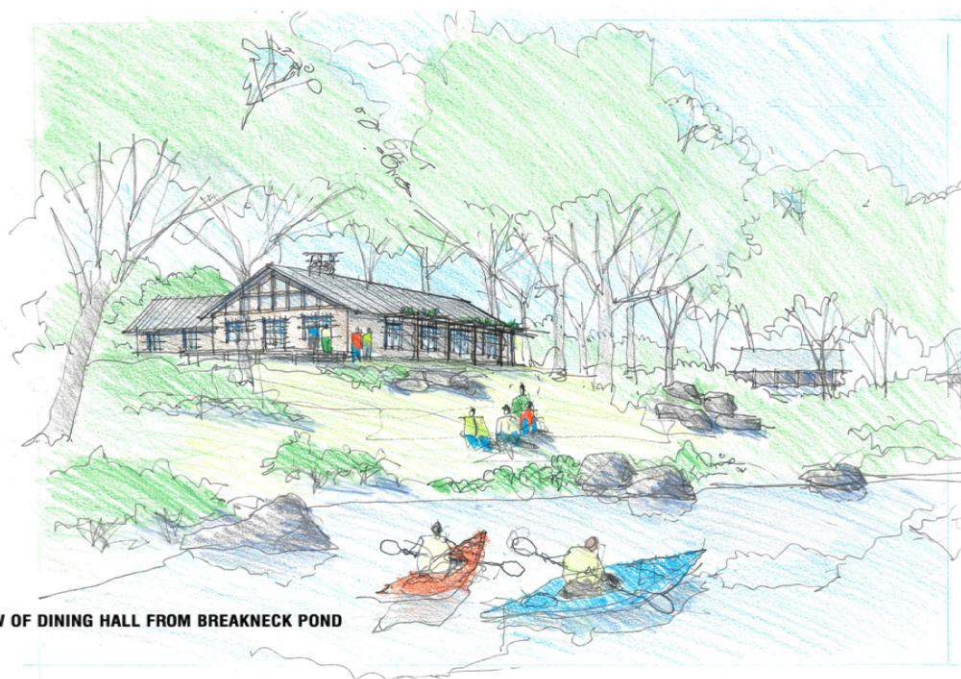




Trails & Waves

News from the New York – North Jersey Chapter of the Appalachian Mountain Club
Volume 37, Issue 1 ♦ Spring 2015

AMC is Coming to Harriman State Park!



VIEW OF DINING HALL FROM BREAKNECK POND

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IT'S OFFICIAL! - Harriman State Park, New York – The Appalachian Mountain Club (AMC) announced that it has signed an agreement with the Palisades Interstate Park Commission (PIPC) to open a new outdoor program center at Harriman State Park in summer 2016. AMC will invest more than \$1 million to renovate a former youth camp on Breakneck Pond and offer group programs. Located only 30 miles from Manhattan, AMC's program center will be ideal for close-by hiking, paddling, and camping.

See the official press release for more information: <http://www.outdoors.org/about/newsroom>

Welcome back to our beloved Trails and Waves! From the Chair



It's so exciting to again read about trips and trail building in feature articles, meet new and long-standing members through profiles, and learn about fun upcoming events, such as our first Annual Chapter Volunteer Picnic on June 6th.

This year, our chapter has energetic plans to expand our vibrant leader community, to recognize our tireless volunteers, and to bring our chapter members closer together with more activities, streamlined communication tools and an exciting new facility in Harriman.

You will get updates about these plans -- and how you can get involved! -- Through Trails and Waves, Chapter eBlasts, Yahoo listserves and our website. Just call our NY Program office (212-986-1430), where Mike or Lauren will help set you up with these tools or send out paper copies. Most importantly, Trails and Waves is all about YOU! Please keep sending in your brief articles and many photographs to: trailswaves@amc-ny.org

My heartfelt thanks to all our members who contributed, and especially to Kelly Roberts and her Communications Committee, who have brought back a dear friend of our New York-North Jersey Chapter, Trails and Waves. See you on the trails and on the water this Summer!

- Eileen Yin

**** Save the Date & Join us for our First Annual Chapter Volunteers Appreciation Picnic!**

Saturday June 6, 2015 @ 2:30pm- 5:30pm

Location: St John in the Wilderness Church in Harriman State Park, NY

St. John's Road (off Lake Welch Pkwy)

Any volunteer, or anyone thinking about volunteering, are welcome! Best of all it is free! Check the chapter website for registration or call the office: 212-986-1430

At the Chapter's Annual Dinner on at Saturday, January 10th, 2015 the following members were elected to the Executive Committee of the New York- North Jersey Chapter. Thank you to the Nominating Committee for their work in presenting this excellent slate.

Chair	Eileen Yin
Vice-Chair	Cynthia Tollo Falls
Secretary	John Kwasek
Treasurer	Vanessa Galasso
Activities	Nathan Baker
Facilities & Services	Richard Dabal
Communications	Kelly Roberts



Cynthia Tollo Falls, Vice Chair

Vicechair@amc-ny.org

I am a reformed peakbagger after completing my New England Hundred Highest. Now I like to take time to see things in the woods. Nothing pleases me more than to walk and talk about black bears. Join me on one of my hikes in Harriman and I'll show you how black bears and other make their living in the woods. When not on the trail, I work as an architect.



John Kwasek, Secretary

Secretary@amc-ny.org

I moved from the flat lands of Illinois and went on my first hike with the AMC many years ago. I remember it was Fall in the Hudson River Valley and I had never seen so many vibrant colors. I instantly fell in love with the Hudson River Valley and try to spend my time outside of NYC in the Highlands by Cold Spring. I hope to start leading hikes this summer and volunteer as much as I can at AMC events.



Vanessa Galasso, Treasurer

Treasurer@amc-ny.org

Vanessa has lived in New York almost 15 years and does what she can to get outside as much as possible. Her love of climbing has taken her to some far flung corners of the world but she's partial to the Adirondacks and the Catskills. Grateful for all the climbing partners she's found through the AMC, Vanessa wanted to give back and volunteer as the chapter's treasurer. She currently resides in Brooklyn with her family.



Nathan Baker, Activities

Activities@amc-ny.org

Nathan enjoys the outdoors through all four seasons. Hiking, Backpacking, Paddling, extreme Skiing are his primary activities. He first joined AMC to find some new places to hike and paddle. The welcoming friendly atmosphere of club trips kept him coming back. Eventually he decided he should share some of the things that he learned along the way. His excursions are not fast paced and are always beginner friendly. (We) slow down and take the time to enjoy scenery and leave “the real world” behind for a couple of hours. What keeps Nathan leading

trips is watching new hikers & paddlers as they first start out. That first summit of Breakneck ridge or your first paddle in the Meadowlands makes it all worthwhile. His ultimate outdoor goal is to find a way to enjoy a cup of coffee on the trail without adding more than 3oz to my pack.



Kelly Roberts, Communications

communications@amc-ny.org

Born and bred in Maine, since a child I've always enjoyed getting out into nature; hiking and biking to enjoy the views and breathe the fresh air. I joined AMC many years ago because of their impactful conservation efforts. First international adventure was during a trip to Israel in college, kayaking down the Jordan River. I've enjoyed climbing Mt. Sinai and exploring Patagonia among others. Locally, Kelly enjoys the views from Breakneck Mountain and biking along the Delaware Water Gap. She loves spending time with her family in Maine.



Richard Dabal, Facilities & Services

Facilities@amc-ny.org

The thing that drew me the most to this position was being part of the AMC effort to create the camp on Breckneck Pond in Harriman Park. I look forward to getting that facility ready to provide day use and eventually overnight use by the New York/North Jersey Chapter members.

As for my other activities: I bicycle (road and mountain bike), hike, backpack and most of all kayak. I paddle class one through five water and have done it for a long time and teach the WFA classes. I teach white water classes, lead trips and if you have been on those trips you have heard me give directions.

RITA COHEN HONORED AS APPIE OF THE YEAR



(As Presented by John Bradley, Chair of the Advisory Committee, at the New York- North Jersey Chapter Annual Dinner on Saturday January 10th, 2015, at the S. Dynasty Restaurant in New York City.)

“It gives me great pleasure to be able to present the Appie of the Year Award. Since 1979, the Advisory Committee of the New York – North Jersey Chapter of the Appalachian Mountain Club each year chooses the Appie of the Year. The Appie of the Year is an individual who gives selflessly of him/her self 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’s Appie as a leader for the Walks & Outings Committee, has been creating a steady stream of imaginative urban adventures for over 10 years, typically offering an average of twenty events every year. That’s a lot of leading! Our Appie’s trips take place in all the City boroughs and in nearby New Jersey as well as in more distant locals such as Princeton, NJ, and Storm King in Mountainville, NY. Our Appie’s events are as varied as their locales. Participants will find themselves outdoors in museums, parks, sculpture and botanic gardens, architecturally interesting neighborhoods, and even indoors at art galleries and exhibitions. At Christmastime, our Appie’s followers share appreciation of the holiday lights of Manhattan; that’s one of the few events that is repeated every year. Somehow, our Appie has the imagination to keep coming up with new and interesting venues for our Appie’s urban explorations.

Our Appie has been announcing one trip every month in the printed Chapter Schedule, and then adding another trip each month with short notice announcements on our short notice Yahoo site. And, the turnouts are impressive...typically attracting 15-20 participants...including a handful of 25-40 turnouts at some events every year. Our Appie’s popularity has only grown over the years, a testament to the careful preparation and lively narration that she presents to her lucky followers.

Our Appie represents the ideal of the fully engaged member, doing far more than her share of the leading and continually finding new ways to help our members enjoy the outdoors. She deserves recognition as an example to us all. It is my great pleasure and privilege to give the Appie of the Year award to Rita Cohen.”

Congratulations Rita!!

Here are email links to our
Committee Chairs:

Backpacking

backpack@amc-ny.org

Bicycling

bicycle@amc-ny.org

Canoe & Kayak

canoekayak@amc-ny.org

Climbing

climbing@amc-ny.org

Conservation

conservation@amc-ny.org

Fire Island

fireisland@amc-ny.org

Hiking

hiking@amc-ny.org

Sailing

sailing@amc-ny.org

Singles & Sociables

singles@amc-ny.org

Skiing

ski@amc-ny.org

Softball

softball@amc-ny.org

Trails (Maintenance)

trails@amc-ny.org

Wilderness First Aid

wildernessfirstaid@amc-ny.org

Young Members

youngmembers@amc-ny.org

Singles and Sociables Committee newest leader Lynn Zalokar



Lynn Zalokar (pictured right)

Lynn has been a member of the AMC since 2005 and has participated in many activities (fall and spring gatherings, weekends at the Mohican Outdoor Center and Fire Island, bike outings, day hikes, etc.). Lynn co-hosted a Slovenian heritage weekend at Mohegan Outdoor Center.

Meet AMC President John Judge for Drinks June 2, 2015 (Tues) from 6:30 pm - whenever

John will be in New York City and looking forward to hearing from you! Chat with him and your fellow AMC-ers about our strategy to grow throughout the Greater New York area and to build the Harriman Camp. Join us at The Smith (Broadway and West 63rd Street) in NYC. Space is limited, so please RSVP to: office@amc-ny.org



AMC Volunteers Appreciation Picnic in Harriman State Park June 6, 2015 (Sat) from 2:30 - 5:30 pm

Join us in **thanking** our **tremendous volunteers** with good food, good friends, and great big *bear* hugs. The venue is just a short hike from our future AMC Camp at Breakneck Pond. All trip leaders, trail maintainers, volunteers, and prospective volunteers, are welcome. The picnic is **free!** BYO camp chairs and blankets. So pass on the invite, but please RSVP:

<http://activities.outdoors.org/search/index.cfm/action/details/id/82659>



Marty Plante

The Wrong Way to Ski Wright Peak

By Martin Plante

We can't go wrong with Wright" was Ron Gonzalez's proposal for a backcountry ski destination. At seven miles round trip, a ski tour to the summit of Wright Peak is one of the shorter trips in the Adirondack High Peaks. But shorter isn't easier and, as we soon found out, things can go wrong.

Our plan would require a combination of skills: we would start by cross-country skiing on the rolling terrain of Algonquin Trail, a narrow hiking trail starting at the Adirondack Loj parking lot. When the pitch became too great, we would put climbing skins on our skis for awhile, then replace our skis with crampons for the final push to the summit. For the descent, we would ski down the newly-fallen powder on the Wright Peak Ski Trail using alpine techniques.

As we approached the top, the towering trees of the lower elevations were replaced by the dwarfs of the Krumholtz zone, where the stunted and deformed trees looked like a bonsai garden.

At tree line, we met a couple of Canadian skiers who warned us of the treacherous winds and ice-covered



Sign to Wright Peak

rocks above. Rather than hike over the top of the mountain, Ron suggested that we follow the contour around the peak, traversing between the Lilliputian trees until we intersected the ski trail on the other side.

We started to cross, but maneuvering our skis between the trees made it a slow slog. As we continued around the mountain, the soft surface morphed into a wind-packed crust. With each step, our skis punched through the hard surface to the softer snow below, while sheets of slab sheared off and slid down the slope. There were



Ron Gonzalez

more groans and moans than in a Miley Cyrus video. Ron and I knew just enough about avalanches to realize that we needed to turn around. Staying well separated, we worked our way back across the slope, listening for the whomp of impending doom. We reached the safety of the hiking trail, happy that we would not be the subjects of a television disaster show.

With the ski trail unreachable, the narrow hiking trail – generally considered unskiable – was the only way down. The graceful telemark and parallel turns through soft powder that we had envisioned would instead be replaced by snowplows and sideslips on a hardpacked trail. We survived, but boy, what a day!

Are you a skier? Keep in the loop about our chapter's cross country and backcountry ski trips. To join Ski Committee's e-mail list: ski@amc-ny.org

Benefits of being in Nature: The next step into the outdoors health is yours

By Skip Doyle

Hiking deep in the heart of Harriman last year with AMC leader, 84 year-old Dave Sutter and his endearing wife Naomi along with his entourage of two dozen AMC hikers, Dave paused the group at the intersection of the famed Long Path and Dunning Trail and loudly queried, “How many people here are octogenarians?.” With no hesitation, five hands shot to the sky. Wow, I thought to myself: what a hearty group these AMC’ers are! Subsequently, I have been collecting citations of the benefits of being outdoors; I am surprised by their number and the range of benefits.



Black Creek State Forest: a botany lesson



Old Croton Aqueduct: a bike ride through history

Shinrin-yoku, the Japanese word for hiking in nature, translates to “forest bathing.” And like a soothing bath, time in nature is healthy for our body, is peaceful for our minds, and brings rest to our souls. As Saint Ignatius’ Spiritual Exercises brought discipline to prayer, the mediations of the Spiritual Directions are an outdoor practice of bodily prayer. Central to shinrin-yoku, the Spiritual Directions, and time in nature is the outdoor use of our senses: what do you smell? what do you feel? what do you hear? what do you see? what do you taste? what do you perceive with the mind’s eye?

You might be surprised at the many benefits of being in nature.

Spending time outdoors... raises levels of Vitamin D, which helps protect us from bone problems, heart disease, and diabetes.

Being outdoors... on a bright day bright day increases serotonin levels in the brain which improves disposition

Outdoor activity...improves the cardiovascular system which lessens the incidence of heart disease. It improves distance vision and lowers the chance of nearsightedness. It also burns calories which is effective in weight control. The moderate physical stress of outdoor activities builds bone strength and delays the onset of osteoporosis.

Exposure to the outdoors...or even to outdoor scenes, measurably lowers cortisol which suppresses the immune system leading to poor health. Stress levels fall within minutes of being exposed to natural settings. Even a view of the outdoors improves health: hospital surgery patients with windows to nature recovered faster and were discharged quicker than those who did not.



Harriman State Park: Psalm Sunday hike

Outdoor exercise... has a dramatic anti-depressive effect. Aerobic exercise enhances the respiratory system improving the lives of those with breathing ailments. Outdoor exercise enhances the endocrine system which regulates mood, metabolism, and growth and it improves muscle tone. Voluntary exercise is associated with long-term improvements in mental functions and is the single best thing one can do to slow the cognitive decline that accompanies normal aging.

Physical exertion... affects the brain chemistry that provides short-term pain relief. Exposure to natural settings reduces symptoms of Attention Deficit Hyperactivity Disorder (ADHD). Children who have ample time playing outside are more creative in their play, less aggressive, and show better concentration. Students in schools with environmental education programs score higher on standardized tests in math, reading, writing, and listening. Play enhances children's emotional development, while loss of free time and a hurried lifestyle can contribute to anxiety and depression. Outdoor exercise produces endogenous opioids in the brain which makes outdoor activity feel good.

We are fortunate in this region to have nature so accessible to us. And our Appalachian Mountain Club offers a multitude of activities for all skill levels, conservation opportunities, and educational experiences.

*Henry David Thoreau
writes, "In wildness is the
preservation of the
world."*

In fact, time in nature is needed for the restoration of each person in the world. The next step into outdoors health is yours.

SCHUNEMUNK MOUNTAIN, NY

By Hope Rogers

Schunemunk Mountain, NY, only an hour and a half from Manhattan, is heaven for hikers. The highest location in Orange County, Schunemunk's crest is a 3-mile-long double ridge. Atop it, you can look north to the Shawangunk and Catskill Mountains, east to the Storm King Arts Center and Hudson River, west over rolling hills, and south to the Manhattan skyline, Oz-like on the horizon. High above the surrounding land, Schunemunk is a separate, enchanted world. Trails lead hikers over pinkish-purple puddingstone among pitch pine trees dwarfed and bent by winter winds. Glossy-leaved tupelo trees, turning brilliant red in fall, adorn the way. In spring, if you're lucky, you'll happen on vivid pink lady's slipper orchids. Unlike nearby Harriman and Bear Mountain State Parks,



Pictures of Lady's Slipper Orchid- found along the trail

Schunemunk has no large parking lots, no picnic areas, and no welcome signs—you have to know about this place to find it. So it's never crowded; some days you don't see a soul. Stretching off the mountain's north side is a spectacular piece of railroad engineering—the Moodna Viaduct, the highest and longest railroad trestle east of the Mississippi. Occasional trains thunder across the viaduct, carve their way around the base of the mountain, and disappear. Then the stunning quiet resumes. For lunch, head to the "Megaliths," a crest-topping jumble of huge boulder slabs. There you can stretch out and take in the view east over mountains to the Hudson River. Enscorced on the Megaliths, you'll know you have it so much better than those poor souls in ant-like cars on the distant thruway. You're on top of the world.



AMC Young Members Committee- North Jersey Chapter 2015 Kick-Off



AMC Young Members

AMC's New York - North Jersey Chapter's Young Members Committee kicked off 2015 with a Winter Warmer! There were about 30 Young Members who were in attendance, and they socialized and planned activities for this year. So far Young Members have hosted several hikes, climbs at local gyms and socials. They had a committee meeting a couple of weeks ago, and are planning to send a couple of the committee members to the AMC's Inter-Chapter Young Members Retreat at the Highland Center in New Hampshire.

Young Members is a group of people in their twenties and thirties, interested in social events and outdoor activities. If you are interested in participating in Young Member activities, please join the Facebook Group. If you are interested in participating in the committee, please email the Young Members Chair Lisa Williams ([t\(youngmembers@amc-ny.org\)](mailto:t(youngmembers@amc-ny.org))).

Family Outing Leadership Training

In March, there were ten AMC members who participated in the Family Outings Leadership Training, forming the AMC's New York – North Jersey Chapter Family Outings Group. In 2015, the committee is going to work on building family programs and activities in the region around New York City.

If you are interested in participating in activities or learning about ways you too can get involved in the Family Outings Group, please email Lauren Zondag (lzondag@outdoors.org).

AMC Family Leadership



Come to AMC's August Camp in Oregon's Central Cascades Mountains



August Camp Oregon's Central Cascades

Studded with volcanic peaks, mountain lakes, wildflower meadows, old lava flows and miles of hiking trails, Oregon's Central Cascades is the place to be for August Camp, which runs July 18 – August 15, 2015.

Base camp is near Santiam Pass (elevation 4,800') where the Pacific Crest Trail traverses Route 20. Major hiking destinations are in the Deschutes & Willamette National Forests & the Three Sisters, Mount Washington & Mount Jefferson Wilderness Areas.

This full service tent village accommodates 64 campers each week and offers multiple hikes each day for all levels of ability. Delicious home-cooked meals and trail lunches are provided, plus great camaraderie and nightly campfires make for a memorable experience. Round trip transportation between Camp and the Portland International Airport (PDX) and to and from daily activities is provided.

Plan your one- or two-week adventure now and be part of one of the AMC's oldest traditions. Currently there's availability in Week 1 (July 18 – July 25) and Week 4 (August 8 – August 15). Cost is \$900 for one week for AMC Members and \$950 for non-members. For further information, visit augustcamp.org for the application and camper information forms. Questions about August Camp? Contact Trish Niece, Registrar at: augcampreg1887@gmail.com



Volunteers Needed!

Calling all AMC ambassadors: WE NEED YOU! Volunteers are needed to represent the AMC at our booth at celebrations this summer. Have fun while helping to spread the word about all that AMC has to offer!

*Outdoor Fest Outdoor Expo
Location: Hostelling International,
Upper West Side
Saturday June 7, 2015
Shifts: 10am- Set up
1pm- 3:15pm Tabling
3:15p- 5:30pm Tabling
5:30pm- breakdown*

*Adventures NYC
Location: Central Park
Saturday June 20th, 2015
Shifts: 11am- 1:15pm Tabling
1:15pm- 3:30pm Tabling
3:30pm- 5:30pm Tabling*

*City of Water Day
Location: Hoboken, NJ
Saturday July 18th, 2015
Shifts: 8am- 10am Set up
10am- 1pm Tabling
1pm- 4pm Tabling
4pm- Breakdown and return
materials to AMC office*

To sign up for these

events:

Email: lzondag@outdoors.org

Coming Attractions- Mark your calendar!

Leadership Training

Want to do more than just participate in activities? The New York – North Jersey Chapter welcomes you to begin the Leadership Training processes, whether you are interested in leading hikes, backpack trips, bicycling adventures, city walks, young member activities, and more! The next Leadership Training dates are May 16 and June 13.

Summer Adventures for Teens!

Know a teenager who is looking to get outside this summer? The AMC is offering programs through Teen Wilderness Adventures and through Teen Trail Crews this summer in the New York and New Jersey area. Whether it is backpacking and rock climbing The Devil's Path & Shawangunks or fixing and maintaining trails in the Delaware Water Gap, there is a program that is just right for your teen!

Mohican Adult Base Camp Trail Crew

July 12 to 17 – Want to get out of the city and into the outdoors this summer? Join AMC's newest Volunteer Vacation in New Jersey's Delaware Water Gap National Scenic Area! Projects may include clearing drainage ditches, brushing back vegetation, hardening trails with gravel, constructing bog bridges, or building rock stairs or drainage structures. No experience is necessary. Sign up before it fills! Maybe trail work isn't your thing. No worries! Mohican offers lots of programs this summer; Women's Outdoor Skills, Dark Skies Astronomy, Yoga and Hiking, and more. For more details: <http://www.outdoors.org/lodging/lodges/mohican>

Maine Fly Fishing Workshops for 2015

Beginning anglers and experienced fly fishing enthusiasts alike can hone their skills on the water as they cast for wild and native brook trout this spring and summer in guided weekend fly fishing workshops offered by the Appalachian Mountain Club (AMC) in the Maine Woods. Press release (and more details) here:
<http://www.outdoors.org/about/newsroom/flyfishing-workshops.cfm>

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 through our Chapter, we've selected a few trail outings that we especially recommend for newer members. See the online Chapter schedule for details and more listings at: www.amc-ny.org. Explanations of hike codes (i.e. 2D8) are at www.amc-ny.org/hike_codes. Descriptions of the transportation codes (i.e. 1B) and links to maps of AMC meeting places are found at www.amc-ny.org/trans_codes. If anything is unclear, contact the leader- they'll be glad to answer your questions. See you on the trails!!

MAY

Mon. May 11. 5:30 to 7:00pm, AMC's NYC Program Center Open House

Members, former members, and prospective members are welcome at our Open Houses. Come meet an active member, find out about the benefits of AMC membership, and ask questions about any AMC activity you may be interested in. Learn how to choose the best event for you, how to prepare, and what to expect on your trip. AMC Offices @ the West Side YMCA, 5 West 63rd Street, (between Central Park West & Broadway) .

Sat. May 16. Morven Museum & Gardens, Princeton Walk 2A4(W)

Tour an 18th century Georgian home, which had been the residence of one of the signers of the Declaration of Independence and five New Jersey governors. Learn about the craft of making chairs from the 1790's to the end of the 19th century. Explore the tranquil, five-acre property including a Colonial Revival Garden. Walk along picturesque streets and ivied campus. Bring lunch. Tour fee: \$5. Limited to 20 people. Registration required. Leader Rita Cohen <http://activities.outdoors.org/search/index.cfm/action/details/id/81178>

Sat- Sun. May 16-17. Beginners' Backpack: Springtime in Harriman State Park, NY

Learn backpacking basics on a moderate trip in beautiful Harriman State Park. Approximately 14 miles. Participants should have hiking experience, be in good condition, and have necessary gear (loans/sharing possible). \$5.00 nonrefundable registration fee. Please register using the link below. Also, please send an e-mail to the registrar once you have submitted your registration. If you are not already a member of our Yahoo Backpackers Group, please join by going to groups.yahoo.com/group/AMC-NY-Backpacking/join. Please provide your full name and AMC membership number. As a member you will receive notification of short notice backpacking trips and other backpack-related information which you may find interesting. Leaders Dick Leonard and Dan Grebler <http://activities.outdoors.org/search/index.cfm/action/details/id/81448>

Sat. May 16. Annual Pelham Bay Park Lagoon Shore Clean Up in New York City

Join AMC paddlers and NYC's Urban Park Rangers to clean the edges of the Pelham Bay Park Lagoon. Every year AMC volunteers scour the waterline along the Siwanoy Trail to rid it of the amazing debris which washes up during winter storms. Picnic tables, boat parts, floats, Styrofoam - you name it, it washes up. It's always amazing to see how different the landscape looks after the yearly clean-up. Wear sturdy shoes that can get wet, a good sun hat and plenty of water. Parks Dept. supplies gloves and garbage bags. This is a down and dirty event but a lot of fun! If folks are interested, we can head to nearby City Island after the day's work. No experience necessary. Meet 9:30 a.m. outside the Bartow Pell Mansion 895 Shore Road, Bronx New York, near the Hutchinson River Parkway. Easily accessible via the #6 train, then the BeeLine #45 to the Bartow Pell Mansion Leader Kenneth West and Kate Whitney- Bukofzer <http://activities.outdoors.org/search/index.cfm/action/details/id/81567>

Sat. May 16. Pelham Bay Lagoon Water Clean Up in New York City, Canoe & Kayak

We've got a heck of a lot of work on the southern portion of the lagoon. Hadn't been hit in years, until we made our first visit two years ago. Second most important item, you just come (with your grungiest of clothing, work gloves, water and a change of clothes for, perhaps dinner afterward, either at Arthur Avenue or on City Island), all canoes and gear are provided by the Park Rangers. This trip is held in conjunction with the Trails Committee. Partners include: Friends of Pelham Bay Park, the NYC Parks Department and the Urban Park Rangers. The general meeting time/location is 9:30 am at the Orchard Beach parking lot. Register to ensure you are up to date with the clean-up plans and location. Leader Tanya McCabe <http://activities.outdoors.org/search/index.cfm/action/details/id/81850>

Sun. May 17. Marble Hill Circular Walk 2B5(W)

Easy-paced walk in this hilly scenic section of the Bronx & Manhattan. Route: Marble Hill, Spuyten Duyvil, back via Henry Hudson Bridge & Inwood Park. Coffee stop at Indian Road Cafe near end. Meet at Noon at McDonald's 5201 Broadway near 225 St. station of #1 train. Leader Hal Kaplan <http://activities.outdoors.org/search/index.cfm/action/details/id/81456>

Tues- Thur. May 19-21. Midweek Birding at the Fire Island Cabin

Birds, birds, birds! Pack your binoculars and join Miriam Rakowski. Welcome 30+ species of birds migrating from the Americas. Possible birding trips to The Lighthouse, Sunken Forest, and kayaking to the islands. \$20/night, lodging only
Leader Miriam Rakowski Registration required at fireislandres@gmail.com
<http://activities.outdoors.org/search/index.cfm/action/details/id/82074>

Fri- Mon. May 22-25. Easy Hiking Memorial Weekend in the Catskills 2C7(H)

All hikes at a steady, moderate pace, and no killer climbs. Slightly more ambitious hikes also available. Leaders Dick Wolff and Don Kress. <http://activities.outdoors.org/search/index.cfm/action/details/id/81571>

Fri-Mon. May 22-25. Memorial Day Weekend Hiking in Stowe 2C5 to E9(H)

Variety of easy (2C5), moderate (3-E7), and more challenging (3+E9) hikes in and around northern Green Mountains in Stowe, VT. Biking/canoeing nearby. Join us at our new location - Town and Country Resort At Stowe on Mountain Road, with gourmet food, A/C, indoor hot tub, sauna, and swimming pool! Leader Richard Seibel and Ron Phelps
<http://activities.outdoors.org/search/index.cfm/action/details/id/82041>

Fri- Mon. May 22-25. Memorial Day Hatha Yoga/Hiking Weekend at the Fire Island Cabin

Ted Sendler teaches the sequence of poses, relaxation techniques, breathing practices and meditation that define this classic yoga style. Explore to the island's east and west on afternoon hikes with Ted and Sami Shub. Suitable for all-bring comfortable clothing.
Mgrs: Laurie Finch & Brett Stia. Leaders Ted Sendler and Sami Shub.
<http://activities.outdoors.org/search/index.cfm/action/details/id/82076>

Fri-Mon. May 22-25. Sociables Memorial Day Weekend in Vermont's Mad River Valley (S+)

Spend Memorial Day weekend in the Mad River Valley. Hike, bike, paddle, or lounge at Miramar Ski Club's lodge, just across the covered bridge from "downtown" Waitsfield, VT. Leader Sandra Galitzer

Fri-Mon. May 22-25. Lower Youghiogheny Memorial Day Weekend Canoe & Kayak, CL3

Come to the AMC's annual Memorial Day weekend (May 22, 23, 24, 25) trip to Western Pennsylvania's Youghiogheny and nearby rivers. Lower Yough is suitable for whitewater paddlers *with experience on Class III rivers*, permits provided. Other nearby rivers (Upper Yough, Cheat, Stoneycreek) may be running and we may have official trips to those rivers depending on the availability of appropriately rated river leaders for them. Camping at a nearby campsite (with large pavilion). Full days paddling on Fri., Sat., Sun., less on Mon. than that long drive home. Location: Ohiopyle, PA, Pennsylvania, Western, PA Leader Butch Futrell <http://activities.outdoors.org/search/index.cfm/action/details/id/82081>

Sat. May 23. Arden Circular Hike 2D11(H)

Scenic hike at a brisk but compassionate pace. Our route will include some steep hills, along with a pleasant ridge walk where we will enjoy some great views. Hiking boots and at least 2 quarts of water required. Rain cancels. Trans.1F. Leader John Denkowski <http://activities.outdoors.org/search/index.cfm/action/details/id/81491>

Sat. May 23. Tuxedo Hike 3C9(H)

Lunch at Lake Skenonto. Slower end of 3's; over 2,000 ft. elevation gain. Bad weather may cancel; call evening before if in doubt. Trans. 1C. Leaders Nancy and Art Tollefson <http://activities.outdoors.org/search/index.cfm/action/details/id/81986>

Sat. May 23. 10:00AM - 1:30PM Lightweight Backpacking Indoor Seminar

For those who'd love to try backpacking but are deterred by the thought of having to carry 35-40 lbs. or more. Experienced backpackers wishing to shed weight are also welcome. Three-season backpacking (spring, summer, fall) is SO much more enjoyable with a lighter load, and, for many people, a lighter load is the difference between backpacking and NOT backpacking. Seminar will take place at the Chapter office in Manhattan (YMCA Building, 5 W63rd St., Suite 220) from 10:00 a.m. until approximately 1:30 p.m. Info on where to buy lightweight gear will be provided. Leader Christine Benton <http://activities.outdoors.org/search/index.cfm/action/details/id/82514>

Sun. May 24. Co-ed Softball in Central Park

Meet 10:30 a.m. in North Meadow (bet. 97 and 100 Sts.) at field #9. Amateurs welcome. \$5 contribution for expenses. Brunch after games. Leaders Fern Stolper, Russell Kellogg and Dwight Yee. Registration required <http://activities.outdoors.org/search/index.cfm/action/details/id/82317>

Sun. May 24. Rockefeller Preserve Hike 3B6(H)

Moderately strenuous pace on historic carriage roads; gentle rolling hills and beautiful vistas. Hiking boots a must. Parking lot fee \$6. Public trans.: Take Metro-North train from GCT departing 8:43 a.m. to Tarrytown, arr. 9:20. Drivers meet train at the Tarrytown station. Leader Jo Ann Gisolfi <http://activities.outdoors.org/search/index.cfm/action/details/id/82543>

June

Sat. June 6. Brooklyn Garden & Neighborhoods Walk (W) Explore Brooklyn Botanic Garden in full bloom, the Prospect Park Lake and the Prospect-Lefferts Gardens neighborhood. Meet at 10:00 a.m. in front of the BBG Eastern Parkway entrance near the Eastern Parkway-Brooklyn Museum subway station (2/3 line). Leader, Rita Cohen <http://activities.outdoors.org/search/index.cfm/action/details/id/81262>

Sat. June 6. Historic Delaware & Raritan Canal Canoe & Kayak on Quietwater

The start of a project to paddle all of the historic Delaware & Raritan Canal in NJ. Start near the Raritan end, because that section will be closed next year for dredging. Paddle from Rocky Hill to Millstone, a little under 9 miles, with a stop to admire the old Blackwells Mills canal house, and one lock to carry. The less energetic can plan to take out here (6.6 miles); the super-energetic can plan to run back to the put-in on the tow-path. Recreational kayaks very suitable, but anything that floats will serve, short of an inner tube. Optional pub visit after. Rain date Sat. June 13th. L plan to scout some sunny weekday in April or May, call if you'd like to join. Leader, Jill Arbuckle <http://activities.outdoors.org/search/index.cfm/action/details/id/81852>

Sun. June 7. Scenic Fire Island Hiking Tour 2B6(H) Visit the Pines, Cherry Grove, and the Sunken Forest, finishing at the AMC Fire Island cabin in Atlantique for LEMONADE, swimming, and showers. Pace will be moderate, and sand may be soft. Bring lunch and water. Take the 9:22 am LIRR train to Sayville, arriving at 10:49 a.m. Costs: \$5 admission to AMC Fire Island cabin; Ferries, \$15; Taxi, \$5; LIRR, depends on where you get on. Call leader to confirm that the hike will take place, especially if rain is a probability. Leader, Frank Bamberger <http://activities.outdoors.org/search/index.cfm/action/details/id/80874>

Sun. June 07. Co-ed Softball in Central Park Meet 10:30 a.m. in Central Park's North Meadow (bet. 97 and 100 Sts.) at field #9. Amateurs welcome. \$5 contribution for expenses. Brunch after games. Registration required. Leaders: Fern Stolper, Russell Kellogg, Dwight Yee <http://activities.outdoors.org/search/index.cfm/action/details/id/82319>

Fri-Sun June 12-14. Beginner Kayak Instructional No experience or kayaking equipment required. We provide friendly and patient instruction for the complete beginner, as well as all necessary kayaking equipment, camping accommodations and (most) meals. (You provide your own camping equipment) We will teach you to "cartop" a whitewater kayak (on your car) which you will need to transport from the Barn to the course and back to the Barn at the end of the course. Course fee is \$125 for AMC members and \$150 for Non-Members. Contact L (e-mail preferred) for questionnaire to begin application process. This course fills up quickly so sign up early. Leader, Butch Futrell <http://activities.outdoors.org/search/index.cfm/action/details/id/82080>

Fri-Sun June 12-14. Basic Canoe Instruction on Moving Water Learn the basic paddling skills to confidently control a canoe and go on trips. Learn: equipment, strokes, water, weather, and camping. This is a comprehensive course with plenty of hands-on practice. Be ready for future canoe expedition thrills! Beautiful Mauch Chunk Lake State Park and the Lehigh River host our adventure! AMC whitewater kayakers share our camping site fun, too. This class usually fills up, so act early! Leader Charles Michener. Registrar Loretta Brady <http://activities.outdoors.org/search/index.cfm/action/details/id/82272>

Fri-Sun June 12-14 Learn to Sail Weekend at the Fire Island Cabin

Join your fellow sail enthusiasts for a fun filled weekend of adventure and camaraderie while learning to sail on our fleet of Sunfish and sloops. No experience necessary! \$190 for the weekend includes 2 nights lodging, meals from Friday happy hour through Sunday lunch, boats, safety equipment, and classroom and on-water instruction. Read and bring book, "Learn Sailing Right -- Beginning Sailing" by the US Sailing Association. Managers: Liz Tymcyszyn and Sun Young An. <http://activities.outdoors.org/search/index.cfm/action/details/id/82120>

Sat. June 13 Rose Season Trail Maintenance on the Siwanoy Trail in New York City

This invasive species of rose, along with its friends Mile-a-Minute and assorted vines, threaten to make the Siwanoy Trail impassible. So take out your frustrations as you cut, chop, and whack these dastardly plants! No experience necessary, AMC supplies tools. Bring work gloves if you have them, water and lunch. Meet 9:30 a.m. outside the Bartow Pell Mansion 895 Shore Road, Bronx NY. Easily accessible via the #6 train, then the BeeLine #45 to the Bartow Pell Mansion near the Hutchinson River Parkway. Leader Kenneth West <http://activities.outdoors.org/search/index.cfm/action/details/id/81568>

Sat. June 13 Let's Talk Bears Birthday Hike 3C8(H) Birthday Hike off-trail, on-trail, and woods roads to spots rarely visited. We will stop at all the places I know the bear has been and talk about how she makes her living in the woods. Hike will be off Tiorati Brook Road. Drivers email leader for meeting spot. Trans. 1B. Sloatsburg. Drivers arrive by 9 a.m. at the Municipal Center. Leader Cynthia Tollo Falls <http://activities.outdoors.org/search/index.cfm/action/details/id/81650>

Fri. June 19-21. New Members Weekend Getaway at Mohican Camp near Delaware Water Gap

A fun and relaxing weekend near the Delaware Water Gap at the Mohican Outdoor Center. Get acquainted with some of your fellow AMC members while enjoying a weekend of hiking, paddling, swimming or just plain relaxing in this beautiful location. Perfect for those who've recently joined the AMC or who have never been to an AMC event. Cost includes Friday and Saturday lodging, casual Friday dinner buffet 6-8 p.m., breakfast, lunch and dinner on Saturday, Sunday breakfast, and two social hours. Trail lunches can be purchased on Sunday from the Mohican Deli for an additional fee. Leader Shu Wong <http://activities.outdoors.org/search/index.cfm/action/details/id/81296>

Fri-Sun. June 19- 21. Mullica River Wilderness Family Canoe Trip, Quietwater Paddle the Mullica River in the NJ Pine Barrens. This is a 2 day paddle down the river. Must bring camping gear in the boat. This annual trip is a blast. Lots of swimming and eating along the way! We limit the group to 25 people so sign up fast! Leader Timothy Watters <http://activities.outdoors.org/search/index.cfm/action/details/id/78893>

Check out our online listings on the Chapter website: www.amc-ny.org, choose "Activities" from the top menu bar, select an Activity then select a time period.

Sign up for short-notice hikes Once you sign up for the Hikeamc Yahoo 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@yahoogroups.com with your full name and your AMC membership number

AMC's Activities Database (OLTL) Updates Have Launched!

We are pleased to announce that AMC's activities database, activities.outdoors.org, has some new exciting changes to ease trip sign-up and participation! The new features, launched in April 2015, allow participants to register for trips online and receive registration confirmation via email, and help coordinate carpooling with other participants.** You can also use your account dashboard to keep track of your upcoming trips!

In order to use these new features, you will need to login to <https://activities.outdoors.org/login> with your AMC account (the same as the AMC Member Center account or your AMC Online store login). If you have not yet created an AMC account, go to the link above and fill in the appropriate information in the box on the left side of the screen to create one. If you have an account but have forgotten the username and password, just scroll down and click the "I forgot my username or password" link at the bottom of the screen.

**Note that these new features are only available if the leader who posted the trip has opted to use the AMC Registration Form.

AMC Spring Book Releases – Available NOW:

- AMC's Best Day Hikes Along the Maine Coast
- Southern New Hampshire Trail Guide, 4th edition, (waterproof Tyvek map available separately)
- AMC's Best Day Hikes in the Berkshires, 2nd edition

Did you know? AMC Members Get Discounts! In addition to discounts on AMC books, lodging, workshops, and Adventure Travel, AMC members also receive discounts at local stores. And, of course, there's the popular biannual Club Day at EMS, with 20% off.

**Questions, comments, or suggestions about the New York- North Jersey Chapter? Contact the Membership Committee:
Membership@amc-ny.org**

In Memoriam

Neil Schaeffer

Neil Schaeffer who was a long-time hiker and leader, was an advocate for the club and led several leader-oriented workshops on safety and more. He is survived by his wife Mrs. Harriet Rzetelnv. They had moved from Mt. Kisco to Cape Cod some years ago.



Trails & Waves

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

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<https://www.facebook.com/AMCNYNoJ> Check the Facebook page for important Chapter information and share your photos from AMC trips!

Vol. 1, Issue 1 Spring 2015 *Trails & Waves* Kelly Roberts & Natasha Thetgyi, Guest Editors

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.

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

SUBMISSION DEADLINE FOR THE NEXT ISSUE IS JULY 31ST