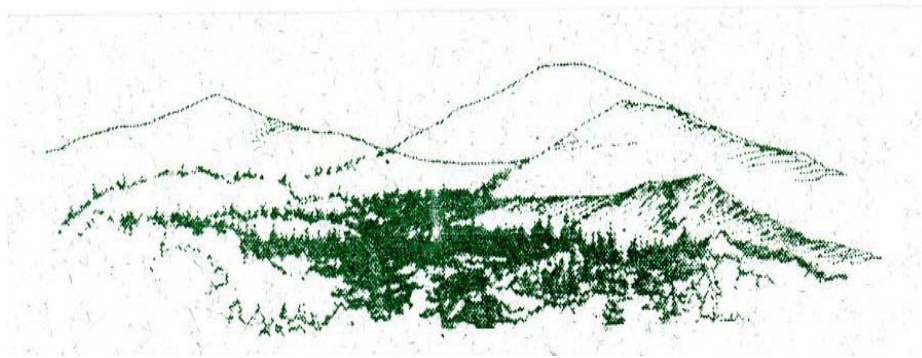


APPALACHIAN MOUNTAIN CLUB



NEW YORK-NORTH JERSEY
CHAPTER
ANNUAL REPORT 2006

IN MEMORIAM



SALLY YARMOLINSKY
2006

**APPALACHIAN MOUNTAIN CLUB
New York – North Jersey Chapter**

95th ANNUAL REPORT, 2006

Table of Contents

2006 OFFICERS AND COMMITTEE CHAIRS	4
REPORT FROM CHAPTER CHAIR	5
MINUTES OF THE ANNUAL MEETING 2006	7
FINANCIAL REPORT	9
ACTIVITY COMMITTEE REPORTS	10
BACKPACK	10
CANOE & KAYAK	11
CLIMBING	14
HIKING	16
INTER CHAPTER TRIPS	18
SAILING	19
SINGLES & SOCIABLES	20
SKI	23
SOFTBALL	24
WALKS & OUTINGS	25
YOUNG MEMBERS	26
FACILITIES AND SERVICES COMMITTEE REPORTS	27
ARCHIVES	27
FIRE ISLAND	28
MEMBERSHIP	30
TRAILS & WAVES	32
WILDERNESS FIRST AID	33
PUBLIC SERVICES COMMITTEE REPORTS	34
CONSERVATION	34
PROGRAM	36
TRAILS	37

2006 OFFICERS AND COMMITTEE CHAIRS

EXECUTIVE COMMITTEE

CHAIR	Henry F. Schreiber
VICE CHAIR	Greg Miller
SECRETARY	Ken Lloyd
TREASURER	Nick Menzorio
EXECUTIVE FOR ACTIVITIES	Art Tollefson
EXECUTIVE FOR FACILITIES SERVICES	Carson Tang
EXECUTIVE FOR PUBLIC SERVICES	John Jurasek
REGIONAL DIRECTOR	Bonnie Mairs

ACTIVITY COMMITTEE CHAIRS

BACKPACK	Barry Skura
BICYCLE	Irene Voce; Skip Doyle
CANOE & KAYAK	Martin Plant
CLIMBING	Joe Antol
HIKING	Cynthia Tollo Falls
INTERCHAPTER EXCURSIONS	Richard Weinberg; Robert Fuller
SAILING	Norman Finkelstein
SINGLES & SOCIABLES	Carson Tang; Margo Moss (co-chairs)
SKI	Richard Weinberg
SOFTBALL	John Maniscalco
WALKS & OUTINGS	Jim Robbins
YOUNG MEMBERS	Marnie Levine, Jim Orsi (co-chairs)

FACILITIES AND SERVICES COMMITTEE CHAIRS

ADVISORY	John Bradley
ARCHIVES	Jack Reilly
FIRE ISLAND	Anita Barberis
HOSPITALITY	Bob Susser
MEMBERSHIP	Jill Arbuckle
NOMINATING	Don Getzin
PUBLICATIONS	Henry F. Schreiber (Editor, <i>Schedule</i>); Nancy Tollefson (Editor, <i>Trails & Waves</i>); David Brucas, Webmaster
WILDERNESS FIRST AID	Jonathan Silver; Maureen McCahery (Co-chairs)

PUBLIC SERVICES COMMITTEE CHAIRS

CHAPTER YOUTH PROGRAM COORDINATOR	Gloria Guman
CONSERVATION	Skip Doyle
NY/NJ TRAIL CONFERENCE	Jack Driller
PROGRAM	Frank Bamberger
TRAILS	Tom McCarthy; George Cartamil; Jill Arbuckle; Ken West

STAFF

CHAPTER SERVICES MANAGER	Michael Burke
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REPORT FROM THE CHAPTER CHAIR

It has been my pleasure and honor to serve the members and leaders of the Chapter for two years as Chair of the Executive Committee. I would like to thank all those who served with me on the Executive Committee during that time for their dedication and assistance – Frank Bamberger, John Denkowski, Lenny Grefig, John Jurasek, Ken Lloyd, Nick Menzorio, Greg Miller, Carson Tang, Art Tollefson, and the Regional Director, Bonnie Mairs.

I wish my successor, Greg Miller, great success in his two years as Chapter Chair. Greg's three years as a member of the Executive Committee, two years as Backpack Committee chair, leadership of backpack trips, member of a club-wide ask force, as well as his professional qualifications, give him an excellent background or leading the Chapter for the next two years.

I would like to mention briefly some of the highlights of the year.

Online Payments

2006 was the chapter's first full year of accepting on-line payments for new memberships, wilderness first aid courses, and the annual dinner/meeting. Membership sales have been greater than the previous year's corresponding month's membership sales since the Chapter has instituted online sales. While we can't be certain, we believe that the increase is due to the convenience of online payment. Other chapters have taken note of our success in using online payments, and have implemented or are planning to implement, their own online payments.

Membership

After several years of decline, the Chapter membership began increasing in 2006 – faster than that of the overall club membership for most of the year. However, this trend of increasing membership seems to have been stopped in the fall, coinciding with the Club's suspension of membership acquisition activities during its rather long process of conversion of its membership database to a new system starting in September.

Office

In early 2006, Merle McEldowney, who had served as our Membership Services Coordinator/Office Manager for four years, resigned. We were fortunate to be able to hire Mike Burke for the position, from a pool of several candidates.

Financial

The Chapter ended the year in reasonable financial condition. This was due to a reduction in certain expenses, and also to strong sales of the "Membership in a Bottle" (MIB). However, the reduced cost of the bottle to the Chapter, which had been in effect for the entire year, and also for most of 2005 in a different program, will not be in effect at all for 2007. Since a significant part of our annual income comes from our strong MIB sales, this will have a serious negative impact on our 2007 budget.

Donations

The chapter has been notified that it is the beneficiary of a bequest from the estate of one of our members who died in 2006 - Sally Yarmolinsky.

The Chapter (and the Club) was the recipient in 2006 of a donation from a chapter member, Erlado Pitruzzella.

Conservation

In November, members of the Club's staff gave a presentation on conservation activities of the Club to all the chairs of the Chapter at the Chairs Fall Meeting. Part of it touched on the Highlands Region and the Critical Treasures therein. Several of the attendees realized that many of our chapter activities take place at areas designated as Critical Treasures. This has led to an interest in scheduling more trips to Critical Treasures where we have not had activities, and also to highlighting such locations and trips.

AOK

Although several members completed the new training required for leading youth activities, we have not been able to find someone to take on the responsibility of AOK chair. Therefore, after a year of searching for an AOK chair, the Executive Committee reluctantly voted to dissolve the AOK committee. If anyone should volunteer in the future to chair the committee, the Executive Committee would reestablish the AOK committee

Wilderness First Aid

Since its inception in 1997, the Wilderness First Aid (WFA) Committee has used the curriculum of SOLO. The WFA committee concluded in 2006 that it was in the best interests of the committee and participants to discontinue the SOLO curriculum, and instead use that of the Emergency Care and Safety Institute (ECSI).

Climbing

After a year of only having very few scheduled trips, the Climbing Committee has returned in 2006 to having a full schedule of trips, many in the Gunks, as in the past.

Henry F. Schreiber, Chair
New York-North Jersey Chapter

MINUTES OF THE JANUARY 2006 ANNUAL MEETING

January 7, 2006
Overlook Lodge
Bear Mountain, NY

Meeting began at 3:00 p.m.

Introductions.

Henry Schreiber, the Chapter Chair, began by welcoming everybody. He first recognized club's fifty-year and twenty-five year members, and then he recognized the past chapter-chairs in attendance: Jill Arbuckle, John Bradley, Helen Marie Chapman, Jack Driller, Jill Hamell, Bonnie Mairs, and Jack Reilly. Next he recognized the following special guests: Beth Critton, Chair of the AMC Connecticut Chapter; Sam Pryor, former President of the AMC; and Roger Scholl, AMC Director of Chapter and Volunteer Relations. Finally he thanked all of the chapter's volunteer leaders for their efforts in leading outings.

He asked for a moment of silence in remembrance the chapter members who died during the past year, and he noted the tragic death of chapter member Mary Sammis, who was killed on January 4th in a rock-slide accident during an AMC sponsored excursion to Mt. Kilimanjaro.

Motions were approved to waive both the reading of the minutes from the previous annual meeting and the presentation of a financial review for the year 2005.

Report from the Chapter Chair.

Henry highlighted some of the past year's significant accomplishments and key issues. He acknowledged two recent, unrestricted gifts to the chapter: a bequest from the estate of Lieselotte Dietrich and a donation from the Hilar and Anna Hovnanian Foundation, made at the request of Trustee Edele Hovnanian. He noted that membership in both the chapter and the club has been declining, and he stressed the importance of recruiting and retaining members. He noted the efforts of the chapter's committees to recognize the efforts of their leaders, and he recognized and thanked the committee chairs attending the meeting. [Please see page 2 of the chapter's 2005 annual report for Henry's complete report.]

Henry thanked Bob Susser for arranging the dinner/meeting and also Frank Bamberger for recruiting Bob to do so. Then he thanked the outgoing members of the Executive Committee—Frank Bamberger, John Denkowski, and Lenny Grefig—and he introduced the incoming members.

Election of the Members of the Chapter's Executive Committee for 2006.

Chapter Secretary John Denkowski, in the absence of any opposition, cast the one required vote in favor of the 2006 Executive Committee nominees: Henry Schreiber (Chair), Greg Miller (Vice Chair), Nick Menzorio (Treasurer), Ken Lloyd (Secretary), Art Tollefson (Activities Committees Liaison), Carson Tang (Facilities/Services Committees Liaison), and John Jurasek (Public Services Committees Liaison).

Appie-of-the-Year Award. This year's award went to Jonathan Silver in recognition of his many years of service to the chapter. During the late 1990s, Jonathan established a wilderness first aid training program for the chapter and he has since served as Wilderness First Aid Committee's chair and co-chair, as well as an instructor in many of the first aid training workshops offered several times every year.

Presentation of Special Award to Sam Pryor.

Henry presented former AMC President Sam Pryor with a special award in recognition of his many years of service both to the club and the chapter. Henry read a letter from AMC Executive Director Andy Falender describing some of Sam's contributions and accomplishments. These accomplishments included leading an effort to improve the organizational structure of the club, revitalizing the club's hut system, and successfully lobbying for conservation legislation at both the state and federal level.

During recent years, Sam has been working on project to build an AMC camp in the Shawangunk Mountains. Sam mentioned that the club has succeeded in acquiring all of the required consents and permits from the authorities in the local community. He explained that now the club is attempting to acquire funding from the state of New York.

Comments of Roger Scholl

Roger Scholl, AMC Director of Chapter and Volunteer Relations, thanked Henry for his contributions as chapter Chair and Lenny Grefig for her outstanding work as chapter Treasurer. He also discussed the importance of recruiting and retaining new members, and he acknowledged the contribution of Carson Tang in developing programs for marketing the AMC at trade shows. Roger complimented the chapter in its efforts in promoting leadership, in trail work, in recruiting new members, and in mentoring the next generation of leaders. He also mentioned that he will be serving as a Backpacking Committee leader for our chapter and that he will be leading a chapter trip later this year.

Adjournment.

Meeting adjourned at 4:00 p.m.

Respectfully submitted:
John Denkowski, Secretary
New York-North Jersey Chapter

FINANCIAL REPORT**Summary of Operations**

For the Year Ended December 31, 2006

	Estimated <u>2006</u>	Final <u>2005</u>	<u>\$ Change</u>
Revenues			
Membership Allocation	52,838	52,461	377
Membership in the Bottle	32,531	28,663	3,868
Guest Cards	-	1,170	(1,170)
Interest	20,265	17,480	2,785
Contributions	1,000	256	744
Other Income	7,116	9,274	(2,158)
Total Revenues	<u>113,749</u>	<u>109,303</u>	<u>4,446</u>
Expenses			
Member Services Coordinator	17,533	24,918	(7,385)
Rent	13,528	13,715	(187)
Office Expenses	17,492	17,582	(90)
Chapter Schedule	22,597	20,915	1,682
Trails and Waves	16,253	17,464	(1,211)
Public Service	703	263	440
Membership (leader recognition & training)	1,924	5,700	(3,775)
Total Expenses	<u>90,030</u>	<u>100,556</u>	<u>(10,526)</u>
Net Income	<u>\$ 23,719</u>	<u>8,747</u>	<u>14,972</u>
Cash Accounts Maintained by NY NoJ Chapter			
JPMorgan Chase - Checking	54,550		
JPMorgan Chase - Money Market	39,880		
Petty Cash	200		
Total Cash	<u>\$ 94,630</u>		
Chapter Funds Managed by the AMC's Investment Committee:			
Unrestricted	512,873		
Restricted	11,479		
Total Investments	<u>\$ 524,352</u>		

Notes:

The Chapters finances are maintained on a cash basis

The chapter received a \$1000 donation from Eraldo Pitruzzella

ACTIVITY COMMITTEES REPORTS

BACKPACKING

The chapter's backpacking program continued to be strong in 2006. We offered 89 (mostly two-day) trips, led by 25 different leaders. The largest numbers were in the Catskills (35%), New Jersey (15%), Taconics/Berkshires (13%), and Adirondacks (11%). Among other places, we also backpacked in Vermont, Virginia, West Virginia, and New Hampshire. In accordance with low impact guidelines, the average backpack had about 7 participants. The majority of trips were of moderate difficulty, but we also offered trips which were much more challenging.

The Committee built the foundation for its continued growth by certifying over 17 new leaders in the last two years. Several new trip leaders have also agreed to take on additional responsibility in 2007-2008 under the new Committee Chair. For example, they have agreed to take jobs like preparing the trip schedule and publicizing our activities. The 2005-2006 committee made an explicit decision to give the newer leaders an expanded role in setting committee policy. This should ensure that the program continues to get fresh ideas and that we benefit from the energy of our newer leaders.

Most of the new activities that were begun in 2005 were sustained and expanded in 2006. This included the winter training program, wilderness first aid backpacks, special training trips (e.g., in map and compass), regular leader recognition events, and special interest trips, which combined backpacking with some other area of interest (such as photography, art, yoga and canoeing). We also expanded our beginner workshops and trips, including an innovative one-day combined backpack and workshop.

Members of other chapters have participated in our trips. We regularly list trips in the Inter-Chapter Excursions section of AMC Outdoors, and have been regularly joined by members from the Delaware Valley, Berkshire, Connecticut and other chapters. One of our new leaders is leading trips jointly with another chapter, and a recent new trainee plans to do the same. Members of other chapters have also ordered copies of the committee's widely-recognized "Guide to Winter Backpacking."

Barry Skura
Chair, Backpacking Committee

CANOE & KAYAK

Overview

This year, the Canoe & Kayak Committee had another very successful paddling season. Our regular trips took us from Quebec to Georgia, and from calm lakes to highly technical Class 4 rivers and Level 4 sea kayak trips. The chapter continues to experience an increasing interest in kayaking, with a corresponding decline in canoeing. Reflecting this trend, the 2006 Committee was composed of more kayakers than canoeists.

The Committee conducted the following activities in 2006:

- 7 pool sessions
- 76 paddling trips
- 14 instructional workshops

Instruction

Our instruction program continues to turn out some of the finest boaters in the Northeast. The 2006 season started with a series of pool sessions in the winter and then continued with weekend classes in the spring, summer and early fall. Our courses in tandem and solo canoe, and whitewater and sea kayaking, along with specialized clinics for carving turns and setting up safety rigging, give our paddlers the skills to progress from beginner to expert. Many of our instructors have been certified by the American Canoe Association or the British Canoe Union and are active in the National Canoe Safety Patrol.

As in the past, the Committee conducted two Basic Whitewater Safety and Rescue classes to teach the basics of self-rescue, non-technical rescue of others, and recognizing and avoiding river hazards. These were followed-up by our Advanced Whitewater Safety and Rescue class, producing another five Chapter paddlers with advanced rescue skills.

Advertising and Recruitment

As in prior years, we accepted The Jersey Paddler's (Brick, NJ) generous offer of a free booth at their annual Paddlesport. This is the largest kayak, canoe and outdoor show in the East and was held this year at the Garden State Exhibition Center. The AMC was one of more than 100 vendors and organizations invited to participate in the show. We used videos and large-format photographs of our activities to attract attention to our booth, where we handed out hundreds of copies of *AMC Outdoors* and the Chapter paddling schedule.

The Committee also held its 3rd Annual Boat Demo Day at Croton Point Park in Westchester County. We invited the public to come and paddle in a gentle and protected cove on the Hudson River trying as many of our boats as they wished. The entire Northeast had severe storms that weekend, but we had advertised the event a "rain or shine." Not wanting to disappoint anyone, we decided to continue with the event, although we were not optimistic about a large turnout. The 200-300 participants that we customarily host were reduced to about 40.

Considering the handicap the weather threw at us, the event was still a resounding success. Although none of the participants, other than our own volunteers, had paddling clothes, they were enthusiastically test-driving our boats nearly continuously from our opening at 10am until we closed up shop at 4pm. Several participants asked about registering for our upcoming instructions and four of them joined the AMC on the spot. The Demo Day was even captured by a New York Times photographer, giving one of our members his 15 minutes of fame. Twenty-five of our paddlers volunteered to schlep the boats, set up the displays and direct the "crowds."

Leadership

Our chapter continues to develop new trip leaders through the two annual Leader Training Workshops. This year, 20 paddlers completed the workshop. Several of these were sea kayakers from the Sebago Canoe Club (SCC). SCC has no similar leadership training of its own and looked to the AMC for guidance. The members were impressed with the AMC and several indicated that they had or would soon join the AMC and that they were interested in leading trips for us, either as stand-alone AMC trips or jointly with the SCC at SCC's cabin on Lake Sebago (Harriman State Park).

This year, a joint trip was conducted by the Canoe/Kayak Committee and the Backpacking Committee in which the participants paddled recreational kayaks to a secluded peninsula in Lake George, then set up a base camp for a few days of Adirondack hiking. The experimental trip was a success and three backpacking leaders expressed a strong desire to become certified as Canoe/Kayak trip leaders so that more of these trips can be scheduled in 2007.

Finances

In 2006, the largest single expense was the publication and distribution of the Committee's newsletter, *PaddleSplashes*. To help reduce this expense in 2006, the Committee began publishing the newsletter on-line as well as by hard-copy. Those on the current distribution list will be grandfathered for the hard-copy, but are being encouraged to switch to the on-line version. No new paddlers will be added to the hard-copy distribution list.

The CKC maintains four fleets of boats. The fleets contain a total of 54 whitewater and flat-water canoes and kayaks, and several sea kayaks. Each fleet includes boats, paddles, life jackets, helmets, safety equipment, and group cooking gear. All are stored at "The Barn" in Pomona, NY, and are available for rent at a nominal cost to participants on Chapter trips. The equipment is maintained through the efforts of our Quartermasters and the many paddler volunteers who come out for the Spring and Fall Barn Work Days.

This year, the Canoe/Kayak Committee purchased new helmets at a cost of \$435. The Committee received a Supplemental Dues Allocation grant of \$200 from the Club to help pay for them.

River Stewardship

Part of our paddling tradition is to conduct river clean-up trips. These trips have been ongoing for several years and have developed into major cleanup efforts with strong and active support from the local communities. This year's river chosen for clean-up was the Paulenskill. As in the past, the Committee charges no boat rental or paddlers fees to participants on this activity.

Martin Plante
Chair, Canoe & Kayak Committee

CLIMBING

Overview

A low injury rate and adequate - although not spectacular - weather made for a successful climbing season this year. Trips to The Gunks or to indoor gyms were scheduled for virtually every weekend. As long as the weather was clear, people were climbing. In a deviation from our traditional climbing roots, we scheduled two trips to the east coast sport climbing mecca of Rumney, New Hampshire. Both trips had good weather and were well attended.

Instruction

As in years past, the NY Chapter taught its annual rock climbing training class in the spring. We instructed 18 of the finest applicants in the basics of multi-pitch climbing and over 4 grueling days honed them into near perfect climbing specimens - their lapidary, sinewy musculature ready to scale the vertiginous heights of New York's Shawangunk mountains.

The Climbing Committee has been providing rock climbing instruction in the Northeast for over half a century. We take students of all experience levels (although with the preponderance of indoor climbing gyms these days, almost everyone has some level of experience) and teach them everything they need to know to be safe and effective multi-pitch climbers. With its low cost, high student-to-teacher ratio, and a ready supply of climbing partners, it is certainly the best climbing program on the East coast, perhaps anywhere in North America.

Membership

There are two ways to join the climbing committee: successfully pass our spring training class or join as a walk on rope leader. Despite little effort in the way of active advertising or recruitment we typically receive 40 to 50 applications for the 18 slots in our training class. Fliers posted in local climbing gyms and gear shops have proved sufficient. Prospective members with no need for instruction generally find us via the Internet. This year 18 students completed our training class and most continue to climb with the club. Roster membership now stands at 130, although not all members are equally active or climb exclusively with the club.

Finances

The climbing committee's sole source of income is the revenue generated by fees for our spring training class, currently at \$175 per student. Some of the money is used to purchase equipment for use in the class or by members, but the bulk is dispensed as donations to various outdoor organizations such as the Access Fund, the Ragged Mountain Foundation and the Mohonk Preserve.

Community Service

Since the Mohonk Preserve is both our primary playground and a non-profit institution, the committee feels it's good to give something back in the form of

voluntary physical labor. This year 5 of our members braved the December cold and enhanced the drainage around Camp Slime, the unofficial climber campground at the Preserve.

Joe Antol
Chair, Climbing Committee

HIKING

The Hiking Committee is committed to offering as many activities as possible to encourage as many members as possible to become active in the AMC Community.

During this past year, the committee scheduled 983 outings, including both day hikes and overnight trips. This represents a 10% increase over the previous year. We estimate that 2000+ hikers participate in at least one Hiking Committee activity each year. This past year's outings were led or co-led by at least 98 of our leaders. Besides our current leaders, we either added or began training at least 23 new leaders and welcomed back 5 lapsed leaders.

This year's committee focus was on new members. The Hiking Committee established a new committee position, filled by Ericka Mosier to focus on welcoming new members. All new members receive a welcome letter from the committee along with a committee-developed FAQ sheet to help them get started. The Chapter's Membership Committee also uses this information for those that attend weekly open house meetings. In addition, new members are advised on how to sign up for email alerts for last minute hikes and be informed of changes in trail conditions and bus transportation changes of which there were many this year. In addition, all hike leaders are asked to introduce everyone at the beginning of a hike and reach out to those on their first event.

Leader Recognition continues to be a high priority. A party was scheduled in February but was snowed out and rescheduled for March. The party was held at Thendara Mountain club in Harriman State Park. Many party attendees hiked in and were rewarded with a catered meal. Fourteen leaders were awarded fleece jackets for going above and beyond the call of duty as volunteers. The leaders honored at this party included: Jim Conlon, Bob Dinse, Stanley Lewin, Nancy Tollefson, Art Tollefson, Judy Kossover, Bob Susser, Joe Nigro, Dorothy Lourdou, Rich Seibel, Dick Wolff, Richard Zinn, Dave Sutter and Naomi Sutter .

A second party was held in September at the South Marina on Greenwood Lake. Despite the rain and gusty wind, we had a full boathouse and sailboat rides were available in between showers. No one fell overboard. A big thanks goes to Naomi and Dave Sutter for organizing the event and providing the sailboat.

Sadly, the hiking community lost a good friend when Sally Yarmolinsky lost her battle with cancer. Sally was a regular hiker with the AMC. Sally not only would push herself to accomplish difficult hikes, but always do it with a smile. She was well loved and was always the one to engage new members and keep the conversation lively while on the trail.

In happier news, the chair of the committee celebrated her marriage this year with fellow AMC hiker Stuart Falls. After meeting on an AMC sponsored trip to the White Mountains over 5 years ago, the relationship was made official at an outdoor ceremony near the base of the Fishkill Ridge along the Hudson River. Former Chapter Chair John Bradley officiated and over 20 AMC members helped celebrate, proving they wear dancing shoes as well as hiking boots.

Cynthia Tollo Falls

Chair, Hiking Committee

INTER CHAPTER TRIPS

The Inter-Chapter Excursions Committee finished another highly successful year with significant growth in the number and variety of sponsored trips. There were over 80 trips submitted by the NY-NoJ Chapter sponsored by six different committees. These trips included biking, hiking, backpacking, skiing, boating, naturalist and historic tours, as well as winter snowshoeing and backpacking workshop weekends.

These trips were attended by individuals of all ages coming from Maine to Georgia and from as far west as California providing a unique opportunity to share activities with our diverse membership.

The committee would like to thank all of the leaders and committees for all of their efforts in providing these programs to our members. The committee looks forward to another successful year and encourages even more participation and variety in the years to come.

Robert E. Fuller
Chair, Inter-Chapter Committee

SAILING

The sailing committee is for members who like to be on the water, enjoy the quiet ride of a sailboat, would like to learn to sail a boat or just go along for the ride.

We have sails almost every week and scheduled over 60 sails during 2006. We can only take between 3 and 4 member at a time on a boat. Not all the sails go off as scheduled. Some are canceled due to bad weather or lack on people signing up in time.

The leader teaches those on board to sail, whether a beginner or someone who has sailed before and wants some additional training. On the boat a member has the opportunity to be at the tiller, handle the sails and enjoy the ride. The boats we use are between 19 to 21 feet long and we sail on the Long Island Sound or the Hudson River. This year we also offered a weekend cruise on a windjammer.

We had 2 evening ground classes on the fundamentals of sailing. Those attending (about 25 per event) received all the information that they needed for on-water instruction. The class is highly recommended for all beginners.

We look forward to the 2007 season, when we hope to have between 50 & 70 sails

Norman Finkelstein
Chair, Sailing Committee

SINGLES & SOCIABLES

Discover your truest virtue, find your path and set a course for the open sea of the life as our leaders bring you together with like minds, life in kind and the adventure of a life time step by step.

The communion of mankind is not lost in the moments spent alone it is the moments we join in our passions with others. The Singles & Sociables committee creates a community. We bring you together with like minds and spirits. Have you seen The Secret? The universe is energy, it is infinite in scope. When you look at the smallest molecule you are made of you discover you are ultimately cellular in nature, made up of atoms and neutrons - energy. When your life resonates at the same frequency as the energy you seek you attract like energy. This is the Law of Attraction. When you participate in a S&S event the setting and the environment is already set, you just need to show up and be in the energy.

The Singles & Sociables Committee ("S&S") has experienced a progressive increase in participant levels throughout 2006 while our weekend long events have seen a decrease. Often members bring friends to events. If you are one who waits for a friend to go to an S&S event with you before participating you miss the point of being able to go to an event of people who are also flying solo. If this is you shouldn't you stop relying on others for you to begin enjoying life on your own terms? Come out and play with the gang!

What is the Difference Between "Singles" and "Sociables"?

"Singles" and "Sociables" are both used separately to distinguish different events. Those seeking to attend events with an focus on singles, to meet up with a partner in life, engage in the dating scene, to those just wanting to be in a singles environment we begin the caption with "Singles". Those who want to enjoy making friends and doing things with others whether they or married, in a relationship or single on a social level we use the term "Sociables" in our caption. We also have two specialty areas catering to the 50+ audience, and families and single parents with children.

What Events Do Singles and Sociables Offer?

Our Singles & Sociables events provide a robust number choices for events and trips outside the typical hikes, paddle trips, backpacks and climbs. We offer rafting weekends, ski weekends, bike trips, and a weekend long hike vacations. We recognize and address the fact our membership is made up of individuals with lives off trail, off water, and off mountains, typically residing in an urban jungle. We also offer workshops on map and compass, hike essentials, personal

achievement, and Hands On Photography hikes. On the horizon we will be offering specialty hikes such as How to Maintain A Trail hike.

The participants include teachers, lawyers, physicians, graphic artists, chefs, pilots, accountants, students, retirees, socialites, debutantes, politicians, etc.

Challenges and Solutions into 2007

Our biggest challenge is our shortage of qualified leaders. Although we have seen leadership growth in our 50+ group the other areas are experiencing leadership attrition. We will continue acknowledging and recognizing our valued leaders.

If you think what we offer is great, step up and contribute, support us and pay it forward. Anything unused goes through atrophy and dies. Share your passion with others and offer to lead it.

We are proactive in fostering social destiny, instilling positive attitudes, and providing a broad based platform for interaction and self discovery. Our Committee raises the bar on human potential and provides insight and workshops on the laws of attraction and life transforming experiences.

How many Singles Events and Participants did we have in 2006?

Weekend Hike Participants Low - High	14 - 72
Weekend Hike Participants Avg.	28
Avg. Male/Female Ratio	40/60
Weekday 50+ Hike Participants Low – High	2 - 26
Weekday 50+ Hike Participants Avg.	12
Avg. Male/Female Ratio	70/30
Weekend Vacation Trips Low - High	6 – 24
Weekend Vacation Trips Avg.	14
Avg. Male/Female Ratio	45/55
Cultural Trips/Dinners Low - High	12 – 52
Cultural Trips/Dinner Avg.	24

Avg. Male/Female Ratio

40/60

Who are the Committee Members who Make it all Possible?

Ellen Flynn – Treasurer

Leslie Kriesel – Schedule Editor

Margo Moss – Committee Co-Chair

Carson Tang – Committee Co-Chair

Life Directions. Engaging The Soul and Achieving Inner Greatness

The Committee's philosophy is to meet challenges head on and take immediate action instead of getting mired in debate and listening to negative self talk. We do not do things just to "see" how it feels or to "see" if it will work, we "Do It." Because life is too short to sit back, deliberate and wallow in minutia as life slips from between our fingers.

We seek leaders with a creative edge, bold vision, who are social integrators, and are ready to step up! One moment in time could be the moment you discover your greatness. That moment can shape your destiny as you create a vision and hope for the many participants who may never discover life outside the box. Through our AMC events and connections to our participants you will transform the landscape of thousands of lives including your own. Singles & Sociables Rocks!

Carson Tang & Margo Moss

Co-chairs, Singles & Sociables

SKI

The ski committee had a bit of trouble with XC skiing in 2006 due to the issue of NO SNOW. We had a number of well loved overnight trips to various downhill locations, and had a number of trips organized by e-mail when we finally did get a large dumping of snow for XC enthusiasts.

Richard Weinberg
Chair, Ski Committee

SOFTBALL

The softball committee invites all AMC members to join us in our weekly softball game in Central Park. Men and women players of all skill levels are welcome to play, whether an absolute novice or experienced ballplayer. We play a low key game, winning is secondary to having a good time. After the game we go to a local restaurant for brunch to continue the friendship established during the game.

We play every Sunday from mid-April to September, weather permitting. We play on the North Meadow in Central Park Manhattan (bet. 97th and 100th Sts.). Meeting time is 10:30. We ask for a three dollar contribution to help defray the costs of field permits to the NYC Parks Dept., softballs and other equipment. The only equipment we ask a player to bring is a softball glove, if they have one, otherwise one can be borrowed from another player. Also, wear sneakers. If you have softball shoes only plastic spikes are permitted.

The games are listed in the chapter schedule book for every Sunday that we play. For the 2007 season we may not have permits for two fields every week on the North Meadow in Central Park. In the interest of having a safe game we have modified some rules. Copies of the rules are distributed at the game.

We usually have permits for two softball fields allowing us to play two games simultaneously. Each week, the teams are selected in a quick random manner, so no person is the last player selected.

John Maniscalco
Chair, Softball Committee

WALKS & OUTINGS

Our committee leaders scheduled 138 events during the 12 months ending December 31, 2006, down from 145 during the same period last year, and continuing a downward trend from our high of 171 in 2003. Fully half of this year's events were scheduled by only five individuals, all of whom contributed the same or more events as they did last year. No leaders retired, and three new leaders were added, and there was no pattern of change among the rest – some increased, some decreased – but the net result was fewer events.

Our champion contributor continues to be Bob Susser with 24 events, including four scheduled on short notice by using the "hikeamc" Yahoo facility. John Jurasek broke a record by attracting 70 members to his Historic Cold Spring Foundry Walk on August 19. Average attendance of 20 participants per event was similar to last year, while average attendance at events led by each of the top five leaders was above average. Five leaders each led more than 100 total participants during the year.

Our offerings continue to be varied. Of 113 total events recorded by this date, 23 had a major cultural component combined with some walking, usually less than five miles at Pace 1. Examples were bird watching at Jamaica Bay, tree walks in Central Park, trips to the Bronx Botanical Gardens and the Reeves-Reed Arboretum, tours of the NYC Public Library, the Storm King Art Center, the Noguchi Museum, Craftsman Farms, and the Cold Spring Foundry, architecture walks in Scarsdale and Riverdale, and city walks in Hoboken, Brooklyn Heights, and Jersey City. The mainly hiking events were scheduled widely over the region we serve. Several were literally within the city limits of New York, but most were in the usual locales favored by Hikes Committee leaders – Harriman/Bear Mt. State Park, East of Hudson north of the Bear Mt. Bridge, West of Hudson along the Palisades, Schunemunk, and Fahnestock State Park. All of the non-cultural events are really lower level Hikes, and our participants frequently ask what the difference is. The answer is that Walks leaders tend to favor a later starting time, lead at a moderate pace, and stop oftener than Hikes leaders to rest or savor a view. Most of the mainly hiking events were run at Pace 2 for distances of 5 - 8 miles, with only a handful at greater distances and a few at pace 3. The continued good attendance at our events provides good evidence that there is a demand for our style.

Our finances remain adequate, thanks to the free use of the Internet for almost all correspondence. Most of our leaders now download their own release forms from the Outdoors website, which saves postage. One of our volunteers sends e-mail reminders a week in advance to each leader, including a link to the release form, and the leaders contribute the cost of return postage when they mail their completed forms to the chair.

Jim Robbins,
Chair, Walks and Outings

YOUNG MEMBERS

This year the Young Member Committee adopted 1.2 miles of trail in Minnewaska State Park. Rob Sklar led the effort and on November 18, 2006 held the first YM trail day on our newly adopted trail. Nine trail workers made quick work of the 1.2 mile section of the Long Path, which begins at the old Jenny Lane parking area and heads into Minnewaska State Park Preserve. Everyone clipped and took turns with the bow-saw as we cleared 3 or 4 smaller blow downs. We also removed a natural dam impeding the Saunders Kill crossing and brushed in some rogue trails. This section of trail will continue to be maintained through May and November trips listed in the AMC guide book

Jim Orsi led three separate Introduction to Backpacking seminars at the Manhattan EMS store over the spring and summer. The classes were very well received, and filled to capacity with 15 participants each, with a waiting list of additional participants.

The second annual ADK Labor Day weekend was sold out for the second consecutive year. This year three leaders led hikes over three days along moderate to strenuous terrain. The event attracted YMs from other chapters, including CT and MA.

The second annual ADK President's Day Winter Mountaineering weekend was a fantastic success. Despite zero degree temperatures, Wright's Peak was ascended by all members of the party. On the second day, a blow down thwarted our attempt up Wildcat but the group ascended a lesser peak in the same area.

In July, Marnie Levine, Co-Chair of the Young Member Committee teamed up with the Membership Chair Jill Arbuckle and secured 180 magazines and chapter fliers and had them inserted in the New Hire packet for the brand new Analyst class hired into Marnie's company. Twenty seven new junior memberships were sold in July and August and were attributed to this outreach effort.

Jim Orsi and Marnie Levine
Co-chairs, Young Members Committee

FACILITIES AND SERVICES COMMITTEE REPORTS

ARCHIVES

The Archives Committee continues to maintain a locker in NYC with the records of the New York-North Jersey Chapter of the AMC. As of June 1 2006 there has been a cut back in the number of documents retained as space is at a premium. The plans for 2007 are to assemble a group of members to sort the material.

Jack Reilly
Chair, Archives Committee

FIRE ISLAND

The Fire Island Committee continues to ensure a safe and hospitable environment at our Cabin in Atlantique. Our "trained" volunteer managers maintain that commitment as they are responsible for the oversight of the facility as well as our guests.

To ensure compliance, safety and endurance, we have completed the following improvements:

- Installed a new fire suppressant system over our propane stove.
- Replaced two new awning windows and a new entrance door to the Women's bath.
- Installed new doors on the Oceanside of each dorm with insertable full screens.
- Replaced both 8 foot counter tops in the kitchen.

We have also:

- Added three new LLBean kayaks (one tandem and 2 recreational) to our fleet.
- Secured two used sailboats (one a gift) – Bucaneer and Paceship for our fleet.

Our programs are geared to education, recreation and conservation and attract a diverse audience. We teach sailing, kayaking and canoeing as well as enjoying yoga, dancing and painting to mention only a few of our activities. In addition to our conservation workshops with the American Littoral Society and the Fire Island National Seashore, Mitsubishi International, an environmentally-conscious corporation, sponsored a group of their employees to participate in the International Coastal Cleanup in September. With their help, we filled and documented more than two dozen bags of beach garbage, but then we had more than one dozen volunteers dedicated to this effort- a first!

During our 2006 season, we had to cope with not only severe rainy weather, but swarms of black flies, which consequently impacted our occupancy. Our midweek bed-nights fell 3% over 2005, but our income increased due to the inclusion of the July 4 celebration as a midweek event - a very popular time. Our weekends were at capacity and again bad weather reduced only our bed-nights but not our income due to the "no-show" factor (which is no refunds one week before each weekend and/or not showing up at all). However, more than 425 day guests and hikers found delight in visiting our Cabin, which was a tad lower than 2005.

We measure success by the number of volunteers who make this whole effort work so smoothly. Work weekends/week attracted 40 members, who helped put the Cabin in pristine order before opening and packed it up at closing. Our midweeks (Sunday-Thursday) were managed by 38 different volunteers, while

our weekends had 32 different volunteers, who also orchestrated the meals. Our workshops inspired 43 qualified leaders to engage our guests.

We again ventured to Sandy Hook, NJ and for the second year rented the Educational Center from the National Parks Service. Although weather was not hospitable during the last ten days in August through Labor Day, our guests' spirits remained high. We accommodated 135 different members (a 28% increase over 2005) which translated to 380 bed-nights (an increase of 17% over 2005) with the same "no-show" policy. This year we extended the midweek to families, which proved quite successful. We'll be back next year.

Both the Fire Island Cabin and the Sandy Hook venture remain financially viable permitting future innovations.

Anita Barberis
Chair, Fire Island Committee

MEMBERSHIP

Membership

The decline that started after 9/11/2001 started to turn around in Fall 2005, and steady growth continued through August 2006. At that point the Club switched to a new computer system; they suspended special offers, and telemarketing to lapsed members, to minimize data entry during the transition (which was done live, no parallel processing). By December 1st our earlier growth had been wiped out.

Chapter membership-in-a-bottle sales

Sales were much stronger in 2006. We sold 852 Membership In A Bottle (MIB) in 2006, versus 657 in 2005. The Club started offering a volume discount on bottles; by ordering 8 cases at a time, we were able to cut the price to \$10. We sell them for \$25/\$50/\$75 to junior/adult/family, for an average profit after shipping costs of about \$32 a bottle. Income from MIB sales is crucial to covering our operating expenses; this leaves us vulnerable to Club MIB policy, which has changed many times over the years.

Outreach

We had booths at two Javits Center events: the Adventures In Travel Expo in January, and the NY Times Travel Expo in February. In March we were at the "Paddlesport" expo, in June at the Clearwater Festival. In July Marnie Levine arranged for AMC material (magazine, chapter brochure) to be included in the package given to several hundred new Morgan Stanley hires as part of their orientation to NYC. This exposure probably caused the surge in Junior online MIB purchases that we noticed in the next few weeks. Also in July, we held a Boat Demo Day in weather that would have kept Noah in his ark.

We expect to repeat all of these events in 2007. We would particularly like to replicate the Morgan Stanley outreach in other large financial or legal firms. Any member who works for such a company, and thinks they might be persuaded to include AMC in their orientation handout, is asked to contact the Membership Chair.

The old format New Members Party was dropped, due to steadily declining attendance. A new format, attempting to draw the public via ads in free public media, was a disappointment. Now that potential or new members can get all their questions answered right away (there is an Open House or Orientation session at the office almost every week of the year), the bi-annual event is probably not needed.

Our committee

Merle McEldowney resigned in January, and Michael Burke took over as Membership Services Coordinator/Office Manager in April. Three new hike leaders have started helping out as Open House hosts: we thank Peggy Roalf, Erika Mosier, and Anne Marie Tallberg for pitching in. Webmaster David Brucas got the online chapter database working, with access for those with a need to know (mostly committee chairs checking their leaders' status). He is currently scrambling to rewrite programs, at short notice, because the new club system uses a completely different format for the monthly database download.

Marty Plante continues to run Adopt-A-Store (particular thanks to Adopter Wanda Davenport for keeping our brochures prominent at Campmor), Ken West continues to help out at the office, and Henry Schreiber runs the monthly New Member Orientation.

Year by year statistics

	2001	2002	2003	2004	2005	2006 (est)
Year-end members	17,166	16,197	15,612	14,406	13,519	13,520
Year-end memberships (i.e. households)	13,859	12,995	12,484	11,531	10,696	10,700
Percent added new	34.8%	29.1%	29.9%	28.5%	29.6%	35.7%
Percent dropping out	33.7%	35.3%	33.8%	36.7%	36.8%	35.5%
Growth rate	1.1%	-6.2%	-3.9%	-8.2%	-7.2%	0
Chapter MIB sales	688	704	685	588	657	852

Jill Arbuckle

Chair, Membership Committee

TRAILS & WAVES

The Chapter's quarterly newsletter seeks to inform members about Chapter activities, volunteer committees, local conservation issues, and outdoor skills. We hope to also entertain members with stories of outdoor adventures and people, and to encourage them to try out all that the AMC has to offer.

Thank you to those who have sent in articles and photographs this past year – the success of the newsletter is due to your interesting stories. Committee chairs are requested to ask others who volunteer with their committee, or who participate regularly in their activity, to consider writing articles. Submission deadlines are the same each year: Spring – January 25 (comes out in early March); Summer – April 25 (comes out in early June); Fall – July 25 (comes out in early September); and Winter – October 25 (comes out in early December). Submissions should be sent to: trailswaves@amc-ny.org

Trails & Waves welcomes advertising. Classifieds are \$1 per word; please contact editor for display ad prices. Suggestions for future articles are always appreciated.

Nancy Tollefson
Editor, *Trails & Waves*

WILDERNESS FIRST AID

The mission of the Wilderness First Aid committee is to provide professional quality wilderness first aid training to chapter members and to encourage members to get this kind of training. We stand ready to provide support to any unit of the club that wishes to learn more about wilderness emergency care.

During this, our tenth year, we ran 5 WFA courses including an on-the-trail course for the Backpack committee. We trained over 80 chapter members and others in the basics of backcountry emergency care. Our Instructors included Ron Fields, Richard Dabal, and Stewart Wolf. All instructors are EMTA or WEMTA certified.

With our 2007 courses we will be transitioning to a new WFA course provider, the Emergency Care and Safety Institute. The ECSI WFA course is a collaboration between the Wilderness Medical Society and the American Academy of Orthopedic Surgeons.

We will continue to run our voucher program in 2007. The WFA committee will make available two vouchers to each activity committee chair for distribution to members active in their committee. Each voucher will be worth \$40.00 off the cost of an AMC sponsored wilderness first aid course.

The WFA committee is constantly on the lookout for new, qualified instructors. If you know of anyone who has significant pre-hospital emergency care (EMT, Ski Patrol, etc.) and outdoor experience, we encourage you to have them contact either Maureen or Jonathan at WildernessFirstAid@amc-ny.org.

Jonathan Silver and Maureen McCahery
Co-Chairs, Wilderness First Aid Committee

PUBLIC SERVICES COMMITTEE REPORTS

CONSERVATION

In the spring of 2006, the Conservation Committee was in jeopardy of being disbanded. Through the efforts of a two-person committee we reorganized and delivered 11 conservation activities in 2006 (see the itemized list below) and participated in many working sessions to lay the groundwork for 2007 events. A goal for 2007 is to increase member participation in conservation event leadership.

The purpose of the Conservation committee is to foster the preservation of land and waterways for their natural use and to promote a healthy environment. This is done through raising awareness of preservation, natural use and the environment; and by involvement in conservation issues and events.

In 2006, we increased awareness by sponsoring a voyage of the sloop Clearwater in the New York harbor for AMC members. In each issue of Trails and Waves I have written a conservation article highlighting preservation victories, and I have rewritten the Conservation committee description in the Chapter Events Schedule. Our committee participated in the Clearwater Festival, the AMC exhibition at Holy Cross School, and AMC Open Houses. And we have raised political awareness through the League of Conservation Voters.

To deliver conservation events, we have been partnering with other conservation groups. Among them are: Highlands Coalition, Fire Island Wilderness Committee, Clearwater, Scenic Hudson, Friends of Old Croton Aqueduct, and other AMC organizations. The many fruits of these labors we shall see starting with the Summer 2007 schedule.

Also in 2007 we will have major events such as an AMC sponsored conservation lecture at the Princeton Club, and a conservation weekend at Fire Island. Many events in the hiking, biking and kayaking programs will include a conservation component. Also, we will work with travel/adventure exhibitions and the AMC to foster new memberships.

Itemized List of Conservation Activities in 2006:

- | | |
|----------------|---|
| June 13 | AMC Executive Committee
Committee appoints Skip Doyle as Chair |
| June 16 | Clearwater Festival
Conservation committee member (Richard Barcia) represented AMC and signed up new members. |
| July 25 | Trails and Waves – Fall Issue |

Conservation Corner: Highlands Conservation Act, Clearwater, conservation teamwork.

August 13-18 Toured AMC White Mountain huts and facilities

Hiked to Highland Center, Lakes of the Clouds, Galehead, Zealand in this land preservation area.

September 13 AMC Exhibition

Represented Conservation Committee and Biking Committee at the AMC exhibition conducted at Holy Cross School in Manhattan.

October 2 AMC Open House

Spoke about conservation, hiking, biking, climbing, kayaking, White Mountains huts, Fire Island, introductory weekend backpacking, softball.

October 12 League of Conservation Voters

Attended Dinner and speeches representing AMC NY-NoJ Conservation committee.

October 22 Clearwater

Chartered the sloop Clearwater and organized passage for AMC members from the 79th Boat Basin in Manhattan.

October 25 Trails & Waves – Winter Issue

Conservation Corner: Awosting Reserve added to Minnewaska State Park, Rachel Carson (author of Silent Spring), League of Conservation Voters.

November 2 The Chapter Schedule

Revised the committee description of the Conservation Committee.

December 15 Fire Island Wilderness Committee

Met with the representative of the FIWC and drafted a letter to the National Parks Service at Fire Island on behalf of the AMC NY-NoJ Chapter recommending actions on the Fire Island general management plan and wilderness management plan.

Skip Doyle
Chair, Conservation Committee

PROGRAM

The Program Committee continued to hold slide and digital presentations during the 2006 season. The shows included talks on Burma and Southern Portugal. We plan a presentation on the Lake District in England, a China Panorama talk and a show on Alaska for the 2007 winter season.

Frank Bamberger
Chair, Program Committee

TRAILS

NEW JERSEY TRAILS

AMC maintains 21 miles of the Appalachian Trail in New Jersey, eleven on the Kittatinny ridge, and ten in the lowland corridor between High Pt. and Wawayanda. Two Kittatinny maintainers retired at short notice in April; we welcome Stephen Leonard and Mark Hutchison, assisted by their sons, as the new maintainers. Maintainer Robert Haemmerle is on his fourth tour with the reserves in Afghanistan and Iraq, but we hope to welcome him home next June.

On National Trails Day it rained, as usual, but Max Lopp set up a tarp shelter for his saw-station, and a wet crew managed to make major repairs to the puncheon in Max's Vernie Swamp section.

Off-the-road vehicle (ORV) problems are escalating. The wooded hill south of Unionville has been trashed; posted signs are torn down or ignored. ATV riders from new houses north of the Wallkill Refuge actually cut a trail network in a shrubby buffer strip (NPS land), and then drove over the Refuge's meadows. Both cases involve ORVs from NY riding on trail lands in NJ. Neither state enforces ORV regulations. The Refuge used to issue tickets, but in 2007 budget cuts mean there will be no staff onsite beyond a biologist.

AMC also maintains the Stonetown Circular Trail, which used to be 10 miles but is probably a bit longer after Supervisor Fred Hafele's improvements, which included taking some on-road stretches off-road. Fred is retiring as Supervisor, though he will maintain a nearby trail section. Many thanks to Fred for his initiative and follow-through in relocating and improving the trail, and welcome to William Hansen, a Stonetown maintainer who is now taking over as Supervisor.

Jill Arbuckle
Supervisor, West of Hudson trails

URBAN TRAILS

To start the year of we asked the Fire Island Committee for some trail funds. This money was then used to buy some new tools for trail work this season. Volunteer turn out was low this season but we got a lot of great work done anyway. Early this fall season we did a major field clearing project the help of the parks department. Now with the field cleared of all rose bushes the park department will finish the work by spraying the remaining shrubs. There were

two urban trail walks this year on the Siwanoy Trail In Pelham Bay Park. Both outings, held in June and September, had very good turnouts.

Ken West

Chair, Urban Trails Committee

CHAPTER TRAILS CHALLENGE COORDINATOR

The NY-NoJ Chapter far exceeded the goals of the club wide Chapter Trails Challenge initiative for 2006. This year we identified 12 maintainers responsible for over 20 miles of trail. It is particularly significant that 9 of these maintainers are new maintainers recruited through this program and are responsible for 15 of the 20+ miles of trail identified this year.

We look forward in 2007 to continuing our partnership with the NY-NJ Trail Conference in this important program and for continued growth in the recruiting of new maintainers.

Robert E. Fuller

Chapter Trails Challenge Coordinator