 845-290-5287
Meet at 10 AM. Take the Garden State P’way to Exit 165 and follow the road to the right towards Ridgewood NJ. At Paramus Rd. make a right to Dunkerhook Rd. At Dunkerhook Rd. make a right into the first parking area. We will walk south to the Fair Lawn area and maybe to the Easton Memorial Site.

Sunday, 12/7  North Jersey Ramapo Holiday Get-Together
4:30 PM Central Unitarian Church, 156 Forest Ave., Paramus, NJ. See page 1 of this newsletter for complete information.

Thursday, 12/11  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.

Thursday, 12/11  Little Tor C 3 C
Louise Parnell parnelljt@optonline.net or 845-290-5287
Meet at 10 AM. Take the Palisades P’way to New Hempstead Rd.(Exit 11) and go east to Little Tor Rd.(New City Court House). At Little Tor Rd. make a left and follow it as it becomes Central H’way. At the top of the hill look for the parking area on the right. TC Hudson Palisades map 112.

Saturday, 12/13  Ramapo Reservation Circular B 8 B
to Erskine Lookout
Dean Gletsos cgletos@yahoo.com or 845-354-0738
Using a variety of trails we will visit a waterfall, old ruins and get great views while having lunch. Have enough water and food; dress appropriately. Meet 9:30 AM at the Ramapo Reservation parking area (off Rt. 202). Call or e-mail to register or if you have questions. TC North Jersey map 115.

Sunday, 12/14  Bear Mt / West Mt B 8 A
Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021
This hike affords some of the best views and challenging hiking in the Hudson and Harriman area. Dress in layers. Traction devices may be necessary. Exact route will depend on the weather and parking. Trails will include the AT, SBM and Timp Torne. Register up until Friday PM before hike. No e-mail after then. Must leave reliable phone contact for changes or cancellation. Meet 9 AM Anthony Wayne North Parking Area. TC North Harriman Bear Mt. map 119.

Thursday, 12/18  Johnsonstown Circular B 6 B
Fred Hodde Bullwnkl1@aol.com or (h) 973-728-3223 (c) 973-722-7824
Meet at the Johnsonstown Circle at 9:30 AM. The planned route will be dependent on weather conditions. Traction devices may be necessary. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Southern Harriman Bear Mt. map 118.

Sunday, 12/20  Ramapo Reservation Circular B 8 B
Dean Gletsos cgletos@yahoo.com or 845-354-0738
We will use a variety of trails, not much frequented, but interesting. Leader’s choice. Spectacular views and visiting points of interest. Lunch on an overlook. Meet 9:30 AM at the Ramapo Reservation parking area (off Rt. 202). Call or e-mail to register or if you have questions. TC North Jersey map 115.

Sunday, 12/21  Mahlon Dickerson Reservation B 6.7 B
Chris Connolly c.connolly7@verizon.net or 201-321-6605
We will be doing Dan Chazin’s Hike Of The Week No. 47. Take Rt. 80 west to Exit 34B. Go north 4.3 miles on Rt. 15, get off at Weldon Rd. Exit and go 2.8 miles to the Saffin Pond Parking Area. Meet 10 AM. TC North Jersey Trails map 126.

Sunday, 12/28  Long Path/Old Erie Railroad Bed B 10 B
Chris Connolly c.connolly7@verizon.net or 201-321-6605
We’ll hike Dan Chazin’s Hike Of The Week No. 10. Meet 9:30 AM at Piermont New York Municipal Parking off Gair St. TC Hudson Palisades map 109.

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

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. Thank you, too, for returning unused Accident Forms and stamped envelopes. I see that they get back to Lou for recycling. Comments about your hikes are also appreciated.

Betty Heald, Sign-In Form Collection
201-967-2937
formcollection@hudsonhikers.
HIKER’S YOGA: Adhomokha Swastikasana, The Downward Facing Cross-legged Pose

by Deanna Felicetta, RYT-E

This is a wonderful posture for the knees and tired feet. As hikers we can all relate to that! This posture is a great way to relieve stress, so come join in and try it.

Your coffee table is the perfect prop for this posture. You also need a yoga mat or bed pillow to sit on, a nice thick blanket or beach towel and one or two small pillows.

You will be sitting cross-legged at one end of the coffee table. Fold the yoga mat in thirds and lay it on the floor at the end of the table where you will be sitting (or use a bed pillow). The yoga mat (or pillow) should be centered and when you sit down on it your knees may actually touch the table.

Place the blanket on the coffee table, folded so it is a little narrower than the coffee table and centered left to right. It should reach the edge of the table where you are sitting and hang over the edge a bit. Place a small pillow on the blanket a few inches in. If you want extra comfort put another small pillow under each leg by your knee for support.

Now sit in a cross-legged position with your buttocks firmly on the yoga mat. Sit tall and erect. Engage your stomach muscles as you breathe. Stretch your arms outwards and then up to the sky while taking in a full breath. Reach your fingers up for a moment and let your arms come down bringing your hands to meet each other in front of your heart. Gently let your head release and sweep your arms out and skyward again. Look up and take a deep and full breath. Sweep your arms down to the center again. For the third and last time stretch your arms out and up skyward taking a full breath, and as you let your arms come down bow your head and lean forward so your forehead rests on the blanket and your arms reach out past your ears to rest on that pillow just beyond your head. Let your arms stretch long. Continue to breathe in and out now in a calm and gentle manner. Remain here for several minutes. Come up very slowly assisting with your hands and arms as needed. Sit upright for a moment with your eyes open.

Uncross your legs, recross the other way and repeat. Adjust pillows as needed. Remember to sit still for a moment when you come up erect. Uncross and shake out your legs.

You will find this posture transports you to a place of quiet peacefulness. And your feet, ahhh… so relaxed!!!

Until next time, See you on the trail,
Nameste, Deanna

Calling All “C” Hikers

by Debbie Bell

When I joined the ADK in 2007, our hike schedule included a variety of “A”,”B”, and “C” hikes. The “C” hikes, often led by Phyllis Key, were the entry path for many of us into the ADK hiking world. In recent years, most of our scheduled hikes have a “B” rating, which may be inappropriate for new hikers, as well as unappealing to some of our veteran members. Louise Parnell generously offers three-mile walks that provide an opportunity to be out-of-doors and socialize. But “C” hikes on the typical (i.e., uneven) trails in our area are rare.

The ADK Fall 2014 Schedule includes a number of “C” hikes. The hikes will be on trails that have some ups-and-downs, but no demanding scrambles. The typical distance is five miles, and the pace will be leisurely. All hikers, at any level, are welcome to join these outings. If there is sufficient interest among hikers and leaders, we hope to have a more diverse list of hikes in future Hike Schedules.

Welcome New Members
Karen Levine – Mt. Tabor NJ
Kenneth Levitt – Mahwah NJ
Gery Monaco – Andover NJ
Suzanne Saloman – South Salem NY
Meghan Sank – New York NY
Richard Silkes – Kinnelon NJ
Stephen Chien – Fort Lee NJ
Jaime Garingo – Valley Cottage NY

Welcome Back
Thomas Casal – River Edge NJ
Diane & Lawrence Lareau – Cedar Knolls NJ
Gina Behrle – Little Falls NY
Maria & John Giorgio – Hackensack NJ
DUES MONEY
Please be aware that all dues money is handled at our Headquarters in Lake George NY. The address is 814 Goggins Road, Lake George N-Y 12845-4117. Dues can be paid either by mailing a check, calling 1-800-395-8080, OR on-line at www.ADK.org PLEASE DO NOT SEND TO NORTH JERSEY RAMAPO CHAPTER

ELECTION OF CHAPTER OFFICERS
Every two years we elect new officers, with the election taking place at our Holiday Party. The slate to be voted on is:

Chair – Karen Rose
Karen is currently Vice Chair. By long tradition (starting in the Ramapo Chapter) the chair serves for one term and then the vice chair moves up.

Vice Chair – Daphne Downes
Daphne has been a member for two years, and is an active hiker along with her husband Michael. She will be an excellent addition to the board. We are looking forward to working with her.

Secretary – Fred Hoddes
Fred will continue as Secretary. He is an active hike leader and hiker.

Treasurer – Allen Grunthal
Allen and his wife Diane, have been ADK members since 1996. Allen will replace Marcia, who has decided to retire after a long tenure, both as North Jersey and as North Jersey Ramapo Treasurer. We take this opportunity to thank Marcia for her many years of faithful service!

Director- John Jurasek
John will continue as our representative to ADK in Lake George.