Volunteer of the Year

Trail Conference member Danielle Bouchard was recognized as Volunteer of the Year by the New Jersey Department of Environmental Protection in a September 29 ceremony in Stanhope, NJ.

Danielle first appeared on the Trail Conference hiking trail scene as a volunteer member of the North Jersey Monthly Trail Crew, helping to relocate a section of the Crossover Trail in Ringwood State Park. Her enthusiasm soon led her to also join the WestPark Trail Crew, which met more often and so enabled her to contribute more of her time. Soon Danielle was showing others how to do trail work, serving as an inspiration and squad leader on trail crew days. She helped to re-blaze and refurbish many miles of the Highlands, Horse Pond Mountain, Hoeflerlin, Cannonsball, and Lookout Trails and often turns out for blow-down clearing operations. She made a substantial contribution to help relocate a section of the Highlands/Stonewtown Circular Trail, and create a new section of the Moonk Trail, both in Long Pond Ironworks State Park. Training her sights on the Appalachian Trail, she contributed her time and effort toward the installation of new Puncheons through wet pastures in Warwick State Park.

As though all of this was not enough, Danielle requested a trail that she could personally maintain, and so is now assigned to a section of the Yellow Trail in the Ramapo Mountains.

In her spare time Danielle leads area hikes for her friends, introducing them to the natural features of the beautiful North Jersey state parks and forests.

—John Moran
Chair, North Jersey Trails Committee

BELLEAYRE
Agreement Scales Back Resort and Protects Over 1,400 Acres of Land in New York

On September 5, 2007, Governor Spitzer signed an agreement regarding the Belleayre Resort at Cardwell Park development proposal after a seven-year legal and regulatory battle over the project. The agreement between the project sponsor, environmental groups, New York State, and New York city will allow the project to move forward but in a significantly scaled-back form.

The agreement is consistent with joint testimony provided by the Trail Conference and Adirondack Mountain Club (ADK) to the Dept. of Environmental Conservation and the governor’s office.

This acquisition will ensure that the views from the Catskill High Peaks will not be impaired.

To the Trail Conference the most important aspect of the agreement is that the construction of the resort, located in the heart of the Catskill High Peaks, will be limited to the west side of Belleayre Mountain, adjacent to the Belleayre Mountain Ski Center. The west side of the project site was previously part of the Highmount Ski Center. We strongly opposed plans to develop a resort on the eastern portion of the mountain, known as the Big Indian Plateau, because of the environmental and aesthetic impacts of the construction of a hotel and townhouses on the prominent and steeply sloped Belleayre Ridge. The agreement provides for state acquisition of 1,216 acres of land on the Big Indian plateau, which will be added to the Catskill Forest Preserve. This acquisition will ensure that the views from the Catskill High Peaks will not be impaired.

The state will also acquire 78 acres at the former Highmount Ski Center, which will be integrated into a westward expansion of the Belleayre Ski Center. The agreement also includes a NYS Watershed conservancy easement on 200 acres of nearby lands. The agreement includes many other environmental safeguards such as reduced visibility of the resort from Forest Preserve Wilderness Areas; redesigned portions of the resort to eliminate the placement of most buildings on steep slopes; clustered development of future buildings, and more.

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In this issue: Crowd Builds RPH Bridge...pg 3 • A Library for Hikers....pg 6 • Are Those Pines Sick, Or What?...pg 7 • Avoid Hunters, Hike Local...pg 12

TrailBlazes of Glory

By Brenda Freeman-Bates, Senior Curator, Ward Pound Ridge Reservation

W ard Pound Ridge Reservation, Westchester County, is the largest park in the county, consisting of 4,300-plus acres and more than 35 miles of hiking trails. The trail system has become very confusing, with lots of confusing trail markers, confusing junction markers, and confusing junctions. The addition of new markers, closing trails, clearing the trails of over-hanging and fallen debris, reconfiguring trails, walking them in the different seasons, tweaking the blazes, and having a good time while doing it all.

A new trail map has also been printed, with great thanks and gratitude to the Trail Conference for sharing its GPS database of the trails with the Westchester County Department of Planning. The new color map and brochure now correctly reflect the trail system, with points of interest, topographical lines, forests, fields, and landmarks indicated.

This amazing feat would never have been accomplished so expeditiously without the dedication of volunteers. To date, a very impressive 928.5 volunteer hours have been recorded for this project. And by far, the majority of those hours were spent having a good time, working hard, and feeling good.

But alas, as always, there is still more to be done. We will be adding many more junction markers, with the goal of getting every junction marked, and we are taking on bigger projects of trail maintenance such as installing water bars. So if you are interested, we would love your company and your labor. Just give me a call at 914-864-7317, and you too can be part of a wonderful thing!

Trail blazers extraordinaire Patrick Consmpalo, David Roifer, Fred Howley, and Jim Fitch have volunteered almost weekly for a year.

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continued on page 3

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continued on page 3
A Trail Conference member told me of an article in her college alumni magazine that noted the following research findings: people report feeling happier when they take part in meaningful activities rather than in activities that simply bring them pleasure. As I step down from six years as chair of the Trail Conference board of directors, I can say those findings ring true for me.

My husband Walt and I get much pleasure out of hiking—being outside in nature, sharing time and walking with family and friends—most of our vacations and many of our day-trips center on hiking. But we also derive deep satisfaction in giving back to trails and the hiking community. And as past Trail Conference volunteers, we have been particularly productive for both me and the Trail Conference.

When I started my term in October 2001, the Trail Conference had recently moved from New York City to Mahwah, N.J., a relocation that had been much-needed and as vital to its success. The move proved to be a good one. The location is at the center of our region, easily accessible to most of our members, and we have seen an increase in the number of our volunteers. Now we are in the process of planning an even bigger move, not so much in physical distance— the new offices will be just a mile or so from our current location—but to creating an historic building sorely in need of renovation—the Burlington Schoolhouse in Ramapo.

Wired between those major events are many other projects often described or reported in the Trail Walker. A short list includes:

- A highly successful Capital Campaign
- Research on invasive species
- Completion of the Pochuck Bridge project
- Digitizing our maps
- Securing and protecting hundreds of acres of land
- Beginning the Bear Mountain Trails Project
- Publishing new editions of books and maps and more
- Newly formed Hiking the Jersey Highlands
- Hosting the Appalachian Trail conference's biennial conference, Ramapo 2007

As board chair I participated in some of these accomplishments significantly and others not at all. All are meaningful activities that contribute to a better trail system, more opportunities for the public to enjoy trails, and a better, stronger advocate for trails and hikers in the Trail Conference.

The dedication of the Trail Conference staff and volunteers—like-minded people who appreciate the benefits of engaging in meaningful activities—has made these achievements possible and my tenure as chair extremely satisfying. Together we have found ways to enhance the pleasures of hiking with the satisfactions of meaningful activity. Thank you, all I hope to see you on the trail soon.

Jane Daniels, Chair, Board of Directors

Milestones

Thanks for Hewitt-Butler Trail Improvements

I was hiking on Hewitt-Butler Trail (in the Wanaque) today (September 29) and would like to extend my thanks to the trail maintainers. The last time I hiked a portion of this trail it was almost impassable in places. Today it was well marked and it was evident that there had been a lot of work put into clearing the brush. It was a pleasure to walk on (except for that steep climb from West Brook Road). Please tell the maintainers that their efforts are much appreciated.

John Moran, Chair, of the North Jersey Trails Committee responds:

The North Jersey Trails Committee has been working hard for the past year and a half to whip the Hewitt-Butler Trail (north) back into shape. It looks like we got in just under the wire before Ed Walsh went hiking— we spent 30 volunteer hours just the day up from West Brook Road has been made easier by improved maintainers. We’re still looking to relocate the nearly one mile of north-south trail that extends under a power line, but a lot of volunteers already have made a vast improvement to this trail.

Request for Hiking Partners

Andres Rodriguez, a self-described “Determined Blind Hiker,” seeks “open-minded, risk-taking” hiking partners—either individuals or a team of hikers—to go with him and guide him on challenging trails. Andres lives in Washingtonville, Orange County, N.Y., not far from Schunnemunk Mountain. He reports that he has hiked and camped, travels daily to NYC to work, and does not want to be dependent, but does require a partner whose vision is not so good. He can go single file and I put my hand on the back or back pack of the person ahead,” he says. Contact Andres at home at 845-497-7128 or at work, 212-677-4668, ext. 152.

A Thank-you for Long Service To Metro Trails

On June 18, Bob Ward, former Chair of the Metro Trails Committee, presented a Certificate of Appreciation to Herman Zsauger, a long-time volunteer of the White Trail in the Staten Island Greenbelt. Herman answered the call for volunteers when the Trail Conference first started maintaining trails on Staten Island and continued his service until it was time for him to resign a few years ago. Bob felt that such long time service should be acknowledged. The certificate was presented to Herman during the regular quarterly meeting of the Staten Island of the Metro Trails Committee.

Send Us a Letter

Email it to tw@nynjtc.org; in the subject line, put “letter to TW editor” or send it to Trail-Walker Letters, NYNJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

Contribute Your Club, Trail Project T-Shirt to TC Quilt Project

Such great interest was shown in the quilt/wall hanger “Meeting Place,” which was raffled at ATC Ramapo 2007, creator Carolyn Castfeld has offered to construct another wall hanger for the new New York-New Jersey Trail Conference offices at the Burlington Schoolhouse. To accom-

File sizes needed for print are larger than those required for screen. Set your camera for a high or highest resolution.

The smallest size photo that we can use is 3 inches x 2.25 inches @ 300dpi (900 x 675 pixels)

Larger sizes recommended and should be saved as RGB jpeg files.

Thank you for your interest and support that has made the TC Quilt Project possible and will encourage other clubs and projects to help support our efforts.

MGM Prize Leads to Grand Hike

Sue Bell, member of the NY-NJ Trail Conference Publications Committee, was the winner in the Member Get a Member (MGM) contest held this past spring by the Trail Conference. Her third-place prize was an airline ticket to anywhere in the continental United States donated by a Trail Conference board member.

Sue requested that her ticket be used to take a trip in the contest; rather, she had just been busy promoting the Trail Conference, as usual, to the students in her region of the Bergen County Tech. Members of Tech 89 (Weykoff, NJ) are encouraged to join the Trail Conference so they may take advantage of the possibilities of engaging in all of the above activities, and to support this cause.

Sue used her ticket to accompany her husband Colin on a trip to Grand Canyon and sedona, Arizona, where they spent their time hiking.

From the Chair

Calls & Letters to the Editor

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All correspondence should be addressed to:

Jane Daniels, Chair, Board of Directors
From the Executive Director

There she goes again...

By the time this Trail Walker is in print, Jane Daniels’s six-year tenure as chair of the Trail Conference’s board of directors will have come to a highly accomplished and satisfying end. I want to dedicate this column to thanking Jane and all other highly engaged and overcommitted volunteers who embody the active service that drives the Trail Conference forward, year after year, decade after decade. You know who you are, and you are an inspiration to the rest of us.

Jane’s active involvement in the Trail Conference goes back 30 years, and includes working with her husband, Walt, in 1983 to set up the first Trail Conference registration for an Appalachian Trail Benefit Conference, and chairing the East Hudson Trails Committee, the Trails Council, and the Publications and Strategic Planning Committees.

I first met Jane when I was interviewing for the executive director position in the fall of 2000. She was (no surprise) chairing the search committee! It was a highly organized affair, from its very diverse composition to the rather thorough vetting procedures that were delegated evenly among all the committee members.

The hallmark of Jane’s approach and the key to her success are the people that she brings to the table: everyone is deemed capable and worthy of embrace capabil ity. People learn that serving on a Jane Daniels committee means being pressed into service. She quickly identifies the dors in a group and quickly converts talkers to dors or ex-committee members.

The great thing about Jane is that she isn’t a sink-or-swim drill sergeant type. She learned first-hand a wealth of techniques for motivating and supporting volunteer-powered initiatives. She can coach and support volunteers who become concerned that they have gotten into something over their head. There are many in the Trail Conference, staff and volunteers alike, who are benefited from her experience and generous spirit.

The Trail Conference has experienced many changes, accomplishments, and challenges during Jane’s six years as board chair. For example, we are now protecting trail lands directly through acquisitions, we are collaborating with Rutgers University on federally-funded ecological research, our trail stewardship has expanded by 300 miles, our maps are produced digitally, our budget has doubled, and we have just purchased “New Jersey’s most architecturally significant schoolhouse,” located on the escarpment of the Highlands, to rehabilitate as our headquarters.

I could go on about Jane—that her Trail Conference accomplishments have been in addition to raising a family, working as a reference librarian full-time through her early tenure as board chair, starting a new company, completing a section-hike of the Appalachian Trail, preparing a new book, Walkable Westchester, for publication next year, and knitting countless garments through an eternity of meetings. I could also write another column about her husband and co-conspirator, Walt Daniels, one of the few people whose recent accomplish ments on behalf of the Trail Conference rival her own.

However, this is just a thank-you, not a eulogy, because Jane is not stopping. She practices what she preaches and has already volunteered (readily accepted. I might add) to chair the Trails Council again. Therefore, I would like to thank Jane and all the other volunteers who helped the Trail Conference grow to meet the challenges of this century. Let’s continue the journey.

— Ed Goodell, goodell@nynjtc.org

Never an idle moment for outgoing board chair Jane Daniels.

$50,000 Anonymous Gift to TC

A Trail Conference donor has taken advantage of the Pension Protection Act of 2006 to make a very generous gift of $50,000. This unique opportunity, which will end December 31, 2007, allowed this benefactor to make an annual gift to the Trail Conference from their IRA, free from fed eral taxation.

This great opportunity allows your charitable distribution to satisfy all or part of your required minimum IRA distribution for the year. You can use your IRA to make your charitable gifts this year and avoid federal tax on your required IRA distribution.

For additional information on the Pension Protection Act of 2006 or to inform the Trail Conference that you are making an IRA distribution, please contact Joshua Howard, the TC’s Membership and Development Director, at josh@nynjtc.org or 201-512-9348, ext. 13.

Get them to come, and they will build it

This twist on a line from the movie Field of Dreams sums up Tim Messerich’s two-pronged approach to trail projects: he puts as much effort into recruiting volunteers as in designing the work itself. Tim’s secret to recruiting success—on July 22-23, 2007, project brought out 50 volunteers eager to help bridge a bridge on the AT in Dutchess County—is: communicate extensively and “offer food.”

The advice is familial to those who recruit and motivate volunteers in all kinds of settings. Tim finds the advice each year as he leads the organizing of a big weekend-long project at or near the RPH Shelter on the AT in Dutchess County. He sends updates about project planning year-round and he makes food a central part of each year’s project. He regularly posts e-mail messages and blog entries deliver news, project details, and a sense of eager anticipation to his contact list.

June 23, 2007

The first shopping trip for food went well. The bridge cribbing assembly is coming along well. Only a few more weeks till the FUN starts!

July 9, 2007

The cribbing is ready to be transported to the shelter along with the RPH Grill. Mike and I will be on site Thursday afternoon to set up everything and do the final shopping for food.

July 15, 2007

The cribbing and the grills are now at the worksite. I have it on good authority that the cook is meditating and getting ready for a massive feast!

Tim looks to the hiking community and beyond for his volunteers. His cousin Mike Pardee, for example, is chief cook and PR/web volunteer. “He’s not a hiker,” Tim notes, “but he enjoys camping and this is his way of giving something back. Without his help, the word would not get out to the masses.” Other volunteers are drawn from trail neighbors—people who use their cars to transport to the work site. Thru-hikers pause in their trek to enjoy the festivities and help with the work. Tim finds a core group of volunteers who come every year, even those who don’t necessarily want to do heavy work or get covered with dirt. They may end up helping with the shopping, cooking, or clean-up.

“Food is really important for these projects,” Tim says. “It attracts volunteers and you’ll get more work done because people will stick around.” His commitment to this point is such that he pays for most of the food costs. This year, $1,000 bought 88 items from Sam’s Club that required four cars to transport to the worksite. “We’re not talking just hot dogs and hamburgers,” he says. Steak, pork chops, chicken and all the usual ingredients for a summer barbecue party are on his shopping list.

Over the years the number of volunteers and size of attendant picnic festivities have steadily grown. “It’s taken nine years to get to this point,” he says. He has an extensive list of regulars and they have come to expect the project on the second weekend of July. (This year was an exception so there would be no conflict with the ATC Conference at Ramapo.)

Tim trims his trail volunteer involvement to his own AT hike in 1997. “I was thru-hiking,” he explains, “and I saw a lot of trail magic—people providing food for the hikers.” Unfortunately, he had to cut his hike short when his father became ill. The next year, he decided to provide some continued on page 5

BELLEAIRE RESORT continued from page 5

dvelopment to reduce acreage of disturbed land from 573 to 273 acres; reduction of the total number of the resort’s hotel and lodging units; and half a million dollars in state funds for local smart growth projects through a new Central Catskills Smart Growth Initiative.

Overall, the Trail Conference and ADK are pleased with the agreement. We would also like to take this opportunity to acknowledge the involvement of Congressman Maurice Hinchey, the Natural Resources Defense Council (NRDC), and the 1983 State Center for Conserved and Development (CCCD) in helping to reach this favorable resolution.
Scout Completes Eagle Project at George's Island

John Quartucio of Cortlandt Manor, NY, recently completed his Eagle Scout Project at George’s Island Park in Westchester. “I can’t say enough about what an outstanding job this young man did,” says Mike Bonner, Trail Conference Supervisor for Westchester. “He not only built a bridge on the East Hudson Greenway, but he did a big role from a wet spot that was on its way to becoming a deep gully” and he connected the two Greenway sections in George’s Island, plus he brought in a pack of Cub Scouts for major trail removal, plus he got rid of metal fence pole stumps that were a serious hazard. And that’s not everything. John’s planning on donating the excess of his budget to the Trail Conference.

The project involved one particularly unusual circumstance: floating the bridge, which John built in his garage, to the site at George’s Island. John researched Hudson River routes for best time of day and arranged for boats with licensed captains to float the bridge onto the site. John recruited and managed a crew of 45 volunteers who contributed 465 project work hours. The volunteers included Boy Scouts and leaders from Troop 49 Ossining, Troop 174 Yorktown Heights, Troop 165 Yorktown Heights, and Troop 96 Girl Scout Troop 127, Cub Scout Pack 118, Cortlandt Manor, students from Hendrick Hudson High School and Cortlandt Corners, friends, neighbors, and family members.

Land Transfer Completed

Land on the Shuangunk Ridge preserved by the Trail Conference through purchase has been transferred to the Dept. of Environmental Conservation of the State of New York. Though the state’s acquisition of the property—150 acres in Ossining that includes a fire tower—had been announced by Governor Pataki in 2005, the actual closing on the property took place with the NYS Attorney General’s office on August 28, 2007. The Trail Conference purchased the land as part of its effort to protect the route of the Shuangunk Ridge Trail. The parcel abuts the S NYC and includes a recently built, 2-mile loop around the Graham Fire Tower (see page 1 story, May/June 2007 TW).

ATVs on Trails: Photos, Stories Wanted

If you have photos or stories of ATVs on hiking trails or park lands, please consider sending them to the Conservation & Advocacy staff. They will be useful to document and illustrate presentations about the damage caused by these vehicles. Send them to Brenda Holzinger, holzinger@nynjtc.org.

Weekday Detour Required for Wanaque Reservoir Trails

The Wanaque Reservoir section of West Brook Road, between Stonetown Road and Greenwood Lake Turnpike (County 511), is scheduled to be closed through November for reconstruction. The closure will be in effect Monday through Friday, 8am to 4pm. Access to the trails in NORTON Green can be made from the north via Stonetown Road and Moretown Road; from the south via Otter Hole Road.

The Harriman Parking Area Trail Isn’t

On Trail Conference Southern Harriman Bear Mtn. Trails Map 118, a parking “P” is shown just off the east side of 7 Lakes Drive, along Lake Welch Road. Although at that location there exists a very obvious, fairly large, partially gravelled and partially grassy gully, the Trail Conference has informed that it is not an official parking area and cars can be ticketed.

Map of New LP Connector in Catskills

In the latest issue of TW we described the new Warner Creek Trail in the Catskills that connects the Long Path to the Devil’s Path on Plateau Mountain. Below, responding to popular demand, is a map of the new trail.
Throughout the NY-NJ Area

November – December 2007

For the latest schedules and additional details, go to ny-nj.org and click on ‘Trail crews/Walk trips.’

TRAIL CREW Schedules

November – December 2007

Get the M to Come

November 17 (Saturday)

Staten Island Greenway
Meet: at the Nature Center (200 Nevada)
Work project to be announced

December 15 (Saturday)

Alley Park, Frelinghuysen
Meet: at the upper parking lot, across the Confederation Department, off Watchung Blvd.
Work project to be announced

West Hudson North group

Leader: Dennis Vilande, crew chief:
Hudson 445-232-7218, web-
berd1@yahoo.com

Storm King State Park
This fall, we will be completing the Stillman Trail bridge-stair projects. We will put the finishing touches on the bridge that crosses a land bridge beside a stream. All events begin at 9am. Please phone the leaders for meeting location and driving directions. There is usually a walk to the work site, so please be on time (call the leaders’ cell phone if you are coming to an event and are running late). Rain cancels; in doubt, call the leaders between 6 and 6:30 that morning.

October 28 (Sunday)

November 9 (Saturday)

November 17 & 18 (Saturday and Sunday)

Windsor Mountain, Bear Mountain State P. Leader: Chris Ezzo

BRAD Monroe: 516-431-1148, musicnumbers@yahoo.com Brian Buchinich: 718-213-7663, brian@grandrenovation.com Claudia Gusz: 212-633-7124, cgmstrickfark@gmail.com Mountain 914-926-2549, MJM2008@gmail.com

November 3 (Saturday)

R-O-0 on Black Mountain, Bear Mountain State P. Leader: Chris Ezzo

November 8 (Thursday)

Major Welch Trail, Bear Mountain State P. Leader: Bob Marshall

November 10, (Saturday)

Black Mountain, Bear Mountain State P. Leader: Brian Buchinich

November 15 (Thursday)

Major Welch Trail, Bear Mountain State P. Leader: Bob Marshall

November 17 (Thursday)

TBD

Leader: Chris Ezzo

EAST HUDSON GROUP

Wade works to be announced on website.
Sign up for email notification at easthudson.org and click on Trail Crews, then Sign-up for Trail Crew at top of page.

NEW JERSEY APPALACHIAN TRAIL FIELD CREW

Leaders: George Cohn, Ray Stock, worktrailappalachiantrail-nj.org

Second Saturday of Each Month, April through November

Work date is planned and a finished 4pm.
Controls the entire NJ-NY section of the AT, blue-blazed side trails, and shelters. Supplies work by individual volunteers or crews as requested to address chosen projects. Work projects: Workers bring gloves, lunch, and water, food, equipment and training provided. Team leaders to be placed on email notification list.

NY-MEADOWS TRAIL PROJECT

Contact: Eddie Walsh, Construction Manager 845-738-2126, wwhntrails@aol.com

October 26 – 28 (Friday – Monday)

Joint project with the Adirondack Mountain Club Volunteer Trails Program & Stone Work with Peter Jensen. Work will be done on the south or south face of the mountain. Volunteer one day or several.

Work crews will be completing major structural work on the mountain, and stone retaining walls on the “high traverse” on the mountain’s east face. Large concrete blocks will be used to build the retaining wall (large structure built to withstand heavy waterflow). Crews will also begin installing steps in the “toulle” section of the mountain. Beginner trips and larger groups will work on the south and western side of the mountain doing basic tread work and easier stone construction.

December

We will apply surfacing to most of the “high traverse.” This involves sending imported, finely crushed stone down to the trail from an occasional surface Memorial Drive via a 5000-ton long cable trolley. Power shovels will be used to transport the crushed stone down to the trail and into place. Finally, help will be needed to spread the stone along the trail from where it is dumped. This work is as arduous as it is hot. Coffee, tea, and chocolate will be provided at each lunch.

November – December 2007

New York crew to meet on the second Sunday of each month. Leader: Eddie Walsh, worktrail@apalachiantrail-nj.org

Click on Trail Crews, then Sign-up for Trail Crew at top of page.

GET THEM TO COME

continued from page 3

trail magic of his own bringing food to the RPH Shelter to share with hikers. In the way that things have of proceeding from one step to another, he gradually found himself organizing more and bigger trail projects. It started with the shelter needing a coat of paint,” he recites. “Then the well needed to be dug out and cleared. I got involved with more and more work each year and there more people got involved, bringing more and more resources.” His preference is to take on the big projects, and to plan them and build for the long-term.

“If it’s a lot of work, and there are days when I don’t feel like doing it,” Tim confesses. “But it’s very satisfying. And there are outstanding volunteers who provide a lot of support.” In addition to his co-founder Mike Faller, other core volunteers are: Tony Gines, of Chelsea Forest Products; Sean O’Meara, of Newark, NJ, who donates the rebar for the concrete bridge piling.” “I couldn’t finish the trail,” Tim says. “This is because we are working connected to it and the AT community. I’m interested in seeing this work be there for the next 300 to 400 hikers, and for those coming 20 to 30 years from now.”

TRAIL CREW Teaching Practical Skills to Trails Volunteers at Locations Throughout the NY-NJ Area

Unless otherwise noted, to register or get more information contact Leslie Rappaport 201-512-9348, ext. 28.

October 25 – 26 (Thursday – Sunday)

Trail Construction:
Building Overhanging: The Art of Stone Pinning
Come out for all days or just the weekend.

Instructor: Peter Jensen

Location: Bear Mountain Trail Project

Close to where the new AT route jumps off the old, the trail will wrap around a ridge which is a smooth and broad edge for nearly 600 feet. Here, for these 4 days, crews will be anchoring a 2- to 3-foot tall crib onto numerous steel pins for that entire length, while enjoying leafless views down to the Hudson River. Most quarrying will be done prior to the weekend, allowing participants a unique opportunity to learn and practice skills. Participants must be volunteers on stone work crews and before get permission to participate from Eddie Walsh or the general project manager (see above).

November 3 & 4 (Saturday & Sunday)

Trail Construction:
Stone Step Construction for Beginners

Location: Bear Mountain Trails Project

Instructor: Jon Paulson, former SCA crew leader and Yosemite National Park Trail Crew member

Location: Bear Mountain Trail Project

Participants will learn how to build stone steps, working a short distance from the Summit Tower. Several different methods will be employed to build a 2- to 3-foot wide stone staircase in beginner-friendly terrain on the mountain’s south side. Instruction and basic tools for safe, single-person stone carving with minimal effort and impact to the environment.

November 10 & 11 (Saturday & Sunday)

Advanced Trail Construction: Stone Cut and Shaping

Location: Bear Mountain Trails Project

Instructor: Joshua Ryan, Timber and Stone, Locust Hill Stone

Location: Bear Mountain Trail Project

If you missed these workshops in the fall or in your own town, this may be your last chance for a while; most of the workshops for the 2008 season involves stone steps. Participants in this workshop will learn to build dry stack stone retaining walls, safe stone steps. In addition to learning key structural and design requirements, participants will also learn how to use stone cutting tools to cut rock to desired shapes and sizes.

November 17 & 18 (Saturday & Sunday)

Advanced Trail Construction: Stone Cutting and Shaping

Location: Bear Mountain Trails Project

Instructor: Eddie Walsh, Matt Townsend

Location: Bear Mountain Trail Project

This will be the inaugural workshop to take place in the dramatic “boulder field” uplift of Hessian Lake. Stone cut and spill during this workshop will be used as 5-foot wide stone steps that wind between box-sized boulders and under dramatic rock ledges. By learning how the stone prefers to break, purists in this classic Bear Mountain workshop will learn how to split boulders into controllable section.
Jane & Walt Daniels Finish the AT

By Ollie Simpson

Message from the Appalachian Trail Conservancy to Walt and Jane Daniels:
"Congratulations on becoming the first 2,000 mile couple to serve on the ATC Board!"

Did you know that the Trail Conference houses a treasure trove of books and videos, all available for member use, to guide and inspire you on your next adventure?

The Hoeflerlin Memorial Library in the Trail Conference office contains more than 1,200 books for walkers, hikers, climbers, paddlers, and campers. About half of the collection comprises trail guides, focusing on specific states or regions in the United States and around the world. The other half is an amazing assortment of how-to books, equipment guides, trail journals, trail inspired poetry, and photo collections.

There are historic volumes from the late 19th century, such as Philip H. Smith’s 1887 Legends of the Mountain Side, as well as guides for how to make the most of the latest GPS way-finding technologies. There are books about backpacking with pets, surviving avalanches, and how not to get eaten. You would be hard pressed to find another library that is as perfect for people who enjoy being active outdoors.

Best of all, if you are not sure whether we have something you can use, you can browse the entire collection from home using our online catalog. If you find what you want, you can either come in and check it out, request that the item be mailed to you, or follow a link to buy the book (if it is available) with 5% of the purchase price going to the Trail Conference. To make this online access happen, the entire collection of books has been cataloged and entered into LibraryThing, an online library catalog system. A Library books search box has been added to the Trail Conference website right in the middle of the library page. To get to the library catalog online, follow the Hoeflerlin Library link from the left side of the Trail Conference home page www.nyntc.com.

To try a search, enter a search term and click the Search button. You’ll see a list of books that match your search term. Click on any book in the list that looks interesting and you’ll be taken directly into the Trail Conference’s online catalog. For example, if I were looking for a trail guide for Massachusetts, I would simply enter Massachusetts into the search box. My search finds 28 books, including ones on skiing, hiking, and bike trails in Massachusetts and the rest of New England. If I want to find ones on places to hike with my kids, I can enter children into the search box and see about 20 books with hikes recommended for kids, as well as about 10 more that are just about enjoying the outdoors with children.

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When you are in the catalog, you may notice that you can see other LibraryThing subscribers who have that same book. If you’d like to be able to see who else has the same book, you can join LibraryThing groups that members create, such as “Ecology and the environment” or “Outdoor Readers”. There are several groups that have members who own a variety of books in common with the Trail Conference. You can search LibraryThing for free and even create your own online catalog of the books you have at home. When you become part of LibraryThing’s online community, you can get suggestions for new books on topics you’ve already read about, keep a wish list of books you’d like to have, or use LibraryThing’s swap link to hook you up with book swapping sites. Check it out at www.LibraryThing.com.

One more thing. One way in which the Trail Conference library grows is through contributions of books from members. In particular, although we have many trail and travel guides, we need to constantly remove old ones from our shelves, as the information is often out of date. So, if you have finished with a trail or travel guide that is still in good condition and has been published within the last two to three years, please consider sharing it with other members by passing it along to the library.

Jane and Walt Daniels finished the AT at High Point State Park.

On September 2, 2007, Jane and Walt Daniels (respectively board chair and volunteer webmaster for the Trail Conference), took the steps that brought them to the end of their 15+ year section-hike along the entire length of the Appalachian Trail.

The Daniels had reserved for their finale a hike close to home—High Point State Park in New Jersey—so that family and friends could join them for the last 1.2 miles, presentation of 2000-mile patches, celebratory beverages, and a picnic. Their two daughters, two grandchildren, and 55 friends were on hand for the festivities.

Walt and Jane helped build the AT in Putnam County, NY, starting in 1984. It was 1992 when Walt decided he wanted to section hike the entire trail. (Section hikers complete the 2000+ miles a portion at a time over a period of years by day hiking, backpacking, or some combination thereof.) The Daniels began keeping track of their miles, grandfathering in previously hiked sections. They hiked Springer Mountain (southern terminus) with their younger daughter in 1993 and climbed Katahdin (northern terminus) in 1995 with both daughters.

Prior to setting themselves the AT challenge, the Daniels earned Adirondack 46er status, climbing the high peaks with their two daughters and finishing in 1987 on Rocky Peak Ridge. Their next goal: finish writing their book to guide and inspire you on you next adventure? Did you know that the Trail Conference houses a treasure trove of books and videos, all available for member use, to guide and inspire you on your next adventure?

The Hoeflerlin Memorial Library in the Trail Conference office contains more than 1,200 books for walkers, hikers, climbers, paddlers, and campers. About half of the collection comprises trail guides, focusing on specific states or regions in the United States and around the world. The other half is an amazing assortment of how-to books, equipment guides, trail journals, trail inspired poetry, and photo collections.

There are historic volumes from the late 19th century, such as Philip H. Smith’s 1887 Legends of the Mountain Side, as well as guides for how to make the most of the latest GPS way-finding technologies. There are books about backpacking with pets, surviving avalanches, and how not to get eaten. You would be hard pressed to find another library that is as perfect for people who enjoy being active outdoors.

Best of all, if you are not sure whether we have something you can use, you can browse the entire collection from home using our online catalog. If you find what you want, you can either come in and check it out, request that the item be mailed to you, or follow a link to buy the book (if it is available) with 5% of the purchase price going to the Trail Conference. To make this online access happen, the entire collection of books has been cataloged and entered into LibraryThing, an online library catalog system. A Library books search box has been added to the Trail Conference website right in the middle of the library page. To get to the library catalog online, follow the Hoeflerlin Library link from the left side of the Trail Conference home page www.nyntc.com.

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The New York State Dept. of Environmental Conservation is now selling a new Trails Supporter Patch, available for $5 at all outlets where sporting licenses are sold, on-line (you must be an existing DECALs customer and you will need to provide your customer identification number), and via telephone at 1-866-933-2257. Patch proceeds will help maintain and enhance non-motorized trails throughout New York State. All money raised from the purchase of the patch will be deposited in the Conservation Fund’s Outdoor Recreation, Trail Maintenance, and Development Account. DEC administers more than 3,500 miles of non-motorized trails on State Forests, Wildlife Management Areas, Forest Preserves, and Multiple Use Areas. Among those trails that will benefit from the patch are some of New York’s finest and most well-known, including the Long Path, Northville Placid Trail, and the main Finger Lakes Trail.
Science & Ecology

Parasites: In Sickness Can Be Eco-Health
By Tavis K. Anderson

For centuries, parasites have lived in night-mares and in the shadows of science. Aristotle described the worms that are found in pig tongues, and the Bible mentions the “fiery serpents” that plagued the Israelites. Those few parasites that have come to the public’s eye have been decried as killers and considerable effort has gone toward eradicating their pathological burdens. Those labors have painted a stark picture, omitting the positive role parasites play in ecosystems, a role researchers are now trying to see.

Parasites contribute to keeping populations of their hosts at moderate levels, they keep energy, in the form of carbon compounds, flowing through food webs, and they help maintain a diversity of species in ecosystems. Indeed, it appears that parasites are actually essential to the functioning of ecosystems. We need to think about a “healthy” ecosystems as ones that are rich in parasites. Quite simply, parasites are part of our earth, our planet, our earth data suggest that half of all biodiversity may comprise parasitic species!

This observed diversity of parasites and their success in establishing within any organism is due to their elegant and effective strategies for traveling from host to host. Each strategy depends upon an intimate interaction between parasite and host. Parasites have evolved extraordinarily sensitive abilities to home in on the unique features that signal suitable hosts. Each parasite recognizes a narrow set of cues, such as odors, that ensure it infects the proper host at the proper time.

The evolutionary process is a wide range of transmission strategies among parasites. The ability of parasites to be specific in finding hosts helps ensure their ability to both disperse and successfully move from host to host. These strategies can involve various approaches. Parasites may passively wait to contact the host, they may position themselves on food items so that the host eats them, or they may infect an intermediate form that carries them from one environment to another.

These life cycles are not always unobstructive ecosystems. Parasites can have significant effects on populations, communities, and ecosystems. In Britain, nematodes infect some red grouse populations; on only infected populations go through dramatic cyclic fluctuation in size. Rain carrying Tytopeuma gonidi carry out behaviors that put them at risk of predation, and therefore are more likely to transmute into the marine shellfish (marine shellfish) that are infested with worms do not process sediment as efficiently as uninfested cockles, which alters the energy flow to fish. Fungal pathogens that infect the roots of most plants affect which plants grow, and through this we may see many species of plants are found in an area.

Because parasites, as definition, are dependent on the functioning host, they may infect, the diversity of hosts and the diversity of parasites are tied together. When an ecosystem is rich in free-living species, it will have an amazing diversity of parasites. Conversely, when there is a rich community of pests, we can be confident that the community of hosts is also wonderfully diverse. Thus, a diverse and “healthy” ecosystem will also be one with many parasites.

The next time you’re out hiking and a mosquito bites you, consider that it’s doing exactly what it’s supposed to do. Parasites are not only nasty beasts responsible for a human death every 12 seconds (malaria), but also remarkable organisms that have wide-ranging effects on entire ecosystems – a healthy ecosystem is a sick ecosystem!

Tavis K. Anderson is a graduate student in the Program in Ecology & Evolution, Department of Biology, Rice University.

Parasites can have significant effects upon populations, communities, and ecosystems.

If the Trail Conference Had a Penny for Every Internet Search...

We could earn a lot of money! How? It’s as easy as choosing the right search engine! GoodSearch, a search engine powered by Yahoo!, will donate money to the Trail Conference for every click you make. If 100 people search two times every day, the Trail Conference can earn $7,300 a year! For more information, visit www.goodsearch.com and either download the search toolbar or make GoodSearch your homepage. Be sure to choose the New York-New Jersey Trail Conference as the “Cause I Search For,” and every time you click, you’ll make a difference in our work!

Advanced Trail Skills: Rigging and Highline Basics
Dec. 1 (Saturday)
Location: Bear Mountain Trails Project

Learn the basicsafety and operational methods of rope work on the mountain in that the stones used are usually smaller and easier to handle.

December 1st (Saturday & Sunday)
Advanced Trail Construction: Stone Paving
Instructors: TBD
Location: Bear Mountain Trails Project

Stone Paving, also called rip-rap, or pitching, is a technique used to create a durable walking surface that can span even the steepest tractor access. On Bear Mountain it is used before large rock slabs and in areas where intermittent streams flow across a wide area of boulders. Tools include basic rock moving tools, shaping tools, and occasionally rock saws. This work differs from other construction work on the mountain in that the stones used are usually smaller and easier to handle.

TRAIL U continued from page 5
usable steps and smaller boulders as well as how to decorate step stones.

December 1st and 2nd (Saturday & Sunday)
Advanced Trail Construction: Stone Paving
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Location: Bear Mountain Trails Project

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TRAIL U continued from page 5
usable steps and smaller boulders as well as how to decorate step stones.
### Hikers’ Almanac

**November**

- **Thursday, November 1**
  - FAW, Seven Hills Trail, Harriman State Park, N.Y. Leader: Call 845-236-4204 for more information. Meet: 7am; call for directions. Easy 3 miles with some hills and monuments.  

- **Friday, November 2**
  - Leader: Call Great Swamp Outdoor Education Center at 973-635-6629 to register and for more information. Meet: 9am; call for directions. Moderate 6 miles; experienced hikers. Including a 900’ climb.

- **Saturday, November 3**

- **Sunday, November 4**
  - Leader: Call Pyramid Mountain Natural Historic Area at 973-334-0033 for more information. Meet: 9am; call for directions. Easy 3 miles with some hills. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-0033 for more information. Meet: 9am; call for directions. Easy 3 miles with some hills. 

**November 27**

- **Tuesday, November 27**
  - Leader: Call Pyramid Mountain Natural Historic Area at 973-334-0033 for more information. Meet: 9am; call for directions. Easy 3 miles with some hills. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-0033 for more information. Meet: 9am; call for directions. Easy 3 miles with some hills. 

- **Wednesday, November 28**
  - Leader: Call Pyramid Mountain Natural Historic Area at 973-334-0033 for more information. Meet: 9am; call for directions. Easy 3 miles with some hills. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-0033 for more information. Meet: 9am; call for directions. Easy 3 miles with some hills. 

**November 29**

- **Thursday, November 29**
  - Leader: Call Pyramid Mountain Natural Historic Area at 973-334-0033 for more information. Meet: 9am; call for directions. Easy 3 miles with some hills. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-0033 for more information. Meet: 9am; call for directions. Easy 3 miles with some hills. 

- **Friday, November 30**
  - Leader: Call Pyramid Mountain Natural Historic Area at 973-334-0033 for more information. Meet: 9am; call for directions. Easy 3 miles with some hills. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-0033 for more information. Meet: 9am; call for directions. Easy 3 miles with some hills.
Volunteer Classifieds: Get Involved!

Metro Trail Help
The Metro Trails Committee is looking for volunteers to join our trail construction crew. Positions are available in all boroughs, for people with all skill levels. On-the-trail training and trail workshops are provided for our volunteers. Contact: Joe Gindoff at joegindoff@aol.com for details.

Metro Trail Help
The Metro Trails Committee is looking for our volunteers. Contact: Joe Gindoff at joeghiker@aol.com for details. To join our trail construction crew.

Data Entry and Clerical Support
Positions are available in all boroughs, for accuracy as well as entering membership info, provide assistance with shipping retail orders, and help coordinate mailings. Contact: Gary Willicks at ordernyjtc.org for details.

PC Calc Help Wanted
All development professionals agree that planned giving is a great way to invest in the Trail Conference’s mission and that charitable gift annuities are one popular method to make a donation. The Trail Conference is looking for volunteers to assist with the organization’s charitable gift annuity program. If you have access to PC Calc and are willing to help process planned gifts for the Trail Conference, please contact Susan K. Howard at 201-512-9348, ext. 28, or jhoward@nyjtc.org.

Lower Twin Lake Volunteer Base Need Volunteers
As we create a comfortable home for our volunteers who need a base camp, we are trying to meet all their basic and essential needs. In order to build a kitchen area that Trail Conference volunteers and staff have exclusive access to, we are looking for the donation of a gas kitchen stove or, if you have the skills, an electrician to re-wire the electric stove that is currently on site. Other needs at base camp include:

- assistance to clean the camp
- help building shelters, picnic tables, food storage areas, etc.
- help splitting firewood
- carpenters
- electricians
- chimney cleaners
- reliable boats

Contact: Leslie Rappaport at rappaport@nyjtc.org or 201-512-9348, ext. 28.

Vehicles for Transport
The Trail Conference needs an 8-passenger vehicle and a pick-up truck to move tools, volunteers, and materials. Without this much needed resource, we are limited in what we can offer. If you have a used vehicle(s) that you would be willing to donate, or access to vehicles, please contact: Josh Howard at 201-512-9348, ext. 15, or jhoward@nyjtc.org.

Trail Conference Wins Third Prize at Mahway Day
On September 15, 2007, the Trail Conference staff and volunteers participated in the community day at Commodore Perry Field on downtown Mahwah, NJ. Marching down East Ramapo Avenue, the Trail Conference representatives proudly displayed a banner announcing the upcoming restoration of the Darlington Schoolhouse as the Trail Conference’s future headquarters. The banner was designed by Brian Donogue, a graphic design intern from the Chubb Institute, who was invited to design the proposal. The Trail Conference booth was appropriately located next to the portable rock climbing wall and the day was filled with visitors interested in what the Trail Conference does, how they could volunteer, and what was going on with Darlington Schoolhouse. In order for the schoolhouse restoration to be effective, community support and interest is essential. Mahway Day was one of the first events in which the Trail Conference reached out to the community to let them know about Darlington. We hope to continue these types of efforts as we embark on the fundraising components of this campaign. The day was a success and could not have been completed without the help of Allyn Dodd, Carol Greene, George Becker, Sue Vaxhalad and Iago Grcenich, Bill and Jack Dauster, Nancy Hoogheens, and all other members of the Friends of the Darlington Schoolhouse. Thank you all for your hard work and for making our first introduction of the Darlington Schoolhouse project a success!
Red Ants Pants
Work Pants Made By and For Women
Reviewed by Leslie Rappaport

When it comes to workpants, women have to choose from cuts and styles made for men. As a result, women labor in pants that are too big, too long, or too snug. Red Ants Pants (RAP), set out to change that by designing workpants made by and for women—the name originates from the fact that females do all the work in their colonies. RAP allow women to choose from straight, taper, or bootcut styles and lengths that fit for a custom fit of pants! The result? A pair of high-quality, American-made, durable pants that fit, flatter, and function.

What’s unique about RAP is that each pair has a small red ant sewn onto them—if you find someone else with the ant in the same place, take a photo, send it to RAP and you’ll get a free T-shirt! The downside to this product is that you can’t find the pants in local stores (the company is based in Montana). You have to order online (www.redantpants.com)—which can mean a bit of mailing back and forth to find the right cut and fit. But, the pants are great! Red ants, don’t fret, the straight cut will fit you too!

**Rating:** 4 boots out of 5

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**FAVORITE HIKE: continued from back cover**

**Westchester County**

“Westchester is full of trails in no-hunting zones,” enthuses Jane Daniels. Jane and her husband Walt are nearing the end stages of researching and writing their book Walkable Wilderness. She names three big parks that are favorites: Ward Pound Ridge, Teatown Lake Reservation, and the Rockefeller State Park Preserve. Then, a couple of smaller destinations: Westchester Wilderness Walk and Hart’s Brook Park and Preserve.

The **Westchester Wilderness Walk** (www.westchesterlandtrust.org) is a project of the Westchester Land Trust. The walk comprises a network of 8 miles of trails through 150 acres of rocky woods, hillside streams, lakes, and wetlands in Pound Ridge. You can check out their trail map on their web site.

Hart’s Brook Park and Preserve in the southwestern part of the county offers nearly 3 miles of trails on 123 acres. Once the estate of Henry Gaisman, founder of Gillette, the preserve offers visitors wide, gently graded trails (a good place to keep in mind for snowshoeing or cross-country skiing in winter). There is no web site for the park.

Directions: Sprain Brook Parkway to Greenburgh exit. Make a left onto 100B at the end of the ramp and follow to West Harleman Avenue. Turn right. Follow to Ridge Road, approximately 3 miles. Turn right on Ridge Road. The entrance to Hart’s Brook Nature preserve is approximately 1 1/2 miles on the left.

**NEW YORK**

**Deer Seasons: Regular and Archery**

**Southern Zone**

(includes Hudson Valley and Catskills)

Regular Nov. 17 – Dec. 9
Bow: Oct. 13 – Nov. 16
Bow and muzzleloading: Dec. 10 – Dec. 18

**Westchester County**
Bow only: Oct. 13 – Dec. 31

**Suffolk County**
Bow only: Oct. 1 – Dec. 31

**Hunting is not allowed in Bear Mountain-Harriman State Parks. However, it is permitted in all parts or all of other state parks. Call parks for details.**

**Black Rock Forest**
(845-534-4517) closes to all hikers from Nov. 17 through Dec. 9.

For more info about big game seasons in New York, go to www.dec.ny.gov/outdoor/28656.html. For info about all hunting seasons and regulations in New York, including for small game and bear, visit www.dec.ny.gov/outdoor/hunting.html.

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**NEW YORK**

Numerous grand 19th- and early 20th-century estates, since transformed into public parks, offer the public extensive trail possibilities in an increasingly developed corridor along the east bank of the Hudson River. The Morse, Roosevelt, and Vanderbilt estates are three sites that are prominent among those where access to the grounds is free to the public.

The Hyde Park Trail system includes nearly 14 miles of trail linking parks and historic sites in that town, including the FDR National Historic Site (densely wooded, steeply hilly and craggy, with views of the Hudson River) and the Eleanor Roosevelt National Historic Site (meadows and woods). You can download a brochure with maps (a VERY BIG file) at www.hydelpark—click on Recreation, then Trails.

A new park with a very different ambiance can be found in the Town of Duanesburg. Peach Hill Park and Preserve was once an orchard, and rows of trees continue to pattern the hillsides. The park’s 160 acres include the highest point in the town, from which one can enjoy panoramic views south to the Highlands and north to the Catskills. More than a mile of winding trail is mowed up, down, and around the orchard, and unprayed apple or peach trees are found in season. You can view images and get driving directions at www.peachhill.org.

Do you have a favorite small park? Send us the name of the park, its location, and a few words of why you like it to races@nynjtc.org.

Put ‘community trails’ in subject line.

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**Hunting Seasons 2007**

**NEW YORK**

By Leslie Rappaport.

- The safest course in the fall is to hike only on Sundays, when hunting is prohibited throughout the state. Otherwise, hunting seasons vary by weapon and geography.

For the complete set of deer season regulations, go to www.state.nj.us/dep/fgw/diglight.htm.

If you know the zone you want to hike in, you can find the hunting seasons for it at www.nj.gov/dep/fgw/pdf/2007/regs07-08.pdf.

For information about other hunting seasons in New Jersey (including bear), go to www.nj.gov/dep/fgw/
It's hunting season—or about to be. Some favorite hiking areas, such as Rock Rock Forest in New York, are off limits to hikers for the duration (see Hunting info page 11). Some, notably Harriman/Bear Mountain State Parks, bar hunters. These two parks in our region. Easy guidelines for hunting configurations that apply within pines. Recommended hikes for any of topopulated areas—that enrich our towns these parks are available on the Hike of the Week page of www.nynjtc.org. We invite readers to recommend others; we'll include a selection of responses in the next issue.

North Jersey
Flat Rock Brook, Tarrytown Nature Center, and Teaneck Creek Conservancy are three small parks high on the Recommended list for New Jersey Walk Book editor and Bergen Record Hike of the Week contributor Daniel Donnell. Daniel notes that though these are small parks, they "have enough trails to make a reasonable hike possible." Flat Rock Brook Nature Center (www.flatrockbrook.org) is a 150-acre preserve and education center situated on the western slope of the Palisades in Englewood. Its network of self-guiding trails is open to the public dawn to dusk and are free of charge. Just seconds from the NJ Turnpike I-80 and less than 10 minutes from the

continued on page 11

A short walk at the Tenafly Nature Center in New Jersey (above) can be extended to a moderate hike thanks to paths that connect to more trails at the Lost Brook Preserve. George Washington Bridge is the Teaneck Creek Conservancy (www.teaneckcreek.org). This 46-acre open space features three trails (one of them ADA accessible) that can be combined to make a short excursion of just over 1 mile. You can walk along the banks of the Teaneck Creek, meander on a boardwalk, or step off the trail to explore a meditative walk in the site's Peace Labyrinth. No charge to visitors.

Trail Conference staff member Gary Willick also has a list of preferred small parks in New Jersey. One, Chooter Nature Center (www.chooternaturecenter.com), was founded in 1961 when previous municipal officials acted on their concern that "unwise development might erode the future quality of life in the borough." Today, the center comprises 136 acres of ponds, brooks, meadows, and forests, all open to the public.

Hikers' Marketplace
NY-NJ TC member? YES NO □ JOINING NOW Member #

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NEW! Hariman-Bear Mountain Trails (2007) & see combo $9.95 $7.46 +$1.50
Hudson Palisades Trails (2005) $8.95 $6.71 +$1.50
Kittatinny Trails (2008) & see combo $12.95 $9.71 +$1.50
NEW! North Jersey Trails (2007) $9.95 $7.95 +$1.50
Shawangunk Trails (2006) & see combo $10.95 $8.21 +$1.50
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Sterling Forest Trails (2005) $7.95 $5.96 +$1.50
West Hudson Trails (2006) $8.95 $6.71 +$1.50

Books
NEW! Hiking the Jersey Highlands (2007) $22.95 $17.21 +$3.50
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Harriman Trails Guide (1999) & see combo $16.95 $12.71 +$3.00
Hiking Long Island (2005) $19.95 $14.96 +$3.50
Iron Mine Trails: NY/NJ Highlands (rev. 1999) $8.95 $6.71 +$1.50
Kittatinny Trails (2001) & see combo $18.95 $14.21 +$3.00
Scenes & Walks in the Northern Shawangunks (2006) & see combo $13.95 $10.46 +$3.00
Health Hints for Hikers (1994) $5.95 $4.66 +$3.00
ADK Catskill Trails (2005) & see combo $19.95 $14.96 +$3.50
ADK Catskill Day Hikes for All Seasons (2002) $12.95 $9.71 +$3.00
Shawangunk Trail Companion (2003) $18.95 $14.21 +$3.00
Moon Take a Hike NYC (2000) $14.95 $11.21 +$3.00
Walking Manhattan's Rim (2003) $13.95 $10.46 +$3.00
50 Hikes in the Lower Hudson Valley (2002) $16.95 $12.71 +$3.00
50 Hikes in New Jersey (2005) $16.95 $12.71 +$3.00
Best Hikes w/ Children in New Jersey (2005) $15.95 $11.96 +$3.00
Best Hikes w/ Children in the Catskills & Hudson River Valley (2002) $14.95 $11.21 +$3.00
Hudson to Delaware: The Great Path (2004) $75.00 $62.65 +$5.50

Combo-Packs
Catkill (3-map set & ADK book) $30.35 $22.69 +$3.00
Hariman (2-map set & book) $23.40 $17.55 +$3.50
NY & NJ Walk Books $38.60 $30.95 +$4.50
Shawangunk (3-map set & Scenes & Walks book) $21.65 $16.23 +$3.00
Kittatinny (4-map set & book) $27.80 $20.85 +$3.50

The Personal Touch
Note Cards: TC Collection $12.00 $9.00 +$3.00
Long-sleeve Denim Shirt: Circle: S M L X $29.90 $22.43 +$3.50
Polo Shirt: Forest Green Circle: S M L X $19.95 $14.93 +$3.00
Trail Conference Baseball Cap $5.30 $3.75 +$2.10
Trail Conference Logo Patch $2.50 $2.50 postpaid
Long Path Logo Patch $2.75 $2.75 postpaid
Trail Conference Logo Decal $8.55 $8.55 postpaid

Subtotal
Postage/handling from above ______

Total Enclosed $______