We've all got our personal "must-haves" we carry when we head outdoors. Whether it's a sleek, ultra-light pack or an old Nalgene covered in fading stickers, through the miles we cross and experiences we have, we find the gear that meets our own unique needs.

Of course, there are certain things recognized nearly universally as the "must-haves" for outdoor recreation. Known as the 10 Essentials, this list of first aid and emergency items was created to help people heading into the backcountry be prepared for minor injuries, sudden weather changes, or unexpected delays. From a trail map to extra layers, the 10 Essentials are viewed by most as the fundamental start to a safe, enjoyable experience outdoors.

What even the most traveled explorer may not realize, however, is the 11th Essential upon which all adventures, big and small, depend. It's the most basic necessity too often overlooked.

That "missing" essential is the care of public lands. It's the small steps we can all take when playing outdoors, and the bigger ones we can work together to enact.

Why should the protection of natural areas be on a list of things you stash in your backpack? Because if all of us carry the mindfulness that our actions impact the integrity of the environment, we could make tremendous strides in ensuring these special places are protected and available for all of us to enjoy—today, tomorrow, and decades from now.

For 100 years, the 11th Essential has been quietly practiced by those who serve the Trail Conference mission. These are the volunteers, AmeriCorps members, advocates, and donors who embody the spirit, passion, and effort our agency and park partners need to counteract the issues affecting their lands and trails. They play a vital role in ensuring your great trail experiences are possible. And so do you.

We are operating in a changing environment, both literally and figuratively. Public lands and trails are facing demands we never could have imagined even a few years ago—challenges such as the unprecedented swell in popularity on some trails thanks to social media, and the toll that usage is taking on the land.

So what do we do? We find the ways that we can each give back:

- Learn, practice, and share the Leave No Trace principles and other "best practices" for recreating outdoors.
- Learn about issues affecting our natural areas and take the small steps that can lead to big change in the Trail Love 365 Challenge.
- Learn about the importance of sustainably built trails or how destructive invasive species can be curbed in a Trail U workshop.
- Become a Trail Conference volunteer. Give your time in the field or "behind the scenes" to create healthier, more enjoyable trail ecosystems.
- Show your support by donating to the cause. Philanthropy is the underpinning of all the Trail Conference's efforts as a volunteer-powered nonprofit.
- Since 1920, the Trail Conference has brought together outdoor lovers, partners, and likeminded groups to take action for what we believe in: that people are happier and healthier when they have the opportunity to connect with nature.

Now more than ever, it is up to each of us to do our part for the protection of our favorite outdoor places and the experiences we create there. It's time for all of us to consider how much we invest in our 10 Essentials, and how much we invest in the protection of those incredible places that our beloved gear takes us. Like the first-aid supplies we might not ever need to use, the 11th Essential isn't truly appreciated until it's required. And now more than ever, it is required.

Now more than ever, it is time for each of us to stand up and say, for the land we all love, "My service is essential."

## The 11th Essential

There are small steps we can all take to make a big difference in the care of our natural areas. You can help protect nature and inspire adventure, every day.

### WHAT'S INSIDE:

- Reorganizing Staff to Better Support Those Who Serve Our Mission
- Improvement Projects Coming to Trails and Parks Near You
- Celebrating Outstanding Volunteers and Partners

### THE 10 ESSENTIALS

The original 10 Essentials list was assembled in the 1930s by The Mountaineers, a Seattle-based organization for outdoor adventurers, to help people be prepared for emergency situations in the backcountry. Over the years, the list has evolved to a "systems" approach rather than including individual items. Here's what it looks like today:

1. **Navigation**
   - Map, compass, GPS system
2. **Sun Protection**
   - Sunglasses, sun-protective clothes, sunscreen
3. **Insulation**
   - Jacket, hat, gloves, rain shell
4. **Illumination**
   - Flashlight, headlamp, extra batteries
5. **First-Aid Kit**
   - Including foot care, insect repellent, personal necessities as needed
6. **Fire**
   - Matches, lighter, fire starters
7. **Repair Kit and Tools**
   - Knife or multi-tool, duct tape
8. **Nutrition**
   - Food, plus extra
9. **Hydration**
   - Water, water treatment supplies
10. **Emergency Shelter**
    - Tent, space blanket, tarp, bivy
11. **Service**
    - Learn more about the role you can play in protecting the land you love at nynjtc.org.
Subaru’s Drive for Helping the Planet

Subaru Distributors Corp. has been named the official sponsor of our 2020 Trail University program. Bringing stewardship learning opportunities to a trailhead near you, our Trail University workshops include topics like introduction to trail maintenance, intro to trail construction, invasive plant identification, and much more. Thank you to Subaru Distributors Corp. for their generous sponsorship, which allows us to equip the next generation of outdoor lovers with the knowledge they need to protect natural areas and make great trail experiences possible.

Subaru Loves the Earth

Subaru of America, Inc. and TerraCycle are continuing their partnership to divert waste from landfills. Thanks to this partnership, participating Subaru dealers, as well as the Trail Conference, will be hosting a TerraCycle Zero Waste Box to encourage the community to recycle items that are typically hard-to-recycle, such as snack wrappers and disposable cups, lids, and straws. The collected waste will be repurposed into recycled products like park benches, picnic tables, and playground materials, and donated to Subaru community partners. Bring your trail snack wrappers to our headquarters or a participating Subaru retailer to give them a new life!

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Happy Trails to Gary

After 18 years of service, fulfillment specialist Gary Willicke has left the Trail Conference. He started with the organization in 2002, after graduating from Ramapo College of New Jersey with a degree in computer science. Formerly the conference’s mailing director, Gary was chosen by the customer.

Gary’s passion for hiking in his 20s, Gary maintained a trail in Ramapo Reservation and has provided GPS data for Trail Conference maps. But he may best be remembered for his eagerness to share his wealth of knowledge on trails and the Trail Conference to everyone who called or stopped by Headquarters.

Gary says hiking and being outside provide him with the opportunity to “read the signs of nature,” making the woods a sanctuary as well as a guidepost for him. Well see you on the trails, Gary!

So the Trail Conference responded. We published tips on safe, responsible hiking and recommendations on underutilized trails to dissipate overcrowding and curb impact on the land from overuse. (You can find them at bit.ly/ top-trails and bit.ly/ hike-resources.) Our volunteers stepped up as trail ambassadors on social media and community forums. Our Trail Family opened their arms and asked in return, “How can we help you connect with nature?” We may have put down our rock bars and loppers, but we did not lose our passion to serve public lands. We found ways to be alone together.

On behalf of all my colleagues, I want to send our sincere gratitude to the Trail Conference volunteers, members, partners, and supporters who are helping us weather this storm. Without your unwavering commitment to this organization and our mission, our families, friends, and communities at large would not have so widely and successfully found refuge in nature during this chaotic time. Thank you.

You can find all news and updates on the Trail Conference’s response to COVID-19 on our News Center and Trail Alerts pages at nynjtc.org/amberay/amberay.

Alone Together

FROM THE EDITOR

In mid-March, right as this issue of Trail Walker was about to go to print, the unprecedented coronavirus crisis hit our region. And it hit hard. I write this message with the hope that you have found good health and spirits while adjusting to the new normal through these unprecedented times.

On March 16, Trail Conference Headquarters closed to the public, staff, and volunteers. We continued working remotely; individually and together, we worked with the greenlight to continue maintaining, surveying, and monitoring their assigned trails. But all in-person gatherings, from meetings to workshops to camps, were put on hiatus. It was a difficult decision for our directors to make, but it made out of necessity for the greater good.

And then something surprising happened. With schools and businesses shuttered, people were encouraged by medical professionals and elected officials to go outdoors. For their physical, mental, and emotional well-being, people were told to go for a walk, hike, ride a bike—as long as they kept 6 feet of distance from others, of course. And they did. But they had so many questions: “Is it safe to go out side right now?” “Can you recommend a local hike?” “Am I too old to hike before I go in the woods?”

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Reorganizing Our Program Staff to Better Support Those Who Serve Our Mission

For 99 years, Trail Conference volunteers have been providing millions of trail users with a means to explore the outdoors. The culture of volunteerism at the Trail Conference has become the fabric of our organization. It is our legacy—a legacy that will continue into our second century.

Our volunteers make us the vibrant and impactful nonprofit that ensures the public has access to the most diverse network of trails in any metropolitan area. We are committed to supporting and enhancing our volunteer program now more than ever, which is why we have reorganized our program staff.

Effective in 2020:
- New York and New Jersey will each have one dedicated program coordinator.
  - Sonia Mason is our New York program coordinator.
  - Melissa Cascini has been hired as the New Jersey program coordinator.
- Peter Dolan has stepped into the new trail program manager role. He will take on the obligations of supporting interstate agencies, larger government partnerships, and fellow outdoor organizations which previously fell to program coordinators. He will also bring stronger long-distance trails and provide consistency in all Regional Trail Council (RTC) meetings.
- Hank Osborn is our new director of programs. He is accessible to the executive director for evaluating, supervising, and executing the organization’s key programmatic objectives.

• Kendra Baumer has been promoted to senior engagement manager, overseeing volunteer and corps programs. The engagement team will continue to bolster activities and opportunities in both states, as well as the volunteers in our ecological stewardship programs, which are still under the direction of Linda Rohleder.

The creation of these new positions will take some of the agency-oriented tasks off the plate of program coordinators, allowing them to focus on supporting volunteers, local partners, workshops, and events.

This clarification will allow individual staff to focus on their specific roles clearly with less competing priorities. This should lead to better support and clearer lines of communication for both volunteer committees and partner organizations and agencies.

Our partners count on us to stay focused on issues that affect parks in the region, bringing together key constituents, marshaling resources, and seizing opportunities to keep improving our public trail systems while maintaining the ecological integrity of trail lands. And so, with more time to support volunteers serving as the engine that powers the community’s president from 1938 through 1941, penned and published the following rules for hikers, known as The Trampers’ 10 Commandments:

1. Respect all property as a tolerated, invited guest.
2. Walk through no prohibited ground.
3. Leave gates and rails, fences and walls, markers and signs, just as you found them.
4. Gather no rare flowers, damage no growing timber.
5. Clear ample space, before a fire is laid, of leaves and twigs, build on pine needles—never.
6. Make sure the fire is OUT before you leave—nothing is “good enough” but out; drenching is best.
7. Leave any campsite cleaner than you found it; and, at established camps, replenish wood for fires and ash supplies.
8. Warn guests of proper dress for the particular country to be covered.
9. Do nothing that could discredit trampers.
10. Plan ahead and prepare. Travel and camp on durable surfaces.

From the Archives

The Trampers’ 10 Commandments

Founding Trail Conference member Frank Place, who served as the organization’s president from 1938 through 1941, penned and published the following rules for hikers, known as The Trampers’ 10 Commandments:

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10. Plan ahead and prepare. Travel and camp on durable surfaces.

Let me assure you—that work is invaluable. It is replicated 100 times, all across the Hudson River Valley and beyond, by people called to protect the land and the love. That is incredibly special. And that’s why I couldn’t be more honored to serve as the Trail Conference’s executive director as we enter our second century of service. We’re able to recognize each of these 2,000-plus volunteers by name, but we do try to show our deep appreciation in word and deed.

Whether you’re currently serving the organization or do so in the future, we are dedicated to ensuring each and every one of you has a fulfilling experience as a Trail Conference volunteer. In fact, that’s why we’ve reorganized the structure of our program staff, which you can read about below. You are vital, and as our cover story says, your service is essential.

So if you do see one of our volunteers on the trail, ask their name. Say thanks. Share your story and theirs by emailing executivedirector@nynjtc.org or by tagging @nynjtc on Facebook, Instagram, and Twitter. We’d love to share your volunteer appreciation with the trail community.

Joshua Howard
Executive Director
executivedirector@nynjtc.org

When we say volunteers are our superheros, it’s not an exaggeration.

Howard
In memory of Torleif Meloe, my wonderful Dad who blazed a trail that I follow and who inspired me to make the choice to respect the land and the beauty of this region.

In memory of John Gunzler, a conservationist who loves his section of the Highlands Trail from his proud aunt, a conservationist.

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At the Trail Conference, our passion is creating great trail experiences. In fact, there’s a good chance your last hike, trail run, or ride was made possible by some of our 2,000-plus volunteers and the people who support them. Without their incredible commitment to protecting trails and natural areas, issues such as blowdowns, undisturbed erosion, and the encroachment of invasive species would cut off the public’s ability to safely and enjoyably experience all the outdoors has to offer. We can play outside because they work so hard to provide that access for everyone.

On March 8 at Skylands Manor in Ringwood, N.J., we held our annual Volunteer Appreciation event, where we recognized a number of outstanding individuals and organizations that exemplify the Trail Conference mission.

 Congratulations to all honorees—and thank you! 

MAJOR WILLIAM A. WELCH AWARD FOR OUTSTANDING PARTNER
Honors partners who have been long-time advocates for and provided significant assistance to Trail Conference volunteers.

Jessica Kruegel
New Jersey State Park Service Supervisor
Over the years, Jessica has assisted our New Jersey trails program with trail planning and approvals. She has helped with major projects such as the Pochuck Boardwalk construction, and our upcoming project at Terrace Pond. Jessica coordinates critical interagency cooperation that allows the Trail Conference to tackle projects that would otherwise be impossible. From quickly approving trail work proposals to offering free group camping for volunteers, Jessica has shown endless support and enthusiasm for our volunteer efforts.

KEN LLOYD AWARD FOR OUTSTANDING CLUB
Honors member clubs who have provided remarkable service to trails and natural lands in partnership with the Trail Conference.

Lauren Huisking and Ryan Winness
Hike the World
Since the club’s creation, Hike the World has been a huge supporter of the Trail Conference. Leaders Ryan and Laura are active Trail Conference volunteers. They maintain the Hanks East Trail in the New Jersey Pequannock Watershed. Ryan and Laura often plan club hikes and events in partnership with the Trail Conference to promote our organization’s mission and volunteer efforts. In fall 2019, Hike the World held their first HikeFest, an incredible community event that featured many local nonprofits, but specifically raised funds for the Trail Conference. Ryan and Laura’s enthusiasm for hiking, the outdoors, and supporting the Trail Conference is endless and inspiring. They are incredible leaders within the community, and our organization is better because of them!

DE DICATED SERVICE AWARD
Honors long-time, dedicated volunteers who have demonstrated exemplary service to the trails and natural areas that surround them.

Kendall Barnes
Trail Maintainer: Huckleberry Point Trail, Catskills
A long-time Trail Conference member and trail maintainer, Kendall reliably maintained the Huckleberry Point Trail in the Catskills for 20 years. When he resigned in 2019, he shared, “I really loved that trail and its terrific views overlooking Hudson Valley.”

Glen and Sarah Collins
Trail Maintainers: Appalachian Trail, Bear Mountain
Glen and Sarah Collins have been maintaining the Appalachian Trail on Bear Mountain for over 30 years. They have demonstrated incredible dedication, as this is a particularly difficult section to maintain. Due to the huge amount of traffic this section receives, it is essential to monitor the trail regularly. This is a responsibility Glen has thoroughly handled for many years. Glen has even written instructions for his protocol, which can be used by other maintainers and organizations.

John Graham and Darielle Rayner
Trail Maintainers: Muscoot Farm and Meroestead Park, Westchester County
John and Darielle have been trail maintainers for 11 years. In that time, they have taken on a lot of responsibility, maintaining all of the trails at Muscoot Farm and Meroestead Park in Westchester County. They demonstrate endless dedication and a dependable work ethic. Darielle visits her trails often and has spent up to 6-7 hours at a time working to maintain the trail and remove invasive plants. In fall 2019, the pair reported 11 work trips just to Meroestead Park! John and Darielle’s persistence and attention to detail make them dependable maintainers and role models.

James Gregoire
Investment Committee Chair
Over the last 20 years, Jim has dedicated his time and expertise in many roles. Jim is a long-time member of the Audit, Investment, and Finance committees. He was also the Board treasurer from 2009-2014 and volunteered as trail supervisor for the New Jersey Appalachian Trail for eight years. Jim is especially proud to have stepped up as the Investment Committee chair. He has since moved to New Hampshire but remains dedicated to our organization and its mission. In addition to his role as our Investment Committee leader, Jim continues to hold his positions on the Audit and Finance committees.

John Hochberg
Trail Maintainer: Appalachian Trail, Putnam County
John Hochberg was a member for the Westchester Trails Association, served as a trail maintainer on the Appalachian Trail for 17 years. As the WTA chair, he was effective at recruiting maintainers for the WTA sections and submitting reports in a timely manner. He also served as our Board treasurer from 2003 to 2006 and regularly acted as a swapper to help tackle blowdowns. Herb recently retired from his maintainer position, but in his time volunteering at the Trail Conference, he always showed up with a can-do attitude and a willingness to pitch in.

Calvin Johnson
Trail Supervisor: Catskills Black Dome Range, North Escarpment, and South Escarpment
Cal got his start volunteering for the Trail Conference more than 30 years ago as a maintainer of the Escarpment Trail in the Catskills. Soon after, Cal took on the responsibility of trail supervisor. In addition to being a dependable supervisor for many years, Cal has been involved with many important trail projects throughout Catskill Park, including building the John Robb Lean-to and contributing to significant relocations of the Long Path. Cal took on the relocation of a 3-mile section of the Long Path in the Indian Head Wilderness area from Silver Hollow Notch to Plateau Mountain, which eliminated the road walk along route 214. Retired Catskill Trails Group Pete Senterman shared, “Cal has been a capable supervisor of an ever-expanding network of trails. He is a good worker, always willing to pitch in wherever and whenever needed.”

John Jurasek
Publications Committee Chair
John has demonstrated exemplary service in many roles. He began as a trail maintainer in 1983 and has maintained sections of the Long Path in Rockland County and trails in Ringwood State Park. He later became involved with our Publications Committee, performing field-checks and collecting GPS data for Trail Conference maps and books, and serving as project manager for our maps. John stepped up as chair of the Publications Committee and has held this role for the last five years. John has also been an advocate for the Trail Conference by leading hikes with local chapters and churches on trails like the Indian Head Mountain Club, Appalachian Mountain Club, and the Sierra Club.

Jane Levenson
Trail Maintainer: Washburn Trail, Hudson Highlands State Park Preserve
Jane has been traveling all the way from Manhattan to maintain the Washburn Trail in Putnam County, N.Y., for over 30 years. In 1992, she was awarded the Hoeferlin Award and has been maintaining every single section of trail ever since! She also served as a Board member and an at-large delegate. Jane’s accuracy and attention to detail make her an exemplary steward of our trails. Jane also advocates for our trails by regularly engaging trail users.

George L. Scott
Chairman, Trail Maintainers Club; Crew Leader; Lewisho Town Trails
George is the chairperson for the Town of Lewishoro, a partner of the Trail Conference. In his role, George has built, maintained, and protected the 14.4 miles of Lewishoro trails in Westchester County. He has worked hard to ensure their sustainability and access to all who wish to use them for 20 years. He manages a crew that meets weekly to accomplish this important maintenance. George also uses every possible opportunity to recruit the public to volunteer with the Trail Conference.

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to support our Trail Program.

than 10 hours each week to
began volunteering at Trail who joined him on work trips.

enthusiasm rubbed off on his ethic, positive attitude, and
crew built stone staircases on
That year, the member, serving
vation Corps

positive, go-getter attitudes such as resetting ingrown trail
portion of the Indian Hill Trail
In 2018, Steve adopted a
Trail Maintainer: West Hud-

Kasia Karolewska and Leo
Semonsky

Kasia and Leo have hit the
ground running since they
were volunteering with the Trail Conference. They
began as main-

An Appalachian Trail thru-
hiker himself, Mo, brings endless energy, ded-
and dedication to this section of the A.T. In addition to his duties as chair, Mo regularly coordinates with the Appalachian Trail Conservancy and National Park Service on trail matters. He also sponsors a New York section hike each year to promote trail development and inspire volunteerism in all the hikers he brings along—
and he personally goes along the way. Overall, Mo’s love for the Appalachian Trail is infectious, and he inspires his volunteers and the community to get involved in preserving the A.T.

Local Trail Chair: New York Metro Region

Mk is responsible for the Trail Conference’s recent Metro renaissance. He has
worked to bring the Trail Conference Metro Region to the forefront of the outdoor recreation scene in New York City. Through his highly active social media recruitment efforts and relentless schedule of work weeks in city parks, Mk has onboarded hundreds of new Trail Conference volunteers. Thanks to his hard work and persistence, 14,000 miles or that Mk oversees are now almost entirely main-
tained by Trail Conference volunteers.

Bryce Hopper finished on 07/25/2019

Connie Stern

Trail Supervisor: East Hudson Southern Westchester Trails

Connie Stern has been volunteering in 2009 and has continuously taken on new responsibilities. She became a Trail Conference Honor volunteer in the summer 2018. Her region encompasses varied terrain including wet areas, blazes with frequent blowdowns, and a very popular quarry trail. Connie tackles these challenges with her proactive and solutions-oriented approach to management. She inspires and motivates her trail crew and partners she works with and leads to pitch in on the trail-organized projects that keep the trails in excellent condition.

PAUL LEIKEN AWARD
FOR GOING THE EXTRA MILE

Honors volunteers who have recently "gone the extra mile" and made a significant, noteworthy contribution in the last 12 to 18 months.

Ed and Nancy Dunvinski

Trail Maintainers: New Jersey Stokes State Forest and High Point State Park. Ed Sawyer; Nancy, Swinger

Nancy and Ed have been trail crew members for the last five years and make an amazing team. They truly went above and beyond, taking on a massive trail-blazing project. The two put up 1,400 blazing in a six-week time period—a project that was expected to take over a year. In addition, they taught trail maintenance workshops and removed major blowdowns.

Cynthia Galvin

Membership and Development Officer

Cynthia has been an amazing team member to the Development department over the years. She is always willing to step up and take on a challenge, sometimes even volunteering four days a week and volunteering late into the night to help get projects to the finish line. This past year, she worked on the annual appeal and a special gift when a staff member went on maternity leave, taking on a substantial amount of work that enabled the Development team to stay afloat during the particularly busy end-of-year stretch in 2019.

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significant time and effort to land preservation and trail protection in the face of reconaching development. It is given to those who embody our value that conservation is a shared duty and that we must preserve the integrity of our natural world.

Richard (Dick) Katzive Conservation Committee Member, Recently Retired Board Member Ten years ago, a revitalized Conservation Committee gathered for their first meeting, and Dick was one of a handful of veterans who decided to be part of this important endeavor. Ten years later, Dick is one of only two original members of the conservation team. He has continued to embody the spirit of environmental conservation. Dick has assisted with the broader work of the Conservation Committee, he has served as the primary leader for several significant land protection projects, such as the creation of a property in Upper Nyack, N.Y., which provides a buffer to the Long Path and the trail system of the Upper Nyack Trail, which was previously a road walk.

Dick is a Trail Conference Life Member, also served on the Board for three terms. While on the Board, he was a strong advocate for the work of the Conservation Committee, and helped to ensure land purchases and other efforts needing approval from the Board went as smoothly as possible.

**WILLIAM HOEFERLIN AWARD FOR EXEMPLARY LEADERSHIP**

Honors volunteers who have contributed long-term exemplary service in a leadership capacity by supporting other volunteers and/or spearheading a major project. It is given to those who embody our value of celebrating volunteers and recognizing their impact on the trails and protection of the lands we love possible.

**David Booth, Marty Costello, Russ Dooman, Erik Garnjost, Jeff Raskin, Chris Reyling**

Crew Members: Long Distance Trails Crew Through his leadership, Crew Chief Chris Reyling has fostered a crew that is not only known for performing stellar technical work but also one that has empowered many strong leaders. Along with Crew members David, Marty, Russ, and Erik, and Jeff have all demonstrated exemplary leadership for the Long Distance Trails Crew. With their guidance, the crew has achieved significant accomplishments such as the rehabilitation of the 1837 Seeley Brook double arch stone bridge on the Highlands Trail at Goosepond Mountain, various trail rehabilitation efforts on the Appalachian Trail and Long Path, and post-wildfire repairs at Samad Preserve. Dick has earned the respect of his colleagues for his willingness to name a few. A project they’re currently working on is the relocation of the Upper Nyack Trail from a road walk to the recently protected Marydell property. The dedication and efforts of Chris, Erik, Marty, David, Russ, and Jeff have been instrumental in improving crew safety, expanding the crew’s technical skill set, and increasing volunteer numbers and hours over the years.

**Howard Liebmam**

Local Trail Chair: Northwest New Jersey Howie has been the LTG chair for the Northwest Jersey region for six years. As a leader, Howie inspires those in his region to make a big difference by providing them with resources, recognizing them for their efforts, and fostering a culture of frequent, open communication. He is as well-organized, communicative, and punctual as it is possible to be as a trail chair. He treats the role like a proper position, and everything he does is to that professional standard. Howie has formed strong relationships with the local New Jersey Department of Environmental Protection State Park partners and represents the Trail Conference warmly and professionally. Howie has been faced with several difficult challenges during his time as trail chair, any one of which would have been near impossible for many people to give up the role. His love of the job, however, was enough to keep him going strong even through personal loss and health issues. To not only continue working, but to do so to the highest possible standard, is worthy of special recognition.

**Karl Soehnlein**

Trail Supervisor: New Jersey Palisades Karl began volunteering with the Trail Conference some eight years ago. During that time, he took on the role of a trail crew supervisor and trail supervisor. He has demonstrated his talent for teaching by leading Intro to Trail Maintenance workshops each year. He has proven to be an especially accomplished and passionate supervisor, effectively working with five park partners and dozens of volunteers to produce the most maintainable work hours in the entire Palisades-Ramapo area.

**Art and Ellen White**

Trail Supervisors, Crew Leaders: Ringwood State Park Over the past two decades, Art and Ellen’s leadership has made the protection of trails and natural spaces in Ringwood State Park possible. As trail supervisors for Ringwood State Park, Art and Ellen have been responsible for designing and forming our Ringwood trails into a sustainable multi-use system. As leaders of the JORBA trail crew, they have known and contributed to innovations each year to planning, organizing, and leading crew trips to restore and maintain old trail sections such as the Crossover Trail and Ringwood-Ramapo Trail, as well as to create new trails such as the Skeldans Trail. Their combined efforts have produced pathways that magnificently highlight the topography of Ringwood’s ridges and valleys. The White’s trail legacy was enjoyed by hikers and bikers alike for decades to come.

**RAYMOND H. TORREY AWARD FOR LIFETIME IMPACT**

The Trail Conference’s most prestigious award honors volunteers who embody our mission and uphold our values. This award is given to those who have made significant and lasting contributions that have impacted the trails, natural lands, people and/or operations of the Trail Conference.

**Estelle Anderson and Robert Jonas**

As the chair of the Chisaw Committee, Estelle took on the massive task of coordinating, training, certifying, equipping, deploying, and collecting reports from sawyers across the entire Trail Conference domain. The sawyers’ efforts are a critically important part of the work we do for many land managers and partners, and none would be possible without Estelle’s contributions over the last seven years. In the constant rush to get to the next big thing, it’s easy to move ahead without looking back. Bob pushed for years to ensure that the Trail Conference’s headquarters would dedicate secure space not just to technical and historic archives, but also to a public display area celebrating the history of the organization and the many volunteers who have made our mission possible. Bob and Estelle have touched almost every program and committee within the organization—particularly in their home state of New Jersey, where they co-chaired the Central North Jersey region. They were instrumental in the creation of trailworkshops, trained countless trail maintainers, recruited and provided volunteers at trailheads designed and installed all manner of signage, negotiat-ed trail access with dubious landowners, assisted with land acquisitions, contributed to multiple books, facilitated Regional Trails Councils, and otherwise excelled as volunteer leaders.

They have established many important new partners for the Trail Conference. Most recent-ly, they’ve brought Morristown National Historic Park into the fold. This relationship brought an important new partner into our organization, pushed our southern N.J. boundary, and strengthened our connection to other NPS units.

Bob and Estelle demonstrate an unparalleled passion for trails and a commitment to meaningful volunteer leader-ship. They always have the organization’s best interests at heart and speak from a position of vast experience and knowledge.

In addition to their amazing teamwork, they have each impacted the organization in their own unique ways:

- **Bob Jonas**
  - Local Trail Chair: Central North Jersey; Sawyer Committee Chair, Trail Supervisor: Central North Jersey Morristown
  - Bob and Estelle have touched almost every program and committee within the organization—particularly in their home state of New Jersey, where they co-chaired the Central North Jersey region. They were instrumental in the creation of trailworkshops, trained countless trail maintainers, recruited and provided volunteers at trailheads designed and installed all manner of signage, negotiated trail access with dubious landowners, assisted with land acquisitions, contributed to multiple books, facilitated Regional Trails Councils, and otherwise excelled as volunteer leaders.

- **Estelle Anderson**
  - Local Trail Chair: Central North Jersey; Sawyer; Trail Supervisor: Central North Jersey Morristown
  - Bob and Estelle have touched almost every program and committee within the organization—particularly in their home state of New Jersey, where they co-chaired the Central North Jersey region. They were instrumental in the creation of trailworkshops, trained countless trail maintainers, recruited and provided volunteers at trailheads designed and installed all manner of signage, negotiated trail access with dubious landowners, assisted with land acquisitions, contributed to multiple books, facilitated Regional Trails Councils, and otherwise excelled as volunteer leaders.

**TEN YEARS OF SERVICE**

**Robert (Bob) Jonas**

Local Trail Chair: Northwest New Jersey; Sawyer Committee Chair, Trail Supervisor: Central North Jersey Morristown

Bob is a Trail Conference Member, Recently Retired Board Member, and has served as the primary leader for several significant land protection projects, such as the creation of a property in Upper Nyack, N.Y., which provides a buffer to the Long Path and the trail system of the Upper Nyack Trail, which was previously a road walk. Dick is a Trail Conference Life Member, also served on the Board for three terms. While on the Board, he was a strong advocate for the work of the Conservation Committee, and helped to ensure land purchases and other efforts needing approval from the Board went as smoothly as possible.

### SAVING ECO SYSTEMS AND NATIVE HABITATS: THE JOURNEY OF ECOLOGICAL STEWARDSHIP VOLUNTEERING

Born in 2011, the Trail Conference’s Ecological Stewardship program engages volunteers in the fight against invasive species. Controlling and ultimately eradicating these damaging pests and weeds is key to protecting and restoring the natural habitats that surround our trails. Volunteers dedicated to preserving our native flora have volunteered with us in a variety of ways to combat invasive species. Volunteers Cliff Berchtold, Arden Blumenthal, and Elaine Silver attend the Volunteer Appreciation Event about their roles in the Ecological Stewardship journey. Here’s how it all comes together:

The journey starts with our volunteer surveyors. They are the eyes on the trail, identifying where various invasive species are present throughout the region. The newest members of our team, conservation dogs Du and Fagon, also detect invasive populations. They are literally the nose on the trail, using their incredible sense of smell to identify the presence of emerging invasive species difficult—or near impossible—for the human eye to spot.

This survey data then travels to the office, where it’s put into our system by data-entry volunteers. This information translates to maps that are used to determine where our Invasive Strike Force (ISF) crews target their removal efforts elsewhere in the state.

ISF Crew volunteers then remove the invasive en-croaches on these habitats. Bringing us full circle are the Habitat Helper volunteers, who are responsible for a large variety of native species to foster ecosystem diversity. You can help by learning about your native habitat cultivation on the grounds of Trail Conference Headquarters.
TRAILS FOR PEOPLE

Anticipating the 2020 Season

All throughout the region, from the Delaware Water Gap to New City, up through the Hudson Valley and beyond, Trail Conference volunteers working hard to ensure our natural areas are protected and these special places are available for your enjoyment on foot trails. Here’s a sampling of the projects our volunteers and Conservation Corps members will be working on this season. Work days, workshops, and other projects are posted year-round at nytc.org/events. Help make it happen by supporting these folks at nytc.org/donate.

NEW YORK

TRAIL IMPROVEMENTS AROUND BREAKNECK: The Conservation Corps’ Taconic crews will be in the Hudson Highlands south of Cold Spring! Recent acquisitions by New York State Office of Parks, Recreation and Historic Preservation (OPRHP) will result in changes and improvements to trails at Arden Point/Glenclyffe, the Long Path at Breakneck Ridge, and elsewhere. The work at both sites will consist largely of rock quarrying and stone staircase construction.

ADDITIONAL TRAIL IMPROVEMENTS IN HUDDSON HIGHLANDS: Exciting changes are afoot in the Hudson Highlands south of Cold Spring! Recent acquisitions by New York State Office of Parks, Recreation and Historic Preservation (OPRHP) will result in changes and improvements to trails at Arden Point/Glenclyffe, the Long Path at Breakneck Ridge, and elsewhere. The work at both sites will consist largely of rock quarrying and stone staircase construction.

HARRIMAN TRAIL IMPROVEMENTS: The Conservation Corps’ Harriman crews will be working at several different sites in the western portion of Harri- man State Park. They will be focusing on making improvements to a number of trails, including the Blue Disc Trail and the Ramapo-Dunderberg Trail. The work at these sites will be quite varied, so volunteering with the Harriman crews will be a great way to learn many different trail-building skills!

LONG PATH RELOCATION IN NORTHERN HARRI- MAN: Long Path Chair Andy Garrison will be leading work trips to complete the seasonal relocation of the Long Path from a road walk onto forested land in northern Harriman State Park. All are welcome. Hands-on training will be provided, no experience needed. Contact Andy at srtmaintainer@gmail.com for details.

MINNEWASKA TRAIL IMPROVEMENTS: The Hudson Nor’Westers Trail Crew will be restoring trail at beautiful Minnewaska State Park Preserve. Contact Crew Chief Dave Webber (webberdal@yahoo.com) for details.

TRAIL CLEARING ON THE SHAWANGUNK RIDGE: Join a team of stalwart vol- uneers in re-opening trails that traverse blueberry fields on the Shawangunk Ridge this summer. Scenic views are included; a swim at the beach on Lake Awosting is possible. Contact Dave Webber at webberdal@yahoo.com.

TRAIL IMPROVEMENTS IN WESTCHESTER COUNTY: The Westchester Trail Tramps Crew meets every Wednesday morning throughout the year to carry out regular trail mainte- nance and special trail repair and improvement projects. They work primarily in the northwestern part of West- chester with occasional proj- ects elsewhere in the county. Contact co-leaders Connie Stern (conniesthecks@gmail. com) or Michael Pashley (michaelpashley@optonline. net) for more information.

RESTORATION OF THE SPIDER HILL HOUSE: Through the New York State Regional Economic Develop- ment Initiative, a grant of $183,750 was awarded to the Trail Con- ference to rehabilitate the Spider Hill House on the Appalachian Trail at Bear Mountain State Park. Our goal is to repurpose this abandoned building as a new focal point and educa- tion center for the large and diverse crowds of visitors to Bear Mountain. In phase two of the ongoing Spider Hill House Adaptive Reuse Project, we will stabilize and rehabilitate the deteriorat- ing building and develop interpretative signage for proposed exhibition space inside. Our thanks goes to New York State for investing in park infrastructure and education!

MULTI-USE TRAIL CON- STRUCTION IN STERLING FOREST: The Conservation Corps’ Palisades Crew will be in Sterling Forest State Park working on trail tread improvements along the McKeags and Redback trails. These will be multi use trails, so if you are a mountain biker, please consider coming out to volunteer!

UPPER NYACK TRAIL RELOCATION: The Long Distance Trails Crew will be continuing the project of relocating the Upper Nyack Trail at the foot of Hook Mountain in Rockland County this spring and sum- mer. They plan to be on the ground for three days every other weekend from spring onward. The work includes moving and setting rock, building crib wall and stone steps, excavating and laying soil for roadway, etc. All are welcome! No experience needed, training will be pro- vided. Contact Crew Chief Chris Reyling at chrisreyling@gmail.com.

VERKEERDORF/ KILLS TRAIL IMPROVEMENTS: Help rehab the Verkeerder- koff Trail in Sam’s Point Preserve by closing braided trails this summer.

WELCH TRAIL EDUCA- TION CENTER IMPROVE- MENTS: Our gratitude goes to the Valley Rock Inn and Mountain Club for their generous $100,000 donation to make the Welch Trail Ed- ucation Center in Harriman State Park the training cen- ter for our service members de- serve. Their donation match- es a gift from an anonymous donor who also believes in the power of supporting the next generation of conser- vation leaders. With this funding, we can make ur- gently needed improvements to accommodate 50 new Conservation Corps mem- bers in 2020. This support, and the education center it will enable us to build, helps us tackle large-scale projects, support volunteers, and put more advanced expertise to work on the ground.

NEW JERSEY

HASENCLEVER IRON TRAIL REOPENING: For National Trails Day, June 6, the Trail Conference will be working alongside the Friends of Long Pond Ironworks on reopening the historic Hasenclever Iron Trail. For years the trail has been closed, severed blazing trail connectivity between Long Pond Ironworks and Ringwood State Park. With the permission of Passaic County and New Jersey Department of Environ- mental Protection, we will be blazing a new route to allow hikers to once again follow this trail. Everyone is welcome to join in, whether they are new to blazing or an experienced trail builder!

MANATICUT POINT LOOP TRAIL/LAKE SONOMA IMPROVEMENTS: North- ern Norvin Green is a place of great natural beauty, and a hotspot for bird users and the popularity of nearby Wyanokie High Point. As in the past few years, the Trail Conference and MEVO Trail Crew will be collaborat- ing on improvements to the Manaticut Point Loop trail in northern Norvin Green. In particular, this year will focus on improv- ing the trail around Lake Sonoma and opening new vistas to that serene water body. Through workshops and work trips, volunteers will be invited to participate in this rewarding work.

RAMAPO RESERVATION TRAIL IMPROVEMENTS: The Conservation Corps’ Ramapo Crew will be working at Ramapo Valley County Reservation next to Trail Conference Head- quarters this year. They will be focusing their efforts on making improvements to the Pink Trail around Mac- Millan Reservoir, as well as continuing work along the Vista Loop Trail. The crew will be improving drainage, defining trail tread, and installing various stone trail structures.

TERRACE POND/ Abram S. Hewitt Loop Blaz- ing: Several New Jersey State Parks have already bene- fited from recent revisions to their longstanding trail networks, introducing new loops and connectivity op- tions to better suit the needs of hikers. This year, several
A ‘Cabin’ in the Woods

Have you ever dreamed of having a cabin in the woods? One where you can sit on the front porch enjoying a warm mug of tea, cocoa, or even an adult beverage while gazing into the fire? Lean back, let the presence of the forest overtake you. Listen to the soothing sounds of the nearby brook. Quietly look upward. The sky has transitioned from a deep purple to black, where your gaze falls on the first star in the evening sky. Your wish? To experience many more nights like this. Eventually, a chill sets in. You pour water on your face, allowing for the proverbial pebble tossed into a pond, creating ripples and another party is already served up. If you arrive on your first trip to show the shelter, you’ll be able to educate them on how to care for this unique wilderness resource. This simple act assures you become like a true caretaker, sharing your special spot with others, this might be new hiking opportunities alongside intuitive changes to help make confusing trail networking more enjoyable. Stay tuned as we roll these changes out.

REGIONAL

INVASIVE SPECIES DETECTION: As an Invasives Strike Force Crew volunteer, you’ll learn easy ways to identify a set of invasive plants commonly found along our trails, as well as how to record and report information about their locations. Not only will you learn how to ID invasives, but you will also learn how to use mobile apps to help identify many types of organisms you are seeing along your hike. It truly takes the hiking experience to a new level.

INVASIVE SPECIES REMOVAL: Our Invasives Strike Force Crew is made up of volunteers dedicated to protecting native habitats by removing invasive plants. We work throughout the region from the Delaware Water Gap to eastern Bergen County in New Jersey and from Orange County and Westchester County up to Dutchess County in New York. Anyone can participate in the crew. You don’t need to know anything about the plants, we provide you the job training! Just bring your work gloves and come help us make a real difference in the park you love.

RESTORE NATIVE HABITAT: Interested in gardening and landscaping? Join other like-minded volunteers to plant native species, remove weeds, and learn about some of the native plants in our region all while improving the value of our surrounding landscape for pollinators and wildlife at Trail Conference Headquarters in Mahwah, N.J. You can also take what you’ve learned and apply it to your own yard.

Dear Long Path,
On January 27, I fell in love with you. I set out to trek all 384 miles of your rugged and wild beauty not knowing exactly when or how I would complete the project. I made it a priority or so a NEED to wake up early on weekends, commute to the early morning commutes from the city to find transport up to reach you. But little did I know you would bless me with new friendships who wanted to help along my journey. You taught me to live in the moment, to fight through the pain and darkness to never be the same because you taught me to fight through the pain and darkness to never be the same because you taught me to be a stronger hiker and a even stronger. You taught me not only be a stronger hiker but a stronger woman. You taught me to know anything about the plants, we provide you the job training! Just bring your work gloves and come help us make a real difference in the park you love.

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On January 27, I fell in love with you. I set out to trek all 384 miles of your rugged and wild beauty not knowing exactly when or how I would complete the project. I made it a priority or so a NEED to wake up early on weekends, commute to the early morning commutes from the city to find transport up to reach you. But little did I know you would bless me with new friendships who wanted to help along my journey. You taught me to live in the moment, to fight through the mental pain I’ve been suffering from, that I am capable of completing anything I set out to reach. You made me frustrated at times with your relentless climbs and rather long road walks but never once did I want to quit, I wanted to see what you had in store for me next. What mostly came next was your breathtaking views, your views, terrain, wildlife and plants, the smiles and memories you gave me to cherish. I faced my biggest fear running into a black bear while solo and now I always hope to see another beautiful creature. You pushed me to make me stronger. You taught me to not only be a stronger hiker but a stronger woman. You taught me to fight through the pain and darkness to find the strength to move forward.

I pushed through 30 miles under 11 hours on Oct. 26 to cross the finish line after section-hiking on your stunning and wild beauty for over 10 months. I want you to know that I love you, I thank you, and I truly will never be the same because of you. Saying farewell to you is the hardest.

So I won’t say good-bye. I’ve become a trail maintainer of a 1.5-mile section of the Long Path through Gonzaga Park, and I couldn’t be more excited to give back to something that’s been a huge part of my life this last year. This trail still needs a lot of work, and I really hope to make this section more enjoyable for those who trek through the trail.

Love,
Alex
She was a true asset and will be missed. We are all stunned by the loss of such an active person but we take comfort in knowing that Peggy passed while doing something she loved outdoors.

**Doug Ott**

Douglas Ott, 77, passed away on Dec. 17, 2019. He was a founding member and advocate of the trailside activities, particularly in and around his home of West Milford, N.J. He and his wife Carolyn invested countless hours volunteering in their community, mainly with the Friends of the Library. Doug was recognized with the 2009 Mary B. Haase Life-time Volunteer Award, notably for his work on the local environmental commission. Employed at T&TE Defense in Nutley, N.J., from 1963 to 1989, Doug earned the President's Award and published an engineering book. An avid hiker, Doug, along with Carolyn and their daughters, logged miles on local trails and in Glacier National Park. He was a pleasure to know and will be missed.

### Resolve to Protect Nature and Inspire Adventure, Every Day

Have you joined the #TrailLove365 journey yet? This year, we’re asking our Trail Family to spread small acts of (trail) kindness. Every Friday in 2020, we are presenting a new challenge and celebrating the incredible spirit of this trail community. From picking up litter to cleaning your gear to supporting trailside businesses, the small steps we all take can have a big impact on protecting the outdoor spaces we share and love. Along the way, we’ll be sharing some of your stories to inspire others, like these stories from Instagrammers. Be part of the do-good adventure on Facebook, Instagram, and Twitter. Find details at bit.ly/it-traillove365.

1. **@Ruby_Top_of_the_Hills** and friends are picking up trash on their bikes. Pictured is their first find; by the end of the bike, they had a bag full of trash! Awesome work!

2. **Total Catskills** is working his way through his own list of trailside restaurants and having a grand time supporting local businesses.

3. For Valentine’s Day, @Trailologist encouraged others to be their favorite trail’s valentine by riding the frozen and dirt, and not adventuring during the thaw and mud.

### Running for Fun—And a Good Cause

Big thanks to Sassquatch Trail Running not only for being a great partner, but also for hosting fun trail running events for all paces and abilities. Sassquatch held the first annual Squatchy Onesie 5k Marathon on Feb. 15, which featured 83 runners between the ages of 7 and 87 who donned their warmest pajamas to participate in the race. Proceeds from the event went to supporting the Trail Conference mission. For more trail running fun, visit sassquatchtrailrunning.com.

### Hikers’ Directory

- **ADK Long Island**
  www.adkl.org

- **ADK Mid-Hudson Chapter**
  www.midthudsonadk.org

- **ADK Mohican Chapter**
  www.adkmohican.org

- **ADK New York Chapter**
  www.adkny.org

- **ADK North Jersey Ramapo Chapter**
  www.hudsonhikers.org

- **AMC Mohawk Hudson Chapter**
  www.amcmohawkhudson.org

- **AMC New York North Jersey Chapter**
  www.amc-ny.org

- **Black Rock Forest Inc.**
  www.blackrockforest.org

- **Boy Scout Troop B, Brooklyn**

- **Boy Scouts of America-Northern NJ Council**
  www.njbsa.org

- **Canal Society of New Jersey**
  www.canalsocietynj.org

- **Catskill 3500 Club**
  catskill3500club.org

- **Catskill Mountain Club**
  www.catskillmountainclub.org

- **Chinese Mountain Club of New York**
  www.cmcny.org

- **Closter Nature Center Association**
  winter.naturecenter.org

- **Dyke Hikes**
  www.meetup.com/Dyke-Hikes

- **East Hampton Trails Preservation Society**
  www.ehtps.org

- **Flat Rock Brook Nature Association**
  www.flatrockbrook.org

- **Friends of Garrett Mountain Reservation**
  friendsofgarrettmountain.blogspot.com

- **Friends of Pelham Bay Park**
  www.pelhambaypark.org

- **Friends of the Hackensack River Greenway in Teaneck**
  www.teaneckgreenway.org

- **Friends of the Old Croton Aqueduct, Inc.**
  aqueduct.org

- **Friends Of The Shawangunks**
  shawangunks.org

- **Hilltop Conservancy, Inc.**
  www.hilltopconservancy.org

- **Hunterdon Hiking Club**
  www.hunterdonhikingclub.org

- **Interstate Hiking Club**
  www.interstatehikingclub.org

- **Jolly Rovers Trail Crew Inc.**
  jollyrovers.org

- **Little Stony Point Citizens Association**
  www.littlestoneypoint.org

- **Long Path North Hiking Club**
  www.schoharie-conservation.org

- **Manitoga / The Russell Wright Design Center**

- **Monmouth Preserve**
  www.monmouthpreserve.org

- **Monmouth County Park System**
  Morris County Park Commission
  www.morrisparkspnj.com

- **Nassau Hiking and Outdoor Club**
  www.nassauhiking.com

- **The Nature Place Day Camp**
  thenatureplace.com

- **New Jersey Highlands Coalition**
  www.njhighlandscoalition.org

- **New Jersey Search and Rescue Inc.**
  www.njsar.org

- **New York Alpine Club**

- **New York Ramblers**
  www.nyramblers.com

- **The Outdoors Club, Inc.**
  outdoorsclubny.org

- **Palisades Parks Conservancy**
  Pine Hill Community Center
  www.pinehillcommunitycenter.org

- **Protect Our Wetlands, Water & Woods (POWNWW)**
  box292.bluehost.com/~pownww

- **Roch Lodge Club**
  www.rochlodge.com

- **RPH Cabin Volunteers**
  rphcabin.org

- **SAJ - Society for the Advancement of Judaism**
  www.saj.org

- **Salt Shakers Trail Running Club**
  www.saltshakersrun.com

- **Sierra Club Lower Hudson Group**
  www.sierriclub.org/atlantic/lower-hudson

- **Sierra Club Mid-Hudson Group**
  sierriclub.org/atlantic/mid-hudson

- **South Mountain Conservancy Inc.**
  www.somocon.org

- **Sundance Outdoor Adventure Society**
  meetup.com/Sundance-Outdoor-Adventure-Society

- **Teatown Lake Reservation**
  www.teatown.org

- **Tentativity Nature Center Association**
  www.tentativitynaturecenter.org

- **Thendara Mountain Club**
  www.thendaramountainclub.org

- **Town of Lewisboro**
  www.lewisboroops.com/parksrec

- **TriState Ramblers**
  www.tristateramblers.org

- **Urban Trail Conference, Inc.**
  www.urbantrail.org

- **Valley Stream Hiking Club**
  www.meetup.com/vshclub

- **Warren County Board of Recreation Commissioners**
  www.warrenparkspnj.org

- **Westchester Trails Association**
  www.westhike.org
The Gift of Generosity

ROBERT C. ROSS
TRAIL CONFERENCE
LIFE MEMBERS

Over the years, I’ve learned that generosity is paradoxical. By giving, I receive back, by spending myself for others’ wellbeing, I enhance my own wellbeing.

Even as a little kid, I was generous. In this picture I am 2, happy, eager to see what is going to happen next. I have a block in my hand, and my mom told me I wanted to give it to a little girl I heard crying in the next room in the hopes of cheering her up. I am truly blessed that instinct is alive and well in me today.

So it was with great interest that I read The Paradox of Generosity by Chris- tian Smith and Hilary Davidson. The book is a broad sociological study of a wide range of Amer- icans proving the scientific ba- sis that generosity really works.

First, the authors found that the more generous Amer- icans are, the more happiness, health, and purpose in life they enjoy. This association between generous practices and person- al well-being is high and high- ly consistent across a variety of types of generous practices and measures of well-being.

Second, they believe that generous practices actually create a positive feedback loop of well- being. Certain well-known, causal mechanisms explain to them the specific ways that generous practices shape posi- tive wellbeing outcomes.

Third, they argue that Americans talk about generosity confirms and illustrates the first two points because of the paradox of generos- ity is evident in the lives of Americans.

Despite all of this, it turns out that many Americans fail to live generous lives. A lot of Americans are indeed very generous—but even more are not. And so, the latter are de- pressed, by their lack of gener- osity, of the greater wellbeing that generous practices would likely afford them. This is the second paradox of generosity.

Many wise writers, pho- losophers, religious teachers, sages, and mystics have been teaching us about the paradox of generosity for thousands of years. What today’s empirical research can only confirm is what we might have known all along, had we trusted traditional teachers.

As Smith and Davidson write: “That, in brief, is the story of this book.” That leaves for each of us: “Will we live generous lives, or won’t we?” For me, the answer is sim- ple: It makes me very happy to not have to think about giving things away.

Kathleen served on the Aquatic Invasives Crew.

A Note to Our Future Corps Members

It is hard to put into words exactly what my Trail Con- ference Conservation Corps experience has meant to me. I believe it is an understatement to say that it is an opportunity that will only connect with nature.

Every day I wake up with a deep appreciation for the impact this has had on my character and my perspective of life. It is truly a unique ex- perience to not only connect with nature, but also to do so as your job! You will consider the devotion of like-minded in- dividuals, reflect on your past experiences with nature, and realize how hard work and perseverance it takes to care for the things you love. I have never been so immersed in a community before.

The experience has meant to me and the hardships I have faced, have become so much like family.

There are many things I love about this experience. To begin with, cabin life is not easy. However, if I could live at the Welch Trail Education Center year-round, I absolute- ly would! You will truly expe- rience the change of seasons, and although you will struggle staying warm at night in cooler temperatures, or wish you had 10 fans in a summer-

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The Impact of Trail Angels’ Forethought

For 100 years, the Trail Conference has been a vital, vibrant organization caring for our most densely populated region in the nation. We are grateful for the generosity of the volunteers and supporters who donate their time and resources to protect green- space in this region—the incredible generosity of the Trail Conference has been a vital, forever educational force. By joining the Trail Angel Society, you will ensure the Trail Conference’s future benefits from the philanthropy of our Trail Angels both now and in the future. For every intention form we receive, a generous donor will give the Trail Conference $500 to support our efforts today.

For further questions, please visit nynjtc.org/content/trail-angel-society or contact Membership and Development Director Don Weise at dweise@nynjtc.org or 201.512.9348 x813.

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Come Explore the ‘Living Laboratory’ of Black Rock Forest

Black Rock Forest in Cornwall, N.Y., features dramatic topography, numerous lakes and streams, and a high diversity of species and habitat, making it a valuable place for research opportunity as well as hikes. Located just north of Harriman and west of Storm King state parks, it functions as a 3,914-acre “living laboratory” dedicated to advancing the scientific understanding of the natural world through programs of research, education, and conservation. As a scientific field station that is also open to the public for use, Black Rock Forest is an incredible resource for exploring and learning about nature in the Hudson Valley.

The Scenic Trail on the west side of the forest is a 3½-mile trail wound through out-and-back hike option for moderate effort. Co-aligned with the Highlands Trail, it’s a 1½-mile (each way) trek that packs in a magnificent seasonal waterfall, diverse habitat, and views that stretch to the Catskills. It also features the work of the Trail Conference’s Hudson Nor’Westers Crew, who have remediated several wet and/or eroded areas of the trail over the years. You’ll find the trailhead on Old Mineral Springs Road, where there is pull-off parking for several cars. This road is owned and maintained by the town and clearly marks where parking ends. The Scenic Trail (white blazes): Highlands Trail (teal diamond blazes) hike start on an old woods road. Walk beyond the gate, and in just about a quarter mile, bear right to arrive at the Mineral Springs Waterfall—a lovely spot for both quiet meditation and a photo opp. Turn back 100 feet, and you’ll see the trail continuing to your right, up around the waterfall. You’ll also see trail black mesh fencing as you climb this section—a reminder that Black Rock Forest is an active research center. The fencing is in to place to keep deer out and encourage recovery of native species that have been trampled from overuse.

The trail skirts walls of rock as it climbs along the waterfall. Hikers are asked to remain on the trail and not venture near the falls to avoid both injury and the impacts of erosion. In an effort to create a safe experience and protect this trail that will last decades, the Hudson Nor’Westers Crew built a beautiful stone staircase along this section in 2019. Enjoy the view and the splendidly built trail, then continue your rolling ascent along the stream through hemlock groves, mountain laurel, and a young birch forest. Along the way you’ll encounter another handiwork of the Nor’Westers Crew in the form of two stepping stone bridges. In little time, Jupiter’s Boulder will appear to your left, marking the turnaround point for this hike. Pausing at this glacier erratic, enjoy the views of Schunnemunk Mountain to your right, the Shawangunk Ridge beyond it, and the Catskill Mountains rising in the distance. Soak in this opportunity to connect with nature, turn back, and follow the white and teal blazes back to the trailhead.

STELFER Map Update Features New Trails

Featuring several new trails and trail adjustments, a revised 8th edition of the Sterling Forest Trails map will be available soon. The map covers more than 175 miles of marked trails in Sterling Forest State Park and nearby parklands, including more than 18 miles each of the Appalachian Trail and Highlands Trail. All trails include detailed, junction-to-junction trail mileage numbers.

Sterling Forest Map Update Features New Trails

Featuring several new trails and trail adjustments, a revised 8th edition of the Sterling Forest Trails map will be available soon. The map covers more than 175 miles of marked trails in Sterling Forest State Park and nearby parklands, including more than 18 miles each of the Appalachian Trail and Highlands Trail. All trails include detailed, junction-to-junction trail mileage numbers. Twenty years ago, the Trail Conference published the 1st edition of the Sterling Forest Trails map as our very first digitally produced map. That map paved the way for much of the mapping work over the past two decades. The trail system in Sterling Forest State Park has changed significantly since 2000, and this revised, 8th edition includes the latest trail additions and relocations.

The most significant change is the addition of nearly 7 miles of newly constructed multi-use trails. These trails, including the Hutchinson and Munsec-Eagle trails, were built by one of the Trail Conference’s AmeriCorps crews with assistance from many volunteers, including those from local hiking groups JORBA and PMTB.

Important updates to the map include the addition and adjustment of several parking lots and the addition of newly protected lands, including those protected by the Trail Conference and Orange County Land Trust. Many other updates make this revised map a must-have for anyone looking to explore Sterling Forest State Park.

Additional map features include parking areas, scenic viewpoints, waterfalls, historical ruins, and other points of interest. The map front includes UTM gridlines. The map back includes detailed descriptions for most of the trails in the park. The Sterling Forest Trails map will be available in print format in vibrant color on our popular waterproof, tear-resistant Tyvek®, by shopping online at nynjtc.org, or by visiting our headquarters. It will also be available in digital format on Apple and Android devices through the Avenza Maps app. Learn more about our GPS-enhanced maps at nynjtc.org/pdfs/maps. Special thanks to volunteer project manager John Black and all the volunteers and park partners who helped create this map revision! This map was produced with support from Valley Rock Inn and Mountain Club.

Volunteers Wanted!

The beauty of Black Rock Forest remains accessible to the public thanks to the Trail Conference volunteers who care for its 27 miles of trails. If you’d like to be a part of the community that keeps this special place walkable for visitors, please consider adopting a trail to maintain! No experience is necessary; we’ll teach you everything you need to know about keeping a trail in good repair. Find out how to get involved by emailing volunteer@nynjtc.org.