First-ever Sterling Forest trails map now available

Sterling Forest State Park trails are featured in an all-new—and for the first time, all-digitally-produced—Trail Conference-published map.

Using the most sophisticated technology available, this map will guide you along hiking trails traversing over 20,000 acres of parklands featuring mountainous cliffs, dense second-growth woodlands, lakes and marshes, and which offer dazzling vistas of the New York-New Jersey Highlands and beyond.

This five-color map, printed on waterproof, tearproof Tyvek, covers the popular hiking area in southern Orange County, New York—and celebrates the successful culmination of a 15-year effort to preserve Sterling Forest for public recreational use, originally spearheaded by former Trail Conference Executive Director Joann Dolan and her husband, Paul.

Included on the map are all marked trails, parking areas, viewpoints, access points, mountains, lakes, rivers and woods roads. The NY NJ Highlands Trail is also located on the map, as are the contiguous publicly-owned parklands of Harriman-Bear Mountain State Park, and Passaic County-preserved lands across the state line in New Jersey. A section of the Appalachian National Scenic Trail also traverses Sterling Forest State Park.

“After working for more than 15 years to protect Sterling Forest, the Trail Conference is especially happy to produce this state-of-the-art digitized map. It is the first comprehensive map of Sterling Forest available for the public,” stated Jan Hesbon, Conference Executive Director. “This beautiful map will be treasured by hikers and other recreational users of the forest.”

New York State to buy 1,300-acre tract on Shawangunk Ridge

On the heels of National Trails Day, New York Governor George Pataki announced that the state will purchase a 1,300-acre parcel along the Shawangunk Ridge to preserve a major hiking trail connection of the Long Path and Shawangunk Ridge Trail.


“The ‘Gunks hold a special place in the minds of hikers, and this land’s preservation is wonderful news,” said former Trail Conference President Neil Zimmerman, who closely monitored the project. “The Trail Conference has been involved for 7 years with the Open Space Institute and the Trust for Public Land working to place this property in the public interest.”

Revised East Hudson and Shawangunks Trails Map Sets Now available! — See page 8 for details

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Good News! & "The trail that DISCUMMEONED BIPEDAL" 
Long Path, Mount Tammany, and Breakneck Trails just designated as Millennium Trails.
Hiking with Children

by Daniel Kriesberg

Giving a child the freedom to play, discover, and explore is the most wonderful gift we can share. Childhood is for exploring. And what better place to do it than outdoors? Children will only care for nature if they feel a part of it. Parents can be guides by giving them freedom and opportunity to discover nature; the best way is to take a hike. A hike may last several hours and cover a few miles, or only fifteen minutes and a hundred yards.

Hiking with young children shows us there is wonder in the commonplace. When a child hugs a tree, waves to geese flying by, or talks to a worm, they are demonstrating a connection most of us have lost. Hiking with a child puts us back in touch.

Each moment and place has something worth investigating; every hike is an adventure. One time it may be climbing a giant rock, another finding a secret place, seeing a deer, or splashing through water.

Getting started

First decide where to go. Don’t be biased by thinking it is only worth it if you can go to some large wilderness area. The goal is not to cover ground, but to have fun. Hiking with children will be at his/ her own pace. Your first hike should be to a familiar place. If you are traveling or trying something new, talk to local hiking clubs, park rangers, or others familiar with the area. Get a guidebook and study the maps.

Pick a place that suits your child’s needs. In summer, lots of shade is important. Pick trails that are flat and easy to walk. It is a good idea to have a few places to stop and safely let your children roam.

A stream, lake, or pond is fun, or maybe a field full of butterflies to chase or rocks to climb. Be mindful of any hazards.

It is amazing how children can find something new even in a place they’ve been before. Don’t be afraid to go to the same place more than once.

Supplies

A good day pack or fancy pack can easily carry what you need. Food, water, and clothes are the most important. Carrying extra food and drink is not nearly as much of a problem as carrying too little. It takes a lot of energy to explore the world! Take frequent breaks. A great snack is GORP (good germs and gams, nuts, and some M&M’s thrown in). Enough water can be the difference between fun and misery.

Extra clothes are a good idea; you never know what will happen. Rain gear can help a family outing stay bearable.

In summer, children need protection from sun and bugs, so use lots of suntan lotion and bug spray. Stay away from strong chemicals such as DEET. Use products made for babies and young children.

Try to keep a hat on their heads. Water shoes are a good idea. You never know when the urge to wade will overcome a child.

In cooler weather, use layers of clothes to allow flexibility. A fleece jacket and rain gear are good for fall, winter, and early spring. Wool socks are better than cotton. It is worth the money for a good pair.

Fun Things to Do

Besides the essentials listed above, having some of the following can be fun:

- **Bug Boxes** - A bug box is a clear plastic box with a magnifying glass for a top. It will bring a whole new world closer to your child’s eye. If a bug box is unavailable, any magnifying glass will do.
- **Paper and pencil** - Handy items for drawing, taking notes, making maps, writing a poem, or keeping a journal.
- **Plastic Bags** - They can be used to bring home treasures.
- **Binoculars** - Getting close to wildlife is not easy. Binoculars make them easier to see.
- **Tape** - A favorite toy is a fun thing to bring along. The outdoors is a great place to let a child’s imagination run wild.
- **Towel** - A small towel can be used to dig up the soil and find many interesting animals. It can also be used to dig up a quick latrine.
- **Camera** - Bring a simple camera that a child can use. Let them take pictures of whatever they want.

It’s Summer! And here are a few of our ideas on how to have some fun outdoors during those lazy, hazy, crazy days!
A WALK BACK IN TIME
A Visit to the Historic Trapps Mountain Hamlet

By Stella Green

Let us take a walk back in time and imagine this small mountain community isolated on the Shawangunk Ridge. Picture what life must have been like for these early settlers. Not only were there no electricity, central heating, automobiles, and other modern conveniences. Even medical attention for a sick child was a convoluted process. The family needing help put a lantern in the window. The closest home then did the same, so that the alert was passed down to the family nearest to Minnewaska. Someone from that homestead then ran to fetch a doctor.

Life was hard. Summers were devoted to blueberry and huckleberry picking, hunting, washing, and chestnut gathering, cultivation of kitchen gardens, and the production of gristmill stones cut by hand from thick pieces of bedrock. Winter activities included making hoops for barrels by the women, and weaving on hand looms for the men. Some residents were employed by the mountain hotels at Lake Mohonk.

Winter activities included making hoops for barrels by the men, and weaving on hand looms for the women. Some residents were employed by the mountain hotels at Lake Mohonk and Lake Minnewaska.

The homes lacked running water, so the inhabitants (probably the children) were forced to drag what they needed up the steep, and in the winter slippery, slope from the Coxing Kill. Fireplaces for stock were cleared and the rocks used to make low walls to contain sheep and horses. These walls can still be seen on the property. Addition of split rail fencing on top of the rocks made them high enough to keep animals in their place.

This area in the Shawangunk Trapps was once part of a large colonial grant made in 1730 called The Groteen Transport (Dutch for “great land transfer”). The tract was charted out. I went to college in the 1920s, when it was bought by the Mohonk Mountain House. In the 1960s it came into Mohonk Preserve ownership. From the 1960s to the 1980s, Appalachian Mountain Club climbers leased the Cabin which became known as the “Appie Cabin.”

Recently the Preserve decided to renovate this historic home as a museum, and to create a walking path to it. The house first appears on the assessment rolls of 1798, and was occupied by Van Leuven and their children. It is small, two-storied, and in remarkably good condition. Inside, the visitor can see that newspaper was used for insulation, then covered by wallpaper. There were no stone houses in the hamlet; all were built without stud or beams and completely supported by the vertical planks still visible here. Outside the front door stands a large boulder, part of it cut away to make an outdoor work surface. The piece cut out was used as a support under the front door; nothing was wasted.

The Trapps Hamlet Path passes by the Fowler burial ground, whose oldest recognizable headstone dates from 1866. Death was a frequent visitor to families in the hamlet. The flu epidemic of 1918 took its toll, and Mrs. Enderly, already widowed when her husband was killed in an accident, lost six of her twelve children to this outbreak.

We should all commend the Mohonk Preserve for its vision in protecting and restoring, rather than demolishing, this historic site.

Further down the Coxing Kill at Split Rock stood a water-powered sawmill, the Enderly Mill, and a blacksmith shop. Many of the boards and beams used in the construction of Trapps Hamlet houses were produced here.

One Hamlet home, the Van Leuven Cabin, continued to be occupied by the Van Leuven family into the 1920s, when it was bought by the Mohonk Mountain House. In the 1960s it came into Mohonk Preserve ownership. From the 1960s to the 1980s, Appalachian Mountain Club climbers leased the Cabin which became known as the “Appie Cabin.”

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The Mohonk Preserve has produced a booklet, Trapps Mountain Hamlet, An Interpretive Walk through a Vanished Shawangunk Community, available at the Mohonk Preserve Visitor Center. This booklet costs $3.50, which is refundable upon its return. The trail, approximately 1.5 miles round trip, begins at the entrance kiosk of the West Trapps Entry parking lot. Non-members of the Preserve must pay a day-use fee. The trail is easy, though not wheelchair accessible. Steeply capped access is provided to the cabin from Route 44/55. Parking here is limited and should not be used by those able to walk the trail.

Sitting here in Greenville, Maine, my thoughts drift back to the moments before I received the Trail Conference’s Next Generation Award. If someone told me then that in seven years I would graduate from a small college in northeastern Vermont and move to Greenville in northern Maine to work, I would have probably laughed it off. At that age I had no grand plans, no real thoughts of what I would be doing in the future. My work with the Trail Conference was a way to me for feeling mature and to give me a sense of being a part of something. It also gave me the opportunity to have a hand in the management and maintenance of the trails that I loved from a very early age. When I first became involved with the Trail Conference, my future thoughts were of going to the Culinary Institute of America in Hyde Park, becoming a chef, and living happily ever after. Getting a job working to protect the environment never even crossed my mind. So I continued volunteering within the Trail Conference. Then I received the Trail Conference’s Next Generation Award and a dim light bulb turned on in my head.

The idea came to me that maybe there was some kind of future in work like this, maybe the kitchen was not all that it was cracked up to be. As I sat there listening to Eddie Walsh (a previous Next Generation Award winner) talk about all the things I had accomplished, two different feelings ran through my head. The first was a mixture of fear, knowing that I would have to go out and receive the award (for those of you at that annual meeting, perhaps you remember me when my face was red and I almost fell over). The second, and more importantly, I felt accomplishment and pride: I was amazed with all that I had accomplished and imagined so many more things I could do. By the time I was a senior in high school, I knew where my heart was. It was not in a restaurant, but outdoors working to protect and preserve the environment. My decision was made, the path was charted out. I went to college and dove head first into my chosen major, environmental science.

As graduation approached, I started the job search that most college seniors begin. What would I do if I could not find one? After graduation, I returned to the Catskills and continued working at a job I’d held the previous summer as an Assistant Forest Ranger. As luck would have it, just as the season was winding down in the Catskills, I was offered a position with the Maine Land Use Regulation Commission. I accepted and was hired as the Somerset County Project Analyst and made the jump to Greenville. So now the story comes full circle. The work I did on the trails taught me about our environment and our duty to protect that environment in any way we can. I know that my parents and the people in the Trail Conference have instilled in me a respect for our natural resources and an everlasting love for the outdoors. That is how I got where I am now and I understand that you do not need to have a road map for your life. Passions lead you in the direction of your future and eventually you get to a point where you are doing something that means something to you. I consider myself lucky that I have gotten to a point like that so soon in my career.

I may not remain in Maine, but I know wherever I go, the foundation of service and work I laid down with the Trail Conference will serve me well.

Where there’s a Will, there’s a Trail

Where we build them, they hike them. We’ve been building and protecting trails for 10 years for at least four generations of hikers since 1990. That’s 3,500 miles in New York and New Jersey to date. Help us keep building for the next generation by naming the New York-New Jersey Trail Conference in your will. A bequest makes a wonderful gift, and it lasts beyond one lifetime.

For confidential information and legal language, contact Jan Hesforn at 212-685-9654, or by email: info@nytrails.org.
Trail Conference grant helps enlarge AT corridor

Side trail proposed through property

In a classic example of a successful Appalachian Trail Countrywide Initiative, 60 acres of undeveloped land within 100 feet of the AT was purchased to preserve the Trail’s viewed form, protect a private buffer, and consolidate ownership to curtail illegal all-terrain vehicle incursions.

Trail Conference Appalachian Trail overseer Mike Rea first suggested public acquisition of the 60 acres—think of it as the “hole in a donut” around Cascade Lake. The Town of Warwick was supportive, but could not finance the entire purchase price. Using some of the proceeds from a sale of donated lands in New Jersey, the NY-NJ Trail Conference and Appalachian Trail Conference Land Trust each contributed $4,500, totaling 1/3 of the purchase price. The Town of Warwick was prepared to finance the remaining $15,200, or the final two-thirds of the purchase price, but a private citizen stepped forward with the funds. In December 1999, Warwick accepted the land donation for inclusion in its Cascade Lake Town Park.

“Although the AT is a national recreation resource, it is also a local resource,” said Mike Rea. “Warwick’s support of increasing local parkland while protecting the AT demonstrates their understanding of, and commitment to, the partnership that exists between the AT community and the Town.”

Trail Conference AT volunteers plan a side trail to the Appalachian Trail through the newly-acquired parkland, offering another means of access to the Belle Valley Ridge and AT in southwestern Orange County, NY.

Harriman gets summer crew for trail repairs

Harriman-Bear Mountain State Park will have a summer trail crew this year to address the considerable damage to the park’s trails by last year’s Hurricane Floyd.

To respond to the damage, Mr. and Mrs. Shelby Davis of Tuxedo Park, NY, donated $11,000 to the Palisades Interstate Commission to fund a Student Conservation Association (SCA) trails restoration project this July. SCA will field a crew of two supervisors and eight members who will work on a four-week turnkey program schedule established by PIPC staff and the Trail Conference. This generous donation is gratefully appreciated by the entire hiking community—and especially by the Trail Conference’s overworked West Hudson Trail Crew.

WHITE BAR TRAIL LOCATION: Harriman-Bear Mountain

A short, 1/3 mile section of the White Bar Trail has been relocated to eliminate a dangerous roadway to and from the parking area on Route 166. (See the Trail Conference’s Harriman-Bear Mountain Trails map #3, grid E4.)

The trailheads for the White Bar remain unchanged. This relocation proceeds east from Island Pond Road, to cross Route 166 directly to the middle of the parking area on the south side of road, then climbs Carr Mountain to rejoin the White Bar.

Storm King State Park Clean-Up Update

Forest fires last fall resulted in the discovery of old military shells in sections of Storm King State Park. As a result, the Palisades Interstate Park Commission (PIPC) was forced to close this immensely popular park to the public. Since then, the Trail Conference and the Adirondack Mountain Club (ADK) have been working with the Army Corps of Engineers already has the money ($400,000) in the FY 2000 budget for clearance of the hilly environment.

Our thanks to Congresswoman Sue Kelly, Congressman Ben Gilman (R-Middletown), New York Senator Charles Schumer, PIPC’s Carol Ash, and their staffs for their efforts to date to secure the cleanup of the trails.

Annual Trail Maintenance Workshops over 100 volunteers

The Annual Trail Maintenance Workshops held on April 23rd at Silverman in Harriman/Bear Mountain State Park was a great success, with everyone expressing a sense of accomplishment and skill-learning.

Over 100 volunteers participated in one of three courses: Basic Trail Maintenance, Trail Construction & Restoration, and Chainsaw Safety & Palisades Interstate Park Commission Certification.

Many thanks to Chief PIPC Ranger Tim Sullivan for his organizational help, and to all our classroom* and field instructors: John Bluminger, Jack Driller, Chris Ezzo, Claudia Gaine, Susan Gerhardt, Suzan Gordon, Mary Hilley, Bob Marshall, Mike Rea*, Monica Resor*, B. Sokind*, Pete Tikon, and Larry Wheelock.*

A special vote of appreciation to Trudy Schneider and Marilyn Sokind for the great refreshments they prepared and served in both the morning and afternoon.

- Peter Hecker
Chair West Hudson Trails Committee

Reminder: Long Path Section in Shawangunk Closed

The section of the Long Path from the western end of Mud Pond to its junction with the High Point Trail (see the Trail Conference’s Shawangunk Trails map #5, grid G-C) has been closed by the Land Trust.

Please do not trespass on this private land. Discussions are still underway about a possible relocation. When a route is established, notice will be published in the Trail Walker, and noted on our website at www.nynjtc.org.

$50,000 gift honors JoAnn Dolan

100 acres preserved in Sterling Forest

Former Trail Conference Executive Director JoAnn Dolan was honored with a $50,000 gift from the Open Space Institute and the Trust For Public Land stated, “We are pleased to be a part of these purchases, as acre by acre we fill in the pieces of one contiguous park in the New York/New Jersey Highlands. And we are very happy to honor JoAnn Dolan with this gift in recognition of her vision and unflagging leadership of the Trust for protection of Arrow Park land near and contiguous to Sterling Forest State Park. This gift was made for land conservation acquisition of two parcels totaling almost 100 acres to protect the viewedash of the Appalachian Trail in Sterling Forest.”

Rose Harvey, Senior Vice President of The Trust for Public Land stated, “We are pleased to be a part of these purchases, as acre by acre we fill in the pieces of one contiguous park in the New York/New Jersey Highlands. And we are very happy to honor JoAnn Dolan with this gift in recognition of her vision and unflagging leadership of the Trust for protection of Arrow Park land near and contiguous to Sterling Forest State Park. This gift was made for land conservation acquisition of two parcels totaling almost 100 acres to protect the viewedash of the Appalachian Trail in Sterling Forest.”

John Gebhards, First Executive of Orange County Land Trust

The Orange County Land Trust recently announced the appointment of its first Executive Director, John Gebhards, who will begin in June. For most of the last decade, John has been Executive Director of the Sterling Forest Partnership. In predecessor organization, Sterling Forest Resources, was founded by the Trail Conference, the Open Space Institute, and The Nature Conservancy. Through the Partnership, John has been a principal leader in helping protect Sterling Forest. He has made countless presentations throughout the Highlands region, organizing and educating thousands of people about the benefits of Sterling Forest as a resource to be protected as a state park. (See the advertisement for part-time educator for the Partnership on page 7.)

Both JoAnn Dolan and Jan Hosbon, former and current Executive Directors of the Trail Conference, have worked closely with John as members of the Board of Sterling Forest Partnership. JoAnn commented, “John has been a critical force in the public/private partnership to save Sterling Forest. He is a master at organizing the community, and we are very grateful for his unflagging efforts. His move to the Land Trust is a logical next step for him, and fortunately, we will continue to have his expertise and collaboration in his new role.”

4 JULY/AUGUST 2000 TRAIL WALKER
I say that looks formidable. Only seven had less than 1,000 mg of sodium. Six had more than 3,000 mg. For one serving. Does your stove “simmer” anything? Thirteen recipes required simmering or some other maneuver my stove refused to do. On the positive side, 34 of the recipes were vegetarian (sometimes with a little brand-name substitution) and more could easily be converted to vegetarian. Some required no cooking, and many called for only a quick boil, so if fuel consumption is important to you, this cookbook is very specific about minimizing cooking time. An excellent feature is a section that has nothing but on-the-trail instructions for each dish. Each instruction is approximately 1.5 x 7 inches and can be cut out and put into a bag with the ingredients. There are a few no-clean-up recipes that truly are, too.

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EAST HUDSON TRAIL CREW

Major Repair of Breakneck Ridge Trail started

Both extremes and newcomers welcome!

Join Trail Conference volunteers during the summer—and beyond—as a major trail rehabilitation project gets underway on the Breakneck Ridge Trail in the East Hudson Highlands.

Breakneck Ridge is an extremely popular, challenging trail with opportunities for rock scrambles. But we might say it is being loved to death; the heavy usage is necessitating repair and stabilization for resource protection and improved safety.

The East Hudson Trail Crew estimates that 2.5 more years are needed to complete this challenging rehabilitation project. Led by Bernie Stringer, EAST HUDSON TRAIL CREW co-leader, and Walt Daniels project manager, volunteers will use rocks to define a 6-8 foot wide hard surface footpath on either side of the footpath and install rock steps and water bars where needed.

On June 3, 2000—National Trails Day—19 volunteers worked prodigiously to remove all the loose rock and define the footpath about 1/3 of the way to the first flat viewpoint. A special thanks to the Hudson Valley Health Care Systems and the Hudson Valley Community College for permission to use their facilities.

Bernie Stringer, 914-528-5018 or bernie@hudsonhikes.net.

Wall Daniels, 845-247-1210

WHAT YOU CAN DO

Visit the store includes making sure the Trail Conference’s visibility and service. The sales calls, but are ways to increase the Trail Conference’s visibility and service.

In May, the House of Representatives overwhelmingly passed the Conservation and Reinvestment Act of 1999 (CARA) which provides $3 billion in annual conservation funds for new parks, land purchases, and restoration of coastal areas.

This bill, also known as HR 701 and Senate 2123, will permanently authorize full funding of the Land and Water Conservation Fund program (LWCF) and establish a permanent LWCF state-side funding source for the purchase of ecologically and recreationally significant lands.

If CARA is approved by the Senate and signed into law, New York would be eligible for over $300 million for conservation projects, including nearly $30 million of LWCF dollars, and New Jersey would be eligible for over $50 million annually, including almost $18 million of LWCF dollars.

The Trail Conference and the Adirondack Mountain Club strongly support Senate 2123, as it would provide critical funding for projects such as Sterling Forest, Schunemunk Mountain, National Lead (Southern Gateway to the Adirondack High Peaks), and numerous greenways, rail trails and playgrounds.

WHAT YOU CAN DO

This legislation’s prospects for passage in the Senate are uncertain. At press time, several versions of CARA had been introduced, and were scheduled for debate in mid-June.

While the time available to comment on S2123 may be almost gone when you receive this issue of the Trail Walker, please contact your senators and urge them to support this bill.

TRAIL WALKER JULY/AUGUST 2000 5
...thanks to the volunteers of the New York-New Jersey Trail Conference. Join and help support the organized volunteer work of building and maintaining foot trails. Get discounts on maps and guidebooks, a subscription the TRAIL WALKER, and learn to do trail work. Add your voice to the thousands of hikers in our region!

I want to join the NY-NJ Trail Conference in the category indicated:

<table>
<thead>
<tr>
<th>Category</th>
<th>Individual</th>
<th>Joint / Family</th>
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<td>Sponsor</td>
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<td>Life</td>
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* two adults at same address

NAME __________________________
ADDRESS _________________________
CITY ___________________________ STATE ZIP ____________
DAY PHONE __________ EVENING PHONE __________
E-MAIL _________________________

Check one:
☐ new member  ☐ renewal

Make check or money order payable to the NY-NJ Trail Conference, and mail to: 232 Madison Ave., Room 802, New York, NY 10016-2901.

Tax-deductible except for $4.00

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HEALTH HINTS FOR HIKERS
By Albert Rosen, M.D.

You don't have to be a hiker to develop leg cramps, but it sure helps. Usually referred to as nocturnal leg cramps because they frequently start after you are asleep, they can occur during a hike, especially if you are in pretty sad physical shape and out on a hike that is a bit more than you can handle. They can also occur after a hike and before bedtime. There have been occasions when I've driven home from a hike and had to stop the car and walk about a bit until the pain subsided. These cramps can affect the muscles in the calf and the foot. The toes may curl which can lead to difficulty in walking.

A preventive as well as curative measure is to stretch the muscles of the foot and calves, and walking around can help too. There are several medications that are recommended to prevent cramps such as quinine in 200-300 mg doses, calcium, magnesium, and vitamin E supplements. There are two schools of thought about these preventive measures: one school thinks they help and the other thinks they don't. Take your choice.

Joe Bord, an active hiker, informed me that he had success preventing cramps by drinking tonic water. As you know, this is the mixer which is used in the famous gin and tonic. The ingredient in tonic water which prevents leg cramps is quinine, and the amount is relatively small. He drinks a glass at lunch from time to time, or in place of a soft drink. If the tonic water doesn't do the trick, add the gin. However, don't drive with this combination. The consequences are such that it would be safer to have the cramps. No one was ever arrested and lost their driver's license because of leg cramps!
NEW YORK STATE TO BUY TRACT ON SHAWANGUNK RIDGE

continued from page 1

Our Members

Our deep appreciation to our devoted band of volunteers who perform vital of-

tice operations—from answering the tele-

phone, to selling maps and guidebooks,
to data entry and word processing: Claire
Bartello, Van Callando, Vivian Cannata,
Hal Kaplan, Paul Lefkin, Fred Liberman,
Rosa Scheck and Nancy Tolleson, and
Anne Graf, who recently added Volun-
teeer Coordinator to her own “job descrip-
tion.” We literally could not do it without
you all! Thanks SO much.

Volunteer Fire Tower Stewards sought for
restored fire tower and observers cabin at
Red Hill, Claryville, NY. Great visu-

sions, escape history, answer questions. Fa-
miliarization class given. Saturdays, Sun-
days or both, from July 16 thru Sept. 17.
You pick the program. Minimum age 18
years. Contact Helen Elias, 845-987-7274.

Sterling Forest Docents Needed. Learn
field techniques from Master Teachers and
then, using the extraordinary natural re-
sources of Sterling Forest, help provide en-
vironmental education opportunities to chil-
dren with special needs. Training and pro-
gram preparation begins this summer.
Contact John Gebhards, Sterling Forest
Partnership, 7 Spring Rock Dr., Goshen,
NY 10924 or sterling@magiccarpet.com.

Conference member Larry Ehrlich be-
came an able-bodied instructor for The
Adaptive Sports Foundation, a nonprofit
organization that offers recreational op-
portunities to individuals with mental and/
or physical disabilities, 2 years ago. Since
then, he has found the experiences heart-
ing, and brought to our attention a new
Summer Program of the Foundation, which
includes hiking, golf, and swimming. The
conference will likely be done this summer as
well. Hiking and backpacking have been pro-
posed and the idea has been met with enthu-
iasiasm, and ideas on how to make them
workable are welcomed. For more infor-
mation, visit their web site at www.wiki.org.
To Volunteer with the Foundation, please contact Gwen Allard,
518-236-1439; E-mail: epsa@aol.com.

NEW LIFE MEMBERS

The Trail Conference welcomes 6 new
life members, to our growing “family” of
780: Carmine M. Allano, Richard and
Thea Seibel, and Martin Zumsteg.

Delaware River Trips

Kittatinny Canoe

Canoeing - Kayaking
Whitewater Rafting
2 Riverfront Campgrounds
Monthly Learn to Canoe and
Kayak Days.
New & Used Canoe and
Kayak Sales
Dingmans Ferry, PA 18328
1-800-FLOAT-KC

Environmental Education
Director Wanted

Work with nationally recognized
educational institutions and master teach-
ers to create innovative, integrated field
science and arts education programs for
K-12 including gifted and talented,
handicapped, under-served children, and
family populations. You will be respon-
sible for training teachers and docents
directing program delivery from your
home and in the field.

This challenging position requires
a B.S. in natural science or education
and 5 years experience teaching hands-on
interactive field science. The success-
ful candidate will also have strong oral
and written communication ability and
multi-tasking time management and com-
puter skills. The position will begin as a
part-time program development director
but, for the right person, will evolve into
full-time responsibility. Start July 1,
2000. Send a resume and cover letter
to: John Gebhards, STEFING FOREST
PARTNERSHIP, 7 Spring Rock Drive,
Goshen, NY 10924.

FOR & ABOUT

Become a Landowner Along the Appalachian Trail.

Have a Home in the Woods!

You can become a Conservation Buyer through The Appalachian Trail Conference Land Trust. Our program matches conservation buyers—people like you—with people who are selling land along the AT.

You locate your home out of sight of the Trail, and all we ask is that you donate a conservation easement on the rest of the property. A conservation easement “runs with the land” —that is, present or future owner can develop it!

AND, because an easement is an irrevocable gift of a property right, you get a nice income tax deduction equal to the value of the easement.

Contact Bob Williams, Director of Land Trust Programs, at bwilliams@appalachiantrail.org, 302-588-0831, or write to P.O. Box 807, Harpers Ferry, WV 25425.
### Sterling Forest Trail Map

From available electronic data which is accurate and complete. For example, digital elevation maps (DEMs) show the land’s elevation on a 10-meter grid measured from aerial photographs. This information is then used in different computer programs. Once creates the shaded relief which interprets the land’s slopes onto a map. The other draws contour lines at a selected interval, in the case of Sterling Forest, at 50-feet intervals. The USGS also produces digital line graphs (DLGs) with features such as roads and streams recorded as line segments with lengths, directions, and feature codes. All these programs are integrated to produce the base map on which the trails can be overlaid.

Locating trails is now done electronically, too. In November 1999, thanks to partial funding from the Greenway Conservancy for the Hudson River Valley, the Trail Conference was able to purchase a commercial-grade global positioning system (GPS) unit. The readings the GPS collects while its operator is hiking a trail can be converted to an accuracy of ±2.5 meters.

The Sterling Forest trail map required the efforts of many. Special thanks are due to Herb Chong for his computer wizardry and technical know-how in assembling all the electronic data into the base map, to Chris Cesar who developed the data collection system, and trained others in the techniques, to John Jaszek, Steve Kelman, and Joe Bohmer for their field-checking efforts, and to John Gebhard’s, Jim Croll, Gary Haagland and Jeff Hutchinson for field data. Steve Butfilowski designed the reverse side of the map, and Daniel Chazin and JoAnn Dolan wrote the reverse-side informational text.

The Sterling Forest trail map retails for $7.95 (Trail Conference member price is $7.45), plus .95 shipping. You can order the map using the Conference Shop coupon at left.
IN MEMORIAM

JAMES RANSOM, #8, author of Vanishing Ironworks of the Ramapos and a leading historian in Bergen County, NJ, died in May after being hit by a car. An avid hiker as a young man, Mr. Ransom became fascinated with local history and was an ardent proponent of the outdoors. Among a host of civic positions he held, he once served on the Palisades Interstate Park Commission. Locally, he was perhaps best known for his lectures and writings on Bergen County’s past, often focusing on railroads and ironworks. His 1996 book, Vanishing Ironworks of the Ramapos, remains in high demand among historians of the region. “It’s the only really scholarly book on the subject,” said Rita Alexander, owner of the Book Store at Depot Square in Englewood. Because of a limited printing, the book has become a rare find. Alexander says she sold her last copy for $145.

MITZI DURHAM, co-owner and operator, with her husband, John, of the Apple Valley Inn in Glenwood, NJ—a favorite with Appalachian Trail hikers for its family-style meals and rhyming guest book—died this spring. A gracious Alabama native, her hospitality was legendary as was her staunch support of our local AT volunteers in Vernon, NJ. She “never [did] an inch” of the AT, and stumbled into her role as AT hostess by accident: finding an ailing thru-hiker camping across the street from her, she took him in, nursed him back to health—not even aware that the Trail was nearby. “The rest is history. Whether hosting public meetings at the Inn, easing neighbors’ concerns about Trail improvements, or lending hertreasuring presence at town AT meetings, Mitzi could be counted on to champion any AT project."

MANFRED D’ELIA, the founder of the North Jersey Ramapo chapters of the Adirondack Mountain Club, died in March at age 91. Member #29 of the Catskill Adirondack Mountain Club, Manfred had summited Mt. Raikes, the Matterhorn, Mt. Damabard (6,000 meters) in Iran and Pikes Peak. An accomplished concert pianist, he loved classical music, his track and field feats, but above all, hiking.

“A hikers, we’re sometimes looking for a match to light our campfire or in today’s high tech society) the butane/propane stove.

We at the New York-New Jersey Trail Conference are also looking for matches to “stoke our fires. We are looking for the corporate match—the corporate gift that matches your gift to the New Jersey Trail Conference. Let us know if you have a matching corporation.

American Express, American Ref-Fuel Company, Chase Manhattan, Codfore Interactive, Deutsche Bank, Mobil, Pfizer, Prudential, Reader’s Digest, Reuters and from the following individuals:


Ask the company where you work if it will match your gift to the New Jersey Trail Conference. A company’s matching gift can give us more “fuel” for future trail building and protection.

Got a Match?
Planning Our Strategy During a Year of Many Transitions

In spring 1999, Administrative Director, John Doan asked the Board of Directors to formalize the direction and priorities for the Trail Conference by the time Zimmerman announced his intention to retire after twenty-two years as President, the Board of Directors hatcheted the journey of Strategic Planning. Facilitated by consultant Karen Star, the Board completed two full-day retreats in spring 1999 just before JoAnn announced her resignation after eleven years as Executive Director.

Development of an all-day plan could not have taken place better. The plan was all but finished when Gary Haugland and Jan Hesbon assumed their respective offices in Fall 1999, succeeding Neil and JoAnn. A task force of the Board continued to meet last winter to “wordsmith” the language of our Mission, our Vision, our Values, Guiding Principles and our logo which are reproduced below. Task force members were Jane Daniels, Dan Clinton, Walt Daniel, Brian Goodman, John Gunter, Gary Haugland, Jan Hesbon, Tom Hambach, and Gail Næffinger.

The Strategic Plan is intended to be a living document that will guide the Trail Conference for at least the next three years of the fall of 2002; it will be reviewed annually. Since it is our first plan, it is the foundation for our long-range planning and direction setting in the future.

ORGANIZATIONAL STRUCTURE

The Trail Conference is a member-directed organization providing for full participation by to members and member clubs: trail facets of the Conference; governance, programs, and activities.

- Base lines of authority are established and specific responsibilities are assigned to members, member clubs, trail boards, committees, and staff.
- By-laws determine the overall structure and governance of the Trail Conference. Wherever conflicts between the current by-laws and this Strategic Plan, amendments to the by-laws will be proposed.
- Volunteer committees and the staff implement the work of the Trail Conference, following policies which must be approved by the Board of Directors before they become effective.
- The Board will establish committees and, with advice from these committees, establish a strategic plan which defines and limits its roles and responsibilities. The Board is a strategic plan which defines and limits its roles and responsibilities.
- The Executive Director is appointed by and reports to the Board, under its direction, manages the day-to-day operations of the Trail Conference and supervises the staff.

VISION STATEMENT

The New York-New Jersey Trail Conference will maintain its position as the leading hiking / trail organization in the region. In pursuit of that goal, the Trail Conference will:

- Continuously programs of developing building and maintaining hiking trails.
- Expand its role as an advocate for local and state parks.
- Enhance efforts to preserve and protect natural lands.
- Increase visibility and cooperation with member clubs, partners and the public.
- Sustain a high level of public participation.
- Produce high quality publications.
- Boost the demographic base of its membership.
- Strengthen the financial base of its operation.

VALUES AND GUIDING PRINCIPLES

The Trail Conference's mission includes hiking trails and this end, operations under the following values and principles:

- Education. The Trail Conference serves the principles of Leave No Trace (approved
- Partnership. The Trail Conference must work with other organizations and will continually strengthen these relationships.
- Professionalism. The Trail Conference has a high level of professional participation.
- Advocacy. The Trail Conference must work for legislation and standards that protect trails.
- Collaboration. The Trail Conference has successfully established partnerships for the Trail Conference to pursue goals.
- Respect. The Trail Conference must respect the opinions and views of others.
- Trust. The Trail Conference must trust its members, partners and staff.

STRATEGIC PLAN - 1999-2002

INTRODUCTION

This strategic plan sets the course for the Trail Conference to 1999 and 2000. It is a dynamic document that will allow the Trail Conference to focus on certain areas instead of broad-based topics. This plan will also allow the Trail Conference to be more effective in its dealings with issues, partners, and threats.

The Trail Conference is designed as a living document. It is a tool for the organization to adapt and respond to change.

TERMINOLOGY

The New York-New Jersey Trail Conference refers to this document. The Board is 15-member Board of Directors.

An official trail is a trail that is defined by the Trail Conference and is maintained and improved by the Trail Conference.

A partner is a group of individuals who are willing to work on specific projects.

MISSION STATEMENT

The New York-New Jersey Trail Conference is an organization that:

- Protects hiking trails through support and advocacy.
- Educates the public in the responsible use of trails and the natural environment.

CURRENT ENVIRONMENT

The Trail Conference has established a reputation as an active voice for hiking trails. The Conference is a well established organization that is recognized and respected by government agencies and the public.

The Trail Conference is larger than the sum of its parts: member clubs, volunteers, and staff.

INTERNAL STRENGTHS AND WEAKNESSES

As the Trail Conference commits to a new strategy and new goals, it will need to be improved and elaborated. The Conference has the potential to improve its effectiveness and efficiency.

The management of the Trail Conference is small and efficient. The Conference has the potential to improve its effectiveness and efficiency.

The Trail Conference is an organization that is, and will remain, a not-for-profit corporation.

The Trail Conference is a member-directed organization providing for full participation by its members and member clubs: trail facets of the Conference; governance, programs, and activities.
continued from back page

F. Strengthen the financial base
   1. Establish a Development Committee
   2. Develop a publications policy
   3. Streamline editing and production process
   4. Keep publications current
   5. Utilize new technology

G. Strengthen the financial base of its operations
   1. Strength the Publications Committee
   2. Develop more media contacts
   3. Increase distribution of Trail Walker
   4. Develop new hiking trails as opportunities arise
   5. Improve membership communications

H. Enhance efforts to preserve and protect trail lands
   1. Establish Trail Lands Committee
   2. Develop a publications policy management plan
   3. Establish a Science Advisory Committee

I. Expanding membership, growth, retention and involvement
   (this goal includes Vision Statement 4 and 7).
   1. Establish a Membership Committee
   2. Develop/maintain audit and management plan
   3. Develop a membership policy and procedures
   4. Maximize membership growth, retention and involvement

J. Enhance services to members
   1. Protect current trail network
   2. Enhance efforts to preserve and protect trail lands
   3. Increase coverage of activities in the public media
   4. Produce high-quality publications

ADMINISTRATIVE ASSISTANT WANTED
Admin. Asst. needed to join the TC office team. Responsibilities include phones, word processing, reception, database, troubleshooting, special projects. Must possess excellent computer & e-mail skills, good phone manner, communication skills. Excellent benefits. 35K. Fax resume to Judith Fulmer, 212-779-8102.

Mountaintop Gate Lodge & Indian Restaurant
Hikers’ starting point for many years. Previously owned by AMC. Now, Mountaintop Gate Lodge offers newly remodeled rooms with private baths, in-room phone & TV, air conditioning, outdoor heated swimming pool, cooking and picnic facilities, plus added, fabulous vegetarian and non-vegetarian menu! Enjoy a cold beer and a hot meal during your stay. Call (508) 228-0000; contact leader if in doubt.

Camping Cooperative
Hike, swim, fish, canoe and camp with us in State and National Parks within a 3-hour drive of NYC. Inexpensive. Singles, couples, families, beginners welcome.

For a free schedule of events, call (718) 670-3225 or e-mail levner@panix.com
HIKERS’ ALMANAC

SATURDAY, JULY 2

THURSDAY, JULY 27
ADK. Thursday Rambles. Contact Betty (201) 967-2937, or Phillys (973) 582-3702 before 9 pm on Friday.

FRIDAY, JULY 28
MSC. and Sunday hiking will call all of us at our lodge in Westfield, NY. Call 212 208-7818 for information.

THURSDAY, JULY 30
IRC. Back Trail Special. Meet 10 am at Lake Sebago Parking Lot, New York State Park. Leader: Frank E. Park, 718-780-9400. Mantle mountainous streams. This cross-breaks and sedimentary slopes have few natural caves of the Hudson region. After this we are off and on a hike on a hike.

MAY 1, JULY 31
IRC. Overlook–Mount Storm King Parking Lot. Meet 10 am at Sawyers Bank parking lot, NY Market Street, Saugerties. Strenuous 8 miles, 5.5 hours. Information while at Meeker Memorial. For more information call: (845) 246-4030.

THURSDAY, AUGUST 3
ADK. Thursday Rambles. Contact Betty (201) 967-2937, or Phillys (973) 582-3702 before 9 pm on Friday.

SATURDAY, AUGUST 5

THURSDAY, AUGUST 17
ADK. Thursday Rambles. Contact Betty (201) 967-2937, or Phillys (973) 582-3702 before 9 pm on Friday.

SATURDAY, AUGUST 19
IRC. Stone Mountain. Meet 10 am at Sawyers Bank parking lot, NY Market Street, Saugerties. Moderate 6 miles, 3 hours. Information while at Meeker Memorial. For more information call: (845) 246-4030.

SATURDAY, AUGUST 26
IRC. Wald Camp Page. Meet 10 am at Sawyers Bank parking lot, NY Market Street, Saugerties. Moderate 6 miles, 3 hours. Information while at Meeker Memorial. For more information call: (845) 246-4030.

SATURDAY, SEPTEMBER 2
IRC. East Rock Mountain. Meet 10 am at Sawyers Bank parking lot, NY Market Street, Saugerties. Moderate 5 miles, 2.5 hours. Information while at Meeker Memorial. For more information call: (845) 246-4030.

SATURDAY, SEPTEMBER 9
IRC. Hightop Mountain. Meet 10 am at Sawyers Bank parking lot, NY Market Street, Saugerties. Moderate 7 miles, 3.5 hours. Information while at Meeker Memorial. For more information call: (845) 246-4030.

FRIDAY, AUGUST 5
IRC. Full Moon Hike. Meet 8:45 pm at the information window. Leader: Sal Varbero, 718-420-9569 between 8-10 pm. Rain cancels.

SATURDAY, AUGUST 6
IRC. Great Triangle Project: Liberty Water Gap Trail – Lib- ery State Park to Lincoln Park, Jersey City, New Jersey. Meet 9 am at Liberty State Park – South Parking Area, Jersey City, NJ. Leader: Mike Selender, 201-451-5411; mike_selender@mindspring.com. Moderate, 10 miles, 4 hours. Information while at Meeker Memorial. For more information call: (845) 246-4030.

MONDAY, AUGUST 7
IRC. Thursday Ramble. Meet 8 am at Sawyer Savings Bank parking lot, NY Market Street, Saugerties. Strenuous 6 miles, 3.5 hours. Information while at Meeker Memorial. For more information call: (845) 246-4030.

THURSDAY, AUGUST 10
ADK. Thursday Rambles. Contact Betty (201) 967-2937, or Phillys (973) 582-3702 before 9 pm on Friday.

SATURDAY, AUGUST 12
IRC. Full Moon Hike. Meet 8:45 pm at the information window. Leader: Sal Varbero, 718-420-9569 between 8-10 pm. Rain cancels.

SATURDAY, AUGUST 19
IRC. Full Moon Hike. Meet 8:45 pm at the information window. Leader: Sal Varbero, 718-420-9569 between 8-10 pm. Rain cancels.