Volunteers Break Trail Conference Record for Service Hours Donated

The Trail Conference volunteers generously give their time to build, protect, and promote access to nature. Whether it’s a few hours welcoming visitors at our new headquarters or entire weekends creating a new hiking path, their efforts make accomplishing the Trail Conference mission possible. Our volunteers always answer the call, but something unprecedented happened last year: In 2016, these selfless people gave a whopping 93,214 hours of their time. That’s a Trail Conference record!

Volunteers from Columbia Business School and Buffalo State University joined our efforts in relocating and rebuilding the Appalachian Trail on Bear Mountain. Students from Ramapo College and employees from UPS made trails more sustainable in the Ramapo Valley County Reservation and other parks in New Jersey. And our 909 volunteer maintainers from across the region continue to keep more than 2,000 miles of trails open and safe.

We feel like climbing Bald Mountain next to our new HQ here in Mahwah and shouting, “Thank you!”

Newer crews, like the Long Distance Trail crew, relocated the Long Path on Ramser Mountain in the Catskills, while our Backcountry Trails Conservation Corps working in Palisades and Sterling Forest State Parks made significant contributions to improving these popular recreation areas. And then there’s the West Hudson South Crew, which continues to be a mainstay in Harriman State Park, rehabilitating some of the most popular trails in New York State.

Award-winning volunteers like Kay Cynamon from the Publications Committee donated their expertise to GPS-ing and researching trails for the first digitally produced edition of the South Taconic Trails map. Members of our Conservation Committee helped score big wins for green space protection, including aiding in the preservation of a tract of land in Chester, N.Y., that improves the Highlands Trail experience. And volunteer Alice Luddington-Cantor and others spent countless hours ensuring that our dreams of moving into the Darlington Schoolhouse became a reality this spring.

Our volunteers really go above and beyond. That’s why we feel like climbing Bald Mountain next to our new HQ here in Mahwah and shouting “thank you” for hikers everywhere to hear. Those two words can’t be said enough.

Congratulations for accomplishing so much in 2014 and THANK YOU for all the work already completed in 2015!

AmeriCorps member Joe Knight taught volunteers from the Groundwork Hudson Green Team about crib wall techniques last summer.

3,214 total service hours in 2014 performed by 1,740 volunteers

Summit Steward Program Launches in Catskill Park

The New York-New Jersey Trail Conference and New York State Department of Environmental Conservation (DEC) in collaboration with the Catskill 3500 Club launched a seasonal Summit Steward Program in the Catskill Park in June. The 2015 pilot program focuses on Slide Mountain, the Catskills’ highest summit and one of its most popular destinations.

The Summit Stewards, hired and managed by the Trail Conference and supported by a generous gift from the Catskill 3500 Club, spend weekends from the start of summer through Columbus Day at the top of Slide Mountain. The Stewards are trained in Leave No Trace backcountry ethics and educated about fragile summit elevation environment and the history and importance of the Catskill Park and Forest Preserve. They greet informants, and assist the public, as well as help DEC Forest Rangers respond to emergencies in the area.

“We take our role as a hiking group devoted not only to visiting, but also protecting the Catskills summits very seriously,” said Jim Bouton, Chair of the Catskill 3500 Club’s Summit Stewardship Committee. “We hope that this program not only succeeds but is replicated at other Catskills peaks in the future.”

The restoration of the Darlington Schoolhouse as the New York-New Jersey Trail Conference’s new headquarters wasn’t just an incredible achievement for the organization—it was a huge historic preservation win for the local community of Mahwah, Bergen County, and for the state of New Jersey. In recognition of this accomplishment, the Trail Conference received two awards in 2015 acknowledging its outstanding planning, execution, and repurposing of the 124-year-old landmark: the Bergen County Historic Preservation Award for adaptive use and one of 10 prestigious New Jersey Historic Preservation awards.

Key to receiving the awards was the Trail Conference meeting its three main objectives in the restoration project: to preserve and return to active use the Darlington Schoolhouse, to minimize the environmental cost of the headquarters in construction and operation, and to create a convenient workplace that is enjoyable for employer, volunteers, and visitors. Volunteer Alice Luddington-Cantor, who helps manage the grants given to the Trail Conference for work on the schoolhouse, nominated the organization for the state award.

Both awards were presented to the Trail Conference in May as part of National Preservation Month. Board Chair Chris Connolly, Membership and Development Director Don Weiss, Membership and Development Manager Jennifer Easterbrook, and volunteers Raggi Caramello and Pete Heckler represented the Trail Conference at the Bergen County ceremony, hosted by the Bergen County Division of Cultural and Historic Affairs and Historic Preservation Advisory Board, on May 7 at the Varick Memorial A.M.E. Zion Church of Hackensack. Trail Conference Executive Director Edward Goodell accepted the state award, presented by the NJ State Historic Preservation Office in the Department of Environmental Protection.

continued on page 10

STOP THE SPREAD

The fight against invasive species starts with you and a boot brush.

READ MORE ON PAGE 11

THE HARRIMAN CORRIDOR

It’s not so far-fetched to imagine towns on the park’s west side as a tourist destination.

READ MORE ON PAGE 9

TRAILWALKER

Summer 2015
New York-New Jersey Trail Conference—Connecting People with Nature since 1920
www.nynjtc.org

VOLUME XLII, NUMBER 3
ISSN 0749-1352
Summer 2015

Elected officials attended the groundbreaking of the Catskill Interpretive Center in September 2014. After decades of planning, the Trail Conference and other regional partners are eagerly preparing for the grand opening of the Maurice D. Hinchey Catskill Interpretive Center (CIC) this July. Retired Congressman Maurice D. Hinchey championed the center from his time as the region’s representative in the New York State Assembly. The CIC will provide information to visitors to the 700,000-acre Catskill Park, New York City’s one million-acre Catskill/Delaware drinking watershed, and ways to recreate and enjoy these treasured natural resources.

The CIC will be managed by the Catskill Conference and will be staffed through a partnership including the Trail Conference, Catskill Mountain Club, Ulster County Tourism, and Catskill Mountainkeeper. The Trail Conference has committed to providing staff at the CIC at least two days a week.

Long-Awaited Catskill Interpretive Center Set to Open in July

Board, Delegate Nominations for 2015

The Nominations Committee of the Trail Conference presents the following candidates for the Board of Directors for three-year terms and Delegates-at-Large for one-year terms. These nominations will be voted on at the Annual Meeting to be held on October 22, 2015, at the Trail Conference headquarters (600 Ramapo Valley Road, Mahwah, N.J.).

For Board of Directors

Christopher Connelly
Chris, of Tenafly, N.J., joined the board in 2005. A Trail Conference Life Member, Chris is completing five years as board chair and is leading implementation of the restructuring of the trail committees. He is trail supervisor, N.J. Palisades; conservation chair for the North Jersey-Ramapo chapter of the Adirondack Mountain Club; member, New Hampshire 4000 Footer Club; a Long Island city-educator; and on the administrative council of the Palisades Nature Association.

Gaylord Holmes
Gaylord, of Irvington, N.Y., joined the board in 2009. He chairs the Strategic Planning Committee and co-led the steering committee on the restructuring of the trail committees. Gaylord is a trail maintainer and is a member of the board of directors of the Greater Irvington Land Trust. Gaylord is a graduate of the University of North Carolina-Chapel Hill. Gaylord earned an MBA at the University of Virginia. Gaylord is a former director, Global Aviation, Citibank in New York, with prior assignments to London and Tokyo.

David P. Stuhrl
Dave, of Ho-Ho-Kus, N.J., is a Trail Conference Life Member and, since 1973, an active Boy Scout leader. As an advisor to the Order of the Arrow he helped develop the Palisades Historic Trail that includes portions of the Shore Trail and the Long Path. Dave joined the board in 2011 and chairs the audit committee. Dave has been a member of the faculty of Business at Northern University and has several administrative positions, most recently associate vice president for academic affairs. He retired in 2011, but continues on a part-time basis as senior faculty advisor and emeritus associate professor of finance and economics.

Suzan Gordon
Suzan, of Tenafly, N.J., joined the board in 2013 and is a Trail Conference Life Member with an extensive history of volunteer service on the board with the North Jersey-Ramapo chapter of the Adirondack Mountain Club. She served many years as co-supervisor in Steelcase, New Jersey, where Jeff earned his master's degree in special education from Temple University and taught special education for more than 20 years. Suzan is an adjunct professor at William Paterson College.

Jeffrey Senterman
Jeff, of Plate Clove, N.Y., joined the Trail Conference staff in 2011, taking on the then-new position of program coordinator for the Catskill region; in 2013 Jeff was named Senior Program Coordinator. In addition to bringing environmental programming to his post, Jeff has a lifetime of experience as a trail volunteer under the tutelage of his father, longtime Catskill Trail Chair Pete Senterman. On July 1, Jeff will leave Trail Conference employment to become the Associate Director of the Catskill Center.

Delegates-at-Large

Therine Allen
Paul Makas
Mary Moss
Cliff Berkhold
Karrn Rose
Norman Blumentstein
Robert Ross
Jane Char
dick Rosenthal
Jack Dreiler
Mellissa Sarnbon
Harvey Feinman
Frank Schiff
Bob Sear
Pete Hickler
Douglass Sohn
Bill Hamill
Daniel Van Engel
Bab Lohman
Robert Ward
Mark Liss

NOTICE OF PROPOSED BYLAW AMENDMENTS

Proposed amendments to the bylaws of the New York-New Jersey Trail Conference will be found at mync.org/bylaws. This proposal has been submitted for adoption at the regular Meeting on September 22, 2015.

NOTICE OF REGULAR MEETING

The Board of Directors of the New York-New Jersey Trail Conference has called a Regular Meeting to take place Thursday, October 22, 2015, at 7:00 p.m. at the Trail Conference headquarters, 600 Ramapo Valley Road in Mahwah, N.J.

The Trail Conference’s 2015 Breakneck Ridge Trail Stewards have been stationed along the “most popular trail in North America” since May, eager to equip visitors with safe information on how to safely hike, hiking etiquette, suggested trail routes, and ways to recreate and enjoy these resources.

If you’re planning a trip to Breakneck on Saturday, 1,141 on Sunday, and 1,111 on Monday for a total of 4,277 Breakneck visitors. That’s nearly double the number of hikers at the popular trailhead compared to the same weekend last year!

Trail Stewards Return for Another Season of Helping Hikers on Breakneck Ridge
Summ er 2015 Page 3

TRAIL WALKER

Why Membership Matters

Members of the Trail Conference form a solid foundation upon which our volun-
teers and staff secure, and develop, and protect more than 2,000 miles of hiking trails and open space preserves. When it’s time to renew your Trail Conference membership, you’ll notice basic dues are increasing by $10 starting in July. This is our first increase in eight years, and the new amount will be still lower than all of our peer organizations. However, I certainly recognize that hardly anyone likes to see costs go up. With that in mind, it’s time to remember why membership is so vital to our mission.

Membership inspires our 1,740 volun-
teers (and their 93,000-plus volunteer hours!) to keep the trails safe and outdoor experiences enjoyable. The efforts of our volunteers convert every dollar contributed into $3 worth of results. Their “no-sweat” work ethic is just an act—there’s plenty of sweat on the trails, and at our head-
quarters, too.

Your membership allows our staff the ability to organize, mobilize, and educate the responsible use of the trails. That’s why membership will be a high priority in their lives. I believe our relationship with nature will be the defining challenge for humanity over the next century, and I want to make a positive impact today.

Membership inspires our volunteers to keep the trails safe and outdoor experiences enjoyable.

Other people value their Trail Conference membership for different reasons. I recently took an informal poll asking why membership matters and got these responses:

• “When I get a chance to get out, I know that I can depend on good informa-
tion about where to go and, more likely than not, the destination will feature well-
maintained and very enjoyable trail networks. Having 2,000 miles of trails available at my fingertips in this region… it’s priceless.”

• “We should take better care of our remaining forests and open space, but it is hard to make a difference on my own. My membership in the Trail Conference allows me to join with others to support state park budgets and keep casinos out.”

• “T he discounts for Trail Confer-
ence members at area stores. A 10% discount on just one purchase can pay for membership all year long. Kind of makes me feel greedy and charitable at the same time.”

• “There must be millions of people who’ve enjoyed these trails over the years. We all need to do our part in keeping them going. This is an easy and inexpensive way for me to give back.”

Whatever your rationale for being a member, I want to thank you for joining in this endeavor. Our maps may show us the trails that are the gateway to nature, but our members are the thieves that guide us.

—Edward Goodell
Executive Director
goodell@nynjtc.org

TRAIL NEWS ROUNDUP

First Responders Thanked for Controlling Hunter Mt. Wildfire

The first responders who controlled a number of forest fires throughout the Catskill region this spring, including a blaze on Hunter Mountain that burned roughly 2,600 acres, are officially thanked for their efforts by the newly chartered Catskill Park Advisory Committee (CPAC) in May.

“In response to one of the largest forest fires in the Catskills in recent memory, the New York State Department of Environmental Conservation Forest Rangers, State Police, and the many, many volun-
teers from local fire departments deserve a huge amount of gratitude for their efforts,” said Jeff Senterman, Committee Chair. The fire began on Heavenly Valley Road off Route 214 in Lanesville on May 7. Trails in the area were reopened by the end of May.

Catskill Park Coalition Secures $500K for Catskill Region

Through the leadership efforts of New York State Senator Steve Seward and George Amendedo, the Trail Conference and the Catskill Park Coalition (CPC) are pleased to announce on July 1st, a $500,000 grant in this year’s New York State budget to promote economic growth and preservation
measures for the Catskill Park. This particular funding for the park was the primary request of the coalition’s annual lobby day, Catskill Park Awareness Day.

The line item for the Catskill Park will be used for comprehensive planning, land acquisition, stewardship, and a grant pro-
gram for small businesses.

AMC to Open New Camp in Harriman

The Trail Conference is delighted that one of its founding members, the Appalachian Mountain Club (AMC), has been awarded a new program center at Harriman State Park in summer 2016. AMC will be renovating a former youth camp on Breakneck Pond and offering group pro-
grams such as hiking, paddling, and camping. Numerous AMC groups will use the center, including AMC-lead youth outdoor education and leadership programs as well as chapter-led programs open to the general public.

AMC already maintains 90 miles of trails as a Trail Conference member club. With this increased presence in Harriman and Bear Mountain, AMC expects to increase its trail stewardship efforts through the Trail Conference umbrella. We welcome the help and look forward to continuing our long and productive relationship.

Save the Date! Catskills Volunteer Appreciation Picnic and Lark in the Park

The Catskills Volunteer Apprecia-
tion Picnic will be held Saturday, from 11:30 a.m. to 4 p.m. at the soon-to-be-opened Catskill Interpretive Center in Westmoreland. Since its
inception in 2004, the Lark has brought together people and organizations participating in hundreds of events aimed at celebrating and heightening awareness of the Catskill Mountains region of New York State and the Catskill Park. Activities annually include organized hikes, wildlife programs, paddles, service, and cultural and educational events. The coordination of this event is managed through a partnership between the New York-New Jersey Appalachian Mountain Club, The Catskill Center, and the New York State Department of Environmental Conservation. For updates on this year’s event, visit catskilllark.org.

PEOPLE FOR TRAILS

Raina Stoubtenburg
New Rochelle, N.Y.

Raina Stoubtenburg spent the summer of 2011 working for the Trail Conference trail crew through AmeriCorps. That fall she joined the Trail Conference for a profession but missed doing trail work; so she started helping out trail crews on the weekends. That’s when a friend told her that the Trail Conference was looking for a volunteer who was very dedicated to keeping our trails well-maintained and very enjoyable trail

What was the first project you took on in your new role? I started at Cranberry Lake by helping Danniela Ciatto, the curator there. She was very supportive. I went there in early spring to fix a step on a bird observation tower and to get to know the trails and their needs. I found some areas that needed new trail markers and some downed trees that would need a chainsaw to remove.

Why is the position a good fit for you? It’s nice being able to make decisions and solutions for trails, as well as doing some of the trail work. While part of my job is to make sure the maintainers do their jobs and hand in their paperwork, I also need to get suggestions, do repairs, and work with the staff at each park to maintain and improve the trails. From getting a chance to build and fix beautiful trails, to getting to work outdoors, to getting to spend my time with some great people, there were so many reasons to love working on the trails.

We’re still looking for trail maintainers in this region. If you’re interested, please contact Volunteer Coordinator John Leeski at jleeski@nynjtc.org, 201.512.9348 x22.
TRAIL CONFERENCE SUPPORTERS

DONORS TO THE DARLINGTON SCHOOLHOUSE FUND
February 7 - May 7, 2015

In Memoriam
A Tribute to Judy Weisner
By Judy Kossower

On Jan. 2, 2015, Judy Weisner of Cliffside Park, N.J., passed away after fighting a difficult battle with lung cancer. However, Judy had a zest for life that for even cancer could not touch.

When I think about my friend, several words are most explicit in describing her: courageous, energetic, humble, and indelible. Whether Judy was working—she was a translator for the United Nations and a private individual—she always talked ESL, hiking, or traveling, these words describe her. She excelled in all of her endeavors and she loved what she did.

Whether Judy was working, hiking, biking, or traveling... she excelled in all of her endeavors and she loved what she did.

Judy was an incredible hiker, going on long hikes for miles. Eventually she also became a hiker, and a very good one, as she belonged to the Cardkill 550 Club. Judy was a life member of the New York-New Jersey Trail Conference and for a time served as the 550 Club’s Trail Conference Chair. Judy was a great wanderer, a fast and frequent participant in the Wednesday Hiking group around Harriett

morn State Park, meeting many friends over the years on the trails.

Because Judy spoke so many languages so well, she enjoyed traveling to foreign countries, whether it was for work or for pleasure. She lived in Israel for a while, spent a summer in Poland, and made numerous trips to France. She also combined her love of hiking with her language skills, and in one year went on four hiking trips with her friend Ellen Blumenkrantz, several of which were international. How she enjoyed those trips!

This past Thanksgiving Judy came out to East Hampton to spend the holiday with her husband Jack and I. The three of us had a wonderful time together. We even did some hiking, as Judy wanted to get back into it. She wrote me a postcard from her trip hiking with her friend Ellen Blumenkrantz about our wonderful Thanksgiving weekend at the Hamptons. It was really great.

Thank you, Judy, for being a rich place for all of her friends.

Rita Heckler

The Trail Conference recognizes with great sadness the passing of Rita M. Heckler (nee Apino) of Wanaque, N.J., on April 3, 2015. Rita was born in Bronx, N.Y., and lived in New Jersey for a time. She met and married her husband Peter in New Jersey. She was a strong supporter of the Trail Conference, an active, and close member of our group. Rita was an avid hiker, member, volunteers, and supporters of the Trail Conference, as well as members of the Intermediate Hiking Club. Rita served as the executive coordinator and pacekeeper at many Trail Conference events.

Rita worked for Con Edison of New York for 24 years before retiring in 1995. She was a parishioner of St. Francis R.C. Church in Haskell, N.J.

DONORS TO THE ANNUAL FUND


TRIBUTES

In memory of Bob Lyons
In memory of Victoria Hiking Club, NJ 1995
In memory of Jonny Benfield
In memory of John F. Kehoe
In memory of Sid & Betty Gehr
In memory of Glenn and Anna Gellens
In memory of John & Martha Gellens
In memory of Jordan Blankenbiller
In memory of Joan Ehrenfeld
In memory of Judi Gellar
In memory of Mark Hageman
In memory of Rita M. Heckler
In memory of Jordan Blankenbiller
In honor of Tapestry Hiking Club

5% Day Benefits Trail Conference

Whole Foods Market recently invited the Trail Conference to take part in one of its community giving days, known as a 5% Day. Trail Conference representatives deployed to the Paramus, Ridgewood, and Edgewater Whole Foods Markets on April 8 to engage and educate shoppers about the Trail Conference mission of connecting people to nature and the three percent of the day’s net profits from each of these stores was then earmarked to support Trail Conference programs. It was a great honor to be chosen for a Whole Foods 5% Day this year and to be recognized in the communities where we work. We thank Whole Foods Market for this wonderful opportunity and for the generous contributions of $17,427.84 from our neighbors and friends who shop there.

We thank the generosity of the following organizations, the Trail Conference, and our partners for supporting our mission throughout the region.

REI

A $20,000 grant from REI will support the work of the Trail Conference’s Long Path/Shawangunk Ridge Trail Spike program on projects throughout Sullivan and Ulster counties in New York State. Appalachian Trail conservators and volunteers will use sustainable trail-building techniques to create, maintain, and improve sections of trail along the Long Path and SRT.

Conservation Partnership Program

The Trail Conference will work toward creating a greenway that will provide a protected corridor extending from Orange County’s Pequest State Forest east State Park, Goose Pond Mountain State Park, Schunnemunk Mountain State Park, Black Rock Forest, and Storm King State Park. This work has been made possible by a $20,000 grant from the Land Trust Alliance through funding by New York State and federal partners.

The Dyson Foundation

In support of Carlow Canal Centennial Trail Project, the Trail Conference will maintain both a full-time and part-time regional coordinator to manage volunteers and work closely with state and municipal agencies, chambers of commerce, and community groups to enhance, promote, and advocate for open space. This work has been made possible by a $50,000 grant from the Dyson Foundation. The Trail Conference program is designed to spur local economic development by making public open space more accessible and appealing, and by engaging local residents in the stewardship of the Catskill Mountain Region’s trails.

The Peter and Carmencita Lucia Buck Foundation

In memory of Jordan Blankenbiller
In honor of Tapestry Hiking Club

IN MEMORIAM

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Tributes

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

CORPORATE, FOUNDATION & OTHER DONORS


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TRAIL CONFERENCE SUPPORTERS

The Trail Conference received $107K in Grants to Build and Improve Trails in Our Area.

Our work in the Catskills is funded in part by a grant from the Dyson Foundation.

The Peter and Carmencita Lucia Buck Foundation

The Trail Conference was awarded $15,000 from the PCLB Foundation to create and host a series of specialized Trail U workshops to support the needs of land trusts in New York State. With their support, we will collaborate with the Meadow Preserve to design and present workshops to assist their needs for volunteer recruitment and training, invasive species management and control, design and construction of kiosks and signage, trail inventory and assessment, and other pertinent workshops.

TRAIL WALKER

Summer 2015

Page 4

TRAIL WALKER

Summer 2015

Page 4
**Trailing Conference Officially Opens Headquarters; Raises Over $36K During Ribbon-Cutting Challenge**

Local officials and neighbors joined Trail Conference staff and volunteers in celebrating the official opening of the organization’s headquarters at Darlington Schoolhouse.

On April 7, the New York-New Jersey Trail Conference officially opened our new headquarters at the Darlington Schoolhouse in Mahwah, N.J., with a ribbon-cutting ceremony. The celebration merging the 124-year-old schoolhouse and the 95-year-old Trail Conference allowed us to introduce the organization to the local community in a way never before possible. As we breathe new life into this beloved historic landmark, we’re looking forward to serving our neighbors in exciting new ways—from providing maps and information about the adjacent Ramapo Valley County Reservation, to hosting a new 5K race with the Mahwah Regional Chamber of Commerce.

In honor of this important moment in the Trail Conference’s history, an anonymous donor pledged to match fifty cents to every dollar donated to the organization by April 10. Thanks to this generous act, $36,105 was raised during our Ribbon-Cutting Challenge to build trails, maintain trails, and help people use trails. Thank you all for your support!

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**Events at Our HQ**

**Join Us for a Grand Opening Celebration**

This fall, we’re having a party! Join the Trail Conference on Saturday, September 12, as we celebrate our first trail season in our new office at the historic Darlington Schoolhouse. This Grand Opening is a public event that will feature guided tours, hikes, and fun at our headquarters. As we ring in our 95th year of service, come enjoy our beautiful facility. We absolutely could not have gotten this far without the support of our members and supporters like you!

**Join the Trail Conference as We Celebrate Our Volunteers Nov. 7**

The Trail Conference depends upon our valued group of dedicated volunteers to accomplish our mission. On Saturday, November 7, from 1 p.m. to 6:15 p.m., we will salute some of these wonderful members who have done exceptional work. We are planning an afternoon of workshops, presentations, and a reception at our Celebrating Our Volunteers event. The list of topics and speakers is being developed, but workshops may include: cartography, trail design, medical tips, GPS/map and compass, invasive species, natural or local history, and ways to run an outreach table.

The afternoon will also provide an opportunity for members to visit the new Trail Conference headquarters at the Darlington Schoolhouse. Advance registration is required, there is a $10 registration fee, and space is limited to 100 members.

Sign up for our digital newsletters, E-Bulletin, and check nynjtc.org throughout the summer for updates about both events, which will be held at our new headquarters at 600 Ramapo Valley Road in Mahwah, N.J.

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**Get the New Ramapo Valley County Reservation Map**

In conjunction with the opening of our new headquarters at the Darlington Schoolhouse, the Trail Conference has produced an updated map of Ramapo Valley County Reservation. The Reservation is directly adjacent to the new headquarters and contains more than 17 miles of marked trails, with many trails continuing into neighboring state and county parkland.

The new map prominently identifies our Trail Conference headquarters, features the new pink-blazed Reservoir Loop, which has been put in place by our trail crews over the past two years, and includes a detailed inset of the area around our headquarters and the Reservation entrance.

The map is available in a variety of formats, including:
- Water-resistant/tear-resistant paper map at our headquarters store
- Free download on our website (nynjtc.org/view/maps)
- Free app map on Apple and Android devices through the PDF Maps app (nynjtc.org/pdfmaps)

So when you’re heading out to the Ramapo Reservation, be sure to visit the store at our new headquarters and ask about this great map.

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**Volunteers Share “Trail Magic” During Office Move**

By Melissa McCutcheon

Many hikers are familiar with the term “trail magic,” the serendipitous acts of kindness usually expressed toward thru-hikers. But did you know these kinds of selfless acts happen right here in the Trail Conference offices as well? It’s an incredible thing to experience! A donor or volunteer will step up from seemingly out of nowhere and offer a gift that saves the day. In fact, as an organization, we work day-to-day with this spirit of trust, knowing that if we are doing good work, good people will join in and support us.

Volunteers Kevin Foster and Patricia Watson stole the show during the move.

That magic happened in a big way this March, when we faced the daunting task of moving our offices. Our phones began ringing off the hook with volunteers wanting to help pack, purge, clean, gather, organize, and otherwise lend a hand in any way they could. As usual, volunteers led the charge to best utilize our storage space, dismantle the library, or shop for high-efficiency appliances. Volunteers Kevin Foster and Patricia Watson really stole the show, gladly and generously offering the exact professional expertise we needed to organize, upgrade, and relocate all of our files and systems. Patricia took ownership of organizing through our archival materials, much of which hadn’t been touched since our last move out of NYC over a decade ago. Kevin was invaluable technologically and logistically as acting coordinator of all the different processes and people involved.

It all worked out—and we finally moved into our beautiful offices at the Darlington Schoolhouse. Call it inspiration, blessing, karma, or luck, but the Trail Conference absolutely relies on it! Come visit us at our new headquarters and maybe give or receive a little magic of your own.

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**Racing for Trails: Inaugural MRCC/Trail Conference 5K a Success**

The first annual Mahwah Regional Chamber of Commerce/ New York-New Jersey Trail Conference 5K Race & 1.5 Mile Walk was held Sunday, May 17, at the Trail Conference headquarters. The race, which toured the local neighborhood and followed trails through the scenic Ramapo Valley County Reservation, was a great way to introduce the work of the Trail Conference to the local community. “We had much greater participation than expected—over 280 runners and walkers and many generous sponsors,” said Trail Conference Membership and Development Director Don Weise, who coordinat ed the event. “Thanks to MRCC and all the volunteers and staff who made this a success.” Proceeds from the event benefited both the Trail Conference and the MRCC.
People for Trails. Trails for People.
A quarterly look at some of what we have been doing to improve public access to nature.

Corporate Volunteer Groups Ditch the Cubicle to Give Back to Trails

On a warm, sunny day in mid-May, 10 Viacom employees abandoned their cubicles in Midtown Manhattan for the tranquil hiking paths of Bear Mountain State Park. But these coworkers weren’t playing hooky, and this outing wasn’t your average office outing. “You can get away from the office and see something you don’t see there every day,” said Viacom volunteer Joyeux Noel of Brooklyn, who is the supervising producer for LOGO Creative at MTV Networks. Noel regularly hikes through Hudson Highlands and Fahnstock State Parks, but didn’t realize volunteer trail crews are often the ones tackling projects such as this A.T. relocation. “It’s nice to give back,” she said.

Rosa Cohen, director of transmission and broadcast services for Viacom and a LDTC member, organized the volunteer outing. “The entire crew was impressed by the enthusiasm of the group and the amount of work they accomplished,” said Crew Leader Bob Fuller. “We enjoyed the opportunity to rekindle the trail-building skills and techniques. Several Viacom volunteers expressed interest in coming out with the crew again, and we hope to see them soon.”

It’s not uncommon for corporations to partner with the Trail Conference as a means for their employees to give back to the community. United Water workers recently helped improve trails in the Ramapo Valley Conservation Reserve, while twice a year Aon employees join our volunteer efforts in refurbishing and reblazing neglected trail sections on the Long Path and other trails in Harriman and Sterling Forest State Parks. (Aon’s return donation of $3,000 to help build bridges and perform other trail maintenance.)

From Sterling Forest to the SRT, the 2015 Conservation Corps Crews Improve Trails

Members of the Trail Conference’s 2015 Conservation Corps trail crews began training in May and are hard at work building and improving trails throughout the region all summer long. Here’s what they’re up to and where you can find—and join!—them on the trails this season.

The Megalithic Trail Crew
nyntjc.org/bearmtntrails
The Megalithic Trail Crew has six AmeriCorps members serving on the Bear Mountain Trails Project (BMTP) in 2015. Joseph Knight, Elle Pelletier, Kevin Stemery, Jessica Lavooy, Amanda Finley, and Michael Betros. They kicked off their season on the Upper East Face relocation of the Appalachian Trail (A.T.) on Bear Mountain, which is expected to be 60% complete by July. They will then move down to the Trails for People Interpretive Exhibit on the A.T. near the Bear Mountain Inn. The crew will finish this project by late fall, transforming the area into an educational plaza.

Long Path/Shawangunk Ridge Trail Crew
nyntjc.org/content/long-path-shawangunk-ridge-trail-crew
The Long Path/Shawangunk Ridge Trail Spike Crew’s AmeriCorps members—Stephen Baja, Lily Hurley, Christopher Wilson, and Porter Fitch—are working on trail projects throughout Sullivan and Ulster counties in New York State. The crew lives in tents, cooks under a kitchen tarp, and hikes to the worksite each day. Project sites include: the Mine Hole Trail, where sections of the footpath flood heavily in wet seasons; the South Gully Trail, which needs a quarter mile of sidehilling to provide erosion control; and sections of the Shawangunk Ridge Trail (SRT) south of Ferguson Road to manage flooding and erosion. In Huckleberry Ridge State Forest, the crew hopes to extend the Lenape Ridge Trail to connect to a new parking lot and build an additional mile of the SRT. You can find the LPSRT crew at work through July.

Invasives Strike Force
nyntjc.org/isfsummercrew
The Invasives Strike Force (ISF) Summer Crew AmeriCorps member—Shelby Timm, Cody Mendoza, Justin Dennis, and Brian Migliorino—help plan and lead the ISF’s Summer camp for Regional Invasive Species Management’s (PRISM) early detection species response team for invasive plants that are new to the area. The team will work in 17 parks in nine counties.
Ramapo Trail Crew Teams Up with MEVO to Form the Ramapo Earth Crew

By Peter Dolan, New Jersey Program Coordinator

This spring, the Trail Conference and the Mahwah Environmental Volunteers Organization (MEVO) have teamed up to create the Ramapo Earth Crew, a partnership that combines our trailbuilding experience and resources with MEVO’s strong youth volunteer presence. This new crew merges the Trail Conference’s Ramapo Trail Crew with MEVO’s Earth Crew. The Ramapo Trail Crew started in 2014 as a means to engage students from the near-by Ramapo College, giving young recruits a chance to work side-by-side with Trail Conference veterans. Through project-based workshops, trips outings, and corporate partner volunteer days, over 1,000 hours of training and work were completed by the crew—about 650 hours of which were from Ramapo College students.

MEVO was founded in the summer of 2008 by a group of nature-loving teenagers to promote sustainability in local communities. They plant trees, clean up polluted areas, rehabilitate soil erosion, promote natural farming, and more. MEVO also has a history with the Trail Conference, as Executive Director Eric Ficht-Stengel was himself a Bear Mountain trail builder.

After discovering that some volunteers’ time was split between MEVO and Trail Conference projects, the organizations agreed that merging the crews was the best way forward. The new Ramapo Earth Crew has an exciting calendar of diverse trailwork trips lined up for the summer, including non-trail volunteer projects and social events. Join the crew’s Facebook group (facebook.com/groups/RamapoTrailCrew/) or find upcoming events at nynjtc.org/conten/ramapo-earth-crew.

No Matter What Nature Has in Store, the Catskill Conservation Corps Gets the Job Done

By Heather Roland, Assistant Catskill Program Coordinator

We at the Catskill Conservation Corps have been working hard planning and organizing events, work trips, projects, and workshops. We’ve also been learning a lot as we forge ahead. Here are a few of the lessons we’ve learned.

Lesson 1: Be Flexible! We used expert sources to schedule our knotweed event, discussing with experienced folks what this invasive species would most likely be at the ideal height. The deep snow and lingering cold meant that the knotweed didn’t emerge until much later than expected, forcing us to reschedule the work trip.

Lesson 2: Build in “slack” time! From the late winter to a snowy Mt. Hunter Mountain, unforeseen circumstances forced the rescheduling of several events, which meant we needed to move around other work trips. But we had scheduled events every weekend for almost a month straight, and the calendar looked totally booked. Though some wonderful flexibility on the part of the DEC staff, we’ve benefited greatly from this experience. We have to keep in mind that we’re working in the great outdoors and have to plan accordingly. Even with careful planning, we can find ourselves with unexpected free weeks.

Lesson 3: Variety is the spice of life! Providing a great “menu” of volunteer options is important to us. We are offering events in different geographic areas of the Catskills, half day events and full day events, weekday events and weekend trips, trail work, lean-to work, litter picking…basically, a wide variety of service projects that provide something for everyone.

Visit catskillconservationcorps.org for the latest news, volunteer opportunities, workshops, and work trips in the Catskills.

What’s coming up?

June 13-14: Reforesting the Devil’s Acre Lean-to
June 15: Trail project at Kaaterskill Falls
June 20: Intro to Trail Maintenance workshop
June 21: Father’s Day litter pickup at Overlook Mountain

The Catskill Conservation Corps is a partnership between the New York-New Jersey Trail Conference and the New York State Department of Environmental Conservation providing volunteer opportunities to the public on projects that protect natural resources and enhance outdoor recreation opportunities in the Catskill Mountains.

Small Crew Tackles Big Barberry Invasion on the A.T.

On the Appalachian Trail at the Dennytown Road Crossing in Fairview State Park, five volunteers cleared an impressive 50 feet of very heavy barberry invasion on May 3. This Mizuah Day project included the removal of barberry and multiflora rose approximately 10 feet on either side of the trail, with an additional five pounds of garlic mustard picked. Walt Daniels led the crew, which included (from left) Howard Susser, Ron Rosen, Paul Levine, and Eric Perfecto. “For all of the large clumps, we removed the stumps,” Daniels reports. “The garlic mustard will need another pass next year, and the barberry may need to be cleaned up as well.”

Help Finish the South Taconic Trail Extension to Rudd Pond

In the most northern reach of the Trail Conference’s East Hudson Region lie the South Taconic trails. Recent land acquisitions have made it possible to extend the trail south to Rudd Pond in Miller’s, NY, the natural starting point for the trail. The Trail Conference is hard at work on this extension, a route that requires building about five miles of new trail through open woods, hemlock groves, waterfalls, and rock ledges with open views.

The construction phase of this project will hopefully be completed by the end of 2015. Work will range from cutting heavy brush-clearing with hoppers and hand saws to heavier work like digging side hills and treadway smoothing—and we need your help!

No previous experience is required; training is provided. Visit nynjtc.org/content/south-taconic-trail-extension for more information.

Volunteer Kay Cynamon Wins Parks & Trails Hero Awards

Volunteer Kay Cynamon, who hailed and recorded the locations of more than 100 miles of marked trails for the Trail Conference’s latest edition of the South Taconic Trails map, is a 2015 recipient of a Parks & Trails New York Parks & Trails Hero Award. For her efforts in bringing the most up-to-date information about the South Taconic Mountains to hikers—including serving as the map’s project manager and researcher—she earned a Volunteer Service Award from Parks & Trails New York, a statewide advocate for parks and trails. “This is above and beyond, in view of all the amazing things that your 1000 volunteers do for the organization,” Cynamon told Trail Conference Cartologist Jeremy Apgar, who submitted her nomination. “But I am truly grateful.”

Key Terms

Bench: The surface that the stone sets on, sloped inward toward the back slope so that rock, soil, or mineral soil or bedrock, but never fill soil or organic matter.

Batter: The angle, or lean, that your crib wall has into the back slope. Example: For 3:1 batter, for every 3 feet you build up you build 1 foot back into the back slope.

Contact: Where one stone meets another; stone contact should be high and outside.

Joints: The line between two or more stones. Should be flat with minimal running joints create instability. Build two on one and one on two.

Base Tier: The bottom tier to go in. This tier should be broadened, tamped flat, and braced with 2x4’s or whatever material you have on hand. It is the base and must be stable.

Keystone: The stone in a base tier of which all other stones are built.

Dead Man: A stone laid perpendicularly to the length of the wall extending into the back slope to provide stability. Place every 3-5 stones.

Crib: Stones that rise up higher than all other stones in the top tier and the tread height, keeping people away from the edge of the crib wall.

Coping: Stones that run parallel to the front tier.

Plug: A stone that is placed in the wall between two larger stones to fill space where the two larger rocks do not have contact, keeping surfaceing and backfill from escaping through the wall. Always shim or plug from the back.

Interested in learning more? Check out our Trail University schedule at nynjtc.org/trailworkshops for a free crib trail construction course near you!
New Membership and Development Associate
Brendan Cunningham

Brendan Cunningham is the new Membership and Development Associate, bringing to the Trail Conference five years of previous non-profit work with two years’ experience in the development field. He had served as senior leadership consultant to the Phi Delta Theta International Fraternity at their headquarters in Oxford, Ohio. Previously, he served as an internet marketing strategist for a multinational real estate investment corporation based in Chevy Chase, Md. Brendan is a graduate of Washington College of Maryland, where he earned his B.A. in art history. As a Beeton, N.Y., resident with his wife Stephanie and son Declan, he enjoys hiking in the nearby Hudson Highlands with his family.

New Catskills Program Coordinator Doug Senterman

Doug Senterman, Catskills Program Coordinator, of Platte Clove (Elka Park) N.Y., joined the Trail Conference staff in 2015. In addition to bringing non-profit leadership experience to his post, Doug has a lifetime of service as a Catskill trail volunteer under the guidance of his father, longtime Catskill Trail Crew member and past Senterman. In his role as volunteer, Doug most recently served as the Catskills Lean-to Chair; he was also the recipient of the William Huesler Award for exemplary service in 2015. Doug has a Bachelor of Business degree with a major in Business Administration and minor in Project Management. He brings a variety of skills and training related to outdoor education and recreation, including extensive knowledge of the Catskills, which allows him to work with the diverse groups, agencies, and individuals in the region. He is looking forward to expanding the Trail Conference’s presence in the Catskills and growing the Community Trails Program there.

Jeff Senterman Named Associate Director of the Catskill Center

On July 1, Jeff Senterman will be leaving his role as the Trail Conference’s Senior Program Coordinator and Catskills Program Coordinator to become the Associate Director of the Catskill Center. The mission of the Catskill Center is to protect and foster the environmental, cultural, and economic wellbeing of the Catskill region. In his new position with the Center, Jeff will continue to collaborate with the Trail Conference’s efforts in the region. Jeff’s contributions to the Trail Conference and the Catskills have been tremendous. Under his watch, the role and scale of the Conference’s responsibilities in the region expanded greatly; his passion and dedication for the region will be greatly missed. We wish Jeff the best of luck in his new role with the Center and continue to expect great things from him.

Farewell to Membership and Development Manager Jennis Watson

Jennis Watson joined the Trail Conference as Membership and Development Associate in early 2012 and quickly became an invaluable behind-the-scenes resource, organizing the Trail Conference database, coordinating fundraising mailings, and establishing helpful office protocols. During her tenure, she was promoted to Membership & Development Manager. Jennis has played a key role in streamlining the back-end of the Development department, improving productivity to allow for an efficient fundraising effort through the Darrington Schoolhouse campaign. She also volunteered for the Trail Conference, working on the discovery phase of the website upgrade project and serving as Assistant to the Trail Crew Chief for the Long Distance Trail Crew. We thank Jennis for all of her contributions and wish her and her growing family all the best in their new home in Georgia.
Imagine a late-spring Saturday in Brooklyn. A couple can’t wait to escape the city and seeing the sheer size of Harriman State Park on the map—it is as big as two and a half Manhattans—they're strapped on packs, laced up boots, and are on their way to a week-end adventure.

The train from Penn Station is full of other similarly equipped hikers, and soon they’re deep in conversation with like-minded strangers. A rustic wooden sign that says, “Welcome to Tuxedo,” greets visitors as it suggests something of the adventure that awaits. A farmer’s market is just steps away from the electric bus picks up day-trippers and loop through the park, dropping off hikers at more remote trailheads and picking up Appalachian Trail and Long Path thru-hikers to bring back to town.

If you know Tuxedo, you know that half of what makes this picture so appealing doesn’t exist yet. But the biggest draw does: Harriman State Park, the second largest state park in New York, shoulders up to the unique architecture in the fairytale-like town of Tuxedo. The train that brings a traveler from NYC, straight to the head of the Ramapo-Dunderberg trail is a service that should be the envy of every would-be trail town in not just the state, but the country. It services an urban population that, come the weekend, is dying to escape to Other Places that in our idle moments call to us.

I imagine this a lot. I know I’m not the only person who’s allowed my mind to wander over and through a little corridor of towns to the west of the park, ever since plans for a massive casino project were thwarted in Orange County. If the parks make up more than three-quarters of the area of Tuxedo, how do you capitalize on this asset, inspiration, and potential? And how do you do it in a way that provides happiness, health, and wellbeing, that brings economic benefit to local businesses, encourages new businesses to bloom, and ultimately lure families to live and stay?

Post-casino decision, it’s been a busy six months. I joined a group of citizens and participants from the area representing just a small slice of local interest to come together and try to imagine what these corridor towns could be. We brainstormed, argued, and got down to business; we’ve planned events, services, and—coming soon—a series of town hall-style meetings to promote commitment and involvement.

Call it DIY urbanism, action-planning, tactical placemaking. It is the recognition that people want to be where people come together. They want to visit authentic places. They want to share stories of outdoor adventure and make new friends. Like those electronic pins you drop on your iPhone map, they want to stick a thank-you pin into a trail map on a restaurant wall, close to where someone else stuck a pin that also says, “I was here.” And what’s so far-fetched about that?

MyHarriman and the Tuxedo Chamber of Commerce have launched Base Camp Tuxedo, a series of programs including free Speakers and Suds events at the newly renovated Tuxedo train station. The first event, in May, featured a trail talk by the Trail Conference’s Sona Mason, as well as local craft beer tasting. It was packed. The next Speakers and Suds event about the Powerlinez, the new climbing area in Harriman, is June 20. Visit facebook.com/MyHarriman for info.

BEAR TRACKS ESTATE
Located in Suffern, NY

BEAR TRACKS ESTATE is a 5 bedroom, 5.5 bath, approx. 8,300 square-foot Majestic Stone Manor, built c.1910 for wealthy woolens merchant H.P. McKenney, was completely renovated in 2010 with a focus on energy efficiency and preservation of the home’s original character. Tucked into the base of Ramapo Mountains, this mountainside retreat for hikers and nature lovers is situated on an extremely secluded setting off the road on a 4.9 acre parcel which adjoins thousands of acres of parkland; Harriman State Park buttresses the rear yard and the Mahwah River runs through the eastern edge of the property. French doors from the great room access the rear of the estate offering spectacular views of the unique stone silo, lush gardens framed by a stone archway, groto style pool, and covered stone patio with inviting fire pit. With 2 master bedroom suites, 3 additional bedrooms, 5.5 baths, breakfast room, billiards room, 2 offices, sauna and 4 fireplaces, this exquisite home has it all for the most discerning buyer. BEAR TRACKS ESTATE is located just one mile from an equestrian center which offers access to hundreds of miles of hiking trails, and the home's detached 4-bay garage has a horse stall and a hay loft. Located just 30 miles northwest of Manhattan, this sprawling estate is the ultimate artistic, musical, equestrian or hiking retreat.

By Suzy Allman, founder of MyHarriman.com
New Circuit Hikes in Harriman Book Available for Purchase!

The New York-New Jersey Trail Conference is excited to announce the publication of Circuit Hikes in Harriman: 35 Loop Hikes and Trail Runs in Harriman and Bear Mountain State Parks. The new book is the first ever, comprehensive guide to circuit hikes in two highly popular parks. Eight of the loops are usable for trail runs, and there is one approved mountain biking loop. Each chapter contains a detailed map, elevation profile, and photos. Many chapters offer longer and shorter options. The hikes run a wide range of lengths and difficulties, from easy jaunts under four miles in length to strenuous loops of over nine miles. The photos show fantastic views and interesting features that one might encounter while on the hike. Each map has been designed to clearly show the hike route and identify the many different points of interest along the way. The hike routes were selected by author Don Weise after more than 20 years of leading hikes and runs through the parks. The book was edited by Daniel Chazin and field checked by a team of volunteers. Maps were designed by Allison Werberg with assistance from Trail Conference Cartographer Jeremy Appar. The book was designed and laid out by Blue Saldanha.

As a retail price of $15.95, this guidebook is perfect for anyone interested in exploring the rich network of trails in Harriman and Bear Mountain State Parks, including those not to be hiked as well as experienced hikers seeking to expand their horizons. To purchase a copy, shop our online store or stop in at our new Trail Conference headquarters. Learn more about this book, visit nynjtc.org/panel/circuit-hikes-harriman.

What You Need to Know About Lyme Disease

By Howard E. Friedman, DPM

The risk of Lyme disease is highest from May through July, according to the Centers for Disease Control and Prevention (CDC). Almost all cases of Lyme occur in the Northeast, with the states of New York, New Jersey, Pennsylvania, Connecticut, and Massachusetts reporting the highest number of incidents. Following are important facts about Lyme disease for hikers and trail runners, based on the latest updates from the CDC.

What It Is

Lyme is transmitted by a bacteria, Borrelia burgdorferi, via the bite of the blacklegged tick. It is typically the tick nymph, usually only 2 m m or less in size, that is responsible for most infections. The tick needs to be attached to the skin for 36-48 hours to introduce enough bacteria to cause the Lyme infection.

Prevention

The CDC recommends the following steps to prevent infection:

• Apply the insect repellent DEET 20-30% directly to exposed skin and clothing and reapply every several hours.

• Repellents containing permethrin 0.5% can also be used on clothing and can last through several washings.

• Always shower within two hours of returning home. Perform a thorough body exam, including armpits, groin, naval and pubic area after returning from a tick-infected area.

• Tumble clothes in a dryer on high heat for at least one hour to kill any ticks.

If a tick is found, remove it with tweezers. Make sure to pinch the tick as close to the skin as possible and pull straight out. Clean the skin with alcohol, iodine, or soap and water.

When to Seek Treatment

The CDC recommends seeking medical attention when you have been bitten by a tick or been in an area infested with ticks and develop symptoms that include an expanding red rash, fever, chills, headache, muscle and joint aches, and fatigue. A diagnosis of Lyme disease is established based on signs and symptoms of the infection and a history of possible exposure to the blacklegged tick. Laboratory tests are only recommended for those people who have symptoms of Lyme disease. Treatment involves antibiotics. Approximately 10-20% of patients infected with Lyme disease who receive antibiotics within four weeks of antibiotics may continue to have symptoms even after treatment. This is more common in people who were diagnosed late and is called Post-Treatment Lyme Disease Syndrome.
TRAIL WALKER

Book Review
Field Guide to the Morris Canal of New Jersey (a Greenway in the Making)
By Jakob Franke, Bob Barth, Linda Barth, John Drennan, and Ron Rice

The Morris Canal was a 102-mile canal across northern New Jersey, in use from 1831 to 1924. It stretched from Phillipsburg, on the Delaware River, eastward to Jersey City on the Hudson River, and was used primarily to carry anthracite coal from Pennsylvania to New Jersey and New York City. Unlike many other canals that used locks, it also used water-driven inclined planes to cross the northern New Jersey hills. Although it was largely dismantled by 1930, portions of the canal and its accompanying feeders and ponds are preserved. A statewide greenway for cyclists and pedestrians is planned, beginning in Phillipsburg, traversing Warren, Sussex, Morris, Passaic, Essex, and Hudson counties, and including the old route through Jersey City.

The Field Guide gives kudos to the Canal Society of New Jersey (canalsocietynj.org), whose website contains information about the Morris Canal. Franke describes in detail the current status of the Greenway (morriscanalgreenway.org), and illustrator Gary Kleinedler provides an excellent short history of the canal.

The book consists of 23 sections, each devoted to about five miles of the canal. There are excellent maps of each section—physical features are described and photographed, often in color; walking tours are suggested; and many other details enhance their guidance learned about Japanese barberry, garlic mustard, and other species on the New York State Regulated and Prohibited Invasive Species list. After a presentation with plenty of photos and tips, Rohleder took the crew into the field to identify species firsthand. Armed with their newfound knowledge, the crew then plan to complete an invasives survey of Montrose Point State Forest, which will help in determining the feasibility and prioritization of removal on trails there.

The book devotes a chapter to the canal’s history, beginning with the canal’s construction, followed by an overview of the canal’s impact on New Jersey and New York City. It also discusses the canal’s role in the development of New Jersey and New York City, and its impact on the environment.

The book concludes with a section on the Morris Canal as a greenway, discussing the potential for the canal to serve as a greenway for cyclists and pedestrians. It also includes a section on the canal’s role in the development of New Jersey and New York City, and its impact on the environment.

The book is a valuable resource for anyone interested in the history of the Morris Canal, or in the development of greenways in the region. It is a well-written and informative book that is highly recommended for anyone interested in the Morris Canal or the greenways of New Jersey and New York City.

Hikers Urged to Help ‘Stop the Spread’ of Invasive Species
Thanks to programs like the Trail Conference-led Lower Hudson Partnership for Invasive Species Management (LH PRISM), which aims to educate people about the identification and removal of non-native plants and animals, hikers are becoming more aware of the invasive species threatening our trails. But people are unknowingly contributing to the problem when seeds from invasive species stick to their clothes or get picked up in the mud on their boots and are transported to new areas. The New York State Department of Environmental Conservation (DEC) is hoping to change that with their “Stop the Spread” campaign, which asks recreationists to be proactive in preventing further invasions when outdoor.

To Stop the Spread when gearing up for a hike, the DEC suggests:
- Wearing outer clothing that is not reusable, such as jerseys; jackets, pants, and gaiters made of smoother materials, like nylon.
- Footwear with deep tread collects plants, mud and other debris. If you wear deep-treaded boots, make sure to clean them thoroughly after hiking.
- Carry a brush, small scissors, and other tools for cleaning clothing and gear after your hike before leaving the area. Before and after outdoor activities, make sure to:
  - Look for and remove seeds, plants, pieces, and insects from your clothing, gear, and hair.
  - Check any dirty hiking buddies such as dogs or horses as well.
  - Remove dirt and mud, which can harbor unseen pests.
  - Designated cleaning stations and parking lots are often where invasive species are unlikely to spread, are the best places to clean off.
- Avoid cleaning near waterways, which can carry invasive species to potential new areas.

For more information on the DEC’s Stop the Spread campaign, as well as info on state regulations and the NYS Regulated and Prohibited Invasive Species list, visit www.nysinfo.net.

Field Guide to the Morris Canal of New Jersey (a Greenway in the Making)
By Jakob Franke, Bob Barth, Linda Barth, John Drennan, and Ron Rice

MCC, 2014
Researched by Robert C. Ross

Author Jakob Franke and a number of other outside contributors created a perfect example of a walking and hiking guide, one filled with useful information that has been lovingly checked and rechecked on the ground to ensure accuracy. Franke is one of the great hiking authorities in north New Jersey and southern New York, with too many accolades to list here. He is a longtime Trail Conference volunteer and current Long Path co-chair, not to mention one of the most perfect gentlemen I have ever met. All of his many virtues are on display in this wonderful book.

A statewide greenway for cyclists and pedestrians is planned. The Morris Canal was a 102-mile canal across northern New Jersey, in use from 1831 to 1924. It stretched from Phillipsburg, on the Delaware River, eastward to Jersey City on the Hudson River, and was used primarily to carry anthracite coal from Pennsylvania to New Jersey and New York City. Unlike many other canals that used locks, it also used water-driven inclined planes to cross the northern New Jersey hills. Although it was largely dismantled by 1930, portions of the canal and its accompanying feeders and ponds are preserved. A statewide greenway for cyclists and pedestrians is planned, beginning in Phillipsburg, traversing Warren, Sussex, Morris, Passaic, Essex, and Hudson counties, and including the old route through Jersey City.

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HISTORIC HUDSON RIVER COTTAGES
Affordable, studios, one and two bedroom cottages available in historic, college-comparable in Westchester County, New York on the Hudson River, one hour from NYC. Dating back to 1929, these three-season cottages offer biking, swimming, organic community garden, social hall with internet access. 828-835-3300. 904-905-7878. www.nyrorshills.org. Contact margaret@hudsoncottage.com.

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The Highlands Trail in Chester, N.Y.: A Stroll Through Wilderness That Might Not Have Been

By Sona Mason

Sugarloaf, the Highlands Trail (HT) has Road, about 1/4 mile from the intersection in Chester, N.Y., not far from the hamlet of Description: Trail Access:

The Highlands Trail, blazed with teal blazes, leaves its road walk from Sterling Forest along Lakes and Laroe roads, turns onto Bull Mill Road, and right into the for- est, just past the bridge crossing over Trout Brook. A new kiosk and bench, compliments of OSI, welcome you to this part of the trail with a short history of the parcel’s acquisition and map of the trail and property. Since this property joins up with Goose Pond Mountain State Park’s southern end, it’s been named Goose Pond South by OSI, who hope to hand it over to the New York State Parks system in a few years.

The first few hundred yards skirt the edge of an open wildflower field, along the edge of a line of stately sycamores and grand old sugar maples. The path turns at the bend of Trout Brook, which presents superb pebble-skimming opportunities. Steadily climbing uphill, the trail passes through a variety of ecosystems, including quiet red cedar groves, to a view sweeping west toward Sugarloaf Mountain. From there the trail heads downhill, crossing over Bull Mill Road, onto the northern part of the property. It travels across a rushing stream and hummocky wetland, ending uphill at a stone wall marking the bound- ary with Goose Pond Mountain State Park. Future plans will connect the HT with trails in this neighboring park. Until then, we have a new view and pleasant stroll over wilderness that might have not been, as Howie Cohen, neighbor and avid volun- teer on the trail, remarked. “We shiver at the thought of what could have been if not for the like-minded people who know the power of the land’s natural beauty and helped preserve this land,” Cohen said. “My wife Vicki and I are so appreciative of the Trail Conference and OSI for investing their resources in our backyard.”

While the trail is open, there’s still work to be done on the reroute—and we could use your help! Volunteers are working on this project throughout the summer, including some Wednesday evenings; check nynjtc.org/crewtrips for dates. Anyone with an interest in contributing to the creation of a beautiful, sustainable new HT are wel- come to help. No experience is necessary. We provide tools and training on-site before getting started. We’ll also be holding a spec- ial Trail University workshop on August 1 on how to build a stream crossing. Please sign up for the free workshop so that we can bring in enough tools: www.nynjtc.org/ workshop/read-and-drainage-how- to-build-stream-crossing-ts980. For more information about the HT reroute in Chester and volunteer opportunities on the trail, contact West Hudson Program Coordinator Sona Mason, smason@nynjtc.org or 201-512-9348.

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