Our new, second-floor office has wonderful views overlooking the Ramapo River from the back windows—quite a change from looking at the city skyscrapers in midtown Manhattan! Under the trees at riverbank’s edge is a great spot for a picnic in nice weather—an added perk.

Board members Paul Bell, John Gauthier, Tom Hambach, and Bill Muhler anchored the relocation committee, securing sites from Jersey City northward to Tarrytown and Tuxedo, NY. Fellow Board member Pete Heckler actually found the Mahwah space.

Office hours will remain the same, weekdays from 11 a.m. to 5:30 p.m. Our new telephone number is 201-512-9528; our new fax is 201-512-5012. Our web site and e-mail address remain the same.

Volunteers: we need you in Mahwah!

With our new location, we need some new local volunteer help around the office, on either a steady basis or on-call. Can you help? We need folks to:

• answer telephone inquiries about the trails or hiking in general. We need coverage all day, everyday—but perhaps you can help out for a couple of hours one day a week. If we can get several people giving a few hours one day a week on a regular basis we can arrange full coverage.

• stuff envelopes for mailings, and/or map sets into plastic baggies (on call as needed).

• pitch in with general office work.

• help organize our filing system, and files, better.

• word process to update our many forms and brochures.

• enter data on our computer systems.

• be our computer repair technician and “help desk” reference (on call).

• be our librarian—follow up on overdue books (a few hours once a month).

• suggest something you would like to do.

Let us know what you would like to do and your availability. E-mail our volunteer coordinator at office@nynjtc.org and we’ll get back in touch with you.

The Trail Conference is pleased to announce receipt of two foundation grants to upgrade our computer equipment and other necessary technology.

A foundation donor, which wishes to remain anonymous, generously contributed $5,000—$4,000 of which is earmarked to assist with the Trail Conference’s three-year revolving upgrade of computer hardware and software. The Hyde and Watson Foundation donated $1,000 for purchase of needed computer equipment.

“We are deeply appreciative of these grant awards because they recognize the infrastructure and communications needs of the organization,” commented Anne Lutkenhouse, Trail Conference Projects Director. “It takes many resources to perform our mission, some far removed from the earth and shovels of the trail work itself. With these grants, our foundation donors have given us vital tools with which to manage information, and communicate with, recruit, and recognize our volunteers.”

Grants will aid Strategic Plan goals

In mid-2000, the Technology Committee of the Board of Directors recommended a three-year program to upgrade our office computer hardware to enable optimum networking with the new database, and to improve office technological systems to enhance productivity. The Board approved this plan. Grant funds from our anonymous donor foundation will cover the costs of this three-year program. In this, the first of the three-year cycle, we replaced two computer workstations and upgraded essential office software, including Windows 2000 Operating System and the upgrade for QuickBooks accounting program. In the second and third...
A Peek into the Future

by Gary Haugland

For many years now I couldn’t wait for 2001 to arrive. Not because the year signals the true start of the millennium but because of the film 2001: A Space Odyssey. I also anxiously anticipated 1984, but that’s another story. I wanted to see how closely the science facts matched the science fiction of one of my favorite movies. And the answer—not at all that close.

The Trail Conference is chartering a course to a very different future; the hallucinatory space journey and the menacing computer named HAL have been relegated to high-tech entertainment archives. Many of us have replaced our fascination with lunar settlements and excursions to outer space with deep concerns about suburban settlements and incursions into our dwindling open space. Science still plays a central role in this future. As an article in this Trail Walker reports, the Trail Conference has brought together a committee of science advisors to help us chart a more environmentally sound and scientifically in-doned direction to our trail work. Through the Trail Conference we realize the need to protect our parks and lands, wetlands and ridgelines for future generations. We haven’t always recognized that our trails had an impact as well. We are learning, and with help we can change our attitudes. It means more work, but the payoff will be great. And it will take a different kind of volunteer than we have traditionally sought, one interested in science and willing to keep abreast of new ways to protect the environment—and still maintain an accessible trail network.

That is why we are moving our office out of midtown Manhattan, many of our long-time office volunteers leaving. We will not be able to continue as they have. This is our deepest regret about the decision to move. Now we need a new cadre of volunteers who will come to Mahwah, New Jersey, to help us out. We know you are out there. . . . In fact we know you who are and who can do. Elsewhere in this Trail Walker you will read about openings in several areas for volunteers who are able to both supervise other volunteers and coordinate trail activities. There are extraordinary rewards to accompany this hard work, not limited to the satisfaction of a job well done. Together, we are leaving a legacy of trails for future generations who will need—even more than we—to find respite and rejuvenation in the outdoors and who will have to be committed to protecting the biodiversity in our shilly varnished but threatened region. A recent article in the New York Times Magazine suggested that volunteerism may be doomed: people just don’t take the time or have the inclination to do that anymore. If that prediction is borne out then the Trail Conference would be in trouble. After all, we have based our entire existence on the central role played by our volunteers. We need to continue our tradition of volunteerism—to do the trail work, of course, but also to sit on committees and participate in public hearings, to answer phones and send out action alert letters, to bring scientific knowledge to bear on our work, to serve on the board of directors as they chart the course of the future. So you see, there are lots of ways to volunteer your time, your talents, your passions. Drop us a line, send us an e-mail, give us a buzz, and let us know what you can do and how we can help you do it.

Our future depends on it. And rest assured that 2001 has arrived. My message will come to you bounced off a communications satellite somewhere in outer space.
Trail Conference’s Science Advisory Committee Holds First Meeting

Nestled amid the rugged hills and sprawling reservoirs of northern New Jersey, the Weis Ecology Center was the perfect setting for the inaugural meeting of our newly formed Science Advisory Committee. On a crisp November morning, scientists from a variety of backgrounds gathered to discuss how the Trail Conference can become more responsive to the environmental issues that these knowledgeable individuals present.

Over the last few years, some general concerns have become evident to the Trail Conference. Exotic and invasive species are proliferating in trail lands; habitat is being fragmented and shrinking; and many species of birds, mammals, reptiles, and plants are being identified as endangered or threatened. We want to be better stewards of the natural environment where trails are located, and to be more aware of potential negative impacts on places we choose to build new trails.

Attending this first meeting was an eclectic array of individuals willing to share their expertise about, and their passion for, the natural world. The meeting was co-chaired by Joan Ehrenfeld, Professor of Ecology at Rutgers University, and Trail Conference President Gary Haugland. Other members included: Michael Batcher, ecologist and consultant; Steve Clements, botanist at Brooklyn Botanical Garden; Patrick Conney, botanist with the Torrey Botanical Society; Matt Gompper, biologist at Columbia University; Chris Harmon, land steward for The Nature Conservancy; Robert Masson, natural resource monitor at Morristown National Historic Park; Laura Newgard, environmental scientist and a Trail Conference trails supervisor; William Richardson, hydrologist with the NYC Watershed; and Lance Risley, Professor of Ecology at William Paterson University.

The Trail Conference was also represented by Walt Daniels, experienced trail supervisor, Appalachian Trail Conference board member, and chair of our Technology Committee, and Sandy Parr, chief of our New Jersey Trail Crew.

Gary Haugland spelled out the reason for forming this committee and offered some goals for discussion: 1) developing better communication between the TC and land managers on scientific issues, and 3) developing volunteer-centered activities including research and education. Joan Ehrenfeld then laid out the areas of concern that this committee should consider. Committee members were invited to contribute this list based on their knowledge and interests. This included threatened and endangered species, exotic and invasive species, use of trails by animals, effect of trails and hikers on habitats, wetlands management, potential land management conflicts, need for local expertise, monitoring ecosystem health, educating the hiking community, and getting students involved in research.

After some lively discussion, the group recommended the following actions:

1) First, to start a program of educating trail users. Members will write articles for the Trail Walker and the TC web site specifically addressing environmental issues. Future trail maintenance workshops will include sessions of scientific interest, starting with the next one in May;
2) The committee will review present guidelines and policies and make recommendations to make them more ecologically informed;
3) The Trail Conference will become more closely involved with experts in particular areas who can participate in the training of volunteers;
4) The Woods are perfect laboratories for scientific research. The committee will establish partnerships between institutions of higher learning and the TC;
5) Trail problem reporting procedures will extend to reporting ecological problems along the trails.

What does this mean for Trail Conference members?

Not only will there be more channels for expanding your knowledge about trailside science, there will be increased opportunities for promoting habitats, identifying and removing invasive species, teaching responsible hiking behavior, and in general becoming better stewards of the lands that the hiking trails traverse.

We are excited about this new direction. It presents us with new ways of living up to our mission, and we have never shed away from the ever-changing challenges of trail work. Thanks to all who participated!
Speak Up Now for the Catskill Forest Preserve!

In mid-January, 2001, you will have the best opportunity in 25 years to speak up for the Catskills. The Department of Environmental Conservation (DEC) is drafting unit management plans (UMPs) for many beautiful areas of the both the Catskill and Adirondack Forest Preserves. These plans will determine how our Catskill Forest Preserve will be managed for decades to come. The DEC has scheduled six public meetings around the state to hear your opinions. The NY-NJ Trail Conference and the Adirondack Mountain Club (ADK) asked DEC for out-of-park hearings so that all New Yorkers would have the same opportunity to be heard as those fortunate enough to live near these marvelous lands.

These hearings are the perfect opportunity for Trail Conference members to have their say. Maps and information will be available at the meeting locations. Attendees will be able to talk to the DEC planners about their hopes and concerns for the areas listed and to make verbal or written statements. Written statements may be submitted after the meetings.

Perhaps you want some more hiking trails in the Shandaken Wild Forest. Maybe you’ve had difficulty enjoying cross-country skiing in the Catskills because certain trailheads haven’t been plowed. Or perhaps you’ve seen an all terrain vehicle (ATV) in use on a favorite hiking trail in Sundown Wild Forest, despite established trails have use is prohibited.

New parking lot in Black Rock Forest

Hikers are reminded that there is a new parking lot for the main entrance to Black Rock Forest since their new Science Center was constructed. Hikers now park on the main forest entrance road shortly after its junction with Route 9W. The Duggan Trail begins at this parking lot and takes hikers to the Reservoir Trail. The parking lot that was just short of the Upper Reservoir is now closed to the public. (See the Trail Conference’s West Hudson Trails map #7.)

Statewide UMP Meeting Dates

NYC: January 23
Warwick Hotel, 5-9 PM
65 West 54th Street, New York, NY

New Palz: January 24
DEC Regional Office/New Palz, Rooms 2, 3, 5-9 PM
21 S. Putt Corners Rd., New Palz, NY

Albany: January 25
Governor Town Hall, 5-9 PM
5209 Route 20, Guilderland, New York

Meetings will also be held in Buffalo on 1/16, in Rochester on 1/17, and in Syracuse on 1/18. For info call 518-449-3870.

UMPs for Halcott Mountain, Shandaken, Kaaterskill North Mountain, Cherry Ridge & Middle Mt., Dry Brook Ridge, Windham High Peak, and Hunter Mountain Wild Forests, and Westkill and Indian Head Wildernesses are in the pipeline.

THE VIEW FROM ALBANY

By Neil Woodworth and Margaret Carr

The Niagara Falls of the Catskills

A major planning issue for the Catskills is how to address the heavy foot traffic and slope scrambling at Kaaterskill Falls. Management of this area is being addressed in the UMP for the Kaaterskill—North Mountain Wild Forest.

Kaaterskill Falls is one of the most striking natural features in the state. It has two great tiers: the upper falls drops 175 feet and the lower drops 85 feet. The falls sit a great deal of dry use because it’s less than a half mile from Rt 23A. From spring to fall, a constant stream of tourists visit the area. Once to the base of the falls, many are inclined to scramble up the steep slopes to a high point or to the top. Due to their geology of unstable shale and limestone, the slopes suffer from a tremendous amount of erosion. Established trails have been difficult to maintain because of this instability.

Management options to address the slope include: building a cement staircase and platform to a high point for viewing; building a natural rock staircase to a high point; or building a simple platform and posting signs that prohibit hiking to the top. Clearly, none of these proposals is a lasting solution to the erosion problem at the falls, but with an educated public and enforcement, perhaps one of these ideas will ameliorate the use problem. How do you think the area at the falls should be managed? What kinds of overuse have you seen or experienced there?

Witter Our Wild Forests?
The DEC is being asked to widen many snowmobile trails throughout the Adirondack Forest Preserve. Some snowmobile clubs and local governments have asked for reconstruction of snowmobile trails so that the wider, faster models can use backcountry trails. These groups are also asking for grooming of trails by tracked grooming machines. This could result in 10-13 foot wide snowmobile trails, since Class A tracked groomers require continued on page 10
GET INVOLVED

VOLUNTEERS SOUGHT

Field checker and/or editors
The Trail Conference is currently working on preparing a new edition of the New Jersey Walk Book. Anyone interested in assisting with field checking or editing should contact Daniel Chazin at 201-836-7019, or dchazin@aol.com.

Regional trails supervisors and trail committee leadership sought
Are you interested in enhancing hiking opportunities in the network of trails the Conference maintains? The Trail Conference needs people who are interested in becoming more involved with trails, interacting with park managers and helping to solve trail issues and problems. As a volunteer trails supervisor or trail committee chair, you will have broader responsibility than a trail maintainer. You can also have more influence on a regional system of trails. Volunteer leadership positions require a larger time commitment than that of a trail maintainer, but the payoffs can be great! Both types of volunteer jobs allow one to acquire a broader picture of hiking trails. Training is provided.

Look at the Trail Conference’s web page www.nynjc.org/volunteers/vol.html for these job descriptions. If you have questions about the New Jersey positions, please call 973-823-9999 for Larry Wheelock, the Trail Conference’s N.J. Field Representative, or Anne Lutkenhouse at 201-836-9699 about those in New York.

Fun with GPS
Volunteers are needed in all areas to help acquire field data with the Trail Conference’s recently acquired hand-held GPS units. These extremely light, easy-to-use units will be used to collect track data to be placed on our map sets. Help the Trail Conference to update its maps while performing your favorite pastime—hiking. To volunteer or for more information, contact John Jurasek at jurasek@worldnet.att.net.

TRAIL CREW SCHEDULES

NORTH JERSEY TRAIL CREW
What & Where: Tackle a variety of projects ranging from trail repair to bridge building in NJ’s parks and forests. With all of these projects, please call the leader in advance and come prepared with work gloves, lunch, water and boots.

When: Sundays, January 14, February 11.
Leaders: Sandy Par, 732-469-5109; Dick Warner, 201-577-4943.

How to get your hiking permit for Pequannock watershed trails
Send a self-addressed, stamped envelope with check or money order and the appropriate fee to: NWCD, 223 Echo Lake Road, R.O. Box 519, Newfoundland, NJ 07435. Include your telephone number, a photocopy of a hiking club membership card, and a list of the license plate number(s) of the vehicle(s) that will be used on the Pequannock watershed property. This information will expedite the application process.

FEE STRUCTURE
Newark resident...........$4
Newark Senior Citizen......$2
Non-Newark resident........$8
Non-Newark Senior Citizen.......$4
Club Group...............Free

Duplicate (permit) for 2nd car.....$1
(Duplicate is non-transferable)

Group Permit: Hike leader must send a letter of request, two weeks in advance. Indicate the date of hike, number of persons in group, and intended trail(s). Include contact name, address, and phone number (use club stationery if possible). You will receive the original and a copy of the Special Permit to sign. Return the original and save the copy to display on your vehicle.

Individual Permit: Includes spouse and children under 18 years of age. Permits are available now. Secure permits early in the year to derive the most benefit. (Permits are always issued for the current calendar year, regardless of the month.) The permit includes an updated trail map, parking decal, and a list of regulations, including the locations of areas where hiking is not allowed during hunting seasons. For further information: 973-697-2850.

Roving chainsaw crew forming in Harriman: leader(s) sought
The Trail Conference is seeking volunteers to form a new roving chainsaw crew to operate within Harriman-Bear Mountain State Park.

The crew will respond to the backlog of downed trees from Tropical Storm Floyd, and handle new blowdowns, on a steady basis—supplementing the work of the park’s trail maintainers. Ike Siskind, a Conference Trails Supervisor in Harriman, and Pete Heckler, West Hudson Trails Committee Chair, are spearheading this initiative.

We are also seeking volunteers willing to lead such a crew. To participate, volunteers must be certified by the Palisades Interstate Park Commission as a volunteer chainsaw operator. The Park has hosted two training courses already; if enough non-certified folks respond to this call, another training course can be arranged.

Fill in the coupon below to let us know of your interest.

Catskill lean-to caretakers wanted
The Trail Conference has responsibility for caretaking many of the lean-tos in the Catskill Forest Preserve. Some vacancies are available for these caretakers. Find out more by completing the coupon below and returning it to: Lean-to Supervisor Elie Bijou, 920 East 17th Street, #608, Brooklyn, NY 11210, or by contacting him at treasure_tower@prodigy.net.
It’s sad but true; the very word geology, when encountered on the printed page, often induces spontaneous drowsiness. But so richly adorned and so abundantly useful is Jerome Wyckoff’s treatise on landforms that it is certain to mesmerize even the most geology-shy readers. This is a giant (532-page), colorful (556 photographs, mostly in color, as well as 75 drawings) and exhaustive (6,000 subjects and entries) tour de force of geology instruction. Unless they are geology geeks like me, most hikers have a modest but hardly overwhelming curiosity about the rocks on the trails they traverse; alas, this is an impulse that goes pretty much unsat- isfied. Mr. Wyckoff’s energetic tour of mountains and plains, river valleys and seacoasts, dunes and volcanoes will speak to any question a trail walker ever had. Though this work is intended for the average reader, its geological information is put together in a way that anyone, including the most geology-shy reader, can follow. Mr. Wyckoff—author of Rock Scenery of the Hudson Highlands and Palisades, which inhabits the bookcase of many regional hikers—is also the author of Rock, Time, and Landforms and The Story of Geology. As a publisher he helped develop the indispensable Golden Nature Guides and was managing editor of The Harper Encyclopedia of Science. This book has a geological adviser as well: Donald R. Coates, a professor of geology emeritus at Binghamton University. I wish he could be on the trails with us as we read Mr. Wyckoff’s book, for his experience as a publisher and as a professor of geology would make contributions, and purchase online the more the Trail Conference will save.

WEB STORE A SUCCESS

As announced in the November/December 2000 Trail Walker, the Trail Conference’s web store is now open, and is easily reached by clicking on the green Hikers’ Market Place menu item on the left side of the home page. We have been pleasantly surprised at the sales we are getting so far. For our first three weeks we averaged three sales per day, taking in a total of $1,869.30 in that period. And almost half of the sales were from non-members, very encouraging indeed.

Once we completely automate our internal processing, we will save a lot of time on office work, which means that the more people who renew their membership, make contributions, and purchase online the more the Trail Conference will save.

JOIN OUR E-MAIL LIST

The Trail Conference occasionally sends out email alerts, usually action alerts, to all—or a subset of—our members. If you did not get that e-mail, it is because we do not know your e-mail address, you have changed your e-mail address since you gave it to us, or we made a mistake in entering it into our database (sometimes we have trouble reading handwriting, particularly zeros and ones). The easiest way to get on the e-mail list or to correct an incorrect e-mail address is to fill out the form at the Conference’s web site, www.nynjtc.org/forms/memchg.html, or to click on the Contact Us menu item where you will find a link to the form.

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Our deep gratitude to Conference member Duncan Douglas for his unflagging efforts to have 7 informational kiosks for the Farny Highlands Trails System made and installed. Duncan, president of the Morris Trails Conservancy, committed his organization and especially himself to this project which had been on our back burner for a couple of years. Conference member and Farny Highlands trail designer Bob Kooie first proposed the project, and the Morris Land Conservancy had secured a grant to assist with the costs. It took 4 months of almost daily work to get everything done: all the approvals from the various land-managing entities, purchasing materials and supplies, encouraging the kiosk sign builder, scouting locations, digging holes for the posts, cementing the kiosks into place, and wrapping up all the paperwork. Duncan, you KNOW we couldn’t have done it without you! Thank you so much.

Congratulations to Trail Conference president Gary Haugland, who was honored by the conservation organization Orange Environment for his work on trails in Orange County for the past 10 years. Gary started out as an Appalachian Trail maintainer, became a Long Path maintainer, then the crew chief for the Shawangunk Ridge Trail building effort, then moved into a trail supervisor position for the Long Path. Currently, his efforts are placed on supporting trail projects on Schunnemunk Mountain, the Stewart Airport buffer lands, and Sterling Forest.

More gratitude, and best wishes, to Jim Palmer, who is “retiring” as one of our New Jersey Appalachian Trail overseers. Jim has been active for 10 years in this position, anchoring our A.T. volunteer leadership in the Delaware Water Gap National Recreation Area and Worthington State Forest. He’s been especially busy with the Dunkfield Creek area trail rehabilitation project in the last couple of years. Jim, thank you for all your efforts, and enjoy more time for hiking!

A reminder to Trail Conference members to carry your signed membership card with you when you intend to make a purchase at one of the stores which participate in the Trail Conference’s discount-to-members program.

Congratulations to Miklos Muller who has been appointed Professor Emeritus at Rockefeller University.

Backcountry cabin caretakers, and trail crew positions, are available for summer 2001 with the Randolph Mountain Club in New Hampshire’s White Mountains. The Randolph Mountain Club maintains 100 miles of trails in the Northern Presidential, and Crooked Range, areas of the White Mountains, and operates four backcountry shelters which are open all year and staffed on a caretaker basis. Application deadline is January 26, 2001. For further information, including application process, visit the Club’s web site at www.randolphmountainclub.org.

Registrations are now being accepted for the 2001 trail building and maintenance trips of the American Hiking Society’s Volunteer Vacation program. Now in its 24th year, Volunteer Vacations sends teams of citizen do-ers into America’s backcountry to build and repair trails. The 2001 schedule of trips is now available; visit the website www.americanhiking.org for more details, or call Shirley Hearn, Volunteer Programs Manager at 301-565-6704, ext. 206.

The New Jersey Environmental Digital Library (NJEDL), recently made publicly available on the Internet at http://njedis.rutgers.edu, contains a wide variety of heretofore unpublished materials about the environment in New Jersey, including: documents and reports, scientific studies, photographs, videos, and maps. The scope of the collection is broad, ranging from citizen information to scientific reports to photographic tours of New Jersey’s outdoors.

While the information collection is still growing, much is already online in the form of full-text and images. The site also includes a comprehensive directory of New Jersey environmental organizations.

The NJEDL is being developed by the Scholarly Communication Center of Rutgers University Libraries through a grant provided by the Department of Environmental Protection.

New Life Members

The Trail Conference welcomes six new life members to our growing family of 796: William Frank, and Lingling Wang from New Jersey, and from New York: Robert Black, Glenn and Linda Ostrander, and Sal Spoto, who became a Life Member in memory of his late sister, Catherine Ann Spoto. An individual life membership is $400, and a joint life membership (two adults at the same address) is $600. Next time you renew, we hope you’ll consider becoming a “life.”

The first Torrey Memorial hike of the new millennium returned to its roots—as a Raymond Torrey’s grandsons joined Trail Conference members and friends. The hike honors one of the Conference’s co-founders, Raymond H. Torrey, as well as the Long Path, a trail he championed and which is used to access the Torrey Memorial tablet atop Long Mountain in northern Harriman-Bear Mountain State Park.

From the summit there are panoramic views over Turkey Hill Lake, Harriman Park, and the Shawangunks. Held each year on the final Sunday in October, the Torrey Memorial event includes the hike to the mountain’s summit, a brief ceremony, and a social gathering of hikers who meet on the summit via any number of trail routes. It relives the day in October 1938 when hikers gathered to scatter Torrey’s ashes to the wild lands of Harriman where he labored so diligently to build and maintain the park’s trail system.

Meyer Kukle, Conference honorary member who has championed the annual hike tradition for decades, passed his coordinating role to fellow Conference member Jules Orkin, who has vowed to keep the tradition alive.

Having Raymond H. Torrey’s descendants join us was a serendipitous happening. In August, an inquiry via e-mail came from Warren Millett, who was looking for copies of the newspaper column his grandfather wrote in the 1930s. Mr. Millett’s mother was Raymond Torrey’s daughter. Needless to say, since Raymond Torrey was a co-founder of the TC, our archives contain all the newspaper clippings of “The Long Brown Path,” the long-running column he wrote for the New York Evening Post. Thus was the connection between the NY-NJ Trail Conference and RHT’s descendants established.

Once Warren, and his cousins Bill and Bob, learned of the Torrey Memorial hike, they decided to gather as many Torreys as possible to attend—no small feat, since all 6 grandchildren are widely scattered across the country...
# Hikers’ Market Place

**Be Prepared!** **Give a Gift!**

Please order by circling price

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Subtotal: 

Postage/handling from above, or $6.00, whichever is LESS*

New York Residents add applicable tax**

TOTAL ENCLOSED: $ 

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Send to NY-NJ Trail Conference, 232 Madison Avenue, NY 10016. For a full descriptive catalog, please write or call 212-685-9699 anytime.

*If postage is $5 or more, can we ship UPS? Yes: No: D (usually someone has to sign for UPS)

**Tax must be paid by NY residents on items & shipping. Thank you!

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## Two Giants Support Computer Upgrades

### continued from page 1

with additional computer workstations and software will be upgraded as necessary to keep current. In addition, as part of its technology enhancement, the Conference developed a Web Store, and upgraded the office telephone system to include voice mail.

The Morris County, NJ-based Hyde and Watson Foundation’s donation enabled the Trail Conference to purchase a server to manage the membership and accounting databases. We also purchased FileMaker software for both the server and office work stations. Because most of our volunteers and agency partners are familiar with Microsoft Office, we bought copies for all the Conference work stations.

The Strategic Plan also calls for greater emphasis on volunteer recruitment, development and recognition, and $10,000 from our anonymous foundation donor is earmarked to do just that. A membership brochure is a vital tool for new member recruitment and volunteer development. With $5,000 in grant funds, the Trail Conference re-designed and printed 15,000 copies of this new four-color, photo-filled membership brochure. It now concisely answers the question, “What is the Trail Conference and what does it do?” Potential members learn that the organization maintains public hiking trails, and that there is a role for every member to become an active volunteer. Samples of activities in which members can get involved with the Conference’s work are part of the new text.

The remaining $1,000 from our anonymous foundation donor will support ongoing volunteer recognition, hosting a series of regional get-togethers for maintainers, so that they may be recognized for their trail work and meet their peers in a social—rather than trail work—situation. The Trail Conference has eleven committees of active trail workers—representing about 200 volunteers—who care for 1,300 miles of trail. Being able to give a little something to our volunteers builds bonds that are an investment in this organization’s continued service.

The Trail Conference deeply appreciates the support of our Anonymous foundation donor, and the Hyde and Watson Foundation, for these important infrastructural needs of our organization.

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## Walk Britain's Most Beautiful Landscapes.

Join English Lake District Ramblers, specialists since 1985 in guided tours of England’s spectacular Lake District, with a 1,300 mile network of hiking trails. Tours in the Lake District, the Cotswolds & Scotland.

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## Alpine Adventure Tours

### Two Giants Support Computer Upgrades

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### Two Giants Support Computer Upgrades

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### Two Giants Support Computer Upgrades

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### Two Giants Support Computer Upgrades
broken bones and lead poisoning

Osteoporosis, which is a loss of bone density due to insufficient intake of calcium, may be a cause of fractures on the trails. There are 8 million Americans with osteoporosis, resulting in 1.5 million fractures per year. Twenty percent die within one year of the fracture. Twenty percent die within one year of the fracture. Osteoporosis is the underlying cause in 90% of all hip and spinal fractures in women. Hip fractures can be life-threatening. Twenty percent die within one year of the fracture.

All adults should ingest 1,200 mg (milligrams) of calcium and 400 mg of vitamin D per day. Dietary intake of calcium is often too low to supply the daily requirements. For example, many people drink coffee, tea, or soda. Very few drink milk which is an excellent source of calcium. One should approach calcium supplements carefully. A recent article in JAMA on these supplements declared that many contain lead. Examine the label and if in doubt ask your pharmacist. For example, Natural Oyster Shell Calcium 500 mg with vitamin D contains lead. Tums does not. Walgreen’s calcium supplements are reliably lead-free whereas Eckerd’s has lead. Also, just because it’s “natural” doesn’t mean it’s safe.
...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>
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<tr>
<th>Category</th>
<th>Individual</th>
<th>Joint/Family</th>
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<td>Life</td>
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* two adults at same address

NAME

ADDRESS

CITY

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

Now, It’s Up to You

These are just some of the issues we’re facing as the UMP process is carried out. Please take advantage of the statewide meetings to learn about, and make comments, on the Forest Preserve. If you can’t attend the meetings, please send us your comments and experiences. Your thoughts and ideas will provide us with insights. Some topics for your comments include: trail conditions, refuse and vandalism problems, wildlife/habitat, campsite, canoe carries, terrain and vistas, overuse/underuse, signage, parking and access, levels and patterns of use, unique features, and illegal use. You can send your recommendations or on any of the Catskill units or on the revision of the Catskill Park State Land Master Plan. For a list of Adirondack UMPs being completed, please call. Please e-mail your comments to: mcarr@nycap.rr.com; or info@nycap.rr.com; or write or call: ADK/Trail Conference Public Affairs Office, 501 Hamilton Street, Albany, New York 12220. (518) 464-8700.
Congress Passes “Un-CARA” Bill

In October, Congress passed and President Clinton signed the “UN-CARA.” That’s the Trail Conference and ADK’s moniker for a budget bill (HR 4578) that is a poor substitute for the landmark Conservation and Reinvestment Act (CARA) that we supported for the last two years. Only bits and pieces of CARA made it into this budget bill.

HR 4578, officially known as the Land Conservation, Preservation and Infrastructure Improvement Act, eliminates guaranteed funding to the states for wilderness and parks purchases. HR 4578 sets aside a much smaller amount—$450 million to be divided among all the states, compared to the $450 million that was provided to the federal government and its Land and Water Conservation Fund (LWCF) plan. This fund would have given back to the states money that was rightfully theirs. Congress promised back in the 1970s that these monies, which are generated from off shore oil leases, would belong to the states for open space and parks. Instead, Congress has been using the money over the years to offset budget deficits and buy federal lands.

The House passed the CARA bill we supported back in June 2000. Over sixty senators supported that landmark bill, but it was never put to a vote. Instead, the White House and budget appropriators negotiated a deal for the scaled down and watered down bill that was finally approved. A compromise was finally reached, and the bill was signed into law.

CARA’s Future in Doubt

The Trail Conference and ADK, and many other environmental and recreation organizations nationwide, are looking into the possibility of resurrecting CARA when the new Congress convenes. CARA’s future is obviously clouded by a very murky political situation in Washington as this article is written in mid-November.

Literally hundreds of thousands of groups across the country supported the old landmark CARA bill. The NYS Office of Parks and the NYS Department of Environmental Conservation did a wonderful job of uniting many groups to support CARA.

Neil Woodworth stood on a state Task Force of environmental and recreational groups leaders to organize support for CARA. The job remains undone and we must convince Congress to do its duty and appropriate federal dollars to help the state buy lands like Sterling Forest, and the Hudson Highlands.

continued from back page

SUNDAY, FEBRUARY 11

UPMC Palisades Intermountain Park Resort. Leader: Micky Siegel
87 Market Street, Saugerties, 8 AM. Inclement weather date-following Monday. Meet: 7 AM at the Jockey Hollow Visitor Center.

THURSDAY, FEBRUARY 15

MONDAY, FEBRUARY 26

Hiking in the Catskills. Contact Phyllis Key, 201-797-7054. Please call ahead. Meet: 10 AM at the Jockey Hollow Visitors Center. A $4 per-person admission is charged to those without park passes. Enjoy a 2-mile hike to camp in a 500-foot forested wetland; view the historic camping area.

MARCH

SATURDAY, MARCH 3

Hikers’ Almanac

SC-AC. President’s Weekend Cross-Country Ski Trip to Stronach, Vermont. Meet 201-395-0753. A trip to the summit of Stowe Mountain Resort.

RLHC. Rocky State Park. Meet: 10 AM at Strawberry Pond. A trip to the summit of Rock State Park.

LIGTC. Peaking the Northern Hills. Meet: 10 AM at the Kinnelon baseball parking lot. A trip to the summit of the Northern Hills.

UCHC. Ramapo Lake Ramble. Meet: 10 AM at the Ramapo Lake parking lot. A $4 per-head admission fee is charged for those without state park passes.

MCSC. Minnewaska Ski Club. Contact: Joy Schwartz 212-973-1152. Contact: Outdoors Club. Contact: ALASKA@AOL.COM; The Outdoors Club, PO Box 227, Laconia NH 03246. Information on 100+ ski clubs in the US and Canada.

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GCSC. Greenbelt Trail Conference, 516-360-0753. Contact Phyllis Key, 201-797-7054; Phone: 201-358-9252; Email: ALANHKAYE@AOL.COM; The Outdoors Club, PO Box 227, Laconia NH 03246. Information on 100+ ski clubs in the US and Canada.
TUESDAY, JANUARY 2

FWTV. Jeffrey Hallett, A 6-mile loop walks around the perimeter of Millburn County Park. Leader: Mary Fullmore, 908/731-1772. Meet 10 AM at Jeffrey Hallett.

THURSDAY, JANUARY 4

AD: J. Thursday in the Woods. Contact Phyllis Key, 201-386-5225. Meet 5 - 6 miles up steep terrain.

FRIDAY, JANUARY 13 15

MSC: Martin Luther King Jr. Day and 1 1/2-weekend. Els in, at our new hotel at Waltham, VT. Call 720/172/609 for info.

SATURDAY, JANUARY 13

RVW. Ski Mt. Ascutney & 5 - 7 miles, 6 hours. Meet: Sawyersicus 800/919-3689. Meet 8 AM at Sawyersicus parking lot. Bring lunch and wear crampons; we hike snow or shine, but rain cancels. No beginners.

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