



### Meet the Westchester Trails Association

This member club hikes all over our region and welcomes new members. [READ MORE ON PAGE 9](#) ▶



### Now Singing in a Forest Near You

Hear the ovenbird in the woods or with a click on our website. [READ MORE ON PAGE 7](#) ▶



# TRAIL WALKER

May/June 2009

New York-New Jersey Trail Conference – Maintaining 1,716 Miles of Foot Trails

[www.nynjtc.org](http://www.nynjtc.org)

## Mark National Trails Day with the Trail Conference at Wonder Lake State Park

Stop wondering if there really is a lake in Wonder Lake State Park. See it for yourself! Join the Trail Conference in celebrating the opening of the first leg of the Highlands Trail east of the Hudson River in the park.

A route to the lake will officially be opened on National Trails Day, June 6 at 10 am at the parking lot on Ludingtonville Road, followed by hikes into the park. Using a combination of newly constructed hiking trails and woods roads, the route will encircle the lake, highlighting the beautiful setting of this new parkland when the mountain laurel is in bloom. A provisional map will be produced for the occasion with some tidbits of local history thrown in for good measure.

The trail is the result of a carefully realized strategy. Following the completion of a two-day Trail Layout and Design course led by Eddie Walsh in April 2008, several graduates formed a team—consisting of Tom Amisson, Jean Arenella, Tom Buckley,

David Dvorsky, Andrew Seirup, and Highlands Trail Committee Chair Gary Haugland—to scout out a network of trails in the park with the Highlands Trail forming a central spine. After receiving park approvals for sections of the trail, volunteers cleared them, and where more serious



Hike a new trail built by volunteers.

work was required, crews on loan from Metro Trails and West Hudson Trails came to lead side-hilling and rock work trips.

Many additional volunteers have helped with the project, and while there is still a lot of work to be done, we are anxious to introduce this park to hikers.

Thanks also to Christie Ferguson, Trail Conference East Hudson Regional Representative, and Josie Gray, East Hudson Trails Committee Chair, who have been enormously helpful and enthusiastic about this project, and trail crew leaders Chris Ezzo and Joe Gindoff.

Directions to the park: the parking lot is located on Ludingtonville Road between exits 17 and 18 of Interstate 84 in Putnam County.

*Meanwhile to the south:* The Highlands Trail is crossing the Delaware River, and we're having a party May 16 to celebrate! See story below for details.



## New Kittatinny Trails Map Set Is a Must for Hikers & Paddlers

The Trail Conference Publications Committee is pleased to announce that the completely new, digitally-produced fifth edition of our **Kittatinny Trails** map set is expected to be available in early May.

This map set is the most comprehensive trail map of the Kittatinnyes ever published, and it is a must-have for anyone interested in participating in the various outdoor activities available along the Kittatinny Ridge and the adjacent section of the Delaware River.

These maps show all trails along the Kittatinny Ridge in northwestern New Jersey, including those in High Point State Park, Stokes State Forest, Worthington State Forest, the Delaware Water Gap National Recreation Area (including trails in the Pennsylvania section of the DWGNRA) and other smaller parks and preserves. A portion of the Shawangunk Ridge Trail that extends into New York also appears on the maps. Over 50 miles of the Appalachian Trail along the Kittatinny Ridge are shown on the map set, along with sources of drinking water, shelters, and side trails.

The new edition of these maps represents a vast improvement over the previous edition in many respects. Contour lines are now provided every 20 feet (instead of at intervals of 100 feet), and a UTM coordinate grid has been added to assist with navigation. Three inset maps have been added to provide additional detail in the areas around the High Point Monument, the newly-reopened Lusscroft Farm trail system in High Point State Park, and the Kittatinny Point area at the Delaware Water Gap.

The entire trail network has been completely replotted using state-of-the-art Global Positioning System (GPS) technology. Trail Conference volunteers spent more than 400 hours walking the trails with GPS receivers to obtain accurate trail and woods road data.



## Volunteer Profile Have GPS, Will Travel

Chester Sensenig isn't looking to be in the spotlight. "I'll go along with a volunteer profile, if a decision is made to do that," he acknowledged in an email to Trail Confer-



ence staff cartographer Jeremy Apgar, who wanted to see Chester get due credit for enormous contributions to several big, recent mapping projects.

He further protested to Jeremy, "I don't feel much like a volunteer since I would be hiking with a GPS unit anyhow." Maybe so. But many people hike with a GPS unit; few of them collect reliable data that they contribute to the Trail Conference so that accurate maps can be produced for use by the public. Chester does, and for that every person who uses the new Kittatinny Trails map set (see story this page), or the Harriman, Sterling Forest, and North Jersey map sets, owes him thanks.

A long-time hiker and a member of the Trail Conference for an uncertain amount of time ("I became a life member to make up for the years I missed"), Chester says he typically frequents parks close to his home in Warwick, NY. Wawayanda State Park, being adjacent to his property, is a favorite of course. Harriman and Sterling Forest have been other frequent destinations. Since taking GPS in hand for Trail Conference assignments, however, he has explored further afield—the Kittatinnyes, for example, and other parks in North Jersey.

Jeremy, who prepares lists of trails and trail segments that need GPS data for assignment to Trail Conference volunteers, reports that Chester was the primary volunteer GPSer for the new Kittatinny Trails map set. Since 2006, Chester has logged over 1100 working hours (not counting travel) on more than 160 separate data col-

*continued on page 11*

## Celebrate Crossing of Highlands Trail into Pennsylvania

Thanks to the hard work of many volunteers (see November/December *TW*, page 1), the Highlands Trail has reached the Delaware River! The Trail Conference will be celebrating the achievement on Saturday, May 16, at an event cosponsored by the Appalachian Mountain Club, which will be continuing the trail across the 13-county Pennsylvania Highlands region, and the Borough of Riegelsville, PA, where the new section will begin.

A ribbon-cutting ceremony at the Roebling Bridge will be followed by a 0.5-mile walk from New Jersey to the borough park in Pennsylvania for refreshments and sign-up for hikes at Mariton Wildlife Sanctuary, a bike ride on the Delaware Canal Towpath, and paddling demos on the Delaware River. Handicapped parking is available. The event will happen rain or shine.

**Join us on May 16th for a ribbon-cutting ceremony and more!**

**Meet:** Noon at the Roebling Bridge located on Delaware Road off of Route 611 in Riegelsville. Parking will be available at a lot on the New Jersey side of the river and at Riegelsville Borough Park located off of Route 611 on Ash Lane and street parking in the borough.

Contact Brenda Holzinger, Trail Conference New Jersey Regional Representative, if you plan to attend: [holzinger@nynjtc.org](mailto:holzinger@nynjtc.org) or 973-303-3538 (cell).

### Also a Resource for Paddlers

The maps will be useful not only to hikers, but also to those who canoe along the scenic New Jersey section of the Delaware River. The entire 50-mile section of the river from Port Jervis, NY, to Columbia, NJ, is shown on the maps, and—for the first time—river mileages, river access points, campsites along the river, and rapids are also shown.

To obtain this map set, see the Hikers' Marketplace on page 12, call 201-512-9348, shop online at [www.nynjtc.org](http://www.nynjtc.org), or stop in at the Trail Conference office.



# TRAIL WALKER

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### Mission Statement

The New York-New Jersey Trail Conference is a federation of member clubs and individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community. The Conference is a volunteer-directed public service organization committed to:

- Developing, building, and maintaining hiking trails.
- Protecting hiking trail lands through support and advocacy.
- Educating the public in the responsible use of trails and the natural environment.

### Board of Directors

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 103 hiking and outdoor groups, and 10,000 individuals.

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A NJ Search and Rescue K9 team aids a "victim" during a winter training exercise.

## NJ Rescue Squad Seeks Volunteer Victims

By Jeremy Feinberg

A version of this article first appeared in *Trails & Waves* (spring 2009), the newsletter of the New York-North Jersey Chapter of the Appalachian Mountain Club, and is reprinted with permission.

Lost twice in the same day—boy, am I ever stupid. The first time, I was close to the edge of the woods and was quickly found by Moosie, a young black Lab. The second time I was deeper into the woods and had dropped my pack along the way (hypothermia?). Boomer, a German Shepherd, found the pack, carried it back to show his owner, and then found me, huddled against a tree. Each rescue included a free face-wash. And each was followed by a big tug-toy play session, as a reward for the rescuers.

their owner and lead him to you. Later, I was invited to observe handler and dog working together, as Jerry, who worked on 9/11, solved a "multiple victim" scenario. Of course, Trail Conference members never get lost...well, hardly ever...but just in case, you surely want to see that Moosie, Boomer, Jerry, and their friends get the best possible training, don't you?

The team trains mostly in Passaic, Sussex, and Morris counties in New Jersey, and Orange County in New York. There are six dogs and five handlers on the team. The NJ Search and Rescue K9 Team needs fresh volunteers to get "lost" (if a dog rescues Fred all the time, he might start thinking it's only Fred that he's meant to find). If you'd like to spend a day helping these amazing dogs train, email Lt. Peter Brey at K9@njsar.org.

You can read more about NJSAR at [www.njsar.org](http://www.njsar.org). It's not just K9 Search and Rescue; they do other cool stuff, like high-angle rescues (translation: getting you down from that cliff you're stuck on). They work all over the region—in New York and Pennsylvania as well as in New Jersey.

From downwind, they can air-scent you from up to 1,000 feet away if the wind and other conditions are right.

Moosie and Boomer are K9's, part of New Jersey Search and Rescue (NJSAR). They are air-scent dogs, not tracking dogs as you might think. From downwind, they can air-scent you from up to 1,000 feet away if the wind and other conditions are right. They follow the scent to find you, then go back to



## Featured Retail Partner: Mountain Skills Climbing Guides

The Trail Conference is pleased to partner with New Paltz-based Mountain Skills Climbing Guides, which offers our members 10% discounts. (You must show your valid membership card.)

Locally owned and operated Mountain Skills Climbing Guides wants to give back to the community and the environment. Doug Ferguson, owner and lead guide, strongly believes in advocating for the protection and maintenance of trails: "Everyone uses the outdoors in some way, and we all must make an effort to protect what we love."

This is one of the reasons that Mountain Skills Climbing Guides offers a 10% discount on guided trips to all Trail Conference members—"to show our appreciation for your support of the Trail Conference and its work to protect and maintain trails in New York and New Jersey through your membership."



Mountain Skills Climbing Guides respects the community and the environment by:

- following and teaching the Leave No Trace Trainers Courses,
- actively participating in Minnewaska State Park Preserve cliff surveys of rare plants and animals,
- sponsoring Dept. of Transportation Adopt-A-Highway projects,
- maintaining trails through the Trail Conference,
- volunteering for the Hudson Valley Mountain Rescue Squad, and
- training yearly with NYS Dept. of Environmental Conservation and Mohonk Preserve rangers on High Angle Rescue.

This fully-insured, AMGA accredited rock and ice climbing service also offers hiking, mountaineering, adventure travel, and environmental programs.

Contact Mountain Skills Climbing Guides to create your perfect outing today! Call 845-853-5450 or visit [www.mountainskills.biz](http://www.mountainskills.biz).

## Call for Nominations to Board, Delegates

The Trail Conference Nominating Committee seeks nominations for the board of directors and delegates-at-large. We are looking for board members with skills in communication, fundraising, environmental science, and government. Self nomination is encouraged. You can also suggest others if they meet the requirements and might be willing to serve if nominated.

Send nominations with resume (if possible) to Nominating Committee Chair Allyn Dodd at: [ajdodd@snet.net](mailto:ajdodd@snet.net).

## Record Raffle Ticket Sales at Banff

Each year, the Trail Conference is privileged to participate in and benefit from the Banff Film Festival events in Suffern and New York City. The festival features exciting cinematography focused on outdoor themes and attracts hundreds of enthusiastic viewers on each of the three nights of showings. The Trail Conference benefits by promoting its services and selling money-raising raffle tickets for goods and services donated by two of our generous retail partners.

At the Lafayette Theater in Suffern on March 4, a packed theater yielded raffle ticket sales of \$1,787. Items being raffled were donated by Ramsey Outdoor Store. In New York City, film showings at Peter Norton Symphony Space on March 10 and 11 sold out both nights, and we raised \$3,321. Volunteers raised thousands of dollars for the Trail Conference by selling raffle tickets. Items for the NYC Banff events were donated by Paragon Sports.

Trail Conference volunteers were able to interact with an energetic crowd each night, as well as enjoy the incredible cinematography. They also had the opportunity to share with attendees information about the Trail Conference. In particular, many people who were familiar with the Trail Conference spoke excitedly about our new website!

Another benefit of our participation is a number of new potential volunteers.

A big THANK YOU goes out to all who helped at the event: Christie Ferguson, Larry Wheelock, Doug Ferguson, Kathy Goldman, Ruth and Michael Rosenthal, Lou Leonardis, Frank Bamberger, Joe Gindoff, Maia Josebachvili, Bram Levy, and Jenny Hezel!

And an additional Thank You goes out to the Trail Conference members and friends who provided some much needed extra support. Notably: Ruth and Michael Rosenthal's son and friends; and Connie, Craig, and Kirk from Outdoor Bound Adventures!

Thanks to our enthusiastic volunteers and the generous Banff attendees, the Trail Conference raised a total of \$5,103 in donations in three fun-filled evenings.



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## From the Executive Director



Connecting People with Nature since 1920

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Dear Friends,

The Trail Conference, like many nonprofits, is coping with unwanted changes prompted by our unsettled—and unsettling—economic times. Donations are down—overall by about 30%, consistent with declines in the value of many individual and foundation portfolios. And so **we have taken aggressive steps to control and reduce our costs**—including staff reductions and furloughs—with the aim of protecting our core mission and programs.

We are not in the immediate dire straits of two-thirds of the nation's nonprofit groups, which the New York Times reported in March had insufficient cash to get them through June. But we are not immune from the stresses.

Even as we are forced to reduce our capacity to help, **there is more demand than ever for our services**—from state and local land managers who themselves have reduced capacity to keep open space open to the public. **We are also fielding more interest from volunteers**—our spring schedule has had more workshops, more projects, and more participants than any in memory.

As I write this, **Trail Conference volunteers are putting in new trails at Sterling Forest State Park and Wonder Lake State Park in New York. They are bringing the Highlands Trail to the Delaware River in New Jersey. They are cleaning up trails atop Schunemunk Mountain and Black Rock Forest, devastated by ice storms this past winter. They are building bridges and installing water bars in Pelham Bay Park in New York City. Maintainers are clearing blowdowns, trimming brush, and repainting blazes throughout our region.**

Can the public be far behind them?

**To keep this work going, we need your help now.**

**Our goal: to meet and exceed our current austerity-level budget so that the Trail Conference can continue to support the work of our volunteers.**

What can you do?

- **Give a gift membership** to a friend or relative. They benefit and so do we.
- **Buy a trail map or book for someone** who could use the consolation of time outdoors.
- **Renew your membership early.** Your early renewal will help our cash flow now and extend your membership into the future.
- **Make a donation.** You can donate either online at Donate Now, by calling Hedy at 201-512-9348 ext. 17, or via a check in the mail.

Whatever you can do, Thank You.  
Happy Hiking,

Edward K. Goodell

“Almost a third of the nation's nonprofit groups said they did not have enough cash on hand to cover more than one month's expenses, while roughly another third said they only had enough money to get them through the next three months.”

New York Times,  
March 26, 2009

## Save the Date: Delegates Meeting Sunday, June 14, 2009

### Location: Teatown Lake Reservation

Explore this beautiful preserve in Westchester County and learn about the Hudson Hills and Hills Community Trail Program, a partnership by the Trail Conference and Teatown to enhance protection and enjoyment of the region's open space through education and recreation.

A brief business meeting of Trail Conference delegates will begin at 10am and will be followed by a presentation on the region's ecology by Fred Koontz, executive director of Teatown Lake Reservation.

Then enjoy guided hikes and other activities at or near Teatown Lake Reservation. More details will be available on our website and, to delegates, in the mail.

Lunch will be provided, so preregistration is a must. Watch your mail or our website for details. Contact: Jennifer Hezel, 201-512-9348, ext. 28 or [hezel@nynjtc.org](mailto:hezel@nynjtc.org).

## Join Our Second Annual Hike-a-thon October 3, 2009 at Bear Mountain State Park



**Individuals and Clubs:** Plan now to take part in this fun event that will raise funds for the Trail Conference.

There will be multiple routes, varying in length and difficulty. Something for everyone!

Watch for details in future issues of *Trail Walker* and online at [www.nynjtc.org](http://www.nynjtc.org)

Put your feet to work for the Trail Conference!



# Conservation & Advocacy

## NJ ATV Legislation on the Agenda for Mid May

In a major step forward for ATV (all-terrain vehicle) regulation, the New Jersey Senate Environment Committee held its first hearing on proposed ATV legislation March 16. The primary focus was on a bill that would require ATV registration and enforcement (S2055). However, discussion also covered another bill (S1059) that would require the state to develop an ATV park.

Most of those testifying supported S2055 and emphasized the need for enforcement to begin as soon as possible. Many also spoke in favor of crafting ATV park legislation that would allow such a park to be created someplace other than on current state park or forest land, which would be required by the original language of S1059.



ATVs drive hikers off trails.

Although the committee did not vote on either bill, because two of the six committee members were absent, it was a very productive session. Concerns about environmental destruction, public safety, habitat protection, recreational access, sharing public open space, and financial impact were all addressed during the meeting. Senator Smith, the Chair of the Senate Environment Committee, request-

ed additional information from those who testified and stated that S2055 would be on the agenda for the next meeting, which should occur in mid-May.

Neither the Assembly ATV enforcement bill (A823) nor the ATV park creation bill (A2796) was up for a vote on March 16, but they should be on the voting slate for mid-May.

Soon after the hearing the NJ Legislature suspended normal legislative business for two months in order to focus on the budget—until mid-May, assuming agreement on the budget is reached. During this hiatus from normal legislative business, the Trail Conference and other groups pushing the ATV enforcement legislation will continue to keep the momentum moving forward via a grassroots campaign.

We learned directly from a number of Senators and Assembly representatives that the voices of Trail Conference members were heard and had an impact on their thinking about the urgency of passing ATV legislation in New Jersey. We urge you to keep the pressure on even during the legislative "hiatus." Here are a few things you can do NOW help this advocacy campaign:

- Write a letter to the editor of your local paper and explain why this legislation is important to New Jersey.
- Ask your local town or boro council to adopt a local ATV enforcement ordinance.
- Send pictures of ATV activity and damage you see on the trails via our Illegal Usage Report web form at [www.nynjtc.org](http://www.nynjtc.org) (find it under the Community tab). Please help us protect trails by using this form so we can compile a comprehensive database of trail damage.
- Plan an ATV educational outreach event.
- Continue to take action when you receive Trail Conference ATV action alerts. Your efforts really do make a difference!

If you would like help with any of the above activities or to assist in this advocacy effort in another way, please contact Brenda Holzinger, NJ Regional Representative, at [Holzinger@nynjtc.org](mailto:Holzinger@nynjtc.org) or 973-303-3538 (cell).



Four-wheelers create deep and widespread damage.

Check the Trail Conference website (Advocacy under the Be Informed tab) for up-to-date information about the status of this ATV campaign.

State agencies and nonprofit groups offering testimony at the March 16 hearing included the NJ Motor Vehicle Commission, the NJ Department of Environmental Protection, NJ Conservation Foundation, NJ Audubon, Pinelands Preservation Alliance, the Great Egg Harbor Watershed Association and others. Trail Conference NJ Regional Representative Brenda Holzinger also testified in favor of this legislation and urged the committee to put enforcement in place as soon as possible, citing the example of a recent ATV death very close to the Highlands Trail. Even advocates for New Jersey's off-road vehicle enthusiasts support this important enforcement effort and do not wish to see it stalled for any reason.

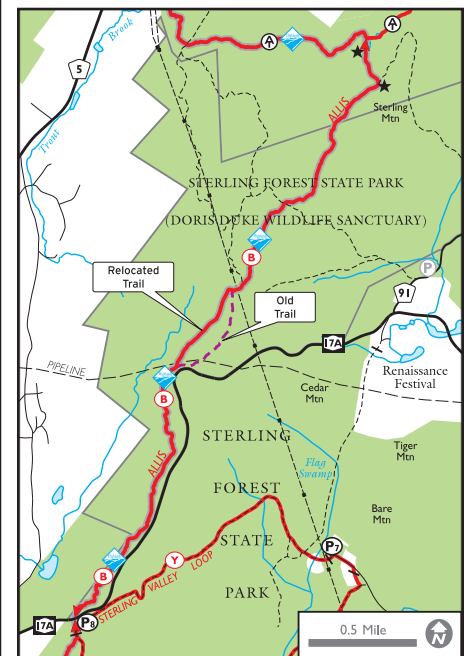
—Brenda Holzinger



## Trail News

### Allis Trail Rerouted in Sterling Forest

If all went as planned in April (after the deadline for this issue of *Trail Walker*), the Allis Trail in Sterling Forest is no longer coaligned with the gas pipeline, thanks to the efforts of Trail Conference volunteers. A Trail Conference proposal to relocate the trail was approved by park authorities, and volunteers wasted no time in scheduling outings to accomplish the work. (See map detail.)



A new section of the Bare Rock Trail, which will actually go to the Bare Rock overlook of Greenwood Lake, is also in the works for Sterling Forest. Trail Supervisors Suzan Gordon and Peter Tilgner hope to lead work trips in June to construct the new trail. See Special Projects in Crew Schedule on page 5 for contact details.

These trail projects are moving forward following the publication of the Comprehensive Trails Plan for Sterling Forest State Park by the state parks office. (The 139 pages plus 19 maps are available at <http://www.nysparks.state.ny.us>.) The trails plan has been long awaited, following many years of public meetings, scouting, and proposing of trail routes, with inputs from the Trail Conference, other organizations, and interested individuals. The Allis and Bare Rock Trails are among several new hiking and multi-use trails identified in the plan as approved. Prior to laying out or working on any of these trails or relocations, a specific request to the park, and written approval, is required.

### LP Rerouted Off Old Route 9W

The Long Path along the Palisades cliffs has been rerouted for about 0.7 mile south of the State Line Lookout, substituting a pleasant walk through the woods for a roadwalk. Previously, the Long Path (proceeding north from the Forest View Trail) was routed along the Old Route 9W (now the access road to State Line Lookout) up to the Lookout Inn. The trail now crosses the road and reenters the woods, following a newly-constructed ski trail to the Lookout Inn. It passes in back of the Inn and briefly rejoins Old Route 9W about 500 feet beyond (it soon turns right, leaving the road, and follows another ski trail).

### Changes at Fort Montgomery Visitor Site

- The policy of paid admission to the Visitor Center has been discontinued. Entry to the center is now free, but donations are accepted.
- The Twin Forts Trail leading down to the Popolopen Creek has been substantially improved by building two drainage ditches to carry off running water, and eliminating many of the stones underfoot.
- Hikers arriving by canoe or kayak from the Hudson River will soon find an official access point from Popolopen Creek. A

*continued on page 5*

## Conservation & Advocacy News Notes

Make sure you get Action Alerts from the Trail Conference so that you can help support our region's trails, parks, and open spaces. Set your email program to accept mail from the New York-New Jersey Trail Conference!

### NEW JERSEY

#### TC Contact:

NJ Regional Representative Brenda Holzinger, [holzinger@nynjtc.org](mailto:holzinger@nynjtc.org) or 973-303-3538

### NEW YORK

#### TC Contacts:

#### West of Hudson Regional Representative

Larry Wheelock, [Wheelock@nynjtc.org](mailto:Wheelock@nynjtc.org), 201-512-9348, ext. 16

#### East of Hudson Regional Representative

Christie Ferguson, [Ferguson@nynjtc.org](mailto:Ferguson@nynjtc.org), 201-739-4434

### NJ Environmental Groups, Landowners and Local Towns Still Fighting Electric Transmission Line

New Jersey Board of Public Utilities (NJ BPU) has announced that it will not release its final decision on PSE&G's application to build a 45-mile long electric line across northern New Jersey until December 2009. The NJ BPU decision allows local towns, landowners, and environmental groups enough time to file their applications to become official intervening parties and prepare their official statements. It is many months later than PSE&G hoped, as it had been urging a rapid response.

PSE&G proposes to build the 45-mile long Susquehanna-Roseland electric line along an existing transmission route, passing through 15 New Jersey municipalities. New transmission towers would be built next to the current 80-foot towers, but the new towers would rise to heights of almost 200 feet. The route of the proposed 500-kilovolt electric line will cut right through one of the state's most precious resources—the 860,000-acre Highlands Region. The Trail Conference has developed viewshed maps that represent the visual impact the line will have across the

region. (Find them on our website via Advocacy under the Be Informed tab.)

PSE&G claims the \$750 million transmission line, scheduled for completion by 2012, is needed to avoid future power outages. Environmentalists and landowners adjacent to the transmission right-of-way, and local municipalities disagree and believe the proposed line poses many questions that must be answered before the project can begin to move forward. In addition to the NJ BPU decision, PSE&G must also obtain favorable decisions on permit applications from both the NJ Dept. of Environmental Protection and the NJ Highlands Council.

### Powerline Fights Are National

It is important to note that similar fights are taking place across the United States in every area designated a "national inter-est electric power corridor" under the Energy Policy Act of 2005. In New York, for example, New York Regional Interconnect proposed to build a 200-mile long transmission line from the Utica area south and east to New Windsor in Orange County. The line would cross the Shawangunk Ridge. [The company withdrew its application in April.] Congress passed this legislation in response to the wide-ranging blackout in 2002, and transformed a perceived need for reliable electric supply into both a public safety and terrorist-readiness concern. As a result, the Federal Energy Regulatory Commission (FERC) may, under limited circumstances, actually remove a permit application from the state level even though transmission siting decisions historically have been squarely within the realm of state power.

The boundaries of FERC's power to usurp state decision making authority have been recently tested in a case heard by the United States Court of Appeals 4th Circuit sitting in North Carolina. The issues in this case pertain to a proposed transmission line that would run from western Pennsylvania through West Virginia and across Virginia to the Manassas area, but ultimately center on FERC's rulemaking actions. In summary, FERC interpreted language in the 2005 Act aimed at preventing a state from delaying action on a permit application to mean that they could usurp state jurisdiction whenever a permit was denied by a state agency. The 4th Circuit disagreed with FERC's interpretation, stating that it was tantamount to allowing FERC to overturn every state denial of an application for a transmission line permit, which could not possibly be what Congress intended.

A similar case is pending in California, in the 9th Circuit. Although neither Court of Appeals result applies in New Jersey, these cases clearly signal the need for much greater scrutiny of all the environmental, financial, and public safety issues involved in locating high voltage transmission corridors. Recently, the Obama administration has signaled its interest in the national electric power grid so perhaps the President will take the lead on this. Alternatively, the US Supreme Court may need to be the final authority on the extent of FERC's jurisdiction and the intention of Congress when it adopted the 2005 legislation.

For up-to-date information and the TC viewshed analysis of the proposed transmission line across the NJ Highlands, visit [www.nynjtc.org](http://www.nynjtc.org) and click on Advocacy under the Be Informed tab.



# TRAIL U

Teaching Practical Skills to Trails Volunteers at Locations Throughout the NY-NJ Area

## May – June

To register for a class, go to our website. The Trail Conference offers workshops in Trail Building and Trail Maintenance at locations across our region. Register online or by calling the office, 201-512-9348, ext. 14.

### To register online:

1. Go to [www.nynjtc.org](http://www.nynjtc.org)
2. Click on Trail University under Get Involved
3. Select Register Now

### May 3 (Sunday)

**Combo: Trail Maintenance 101 & Trail Construction**

**Location:** Byram Township, NJ

**Time:** 9am to 4:30pm

**Instructors:** Adam Rosenberg, Monica Day, and David Day

**Coordinator:** Brenda Holzinger, [holzinger@nynjtc.org](mailto:holzinger@nynjtc.org), 973-303-3538

### May 9 (Saturday)

**Trail Maintenance 101**

**Location:** North/South Lake Campground

**Pavilion, Catskills**

**Time:** 9am to 4pm

**Instructors:** TBD

**Coordinator:** Larry Wheelock, [wheelock@nynjtc.org](mailto:wheelock@nynjtc.org), 201-512-9348, ext. 16

### TBD

**Workshops at Bear Mountain State Park**

**Contact:** [bearmountaintrails@verizon.net](mailto:bearmountaintrails@verizon.net)

## TRAIL NEWS

*continued from page 4*

planned facility will have a locker for paddlers to safely store gear while they go ashore to see the historic site, hike, or to venture into town for supplies or lodging. A kiosk with historic information and a river map is already up. The storage facility is expected to be ready this spring and will be located on the creek at the north end of the suspension bridge carrying the Twin Forts Trail.

### Trail Races Set for May 9 at Bear Mountain

Hikers should be aware that trails at Bear Mountain and Harriman State Parks on Saturday, May 9, will be in use by the North Face Challenge, a trail running competition that is expected to attract hundreds of participants. Four races, from 50 miles to 10K, are scheduled to start in the morning from the Administration Building; runners are expected to be on trails until as late as 6pm. This may be a good day to explore other parks in the region.

### NJ Legislature OKs Sunday Bow Hunting

On March 16 the New Jersey Assembly voted to allow bow and arrow deer hunting on Sundays during hunting season in state wildlife management areas and on private property. The Assembly substituted S802, the bill that was overwhelmingly approved by the full Senate (32-2) in October, in place of its own version of the legislation, A1669, and then passed S802 with a resounding vote of 69-9.

The Trail Conference joined with the American Humane Society, the Sierra Club, and a number of other groups to fight this legislation because we heard from so many of our hiking members that you want one day free of any hunting in New Jersey. In fact, hundreds of Trail Conference members sent action alerts to their Assembly representatives—more than any other advocacy action alert yet! Nonetheless, at press time, the legislation is now on the way to Governor Corzine's desk for his signature and then it will become state law.

After the Governor signs the bill into law, the NJ Dept. of Environmental Protection will need to amend the state's fish and wildlife code accordingly and then promulgate implementation regulations.

Stayed tuned for updates.

## Trail Crew Schedules

### May – June 2009

For the latest schedules and additional details, go to our website. Click on Trail Crew Schedules under the Get Involved tab.

TBD = To Be Determined

For all trips bring work gloves, water, lunch, insect repellent. In some cases, tools are provided. Contact leaders in advance for meeting times and places.

### SPECIAL PROJECT

**NEW BARE ROCK TRAIL, STERLING FOREST STATE PARK**

**Leader:** Suzan Gordon and Peter Tilgner, [browning.27@verizon.net](mailto:browning.27@verizon.net) or 201-871-3531

Contact leaders if you want to help with this new trail over Bare Rock, overlooking Greenwood Lake.

### NORTH JERSEY WEEKEND CREW

**Leader:** Sandy Parr, 732-469-5109

### Second Sunday of each month

Trips start at 9:30 am; call for location and details during the week before the scheduled trip day. Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

### NORTH JERSEY WEEKDAY CREW

**Leader:** John Moran, [thornburyhall@verizon.net](mailto:thornburyhall@verizon.net)

This crew covers the NJ Ramapos, Ringwood S. P., Norvin Green S. F., and NJ Palisades area. Its purpose is to respond quickly to immediate needs, rather than to schedule definite events far in advance. If you're interested in being on call for this work, contact John Moran by email.

### WEST JERSEY CREW

**Leaders:** Monica and David Day  
**Phone:** 732-937-9098 **Cell:** 908-307-5049  
**Email:** [westjerseycrew@trailstobuild.com](mailto:westjerseycrew@trailstobuild.com)  
**Website:** [www.trailstobuild.com](http://www.trailstobuild.com)

Bring your lunch, plenty of water, gloves and sturdy work shoes, and be prepared to get dirty. All tools, materials and training will be provided. Beginners are welcomed on all work trips.

All events begin at 9:00am. Please phone/email the leaders for meeting location and driving directions. There is usually a walk to the work site, so please be there on time (call the leaders' cell phone if you are coming to an event and are running late). Rain cancels – if in doubt, call the leaders between 6:00 and 6:30 that morning.

Carpooling: if anyone is interested in carpooling (offering a ride or riding), please let the leaders know and we will try to arrange a shared ride. (Passengers please be prepared to contribute for gas.)

### May 2 (Saturday)

**Roomy Mine Trail Extension, Norvin Green State Forest**

We will be completing rock work, sidehilling, and switchback construction begun in the fall 2008 Trail Construction Workshop.

### May 16 (Saturday)

**Douglas Trail, Worthington State Forest**

We will continue our work installing water bars and check dams on the Douglas Trail in Worthington State Forest.

### May 30 (Saturday)

**Garvey Springs Trail, Worthington State Forest**

We will install water bars and check dams on the eroded lower section of the Garvey Springs Trail.

### June 13 (Saturday)

TBD

Check the Trail Conference website, [www.nynjtc.org](http://www.nynjtc.org), or contact the leaders for an update.

### June 20 (Saturday)

**Warren Trail, Jenny Jump State Forest**

We will be installing rock steps and sidehill tread on a steep section of the trail near Buzzards Glory Road.

### June 27 (Saturday)

**Cedar Swamp Trail, Wawayanda State Park**

We will be installing a "beaver fooler" on a section of the trail flooded by a beaver dam.



The Staten Island Greenbelt received some much needed trail restoration on the February 28 trail crew trip. Several new volunteers joined the Metro Trail Crew and built nine check dams and two waterbars in record time. Linda Sullivan, the Metro Trail Crew Chief, was inspired by the energy of the group. "They were incredible workers!" The Trail Conference volunteers maintain over 38 miles of trails on the Staten Island Greenbelt, working closely with park management on trail improvements and erosion issues. Check the Metro Trail Crew Schedule for upcoming trips, or become a trail maintainer in Staten Island and support this special trail area!

### HIGHLANDS TRAIL CREW

**Leaders:** Glenn Oleksak, HT Supervisor: [htsupervisor@verizon.net](mailto:htsupervisor@verizon.net) or 973-283-0306  
Adam Rosenberg, HT Co-Supervisor: [dobsonian@verizon.com](mailto:dobsonian@verizon.com) or 973-570-0853

We meet generally on the first or second Sunday of each month, with additional trips sometimes scheduled. We tackle a variety of Highlands Trail projects from trail maintenance to trail building. Most upcoming spring trips will be in Hunterdon County, NJ. For details on trips, go to [www.nynjtc.org](http://www.nynjtc.org) and click on "Trail crews" under Get Involved. Please contact leader if you are coming on a trip so that you can be notified of plan changes.

### May 24 (Sunday)

**Combo Hike & Work Trip**

**Location TBD**

**Leader:** Adam Rosenberg

### June 14 (Sunday)

**Combo Hike & Work Trip**

**Location TBD**

**Leader:** Adam Rosenberg

### METRO TRAILS CREW

**Leaders:** Joe Gindoff, 718-614-2219, [joeghiker@nynjtc.org](mailto:joeghiker@nynjtc.org); Linda Sullivan, crew chief, 347-721-6123, [marmilinda@yahoo.com](mailto:marmilinda@yahoo.com); Liz Gonzalez, [lz.gonzalez@verizon.net](mailto:lz.gonzalez@verizon.net)

No experience is required. We provide the training, tools, gloves and the fun! Please bring a lunch and plenty of water. A day pack to carry your lunch and supplies is suggested. Sturdy work boots or other hiking footwear is mandatory. All participants must sign in to perform trail work. **RSVP is a must.**

### May 2, 16, 30; June 20 (Saturday)

**Pelham Bay Park**

**Leader:** Liz Gonzalez

Join the Friends of Pelham Bay Park in restoring wetlands, building footbridges and waterbars, removing invasive plants, planting trees and maintaining trails at New York City's largest park, comprised of 2,765 acres and over 13 miles of shoreline. We work on Saturdays from 10am to 2pm. Transportation to work site may be by foot, with canoes and on horseback. Confirm meeting place with leader.

### May 16 (Saturday)

**Alley Pond Nature Center**

**Leader:** Joe Gindoff

Meet 9am at upper parking lot, Winchester Blvd. Trail maintenance and repair.

### EAST HUDSON CREW

#### Ward Pound Ridge

**Weekly Trail Maintenance Trips**

**Contact:** Brenda Bates, Park Manager, 914-864-7317

Meet: 9:30am at the Trailside Nature Museum Ward Pound Ridge. Ward Pound Ridge Volunteer Trail Maintainers meet weekly year round and do trail work. If you would like to be put on their email list for notifications, contact Christie Ferguson, EH Regional Representative, at [ferguson@nynjtc.org](mailto:ferguson@nynjtc.org) or view the East Hudson Trail Crew webpage at [www.nynjtc.org](http://www.nynjtc.org) for more information.

### May 2 & 3, 9, 30 & 31 (Saturday, Sunday)

**New Trail Construction at Wonder Lake State Park**

**Leader:** Gary Haugland, [hauglandg@aol.com](mailto:hauglandg@aol.com)  
Brush clearing, side-hilling, and some stone work. This section of trail is a critical portion of the Highlands Trail, a long distance trail project through New York and New Jersey. Meet: 9:30am at the Ludingtonville Road at Kent Corners of I-84 in Putnam County.

### May 2 (Saturday)

**Trail Restoration at Manitou Point Preserve**

**Leader:** Walt Daniels, [wdhiker@optonline.net](mailto:wdhiker@optonline.net)  
Details TBA (please check website)

### WEST HUDSON SOUTH CREW

**Leaders:** Chris Ezzo (Crew Chief): 516-431-1148, [musicbynumbers59@yahoo.com](mailto:musicbynumbers59@yahoo.com)  
Brian Buchbinder: 718-218-7563, [brian@grandrenovation.com](mailto:brian@grandrenovation.com)  
Claudia Ganz: 212-633-1324, [clganz@earthlink.net](mailto:clganz@earthlink.net)  
Bob Marshall: 914-737-4792, [rformarshall@webtv.net](mailto:rformarshall@webtv.net)  
Monica Day: 732-937-9098, Cell: 908-307-5049, [westjerseycrew@trailstobuild.com](mailto:westjerseycrew@trailstobuild.com)

### May 9 (Saturday)

**Appalachian Trail on West Mountain**

**Leader:** Chris Ezzo

### May 14, 28, June 11 (Thursday)

TBD

**Leader:** Bob Marshall

### May 30 (Saturday)

**Appalachian Trail on West Mountain**

**Leader:** Claudia Ganz

### June 7 (Sunday)

TBD

**Leader:** Chris Ezzo

### June 13 (Saturday)

**Sterling Forest "special"**

**Leader:** Brian Buchbinder

### WEST HUDSON NORTH CREW

**Leaders:** Denise Vitale, 845-738-2126, [WHNTrails@aol.com](mailto:WHNTrails@aol.com)  
Dave Webber, 845-452-7238, [webberd1@yahoo.com](mailto:webberd1@yahoo.com)

This season we will continue work on the Peters Kill Red Loop Trail relocation in Minnewaska State Park Preserve.

### May 3 (Sunday)

**Leader:** Dave Webber

### May 9 (Saturday)

**Leader:** Dave Webber

### May 17 (Sunday)

**Leader:** Denise Vitale

### June 14 (Sunday)

**Leader:** Denise Vitale

### June 27 (Saturday)

**Leader:** Dave Webber

### June 28 (Sunday)

**Leader:** Denise Vitale

Get the "Hike of the Week"  
[www.NYNJTC.org](http://www.NYNJTC.org)

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**Trail Conference members can take advantage of exclusive discounts and benefits with participating retailers and businesses!**

**You can recoup the cost of your membership in one visit!**



**NY-NJ Trail Conference BENEFITS**

The Trail Conference is proud to offer a Membership Benefit Program, which was created to provide our members with money-saving discounts at area retailers and service providers – **benefits only available to Trail Conference members.**

As part of your Trail Conference membership, you are issued a card identifying you as a Trail Conference member, making you eligible for all program discounts. To receive your member discounts, you must present your valid membership card at the time of purchase. Some stores offer the discount only on select items, so be sure to ask.

We encourage our members to take advantage of this incredible opportunity that comes with a Trail Conference membership. New discounts and offers are continually being added so be sure to visit our website's membership benefits area at [www.nynjtc.org/content/retail-partners](http://www.nynjtc.org/content/retail-partners) for current offers.

**25% Discount** on Trail Conference publications and clothing when purchased directly from the Trail Conference.

**FREE Subscription** to the *Trail Walker*, the Trail Conference's bi-monthly newsletter filled with timely articles and columns that will enhance your hiking experiences.

**Money-Saving Discounts** at participating retailers and businesses.

**Workshops and Seminars** on trail maintenance and construction, leadership training, wilderness first aid, chainsaw operation, environmental monitoring and GPS operation.

**Volunteer Opportunities** to "learn by doing" in areas as varied as trail maintenance, construction, publications, environmental monitoring, and cartography.

**Access to the Hoeflerlin Library** at the Trail Conference office that includes more than 1,000 books on hiking round the world, along with maps, guides and a historical archive.



**Some of Our Discount Partners**



**VISIT [WWW.NYNJTC.ORG/CONTENT/RETAIL-PARTNERS](http://WWW.NYNJTC.ORG/CONTENT/RETAIL-PARTNERS) FOR COMPLETE LIST OF MONEY-SAVING DISCOUNTS!**

**Volunteer Classifieds: Get Involved!**

Contact [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org) or 201-512-9348, ext. 14, to indicate your interest or get more information about these or other volunteer opportunities. Information is also available at [www.nynjtc.org](http://www.nynjtc.org); click on Volunteer.

**Become a Trail Volunteer! Opportunities abound!**

Help to keep our region's footpaths accessible, pristine, and protected.

**Maintainer Assignments Available!**

Adopt a segment of a trail to keep clear and blazed by walking it two or more times a year.

**Catskills:** We have several vacancies for trail maintainers in the Catskills area. Get in early to get your choice of trail!

**Staten Island Trails:** Maintainers are needed for sections of the Staten Island Greenbelt. Help maintain the trail, clean up litter, trim plant growth, clean out water bars, refresh blazes, and work with Trail Conference volunteers, Boy Scout groups, and park employees to repair these beautiful trails!

**South Taconic Trails:** There are numerous openings for Trail Maintainers on the South Taconic Trail in northern Dutchess and southern Columbia Counties. Enjoy spectacular views while maintaining the blazing, clearing brush, and supporting this unique trail system!

**Join a Trail Crew!** Our Trail Crews welcome new and experienced volunteers. If you're willing to do some physical work and enjoy working on the hiking trails this may be an opportunity for you.

Participation on a crew is flexible; most crews spend from 3 to 8 hours working at a specific site. We have crews working on trails in West Hudson, East Hudson, Northern New Jersey, and Western New Jersey. They perform a wide variety of tasks ranging from painting blazes, clearing water bars, performing heavy maintenance, trail building, restoration, and other labor-intensive projects.

**Exercise your leadership skills!**

**Trail Crew Chief for East Hudson**

Supervise and work with regional Trail Chairs and Trail Supervisors to lead Trail Crew trips throughout the East Hudson area. Trail Crews provide the construction and trail restoration needs in order to ensure that trails are built or repaired to Trail Conference standards. Determine the work schedule, help identify and plan projects, build your team of volunteers, and mentor new leaders.

**Outreach Event Coordinator for the East Hudson Region!**

If you enjoy working with people, planning events, and talking about the important work of the Trail Conference, we need you! There are many events in the East Hudson Region that we would like to have representation at, but we need someone to help organize volunteers and coordinate materials. You can also participate in the events themselves, which are always fun!

**East Hudson Outreach Event Volunteers Needed!**

No matter what your background is with the Trail Conference, you could be an ambassador for us at an outreach event. From talking to people at the very popular Clearwater Festival in June to helping hikers at the trailhead on beautiful weekends at Breakneck Ridge, there are many exciting opportunities to meet people who enjoy the outdoors and share with them what the Trail Conference does! Volunteer your time for a few hours, and then enjoy the event as well! All of our current outreach volunteers comment on what a fulfilling experience it is to work at an outreach event. Join us today!

**Trail work not your thing?**

You can still donate your time and support the Trail Conference or by working in our office or from home.

**Volunteer Office Assistants Needed!**

Join the fun! Come to our Mahwah office and assist us whenever you can. We need help with processing and mailing orders, membership cards and renewals. Keep the Trail Conference's Administration Department on track by lending us a hand. With budget cuts and lay-offs, we need your help. Interested persons should be comfortable working on a computer.

Tired of watching daytime TV? Are you looking for something new to do? Why not visit the Trail Conference office once a week and volunteer to spend a few hours with us. We need your help! The Trail Conference has a wide variety of tasks that could use your expertise - from assisting customers and answering phone calls to working on special projects, and many more exciting challenges. Make new friends or join current ones at the TC office for a few hours.

**VBA Programmer**

Work with our Fulfillment Coordinator to develop a small interactive application using a customer's address to provide directions to nearby stores. You will need VBA programming experience for Excel, Access, Word; and the ability to learn a new API (MS MapPoint).

**Attend a Trail Conference ORIENTATION WORKSHOP!**

Are you thinking about volunteering for the Trail Conference, but don't know where to start?

Would you like to have a better understanding of the Trail Conference and the volunteer opportunities available?

Join us for one of our VOLUNTEER ORIENTATION sessions to:

- Learn more about the details of our volunteer programs!
- Meet new and experienced volunteers!
- Discover the many ways you can contribute to your trails and give back to the open space you enjoy so much!
- Gain a better understanding of how the Trail Conference Connects People with Nature.

Coming Orientation workshops are schedule for:  
 Tuesday May 5, 2009; 6:00 pm – 7:30 pm, New Paltz Town Hall, NY #383  
 Wednesday, June 24, 2009; 6:00 pm – 7:30 pm, Byram Town Hall, NJ #384

You can get more information and register for an orientation session by:

- Visiting our website: [www.nynjtc.org/view/workshops](http://www.nynjtc.org/view/workshops)
- Emailing: [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org) with "Orientation" in the subject line, or
- Calling the office at 201-512-9348, ext. 14

Anyone interested in learning more about who we are and what we do is encouraged to attend one of our monthly ORIENTATION workshops.

**You must register to attend.**



Science & Ecology

# Nature's Teacher: The Ovenbird

By Jean Deo

## "Teacher. Teacher! TEACHER!"

While hiking through northeastern forests in spring and early summer, you will likely hear the distinctive song of the male ovenbird. Their song becomes louder as they sing its notes, as if they have an important message to convey to forest dwellers. And they do. For other birds that try to move into their territory, ovenbirds use their song to shout, "Get away! This spot is mine!" To female ovenbirds, their song says, "Hey, good looking!" I like to think that ovenbirds also have a message for us, the hikers and nature enthusiasts. Their message is reflected in the phonetic representation of their song—"teacher!" as they offer us valuable lessons in bird migration and conservation.

Ovenbirds are small, olive-brown birds whose white breasts and sides are streaked with lines of black dots. On their heads, they have two black stripes bordering a tawny orange patch. Every spring, ovenbirds migrate from Mexico, Central America, and the Caribbean to the northern United States and Canada. Hikers in the tri-state area should watch for the spring arrival of ovenbirds from late April to mid-May. When looking for this bird, focus your search on leaf-litter-covered floors of large broad-leafed and mixed forests, as ovenbirds spend much of their day eating insects and other small organisms in the litter.

By late May, ovenbirds have reached their breeding grounds, which range from Tennessee to northern Saskatchewan, and have started establishing territories, which are habitat patches that they use for food, nest sites, and mating. Males arrive one to two weeks before females to set up and defend territories from competing males. To defend a territory, males often counter-sing, in which one male's song is immediately followed by a neighbor's song. While hiking during this time of year, you will repeatedly hear males singing the "teacher—Teacher—TEACHER" phrase. Although loud, these songs are misleading as these birds seem to "throw" their voices and may be farther away than you expect.

Ovenbirds breed from late May through early July. Females preferentially select mates with longer and higher quality songs because these males often have superior territories, more effective defense strategies, and better health than males with shorter, disjointed songs. Using dead leaves as con-



U.S. FISH AND WILDLIFE SERVICE

The ovenbird up close. To hear its song, go to our website and find links in Science & Ecology under the Be Informed tab.

struction material, females build domed nests with side entrances that resemble Dutch ovens (hence their name). Ovenbirds often place these well camouflaged nests on the ground in small fern patches, at the base of trees, and near trails. If you spot an ovenbird on her nest, the female will either sit very still or walk away from the nest while feigning a broken wing injury.

In the late summer, ovenbirds sing less as they replenish their fat stores for migration. From August to October, ovenbirds leave their breeding grounds and start flying south. Stopover sites, habitat patches in which ovenbirds stop temporarily to rest and eat, are vital to their survival on these long journeys in which ovenbirds face countless dangers, including predation and storms.

Aside from the innate dangers of migration, the populations of ovenbirds are threatened by habitat fragmentation. Depending on the population, ovenbirds require minimum forest sizes ranging from 100 to 885 hectares (about 250 to 2,200 acres). In smaller forests, ovenbird populations rapidly decline because of higher predation rates and lower food availability. In their breeding range, brown-headed cowbirds, a parasitic bird species that

replaces host eggs with its own eggs, can significantly decrease ovenbird populations, especially in smaller forest patches in which cowbirds have easier access to ovenbird nests. To protect these species, conservationists focus on preserving habitat, controlling cowbird populations, and learning more about other factors such as disease and pollution that affect ovenbirds.

The journey of the ovenbird and the challenges facing its survival are common themes among migratory birds. As nature enthusiasts, you can play an important role in migratory bird conservation by supporting local efforts to preserve natural habitats and by passing along the "teachings" of ovenbirds to others. In this way, the very important message that ovenbirds sing will be carried to those far outside the forests on which ovenbirds and so many species depend.

For links to hear the ovenbird's song and see additional photos, visit [www.nynjtc.org](http://www.nynjtc.org) and click on Science & Ecology under Be Informed.

Jean Deo is a Ph. D. candidate in the Graduate Program in Ecology and Evolution at Rutgers University.

# Last Chance to Take Part in Ground-breaking Citizen Science Project for TC

This will be the fourth and last year of a joint project between the Trail Conference and Rutgers University, with support by the USDA (US Dept. of Agriculture), which aims to better understand the spread of invasive plants in forested parklands. There is very little information about the occurrence of invasive plants on conservation lands, which makes it difficult for park managers to determine the magnitude of the problem or how to manage it.

Participants from previous years are welcomed back this year and 20 lucky new participants will be trained by Rutgers scientists to identify common invasive species and record their locations using GPS units. The training portion of this project will begin in mid-May online and culminate in a workshop on Sunday, May 31st at Sterling Forest. We have room for just 20 new volunteer participants, so sign up now to ensure your place. There is unlimited space for the previous year's participants, who will not need to attend the workshop.

20 new volunteer participants are sought; all past invasives project volunteers are welcome.

The actual field work will occur primarily during the month of June, when teams of two will be assigned specific trail segments to hike while recording the invasive species and documenting the location with a GPS device. Volunteers will be trained in plant identification as well as the survey protocol, which basically consists of stopping at survey points along the trail, scanning the woods and noting the presence, identity, and density of any invasive species.

Contact Catherine Gemmill at 201-512-9348, ext. 14 or [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org).



# When a Bog Is Not a Bog

By Michael Alcamo

Not far off the bright red line that marks the Long Path on the map for Schunemunk Mountain (West Hudson Trails, map 114), you'll see a small patch of wavy blue lines indicating "swamps and wetlands." Usually we hikers avoid wetlands. Yet they are among our most important ecosystems and can be quite interesting for their diversity.



BRIDGE AND TUNNEL CLUB

Wetlands are among our most important ecosystems.

Wetlands typically fall into one of four categories: bog, fen, marsh, or swamp.

A bog (called a *mire* in certain areas) is a wetland that generally is cut off from flow-

ing water. Bogs receive their water primarily from precipitation, augmented in some cases by groundwater seepage. Water outflow is generally as seepage to groundwater, not to an exiting stream. Owing to the lack of water circulation, bogs are low in oxygen; and owing to the chemical actions initiated by sphagnum mosses, which find bogs to be friendly habitat, bogs are quite acidic. For these reasons fish do not thrive and waters are quite clear. You may, however, find in bogs carnivorous plants, like pitcher plants and sundews, which derive nutrients from eating insects rather than drawing them from soil. Mammals such as beaver and muskrat also do well in bogs.

Because of the bog's high acidity, which discourages bacterial growth, plants and animals decompose very slowly in it. This organic matter instead builds up and forms peat, which, given enough time, will become a coal deposit. (Peat is useful itself as a fuel, though, and it's estimated that 94 percent of the original bogs in the United Kingdom have been "mined" for peat.)

A fen, by contrast, is a wetland with a



MAINE DEPARTMENT OF CONSERVATION

Mixed tall sedge fen

watercourse. Though the wetland may look like a bog, somewhere water will be flowing—even if ever so slightly—bringing oxygen and nutrients to the area. Fens are described as either "rich" or a "poor" depending on the degree of water circulation and therefore nutrients. The more water flow, the richer the fen. The nutrients permit the growth of abundant plant life, including grasses and sedges. A fen can, in fact, resemble a meadow. Mosquitoes, dragonflies, and horseflies are very common in fens, as are the birds and mammals that eat them.

Then, there is the marsh, a transitional environment between land and permanently aquatic environments. A marsh is

characterized as a wetland that is intermittently or continuously flooded with water, generally not deep, and dominated mainly by soft-stemmed plants like grasses and sedges. A marsh can be salty, fresh, or brackish. Marshes are vital ecosystems, serving as breeding grounds for a diversity of animal life that benefit from the protection of the slow-moving, nutrient-rich water.

Lastly, there are swamps. These too are intermittently flooded areas, but usually dominated by woody vegetation, such as trees and woody bushes. Swamps can be fresh or saline and are generally seen as deeper than marshes. Because water moves

*continued on page 11*



BRIDGE AND TUNNEL CLUB

Water in swamps is generally deeper than in marshes.



# HIKERS' ALMANAC

A Sampling of Upcoming Hikes  
Sponsored by Member Clubs

## May

Saturday, May 2

**UCHC. Watchung Trail Maintenance.** Preregister by calling Betty Kelly, 908-527-4900, ext. 4231. Meet: 9:30am; call for NJ location. Learn a new skill, work outdoors, meet new people, and give back a little to the trails. Bring work gloves, clippers/lopping shears (if you have them), and a bag for trash; work until noon. Only severe weather cancels.

**SW. The Annual Great Saunter: 32-mile Walk Around Manhattan's Rim.** Leader: Rachel Donner, 718-261-7821; register in advance at [www.shorewalkers.org](http://www.shorewalkers.org) or at check points throughout the route. Meet: Official start is at 7:30am in front of Heartland Brewery, Fulton & South Streets, but there are many points where you can join in (or drop off) throughout the day (see website for details). Pace is steady, most of route is flat and stays on the waterfront as much as possible. Rain or shine. Nonmembers asked to donate \$15. Day ends with a celebration back at the Brewery at 7:30pm.

**UOC. Griggstown Native Grassland Preserve, NJ.** Leader: Colleen Tighe, 732-568-9241. Meet: call leader for time, location, and carpooling information. 3-4 miles on part of the Ten Mile Greenway through mature forests and pastures.

**ADK. Appalachian Trail: Johnson Hill Rd. to Hoyt Rd., NY.** Leaders: Jane Geisler, 845-677-9909, and Ollie Simpson. Meet: 9am at Hoyt Rd. parking off NY55 just before CT border; then carpool to start on Johnson Hill Rd. Leisurely 3.3 miles. In-depth look at trail maintained by our chapter: flora, fauna, history, geology, maintenance items.

**OC. Long Path, Palisades.** Leader: Mike Pollack, 718-648-3424. Meet: call for time and to confirm. 8 miles with ups and downs. Long Path from Closter Dock Rd. to GW Bridge bus terminal. Nonmembers \$3.

**UCHC. Hawkwatch, Rockaway Township, NJ.** Leader: Al Verdi, 973-263-8569. Meet: 10am at Wildcat Ridge parking on Upper Hibernia Rd. Moderate 3-5 miles with moderate hills. Red Trail, then White, up to Hawkwatch, where we take a break and catch the spring views.

Sunday, May 3

**ADK. Arden Point & Glenclyffe, Garrison, NY.** Leader: Georgette Weir, [gweir@optonline.net](mailto:gweir@optonline.net) (put "Garrison hike" in subject line). Meet: 11am; contact leader for carpooling meet-up places in Poughkeepsie and Fishkill. Easy 4 miles. Starting at Garrison RR station, we'll pass several panoramic viewpoints over the Hudson River and follow an historic road used by Benedict Arnold to escape during Revolutionary War.

**OC. Riverdale Park to Van Cortlandt Park, NY.** Leader: Joel Pomerantz, 212-691-3844; call before 9:30pm to confirm. Meet: 12:30pm in front of McDonald's, #1 subway to 225th St. 6 moderate miles. We'll visit sites of first two bridges connecting Manhattan to the Bronx, then trails through Riverdale to Van Cortlandt, possible extension south on Old Croton Aqueduct. Heavy rain cancels. Nonmembers \$3.

**TNC. Family Nature Walk, NJ.** Preregister at [www.tenaflynaturecenter.org](http://www.tenaflynaturecenter.org); call 201-568-6093 with questions. Meet: 3:30pm at Tenafly Nature Center. Hour-long guided walk for children and adults on one of our many trails; no strollers, please. Bad weather cancels. Nonmembers \$5 per person.

**WTA. Popolopen Gorge, Bear Mountain State Park, NY.** Leader: George O'Lear. Info: Eileen West ([eileenw1000@yahoo.com](mailto:eileenw1000@yahoo.com)), Don Derr (914-277-5707) or Stewart Manville (914-582-1237). Meet: 9:30am at North White Plains Train Station parking lot and carpool to the hike site. From Bear Mountain, hike to Popolopen Creek and beyond. Stops at Brooks Lake, Popolopen Gorge, and Popolopen Torne before returning to Bear Mountain and Hessian Lake. 7 miles, moderate. Route of hike may be altered due to trail conditions. Bad weather cancels. Transportation contribution, \$6.

Saturday, May 9

**AMC. Kanawake Circle, Harriman State Park, NY.** Leader: Steve Galla, 914-953-2222. Meet: 9:45am at Lake Kanawake parking, off Rt. 106 just west of Kanawake Circle, off Seven Lakes Dr. Moderate 8 miles. New and seasoned hikers are welcome to this pleasant hike at a moderate pace in an area known for its fine scenery. Hike around several lakes and enjoy view from top of Parker Cabin Mtn. Rain cancels; call if weather is in doubt. Out by about 3pm.

**NYR. Jamaica Avenue, Brooklyn, NY.** Leader: Camille Cooper, 212-838-0714. Meet: 9:15am at Broadway Junction subway token booth (A, L or J trains). We'll walk entire length of Jamaica Avenue from eastern Brooklyn to Nassau County border, passing through many different multi-ethnic neighborhoods.

**OC. Long Island Greenbelt Trail, Suffolk County, NY.** Leader: Ray Krant, 718-435-4994. Meet: 8:30am at Penn Station lower level LIRR ticket windows. 10 moderate miles with some hills. From Smithtown to Ronkonkoma, in wooded and open areas, on trails and connecting areas. Nonmembers \$3.

**POWWW. Spring Hike.** Contact: Joan Lisi, president, at [pkwyeast@optonline.net](mailto:pkwyeast@optonline.net) or visit [powww.org](http://powww.org).

**SW. Bridges and Waterways of Central Park, NY.** Leader: Matthew Brozyna, 917-912-9533. Meet: 9am at Atrium entrance to Time Warner Bldg., 59th St. & Columbus Circle. 8 miles at moderate pace; about 5 hours. Under, over, around, and through the arches, bridges, waterways of the park, up to Harlem Meer and ending at Sheep's Meadow. Rain or shine. Donation requested.

**UCHC. Cooper Mill to Kay Environmental Center, Chester, NJ.** Leader: John Gilris, 973-386-1168. Meet: 10am at Cooper Mill, Morris County. 4 easy miles, with optional 2-mile extension; suitable for beginners. Hike along Black River to Kay Center; view historic markers. Rain cancels.

**WTA. Mount Taurus, Hudson Highlands State Park, NY.** Leader: Peter Hibbard. Info: Eileen West ([eileenw1000@yahoo.com](mailto:eileenw1000@yahoo.com)), Don Derr (914-277-5707) or Stewart Manville (914-582-1237). Meet: 9:30 at North White Plains Train Station parking lot and carpool to the hike site. 4 miles, moderate. Leisurely pace on gentle uphill grades (a steeper alternative is available for those who choose it). A perfect time of year for this favorite destination, with broad river views not yet obstructed by mature leaf growth. Transportation contribution, \$6.

Sunday, May 10

**TNC. Mother's Day Hike, NJ.** Leader: preregistration requested at [www.tenaflynaturecenter.org](http://www.tenaflynaturecenter.org); call 201-568-6093 with questions. Meet: 10am at Tenafly Nature Center. Leisurely 2-hour walk; no strollers, please. Bad weather cancels. Nonmembers \$5; free to all mothers.

**OC. Rockefeller State Park Preserve, NY.** Leader: Bob Susser, [rsusser@aol.com](mailto:rsusser@aol.com), 212-666-4371; must e-mail or call to confirm. Meet: 11:15am at Philippe Manor (take 10:20 Metro North train from Grand Central). Bring your mother on this leisurely 6-mile stroll along shady carriage paths and wooded lanes with panoramic vistas. No children or pets; no smoking. Nonmembers \$3.

**UCHC. Willowood and Bamboo Brook, NJ.** Leader: Lynn Gale, 973-763-7230. Meet: 10am at Willowood Arboretum parking. 3-4 easy miles through two estates with interesting gardens and woods and fields in between. Steady rain cancels.

**ADK. Nature Walk at Carnwath, Wappingers Falls, NY.** Leader: Sue Mackson, [susiem6@juno.com](mailto:susiem6@juno.com). Meet: 11am at Carnwath Farms upper parking. Easy 3 miles. Bring your nature guides and help us identify the flora at this Hudson River hillside property, where the Town of Wappinger plans to build a nature trail. Heavy rain cancels.

Saturday, May 16

**AFW. Sunfish Pond, Worthington State Forest, NJ.** Call: 973-644-3592 for info and registration or go to [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet at 10 am. Moderate hike/fast pace. Out by 4 pm.

**OC. Pelham Bay Park and Orchard Beach in the Bronx, NY.** Leader: Leonard Morgenstern, 917-842-9490; call 3 days before to confirm. Meet: call leader for meeting time and place. 7 moderate miles. From Pelham Bay, we'll walk to City Island (lunch at waterfront cafeteria or bring your own) then on to Orchard Beach and the nature center. Nonmembers \$3.

**ADK. SW Hunter & Hunter Mtns., Catskills, NY.** Leader: Cal Johnson, [hikeski@hvc.rr.com](mailto:hikeski@hvc.rr.com); register in advance. Meet: 8am in Hunter; carpooling can be arranged. Strenuous 9 miles with 2,000' elevation up and down. From Sprucon, we'll hike up Devil's Path and an abandoned RR bed to SW Hunter, then backtrack for Hunter Mtn. trail to fire tower, with its fantastic views. Steady rain or no sign-ups by May 14 cancels.

**UOC. Cheesecake State Park, NJ.** Leader: Ed McSherry, 732-245-9438. Meet: call leader for time, location, and carpooling information. Hike on marked trail near freshwater and saltwater marshes and along tidal estuary.

**SW. The Jersey Saunter.** Leader: Matthew Brozyna, 917-912-9533. Meet: 9:15am at George Washington Bridge bus terminal info booth (178th & Broadway). 14 miles at medium pace on this visually stunning "mini-saunter," with spectacular views of NYC. Walk over GW Bridge, south along the Palisades, through historic Hoboken, ending at tip of Jersey City. Expect 7+ hours walk. Rain cancels. Donation requested.

**UCHC. Tourne Park, Boonton, NJ.** Leader: Susan Jacobs, 973-402-2555. Meet: 10am; call for directions. Moderate hike with hills. Hike to top of the Tourne, along a stream, around the lake; wildflowers expected. Steady rain cancels.

**WTA. Muscoot Farm, Westchester, NY.** Leader: Marie Gleason. Info: Eileen West ([eileenw1000@yahoo.com](mailto:eileenw1000@yahoo.com)), Don Derr (914-277-5707) or Stewart Manville (914-582-1237). Meet: 10am at North White Plains Train Station parking lot and carpool to the hike site. 4 miles, easy to moderate. Folks 'up north' can meet us at the Muscoot gate around 10:30. Let's walk the former farmlands on the lovely yellow trail. Then we can visit various baby animals at the farm. Those interested can remain with group afterwards for ice cream at 'Scoops' in Katonah. Transportation contribution, \$3.

Sunday, May 17

**AFW. Jackie Jones Mountain and Big Hill, Bear Mountain-Harriman State Parks, NY.** Call: 973-644-3592 for info and registration or go to [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet at 10 am. Moderate hike/moderate pace. Out by 2 pm.

**OC. Fire Island: Pines to Atlantique, NY.** Leader: Frank Bamberger, 718-457-5159; call to confirm. Meet: Take 9:06 LIRR train from Penn Station to Sayville (check schedule); meet on Sayville platform for taxi to ferry (return by ferry from Atlantique to Bayshore). 7 miles at easy pace. This hike, visiting the Pines, Cherry Grove, and Sunken Forest, is in memory of Bob Aronson. Swimming, showers, lemonade after the hike at AMC camp (\$5 fee). Rain cancels.

**ADK. Poet's Walk, Rhinebeck, NY.** Leader: Nancy Keenan-Rich, [nkrich@blackcreekphoto.com](mailto:nkrich@blackcreekphoto.com). Meet: 10am at Poet's Walk parking. Easy 3 miles. Highlight will be our stop in the gazebo and sharing of spring/nature poems; bring one to share. Rain cancels.

**UCHC. Lewis Morris Park, Morristown, NJ.** Leader: Louise White, 973-746-4319; call 9am-9pm. Meet: 10am at lower parking lot, Sunrise Lake. Enjoy a moderate 5-mile hike.

**WTA. Ringwood-Ramapo, NJ.** Leader: Eileen West, [eileenw1000@yahoo.com](mailto:eileenw1000@yahoo.com). Meet: 9:15am at North White Plains Train Station parking lot and carpool to the hike site. 8 miles, moderate. Explore the ridges and valleys of the Ringwood-Ramapo forests, topped off by a stroll through Skylands (New Jersey Botanical Gardens). Lunch at the view on Ilgenstein Rock; one afternoon break on Mt. Defiance and another among the garden flowers. Rain cancels. Transportation contribution, \$4.



View from the Quail Trail, also known by some as the Jeremy Glick Trail, on the Bearfort Ridge in New Jersey.

Saturday, May 23

**ADK. Appalachian Trail, Pawling: Johnson Hill Rd. to NY22.** Leaders: Jane Geisler, 845-677-9909, and Ollie Simpson. Meet: 9am at NY22 DOT parking (east side), about 3 miles north of Pawling; then carpool to start on Johnson Hill Rd. Moderate 4 miles. In-depth look at trail maintained by our chapter: flora, fauna, history, geology, maintenance items. We'll also walk the trail between Pawling Nature Reserve and Hurds Corner Rd.

**OC. Nissequogue River to Sunken Meadow, Long Island, NY.** Leader: Quinn Pham, 631-234-5486; call 8-10pm and morning of hike. Meet: 10:40am at Kings Park train station (take 9:14 LIRR train from Penn Station to Kings Park (check schedule)). 6 (or 10) miles at brisk pace; not suitable for beginners. Hike along hilly bluffs with awesome view of river and LI Sound; optional extension to Smithtown Landing. Rain cancels.

**UCHC. Lewis Morris Park, Morristown, NJ.** Leader: Gail Waimon, 973-467-4761. Meet: 10am at Sugarloaf area parking, last lot on left, Doe Meadow Rd. Moderate 5 miles with three good climbs; for experienced hikers.

**AFW. Lewis Morris County Park, NJ.** Call: 973-644-3592 for info and registration or go to [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet at 10 am. Moderate hike/moderate pace. Out by 1 pm.

**WTA. Long Mountain, Turkey Hill Lake, Harriman State Park, NY.** Leader: George O'Lear. Info: Eileen West ([eileenw1000@yahoo.com](mailto:eileenw1000@yahoo.com)), Don Derr (914-277-5707) or Stewart Manville (914-582-1237). Meet: 9:30am at North White Plains Train Station parking lot and carpool to the hike site. 7 miles, moderate. Climb up Long Mountain to Torrey Memorial and vista views. Lunch along Turkey Hill Lake. Afterwards, possible visit to Queensboro Lake. Bad weather cancels. Transportation contribution, \$5.

Sunday, May 24

**AFW. Storm King State Park, NY.** Call: 973-644-3592 for info and registration or go to [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet at 9 am. Moderate hike/moderate pace. Out by 2 pm.

**NYR. Mt. Ivy to Tompkins Cove, Harriman State Park, NY.** Leader: Clive Morruck, 212-242-0931. Meet: 8:30am at Port Authority Bus Terminal for 8:45 Short Line bus to Mt. Ivy (one-way). We'll follow Long Path north to power line, then local and woods roads to SBM Trail on Pound Swamp Mtn. Continue over Pynypg Mtn. to the fireplace, inspecting our club's maintained trail along the way. Out to Rt. 9W at Tompkins Cove via woods road, 1779 Trail, and Rt. 118.

**WTA. Fred Dill Wildlife Sanctuary, Carmel, NY.** Leaders: Barbara and Jim Immediato, 914-286-3441 (Barbara's work no.); cell 914-479-2602; [bimmediato@yahoo.com](mailto:bimmediato@yahoo.com). Meet: 10am at North White Plains Train Station parking lot and carpool to the hike site, or 10:30 at Wendy's on Rt. 6 coming into Carmel from Brewster, NY. The preserve has a network of hiking and bike trails, but is just now being explored because of its recent opening. Transportation contribution, \$5.

Saturday, May 30

**UOC. Raritan Bay, Laurence Harbor, NJ.** Leader: Mary Munn, 732-679-4041. Meet: call leader for time, location, and carpooling information. Walk on paved walkway with great views of harbor, then lunch nearby.

**OC. Bronx River Pathway, Hartsdale to White Plains, NY.** Leader: Joel Pomerantz, 212-691-3844; call to confirm by 9:30pm. Meet: 9:35am at Grand Central Terminal info booth. 8-9 moderate miles with hills. From Hartsdale, north on Pathway, cross downtown White Plains, then visit historic cemetery, battlefield and Hermit's Cave in Silver Lake Park. Return by Bee-Line bus. Rain cancels; no drop-out point. Nonmembers \$3.

**UCHC. Pyramid Mtn., Montville, NJ.** Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Pyramid Mountain. Brisk 4-5 miles up to Tripod Rock and back along the reservoir. A number of steep ups and downs; some rocky sections - hiking boots required. Rain cancels.

**WTA. Teatown Lake Reservation, NY.** Leader: Marcia Cohen. Info: Eileen West ([eileenw1000@yahoo.com](mailto:eileenw1000@yahoo.com)), Don Derr (914-277-5707) or Stewart Manville (914-582-1237). Meet: 9:30 at North White Plains Train Station parking lot and carpool to the hike site. Alternate meeting point at Teatown Reservation at 10am. 5-6 miles, easy to moderate. Start the morning with a hike on the rolling hills of the Hidden Valley Trail; later we'll take a stroll around scenic Teatown Lake. Transportation contribution, \$2.

Sunday, May 31

**UCHC. Somerset County Environmental Center, Basking Ridge, NJ.** Leader: Mary Doyle, 908-580-1778. Meet: 10am; call for directions. Enjoy a level walk of about 4 miles at social pace, on trails and boardwalks. Bring picnic for after hike. Rain cancels.

## June

Tuesday, June 2

**UCHC. Wawayanda State Park Trail Maintenance Day, NJ.** Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at park entrance parking. Help clear spring growth and winter wind falls from a 6-mile section of the Appalachian Trail (State Line to Iron Mtn. Bridge). Bring your equipment: work gloves, lopping shears/clippers/bow saw/ax, plastic bag for trash. With each person doing a small part of the task, we'll soon have the trail in shape.

Saturday, June 6

National Trails Day

**UCHC. Celebrate National Trails Day at Watchung Reservation, Union County, NJ.** Leader: call 908-527-4231 to preregister. Meet: 8:30am for check-in and continental breakfast. Join staff and volunteers in this national event for a guided walk and/or on maintenance or repair projects in Watchung Reservation.

The activities listed are sponsored by member clubs of the NY-NJ Trail Conference. All hikers are welcome subject to club regulations and rules of the trail. You are responsible for your own safety. Wear hiking boots or strong, low-heeled shoes. Bring food, water, rain gear, first aid kit, and a flashlight in a backpack. Leaders have the right and responsibility to refuse anyone whom they believe cannot complete the hike or is not adequately equipped. Easy, moderate, or strenuous hikes are relative terms; call leader if in doubt.

More than 100 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY-NJ Trail Conference.

### Club Codes

Only those clubs with hikes offered in this issue are listed below. Please call numbers listed to confirm.

ADK-MH	Adirondack Mountain Club, Mid-Hudson Chapter	SW	Shorewalkers
AFW	Adventures For Women	TNC	Tenafly Nature Center
AMC NY-NoJ	Appalachian Mountain Club, New York-North Jersey Chapter	UCHC	Union County Hiking Club
NYR	New York Ramblers	UOC	University Outing Club
OC	Outdoors Club	Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to <a href="mailto:tw@nynjtc.org">tw@nynjtc.org</a> or to the Trail Conference Office. The deadline for the July/August issue is May 15.	
POWWW	Protect Our Wetlands, Water, and Woods		



**ADK. Storm King Mountain, NY.** Leaders: Georgette Weir and Jean-Claude Fouere; gweir@optonline.net (put 'Storm King hike' in subject line). Meet: 9am; contact leaders for location and carpooling information. Very strenuous 4 miles. Storm King has many fabulous panoramic viewpoints of the Hudson River and Highlands. A Hudson River Quadracentennial/National Trails Day commemorative hike.

**OC. Hike the Heights on National Trails Day, NY.** Leader: Bob Ward, 718-471-7036; call one week in advance for meeting time and details. Meet: NW corner of Central Park West and 110th St. 4-5 miles at easy pace. Walk along the heights, retracing part of General Washington's retreat, ending at High Bridge Water Tower. Water, T-shirts, and lunch provided after hike in celebration of National Trails Day. Nonmembers \$3.

**ADK. Appalachian Trail: NY22 to West Dover Rd, NY.** Leaders: Jane Geisler, 845-677-9909, and Sue Mackson, 845-471-9892. Meet: 9am at NY22 DOT parking (west side), about 3 miles north of Pawling. Moderate 5 miles at leisurely pace. In-depth look at trail maintained by our chapter: flora, fauna, history, geology, maintenance items. On this National Trails Day, we may see a field of blooming blue iris and meet some AT thru-hikers. Heavy rain cancels.

**UCHC. Farnley Highlands, Rockaway Township, NJ.** Leader: Al Verdi, 973-263-8569. Meet: 10am at fisherman's parking on Split Rock Rd. Moderate to brisk 4 miles with some hills; we'll pass Beaver Brook and the reservoir.

**AFW. Ramapo Dunderberg End to End - Part 1, Bear Mountain-Harriman State Parks, NY.** Call: 973-644-3592 for info and registration or go to [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet at 8am. Strenuous hike/ moderate pace. Out by 5 pm.

**Sunday, June 7**

**OC. Garrison, East Hudson Highlands, NY.** Leader: Marvin Malater, 718-376-3608; call for hike status and details. Meet: 8:15am at Grand Central Terminal info booth (8:50 train to Garrison, RT). 9-12 miles at moderate pace with several climbs. Carriage trail to AT traverse, return from West Point lookout at Arden Point; views of Hook Mtn. and Bear Mtn. Bridge. Nonmembers \$3.

**UCHC. Lewis Morris Park, Morristown, NJ.** Leader: Gail Waimon, 973-467-4761. Meet: 10am at Sugarloaf parking. Moderate 5 miles with hills; for experienced hikers.

**Saturday, June 20**

**AFW. Ramapo Dunderberg End to End - Part 1, Bear Mountain-Harriman State Park, NY.** Call: 973-644-3592 for info and registration or go to [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet at 8am. Strenuous hike/ moderate pace. Out by 5 pm.

**UOC. Delaware & Raritan Canal Walk, NJ.** Leader: Susan Papp, 732-738-1780. Meet: call leader for time, location, and carpooling information. Easy walk along the towpath, on this the 175th Anniversary year of the D&R Canal.

**UCHC. Jockey Hollow National Park, Morristown, NJ.** Leader: Jeffrey Sovelove, hiker\_dood@yahoo.com. Meet: 10am at visitor center. We'll do the grand loop; bring lots of water and wear hiking boots. Optional lunch after the hike. Heavy rain cancels.

**WTA. From Dater to Diamond, Harriman State Park, NY.** Leader: Eileen West, eileenw1000@yahoo.com. Meet: 9:15 at North White Plains Train Station parking lot and carpool to the hike site. 8-9 miles, moderate. In a toast to all those June brides, we'll start our journey by heading up the new Dater Mountain Trail in Harriman and complete it at a Diamond (Mountain). Enjoy views from the summit of Diamond, and cool waters at the Cascade of Slid. Short shuttle required. Rain cancels.

**Sunday, June 21**

**TNC. Father's Day Hike, NJ.** Leader: preregistration requested at [www.tenaflynaturecenter.org](http://www.tenaflynaturecenter.org); call 201-568-6093 with questions. Meet: 1pm at Tenafly Nature Center. Leisurely 2-hour walk; no strollers, please. Bad weather cancels. Nonmembers \$5; free to all fathers.

**OC. Flat Rock Nature Center, NJ.** Leader: Helen Mangione-Yee, 212-348-5344; call morning of walk only 8-9am. Meet: 11:15am at George Washington bus terminal near info and ticket windows (A train to 175th St.). 4 miles at easy pace with some ups & downs. Dress for possible poison ivy, insects, on nature trails; rain or muddy trails cancels. Nonmembers \$3.

# Member Club Profile

The Trail Conference comprises 10,000 individual members and more than 100 member clubs with a combined membership of 150,000 hikers. We invite club representatives to submit photos from hikes or maintenance outings or other events (please set your digital camera for highest resolution). Email your photos, along with complete caption information to: [tw@nynjtc.org](mailto:tw@nynjtc.org); put "TW club photo" in the subject line.



The Westchester-based club hikes throughout the region; above, an outing at Sterling Forest.

## Westchester Trails Association

The Westchester Trails Association (WTA) has a history almost as long as that of the Trail Conference. The club formally organized in September 1923 in the County Court House, White Plains, NY. (The Trail Conference was founded three years earlier.) The club's first hike occurred a few weeks later in the Silver Lake section of White Plains. Early hike leaders included Raymond Torrey, one of the authors of the first *New York Walk Book* and for whom the Torrey Memorial is dedicated atop Long Mountain in Harriman State Park.

In 1961 the WTA was incorporated with the renewed purposes of promoting hiking, camping, outdoor recreation, and maintenance of hiking trails. Now some 86 years since the club first started, these same goals continue to inspire the activities of its 200 members.

Hikes and other outdoor events are scheduled on most Saturdays and Sundays throughout the year. These range from easy walks along level terrain to strenuous climbs up hills and mountains.

Favorite places to hike are in Westchester and Putnam Counties, Connecticut, Harriman State Park, and the Hudson Highlands.

The group welcomes new members. Find the club's webpage at [www.nynjtc.org](http://www.nynjtc.org) - click on Member Clubs under Go Hiking - or contact Membership Chair Herb Hochberg at 914-723-6566.

In their own words: "We are local to the Westchester and the greater New York area, convenient to New York City. We are a friendly, welcoming group of varying ages and hiking interests. We usually meet at the parking lot of the North White Plains Train Station to carpool to the trail site. Give us a try!"



WTA hikers at Minnewaska.

## Find More Scheduled Hikes on our website!

Go to [www.nynjtc.org](http://www.nynjtc.org) and Click on Scheduled Hikes under Go Hiking.

**ADK. Mills Mansion to Norrie Point, Hyde Park, NY.** Leader: Beth Willis, 845-373-8202. Meet: 1pm; contact leader for location and to register. Easy hike for those new to hiking or who enjoy a leisurely pace. Several hours walking along the Hudson River; possible stop afterward for early supper.

**UCHC. South Mountain Reservation, W. Orange, NJ.** Leader: Ted Sandler, 862-219-3011. Meet: 10am at Turtle Back Rock parking off Walker Rd. 2-hour hike to Hemlock Falls, the upper falls, returning on Orange Trail.

**AFW. Duck Pond, Mohonk Preserve, NY.** Call: 973-644-3592 for info and registration or go to [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet at 10 am. Strenuous hike/ moderate pace. Out by 2 pm.

**Saturday, June 13**

**ADK. Sugarloaf Mtn., Haines Falls, NY.** Leader: Cal Johnson, hikeski@hvc.r.com. Meet: 9am; contact leader for location and to register. Moderately strenuous 7 miles with 1,800' elevation up and down. Hike to summit of Sugarloaf on Devil's Path and Mink Hollow Trail. Steady rain or no sign-ups by June 11 cancels.

**ADK-MH. Tri-State Hike: CT, MA, and NY.** Leader: Salley Decker, 845-454-4206. Meet: contact leader for time, location and carpool information. Moderate 6-7 miles with two rock scrambles. Rewarding views and mountain laurel in bloom, as well as many boundary monuments along the way. Heavy rain cancels.

**OC. Leatherstocking Trail, New Rochelle, NY.** Leader: Mike Puder, 718-743-0920; call starting Wed. eve for recorded message with details. Meet: Grand Central Terminal Stationmaster's office, near Transit Museum. 10 miles to reservoir and back, including side trails; out late afternoon with optional dinner in town. Nonmembers \$3.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Joan Lepsteller, 908-273-4188. Meet: 10am at Trailside Nature & Science Center parking, Coles Ave. at New Providence Rd. 4-5 miles at a brisk pace. Steady rain cancels.

**AFW. Tulip Springs.** Call: 973-644-3592 for info and registration or go to [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet at 10 am. Easy hike/ easy pace. Out by 2 pm.

**Sunday, June 14**

**ADK-MH. Long Path: Fort Lee to State Line Overlook, NJ.** Leader: Pete McGinnis, 845-454-4428. Meet: contact leader for time and location. Difficult 12+ miles - long but level, from GW Bridge north along the Hudson River; spectacular view of the Palisades.

**Trail Conference Delegates' Meeting, Day Hikes at Teatown Lake Reservation.** Meet: check TC website at [www.NYNJTC.org](http://www.NYNJTC.org) for details. The public is invited to attend the Trail Conference's annual Delegates' Meeting, being held this year at Teatown Lake Reservation in Westchester County. Socialize with hikers from other clubs, then after the meeting join in various hikes on the reservation.

**OC. Piermont Circular.** Leader: Ray Krant, 718-435-4994. Meet: 9:45am at Port Authority bus terminal commuter statues. 10 moderate miles. Hike to Nyack on Long Path, return on old railroad bed (no tracks) to Piermont through scenic wooded areas. Nonmembers \$3.

**TNC. Family Evening Hike, NJ.** Leader: space limited, preregistration required at [www.tenaflynaturecenter.org](http://www.tenaflynaturecenter.org); call 201-568-6093 with questions. Meet: 7pm at Tenafly Nature Center. Hour-long walk through the woods at night, discovering it's not as scary as it seems; no children under age 5 and no strollers, please. Bad weather postpones. Nonmembers \$10.

**UCHC. South Mountain Reservation, NJ.** Leader: Naomi Shapiro, 973-762-1832; call before 9pm. Meet: 10am at Locust Grove parking, across from Millburn RR station. Moderate 5 miles.

**AFW. Terrace Pond, Wawayanda State Park, NJ.** Call: 973-644-3592 for info and registration or go to [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet at 10am. Moderate hike/ moderate pace. Out by 2 pm.

**Saturday, June 27**

**ADK. South Mtn., Palenville, NY.** Leader: Cal Johnson, hikeski@hvc.r.com. Meet: 9am; contact leader for location and to register. Moderately strenuous 10 miles with 1,500' elevation up and down. Hike includes many fantastic views of Hudson River Valley and Kaaterskill Clove from Escarpment Trail and others. Steady rain or no sign-ups by June 25 cancels.

**OC. Inwood Hill, Ft. Tryon, and Riverbank Parks, NY.** Leader: Jane Alexander. Meet: 10:30am at corner of 207th St. and Broadway. 7 miles at easy/moderate pace in these parks and along the Hudson; some ups & downs. Rain or shine. Nonmembers \$3.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: John Jurasek, 845-365-3618. Meet: 10am at Trailside Nature Center, Coles Ave. at New Providence Rd. Moderate 5 miles; beginners welcome. Explore the northern end of the park. Steady rain cancels.

**Sunday, June 28**

**UOC. Sourland Mtn. Preserve, NJ.** Leader: Alan Marks, 732-254-7691. Meet: call leader for time, location, and carpooling information. Moderate hike.

**OC. Rockefeller State Park and Rockwood Hall State Park, NY.** Leader: Ray Krant, 718-435-4994. Meet: 9am at Grand Central Terminal info booth for 9:20 train to Philipse Manor (check schedule); return from Pleasantville. 8 miles at moderate pace. Start with fine views of the Hudson then follow Aqueduct to Rockefeller's carriage roads, with their ups and downs, and out to Pleasantville. This hike is in memory of Bob Aronson. Nonmembers \$3.

**TNC. Family Nature Walk, NJ.** Preregister at [www.tenaflynaturecenter.org](http://www.tenaflynaturecenter.org); call 201-568-6093 with questions. Meet: 3:30pm at Tenafly Nature Center. Hour-long guided walk for children and adults on one of our many trails; no strollers, please. Bad weather cancels. Nonmembers \$5 per person.

**UCHC. DeKorte Park, Meadowlands.** Leader: Lynn Gale, 973-763-7230. Meet: 10am at visitor center, 2 DeKorte Park Plaza, Lyndhurst, NJ. This environmental center has 4 miles of salt marsh and upland trails, with some floating boardwalk. Views are beautiful and wild, with lots of birds. Heavy rain cancels.

**AFW. AT from State Line Trail to RT 17A, NY.** Call: 973-644-3592 for info and registration or go to [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Meet at 9am. Strenuous hike/ Moderate pace. Out by 4 pm.

Spring Cleaning?



Help us clean up when you clean out!

Do you have a working vacuum cleaner you no longer need that is cluttering your closet? To cut costs, Trail Conference staff has taken on the cleaning of our Mahwah office. But we need a serviceable vacuum cleaner to help do the job.

If you would like to clear some space, then donate\* that cleaner to the Trail Conference! Call 201.512.9348 ext. 14 or email [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org).


\*tax-deductible

## Get Certified to Take a Jump in the Lake

If you would like to end your hike at Minnewaska State Park Preserve by taking a distance swim in the lake, you can, but only if you pass a swim test and become a member of the Minnewaska Distance Swimmers Association (MDSA). Details on testing standards and swim test dates can be found at the website [www.minnewaskaswimmers.org](http://www.minnewaskaswimmers.org) or call the MDSA hotline at 845-895-5012.

By arrangement with the park, MDSA members who pass a 500-yard swim test, pay the MDSA annual membership fee of \$15, and post a photo ID, are permitted to swim from the beach at the southeast corner of the lake, in deep water, parallel to a 200-yard buoyed line, with no lifeguard present. Swimming at the park begins on June 20.





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### TRIBUTES

*In memory of Paul Leikin and Frank Bouton*  
John and Wanda Giuffrida

*In memory of Bill Schafer, a great biker who biked the entire AT and a wonderful and caring person who was always there to help others when they needed it.*  
Jack and Judy Kossover

Tributes are only printed for donations of \$25 or more.

## Fundraiser Joins Staff

Jennifer Hezel, originally from Glen Head, NY, joined the New York-New Jersey Trail Conference team in March 2009 as our Development Associate. As an avid outdoorswoman, Jennifer has lived in Utah, Alaska, California, Vermont, and various



locations within Central America. Jennifer last lived in Vermont, where she spent time working for a trails organization, as well as within the zoning and planning department of the Town of Stowe. She is a graduate of the

University of Oregon's Interdisciplinary Program, where she obtained a Master of Science degree by completing coursework through the following departments: political science; journalism and communications; planning, public policy, and management. As an individual inspired by a career in public service, Jennifer brings a high level of skill and an incredible amount of enthusiasm to her job. Jennifer is thrilled to integrate her love of the outdoors, the environment, and education within her professional life.

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## TRAIL CREW SCHEDULES

*continued from page 5*

### NEW JERSEY APPALACHIAN TRAIL FIELD CREW

**Leader:** Gene Giordano,  
[trailwork@appalachiantrail-nj.org](mailto:trailwork@appalachiantrail-nj.org)

### Second Saturday of Each Month, April through November

Work begins at 9am and is finished before 4pm. Covers the entire NJ section of the AT, blue-blazed side trails, and shelters. Supplements work by our individual maintainers as requested and for special work projects. Workers bring gloves, lunch, and water; all tools, equipment and training provided. Email leader to be placed on email notification list.

### BEAR MOUNTAIN TRAILS PROJECT

**Project Manager:** Eddie Walsh,  
[bearmountaintrails@gmail.com](mailto:bearmountaintrails@gmail.com), 845-591-1537  
**Volunteer Coordinator:** Christopher Ingui,  
201-783-3599

### Thursday-Monday, Weekly to November

**General work days, suitable for beginners to experienced trail workers.**

Training will be provided according to participant's skill level, interest, and project needs. Meeting time is 8:30am at Bear Mountain. Please sign up via email and wait for either an email or phone confirmation from us prior to attending to confirm the trip and so we know whether to expect you.

Work trips involve a variety of tasks and experience, such as: corridor clearing, prepping work sites, quarrying stone, using an overhead high-line to transport stone, creating crushed stone (with mash and sledge hammers), building crib walls, setting rock steps, and splitting stone.

### SHAWANGUNK RIDGE CREW

**Leaders:** Jakob Franke, [jf31@columbia.edu](mailto:jf31@columbia.edu),  
201-768-3612  
Andy Garrison, [srtmaintainer@gmail.com](mailto:srtmaintainer@gmail.com),  
845-888-0602

Bring water, lunch, gloves, and tools if you have them. Extra tools will be available.

### May 17 (Sunday)

**Lenape Ridge Trail Extension**

We will be cutting new trail in Deerpark to extend the Lenape Ridge Trail.  
Meet: 10 am on Route 6, at the town line of Greenville and Deerpark (in Orange County).

### June 6 (Saturday)

**Lenape Ridge Trail Extension**

We will be cutting new trail in Deerpark to extend the Lenape Ridge Trail.  
Meet: 10 am on Route 6, at the town line of Greenville and Deerpark (in Orange County).

## Newly Formed Friends of Fahnestock and Hudson Highlands State Parks Hosts Picnic



Breakneck Ridge in Hudson Highlands State Park as seen from Storm King Mountain. A new Friends group aims to build support for the parks east of the Hudson River.

Come and meet the Friends of Fahnestock and Hudson Highlands State Park (FoFHH) at a picnic Saturday, May 16, 12-4pm at the Canopus Lake/Winter Park area in Clarence Fahnestock Memorial State Park. The picnic is a family-friendly event and will include a barbeque lunch and live music by Dana Edelman, Stacy Labriola, and friends. Carol Ash, Commissioner, New York State Office of Parks, Recreation and Historic Preservation (OPRHP) will be speaking. Bill Bauman, Manager of Fahnestock and Hudson Highlands State Parks, will host behind-the-scenes tours of park facilities. Proposed plans for renovations to the facilities will be on display. Information about various groups that are involved will be available along with information on how to become a volunteer.

Admission is free, but preregistration is required by April 25 on the website, [www.fofhh.org/picnic](http://www.fofhh.org/picnic). The event will be held rain or shine. It is being underwritten by a generous donor and tax-deductible contributions of \$10 per person or \$15 per family are welcome.

The Friends of Fahnestock and Hudson Highlands State Parks is a new nonprofit organization, formed by individuals who use, enjoy and wish to support the largest area of land in east of the Hudson River protected by New York State's Office of Parks, Recreation and Historic Preservation. One of the newest park friends group in the state, it has attracted an ad-hoc group of people from the local community, open space organizations, and user groups who have met regularly as a steering committee for almost two years to create FoFHH.

One park manager oversees approximately 24,000 acres in Fahnestock, Hudson Highlands State Park and nearby smaller parks in Dutchess and Putnam counties. The parks feature over 103 miles of hiking and multi-use trails, lakes and ponds, picnic and swimming areas, a scenic campground and opportunities for boating, hunting, fishing and birding. Fahnestock is also home to the Taconic Outdoor Education Center and Fahnestock Winter Park. In 2009 the OPRHP will initiate a Master Plan for these parks, an opportunity for FoFHH to engage the local community and build a base of support for the park's vision.

Active members in the steering committee include many Trail Conference volunteers and trail managers. "The Friends group offers an opportunity to pool resources and ideas with other people equally dedicated to the sustainability of the park," says Josie Gray, Chair of the East Hudson Trails Committee and a member of FoFHH steering committee. "Fahne-

A picnic on  
May 16 will introduce  
the new Friends of  
Fahnestock and  
Hudson Highlands  
State Parks to the public.  
All are welcome.

stock and Hudson Highlands are parks with incredible natural resources and recreational opportunities, but the office's budget continues to get cut, affecting its ability to serve the public and protect park assets. Our trail volunteers provide an invaluable service, and their efforts can be an example of what more can be done to support and improve the park for future generations."

The group is now ready to announce itself to the public to attract new members, volunteers, and donors. FoFHH has launched a website that functions as a public resource as well as a secure site for paperless operations, is developing a strategy for outreach to the park's many constituencies, and has established a team to create a high-quality video that describes park assets and needs—including repair of infrastructure like buildings, bridges and improvements to Canopus Lake beach—and makes the case for support. The video is expected to be completed in late 2009.

For more information about FoFHH, go to [www.fofhh.org](http://www.fofhh.org). Membership in FoFHH is free, just sign up on the website.

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# Try a Service Weekend at the AMC Mohican Outdoor Center

(A Trail Conference Member Organization)

## Trail Work Weekend Work Parties

Come join a friendly, fun, and family-oriented trail crew for one weekend a month in the mid-Atlantic region! The Mohican Trail Crew is an all-volunteer weekend crew based out of the Mohican Outdoor Center (a Trail Conference member organization) that is nestled in the Delaware Water Gap National Recreation Area (DWGNRA) in Blairstown, NJ. The crew is ideal for individuals and families with children 6 years old and up. No experience or special skills required, just a desire to give back to the trails in the DWGNRA in New Jersey and Pennsylvania. Work supplies and tools are provided, but participants should bring rugged footwear, suitable clothes, their own breakfasts and lunches and water bottles. There are various types of trail maintenance opportunities for everyone. **First-timers are welcome!**

## 2008 Accomplishments

Over 5,000 hours were contributed by 80+ individuals. Highlights: The Van Campens Glen trail was rebuilt, the Coventry Pond trail bridge was relocated, and the Handicapped fishing pier at Loch Lomond was rebuilt.

## 2009 Dates

(second Friday weekend of the month)  
 May 8, 9, 10  
 June 12, 13, 14  
 July 10, 11, 12  
 August 14, 15, 16  
 September 11, 12, 13  
 October 9, 10, 11

**Contribution:** \$6 for optional Saturday night dinner.

**To Register:** In order to stay overnight for the trail crew work weekends please register for a bunk space (on a space available basis – so call early) at no cost by calling the Mohican Outdoor Center Reservations and Lodge Office: 908-362-5670, 9 am-5 pm, seven days a week.

For more information and questions please contact Mohican Trail Crew Leader, Greg Molynex, email [AMCmctrailcrew@outdoors.org](mailto:AMCmctrailcrew@outdoors.org) or Jennifer Heisey, 610-868-6906.



Mohican camp trail volunteers at work last season.

## WHEN A BOG IS NOT A BOG

*continued from page 7*

through both a swamp and a marsh, acidity is minimized and oxygen levels are generally high. Therefore marshes and swamps do not accumulate peat deposits and do permit the growth of fish.

Interestingly, Black Rock Forest in Orange County, NY, includes a feature once known as Barton's Swamp, through which some water runs. Ecologist and historian Neil Maher has written that the Barton family mined and sold peat from this "swamp" in the late 19th century\*. In today's terms, it would not be classified as a swamp at all, but probably as a fen.

Then of course, there is Barton Swamp on Schunemunk Mountain, the one marked by those wavy blue lines mentioned at the start of this article. It lies in the trough between the mountain's two ridges, with the Long Path on the western

ridge and the Jessup Trail on the eastern ridge. Between these two ridge trails, runs the Barton Swamp Trail. But is that wetland really a swamp? I recall moving water, and the map indicates the Baby Brook coursing downhill from its vicinity. I remember as well the predominance of woody trees, and no sphagnum or peat accumulation. Therefore my guess: it really is a swamp. But what a good excuse to get out and see it again to make sure!

*\*Black Rock's Hidden Past, <http://www.blackrockforest.org>*

*Michael Alcamo is a naturalist, Trail Conference member, and frequent contributor to this newsletter. He is also a member of the Mid-Hudson Chapter of the Adirondack Mountain Club.*



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## VOLUNTEER PROFILE

*continued from page 1*

lecting trips for various map projects:  
**Harriman-Bear Mountain** – 400 working hours, 62 separate trips  
**Kittatinny** – 270 working hours, 40 separate trips  
**Sterling Forest** – 200 working hours, 26 separate trips  
**North Jersey (2007)** – 200 working hours, 29 separate trips  
**North Jersey (2009)** – 60 working hours, 9 separate trips

"It's what I do for exercise," this retired NYU mathematics professor who turns 80 years old this spring, simply says. "I try to keep healthy. If the weather is nice, I hike pretty much every day."

Thank goodness, for map users, that he does.

## \* TRAIL REFLECTIONS \*

**Attention All Trail Stewards: Maintainers, Crew Members, Monitors, etc:** Have you enjoyed a good day on the trail while doing maintenance? Share your experience with words or a photo. Send your contributions to *Trail Walker* editor Georgette Weir at [tw@nynjtc.org](mailto:tw@nynjtc.org).

## The Cook's View of an Annual Trail Work Weekend

By Mike Pardee

"Me? I don't know how to cook!" I responded when Tim Messerich asked me to be camp cook for a weekend of "trail magic"—providing food for thru-hikers—and trail work on the AT. Oh sure, I could boil water and I could make toast, but cook for a bunch of crazy hungry thru hikers? Little did I know what I was getting myself into.

Chuck Wood from Norristown, PA, picked us up in his truck and off we went to the RPH Shelter in Hopewell Junction for what was to become an annual work/eat/hike party on the AT in Dutchess County. Fearful of Tim's culinary talent, I had decided to give cooking a try. I have to admit to winging it a bit that first time, but to my surprise they loved it and wanted more. Every year since then I have done the cooking for Tim and have really enjoyed it.

Each year we have tried to give the hikers more of what they really crave on the trail. No Ramen noodles or rice cakes here. We do steaks, burgers, dogs, chicken, and plenty of fresh fruit and veggies plus desserts. At first we would just go to the store and grab food, but it became evident if we wanted to keep costs down and still "wow the hikers," as Tim likes to say, we would need to start planning. Thus were born the late night, deep winter planning sessions, working out details of menus, food quantities, work planning and all the correspondence and a website that goes with getting the word out about the annual fest.

As time went by the group of regular trail volunteers grew and they tackled more and more difficult jobs. "The kind of stuff no one else wants to do," Tim would often say. Privy projects, paint projects, and even a major bridge construction project came and went; the hikers who stopped would often pitch in and help for the day, or the weekend, cajoled by Tim and the menu.

Cooking three meals a day for 20 to 30 people, plus squeezing fresh lemonade and preparing desserts is no easy chore. I spend most of my time near the kitchen area chopping vegetables, checking on ice, and all the other little things to keep the kitchen running smoothly. As hikers and volunteers came and went I had an opportunity to talk with them and hear about life on the trail, their hometowns, why they were hiking, etc. It's not every day that you can chat with people literally from all over the world. I have met thru hikers from Australia, Germany, Israel, the UK, and all over America.



The cook (and author) at the grill.

As the years passed the projects continued, the planning meetings became more numerous, and many lists were made. We took great pride in trying to plan things as much as possible. In recent years we have made extra parking space available, added new things to the menu in a shameless bid to entice more volunteers, and very recently decided to make this unofficial club a little more formal.

In a meeting at Longobardis restaurant in Wappingers Falls this past November the RPH Cabin Volunteers Club was created (RPHCV). Our hope is that things will continue as before and that we'll take on more challenging projects in the future at RPH or nearby on the Trail. In February, RPH Cabin Volunteers became an official member club of the Trail Conference. We plan to organize hikes, work trips, and additional campouts now and then, as well as the yearly weekend work party. This year's event is scheduled for the second weekend in July: 10, 11, 12. As long as there are hikers on the trail, there will be fellow hikers working to make the experience more memorable in one way or another.

Check out the latest news on the club and the photo albums from past work parties; find us at [www.nynjtc.org](http://www.nynjtc.org) under Member Clubs (look for RPH).



A thru-hiker stops to chat.



Prepping a meal in the "kitchen."



Time to eat!



Volunteers work up an appetite.



# Featured Hike



By George Petty

## Wildflower Walks in North Jersey



GEORGE PETTY

The wild geranium, *Geranium maculatum*, a low pink five-petaled flower with deeply incised leaves, blooms in the woods from late April through June.

Hiking trails in the New Jersey Highlands offer several opportunities for wildflower walks in all seasons. For a prepared short wildflower walk with examples of most wildflowers in each season, try the one at Morris County Tourne Park on McCaffrey Lane off Powerville Road in Boonton, NJ, tended with great care by the Rockaway Valley Garden Club. The New Jersey Land Conservancy also has a tended wildflower plot in back of their headquarters. Called the Wildacres Garden, it is accessed from an entrance at 19 Boonton Avenue, in Montville.

If you want a hike with some wildflowers along the way, the directions are more complicated. For good early spring flowers (mid April to early May) try a hike from Weis Ecology Center out the W trail along Blue Mine Brook up to the old farm foundations. You should see woods and rue anemones, trout lilies, several species of violets, dwarf ginseng, wandflower, fringed polygala, lousewort. Later in May look for pinxter flower and pink lady's slipper.

Turn back on the Green Trail along the dirt extension of Snake Den Road and find some trailing arbutus on the bank on the south side of the road in early to mid April. (This advice maybe too late for this year, but plan for 2010.) Continue on paved Snake Den Road to the Red Dot Trail out

to the Blue Mine, where you will find early saxifrage, pussy toes and may apples. Come back to Weis with a detour up the yellow Dot Trail in back of the Roomy Mine to catch a fine patch of columbine in late April to early May.

As the spring progresses and leaves reach full growth, sunlight can hardly reach the forest floor, and woodland wildflowers become scarce. The wildflower scene then moves to open areas where sunlight is plentiful.

In all seasons, the Pyramid Mountain Natural Historic Area on County Road 511 in Kinnelon has very good flowers along the white trail. This location is particularly rewarding for late spring, summer, and early fall flowers along the cut under the power lines, where the sun is unobstructed. In late August and early September, on the white trail near Bear House Brook, you will see spectacular cardinal flowers, secretive bottle gentians, monkey flowers, turtle heads, and the uncommon delicate wild orchid called nodding ladies tresses.

The Ryker Lake trails off Glen Road (county 517) near Sparta, in a preserve owned by the New Jersey Audubon Society, are full of flowers in early spring. Migrating songbirds also frequent that area. However, the loop around the lake is blocked by a beaver dam at the north end.

Nevertheless, a walk up along the west shore and back will offer plenty of colorful entertainment, and is easy enough for a family hike with small children.

Every trail in the highlands will offer the observant hiker in all green seasons some wildflowers to appreciate. In some ways it is more fun to choose a hike for its views, or its challenges, and be surprised at the colorful plants you see along the way.

The New Jersey Audubon Society offers a series of wildflower hikes from its Weis Ecology Center in Ringwood, NJ.

A schedule is available on the Weis Ecology Center website.

*George Petty authored the Trail Conference hiking guide, Hiking the Jersey Highlands, which pays special attention to wildflowers found along Highlands trails. It can be purchased on the Trail Conference website (25% discount for Trail Conference members). An Audubon Society associate naturalist, George guides wildflower hikes at the Weis Ecology Center.*

## Hikers' Marketplace



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Please order by circling price Retail Member P/H Total

**Maps (TC published except where noted. Discounted shipping available for orders of 8 or more.)**

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NEW!! Kittatinny Trails (2009) & see combo	\$13.95	\$10.46	+\$1.75	_____
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NEW!! Old Croton Aqueduct (Friends of OCA, 2008)	\$ 4.95	\$ 3.71	\$1.10	_____

**Books**

NEW!! Walkable Westchester (2009)	\$24.95	\$18.71	+\$3.70	_____
Appalachian Trail Guide to New York & New Jersey (2007)	\$19.95	\$14.96	+\$3.20	_____
Hiking the Jersey Highlands (2007)	\$22.95	\$17.21	+\$3.70	_____
New York Walk Book (2005) & see combo	\$22.95	\$17.21	+\$3.70	_____
New Jersey Walk Book (2004) & see combo	\$19.95	\$14.96	+\$3.70	_____
Circuit Hikes in Northern New Jersey (2003)	\$11.95	\$ 8.96	+\$2.70	_____
Day Walker (2002)	\$16.95	\$12.71	+\$3.20	_____
Harriman Trails Guide (1999) & see combo	\$16.95	\$12.71	+\$3.70	_____
NEW!! Hiking Long Island (2008)	\$22.95	\$17.21	+\$3.70	_____
Iron Mine Trails: NY/NJ Highlands (1996, rev. 1999)	\$ 8.95	\$ 6.71	+\$2.70	_____
Kittatinny Trails (2004) & see combo	\$18.95	\$14.21	+\$3.20	_____
Long Path Guide to NY/NJ (2005)	\$16.95	\$12.71	+\$3.20	_____
Scenes & Walks in the Northern Shawangunks (2006) & see combo	\$13.95	\$10.46	+\$3.20	_____
Doodletown: Hiking Through History in a Vanishing Hamlet on the Hudson (1996)	\$12.95	\$ 9.71	+\$3.20	_____
Nature Walks in New Jersey (2003)	\$14.95	\$11.21	+\$3.20	_____
AMC Catskill Mountain Guide (2002)	\$19.95	\$14.96	+\$3.20	_____
Shawangunks Trail Companion (2003)	\$18.95	\$14.21	+\$3.70	_____
Moon Take a Hike NYC (2006)	\$16.95	\$12.71	+\$3.20	_____
Walking Manhattan's Rim (2003)	\$13.95	\$10.46	+\$3.20	_____
NEW!! 50 Hikes in the Lower Hudson Valley (2008)	\$16.95	\$12.71	+\$3.70	_____
50 Hikes in New Jersey (2006)	\$16.95	\$12.71	+\$3.70	_____
Best Hikes w/ Children in New Jersey (2005)	\$15.95	\$11.96	+\$3.20	_____
Best Hikes w/ Children in the Catskills & Hudson River Valley (2002)	\$14.95	\$11.21	+\$3.20	_____
Hudson to Delaware: The Great Valley (2004)	\$75.00	\$56.25	+\$5.70	_____
NEW!! West Milford's Bakers Dozen (2008)	\$ 9.95	\$ 7.46	\$2.70	_____

**Combo-Packs**

Harriman (2-map set & book)	\$23.40	\$17.55	+\$3.75	_____
NY & NJ Walk Books	\$38.60	\$28.95	+\$4.75	_____
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