



Trails & Waves

News from the New York – North Jersey Chapter of the Appalachian Mountain Club
Volume 38, Issue 1 ♦ Spring 2016



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NY-NoJ Chapter Commits \$500k to support Harriman Outdoor Center and Greater NY Metro Strategy

By: Eileen Yin

The biggest news for our Chapter in 2015 was AMC's 40-year lease for, and the New York-North Jersey Chapter's \$500,000 commitment to, the AMC Harriman Outdoor Center. Of the total contribution, \$250,000 is a capital donation to build a world-class facility; the remaining \$250,000 will support chapter programming for many years to come.

Our commitment represents a uniquely long-term vision for the New York Metro Area. As a local hub for outdoor education, Harriman Outdoor Center will raise awareness about the AMC, its mission, and our activities in the Mid-Atlantic region. It will differentiate our brand from other local peer organizations and springboard chapter membership growth over time.

See page 6 story continued...

Happy New Year! Greeting From our Chair



First off I really want to thank Eileen Yin for all the work she has done positioning our Chapter to be a leader among all the other chapters. I have huge hiking boots to fill. She worked tirelessly almost every single day devoting hours and days to the Chapter and the club as a whole.

I am both excited and honored to be selected to serve as the chair of the club that has been a major part of my changing my life. I moved to New York knowing not one single person. I found out about the club through a friend of friend. My first hike was Breakneck Ridge. A month later I took my first trip to the White Mountains. Many trips later, I met my husband. We bonded on the Bond Cliff trail. Our wedding was held on the Hudson River near Beacon NY and officiated by our own John Bradley. I paid the club back by volunteering as leader, hiking committee chair-twice and the executive committee. Hiking kept me going when I was diagnosed with cancer.

Serving on the Executive last year was both crazy and fun. We accomplished so much. We all really like each other. We traveled to many club wide events and the other Chapter were amazed at how we used the time to really work together after everyone else was socializing. The next two years are going to be packed with lots of events to accomplish our goals which are focused on community, communication and leadership. Community events will be focused at Harriman. Plan to attend the picnic on June 4th. We will also be hosting the Harriman Camp opening July 2nd. We have many weekends already reserved and we are actively looking for hosts and activity leaders. Our communications have increased during the last year with the reintroduction of Trails and Waves and eblasts. Social media will be increased with our Young Members leading the way. We are also working on developing a leadership committee and are in the planning stages of having a leadership symposium in September. This will be open to all new and existing leaders with topics to both advance skills or get you started. This is an ambitious year and many volunteers will be needed. The club's success is dependent on volunteers. Please consider giving back as you never know how your path can be changed by getting involved with our great community of outdoor enthusiasts!

The entire Executive Committee is looking forward to the next year with many events planned. We are going to be focused on the following goals:

Community

We want to continue to build our community of Outdoor Enthusiasts centered around the opening of the new Harriman Camp. We will continue the tradition of a summer picnic honoring the great work of our volunteers. Several social events will be planned both in the city and outdoors. We will work to grow our young member and family members.

Communications

We want to keep you informed! Last year included the reintroduction of Trails and Waves and a regular schedule for eblasts. This year we hope to expand our social media presence and expand our social networks. We will work hard to keep all committee chairs informed about what is happening in the club.

Leadership

Our leadership is what sets us apart from crowd of hiking groups. There will be a big push this year to not only expand our leader network, but also to offer the kind of leaders and potential leaders are asking for. A leadership committee is in the planning stages, along with a Path to Leadership. We are also trying something new this year and will be offering a leadership symposium Sept 21-22 for all existing and potential leaders.

-Cynthia Tollo Falls , Chair

NY-North NJ Chapter Executive Committee Board

At the Chapter's Annual Meeting & Dinner on Saturday, January 9th, 2016 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.



Nathan Baker, Vice Chair

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. Vicechair@amc-ny.org



Rob Holbrooke, Secretary

I served in the Peace Corps developing Environmental Education programs in Jamaica. That experience led to my career in Land Use Planning and Economic Development. After earning a Master's in Public Administration, I moved to New York in 2005. I am currently the Deputy Director of the Planning Department at New York City Economic Development Corporation. I have served on the Paddling committee for 5 years. I live in Astoria, and am a new proud father. My 13 month old daughter already has her own PFD. In 2004 I thru-hiked the AT; my trailname is Statler-and-Waldorf. Secretary@amc-ny.org



Jae Chung, Treasurer

Jae also serves as Vice Chair of the Young Members Committee.

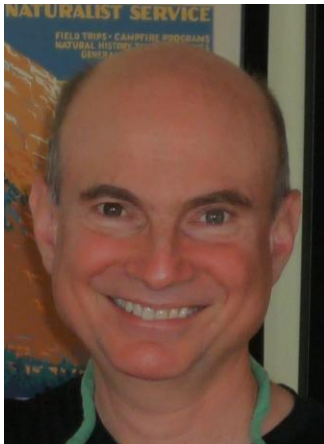
Treasurer@amc-ny.org



Kelly Roberts, Communications Liaison

Born and raised 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.

communications@amc-ny.org



Ed Sobin, Activities Liaison

Former ski chair, AMC member for 30 years, hiker, backpacker, Ed leads bike trips for other NYC bike organizations. Activities@amc-ny.org



Richard Dabal, Facilities Liaison

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. Facilities@amc-ny.org



Justin Bailey, Program Manager for AMC 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 is 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! jbailey@outdoors.org

DAVID LAMB 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 9th, 2016, at Connolly's Pub & Restaurant in New York City.)

“It gives me great pleasure to be able to announce 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 has given an enormous amount of time and made diverse contributions to the Chapter for about 20 years. Our Appie's many contributions have included leading hikes, serving on the Nominating Committee, and on the Chapter Executive Committee. Our Appie is currently a regular hike leader, remains a member of the Nominating Committee and asks for and offers ideas on issues and matters to help the chapter. Our Appie has led many hikes each year for about twenty years. Recently, our Appie has attended many meetings of the Chapter Membership Retention Committee. It gives me great pleasure to announce that David Lamb is this year's Appie of the Year.”

Congratulations David!!!!

NY-NoNJ ANNUAL REPORT

Highlights of 2015 include:

- 👉 Return of Trails & Waves, our chapter newsletter
- 👉 Snappy new format for our monthly chapter E-blasts
- 👉 Downloadable and printable online schedule
- 👉 Web content training video
- 👉 Monthly foundational Leadership Training workshops
- 👉 Harriman Volunteer Work Days (6) and Familiarization Tours (8+) and
- 👉 Frequent social events by Young Members & Membership Committees.

Projects that will continue into 2016:

- ❖ Path to Leadership, Leaders Survey and Leaders Symposium
- ❖ Electronic Waivers, aka Trailhead Waivers
- ❖ Membership Retention Plan
- ❖ Financial Projections
- ❖ Chapter Dashboard and Metrics Gathering
- ❖ Harriman Summer and Autumn Programming

Report Available here:

<http://www.amc-ny.org/wp-content/uploads/2016/01/Annual%20Report%202015.pdf>

What a great year we had!



New York-North Jersey Chapter's commitment represents by far the largest financial stake from any chapter to support an AMC project. It also marks an unprecedented partnership between the club and a chapter. We have two representatives on the Harriman Launch Advisory Committee (HLAG), which is a joint staff and volunteer working group tasked with getting the camp open and functional on Day 1. HLAG is chaired by a NY-NoJ Chapter volunteer Henry Schreiber. We also created the Harriman Program Committee (HPC), which is an all-volunteer chapter committee that will deliver fun and innovative weekend programs at the facility throughout the season. The new committee is chaired by Eileen Yin, a former NY-NoJ Chapter Chair.

We waited many decades for this opportunity! Our members immediately benefit by having a comfortable facility to pursue conservation, education and recreation interests that is both close to home and also accessible by public transportation. There will be more details about how to participate in chapter-led programs at the camp as we get closer to our opening date, July 1st!

If you are interested in working on the HPC, or leading an activity or hosting a weekend at the camp, please contact Eileen Yin at harriman@amc-ny.org. In the spring, watch the website for Volunteer Work Days, when we work on construction or landscape projects, and Familiarization Tours, when we take you on a close-up visits. A big THANK YOU to all the volunteers who helped out in 2015. We look forward to seeing you again this year!

What is your Outdoor Adventure?

#getoutdoorsAMCNYNJ



Getting outdoors and learning something new is what the AMC is all about and all AMC members have a story to tell. Why did you join? Where did you go? What have you learned? We want to share these stories through photos on the chapter Facebook page.

The chapter has ordered a special AMC bandana which has many uses including keeping the sun off your neck, using it as a table cloth, keeping the sweat out of your eyes or even making a sling in case of an emergency. We want to get the bandana into the hands of as many members as possible.

It's easy to request an AMC bandana. Here's how:

1. First, complete the form on the chapter website here: www.amc-ny.org/whats-your-outdoor-adventure. You will receive your AMC bandana in the mail soon after you submit the form.
2. Once you receive your bandana take a high-res selfie or have someone photograph you holding your AMC bandana on your favorite activity—camping, hiking, kayaking, camping, or whatever you love to do.
3. Post your photo on Facebook with an AMC hashtag: #getoutdoorsAMCNYNJ. Share what AMC activity you are doing in the picture. Be sure to “like” the Appalachian Mountain Club (AMC) NY-NoNJ Chapter Facebook page if you haven't already. Make sure your post is set to public and that others can follow you on Facebook. Go here to get more information from the help section of Facebook: <https://www.facebook.com/help/134343280099148>
4. We will share many of your photos on the chapter Facebook page, but you can also see what other members are up to by just typing #getoutdoorsAMCNYNJ in the search bar on the Facebook site.

We are excited and can't wait to see what you love about the AMC! Feel free to email or call the office at Office@amc-ny.org or 212-986-1430 if you have any questions and thank you so much for participating.

Get out and enjoy!

* Limit one per member ID.

Update on Bear Research Project

By: Cynthia Tollo Falls

Bears, bears, bears and bobcats too. For the past four years, Jim Conlon and I have been involved with a research project for Harriman State Park, trying to figure out how these animals make a living in the woods. In conjunction with Dr. Edwin McGowan, head of Trailside Museums and Zoo, we have been using trail cameras to record the number, age, sex, and behavior of bears in Harriman State Park.



The project originally started off with us collecting bear hair samples that were going to be used for genetic diversity testing. When that proved too costly and the price of trail cameras came down we switched tactics with results that surprised us.

We started with one camera in the Spring of 2014. Trail cameras use a combination of both motion detectors and infrared detectors to trigger a shot. Once the camera is aimed, we walk away and check the results a couple of weeks later. We were not really sure what we would find when we checked that first camera, but we had early success finding a sow lounging around with her two yearlings. One camera proved not to be enough, so we added more to our collection. We placed cameras where we had found signs of bear activity, such as marked trees, scat, edges of swamps and other bear food sources. We have been lucky enough to see video of cubs playing, bears grazing on skunk cabbage, and all sorts of mating behavior. Our collection includes well over a thousand photos and videos that include not only bears, but bobcats, coyote packs, fox, deer, raccoon, opossum, and other small animals. As this is a research project, all information is recorded in a spread sheet and locations are mapped. Our results are then presented and sent to the Park.

The question we get asked most is how many bears are in Harriman. The surprising answer is more than anyone ever thought. We have recorded more than 50 individual bears in the park—and those are only the bears we know about. We have been told about several others, including sows with cubs that were never caught on camera. This would put the bear population at a much higher number. Considering Harriman State Park has 2 million visitors a year, encounters between bears and humans are incredibly uncommon. We hope it stays that way, but with a growing bear population, everyone will need to be careful with their food, especially at shelters. If you see a bear, be sure to make a loud noise by clapping, blowing a whistle and appearing large by waving your arms above your head. Bears make a good living in the woods. Anyone with a lot of outdoor experience would agree that you have to respect that!

Message from Membership Chair, NY-NoJ Chapter, Carrie Ho



Hello my fellow members, first of all, I wish you all good health, happiness and success in 2016. Go outdoors!

I am very excited to tell you about the many upcoming activities the Membership Committee is organizing for 2016. Are you as excited as I am? I can't wait to meet each and every one of you in person.

Monthly Expedition Socials for all Members

Program Manager Justin Bailey and I are planning to make the monthly Expedition Socials more accessible than ever. We will host them at camping stores, climbing gyms, ski clubs and

other locations in and around New York City. We invite all our members to join us and make new friends on the last Tuesday of each month. The first event focused on Skiing, which was held on January 26th at Reunion Surf Bar in Hell's Kitchen.

The dates and activities look like:

Feb 23 Winter Hiking

March 29 Climbing

April 26 Bicycling

May 31 Sailing & Fire Island

June 28 Canoe/Kayak

July 26 Softball

Aug 30 Hiking

Sept 27 Backpacking

Oct 25 Wilderness First Aid

Nov 29 Climbing

Dec 27 Winter Backpacking

New Members Weekends at the Harriman Camp

With the AMC Executive Committee's support, I have worked closely with Eileen Yin to organize two New Members' weekends at the new AMC Harriman Outdoor Center on July 22 to July 24, and September 30 to October 2. You are most welcome to join us, and come along with new members.

Backyard Picnic Volunteers

I am calling volunteers to join me on the "Backyard Picnic" series. If you are interested in hosting an event for our fellow members, you will love this opportunity. Please email me at membership@amc-ny.org for further details. Volunteers are invited to join the Membership Committee at the Harriman Camp on August 19-21. The Membership Committee will sponsor part of the expenses, but you're required to pay most of your cost. Limited space.

Congratulations to David Lamb (my mentor who helped me form the Membership Committee) for being awarded Appie of the Year! Great job!

I'm looking forward to meeting you in any of these activities. Please feel free to contact me at membership@amc-ny.org if you have any suggestions or comments. I would love to hear from you!

The day after the record-breaking snowstorm of January 23, 2016, our small band of AMC skiers took a gamble and ventured out to **Ward Pound Ridge Reservation**, just north of the city in eastern Westchester County.

The Blizzard of 2016 was an upside-down affair, with heavy snow falling on the city and central Jersey, but with snowfall amounts dropping precipitously as you headed north. Our gang were refugees from the snow-less north, traveling south in search of deeper snow. Since Minnewaska and Mohonk got no snow at all, and Fahnestock State Park was opening late, we took a chance on Pound Ridge. It paid off handsomely. Most of the reserve's trails are well-maintained carriage roads, with smooth, graded surfaces that allowed for enjoyable skiing even with only 10 to 12 inches of 'dust-on-dirt.' There were still some rocks lurking under the snow surface, but by following previous skiers' tracks we were able to avoid them.

Pound Ridge is quite hilly, with lots of quick ascents and descents, and some long and relentless—but not too steep—up and downgrades. There are rock outcrops, lovely streams, cozy hollows, vibrant second-growth forests, and all sorts of natural features to please the eye. At over 4000 acres, the preserve is large enough to provide a good sense of solitude. We spent the morning on the sled hill above the Bergfield picnic area, conducting an impromptu Skills For Hills workshop. After demolishing the fresh powder, we headed off to the Michigan Road picnic area to access the ski trails. We skied about 6 miles that afternoon, but could have gone much farther. There's lots of room to roam in the reservation. There is a \$10 per vehicle parking fee. Pick up trail maps at the entrance booth. Pound Ridge is not directly accessible by public transportation, but it is only 6.5 miles from the Katonah stop on the Metro-North Harlem Line.

Photo by Rob Coppersmith



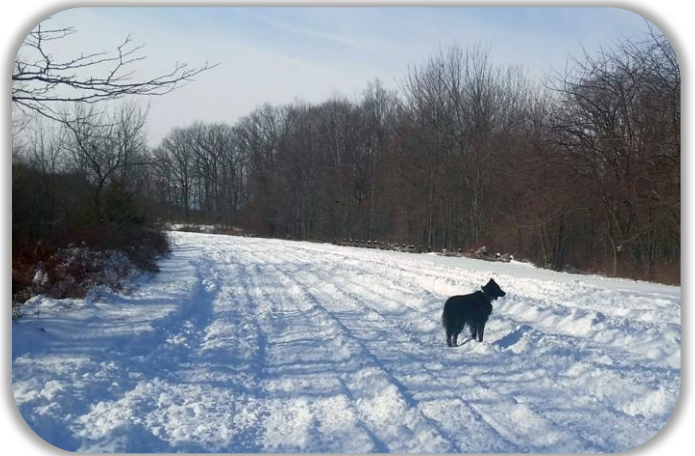
Prospect Park, Brooklyn

For more information on Ward Pound Ridge Reservation:
<http://parks.westchestergov.com/ward-pound-ridge-reservation>
<http://www.nynjtc.org/park/ward-pound-ridge-reservation>

Trail Map:
http://www.lewisborogov.com/sites/default/files/fileattachments/parks_and_recreation/page/5013/newwardpound.pdf

Historic Blizzard of 2016

On Saturday, January 23, 2016, our area experienced its second biggest snowstorm in recorded history. The next day, all around the region, AMC members scrambled to shovel themselves out and make the most of 'Snowmageddon 2016.' It was what skiers call a 'bluebird day'—sunny, clear and pleasantly cold. Everybody was abuzz with how good the snow was for skiing. Prospect Park was hopping with skiers. New Jersey's state parks became instant nordic centers. Colorado skiing on Long Island! Well, *almost...*



L to R: Photo by Sue Bennett, skiing in a municipal park, Middlesex, NJ; Susan Sterngold's ski buddy Roxie checking out the snowmobile tracks on Lake Welch Drive, in Harriman State Park

Bottom: Paul Fung enjoys great skiing in Central Park, Sunday, January 24, 2016

The dream of a lifetime!

Bike the beautiful valley of South Tyrol and then head to Venice!

With AMC Adventure Travel Trip No. 1614: Biking Innsbruck to Venice, August 15-27, 2016

If you have ever dreamt of biking through the beautiful European countryside, this is a great chance to do it—and the Euro is now lower than at any point in a decade! AMC Adventure Travel leaders Janis Stahlhut (CT Chapter) and Robert Matson (NY-NoJ Chapter) offer this opportunity to ride at an intermediate level on a moderate pace to enjoy the beautiful countryside, food and culture of the famed South Tyrol district nestled deep in Italy's Dolomite range. The trip travels downhill to the Adige River valley through Balzano and Trento, before stopping at Lake Garda - Italy's largest and most beautiful lake. After two nights in Verona, the trip turns toward Venice and follows the rolling hills to Venice visiting Vincenza and Padova along the way. Daily distances of 25-45 miles (with a couple of longer options) on 21-gear hybrid bikes with mild elevations and mostly paved roads. Your luggage is transported each day by van, and the group is accompanied by a professional cycling guide who speaks fluent German, Italian and English.



For a detailed prospectus please contact Janis, jstahlhut@me.com or [203-820-9275](tel:203-820-9275) or Robert Matson, rm@theinnovationworks.com or [231-409-6069](tel:231-409-6069) (please call before 9pm).



Save the Date: September 23-25, 2016

NY-NoJ Chapter Leadership Training Symposium Fall 2016

Please join us at the AMC's new Program Center in Harriman State Park for a great learning event!

The NY-NoJ Chapter would like to invite you to "Save the Date" for our first ever Leadership Symposium on the weekend of 9/23-25/2016. During this weekend, we'll bring together potential new and current leaders to focus on: Developing the skills necessary to lead successful, fun trips, delve into the online tools available to AMC leaders, share best practices, meet new people and have a great time exploring our new facility at Harriman State Park!

Stay tuned for updates throughout 2016!

A Walk in the Woods of NYC

by: Joe Little

I love the Appalachian trail. The beautiful trail. Famous, but not the easiest for city-dwellers to access. The *Manhappalachian* Trail, on the other hand, is a little known, very accessible walk (or roll) in the woods of NYC parks, partly to honor the premier of A Walk in the Woods.



Planning a walk or roll in the woods

While no wheelchair-bound folks were available for the 8-hour weekday journey, our pre-hike-day fieldwork—fraught with time-consuming, wheelchair-unfriendly rabbit holes—pointed us toward a natural, yet smooth route. Like the Appalachian trail itself.

The Bridge to Inwood Hill

Any southbound Manhattan hike necessarily starts and ends relative to the very first walk in the woods, Broadway (originally known by the NYC-area Indians as the Wickquasgeck or birch bark Trail). We began on the Bronx side of Broadway Bridge (225th Street). And though Broadway is OK we were anxious to go green so we turned west -- and southerly, ascending 218th, Seaman and Payson. BIG ascending. Who knew there are mountains in Manhattan? We could've spent the entire morning wrapping our hands around Inwood Hill; but chose to skirt the wildness and stay the course toward Washington Heights' Fort Tryon Park, south of Dyckman Street's flat land.



Manhappalachian's Apex

Wheelchair accessible? Yes. Easy? Not at all. Though the park entrance directly across the street from Payson's dead-end at Dyckman is a seamless extension of the south-bound trail, it's a struggle for sure. And full of critters. Not creatures. That would be menacing. Critters. Chipmunks, with their gorgeous racing stripes. And chirping birds. And—pause for breath—acre after acre of semi-visible Manhattan schist (<http://www.newyorknature.net/Geology.html>). Onward, upward, higher, higher, through a cloistered stone bridge and past a fragrant garden, Washington Heights' well-groomed sister to Inwood's wilderness. But there is no time to smell the roses as we transition from park to plateau via Fort Washington Avenue's cul de sac. A few more blocks along the cliffs of Cabrini and Pinehurst and we reach our initial zenith, Bennett Park, home of Manhattan's highest natural point at nearly 300 feet above sea level. It says so right there on the plaque, several paces from the footprint of George Washington's revolutionary fort. On top of the world, we sit on a bench to take a breather, having hiked two miles. This time the critters are a domestic variety: children, with mom, dad, or nanny close at hand. After a bit of water, snack and photo op we hike on, proud of the NYC accessibility of it all.



Highbridge = High Park

Our southerly transition takes us down Fort Washington Ave, alongside myriad parks and playgrounds. Imagine that: so many Gotham green spaces they start to blend together. That's a very good thing. We turn left & east at 168th which is appropriate: Broadway goes green there, too, with its famed leafy median. As with the Appalachian Trail there's more than one path we can take, especially in North Manhattan, which is why I'm glad we are able to maintain our lofty elevation while turning left (to head east) on 164th, toward the newly renovated Highbridge Park. And we do mean high: at 114 feet above sea level, High Bridge is far and away the most majestic, visible portion of the Old Croton Aqueduct. Do we have time to shlep thru the park to get to it (let alone cross it)? No, but just knowing it is there does our hearts good. It is the northern Manhattan equivalent to midtown's High Line but I'm getting ahead of ourselves. Dead-ending into the lush green of Edgecombe Avenue tells us we are

now atop the eastern backbone of north Manhattan, the cliffside of High Bridge Park. For the next mile and a half--including Jackie Robinson Park -- we're treated to block after block of east vistas as far as the eye can see. Which means the Bronx. But still, terrific vista for the money, if you ask me. By the time we reach 145th Street it's late morning - we've hiked over four miles, nearly one third of the length of Manhattan. Time for another snack break, though we've hydrated thru- out our hike, as required by law. I joke, but it really is that critical especially on heat wave days like today. The shade is vanishing. Time to hike on toward Central Park but first we spy a plantation-style mansion you might see in North Carolina's Appalachian Trail, but this is NY. Turns out it's the Hamilton Grange National Memorial—a national park! On to our Central Park, where we are to rendezvous with two who can't hike the entire time. Who are we to say no.



The Great Hill and Strawberry Fields

As we walk steadily downhill and down island toward the lowlands of the Harlem Meer we glance westward to see the dregs of exposed Manhattan schist in Morningside Park. It doesn't go gentle underground: the castle-like schism between neighborhoods—Columbia and Harlem—is one of the most vivid you'll ever see. The boundary, compounded by the moaty basin left by Columbia after the university gave in to protests concerning its excavation of south-Morningside Park, is a political eyesore but a natural treat for passersby: a ten-acre oasis of playgrounds, forest, even a waterfall. A waterfall in Manhattan? Gorgeous, but we have bigger hills to climb: the Great Hill in the northwesternmost section of Central Park is super steep for walkers and wheelers but worth the climb. At 134 feet, it's among the highest natural peaks in Manhattan-- a singular baldheaded marvel in a section of the Park teeming with trees. Central Park's lonely mountain, so to speak, a natural section to 'conquer' (and rest) on our journey. And, required by law, a photo op at the top.



At the hill's southern base we meet up, as scheduled, with the two new hikers -- who turn into trail angels when they re-supply us with snacks. Water, though, is a plentiful item in Central Park thanks, in part, to the Central Park Conservancy. We feel safe the whole route—not that there is anything unsafe about the park- though it had a bad reputation long ago. Not now. There's gladness in the air, although that might be my sinuses. As the four of us stroll along the the Park's rolling trails and hills, a term keeps bubbling in my head: "Beautiful trail." If there was any doubt it's clear now: Manhappalachian Trail, especially in Central Park, is a beautiful-trail, one with a spirit similar to its famed Appalachian predecessor. Less rugged and remote but more accessible and available. And it's not gettin' any uglier (as they say) as we approach what is easily the Park's most popular peak yet its

least elevated hill: Strawberry Fields. It's here that we remember to take the single photo of our group of Manhappalachian Trail hikers at its apex of four. Not a bad number for a hike -- in town or country. After the photo op our afternoon tagalong hikers bid us thru-hikers farewell as we hike on through an increasingly busy portion of the Park. It is the nature of the beast in these parts of the Trail, to be certain, but hardly a shock: if NYC is the greatest city in the world and 'Central Park' is its crown jewel, then Manhattan's midtown area is its popular county fair, which we're now hiking straight into via Columbus Circle. Central Park has put us in a vibrant mood. We're ready for bear--as they say--in midtown, with hiking sticks, in McDonald's. The 'golden arches' are sort of hilly, right?



The High Line and the Finish Line

It's not that we've given in and treated ourselves to ice cream. That's not unheard of, even on the Appalachian Trail. It's that we've given in to the heat, and rightly so. We've come nine miles in the city on the last day of the hottest days of the summer. We've conquered Inwood Hill, Bennett, High Bridge, and Morningside, just to name a few. Central Park's Great Hill and Strawberry Fields just to name a few more. You'd think we would run out of natural ridges in our southward thru-hike of Manhattan, and you would be correct. Manhattan south of Central Park retains little of its original rugged rocky terrain, but one thing it retains is the old elevated train track from a century ago, what is now "The High Line". It is shocking that we nearly failed to include it in our trail, but not illogical. It's not your dad's idea of a park let alone natural ridge, but that is precisely what it is, with little manmadeness to it. Yes, it is manmade but nature ate it alive decades ago; its floral weediness

begged to be demolished or deified. And it is now our saving grace: it beckons us to slog thru midtown and, once arrived, blesses us with our first sea breeze of the day. It is far and away the most trail-esque part of the trail, given that it's no wider than a graded railway. Bravo, NYC Parks and Recreation, for this second jewel in Gotham's crown. A sliver, as it were, but precisely what was needed to push us on to the Battery Park finish point.



As we trekked our last miles—on Washington and Greenwich—I was surprised at the greenery of old Gotham. Tiny gardens and rows of hedge dot the landscape. A pleasantly surprising last highlight of our journey was the greeting given us by Chris Noel of the NYC Dept of Parks and Recreation. Chris gave both of us a very cool NYC-Parks medallion. More importantly, he was our light at the end of the tunnel, the gentleman who was monitoring our steady progress, and a representative of Manhattan itself who appreciated what we were doing in his accessible parks. We couldn't be prouder of the land—and park land—that makes up Manhattan and its most "beautiful trail" of all, the Manhappalachian Trail.



◇ OPEN HOUSES: 2/17/16, 3/16/16 Looking for friendly and knowledgeable volunteers to help fuel the discussion and address questions from our guests at our Chapter's Monthly Open Houses at the NY Program Office for new and potential members. I'm looking for one or two friendly and knowledgeable volunteers to help fuel the discussion and address questions from our guests. Everyone is attracted to the outdoors for different reasons, and providing new and potential members with a variety of viewpoints and experiences is a great way for them to find their connection to the outdoors with the AMC.

You can find more details about the event on the Activities database <http://activities.outdoors.org/search/index.cfm/action/main/> If you are interested in helping out please contact Justin Bailey at jbailey@outdoors.org

More Openings.....

- ◇ Harriman Camp Hosts: Eileen Yin at: eileen.y@hotmail.com
- ◇ Harriman Camp Program Leaders: Eileen Yin at: eileen.y@hotmail.com
- ◇ Hospitality Hosts for Harriman Camp Opening: Richard Dabal at: Facilities@amc-ny.org
- ◇ Hospitality Hosts for Harriman Picnic June 6 : Nathan Baker at: vicechair@amc-ny.org
- ◇ Hospitality Hosts for Committee Chair Dinners: Nathan Baker at: vicechair@amc-ny.org
- ◇ West of Hudson Supervisor: Hope Rogers at: hrogers10@hotmail.com, 917-414-6681
- ◇ NJ Trails Supervisor: Hope Rogers at: hrogers10@hotmail.com, 917-414-6681

- ◇ BANDANA Campaign Manager contact: communications@amc-ny.org

Interested in becoming more active with the chapter on social media? Are you looking for a project which will allow you to become familiar with how the chapter works while at the same time encouraging members to share their outdoor experiences? The chapter is currently running an integrated marketing bandana campaign through Facebook and we need a volunteer to assist in managing the campaign. This is an excellent opportunity to help grow a campaign already in place and the right candidate just needs to: follow the campaign guidelines, be active on Facebook, and have a desire to work with chapter leadership to get more members involved

- ◇ TRAILS & WAVES (3) Layout, Editor's Assistant, Photographer: communications@amc-ny.org
- ◇ Conservation Committee volunteers: conservation@amc-ny.org
- ◇ Leadership Committee Volunteers Nathan Baker at: vicechair@amc-ny.org
- ◇ Family Committee Chair and Leaders Justin Bailey at: jbailey@outdoors.org

- ◇ Volunteer at AMC Huts and Lodges:

Information Volunteers: AMC Information Volunteers are friendly folks who possess a firm knowledge base in outdoor recreation, as well as the trails around the location they serve. Locations include the Lodges and Huts in the White Mountains, Cardigan Lodge in Alexandria, NH, Mohican Outdoor Center in New Jersey, Gorman-Chairback Lodge in Maine, and Harriman Outdoor Center in NY. Volunteers provide recreation information (trails, gear, trip planning, weather, etc.), conservation and natural history information, assist with retail sales, host waterfront and campsite areas, and provide information about AMC programs and membership. Some Information Volunteers also lead short hikes and help with guided programs. These volunteers are an invaluable resource to both the public and the AMC!

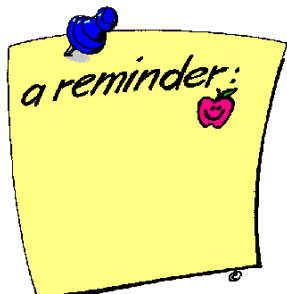
Volunteer Naturalists: AMC Volunteer Naturalists offer natural history programs to backpackers, hikers, and other visitors at AMC's Huts and Lodges in New Hampshire, Maine, and New Jersey. Naturalists draw on their own expertise, which can range from alpine ecology to logging history to wildlife management. Through the Volunteer Naturalist program, the AMC promotes wise and responsible use of our natural resources by educating the public and encouraging a deep sense of awareness for the environment, including ecology, weather, geology, wildlife, social history, and resource management. Some Volunteer Naturalists also lead short hikes and help with guided programs.

Training Details: We offer three choices for annual training weekends each spring for Information and Naturalist volunteers. In order to become a volunteer in 2016, participation at one of these spring trainings is required. The 2016 trainings will be April 22-24 at Mohican Outdoor Center in NJ; May 13-15 at Highland Center in NH; and June 3-5 at Gorman-Chairback Lodge in Maine.

Commitment: We ask Information Volunteers and Volunteer Naturalists to commit to at least 32 hours of service per year, for at least three years. This typically translates to two weekends per year. Many volunteers serve for far more hours, but most volunteer two to five weekends per year.

Benefits: Free meals and lodging during your volunteer assignment, retail discounts, and the satisfaction of helping others safely enjoy the outdoors.

How to Apply: Please contact Kyra Salancy, the Outdoor Program Centers Volunteer Coordinator, to learn more about volunteering and receive an application (email: amcvolservices@outdoors.org or phone: 603-278-3820). Training weekends are already filling up fast! Apply by mid-February if you want to volunteer in 2016.



April 21	Committee Chair Dinner & Meeting
June 4	Picnic at the Harriman Camp
July 2	Harriman Opening
Sept 16-18	Young Member Leader Training for all Chapters
Sept 23-25	Leadership Symposium



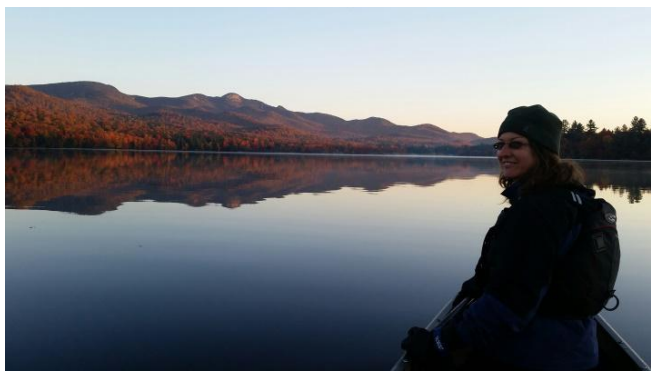
This photo of a Bobcat was taken by a Trail Camera installed in Harriman State Park, in March 2015. The bobcat population is increasing within the park and throughout the Northeast. These photographs are part of an on-going research project being conducted by Chapter Chair Cynthia Tollo Falls and Jim Conlon. The research mainly focuses on the bear population, but bobcats use some of the same wildlife trails.

2015 CHAPTER VOLUNTEER AWARDEES

The New York-North Jersey Chapter is delighted to share our appreciation for our most dedicated members, who have given so much of their time, energy, skills and spirit. Their generosity has greatly enhanced our enjoyment of the outdoors. In 2014, the chapter created three Volunteer Awards to recognize members who embody our chapter values: *Inspirational Volunteer*, *Ambassador*, and *Unsung Hero*. In 2015, the chapter added two new Volunteer Awards that recognize commitment, service, and achievement: *20 Year Volunteer* and *Master Leader*. 20-Year Volunteers receive Marmot Fleece Vests.

INSPIRATIONAL VOLUNTEER

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



Loretta Brady

Canoe and Kayak Committee

Loretta is the heart and soul of the Canoe and Kayak Committee, and by far its most active Trip Leader. She welcomes and mentors novices by leading two Basic Canoe Instructions and multiple entry- and intermediate-level trips each year. In 2015, Loretta led an unprecedented 24 trip days, often encouraging fellow paddlers to step up as River Leaders. Loretta also revitalized the committee's

newsletter, [PaddleSplashes](#), providing a strong sense of camaraderie and bringing together our chapter's active and retired paddling community. One issue won an honorable mention for the Eddie Award, a widely recognized industry award competition in the print and digital media trade.

AMBASSADOR

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



Lisa Williams

Young Members Committee

Lisa has done amazing things with the Young Members Committee and the Chapter by promoting the club and bringing in new members leveraging social media, other outdoors organizations and by force of her dynamic personality. Her monthly Thursday Third Thursdays have grown from 3 people to over 35 supporting the Chapter's goal of building an Outdoor Community.

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



Tat Yuen

Communications Committee

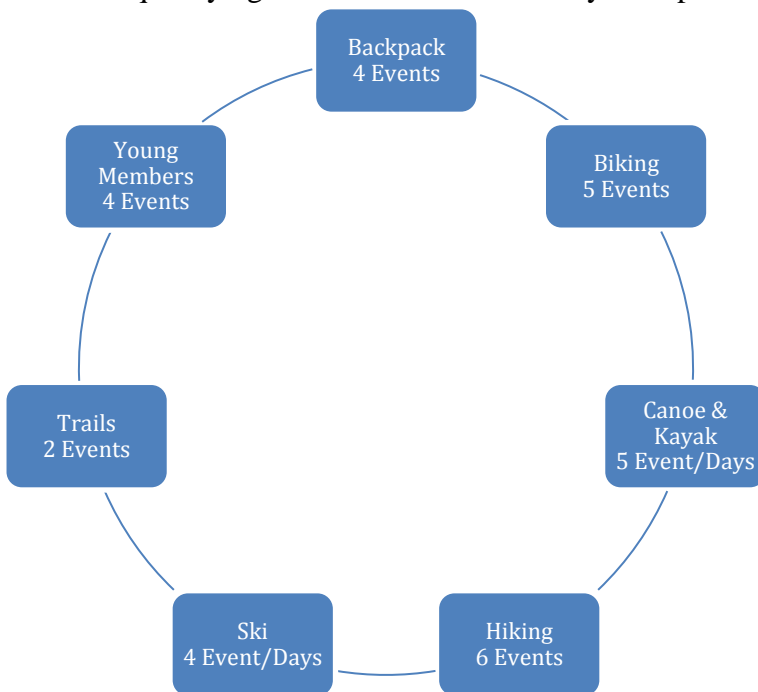
Tat has served as the Chapter's webmaster for many years, seeing us through the transition from one web platform to another. He's fixed crashes, got us through hacker attacks, and kept us up and running through the myriad technological hurdles we've had to jump. In addition, he makes changes in a flash! Our online presence is an absolute requirement—and it's Tat's hard work that keeps it all running.

Congratulations to our **85 Master Leaders & 20 Year Volunteers!!!!**

The **Master Leader** designation is earned by volunteers who go Above and Beyond. They must:

- Lead a substantial, but achievable, number of events every year
- For three consecutive years, and
- Post all qualifying events online in the AMC Activity Database

The number of qualifying events was determined by each participating Committee:



Impressively, Richard Seibel qualified as a Master Leader under *both* Ski and Hiking Committees. Thanks to Henry Schreiber for compiling data from the Activities Database. Master Leaders receive a Patagonia Softshell Hoodie Jacket with a bright green AMC Master Leader patch on the left sleeve.

Master Leaders

Backpacking: Christine Benton, David Mong, David Thornquist, Frank Zarb, Maria Nobles

Bicycling: Glenn Barnes

Canoe & Kayak: Butch Futrell, Ara Jingirian, Carin Tinney, Eileen Yin

Hiking: Rita Cohen, Jo-Ann Gisolfi, Fred Hafele, Mike Handelsman, David Hartree, Hal Kaplan, David Lamb, Joe Nigro, Tom Parliment, Robert Richardt, Richard Seibel, Rich Siegelman, Bob Susser, Christa TenCate, Art Tollefson, Nancy Tollefson, Cynthia Tollo Falls

Skiing: Ron Gonzalez, Richard Seibel

Trails: Kate Whitney-Bukofzer, Kenneth West

Twenty Year Volunteers

Rich Anderson, Jill Arbuckle, Frank Bamberger, Anita Barberis, Janice Bortree, John Bradley, Rich Breton, Minu Chaudhuri, Marty Cohen, Wanda Davenport, John Fitzpatrick, Wayne Foote, Bob Fuller, Don Getzin, JoAnn Gisolfi, Dean Gletsos, Ed Goldstein, John Graham, Lenny Grefig, Mary Hilley, Bill Hladky, Howard Israel, John Juraseky, Hal Kaplan, Judy Kossover, David Lamb, Jane Levenson, Rick Levine, Irene Logan, Mason Logie, Dorothy Lourdou, Maureen McCahery, Margo Moss, Joe Nigro, Ron Phelps, Marty Plante, Art Portmore, Jack Reilly, Robert Riordan, Jim Robbins, Aaron Schoenberg, Henry Schreiber, Rich Seibel, Jonathan Silver, Ed Sobin, Bob Susser, David Sutter, Naomi Sutter, John Swanson, Art Tollefson, Tim Watters, Rich Weiler, Ken West, Dick Wolff, Nancy Wolff

You can pick up your jackets by making an appointment with Justin and Mike [\(212\) 986-1430](tel:2129861430) to pick them up at the New York City program office: 5 West 63rd St., New York, NY.



Congrats to everyone!! The awards and recipients were announced at the Annual Meeting and Dinner on Saturday, January 9th, 2016 in NYC. AMC President John Judge helped with giveaways and spoke to the packed crowd at Connolly's.

Photos courtesy of Glen Nison



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

Online trips database. Check out our online listings. On the Chapter website, www.amc-nj.org, choose “Activities” from the top menu bar, select an Activity then select a time period.

Please visit and join our FACEBOOK page: <https://www.facebook.com/AMCNYNoJ> You can check the Facebook page for important Chapter information. “Like” us and share your photos.

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.

IN MEMORIAM-Arlene Kaplan



I am very sorry to tell you that Arlene Kaplan, a beloved member of our Adirondack Fall Foliage family, has passed away after succeeding against cancer for several years. She suffered a stroke while at home, and went painlessly, with her husband Dave and her two daughters beside her.

Many of you know Arlene for her cheerful smile and mastery of our camp kitchen. She and Dave participated in every Adirondack Fall Foliage Trip for seventeen years, from 1996 to 2013. Arlene quickly became our kitchen maestro. Our reputation for enjoying fabulous meals in the wilderness was due to her talent

She was always there early in the morning to start coffee and breakfast, and after a full day of paddling, to prepare wonderful meals for 25 to 35 people on finicky Coleman stoves. It was so much fun to cook with Arlene that the kitchen became the heart of our campsite. Everyone enjoyed participating. Many times the menu was challenging, but Arlene inevitably

triumphed with a memorable outdoor feast. We were very fortunate to have her on our trips.



Arlene and Dave were also excellent paddling instructors. They taught many AMC beginners how to canoe enjoyably and skillfully during weekends at Mohican Center and on the Delaware River. Arlene provided a capable woman’s insight and example to guide our students, sharing their enthusiasm when they succeeded. Our classes with her were always a lot of fun.

Arlene was also an accomplished Ski Instructor and Ski Patrol Member at Windham and had a successful professional career, as well as raising a loving family.

Arlene and Dave decided not to have any memorial service. If you would like to express your condolences and memories of good times together, please call Dave at [845-876-4642](tel:845-876-4642), or write to 49 Lakeside Drive, Rhinebeck, NY 12572-3009.

I have included a couple of photos of Arlene in the Adirondacks. I am thankful to her for many happy memories of times, places and work she so joyfully shared. Submitted by: Rich Breton



NEW YORK- NORTH JERSEY CHAPTER

YOUR CONNECTION TO THE OUTDOORS

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Trails & Waves

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Ron Gonzalez, Editor; Kelly Roberts, Layout

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 and suggestions to: trailswaves@amc-ny.org

SUBMISSION DEADLINE FOR THE NEXT ISSUE IS May 25TH