Help TC Reach $2.5 Million Capital Campaign Summit

We’re not finished yet! But even as the Trail Conference’s $2.5 million capital campaign, announced last October, seeks to conclude the list of accomplishments already made possible by campaign contributions is impressive. To date, more than $2 million has been contributed by 230-plus donors (including individuals, corporations, and foundations). These donations have:

• helped protect almost 1,400 acres of trail lands in New York and New Jersey;
• helped identify an additional 13,800 acres of unprotected, privately held areas where development could close or block existing and proposed trails;
• funded designs for rehabilitating trails on Bear Mountain, including the historically important first section of the Appalachian Trail; and;
• paid for hiring a GIS specialist and the development and implementation of an up-to-date Geographic Information System (GIS), a tool that significantly enhances all Trail Conference projects, such as map publishing, trail design, and trail lands protection. New maps of trails in the Shawangunks and an improved map of Sterling Forest trails are just two projects that have already benefited from the capabilities of this campaign-funded GIS system (see “Updated Maps” this page).

More remains to be accomplished, and it’s not too late for each TC member to be counted among those who contribute and help to Connect People With Nature.

Safeguarding Our Trails

Hikers can no longer take trails on private land for granted. Throughout our region, rapid loss of open space to development threatens existing and proposed trail routes.

In order to safeguard our trails and future opportunities for hiking, the Trail Conference has established a Land Acquisition and Stewardship Fund. The purpose of this revolving fund is to finance the acquisition of trail corridors to safeguard existing long distance trails and to create new trail corridors that link major public open spaces.

UTM grid, in which the lines are 1000 meters apart, allows simple estimation of location and distances. For further information about UTM and GPS, visit www.nynjtc.org, go to Trails, then scroll down to Map Readings.) The maps were created entirely in-house, with the aid of new GIS technology, by Trail Conference cartographer Eric Yadowski.

With all of the updates and changes in detail and appearance, the value of these maps has been significantly improved. For prices and to order your new maps, see Hikers’ Marketplace on page 12, or call 201-512-9348 Ext.11 or 43, or visit www.nynjtc.com.

Jill Arbuckle Eyes The Big Picture

Jill Arbuckle introduced herself with just enough of a low, rich, straight-talking brogue to evoke thoughts of the Scottish Highlands (and Sean Connery). But these days, and for years now, it's the Highlands in New Jersey that have captured Arbuckle's fancy.

Jill, long active with the NY-NJ Trail Conference, is the New Jersey Trails Supervisor for the Appalachian Mountain Club (AMC). It was her involvement with AMC, which she joined for the cross-country ski outings, and the Adirondack Mountain Club (ADK), another TC-member club that linked her to the beloved Adirondacks, which led her to the Trail Conference. After heading the local AMC chapter in the early 1990s, Arbuckle was tapped for the Trail Conference board.

Today, with 25 years’ experience at both Trail Conference and member club levels, Arbuckle has a birds-eye view of the patchwork of activities that absorb an outdoor recreation/conservation volunteer. “I've drunk a lot of coffee at farmers’ kitchen tables,” establishing relationships that help with land stewardship, says Jill. Learning to deal with state and local officials provides experience in political activity. The seemingly uncoupling land development in our metro area forces trail relocations, ironically one of Jill’s favorite activities. Chuckling, she points out how odd it is that following her boots become more familiar than the thought they’d be about.

Updated Shawangunks and Sterling Forest Maps Available in June

The sixth edition of the Shawangunk Trails map set (three maps) and the third edition of the Sterling Forest Trails (one map) will be available before summer. Both sets are not only updated, including significant additions, corrections, and improved clarity of contour lines, but are scaled up from the prior editions. Each map in the Shawangunk set is slightly larger than in previous editions, but more significantly, non-trail areas have been almost eliminated in favor of devoting most of the map space to trail lands.

Similarly, the most notable change to the Shawangunk set is slightly larger than in the prior editions. Each map in the multi-colored elevations formerly used within public space have been replaced with two shades of solid green to improve demarcation of hunting vs. non-hunting areas. Also, identification of archery-only areas has been added. Four trails that are expected to be completed within the 2005 calendar year are shown as proposed trails, and they are identified clearly with dashed red lines (easier to read than the solid orange used in the prior edition of this map).

New trails that now appear on the map are the Long Meadow Trail, the Parker Cabin Hollow Trail in western Harriman Park, and the Hasbrouck Iron Trail in New Jersey.

Both map sets provide UTM (Universal Transverse Mercator) grid lines, particularly useful for those with GPS units. (The Sterling Forest map is a 25 percent increase in map size, which results in improved clarity. The multi-colored elevations formerly used within public space have been replaced with two shades of solid green to improve demarcation of hunting vs. non-hunting areas. Also, identification of archery-only areas has been added. Four trails that are expected to be completed within the 2005 calendar year are shown as proposed trails, and they are identified clearly with dashed red lines (easier to read than the solid orange used in the prior edition of this map). New trails that now appear on the map are the Long Meadow Trail, the Parker Cabin Hollow Trail in western Harriman Park, and the Hasbrouck Iron Trail in New Jersey.

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Take a Step for Hiking On National Trails Day

See page 3 for details on 10 area projects set for the June 4 weekend.
OSI Buys 412 Acres
On Shawangunk Ridge

Preservation of two more pieces of the 42-mile Shawangunk Ridge Trail Corridor were put into place in March when the Open Space Institute purchased 306 acres on the ridge near Ostriville and another 106 acres in the Town of Rochester.

The larger property, known as Gobbler’s Knob, is located on the western escarpment of the Shawangunk Ridge. It overlooks the Bashakill Wildlife Management Area and is home to numerous species, including rare dwarf pitch pine, scrub oak and northern hardwood hemlock forests and provides habitat for black bears, eagles, and timber rattlesnakes. Two mountain streams traverse the parcel and empty into the Bashakill WMA, while recharging ground water aquifers and public drinking water supplies in the communities of Deepkirk and Mount Hope. Visible from Westbrookville to Wurtsboro, as well as the 62-acre slice of Green Pond Mountain in Rockaway Township, NJ, according to a February report in the Newkirk Star-Lodger. “Under the preservation plan,” the paper reported, “the county will now be able to take the trails of the Morris County Greenway atop Green Pond Mountain. At that point, they become part of the 40-mile Farny Highlands Trail network, which connects a number of local parks.” The acquisition was arranged by TC member Morris Land Conservancy with funds contributed by another TC member, Morris County Park Commission, as well as Rockaway Township, an open space grant, and more than 90 Green Pond residents.

NJ Preserves Highlands Acres
Three parcels totaling 132 acres of prime watershed land in the northern Highlands have been purchased by the New Jersey Dept. of Environmental Protection. The land buffers and feeds Spruce Run Reservoir and, according to a report in the Newkirk Star-Lodger, brings the state acquisition total in the region to nearly 1,400 acres since last summer’s passage of the Highlands Water Protection and Planning Act. Passage of that act was a priority project of the Trail Conference. The parcels are located in the townships of Bethlehem, Lebanon, and Clinton.

ATVs Banned in Catskill Forest Preserve

In March the New York Dept. of Environmental Conservation (DEC) released the long awaited draft State Land All Terrain Vehicle (ATV) Use Policy. It prohibits ATVs anywhere on open lands and trails of any kind in the Adirondack and Catskill Forest Preserves. ATV use on roads in the Forest Preserve is strictly limited by current laws and regulations. The proposed DEC policy does not affect Palisades Interstate Parkway Commission (PIP) or state park regulations that already prohibit ATV use anywhere on OPDHP state parks or PIP-owned lands. ATV use is also prohibited in DEC wildlife management and natural areas. DEC did not have the right to permit ATV use of forestry roads and multiple use trails in DEC owned state forests, and unique and reforestation areas outside the Adirondack and Catskill State Parks. This last provision might affect state forests outside the Catskill Blue Line and possibly state forests through which the Finger Lakes Trail and Long Path North hiking trails pass.

The Trail Conference—ADK Partnership rigorously opposed allowing any ATV use in the Adirondack and Catskill Forest Preserves and opposed ATV use on other state owned lands where that ATV use would displace or degrade the experience of existing recreational users or materially degrade natural resources, including soil erosion and silting into streams and wetlands. DEC solicited public comments on the ATV draft policy until May 27.

Write to Robert Davies, Director, Division of Land and Forests, NYS DEC, 625 Broadway, Albany, NY 12233 or email: rkdavies@gw.dec.state.ny.us.

Making a Difference—Be a Trail Advocate

The Trail Conference needs grassroots volunteer interest in all forms: ears, eyes, and voices where it matters most—at the local level. You can help protect our trails by advocating for trail protection and more open space.

We envision structuring an Advocacy Committee similar to the Trails Council, where we have a body of peers each working with local volunteers to manage a particular area. We need people who will monitor local situations and organizations that affect trail access. We also need “issue specialists,” analogous to the trail crews, who can serve as resources on issues such as land use law, cell towers, ATVs, etc. State and county coordinators will share information between local volunteers and specialists in different regions.

If you would be able to be a Trail Conference Advocacy Volunteer, either as a local volunteer, issue specialist, or county/ state coordinator, please contact Josh Erdneker at the office 201-512-9348 or josh@nynjtc.org, and/or submit your name and contact information online at http://www.nynjtc.org/volunteers/visit.html.
On-the-Job Trail Construction Training Set for Wappingers Falls

The Trail Conference will be holding a series of trail-building workshops in Wappingers Falls, NY through the end of May. Come join us as we enhance and upgrade the Wappinger Greenway Trail in Dutchess County. We will be integrating existing trails and creating new ones to establish The Village of Wappingers Falls, Wappingers Creek Estuary, Scenic Hudson Lands, Reese Audubon Nature Preserve, and Bowdoin Park.

Work is available at every level of experience and interest. Tools and experienced instruction will be provided. All you need to bring is work clothing, sturdy boots and gloves, plenty of water, lunch, and a willingness to work hard and have good fun.

These workshops will provide participants with first-hand, “in the field,” professionally led experience building new trail segments, rock and timber step construction, and bridge building. One of the great features of this project is its accessibility via public transportation. There is a Metro-North train station in New Hamburg, which is within walking distance to sections of our worksite.

Weekend and weekend trips are available. If you are interested in this project, please contact Eddie Walsh, at 201-512-9348 extension 28 or eddiewalsh@nynjtc.org.

Why Land Acquisition Matters

From the Chair & Executive Director

As we approach our $2.5M goal in the Connecting People with Nature campaign, some long-time members are still undecided about supporting the effort. Probably, the most frequent concern expressed is in relation to the Land Acquisition & Stewardship Fund, which accounts for the bulk of the funds needed.

People ask, “Why is the Trail Conference getting into the land acquisition business? Shouldn’t we stick to our primary mission, trail maintenance?”

First, it is important to point out that rather than abandoning our emphasis on trails, we are expanding it. Both the miles of trail and reported volunteer hours are increasing, and trail vacancies are declining.

Throughout our history, advocacy has been our primary protection method—consider Storm King, Minnewaska, and Sterling Forest—and continues to play a very important role today.

What has changed is that the dwindling stocks of vacant land and the pace of development are converting prime hiking areas into prime development areas. Experts predict that northern New Jersey and the lower-mid-Hudson Valley will be “built out” over the next couple of decades. This is truly the final window of opportunity to create new, and protect existing, trail corridors.

While there are many organizations doing excellent land acquisition work, and we’ve worked closely with some of the best, none have our fervent interest in protecting trail corridors. Corridors are difficult to assemble because they often comprise many small parcels, making them more troublesome and expensive to acquire on a per acre basis.

But rather than sitting on the sidelines and watching as trail corridors are carved up and developed, the Trail Conference characteristically has taken a proactive, hands-on approach: raise funds to buy and transfer them into public stewardship while they are still undeveloped and affordable. Land acquisition is not a job we sought, any more than we sought to kick off a landmark environmental decision by opposing ConEd’s plans for Storm King in 1962. Both grew directly from our mission of protecting hiking trails.

The Trail Conference has become an organization that protects and maintains the resources needed to connect people with nature in this most crowded of U.S. metropolitan regions. For the next decade or so, that means land acquisition as well as advocacy, stewardship, trail construction, and publishing books and maps.

To help us accomplish the goal, we have established a separate Land Acquisition & Stewardship Fund. Money in this revolving fund can be used only for acquiring parcels associated with trail corridors. Proceeds from transferring these parcels to public entities return to the Fund, allowing them to be used over and over for as long as needed. As the “built out” condition is approached and there are fewer opportunities for acquisition, the Fund will be converted to an endowment dedicated to the stewardship of trails.

We live in extraordinary times that call for extraordinary measures. We are asking members, who are so moved, to make an extraordinary contribution to the Connecting People With Nature campaign.

— Jane Daniels, Board Chair

Ed Goodell, Executive Director

June 4 & 5: NY-NJ TC – National Trails Day Events

Join other outdoor enthusiasts for a fun day of trail maintenance and improvement activities on June 4, National Trails Day. The New York-New Jersey Trail Conference has scheduled 10 events that weekend to mark the occasion. Take your pick of opportunities that include constructing the first new section of the newly defined Warren Trail in Jenny Jump State Park in New Jersey, training in basic trail maintenance on the Staten Island Greenbelt Trail, and building bridges in George’s Island County Park in Westchester and on the new Salisbury Trail near Albany (it connects the Long Path to Thompson’s Lake State Park).

No previous trail work experience is required. Participants do not need to be NY-NJ Trail Conference members. Children are invited to most projects. Project details and online registration are available at: www.nynjtc.org; click the event register button on the left menu.

West Milford, NJ
Newark/Pequannock Watershed
June 4

North-East NJ
Palisades Interstate Park
June 4

Warren County, NJ
Jenny Jump State Park
June 4

Staten Island, NY
Greenbelt Trail- High Rock Park
June 4

Bayside, Queens, NY
Alley Pond Park Trails
June 4, 5

Westchester, NY
George’s Island Comity Park
June 4

Harriman, NY
Harriman State Park
June 4

Albany, NY
J.B. Thacher State Park
June 4

New Paltz, NY
Minnewaska State Park
June 5

Wappingers Falls, NY
Wappingers Greenway Trail
June 4, 5

Trail work happens year-round, as these Scouts working last year in Norvin-Green State Park can attest. But June 4 is a really big day for trails; thousands will participate in National Trails Day events nationwide. Join the action at one of 10 TC projects planned that weekend in our region.
For the latest schedules, go to nynjtc.org and click on “Trail crews/Work trips.” TBD = To Be Determined

For all trips bring work gloves, water, lunch, insect repellent. In some cases, tools are provided. Contact leaders in advance for meeting times and places. Volunteers must become members of the Conference to participate in these projects. One-time “guest” participation is allowed, so bring your friends.

HIGHLANDS TRAIL CREW
Contact the leader for details. No more than one week before the scheduled work date. All projects are TBD.
Leader: Bob Moss: 973-743-5203
May 15 (Sunday)
May 29 (Sunday)
June 12 (Sunday)
June 26 (Sunday)
July 10 (Sunday)

NORTH JERSEY TRAIL CREW
Leader: Sandy Park: 732-469-5109
Second Sunday of each month.
Trips start at 9 am; call for location and details during the week before the scheduled trip day.
Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

WEST JERSEY TRAIL CREW
Leaders: David and Monica Resor: 732-937-9098, cell 908-307-5049
westjerseytrailcrew@trailstobuild.com
All trips begin at 9 am. There is usually a walk to the work site, so please be there on time. Call or email leaders for meeting place details and other questions. Heavy rain in the morning will cancel; if in doubt, call leaders between 6:00 and 6:30 that morning.
May 14 (Saturday)
Appalachian Trail
Bridge repair near Unionville, NJ
May 28 (Sunday)
TBD
Contact leaders or check either www.nynjtc.org or www.trailstobuild.com for updated information on this event.
June 4 (Saturday)
National Trails Day event
Warren Trail, Jenny Jump State Park
First work on the new Warren Trail
June 18 (Saturday)
Appalachian Trail, Worthington State Park
Seasonal visit for repairs and heavy maintenance
June 25 (Saturday)
Rattlesnake Swamp Trail, Delaware Water Gap National Recreation Area
Trail relocation
July 9 (Saturday)
Warren Trail, Jenny Jump State Park
See June 4 details

WEST HUDSON NORTH CREW
Leaders: Denise Vitale (Crew Chief): 845-738-2126, WHTrails@aol.com
Web: 845-462-7228, webber1@yahoo.com
Minnewaska State Park
Gertrude’s Nose Trail
Join us as we work on the picturesque Gertrude’s Nose Trail in Minnewaska State Park. All skill levels and newcomers are welcome. Since we are still a relatively new crew, we provide training on each work trip. For all these outings, meet at 9 am at upper parking lot at Lake Minnewaska (gates open at 8 am).
May 8 (Sunday)
Celebrate Mother’s Day by tending to our Mother Earth.
Stabilize a tangle slope by moving rocks, cutting back brush in the trail corridor, and side-hill benching
Leader: Denise Vitale
May 14 and 15 (Saturday and Sunday)
As above, plus rock moving with higlight
Leader: Dave Webber
May 21 (Saturday)
See May 8 details
Leader: Denise Vitale:
June 5 (Sunday)
National Trails Day event
See May 8 details
Leaders: Denise Vitale and Dave Webber
June 12 (Sunday)
Refurbish a bridge trail
Leader: Dave Webber

WEST HUDSON SOUTH CREW
Leaders: Chris Ezzo: 516-431-1148, musicbynumbers59@yahoo.com
Brian Buchbinder: 718-218-7563, brian@grandrenovation.com
Claudia Ganz: 212-833-1284, cliganz@bearthink.net
Robert Marshall: 914-727-4792, rmarshall@webtv.net
May 5 (Thursday)
Stahahe and Nuriain Trail, Harriman State Park
Leader: Bob Marshall
May 7 (Saturday)
Tim-Pomo relo at Brooks Lake, Harriman State Park
Leader: Brian Buchbinder
May 14 (Saturday)
Tim-Pomo relo at Brooks Lake Leader: Claudia Ganz
May 15 (Sunday)
Tim-Pomo relo at Brooks Lake Leader: Monica Resor
May 19 (Thursday)
Stahahe and Nuriain Trail, Harriman State Park Leader: Bob Marshall
May 21 (Saturday)
TBD Leader: Chris Ezzo
June 2 (Thursday)
Tim-Pomo relo at Brooks Lake Leader: Bob Marshall
June 4 (Saturday)
National Trails Day TBD Leader: Chris Ezzo
June 11 (Saturday)
TBD Leader: Monica Resor
June 12 (Sunday)
TBD Leader: Chris Ezzo
June 16 (Thursday)
Tim-Pomo relo at Brooks Lake Leader: Bob Marshall
June 18 (Saturday)
TBD Leader: Brian Buchbinder

EAST HUDSON CREW
Leaders: Walt Daniels, 914-245-1259
Chris Reyling, 914-428-8478
Jack Stefcon (hit. contact), 914-232-4871
May 8 (Saturday)
Huguenot State Park
Leader: Walt Daniels
May 15 (Saturday)
Huguenot State Park
Leader: Walt Daniels
June 4 (Saturday)
George’s Island
Leader: Bob Marshall
June 11 (Saturday)
George’s Island
Leader: Bob Marshall
June 18 (Saturday)
George’s Island
Leader: Bob Marshall

The East Hudson Trail Crew has some exciting projects this season with opportunities to build several new trails. The East Hudson region has a new supervisor for trails in Westchester County. These will include trails in Kittawan Preserve, George’s Island, and Montrose Point, which need work to bring them up to Trail Conference standards before they can be turned over to maintainers. Several other new trail possibilities are in the process of getting approvals and will be announced when the permissions are in place. There are several small projects where a few people (preferably mid-week) can do the work. We make a special effort to arrange pickups at the nearest Hudson Line train station.

Weekdays
TBD Leader: Walt Daniels
May 1 (Sunday)
TBD Leader: Walt Daniels
May 21 (Saturday)
George’s Island
Trail clearing and get ready for bridges. Meet 9 am at Cortlandt Train Station Leader: Walt Daniels
June 4 (Saturday)
George’s Island
Leader: Bob Marshall
May 1 - June 12
Wappingers Greenway
Leader: Eddie Walsh
See page 3 for details.

Hikers may not realize just how many blow-downs have been removed from trails in recent months, thanks to the efforts of a very devoted group of folks: the Trail Conference Chain Saw Crew for Harriman and Sterling Forest State Parks. From July through December of 2004, crew members volunteered more than 200 hours of their free time to remove 300+ blow-downs from trails in Harriman/Bear Mountain and Sterling Forest State Parks.

Their work involves not only removing wood from the trails, but also carrying the necessary equipment to perform this arduous work and to from the work sites. So when you are our hiking on unobstructed trails, think of the following folks who have donated their own time toward your enjoyment:

Steve Banyacul (co-crew chief), Roland Brecault, Jack Driller, Tom Dunn, Joe Gindorff, Suzan Gordon, Joan James, Mark Lis, Bob Marshall, John McCullough, Ike Siskind, Peter Tignler, Kim Waldhauer, Steve Zubarick (co-crew chief).

If you would like to volunteer your time as a sawyer, contact the TC office (volunteers@nynjtc.org, 201-512-9348) and inquire about the next chain saw certification course.

— Peter Heckler
Eagle Eyes

Each winter, bald eagles converge on the lower Hudson River to exploit its open waters and abundant fish supply. This eagle bonanza is due to the synergistic effects of a number of protective measures dating back to early 1970s. These include the granting of endangered species status in 1972, banning of the pesticide DDT, production of captive reared birds by state agencies, and increased protection of nest sites and other critical habitats.

Their findings?
1. Most of our wintering eagles aggregate at just a few roost sites to spend the overnight hours. Four Hudson Valley parks hosted 50 or more eagles at once. On one memorable evening, volunteers counted 81 eagles roosting on a single hillside. Along the lower Hudson, peak roosting numbers occur in January and February.
2. Eagles will roost within sight of hiking trails but typically arrive at these locations in late afternoon after all the most intrepid winter hikers have left the woods. Consequently, the potential for disturbance by hikers is low in most circumstances. Also, many trails predate the recent growth in eagle numbers using these routes, which suggests eagles continue to select these sites despite the proximity of trails.
3. Eagles using day perches in trees along the Hudson may be disturbed by approaching hikers and will take flight if encroached upon too closely. In recognition of this potential problem, the TC worked with state and Westchester County officials to remove sections of the proposed 46-mile Hudson River Walk Trail away from critical eagle habitats.
4. Although many of the sites used by our wintering eagles are on protected lands, several private land holdings adjacent to state parklands are heavily used by eagles and should be acquired for protection.
5. Eagle watching along the lower Hudson is a great way to cure the winter doldrums. — Edwin McGowan

Trailside Explorations: Aquatic Insects

Wetlands of all kinds are breeding grounds for a wide variety of insects. Since hiking trails often trace the edges of these waterways, hikers have ample opportunities to experience and explore the lives of insects.

Many insects, from the dragon flies to the darting dragonfly, start their lives in freshwater streams, ponds, and rivers. Once they mature, most leave the water, usually don’t go far. Some species, however, live in water their entire lives. Aquatic insects are important to the stream environment for several reasons. First, they are the base of food webs involving fish, birds, turtles, snakes, and large invertebrates such as crayfish. Second, they help keep streams clean by breaking dead leaves into many small pieces, upon which decomposer organisms (bacteria and fungi) feed. As these decomposers eat and thrive, they in turn release nutrients that plants need in order to grow.

Further, because stream insects are highly sensitive to environmental conditions, the presence or absence of particular species can be used as a sensitive indicator of water quality. Like most animals, aquatic insects have preferred habitat conditions in which they live. Two main factors that determine what insects live in which waters is the water itself and the stream bottom, or substrate.

Stream depth is important, because it affects the amount of light, temperature, and oxygen available. The rate of water flow is also important. Species have a variety of adaptations that allow them to cope with different rates of water flow; as the rate of flow varies, the kinds of insects found in the stream will also vary.

The material that composes the bottom of the stream can also make life easy or difficult for the insects in it. The amount of detritus in the substrate affects the amount of light, temperature, and oxygen available. The rate of water flow is also important. Species have a variety of adaptations that allow them to cope with different rates of water flow; as the rate of flow varies, the kinds of insects found in the stream will also vary.
Volunteer Classifieds: Get Involved!

Are you looking for new challenges and opportunities to get involved with Trail Conference activities? Please review the TC Volunteer Classifieds below for exciting and interesting ways for members to become involved with the Conference’s efforts. Additional opportunities in the areas of Advocacy and Conservation are described on pages 2 and 7, respectively. Volunteers are the heart and soul of our organization. Become an active part of our family and get more involved. If you are interested in volunteering with the TC and do not see an opportunity that suits you, contact the Volunteer Projects Director, Joshua Erdsneker, either by email josh@nynjtc.org or call the office 201-512-9348, and he will find a way to get you involved.

New Jersey Appalachian Trail Leaders Needed

There are a variety of challenges being faced on the Appalachian Trail in New Jersey. One of the most daunting is finding leaders to oversee the Trail Conference’s activities on and off the AT in the state. As the AT faces increasing threats, we need new leaders to help tackle these challenges. Please contact Larry Wheelock at 201-512-9348 or wheelock@nynjtc.org for more information.

Incident Reporting Procedures

Every hiker should know who to call when an AT illegally cuts through a park or a storm badly damages a trail. The Trail Conference maintains a list of contacts of the land managers and park personnel who should be notified when these types of activities occur. To ensure that hikers reach the right persons in an efficient manner, this list needs to be updated on an annual basis. Willing persons simply need to make a phone call to verify the contact list is accurate. If you’re able to help, please contact Larry Wheelock at wheelock@nynjtc.org or at the Trail Conference office 201-512-9348.

Catskill Trail Committee Opportunities

• Assistant Trail Chair: With more than 100 maintainers and 200 miles of hiking trails, our Catskill Trail Committee is one of the largest trail committees in the Trail Conference. To improve our communications with our volunteers and land managers, we are seeking two Assistant Chairs to help coordinate the efforts of our volunteers. Help preserve and protect the Catskill wilderness; get involved now. For more information, please contact Josh Erdsneker, josh@nynjtc.org, at the Trail Conference office 201-512-9348.

• Catskill MOU Translator: We are seeking a volunteer who is comfortable reading and transposing legal documents. The Trail Conference will be converting its Memorandum of Understanding (MOU) with the State of New York and the Dept. of Environmental Conservation (DEC) into a new format called Adopt a Natural Resource. This is a great opportunity for a detail oriented individual with an interest in helping to maintain the relationship with the land managers in the Catskills. For information, please contact Larry Wheelock, wheelock@nynjtc.org or at the Trail Conference office 201-512-9348.

Technology Crew and Maintainers

When you think of the Trail Conference, you have images of shovels, rock bars, and backpacks; however, we have several primary tools of our trade. This is only half true as we expand our arsenal of tools to accomplish our mission; the Trail Conference has embraced the use of many hi-tech tools such as GPS devices, scanners, database development, and advanced micro-computing environments. Our organization needs computer savvy individuals to expand and enhance our electronic capabilities. If you have experience in any of the areas below and would be willing to donate some of your time, please contact Anne Dyjak dyjak@nynjtc.org at the Conference office 201-512-9348.

• Assistant Web Master

• Network/Server administration

• Webpage development

• Database design

• Line maintenance and support (hardware and software)

• Electronic Marketplace (online stores)

Retail Store Representatives

We are looking for individuals to manage the sale of Trail Conference books, maps, and memberships at selected retail partners. Interested persons should be outgoing and not afraid to speak with people. Retail experience is a real bonus as well as any “visual/display” experience, but not necessary. An eye for detail is a must as well as a creative and fun spirit able to communicate the TC mission. Ability to travel to the needed locations such as Camper, Ramsey Outdoor, etc. is a must. Training will be provided. For more information about this opportunity, please contact Josh Erdsneker at josh@nynjtc.org 201-512-9348.

New Member Benefit: Soak Your Feet and Much More

The Trail Conference invites its member clubs and “Incubator” participants to submit the results of their brainstorming sessions and any other ideas that they are willing to take action on, to the correlating Trail Conference Committee at the June Delegate’s meeting. Representatives from each of the designated committees will be in attendance and will present and provide an overview of the 2005 Plan & Budget. The meeting and program start at 7 pm. Please enter the southern entrance to Palisades State Park. Follow Henry Hudson Drive about one mile to the Ross Dock Circle and look for signs to the meeting.

New Member Benefit: Soak Your Feet and Much More

The Trail Conference would like to welcome The Town Tinker Tube Rental, located in Phoenixia, NY, as a participating Retail Partner. Conference members who want to float down the refreshing Esopus Creek in the Catskills can save 10 percent on their equipment. To take advantage of this great benefit of membership, just present your Trail Conference Membership Card at the time of purchase. Visit them on the water at twontinkertube.com or call 845-688-5553 for more information.

Are you Organized?

The Trail Conference has a variety of storage rooms that need to be organized. We have an archiving system in place that stores paper files from our office and archived office supplies in a variety of corners and closets in our Mahwah office; we need a little help getting things coordinated. If you have a knack for keeping closets orderly and would be interested in lending a hand, please contact Naya Barahona at naya@nynjtc.org or 201-512-9348.

Information, Please

Are you well versed on the plethora of hiking trails in New York and New Jersey? Would you enjoy providing guidance to NY-NJ Trail Conference members on appropriate hikes for their skill level? Do you have a few free hours to spend at the Trail Conference office in Mahwah in the company of staff and fellow volunteers? If you fit this description, the Trail Conference is looking for volunteers to assist with telephone and mail inquiries during the week. Please contact Naya Barahona by email (naya@nynjtc.org) or telephone (201-512-9348, ext. 23) if you are interested and available to assist.

Other Opportunities:

• Librarian

• Publication Indexer

• Outreach Events Coordinator

• Tabling Event Representatives

Volunteer Insurance Reminder

Many of us like to bring a friend or family member on our maintenance trips. Sharing the joys of volunteering on a trail makes every trip more enjoyable. While the Trail Conference strongly encourages you to invite friends and family to join you, be aware that not everyone on your work trip will be covered by the Trail Conference insurance policy. Who may be insured for liability and accident coverage, an individual must be on file with the New York-New Jersey Trail Conference as a registered volunteer, such as a trail maintainer, co-maintainer, shelter caretaker, crew member, field checker, or environmental monitor, and engaged in the work affiliated with the assigned volunteer position with the Trail Conference.

Not being listed as one of these types of volunteers does not prohibit an individual from accompanying you on a work trip; it does, however, prevent them from being covered by the insurance policies provided to registered trail volunteers. Registered volunteers are responsible for maintaining their own health and liability insurance. In the event that a registered volunteer’s personal policy coverage is insufficient, the NY-NJ Trail Conference, and/or certain public agencies on whose lands Trail Conference volunteers operate, may provide additional liability and accident coverage for the benefit of volunteers who are required or sued in the course of performing their assigned tasks on behalf of the NY-NJ Trail Conference.
The Trail Conference currently has a number of priority projects in both New York and New Jersey where we are seeking to add new trails or extend current trails. As in hiking, the process of preserving land for trails happens step by step.

Step 1: Identify a Trail Corridor and Gather Data
One of the first steps we take in preserving trails in a new area is to identify possible connections between existing open spaces and parks. We may be able to identify connecting properties by looking at Geographic Information System (GIS) data—either our own or that of towns or counties—or by examining paper tax maps. The question then becomes, what is the best route to connect the two open spaces?

Step 2: Determine Path of Least Resistance
Usually the best route from an acquisition standpoint is the one with the fewest parcels to purchase. It is far easier, and the project is more likely to succeed, if we need to negotiate with just two or three landowners rather than with seven or eight.

Step 3: Negotiate Purchase
If a trail already crosses a landowner’s property, we probably have a relationship with him/her and it is easier to start a dialogue about the possible sale of their land. In the best scenario, they may offer to donate or sell part or all of their land for the trail. We negotiate a price, and if feasible, sign an option to purchase the property. If we get everyone in the corridor to agree to sell, then we have a new hiking corridor. If individuals are not willing to sell us their land, they may be interested in giving us a trail easement, or perhaps written revocable permission to allow the trail on their land.

Step 4: Determine Ultimate Owner
Before the Trail Conference signs any agreement, it first determines who will ultimately own the property. The Trail Conference holds property only temporarily. In New Jersey we work primarily with Green Acres as ultimate owner (a division of New Jersey’s Dept. of Environmental Protection), and in New York with the Dept. of Environmental Conservation. In both states we also work with a number of local/county land trusts, non-profit environmental organizations, local and county governments, and other state agencies.

Step 5: Scout the Most Appealing Route
The land must be physically explored and, if it’s for a new trail, a route laid out that avoids endangered plants or animals, major highways, and wetlands, and includes viewpoints, areas of particular interest or historical significance.

Step 6: Maintenance and Monitoring
When all of these steps are successfully taken, the trail has been built by TC volunteers, and the land preserved, the final step is to arrange for ongoing maintenance and monitoring by another TC volunteer.

Volunteer Opportunities
Conservation volunteers can help us scout corridors, get tax maps, and/or post acquisitions as open to the public. For more information on getting local data or helping to conserve open spaces in your town, contact Rich Benning (Ext. #24) at the Trail Conference office (201-512-9348).

HOW THE TRAIL CONFERENCE TARGETS AND PRESERVES OPEN SPACES

Eagle Scouts Work with TC to Enhance Norvin Green State Forest

New signs at 35 trail intersections in Norvin Green State Forest, and erosion control on the Mine Trail, also in Norvin Green, are the results of two separate Eagle Scout projects completed in 2004 with the guidance of Trail Conference Supervisors for the Southern Wyanook Bob Jonas and Estelle Anderson.

Life Scout Jeremy Rounds of BSA troop 146, Hoboken, NJ, worked with the supervisors, his father, fellow scouts, and their families to plan, design, and install a series of water runoff check dams along the Mine Trail, a popular route to the Roomy Mine and Wyanokie High Point from the Weis Ecology Center in Ringwood.

After a day that included a site visit and instruction in the fine art of water bar construction and trail hydrology from the TC supervisors, followed by a second visit to map out the correct locations for the water checks, Jeremy returned on December 5 with his entire troop, and their friends and families, to install 11 control devices on the trail.

Earlier in the year, Life Scout Darrel O’Dell of BSA Troop 44, West Milford, NJ, took on the challenge of installing an extensive system of signs to alleviate ongoing problems of inexperienced hikers becoming lost within the 4500-acre state forest (despite existing prominent blazes). Starting in January 2004, with the assistance of Darrel’s father, Pete, Troop Committeewoman Ellen Caleca, and the Trail Conference supervisors Jonas and Anderson, Darrel surveyed all the trail intersections in the forest and decided on 35 new signs.

Sign-making help was provided by Bill McNaught’s wood shop class at Lakeland Regional High School in Wanaque. Students Devon DeGroot, Brian Dupree, Matt Harrwick, Jaret Miller, and Paul Van Dunk lettered the signs using a pantograph-mounted router. Darrel and his brother Jerry then painted, filled in the letters, and coated the signs per New Jersey State Forest specifications. Darrel, Pete, Ellen, Kevin Thrasy, and Jonas and Anderson completed installation of the signs in August.

Thanks go to the scouts, their leaders and families, Bill McNaught and his students at Lakeland High, and school principal Joseph C. LoCascio for their excellent work and cooperation.

– Bob Jonas and Estelle Anderson, TC Supervisors, Southern Wyanookes

Anne Dyjak: Administrative Director

Anne Dyjak joined the Trail Conference in February as Administrative Director. Anne has served as a vice president for the past several years at large national financial institutions and has extensive experience in regional operations management, residential real estate lending, and commercial loan and real estate workouts.

Anne is an avid hiker and biker. She has been the chair and an outgoing leader for the past eight years for the North/Central NJ Inner City Outings (ICO) group of NJ Sierra Club. ICO is a nationwide community outreach program of the Sierra Club whose mission is to provide opportunities for urban youth and adults to explore, enjoy, and protect the natural world.

Anne also serves as co-chair of the board of directors of the Trailside Museum Association, which provides advocacy and financial support to the Trailside Nature and Science Center in Watchung Reservation, a 2,000-acre preserve in Union County, NJ.

Anne enjoys traveling and spent her honeymoon camping with the brown bears at the McNeil River Sanctuary, approximately 200 air miles outside of Anchorage, AK. She has hiked in Denali National Park and Wrangell-St. Elias National Park in Alaska, and in many of the western and northwestern national parks. A graduate of Cook College, Rutgers University, Anne resides in Somerset County in a home built in 1780.

– Richard Benning, Land Acquisition Specialist

JILL ARBUCKLE

continued from page 1

JILL ARBUCKLE

septic issues—potholes, etc.—in our highly utilized recreational corridor.

Jill is currently responsible for a section of the Appalachian Trail in Wantage (approximately 10 miles of the corridor between High Point and Watchung Reservation, with Waywayanda to the east and High Point to the west),” she says, “These are people I’m happy to be with,” usually self-starters, and sometimes with a keen personal interest in a trail section.

The many, varied issues that concern a Trail Conference/member club leader create a living quilt rich in texture and pattern. Providing a solid underpinning is the refined skill of the Trail Conference–member club relationship. “The set-up works very well,” says Jill, pointing out that the Trail Conference provides training and expertise, while member clubs provide the cheerful volunteers and the opportunity to get a job done.

Where’s a favorite lunch spot for Jill when it’s time to take a break from the morning’s work? “There’s a high ridge halfway along the corridor, with Waysways and the Watchung Reservation a west side and High Point to the west,” she says, “near Goldsmith Road.” What makes it special? Straightforwardly, Jill identifies the essential elements: “It has what you need: a tree, a breeze, and a rock.” What a sublime focus. Thank you, Jill Arbuckle.
Top Five Foot Problems to Avoid

By Howard E. Friedman, DPM

A 59-year-old man complained to his podiatrist about pain in his right heel that began during a recent camping trip. The patient had been hiking, camping, and fishing for several days. He was also portaging a canoe with his buddy. The combination of poor arch support in his wading boot and carrying a heavy canoe contributed to an acute foot condition.

Now, this hiker is sidelined until the pain and inflammation of his foot subsides.

His condition—as well as many other hiking-related foot injuries—could have been avoided had preventive steps been taken. Moreover, once such injuries occur, further damage can be avoided if treatment is sought promptly.

Five Preventable Foot Conditions

One foot condition that can often be prevented is a stress fracture—an incomplete break of a bone that occurs in response to a repetitive action, such as running, jumping, or even walking. Symptoms include pain and some swelling in the affected area. The metatarsals, the bones that connect directly to the toes, are common locations of stress fractures. Other areas that may be subject to stress fractures are the tibia or fibula in the lower leg. To prevent this injury, one should be sure to include adequate supplies of calcium and vitamin D in one's diet. One early sign of this condition is a stubborn ache or pain in the affected bone, although accurate diagnosis sometimes requires an MRI. Prompt treatment will prevent further injury.

A foot problem more visible than a stress fracture is a painfully infected ingrown toenail. Pain in the corner of the nail, along with redness and swelling, are the early warning signs. Home treatment can include soaking the toe in warm salt water and applying a topical antibiotic. Usually, however, the ingrown nail needs to be removed under local anesthesia. If the condition recurs, the border of the ingrown nail can be permanently removed. Trimming toenails straight across and avoiding tight shoes or boots can prevent this condition from occurring; prompt treatment can avoid complications.

No other part of the body is routinely and completely “double-wrapped” in clothing as is the foot. The warm, damp environment inside the shoe or boot can lead to a fungus infection or a red, itchy inflammation of the skin known as dermatitis. In some cases, these conditions can be an allergic reaction to wool socks, or an allergic reaction to an anti-fungal cream, often for a period of up to six weeks. Maintaining dry feet and changing into dry socks can help prevent these conditions. Removing boots at the end of a hike and changing into dry sandals or moccasins is also helpful.

Tendinitis—the inflammation of a tendon, such as the Achilles tendon—is the fourth preventable condition. Stretching the Achilles tendon prior to beginning a long hike can help prevent this serious injury which, in many cases, can take several months. One suggested method is as follows: Lean against a wall or tree, with feet flat on the ground, one foot in front of the other, and switch between leaning forward and standing straight. In addition, rising up on the toes for five-to-ten seconds, several times in a row, can help strengthen and condition tendons and muscles in the calf and foot. For best results, perform this exercise with the other foot raised off the ground.

Prompt treatment will keep a mild injury to a tendon from becoming more severe.

One of the most frequent causes of foot pain is plantar fasciitis—the inflammation of the tough, fibrous band of tissue (fascia) connecting the heel bone (calcaneus) to the base of the toes. This condition is often associated with a heel spur, or growth of bone on the undersurface of the heel bone, but may occur even in the absence of a heel spur. An early symptom of this sometimes debilitating condition is a pain or dull ache in the bottom of the heel bone, usually with the first step when getting up from a bed or chair. The pain sometimes diminishes as the day progresses. If left untreated, patients may resort to limping, and they can be sidelined for months from hiking, running, or even walking a treadmill. Carrying a heavy backpack on a long hike may cause this condition.

To prevent plantar fasciitis, one should wear well-fitted shoes with a supportive footbed (arch support). The stretching exercises described above for the Achilles tendon are also helpful in preventing this condition. Remedies include resting the heel on an ice pack for five-to-ten minutes a few times a day, and the use of an anti-inflammatory medication, such as ibuprofen. In some cases, prescription medication may be required. Other common treatments include a stretching splint, custom-made arch supports (orthotics), and cortisone injections.

With some common sense, a person’s feet should hold up well during years of hiking, walking, and staying physically active. Taking appropriate preventive steps, and early diagnosis and treatment of foot injuries, are very important in keeping patients on their feet.

Howard E. Friedman, DPM, is a podiatrist and board-certified foot surgeon treating hikers and non-hikers in Saratoga, New York.

GEAR CHECK

Patagonia Puff Ball Jacket

Reviewed by Josh Erdacker

In the past, being allergic to down has put a serious crimp in my ability to properly outfit myself for cold weather backpacking trips. Nothing kept me warm like down...until now. The Patagonia Puff Jacket is a lightweight, wind and water resistant, synthetic jacket that has answered the prayers of hypo-allergenic hikers around the world. During a recent two-night trip to the Catskills, where the temperature dropped into the low single digits, I was faced with hiding in my sleeping bag until the spring thaw, or donning my Polarguard® HV insulated Puff Jacket and getting my morning oatmeal started. With just two thin layers underneath the Puff, I was toasty. The Puff has great pockets for keeping your evening snacks from freezing and is highly compressible for easy packing. The removable hood adds an extra level of impervious protection from the elements. At only 25.5 ounces, the Puff Jacket is the perfect jacket for keeping you warm and stylish when you get to camp, wait in line for your morning coffee, or even for a few minutes during an evening scalp treatment.

Rating: 5 boots out of 5

Josh Erdacker is Volunteer Projects Director at the Trail Conference.
HELP TC REACH $2.5 MILLION
continued from page 1
throughout the region. When the corridors are fully assembled, the fund will become an endowment, sustaining our stewardship of the trails into the future.

The biggest goal of the campaign—$2 million—is to capitalize this fund. With campaign contributions already made, the Trail Conference:"bought and reserved eight parcels (totaling 795 acres) in the Shawangunks, and acquired two options on an additional 241 acres, which have been assigned to the Open Space Institute for preservation until the land can be transferred to New York State;
bought and reserved four parcels, totaling 112 acres, on the Gissing Ridge section (north of the Catskills) of the Long Path;

• expects to complete purchase of 94 acres linking county and state lands in the town of Sparta, NJ. TC will hold this land until New Jersey’s Green Acres program can acquire it in 2006.

• cooperated with the Appalachian Trail Conference to help NYC’s Dept. of Environmental Protection buy 109 acres bordering the Appalachian Trail in the town of Kent, Putnam County, NY.

The Trail Conference has identified an additional 375 privately held parcels, totaling 13,800 unprotected acres of land that impact trail routes. If these lands are developed into residential areas, the existence and proposed trails that traverse these properties will be closed or blocked forever.

The acquisition of these parcels will serve as the foundation for The Trail Conference to lay the groundwork for this agreement in the fall of 2004 by commissioning design of a master plan for the project. Design work was done in the fall of 2004 by the Rutgers University Landscape Architecture Department (see story in March/April 2005 T’Rail), and a plan for trail renovations was presented to PIPC in February of this year.

As part of the evolving management plan, two Trail Conference groups have already been assigned the assignment of the Orange Rockland AT Committee will oversee the AT portion of this project, while the West Hudson South Committee will manage the work done on the other trails. Eddie Walsh was hired as Trails Projects Coordinator, a new TC staff position, and will oversee the project.

With an estimated 500,000 people reaching the summit of Bear Mountain each year, and more than 100,000 hiking on the AT there, the Bear Mountain Project offers an unparalleled opportunity to raise public awareness of trails and the role of volunteer trail workers, and to recruit new volunteers.

“Please consider donating your time or financial resources to one of the greatest reconstruction projects in the history of the Trail Conference.”

GIFTS
GIFTS is a valuable, often essential, tool for many TC programs, including publications, trails, land acquisition and stewardship, advocacy, and science. Because so much Trail Conference work requires complex spatial information, funding GIFTS has designated a critical goal of the campaign.

In 2004, the Trail Conference acquired the necessary hardware and software and hired Eric Yadlovisi as its GIFS specialist. Eric has built and maintained the Trail Conference GIFS and worked with a variety of volunteers, especially John Mack, to develop procedures for collecting data and creating digital topography for a variety of uses.

In particular, GIFS has enabled the Trail Conference to fully update information relevant to the Land Acquisition and Stewardship Fund. The work has included converting parcel data information into the system, and producing maps for long distance trails, such as the AT and Long Path, highlighting priority parcels.

Be with Us at the Summit

Thanks to the vision and generosity of our members and supporters, this first Trail Conference capital campaign has moved forward and upward with impressive and steady momentum. “The outpouring of generosity and support has been gratifying,” says Trail Conference Executive Director Edward Goodell. “We will be making a big push to reach our campaign goal by summer. We want to make sure everyone is aware of this opportunity to be counted among those who are protecting and expanding hiking opportunities in our region.”

New Donors Bring Campaign to $2.1 Million

New Donors
January 30, 2005–March 24, 2005

Douglas O. Bowers, Fidelity Charitable Gift Fund, Jane Greiser*, NJ Conservation Foundation, Edward T. O’Connor, William F. and Mary H. Perry, Priscilla Pogac, Martha Pope, Aaron Schoenborn and Kathy Schoenborn, Lucy R. Waldersky and Jim Hamilton*

In Memory of Raymond Begg
Gifts for Bear Mountain Renovation Project

Members of the Raymond H. Torrey Society

TRAILSIDE EXPLORATIONS…
continued from page 5

T H R U S T  * M E M B E R S  

MEMORIAL GIFTS

In memory of Betty Down
Keith and Linda Herring
In memory of Janet Glauser and Family
Randi Glauser-Hanlon
To the Shawangunk Ridge Coalition
James Brown II, Cragmover Association, William and Alison Kehoe

Hiking Boots
Custom made to your feet!

• One-piece upper
• Cushion inside
• Pastel bellows tongue
• 3 types of Vibram sole & heel Shank
• Choice of 3 colors: Dr. Brown, Tan, Burgundy

A beautiful custom handcrafted all-leather hiking boot, made for comfort and durability.

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315-691-6574
www.hamiltonny.com/barlowboots

GIFTS

Gifts for Bear Mountain Renovation Project

Members of the Raymond H. Torrey Society

VISIT US

www.NYNJTC.org

DONORS TO THE ANNUAL FUND

January 30, 2005–March 24, 2005

GIFTS


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MATCHING GIFTS


*Members of the Raymond H. Torrey Society.

water indicates a problem.

One other factor has a major role in determining aquatic insect presence or absence—pollution. Pollution can be found in a wide variety of forms including heat, nutrients, and toxic compounds contained in storm runoff from lawns, parking lots, sewers, car exhaust, fertilizers, pesticides, and wastes from industrial activities. Aquatic insects are strongly affected by these pollutants; many, but not all species are incapable of surviving even low levels of pollution. The absence of some groups of insects can actually help determine what insects you will encounter on your hike.

A few species that are typically found in fast-moving streams are also adapted to live amidst large rocks and cobbles, and the fine, silty mud. Conversely, insects found in the slow-moving waters of wetlands or flat floodplains are adapted to live in fine silts and clays. So, the type of stream water and substrate help determine what insects you will encounter on your hike.

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Three groups—caddisflies, stoneflies, and mayflies—are very sensitive to pollution and require cool, oxygen-rich, fast-flowing water without chemical pollutants. The absence of all three groups from a body of water indicates a problem.

The next time you are out for a casual hike, stop by that stream or pond near the path and turn over a rock or pick up a twig. Whether you are looking for water quality problems, or just curious, see what aquatic insects are there. Some useful references are Giller and Malmqvist’s The Biology of Streams and Rivers, J. R. Voshell’s A Guide to Common Freshwater Invertebrates of North America, and M. J. Cadato’s Pond and Brook A Guide to Nature in Freshwater Environments.

Robert Hamilton is a graduate student at the Dept. of Ecology, Evolution, and Natural Resources, Cook College, Rutgers University.
FAVORITE HIKE
By Daniel Chazin
Plan This Walk in Mountain Laurel Season

A Walk in the Woods with Bill Hoeferlin
By Faith W. Eckler

The early 1920s saw a remarkable growth of interest in walking as a means of recreation and for the study of nature, an explosion equaled only by the “back to nature” phenomenon among young people in the 1970s. One who participated in the earlier movement and came to be known as “The Guiding Star of the Trail” was William (Bill) Hoeferlin, a gentleman from Switzerland.

In 1927 he founded his own hiking club, the Wanderbirds, and was its leader for more than 40 years. He devoted many hours to discovering, developing, clearing, and marking trails in the New York metropolitan area. In 1934 he began making his own trail maps, which eventually numbered more than 60 and covered most of the region, extending even to the Catskills. Available through the Hammond Map Company for sale to the public, the maps are collector’s items today. They were remarkably detailed, although not always strictly accurate; nevertheless, Bill was always willing to have corrections pointed out and was continually revising and updating his maps right up until his death. Bill and I began serious hiking, Bill Hoeferlin was an almost legendary figure (the Hoeferlin Memorial Trail in Ramapo Mountain State Forest and the Hoeferlin Trail in Waywayanda State Park are both named for him), and I’m happy to report that I had the pleasure of hiking with him once. In 1968 and 1969 I had been going out alone on weekdays, systematically exploring the trails in nearby Jockey Hollow National Historical Park and Lewis Morris County Park as warm-ups for my more ambitious weekend hikes. Hikers Region Map number 11 was woefully inadequate. When I thought I understood the trail system pretty well, I wrote to Bill Hoeferlin, offering either to supply him with my own hand-drawn map or to walk him around the trails if he cared to come to Morris County Park.

He chose the latter plan, and on September 21, 1969, he and his good friend Oton Ambroz, together with three young hikers, arrived in my driveway. They had driven out from New York in someone’s rattlesnake car, which had managed to make it to Morristown, but just barely. It died on the spot. The first order of business was to find a mechanic who could work on the car while we hiked—no mean feat on a Sunday afternoon. A lean and spare man, Bill had lost a number of teeth by the time I met him, and his general appearance was rather shabby. But he turned out to be a delightful gentleman with a wealth of hiking lore. I was leading the way through the woods, and I remember that at one point he asked me to slow my pace for the sake of his friend. I suspect that it was actually Bill who was tiring, for less than a year later he collapsed and died at the end of a day hike in the Palaides. I was saddened to learn of his death for I would have liked to hike with him many more times. And my new trail data never made it into the revised map number 11, issued in July of 1970.

Location: East Hudson Highlands
Length: About six miles
Rating: Moderate
Time: About four hours
Features: This loop hike follows footpaths and carriage roads of a former estate through mountain laurel thickets.
Map: New York-New Jersey Trail Conference East Hudson Highlands Map #101

Natural views and human artifacts are the attractions of this loop hike in the East Hudson Highlands.

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He chose the latter plan, and on September 21, 1969, he and his good friend Oton Ambroz, together with three young hikers, arrived in my driveway. They had driven out from New York in someone’s rattlesnake car, which had managed to make it to Morristown, but just barely. It died on the spot. The first order of business was to find a mechanic who could work on the car while we hiked—no mean feat on a Sunday afternoon. A lean and spare man, Bill had lost a number of teeth by the time I met him, and his general appearance was rather shabby. But he turned out to be a delightful gentleman with a wealth of hiking lore. I was leading the way through the woods, and I remember that at one point he asked me to slow my pace for the sake of his friend. I suspect that it was actually Bill who was tiring, for less than a year later he collapsed and died at the end of a day hike in the Palaides. I was saddened to learn of his death for I would have liked to hike with him many more times. And my new trail data never made it into the revised map number 11, issued in July of 1970.
The activities listed are sponsored by member clubs of the NY-NJ Trail Conference. All hikes are welcome to club regulations and rules of the trail. You are responsible for your own safety. Wear hiking boots or strong, low-heeled shoes. Bring food, water, rain gear, first aid kit, and a flashlight in a backpack. Leaders have the right and responsibility to return anyone whom they believe cannot complete the hike or is not adequately equipped. Easy, moderate, or strenuous hikes are relative terms; call leader if in doubt.

More than 90 clubs belong to the Trail Conference, and many of our affiliated group sponsors hikes not listed in the Hikers’ Almanac. For a descriptive list of Club contacts, consult our website or send a SASE your request not required to NY-NJ Trail Conference.

Only those clubs with hikes offered in this issue of the Hikers’ Almanac are listed below. Please call numbers listed to confirm.

May

Sunday, May 1


UCHC. Bowman’s Hill Wildflower Walk, NY. Leader: Valerie Brown, 609-391-7671. Meet: 1 pm at Lambertville Station Restaurant, parking on road about 1 mile north of Delaware & Raritan Canal Towpath to the preserver, admission charge. Possible stop after the walk in New Hope.

Monday, May 2

RWP. Appalachian Trail, Southwest MA. Leader: Call 413-249-9670 for information. Meet: 8 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Moderately strenuous 5 miles from Mount Everett to Jug End. Inclement weather date the following Monday.


Tuesday, May 3

UCHC. Appalachian Trail Maintenance-LI. Leader: Pre-registration by calling Trailside at 908-398-3670, ext. 221. Meet: 9:30 am. Have fun while giving back to the trail: new people and team new skills; no experience necessary. Bring good work gloves, tools if you have them; some tools will be provided.


UCHC. Cooper Mill to Kay Environmental Center, Chester, NJ. Leader: Jonathan, 732-285-1160. Meet: 10 am at Cooper Mill 4+ miles, flat, easy hike suitable for beginners. Rain cancel.


Saturday, May 8


May 2005

HIKERS’ ALMANAC
A Sampling of Upcoming Hikes Sponsors by Member Clubs

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Monday, June 19
PMHWA. Summer Solutions Hike, NJ. Leader: Helen Dippel, 973-334-3270. To register: 7 am; Moderate hike.

Tuesday, June 20
PMNHA. Mountain Laurel Hike, NJ. Leader: Don Weise. 973-435-2100 to pre-register. Meet: 9 am at Wells Ecology Center, Ringwood, NJ. Moderate 5-6 miles.

Wednesday, June 21

Thursday, June 22

Friday, June 23
UCHC. Watchung Reservation, Mountainside, NJ. Leader: Ray Krant, 718-435-4994; call before 9:30 pm. Strenuous 8 miles.

Saturday, June 24
UCNH. Watchung Reservation, Mountainside, NJ. Leader: Ray Krant, 718-435-4994; call before 9:30 pm. Strenuous 8 miles.

Sunday, June 25

Sunday, June 26
UCCH. Sugarloaf area. Brisk hike. 4-5 miles; some rocky, often muddy trails. Steady rain cancels.

ADK-MH. ADK 2000 Spring Outing. Leaders: For details about this event and registration information, visit www.adk.org or contact Tom-Farm, 607-437-4760 or email tom@adk-broome.com. This year’s outing is sponsored by the Long Island ADK, theme the “Unsung Island.”

Saturday, June 18
ADK-MH. Schenckum Mountain, NY. Leader: Jean Claude Frisone and George Pullman. 845-452-0142. Meet: Call leaders before 9:30 pm. Strenuous 8 miles with 4000’ total elevation gain. If our timing is right, we’ll enjoy a wonderful lavender fest on this hike along the Jeaps Trail, Long Path, and Great Oberon Trails. Forget it all else, just enjoy pink and white beauty of the conglomerate rock underfoot and wonderful views in every direction from the two ridgelines. Possible stop at West Rock Brook Preserve.

NYHC. Scarborough to Tarrytown, NY. Leader: Mike Puder, 718-743-0650. call before 9:30 pm starting Thursday before the hike for recorded message. Meet for directions. Easy 5 miles, flat and at a moderate pace. Good area for blooming wildflowers.


Sunday, June 19
INCH. Sugarloaf area. Brisk hike. 4-5 miles; some rocky, often muddy trails. Steady rain cancels.

NYHC. Adams Point Trail, Cat’s Elbow, and West Mtn. Non-members $8.

Tuesday, June 21
UCCH. Harriman-Bear Mountain Trails (2003) & see combo $8.95 $6.71 +$2.50 ______

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Tuesday, June 28
ADK-MH. Hiking Through History in a Vanishing Hamlet on the Hudson (1996) $12.95 $9.71 +$2.00 ______

Wednesday, June 29
AMC Catskill Mountain Guide (1994, repr. 1998) $17.95 $13.46 +$2.00 ______

June 29
Tuesday, June 21
NYHC. Fort Tryon Park to Van Cortlandt, NYC. Leader: George Gatz, 212-323-0697. Call 7-am. Meet 1 pm outside Fort Washington Ave., at intersection of New Providence Rd. A train (take elevator up to the exit). Strenuous 4 miles.

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