ADK Winter Outing
January 24 - 26, 2014
Mad River Club
941 County Route 15, Lacona, NY
Come out and play in the East’s heaviest snows for a weekend of XC skiing, snowshoeing and camaraderie at the annual Tug Hill Winter Outing! Enjoy the rustic setting of the Mad River Club and explore the numerous groomed and backcountry trails that are within minutes from the clubhouse.

The full weekend package includes floor space for your sleeping bag and pad, snack Friday evening, breakfast and lunch on Saturday and Sunday, and a gourmet catered dinner on Saturday. Camping is also an option for those wishing to rough it, as there are good locations on MRC property to pitch a tent.

The cost is $100 for the full weekend with or w/out floor space, or $40 for skiing and dinner on Saturday. All but $20 is refundable up to 12/31. For registration information and a listing of alternate lodging in the area contact David White, 28 Mulberry St., Clinton NY 13323, ccswhite@juno.com or 315-853-1070. General information can also be provided by George Farwell at barkeater46@roadrunner.com or 315-724-6257.

Event hosted by the Iroquois Chapter.

Also see: Adirondac Magazine and www.adktravel.org/winterouting.htm

WINTER 2014

A Message From the Chair

It’s a few days before Thanksgiving as I write this so I thought it would be appropriate to make that the theme of my Note From The Chair. I would like to thank everyone who selflessly donates their time and efforts to make this club what it is.

Thank you to Betty Heald, Lou O’Neill, and Denis & Joan Kmiec for the wonderful job that you do in sending out, collecting, and collating the sign-in forms.

Thank you to Judi DeBiase for our fantastic newsletter.

Thank you to Peter Reiner and Suzan Gordon for doing the “Joys of Hiking” presentations throughout the year.

Thank you to all of our officers and the board for everything that you do.

A final thank you to all of our great hike leaders for all of your time and efforts.

And what else am I thankful for? I’m thankful for all of you and that I am still able to do what I love most, namely hiking, especially after my heart attack in February. I’m thankful for every day spent in the woods with my hiking friends, and even for all of those hills and rock scrambles despite the occasional moaning and groaning about them.

I also wanted to mention a few points about winter hiking. Even though you may not be sweating as you do in the summer. hydration is still vital for a hike so be sure to bring enough water with you. Dress in multiple layers that you can shed during the hike. Avoid cotton if at all possible; wool or wool blends are a better choice since when wool gets wet it still insulates and cushions. Make sure your boots are in good shape and have plenty of tread on them. Bring traction aids as necessary for the hike. Stabilicers or Microspikes are popular choices. Be sure to bring headwear that protects your ears. And lastly, be sure to get out and enjoy winter hiking and (hopefully) snowshoeing as much as possible.

See you on the trails!

Jeff Sovelove
Chapter Chair
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.
**HIKE SCHEDULE • WINTER 2014 • JANUARY • FEBRUARY • MARCH**

**Fri.-Mon. April 25-28**  
Massachusetts AT II  
B 12 B+  
(Dalton to Great Barrington)  
Aaron Schoenberg  
askus3@optonline.net or (c) 845-987-4893  
This is my second annual section hike on the Appalachian Trail in Massachusetts which is a series of day hikes following this trail for 35+ miles in four days of hiking. Mileages range from 5-12 miles per day. This is a strenuous trip. Lodging will be at house rentals in Lee, MA. Advance deposit of $100 required. Contact Aaron for detailed itinerary. Deadline to register: March 29.

**Wednesday, 1/1**  
Happy Harriman New Year  
B 7 B  
Chris Connolly  
c.connolly7@verizon.net  
201-321-6605  
Start off 2014 in style, hiking in Harriman. Precipitation cancels. Meet 10 AM Reeves Meadow parking area. TC map 118. Please register for this hike.

**Thursday, 1/2**  
Pyramid And Turkey Mountains  
B 6 B  
Diane Grunthal njbiker21@gmail.com (pref) or (c) 973-728-8057  
MOH 862-228-1024  
Six miles and total cumulative elevation gain of 1100 feet. Microspikes and snowshoes should be carried. Contact leader for meeting time and directions to trailhead. TC map 125.

**Saturday, 1/4**  
From the Hollow To The Cabin  
B 6.5 B  
P Tilgner & S. Gordon  
petertilgner@icloud.com or (c) 201-546-0509  
We hike the Parker Cabin Hollow Trail using several other trails to get to Parker Cabin Mt. for lunch. Meet 9:30 AM at the Parker Cabin Trail Parking Pull-Off on Rt.106 just east of the I-87 underpass and Rt. 17. Please register for this hike. Traction devices may be necessary. Severe inclement weather cancels. TC map 118.

**Thursday, 1/9**  
Reeves Brook Circular  
B 7 B  
Robert Danetz  
robertdanetz@gmail.com or (c) 201-693-2873  
Pine Meadow, Seven Hills, HTS, Raccoon Brook, Kakiat, Stony Brook, Pine Meadow. Meet 9:30 AM in Reeves Parking Lot on Seven Lakes Drive. Call or e-mail to register. TC map 118.

**Saturday, 1/11**  
Hike to Victory  
B 6 B  
Aaron Schoenberg  
askus3@optonline.net or (c) 845-987-4893  
This is a relatively modest hike following the Victory Trail in its entirety from Route 106 in Harriman Park. Then we will follow the Blue Disc, TMI & RD down to Tuxedo passing Claudius Smith Cave along the way. Note that if icy, stabilizers or other traction devices may be necessary. A car shuttle is involved. Hike will only be cancelled if winter storm watch, warning, 70% chance of rain or temperature under 15 degrees is predicted. Meet Tuxedo RR Station 10 AM. TC Map 118.

**Sunday, 1/12**  
Silvermine Circular  
B 6.5 B  
Chris Connolly  
c.connolly7@verizon.net  
201-321-6605  
We’ll traverse the Menomine, LP, and AT trails. Meet 10 AM at Silvermine Parking Area off Seven Lakes Drive. Precipitation cancels. Please register for this hike. TC map 119.

**Thursday, 1/16**  
In The Woods  
B 6/8 B  
Paul Margiotta  
pjmm11@verizon.net (pref.) or 201-693-670  
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, 1/18**  
Jockey Hollow Leader’s Choice  
B 6 B  
Jeffrey 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. Bring lots of water, lunch, and wear hiking boots. Meet at the visitors’ center at 10 AM. Inclement weather cancels. Proper footwear required (stabilicers, crampons or snowshoes) if appropriate for the conditions. Joint ADK/Sierra Club hike.

**Sunday, 1/19**  
Ramoap Reservation Hike  
B 6 B  
Karen Rose  
kkarose@aol.com  
201-962-8546  
Meet 10 AM Ramapo Reservation Parking Lot on RTE. 202. Route to be determined by weather conditions. Must have traction devices if ice or snow. Please call or e-mail to register. TC map 115.

**Monday, 1/20**  
Pine Meadow Lake and Diamond Mt.  
B 6 B  
Deanna Felicetta  
felicetta.deanna@gmail.com  
845-216-2021  
Meet at Sebago Boat Launch 9:30 AM. Hike to Diamond Mt. enjoying views along the way. We will then go to Pine Meadow Lake for lunch. Dress warmly and in layers, and definitely plan on those fun snowshoes and essential microspikes. Please leave a full name and a contact phone. Winter rain, temperatures below 20 or heavy snow will cancel hike. Wishing for lovely snow and blue skies and hikers’ smiles. TC map 118.

**Thursday, 1/23**  
Slide Mt. in the Catskills  
B 7 A/B  
Bill Drapkin, wdrapkin@optonline.net (preferred) or 845-826-2112  
A strenuous winter hike at a moderate pace. We’ll climb Slide Mt., the highest peak in the Catskills. Approx. 7 mi. and 1800 ft. of gain. Be aware that it will be a long day, with an early meet-up for the approx. 1 1/2 hr. drive from the meet-up point to the trailhead. You must bring snowshoes and at least, microspikes (crampons are better). Be prepared for cold winter conditions. If you’ve not done this before, you’re in for a treat. Contact me to register and for particulars the week of the hike. TC map 143.

**Thursday, 1/23**  
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.

**Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo group.**
HIKE SCHEDULE • WINTER 2014 • JANUARY • FEBRUARY • MARCH

Saturday, 1/25  Tallman Mt. State Park  B 6 B
John Jurasek  jurasek@optonline.net or 845-519-4247
(NCA 10 PM)
We will meet at 450 Pierrick Ave. In Pierrick, NY at 11 AM. We will
hike through Tallman on the Long Path. Lunch at the Tallman
Mountain Shelter, then out on the pier halfway across the
Hudson. Early out possible. Snow may modify the hike. Joint with
other groups. TC map 109.

Sunday, 1/26  Osborn Loop  B 7 B
Chris Connolly  c.connolly7@verizon.net   201-321-6605
Check out the scenery east of the Hudson. Precipitation can-
cels. 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
map 101.

Thursday, 1/30  In The Woods  B 6/8 B
Gerrgette Fazzari  grfhiker@gmail.com (pref.) or 551-265-2369
(NCA 9 PM)
Varied terrain in Harriman or nearby parks. Contact leader the
week of hike for details and to register.

Saturday, 2/1  Popolopen Gorge/Queensboro Lake  B 7 B+
Peter Reiner  psr7777@gmail.com or 845-323-7697
Meet at 9:30 AM in Ft. Montgomery visitor center parking lot.
We follow the Popolopen Gorge Trail offering great views of
the gorge. Trail meets with the 1777W and 1779 Trails. Lunch at
Queensboro Lake, with return on the 1777W Trail, crossing the AT
onto the Suffern-Bear Mt. Trail to the Inn. Car shuttle is required to
the Bear Mt. Inn lot. Call or e-mail hike leader to register. TC map
119. An $8.00 parking fee may apply.

Sunday, 2/2  Slide Mountain Snowshoe Loop (Catskills)  A 7+ A
Deanna Felicetta  felicetta.deanna@gmail.com or 845-216-2021
One of the Catskills most beautiful winter hikes, and a great hike
for experienced winter hikers. Plan to have snowshoes, full cram-
pons, poles and microspikes for this hike. Dress in warm layers,
hand warmers suggested. Bring a flashlight just in case, as day-
light is short. Call for meeting time and place. Inclement weather
will cancel. (Call between 7-8 evening before hike for weather de-
cision). No e-mail after 6:30 PM Friday before hike. Call thereafter
at 845-216-2021. Registration open two weeks before hike. Leave a phone number
and name. Limit 12 hikers. TC map 143.

Saturday, 2/8  Patriots Path Stroll  C 5 C
Jeffrey Sovelove  hiker_dood@yahoo.com
Come take an easy stroll on Patriots Path in Morristown. This 3 - 5
mile stroll will start out from the Speedwell Lake parking lot at
10 AM across the street from Historic Speedwell. See the Morris
County Parks website (www.morrisparks.org) for directions. The
path is wide, partly paved. Please bring plenty of water and a light
snack. Great for beginners. Inclement weather cancels. Proper
footgear required (stabilicers, crampons or snowshoes) if appro-
priate for the conditions. Optional lunch afterwards. Joint ADK/
Sierra Club hike.

Saturday, 2/15  Ramapo State Forest Romp  B 6 B
Peter Heinckler  p_heinckler@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, and McEvoy Trails. Meet 9:30 AM at Hague-
strom Ball Field parking lot, Wanaque NJ. Crampons or equivalent
definitely required, snow shoes if conditions warrant. 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 Haguestrom Blvd. Go east toward the mountain, park at
Ballfield on left. Storm or hazardous road conditions cancels hike.
Registration by e-mail appreciated. TC Map 115.

Saturday, 2/22  Tallman Mt. State Park  B 6 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, 3/8  Panther Mountain and the Giant Ledges A 6.5 B+
(Catskills)
Deanna Felicetta  felicetta.deanna@gmail.com or 845-216-2021
A unique Catskill winter peak, this hike is for the experienced winter hiker.
Plan to have snowshoes, full crampons, poles, and microspikes
for this hike. Dress in warm layers. Hand warmers suggested. Call
for meeting time and place. Inclement weather will cancel. (Call
between 7-8 evening before hike for weather decision). No e-mail
after 6:30 PM Friday before hike. Call thereafter at 845-216-2021.
Registration open two weeks before hike. Leave a phone number
and name. Limit 12 hikers. TC map 142.

Saturday, 3/15  Popolopen Gorge/Queensboro Lake B 7 B+
Pete Heckler  p_heckler@msn.com or 845-362-8470
Meet at 9:30 AM in Ft. Montgomery visitor center parking lot.
We follow the Popolopen Gorge Trail offering great views of
the gorge. Trail meets with the 1777W and 1779 Trails. Lunch at
Queensboro Lake, with return on the 1777W Trail, crossing the AT
onto the Suffern-Bear Mt. Trail to the Inn. Car shuttle is required to
the Bear Mt. Inn lot. Call or e-mail hike leader to register. TC map
119. An $8.00 parking fee may apply.

Saturday, 3/22  Patriots Path Stroll  C 5 C
Jeffrey Sovelove  hiker_dood@yahoo.com
Come take an easy stroll on Patriots Path in Morristown. This 3 - 5
mile stroll will start out from the Speedwell Lake parking lot at
10 AM across the street from Historic Speedwell. See the Morris
County Parks website (www.morrisparks.org) for directions. The
path is wide, partly paved. Please bring plenty of water and a light
snack. Great for beginners. Inclement weather cancels. Proper
footgear required (stabilicers, crampons or snowshoes) if appro-
priate for the conditions. Optional lunch afterwards. Joint ADK/
Sierra Club hike.

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group
HIKE SCHEDULE • WINTER 2014 • JANUARY • FEBRUARY • MARCH

Thursday, 2/20  Johnsontown Circular  B 6.5 B
Fred Hodde  Bullwnkl1@aol.com  973-728-3223 (h) or 973-722-7824(c)
Meet at the Johnsontown Circle at 9:30 AM. The planned route will be on the Blue Disc, Victory and White Bar trails. Come appropriately prepared (i.e., traction devices as needed) for winter hiking. Registration by e-mail preferred. Call before 9:00 AM if the weather is questionable. TC Map 118.

Saturday, 2/22  Clausland Mt. State Park  B 6 B
John Jurasek  Jurasek@optonline.net or 845-519-4247 (NCA 10 PM)
We will meet at 450 Pierview Ave. in Piermont, NY at 11 AM. We will hike through Rockland Cemetery on the Long Path. Lunch at the top of Clausland Mt. at old Nike base, then out on the pier halfway across the Hudson. Early out possible. Snow may modify the hike. Joint with other groups. TC Map 109.

Thursday, 2/27  Balsam Lake & Possible Graham Mt.  B 6/10 B (Catskills)
Bill Drapkin, wdrapkin@optonline.net(pref.) or 845-826-2112.
A winter hike at a moderate pace. Depending on conditions, it could be quite strenuous. We'll first climb Balsam Lake Mt., and then depending on conditions and how people feel, we may also climb Graham Mt. 6 to 10 miles and as much as 2500 ft. of gain. Be aware that it will be a long day, with an early meet-up for the approx. 1 1/2 hr. drive to the trailhead from the meet-up point. You must bring snowshoes &, at least, microspikes. Crampons are better. Be prepared for the cold. If you've not done this before, you're in for a treat. Contact leader to register and for particulars the week of the hike. TC map 142.

Saturday, 3/1  Norvin Green  B 8.5 B+
Sheree Bennett  shereestarrett@yahoo.com or 973-857-0543 (c) 973-932-9466
This is a moderately strenuous hike with two steep uphills. 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 map 115.

Sunday, 3/2  Balsam Lake Fire Tower (Catskills)  B+ 9 B+
Deanna Felicetta  felicetta.deanna@gmail.com or 845-216-2021
Hike two fun peaks in this special area of the Catskills, just west of the Catskill divide. See an old radio station, forest ranger cabin and a true firetower on this lovely hike. We must hike in from the east, as winter closes road passage in the west. Great snowshoe outing for the day for the experienced winter hiker. Bring poles, crampons, microspikes and flashlight-just in case! Plan to dress in layers, and you may want hand warmers. E-mail before 6:30 PM Friday before hike. Call thereafter at 845-216-2021. Registration open two weeks before hike. Leave a phone number and name. Limit 12 hikers. TC map 142.

Thursday, 3/6  In The Woods  B 6/8 B
Paul Margiotta  pjm11@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, 3/8  Lewis Morris Park  B 7 B
Jeffrey Sovelove  Hiker_Dood@yahoo.com
We will start at Sunrise Lake, then hike to the upper parking lot and back down to the lake using a combination of the Yellow and Red trails. The pace will be a moderate to slow one. See the Morris County Parks Commission website www.morrisparks.org/aspparks/lmdir.asp for directions. Bring lots of water, lunch, and wear hiking boots. Meet in parking lot at 10 AM. Inclement weather cancels. Proper footgear required (stabilicers, crampons or snowshoes) if appropriate for the conditions. Joint ADK/Sierra Club hike.

Sunday, 3/9  Daylight Savings Time Begins

Sunday, 3/9  Rt. 106 Circular  B 6 B+
Chris Connolly  c.connolly7@verizon.net  201-321-6605
Cardiovascular 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. TC map 118. Please register for this hike.

Thursday, 3/13  In Harriman  B 6/7 B
Bill Drapkin, wdrapkin@optonline.net (pref.) or 845-826-2112.
A hike in Harriman, on various trails, at a moderate pace. Late winter, early spring conditions will determine the exact route. Be prepared with proper equipment/clothing to suit conditions. Contact me to register & for particulars the week of the hike. TC map 118/119.

Sunday, 3/16  Fahnstock/Round Hill East Mt. Circular  B 7 B
P. Tilgner & S. Gordon  peteretiligner@icloud.com or (c) 201-546-0509
Our hike begins at 10 AM from the Hubbard Lodge located on a country road, three-tenths of a mile north of the intersection of Rts. 9 and 301. Please register for this hike. TC maps 102 and 103.

Saturday, 3/15  A Harriman Hike  B 6 B
Karen Rose  kkarose@aol.com  201-962-8546
Meet 10 AM at Reeves Meadow Visitor Center. Route to be determined by weather conditions. Must have traction devices if ice or snow. Please call or e-mail to register. TC map 118.

Thursday, 3/20  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.

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group.
HIKE SCHEDULE • WINTER 2014 • JANUARY • FEBRUARY • MARCH

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

Welcome New Members

Linda Chambers – Saddle Brook NJ
Gayle Cornish – Oak Ridge NJ
Michael Dougher – Tuxedo NY
Murray Gross – Brooklyn NY – affiliate
Richard Julesa – Morristown NJ
Jeanette & Alan Sanders – Jersey City NJ
Sheree & Fred Bennett – Verona NJ
James Berger – Pearl River NY
Ellen Blumenkrantz – Closter NJ
Helen Dabetic & Kin Ko – Cliffside Park NJ
Diane Dabkowski – Ramsey NJ
Kate D’Angelo – Mahwah NJ
Sherri Galgano – Englewood NJ
Mark Jones – Congers NY
Karen Kasny – Pearl River NY
Rob Lore – Stockton NJ
Dee Mattiello – Mahwah NJ
Gerald Meyers – Potomac MD
Douglas & Lana Vitale – Freehold NJ
Richard Kulesa – Morristown NJ
Karin & Henry Barkhorn – New York NY
Jennifer Johnson – Flemington NJ
Mary & Chris Kourelakos – Dumont NJ
Mary Beth & Peter Moltzen – Montvale NJ
Jim Om – Cresskill NJ
Gina Abrams – Short Hills NJ
John Angle – Lafayette Hill PA
Caroline Hamling – Chester NY
Michele Paradiso & Ken King - Fort Lee NJ
Cynthia & Jeffrey Reardon – Spring Valley NY
Deborah & Kenneth Rubin – Long Branch NJ
Bonnie Sauma – Warren NJ
Cathy Veit – Livingston NJ

Welcome Back

Martha Brown – Shelton CT
Alan & Jeanette Sanders – Jersey City NJ
Yoga While Seated In A Chair

By Deanna Felicetta, E-RYT

Yes, Hikers, go pull up that sturdy kitchen or dining room chair and come join us for some Yoga. This is a great way to do Yoga, if you want to approach it in a gentle manner. It allows Yoga to be done on a level that is comfortable for many students who may find difficulty with traditional yoga postures. The seated combination described in this article is great for anyone who wishes a gentle yoga stretch. It is also great for the more advanced student who may not be in a traditional Yoga setting, perhaps at work or other such place. This exercise is also good for a person in a wheelchair while recovering from an injury or surgery.

Let us begin by sitting up tall and straight in the chair with your feet planted firmly on the floor and your toes pointing forward. To help achieve this you should also engage your stomach muscles, pressing them firmly against your spine. Press your seated “bottom” firmly down onto the chair. Lengthen your spine as you continue to engage those stomach muscles for support. Your chest should be open and your shoulders relaxed as your arms hang by your side with your palms pressed onto the chair edges. Be aware of your breathing, allowing your chest to gently rise and fall as you breathe in and out. Your head should be level, and your gaze forward. You are a seated “Mountain”. Continue for a few breaths and then close your eyes and just sit for a few moments.

Now we will move into a simple inverted forward bend. Allow your legs to widen so that they are about as wide as your chair legs. Your feet will continue to be flat on the floor with toes forward. Slowly walk your hands down your thighs as you begin to lean forward. Allow your head, torso and arms to fold over into that wide V-shape you have created between your legs. Having your feet firmly on the floor will create stability. The weight of your relaxed head, neck and upper body will allow you to be pulled down into a gentle forward bend with your head inverted. Be sure to breathe throughout this forward bend. Feel the stretch in your back. When you are ready to come up, use your hands and arms to walk up your legs to assist returning to your starting position. Pause when you arrive there for a moment, allowing your arms to dangle down at your sides and bringing your legs together.

Re-engage your stomach muscles for support as you sit tall. Now float your arms up with palms facing the sky to shoulder height. Allow your arms to be fully lengthened from fingertip to shoulder and shoulder to fingertip. You should now look like a seated “T” shape. Your chest should be open and facing front as you breathe. Now you can let your arms slowly float up until your palms face each other and meet directly over your head. Stay in this tall and skyward posture for a moment, then look skyward as you tilt your head slightly back. Take a full breath or two. Now keeping your palms touching bring them down slowly along your midline, following them with your eyes until they are in classic “Prayer” position. Close your eyes and remain in this quiet asana for a moment or two, as you relax and breathe. Open your eyes and enjoy calm relaxation.

Until next time, Nameste!

Deanna

We Need YOUR Help!

North Jersey Ramapo Chapter needs your help! In order to keep our hike schedule with two (or more) hikes a week (as we have done “throughout the ages”) we need volunteers! Please contact Peter Tilgner at 201-871-3531—schedule@hudsonhikers.org for information about becoming a hike leader.

We are also looking for members with young children to reinstate a “Hiking with Kids” program. This was once a popular program, and would promote family hiking and introduce children to the forest. Parents are required to accompany their children so leaders would not be required to “babysit”. If you have any questions regarding this adventure please contact Betty Heald at 201-967-2937—formcollection@hudsonhikers.org or Phyllis Key at 201-768-5573—membership@hudsonhikers.org.

FAVORITE TRAIL? Any member who has a favorite trail, please share it with us!
Lunch and Learn

Friday, March 28, 2014, Noon
Nanuet Public Library,
Nanuet, NY.

Bring your lunch to the Nanuet Public Library for an informative presentation by Dick Burnon after a social lunch hour with friends. We will have lunch together and then hear the fascinating program described below. The Club will provide beverages and dessert. Please bring friends and family. We look forward to seeing you there.

Dumont Historian Dick Burnon will present a video/lecture on what really happened to famed aviatix Amelia Earhart when her plane disappeared without a trace over the South Pacific in 1937, and will show the 50-minute, award-winning National Geographic Film, “Where’s Amelia Earhart?” to supplement his talk. Burnon, Head of Adult Programming and Public Relations at the Englewood, NJ, Public Library, will discuss the various theories as to what experts think happened to Earhart, an American icon. Dick Burnon, a Dumont, NJ, resident, has had a noteworthy journalistic and public relations career, lasting over a half a century.

Suzan Gordon
Programs Chair