

#### Trails & Waves

Appalachian Mountain Club NY-NoJ Chapter 5 West 63rd Street, Suite 220 New York, NY 10023

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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. Please send photographs in the original (uncompressed) size; contact the editor if you need assistance. Email all submissions to: trailswaves@amc-ny.org

Read *Trails & Waves* on the <u>Chapter's website</u>

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### Message

### from the

### Chair

Whoa, is 2016 already coming to an end? What a year it has been. We started off the year preparing for the opening of the Harriman Outdoor Center. As promised, the camp opened on time and is proving to be very successful. The Chapter sponsored a total of 21 programs and hosted 226 people. Programs ranged from the very popular Astronomy and Map and Compass, to just plain enjoying the camp. A big thank you goes to Eileen Yin for organizing everything, finding volunteer hosts and spending most of her weekends helping out at the camp. If you did not get a chance to attend, save the date for next year's Chapter Weekend and picnic, scheduled for June 2<sup>nd</sup> through the 4<sup>th</sup>.

This year our focus was on leadership recruitment. Two separate training weekends were held in September. The club sponsored a Young Members leader training weekend, and the Chapter also held a training weekend for new and seasoned leaders. Thanks to these efforts, we have over 30 potential new leaders. In the coming months they will be completing their training through their various committees. Please give your encouragement to any new leaders. I want to personally thank Ed Sobin, Debbie Melita, Nathan Baker, and Henry Schreiber for organizing this event. We plan on doing this again next year and hope to see you there.

Finally I want to thank all the volunteers that helped make 2016 another great year. A big thank you to Kelly Roberts and Richard Dabal for your service on the Executive Committee. Thank you to all our Committee Chairs, leaders, WFA Instructors, trail maintainers, hosts at Fire Island and Harriman, membership tablers, event helpers, membership team, web team, social media coordinators, and social event helpers. Our Chapter cannot do it without you!

### Cynthia Tollo Falls

Chair, NY-NoJ Chapter





story and photos by YELENA UDLER

### Adventures of an **Early Bird**

he phone buzzes insistently by my head. I crack one eye open, and everything around me is still dark. It is not quite 5am and I am simply too tired to move, think, or act. Nonetheless, I flop out of bed, don the clothes laid out last night, throw a snack bar into the backpack, and sneak out of the room. The last of the stars are still twinkling in the sky as I leave the hotel lobby with a coffee in hand, gas up the rental car and turn on some tunes while running a mental checklist - map, water, walking stick, flashlight, layers, camera – enough of the 10 essentials to get me through the short hike to a summit in Zion National Park. I plan to reach it before sunrise, and bask in the glory of the rising sun.

Some might wonder, if you're on vacation, why subject yourself to an early rise and a hefty workout? Nature's phenomena (calving glaciers, sunsets, shooting stars) are some of the few things in our lives that we have absolutely no control over. No matter how intelligent the human species grows or how advanced our technology becomes, we still cannot makes the sun rise in the west or set in the east. Which is what makes bearing witness to such an event that much more special.

My initial attitude towards these facets of nature was apathetic—if I happen to be there while it's occurring, great; but I won't go too far out of my way to catch it.

...I believe every reader should hop out of bed at an ungodly hour at least once to experience a sunrise...

On countless camping trips, I'd hear the quiet murmur of the tent zipper through a sleepy, foggy haze as my friend Rob would stealthily

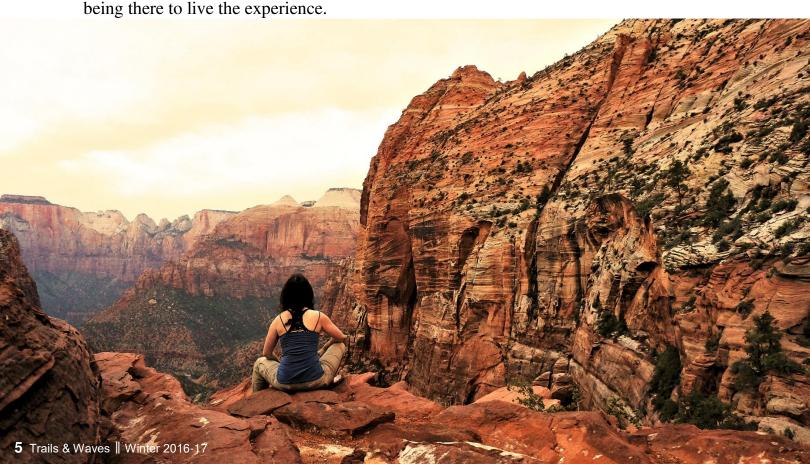
sneak out of the tent much in the same way I left my parents' hotel room, to hike or drive to the nearest scenic spot for the sunrise. I would sleep in. Rob is a wonderful photographer and I knew that I could enjoy the beauty of the sunrise through his shots. It took me a while to realize that while I could see the beautifully composed photos, they would never be able to capture the feelings and emotions that went along with actually being there to live the experience.

One of the most beautiful sunrises I recall happened in the middle of winter, while I was jogging on the beach with a neighbor. We were in a no man's land, a thin strip of

hard packed sand separating the white snow-covered beach from the deep blue water of the ocean. We started the run in the chilly predawn air, and as we

went along the beach, the air around us became lighter and less gray. Eventually we turned around and saw the most magnificent red orb rising from the waters. The contrast of the red, the white and the blue was simply intoxicating.

Zion National Park



After that, I became a convert. I started chasing sunrises everywhere I went. Runs on the beach, walks over the Manhattan Bridge, hikes in the Hudson Valley. At some point, even my online dating profile had a tagline of 'you should message me if you enjoy waking up at 5am to see the sunrise.' Before I knew it, it was 2012 and I was in the middle of Banff National Park, quietly unzipping the tent door so as not to wake my tentmate to crawl out and drive over to the Chateau at Lake Louise, and watch the rising sun light up the mountains framing the lake. Expecting to enjoy an idyllic setting—milky gray water, framed by sharp peaks, and a grandiose hotel in the backdrop, I was unpleasantly surprised to find myself sharing it with what seemed like a million others—the viewing area by the lake was surrounded by tourists with their cameras lined up, filled like the bleachers at a soccer viewfinders pointing match. towards the mountains and the rising sun.

It turned out I was late to the party—lots of people already knew about the secret beauty I had only recently learned to appreciate. Like the 'Wear Sunscreen' song that encourages the listener to live in New York City once, I believe every reader should hop out of bed at an ungodly hour at least once to experience a sunrise or two.



... Work hard to bridge the gaps in geography and lifestyle

For as the older you get, the more you need the people

you knew when you were young

Live in New York (ity once, but leave before it makes you hard...

- Wear Sunscreen by Baz Luhrmann

# Update from Membership Chair

by **CARRIE HO** 

Dear Fellow Members,

Happy New Year! A new year marks a new beginning. New people to meet, new adventures to enjoy, and new memories to create.

First things first: I'm pleased to welcome a new Communication Executive, coming on board in January. We will be working closely together to plan more interesting activities for members.

#### **Membership**

I'm happy to report that the NY-NJ Chapter's Membership slide finally flattened out in August and September. Membership increased in sustainable categories such as families and Under-30s. We have a total of 11,425 members as of September 30.

#### New Members Weekends, Harriman Outdoor Center (HOC)

Eileen Yin (Harriman Committee Chair) and I organized two successful New Members Weekends at Harriman Outdoor Center. We kicked off the program on July 22nd, followed by two other weekend programs. Hiking was followed by paddling and swimming.



Unfortunately, the weather did not cooperate for the fall weekend; it was pouring the whole time. No worries! Be creative! We had a movie night in our cabin, showing "A Walk in the Woods." We curled up on the couch and laughed through the whole movie! Thank you Denis McCartan (co-host from the Delaware Valley Chapter) for getting us a projector. With over 135% registration, we had to reserve an extra cabin to accommodate all the participants. The event wouldn't have been so enjoyable and successful without everyone's shared efforts.

Thank you to Sunday hike leaders Don Kress and Ingrid Strauch. I can't thank you enough for coming all the way to the Harriman Center to lead hikes for us. Thanks go out to all Members Weekend participants. You made the programs awesome and fun!

I invite you to join us for the Members Weekends in 2017. Even though it is called "New Members Weekend" say it loud: Everyone is welcome! I will also lead a members' weekend in the Mohican Outdoor Center from September 29 to October 1, 2017.

#### **2017 Social Expedition**

By the time you read this, I am sure you will have seen the invitations to the 2017 Social Expeditions. The Membership Social Expedition program continues and we look forward to meeting you. The dates are tentatively set on the last Tuesday of each month.

#### **Membership Chair's Choice!**

- Monthly Movie Nights. Free movie!
   Free drinks and popcorn!
- I'll be leading my first Catskill trip over Memorial Weekend 2017. Come and support me!
- be held at Town & Country Inn and Resort (<a href="http://townandcountryinn.com">http://townandcountryinn.com</a>), Gorham, NH from September 15-22, 2017. Expect great company and fabulous food!
- AMC Annual Fall Gathering in NH, October 2017. A 'must go'!

Go Exploring!

Best regards,

Carrie 46

Membership Chair





#### Litter is Increasing on Harriman's Trails

by PAT HOGAN

hile enjoying a hike in Harriman, you may come upon someone's used tissues, napkins, or empty water bottle on the trail. Yes, sometimes items can accidentally fall out of a backpack, but there are people who resort to littering rather than carrying their waste out of the park.

Why is this a problem?

- Littering is bad for the environment. Many items are not biodegradable and natural decomposition takes a very long time.
- Littering is a form of visual pollution. One of the reasons to hit the trail is to be surrounded by nature—not garbage. A single white tissue carelessly left behind can spoil the view of a perfect landscape.

**Littering is inconsiderate.** Would you discard used napkins or orange peels on the floor of your home? If not, then why would that be acceptable in a public place? Remember: There is no one to clean up after you in Harriman. Carry It In-Carry It Out.

When preparing for your hike, bring along an extra plastic bag for your garbage. Pack out all your own trash, and pick up others' trash as well. If you see someone littering, say something.

Be part of the solution, not part of the problem. Leave No Trace.

For more information on Leave No Trace principles, visit LNT.org



by **RON GONZALEZ** 

### USING CLIMBING SKINS TO SKI **UP** THE MOUNTAIN

hile skiing, you may encounter a slope that is too steep to climb with kick wax or the 'fish scale' patterned bases on your no-wax skis. Cross country skiers often avoid slopes that go relentlessly uphill because of the effort required to climb them. Downhill skiers who rely on mechanical ski lifts may resort to 'boot packing'—climbing in their bare boots while carrying their skis. Savvy backcountry skiers solve this problem by 'skinning up' with climbing skins affixed to their freeheel ski setups.

Tip attachment loop - bottom view L, top view R









Tail attachment loop - bottom view L, top view R

Climbing skins are strips of fabric with a sticky inner side that adheres to the base of the ski. The skin's outer side, the side that touches the snow, is covered in a special mohair or synthetic fabric. Hair-like fibers stick up in one direction providing a rough surface for traction. In the other direction, the 'nap' of the fabric lays down flat and smooth for sliding forward on the snow.

Skins off and skiing down. Photo by Ron Gonzalez.

Each climbing skin has an attachment loop that holds it in place at the ski's tip. Some skins will have a tail attachment hook, while others rely on the adhesive to hold the skin in place at the tail end of the ski.

If you're looking at a long uphill 'slog,' whip out your climbing skins, slap 'em on your skis, and 'skin up' the slope. When you reach the top, rip the skins off your skis, roll 'em up, put them in your pack, and enjoy the ride down!





# a guide to WINTER CAMPING

ummer is over and your gear is all put away. Have you wondered what it would be like to get outdoors during the rest of the year? Consider winter hiking and camping, if not winter mountaineering.

If you're new to winter camping, it's best to start with moderate goals. Winter gear can be expensive, so rather than immediately outfitting yourself for the coldest part of try your summer winter, stretching backpacking to three seasons. Our chapter offers many backpacks in the 'shoulder seasons' of early spring and late fall. Ask your favorite backpacking leaders what they recommend for three season camping. Try to rent or borrow that gear, and take it out on a trip or two.

### Your first purchases for colder weather backpacking:

Gear for colder weather is different from your ultralight summer gear. If you have signed

up for a beginner trip, ask the leader for recommendations. Before purchasing new equipment, consider renting (see Sidebar). Your trip leader may have spare gear they can lend, or they may know of gear that is readily available. Once on the trip, examine the gear other people are using, ask them why they chose it, and what they think might work better.

If you're trying to stretch your ultralight summer gear into three season use, first rent a sleeping bag rated 20 degrees Fahrenheit lower than the anticipated low temperature. (For instance, if you want to be comfortable when the temperature dips to 20 degrees F, get a sleeping bag rated for 0 or +5 degrees F.) The reason for the extra -20 degrees is



that bag ratings are usually quite 'optimistic.' I have a 35 degree-rated lightweight summer bag which fails to keep me warm below 50 degrees unless I wear extra clothing while sleeping.

Add layers of insulating pads under you for warmth. Direct contact with the cold ground will conduct away your body heat. I use a full length, down filled air mattress, and add two lightweight and inexpensive, ½" thick closed cell foam pads under that.

If you already have a three-season tent, you might be able to use it in winter, as long as you're camping in dense woods and it's not horribly cold and windy. However, if your tent lets every little breeze through, you'll need to bring a warmer (bigger, heavier) sleeping bag and extra sleeping pads. If in doubt, rent a suitable tent. If a fellow participant is willing to share a spot, two people in the same tent will sleep warmer than one person alone.

The above will get you started without spending a lot of money. After this



many years.



#### **Clothing:**

The number one most important thing is to always keep yourself warm and dry. That means NO COTTON clothing!

For more information on clothing for winter camping, read this article from <u>AMC</u> <u>Outdoors.</u> And for a discussion of clothing for winter hiking, read <u>this</u>.

While you're physically active, your own body temperature will keep you quite warm, so most of us will be comfortable winter hiking in a 'three-layer system' of a breathable base layer, a wind-resistant and breathable mid layer (e.g., a softshell fleece jacket), and a lightweight hardshell hooded jacket.

When you stop for a break or get back to camp, you'll quickly cool down. That's when you want to pull your puffy down jacket from your pack and put it on. For these periods of low activity in cold temperatures, a pair of lightweight, insulated overpants can make life very comfortable. Look for a pair with side zips that allow putting them on or taking them off with your boots on.

'Pac boot' with synthetic shell and removable liner, suitable for multi-day winter camping.

#### **Footwear:**

Your boots should be warm, waterproof, and durable. Choose a 'double boot' with a removable inner liner. Your feet will sweat during strenuous activity, so your socks and boot liner will be damp at the end of the day—and of course, anything damp will freeze. You can dry out wet socks and boot liners by sleeping with them inside your sleeping bag, but that makes it hard to stay warm at night. Instead, wear a vapor barrier layer (VBL) using one or two bread bag-sized plastic bags, on each foot. First put on a

wicking liner sock, and then put the plastic bag(s) over that. Your insulating wool sock goes over the plastic bag. This plastic bag 'VBL' keeps all moisture away from your insulating layers, so you won't need to dry out wet socks or liners at night. If you try to use winter hiking boots with sewn-in, non-removable insulation, and those boots get moist inside, you won't be able to dry them out in the cold. Even with double boots, you'll still want to remove the liners overnight so they don't freeze to the insides of your boot shells.



Before shopping for new boots, think about what kind of hiking you'll be doing. 'Pac boots' with synthetic liners and shells work well for mellow terrain, and can be used with flexible traction aids such as Kahtoola MICROspikes for icy conditions. If you're interested in a multi-day winter peak-bagging trip, you will want plastic mountaineering boots and full crampons. Several outdoor shops rent these, so you shouldn't need to purchase right away.

#### **Traction Aids:**

Frequently, Kahtoola MICROspikes provide enough ice traction for moderate hikes. For deeper snow or icier conditions, a pair of modern snowshoes with built in crampons will give additional traction. If you're in terrain that's too icy and steep for snowshoes, switch to full crampons (steel, not aluminum). Don't underestimate the conditions you might face. It's always better to bring too much gear and not use it all than it is to abandon your hike because you didn't bring what you needed.

#### Consider a sled ('pulk'):

If you're worried about how to carry the extra weight of all this winter gear, consider using a sled instead of a large backpack. On the flats and going downhill, pulling a loaded-up sled is much easier than carrying a heavy backpack, and it's about the same difficulty going uphill. While expensive commercial sleds are available, you can make yourself a perfectly good one for around \$100.



### To Learn More About Winter Camping:

If this brief introduction to winter hiking and camping has you interested, sign up for one of the many trips the club has to offer. If you already have three season backpacking experience and wish to dive into winter mountaineering, consider signing up for the Adirondack Mountain Club's Winter Mountaineering School. Information is available at their website or Facebook page.

The ADK Winter Mountaineering School was started in 1954 and for many years was jointly sponsored with the Appalachian Mountain Club. The program has always been managed by volunteer leaders whose

goal it is to provide education in a 'learning by doing' setting. Sections are available for day hiking only, weekend backpacking, and extended backpacking outings.

I spent three winters with the ADK/AMC Winter Mountaineering School in high school and college, first as a participant and later as a volunteer instructor and program director. I am still sometimes involved with the program as an instructor. I received a leadership award from them in 2012. A number of leaders in our chapter received their winter training from this program. One of them is a past student of mine.

For more information please email me.





by RON GONZALEZ

ampfire smoke might irritate your eyes and lungs, but you're not the victim here—although you might be an unwitting accomplice.

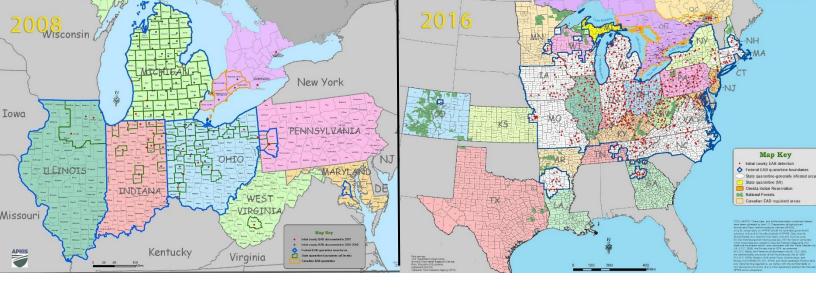
A beautiful-but-deadly, alien menace is now stalking our forests. It's a tiny green beetle called the emerald ash borer (<u>Agrilus planipennis Fairmaire</u>, or simply "EAB"). An army of these diminutive tree-eaters is poised to invade our forests.

The emerald ash borer's larvae feed all through the winter, unseen beneath the bark of ash trees (genus *Fraxinus*). An infested

ash is doomed to die within a few short years. Mortality is greater than 90%.

The EAB arrived in the eastern US from northeastern Asia less than twenty years ago. It moves slowly, and rarely flies more than a half-mile during its two to three week adult life. Its spread should have been slow and easy to control. But this invader has an accomplice—and that accomplice is *us*.

People camping in cars and recreational vehicles often bring their own firewood to campgrounds far from where they live. If that wood contains emerald ash borer larvae, and if any of that wood gets left behind, the insect can create a new infestation hundreds of miles from where it could have reached on its own.



In 2008, the extent of the EAB infestation reached from Pennsylvania west to Illinois. By 2010, the infestation had expanded north to Quebec and Ontario, and south to Texas. The one and only way the beetle could have spread this far so quickly is by hitching a ride with humans.

The solution is simple.

• Never, ever bring firewood with you on a camping trip.

 Never move firewood obtained from one location to another location.

Always purchase your firewood near where you'll be camping, and make sure that vendor is selling wood from local trees, not imported from who-knows-where. You'll be helping the local economy, and you'll be helping to preserve their local forests.



# Kenny & Britishy



On Saturday, August 20, 2016,

my boyfriend Kenny and

I ran into an AMC NY-NoJ

backpacking group on top of

Mount Marcy. We recognized Whin from a Map and Compass workshop we'd attended at the Harriman Outdoor Center in July, and had a nice time sitting on the summit together, catching up. Before my partner and I headed down the mountain, Kenny proposed with our extended AMC family as an audience!

That was almost as exciting for those of us AMCers who happened to be there as it was for Kenny and Brittany. What a lovely way to cap off a great hike. Congratulations to the lovely couple!

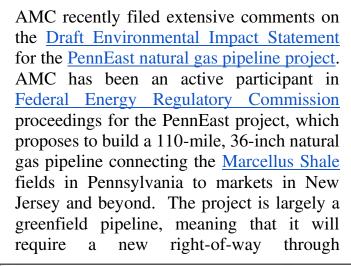
### Brittany Curtis

REGIONAL CONSERVATION UPDATE

### **The PennEast**

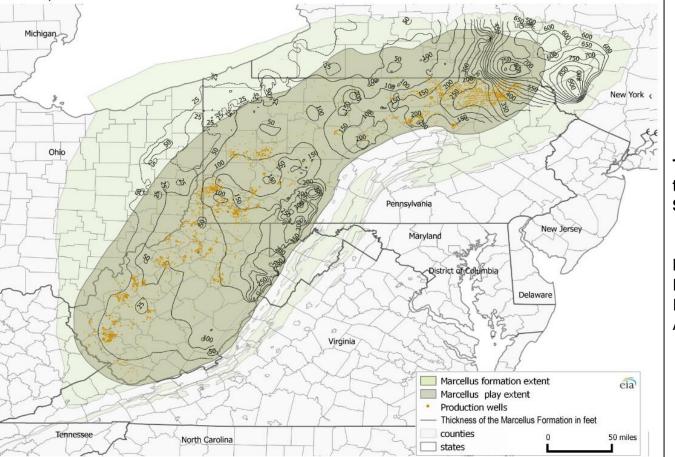
### PIPELINE

Excerpt from the **September Executive Update** John Judge, AMC President and CEO



previously undisturbed areas. AMC is particularly concerned with the project's proposed impacts on the <u>Appalachian National Scenic Trail</u>, along the section maintained by the Delaware Valley Chapter, and has expressed other concerns related to the proposed compressor station, impacts to open space, and the need to provide a cumulatively environmental review, including the project's contributions to climate change.

PIPELINE CONSTRUCT AHEAD



Thickness of the Marcellas Shale.

Map by the Energy Information Administration.

### **OUR NATIVE WOODS -**

# BALSAM FIR

### The Wild Christmas Tree

by RON GONZALEZ

or the few weeks before Christmas in Manhattan, walk down the avenue and you're likely to catch a whiff of the high mountains. That bracing aroma is the scent of balsam fir (*Abies balsamea*), the evergreen conifer that inhabits the highest reaches of our mountain ranges. It's also the most popular Christmas tree sold on the sidewalks of New York.



Balsam fir lives fast and dies young. (Whether it leaves a pretty corpse is debatable.) It grows quickly, likes cool, wet environments (it withers in the heat of the lowlands), thrives in direct sunlight but tolerates deep shade, and may live up to 100 years in favorable growing conditions. It can reach a height of 60 feet or so. However, you'll usually find balsam fir growing in dense thickets on rocky mountaintops, where it grows to only 20 to 30 feet.

In the highest peaks of the Catskill Mountains, a typical hike will take you first through a northern hardwoods forest of sugar maple-beech-yellow birch-hemlock, progress up into a 'ridge forest' of black cherry-yellow birch-red spruce with a few balsam fir coming in at the higher elevations, and finally (above 3700 feet elevation) into the 'boreal' summit forest of balsam fir-paper birchmountain ash. The summits of the Catskills look a lot like the northern Maine Woods! The summit of Slide Mountain is covered in an almost pure blanket of balsam fir. The Devil's Path along the summit of West Kill Mountain has a particularly nice stand of balsam fir growing over a thick carpet of sphagnum moss, goldthread, creeping snowberry, and bunchberry. The Blackhead Range is named for the dark caps of balsam fir topping its summits.

At 4,000 feet in the Adirondack High Peaks you'll be surrounded by thickets of balsam fir, with only a few paper birch and mountain ash breaking the somber evergreen monotony. This is the home of the red squirrel, American marten, boreal chickadee,

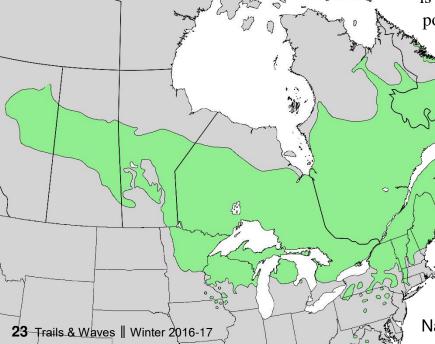
and spruce grouse. Higher still, balsam fir is the last tree to hold on in the krummholz (German for 'bent wood'), even mixing with prostrate black spruce at treeline.

The Catskills and northern Pennsylvania wetlands are home to the southern end of balsam fir's range. There are a few outlying populations as far south as West Virginia's Valley and Canaan the Blue In the Catskills, I've found Mountains. balsam fir growing along the Neversink-Hardenburgh Trail east of Balsam Lake, at only about 2,500 feet elevation. According to Dr. Michael Kudish (professor emeritus from Paul Smith's College, and author of The Catskill Forest: A History), this lowelevation stand is a remnant from just after the end of the last ice age, when fir migrated north from the Pocono Plateau on its way to colonizing New England, the Adirondack region, and Canada from the Maritime Provinces west to Alberta.

It's easy to confuse balsam fir with red spruce (*Picea rubens*), since they often grow together, and can be similar in size. The easiest way to differentiate between the two is to 'shake hands' with a limb. If you feel pointed stickers at the ends of the needles,

you're shaking hands with a red spruce. If the needles are soft, then it's a balsam fir. Fir needles are flat, with a thin white stripe down the underside. The branches grow symmetrically, making a pleasing pattern. The general shape of the tree is pyramidal, or conical.

Natural range of the balsam fir.



It's easy to tell the difference between the cones of fir and spruce. Balsam fir's distinctive purplish cones stand straight upright from the upper limbs, whereas red spruce's small, light brown cones hang pendulously from its higher branches. I've had a great time watching red squirrels tear through fir cones, like an impossibly

hyperactive child eating corn-on-the-cob, pieces of cones flying every which way.

The next time you're in the Adirondacks or climbing a Catskill peak, see if you can recognize our Wild Christmas Tree, *Abies balsamea*, the balsam fir.

Balsam fir on Wright Peak, Adirondack Park, NY. Photo by Ron Gonzalez. 24 Trails & Waves | Winter 2016-17

### Harriman Outdoor Center Opening Celebrated



AMC President John Judge, left, with NY-NoJ Chapter Executive Committee Members Nathan Baker, Richard Dabal, Cynthia Tollo Falls and Eileen Yin.

n July 1st the AMC Harriman Outdoor Center opened to welcome its first guests. The Executive Committee hosted a free preview weekend for volunteer hosts to try out the camp. As we arrived that Friday, we were all amazed at the amount of work that had been completed in the preceding month. The camp looked beautiful. The views from the Stone Lodge could not be beat. The Chapter weekend featured potluck food from all the attendees. No one left hungry. Food was also available in the dining hall. Breakfast was especially good.

On July 27th, the Harriman Outdoor Center (HOC) officially opened for business. AMC President John Judge officiated the opening ceremonies and led tours filled with local officials, officials from the Palisades Interstate Park Commission (PIPC) and NY State, AMC Youth Opportunity Program staff, local press, and Chapter Chairs.

Rose Harvey, Commissioner of the New York State Office of Parks, Recreation and Historic Preservation, has been a big supporter of the AMC opening a facility in Harriman. Ms. Harvey spoke highly of the AMC's commitment to getting people outdoors.

John Judge presented the Executive Committee with a plaque acknowledging our Chapter volunteers for the hard work they performed to get the camp ready and make it a success.

Cynthia Tollo Falls
NY-NoJ Chapter Chair

Appalachian Mountain Club





Harriman Volunteers at the Potluck Celebration Dinner.



### Nominations for 2017 NY-NoJ Chapter Executive Committee

#### CHAIR Cynthia Tollo Falls\*



Cynthia is continuing in her role as chair for a second year. Her goals for next year are to continue to promote excellence in leadership, community and conservation. When she is not at work running the Chapter, working as an architect, she can be found in Harriman State Park chasing the bear population.

#### VICE CHAIR Nathan Baker\*



Nathan is entering his second year as vice-chair and is excited about the upcoming skills trainings that are planned. He is working to expand leader-ship training and recognition. One long range goal is to include more social hours after we spend our time communing with nature.

#### **FACILITIES & SERVICES**





As an American born German, Oliver trained at Pratt Institute in Communications Design which serves as his foundation. In tandem, Oliver has been an active AMC trail and conservation crew volunteer developing vibrant connections with local communities for over 10 years.

#### **EXEC. FOR COMMUNICATION**

Lee Hoffman



Lee is a new member to the Executive Committee. In the coming year, he hopes to leverage the outstanding foundation in place to communicate with established members to attract lots of new outdoor enthusiasts to the NY-NoJ Chapter. A father of two teenage boys, when he's off the trail, Lee produces the TV show, What Would You Do?

#### EXEC. FOR ACTIVITIES Ed Sobin\* Ed Sobin will be



Ed Sobin will be continuing for a second term. Ed is an avid cyclist and skier. This year he has been central to setting up the Chapter's Leadership Program

#### CHAPTER SECRETARY Rob Holbrook\*



Rob balances his urban life with time in the woods and water by hiking, kayaking and climbing. He enjoys class IV whitewater and thru-hiked the AT in 2004. Originally from Atlanta, he has been in NYC for about 10 years.

#### CHAPTER TREASURER

**Matthew Tallia** 



Matt began his career as an attorney for Middlesex County Prosecutor's Office in New Brunswick, New Jersey. He is now employed doing compliance for JPMorgan Chase in Brooklyn. Matt has been active in AMC since 2015.

Continuing in position for a second term

### Keep in Touch!











#### **AMC 2016 NY-NoJ EXECUTIVE COMMITTEE**

Chapter Chair	. Cynthia Tollo Fallschair <at>amc-ny.o</at>	rg
Vice Chair	Nathan Bakervicechair <at>amc-ny.o</at>	rg
Facilities & Services	Richard Dabalfacilities <at>amc-ny.o</at>	rg
Communications	Kelly Robertscommunications <at>amc-ny.o</at>	rg
Activities	Ed Sobinactivities <at>amc-ny.o</at>	rg
Treasurer	Jae Chungtreasurer <at>amc-ny.o</at>	rg
Secretary	Rob Holbrooksecretary <at>amc-ny.o</at>	rg



YOU ARE INVITED TO THE AMC NY-NOJ CHAPTER'S

### Annual Meeting and Dinner

SATURDAY, JANUARY 7TH, 2017 4:30 to 8:30 pm Dinosaur Bar-B-Que 700 W. 125th Street New York

\$50 Per Person

Dinosaur Bar-B-Que has been named number one BBQ by Good Morning America and featured on the Food Channel and Travel Network.

CLICK HERE TO RSVP

# What's Happening

#### Beginners' Backpacking

in Harriman State Park

Dec 10-11, 2016

#### MLK Weekend

snowshoeing & skiing in the Adirondacks

Jan 13-16, 2017

#### MLK Weekend

crosscountry skiing on Tug Hill Plateau

Jan 13-16, 2017

Crosscountry Ski
Weekend at
Mohican

**Outdoor Center** 

Jan 20-22, 2017

Snowshoe & Crampon

Day Hike

in the Catskills

Jan 28. 2017

**S**nowshoeing **W**eekend at

Mohican

**Outdoor Center** 

Feb 10-12, 2017

Presidents Day Crosscountry Ski

Weekend

in Vermont

**Feb 17-29, 2017** 

Presidents Day Sled Backpacking

Weekend

in the Adirondacks

Feb 17-29, 2017

Crosscountry Ski & Snowshoe

Weekend

near Lake Placid

**Mar 12-16, 2017** 

### LASTING IMAGE



# THEY LIKE WINTER IN NEW YORK STATE THE STATE THAT HAS EVERYTHING

BUREAU OF STATE PUBLICITY - CONSERVATION DEPT. - LITHGOW OSBORNE, COMMISSIONER - ALBANY, N.Y.