



### School Pictures

It was a busy season, documented in photos, for Trail University.

[READ MORE ON PAGE 10 ▶](#)



### Damsels and Dragons

These "flies" of summer dazzle with their brilliant colors and aerial prowess.

[READ MORE ON PAGE 7 ▶](#)



# TRAIL WALKER

July/August 2010

New York-New Jersey Trail Conference – Connecting People with Nature since 1920

[www.nynjtc.org](http://www.nynjtc.org)

## Spring Cleanup Reminds Us: Every Day Is Trails Day

### "It is done."

With these three little words volunteer trail maintainer Pete Tilgner reported the final clearing of 133 blow-downs at the Tenafly Nature Center (TNC) in New Jersey. Trail maintainers Pete, Suzan Gordon, and Janet Albrecht were joined by certified chainsaw volunteers Jack Driller and Mark Liss (see separate story, page 4)

Conference volunteers, and clearing trails of winter storm damage is an annual rite of passage. The Chinese Mountain Club of New York (CMCNY), a maintaining member group, moved their planned trail work up by a month in order to clear the Shore Trail in Palisades State Park when Chris Connolly reported 17 blow-downs and "a plastic bottle nirvana" on the trail between Closter Dock Trail and Lambier Pier, a distance of just under 2 miles.

On April 3, the club mustered more than

20 members for a maintenance trip and they worked all day to clear a 4' x 8' passage along the trail and pick up garbage to fill a dozen large plastic bags. Other sections of the Shore Trail, and the Long Path at the top of the Palisades, were cleared by Christina Fehre, Jakob Franke, Steve Zubarik, and Chris.

Further north and across the river, on the Appalachian Trail in Putnam County, volunteer Dave Dvorsky reported that nine volunteers from AT Dutchess-Putnam

Committee and RPH Cabin Volunteers contributed 54 hours over eight days to cleaning up multiple blow-downs that blocked the AT and access to the cabin. And up in Dutchess County, the two-mile long Wappingers Greenway Trail along the Wappingers Creek was similarly devastated. Wappinger Greenway Committee Chairman Joe Ennesser sent a note recognizing the outstanding work of two volunteers, Frank Barresi and Wilfredo Chalusant, for their efforts in making the



April 1

Jakob Franke tackles a tree blocking the Long Path along the New Jersey Palisades. In clearing most of the downed trees from trails at TNC during five work trips. The devastation was caused by a severe early March windstorm that wreaked havoc across the region.

The work accomplished by this team of five volunteers was, says Chris Connolly, our Trail Supervisor for the Palisades area, "magnificent."

From central New Jersey up through the Catskills, every day is Trails Day for Trail



April 3

Howard 'Pete' France takes a break from hand-sawing trail blow-downs on the Pecoy Notch Trail in the Catskills.

Year-round attention from volunteers keeps our region's trails open for all.

trail passable. "Great job!" he said.

This article is not comprehensive and was prepared before the deadline for receipt of spring trail work reports. But the new hiking season was already in full swing, and the public was out enjoying trails that would have been closed if not for the dedicated work of Trail Conference volunteers.

Thank you, volunteers, for all you do. And be sure you report your activity so we can share the news with park managers and the public! Find additional photos of volunteers at work on page 9.

## AT Opens at Bear Mountain on National Trails Day



Cutting the ribbon to open the new Appalachian Trail segment on Bear Mountain, left to right: Chris Ingui, Trail Conference project manager; Eddie Walsh, construction manager; Carol Ash, Commissioner NY State Office of Parks, Recreation and Historic Preservation; Karen Lutz, ATC Mid Atlantic Manager; Pam Underhill, Superintendent of the AT National Scenic Trail; Jim Hall, Executive Director of the Palisades Interstate Park Commission; Ed Goodell, Executive Director of the Trail Conference; and Peter Jensen, trail designer. Additional photos and details on page 3.

## Trail Conference Gives Its Highest Honor to JoAnn and Paul Dolan

The Trail Conference gave its highest honor, the Raymond H. Torrey Award, to JoAnn and Paul Dolan of New York, NY, during June 5th National Trails Day festivities opening the newly rebuilt Appalachian Trail at Bear Mountain State Park. The Torrey Award recognizes significant and lasting contributions that protect hiking trails and the land upon which they rest.

The Dolans have teamed for more than 30 years on conservation projects that help connect people to the landscape. This is almost as long as they have been married, a partnership that began with a honeymoon at the Bear Mountain Inn and hiking the AT locally.

JoAnn became Trail Conference Executive Director in 1980 and served in this capacity for 13 1/2 years, as well as working as a volunteer and consultant over a 20-year span. JoAnn worked with the Trail Conference board and volunteers on the protection of the Appalachian Trail in New York and New Jersey, concentrating on AT corridor management and expansion.

She also helped raise funds and awareness for the Long Path project and worked closely with other conservation partners on efforts to protect Lake Minnewaska. JoAnn played a major leadership role in the protection of Sterling Forest, working closely with Carol Ash and Bob Binnewies of the Palisades Interstate Park Commission (PIPC) and a vast coalition of conservation partners.

Paul Dolan is an almost 30-year veteran



Torrey Award winners JoAnn Dolan and Paul Dolan (right) with former Trail Conference President Neil Zimmerman (left) and current executive director Ed Goodell at the National Trails Day presentation.

of ABC News and now serves as Executive Director, ABC News International. In this role he helps negotiate and manage business and strategic agreements in Japan, India, Germany, Turkey, Canada, and other countries.

Closer to home, Paul helped write and edit the Regional Plan report calling for the preservation of Sterling Forest and then volunteered for the 20-plus-year struggle to save Sterling Forest. He has also been a longtime volunteer on Native American land preservation efforts in Seattle.

Both JoAnn and Paul have also volunteered on the successful effort with PIPC to preserve Arrow Park, 570 acres of wooded hillside overlooking Arrow Lake near the Appalachian Trail and adjacent to Sterling Forest State Park. They sponsor special programs for children and families at Arrow, including annual programs with Calvary Hospital and the New York City Fire Department.

# TRAIL WALKER

VOLUME XXXVII, No. 4 JULY/AUGUST 2010  
 GEORGETTE WEIR EDITOR  
 LOUIS LEONARDIS GRAPHIC DESIGNER

The TRAIL WALKER (USPS Permit #1239) (ISSN 0749-1352) is published bi-monthly by the New York-New Jersey Trail Conference as a benefit of membership. Subscriptions are available to libraries only at \$15.00 a year. Periodical postage paid at Mahwah, N.J., and additional offices. Postmaster: Send address changes to the address below. Opinions expressed by authors do not necessarily represent the policy or position of the Conference. Contributions of typed manuscripts, photos, and drawings are welcome. Manuscripts may be edited for style and length. Send SASE for writers' guidelines. Submission deadlines for the TRAIL WALKER are January 15 (Mar./Apr. issue), March 15 (May/June issue), May 15 (July/Aug. issue), July 15 (Sept./Oct. issue), September 15 (Nov./Dec. issue), November 15 (Jan./Feb. issue). Unsolicited contributions cannot be acknowledged unless accompanied by SASE. For information on advertising rates, please write or call.

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 New York-New Jersey Trail Conference, Inc.  
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### Mission Statement

The New York-New Jersey Trail Conference is a federation of member clubs and individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community. The Conference is a volunteer-directed public service organization committed to:

- Developing, building, and maintaining hiking trails.
- Protecting hiking trail lands through support and advocacy.
- Educating the public in the responsible use of trails and the natural environment.

### Board of Directors

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 103 hiking and outdoor groups, and 10,000 individuals.

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## From the Board of Directors

The Nominations Committee of the Board of Directors hereby presents candidates for the Board of Directors for three-year terms and Delegates at Large for one-year term to be voted on at the Annual Meeting of the New York-New Jersey Trail Conference, Inc. to be held on October 16, 2010 at a location to be announced.

### Nominations to the Board of Directors

#### Robert Boysen

Robert Boysen is the current Chair of the Trail Conference Board of Directors. He is a retired Director of New Business Development at Union Carbide, at which he also held positions as Research Scientist and Research and Development Manager. He is a former president of the Western Jersey Wheelman and has published the Bicycling Suitability Map of western New Jersey. He is the author of *Kittatinny Trails*, published by the Trail Conference. Mr. Boysen received a BS and BA from Rutgers University and an MS in management engineering from the New Jersey Institute of Engineering. He lives with his wife in Blairstown, NJ, and has one daughter.

#### Daniel D. Chazin

Daniel D. Chazin is a Life Member of the Trail Conference and currently Secretary. He also serves as the Chair of the Publications Committee. Mr. Chazin is an attorney in private practice. Formerly he was an attorney with the National Jewish Commission on Law and Public Affairs. Mr. Chazin is active in the Boy Scouts of America, serving as Scoutmaster of Troop 226 in Teaneck, a member of the National Jewish Committee on Scouting and the Northeast Region Jewish Committee on Scouting. He is a member of the Catskill 3500 Club. He has also served as the secretary of the Teaneck Planning Board. Mr. Chazin received a BA from Yeshiva College and a JD from New York University. He lives in Teaneck, NJ.

#### Josie Gray

Josie Gray is East Hudson Trails Chair for the Trail Conference and a member of the Membership and Development Committee. She is Deputy Director of Development for The Beacon Institute for Rivers and Estuaries. Ms. Gray has held positions at the American Committee for Weizmann Institute of Science and Environmental Defense, and The New School University Landmark College. She is a former AmeriCorps and VISTA National Service volunteer. Ms. Gray received a BA from Bard College, a certificate from the Center for Environmental Research and Conservation and undertook graduate study at Milano, The New School of Management and Urban Policy. Ms. Gray lives in Beacon, NY.

#### Daniel Hoberman

Daniel Hoberman is a long-time member of the Trail Conference. He served as chair of the Workshop Committee for the 2007 Appalachian Trail Conservancy's Biennial Conference held at Ramapo College and is a maintainer of the Turkey Mountain Trail in Morris County, NJ. Mr. Hoberman is a practicing attorney, having been admitted to the New Jersey Bar in 1974 and the U.S. Court of Appeals, Third Circuit and the U.S. Supreme Court in 1984. He is a civil trial attorney and a mediator. Mr. Hoberman has served on both the Morris-Sussex and Hudson-Hamilton Councils of the Boy Scouts of America, having served as counsel to the latter. Mr. Hoberman received a BA, cum laude, from the University of Vermont and a JD, cum laude, from the Rutgers-Camden Law School. He lives with his wife Julie in Upper Montclair, NJ, and has two children, three stepchildren, and four grandchildren.

#### Richard A. Katzive

Richard Katzive is a Life Member of the Trail Conference and a member of the Conservation & Advocacy Committee. He is a retired attorney, having been admitted to the New York Bar in 1968. Mr. Katzive has worked for several prestigious law firms with experience in commercial real estate, economic development, land use, and environmental practice with an emphasis in downtown and waterfront development. He also served as Counsel to the Yonkers Downtown Waterfront Development Corporation, the New York State Urban Development Corporation and the White Plains Urban Renewal Agency. Mr. Katzive received a BA in literature from Brown University and an LLB from Yale Law School, serving on the Yale Law Journal. He lives with his wife in Irvington, NY, and has two children.

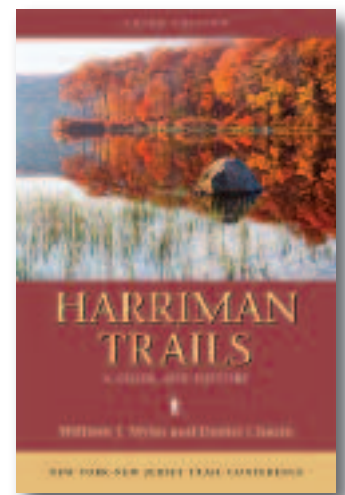
### Nominations for Delegates at Large

George Becker	Peter Heckler	George Petty	Robert Ward
Robert Berlin	John Jurasek	Michael Riff	Gary Wiltshire
David Bertollo	Harold Kaplan	Karen Rose	Patricia Wooters
Harvey Fishman	Mark Liss	Ruth Rosenthal	Richard Zinn
Steve Galla	Paul Makus	Trudy Schneider	
Andy Garrison	Jeff Marino	Frank Schoof	
Jill Hamell	Margo Moss	Naomi Sutter	

**Save the Date**  
**Trail Conference 90th Annual Meeting**  
**Saturday, October 16**  
**All Members Are Invited**  
 Elections  
 Presentations  
 Hikes  
 Location and other details to be announced.

**Coming in time for fall hiking!**  
**Harriman Trails**

A new edition of William Myles' beloved guide to trails at Harriman State Park, fully updated by Daniel Chazin, is expected to arrive for sale in August. Watch the website for the announcement, or sign up to be notified by email when it is available. Go to <http://harriman.nynjtc.org>



## Director of Development Joins Staff



The New York-New Jersey Trail Conference is pleased to announce that Kevin Melchionne has joined its staff as director of development. Kevin has over 10 years of experience in development work and comes to the Trail Conference from his alma mater, Hunter College.

An avid walker, Kevin has bumped into herds of bison in the Badlands and soothed blistered toes in the upper lakes of Glacier National Park. But he still prefers the walk that begins at his front door in New Rochelle, NY.

When not working to build support for the Trail Conference, Kevin can be found painting the landscape, mostly in the studio and sometimes outdoors.

## Trail Conference Honors AMC's Jill Arbuckle

The Trail Conference has given the Ken Lloyd Club Award to long-time volunteer Jill Arbuckle of Little Falls, NJ. The award was presented to Jill at the June 3 meeting of the Trails Council by Council chair Jane Daniels.

Always a thoughtful and distinctive voice in Trails Council deliberations with her signature Scottish brogue, Jill is the veteran New Jersey Trails Supervisor for the Appalachian Mountain Club (AMC) New York-North Jersey Chapter. Responsible for the well-being of 20 miles of the Appalachian Trail as well as the AMC volunteers working under her, Jill has worked tirelessly to promote good relations between the Trail Conference and her beloved AMC.

The Ken Lloyd Club Award recognizes exemplary service by an individual to a Trail Conference member club.



LEIGH DRAPER

From the Executive Director



Keeping trails open while the talking goes on

The state budget processes in New York and New Jersey have reminded me how fragile our access to public parks and open space can be.

At this writing (early June), the New York State budget is two months overdue, though the legislature and governor announced a pre-Memorial Day weekend agreement that would keep parks open but dramatically reduce open space funding. (You can find info about this on our website.) Meanwhile in New Jersey, Governor Christie has proposed a parks budget that cobbles together various funds and savings to almost reach the previous year's level, with no park closures planned.

What does this all mean for trail users and the Trail Conference?

The answer is indicated by the lead story of this *Trail Walker*. Even as officials haggled over budgets and threatened park closures, Trail Conference volunteers picked up their tools, headed to trails, cleared them of seasonal blow-downs, and ensured they were open for the public. By the time this spring when most people were inclined to take a walk in the woods, most of our area trails were ready for them—thanks to our can-

do—will do—it's done volunteers.

As citizens and as an organization, we need to be prepared to sustain and increase individual commitment to volunteer service on and for trails. We need to grow awareness of the role that volunteers can and do play in keeping trails and parks open for the public. We need to recruit the resources to adequately organize and support an effective volunteer organization.

Regardless of overwhelming economic logic and the common sense of supporting parks and open space\*, public agency budgets are most certainly going to be under intense pressure for a long time—permanently in my opinion. Inflation adjusted budgets and staff have been declining over the past two decades while the amount of public lands have increased dramatically. Far fewer park rangers, foresters, and conservation officers are responsible for ever more land. The inventory of deferred maintenance grows annually, and public open space is not being adequately monitored much less managed.

At the same time, there is a large and growing number of people interested in volunteering for parks, open space, and trails. Trail maintenance and construction have been our mainstays but the response to other types of volunteering—invasive plant monitoring, GPS'ing, website editing, kiosk/signage installation, etc.—has been positive, also. And my experience at the Trail Conference tells me that there are many other needs that could be filled with volunteer expertise.

Taking on a bigger share of work on

public lands is something we should prepare ourselves to do.

The key to success in this effort is having staff whose job it is to support the volunteers with information, training, administrative assistance and, in many cases, more volunteers. Trail Conference staff, particularly our “regional reps,” create the conditions in which volunteers can succeed. Our regional reps act as liaisons between our volunteers in the field and the resources and permissions they need.

In theory we have three of them—East of Hudson River in New York, West of Hudson River in New York, and New Jersey. For the past year, our New Jersey regional rep position has been unfilled for lack of funds. Like state governments, we too have budget woes. Our advantage is that a small budget leverages a large number of volunteers.

Larry Wheelock (West Hudson rep), with help from Chris Ingui (project manager), has done a tremendous job responding to New Jersey volunteers needing support, but my top funding priority is to re-fill the New Jersey Regional Rep position. Helping me to achieve this is Kevin Melchionne, the Trail Conference's new development director. The position is funded by a family foundation that sees a strong fundraising effort as a crucial investment in securing the vitality of our organization and therefore of our region's trails.

My dream is to create an endowment that would support these field positions—like an endowed chair at a university. Then, once and for all, we could guarantee the deployment of an adequate number of well-trained

volunteers to ensure access to high-quality trail experiences across the region.

The basic equation is simple. Public financing for parks and open space will be under downward pressure for the foreseeable future. Yet there is a large and growing number of people who want to volunteer for parks and open space. The Trail Conference has the expertise and 90-year record of connecting volunteers with public lands and trails. All we need is a permanent and dependable source of funds in place to ensure that it happens.

Happy trails!

— Edward Goodell  
Executive Director

*\*An economic study of New York Parks by Parks & Trails New York shows that the 55 million visitors to state parks generate \$1.9 billion in sales to private businesses. This is a benefit-to-cost ratio of 5 times the \$341 million in public funding to parks in the same year. Additionally, the parks are responsible for about 20,000 jobs or compensation of \$440 million per year—one-third from state funding and two-thirds from private enterprise. Read the full report at [www.ptny.org/pdfs/advocacy/peri\\_full\\_report.pdf](http://www.ptny.org/pdfs/advocacy/peri_full_report.pdf)*

National Trails Day at Bear Mountain

An estimated 200 people were on hand June 5, National Trails Day (NTD), for the official opening of the new Appalachian Trail section on the east face of Bear Mountain. Music, speeches, congratulations and thank-yous preceded a ribbon cutting at the first step of the new section. Then project volunteers led the way as most of those on hand hiked up the spectacular new trail. The project has been described as the most ambitious trail building work in Trail Conference history.

The Trail Conference thanks the following supporters and participating organizations of our NTD event: Sports Illustrated for Kids, Friends of Van Cortlandt Park, Groundwork, Team Nike, Whole Foods Market White Plains, Tent & Trails, and Flat Rock Brook Nature Association, and the Student Conservation Association.

The opening of the AT on the east face of the mountain marks completion of the first major portion of planned trail improvements at Bear Mountain. The full scope of the project includes work on the AT on the western side of the mountain as well as building a hard-packed, handicapped accessible trail at the summit.

Opportunities to volunteer and learn new skills will continue to be offered by the Trail Conference at Bear Mountain as the remaining portions of the trails project there continues. For information you can go to [www.nynjtc.org/bmp/bear-mountain-trails-project](http://www.nynjtc.org/bmp/bear-mountain-trails-project), email the crew leaders at [bearmountaintrails@gmail.com](mailto:bearmountaintrails@gmail.com), or call the volunteer coordinator Chris Ingui @ 201-783-3599.

The Bear Mountain Trails Project is being managed by the New York-New Jersey Trail Conference in cooperation with its partners: The Appalachian Trail Conservancy, National Park Service Appalachian Trail Park Office, NYS Office of Parks, Recreation and Historic Preservation, and the Palisades Interstate Park Commission.



GEORGETTE WEIR

Trail volunteers (right) greeted AT hikers and answered questions about construction of the new AT section.



MICHAEL MALANDRA

The public gets its first look at the trail.



MICHAEL MALANDRA

Project manager Chris Ingui and volunteers led the way up the steps.



MICHAEL MALANDRA

First, came the speeches and thank-yous.



MICHAEL MALANDRA

Trail volunteers in a rarely seen position: sitting.



GEORGETTE WEIR

The project's hard-working professional crew pauses before installing the “800th” step in the month leading up to the trail opening. Left to Right: Chris Ingui, Doug Park, Mark Ribaud, Matt Townsend, Thomas Kindling, and Eddie Walsh.



MICHAEL MALANDRA

Walt Michaels (right) and associates performed Appalachian-inspired music.



MICHAEL MALANDRA

A common reaction after hiking the new trail: it's strenuous and beautiful.

## Volunteer Profile Dynamic, Chain-sawing Duo Buzzes through Tenafly Nature Center



PETE TILGNER

Like the cavalry, New Jersey residents Jack Driller of Ridgewood and Mark Liss of Fair Lawn came to the rescue at the Tenafly Nature Center/Lost Brook Preserve (TNC), where trail maintainers faced 6 miles of devastated trails after a hurricane-like wind-storm ripped through the area in early March. Jack and Mark came armed with their chain saws (and chain saw certification) and put their skills to work helping maintainers Pete Tilgner, Suzan Gordon, and Janet Albrecht clear 133 blow-downs at the Bergen County preserve.

The two men describe the landscape they encountered as eerily battered, with trees upended and blow-downs everywhere. "Some trails were gone," Jack says in amazement, it was such "a small area hit so heavily." Mark agrees, bluntly noting that the trails were "slammed" and "totally impassable."

The extensive destruction at the preserve resulted from the storm unleashing inordinate amounts of rain, leaving the grounds saturated and the woodlands susceptible

once the wind barreled in. Despite the enormous and daunting task confronting them, Mark and Jack, along with regular trail maintainer at the TNC, Pete Tilgner, tackled it undeterred. Mark proudly asserts that in their first four days of working, he and Jack "cleared about 98 trees." It was, he says unsurprisingly, "exhausting work." But their extraordinary effort fits in neatly with their objective of helping and supporting the mission of the Trail Conference to maintain a viable network of hiking trails throughout the region.

Jack and Mark are very active members of the Trail Conference on and off trail, Jack since the mid-1970s and Mark since 1998. Both have held or currently hold prominent positions with the organization. Jack served as the Trail Conference's first vice president in 1980 and 1981 and has long represented the Appalachian Mountain Club's New York-North Jersey chapter as a delegate. Mark has served as a delegate at large since 2004. Each also maintains his own section of trail in Harriman State Park, with Mark covering the Hillburn-Torne-Sebago corridor and Jack overseeing the Seven Hills Trail.

Their paths first crossed in 2001 when Mark, several years retired as president of a local teamsters union, became interested in volunteer work as a trail maintainer. Jack was trail supervisor for the southern Harriman area (1998-2009) when Mark began maintaining there.

While their professional backgrounds are different—Mark the blue-collar labor official, Jack the white-collar engineer and inventor—they share an affinity for the outdoors and have hiked for most of their lives. Asked why they volunteer, their answers are nearly identical: Jack, because "it is a worth-

while endeavor"; Mark, because it's "a way to do something constructive."

As they worked together maintaining trails, they also became friends. So when Jack, already an experienced chain-sawyer, suggested that Mark become certified in that skill, the latter signed up for a two-day course offered by the Trail Conference. Mark admits that initially he was timid about chain sawing since he was, rightly, concerned with the inherent dangers of handling a chain-saw, especially since he never had used one. He stuck with it, however, and Jack boasts that the two have "cleared over 1800 trees since 2003."

The team finished their work at the Tenafly Nature Center in late May. Pete Tilgner would mark each blow-down targeted for removal, then Jack and Mark would locate it and cut the tree to pieces, a process Jack terms as "bucking." Once cut, Mark and Jack rolled the pieces to the side to clear the trail. They find their work to be very rewarding and gratifying as they see impassable trails reemerge. Trail users, such as those who enjoy the Tenafly Nature Center, must feel very gratified too, and grateful for the efforts and labors of these dedicated trail volunteers.

— Lenny Bussanich

*Lenny Bussanich volunteers with the Trail Conference as a writer.*

The Trail Conference has 40 certified chain sawyers who regularly assist maintainers and park managers clear trails of blow-downs too big for a hand saw. Certification is required for chain-saw use on Trail Conference maintained trails.



## Trail Building Lessons from an Innovator

Twelve Trail Conference crew chiefs, crew leaders, and trail supervisors, along with three staff members, got intensive training in innovative trail layout and design principles in April from trails professional Troy Scott Parker.

The three-day Trail University workshop, held April 16-18 in Jenny Jump State Forest in New Jersey, introduced these trail builders to a system Parker calls Trailshaping. The system, which focuses on natural

surface trails, is the product of Parker's 25+ years in trail design work, including with the National Park Service, the USDA Forest Service, and The Nature Conservancy. The workshop focused on designing trails with minimal construction using what Parker calls Trailshaping's 12 Factors.

According to Parker, these 12 factors—compaction, displacement, erosion, materials, tread watersheds, natural shapes, anchors, safety, expedience, playfulness, nature and time, and trail intent—direct an individual to ask the right questions in a given trail context. The right questions lead to understanding the "whys" of a particular trail situation and thus knowledge on how to move forward at each step of a trail design project.

Participants were challenged to flag numerous hypothetical trails in different

group settings in accordance with his 12 principles. Once laid out, in-depth critiques and group studies of the "proposed" trails commenced, leading students to ask questions they normally would not ask and to see potential problems they might otherwise overlook.

"All trail shaping factors have physical, emotional and intellectual aspects that involve both nature and people," says Parker. "It's our job as designers to facilitate this integration and follow where it leads."

—Paige Trubatch

*Paige Trubatch is a communications student at Emerson College in Massachusetts and a communications and Bear Mountain trail volunteer with the Trail Conference this summer.*



Trail professional Troy Scott Parker, left, taught an advanced workshop in Trail Layout and Design in April to Trail Conference volunteers and staff.



Log onto [www.nynjtc.org](http://www.nynjtc.org) and go to the Trail Conditions forum (Public Forum under Community) to check on trail condition postings and post your own.

### HARRIMAN NEWS NOTES

#### AT Steps Attacked, Again

Vandals of unknown motivation have displaced heavy stone steps on the Appalachian Trail on the east side of West Mountain. The steps, built by the West Hudson South Crew headed by Chris Ezzo, are intended to eliminate erosion on the steep, rocky, but popular trail and increase hiker safety. This is the third time this particular trail construction has been attacked. (See the September/October *Trail Walker*, p. 2, Open Letter to the Hiking Community from the West Hudson Crew. Back issues are accessible on our website.)



JOHN MACK

Vandals have again destroyed the Appalachian Trail on West Mountain.

If you notice any vandalism, suspicious behavior, or illegal trail use such as ATV riding use on public trails, please report it immediately to the Park Police (at Harriman/Bear Mountain, 845-786-2781), or to the Trail Conference (201-512-9348, ext. 10). Or use the simple reporting form on our website; click on the Community tab, Report Illegal Trail Use.

#### Trail Bridges Useable

All bridges on trails accessed from the Reeves Meadow Visitor Center, damaged by spring flooding, have been repaired to usable condition.

#### Anthony Wayne South Lot Still Closed

The south lot at Anthony Wayne Recreation area, closed for the winter, remains closed. An unsafe condition existing there requires remediation. When and whether the lot will be re-opened is not defined. All trails are easily accessed from the north lot, requiring only a rather minor extension to the walking.

### PEQUANNOCK WATERSHED

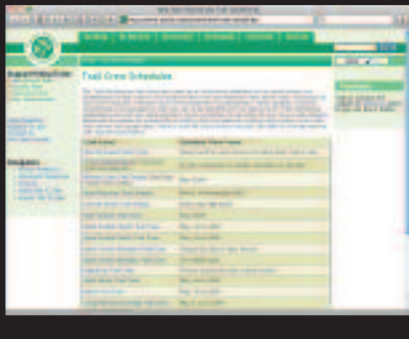
#### Update on Trail Reroute Around Buckbear Pond

After more than six work trips the rerouted trail around the west side of Buckbear Pond is complete, blazed, and open for hiking (as of mid-June). This bypass route was required due to the flooding of the path across the dam and the trail by a group of very industrious beavers as reported in the May/June 2010 edition of *Trail Walker*. Please note this affects the route of the Highlands Trail from P4. It now continues up the hill to connect with the new route of the Bearfort Waters/Clinton Trail (yellow). Both trails head south on the new route along the west wide of Buckbear Pond. For full details, see [www.highlands-trail.org](http://www.highlands-trail.org).

# Trail Crew Schedules

## July – August 2010

Check our website for possible additions or changes to schedules. Go to [www.nynjtc.org](http://www.nynjtc.org) and click on Trail Crews in the Get Involved tab.



TBD = To Be Determined

For all trips bring work gloves, water, lunch, insect repellent. In some cases, tools are provided. Contact leaders in advance for meeting times and places.

### CENTRAL JERSEY CREW

**Leaders:** Bob Jonas & Estelle Anderson  
**Phone:** 973-697-5326 **Cell:** 908-803-3883  
**Email:** [CNJTrails@optonline.net](mailto:CNJTrails@optonline.net)

Please check the Trail Crew Schedules on [www.nynjtc.org](http://www.nynjtc.org) for work trips, or feel free to call us for more information.

### NORTH JERSEY WEEKEND CREW

**Leader:** Sandy Parr, 732-469-5109

### Second Sunday of each month

Trips start at 9:30 am; call for location and details during the week before the scheduled trip day. Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

### WEST JERSEY CREW

**Leaders:** Monica and David Day  
**Phone:** 732-937-9098 **Cell:** 908-307-5049  
**Email:** [westjerseycrew@trailstobuild.com](mailto:westjerseycrew@trailstobuild.com)  
**Website:** [www.trailstobuild.com](http://www.trailstobuild.com)

Watch for fall trail work schedule in next *Trail Walker* or online in late summer.

### HIGHLANDS TRAIL CREW

**Leaders:** Adam Rosenberg, HT Co-Supervisor: [dobsonian@verizon.net](mailto:dobsonian@verizon.net) or 973-570-0853

We generally get together the first Sunday of every month to tackle various jobs building new sections or reworking existing sections of the Highlands Trail throughout New Jersey as well as in New York west of the Hudson River. We also schedule other work dates. All are welcome, experience is not necessary. Contact leader for details of the current trip and what tools to bring.

### METRO TRAIL CREW

**Leaders:** Joe Gindoff, 718-614-2219, [joeghiker@nynjtc.org](mailto:joeghiker@nynjtc.org); Linda Sullivan, crew chief, 347-721-6123, [marmilinda@yahoo.com](mailto:marmilinda@yahoo.com); Liz Gonzalez, [lz.gonzalez@verizon.net](mailto:lz.gonzalez@verizon.net)

We work in various parks throughout New York City, generally the third Saturday of each month, May through October, with additional work dates as needed.

Please contact Linda Sullivan, in order to receive email notices of work outings, or check the Metro Trail Crew page at [www.nynjtc.org](http://www.nynjtc.org).

### Saturday, July 17 Staten Island Greenbelt Bloodroot Valley area

**Contact:** Linda Sullivan; please pre-register  
**Work:** erosion control  
**Meet:** 9am at Greenbelt Nature Center, 700 Rockland Avenue

### Saturday, August 21 Staten Island Greenbelt

**Contact:** Linda Sullivan; please pre-register  
**Work:** TBD  
**Meet:** 9am at Greenbelt Nature Center, 700 Rockland Avenue

### Saturday, September 18 Staten Island Greenbelt

**Contact:** Linda Sullivan; please pre-register  
**Work:** TBD  
**Meet:** 9am at Greenbelt Nature Center, 700 Rockland Avenue



### EAST HUDSON CREWS

#### Dutchess-Putnam Appalachian Trail Most Saturdays

Join RPH Crew Volunteers (TC member club) on AT maintenance outings. Annual work weekend is set for July 9-11 at the RPH cabin. Check <http://timtrek.mikentim.com> for up-to-date details or contact Tim.

**Contact:** Tim Messerich, [bascomgrillmaster@yahoo.com](mailto:bascomgrillmaster@yahoo.com) or 845-297-9573

#### Ward Pound Ridge Reservation Weekly Trail Maintenance Trips

**Contact:** [wprtrailmaintainer@gmail.com](mailto:wprtrailmaintainer@gmail.com)  
Contact WPRR at the email address above or view the East Hudson Trail Crew webpage at [www.nynjtc.org](http://www.nynjtc.org) for more information and the schedule.

### EAST HUDSON COMMUNITY TRAILS PROJECTS

**Contact:** Leigh Draper, at [draper@nynjtc.org](mailto:draper@nynjtc.org) for more information or check the East Hudson Trail Crews page at [www.nynjtc.org](http://www.nynjtc.org).

#### Wonder Lake State Park Trail Project

*With Fahnestock State Park*  
In Putnam County

#### Teatown to Kitchawan Trail Project

*With Teatown Lake Reservation*  
Westchester County

#### Angle Fly Preserve Trail Project

*With Somers Land Trust*  
Westchester County  
**Contact:** [volunteer@somerslandtrust.org](mailto:volunteer@somerslandtrust.org)  
Changes in schedule due to inclement weather will be announced via the Friends of Angle Fly Preserve mailing list.

#### Sunday, July 11

Meet: 10am at Angle Fly Preserve

#### Saturday, July 31

Meet: 10am at Angle Fly Preserve

### WEST HUDSON SOUTH

**Leaders:** Chris Ezzo (crew chief): 516-431-1148, [musicbynumbers59@yahoo.com](mailto:musicbynumbers59@yahoo.com)  
Brian Buchbinder: 718-218-7563, [brian@grandrenovation.com](mailto:brian@grandrenovation.com)  
Claudia Ganz: 212-633-1324, [clganz@earthlink.net](mailto:clganz@earthlink.net)  
Bob Marshall: 914-737-4792, [rmarshall@webtv.net](mailto:rmarshall@webtv.net)  
Monica Day: 732-937-9098, Cell: 908-307-5049, [westjerseycrew@trailstobuild.com](mailto:westjerseycrew@trailstobuild.com)

Watch for fall trail work schedule in next *Trail Walker* or online in late summer.

### WEST HUDSON NORTH CREW

**Leaders:** Denise Vitale, Crew Chief: 845-738-2126, [WHNTrails@aol.com](mailto:WHNTrails@aol.com)  
Dave Webber, H: 845-452-7238, [webberd1@yahoo.com](mailto:webberd1@yahoo.com)

Watch for fall trail work schedule in next *Trail Walker* or online in late summer.

### LONG PATH/SHAWANGUNK RIDGE TRAIL CREW

**Leaders:** Andy Garrison, [srtmaintainer@gmail.com](mailto:srtmaintainer@gmail.com) or 845-888-0602  
Jakob Franke, [jf31@columbia.edu](mailto:jf31@columbia.edu) or 201-768-3612

Occasional work trips are planned. Contact a leader for details or check the website. Watch for fall trail work schedule in next *Trail Walker* or online in late summer.

### BEAR MOUNTAIN TRAILS PROJECT Through November 28

**Thursday-Monday  
8:30am-4:30pm**

Work trips involve a variety of tasks, such as: corridor clearing, prepping work sites, restoration, quarrying stone, using an overhead highline to transport stone, creating crushed stone (with mash and sledge hammers), building crib walls, setting rock steps, and splitting stone.

While training is provided every day, individuals who have no trail building experience are REQUIRED to attend one Trail U course on Bear Mountain or a Trail Building 101 course at another location. If you cannot meet these requirements but still wish to volunteer, please contact the Volunteer Coordinator at [bearmountaintrails@gmail.com](mailto:bearmountaintrails@gmail.com).



WHN Crew Chief Denise Vitale and crew at work on a Minnewaska trail.

# TRAIL U

Teaching Practical Skills to Trails Volunteers at Locations Throughout the NY-NJ Area

## July/August 2010

Most workshops can be registered online at [www.nynjtc.org/view/workshops](http://www.nynjtc.org/view/workshops). Once registered, you will receive additional details one week prior to the actual workshop date. Please pay attention to any prerequisites that may apply to certain courses. If you have any questions, please contact Chris Ingui at [cingui@nynjtc.org](mailto:cingui@nynjtc.org)

### Wilderness First Aid

**Saturday-Sunday, August 7-8  
9am-5pm both days**

**Location:** Trail Conference Office and Ramapo Valley Reservation, Mahwah, NJ

**Fee:** \$120 per person for both days, includes text book. This two-day class is excellent for those individuals who may work, travel, or enjoy recreational activities in the wilderness. This class will teach students how to handle common injuries and illnesses when medical care may not be easily accessible by emergency medical services. It will teach the student what to do in the event of an emergency and direct them to the most appropriate treatment. Both days will feature classroom time at the Trail Conference office with follow-up field work in the Ramapo Valley Reservation. All participants who pass testing will receive WFA certification through the Emergency Care and Safety Institute.

### Wild Edibles and Invasive Species Identification

**Saturday, July 31**

**10am-1pm**

**Location:** High Tor State Park, Theills, NY

**Fee:** \$25 per person.

This unique course focuses not only on the identification of both invasive and native plant species but on their medicinal and nutritional applications as well. The workshop will teach individuals how to identify various invasives such as Mile-A-Minute Vine and other non-invasive plants that hold great nutritional value. It will also cover the sustainable harvesting and cooking of these plants so that they yield the most benefits to the individual without causing harm to the surrounding ecosystem.

### Trail Maintenance 101

**Sunday, September 19**

**10am-4pm**

**Location:** Lower Twin Lakes Camp, Harriman State Park

This one-day training session covers the skills necessary to maintain a hiking trail so it is easily passable and harmonious with its surroundings. Students will learn assessment of trail conditions, clearing, blazing, proper use of tools, and how to report any trail problems. No previous experience is necessary and beginners are welcome. Students will spend the morning in a classroom environment and then head out into woods for hands-on instruction.

## Trail Conference Works with NJ Township on Trailhead Signage Project



Volunteers Eric and Ron Luna and project manager Chris Ingui install a trail kiosk with bench in West Milford.

As part of a joint project with the town of West Milford, NJ, the Trail Conference has developed a prototype informational kiosk to be installed at trailheads in the town. The kiosks are intended to draw attention to the town's expanding network of trails and to provide hikers with information about those trails. It will also draw attention to the Trail Conference's role in building, maintaining, and protecting trails.

In April, a prototype of the kiosk structure was installed on Clinton Road by volunteers Ron Luna, Bob Jonas, and Erik Luna and staff member Chris Ingui. The Trail Conference will produce a map of the local trail system for the kiosk, as well as panels of other relevant information. Funding for the project comes from a 2008/2009 Recreational Trails Grant from the state Dept. of Environmental Protection.

If the prototype endures weather and use, up to 8 more kiosks and over 20 trail crossing road signs, funded by the original grant, will be installed in the town. Trail Conference Executive Director Ed Goodell notes that if the project with West Milford proves successful, the Trail Conference plans to start accepting private donations from entities and private citizens interested in sponsoring additional kiosks throughout the region. A fund would then be created to maintain the kiosks and update the maps and information as needed, he said.



**Trail Conference members can take advantage of exclusive discounts and benefits with participating retailers and businesses!**

**You can recoup the cost of your membership in one visit!**



**NY-NJ Trail Conference BENEFITS**

The Trail Conference is proud to offer a Membership Benefit Program, which was created to provide our members with money-saving discounts at area retailers and service providers – **benefits only available to Trail Conference members.**

As part of your Trail Conference membership, you are issued a card identifying you as a Trail Conference member, making you eligible for all program discounts. To receive your member discounts, you must present your valid membership card at the time of purchase. Some stores offer the discount only on select items, so be sure to ask.

We encourage our members to take advantage of this incredible opportunity that comes with a Trail Conference membership. New discounts and offers are continually being added so be sure to visit our website's membership benefits area at [www.nynjtc.org/content/retail-partners](http://www.nynjtc.org/content/retail-partners) for current offers.

**25% Discount** on Trail Conference publications and clothing when purchased directly from the Trail Conference.

**FREE Subscription** to the *Trail Walker*, the Trail Conference's bi-monthly newsletter filled with timely articles and columns that will enhance your hiking experiences.

**Money-Saving Discounts** at participating retailers and businesses.

**Workshops and Seminars** on trail maintenance and construction, leadership training, wilderness first aid, chainsaw operation, environmental monitoring and GPS operation.

**Volunteer Opportunities** to "learn by doing" in areas as varied as trail maintenance, construction, publications, environmental monitoring, and cartography.

**Access to the Hoeflerlin Library** at the Trail Conference office that includes more than 1,000 books on hiking worldwide, along with maps, guides and a historical archive.



**Some of Our Discount Partners**



**VISIT [WWW.NYNJTC.ORG/CONTENT/RETAIL-PARTNERS](http://WWW.NYNJTC.ORG/CONTENT/RETAIL-PARTNERS) FOR COMPLETE LIST OF MONEY-SAVING DISCOUNTS!**

**Volunteer Classifieds: Get Involved!**

To indicate your interest, or for more information about these or other volunteer opportunities, go to [www.nynjtc.org/volunteer](http://www.nynjtc.org/volunteer); or contact us at [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org) or 201-512-9348 ext. 22

**HERE ARE SOME EXCITING AND UNIQUE OFF-TRAIL OPPORTUNITIES!**

**OUTDOOR OPPORTUNITIES:**

**Communications/Editorial Assistant**

Help the Trail Conference Communications Manager keep up with and get out all the news that's fit to print, email, or put on our website! Training will be provided. Work from the office or from home.

**Write Up Your Favorite Hikes\***

Work doesn't get more fun than this! We need descriptions of hikes in the following areas for our website: Long Island, NJ Pinelands, Jersey Shore, and South Taconics. Contributors need to enjoy hiking, be willing to carefully document routes, and take photos. Go to the Hike Writers job listing on the website.

**Communications/Marketing Ad Hoc Advisory Panel**

Put your communications/marketing experience to work for trails. We need your advice: What opportunities is the Trail Conference missing in promoting our maps, books, and volunteer contributions? What resources do we need to take advantage of these opportunities? Help us figure it out by giving us a few hours of your time and consultation.

**Become a Trail Maintainer!\***

Adopt a section of a trail to keep clear and adequately blazed two or more times a year, and help to keep our region's footpaths accessible, pristine and protected. We have vacancies in almost all regions our trail network covers. Find them on our website at: [www.nynjtc.org/vol-trail-vacancies](http://www.nynjtc.org/vol-trail-vacancies) or email: [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org) to see if there is a vacancy in the area of your choice.

**CRM Database Lead**

If you have experience using a CRM database, particularly in migration to CRM software, and want to keep your skills up to date and help the Trail Conference at the same time, then take advantage of this unique opportunity by working with our volunteers and staff in developing and executing a CRM migration.

\*These positions are available to Trail Conference members only.

**Member Relations Volunteers Needed**

Help sustain the vitality of one of the metropolitan area's largest membership and volunteer outdoor organizations! We need volunteers to help us engage with our membership in our mission of providing access to open space in our region. We will match your skills, qualifications, and interests to the projects on hand.

**New to Trail Work? Join a Trail Crew...**

...and learn on the job! Our Trail Crews welcome both new and experienced volunteers. Participation is flexible; most crews spend from 3 to 8 hours—weekdays or weekends—working at a specific site. Trail crews perform a wide variety of tasks ranging from painting blazes, heavy-duty maintenance to trail building and restoration. We have crews working on trails in West Hudson, East Hudson, Northern New Jersey, and Western New Jersey. For crew schedules and contact information click 'Trail Crew Schedules' under the 'Get Involved' menu tab.

**Prospect Caller**

Do you want to put that clear and friendly voice of yours to good use? Do you have sales experience? We have a new volunteer position in our sales department, calling stores and asking them if they want to receive our new, free, full-color catalogue of our high-quality books and maps. Managers are very busy, but people like you can get right to the point and highlight aspects of the Trail Conference that we know will catch their interest. We hope to see you soon in our office, on the phone, sharing the word about the Trail Conference and its indispensable hiking books and maps we all love so well!

**Regional Trail Coordinator**

The Finger Lakes Trail Conference is looking for an ambitious trail manager to oversee the maintenance of the Finger Lakes Trail system from NY 206 in Delaware County through the Catskills to the eastern terminus of the FLT at the Long Path in Ulster County. Your responsibilities would include: enjoying the outdoors, managing the trail sponsors already in place and securing others for this area, assisting with trail maintenance and construction projects, working with public agencies and private landowners to preserve and protect the trail, and attending one or two trail maintainers' meetings and training sessions each year. If you are interested, please contact: Steve Catherman, FLTC Director of Trail Maintenance at [stevec@roadrunner.com](mailto:stevec@roadrunner.com).

**Scouts Complete Trail Clean-up at High Mountain Preserve**

Volunteers with the Central North Jersey Trails Committee of the New York-New Jersey Trail Conference helped First Class Boy Scout Wyatt Benson of BSA Troop 192, Wayne, NJ, achieve his Community Merit Badge by completing a local trail clean-up project in May.

Wyatt chose to do a trail cleanup in the High Mountain Preserve, in Wayne, NJ. It's a popular spot for day hikers who climb the mountain for panoramic views to the east and the Manhattan skyline. He scheduled his work day for May 15, the BSA's Centennial Celebration day and designated as "Cache in, Trash out" day by the Boy Scouts and Geocaching.com.

Wyatt recruited 11 Boy and Cub Scouts to help, and as many parents. They were supported by Trail Conference Central North Jersey Trails Committee co-chairs Estelle Anderson and Bob Jonas, and trail maintainer Bob Simpson. On the work



Scout volunteers at High Mountain Preserve in Wayne, NJ.

day, the group split into two units. The Cub Scouts hiked from the south to do litter pick-up; the Boy Scouts hiked from the north, picking up trash and doing light trail maintenance, including removing blown down tree litter. They also learned the fine art of trail blazing, including proper painting techniques and the correct positioning of the blazes as they did the initial refurbishing of the Yellow Trail.

All in all, it was a very productive and fun day as we removed a few hundred pounds of trash from this beautiful forest. Thanks to Wyatt for initiating this project and to all the volunteers he recruited.

—Bob Jonas & Estelle Anderson, Co-Chairs, Central North Jersey Trails Committee

ROBERT JONAS

## The Dazzling Odes of Summer

By Edna Greig

Venture near any pond or stream on a warm summer day and you are likely to see a dazzling display of dragonflies and damselflies going about their daily activities of feeding, mating, and laying eggs. These large, often brightly colored insects are members of the order Odonata, informally called the “odes.”



Bluet damselflies in a mating wheel.

EDNA GREIG

Both dragonflies and damselflies have long narrow bodies, two pairs of large wings, and a large head that is dominated by two compound eyes. An easy way to tell them apart is by the way that they hold their wings while at rest. Dragonflies hold their wings apart, either horizontally or at a slight downward and forward angle to their bodies, while most damselflies hold their wings together, at an upward angle to their bodies. Dragonflies also are larger and stouter and are strong, versatile fliers. Damselflies are more delicate looking and tend

to flutter about when they fly.

In fact, dragonflies are the most versatile fliers in the natural world. They can zip about in all directions, looking like tiny helicopters, at speeds of up to 35 miles per hour. They can change direction almost instantaneously. They also can hover in one spot for a minute or more. These amazing aerial feats are made possible by large flight muscles and the ability to move each pair of wings independently.

Dragonflies and damselflies have incredible eyesight. Their compound eyes can see simultaneously to the front, sides, and even rear and are highly adapted to detecting movement. They also have three small, simple eyes that aid in orientation while flying. They use their highly developed visual skills to capture live insects, which are their only food.

Dragonflies usually catch their prey while in flight. They may fly back and forth over an area, plucking up insects as they go. Or they may perch on a twig or blade of grass and suddenly dart into flight to capture a delectable insect as it flies by. Dragonflies can eat hundreds of mosquitoes per day, earning them the name “mosquito hawks.”

Adult dragonflies and damselflies live for about four to six weeks. During this time, they eat and mate. Males of some species establish a breeding territory near water and vigorously defend it against other males of their own and other species. When a female enters a male's territory, he will intercept her to begin the mating process. Through a series of maneuvers, their bodies contort until they are joined together in what is called a mating wheel. Incredibly, dragonfly pairs often stay joined in the mating wheel while continuing to fly. Damselflies form their mating wheels while perched in a protected area.

Immediately after the pair separates, the female lays her eggs. Females of some species deposit their eggs into the water by gently tapping their abdomens to the surface. Others use sharp appendages on their

abdomens to cut slits in water plants into which eggs are deposited. In some species, the male stays close to the female as she lays her eggs, to guard against other males inter-

**Dragonflies can zip along at speeds up to 35 miles per hour.**

cepting his paternity.

If all goes well, the eggs will hatch underwater into larvae called nymphs or naiads. The nymphs continue to develop underwater for about 10 or 11 months and feed on insects and sometimes even tadpoles. The following summer, when the time is right, the one- to two-inch long nymph crawls out of the water and grabs onto a plant stem or other surface. It leaves its final larval skin behind and emerges as a young adult dragonfly or damselfly, completing another cycle of life. If you look closely at plants or sticks that rise from the surface of a pond, you may discover discarded nymph skins.

Take some time this summer to appreciate the fascinating odes. Despite their fearsome appearance, they do not sting or bite. In fact, they are quite tolerant of people approaching them closely to observe or to take pictures.

### For further reading:

*Dragonflies* by Cynthia Berger – has thorough information on life cycle and behavior and descriptions of 26 common species

*Dragonflies through Binoculars* by Sidney W. Dunkle – a field guide to the 307 species found in North America

Trail Conference member Edna Greig writes occasional columns on natural history topics for Trail Walker.



### Science & Ecology

## Oh, Those Cool Green Leaves!

By Joan Ehrenfeld

A hot day, but a cool trail through deep woods.

Leaves in all shades of green overhead – the yellow-green of the sugar maples, the darker green of red and black oaks, the bright green of black birch, and maybe some deep, dark green hemlock needles. The leaves provide welcome shade—the woods are so noticeably and pleasantly cooler than open ridge tops, or unshaded trail head parking areas.

But the leaves are providing more than shade. Through their photosynthesis and transpiration, their breathing in and out of water and carbon dioxide, they are removing carbon from the atmosphere, converting it to the sugars used to fuel their own growth, and through their loss of water vapor, they actively cool the forest.

Photosynthesis seems like such a simple process, as it is usually taught in school. Carbon dioxide and water combine, with the help of light and a little chlorophyll, to make glucose (sugar) and oxygen. But the actual process is much more complicated, and amazing. The process is all about the movement of electrons and the energy changes involved with this process.

As packets of light—photons—hit the chloroplasts, the molecules of pigment they contain—chlorophyll—absorb the photons' energy. The increased energy of many chlorophyll molecules is channeled along molecular “antennae” until an electron on one chlorophyll molecule in the “reaction center” is sufficiently energized to move from the chlorophyll molecule to a receptor molecule. The energized electron travels from compound to compound along a chain of transport molecules, as if it were bouncing down a set of stairs, causing a water molecule to come apart. This break-

up of the oxygen-containing water molecule is the basis for the formation of oxygen gas as a product of photosynthesis.

But now, a second packet of light is needed to energize the electron by way of a second chlorophyll molecule, and again the electron bounces down a second transport chain of molecules. As it does, its energy is used to make some ATP, the molecular currency of energy, and a second chemical called “NADPH” which will be needed to make sugar in the second half of the photosynthesis process.

Thus, in the first part of photosynthesis, light falling on green leaves sets off a very complicated dance of electrons, chlorophyll molecules, and transport chain molecules. What results is oxygen, the NADPH, and some ATP.

Sugar is produced by a second, separate

breaks apart into two compounds, each of which has three carbon atoms.

These compounds then cycle around, using the energy of the ATP and the electrons carried by the NADPH from the first photosynthetic step, to form a series of sugars. Some leave the cycle, and are used by the plant to form all the other chemicals that make up plant matter. But others cycle back around, and eventually re-form the ribulose biphosphate that the cycle started with. Then, more carbon dioxide can be attached (“fixed”) to form more sugars. This cycle, called the Calvin-Benson cycle after its discoverers, maintains both a supply of new sugar for new leaves, and new substrate for capturing more carbon. Rubisco, the most abundant enzyme on the planet, accounts for much of what is in those beautiful green leaves.



These green factories produce sugars, oxygen, and natural air-conditioning.

set of reactions, elsewhere in the chloroplast. An enzyme called “rubisco” (short for ribulose biphosphate carboxylase-oxygenase) attaches the carbon atom of a carbon dioxide molecule onto a sugar with the complicated name of “ribulose 1,5-biphosphate.” Immediately, this new molecule

Meanwhile, water has been evaporating from the wet surfaces of the plant leaf cells through the tiny pores on the bottom of the leaf, called “stomates” (“little mouths”) in a process termed “transpiration.” The evaporation of the water from inside the cells does two things: it exerts a pull on the



JOAN EHRENFELD

Castaneae (chestnut) leaves from below.

linked water molecules that extend from the leaves through the stem to the roots, and accounts for the rise of water from the soil up many tens of feet into the tops of the trees.

The other important effect of the water's evaporation is cooling: it takes a lot of energy to make water evaporate, and the energy used to transform liquid water to gaseous water vapor is energy that is removed from the environment as heat energy that we feel as “sensible” heat. The cooling effect of water evaporating through the stomates is just like the cooling effect of sweating: energy used to evaporate the sweat reduces the energy experienced as heat. So, lots of transpiration from lots of leaves translates into a lot of energy not being experienced as heat on a hot day. Plant more trees for a cool environment!

The ways in which leaves work are amazingly complex and wonderful. We depend on them for much in addition to our food. Give them a nod of respect as you hike by!

Joan Ehrenfeld is a professor in the Department of Ecology, Evolution, and Natural Resources at Rutgers University.





Find more hikes at [www.nynjtc.org](http://www.nynjtc.org). Click on Scheduled Hikes under Go Hiking!

**July**

Saturday, July 3

**PM. Early Bird Hike at Pyramid Mountain Natural Historic Area, NJ.** Leader: call 973-334-3130 for info and registration (required). Meet: 8am at Pyramid Mountain visitor center, 472A Boonton Ave., Boonton, NJ. Take a walk on Pyramid Mountain to hear and see the resident birds raising their families. Great for ages 7+; \$1 fee.

**AMC. Ellenville Ice Caves, NY.** Leader: Howard Israel, 718-639-0123, no calls after 9:30pm. Meet: call leader for meeting time and location. A hike so interesting, with so many things to see! Great workout; teamwork essential. Cameras a must. Call early to reserve your space. Brilliant views and imported cookies. Bad weather may cancel.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Mae Deas, 908-233-6641. Meet: 10am at Trailside Nature Center, Coles Ave. at New Providence Rd. Moderately paced 5-6 miles suitable for intermediate hikers; on a variety of scenic trails. Rain cancels.

**WTA. Lake Sonoma Loop, Norwin Green State Forest, NJ.** Leader: Carol Ann Benton, aquarius2950@hotmail.com; must contact leader to confirm. Meet: 9:45am at Long Pond Ironworks parking in Ringwood, NJ. 6-7 moderate miles. Hike on the Hewitt-Butler Trail and recently blazed Lake Sonoma and Overlook Rock Trails. Short shuttle required. Contact leader about carpooling from North White Plains RR station (\$6 carpool contribution).

Sunday, July 4

**IHC. Mountain Laurel at Wawayanda State Park, NJ.** Leader: Ursula Davis, 973-786-7087. Meet: 9am at A&P parking, 1938 Union Valley Rd. (Greenwood Lake Tpk.), Hewitt, NJ. Strenuous 9 miles, followed by a refreshing swim, bring your suit! Car shuttle to AT parking.

**UCHC. South Mountain Reservation, NJ.** Leader: Gail Waimon, 973-467-4761. Meet: 10am at Locust Grove parking, Glen Ave. at Lackawanna Pl., Millburn. 4-5 brisk miles with some rocky sections and possible one climb at start. Rain cancels.

**AMC. Independence Day Special.** Leader: Stanley Lewin, 212-927-7012 or stanlewin2002@yahoo.com, no calls after 9:30pm. Meet: call leader for meeting time and location. Celebrate our country's birthday and do some good hiking. Heavy rain/extreme heat will modify or cancel; call 6:30-7:30am day of hike if in doubt.

**WTA. Ward Pound Ridge Reservation, NY.** Leader: Carol Harting, 845-669-6731; must contact leader to register and for meeting details. Easy to moderate 5 miles. We'll climb up to the old fire tower in Pound Ridge, then down through some wonderful rock formations. \$4 transportation contribution if carpooling from North White Plains RR station.

**ADK-MH. Kaaterskill Falls & Escarpment Trail, Catskills, NY.** Leader: David Koehler, 917-613-2043 or k2david121@gmail.com. Visit New York's highest two-tiered waterfall, regarded as sacred by the Native Americans, then over to one of the most beautiful trails in the Catskills, the Escarpment Trail. Estimated distance 7 miles, swimming/wading opportunity.

Monday, July 5

**UCHC. Tourne Park, NJ.** Leader: Susan Jacobs, 973-402-2555. Meet: 10am; call for directions. Easy, pretty hike to Birchwood and Crystal Lakes. Rain cancels.

Tuesday, July 6

**GS. Baby and Me Hikes in Morris County, NJ.** Leader: for information and registration (required), call 973-635-6629. Meet: 9:30am; call for location in various Morris County areas. Put your infant in a pack and join a naturalist on this walk; out by 11am. \$1 fee. Repeats Tuesdays through August.

Thursday, July 8

**UCHC. Sterling Forest, NJ.** Leader: Eric Singer, 973-744-7147. Meet: 10am at lot on Rt. 511 in Hewitt, NJ, by the cell tower. Moderately strenuous 8 miles on the Hasenclever Iron Trail and others.

Saturday, July 10

**AFW. Stonetown Circular, Harriman State Park, NY.** Leader: call 973-644-3592 for info and registration or visit [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet: 9am; call for meeting place. Strenuous hike at a moderate pace; out by 5pm.

**SW. Riverdale/Fieldston, NY.** Leader: Minor Bishop, 212-686-5095. Meet: 10am at Fort Tryon Park entrance (A train to 190th St., elevator up to Ft. Washington Ave.). Brisk 6 miles from Fort Tryon Park in upper Manhattan to Fieldston and Riverdale in the Bronx; lunch at Wave Hill. Rain cancels.

**AMC. Beautiful Beacon, NY.** Leader: Nancy Hull, 845-831-3856 or nihclo@yahoo.com. Meet: call leader for meeting time and location. Hike Mount Beacon and on to the tower and reservoir. Refreshments in town after the hike. Rain/extremely hot or humid weather may cancel or alter route.

**UCHC. Turkey Mountain, Montville, NJ.** Leader: Al Verdi, 973-263-8569. Meet: 10am at Pyramid Mountain lot. Moderate to brisk 4+ miles with some hills. Up to admire the falls; no lunch stop. Not suitable for beginners.

**WTA. Wawayanda State Park, NJ.** Leader: Eileen West, eileenw1000@yahoo.com. Meet: contact leader for details. Moderate 9-10 miles. Along the lake, on leader's annual quest to find rhododendrons in bloom. \$6 transportation contribution if carpooling from North White Plains. Rain cancels.

Sunday, July 11

**IHC. Fahnestock State Park, NY.** Leader: Chris Davis, 609-924-2563. Meet: 8:30am at Anthony Wayne parking in Harriman. Moderately strenuous 9 miles. Hike the ridges that dominate this terrain, with lakes and numerous wetlands in between. Some steep sections. Car shuttle required.

**PM. Tripod Rock at Pyramid Mountain Natural Historic Area, NJ.** Leader: call 973-334-3130 for info and registration (required). Meet: 10am at Pyramid Mountain visitor center, 472A Boonton Ave., Boonton, NJ. Join a hike to the famous "rock star" that resides at Pyramid Mountain. Great for ages 7+; no fee.

**NYR. File Factory Hollow Trail, Harriman State Park, NY.** Leader: Lee Ruelle, 212-388-0354. Meet: 8:25am at Port Authority bus terminal for 8:45 Short Line bus to Ladentown (one-way). We'll ascend Iron Mountain loop to File Factory Hollow, take woods roads past the reservoirs, then take a variety of trails to Lake Wanoksink, pass Claudius Smith's Den, and end in Tuxedo, NY.

**SW. Ferry Point to Pelham Bay, NY.** Leader: Ruth Mainer, 718-428-4558. Meet: 11am at end of #6 subway line, Pelham Bay Park. 8+ miles; we'll stop at Marine Museum for lunch (bring lunch).

Wednesday, July 14

**RVW. Hyde Park, NY.** Leader: For more information, call 845-758-6143. Meet: 9am; call for meeting place. Easy 5-mile walk, from Mills to Norrie Point State Park.

Saturday, July 17

**PPO. Trail Maintenance Hike on Staten Island, NY.** Leader: Don Recklies, 718-768-9036. Meet: 10am at Nevada Ave. parking at High Rock. Help us remove invasive vines. Sponsored by Protectors of Pine Oak Woods; we'll provide gloves and pruners (and refreshments) if you don't have your own. After working 2 hours, we'll take a 2-hour walk on nearby trails.

**UCHC. Patriots' Path, Morristown, NJ.** Leader: Jeffrey Sovelove, hiker\_dood@yahoo.com. Meet: 10am at Speedwell Lake lot on Rt. 202. Easy 3-5 mile stroll; wide, level path. Great for beginners. Optional lunch afterwards. Steady rain cancels.

**SW. Cascade of Slid and Beyond, Harriman State Park, NY.** Leader: Marvin Malater, 718-376-3608. Meet: 8:45am at white commuter statues, Port Authority Bus Terminal for 9:10 bus to Sloatsburg (one-way, return from Tuxedo). 7.5 miles at moderate pace, from Sloatsburg to Tuxedo, NY. Rocky trails with mild hills. Hike along Pine Meadow Brook, lunch at Lake Sebago, hike out past Claudius Smith Cave.

**AMC. Breakneck Pond, Harriman State Park, NY.** Leader: Ellen Blumenkrantz, 201-784-8417 or eblumenkrantz@hotmail.com. Meet: call leader for meeting time and location; must register, limited to 12 people. Long, moderately paced hike through Harriman to several lakes, with moderate hills. Optional pizza stop after the hike.

Sunday, July 18

**IHC. Buttermilk Falls, Mendham, NJ.** Leader: Jim McKay, 973-538-0756. Meet: 9:30am at Sunrise Lake parking, Lewis Morris Park. Moderate 8 miles, shuttle required. We'll hike past the falls, down India Brook to the Patriots' Path.

**WTA. Island Pond, Harriman State Park, NY.** Leader: Catharine Raffaele. Meet: contact Eileen West, eileenw1000@yahoo.com, for details. Moderate 5 miles. Steep climb at start, long lunch at Island Pond (no swimming), then return on the AT. \$6 transportation contribution if carpooling from North White Plains.

**ADK-MH. North Lookout at Mohonk Preserve, NY.** Leader: Brian Sullivan, 845.594.9545, Call before 9pm. 7-mile hike at this unique property at moderate pace (1.5 to 2 miles an hour). Meet at Spring Farm Parking at 9am. There is a \$10 day pass/free if you are a member of Mohonk Preserve. Bring sufficient water, hiking boots, snacks, and lunch.

Monday, July 19

**RVW. Plateau Mountain, Catskills, NY. (3840').** Leader: for more information, call 845-246-8616. Meet: 8am; call for meeting place. Strenuous 6 miles in about 5 hours. Inclement weather date is following Monday.

Wednesday, July 21

**GS. Black River Ramble, Morris County, NJ.** Leader: For information and registration (required), call 973-635-6629. Meet: 3pm; call for location in Morris County area. Hike into the cool Black River Gorge and along one of the most scenic rivers in NJ. Great for ages 7+, no fee. Out by 4:30pm.

**UCHC. South Mountain Reservation Historical Tour, NJ.** Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at Locust Grove parking, Glen Ave. at Lackawanna Pl., Millburn. Walk along the RR right-of-way for the old Jersey West line, visit two old paper mill ponds, and hear the story of Millburn in its factory days and how this park was formed.



An open meadow atop Ashokan High Point leads to views of other Catskill mountains.

GEORGETTE WEIR

Saturday, July 24

**RVW. Hurley Rail Trail, NY.** Leader: for more information, call 845-758-0769. Meet: 9am; call for meeting place. Easy 5-mile walk.

**AFW. South Mountain Reservation, NJ.** Leader: call 973-644-3592 for info and registration or visit [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet: 10am; call for meeting place. Easy hike at a leisurely pace; out by 2pm.

**PM. Bob Busha Memorial Hike, Pyramid Mountain Natural Historic Area, NJ.** Leader: call 973-334-3130 for info and registration (required). Meet: 10am at Pyramid Mountain visitor center, 472A Boonton Ave., Boonton, NJ. Hike the trails that Bob dedicated his time to maintain as a longtime volunteer. Great for ages 7+; no fee.

**SW. Celebrate Governor's Island, NY.** Leader: Ed Martin, emartinlaw@hotmail.com. Meet: 9am at Brooklyn Heights Promenade, end of Montague St. (2/3/4/5 to Borough Hall). We'll end with a walk around the shores of Governor's Island.

**WTA. State Line Lookout, Palisades, NJ.** Leader: Margaret Freifeld, mcfreifeld@yahoo.com. Meet: contact leader for details. Moderate 5-6 miles, but some steep sections and scrambling on the Giant Stairs. Long Path and the Shore Trail, enjoying constant views of the Hudson River. \$5 transportation contribution if carpooling from North White Plains.

Sunday, July 25

**PM. Turkey Mountain, Pyramid Mountain Natural Historic Park, NJ.** Leader: call 973-334-3130 for info and registration (required). Meet: 10am at Pyramid Mountain visitor center, 472A Boonton Ave., Boonton, NJ. Discover some of the less frequented trails on the Turkey Mountain side of the park. Great for ages 7+; no fee.

**UCHC. Jockey Hollow, Morristown National Historic Park, NJ.** Leader: Jim Schlegel, 973-731-4339. Meet: 10am at Visitor Center parking. Moderate hike, possible visit to cemetery located in this national historic park. Rain cancels.

**WTA. Teatown Lake Reservation, NY.** Leader: Marcia Cohen. Meet: contact Eileen West, eileenw1000@yahoo.com for details. Moderate 4-5 miles. Explore the Back 40 and other Teatown trails at a pace adjusted for the weather on this dog-friendly hike. \$3 transportation contribution if carpooling from North White Plains.

Monday, July 26

**RVW. Plotter Kill Preserve, NY.** Leader: for more information, call 518-895-8474. Meet: 8am; call for meeting place. Moderate hike: 4.5 miles, in about 4 hours. Inclement weather date is following Monday.

**AMC. Dog-Friendly Hike, Harriman State Park, NY.** Leader: Harold Marciari, hmrm742@optonline.net. Meet: contact leader for meeting time and location. A challenging hike with hills, but moderate pace. Expect ridges, a lake, and streams. Dogs are welcome; must be under control of owner at all times and park leash rules must be obeyed. Bring adequate food/water for your dog.

Saturday, July 31

**SW. Statues and Monuments of Manhattan, NY.** Leader: Tom McBreen, 516-238-8073 (day of walk only). Meet: 11am at SE corner of Houston St. at exit from 1 train. Moderate walk (Houston to 34th St.); about 4 hours. Bring lunch and binoculars. Heavy rain cancels.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Ellen Jeydel, 908-868-7510. Meet: 10am at Trailside Nature Center, Coles Ave. at New Providence Rd. Moderate 5-6 miles on a variety of scenic trails, suitable for intermediate hikers. Rain cancels.

**WTA. Appalachian Trail/Long Path, Harriman State Park, NY.** Leader: Carol Ann Benton, aquarius2950@hotmail.com. Meet: contact leader to register and for details. Moderately strenuous 7-8 miles. We'll do a loop from Silvermine hoping to find ripe blueberries to munch on. Extreme heat or rain cancels. \$6 transportation contribution if carpooling from North White Plains.

**August**

Sunday, August 1

**IHC. Minnewaska State Park Preserve Swim Hike, NY.** Leaders: Guy and Jen Percival, 973-590-7437. Meet: 8:30am at Harriman RR Station, Rt. 17, Arden, NY. Strenuous but nice 10 miles out towards Mud Pond, with a swim in Lake Awosting (bring your suit). Shuttle required; parking fee. Steady rain cancels.

**AFW. Panther Mountain, Harriman State Park, NY.** Leader: call 973-644-3592 for info and registration or visit [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet: 9:30am; call for meeting place. Moderate hike at a moderate pace; out by 2:30pm.

**UCHC. Sourland Mountain Preserve, NJ.** Leaders: Stephen Kahofer, 973-356-8508 and Joan Hochbaum, 732-750-0078. Meet: 10am at visitor center parking on right. Moderate 5 miles; about 3 hours. We'll hike the Ridge Trail; geologists say the rock is some 150 million years old and was formed under a sea.

**WTA. West Rock Ridge State Park, CT.** Leader: Eileen West, eileenw1000@yahoo.com. Meet: contact leader to register and for details. Moderate 7-8 miles. Enjoy a hike along the rock ridges in this Hamden, CT, park; return through woods and along a lake. We'll pass the "Judge's Cave." \$8 transportation contribution if carpooling from North White Plains. Rain cancels.

**ADK-MH. Appalachian Trail on Schaghticoke Mountain, CT/NY.** Leader: Sue Mackson, 845-471-9892 susiem6@juno.com. Moderate 5.5-mile hike with elevation gain at moderate pace along the AT at the border between NY and CT. Meet 9:15am at Star 22 Diner at intersection of NY 22 and DC 21 to carpool to trailhead at Schaghticoke Rd. This will be an in and out hike, or a shuttle, depending on number of participants. Call leader at 7:30am on morning of hike if questions about the weather.

Thursday, August 5

**UCHC. Fort Montgomery, NY.** Leader: Katya Hanson, 732-530-5213; no calls after Wednesday. Meet: 10am at Fort Montgomery Visitor Center (690 Rt. 9W). Strong 7-mile hike, more or less, based on conditions.

Saturday, August 7

**SW. Terrace Pond, Wawayanda State Park, NJ.** Leader: Nick DiNapoli, 212-600-1180. Meet: Take NJ Transit bus 197 leaving Port Authority at 7:30am; leader meets bus on arrival at 9am at Lakeside Rd. (Rt. 513) & Greenwood Lake Tpk. (Rt. 511). 5-6 miles with short climb. Terrace Pond is on the summit of Bearfort Mountain, surrounded by cliffs of purple conglomerate rock, scrub pines, and rhododendrons. Short shuttle required.

**AMC. Ramapo Reservation Adventure, NJ.** Leader: Dean Gletsos, 845-354-0738; no calls after 9pm. Meet: contact leader for meeting time and location. Using a variety of trails, we'll visit lakes and admire many views, maybe even the NYC skyline.

The activities listed are sponsored by member clubs of the NY-NJ Trail Conference. All hikers are welcome subject to club regulations and rules of the trail. You are responsible for your own safety. Wear hiking boots or strong, low-heeled shoes. Bring food, water, rain gear, first aid kit, and a flashlight in a backpack. Leaders have the right and responsibility to refuse anyone whom they believe cannot complete the hike or is not adequately equipped. Easy, moderate, or strenuous hikes are relative terms; call leader if in doubt.

More than 100 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY-NJ Trail Conference.

**Club Codes**

Only those clubs with hikes offered in this issue are listed below. Please call numbers listed to confirm.

ADK-MH	Adirondack Mountain Club	NYR	New York Ramblers
	Mid Hudson Chapter	PM	Pyramid Mountain Natural Historic Area
AFW	Adventures for Women	PPO	Protectors of Pine Oak Woods
AMC	Appalachian Mountain Club	RVW	Rip Van Winkle Hiking Club
	NY-NoJ Chapter	SW	Shorewalkers
GS	Great Swamp Outdoor Education Center	UCHC	Union County Hiking Club
IHC	Interstate Hiking Club	WTA	Westchester Trails Association
NYHC	New York Hiking Club		

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to [tw@nynjtc.org](mailto:tw@nynjtc.org) or to the Trail Conference Office. The deadline for the September/October issue is July 15.



**ADK-MH. Bash Bish Falls & Alander Mountain, Southern Taconics, NY.** Leader: David Koehler, 917-613-2043 or k2david121@gmail.com. We'll visit the most popular and beautiful waterfall in the Taconics and to the top of Alander with views all around. Swimming option in crystal clear water.

**Sunday, August 8**

**PM. Dog Days Hike, Pyramid Mountain Natural Historic Park, NJ.** Leader: call 973-334-3130 for info and registration (required). Meet: 10am at Pyramid Mountain visitor center, 472A Boonton Ave., Boonton, NJ. Come out and enjoy the trails with your dog; leashes required. Great for ages 7+; no fee.

**NYHC. Riverdale/Fieldston Stroll, NY.** Leader: Mayer Wiesen, 516-671-2095. Meet: 1:30pm at NE corner of Broadway and 207th St. (A train to last stop). Easy 3 miles in this upscale area (houses with undisclosed selling prices).

**WTA. Fahnestock Mine Ramble, NY.** Leaders: Jane and Walt Daniels, 914-245-1250 or jdihikes@gmail.com. Meet: contact leaders for details. Moderate to strenuous 7.5 miles. Hike the Appalachian and Three Lakes Trails; off-trail to look at former iron mines through hilly terrain. \$6 transportation contribution if carpooling from North White Plains.

**Wednesday, August 11**

**GS. Trekking the Tourne, Tourne Park, NJ.** Leader: For information and registration (required), call 973-635-6629. Meet: 2pm at picnic pavilion near baseball field, Tourne Park. Join a naturalist on this 3-mile hike through hilly, wooded trails of Tourne Park. Great for ages 8+; no fee.

**Thursday, August 12**

**UCHC. Pyramid Mountain/Butler Reservoir, NJ.** Leader: Jim McKay, 973-538-0756. Meet: 10am at Pyramid Mountain parking lot #2. Moderately paced 7-8 miles. Short shuttle required.

**Saturday, August 14**

**PM. Wildflower Hike, Pyramid Mountain Natural Historic Park, NJ.** Leader: call 973-334-3130 for info and registration (required). Meet: 10am at Pyramid Mountain visitor center, 472A Boonton Ave., Boonton, NJ. Get to know New Jersey's native wildflowers; bring field guides or borrow ours. Great for ages 12+; \$1 fee.

**SW. Rockaway Park Beach Hike and Swim, NY.** Leader: Ed Leibowitz, 201-332-1709; call to confirm hike is still on. Call 201-850-9649 after 9:30am day of hike. Meet: 11am at Beach 116 St. outside train station. 10 miles at moderate pace. Walk along boardwalk from Beach 116 Street to 9 Street and back; optional swim.

**NYHC. Pine Meadow Lake, Harriman State Park, NY.** Leader: Mike Puder, 718-743-0920 or nyhiker50@verizon.net. Meet: Contact leader for meeting place and time (NJ Transit train). 10 miles to Pine Meadow Lake and Lake Sebago. Late return.

**WTA. Mianus River Gorge Preserve, NY.** Leader: Catharine Raffaele. Meet: contact Eileen West, eileenw1000@yahoo.com, for details. Easy 4-5 miles. This lovely preserve offers a cool retreat from the summer heat. \$3 transportation contribution if carpooling from North White Plains.

**Sunday, August 15**

**AFW. Jackie Jones Mountain, Harriman State Park, NY.** Leader: call 973-644-3592 for info and registration or visit www.adventuresforwomen.org. Meet: 9:30am; call for meeting place. Moderate hike at a moderate pace; out by 2:30pm.

**IHC. Dunfield Creek to Millbrook Mountain, Delaware Water Gap, NJ.** Leaders: Guy and Jen Percival, 973-590-7437. Meet: 9am at Delaware Water Gap, Kittatinny Visitors Center on I-80. Strenuous 10 miles. Up Dunfield Creek Trail to Millbrook Mountain and its views down to the Delaware River. Steady rain cancels.

**SW. The Palisades: Closter Dock Rd. to Nyack, NY.** Leader: Marvin Malater, 718-376-3608. Meet: 8:40am at white commuter statues at Port Authority Bus Terminal for 9:15am bus to Closter Dock Rd. (bus #9A, one-way). 11 miles at moderate to brisk pace; level with some mild hills. Optional dinner and/or visit to Edward Hopper Gallery after the hike.

**AMC. Four Lakes Hike, Harriman State Park, NY.** Leader: Tom Parliament, 845-634-4116. Meet: contact leader for meeting time and location. Harriman has a number of magnificent lakes, and we'll visit four of them. Long lunch stop at a lake. Blueberries likely.

**WTA. Taurus in Reverse, Hudson Highlands State Park, NY.** Leader: Peter Hibbard, 914-285-9211. Meet: contact leader for details. Moderate 6 miles. We'll take the gradual way up Mount Taurus, enjoy outstanding views of the Hudson River from the summit, and then continue all the way down the mountain. \$6 transportation contribution if carpooling from North White Plains.

**Thursday, August 19**

**UCHC. Minnewaska State Park Preserve, NY.** Leader: Alan Breach, 973-875-4376. Meet: 10am at Wildmere parking at Lake Minnewaska; \$8 parking fee. Moderately difficult 8 miles. Beautiful views from trails and carriage roads. Post-hike swim at lake is an option.

**Saturday, August 21**

**PPO. Trail Maintenance Hike on Staten Island, NY.** Leader: Don Recklies, 718-768-9036. Meet: 10am at entry road to Eger Nursing Home (Manor Rd. at Rockland Ave.). Help us remove invasive ivy from area near Egbertville Ravine. Sponsored by Protectors of Pine Oak Woods; we'll provide gloves and pruners (and refreshments) if you don't have your own. After working 2 hours, we'll take a 2-hour walk on nearby trails.

**AFW. Sourland Mountain, NJ.** Leader: call 973-644-3592 for info and registration or visit www.adventuresforwomen.org. Meet: 10am; call for meeting place. Moderate hike at a leisurely pace; out by 2pm.

**UCHC. Minnewaska State Park Preserve, NY.** Leader: Alan Breach, 973-875-4376. Meet: 10am at Wildmere parking at Lake Minnewaska; \$6 parking fee. Moderately difficult 8 miles. Beautiful views from trails and carriage roads. Post-hike swim at lake is an option.

**WTA. Wilkinson Memorial Trail End-to-End, Hudson Highlands State Park, NY.** Leader: Eileen West, eileenw1000@yahoo.com. Meet: contact leader for details. Moderate to strenuous 9 miles. Hike along Scofield Ridge, over Sugarloaf Mountain, and down to the Hudson River. 2500 feet elevation gain with some steep ups and downs; spectacular views. Shuttle required. \$6 transportation contribution if carpooling from North White Plains.

**ADK-MH. Table Rock/Bonticou Crag Loop from Spring Farm, Mohonk Preserve, NY.** Leader: Brian Sullivan, 845-594-9545. Call before 9pm. Meet at Spring Farm Parking at 9am. There is a \$10 day pass/ free if you are a member of Mohonk Preserve. Bring sufficient water, hiking boots, snacks and lunch. 7 miles at a moderate pace (1.5 to 2 miles an hour).

**Sunday, August 22**

**IHC. AT-High Point to Unionville, NJ.** Leaders: Carolyn and Jim Canfield, 973-728-9774. Meet: 9am at AT crossing on Rt. 284, Sussex, NJ. Moderately strenuous 9 miles. Down from High Point Monument through NJ and NY to the AT crossing at Rt. 284; shuttle required.

**PM. Valhalla Overlook, Pyramid Mountain Natural Historic Park, NJ.** Leader: call 973-334-3130 for info and registration (required). Meet: 10am at Pyramid Mountain visitor center, 472A Boonton Ave., Boonton, NJ. Hike to Valhalla Overlook, where on a clear day you can see Manhattan. Great for ages 7+; no fee.

**SW. Over and Under Three Bridges of Brooklyn, NY.** Leader: Cy Adler. Meet: 10am at Municipal Building in Manhattan (south of building). 6-7 miles. Walk across Brooklyn Bridge, through Brooklyn Heights, Dumbo, Fort Green Park, Williamsburg; then eat and return over the bridge to Manhattan.

**UCHC. Jockey Hollow, Morristown National Historic Park, NJ.** Leader: Jeffrey Sovelove, hiker\_dood@yahoo.com. Meet: 10am at Visitor Center parking. Variety of trails, with stop at reproduction of soldiers' huts.

**Tuesday, August 24**

**UCHC. Buckabear Mountain, Pequannock Watershed, NJ.** Leaders: Jim and Theresa McKay, 973-538-0756. Meet: 10am at P4 parking Clinton Rd. Moderately paced 5 miles. This is the first in a series of hikes based on the West Milford Baker's Dozen (see book by Don Weise, The Baker's Dozen, available from the NY-NJ Trail Conference).

**Saturday, August 28**

**AMC. Breakneck Ridge and Beyond, Hudson Highlands State Park, NY.** Leader: Hallie Wolfe, 914-941-5331 or haliewolfe@optonline.net. Meet: contact leader for meeting time and location, and to register. Newbie-friendly scramble up Breakneck, then a gentle amble along the ridge and possibly on to Sunset Point. Leader will turn back those without sufficient water.

**NYHC. Piermont to Nyack, NY.** Leader: Halina Jensen, 212-568-6323. Meet: 10:15am at George Washington Bridge bus terminal ticket windows. 6 flat miles along the Hudson River. Optional stop after hike a Nyack coffeeshop.

**NYHC. Tallman Mountain State Park Hike and Swim, NY.** Leader: Mike Puder, 718-743-0920 or nyhiker50@verizon.net. Meet: call leader for meeting time; bus from Port Authority. A delightful day: walk on the park's bike path followed by a swim at the pool there (\$2 fee, bring quarters for locker), then hike the Long Path to the pier in Piermont (optional stop for ice cream), then shady path to Nyack for moderately priced Mexican meal. Late return.

**UCHC. South Mountain Reservation, NJ.** Leader: Gail Waimon, 973-467-4761. Meet: 10am at Tulip Springs parking off Cherry Lane, Millburn (just north of S. Orange Ave.). Moderate 4-5 miles. Rain cancels.

**WTA. Butler Memorial Sanctuary, NY.** Leader: Marcia Cohen. Meet: contact Eileen West, eileenw1000@yahoo.com, for details. Easy to moderate 4-6 miles. We'll visit the Hawk Watch. Dog-friendly hike. \$2 transportation contribution if carpooling from North White Plains.

**ADK-MH. Sam's Point Preserve, NY.** Leader: David Koehler, 917-613-2043 or k2david121@gmail.com. We will hike an 8-mile loop in the preserve with a stop at 100-foot Verkeerder Kill Falls, then on through the badlands.

**Sunday, August 29**

**IHC. Pyngyp Mountain and the Nickel Mine, Harriman State Park, NY.** Leader: Jim Schlenker, 908-561-0228. Meet: 9am at Tiorati Brook Rd., Harriman State Park. Moderately strenuous 9 miles. Up over Pyngyp Mountain on the SBM trail, then back to Flaggy Meadow. Optional in/out to visit the mine. Steady rain cancels.

**UCHC. Jockey Hollow, Morristown National Historic Park, NJ.** Leader: Jim Schlegel, 973-731-4339. Meet: 10am at Visitor Center parking. Moderate hike on a variety of trails, possible visit to cemetery located in the park. Rain cancels.

**NYR. Clifffdale Farm/Catamount Loops, NY.** Leader: Clive Morrick, 212-242-0931. Meet: 7:30am at Grand Central for 7:47 Hudson Line train to Ossining. Local streets to Briarcliff/Peekskill Trailway (Teatown Lake), then various trails to Croton Reservoir. Out to Croton on the Old Croton Aqueduct and local parks/streets.

**WTA. Osborn Loop, East Hudson Highlands, NY.** Leader: Carol Harting, 845-669-6731. Meet: contact leader to register and for details. Moderate 7 miles. Start from Manitoa and hike along the Osborn Loop to wonderful lunch spot on Sugarloaf South overlooking the Hudson River. Watch for cactus in bloom. \$5 transportation contribution if carpooling from North White Plains.

**Tuesday, August 31**

**AFW. Lakeville, Sterling Forest, NY.** Leader: call 973-644-3592 for info and registration or visit www.adventuresforwomen.org. Meet: 10am; call for meeting place. Moderate hike at a moderate pace; out by 2pm.

**UCHC. The New AT at Bear Mountain State Park, NY.** Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at Bear Mountain Inn. 5 miles at moderate pace. For 5 years the Trail Conference has been rerouting the Appalachian Trail on Bear Mountain (the original segment of the AT); come join me in traversing the new trail, including 800 rock steps—it's quite a marvel. We'll also climb to the summit of Bear Mountain. Parking fee \$8.

# Every Day Is Trails Day

*continued from page 1*



March 25

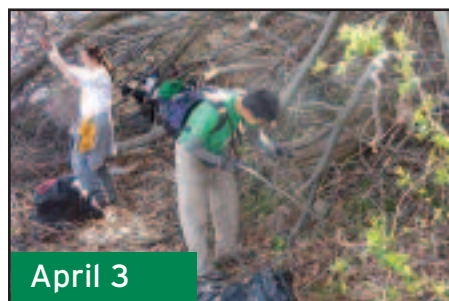
Steve Zubarik prepares to tackle a job on the Long Path north of George Washington Bridge.

JAKOB FRANKE



April 1

Jakob Franke, McBrien Dunbar, and Dave Booth cleared a dozen trees from the Long Path in Tallman State Park.



April 3

Twenty members of the Chinese Mountain Club of New York hit the Shore Trail in Palisades State Park to clear storm blow-downs and pick up garbage.



April 10

Central North Jersey Trail Crew workers rest after completing a reroute of the Highlands Trail in the Pequannock Watershed. Top, left to right: Bob Randall, Glenn Oleksak, Willie Diaz, Jeff Raskin, Joe Gindorf (standing). Bottom, left to right: Jose Vicente, Anaeli Sandoval, Alan Lash, Kim Beiderman, Estelle Anderson. Robert Jonas, who took the photo, also worked.

ROBERT JONAS



April 10

Shawangunk Ridge Trail Supervisor Andy Garrison (left) gets help from Paul Labounty on repairing a bog bridge along the trail in Orange County.



April 18

Left to right: Mike Knutson, Jacob Aronson, Keith Jones, Andy Garrison, Sue Meyer, and Ryo Kiyon are all smiles after a job well done clearing the Berry Picker Trail at Sam's Point Preserve in the Shawangunks and enjoying excellent views north to the Catskills.

JAKOB FRANKE



May 22

West Hudson North Crew members take a lunch break along the Peters Kill at Minnewaska State Park Preserve. The crew has been working on a relocation of the red-blazed Peters Kill Trail. Pictured are (left) Paul Kienker, Denise Vitale, Dave Webber; and (right) Jim Gebhardt and Kathy Herguth.

GEORGETTE WEIR



## DONORS TO THE ANNUAL FUND

March 27, 2010 - May 26, 2010

### GIFTS

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# Regional Trail U Days



April 10

Graduates of a Trail Maintenance 101 workshop conducted at Jockey Hollow, Morristown National Historic Park pose for a class photo with Pam Dobben, MNHP Trails Coordinator, and Tim Socha, National Park Service Ranger, who also helped build the waterbars.



May 1

Participants take to the trails to learn about sidehilling at a special Trail Maintenance 101 workshop at Merestead, a former country estate that is now part of the Westchester County park system.



May 9

Trail restoration and removal was the focus of a new workshop at Bear Mountain. Above, volunteers transplant blueberry bushes along a new crib wall to help retain soil and restore the construction site to a natural look.

## Trail Conference Map Receives Award in State-Wide Mapping Contest

The Trail Conference's Kittatinny Trails map set (2009 5th Edition) recently received a second place award for Best Cartographic Design at a mapping contest in New Jersey.

Trail Conference cartographer Jeremy Apgar entered the Kittatinny Trails map set in the 23rd Annual New Jersey Department of Environmental Protection (DEP) Mapping Competition, held on April 29th, 2010 at DEP headquarters in Trenton, NJ. This annual map contest is an opportunity for cartographers and Geographic Information System (GIS) users throughout the state to share their works and exchange ideas about map-making.

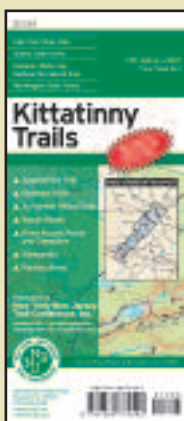
Representing the Trail Conference at the contest for the first time, Jeremy submitted both *Kittatinny Trails* (in the category of Best Software Integration because of how it was produced) and *PSE&G Susquehanna-Roseland Line Viewshed Analysis and Impact on Nearby Trail Systems in New Jersey* (in the category of Best Analytical Presentation).

After short presentations were made for all the maps, attendees to the competition voted for maps in each category as well as overall categories including Best Cartographic Design. With more than 30 maps in the competition, Jeremy was proud to accept the second place award on behalf of the Trail Conference for Best Cartographic Design for the Kittatinny Trails maps.

As an award winner in the competition, the maps will be presented in San Diego, CA this July by the DEP at the 2010 ESRI International User Conference, the world's largest annual GIS event.



Trail Conference cartographer Jeremy Apgar, right, accepts an award for map design from New Jersey Department of Environmental Protection representatives.



## Wanted: Old Hiking Maps

I'm attempting to build a collection of the old hiking maps originally published by *Walking News*, also known as *Hoeflerlin's Hikers Region Maps*. I think there were 65 maps in the series, and although they were originally sold for 35 to 50 cents each, I am willing to pay a reasonable price for them and of course will accept donations. My intent is to eventually add these to the Trail Conference Archives to preserve this important part of our trail history.

Bob Jonas; c/o NY-NJ Trail Conference  
156 Ramapo Valley Road; Mahwah, NJ 07430  
Email: ynoke@aol.com

# GEAR CHECK

An occasional series that will review gear appropriate for hiking.



**Garmont Eclipse III Hiking Shoe**  
Reviewed by Howard E. Friedman, DPM

The Garmont Eclipse III is a hybrid between a sturdy, durable hiking boot and a lighter-weight, less bulky trail shoe. I have been wearing and testing this shoe for one year, hiking in New Jersey, the Catskills, and points in between, as well as wearing them as everyday shoes. The shoe has performed well and shows minimal wear, with only one stitch just beginning to fray.

The shoe is low cut, like a sneaker or trail shoe, but has a high-quality Vibram sole and very substantial polyurethane mid-sole. This material is much more

durable than what is used in many shoes (ethyl vinyl acetate, EVA). The front of the shoe has a rugged rand, that, I can attest, prevents bumping toes into rocks and roots. The outer sole has performed well even ascending and descending smooth rocks and boulders.

The upper portion is Nubuck leather and fabric. The shoes come with or without a waterproof Gore-Tex lining. I have been using the Gore-Tex version, which has kept my feet dry when stepping into puddles and shallow brooks. The shoes lace well, due in part to the metal hooks at the top, and the oval shape leaves plenty of room for the toes.

The only downside is that at more than two pounds per pair, they are still heavier than some trail shoes, but they are definitely lighter on your feet than many high-top traditional hiking and backpacking boots.



Rating: 4.5 boots out of 5

Ratings are 1-5 boots, with a 5-boot ranking signifying "This is very good. I like it."

Howard Friedman, DPM, is a podiatrist in private practice in Suffern, NY, treating hikers and non-hikers. He is a frequent contributor to Trail Walker. Find his article, "Hiking Boots versus Trail Shoes: What's the Difference and How to Decide," on our website at [www.nynjtc.org/content/hiking-boots-versus-trail-shoes](http://www.nynjtc.org/content/hiking-boots-versus-trail-shoes)

## Book Review

### The Joy of Geocaching How to Find Health, Happiness and Creative Energy Through a Worldwide Treasure Hunt By Paul and Dana Gillin



Quill Driver Books, 2010  
Reviewed by Brian Sniatkowski

"Does the world really need another how-to book about geocaching?" That was my immediate thought when I heard about *The Joy of Geocaching*. It's a simple sport and there are already several how-to books available.

It didn't take long to realize that this book fits a niche not explored by the other books. Rather than being a dry recitation of the basics of the sport, it touches on the human side of geocaching and the effect it has had on the lives of participants.

The book opens with the story of Ed Manley. Serious injuries and 42 surgeries, including the amputation of a leg, left him with chronic pain and an addiction to painkillers. By 2003 he was in deep depression and began planning his suicide by faking a fishing accident. On his chosen day, a package arrived containing a GPS he had ordered weeks earlier.

Though in his darkest hour, the gadgeteer in Manley couldn't resist exploring the capabilities of the device. He put off his date with death to learn more about it. Going online, he read about geocaching and decided to give it a try. He found his first geocache and with it discovered something that truly excited him for the first time in years. Manley was soon off painkillers and had "taken his life back" thanks to a Garmin GPS and a relatively

new sport called geocaching. Seven years and thousands of geocache finds later he still experiences chronic pain, but endures it sans painkillers.

Not every transformation in the book is as dramatic as Manley's, but the authors tell stories of people who were couch potatoes, turned avid hikers; people who were overweight and out of shape who used geocaching to get fit. It profiles a number of individuals and delves into what attracts them to the sport.

As a "how-to" book, however, it falls short. The book contains enough errors to show that the authors' research was substandard.

One key error was a misinterpretation of guidelines for hiding a cache as detailed on Geocaching.com, the primary geocache listing site. The authors claim caches can be hidden in holes and as long as they are not covered with soil "anything goes." In fact, any digging whatsoever in order to hide a geocache is forbidden by Geocaching.com. This is just one example of numerous errors, or just plain bad advice.

There is, nevertheless, a lot of valuable information in the book. The Navigation Basics chapter would be useful to anyone who is new to GPS use. New geocachers should appreciate the chapters on how to navigate the Geocaching.com website, what to bring on a cache hunt, and an introduction to the mores and taboos of the sport.

Despite the plethora of useful information, *The Joy of Geocaching's* errors make it a questionable resource for new geocachers. But for those who are interested in finding out what makes geocachers tick, the human interest side of the book makes it a worthwhile purchase.

Brian Sniatkowski volunteers as a trail supervisor and maintainer in Ramapo Mountain State Forest and has been active with trail crews from North Jersey to the Catskills. He lives in Kinnelon, NJ.

### Follow NYNJTC!



## Trail Conference Gets Grant for Trails Education Project

The Trail Conference has been awarded a matching grant of \$150,000 for a trails education project at Bear Mountain State Park. The award was announced March 30 by the state's Office of Parks, Recreation and Historic Preservation. A total of \$20.8 million in grant money was awarded to projects across the state from New York's Environmental Protection Fund.

The project, dubbed Trails for People Backcountry Gateway, will provide a new recreational and environmental education/interpretation facility for Bear Mountain State Park. It will be located at the south end of Hessian Lake, on an east-facing slope near Bear Mountain State Park's public parking areas, playground, and playing fields, adjacent to the popular Bear Mountain Inn and at the junction of three historic and immensely popular hiking trails—the Appalachian National Scenic Trail, the Suf-

fern-Bear Mountain Trail, and the Major Welch Trail. This location is literally a gateway to more than 50,000 acres of backcountry habitat in Bear Mountain and Harriman State Parks.

An existing, though closed, early 20th-century stone and timber cabin known as the Spider Hill House will be rehabilitated as focal point of the BMAT exhibit and will be used to house in-depth exhibits and graphics focusing on core project themes. These exhibits will include interactive exploration of the fundamentals of backcountry hiking safety and etiquette, trail design and construction, and Leave No Trace philosophy.

The Trail Conference will match the grant with volunteer labor and private donations. This project got its start from the Begin family and friends in memory of Ray Begin.



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# Featured Hike

By Daniel Chazin

## New Trail Creates New Loops in Norvin Green



Windbeam Mountain from Manaticut Point

For many years, the beautiful section of Norvin Green State Forest north of West Brook Road was largely trailless. Beginning in 2005, plans were made to construct a new trail network in this area. Under the leadership of North Jersey Trails Chair John Moran and Supervisors Frank and Karen Schoof, the Overlook Rock and Lake Sonoma Trails were built and opened in 2008. (See Featured Hike, November/December 2008 *Trail Walker*.)

The trail network was further expanded this year with the opening of the Manaticut Point Trail, which forms a loop from Crescent Drive and incorporates sections of woods roads for part of its length. (The newly opened segments are indicated on the 2009 edition of North Jersey Trails Map

115 by black and red dashed lines. The first part of the trail follows a woods road shown on the map as starting on Burnt Meadow Road, but the trail actually follows a branch of the road that begins on Crescent Drive and is not shown on the map.)

Begin on the north side of Crescent Drive, 150 feet from Burnt Meadow Road, where the yellow-blazed Manaticut Point Trail heads into the woods. Follow this trail as it climbs and proceeds west along a woods road.

In about a mile, the orange-blazed Lake Sonoma Trail joins from the right. Follow the joint yellow/orange trail as it turns left, leaving the woods road, and continues on a footpath. When the yellow trail turns left, continue ahead on the orange trail, which soon reaches a viewpoint over the lake and then parallels it.

After recrossing the woods road, the Lake Sonoma Trail crosses a stream below an attractive cascade. It immediately turns left and begins a steady climb to reach a junction with the white-blazed Overlook Rock Trail, which joins from the right. When the trails diverge in 150 feet, follow the Lake Sonoma Trail as it makes a short, steep climb to its terminus at Overlook Rock – a massive exposed rock face with a panoramic east-facing view.

To continue, descend from the rock and turn left onto the white trail. In half a mile,



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you'll reach a junction with the blue-blazed Hewitt-Butler Trail. Turn left onto this trail which, after a short, steep climb, heads southeast along the crest of the ridge, descending gradually. At the base of the descent, there is a small pond on private property to the right.

After a climb through a cleft in the rock, the yellow-blazed Manaticut Point Trail joins. Follow the joint blue/yellow trail, which descends a little and then climbs steadily to a panoramic viewpoint from Manaticut Point, an open rock ledge.

The trail now descends very steeply. Watch carefully for a double blaze on a rock, and follow the yellow trail as it turns left and continues to descend more gradually. It soon joins a grassy woods road,

which it follows downhill to the trailhead on Crescent Drive. Turn left and follow the road back to your car.

### How to Get There:

Take I-287 to Exit 57 (Skyline Drive) and proceed north on Skyline Drive to its terminus at Greenwood Lake Turnpike (County Route 511). Turn left and proceed south for 1.6 miles to West Brook Road. Turn right and cross the Wanaque Reservoir on a narrow causeway. At the next T-junction, turn left and proceed for 0.8 mile to Magee Road. Turn right and take the first left onto Burnt Meadow Road. Continue for 0.9 mile and turn left at the second intersection with Crescent Drive. Park along the right side of the road, just beyond the intersection.

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