



Trails & Waves

News from the New York – North Jersey Chapter of the Appalachian Mountain Club
Volume 35, Issue 1 ♦ Spring 2013



Brian Linde, Young Members Committee Chair (in center), was one of many AMC members who helped clear the trails after Superstorm Sandy

IN THIS ISSUE

<i>Appie of the Year</i>	3
<i>Executive Comm.</i>	3
<i>Lead a Backpack</i>	5
<i>Fracking Update</i>	6
<i>The Wapack Trail</i>	7
<i>“In Hudson Highlands”</i>	8
<i>Volunteer Awards</i>	11
<i>Adirondack Photos</i>	12
<i>For New Members</i>	13
<i>Spring at Mohican</i>	16

Trail Maintainers, Stewards in Action **By Kate Whitney Bukofzer, Trails Chair**

I love to hike; most of us love to hike. We love the well beaten paths under the canopy of trees, the scenic vistas that just happen to appear around a bend in the trees. A particular favorite of mine is marshland admired from puncheons. This experience can be credited to the trail maintainers, a very special group who dedicate themselves to our local trails and expend an enormous number of volunteer hours. Because of them, our NY-NoJ Chapter is very active in its stewardship of the trails.

For example, in 2012, under the leadership of Jill Arbuckle, Chapter supervisor for NJ trails, assisted by a Boy Scout troop working on an Eagle Scout project, a section of puncheons and bridging in New Jersey was replaced. Such an event doesn't only involve physical labor (provided mostly by the Boy Scouts and supervised by NY-NJ Trail Conference volunteers) and finances (assisted by the AMC's Special Projects Fund and by our own Chapter), but also hours of planning, pricing, ordering supplies, and delivering materials. In other words, a trail project like this represents hours of work by many volunteers in exchange for many years of use by thousands of hikers.

Then came Sandy. Nearly 40 AMC volunteers are currently active and regularly maintaining 84 miles of trails within our Chapter area, assigned trails of varying length and with different needs. These folks were the “first responders” to get the trails open. Each went out to check his/her trail – and in all too many instances, had to report multiple blow-downs.

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The storm was fickle, as everyone in the tri-state area already knows. While most area trails did not suffer from the flooding experienced in 2011 with Irene, the violent winds of Sandy devastated many trails. In some areas, such as our East of Hudson trails near the Hudson River, there was relatively little damage and trails were quickly re-opened. In other areas, trails were obliterated. On the Siwanoy Trail in the Bronx, trees literally hundreds of years old were toppled as the storm made landfall and slammed into the first obstacles in its path. In New Jersey, the Stonetown Circular Trail was badly damaged with, in the words of supervisor Bill Hansen, "blowdowns too numerous to catalogue." Area maintainers cleared what they could before the cold weather set in, and mapped areas where sawyers armed with chain saws and swampers will be needed ("swampers" work in conjunction with the sawyers to drag the cut limbs away from the trail). Much work will continue into the Spring. Our West of Hudson trails seemed as if an angry giant had attacked them. In one report, Bob Fuller, regional supervisor for that area, wrote that he "... spent 8.5 hours today on the RD/TT from Jones Pt. It took over three hours to make the trail passable from the trailhead to the white viewpoint trail, a distance of less than one mile. Other maintainers are reporting similar conditions."

In response to the need for additional volunteers, our Chapter's Trails Committee used the AMC's member eblast and Yahoo hike group emails to reach out for volunteers to help with the trail cleanup. Over 100 AMC members volunteered. While we were not able to quickly deploy all of these volunteers, we thank each of them and hope they will be able to assist with the clean-up work when it continues in the Spring. The efforts of the AMC NY-NoJ and West of Hudson trail volunteers were recognized in the Winter issue of *Trail Walker*, the publication of the New York-New Jersey Trail Conference, under whose umbrella the Chapter maintains its trails.

On November 28, 2012, while tackling Sandy's mess, Chapter trail volunteers also pitched in to help NY-NJ Trail Conference volunteers complete the final installation of the new Popolopen Gorge trail bridge up near Bear Mountain. This 62-foot long bridge, which had been washed out by Hurricane Irene in 2011, is a key link for AMC-maintained trails in that area. The Palisades Interstate Park Commission (PIPC) purchased the replacement bridge, which required assembly, and also provided extensive aid in preparing for its installation. Part of the final bridge assembly involved inserting and tightening 372 decking bolts by hand! Thank you to the following AMC volunteers who were involved in this major project: Chris Connolly, Bob Fuller, Debbie Melita, Greg Paret, Kerry O'Brien, Noel Schulz, and Anne Marie Tallberg.

On behalf of the AMC NY-NoJ Chapter Trails Committee, thank you to everyone who pulled together to help work on the trails after Sandy. We hope to see you again in the Spring!

Vol. 35, Issue 1 Spring 2013

Trails & Waves

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.

Contributions of articles and photos are welcome: Articles may be edited for style, clarity, and length. The newsletter assumes no responsibility for lost material. **SUBMISSION DEADLINES:** April 25 for Summer issue (comes out in early June), July 25 for Fall issue (comes out in early Sept.), October 25 for Winter issue (comes out in early Dec.), and January 25 for Spring issue (comes out in early March). *Trails & Waves* is usually available online about 2 weeks earlier.

Guidelines for Newsletter Submissions: Email preferred (written material accepted); clearly state that the submission is intended for publication in *Trails & Waves*; send photos as color, high resolution jpeg email attachments.

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.

Read *Trails & Waves* on the Chapter's website: www.amc-ny.org
Send all submissions, requests for ads, and suggestions to: trailswaves@amc-ny.org

SUBMISSION DEADLINE FOR THE SUMMER ISSUE IS APRIL 25

JIM ROBBINS HONORED AS APPIE OF THE YEAR

[Presented by John Bradley, Chair of the Advisory Committee, at the New York-North Jersey Chapter Annual Dinner on Saturday afternoon, January 12, 2013, at the Overlook Lodge, Bear Mountain.]

It gives me great pleasure to announce the Appie of the Year Award.

Each year since 1979, the Advisory Committee of the New York – North Jersey Chapter of the Appalachian Mountain Club has chosen the Appie of the Year. The Appie of the Year is an individual who gives selflessly of him/herself for the good of the club. The Appie is one who works tirelessly, often behind the scenes, organizing, leading in fact and by example. The Appie is one who has served

in this manner for several years, thus over time continuing this commitment. The Appie exemplifies what is best about the volunteer ethic that makes our club and most particularly our Chapter so special.

This year, our Appie is a person who has been a hike leader for many years. Our Appie is an enthusiastic hiker who has hiked not only here but in Switzerland a number of times. Our Appie is also a trail maintainer who ably maintained a section of the Ramapo-Dunderberg Trail in the area of West/Bald Mountains in Harriman State Park for more than 12 years, causing people to comment on how exceptionally well-placed and well-drawn the blazes are. Our Appie now maintains the Sapphire Trail.

For over ten years our Appie has been and still is the very diligent Chair of the Walks and Outings Committee. As you can see from the Annual Report, distributed today, our Appie's Committee ran 168 trips in 2012.

It gives me great pleasure to announce that Jim Robbins has won the Appie of the Year award.

[In 2011, Jim was also honored by the New York-New Jersey Trail Conference with a Distinguished Service Award for his many years of dedication to our local trails. Congratulations, Jim, and thanks from all of us!]



Photo by John Bradley

2013 Chapter Executive Committee

At the Chapter's Annual Dinner on January 12th at the Overlook Lodge, Bear Mountain, the following members were elected to the Executive Committee of the New York-North Jersey Chapter:

Chair	Richard Barcia
Vice Chair	Eileen Yin*
Secretary	Lisa Madden
Treasurer	Barry Wolfe
Activities	Christine Benton*
Services	Jonathan Silver
Communications	Beth Harrison*

Thank you to the Nominating Committee for their work in presenting this excellent slate: Don Getzin (Chair), David Lamb, Dorothy Lourdou, Richard Seibel and Barry Skura.

* Newly elected to the Executive Committee in 2013

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Here is a brief introduction to the three new members of the NY-NoJ Executive Committee:

Eileen Yin, Vice Chair



A member of the AMC since 1998, Eileen learned to enjoy the outdoors through the AMC. She is an avid whitewater canoeist, and has led canoe and kayak trips for many years, including the annual paddling pilgrimage, “Week of Southern Rivers.” Her favorite paddling trip (so far!) was a winter, canoe-camping weekend on the Mullica River in New Jersey. A blizzard dropped two feet of snow overnight. The next day, the intrepid group paddled through a wonderland of twinkling icicles draped from snowy tree boughs.

When not playing on the water, Eileen enjoys experimental cooking, cycling, traveling and learning new outdoor skills. Her ambition is to participate in a multi-discipline, wilderness expedition trip. Eileen has lived in New York and New Jersey most of her life, with a 4-year stint in tropical Asia (where no one gave the “cotton kills” speech). She works at an investment bank to support her outdoors recreation addiction.

Christine Benton, Activities

Christine joined the AMC in 1992, and has led day hikes and backpack trips for many years. She has a moderate pace, prefers small groups, and likes to allow enough time to really enjoy beautiful trails and camping sites. She cherishes the special friendships she has formed within the hiking and backpack communities. A devotee of lightweight backpacking, she teaches a course every year to encourage people who have never backpacked. She is also the current Treasurer of the Backpack Committee. A native of the UK (or a “lapsed Brit,” as someone once called her!), Christine especially enjoys multi-day backpacking trips. Her favorite trail is the John Muir Trail in the High Sierras in California, which she considers to be as close to paradise as a trail can be.

Apart from life on the trail, Christine enjoys reading, the *New York Times* crossword, classical music, watching figure skating and tennis, and her two felines Dix (named after her first hike to the top of that mountain) and Jazzy. She has lived in New York City for over forty years and considers herself a New Yorker. She is no longer engaged in her working life as a trademark paralegal, and is thoroughly enjoying her retirement.



Beth Harrison, Communications



Beth has been an AMC member since 2008. Her love of the outdoors was sparked by her grandfather and experiences at summer camp from age seven onward.

She worked for a decade as an editor and marketer in the book publishing industry before becoming a nonprofit executive, most recently at the Academy of American Poets. She is also a former outdoor education director and a Wilderness First Responder.

She lives in Manhattan and enjoys hiking, camping, travel, and yoga, as well as stand-up paddleboarding on the Hudson River.

Sooo...Ya Wanna Be a Backpack Leader? By Maria Nobles and Colleen Hans

Do you like to backpack? Enjoy the company of others on the trail? Have trips you want to take but can never find anyone to go with you? Then you should consider becoming a backpack leader! As a leader, you have the freedom to choose the route and when you want to go, and you are essentially guaranteed company with like-minded individuals!

So how do you become a leader? The Backpack Committee offers lots of support to those interested in becoming leaders, and has just two requirements: leaders-in-training must 1) successfully complete a Wilderness First Aid course and 2) successfully co-lead a minimum of two backpacks with different leaders.



Though not required, a highly recommended first step is to attend the Backpack Committee's introductory training workshop, aptly titled "So Ya Wanna Be a Backpack Leader?" This seminar, led by a small group of experienced leaders, provides an overview of what a potential leader needs to know to organize a trip and lead participants. Topics include leadership styles and skills, trip planning, participant screening, group management, incident management, Leave No Trace, and leader liability. "We try to cover all aspects of being a leader, including soft skills crucial to effective interaction with trip participants," says instructor and Backpack Committee Chair Fred Mader, "and we use examples from our own experience to drive points home." Colleen Hans, a recent new leader who participated in the seminar found that, "the combined experience of the leaders running the leader seminar was invaluable." (The next workshop is Sat., May 11.)

Fundamental to leader-trainees' development is the hands-on training provided by co-leading with experienced backpack leaders, who help bring leader-trainees up the ranks by assigning tasks to do in support of a trip. A leader-trainee's responsibilities as co-leader include determining the trip itinerary, screening people who register for the trip (to be certain that the trip difficulty is a good match for that person), and managing the execution of the trip, all under the guidance of the leader.

The Wilderness First Aid (WFA) course emphasizes that in remote locations help is not coming quickly, and leaders need to be prepared to manage first aid situations until help arrives. While there are a variety of organizations that offer WFA, the NY-NoJ Chapter conducts a 16-hour course for \$65 (for AMC members) that will teach you the basic techniques of first aid for use on the trail. Safety is so important that the Backpack Committee reimburses its leaders when they successfully complete this training.

Once a leader-trainee determines that they are ready to lead their own trips, the final steps are to obtain written references from the leaders with whom they co-led, and to send a written request to the Backpack Committee Chair describing their experience and stating they would like to become an official leader. Once approved by the Backpack Committee, it is time to hit the trails as a leader!

The Backpack Committee recognizes the importance of maintaining a strong group of leaders. Over the past year, our leaders and leader-trainees collaborated on many successful trips, resulting in several new leaders. The Committee's Leader Liaison, Maria Nobles, provides support and helps leader-trainees find co-leading opportunities.

So...ya wanna be a backpack leader? Contact Maria (hilltackler09@yahoo.com), who will get you started and help you monitor your progress. And join us at the next "So Ya Wanna Be a Backpack Leader" seminar on Saturday, May 11, at Sterling Forest Visitor Center (Trans. 1D; register via the online schedule). We hope to see you there!



FOOD FOR THOUGHT

Conservation News

By Sara Hart, Conservation Chair

Update on AMC's Work Regarding Hydrofracking

As you may recall from our report in the Winter 2011 *Trails & Waves*, in the fall of 2011 the AMC included a position on shale gas extraction via horizontal deep-well hydraulic fracturing (in short, "fracking") as part of the club's climate change research and energy policy.

Since then, the regulatory process in both New York and New Jersey has remained under debate and as of yet no permits have been issued for this type of gas drilling. Fortunately for any recreationist in New York, the state has already banned fracking on public lands. Regarding private lands, the public comment period on the DEC's Environmental Impact Statement has ended; more than 200,000 comments were submitted criticizing and/or opposing the regulations. It is now up to the office of Governor Cuomo to issue the final decision. In New Jersey, Governor Christie's veto of the bill that would have banned fracking is still in effect. It is unclear how the state will proceed.

Over the past year, AMC staff in the club's Mid-Atlantic office in Bethlehem, PA has been actively advocating for the right to recreation on public lands potentially or already affected by shale gas infrastructure. Cathy Frankenberg of that office launched a great new web feature, Marcellus Shale's Greatest Treasures (<http://outdoors.org/shale>). Click on "Learn More" to read stories of people whose lives or recreational opportunities on public lands have been impacted by shale gas drilling in Pennsylvania: a rock climber who has repeatedly been cut off from climbing sites because roads were closed to the public due to shale gas truck traffic; a hunter who has missed several seasons because wildlife has fled the increasing noise from drilling and truck traffic; and other stories about the many Pennsylvania state forests that are becoming nothing short of industrial parks, no longer appropriate for recreation. Some of the accounts are from people who don't live in Pennsylvania, but visit the state's public parks. The impacts from fracking affect us all, not only local residents. Click on "Share your Marcellus Shale Story" to submit your own story. The "Resources" link brings you to FracTracker, a website with interesting maps, data and articles about impacts of the gas industry.

Mark Zakutansky, the AMC's Mid-Atlantic Policy Manager, gave an interesting presentation on shale gas extraction to our members at the 2012 Fall Gathering in Huguenot, NY, which was hosted by our Chapter. A lively Q&A session followed his presentation. Mark had also presented this topic to AMC's Board of Directors last spring. For those of you who were unable to attend that weekend, here is a short update on the AMC's current position on this important issue; thanks to Cathy Frankenberg for providing this information.

So, where does AMC stand on fracking? AMC's primary focus is on public lands and waterways and the impact of inappropriate natural gas development on outdoor recreation on these places. The AMC believes that natural gas development is not appropriate on public lands, and is actively working to keep drilling out of places like Loyalsock State Forest and the Rock Run Watershed.

The club also continues to support closing industry loopholes at the Federal level, and is working to ensure that sensible air and water quality regulations are enforced. While natural gas burns cleaner than coal, the process of extracting shale gas, with its byproducts and extensive infrastructure, has its own very high carbon footprint, and AMC wants to make sure that natural gas companies can demonstrate an overall reduction of carbon emissions.

Should you have further questions about AMC's policy on fracking, you can check the club's website (www.outdoors.org/conservation/issues/natural-gas.cfm). Also, see Marc Chalufour's article in AMC's *Outdoors* magazine (July/August 2012 issue): www.outdoors.org/publications/outdoors/2012/features/amc-protects-recreational-gems.cfm

Always feel free to contact me regarding this or other conservation issues: Sara Hart at conservation@amc-ny.org

The Wapack: A 21-Mile Interstate Trail

By Melanie Simmerman

Wandering 21.4 miles north from Ashburnham, MA, to its end at North Pack Monadnock near Greenfield, NH, the Wapack Trail is a quiet gem of a trail, little known to many in our Chapter. The Wapack Trail is a terrific alternative for those who wish to branch out a bit from more familiar territory – it's a moderate trail; easy to hike in its entirety in a single weekend; and offers peaks, valleys, fern-filled forest glens, and marshy ponds alive with the sound of croaking frogs and the swishing of tall cattails.

The trail was completed in spring 1923 and was the realization of two trail dreamers, Frank Robbins and Marion Buck of Rindge, NH. When it opened, it was the first long distance interstate trail in the northeast. Trail use blossomed and Frank and Marion opened the Wapack Lodge in New Ipswich to accommodate the growing number of hikers and skiers. Like many trails, its fortunes ebbed and flowed, with quiet years during the 1950's - 1970's, when trail use dwindled. The Lodge closed in 1958. A new era of trail stewardship came in the 1980's with the formation of the Friends of the Wapack Trail, a volunteer group that has seen the regeneration of the footpath to this day.

Hiking the trail is a joy. The trail follows the peaks of the Wapack Range and climbs over Mt. Watatic, Pratt, Ipswich, Barrett, Temple, Pack and North Pack Monadnock mountains. Views are great along the way of the Berkshires, the Green Mountains, and Mt. Monadnock. A local trail "artist" has left his/her mark along the way with unusual sculpted cairns found on mountain tops, including a grouping of rock "sofas" large enough for a party of tired hikers to rest upon!

Much of the trail goes over private land, and there's only one legal camping spot on the trail on the Windblown X-Country Ski property. Al Jenks, owner of Windblown, has two shelters that he rents to hikers/skiers (they must be reserved ahead of time). One of the shelters sits atop Barrett Mt. and has great views, but no water source nearby. The Valley View shelter, which is below the summit of Barrett in a narrow valley, is located by a stream, but check ahead whether or not the stream is running – last fall, there was a mere trickle of water. This shelter sports a privy, which you access from a door at the rear of the shelter! And, last fall, it had three leaks in the roof. My recommendation is to carry water up with you and reserve the mountain top shelter (Al Jenks will let you get water from his house, if necessary).



Windblown is about 8 miles from the southern terminus. If you hike north, this means a shorter first day (approximately 8 miles) and a longer day two (13 miles). For those coming from New York, you may wish to hike southbound so that day two is the shorter day. There is also a state campground near Greenfield, NH, just miles from the northern terminus (www.nhstateparks.com/greenfield.html). The trailhead at the northern end is a bit remote, situated on a gravel road miles from the main roads. There is a nice new parking lot here now, so it's easy to find and safe to leave cars here. The Massachusetts terminus is right off a major road and has a decent parking lot.

The Wapack Trail website (www.wapack.org) is the best place to go for up-to-date information about trail conditions, closures, or re-routes. You can also order the guidebook and map here. To reserve the shelters, contact Al Jenks at Windblown X-Country Ski (603-878-2869).

“In the Hudson Highlands” By Jack Reilly, NY-NoJ Chapter Archives Chair

[The title page of the book “In the Hudson Highlands” reads: *Solvitur Ambulando* (“It is solved by walking”); New York; PUBLICATION COMMITTEE; APPALACHIAN MOUNTAIN CLUB; New York Chapter; 1945.]

The year was 1943, World War II was raging and the United States was fully committed to the war effort. On the domestic front, rationing was the norm and civilians were limited to three gallons of gas a week. Trains were jammed with service men and women and the few civilians who could squeeze onboard. The year was also the 30th anniversary of the establishment of the New York (now New York-North Jersey) Chapter of the AMC.

Just as today, many Appies living in the NYC area would, on Sundays then, head for the Ramapos, the Hudson Highlands, or other destinations designated by the Walks Committee as the scene for the days outing. Appies would board ferryboats to Hoboken for the Erie Railroad, to Weehawken for the West Shore, or head to Grand Central for the New York Central, as bus service was very limited to non-existent. As the editor, Robert Schuyler, writes in the Preface of “In the Hudson Highlands,” New York Chapter members were “...those rarer spirits who found refreshment and inspiration in the solitude of trails and old wood roads and exaltation in the conquest of mountain summits by brawn and grit...no fair weather strollers these, but seasoned

hikers, knights of brush and brier, modern Bayards [French knights of the 16th century], without fear and above reproach.” Frank Solari, who contributed the essay “Impressions” to the book, described what made these walks special: “New York city does several things very well, but to my mind its superb achievement is being within forty miles of Bear Mountain...Here nature has wrought upon the raw materials of hills and valleys to forge a recreation ground as complete and diversified as the City it relieves.”

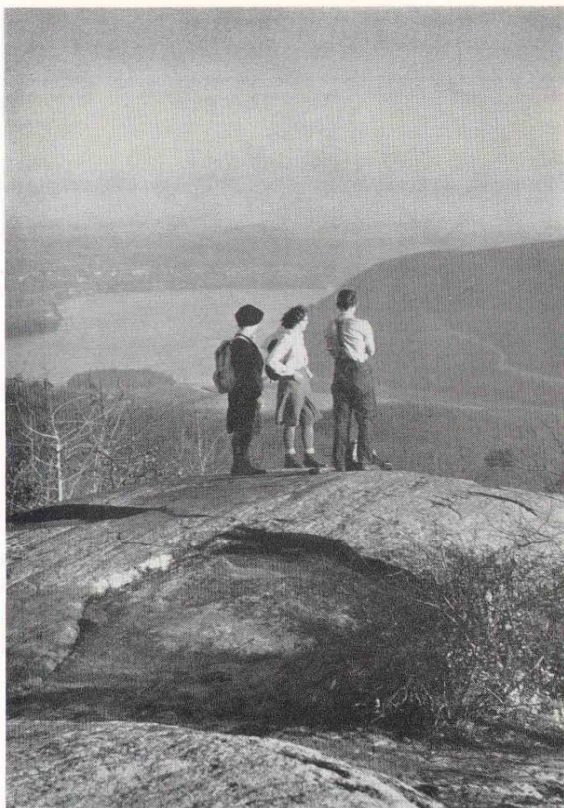
Albert Brushaber, who became Chair of the Walks Committee in 1942, conceived of putting to paper a series of essays which would substitute accurate information for the odds and ends of hearsay and rumor which he found current in walking circles. Other Chapter members joined in and the result was nearly seventy essays, which were mimeographed (no photocopy in those days) and distributed to the participants on the Sunday walks. These essays aroused such interest that the Chapter formed the Publication Committee to publish, in book form, a collection of these essays. The Chapter Executive Committee felt that they could not authorized the use of Chapter funds for this purpose, but the project was rescued by Mr. Brushaber and other members who made a financial guarantee to underwrite the expense of publication. The result was “In the Hudson Highlands,” a 263-page book published in 1945 under Robert L. Schuyler as Chair.

The fifty essays in this volume cover a broad range of topics from history (“The Story of the Dunderberg Spiral Railway”), to geology (“The Shawangunk Grit”), to zoology (“The Wild Animals of Bear Mountain”), to botany (“Mountain Laurel”).

The authors, like the Appies of today, represented many different backgrounds and several were well known in their fields: Robert Schulyer was a Professor of History at Columbia University and President of the American Historical Association; Lester Germer, an avid climber, was a physicist at Bell Labs and known for the Davisson-Germer experiment; Elizabeth Levers, who has been called one of “The Grand Dames of the AT”; Alice Allan, who in 1933 was a member of the first group to hike the newly constructed Katahdin section of the Appalachian Trail; and the aforementioned Frank Solari. Frank, who had been sent to the US by the British Government to work on scientific projects, joined the AMC



The Chicken Farm Near Arden



in 1943 “by request.” He met his wife, Dr. Elizabeth (“Babs”) Ladrie on a Chapter walk (as she told the story, Frank had the binoculars and she had the bird book), and they, together with Elizabeth Levers and others, climbed in the Tetons and Wind River Range in 1947. This was the occasion of their honeymoon. After returning to the UK in 1947, Frank and Babs climbed in the Himalayas, and later hosted an AMC General Outings Committee excursion to the UK, where Frank led a trip to the Lake District. They returned to the US to participate in the 1954 August Camp in Stark, NH.

The essay authors also included Beckett Howorth, a Columbia University surgeon and Mountaineering Committee Chair; Robert B. Sosman, one of the first PhD’s from MIT and the seventh person to hike the AT; and Raymond Torrey and George Goldthwaite of NY-NJ Trail Conference fame.

In researching this article, I contacted several longtime Chapter members who were active during that period, especially Louise Davies and Ruth Walker; they knew several of the contributors. Louise commented that you were considered a good leader, like Frank Solari, if you saved time for refreshments at a tavern near the railroad station before the train came.

Dunderberg Mt. and the Hudson River from Bear Mt.

Frank, in his essay, mentions meeting the 5:15pm Erie train at the no longer extant Southfields Station, which was located next to the still extant (but barely) Red Apple Restaurant.

“In the Hudson Highlands,” if you can find it, is a delight to read. There are copies at the NY-NJ Trail Conference library in Mahwah, NJ (open to TC members only), and one was recently found at a bookseller for \$35. It is certainly a piece of NY-NoJ Chapter history, and reading it is an excellent way to observe our just ended Centennial year.



Ramapo Wilderness in Winter

Photos by W. W. Irelan from “In the Hudson Highlands”

SONG OF THE TICK By Nancy Wolff

My name – you can call me Jehosophat Frick.
I'm a wonderful, handsome, and clever old tick.

I visited and burrowed in a deer who's named Rick.
Then I dropped off and onto a little green stick.

For days then I waited for something to click.
Then I hopped on a passing young quail with ten chicks.

But she tasted so fowl that I jumped off real quick
And went onto a log that was hard as a brick.

Once again then I waited so patiently – lck!
I was sat on by a hiker: it made me half sick.

But I squatted and waited, ya gotta be slick
Or they see you and then you are just up a crick.

I could sense other folks on that log – what a kick!
Of so many hikers I could soon take my pick.

Jeans, cotton shorts, zippered pants, quite a clique.
I rose to the occasion and snickety-snick

Slithered over that log to hitch onto a chick.
When she finished her lunch we were off double-quick.

But somebody looked at her leg and said "Yick!
I think that I see something there! It's a tick!"

She shrieked to the others: "Come here, John and Dick
And Ernest and Henry and Ronnie and Mick!

Get this tick off my trousers, please, double-quick!
Or he'll drink up my blood to the last little lick

And I'll suffer from Lyme's and be dreadfully sick."
(I was really insulted to think that some hick

Of a hiker would think I'd be mean and would prick
The poor girl with disease! Not Jehosophat Frick!)

I hung on for dear life: I really did stick as they flicked
and they flicked and they flicked and they flicked.

But one of the men played a terrible trick:
Took out a Swiss Army knife and pretty darn quick

Held that knife to my head and he gave a sharp nick.
I was thrown through the air and landed...

back on a deer named Rick.



Eileen Yin, the Chapter's incoming Vice Chair, in one of her favorite places

Congratulations! NY-NoJ Chapter Members Honored by AMC

Several members of the NY-NoJ Chapter were recipients of 2013 Club-wide Volunteer Awards, awarded at the AMC's 137th Annual Summit on January 26, 2013, in Norwood, MA. Congratulations, and thanks, to all!

Noel Cotter - Distinguished Service Award (in recognition of outstanding contribution to the work of the club, to an individual working in a volunteer capacity over many years in the service of the club)

An active member for more than 25 years, Noel Cotter has served as hike leader, hiking committee member and canoe trip leader for the New York-North Jersey Chapter. In addition, he has led interchapter hiking and canoeing excursions, major excursions to Ireland and Scotland, and has organized theme weekends at AMC's Mohican Outdoor Center and Fire Island Cabin. One of his greatest gifts to the AMC has been his commitment to August Camp; for more than 20 years, he has served as hike leader, manager, and training supervisor. Noel embodies the values of the AMC in his commitment to outdoor education, his passion for outdoor activity, and in his energy and leadership that inspire people of many ages to enjoy getting outside. His magnetic personality has helped turn many exercise lovers into outdoors enthusiasts, and many unaffiliated hikers into committed AMC'ers.

Wayne Foote – Volunteer Leadership Award (in recognition of volunteer leaders who demonstrate outstanding passion and commitment in the pursuit of AMC's recreation, conservation, and education mission)

Wayne Foote has served as a hike leader for the New York/North Jersey Chapter for over 25 years, offering hikes throughout the year as well as an annual Thanksgiving Day hike. Wayne has also volunteered for August Camp for the past 23 years. He began as a hike leader and then quietly and competently assumed the role of Head Hike Leader from 1992 onward. In that role, he has researched available hikes during the off season, and coordinated daily offerings and transportation. He has introduced and mentored almost a dozen hike leaders to August Camp, and has modeled flexibility, accommodation, and safety in the woods. He has helped hikers grow and develop to go distances and inclines they didn't think were possible. Once August Camp decided to spend more time hiking new Western trails, Wayne volunteered to be on the site selection committee. He has been countless hours on the phone and in person doing research on potential new sites and hiking trips. In his role at August Camp, Wayne has increased both volunteer involvement and camper retention. He has been a leader in risk management and safety, and has made a significant contribution to leadership training and camper education.

Sara Hart – Volunteer Leadership Award

When Sara became the Conservation Chair of the New York-North Jersey Chapter in late 2010 she wasted no time in contacting staff to highlight her concerns about natural gas drilling in the Mid Atlantic. In her first year on the job, she worked with AMC staff, members of our Board of Directors, and within her chapter to highlight Hydraulic Fracking as a serious threat to the recreational and ecological values of our region. Her efforts successfully convinced the club to take a position on natural gas drilling and to make it a focus of our policy and research efforts. In addition, Sara has worked tirelessly to involve and educate others about conservation issues and stewardship activities. She led a Leave No Trace workshop at Mohican as well as a series of naturalist-themed events. A Volunteer Naturalist herself, in 2012 she worked with AMC staff to offer Mohican's first Naturalist Training to enhance the environmental knowledge of the volunteers who lead trips in the Delaware Water Gap. She also brought AMC's Flower Watch program to Mohican over the course of their 2012 Spring Fling. Sara makes use of the chapter's social media and *Trails & Waves* newsletter to raise awareness about important conservation issues like climate change as well as to announce events such as local screenings of films like "Gasland" and "Carbon Nation."

Also, the following NY-NoJ Chapter members were honored with **Stewardship Society Awards**, in recognition of their dedication to public service efforts such as trail work and conservation.

Warren Hart Award (contributed at least 224 hours): **Sara Hart and Bob Fuller**

Marian Pychowska Award (contributed at least 96 hours): **Carino Higgins, Ben Huber and Roni Mistriel**

Adirondacks Winter Training Weekend (Jan. 19-21)

This year's trip was led by Heather and Tom McArdle. Phelps (4,160 ft.) was one of the summits climbed. Trail conditions posted at the trailhead: "Snowshoes or skis are currently required; crampons may be appropriate above treeline; dangerous wind chills on summits (-41 degrees F)." Photos by Jules Papp



Recommended For New Members

If you joined the AMC recently (or are just getting started), welcome! To help you enjoy some of the great activities offered by our Chapter, we've selected a few trail outings that we especially recommend for newer members. See the Chapter Schedule (online or booklet) for details and more listings, or go to www.amc-ny.org. Not all of these are easy, so please read carefully and pick ones that are good for you. Explanations of hike codes (i.e. 2D8) are in the Schedule and at www.amc-ny.org/hike_codes. Descriptions of the transportation codes (i.e. 1B) and links to maps of AMC meeting places are at www.amc-ny.org/trans_codes. If anything is unclear, call the leader – they'll be glad to answer your questions. Have a great time, and hope to meet you out on the trails!

MARCH

Sat. Mar. 9. Island Pond, Harriman Park 2C9. Moderate paced hike from Lake Skannatati to Island Pond & back. Slight hills. Opt. pizza/beer stop after hike. Limit 12 people. Trans. 1B but take later bus departing at 9:10 a.m. Rain will cancel. Must register with L Ellen Blumenkrantz, ebumenkrantz@hotmail.com.

Sat. Mar. 16. West Village & Highline Walk 1A4. Walk one of NYC's newest parks plus tour the West Village. Meet 1 p.m. at SW corner of Spring St. and 6th Ave. L Mason Logie 718-273-1813, mlogiejr@AOL.com.

Wed. Mar. 20. Intro to Backpacking Seminar. Learn about equipment choices, physical preparation, camp skills, packing tips, Leave No Trace, and upcoming beginner trips. Evening seminar at EMS in Manhattan; register at www.amc-ny.org. L Debbie Melita (646-645-5667, debmonster@gmail.com). (Also 4/16 & 5/15)

Sat. Mar. 23. Hook Mountain/Rockland Lake 3C7. Excellent views of Hudson River and Croton Point. Learn history of defunct ice industry, enjoy 360-degree views from one of highest points on the Palisades. Trans. 7F (Rockland Lake). Drivers meet in parking area 4 near entrance booth. L John Jurasek 845-519-4247 (NCA 10 p.m.), jurasek@optonline.net.

Sat. Mar. 30. Fahnestock State Park, NY 2D7. Steep climb to views from Round Hill, then East Mt. Trans. 5D. L Minu Chaudhuri, 914-941-6408, minu1@optonline.net.

APRIL

Sat., Apr. 6. Lightweight Backpacking Seminar Hike (2D6), Harriman State Park. Participants will try carrying leader's fully-loaded backpack (approx. 20 lbs. inc. food & water). Day hike to set up camp, review leader's lightweight gear. Public trans. access from NYC; register at www.amc-ny.org. L Christine Benton (347-464-6367 NCA 8:00 p.m., cbentonhiker@yahoo.com).

Sat., Apr. 13. Fort Tryon & Inwood Hill Walk 1C3. Includes a visit to the Cloisters Museum. L Bob Susser, 212-666-4371, rsusser@aol.com.

Sat. Apr. 20. Pine Meadow Lake 2C9. Moderate paced hike with great views to lake and back along the brook. Several hills. Limit 12 people. Must register. Trans 1B

BUT take 9:10 bus arr. 10:05. Rain cancels. L Ellen Blumenkrantz, ebumenkrantz@hotmail.com.

Mon. Apr. 22. Sociables 50+ Alpine & Piermont 2B6. Explore Piermont's historic neighborhoods, walk the pier. Optional 4 mi. walk to Nyack, along lovely track w/great views. Many easy outs. Optional dinner afterward. Trans. 7E; call L if taking bus. Meet 10 a.m. at gazebo on the pier, next to main pkg lot. All ages welcome! L Margo Moss, 201-568-5325, acephoto@verizon.net.

Sat.-Sun., Apr. 27-28. Harriman Backpack. Approx. 20 scenic mi. over several trails in Harriman SP. 8 fit backpackers with all necessary equipment; register at www.amc-ny.org. L Frank Zarb (347-609-5115 NCA 10:00 pm, tao5001216@yahoo.com).

Sun. Apr. 28. Breakneck the Easy Way 2D8. Easier way up to great views; it's still a big hill. Bad forecast cancels; call eve before. Trans. 5E, BUT take early train arr. 9:03am. L's Art and Nancy Tollefson, 212-727-8961, tollefson@verizon.net.

MAY

Sat. May 4. Sociables 50+ Ramapo Ramble 2C6. Moderate hike with multiple lakes. Optional dinner afterward. Call a.m. of hike if weather is iffy. Trans. 4A, but take the 10:45, arriving 11:36. L Richard Seibel, 973-839-7795, richard@richardseibel.com.

Sun. May 19. Sociables Black Rock Forest 2C8. Savor the views, woods, and lakes in this beautiful preserve. Morning workout over several hills; afternoon out along gentle woods roads. Trans. 5A, but take early train arr. Peekskill 8:43 a.m. Drivers wait in northbound commuter lot for car shuttle. Call Sat. before 9 p.m. for hike message. L Barbara Davidson, 212-316-6691, bldavidson38@gmail.com.

Fri-Mon. May 24-27. Memorial Day Weekend in the Catskills 2D8. Stay at Alpine Inn, Oliverea, NY, with its comfortable rooms and excellent food. Moderate paced hikes on steep and high mountains. Elevation gains 1,500-3,000 ft. per day; expect some rock scrambling. More info at www.amc-ny.org. Must register with L Don Kress, 973-743-4833, swirled07@earthlink.net.

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ARTICULATE, ERUDITE OUTDOORSMAN, 65, who relishes exploring nature (hiking, backpacking, Botany), seeks romantic relationship with compatible woman who shares these passions. Also, be a person who enjoys chamber music or the Met 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 bobgerd@verizon.net

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COMMITTEE NOTICES

Appalachian Trail Vacancy. Adopt your very own section of the Appalachian Trail! A 1.9-mile section in Stokes State Forest, NJ is now available (the previous maintainer moved out of state). No previous experience with trail work necessary (although helpful); we can show you all you need to know. The job involves cutting back brush, weed-whacking grass & weeds, and keeping blazes looking good. This section usually requires 3-4 visits a year. If you might be interested, email me for a full job description. Then we'll walk the trail and discuss the work involved. Please contact Jill Arbuckle, AMC NJ Trails Supervisor, at jhgarbuckle@gmail.com

This year's Leave No Trace (LNT) Trainer course at Mohican is the weekend of April 5-7. All outdoor activity leaders, and anyone serious about embracing the ethics of LNT, are encouraged to sign up for this workshop. Participants receive introductory training in LNT in a condensed two-day format, and will be trained to teach and pass on LNT principles to others:

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

To register, contact AMC Reservations at 603-466-2727 or amclodging@outdoors.org. To learn more about Mohican, go to www.outdoors.org/lodging/mohican. For questions about this particular workshop, contact the leader, Sara Hart (conservation@amc-ny.org).

Tennessee Gas Pipeline Work Closes Trails at Ringwood State Park in New Jersey. The closure, which applies to ALL trails in the park, is expected to continue through April 15, 2013.

How to Request Delivery of T&W. *Trails & Waves* comes out four times a year. Most of our members now read the newsletter online at www.amc-ny.org. We'll send you an email notice with the link when a new issue comes out (but only if you request it). Or, if you prefer we'll mail you a printed T&W (but only if you request it). To request to read T&W online (and receive the reminder email) or to receive the print version, **contact the AMC Member Center at 800-372-1758 or www.outdoors.org/membercenter**

Send your stories, photos and ads to T&W:
trailswaves@amc-ny.org

Only Half the Story? In the last few years, the sources for information about our activities have grown. If you're still looking only at the printed Schedule, you're seeing only half of what we offer. By offering electronic listings, our leaders enjoy a new flexibility and are able to offer trips without making plans months in advance. We don't want you to miss out – here's where to find complete activity listings:

- **Online trips database.** Online listings include events that were added after the Schedule was printed and short-notice activities. On the Chapter website, www.amc-ny.org, choose "Schedule" from the top menu bar, then "Activities Search." Select a time period and an activity, then click "List Trips." If you click on "Advanced Search" you'll be directed to the club website where you can search for activities offered by other chapters as well. (A few leaders prefer to have their trips listed in print only.)
- **Hikeamc yahoo group for short-notice hikes.** Once you sign up for the hikeamc group, emails will be sent to you about short-notice hikes. There are also sometimes emails with cancellations or special notices. To sign up, send an e-mail to hikeamc-subscribe@yahogroups.com with your full name and your AMC membership number.

Please visit and join our FACEBOOK page: <https://www.facebook.com/AMCNYNoJ> You can check the Facebook page for important Chapter information. Please 'like' us to help promote the club.

Chapter Wilderness First Aid Committee seeks volunteers to become WFA instructors. For information on who we're looking for and how to join our program as an instructor, follow the link on the chapter homepage, www.amc-ny.org, or contact WFA co-chair Jonathan Silver at WildernessFirstAid@amc-ny.org

AMC Members Get Discounts! In addition to discounts on AMC books, lodging, workshops, and Adventure Travel, AMC members also receive discounts at local stores. Tent & Trails at 21 Park Pl. (near City Hall) will give you a 10% discount with proof of AMC membership. And, of course, there's the popular biannual Club Day at EMS, with 20% off.

Free AMC Life Membership. If you are age 70+ AND have been an AMC member for 25 consecutive years (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.



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***Thanks for reading
Trails & Waves Online!***

Spring at Mohican Outdoor Center

What better way to enjoy Spring but with a visit to AMC's Mohican Outdoor Center in the scenic Delaware Water Gap? Here are just some of the upcoming volunteer-led special weekends and mid-week trips; to sign up or learn more, go to www.amc-ny.org and search activities using the keyword "Mohican." See you at Mohican!

Rails-To-Trails Hiking Getaway (Fri.-Sun. April 5-7) During the hikes, leader Mason Logie will give a history of the rail lines.

Irish Dance Weekend (Fri.-Sun. April 12-14) Irish music, dance, and hiking. Noel Cotter will teach Irish set and ceili dancing with Gina Carmody and Dan Hunt leading us in music and song. Bring your dancing shoes, instruments and hiking boots.

Map and Compass (Fri.-Sun. April 19-21) Build confidence as you experience real life off-trail navigation and triangulation in indoor and outdoor exercises. Learn to deal with obstacles, interpret terrain, and estimate distances. Leader Mark Kern.

Yoga and Hiking Midweek (Tues.-Thurs. April 23-25) Yoga, meditation, and hiking in the natural beauty of Mohican. Energize the body and calm the mind with breath walking, gong meditation, writing meditation and laughter, and maybe a chilly spring dip in the lake. All levels of hiking and yoga participants welcome.

Spring Outdoor Adventure (Fri.-Sun. April 26-28) Hiking and/or biking on a variety of trails in the beautiful Delaware Water Gap. Enjoy the beauty of Catfish Pond by kayak/canoe or take a dip. Take a trip to the Lakota Wolf Preserve, or relax on the boathouse deck.

Wilderness First Aid (Fri.-Sun. May 3-5) This course will teach you how to deal with common medical incidents and accidents that occur in the backcountry. It stresses safety, preparation, crisis avoidance, and the treatment of common problems.

Mohican Sampler Midweek (Tues.-Thurs. May 21-23) If you haven't stayed at Mohican, this is a great chance to experience it. Join Rick and Allison Hudson for this three-day sleep over with guided hikes and canoeing, kayaking, sightseeing, or just plain relaxing.

Young Adults Adventure Weekend (Fri.-Sun. May 31-June 2) Join us for a fun weekend. Enjoy the beautiful scenery while hiking, paddling and exploring the surrounding areas. Leader Morgan Masterson.

Digital Outdoor Photography Intro (Fri.-Sun. May 31-June 2) Composition, Photoshop, etc. Leader Lorraine Abate.