



# Trails & Waves

News from the New York – North Jersey Chapter of the Appalachian Mountain Club  
Volume 35, Issue 3 ♦ Fall 2013



NY-NoJ Hikers on Mt. Jackson in the White Mountains

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## July 4th Chapter Trip to the Highland Center, NH By Ingrid Strauch

Over July 4th weekend, some 25 NY-NoJ Chapter members (and a few guests) ventured forth to the AMC's Highland Center at Crawford Notch in New Hampshire's White Mountains for three days of hiking, relaxing, and camaraderie. The trip was the brainchild of the Chapter's Executive Committee, and it was organized largely by Activities Chair Christine Benton, who not only arranged carpools, sent out instructions and packing lists, and led three hikes during the trip, but also presented her tried-and-true lightweight backpacking seminar one evening. Hike leaders Ingrid Strauch and Barry Skura also signed on to lead hikes. When Barry had to unexpectedly bow out; early registrant and longtime hike leader Pete Konopi graciously volunteered to lead Barry's hikes.

In spite of the hot, humid weather that followed the group to New Hampshire, we had a good time, as you can see in comments from some of the participants:

**Manju Shareef** reported that "...the leaders were all very flexible and accommodating to our motley group of hikers with varying levels of expertise...the views were spectacular, and my fellow AMC hikers were awesome. I'm glad I went. I'm back in the city, refreshed from a wonderful trip, and looking forward to the next one!" **Charles Liston** said, "I enjoyed the hiking and loved the night sky...and meeting new people – everyone was so friendly. Hope we can do it again!" **Shu Chin Li** summed it up: "I had a truly enjoyable hiking trip in the Whites. Our leaders warned us about hazards, extended a helping hand, and uplifted our timid hearts. Down in the valley at the Highland Center we were rejuvenated like seventeen-year-olds."

(continued on page 3)

## The Perfect Hike and Meeting Pete Seeger By David Lamb

On the June 22 “Breakneck to Beacon” hike led by AMC leader Tim Burrows, the signs were all leading to a real nice day: we took the later Breakneck train, avoided the face of Breakneck, and planned to end the hike in the lovely town of Beacon, with its many restaurants and galleries. Along the way, I was telling another hiker, Soomie, about the old Cog Railway and Casino that was once on Beacon Mountain, and about Pete Seeger, the well-known folk singer and environmental activist who lives in Beacon. I recall telling Soomie that it would be nice (but highly unlikely) if we saw Pete in Beacon after the hike.

As we neared the Beacon Tower, I met a hiking friend, Genie, coming from that direction. Genie told us that a celebration was about to take place on Mt. Beacon commemorating the restoration of the fire tower atop the mountain. When we got to the tower, we encountered local volunteers from the Mt. Beacon Fire Tower Restoration Committee, local politicians, and members of the NY Army National Guard there for the celebration. One person



immediately told me that Pete Seeger was on top of the tower! I overcame my trepidations about climbing the 60-foot tower and to my disbelief, I saw Pete on top. I said hello, and on my way down I shouted to Soomie and some others from the group that Pete Seeger was on top (they naturally thought I was joking). A small group of us went up again, took a few pictures, and got to hear Pete reminisce knowledgeably for a long time about the history of the area and people who lived there. Multiple members of the press and film crews also climbed the tower to speak with Pete.

Finally, right before the ceremony began, Pete walked down unassisted from the tower – not bad for a 94-year old (he was accompanied, of course, by EMS personnel). There were speeches, barking dogs and a bit of singing as well. It was a beautiful, sunny day; a wonderful hike; and I finally had the unexpected opportunity to meet one of my favorite folk singers and an American legend on top of a fire tower.

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*Trails & Waves*

Nancy Tollefson, Editor

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**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.

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## July 4th Chapter Trip to the Highland Center (continued from page 1)



*A hiker enjoys the view on a balmy July day in the White Mountains*

A few participants logged personal “firsts” during the trip. **Enmanuel Diaz**, for example, made a first, solo hike up Mt. Washington as part of his training for a planned ascent of Mt. Whitney later this year. **Shu Ping Wong** finally got to Lakes of the Clouds hut, a long-desired destination. And **Carol Pamm** summited her first New Hampshire 4,000-footer when she joined the group hiking up Mt. Monroe. Although Carol later said she felt shaky and unsure at the start of the hike up the Ammonoosuc Ravine Trail, and “in a mild state of shock” at Lakes of the Clouds hut, she nonetheless decided to push on to the summit, where she reported that “Hiking along the ridge was lovely – I felt like I was in the Himalayas.”

Even veteran hikers like **Judith Murphy** felt the magic of the mountains: “When I returned to my normal life the day after the Chapter trip to the White Mountains, I found myself wondering what was more magical... Watching the way 25 people bonded over the course of the weekend? Seeing a new hiker successfully choose her own path to ford a stream? Or viewing a landscape I had never before envisioned? The trail from Mt. Jackson to Mizpah Spring hut is a basically flat interlude hovering a few hundred feet below timberline. Amidst the stunted firs, we traversed a breathtakingly beautiful boggy meadow dotted with clumps of grasses, each waving fluffy white flowers. Thank you to the trail maintainers for the wooden planks that enabled us to easily walk through this spot.”

In addition to hiking, there were a couple of special activities that bear mentioning. One was the astronomy lecture presented at the Highland Center by Douglas Arion, Professor of Physics and Astronomy at Carthage College. He told us about the relative size of our galaxy (pretty small) and the relative impact of light pollution (pretty bad). Several Carthage College astronomy students were also on hand most evenings and some mornings with high-powered telescopes, so Highland Center visitors could view sunspots, stars and planets. Another activity, and certainly the winner for provoking the most guffaws, was the nighttime Moose Tour (not sponsored by the Highland Center), which came with a 96% guarantee of seeing a moose. Indeed, one was seen (possibly twice, although the tour operator felt sure the second sighting was a second moose). In between moose sightings, the tour operator/bus driver “entertained” the crowd with a strobe light that flashed stars on the inside of the bus and a song composed just for this occasion, *Hey, Mr. Moose*.

Are YOU interested in participating in a longer trip like this one, sponsored by the NY-NoJ Chapter? Are you interested in helping to plan such a trip or to lead hikes (or other activities) for such a trip? If so, please email Activities Chair Christine Benton at [cbentonhiker@yahoo.com](mailto:cbentonhiker@yahoo.com).



*Dave and Naomi Sutter*

Photo by Ted Sendler

## **Dave Sutter, Impresario of Hiking** By Cynthia Tollo Falls

Impresario of hiking, maestro of vanished routes Dave Sutter turned 85 this year and celebrated on the trails. Dave, along with wife Naomi, 80, and about 30 hikers ascended Dunderberg Mountain in the ice and snow via the lost route of the unfinished spiral railroad to the famous Myles view over the Hudson. The day also included a trip to taste the special water at Stalter Springs, the story of Valley of the Pantries, an airplane wreck, and was capped off by hiking up the imposing looking Escalator, a personal favorite. You won't be familiar with any of these places unless you've been around more than a few decades (or are one of the Sutter's hiking regulars). Dave and Naomi have been hiking close to 50 years and theirs is a relationship firmly tied to the outdoors. Anyone who has not been on one of their hikes is missing out on the people that make this club special.

Naomi tells me they first met when she was sixteen (and, she admits, a bit boy crazy). At Brighton Beach she met Dave, who had been stood up by another girl. They both were smitten. He asked for her number, Nightingale 1178, which he wrote in lipstick on his arm. They've been together ever since.

Dave and Naomi started hiking together in about 1965 – as is usually the case, Naomi was the instigator and Dave went along. Their friend Clare Federbus had been planning to take Dave, Naomi and their son John to the Museum of Natural History, but then suggested a hike instead. That first hike, with the Union County Hiking Club, was about six miles, mostly flat, and then wandered through an antiques shopping area near Netcong, NJ. During the hike they met another AMC legend, Dick Wolff, who suggested a climb up Allamuchy Mt. that Naomi skipped but Dave and John went and loved it. Naomi also thought the hike was great: nice and flat with shopping to boot!

As the first outing went so well they decided to try it again. This time, the trip was to Schunemunk Mountain for a five mile hike. Being the newbies they were, the family showed up wearing penny loafers! Dave and John had a blast, but Naomi went up the first hill and that was it. She sat down and cried, thinking she was never going to get up the second ridge. Dick Wolff came to the rescue again: holding her hand, Dick walked Naomi off the mountain all the while telling her about his own life. Naomi was ready to quit with hiking, but Dave and John would have none of that. John, who soon started hiking with the NY Ramblers, brought them both out for more.

Dave quickly got involved in leading, starting at first as a substitute. His talents were quickly sought out by the AMC. At the time, our club required new members to be sponsored by three current members. Based on strong recommendations from Hiking Chair Charlie Saunders and leader Dick Wolff, Dave and Naomi breezed in. (continued)

Dave, who absolutely adores hiking, used to wander around Garret Mountain in North Haledon, NJ. One day when out and about during a snow storm he was approached by a man who appeared to have only one tooth. Dave was slightly concerned. When the man came up to him, Dave told him he was following an old Hoeferlin map with hand-drawn trails. The man then introduced himself: he was none other than Mr. Hoeferlin, who first mapped out all our great local parks.

Eventually Dave was approached by Bill Myles, who was writing a book on the history of Harriman State Park and wanted a partner to help him walk and find all the routes on the Hoeferlin maps. Many of these routes were not on established trails and were quickly vanishing or becoming overgrown. They indeed did walk all those routes and *Harriman Trails: A Guide and History* – published by the NY-NJ Trail Conference and now in its third edition – is well used by many AMC leaders (in addition to history, it includes specific trail descriptions and mileages). Dave still follows those Hoeferlin maps and loves to get his hikers good and lost if they try and follow along with the current maps.

When Dave retired from his career as a research chemist in 1988 (he participated in research leading to the development of oral contraceptive pills), he became South Harriman trails supervisor. He served on the New York-New Jersey Trail Conference for ten years. Naomi was also an active maintainer for the Poached Egg trail during that same period. The trail had been heavily vandalized by a phantom who regularly blacked out all the blazes. It was done so often that the regular maintainers relinquished the trail. When Naomi realized the problem, she took cat food can lids and painted them white, with a dab of yellow serving as the yolk. In order to foil the vandalizer, the Sutters along with some other hikers carried a ladder all the way to the trail at Pine Meadow Lake and affixed the blazes high. That night the phantom called Dave and said, "You win."

Naomi recalls that when she turned 65, Dave asked her what her goal would be now that she was no longer working. She wanted to hike all the Catskills peaks over 3,500 feet. Once they accomplished that goal, the next goal quickly became to do all those peaks in winter. AMC hike leader Irene Logan, their gear guru, set them straight on what was needed for winter hiking in the Catskills. Irene remembers Naomi calling her after she and Dave successfully climbed each Catskill peak, and how proud they were to be able to summit the peaks. Naomi and Dave were very excited about the Catskills: it was as if a whole new world had been opened up to them.

Dave, with Naomi as sweep, has long led hikes every other weekend (mostly in winter), including the Chapter's traditional New Year's Day hike putting the first footprints of the year in the snow. They do these hikes in all sorts of weather and winter conditions, always dressed in their wool pants and sweaters – as Dick and Irene taught them many years ago. Jack and Judy Kossover will never forget the Sutter's 50<sup>th</sup> wedding anniversary, celebrated with club members at Perkins Tower on Bear Mountain. Dave and Naomi's hikes always bring stories and surprises, as they share their vast knowledge and love of the trails. During the summer months, they love to spend time on their sailboat, including racing on Greenwood Lake.

The end of the hike with Dave and Naomi is never the end of the day. There is always a little celebration when everyone makes it back to the parking lot. Manfred Janowski, Dave's co-leader on many of his hikes, sets up a parking lot party with rum cake, coffee served in real cups, and other snacks. People linger as the light fades.

## **"SO YA WANNA BE A BACKPACK LEADER" TRAINING SEMINAR**

**Saturday, November 9, at Sterling Forest**

Being an AMC NY-NoJ Chapter Backpack Leader is a great way to volunteer and get to know a great bunch of new people! Our diverse schedule has trips at all difficulty levels and in a wide variety of locales, from nearby Harriman State Park to the White Mountains of New Hampshire.

Meet current AMC leaders and find out what it takes to make a trip successful. In this day-long seminar, we'll cover leadership styles and skills, trip planning, participant screening, group management, incident management, Leave No Trace, and leader liability. Held at Sterling Forest Visitors Center; public transit accessible (Trans. 1D, bus to Rt. 17A).





Photo by Thomas Mulligan

*Practicing new skills on the water*

## AMC Whitewater School By Thomas Mulligan

In late May of 2013 I was lucky enough to get schooled in the finer points of whitewater kayaking. The AMC takes care of its own, and it's apparent in the care and attention given to members and non-members alike when they participate in training sessions for on-water activity.

We arrived at the AMC barn to get equipped for the 2½ day course. [The barn, in Pomona, NY, is where the Canoe & Kayak Committee stores its boats and other equipment, which participants rent for a modest fee.] We spent time pulling out kayaks and trying them on for size; getting the proper fit is essential for not only feeling comfortable but also for proper boat control. The aim is to get the thighs and hips in contact with the boat so that movements there translate into the movements required to keep the kayak upright and under operator control when underway. Our lead instructor, Butch Futrell, was more than willing to pull every boat out of the barn to ensure that we were happy with our selections. We then went through the selection process again for our helmets, spray skirts, personal flotation devices and paddles. Once outfitted, we loaded our boats onto our cars and charged on to High Point State Park, near Port Jervis, NY.

The state park has a group cabin that can comfortably fit 30 people and has a full kitchen, bunk beds, hot showers and flush toilets. Outside, it's equipped with a fire ring, barbecue and picnic table. All you need is for the weather to cooperate!

Our instruction began Friday evening with introductions and a description of what to expect over the weekend. On Saturday we practiced on a calm pond, learning basic boat control, how to perform a wet exit, what different paddle strokes will do to control boat movement, and how to rescue each other with so called T-rescues and the "Hand of God" technique. Saturday evening allowed us time to rest – and party – and get ready for Sunday on the Delaware River. We were fortunate to have excellent weather. Whereas the previous week had 50-degree rainy weather, our weekend was 85 degrees and full-on sun. You couldn't wish for better.

On Sunday, after a final instruction session on kayaker hand and paddle signals, we hit the water and learned when and how to use the paddle strokes we had learned the day before on the lake. We also were told to travel feet first on our back going down the river should we become separated from the kayak. The river was moving and backward strokes would hold our position. Large rocks and river features would provide shore sections of the river where we could rest in an eddy, and we learned, and used, techniques to enter and exit these eddies. There is quite a thrill in angling your kayak the right way to make the water flow under your kayak, and with the right paddle stroke, bomb the kayak into an eddy with flair and grace. What's even better is the peel out: ramping up your paddling speed and angling the kayak just right into the

zone between eddy and current, and having the current take your boat, turn it, and shoot it downriver into the current. It's a rush...both mentally and physically.

Then you come to a standing wave where the water foams above the surface of some underwater obstruction. You position your boat on top of the wave, face forward into the incoming current, and begin to paddle to hold your position on top of the wave – way cool.

What's even cooler is the fact that 24 hours ago you never even knew that these techniques were relatively easy to master, and that your instructor and helpers are there ready to pull you out of danger should things get out of hand. The novice mistake is to stop paddling when you feel the kayak losing balance and giving up the fight too early. Your chances of staying upright are greatly enhanced if you stay loose: moving your body, snapping your hips, leaning your torso to influence, cajole, and seduce the kayak to stay upright – but whatever you do, whatever your technique, paddle on, and paddle hard, dude.

I lost it twice, went over, wet-exited, lost a water shoe, and loved it! The instructor and helpers were vigilant, quick and competent in making sure that we were able to reassemble and resume our trip with minimal disruption. I look forward to another couple of rounds on this roller coaster and hope to eliminate the roller and enjoy the coaster. Thanks to Butch, Carin and Tim for providing the instruction, feedback and support to make this an exceptional weekend.



***Christine Benton, hike and backpack leader, demonstrates a great tent on her "Lightweight Backpacking Seminar Hike" in Harriman State Park***



# FROM MARRAKESH TO MARFA: The World's at Your Feet with AMC Adventure Travel

By Melanie Simmerman

Exploring Morocco's famed Marrakesh markets; hiking in the southwestern desert to photograph and sketch Rimrock country near Sedona, AZ; hut to hut on New Zealand's famed Milford Track; backpacking remote backcountry in West Texas' Big Bend National Park...sound exciting, but you don't want to face all those hours of research and planning, and you'd like some interesting travel companions? It's all easy as pie through AMC's Adventure Travel. Each year, for over 30 years, the AMC offers a wide array of unique trips to fantastic locations near and far, planned and led by experienced volunteer AMC leaders. AMC Adventure Travel offers both members and leaders a chance to go farther afield and for longer periods of time – all at reasonable prices.



*Rio Grande River, Big Bend National Park*

Adventure Travel leaders include our own NY-NoJ Chapter leaders: Barry and Kathy Skura, and two newbies, Robert Matson and yours truly. We've all been leading Chapter trips, and as it happens, we are all backpackers! Barry and Kathy have already co-led a trip and put their special stamp on Adventure Travel with a mix of hiking and art in the beautiful desert clime of Sedona, AZ. Barry provided the hiking expertise, while Kathy, a professional artist, led the participants on artistic sojourns in this very mystical country. Barry's next Adventure Travel trip is as co-leader on a trip to New Zealand's Milford Track in February 2014.

My first Adventure Travel trip, as a co-leader, will be to Big Bend National Park in west Texas in February 2014; we'll explore the art outpost, Marfa, on the way to the park. It's a combo hiking and backpack trip where we'll explore the remote backcountry of the park's unique ecosystems. But, not all trips are hiking related. Robert Matson will co-lead a biking tour of Prince Edward Island in late June 2014. Hey, where do I sign up? But enough about the leaders! What do AMC Adventure Travel participants say?



**Betty Wagoner**, an AMC member and artist who lives in Indianapolis, went on the Sedona trip. She loves doing art outdoors and what she sees translates into her work – she's a talented watercolorist. She had been trying to get a group of people together, but they either wanted to paint or hike, but not both! So, the Adventure Travel Sedona trip was perfect for her. Betty says she was drawn to the unusual landforms, ruins, and rock art of the Southwest: "For me, the best part of the trip was the visit to the ancient Indian ruins situated in remarkable scenery." She has been using these images in her art work since returning home.

**Pictographs at Palatki Cliff Dwellings, Coconino Nat'l Forest, AZ**  
Photo by Betty Wagoner



**Stuart Kurtz**, a NY-NoJ Chapter hike leader, chose a truly exotic trip: hiking and exploring Morocco. He'd always wanted to travel to Africa and this was his chance. Stuart was very pleased with the trip (the first AMC trip to that area): "The leaders did a great job organizing the trip, and the outfitters were great. We had a team of mules carrying all the gear, so we only had to carry day packs." This trip involved 7 days of trekking, including climbing Morocco's highest peak at 13,000 feet. For a dramatic contrast, the group also visited the seacoast and, of course, Marrakesh. Stuart said, "The Berber people in the mountains couldn't have been more welcoming and friendly. This trip was a great way to get to know another culture."



***Stuart Kurtz in the Atlas Mountains of Morocco***

There are some great trips coming up this year and in 2014: the Adventure Travel Committee already has scores of trips in the pipeline, including exciting locales such as Machu Picchu, Death Valley, Tuscany, Yosemite, and New Zealand, to name just a few.

Check out the offerings by going to [www.outdoors.org](http://www.outdoors.org) (click on "GET OUTDOORS," then "Adult Programs," and "AMC Adventure Travel") or see the latest *AMC Outdoors* magazine. The whole world is waiting!

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## **So Much Going On at Mohican This Fall!**

Located near the Appalachian Trail in the Delaware Water Gap, just 90 minutes from NYC, AMC's Mohican Outdoor Center is a great place to hike, paddle, take a workshop, bring the kids, and meet others who enjoy the outdoors. Here are just a few of the many programs coming up:

<b>August 23-25</b>	<b>Yoga and Hiking Weekend Getaway (Shuttle available from Manhattan)</b>
<b>September 6-8</b>	<b>Basic Canoe Instruction (Shuttle available from Manhattan)</b>
<b>September 13-15</b>	<b>Wilderness First Aid (Shuttle available from Manhattan)</b>
<b>September 17-19</b>	<b>Fall Hawk Watch Midweek Getaway</b>
<b>September 24-26</b>	<b>Apple Festival Midweek Getaway</b>
<b>September 27-29</b>	<b>Three different programs: Family Adventure Getaway, Intro to Digital Outdoor Photography, and Rock Climbing for Beginners</b>
<b>October 4-6</b>	<b>Work and Play Weekend</b>
<b>October 11-13</b>	<b>Hiking and Music Getaway</b>
<b>October 16-18</b>	<b>Fall Foliage Tour Midweek Getaway</b>
<b>October 18-20</b>	<b>Irish Dance weekend</b>
<b>October 25-27</b>	<b>Sketching Tour Weekend Getaway and Map &amp; Compass Workshop</b>
<b>November 1-3</b>	<b>New Members Weekend</b>
<b>November 15-17</b>	<b>Yoga and Hiking Weekend Getaway</b>

Whatever your interest, you can probably find it at Mohican. Come on out and enjoy Mohican, the AMC's 'close-to-home' destination! To learn more about Mohican Outdoor Center and see the full schedule of upcoming programs, go to [www.outdoors.org/lodging/mohican](http://www.outdoors.org/lodging/mohican) or call AMC Reservations at 603-466-2727 (Mon.-Sat., 9-5).

## Leaping into the Grand Canyon

By Yelena Udler

The only time I'd ever seen the Grand Canyon was flying over it on the way to Las Vegas or San Francisco. It always seemed like a mess of jagged reddish-orange peaks, and I could never understand why the passenger sitting next to me would inevitably lean over, stare far into its depths, and quietly sigh in wonder. Sure, I'd heard about the glass skywalk, Havasupai waterfalls, Phantom Ranch and the mule trips, but I had no idea what the Canyon was actually like. So I jumped at the chance to join a friend and his group on a backpacking trip in the Canyon in early June.

The five of us planned to hike a lollipop loop from North Rim's Bill Hall Trailhead all the way down to the Colorado River, then loop back up via Deer Creek Falls and head out the same way. The total trip was five days and 27 miles, with 5,000 ft. descent to the bottom of the Canyon. To prepare for the trip, we found trip reports on the Internet so we'd know what kind of terrain to expect, how to break up the mileage by days, and where our water sources would be. We counted out the number of meals and snacks we'd need and researched the weather. Once all the details were set, we left a copy of the itinerary with a friend, so she could sound the alarm in case anything happened to us.

We arrived at the trailhead (elevation 7,000 ft.) by way of a long drive from the Las Vegas airport, via Utah, and a dirt road a few miles outside Kanab. The wind howled all night as we huddled in our tents, mentally counting all the little extras we could toss out of our packs to reduce weight for the trip. The next morning, we took an obligatory group shot before heading out: huddling in puffy jackets in the near darkness of early morning (5:30am!), we smiled through chattering teeth. The trail was a narrow, gently descending ribbon, slowly zigzagging down the side of the Canyon. Underfoot, conditions changed from reddish soil to white sand to small rocks (the latter requiring care not to slip). On one side was the steep slab wall of the Canyon; on the other a drop down. From the rim where we started, we were only able to see 1000 ft. into the Canyon. As we descended, the view beneath us kept opening up, and the rim quickly receded from sight. After an hour, we could no longer see our starting point. The sun was starting to rise, but our portion of the trail was still in the shade. As the sun rose higher, we could discern various reddish, pinkish and yellowish hues in the rocks around us, as well as the muted dark green of small bushes and cacti waiting down below.

Continuing the descent, we reached a section called the Esplanade – it felt like we had stepped onto a different planet. The terrain was flat and rocky, with round indents in the surface like mini craters on Mars and large mushroom-like pillars of rock resembling UFO's. Occasional giant boulders offered much-needed shade. The first junction was here (also the only trail sign we'd see the entire trip), and we stashed a few gallons of water for our return trek. Soon after leaving the Esplanade we caught our first glimpse of the Colorado River in the far-off distance – a brown, muddy strip. Descending further, we spotted a cluster of bright greenery off in the distance. This was our next stop, Thunder River Falls. The falls were beautiful, bursting forth from a seemingly random spot in the rocks and cascading 40 feet down towards us. It created a wonderful oasis from the heat. When the sun began to set, we hiked another mile to the first campsite at Upper Tapeats, a small, sandy area close to the river. We set up tents and had dinner by the stream, watching the fading sunset. Dusk brought out pesky gnats, lizards and mice (we didn't encounter anything larger throughout the trip). Our food supply had to be hung on a tree overnight so as not to provide food for the critters.

The next day we followed the trail downriver, snaking along the cliff side trail. We had tarried at the campsite in the morning, opting for a leisurely breakfast, and thus had a slow, grueling slog among the cacti during the hottest time of day.





Toward late afternoon, after a long much-needed cooling off by the stream, we arrived at the Lower Tapeats campground, sandy dunes on the shores of the Colorado River. Up close, the river looked much more inviting; the fading sunshine glistened off the crests of the waves. We set up camp, tied up the food, and fell asleep listening to music from across the river, where a rafting platoon was parked.

We had learned our lesson from hiking in the heat, so we got a 4am start on our third day and spent the morning hiking in the shade of the cliffs, following the wide expanse of the Colorado. Our destination that day was a campground only half a mile from Deer Creek Falls, where we stopped several hours. It was a beautiful area, with a small stream flowing swiftly down through a narrow slot canyon below us. At the top, there were plenty of spots to sit and relax in the shade and play in the water. This was a popular day hike destination for rafting groups coming down the Colorado, and we saw several of them. In the evening, the Deer Creek campsite provided a good resting spot, but we were up super early the next morning and didn't even explore the surroundings.

The next day's adventure consisted of only about 6 miles, with two steep ascents and the rest a flat extra-terrestrial landscape of the Esplanade section. The difficult part was leaving the water behind. Deer Creek, where we had camped, was our last water source until we left the Canyon, and we still had one night and 10 miles, with 4,000 ft. elevation, to go. We packed as much water as we could, and crossed our fingers that the water cache we'd left on the first day would be waiting for us. Since we'd gotten such an early start (yet another 4am wakeup!), we finished the hike pretty early and took a much needed long rest under a big rock overhang. If we had really wanted to, we could have hiked out the remaining 4 miles and 2,000 ft. the same day, but that would have meant missing the sunset in the Canyon – the first time we were in a big open area, with the vastness of the Canyon extending for miles in every direction.

In the coolness of dusk we walked the remaining mile to our water stash and were overjoyed to find it as we had left it. Setting up camp, and firing up the stoves for dinner, we watched the sunlight fade to dusky reds and oranges, all the time casting beautiful shadows on the surrounding cliff walls. When the stars came out Orion was brightly outlined against the backdrop of the Milky Way. The stars were spectacular – and now that we were on an edge of the Canyon we could enjoy the entire expanse of the night sky. Truly, it was the best way to end an epic trip. The next morning we were up at 5am and knocked out the remaining 4 miles as the moon faded away and the sun took its place, brightly illuminating the Canyon behind us. We were back at the car before 10am, and headed out to a diner for some much deserved breakfast.

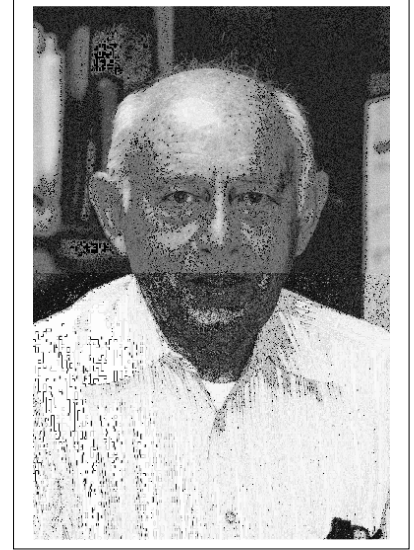
The trip showed me a side of the Canyon I'd never imagined. I always pictured it teeming with people, and with tchotchkes sold at every turn. Instead, our hike from the North Rim was very remote (if we had gotten into any trouble, we would've had a heck of a time finding help). Besides the rafting groups doing day hikes near Deer Creek Falls, we saw only a few small groups of hikers the entire trip and shared our campsite with others once. Temperatures were cool at night (mid-60's), but scorching during the day. This could have been a difficult trip due to the heat and limited water, but our group did a good job of planning beforehand. I would highly recommend this trip to anyone who has never been to the Grand Canyon; and if you've only visited the tourist-filled South Rim, you'll find this route offers a completely different, and wonderful, experience.



## Remembering Julius Bede (1927-2013) By Jack Reilly, Archives Committee Chair

Location: a street corner in Budapest, November 1956. A young Hungarian Air Force pilot is manning a machine gun position when a Soviet T-10 tank turns the corner, rotating its turret and gun directly at Julius Bede. Discretion being the better part of valor, Julius, together with his wife Kathryn, left for the Austrian border soon afterwards. They crossed the border the night before it was closed, and journeyed to America, settling in Hasbrouck Heights, New Jersey.

In 1964, Julius entered the Graduate Engineering Program at Columbia University, earning the D.Sc. (Doctor of Science) in 1972. There he may have come in contact with the NY Chapter and its Mountaineering Committee, perhaps through Don Wallace, a fellow Columbia grad student. To many of the Appie climbers of that era, such as Steve Schofield, "Uncle Julius" became a wonderful mentor, an integral part of the Appie mountaineering scene; there are a whole bunch of climbers who owe him a great debt for what he taught them." Until the 1980's Julius was an active participant in a number of AMC mountaineering expeditions, such as Mt. McKinley in 1969, the North Cascades, the Tetons, the Northern Selkirk's in British Columbia, and Chapel Pond in 1969, participating in the legendary ice climbing seminar where Yvon Chouinard and Jim McCarthy introduced front pointing and the drooped ice axe and hammer with teeth to eastern climbers. Julius's best climb, according to Bob Hall, was the first ascent of the Nester Ridge on Mt. Austerly in the Selkirk's, completing the tragic 1978 attempt where his partner, Ed Nester, fell to his death in a rappel failure and Julius was stranded on a ledge for several days. [See AMC's *Appalachia* journal: "Climbing the Nester Ridge" by Julius Bede (Dec. 1979).]



During those years, Julius was quite active in the Chapter, serving on a number of committees and as Chapter Chair from 1980 to 1982, and helping to draft the Master Plan for the Adirondacks. Jack Driller, who followed Julius as Chair, remembers him as a technical rock climber, a very generous person, and an excellent cook (known especially for his "fried garlic and tomatoes" and "kidneys in mustard sauce"). Julius went on to serve as Mountaineering Committee Chair from 1985 to 1987. Julius's professional career was with Curtis Wright, Exxon, and Bell Labs; in 'retirement' he was an Associate Professor in Math and Computer Science at DeSales University in Lehigh County, Pennsylvania. Julius passed away on March 17 at his home in Easton, Pennsylvania.

### Special Upcoming Events

**Tour Central Park's North Woods on November 9 – First Joint Outing of AMC and Central Park Conservancy.** The Central Park Conservancy (CPC) and the AMC are partnering for the first time on an exciting program. AMC NY-NoJ Conservation Chair Sara Hart and a member of the CPC will be giving a tour of the North Woods in Central Park on Saturday, November 9. Registration will be required, and it will be open to AMC and CPC members free of charge. Follow the NY-NoJ Chapter Facebook page at [www.facebook.com/amcnynoj](http://www.facebook.com/amcnynoj) to be the first to find out when registration opens. You may also email Sara at [conservation@amc-ny.org](mailto:conservation@amc-ny.org). Stay tuned for future AMC and CPC collaborative programs!

**AMC Thanksgiving Hikes & Dinner at Bear Mountain.** On Thanksgiving Day, November 28, we will again be back at the Bear Mountain Inn, where we will have our own private dining room. There will be a choice of four hike levels, all-weather, from very easy to moderately hard, beginning at 10:30 from the Inn. After the hikes, enjoy a buffet-style dinner with all the trimmings. Come and celebrate the holiday with your AMC friends, new and old. See below for event details.

Registration for dinner required by 11/14 (event fills early). No need to register if you are not having dinner. Nonmembers are welcome. \$40 includes tip (\$20 for children up to age 12). Full refund if your cancellation is received by 11/14. No refunds after 11/14. A detailed email/flyer will be sent to registrants a week before dinner. Trans. 4F. To register: send name(s), address, email address, phone, transportation situation, and a check for \$40 per person (\$20 for children) payable to Robert Susser. If no email, enclose a self-addressed stamped envelope. Also state if you can offer a ride (how many? from where?). If you want early confirmation of registration, email me or send me a self-addressed postcard. LR Robert Susser, 200 Riverside Dr., 5B, New York, NY 10025-7245, 212-666-4371; [rsusser@aol.com](mailto:rsusser@aol.com).



## Hut to Hut Trip in the White Mountains

Sara Hart, our Chapter's Conservation Chair, took a trip to the AMC huts with friends. Here are a few photos from their 4-day/3-night hike on the AT; they hiked from Crawford Notch (Highland Center) to Franconia Notch.



After dinner at Zealand Falls hut, Sara gave a Volunteer Naturalist talk on beavers

On the AT toward Galehead hut – Sara's talk that evening was on the red fox



Classic AMC hut dinner at Greenleaf hut

## TRAILS & WAVES CLASSIFIEDS

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**THE OLDE FARMHOUSE B&B.** Middlefield, MA. 413-623-6481; [vartioli@aol.com](mailto:vartioli@aol.com).

### CUSTOM MADE HIKING BOOTS


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

**ARTICULATE, ERUDITE OUTDOORSMAN**, 65, who relishes exploring nature (hiking, backpacking, Botany), seeks compatible woman to share 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](mailto:bobgerd@verizon.net).

### Send Your Stories and Photos to T&W

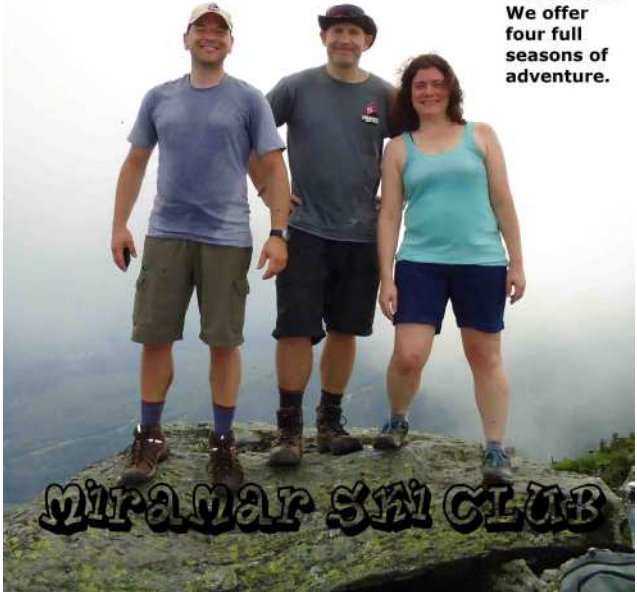
Submissions to *Trails & Waves* are welcome from all members. We also appreciate photos (high resolution color jpegs, sent as email attachments). Please email your submissions to [trailswaves@amc-ny.org](mailto:trailswaves@amc-ny.org) for consideration (see submission deadlines on page two).

**How to Request Delivery of T&W.** *Trails & Waves* comes out four times a year. Most members now read the newsletter online at [www.amc-ny.org](http://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, we'll mail you a printed copy (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 toll-free at 800-372-1758 (Mon.-Fri., 9-5) or go to [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter).**



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

## ADK Winter Mountaineering School

The Winter Mountaineering School has been helping hikers enjoy the mountains in winter for over fifty snow- and ice-filled years. Our dedicated all-volunteer group of instructors makes the Winter Mountaineering School one of the best values around. This year's program will again be based out of the ADK Loj. Check out our website for program details, gear lists, photos, and more.

Weekend Day Hiking Section: 1/31 - 2/3 (\$375)  
Weekend Backpacking Section: 1/31 - 2/3 (\$355)  
Advanced Weekend Backpacking Section: 1/31 - 2/3 (\$375)  
Combo Section (Day Hikes & 3-night Backpack): 1/31 - 2/6 (\$420)  
Four-night Backpack: 2/1 - 2/5 (\$395)  
518-523-3441

Adirondack  
**ADK**  
Mountain Club

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



# COMMITTEE NOTICES

## AMC in New York is Open for Business!

Check out the AMC's recently opened New York Program Center at 5 W. 63<sup>rd</sup> Street, located on the second floor of the West Side YMCA. The office is up and running, and ready for your call or visit. Staff there includes the following NY-NoJ Chapter and Club resources:

Mike Burke, Chapter Membership	212-986-1430
Lauren Zondag, NY Program Manager	646-292-5255
Sebastien Venuat, YOP Manager	646-292-5253
Robin Sanchez, YOP Coordinator	646-292-5254
Sean Wilson, Membership Development	646-292-5256

[Through YOP, Youth Opportunities Program, the AMC works directly with youth group leaders to provide them the skills they need to safely lead hiking, camping, and other outdoor trips with kids in their local organizations.]

Stop by with your ideas and suggestions, or just to visit – come meet the team!

**THE NOMINATING COMMITTEE** announces the following nominations for the 2014 Executive Committee of the AMC New York-North Jersey Chapter:

Chair	Eileen Yin
Vice Chair	David Brucas*
Secretary	Loretta Brady
Treasurer	Barry Wolfe**
Activities	Christine Benton***
Facilities/Services	Joe Marabello
Communications	Beth Harrison***

\*This nomination will likely be vacated because the current nominee will probably accept a new job out of the NY/NJ metropolitan area.

\*\*Nominated for a fifth and final 1-year term

\*\*\*Nominated for a second and final 1-year term

Respectfully submitted by the Nominating Committee:  
Don Getzin (Chair), David Lamb, Dorothy Lourdou,  
Richard Seibel and Barry Skura.

## Enter the 2013 AMC Photo Contest! (Deadline September 30)

This year's Grand Prize winner will receive a spot in an upcoming photography workshop and an accompanying stay at an AMC destination. Winners of the "Kids, Families, and Adults Outdoors," "Scenics and Nature," "AMC in Action," and "People's Choice" categories will receive great outdoor gear prizes. For complete rules, entry instructions, and photography tips, visit [www.outdoors.org/photocontest](http://www.outdoors.org/photocontest). Entries will be accepted until September 30 and the winners will appear in a 2014 issue of *AMC Outdoors*.

## Trails & Waves Editor Sought

The NY-NoJ Chapter is seeking a new volunteer editor for its quarterly newsletter, *Trails & Waves*. The newsletter features our members as they enjoy the outdoors together: hiking, backpacking, paddling, skiing, climbing, biking, and more. *Trails & Waves* also has information about special AMC people and events, volunteer-run committees, outdoor skills & local parks.

The volunteer editor position involves soliciting articles, copyediting pieces, page layout and photo editing. Requirements include an interest in writing and editing, and the desire to see the Chapter flourish! Editing experience, online publishing experience or familiarity with the AMC are a plus. Interested individuals should contact Beth Harrison, Executive for Communications, at [communications@amc-ny.org](mailto:communications@amc-ny.org) for more information.

## Get to Know the Young Professionals of the NY-NoJ Chapter.

So far in 2013, the AMC NY-NoJ Young Professionals/Members have biked to Brooklyn for some good beer (check out "Blessing of the Bikes" online!), hiked along the Palisades, scrambled up the rocks of Breakneck Ridge, hiked in Harriman to discover wild blueberries, and, once again, rode to Brooklyn to enjoy a social evening while our bikes were being repaired at the Red Lantern, a bike shop with a bar that serves Brooklyn brews (perfect!). We also trekked to the AMC's Cardigan Lodge in New Hampshire for the AMC Young Members Interchapter Retreat, where we met young AMC members from across the Northeast, and, of course, climbed Mount Cardigan. We have many more fun events planned. So if you're age 21 to 35, and interested in social events and outings in the outdoors, join our group at [www.facebook.com/groups/amcnycyp](http://www.facebook.com/groups/amcnycyp).

**Watch for the Great Gear Swap!** The Young Professionals/Members will be hosting a gear swap this September. Follow the AMC Facebook page for updates: [www.facebook.com/amcnynoj](http://www.facebook.com/amcnynoj).

## Represent Your Borough at AMC Social Events!

Attention AMC Members! We are looking for friendly AMC representatives from all five boroughs (plus "sixth borough" Hoboken/Jersey City) to help plan and host gatherings for members – old and new – and nonmembers in their area. Contact Lauren Zondag for details: [lzondag@outdoors.org](mailto:lzondag@outdoors.org).

**Learn about Lyme Disease.** We're still out in the woods, as are the ticks that can give you this potentially serious condition. Learn more at:

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



**Trails & Waves**  
Appalachian Mountain Club  
New York - No. Jersey Chapter  
5 West 63<sup>rd</sup> St., Suite 220

New York, NY 10023-7165  
212-986-1430  
[www.amc-ny.org](http://www.amc-ny.org)

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



Photo by Betty Wagoner  
*Barry Skura sketching on his AMC Adventure Travel trip to Sedona, AZ*

## AMC's Fall Gathering 2013

### **In the beautiful Delaware Water Gap National Recreation Area!**

Activities for everyone! Hike, bike, paddle. Lots of full and half-day trips!  
Bikes, boats and other equipment provided. Special activities for kids!  
Live music & barn dancing, campfires, hayrides!

Located in the 70,000 acre National Recreation Area, with hundreds of miles of hiking trails, abundant with waterfalls and scenic overlooks.

*Option for three days of Fall Foliage hiking based at AMC's Camp Mohican, October 16-18. Extra charge applies.*

Lodges and tenting at Speers-Eljabar YMCA camp near Dingman's Ferry, PA, with on-site lake, hiking, nature trails, climbing tower, zipline and more. All meals provided.

**October 18-20 • Hosted by the Delaware Valley Chapter**  
for registration and detailed information, visit: [AMCfall.org](http://AMCfall.org)

