



# Trails & Waves

*News from the New York – North Jersey Chapter of the Appalachian Mountain Club  
Volume 34, Issue 2 ♦ Summer 2012*



*Learning about the clams collected by students at Sedge Island*

## **Sedge Island – Barnegat Bay, NJ**

By Betsy Collins

**S**edge Island is in beautiful Barnegat Bay, New Jersey's only Marine Conservation Zone. Barnegat Bay is a small arm of the Atlantic Ocean, about 30 miles long, along the coast of Ocean County, NJ. It is separated from the Atlantic by a long barrier peninsula, and by the north end of Long Beach Island. The bay is fed by several small rivers, including the Toms River and Metedeconk River, which empty into the bay through small estuaries along its inner shore. Sedge Island is about 20 miles south of the town of Toms River, and is just south of Island Beach State Park. On the island is the Sedge House, a renovated duck-hunting lodge operated by the NJDEP of Fish and Wildlife.

For the past ten years, AMC paddler Betsy Collins has been helping to organize AMC kayak trips to Sedge

Island. Participants have kayaked through the salt marsh out to the Barnegat Lighthouse; gone clamming, crabbing, fishing and seining; gone swimming; and taken part in research field studies and bay restoration projects. We paddle each day with a State naturalist to enjoy and learn about the bay's ecosystem. There are beautiful sunrises and sunset paddles. One camper called it "Adult Science Camp."

The cabin has a full kitchen and two-person bunkrooms (trips are limited to 14 participants); electricity is provided by solar panels. We dine on the porch with a fantastic view of Old Barney. There is a pontoon boat which allows us to bring all our supplies. We are then able to paddle from Island Beach State Park over to Sedge.

**There are two AMC weekends at Sedge Island planned for this year.** The first is June 15-17; this is great opportunity to see many different types of nesting birds. (continued on page 12)

## Trails & Waves

Vol. 34, Issue 2 Summer 2012  
Nancy Tollefson, Editor

**TRAILS & WAVES** is published four times a year by the New York – North Jersey Chapter of the Appalachian Mountain Club. Opinions expressed do not necessarily reflect the views and policies of the AMC. We reserve the right to decline any submission judged to be inconsistent with AMC's purpose or not in keeping with the sensitivities of its membership. We will follow the general guidelines of the AMC and the Chapter.

Contributions of articles and photos (high resolution jpg) are welcome. Articles may be edited for style, clarity, length and possible legal complications. The newsletter assumes no responsibility for lost material. **Submission deadlines are April 25 for Summer issue (comes out in early June), July 25 for Fall (early Sept.), October 25 for Winter (early Dec.), and January 25 for Spring (early March).**

### Guidelines for Newsletter Submissions

- ◇ Email preferred; typed or neatly printed written material accepted.
- ◇ All submissions should be clearly labeled that they are intended for publication in the newsletter.
- ◇ Photos are preferred as color jpeg files attached to email (must be high resolution).

### Classifieds Policy and Rates

- ◇ Advertising rates for classifieds are \$1 per word. Please contact editor for display ad rates.
- ◇ Payment must be included with the ad (check payable to AMC NY-NoJ Chapter).
- ◇ We do not provide proofs/checking copies. We have no liability for errors, other than the cost of the ad.

Recent issues of *Trails & Waves* are available on the Chapter's website, [www.amc-ny.org](http://www.amc-ny.org)

**Send all submissions and requests for advertising to:  
[trailswaves\[at\]amc-ny\[dot\]org](mailto:trailswaves[at]amc-ny[dot]org)**

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**SUBMISSION DEADLINE FOR  
FALL ISSUE IS JULY 25**

## Greater Threat of Lyme Disease Expected This Summer

Hikers in the northeast should be especially aware of ticks this summer, which are expected to be a greater problem than usual. (Black-legged ticks may be infected with the bacterium that causes Lyme disease.) May-July is the period of greatest concern, since that is when the tiny (as small as poppy seeds) nymphal ticks are most prevalent.

This is according to a March 2012 report from the Cary Institute of Ecosystem Studies, a distinguished research center in Millbrook, NY [you can read the entire article at: [www.caryinstitute.org/press\\_2012-03-15.html](http://www.caryinstitute.org/press_2012-03-15.html)].

Dr. Richard S. Ostfeld reports that, "...on the heels of one of the smallest acorn crops we've ever seen, the mouse population is crashing [white-footed mice, the preferred hosts for ticks]. This spring, there will be a lot of *Borrelia burgdorferi*-infected black-legged ticks in our forests looking for a blood meal. And instead of finding a white-footed mouse, they are going to find other mammals—like us."

Dr. Ostfeld further says that the warm winter of 2011-2012 did not cause the rise in tick populations, but it did induce earlier than normal tick activity. Adult ticks, which are slightly larger than a sesame seed, are normally dormant in winter but can seek a host whenever temperatures rise several degrees above freezing.

In 2010, 95% of Lyme disease cases were reported in 12 states: Connecticut, Delaware, Maine, Maryland, Massachusetts, Minnesota, New Jersey, New Hampshire, New York, Pennsylvania, Virginia and Wisconsin.

Many people are bitten by ticks and do not get Lyme disease (not all ticks are infected, and chances of infection are much lower if the tick is properly removed within 24 hours). There are effective treatments for Lyme disease. But left undiagnosed or untreated, Lyme disease can cause chronic fatigue, joint pain, and severe neurological problems.

More information about the prevention and symptoms of Lyme disease is available at:

[www.mayoclinic.com/health/lyme-disease/DS00116](http://www.mayoclinic.com/health/lyme-disease/DS00116)



**Day 7 of the Southern Rivers trip  
(and about ready to kill each other!)**

## Putting On the River as Ten People, Putting Off as One

By Carin Tinney

It was nearing eight o'clock, the sun was itching to set over the ridge, and we were still on the water. While I knew Spring Creek was an 8-mile run, the large number of drops played with my perception of how much longer we had to paddle before we got to the takeout. Fortunately, our group spirit never wavered, due in part to our outstanding river leaders Rich Dabal and David Brucas. As I paddled the last few miles, I worried a bit that we wouldn't make the takeout before darkness. But I also knew we had each other – and that was going to get us through this challenging but rewarding run.

This day of the 2012 AMC Southern Rivers trip led by Eileen Yin had begun early; some got up in time for the 8am put in on the French Broad, and most of the Class 2/3 paddlers headed home. Soon after the paddlers departed for their morning run, the level of the French Broad crept up to flood stage. Those of us who had stayed behind grew nervous and headed to the mid-point of the run to offer support if needed. Fortunately, our help wasn't needed. Because of the rising river level, the group decided to take off early and head for Spring Creek, which was not flooding!

Spring Creek was cranking at 900 cfs, a respectable but not pushy level of flow. As we pulled up to the put in, I felt like an 8-year-old circling the tarmac in Orlando, desperate to get to the Magic Kingdom. The run started

with a bang, as did the swims. The group quickly gelled to form a circle of support. We formed relays, communicated via hand signals, and set up safety for nearly every rapid. While cumbersome and a bit awkward at first, by what seemed to be the 50th drop we had a system down pat. Don't mistake the safety for a lack of fun – we had a blast! Plunging 12 feet into a pool of water, dodging boulders and catching one-boat eddies on the fly was spine-tingling. It couldn't have happened, though, without the power of the group or our confident and humorous river leader Rich, and sweep David.

One of the impressive things about paddling with our club is that if one person is feeling nervous, another sitting in the same eddy is undoubtedly excited; often the polarities balance each other out. We inspire each other, not just to do the gutsy moves, but to walk a rapid from time to time to play it safe or pull out our throw ropes. Don't get me wrong, paddling is an individual sport and it would be unwise to paddle for anyone else but one's self. But when I think back to our Spring Creek run, I see ten individuals putting on the river and one group taking off the river. And that group was so much more than just the ten individuals...

Two of our paddlers, Bruce and Marty, didn't run the creek but were equally important to the day's success. Having realized that the run was taking much longer than anticipated, both set up at different take outs, awaiting our arrival. When we pulled in at dusk, Bruce was a beacon and a sight for sore eyes – he helped us get the boats up and assisted in the shuttle. Marty took on the essential task of staking out a table for all of us at the local bar, so we could secure some grub before it closed for the night. That night, we closed the bar with our short orders and tall tales; the next morning, every one of us was still savoring the memories of that day.

Spring Creek was just one of ten rivers paddled by the 19 participants on the 2012 Southern Rivers Trip. For the first time ever, our trip leader Eileen Yin took on the daunting task of coordinating two separate rivers each day (CL 2/3 and CL 3/4). We chased the water, went with the flow, and paddled in Georgia, Tennessee, North and South Carolina over the course of seven paddling days. It was an amazing, unforgettable experience. Plans for our return in 2013 are already underway!



Photo by Amy Cason

*The author on Mt. Mansfield, pointing along the ridgeline*

## Mansfield at Last October 2011

By John Fitzpatrick

Hiking Vermont's crowning Mt. Mansfield region is old hat for Rich Seibel. This was the tenth (at least) AMC trip he has led in the vicinity; he has led trips here in all seasons over the past 20 or so years. Participants have become accustomed to the comfortable housekeeping of Stowe's Honeywood Inn, where hosts Bill and Carolyn Cook provide AMC groups with home-cooked dinners not available to other guests. Their hospitality extends still farther beyond the call of duty. Both their son, Trevor, and a niece, Jessica, helped organize several of the weekend's varied hikes and walks.

The October "fall foliage" version of Rich's Stowe trips has a tradition of weather surprises. In 2010 a freak snowfall deposited 18 inches of the white stuff on Mansfield's ridge and kept the group from summiting – although it did provide an introduction to winter hiking for those who usually confine their boot prints to solid earth. This year the continuing heavy rains as we drove up to Stowe on Friday threatened a replay of that unexpected adventure. Camel's Hump was the traditional Saturday objective. Inaccessible the previous year because of the

snow, the mountain was unfortunately ruled out again: the access roads had been damaged by Tropical Storm Irene in September. Uncertain conditions kept Rich and Trevor up well into the night seeking suitable alternatives for both experienced and leisure hiker groups. The solution for the former was the ascent from the dramatic Smuggler's Notch to Sterling Pond, a normally moderate climb made interesting by all the rain. It was like hiking – very cautiously – in a stony streambed. Our boots mainly passed the challenge, and feet stayed secure and dry. It was our gloves that became waterlogged. (Lesson learned: going without gloves, where possible, has certain advantages.) The day presented a full variety of weather: rain, hail, sun, rainbow, and even a bit of snow. Brilliant red berries of the mountain ash provided a dash of color to highlight the misty landscape. On one break, we shared a Long Trail shelter with a tired through hiker and his dog who had understandably decided to take a day off in the foul weather.

The leisure group traversed the Trapp Family Lodge trails, pausing to view a new bench dedicated to the memory of the late Thea Seibel, who had hiked and skied so often in this lovely valley. It was a touching moment for all, and the bench will serve as a memorial to a beloved leader. (continued on next page)



Photo by Amy Cason

***Trail or streambed? A more challenging than usual hike up to Sterling Pond in Vermont***

With improving weather later in the day, Rich gave the okay for Mt. Mansfield for Sunday's trek. The Profanity Trail was still plenty wet (and aptly named), but stiff breezes above tree line cleared the skies, and the group finally achieved its long-sought prize. We paused at the top of Vermont to survey views stretching from the Champlain Valley and Adirondacks in the west to Montreal in the north and the Presidential Range of New Hampshire in the east. Then we thrilled to the alpine ridge that connects with Mansfield's convenient, if somewhat anticlimactic, buildings (our lunch spot), ski lifts, and auto road. Some of the leisure hikers got up to the ridge as well by riding up with Trevor; they hiked down to experience some of the meteorological drama of going from alpine summit to mild autumn valley in the space of a few hours. On the way down we stopped at the tiny Mountain Chapel, an interdenominational place of respite where, amazingly, wedding preparations were in progress.

Day three (Monday) offered a morning ascent of Stowe Pinnacle for those who sought to make the most

of their weekend. This time the weather was perfect, and the views in all directions were an incentive to come back and further explore the Mansfield region and its excellent trails. Some of the fine stonework would do credit to the Hudson Valley – a remarkable achievement for a region with fewer workers and more rugged terrain. The roads should soon be repaired, and Camel's Hump still beckons . . .

***[Did this article make you want to explore Vermont's Mt. Mansfield region? There's a Stowe hiking and biking trip planned for July 3-8 (shorter stays possible). Leader Skip Doyle, co-leaders Rich Seibel and Susan Pollack. See Schedule for details.]***

## **AMC 4000-Footer Club Membership Climbs Past 10,000**

**T**he number of hikers who have climbed to and from the summits of New Hampshire's 48 recognized 4000-foot peaks and are members of the AMC's White Mountain Four Thousand Footer Club has now surpassed 10,000, according to Four Thousand Footer Committee Chair Eric Savage.

The Four Thousand Footer Committee, which is composed entirely of volunteers, currently receives and processes between 300 and 350 applications each year. In addition, the committee processes more than 100 membership applications annually for two other "peak-bagging" lists: the New England Four Thousand Footers (which adds 14 peaks in Maine and five in Vermont), and the New England Hundred Highest. The committee also provides special awards for hikers who have climbed all the peaks of a list during the winter season.

Members have been generous in giving back to the resources they enjoy while pursuing peaks. With the donations of Four Thousand Footer Club members, the committee has been able to donate more than \$50,000 to trail work in the past six years. Among the projects was a new bridge along the AT over the Saco River and the replacement of bog bridges on several trails.

For more information on the Four Thousand Footer Club, go to: [www.outdoors.org/recreation/hiking/hiking-4kfooter-club.cfm/](http://www.outdoors.org/recreation/hiking/hiking-4kfooter-club.cfm/)



## TOP 10 REASONS TO COME TO MOHICAN

10. Good place to get away without a long drive
9. Located on the Appalachian Trail
8. Beautiful lake for swimming, paddling, fishing
7. No light pollution: great for stargazing
6. Economical, cozy community atmosphere
5. All the conveniences (cabins with indoor bath)
4. Wildlife: birds, deer, beaver, black bear, porcupine
3. Great hiking and well-marked trails
2. Great place for families

### AND THE NUMBER ONE REASON TO COME TO MOHICAN OUTDOOR CENTER...

1. You don't need a vacation home –  
all you need is Mohican!

[More info at: [www.outdoors.org/lodging/mohican](http://www.outdoors.org/lodging/mohican)]



*A family hiking near Mohican*

## New! Van Service from NYC to Mohican Outdoor Center

Starting Friday, May 18, and continuing through Friday, September 7, the AMC will offer weekend van service from NYC to the AMC's Mohican Outdoor Center, a wonderful facility near the Delaware Water Gap.

You can plan your own adventures at Mohican or attend one of the many weekend programs sponsored by our Chapter. Upcoming weekends include "Hike, Paddle and Play Getaway" and "New Members Weekend Getaway" (both June 8-10), "Basic Canoe Instruction" (6/29-7/1), and "The Synthesis of Yoga and Hiking" (June 6-8); check the schedule for more events.

The van (which seats 13 and is driven by a professional driver) departs NYC at 5:30pm Fridays from the front of the Hotel Pennsylvania on 7<sup>th</sup> Avenue (between 32<sup>nd</sup> and 33<sup>rd</sup> St., directly across from Penn Station). The trip is about 1 hour, 45 minutes. The van leaves Mohican Sunday at 3pm for the return trip to NYC. (Service is round-trip, non-stop. No one-ways are permitted.) Round-trip cost is \$40 for members, \$65 for non-members, and \$25 for kids.

For Mohican reservations and information, go to: [www.outdoors.org/lodging/mohican/index.cfm](http://www.outdoors.org/lodging/mohican/index.cfm) (Please make your reservation at Mohican Outdoor Center first, and then reserve the van.) To make reservations for the van, and for more details, go to [www.amc-ny.org](http://www.amc-ny.org) You may also email [mohican\\_van\[at\]amc-ny\[dot\]org](mailto:mohican_van[at]amc-ny[dot]org) for more information. See you at Mohican this summer!

## AMC Naturalists at Mohican

*[AMC Volunteer Naturalists offer natural history programs to those staying at AMC destinations: a nature walk, an evening program, or answering questions about wildlife or plants. Mohican Volunteer Naturalists receive a free bunk or tent spot when volunteering.]*

On Saturday, March 31, twelve eager participants came from the New York-North Jersey, Delaware Valley, and Connecticut chapters to join Nancy Ritger, AMC Senior Interpretive Naturalist, for the first-ever AMC Naturalist Training at Mohican Outdoor Center in the Delaware Water Gap. Under Nancy's guidance, the volunteers learned about the techniques and resources that make AMC's Naturalist programs so wonderful. The morning concluded with a demonstration walk along the Rattlesnake Swamp Trail – participants got to crawl on their bellies and inspect the flowering bodies of lichens and mosses with a magnifying glass.

After lunch, Sara Hart, our Chapter's Conservation Chair and a Mohican Volunteer Naturalist, led a walk that highlighted natural features around Mohican and the resources available to naturalists in the interpretive center. Newly trained volunteers were encouraged to share their new skills and knowledge during Mohican events with the ultimate goal of developing a robust naturalist program at Mohican. For more information about the naturalist program, or to volunteer, contact Sara Hart at Conservation[at]amc-ny[dot]org or go to: [www.outdoors.org/volunteers/information/information-naturalist.cfm](http://www.outdoors.org/volunteers/information/information-naturalist.cfm)



**A volunteer naturalist takes a closer look at moss**

## FREE Use of Family Camping Equipment at Mohican

As part of AMC's "Vision 2020" program, AMC hopes to bring 500,000 kids outdoors. To further this mission, AMC contacted The Coleman Company, Inc. and arranged for a donation of two family camping packages for use at the Mohican Outdoor Center in Blairstown, New Jersey. Each package includes a Coleman Northstar four-person tent, 4 sleeping bags and 4 air mattresses with pump. The Coleman Northstar comfortably houses four people in two rooms, one of which becomes a seven-foot screened-in porch. This equipment makes it practical for first-time family campers to experience the great outdoors. So, if you have been thinking of taking your little rug rats camping, but don't have the equipment, here's your chance!

Two sets of family camping equipment will be available free of charge to parents, grandparents, guardians and the children in their family. You will be asked to sign a liability waiver and security deposit form authorizing a \$100 refundable security deposit when you pick up the equipment. The security deposit form will be returned upon the return of the equipment without damage. Mohican's normal camping rates apply, with a two night minimum.

The Mohican staff will be there to show you how to set up your camp. The three campsites set aside for this program (Place Beyond, Executive Suite and Place Above) are all private walk in-sites, close to an outside privy and within walking distance of the Main Lodge (flush toilets, plus hot showers for only \$3). Each site has its own charcoal grill (camp fires are not permitted at tent sites) and a critter lock box to keep those s'mores ingredients safe from woodland critters. If camp cooking is not your thing, an optional meal package is also available. Individual meals, sandwiches and snacks can also be purchased at the Camp Office.

There is plenty to do in and around Mohican – hiking in the Delaware Water Gap, the Appalachian Trail, a wolf preserve, swimming, paddling, or just relaxing on the deck of the boat house while the kids play ping pong. For more information and current family camping rates and meal package rates, contact the Mohican Outdoor Center at 908-362-5670. We look forward to seeing you!



*Bell Rock, Sedona, AZ*

## Hiking, Art & Adventure Travel

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By Kathy Skura

**A**MC Adventure Travel sponsors expeditions all over the world, which combine outdoor adventure with learning about new cultures and places. My husband Barry and I will be co-leading an AMC Adventure Travel Trip to Sedona, Arizona, with Ron Janowitz, an experienced Adventure Travel leader living in New Hampshire. The trip will be from November 10-18, 2012.

Sedona is serenely beautiful, with vivid red sandstone pinnacles, sheer canyon walls, and massive red rock formations. Sedona is also famous for its centers of energy, called vortexes.

We will hike to and admire places such as Bell Rock, Courthouse Butte, Devil's Dining Room, Oak Creek Canyon, and Montezuma Castle. We will also visit ancient cliff dwellings and take a side trip to the south rim of the Grand Canyon. The weather is ideal for hiking with daytime temperatures around 65 degrees. Participants will have the opportunity to sketch, take photos, or simply develop a greater appreciation of the landscape. Hikes will be at a moderate pace and 5-10 miles in length, along rivers, atop buttes, and mountain summits.

Barry and I are avid hikers and travelers. Barry is a former NY-NoJ Chapter Backpack Chair. I am a visual artist with many years of teaching experience. We have led many trips for our Chapter combining art, photography, and art history with active outdoor adventures. During these trips, I show participants how to view the stunning scenery with the eyes of an artist. In addition, we often hike in the footsteps of a well-known artist and discuss how he or she interpreted the landscape.

We have been seeking new venues for our hiking and art trips; AMC

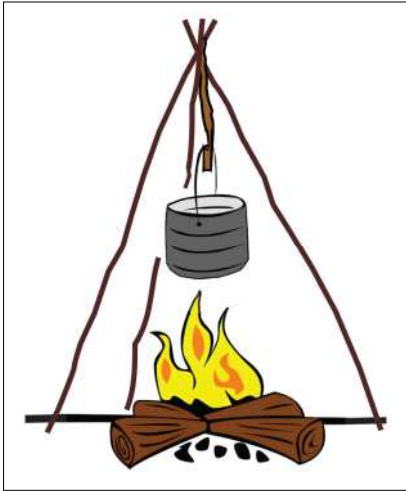
Adventure Travel is a fantastic resource for anyone who enjoys active hiking and learning about new places and cultures. The current Adventure Travel schedule can be found on the chapter website, [www.amc-ny.org](http://www.amc-ny.org) (under Recreation/Adventure Travel). You can also be added to the Adventure Travel quarterly mailing list. To sign up for the newsletter and learn more about AMC Adventure Travel, go to [www.outdoors.org/adventuretravel](http://www.outdoors.org/adventuretravel)

Barry and I also lead several hiking and art trips for our Chapter. Every Memorial Day weekend we lead a Hiking and Art trip in the Catskills; the theme is the Hudson River Artists, who founded the first truly American style of landscape painting. We also lead camera and sketching day hikes to local parks such as the Rockefeller Preserve, Minnewaska, Hook Mountain, and Fishkill Ridge, which includes a visit to the Dia Beacon museum.

During our photography and art hikes, participants may stop briefly to observe a sweeping view or photograph a rock formation. During a rest stop, they may sketch or learn about an artist. If you look at something – really look at it – you learn to see so very much more. Hiking and art involves discovering new landscapes and places as well as developing an artist's eye to better enjoy the journey.

To learn more about the AMC Adventure Travel trip to Sedona, please review the trip prospectus at: <http://snebulos.mit.edu/majorexursions/trips/1231.pdf>





## FOOD FOR THOUGHT

By Sara Hart, Conservation Chair

### Can We Ever Run Out of Water?

**W**e can neither make more water, nor ever run out of it. Water is a natural resource that remains constant, moving from liquid to gas to solid in an endless cycle. And there is a lot of it – over 70% of Earth's surface is covered with water.

After our warm and snowless winter and a spring filled with the threat of forest fires, you may wonder just where is all this water? Are we running out?

Well...no, and yes. As often, the devil is in the details. Less than 1% of the Earth's water is freshwater available for our use (97% is saltwater and over 2% is frozen in glaciers or icecaps). Climate is the most powerful force affecting the amount and distribution of freshwater. But there are other factors that have begun to change the amount and distribution of available freshwater: our own actions. Two of these factors rise above the rest:

#### ***1. We are using our freshwater faster than we are recharging our groundwater.***

In the United States, 50% of our historic wetlands have been eliminated, and 95% of our original forests have been logged (although some are recovering) – both healthy wetlands and forests are needed to recharge and purify groundwater. As our population increases, so do our demands on water. Well over one-half of all water usage in the US is for agricultural purposes. Our second biggest water guzzler is making electricity.

As residents, we are the most lavish water users in the world. We use roughly 100 gallons of water per day (an EPA report estimates it at 168 gallons), compared to 50 gallons by Europeans, and 2-3 gallons by those in sub-Saharan Africa.

#### ***2. Earth's freshwater supply is limited and threatened by pollution.***

In the most recent EPA report on US water quality, 45% of stream miles, 47% of lake acres, and 32% of bay and estuarine square miles assessed were classified as polluted. Laws and regulations have largely reduced the amount of pollutants directly discharged into surface water and groundwater, although there is more work to be done. Nonpoint sources of pollution are the primary reason for continued problems. Rainfall, snowmelt, or irrigation water moves over or through the ground, picks up pollutants, and deposits them into our streams, lakes, and oceans; or introduces them into our groundwater. Then the pollutants get a ride on the Earth's water cycle, a ride that can last for many, many years.

Since the water cycle is a single natural system over the surface of the entire planet, pollutants in the water affect us no matter where we live. What enters our waters in the United States finds its way to Antarctica or the tropical rainforests, and vice versa. We all use and drink from the same 1% of freshwater. Although our planet will always have the same amount of water, we are already running out of safe, clean water we can drink and use. Water conservation is in our own best interests, and it is also our responsibility.

#### ***What can you do to help?***

As an individual, you can pay attention to how much water you use at home. Installing water saving toilets and showerheads, turning off the water while you brush your teeth, and using less water in the garden can all help conserve water. For other suggestions and to learn how much water you use indirectly to produce all the goods and services you use, visit Water Footprint Network at [www.waterfootprint.org](http://www.waterfootprint.org) As someone who enjoys the outdoors, you can take steps to not pollute our streams, lakes, and their filters – our wetlands and forests – by embracing the principles of Leave No Trace. And you can stay informed and support organizations (like the AMC) that work to safeguard our drinking water and waterways, both locally and globally.

## 2<sup>nd</sup> Annual Volunteer-Taught “Leave No Trace” Trainer Course

This year’s Leave No Trace trainer course at Mohican Outdoor Center on April 13-15 was a fun-filled and intense weekend full of lively debates, role play, skits, and extended discussions among the 15 participants and their two leaders, David Rasmussen and Sara Hart.

A wonderful surprise were the five teenage boys who signed up for the training, and arrived for the program just as committed to learning the principles of Leave No Trace as their adult peers – if not more! Photos by Sara Hart



*I'd say they left more than a trace!*



*The group receiving some on-the-trail instruction*



*If you see these folks on the trail, ask them about LNT!*



*Working to get that bear bag hung just right*

## Frank Sinatra & Leon Greenman: Gear Stores in the 50's and 60's

By Jack Reilly, Archives Chair

Today's climbers, hikers, backpackers, and canoeists have plenty of vendors of their favorite gear to choose from: Campmor, EMS, Paragon, Patagonia, and Tent and Trails, to name a few. But in the 1950's and 1960's, the vendors were few and far afield. There was Ben Simanoe, with his homemade stuff sacks and sleeping bags; Leon Greenman's at 132 Spring St.; Camp and Trails on Chambers St.; Kreeger's; and The Alpine Store in Mt. Vernon. One might even be able to find an ice axe, as Bill Atkinson did at Abercrombie and Fitch in 1958.

Choices, not to say colors, were limited, but the gear was great. One could mail order, or call (toll) Eddie Bauer (yes, they carried some great tents and sleeping bags), Limmer's, REI, and The Ski Hut. Climbers bought gear at the Gunk's, provided by Mountaineering Supply in Boston, and sold by Joe Donahue, a Mohonk ranger, from the back of his truck at the base of Laurel (for a small commission).

Visiting the NYC stores was an experience in itself, as one often ran into fellow climbers and hikers behind the counter, like Steve Schofield, Don Wallace, Larry Randall, Kevin Bein, and Mike Chessler at Leon's, and Laura Johnson (nee Waterman) at Kreeger's.

What prompted this trip down memory lane? I happened to watch "The First Deadly Sin" (1980) starring Frank Sinatra as a NYPD detective searching for a serial killer. With the help of a curator in the Armor Hall at the Met, Frank determines that the weapon used by the killer is an ice hammer, used by mountain climbers. He then visits the few vendors in NYC at that time that might carry such a tool. In one hardware/climbing store, the owner keeps a record of all purchases on slips of paper. To this viewer, Leon Greenman's immediately came to mind. I contacted Mike Chessler, a book dealer who had worked for Leon, and Mike confirmed that Leon Greenman's was the model for that scene, and Leon did in fact keep sales records on slips of paper. Leon (who was not credited in the film) served as Mountaineering Committee Chair (1966-67) and led expeditions to the Canadian Rockies. New York is certainly a small world. Have a great Chapter Centennial, everyone!

## TRAIL TALK

### The Stonetown Circular Trail

Did you ever hike this little-known gem? It's the only local trail maintained entirely by the AMC. It's just west of the Wanaque Reservoir in New Jersey (Trans. Code 3A, shuttle to trailhead required), and features some steep ascents, some lovely views, and a bit of history. If you hiked it years ago you probably remember road walks and lots of muddy woods roads. No more – the Stonetown Circular Trail was recently relocated into the woods. Hike leaders, if you haven't led it recently, check it out. Something new and different, and for a hike so close to the city, it now feels amazingly remote. On my last visit, I saw a mature black bear. The full loop is a fun, strenuous 11 miles, with lots of ups and downs, but shorter hikes are possible using some of the connector trails to parking lots. (See NY-NJ Trail Conference's North Jersey Trails Map, available at [www.nynjtc.org](http://www.nynjtc.org))

- Jill Arbuckle, AMC NJ Trails Supervisor

*[Do you know of a great but less often used trail? Have a favorite trail that others might not have found yet? Let us know about it! Send in your Trail Talk to: [trailswaves\[at\]amc-ny\[dot\]org](mailto:trailswaves[at]amc-ny[dot]org).]*

### TRAIL MAINTAINER OPENINGS FOR STONETOWN CIRCULAR TRAIL

Our Chapter is responsible for maintaining the Stonetown Circular Trail in Passaic County (northern New Jersey), working with the NY-NJ Trail Conference.

We currently have two volunteer opportunities for maintainers on this trail, which borders the Wanaque and Monksville Reservoirs, approximately one hour from NYC (see Jill's "Trail Talk" above). Both trail sections are about 1.5 miles long. Spectacular views and opportunities to pick wild berries in the summer! On the job training offered; no experience needed.

**Contact Trail Supervisor Bill Hansen at: [wjhansen\[at\]optonline\[dot\]net](mailto:wjhansen[at]optonline[dot]net) or 201-658-4163.**

## Sedge Island (continued from page 1)

The other AMC weekend at Sedge Island is October 5-8; during this trip we also provide community service as we help winterize the cabin. See the Schedule for trip details; registration is through [kaynoekid\[at\]aol\[dot\]com](mailto:kaynoekid@aol.com).

Each summer the NJDEP of Fish and Wildlife offers the **Sedge Island Summer Field Experience**, a competitive program for middle school students interested in marine science. The program emphasizes sustainability, stewardship, and the history of the region. Students participate in traditional Barnegat Bay activities, such as fishing, crabbing and clamming.

Last summer, AMC paddlers Betsy Collins and Brenda Harrower each volunteered as camp cook during separate five-day sessions, providing three meals and snacks daily. The students helped with table setting and cleanup. Menus included make-it-yourself pizza, grilled chicken, and cobbler made with fresh Delaware peaches. The most challenging part was making sure there was enough food – teenagers have large appetites! Both Betsy and Brenda had a great time with the students and all agreed the experience at Sedge Island was phenomenal!

## Come Celebrate Our 100<sup>th</sup> Year! AMC FALL GATHERING OCT. 19-21

The NY-NoJ Chapter is hosting the AMC Fall Gathering on Oct. 19-21, 2012 and you're invited!

Join us and make this part of our Chapter's 100th Anniversary year a very special event. The weekend-long celebration includes many different outdoor activities, family events, presentations, workshops, social hours and live entertainment, and is open to all members from Maine to DC.

Located at the scenic Greenkill YMCA Retreat Center in Huguenot, NY; nestled in a peaceful area between the Shawangunk Ridge, NJ Highlands and Delaware River. Lodging options include tenting, dorms or private rooms. Stay for 1 or 2 nights (day rate also available). Bus/train service is available from NYC.

Details and registration information to be posted at [www.outdoors.org/fallgathering](http://www.outdoors.org/fallgathering); also see page 16 for more information. To volunteer for the planning committee, contact Debbie Melita at 646-645-5667 or [vicechair\[at\]amc-ny\[dot\]org](mailto:vicechair[at]amc-ny[dot]org)



*On a May 6 Palisades hike led by Margo Moss, these AMC hikers walked 12 miles from the George Washington Bridge to Harlem, enjoying many lovely spots along the way* Photo by Margo Moss

## ***Recommended For New Members***

If you joined the AMC recently (or are just getting started), welcome! To help you enjoy the great activities offered by our Chapter, we've selected a few outings that we especially recommend for newer members. See the Chapter Schedule booklet or [www.amc-ny.org](http://www.amc-ny.org) for details. Please call the leader if you have questions, and ask them about AMC during the outing. Not all of these outings are easy, so please read carefully and pick ones that are good for you. Explanations of hike codes (2D8) are on p.16 of the Schedule and at [www.amc-ny.org/hike\\_codes](http://www.amc-ny.org/hike_codes). Descriptions of the transportation codes (1B) and driving directions to AMC meeting places are at [www.amc-ny.org/trans\\_codes](http://www.amc-ny.org/trans_codes). If anything's unclear, call the leader – they'll be glad to answer your questions. Have a great summer, and hope to meet you out on the trails!

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### **JUNE**

#### **Saturday, June 9**

**Schunemunk Mt., Mountainville, NY, 2D7(Sociables 50+).** All ages welcome on this steep initial climb rewarded with magnificent views. Expect to do both ridges. Fit beginners welcome, but call L. Trans. 2A. L Richard Seibel, 973-839-7795, call before 9pm.

#### **Saturday, June 16**

**Southern Harriman Wanderings, 2D8(Hike).** Explore old and new trails in Harriman. Trans. 1B. L Steve Galla, 914-953-2222.

#### **Tuesday, June 19**

**Intro to Backpacking Indoor Seminar.** Learn about equipment choices, physical preparation, camping skills, packing tips, Leave No Trace, and upcoming trips. Chapter office in NYC, 6-8pm. Register with L Debbie Melita, 646-645-5667. (Event repeats on July 18.)

#### **Saturday, June 23**

**High Bridges over the Hudson, 2B7(Walk).** High Bridge over Hudson to riverside restaurant for lunch; return on Mid-Hudson Bridge. Trans. 5 but go to Poughkeepsie; drivers meet eastside lot at 10:30am. L Mason Logie, 718-273-1813, call before 10pm.

#### **Saturday, June 30**

**Lake Skannatati, 2C9(Young Members).** Multiple vistas in central Harriman, with a visit to Thendara Mt. Club lodge. Trans. 1B. L Bill Lee, 917-716-7984.

### **JULY**

#### **Sunday, July 1**

**Fishkill Ridge/Dia:Beacon Museum, 2D6(Sociables 50+).** Steep climb to spectacular view, early lunch, then to Beacon museum. Trans. 5F but take 7:47am train, arriving 9:10am. L Barbara Davidson, 212-316-6691.

#### **Sunday, July 8**

**Reeves Brook, 3D9(Young Members).** Brooks, lakes, peaks, and a couple of short rock scrambles. Slower end of 3's. Trans. 9B. L Brian Linde, 646-797-9591.

#### **Saturday, July 14**

**Jersey City Heights, 2A4(Walk).** Discover views to the east and west as we explore parks and neighborhoods. Meet 10am at Lowes Theater, 54 Journal Sq., across street from PATH station. L Rita Cohen, 908-303-4726.

#### **Sunday, July 15**

**Westward Ho from Wildcat, 2C6(Hike).** Two climbs, two views, and lunch by a pond. Trans. 1D but take 9:10 bus arriving at 10:17. L Dick Wolff, 973-746-7415. Call eves 9-11pm only.

#### **Saturday – Sunday, July 28-29**

**Appalachian Trail Backpack.** Moderate 17-mile backpack on Kittatinny Ridge in northern NJ, with rolling hills and great views. High Point monument to Culvers Gap. Register with L Barry Skura, 914-779-0936.

### **AUGUST**

#### **Friday – Sunday, August 3-5**

**Backpacking the Old Loggers' Path, PA.** 27-miles with sweeping vistas, streams, rock outcrops. 7-10 miles a day, two overnights. Register with L Dennis Hillerud, dennishillerud[at]gmail[dot]com.

#### **Saturday, August 11**

**Lake Skannatati, 2C9(Young Members).** Multiple vistas in central Harriman, with a visit to Thendara Mt. Club lodge. Trans. 1B. L Bill Lee, 917-716-7984.

#### **Sunday, August 19**

**Garrison, NY, 2D7(Walk).** Long uphill at start and down at end, but otherwise mostly gently rolling hills on woods roads and trails. Trans. 5C but take 9:51 train, arriving 11:05. L Bob Susser, 212-666-4371.

#### **Monday, August 20**

**Ramapo Reservation, NJ, 2C7(Sociables 50+).** Hike to Bear Swamp Lake, back via waterfall. Meet 10am at Ramapo Co. Reservation parking lot; contact L for directions. L Carol O'Keefe, 973-328-7599.

#### **Saturday, August 25**

**West Mt. and the Timp, 2D8 (Hike).** Casual, wandering sort of hike, with some steep climbs. Trans. 4F; parking fee \$8. L Hallie Wolfe, 914-941-5331.

# COMMITTEE NOTICES

**The Bicycle Committee** is offering two rides this June: to Haverstraw along the Hudson River (6/9, mountain bikes) and a ride on the Wallkill Valley Rail Trail (6/16, MTB or hybrids). In July and August we head to the beach, with rides to Short Beach (7/14), Jones Beach (8/4), and Sandy Hook (8/25). There will also be a self-supported bicycle touring trip from Central Park to Harriman State Park, and back, on September 15-16. All interested cyclists are welcome to join in this exciting mode of self-propelled travel.

## How to Request Delivery of T&W

Ever mention a story you enjoyed in *Trails & Waves* to a fellow member, only to have them say that they no longer get the newsletter? (And aren't sure why not?)

Please remind others that in order to receive *Trails & Waves* (either an email with a link to the online issue, or a printed copy in the mail) they need to let us know how they would like to receive the newsletter (online or in print). Or maybe they just need to update AMC with their current email address.

**Here's how to request delivery of *Trails & Waves*:** Contact the AMC Member Center at 800-372-1758 or [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter). Members need to request T&W (online or print) in order to receive it. (*Trails & Waves* is, of course, always available on the Chapter website at [www.amc-ny.org](http://www.amc-ny.org))

**Learn to Sail Weekend at Fire Island Cabin, June 22 – 24.** An action-packed weekend of adventure and camaraderie while learning to sail our fleet of boats. No experience necessary! Weekend includes two nights lodging, classroom sessions, boats, equipment, and on-water instruction. See Schedule for details and register early.

**Free AMC Life Membership.** If you are age 70+ AND have been an AMC member for 25 consecutive years (with no lapses), you are eligible for FREE AMC LIFE MEMBERSHIP! No more dues payments for you, ever! Just make the request with AMC member services at 800-372-1758. And thanks for your loyalty to the AMC.

## Join an AMC Adventure Travel Trip to Sedona

November 10–18, 2012



Hike in the beautiful red rock country of Sedona, explore Native American ruins, tour art galleries, learn to sketch, and spend a day at the Grand Canyon.

For details: [snebulos.mit.edu/majorexursions/trips/1231.pdf](http://snebulos.mit.edu/majorexursions/trips/1231.pdf)

## Play Softball in Central Park

AMC Softball season is here! We play two games every Sunday from April to September – everyone is welcome. Don't worry if you feel rusty, or if you have never played before. We encourage a fun, not overly competitive game where everyone can participate. We even supply the equipment!

See the Sunday schedule for meeting time and details. All AMC members and friends (invited as guests, accompanied by the member) are welcome to play one or both games. Join us for brunch after the games!

## Volunteer Position Opening: Chapter Membership Chair

Volunteer position available for a new Membership Chair of the NY-NoJ Chapter. Requires good social skills to recruit new members and a basic knowledge of computers. Contact Chapter Chair, Richard Barcia at [Chair\[at\]amc-ny\[dot\]org](mailto:Chair[at]amc-ny[dot]org).

## AMC Adventure Travel Trips

2013 is going to be a great year for AMC Adventure Travel. Here are just some of the trips planned: Backcountry Skiing in Yellowstone, Hiking New Zealand, Trekking Patagonia, and Biking in Spain. For complete details on these and other adventure travel trips, visit [www.outdoors.org/adventuretravel](http://www.outdoors.org/adventuretravel)

## TRAILS & WAVES CLASSIFIEDS

**HAVEN OFF THE HUDSON.** Friendly, historic 3-season wooded community in Westchester County. Co-op offers hiking, tennis, pool, wifi café, social activities, organic community garden. Beautiful Hudson riverfront nearby. Studio and one-bedroom cottages, \$35,000 - \$129,000. [www.reynoldshills.org/bungalowshop](http://www.reynoldshills.org/bungalowshop). Please contact Mel at 347-307-4642 or [melgarfinkel@yahoo.com](mailto:melgarfinkel@yahoo.com).

### LET'S GO CAMPING AT MALOUF'S!

No gear, no problem! We supply almost everything you need at **Malouf's Mountain Sunset Campground**, a hike in, hike out fully catered resort. Just take the train from Grand Central to Beacon, NY, where our shuttle will be waiting to start you on your adventure. Check us out at [maloufsmountain.com](http://maloufsmountain.com) or call 845-831-6767.

### EMPLOYEE RIGHTS LAWYER

My name is Bruce Bernstein and I am an AMC hike leader and an attorney who is committed to advancing and protecting the rights of employees. I practice in NJ and NY, and I represent employees in matters concerning wrongful discharge, discrimination, sexual harassment, whistle-blowing and severance package negotiations. For more information please go to: [www.bbernstein-law.com](http://www.bbernstein-law.com). Free phone consultation is available at 201-634-1999.

### CUSTOM MADE HIKING BOOTS

[www.johncaldenboots.com](http://www.johncaldenboots.com)

**Sunny, Stylish Berkshire Mountain Retreat.** Fabulous Sunset Views, 4 BR/2BA (sleeps 8) in Middlefield, MA.

[www.homeaway.com/vacation-rental/p229125](http://www.homeaway.com/vacation-rental/p229125)

### Free Back Issues Of AMC's *Appalachia Journal*.

Enjoy back issues of AMC's journal of mountaineering and conservation (1980's onward). Perfect for a lodge, school or summer house. First come, first served. Call Annice at 212-740-4898.



### GLIDER RIDES

Experience the thrill of silent flight with FAA-certified pilots.

Randall Airport, Middletown, NY  
Contact Dick Bailey, 29-year AMC member

**914-763-6456 or [b6456@aol.com](mailto:b6456@aol.com)**

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## Miramar Ski Club

**ARTICULATE AND ERUDITE OUTDOORSMAN**, 64, who relishes hiking, backpacking, and Botany, seeks a compatible female to share these passions. I also enjoy chamber music and the Metropolitan Museum. On the mundane side, I'm a pretty decent guy who wants to share Nature and cultural events with a nice gal.

Reply to: [licensedguide@yahoo.com](mailto:licensedguide@yahoo.com)



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Celebrating the NY-NoJ Chapter's  
100TH ANNIVERSARY  
**AMC'S FALL GATHERING 2012**  
October 19-21, 2012  
Beautiful Greenkill YMCA Retreat Center, Huguenot, NY



**HIKING • PADDLING • BICYCLING • ROCK SCRAMBLING • NATURE WALKS**

Nestled deep in the foothills of the Catskill Mountains, the Greenkill Retreat Center features 1,150 acres of pristine wilderness, lovely lakes, streams, waterfalls, scenic ridges, panoramic vistas.

By day, explore miles of hiking trails, caves and bike paths. Learn about the geology of this unique area. Glide along the waters of the Delaware River or quiet streams and lakes. At night, enjoy live entertainment and swap stories over dinner or around the campfire.

Events for all ages including families, groups, and singles.

Public transportation options available from New York City.

**Come enjoy this club-wide event hosted by the NY-NoJ Chapter and celebrate our very special 100th Anniversary!**

**REGISTER BY OCTOBER 1, 2012.**  
Lodging/Tenting options and Day Rate available, including meals, activities and registration fee.  
For more information or to register, visit [www.outdoors.org/fallgathering](http://www.outdoors.org/fallgathering) or call 617-391-6603.