A Message From the Chair

Summer is here and it is a great time to get outside and enjoy all that summer has to offer - the glorious green leaves, sweet breezes, singing birds and warmth of the sun. There is something for everyone in our schedule, ranging from gentle walks to challenging hikes and everything in between. I encourage all of our members to come out and join the fun. Bring a friend! I also want to remind you that we have some great events planned for the fall.

In September we will be returning to the Mohonk Mountain House. It has been a very popular outing in past years and I am happy to see it back on our schedule. See the adjoining article for the details. Thanks to Daphne Downes for organizing this special day.

In October we have a Fall Hiking Weekend at the Alpine Inn in the Catskills. See inside the newsletter for more details. Thanks to Chris Tausch for organizing this. It will be a fabulous time to enjoy the brilliant fall foliage in the Catskills.

Your board of directors is working hard to keep the chapter growing. We welcome any new ideas for other events that would be of interest. Consider attending our next planning meeting, scheduled for Friday August 14.

Karen

Mohonk Event!

Once again, we are planning another wonderful day at Mohonk Mountain House on Saturday, September 19th (rain date is Sunday, September 20th). Please keep both dates clear in case of bad weather. Mohonk Day is doing what you like: joining one of three levels of planned hikes (a carriage road walk, a 6–7 mile hike in the woods, or a rock scramble); enjoying the hotel, award-winning gardens, and various other complimentary activities (Barn Museum, greenhouse, lawn bowling, shuffleboard, horse-shoes and more); sitting on the porch or in a gazebo reading; or simply watching the goings-on around this magnificent hotel.

After the day’s activities, we will shower and change on the pool level of the hotel’s health spa, meet at 4 pm on the veranda or porch for tea or cocktails (cash bar), then have a delicious buffet dinner at 6 pm in the main dining room, including a selection of carved meats, hot entrees, vegetables, a salad bar and prepared salads, along with a variety of homemade desserts. The cost for the day is $65.00 per person, which includes tips and taxes. It couldn’t be better!

RSVP with payment by Monday, August 31st to Daphne Downes, Vice-Chair, (210) 424-9360 or daphner974@gmail.com. Checks should be made payable to “NJR-ADK.”
HIKER’S GUIDE

RESPONSIBILITIES - Hikers with children under 16 and new hikers are required to contact the hike leader in advance to determine if the hike is suitable for them. Minors under 16 are welcome on day hikes when accompanied by a parent or guardian. No person under 18 shall participate in overnight outings unless accompanied by a parent or adult sponsor over 21. The hike leader may refuse to allow a person to hike who is judged to be poorly equipped or unable to do the published hike. Pets are not permitted on hikes unless the hike description clearly states that it is “dog friendly”. Non- members are welcome on two hikes after which ADK membership is required. Participants should get to the hike at least 10 minutes prior to the starting time.

RISKS - As with all physical activities, hiking involves hazards. Persons participate at their own risk and will be asked to sign a statement acknowledging that fact before starting the hike. Prior to the hike please advise the leader of any medical condition or physical liability that could affect you during the hike.

FOOTWEAR AND CLOTHING - Wear clothing suited to the weather and carry extra garments for unexpected weather conditions. Dress in thin layers so that you can adjust the number of layers as required to maintain comfort. In winter carry a wool cap and wool or polypropylene gloves or mitts and a windproof shell. Be prepared for rain. Bring a rain jacket and rain pants, preferably of the type that permits venting body moisture. Wear comfortable, sturdy boots. Do not wear cotton garments in winter.

DRINK AND FOOD - Adequate hydration is important year round. Drink frequently during the hike. Carry food to enjoy during the midday lunch stop.

DOG-FRIENDLY HIKES - All hikers with dogs must abide by park leash regulations.

HIKE RATINGS - represent the Pace, Distance and Terrain covered during the hike. A hike’s rating is determined by the hike leader.

Pace:  
- A - fast - 2.5 mph or faster
- B - moderate - about 2 mph
- C - easy - 1.5 mph or less

Distance:  
- is given in miles as noted

Terrain:  
- A - Strenuous, long ups and downs, some rock scrambling possible.
- B - Moderate ups and downs as occur typically in Harriman.
- C - Generally flat with little elevation change.

Maps - The TC number indicates a NY-NJ Trail Conference map for the area of the hike. For example: TC-118 refers to the Southern Harriman Park map.

ABBREVIATIONS - NCA-No Calls After . . .,  Pref.- Leader’s contact preference.

EXPENSE SHARING - When car-pooling, passengers are expected to offer the driver funds sufficient to cover the cost of fuel, tolls and parking fees. A $3.00 minimum per person is recommended. Most hike trailhead meeting locations can be found on NY-NJ Trail Conference maps.

HIKE CANCELLATION POLICY - Sometimes an illness, injury or other unforeseen problem will make it impossible for a hike leader to lead his/her hike as announced in the schedule. When this happens the leader should first try to find a substitute leader so the hike can proceed. The hike schedule chair person or any club officer can assist if necessary. If no substitute leader can be found then the leader or a substitute should appear at the hike meeting place to inform hikers of the situation. If a qualified leader volunteers, he/she should be given the sign-in sheet and the hike can proceed as scheduled. If the hike is one that requires preregistration, the leader must inform all who registered of the change by phone or e-mail.

ADK 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 • SUMMER 2015 • JULY • AUGUST • SEPTEMBER

Registration and payment due for Mohonk Mountain House Day by Monday, 8/31 ($65 check payable to “NJR-ADK”). For registration contact Daphne Downes at: daphner974@gmail.com or 201-424-9360

Sunday, 7/5 AM Hike in Ramapo Reservation B 4 B
Karen Rose     kkarose@aol.com or 201-962-8546
To beat the heat we will meet early at 9AM and be out by noon. A loop using the Ridge Trail. Okay for beginners who can hike at a steady pace. Bring plenty of water and a snack. Meet at Ramapo Reservation Parking Lot on Rt. 202. Please e-mail or call to register. Rain cancels. TC North Jersey map 115.

Thursday, 7/9 Wawayanda Rhododendrons Hike B 7 B
Pat Marcotullio  patmarcotu@optonline.net or 845-729-4046
Meet Wawayanda park office parking area 9AM. There is no fee for this lot. We'll hike the Hoeferlin down to the Banker trail and Cedar Swamp for the best rhodies. In case rhodies are late this year, I’ll lead an unscheduled hike the following week. Steady rain will cancel. TC North Jersey map 116.

Sunday, 7/12 Johnstown Circular B 6.5 B
Fred Hodde     bullwnkl1@aol.com or 973-728-3223
(C) 973-722-7824
Meet at the Johnstown Circle at 9:30 AM. The planned route will be on the Blue Disc, Victory and White Bar Trails. Registration by e-mail preferred. Call cell before 9:00AM if the weather is questionable. TC Harriman Bear Mt. Southern map 118.

Thursday, 7/16 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 7:00PM on Wednesday. No beginners please.

Saturday, 7/18 Jockey Hollow Leader’s Choice B 5
B Jeffrey Sovelove   Hiker_Dood@yahoo.com Leader’s choice of trails depending on conditions at Jockey Hollow National Park in Morristown. See www.nps.gov/morr/planyourvisit/directions.htm for directions and information. Bring lots of water, a snack, and wear hiking boots. Meet at the visitors’ center at 10 AM. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday, 7/19 Hook Mt. Circular B 7 B
Dean Gletsos     cgletsos@yahoo.com or 845-354-0738
We meet 9:30AM at the Long Path and Landing Hill Rd. intersection parking lot. We will hike south on L.P. over Hook Mt. with fantastic views of the west bank of Hudson river. Lunch while watching boats up and down the river, as hawks and vultures fly below or over us. We will return from Nyack Beach State Park, via a walk along the River. Bring plenty of fluids, a lunch and a smile! TC Hudson Palisades map 110.

Thursday, 7/23 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.

Saturday, 7/25 Hook Mtn. State Park Circular B 8 B
Dean Gletsos     cgletsos@yahoo.com (845) 354-0738
We meet 9:30AM at the Long Path and Landing Hill Rd. intersection parking lot, near Rockland Lake. We will hike north on L.P. over the magnificent Palisades with fantastic views of the west bank of the Hudson river, while watching boats up and down the river. We will visit old ruins and the Treason Rock. We will return from Haverstraw Beach Park, via a walk along the River. Bring plenty of fluids, a lunch and a smile! TC Hudson Palisades map 110.

Sunday, 7/26 Storm King Mountain B 6 A
Peter Reiner     psr7777@gmail.com 845-323-7697
Meet at 9:30AM at the parking lot on Route 9W northbound at Storm King Mt. We will climb the strenuous Butter Hill Trail, past the ruins, and then on the Stillman Trail around. Multiple viewpoints of the Hudson River and the opposite shore. Rain cancels. Please register for the hike. TC West Hudson map 113.

Thursday, 7/30 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.

Sunday, 8/1 The Osborn Loop B 6.8 B
P. Tilgner & S. Gordon   petertilgner@icloud.com or 201-871-3531 (C) 201-381-0592
We hike the Osborn Loop in Hudson Highlands State Park. With good trail conditions, we will do a 0.8 mile side hike up and down Sugarloaf Hill. Meet 9:30 AM at 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. Heavy rain cancels. TC East Hudson map 101.

Sunday, 8/2 Lake Skannatati Lollipop B 8 B
Fred Hodde     bullwnkl1@aol.com or 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, Dunning and (back to) Long Path Trails. Registration by e-mail preferred. Call cell before 9:00AM if the weather is questionable. TC Harriman Bear Mt. Northern map 119.

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group
Thursday, 8/6  
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 10:00AM.
TC Sterling Forest map 100.

Saturday, 8/8  
Patriots Path Stroll  C 5 C  
Jeffrey Sovelove  Hiker_Dood@yahoo.com
Come take an easy stroll on Patriots Path in Morristown. This 5-mile stroll will start out from the Speedwell Lake parking lot at 10AM across the street from Historic Speedwell. See the Morris County Parks website (www.morrisparks.org/) for directions or put the following address into your preferred map engine: “300 Speedwell Avenue, Morristown NJ 07960”. Please bring plenty of water and a light snack. Great for beginners. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday, 8/9  
Surebridge Mine Circular  B 7 B  
P. Tilgner & S. Gordon petertilgn@icloud.com or 201-871-3531 (C) 201-381-0509
Meet 9:30AM at Lake Skannatati Parking off Seven Lakes Drive. Hike the Long Path to the Bottle Cap. Then on to the RD, Times Square, and the ASB out. Rain cancels. Please register for this hike. TC Harriman Northern map 119.

Thursday, 8/13  
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. Distance to be determined by temperature and weather conditions. Contact leader for details and to register.

Friday, 8/14  
North Jersey Ramapo Board Meeting  7PM
This meeting is open to any NJR member in good standing. Space is limited so if you wish to attend please notify Betty Heald at: ebheald@aol.com or 201-967-2937.

Saturday, 8/15  
Clausland Mountain and Buttermilk Falls  B 5.5 C+  
Peter Reiner  psr7777@gmail.com or 845-323-7697
Meet 10AM at Buttermilk Falls County Park on Greenbush Rd. in Orangetown for a car shuttle to the starting point, at Nike Overlook Park. Hike along the Long Path northbound into Blauvelt State Park and back down to Buttermilk Falls. Rain cancels. Please register for the hike. TC Hudson Palisades map 109.

Thursday, 8/20  
In The Woods  B/C 5/7 B  
Richard Sumner  rls@sumner.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, 8/22  
AM Hike in Ramapo Reservation  B 4 B  
Karen Rose  kkarose@aol.com or 201-962-8546
To beat the heat we will meet early at 9AM and be out by noon. A loop using the Ridge Trail. Okay for beginners who can hike at a steady pace. Bring plenty of water and a snack. Meet at Ramapo Reservation Parking Lot on Rt. 202. Please e-mail or call to register. Rain cancels. TC North Jersey map 115.

Thursday, 8/27  
Skannatati East Side Loop  B 6 B  
Fred Hodde  Bullwnkl1@aol.com or 973-722-7824
Meet at the Lake Skannatati Parking Area at 9:30AM. The planned route will use the ASB, Red Cross, Beech and Long Path Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Harriman Bear Mt. Northern map 119.

Sunday, 8/30  
Johnsontown Loop  B 9 B+  
Daphne Downes daphner974@gmail.com or 201-424-9360
Meet 9:15AM Sloatsburg Municipal Building for car pool to trailhead. White Bar to Blue Victory, Yellow Triangle to Lookout, then back on the Ramapo Dunderberg and scenic Blue Disc trails with a stop at Claudius Smith Den. Bring at least 2 liters of water and lunch. 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. TC Southern Harriman Map 118.

Monday, 8/31  
Mohonk Day Registration and Payment Due
Registration and Payment Due Date for Mohonk Mountain House Day ($65 check payable to “NJR-ADK”). Contact Daphne Downes at daphner974@gmail.com or 201-424-9360.

Thursday, 9/3  
In the Woods  B 6/8 B  
Debbie Bell  deb2@columbia.edu or 845-358-8386 (NCA 9PM)
Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Thursday, 9/10  
Bare Rock Vista  B 7 B  
Fred Hodde  Bullwnkl1@aol.com or 973-722-7824
We’ll meet at the upper parking lot for the Sterling Forest Visitor’s Center at 10:00 AM. We’ll hike to the Bare Rock Vista where we’ll have lunch while taking in the view. After lunch, we’ll take the Bare Rock and Sterling Ridge trails to the Fire Tower. Registration by e-Mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Sterling Forest map 100.

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group.
HIKE SCHEDULE • SUMMER 2015 • JULY • AUGUST • SEPTEMBER

Welcome New Members
Nancy Kinzli – Bangor PA
Chris Norris – Ramsey NJ
Karol Pietrzak – Westmont NJ
Martin Prince – Woodcliff Lake NJ
Mahlona Capistrano/Noel Salinas – Wayne NJ
Whin Gabriel – West Babylon NY
Nikoletta Bali-Keyes & Charles Keyes – Bronx NY
Jane Stojak – Philadelphia PA
Blythe Eaman & Geoff Zylstra – Montclair NJ
Jeffrey Bovit – Wyckoff NJ
Thomas Buckley – Glen Ridge NJ
Frank Carey – Ramsey NJ
Michael Cassels – Hopatcong NJ
Geoff Decicco – Jersey City NJ
David Durham – East Stroudsburg PA
Davis Ellerton – Glenn Ridge NJ
Eugene Engles – Sussex NJ
Hilary Eth – Ridgefield Park NJ
Mike Fogarty – Warren NJ
James Fossighthouse – Demarest NJ
Hester Ghynn – Westfield NJ
David Gosman – New City NY
Thomas Hamm – Jackson NJ
Robert Hanson – Howell NJ
Craig Hughes – Park Ridge NJ
Georganne & David Jussell – Roselle Park NJ
Sharon Keenan – Highlands NJ
Heidi & Effraim Kohn – Brooklyn NY
Chris Leggate – Edgewater NJ
Donna & Joseph Loftus – Little Silver NJ
Leslie McHugh – Harrington Park NJ
Carl Milton – Montclair NJ
Rick Moore – Mahwah NJ
Dean Pittsinger – Nanuet NY
Margarite Remsey – Little Falls NJ
Susan Rizzitello – Colonia NJ
Bruce Ross – Newton NJ
Joan Shaughnessy – Manasquan NJ
Diane Simmons – Maplewood NJ
Noel Smith – Orangeburg NY
John Westra – Pequannock NJ

Welcome Back
Richard Goffmann – Sussex NJ
Theresa Mihalopoulos – Westwood NJ
Mary Smock – Clinton NJ
Christopher Synol – Bloomingdale NJ
Ken Whitmore – Whippany NJ

Saturday, 9/12  Indian Hill/Furnace Loop  C 4.5 B
P.Tilgner & S. Gordon petertilgner@icloud.com or 201-871-3531 (C) 201-381-0509
Meet 10 AM at the Hall Drive Hiker Parking off Orange Turnpike opposite the Southfields Furnace (P 2) on the Sterling Forest map. The hike will include the Warbler Trail and a side trip on the AT Link for lunch. Steady rain cancels. TC Sterling Forest map 100.

Thursday, 9/17  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 7PM on Wednesday. No beginners please.

Saturday, 9/19  Mohonk Mountain House Day
Daphne Downes daphner974@gmail.com or 201-424-9360
Carriage road walk, rock scramble and a 6/7 mile hike are planned. Meet by 10AM on the Mountain House lower porch facing the lake. Shower, tea and dinner to follow. Car pooling arrangements will be made prior to the event. For driving directions go to www.mohonk.com/location

Sunday, 9/20  Rain Date Mohonk Mountain House Day

Thursday, 9/24  In the Woods  B 6-9 B
Roy Wooters  rfwoot@gmail.com or (C) 845-304-0867
Hike varied trails in Harriman starting at 9AM. Distance to be determined by temperature, weather conditions. Contact leader for details and to register.

Saturday, 9/26  Turtleback Rock, South Mountain Reservation
Jeffrey Sovelove  Hiker_Dood@yahoo.com
We will start at Turtleback Rock trailhead at 10AM. See the Essex County Parks Commission website http://www.essex-countynj.org/p/index.php?option=places/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, 9/27  Surprise Lake Loop  B 6 B+
Fred Hodde  Bullwnkl1@aol.com or 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 9:30AM. 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 9:00AM if the weather is questionable. TC North Jersey map 116.

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group
HIKER’S YOGA: Sphinx
by Deanna Felicetta, E RYT-200

Sphinx is a wonderful asana that allows a person to do a backbend in a well-supported manner. This posture opens the heart and allows the lungs to expand as you breathe. It asks you to engage your stomach muscles, toning them, as they support your back. As you stay focused in this posture you will enjoy a wonderful stretch for your entire back. You will be as regal as any lion looking out to survey his surroundings, or as grand as those large stone lions on a museum’s entrance steps.

While this posture actually begins with you lying flat and face down on the floor, I will tell you it is even better if you precede it with the BALASANA, Child’s Pose, posted in the last newsletter (Spring 2015).

So we will begin this session by kneeling in the familiar BALASANA, Child’s Pose, with your forehead on the floor and your arms draped alongside your body with your hands palms up and by your feet. Remain here for several breaths allowing you to become quite relaxed. Then slowly crawl out of this space, remaining on your knees, as you move your torso forward and come to lie down flat on your stomach, face down. Pause here for a moment and breathe.

Gently wiggle your hips to be sure that the front of your hips are securely resting on the floor or mat. Make sure the tops of your feet are on the floor. Now gently place your palms on the floor just an inch or so in front of your shoulders. Then begin to slide your hands forward one at a time until your elbows are on the ground directly under each shoulder and form a right angle with the ground below, allowing your arms and fingers to point forward and in front of you. Separate your fingers as much as you can and make your hand press into the ground like a lion’s great paw. Pause here for a breath or two. Your head should be level and your gaze forward with your chest open and forward.

There are only four floor contact points to press down into in this posture: the tops of your feet, your hip front pointers, your elbows and your large paws. Your knees and belly should technically leave the floor. SO TAKE A FULL BREATH and then on your next inhale press with great energy into your four contact points as your suck your belly up to support your spine.

Allow your chest to open fully as you press those elbows and hands into the ground. Relax your head and neck as your spine elongates with each breath. Stay here for several full breaths. You are that regal Sphinx at Giza! When ready to come down, do so slowly and lay your head on the floor turned to the side so it’s comfortable for you. Ahhh, just breathe.

Till next time,
Happy Hiking and Namaste

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.
Connecting with Local Hikers: NJR-ADK Meetup Group

The way people communicate and connect in the internet age is continually changing, and the NJR Chapter of the ADK is adapting. We first established an online presence in 2006 with our website at hudsonhikers.org. Then in 2011, we established our own Facebook page and Yahoo group. This year, we take another step forward by starting our own Meetup group at www.meetup.com/NJR-Adirondack-Mountain-Club.

While the NJR-ADK has really always been a “meetup” group – that is, people who enjoy meeting up to hike – Meetup.com is the world’s largest and most effective organized network of local special interest groups and is one of the primary ways that people today connect with others who share their interests, whether it’s reading, wine, computers, parenting, travel, or hiking!

Meetup can also be thought of as a form of targeted advertising, with the NJR’s group designed to connect our Chapter with adults of all ages who are interested in hiking, conservation, snowshoeing, and the outdoors; in other words, like-minded people who will help grow and sustain our Chapter in future years.

Since establishing our group in late March, we’ve had very good results with positive feedback from participating hike leaders as well as hikers/potential new members. Our Meetup group currently has over 225 members (people who have joined the group, receive e-mail notifications of posted hikes, and have the ability to sign up for our hikes on their computers or smartphones). So far, we’ve had more than 25 hikers, with a wide range of ages and experience levels, join 12 of our posted hikes.

Individual hikes are posted in our Meetup group at the discretion of each hike leader. Hikers who sign up through Meetup are required to provide their contact phone number and acknowledge having read our preparedness guidelines, which are included with each hike description. For challenging hikes, they may also be asked to provide a brief description of their hiking experience. Hiker contact information and answers are then e-mailed to leaders the day before each hike, after RSVPs close, so the leaders know who’s attending and, if they wish, can contact the hikers directly.

Though all hikes/events are currently being posted by our Vice-Chair, Daphne Downes, hike leaders are also encouraged to post and manage their own hikes. Meetup also has a nice feature that allows hikers to easily post and share photos from their hikes, and we suggest everyone give it a try.

We anticipate that our new Meetup group will be an effective way to raise the visibility of our Chapter and, over time, attract new members at all experience levels. These are the people who will carry on our love of hiking, nature and stewardship of the trails in future years.

Remembering
by Ike Siskind

Nick Viggiano, a long-time member, passed away from ALS on March 21, 2015. Nick was an active hiker and hike leader whose hikes appeared regularly on every hike schedule. He was very familiar with Harriman Park trails, and was always careful to adjust the pace to keep the group together. He was always eager to help on Club projects such as the Memorial Bouton Shelter, built in the Catskills, where he was an active participant. He volunteered many times to help maintain the Club’s assigned Harriman Trail.

Nick was interested in people and very welcoming towards new Club members. Besides hiking Nick enjoyed country music and attended many performances of music groups touring Rockland. He is remembered as a reliable, capable, and compassionate person.

We also mourned the loss of Rita Heckler on April 7, 2015 at a well-attended service of many neighbors and hiking friends. While not an active hiker herself, she supported husband Pete in his many Club activities, particularly with the NY/NJ Trail Conference. She succumbed after several years of battling cancer.

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Fall Weekend in the Catskills
October 23-25

Mark your calendars, we’re going back to the Catskills for good hiking and great times at the Alpine Inn. We will include hikes for all levels and activities for non-hikers on Saturday and Sunday. Price from $178 to $229 per person for double occupancy. Includes breakfast on both Saturday and Sunday, trail lunch for Saturday, and dinner on Saturday. Optional dinner on Friday and trail lunch on Sunday. For questions or reservations, please contact Chris Tausch, ctausch@gmail.com or 201-579-3040.
VOLUNTEERS NEEDED!

Your North Jersey Ramapo Chapter is in need of volunteers for a variety of tasks that make the club operate in a friendly, orderly and efficient manner. Please contact Karen Rose, our current Chapter Chair, if you can help. Her contact information is in this newsletter. At the present time we are in need of volunteers for mailing of the sign-up sheets to the hike leaders, mailing of newsletters and a Programs chairperson. New hike leaders are always needed as well.

The sign-up sheets are an important part of our outreach effort. When Betty Heald receives them she sends the names, addresses, and contact information of guest hikers to me. Then I mail out our “inquiry packet” and often answer any questions they may have. We would also like to know how the guests have learned of our hiking club. Was it through our new Meetup web page, attending a Joys of Hiking presentation, from a friend, or perhaps searching on the web? It would be immensely helpful if the hike leaders could ask guest hikers to note this on the sign-up sheet.

Let’s work together to grow our membership and spread the word of the “Joys of Hiking”!

Phyllis Key, Membership

Dates to Remember

Mohonk Day
September 19
Registration deadline August 31.

Fall Weekend in the Catskills
October 23-25
See page 7

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