A Message From the Chair

Autumn is here and I have to admit it is my favorite season for hiking. As the summer green fades the brilliant colors of fall entertain us till the winter cold covers the land with snow. And with the heat of summer moderating to cooler days it is the perfect time to get out and hike. With so many choices in our area from the New Jersey Highlands to the Catskills there are trails for all abilities to enjoy. I hope everyone can get out and enjoy the season.

I want to thank all our volunteers who make this chapter a great club. But I am asking again for volunteers! We still need volunteers for mailing the sign-up sheets to the hike leaders, mailing newsletters and a Programs chairperson.

On Sunday, December 6th we will be returning to Marcello’s Restaurant in Suffern for our holiday party. Please join us at 4PM for cocktails with dinner served at 5. Fabulous food (salad, pasta, choice of entrée, coffee or tea). See inside for additional information.

Karen Rose

Hiking in Alaska

by Suzanne Salomon, North Jersey/Ramapo ADK Member

This July, I went to Alaska on a family excursion. The highlight of my trip was a fabulous hike out of Juneau that I had arranged previously with Adventureflow (www.adventureflow.us). They have the only license to take tourists (just locals permitted normally) on a great trail overlooking the Mendenhall Glacier. I was met at my cruise ship by their van and quickly whisked to the trailhead, passing ocean channels, views of majestic mountains, and sightings of bald eagles. The scenery was spectacular. My guide, Eric, seemed to have an encyclopedic knowledge of the dynamics of the forest ecosystem and its inhabitants, as well as the history of the changes and movement of the glacier and the geologic history of the area. He was also kind, vigilant, and responsive to the hikers’ questions and interests. While Eric set the pace, he readily adapted to the group’s capabilities, and was always quick to give individual assistance when needed.

This approximately 6-mile West Glacier Trail there and back was roughly equivalent to a B6B hike, with an elevation gain of about 1000 feet. We climbed up a ridge alongside the glacier to cliffs with beautiful views looking down at the Mendenhall Glacier. The deceptively easy, flat beginning of the trail lured us on until we reached the stone cut stairs. A deep breath, and up we went. The steps made me breathe hard, but after the first view of the glacier, it became an addiction. There was always a better view around the corner, up the next set of stairs, over the next stream crossing. Lovely, colorful flowers and interesting, unusual vegetation, different from what we have in the Northeast. It required less and less encouragement from Eric to continue on, but he made sure we kept our energy up with food and water when it was all too easy to get lost in the scenery. The trail provided a variety of experiences, from wet branches to rocks, to a few steep scrambles. The vistas changed from rainforest to Alpine meadows to views of dramatic peaks, the ocean, and of course the Mendenhall Glacier. Each area had different types of trees, flowers, shrubs, ground cover, birds, and insects.

There was an additional 1.75 mile not as well-maintained trail with an added 2200 foot ascent to the top of Mt. McGinnis. Unfortunately, I didn’t have the time or energy to continue on this trail extension, so back we went. It was a fabulous hiking experience on a great trail in Alaska.
HIKERS 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.

HIKES 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.

Please send articles, photos or other contributions to newsletter@hudsonhikers.org

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

HIKER'S GUIDE

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 2015 • OCTOBER • NOVEMBER • DECEMBER

2015 Hunting Season In Sterling Forest (New York's Southern Tier)
Bow Hunting: October 1 - November 20 and
December 14 - December 21
Firearms: November 21 - December 13

2015 Hunting Season In New Jersey
Bow Hunting: October 31 - November 30
Firearms: November 30 - December 16

Remember to wear bright colors and stay on marked trails.

Thursday, 10/1 Lake Wanoksink Circular C+ 7 C/B
Pete Tilgner/Suzan Gordon peter1tigner@icloud.com
201-871-3531 201-381-0592 (c)
Leave 9:30 AM from the Lake Sebago Boat Launch Parking Lot. Begins and ends up and down on the Seven Hills access trail. The rest is pleasant road walking with with some rough spots. Lunch at Lake Wanoksink. Steady rain cancels. Please register for this hike. TC Southern Harriman map 118.

Saturday, 10/3 Cat's Elbow, Timp, and West Mountain B 6 B
Dean Gletsos cgletsos@yahoo.com or 845-354-0738 (h) 914-806-8330 (c)
Meet 9:30 AM at Anthony Wayne, the most southern parking area, off Exit 17 on the Palisades Interstate. Beautiful views along West Mt. and lunch at the shelter. Severe inclement weather cancels. Please register for this hike. TC Northern Harriman map 119.

Thursday, 10/8 In The Woods C 5 C
Richard Sumner RLS@RSUMNER.COM or 845-362-8470
Harriman or nearby parks. Call or e-mail for details of the hike. Details will also be posted on Facebook and the Yahoo group.

Saturday, 10/10 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.

Sunday, 10/11 Johnstown Loop B 9 B+
Daphne Downes daphner974@gmail.com or 201-424-9360
Meet 9:15 AM Sloatsburg Municipal Building for carpool to trailhead or 9:30 AM at Johnstown Circle. White Bar to Blue Victory, Yellow Triangle to Lookout, then back on the RD and scenic Blue Disc trails with a stop at Claudius Smith Den. Steady rain cancels. Please register for this hike, and notify leader in advance if arriving on 8:40 Suffern train or 9:15 Sloatsburg bus to ensure someone will be there to pick you up. Optional lunch in Sloatsburg after the hike. TC Southern Harriman map 118.

Thursday, 10/15 Ringwood State Park B 7.5 B
Diane Grunthal njbiker21@gmail.com or 973-728-8057 (h) or call cell day of hike only: 862-228-1024.
Use MapQuest: 2 Morris Road, Ringwood, N.J. 07456
Please contact leader for details. TC North Jersey map 115.

Saturday, 10/17 Campgaw Mountain Park B 5 B
Peter Reiner psr777@gmail.com or 845-323-7697
Meet 9:30 AM Campgaw Mountain Reservation in Mahwah, main parking lot (by the ski area) for an interesting hike through and around the ski lift area. Some ups and downs but nothing strenuous. Rain cancels. Please register for this hike. TC North Jersey map 115.

Sunday, 10/18 In the Woods B 6/8 B
Roy Wooters rfwoot@gmail.com or (c) 845-304-0867
Hike varied trails in Harriman starting at 9 AM to approx. 1 or 2 PM. Distance to be determined by weather conditions. Contact leader for details and to register.

Thursday, 10/22 In The Woods B 6/8 B
Paul Margiotta pjmm11@verizon.net (pref.) or 201-693-6705
Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7:00 PM on Wednesday. No beginners please.

Saturday, 10/24 Norvin Green-Highlands Trail B 6 B+
Peter Reiner psr777@gmail.com or 845-323-7697
Meet at 10 am at the large parking area at the Stonetown Recreation Complex on Mary Roth Drive. We will shuttle over to Otter Hole Rd. lot where we will start on the Highlands Trail in Norvin Green. Rain cancels hike. Call or e-mail leader to register for hike. TC North Jersey map 115.

Sunday, 10/25 Skannatati to Island Pond Loop B 9.5 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. The planned route will use the Long Path, Dunning, Boston Mine Road and ASB Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Northern Harriman map 119.

Thursday, 10/29 Lake Skannatati Lollipop B 5.5 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. The planned route will use the Long Path, Lichen, RD and Dunning (back) to Long Path Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Northern Harriman map 119.

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group.
HIKE SCHEDULE • FALL 2015 • OCTOBER • NOVEMBER • DECEMBER

Saturday, 10/31  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 hike the Sterling Ridge and Bare Rock Trails 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, 11/1 Daylight Savings Time Ends

Sunday, 11/1 Surprise Lake Loop  B 6 B
Fred Hodde  Bullwnkl1@aol.com or (h) 973-728-3223  (c) 973-722-7824
We’ll meet at the A&P/Sears parking lot in the Hewitt section of West Milford (Rt. 511) at 9:30 AM. We’ll hike to the Surprise Lake area on Bearfort Ridge going up via the Bearfort Ridge Trail and returning via the Quail Trail. Not for beginners. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC North Jersey map 116.

Saturday, 11/7  Bald Rocks/Hogencamp Mountain  B 6.5 B+
Daphne Downes  daphner974@gmail.com or 201-424-9360
Meet 9:30 AM Rt 17A Park & Ride (P 5 Sterling Forest map 100) for carpool to trail head (where parking is limited) for a figure-eight hike with rocky ridge lines and beautiful views, past Bald Rocks Shelter, Hogencamp mines and through “Times Square”. We’ll take the RD, Dunning, and Long Path trails, then return via the RD, Dunning, White Bar and Nurian trails. Steady rain cancels. Please register for this hike, and notify leader in advance if arriving on 9:24 AM Southfields bus. Optional lunch in Sloatsburg after the hike. TC Southern and Northern Harriman maps 118 and 119.

Sunday, 11/8  Harriman Park- Beaver Pond  B 6.5 B
Peter Reiner  psr7777@gmail.com or 845-323-7697
Meet at the Hiker Parking area on Rt. 106 where the SBM crosses (opposite Beaver Pond Camp Ground Entrance) at 10 AM. We shuttle over to the Lake Skannatati parking area to start. We will hike on the Long Path to the SBM back to Beaver Pond, going over the Jackie Jones Mt. fire tower. Rain cancels hike. Call or e-mail leader to register for hike. TC Southern Harriman map 118.

Thursday, 11/12  Sterling Lake Loop  B 4 C+
Mario Medici  marioamedici@gmail.com (pref.) or 201-396-9391
A leisurely 4-mile hike around picturesque Sterling Lake. Plan on stopping at the “beach” for a short break, so be sure to bring a snack and water. Park car in Visitor Parking lot and meet at Visitor’s Center (across the road) at 10:00 AM. TC Sterling Forest map 100.

Saturday, 11/14  Turtleback Rock  B 6 B
South Mountain Reservation
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 down to Hemlock Falls and also see the famous Turtleback Rock. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday, 11/15  The Osborn Loop  B 6.8 B
P Tilgnier & S. Gordon  petertilgner@icloud.com or 201-871-3531
(h) 201-381-0592  (c)
We hike the Osborn Loop in Hudson Highlands State Park. Leave 9:30 AM from the Castle Rock Unique Area Hiker Parking. From the Bear Mt. Bridge drive about 4 miles north on Rt. 9D. Look for the Castle Rock Unique Area sign after a stone wall on your right. Turn in on a farm road following it to the hiker parking area surrounded by open fields. Please register for this hike. Steady rain cancels. TC East Hudson map 101.

Thursday, 11/19  In The Woods  C 5 C
Richard Sumner  RLS@RSUMNER.COM or 845-362-8470
Harriman or nearby parks. Call or e-mail for details the week of the hike. Details will also be posted on Facebook and the Yahoo group.

Saturday, 11/21  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 map 119.

Sunday, 11/22  Norvin Green Lollypop Hike  B 5 B
Pete Heckler  p_heckler@msn.com (preferred) or 973-831-2307
Meet 9 AM at Skyline Diner (Rt 511), Ringwood Ave, Ringwood NJ (Passaic, Co.)
From Boy Scout Camp we will travel on the Wyanokie Circular, Outlaw, Wyanokie Crest, and Highlands Trails. This is a Dan Chazin recommended hike. You must register for this hike. Rain/hazardous conditions cancel. TC North Jersey Trails map 115.

Friday, 11/27  Sterling Lake Loop  B 4 C+
Mario Medici  marioamedici@gmail.com (pref.) or 201-396-9391
A leisurely 4-mile hike around picturesque Sterling Lake. Plan on stopping at the “beach” for a short break, so be sure to bring a snack and water. Park car in Visitor Parking lot and meet at Visitor’s Center (across the road) at 10:00 AM. TC Sterling Forest map 100.

Saturday, 11/28  Deadline to register with Daphne Downes for Holiday Party at Marcello’s Restaurant. daphner974@gmail.com or (201) 424-9360. Please also let Daphne know if you’re interested in car pooling, either as a passenger or driver.

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group
HIKE SCHEDULE • FALL 2015 • OCTOBER • NOVEMBER • DECEMBER

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<th>Date</th>
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<tr>
<td>Saturday, 11/28</td>
<td>Johnstown Circular</td>
<td>B 6.5 B</td>
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<td>Fred Hodde <a href="mailto:Bullwnkl1@aol.com">Bullwnkl1@aol.com</a> or 973-728-3223(h) 973-722-7824(c)</td>
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<td>Meet at the Johnstown Circle at 9:30 AM. The planned route will be on the Blue Disc, Victory and White Bar Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Southern Harriman map 118.</td>
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| Sunday, 11/29 | Circuit Hike             | B+ 6/7 B |
|              | Allison Tully altully63@optonline.net or 845-656-0442 (c) |          |
|              | Meet 9:30 AM at Reeves Meadow parking lot off Seven Lakes Drive. Trails TBA day of hike. Rain cancels. Call morning of hike if in question. Please register for this hike. TC Southern Harriman map 118. |          |

| Thursday, 12/3 | Silvermine Circular       | B 6 B   |
|               | Fred Hodde Bullwnkl1@aol.com or 973-728-3223(h) 973-722-7824(c) |          |
|               | Meet at the Silvermine Parking Lot off Seven Lakes Drive at 9:30 AM. We’ll do a circular starting with the Menomine past Lake Nawahunta, followed by the Long Path and AT Trails and returning to the starting point via the Menomine. Registration by e-mail is preferred. Call 973-722-7824 before 8:20 AM if the weather is questionable. TC Northern Harriman map 119. |          |

| Saturday, 12/5 | Seven Hills               | B 7 B+   |
|               | Daphne Downes daphner974@gmail.com or 201-424-9360 |          |
|               | Meet 9:15 AM Sloatsburg Municipal Building for carpool to trailhead or 9:30 AM at Reeves Meadow Visitor Center. Reeves Brook to Seven Hills, past Diamond Mountain, then return via the Tuxedo-Mt. Ivory and Stony Brook Trails. Steady rain/snow cancels. Please register for this hike, and notify leader in advance if arriving on 8:40 Suffern train or 9:15 Sloatsburg bus to ensure someone will be there to pick you up. Optional lunch in Sloatsburg after the hike. TC Southern Harriman map 118. |          |

| Sunday, 12/6  | Holiday Party             | B 6 B    |
|              | 4:00 PM at Marcello’s Restaurant, 21 Lafayette Ave Suffern, NY / (845) 357-9108 |          |

| Thursday, 12/10 | 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, 12/10 | Sterling Lake Loop        | B 4 C+   |
|                | Mario Medici marioamedici@gmail.com (pref.) or 201-396-9391 |          |
|                | A leisurely 4-mile hike around picturesque Sterling Lake. Plan on stopping at the “beach” for a short break, so be sure to bring a snack and water. Park car in Visitor Parking lot and meet at Visitor’s Center (across the road) at 10:00 AM. TC Sterling Forest map 100. |          |

| Saturday, 12/12 | Hike in Ramapo Reservation   | B 5/7 B  |
|                | Karen Rose kkarose@aol.com or 201-962-8546 |          |
|                | Must e-mail or call to register. Meet 10AM at Ramapo Reservation Parking Lot on Rt 202. Weather conditions will determine route. Rain cancels. TC North Jersey map 115. |          |

| Sunday, 12/13  | A Harriman Loop Hike       | B 7/8 B  |
|               | Peggy Wissler 914-260-7506 or Pwissler15@gmail.com |          |
|               | Leader’s choice Harriman hike. Meet at Reeves visitor center for a trail loop hike depending on conditions. Hikers must register with leader for meeting time and hike details. TC Southern Harriman map 118. |          |

| Thursday, 12/17 | In The Woods              | B 6/8 B  |
|                | Paul Margiotta pjmm11@verizon.net (pref.) or 201-693-6705 |          |
|                | Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7:00 PM on Wednesday. No beginners please. |          |

| Saturday, 12/19 | Lunch On The Bottle Cap   | B 8 B    |
|                | Dean Gletsos cgletsos@yahoo.com or 845-354-0738 (h) 914-806-8330 (c) |          |
|                | Meet 9:30 AM at Lake Skannatati Parking, off Seven Lakes Drive. Hike the Long Path to the Bottle Cap (end-to-end). Then via connecting lumber roads and the ASB out. Severe inclement weather cancels. Please register for this hike. TC Northern Harriman map 119. |          |

| Sunday, 12/20  | Out Of The Elk Pen        | B 6 B    |
|               | Fred Hodde Bullwnkl1@aol.com or 973-728-3223 (h) 973-722-7824 (c) |          |
|               | Meet at the Elk Pen at 9:30 a.m. We’ll hike the Staheake Brook, Nurian (see the Valley of Boulders), Dunning, White Bar, ASB and AT trails. Registration by e-mail is preferred. Call cell before 8:30 AM if the weather is questionable. TC Northern Harriman map 119. |          |

| Thursday, 12/31 | In The Woods              | C 5 C    |
|                | Richard Sumner RLS@RSUMNER.COM or 845-362-8470 |          |
|                | Harriman or nearby parks. Call or e-mail for details the week of the hike. 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.

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 re-cycling. Comments about your hikes are also appreciated.

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

Welcome New Members

John Crump – Montville NJ
Neal Garonzik – New York City NY
Laura Goldhamer – Suffern NY
Katie Hanlon – Piscataway NJ
Frances Schultz – Little Falls NJ
Nitesh Shah – Ramsey NJ
Jeffrey Thornberry – Mount Arlington NJ
Sue & Mark Allerman – Florida NY
Bruce Davidson – Flemington NJ
Michael Finck – Ridgewood NJ
Elizabeth Gottschalk – Jersey City NJ
Allan Grabowski – Lake Peekskill NY
Nicholas Loudon – Montclair NJ
Paul Hamlin – Ridgewood NJ
Jean & Walter Luther – Congers NY
Robert Matthews – Mahwah NJ
Nancy Perry – Haledon NJ
Thomas Thiel – Cliffside Park NJ
Patti & Michael Vance – Stanhope NJ
Kenneth Arntzen – Denville NJ
Michele Campbell – Rutherford NJ (affiliate)
Sean Iannucci – Goshen NY

Welcome Back

Bruce Davidson – Flemington NJ
Catherine & Roland Autran – Fort Lee NJ
Audrey & Alan Degutz – East Brunswick NJ
Julie & Keith Secallus – Wharton NJ
Robert Frascati – Bloomfield NJ

New Hike Leaders Always Welcome

If you have ever had the urge to lead a hike let us help you. We can connect you with an experienced leader to mentor you.

Contact Peter Tilgner at petertiligner@icloud.com or 201-871-3531 and we will begin the process. Thanks for your interest in promoting NJR’s future on the trails.
HIKER’S YOGA: The Upward Boat, Navasana

by Deanna Felicetta, E RYT-200

Inspired by the heat and thoughts of lakes and rainfall this 2015 summer, I decided to speak to you about the Upward Boat, Navasana. This is a posture I commonly teach students in May and throughout the summer season, allowing students to create their own kayaks, canoes rowboats and more. Smiling together as you work at this playful posture will bring you its benefits any time.

Sit on your mat on the ground with your legs parallel and directly in front of you. You want to be seated firmly on the ground with your spine tall and straight. Let your head be still and easy on top with your arms gently hanging down at your sides with hands on the floor beside you. Focus on your breathing, allowing your lungs to fill fully and then let your chest fall as you exhale. It is good to do this for a few moments as you sit quietly. You should begin to feel a stillness. This will help as you enter your “boat”! It will be less likely to tip off balance.

Lean back a few inches, maintaining that straight back, and place your hands on the ground behind you with your fingers pointing towards your buttocks. Press your hands firmly into the floor, engage your abdomen and then begin to lift your knees off the floor as you bend them to reach a level similar to that of your shoulders. You will notice that you have created a V-shape where your knees are about the same distance from your center line as your shoulders. Allow your chin to drop slightly so that the top of your head is level enough to balance that homemade pie.

Pressing down into your hands, your seat at your center, begin to spread your shoulder blades and open your chest and breathe as you start to lift your feet. Create your own boat as you lift and straighten your legs and extend them fully. You are now ready for your choice of kayak or canoe paddles, or some rowboat oars. Hands off the floor and away you paddle. Throw in a fishing line or two and catch a nice one. After a nice paddle in your lake or stream return your hands to the floor and lower your legs. Sit tall and breathe.

This asana is great for your abdomen, buttocks and legs. It will help you focus, since you must concentrate on keeping your balance - and do remember to breathe too! Upward Boat Posture is so good for many of your internal organs and digestion. It is a great way to relieve stress, so paddle on.

Hope you will take this “boat trip” and paddle a bit before your next hike.

Nameste, Deanna

Time To Party

Our annual Holiday Party will take place at Marcello’s Restaurant in Suffern, NY (21 Lafayette Ave, 845-357-9108) on Sunday, December 6 beginning at 4:00 PM. We will have time to socialize before sitting down for dinner at 5:00 PM. Marcello has promised us another fantastic evening of fabulous food with a first course of pasta, a second course of salad, a third course consisting of your choice of entree (salmon, chicken or veal), a special dessert combination, soft drinks, coffee or tea) for the unbelievable price of $37 per person (including tax & tip). A cash bar will be available to keep us merry and in a holiday mood. Accommodations can also be made for vegetarian and gluten free diets.

Please let me know if you will join us by phone or e-mail (201-424-9360 or daphner974@gmail.com) before Saturday, November 28. Please also let me know if you are interested in car-pooling, either as a passenger or driver. Feel free to contact me with any questions. Looking forward to seeing you then!

Get The Newsletter Early!

This newsletter is sent to the printer about 4 weeks before the schedule start date. It gets mailed about one week later. If all goes well, you receive it about a week after that. But you can get the newsletter (and hike schedule) a lot sooner. As soon as it’s at the printer, it is also posted on our website (www.hudsonhikers.org). So you can get the newsletter and schedule almost a month in advance and the pictures are in color!
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 NY 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.

Dates to Remember
The Holiday Party
Sunday December 6
4PM
At Marcello’s in Suffern

New Trail Conference Headquarters
The new Trail Conference Headquarters just one week before the grand opening on September 12.

www.hudsonhikers.org