



Trails & Waves

News from the New York – North Jersey Chapter of the Appalachian Mountain Club
Volume 37, Issue 2 ♦ Fall 2015

Summer Clean ups & Familiarization Tours at Harriman/ Breakneck Pond Camp!



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It was announced last issue that AMC had signed an agreement with the Palisades Interstate Park Commission (PIPC) to open a new outdoor program center at Harriman State Park in summer 2016, located on Breakneck Pond, only 30 miles from Manhattan. This past summer, AMC members got a sneak peek at AMC's new Breakneck Camp in Harriman State Park! AMC Chapter leaders are invited to visit the camp during its construction phase so they can start planning trips and trainings for a 2016 opening. Members also dedicated their time and sweat to help with camp clean ups while renovations continue at the Camp. We grabbed rakes, loppers & a mower or two and attacked the overgrowth and undergrowth of the camp. Who could have thought that yard work could be so rewarding? Many hands make the work go fast. There isn't a better reward for a hard days gardening than a dip in a woodland lake. Fun summer days and we are looking forward to the opening of the camp! Check website for next Tour! Sept 16th!

Happy Fall! A Message from Chair, Advisory Committee

Dear active AMC member:

Since 1979, the Advisory Committee of the New York – North Jersey Chapter of the Appalachian Mountain Club each year has chosen the Appie of the Year. The Appie of the Year is an individual who gives selflessly of him/herself for the good of the club. The Appie is one who works tirelessly, often behind the scenes, organizing, leading in fact and by example. The Appie of the Year is someone who has served in this manner for several years, thus over time continuing this commitment. Likewise the Appie of the Year is an active volunteer, rather than someone who served well in the past, or for a limited time. The Appie exemplifies what is best about the volunteer ethic that makes our Club, and most particularly our Chapter, so special.

We need nominations from you and your fellow members. You know best who meets these criteria. Nominees must be current members of the NY – No J Chapter. Note that former Chapter Chairs are ineligible to be chosen as Appie of the Year. It is important that we have nominations. If you think someone may be deserving of the Appie of the Year Award, do not hesitate to send in that person's name. Please forward your nominee to me, no later than October 9, 2015. You should include a biography of the nominee's AMC service, as well as any other pertinent information. Please respond by e-mail (JAKBradley@aol.com) or, if you do not have e-mail, to me at 147 East 82nd Street, 1B, New York, NY 10028-1861.

By way of example, some of the Appies of the Year are Helen Fair, John Humbach, Jean Lumbard, Anita Barberis, Fran Braley, Ann Loeb, Dick Wolff, Wayne Foote, Dr. Albert Rosen, Betty Van De Water, Doris Repke, Jane Levenson, Don Getzen, Henry Schreiber, Marty Cohen, Art and Nancy Tollefson, Ken West, Jonathan Silver, David Brucas, Carson Tang, Bob Susser, Lennie Grefig, Cynthia Tollo Falls, Frank Bamberger, Martin Plante and Rita Cohen.

Following the nominations, the full Advisory Committee, which includes all of the former Chapter Chairs, will vote to make the final selection. The winner will be announced at the Chapter Annual dinner and meeting, which will be held during January, 2016.

Please note that many of the former chapter chairs who will vote on the Appie of the Year Award are no longer active themselves. They do not know all the currently active members so what you write about your nominee is very important as that may be the only thing many members of the Advisory Committee have to go on.

Very truly yours,

John

John A. K. Bradley
Chair, Advisory Committee

[REGISTER TODAY](#) for the **Fall Gathering at Lake George** in the Adirondacks, October 16-18

Join us for a weekend on scenic Lake George in the Adirondacks! Choose from a variety activities including cycling local bike paths, paddling the coves, hiking summits, relaxing by the lake, and much more.

Start planning your fall adventure at outdoors.org/fallgathering today!

Welcome new staff and volunteers to our Chapter!



Justin Bailey, Program Manager

jbailey@outdoors.org

I am delighted to join AMC as Program Manager for the New York-North Jersey Chapter! I grew up here in New York and graduated from City College, where I led the Rock Climbing & Outdoors Club and the Extreme Sports Club. I've been outdoors all my life, spending my childhood visiting places like Harriman and the White Mountains. Besides hiking the trails, I love to bike, ski, kayak— any excuse to get outside. Recently I've expanded my playground and backpacked in the Andes and Himalayas, where I attempted the Everest Base Camp Trek. My focus will be on marketing and membership, with a whole host of associated responsibilities, including increasing awareness of the Chapter and AMC in the Greater NYC area. I will be attending a bunch of chapter trips in the upcoming months and look forward to meeting you, so please introduce yourself!



Jae Chung, Treasurer

Treasurer@amc-ny.org

Jae is the Treasurer for AMC's NY-NoJ Chapter and is also the Vice Chair of the Young Members Committee.

Adopt-A-Trail near Mohican Outdoor Center!



Mohican Outdoor Center is happy to announce that they are looking for Adopt-A-Trail volunteers to assist with the maintenance of the trails near MOC in the Delaware Water Gap National Recreation Area. If you have ever enjoyed the views at the top of Rattlesnake Swamp Trail or the falls on Coppermines Trail and wanted to know how you can do your part then this is the opportunity for you. Paint blazing, corridor definition and cleaning drainages will be your

primary responsibilities. It is expected that you make at least three maintenance trips a year to your trail and report back the work you accomplished as well as anything you might need help with. Larger trail issues will be placed at the top of our trail crew priority list, but if you can take care of it yourself all of the tools you will need are available at Mohican. The ink has barely dried on the agreement with the NPS, but keep in mind that there are not many spots to fill. If this sounds like something that you are interested in, please contact Mohican Outdoor Center at (908)362-5670. It is expected that you participate in a training session before adopting a trail section. You will be placed on a waiting list and notified of the training sessions that will be held at Mohican in 2016. There will be a member cost of \$25 to participate, but as long as you commit yourself to a trail section the fee will be waived. For more information about this opportunity, visit <https://www.outdoors.org/conservation/trails/volunteer/adopt/>. See you on the trails! –Jonathan Martin

Leaders Q & A: Speaking with..... Ingrid Strauch

By: Kelly Roberts



Where are you from and when did you discover hiking?

I started hiking and backpacking as a Girl Scout in Michigan. I was both a junior Girl Scout and a cadet, and I was lucky to belong to troops that did outdoor activities. Going to Girl Scout summer camp is also a fond childhood memory. In my late teens, I worked for a summer at the YMCA Camp of the Rockies, and I got to do fabulous hikes in Rocky Mountain National Park all summer long. Because I was living at about 8,000 feet, I was well acclimated and could go up to 13,000 or 14,000 feet without really noticing the altitude. Both of these

experiences instilled in me a love of hiking, of being outdoors, and of being self-sufficient.

How long have you been leading AMC hikes?

I've been an AMC hike leader since 2006. I started leading first for August Camp (www.augustcamp.org), and then I started leading for the chapter, in part because Cynthia Tollo Falls and Larry Spinner kept bugging me to lead, and in part because I felt it was time to give back to the chapter.

What has your experience with AMC been like?

Hiking with the NY-NoJ Chapter has introduced me to lots of places I might not get to on my own, particularly since I don't own a car, and I enjoy being able to introduce other hikers to the trails and beautiful places in our area. That being said, I feel I've gotten to know the trails around here best by hiking on my own. When you can't just follow a leader or a group, you're forced to learn to plan your own hike and follow your own map. It's also really valuable to learn how to use a compass, and I recommend the book *Staying Found* (<http://www.mountaineersbooks.org/Staying-Found-3E-P284.aspx>) for that purpose. Many people express the concern that hiking alone isn't safe, and I would agree that in grizzly territory and certain other places, it might not be. But I've never had a problem with either people or animals or situations in Harriman State Park or along the East Hudson or in any of the other places our chapter often hikes.

Anything else you'd like to add?

I would encourage all of our chapter members to get out and try some hikes or other activities that appeal to them—backpacking, cycling, canoeing, etc. I think the most important consideration in choosing an activity you'll enjoy is to honestly assess your abilities and your fitness level. If you haven't been exercising much lately, choose something you know you could finish easily, even if you've done much more strenuous outings in the past. And if you end your hike or bike ride feeling like you could do more, then pick something more challenging next time.

RECOGNITION AWARDS WINNERS

By: Jane Levenson; Recognition Awards Chair (as part of chapter 2014 Vice Chair)

In addition to the prestigious Appie of the Year Award for long, sustained service that is awarded by the Advisory Committee (composed of all past chapter chairs), **NEW chapter Volunteer Recognition Awards** were introduced in 2014 by the chapter Executive Committee and awarded at the January 10, 2015 annual dinner and meeting. AMC members were invited to submit nominations to the Recognition Awards Committee by a link on the web. The voting committee for the awards were the voting members of the Executive Committee plus two appointed members from past Appies of the Year.

New Award categories were:

1. **INSPIRATION AWARD** - For a member who embodies the spirit of our chapter and inspires others by leading, mentoring, or encouraging leadership or activity for AMC this year.
2. **ADVOCACY AWARD (AMBASSADOR AWARD)** - For a member who encourages others to participate with AMC or promotes AMC and our Chapter by recruiting, speaking for or representing AMC at events (including in office, outside venue or related to an activity), etc this year.
3. **UNSUNG HERO** -For a member who supports the chapter in less visible or celebrated ways behind the scenes , such as public service (conservation, trails), communications, editing, committee service, record keeping, etc this year

Below is a summary of some key comments given with the Nominations.



INSPIRATION AWARD :

JOE NIGRO was cited for continuous love of hiking and the AMC and inspiring others to partake more, lead, and by example gave up some hike completions to help others out. While a strong hiker, he has compassion and patience. When diagnosed with lymphoma in 2014, he spoke of the great honor to serve AMC and planned to come back (which he has).

Congratulations Joe!!



ADVOCACY AWARD (AMBASSADOR AWARD):

JONATHAN PINCUS has been an ambassador and advocate representing AMC at tabling events at outside venues, helped at AMC office get-togethers at the NYC office and spoken to people of the AMC at sporting goods stores ,even calling the office to get materials sent out to the chance people who showed interest from his enthusiasm.

Congratulations Jonathan!!

RECOGNITION AWARDS WINNERS *Continued...*



UNSUNG HERO :

TOM PARLIAMENT quite aside from being a popular hike leader, has spent so much time helping hike leaders and potential leaders with entering hikes online and for short notices by phone, in person and by email. He will phone a person and walk them through the steps for a half hour, if needed. Where even he was baffled as the system was not easy or clear for some IT folks, he would contact other key people and follow up. *Congratulations Tom!!*



UNSUNG HERO:

RICH SIEGELMAN a long time hike leader, has spent much more time in behind the scenes technical work, list keeping (hike leader list, waivers and more), working out technical snafus, bugs, hike submission needs, etc. He was doing this many days every week, very unsung to most. If you submitted something incorrectly, he either just fixed it or gently made contact to work it out.

Congratulations Rich!!

Congratulations to all four and thank you to all our many volunteers in assorted capacities. All are appreciated!



A day in Jockey Hollow - Morristown National Historical Park

By: Mike Handelsman



On Mother's Day, our group of ten included eight hikers who had never been to this Revolutionary War encampment site, located just outside Morristown, New Jersey. The gentle terrain, certainly by usual AMC hiking standards, led me to list the event as 4B12, and all nine participants were up for the challenge. I planned my history lesson for early afternoon, at about 8 miles in. I didn't end up giving that lesson, despite being a retired teacher (of math, anyway!).

That task was quite capably handled by the stand-mounted plaques in the vicinity of the soldiers' huts. The huts and four nearby log structures are replicas of the 1779 originals, built in the 20th century. Historical accounts of the period describe the winter of 1779-80 as being particularly harsh. It may have surpassed our winter of 2014-15!

This educational interlude was followed by a stretch of the lush and jungle-like Primrose Brook trail, densely lined by giant-leaved skunk cabbage. From there, Rita Gollin led half of the group out to finish a 10-mile hike. The remaining five of us added the Mt. Kimble Loop trail, completing 12 of the 14 miles of trails within the Jockey Hollow park. My special thanks to all for a great spring day in this pastoral setting. Continued happy hiking!

Here are email links to our
Committee Chairs:

Backpacking

backpack@amc-ny.org

Bicycling

bicycle@amc-ny.org

Canoe & Kayak

canoe kayak@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

Annual Pelham Bay Park Lagoon Cleanup

By: Kate Whitney Bukofzer
Saturday, May 16, 2015 was the

date of the annual Pelham Bay
Park Lagoon cleanup. Situated
at the end of Long Island Sound,
the lagoon is a natural sink for
waterborne debris from coastal
storms — notably the recent
major storms Irene and Sandy.

Each year, canoe based



paddlers strike out to the far reaches of this beautiful urban lagoon in search of storm debris. For leader Tanya McCabe, garbage collecting outings are merely warm-ups for the larger challenge of figuring out how to float large pieces of flotsam and jetsam across this lagoon, from where Parks Department garbage trucks retrieve the day's catch.



While we paddlers maneuver our collection of junk back to the pickup point, our intrepid band of land-based volunteers, led by Kenneth West and Katie Bukofzer, wrestle with old tires, Styrofoam from storm-destroyed docks, the occasional washed up sign,

and the hundreds of plastic bottles that collect here. The water based crews then ferry the entire collection across the lagoon, sparing the land-based volunteers from a long hike through the woods carrying dozens of bags of heavy garbage.

Since this was the latest in a series of annual events, the entire crew functioned like a well-oiled machine, working in teams to gather and bag smaller items, while pushing, pulling and dragging the large “trophy” pieces to the shoreline.

The day is as much a great social event as it is an exercise in stewardship, as many volunteers are friends and family — and everyone is happy to end the workday with a trip to City Island for a great lunch and a pitcher of sangria!



The paddlers and their “Catch”

The land crew – slightly wet, very dirty



Many thanks to Urban Park Rangers Jessica, Grant and Rachel who provided the canoes and pitched in to help. Thanks also to Rachel and Zoe from The Friends of Pelham Bay Park, and to AMC volunteers Trevor Bradley, Alex Bradley, Jay Thiessens, Claudine Kos, Amy Burgess, Tania Bruno, Carla Huchiyama, Miscko Yamagishi, Moses Jane and Billie Bukofzer.

Catskills Ski Touring – The Phoenicia-East Branch Trail

By Ron Gonzalez



You may have heard of “nordic backcountry” skiing on the internet, or from earlier Trails & Waves articles. Here’s a moderate tour that would be a great introduction to wilderness skiing.

Trailhead Location: Denning Trailhead (Denning, NY)

Type of tour: Out-and-back

Degree of difficulty: Intermediate/Moderate, with an option for More Difficult

Distance: Denning to Table Mt overlook, 7 miles (round-trip)

Even though this is among the most popular parts of the Catskills during the warmer seasons, I’ve never seen more than a handful of people out here during the winter, even on a weekend. The Phoenicia-East Branch Trail (“P-E Trail”) follows an abandoned turnpike that used to run from Denning all the way to Phoenicia. The trail is well graded for skiing, but is rocky, so it’s best later in the season, or with at least a foot and a half of snow cover. There are a few stream crossings that novice skiers might find intimidating. If the snow is icy (which happens often in the Catskills), you’ll want to be on metal-edged touring skis. The metal edges are a big help when you need to check your speed with a snowplow. If you’re lucky enough to be out on a day with fresh, soft snow, then your plain-edged track skis will do.

Access the trail by going around a large metal gate at the Denning parking area and sign in at the register. The P-E Trail starts as a wide road on a gentle grade, through a recently-logged hemlock stand. The snow under the hemlocks tends to

be thinner and icier than further up. Be careful of rocks sticking up through the snow. In less than a half-mile the trail enters a mixed hemlock and hardwood forest. You'll soon reach the junction with the Peekamoose-Table Trail, which leaves to the right (south) and sharply downhill. Climbing further, the old road narrows and side-hills above the East Branch Neversink River. Look through the trees, across the valley to Table and Lone Mountains. This is a particularly nice stretch, but is more challenging to ski.



Continuing on the P-E Trail, the Wildcat Ridge rises to skier's left (north). The next trail junction is with the Curtis-Ormsbee Trail going off to the right, marked by a two-foot tall stone with an inscription commemorating Messrs. Curtis and Ormsbee, two AMC founders who perished in a June snowstorm on New Hampshire's Mt. Washington. The C-O Trail is fairly flat for about a half-mile before you're confronted by a couple of classic Catskill ledges. You can take off your skis and climb these ledges in your boots, or carry snowshoes on your pack and switch into them when needed. (If you have climbing skins for your skis, you can put them on and keep skiing.) Stash your skis off the trail in a place where you can find them on the way back, and proceed in your snowshoes. In about a quarter-mile, where balsam fir starts to take over the forest, you'll see a side-path to the right, leading to a grand view across the East Branch Neversink Valley to Lone and Table Mountains. My first winter trip to this place was during a moderate snowstorm. The view to the mountains through the veil of falling snow was quite beautiful.

In good snow, and with climbing skins, it's possible to ski up to the summit of Slide Mountain. If you can get there before the throngs of snowshoers and bare-booters, it could be a blast to ski the old carriage road down to the P-E Trail. You'd have to time it just right, though, or you could find yourself bouncing around on a lumpy mess of a trail, dodging hikers

all the way. Good downhill skiing skills are required for the descent from Slide's upper reaches. For most, it's more sensible to turn around at the lookout on the C-O Trail and ski back down to the P-E Trail. Turn left (west) on the P-E Trail and ski back the way you came.

Recommended Gear List:

- A daypack with safety essentials (including water, food, an extra layer, map and compass)
- Metal-edged touring skis (approx. dimensions 70-60-65 or 65-55-60)
- Supportive, warm and waterproof "backcountry" ski boots with compatible ski bindings
- Gaiters over the boot tops to keep the snow out

OPTIONAL (if you climb up the C-O Trail to the Table Mt overlook):

- Snowshoes (strapped to your pack) or climbing skins
- Microspikes if the snow is icy on the ledges

First-ever New England National Scenic Trail Map & Guide Is Now Available

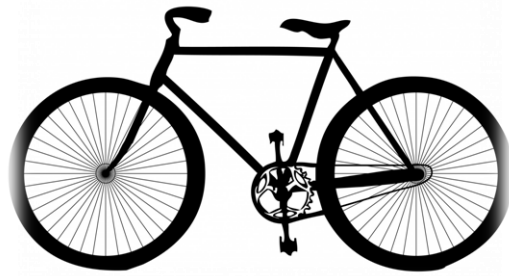
Appalachian Mountain Club and Connecticut Forest & Park Association collaborate on comprehensive hiking resource for entire 215-mile trail

The Appalachian Mountain Club (AMC) in partnership with the Connecticut Forest & Park Association (CFPA) has published the *New England Trail Map & Guide*, the first-ever comprehensive hiking resource for the New England National Scenic Trail (NET). The three-map set and guide includes 20 suggested hikes and covers the entire long-distance trail. The NET is one of only 11 National Scenic Trails in the U.S. and is among the most recently designated.

"The *New England Trail Map & Guide* is a wonderful invitation to walkers and hikers to explore the NET, and a perfect expression of the National Park Service's new campaign encouraging everyone to "Find Your Park" as part of its centennial celebrations," said Charles Tracy, National Park Service.

The *New England Trail Map & Guide* (ISBN 978-1-628420-15-9) is available for \$14.95 and can be purchased directly from AMC at outdoors.org/amcstore, from CFPA at ctwoodlands.org/bookstore, or nationwide through booksellers and outdoor retailers

CRUISING
CROTON



AROUND

These pictures are from an AMC outing, a bike ride with Tim Burrows in the area of the Croton Reservoir, on June 14th, 2015.

The photo with the falls in the background was taken from the bridge in front of the Croton Reservoir. Tim Burrows is in the yellow jersey, submitted by Beth Kaplan (white shirt –right photo)



Summer AMC 2015 Memories

Hope you had a wonderful summer and got out there for some AMC adventures!!



3.



1.



4.

1. Volunteer run garden at AMC Fire Island camp produces farm to table meals. photo: Andrea Klein
2. AMC Fire Island Cabin members at Barefoot Black Tie benefit to support the Fire Island Lighthouse preservation (from Left) Robert Coppersmith, Carrie Ho, Richard Barcia. photo: Carrie Ho
3. Picture taken from AMC Fire Island Cabin. photo: Carrie Ho.
4. Breakneck Pond photo: Sharon Lopaty

Get involved....

Sat, September 19 Annual International Coastal Cleanup Day at the Fire Island Cabin

(Conservation) Join AMCCers as we participate in an exciting conservation effort. Collect and record marine debris from a section of the beach along the Great South Bay to help preserve the coastal environment and provide data for a national research project. Come for the day and there is no day guest fee for participants. Contact Marie Tanner before Sep. 16 for further information., New York, Long Island, L: Marie Tanner 718-379-7508 R: Fire Island Reservations (fireislandres@gmail.com) Ocean Conservancy

An Icon of Our Highlands- The Mountain Laurel By Ron Gonzalez

In your Appalachian travels from the hills of the Carolinas, the Virginias and western Pennsylvania, through the Poconos and South Jersey into the Hudson Highlands, Shawangunks and Taconic ridge tops, there's a hardy shrub that will always be accompanying you—our own mountain laurel, *Kalmia latifolia*.

Mountain laurel is best known for its showy flowers that bloom from late May through June, and its evergreen foliage. Who can forget their first glimpse of a bright carpet of laurel blossoms blanketing the rocky hills? European settlers first described the laurel in the early 17th century. The taxonomic name *Kalmia latifolia* honors Pehr (Peter) Kalm, a Finnish explorer who traveled through colonial North America in the mid 18th century. Kalm collected specimens of American plants and brought them to Carl Linnaeus, the famous botanist and father of modern taxonomy. Our Mid-Atlantic plants, many of which were completely new to Europeans, helped lay the foundations of modern biology.

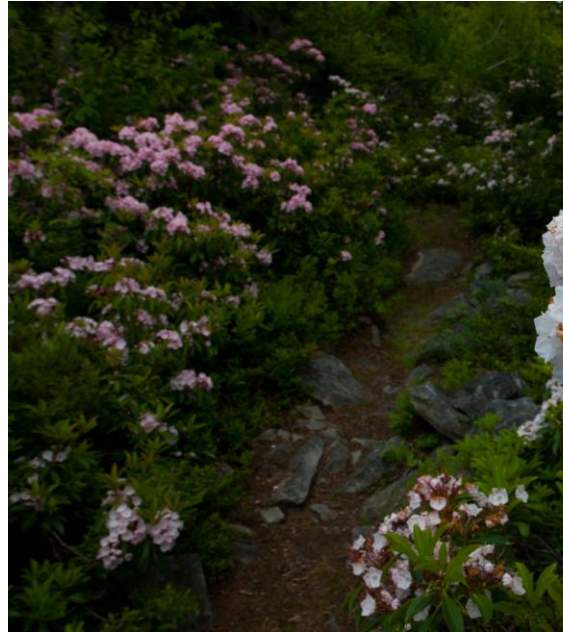


Photo courtesy of Forest Wander Nature

Mountain laurel grows in *heaths*, or shrubby thickets, often in the open canopy of oaks, hickories or pitch pines, and—in the not so distant past—American chestnut. Its form is usually straggly and sparse on the ridge tops, but its foliage can get quite dense at lower elevations. Its leaves are toxic to most animals, although deer have been known to nibble at them as a 'starvation food' in late winter. The laurel can do well in nutrient-poor, acidic soils where other plants can't thrive. We'll usually see it growing on rocky ridge tops, but it also establishes itself around acidic bogs and peatlands. It's a fixture of the 'pine barrens' of eastern New Jersey, growing under mixed oaks and pitch pines, often with American wintergreen (*Gaultheria procumbens*) underneath. In parts of the southeastern Poconos, Shawangunks (Spruce Glen) and Catskills (along the Escarpment), you can find mountain laurel growing with red spruce and hemlock, which is unusual.

Heaths occur naturally in nutrient-poor habitats, but *anthropogenic* heaths (a man-made 'cultural landscape') are also common. In pre-colonial times, Native Americans of the Hudson Valley burned areas of forest repeatedly, over hundreds of years. These recurring disturbances encouraged sun-loving nut and fruit bearing trees and shrubs to seed in, while inhibiting regrowth of the original *shade-tolerant* northern hardwoods forest of hemlock, American beech, sugar maple, and yellow birch. Examples of heaths near us are the mountain laurel and sheep laurel thickets and blueberry/huckleberry heaths of the Hudson Highlands and Shawangunks. How many of these areas were cultivated by Native Americans and then maintained by European colonists? Did the Berry Pickers of the Shawangunks and Bear Mountain/Harriman State Park areas inherit their landscape from the native population? That's something to ponder the next time you hike up Bull Hill, or in Fahnestock State Park, or around Harriman State Park, surrounded by shadbush, blueberries and mountain laurel. If you're really attentive, you might feel the spirits of natives from centuries past, collecting sustenance from their bright, fire-adapted forest.

About five years ago, there was a large fire in Minnewaska State Park, apparently started by a smoldering cigarette tossed from a car. Exposed areas with thin soils were severely burned, while the darker, wetter hollows and glens were hardly touched, sparing the sugar maples, hemlocks and rhododendron. I remember driving along the ridge on US 44/NY 55, looking at the barren aftermath of the fire. In many places there was no foliage left at all, only charred stumps and blackened earth. I revisited those spots over the next couple of years, to see what would grow back. I was afraid invasive weeds would gain a foothold and permanently alter the plant community. Perhaps predictably, the same mix of pitch pine, oaks, blueberry, huckleberry, mountain laurel and wintergreen that was there before came right back, better than ever. This community of hardy survivors is perfectly adapted to repeated fires, always ready to spring back from the ashes.

Enjoy our bright, young forests. They have a unique beauty and vibrancy all their own, especially in June, when the hillsides come alive with the delicate blossoms of our beloved mountain laurel.

Between the extreme heat wave of late May and the heavy downpours that ushered in the month of June in New England, almost twenty Young Member Leaders of the AMC convened at the Highland Center for a weekend of camaraderie, workshops, and discussions focused on strengthening Young Member (YM) programs across the Club. Representatives from 9 of AMC's 12 Chapters were present, including folks who came from as far as Washington DC and Philadelphia!

These Young Members are the dedicated volunteers that are spearheading AMC Chapter efforts to get more young people in their 20s and 30s involved and actively engaged with the Club through Chapter activities and events. Despite the long distances traveled and the hot and humid weather in New Hampshire, these YM came together as a cohesive group with the goals of working together to learn from each other, share experiences, brainstorm solutions to common challenges, have fun, and generate new ideas to reinforce and build on AMC's efforts to get more young people outdoors.

Through the support of the Club, local Chapters, and the drive and dedication of the participating volunteers, the weekend was a huge success. Throughout the retreat, the group worked hard to foster open communication, solutions-oriented discussions, and thoughts for change for the future, all while keeping it fun. The meetings and discussions were balanced with fairly rigorous hikes on nearby mountains, led by leaders from Maine and Connecticut.

Participants were surveyed before the retreat to see how best to use the time. The weekend's topics included AMC's organizational structure, the mission and Vision, volunteer recruitment and management, college engagement, and AMC Conservation policy. The group also discussed how to attract younger members, get the word out about YM activities, connect with and learn from experienced Chapter leaders, and aligning practices between Chapters to encourage collaboration.

By the end of the weekend, many had already planned events with new friends in neighboring Chapters, and they made sure to discuss next steps to keep the momentum going as a group and within Chapters. There was broad agreement that in order to address common challenges and foster change that would support the expansion of YM programs at AMC, we are stronger together—the group agreed to work together moving forward and to reconvene at the 2015 Fall Gathering at Lake George!

WE WANT YOU IN AMC OUTDOORS!

Our chapters work hard and play hard! We have two special opportunities coming up to showcase AMC's chapters in the pages of our member magazine.



The first is our **21st ANNUAL PHOTO CONTEST**, coming this summer from *AMC Outdoors*. This is the contest you know and love, showcasing your gorgeous photography, with a couple of twists. We're adding a new category in 2016: Recreation Close to Home, focused on the adventures you find in the parks, preserves, and bike paths in your own neck of the woods, throughout the entire AMC region.

We're also upping the ante with a competitive contest pitting chapter against chapter, Maine against Mohawk Hudson: The recipient of our **new Chapter Award**, delivered to the chapter with the highest percentage of participation in the contest, will win a customized photography workshop with the staff of *AMC Outdoors*. For details, including the contest's summertime launch date, stay tuned to outdoors.org/photocontest.

(2014 Grand Prize winner "Star Trails Over Greenleaf" by Stephen Fabricius, Maine Chapter)



UPCOMING WILDERNESS FIRST AID COURSE

Sunday Oct 11 & Oct 18th

Emergency medicine for those who travel where ambulances can't

A 2-day, 16-hour course taught by volunteer AMC instructors. Location: AMC Office, West Side YMCA, New York, NY Price: \$65 N-M, \$100. Price includes textbook and certification on successful completion. Mass transit accessible.

Register online at: <http://www.amc-ny.org/wilderness-first-aid-training-course#.VdKDI2flskI>.

Jonathan Silver e-mail: WildernessFirstAid@amc-ny.org

Reg. Opens online: 9/1 Addl. \$15 late reg. fee & registration thru WFA chair reqd.

Coming Attractions- Mark your calendar!

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!!

October

World Fair to World Park Flushing Meadows Corona Park 1A6(W) October 04, 2015 10:00AM - 2:00PM (Sun)

Journey back to 1964 for the World's Fair and see how the site has changed. We'll start with free admission into the Hall of Science and continue along Flushing Meadows Corona Park, stopping at various historical 1964 World Fair interest points and potentially gaining free access to remaining World Fair buildings. Meet near entrance of the Hall of Science. Registration is optional, please email Justin Bailey (jbailey@outdoors.org).

Columbus Day Weekend in Vermont with Miramar Ski Club October 09, 2015 - October 12, 2015 (Fri - Mon)

Singles and Sociables - We will be celebrating all things autumnal: hiking the Green Mountains, biking and gazing at the world renowned New England foliage. Enjoy your favorite activities, crafts fairs, paddling or just plain relax. Location: Waitsfield, VT, Vermont, Green Mountains. Fee:\$250

*NOTE Junior rates available - inquire with trip leader or co-leader. Included: Lodging from Friday evening through Monday morning, 3 breakfasts, 2 bag lunches, cocktail hours on the deck each afternoon, 2 dinners, open bar, dancing, unlimited fun. Register online.

Waterfront Path Cleanup October 17, 2015 10:00AM - 2:00PM (Sat)

Help us renew the waterfront path in the Bronx by clipping back overgrowth, clearing downed trees, and renewing blazes. Please bring lunch, water, and gloves. After we've finished, we'll be rewarded with food and drink on City Island. Meeting: Bartow-Pell Mansion 895 Shore Rd. Bronx Public transit: #6 train to #45 Beeline Bus. Registration is optional, please email Justin Bailey (jbailey@outdoors.org).

Beginner Backpack Overlooking the Catskills, NY Sat, October 3 - Sun, October 4

(Backpacking) Experience impressive Catskills views - from Overlook Mountain and either Indian Head Mountain or Huckleberry Point. Approximately 17 miles. No backpack experience necessary, but you must be physically active and have recent day hiking experience. Some equipment loans are possible. \$5 nonrefundable registration fee. Please preregister using Register button ONLINE. Also, please send an e-mail to the co-leader after submitting your preregistration. In addition, if you are not already a member of our Yahoo Backpackers Group, please join by going to groups.yahoo.com/group/AMC-NYBackpacking/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., New York, Catskills, L: David Bryson (dsbryson@earthlink.net), ModerateCL: Jeff Goldstein (jg8@outlook.com)

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. Downloadable schedules available.

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@yahoo.com with your full name and your AMC membership

UPCOMING FALL ADVENTURES (more details online)

Sat, October 10 - Mon, October 12 Backpack Rocky Peak Ridge - Adirondack High Peaks

(Backpacking) This route is very challenging but also a very rewarding climb. About half the trail is above tree line and there are exceptional views in every direction all along the way. On a cool day, with Fall colors in their glory, this is probably the BEST hike in all of the Adirondacks. Total of 15.5 miles, with 6.5, 3,4 & 5.7 each day. We'll camp at Marie Louise Pond, a high alpine pond in a wild and remote setting. Car shuttle. MUST ARRIVE on evening of FRI., 10/9. *\$5.00 nonrefundable registration fee. Please register using the link below. Also, please send an e-mail to the registrar once you have registered. In addition, 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 backpackrelated information which you may find interesting. **Directions:** to be furnished prior to trip, New York, Adirondacks, L: Russ Faller (RussOutdoors@yahoo.com) 845-297-5126 (NCA 9 PM) , challenging

Sun, October 4 Tiorati Circular 3C9(H) *(Hiking)* We will head south from Lake Tiorati in Harriman State Park, using a scrambled combination of the Long Path, RD & AT. Will go through the Lemon Squeezer to scenic lunch on the Lichen trail. Expect about 1800 ft. elevation gain. Rain Cancels. Trans. code 1B. Meet in the Sloatsburg, NY Municipal Building parking lot on Rt 17 at 9:15. Bus riders take Shortline # 401 leaving PABT at 8:30., New York, Hudson River Valley, L: Gery Monaco (hikery@mac.com) 973-738-7350

Sat, November 7 All Bikes: West Side Greenway and Dinosaur BBQ 10A28 *(Bicycling)* A pleasant, easy grade, 28 mile ride from Fort Lee, NJ over the GW Bridge, then down the West Side Greenway to the vicinity of Battery Park where we'll be able to see the Statue of Liberty and Ellis Island. Then back track and reward ourselves with a leisurely, hearty lunch at the Dinosaur BBQ in Harlem. On city streets with cars for a total of 1 mile, otherwise all on paved bike paths. Flat except for bridge and Greenway approaches. Helmet and liquid replenishment required. Windy along river so dress accordingly. Bring bike lock. Rain cancels. Registration required by Thu. Nov. 5. For details and meet time, contact L., New York, New York City, L: Glenn Barnes R: Glenn Barnes

Sun, October 4 Canoe & Kayak, Esopus Creek, CL2+ *(Paddling)* See the foliage, paddle the waves, join the crowd, have fun. Joint trip with ADK. No paddlers fee., New York, Catskills, L: Martin Plante (mjplante@yahoo.com) 201-444-3248 (NCA 9 p.m.)

Thu, October 15 Thirsty Third Thursdays (Happy Hour) *(Social Events)* Join us at Young Member's Thirsty Third Thursdays - a happy hour held on the third Thursday of every month. We are meeting at 6:30 p.m at Old Town Bar, which is located on 45 E 18th Street (b/w fifth and Park). If you're interested in attending this event, please rsvp through our Meetup page or Facebook page., New York, New York City, L: Lisa Williams (youngmembers@amc-ny.org) , Jae Chung (youngmembers.vicechair@amc-ny.org) Young Member's Webpage


Sat, September 26 - Sat, September 26 Early Fall Maintenance on the Siwanoy Trail *(Trail Work)* Did you know that The Bronx is almost a quarter parkland? Help maintain this trail located within Pelham Bay Park on Long Island Sound in the Bronx. The Siwanoy Trail runs along the waterfront and through forests near the Historic Bartow-Pell Mansion. Volunteers are needed to clear summer overgrowth and maintain blazes. No experience is necessary. This is a great opportunity for hikers to learn how trails are kept passable and attractive. More details online. Public Transit: #6 train to Pelham Bay Park then #45 Bee Line bus to Bartow Pell Mansion, New York, New York City, L: Kate Whitney-Bukofzer (etakwhit@aol.com) 914-261-5378 (after 7 p.m.) CL: Kenneth West (siwanoyken@aol.com) 917-208-7923 (ater 7 pm)

Sat, November 7 Noguchi at Brooklyn Botanical, 2A6(W) *(Walks)* See sculptures by renowned Japanese-American artist, Isamu Noguchi displayed in the Japanese garden and throughout the garden landscape. More details online. Remember to pack a lunch. Meet at 10:00 am in front of the BBG Eastern Parkway entrance near the Eastern Parkway-Brooklyn Museum station (2/3 line)., New York, New York City, L: Rita Cohen (ritagarden@gmail.com) 908-303-4726

In Memoriam

NY-NoNJ Chapter offers its condolences to the families and friends of these AMC members

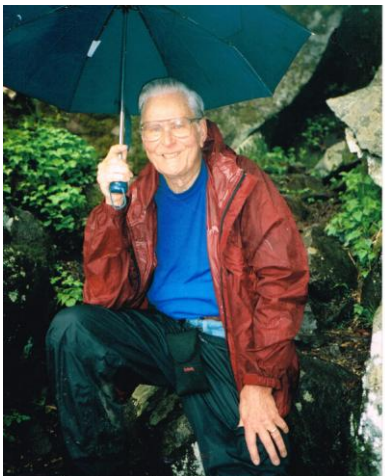
My memorable experience with Judy Weiner.



Saturday, February 27, 2010 was a cloudy, cold winter day, just after a very heavy snowfall. Six inches of new snow had fallen overnight, on top of a foot-deep base. There were more weather warnings, but I had scheduled an AMC hike into the Ramapo Reservation. It was not a registered hike, therefore I did not know who might be coming. In spite of the icy and snowbound roads, I drove to the Ramapo Reservation parking lot (which is always plowed), expecting to see nobody for my hike. Yet, one person came; a beautiful lady with a big smile. It was Judy Weiner!! We put on our snowshoes and started uphill on the road and trail towards McMillan Reservoir. We met nobody, and soon we lost the trail. The heavy snow had bent all the bushes to the ground, obliterating the trail and trail markers. We did not know where we were. Yet, it was so beautiful and peaceful. Judy was so happy, and so was I, seeing Mother

Nature in one of her best dresses. We wandered for hours without knowing where we were. But who cared? This was a great experience and we had great fun. *A day to remember!* I knew Judy from previous hikes. She was such an outgoing person that it was difficult to miss her. I guess it was her personality and extroverted nature that attracted everyone to her. We had a common friend, a true Frenchman, Bernard Jappy. In our hikes we always took the opportunity to converse in French. Judy spoke better French than I; yet, it was always a welcome opportunity for both of us to brush up! I will NEVER forget Judy. May her memory be eternal. Her life was a gift and an example to all of us. Submitted by: Dean (Constantine) Gletsos (March 2015)

Ed Fuller Oct. 9, 1928 – August 14, 2015.



Dad was the most wonderful father anyone could ever have. He devoted his life to his family and was a friend to all. He was known, loved, and respected for his honesty, hard work, common sense, generosity, and friendship, along with his great sense of humor and love of life. Dad was active in volunteer work his entire life, serving the New York-New Jersey Trail Conference as a trail maintainer and builder for over 20 years before retiring to North Carolina. He was also a hike leader for over 35 years with the Sierra Club and AMC, leading trips for both adults and inner city youth. He will be forever known for carrying an umbrella while hiking in the rain. He joined the AMC in 1971 and was a life member. I will miss him greatly but know that he has left me a special gift in my love of life and the outdoors. Submitted by Robert Fuller



Trails & Waves

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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.

**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 December 1ST