Spring Cleanup Reminds Us: Every Day Is Trails Day

“It is done.”

With these three little words volunteer trail maintainer Pete Tilgner reported the final clearing of 133 blow-downs at the Tenafly Nature Center (TNC) in New Jersey. Trail maintainers Pete, Susan Gordon, and Janet Albrecht were joined by certified chainsaw volunteers Jack Driller and Mark Lis (see separate story, page 4) in clearing most of the downed trees from trails at TNC during five work trips. The devastation was caused by a severe early March windstorm that wreaked havoc across the region.

The work accomplished by this team of five volunteers was, says Chris Connolly, our Trail Supervisor for the Palisades area, Catskills, every day is Trails Day for Rails across the region.

March windstorm that wreaked havoc in clearing most of the downed trees from trails at TNC during five work trips. The devastation was caused by a severe early March windstorm that wreaked havoc across the region.

The work accomplished by this team of five volunteers was, says Chris Connolly, our Trail Supervisor for the Palisades area, “magnificent.”

From central New Jersey up through the Catskills, every day is Trails Day for Trail Conference volunteers, and clearing trails of winter storm damage is an annual rite of passage. The Chinese Mountain Club of New York (CMCNY), a maintaining number group, moved their planned trail work up by a month in order to clear the Shore Trail in Palisades State Park when Chris Connolly reported 17 blow-downs and “a plastic bottle nirvana” on the trail between Closter Dock Trail and Lamber Port, a distance of just under 2 miles. On April 3, the club mustered more than 20 members for a maintenance trip and that a dozen dialysis patients along the trail and pick up garbage to fill a dozen large plastic bags. Other sections of the Shore Trail, and the Long Path at the top of the Palisades, were cleared by Christina Fehre, Jakob Franke, Steve Zubatik, and Chris.

Further north and across the river, on the Appalachian Trail in Putnam County, volunteer Dave Dvorak reported that nine volunteers from AT Dutchess-Putnam Committee and RPH Cabin Volunteers Hospital and 54 hours over eight days to cleaning up multiple blow-downs that blocked the AT and access to the cabin. And up in Dutchess County, the 10-mile Long Wappingers Greenway Trail along the Wappingers Creek was similarly devastated. Wappinger Greenway Committee Chairman Joe Ennesser sent a note recognizing the outstanding work of two volunteers, Frank Bates and William Chalaisin, for their efforts in making the trail passable. “Great job!” he said.

This article is not comprehensive and was prepared before the deadline for receipt of spring trail work reports. But the new hiking season was already in full swing, and the public was out enjoying trails that would have been closed if not for the dedicated work of Trail Conference volunteers.

Thank you, volunteers, for all you do. And be sure you report your activity so we can share the news with park managers and the public! Find additional photos of volunteers at work on page 9.

Trail Conference Gives Its Highest Honor to JoAnn and Paul Dolan

The Trail Conference gave its highest honor, the Raymond H. Torrey Award, to JoAnn and Paul Dolan of New York, NY, during June 5th National Trails Day festivities opening the newly rebuilt Appalachian Trail at Bear Mountain State Park. The Torrey Award recognizes significant and lasting contributions that protect hiking trails and the land upon which they rest.

The Dolans have teamed for more than 30 years on conservation projects that help connect people to the landscape. This is almost as long as they have been married, a partnership that began with a honeymoon at the Bear Mountain Inn and hiking the AT locally.

JoAnn became Trail Conference Executive Director in 1980 and served in this capacity for 13 1/2 years, as well as working as a volunteer and consultant over a 20-year span. JoAnn worked with the Trail Conference board and volunteers on the protection of the Appalachian Trail in New York and New Jersey, concentrating on AT corridor management and expansion. She also helped raise funds and awareness for the Long Path project and worked closely with other conservation partners on efforts to protect Lake Minnewaska. JoAnn played a major leadership role in the protection of Sterling Forest, working closely with Carol Ash and Bob Binnewies of the Palisades Interstate Park Commission (PIPC), a vast coalition of conservation partners.

Paul Dolan is an almost 30-year veteran of ABC News and now serves as Executive Director, ABC News International. In this role he helps negotiate and manage business and strategic agreements in Japan, India, Germany, Turkey, Canada, and other countries.

Closer to home, Paul helped write and edit the Regional Plan report calling for the preservation of Sterling Forest and then volunteered for the 20-plus year struggle to save Sterling Forest. He has also been a longtime volunteer on Native American land preservation efforts in Seattle.

Both JoAnn and Paul have also volunteered on the successful effort with PIPC to preserve Arrow Park, 570 acres of wooded hillside overlooking Arrow Lake near the Appalachian Trail and adjacent to Sterling Forest State Park. They sponsor special programs for children and families at Arrow, including annual programs with Caldwell Hospital and the New York City Fire Department.

JoAnn and Paul were joined by other conservation partners on efforts to protect Lake Minnewaska. JoAnn played a major leadership role in the protection of Sterling Forest, working closely with Carol Ash and Bob Binnewies of the Palisades Interstate Park Commission (PIPC), a vast coalition of conservation partners.

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Cutting the ribbon to open the new Appalachian Trail segment on Bear Mountain, left to right: Chris Ingui, Trail Conference project manager; Eddie Walsh, construction manager; Carol Ash, Commissioner NY State Office of Parks, Recreation and Historic Preservation; Karen Lutz, ATC Mid Atlantic Manager; Pam Underhill, Superintendent of the AT National Scenic Trail; Jim Hall, Executive Director of the Palisades Interstate Park Commission; Ed Goodell, Executive Director of the Trail Conference; and Peter Jensen, trail designer. Additional photos and details on page 3.

Torrey Award winners JoAnn Dolan and Paul Dolan (right) with former Trail Conference President Neil Zimmerman (left) and current executive director Ed Goodell at the National Trails Day presentation.

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The Trail Conference is a volunteer-directed public service organization committed to:
• Developing, building, and maintaining hiking trails.
• Promoting hiking trails through support and advocacy.
• Educating the public in the responsible use of trails and the natural environment.

The Conference is a 501(c)(3) organization and welcomes gifts. Questions about donations can be directed to info@nynjtc.org.

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Kevin Melchionne Director of Development
Gary Wilson Outreach Coordinator

The New York-New Jersey Trail Conference is a volunteer-run, non-profit 501(c)(3) organization. It is a federation of 155 hiking and outdoor groups, and 10,000 individuals.

Mission Statement
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The New York-New Jersey Trail Conference is a volunteer-run, non-profit 501(c)(3) organization. It is a federation of 155 hiking and outdoor groups, and 10,000 individuals.
The state budget processes in New York and New Jersey have reminded me how fragile our access to public parks and open space can be.

At this writing (early June), the New York State budget is two months overdue, though the legislature and governor announced a pre-Memorial Day weekend agreement that would keep parks open but dramatically reduce open space funding. (You can find info about this on our website.) Meanwhile in New Jersey, Governor Christie has proposed a parks budget that cobbles together various funds and savings to almost reach the previous year’s level, with no park closures planned.

What does this all mean for trail users and the Trail Conference? The answer is indicated by the lead story of this Trail Walker. Even as officials haggled over budgets and threatened park closures, Trail Conference volunteers picked up their tools, headed to trails, cleared them of seaweed, and ensured they were overbudgets and threatened park closures, Far fewer park rangers, foresters, and conservation officers are responsible for even more land. The inventory of deferred maintenance grows annually, and public open space is not being adequately monitored much less managed.

At the same time, there is a large and growing number of people interested in volunteering for parks, open space, and trails. Trail maintenance and construction have been our mainstays but the response to other types of volunteering—invasive plant monitoring, GPS’ing, website editing, kiosk/signage installation, etc.—has been positive, also. And my experience at the Trail Conference tells me that there are many other needs that could be filled with volunteer expertise. Taking on a bigger share of work on public lands is something we should prepare ourselves to do.

The key to success in this effort is having staff whose job it is to support the volunteers with information, training, administrative assistance and, in many cases, more volunteers. Trail Conference staff, particularly our “regional reps,” create the conditions in which volunteers can succeed. Our regional reps act as liaisons between our volunteers in the field and the resources and permissions they need. In theory we have three of them—East of Hudson River in New York, West of Hudson River in New York, and New Jersey. For the past year, our New Jersey regional rep position has been unfilled for lack of funds. Like state governments, we too have budget woes. Our advantage is that a small budget leverages a large number of volunteers.

Larry Wheelock (West Hudson rep), with help from Chris Ingui (project manager), has done a tremendous job responding to New Jersey volunteers needing support, but my top funding priority is to re-fill the New Jersey Regional Rep position. Helping me to achieve this is Kevin Melchionne, the Trail Conference’s new development director. The position is funded by a family foundation that sees a strong fundraising effort as a crucial investment in securing the vitality of our organization and therefore of our region’s trails.

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An economic study of New York Parks by Parks & Trails New York shows that the $5 million visitors to state parks generate $1.9 billion in sales to private businesses. This is a benefit-to-cost ratio of 5 times the $341 million in public funding to parks in the same year. Additionally, the parks are responsible for about 20,000 jobs or compensations of $440 million per year—one-third their current funding is a two-thirds private enterprise. Read the full report at www.pny.org/pdf/advocacy/peri_full_report.pdf.

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What does this all mean for trail users and the Trail Conference? The answer is indicated by the lead story of this Trail Walker. Even as officials haggled over budgets and threatened park closures, Trail Conference volunteers picked up their tools, headed to trails, cleared them of seaweed, and ensured they were open for the public. By this time the spring when most people were inclined to take a walk in the woods, most of our area trails were ready for them—thanks to our hard-working professional crew pauses before installing the “800th” step in the new section. Then project volunteers led the way as most of those on hand hiked up the spectacular new trail. The project has been described as the most ambitious trail building work in Trail Conference history.

The Trail Conference thanks the following supporters and participating organizations of our NTD event: Sports Illustrated for Kids, Friends of Van Cortlandt Park, Grounds For Wildlife 2009, Apartment Journal, New York State Parks, White Plains, Westchester County Parks, Greenwich Housing Authority, Walkway Over the Hudson, National Park Service Appalachian Trail Park Office, NYS Office of Parks Recreation and Historic Preservation, the Palisades Interstate Park Commission.

The opening of the AT on the east face of the mountain marks completion of the first major portion of planned trail improvements at Bear Mountain. The full scope of the project includes work on the AT on the western side of the mountain as well as building a hard-packed, handicap accessible trail at the summit.

Opportunities to volunteer and learn new skills will continue to be offered by the Trail Conference at Bear Mountain as the remaining portions of the trails project the keep going. For information you can go to www.nynjtc.org/bmp/bear-mountain-trails-project, or call the volunteer coordinator Chris Ingui @ 201-783-3599.

The Bear Mountain Trails Project is being managed by the New York-New Jersey Trail Conference in cooperation with its partners: The Appalachian Trail Conservancy, National Park Service Appalachian Trail Park Office, NYS Office of Parks, Recreation and Historic Preservation, and the Palisades Interstate Park Commission.
Volunteer Profile

Dynamic, Chain-sawing Duo Buzzes through Tenafly Nature Center

Like the cavalry, New Jersey residents Jack Driller of Ridgewood and Mark Liss of Fair Lawn came to the rescue at the Tenafly Nature Center/Lake Brook Preserve (TNC), where trail maintainers faced 6 miles of devastated trails after a hurricane-like windstorm ripped through the area in early March. Jack and Mark came armed with their chain saws (and chain saw certification) and put their skills to work helping maintainers Pete Tilgner, Suzan Gordon, and Janet Albrecht clear 1,533 blow-downs at the Bergen County preserve.

The two men describe the landscape they encountered as eerily bartered, with trees upended and blow-downs everywhere. “Some trails were gone,” Jack says in amazement, “it was such a small area but so heavily.” Mark agrees, bluntly noting that the trails were “slammed” and “totally impassable.”

The extensive destruction at the preserve resulting from the storm unleashing inordinate amounts of rain, leaving the grounds saturated and the woodlands susceptible to compaction, displacement, erosion, and displacement heavy stone steps on the Appalachian Trail on West Mountain. The steps, built by the West Hudson South Crew, are intended to eliminate erosion on the steep, rocky, but popular trail and increase hiker safety. This is the third time this particular trail construction has been attacked. (See the September/October Trail Walker, p. 2. Open Letter to the Hiking Community from the West Hudson Crew. Back issues are accessible on our website.)

Twelve Trail Conference crew chiefs, crew leaders, and trail supervisors, along with three staff members, got intensively trained. Twelve Trail Conference crew chiefs, crew leaders, and trail supervisors, along with three staff members, got intensively trained.

Trail Building Lessons from an Innovator

It’s our job as designers to facilitate this integration and follow where it leads.

The three-day Trail University workshop, held April 16-18 in Jenny Jump State Forest in New Jersey, introduced these trail builders to a system Parker calls Trailshaping. The system, which focuses on natural surface trails, is the product of Parker’s 25+ years in trail design work, including with the National Park Service, the USDA Forest Service, and The Nature Conservancy. The workshop focused on designing trails with minimal construction using what Parker calls Trailshaping’s 12 Factors.

According to Parker, these 12 factors—compaction, displacement, erosion, materials, tread wetness, natural shapes, anchors, safety, experience, playfulness, nature and time, and trail intent—direct an individual to ask the right questions in a given trail context. The right questions lead to understanding the “why” of a particular trail situation and thus knowledge on how to move forward at each step of a trail design project.

Participants were challenged to flag numerous hypothetical trails in different group settings in accordance with his 12 principles. Once laid out, in-depth critiques and group studies of the “proposed” trails commenced, leading students to ask questions they normally would not ask and to see potential problems they might otherwise overlook.

“All trail-shaping factors have physical, emotional and intellectual aspects that involve both nature and people,” says Parker. “It’s our job as designers to facilitate this integration and follow where it leads.”

—Paige Trowbridge

Paige Trowbridge is a communications student at Emerson College in Massachusetts and a communications and Bear Mountain trail volunteer with the Trail Conference this summer.

Trail Bridges Useable

All bridges on trail accessed from the Reeves Meadow Visitor Center, damaged by spring flooding, have been repaired to usable condition.

Anthony Wayne South Lot Still Closed

The south lot at Anthony Wayne Recreation area, closed for the winter, remains closed. An unsafe condition existing there requires remediation. When and whether the lot will be re-opened is undefined. All trails are easily accessed from the north lot, requiring only a minor extension to the walking.

PEQUANNOCK WATERSHED

Update on Trail Reroute Around Buckabear Pond

After more than six work trips the resurfaced trail around the west side of Buckabear Pond is complete, blazed, and open for hiking (as of mid-June). This bypass route was required due to the flooding of the path across the dam and the trail by a group of very industrious beavers as reported in the May/June 2010 edition of Trail Walker. Please note this affects the route of the Highlands Trail from P4. It now continues up the hill to connect with the new route of the Bearfort Water/Clinton Trail (yellow). Both trails head south on the new route along the west bank of Buckabear Pond. For full details, see highlands-trail.org.

HARRIMAN NEWS NOTES

AT Steps Attacked, Again

Vandals of unknown motivation have demolished heavy stone steps on the Appalachian Trail on the east side of West Mountain. The steps, built by the West Hudson South Crew headed by Chris Ezzo, are intended to eliminate erosion on the steep, rocky, but popular trail and increase hiker safety. This is the third time this particular trail construction has been attacked. (See the September/October Trail Walker, p. 2. Open Letter to the Hiking Community from the West Hudson Crew. Back issues are accessible on our website.)

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Highlands Trail Crew Leaders: Adam Rosenberg, HT Co-Supervisor: dobsanian@meshack.net or 973-570-0863

We generally get together the first Sunday of every month to build and maintain various sections of the Highlands Trail throughout New Jersey as well as in New York state of the Hudson valley. We also schedule out work days. Some of these are for new trail, others are for existing trail. We need to be flexible in our work days due to the weather.

Central Jersey Crew Leaders: Bob Jonas & Estelle Anderson Phone: 973-697-5326 Cell: 908-803-3088 Email: CNL@trailstobuild.com Please check the Trail Crew Schedules on www.nynjtc.org for work trips, or feel free to call us for more information.

North Jersey Weekend Crew Leader: Sandy Parr Phone: 973-697-5326 Cell: 908-803-3088 Email: cnl@trailstobuild.com Website: www.trailstobuild.com

This two-day class is excellent for those individuals who may work, travel, or enjoy recreational outdoor activities and who may have no medical experience. This class will teach the student how to handle common situations and serious injuries when medical care may not be easily available. Continuing education and training is offered through the Emergency Medical Services and the American Red Cross.

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

Most workshops can be registered online at www.nynjtc.org/view/workshops. Once registered, you will receive additional details one week prior to the actual workshop date. Please pay attention to any preregistration that may apply to certain courses. If you have any questions, please contact Chris Inguagl at cinguagl@nynjtc.org.

Wild Edibles and invasive species identification.
Saturday, July 11
10am-1pm Location: High Tor State Park, Thillls, NY

This unique course focuses not only on the identifica-
tion of both invasive and native plant species but also on their medicinal and nutritional applications as well. The workshop will teach individuals how to identify various invasive such as Mile-A-Minute Vine and other non-invasive plants that hold great nutritional value. It will also cover the sustainable harvesting and cooking of these plants so that they yield the most benefits to the individual without causing harm to the surrounding ecosystem.

Trail Maintenance 101
Saturday, September 19
10am-4pm Location: Lower Twin Lakes Camp, Harman State Park

This one-day training session covers the skills necessary to maintain a hiking trail so it is easily passable and harmonious with its surroundings. Students will learn assessment of trail conditions, clearing, blading, proper use of tools, and how to report any trail problems. No previous experience is necessary and both beginners and experienced welcome. Students will spend the morning in a classroom environment and then head out into woods for hands-on instruction.

East Hudson Crews

Outreach-Pollution Appalachian Trail Meet Saturdays Join RHPI Crew Volunteers (TC member club) on AT maintenance outings. Annual work weekend is set for July 9-11 at the RPI cabin. Check http://trmrc.milkenikent.com for up-to-date details or contact Tom.

Contact: Tim Messersch, tom.messersch@gmail.com

Word Pound Ridge Reservation Weekly Trail Maintenance Trips Contact: Mr. Mazzari at athenianmazzari.com or 914-297-2923.

East Hudson Community Trails Projects
Contact: Leigh Enquirer, at directorгласит@gmail.com for more information or check the East Hudson Trail Crew page at www.nynjtc.org.

West Orange State Park Trail Project In Putnam County

Teatown to Kitchawan Trail Project with Teatown Lake Reservation Westchester County

Annie Fly Preserve Trail Project with Somers Land Trust Westchester County

Contact: volunteers@somerslandtrust.org. Changes in schedule due to inclement weather will be announced via the Friends of Annie Fly Preserve messaging list.

Sunday, July 11 Meet: 10am at Angle Fly Preserve

Saturday, July 31 Meet: 10am at Angle Fly Preserve

West Hudson South
Leaders: Chris Ezzo (crew chief): 516-431-1148, mazza@hustlerstreet.com Bob Jonas: 973-570-0863, bjonas@grandrenovation.com Claudia Ganz: 212-633-1324, claudia@grandrenovation.com Bob Marshall: 732-469-5109, bmarshall@webtv.net

Monica Day: 732-937-9098, Cell: 908-307-5049, monica.day@thehustlerstreet.com

Contact: Linda Sullivan; please pre-register

Watch for fall trail work schedule in next Trail Walker online or in late summer.

West Hudson North Crews

Leaders: Adam Rosenburg, HT Co-Supervisor: dbomanian@meshack.net or 973-570-0863

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CENTRAL JERSEY CREW
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NORTH JERSEY WEEKEND CREW
Leader: Sandy Parr Phone: 973-697-5326 Cell: 908-803-3088 Email: cnl@trailstobuild.com Website: www.trailstobuild.com

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Central Jersey Crew Leaders: Bob Jonas & Estelle Anderson Phone: 973-697-5326 Cell: 908-803-3088 Email: CNL@trailstobuild.com Please check the Trail Crew Schedules on www.nynjtc.org for work trips, or feel free to call us for more information.

TBD – To Be Determined

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Contact: Mr. Mazzari at athenianmazzari.com or 914-297-2923.

East Hudson Community Trails Projects
Contact: Leigh Enquirer, at directorгласит@gmail.com for more information or check the East Hudson Trail Crew page at www.nynjtc.org.

West Orange State Park Trail Project
In Putnam County

Teatown to Kitchawan Trail Project with Teatown Lake Reservation Westchester County

Annie Fly Preserve Trail Project with Somers Land Trust Westchester County

Contact: volunteers@somerslandtrust.org. Changes in schedule due to inclement weather will be announced via the Friends of Annie Fly Preserve messaging list.

Sunday, July 11
Meet: 10am at Angle Fly Preserve

Saturday, July 31
Meet: 10am at Angle Fly Preserve

West Hudson South
Leaders: Chris Ezzo (crew chief): 516-431-1148, mazza@hustlerstreet.com Bob Jonas: 973-570-0863, bjonas@grandrenovation.com Claudia Ganz: 212-633-1324, claudia@grandrenovation.com Bob Marshall: 732-469-5109, bmarshall@webtv.net

Monica Day: 732-937-9098, Cell: 908-307-5049, monica.day@thehustlerstreet.com

Contact: Linda Sullivan; please pre-register

Watch for fall trail work schedule in next Trail Walker online or in late summer.

West Hudson North Crews

Leaders: Denis Vitali, Crew Chief: 845-738-2126, WHTRC@hustler.com

Dave Mencher, 914-692-7202, webbert1@yaho.com

Check for fall trail work schedule in next Trail Walker online or in late summer.

Long Path/Shawangunk Ridge Trail Crew Leaders
Andy Gantt, information@longpath.org or 848-888-0663

Jakes Franke, J3L@rcubpics.com or 718-769-3612

Occasional work trips are planned. Contact a leader for details or check the website.

Watch for fall trail work schedule in next Trail Walker online or in late summer.

Bear Mountain Trails Project through November 20
Thursday-Monday
8:30am-4:30pm

Work trips involve a variety of tasks, such as: corridor clearing, propping loose rocks, restoration, quarrying stone, using an overhead highline to transport stone, creating crushed stone (with mash and sledges hammering), building crib walls, setting rock steps, and splitting stone.

While training is provided every day, individuals who have no trail building experience are REQUIRED to attend one Trail course on Bear Mountain or a Trail Building 101 course at another location. If you cannot meet these requirements but still wish to volunteer, please contact the Volunteer Coordinator at bearmountaintrails@gmail.com.

Trail Conference Works with NJ Township on Trailhead Signage Project

As part of a joint project with the town of West Milford, NJ, the Trail Conference has developed a prototype informational kiosk to be installed at trailheads in the town. The kiosks are intended to draw attention to the town’s expanding network of trails and to provide hikers with information about those trails. It will also draw attention to the town’s trail maintenance role in building, maintaining, and promoting trails.

In April, a prototype of the kiosk structure was installed on Clinton Road by volunteers Ron Luna, Bob Jonas, and Erik Luna and staff member Chris Inguagl. The Trail Conference will be managing a map of the local trail system for the kiosk, as well as panels of other relevant information. Funding for the project comes from a 2008/2009 Recreational Trails Grant from the state Dept. of Environmental Protection.

As the prototype was built and the kiosk and over 20 trail crossing road signs, funded by the original grant, will be installed in the town. Trail Conference Executive Director Ed Goodell notes that if the project with West Milford proves successful, the Trail Conference plans to start accepting private donations from entities and private citizens interested in sponsoring additional kiosks throughout the region. A fund would then be created to maintain the kiosks and update the maps and information as needed, he said.
The Trail Conference is proud to offer a Membership Benefit Program, which was created to provide our members with money-saving discounts at area retailers and service providers—benefits only available to Trail Conference members.

As part of your Trail Conference membership, you are issued a card identifying you as a Trail Conference member, making you eligible for all program discounts. To receive your member discount card, you must present your valid membership card at the time of purchase. Some stores offer the discount only on select items, so be sure to ask.

We encourage our members to take advantage of this incredible opportunity that comes with a Trail Conference membership. New discounts and offers are continually being added so be sure to visit our website’s membership benefits area at www.nynjtc.org/content/retail-partners for current offers.

25% Discount on Trail Conference publications and clothing when purchased directly from the Trail Conference. FREE Subscription to the Trail Walker, the Trail Conference’s bimonthly newsletter filled with timely articles and columns that will enhance your hiking experiences.

Money-Saving Discounts at participating retailers and businesses.

Workshops and Seminars on trail maintenance and construction, leadership training, wilderness first aid, chainsaw operation, environmental monitoring and GPS operation.

Volunteer Opportunities to “learn by doing” in areas as varied as trail maintenance, construction, education, publications, environmental monitoring, and cartography.

Access to the Hoeferlin Library at the Trail Conference office that includes more than 1,000 books on hiking worldwide, along with maps, guides and a historical archive.

**Some of Our Discount Partners**

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<tr>
<th>Company Name</th>
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<tr>
<td>Ramsey Outdoor</td>
<td>FREE Subscription to the Trail Walker</td>
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<td>Outbound Bound</td>
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<td>Hudson Valley</td>
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**NY-NJ Trail Conference Benefits**

Volunteers with the Central North Jersey Trails Committee of the New York-New Jersey Trail Conference helped first class Boy Scout Wyatt Benson of BSA Troop 192, Wayne, NJ, achieve his Community Service Merit Badge by completing a local trail clean-up project in May.

Wyatt chose to do a trail cleanup in the High Mountain Preserve, in Wayne, NJ. It’s a popular spot for day hikers who climb the mountain for panoramic views to the east and the Manhattan skyline. He scheduled his work day for May 15, the BSA’s Centennial Celebration day and designated as “Cache in, Trash out” day by the Boy Scouts and Geocaching.com. Wyatt recruited 11 Boy and Cub Scouts to help with the cleanup, and as many parents. They were supported by Trail Conference Central North Jersey Trails Committee co-chairs Estelle Anderson and Rob Jonas, and trail Maintainer Bob Simpson. On the work day, the group split into two units. The Cub Scouts hiked from the south to do litter pick-up; the Boy Scouts hiked from the north, picking up trash and doing light trail maintenance, including removing broken down tree litter. They also learned the fine art of trail blazing, including proper painting of the markers of the blazes as they did the initial refurbishing of the Yellow Trail. All in all, it was a very productive and fun day as we removed a few hundred pounds of trash from this beautiful forest. Thanks to Wyatt for initiating this project and to all the volunteers he recruited.

—Bob Jonas & Estelle Anderson, Co-Chairs, Central North Jersey Trails Committee
Both dragonflies and damselflies have long narrow bodies, two pairs of large wings, and a large head that is dominated by two compound eyes. An easy way to tell them apart is by the way that they hold their wings while at rest. Dragonflies hold their wings apart, either horizontally or at a slight downward and forward angle to their bodies, while most damselflies hold their wings together, at an upward angle to their bodies. Dragonflies also are larger and stouter and are strong, versatile fliers. Damselflies are more delicate looking and tend to flutter about when they fly.

In fact, dragonflies are the most versatile fliers in the natural world. They can zip about in all directions, looking like tiny helicopters, at speeds of up to 35 miles per hour. They can change direction almost instantaneously. They also can hover in one spot for a minute or more. These amazing aerial feats are made possible by large flight muscles and the ability to move each pair of wings independently.

Dragonflies and damselflies have incredible eyesight. Their compound eyes can see simultaneously to the front, sides, and even rear and are highly adapted to detecting movement. They also have three small, simple eyes that aid in orientation while flying. They use their highly developed visual skills to capture live insects, which are their only food.

Dragonflies usually catch their prey while in flight. They may fly back and forth over an area, plucking insects as they go. Or they may perch on a twig or blade of grass and suddenly swoop into the air to capture a debatable insect as it flies by. Dragonflies can eat hundreds of mosquitoes per day, earning them the name "mosquito hawk."

Adult dragonflies and damselflies live for about six to eight weeks during this time, they eat and mate. Males of some species establish a breeding territory near water and aggressively defend it against other males of their own and other species. When a female enters a male's territory, he will intercept her to begin the mating process. Through a series of maneuvers, their bodies contort until they are joined together in what is called a mating wheel. Incredibly, dragonfly pairs often stay joined in the mating wheel while continuing to fly. Damselflies form their mating wheels while perched in a protected area.

Immediately after the pair separates, the female lays her eggs. Females of some species deposit their eggs into the water by gently tapping their abdomens to the surface. Others use sharp appendages on their abdomens to cut slits in water plants into which eggs are deposited. In some species, the male stays close to the female as she lays her eggs, to guard against other males inter- cepting her paternity.

If all goes well, the eggs will hatch under water in larval called nymphs or naiads. The nymphs continue to develop under water for about 10 or 11 months and feed on insects and sometimes even tadpoles. The following summer, when the time is right, the one- to two-inch long nymphs crawl out of the water and onto a plant stem or other surface. It leaves its larval skin behind and emerges as a young adult dragonfly or damselfly, completing another cycle of life. If you look closely at plants or sticks that rise from the surface of a pond, you may discover damp nymph skins.

Take some time this summer to appreciate the fascinating odes. Despite their fearsome appearance, they do not sting or bite. In fact, they are quite tolerant of people and animals that come closely to observe or to take pictures.

For further reading:

**Dragonflies** by Cynthia Berger has a lot of information on life cycle and behavior and descriptions of 26 common species. **Dragonflies through Binoculars** by Sidney W. Dundale—a field guide to the 307 species found in North America. **The Trail Conference member Edna Greig writes occasional columns on natural history topics for Trail Walker.**
Find more hikes at www.nyntc.org. Click on Schedules of Hikes under Go Hiking!

July

Saturday, July 3
PM. Early Bird Hike: Firetower hike on the Hasbrouck Iron Trail, Pound Ridge. Meet: 7am at the Firetower parking lot at Route 308 and Center Road. Continue on for 6 miles to avoid the crowds. Meet at 10am at Iron Tower. See www.nyntc.org for trail details. $5 SOTC contribution.

Saturday, July 3

Saturday, July 3
AM. Beautiful Boca, NY. Meet: 9am at the Boca parking lot near Bear Mountain. $5 fee. Heavy rain cancels.

Saturday, July 3
UC. Turkey Mountain, Montville, NJ. Meet: At 7am, meet to hike Bear Mountain via the Anthony Wayne Trail to the Bear Mountain. Be ready to hike at 8am. We’ll be hiking through woods and along a lake. Shuttle required; bring your own transportation. Leave Iron Hill parking lot at 8am, return to Iron Hill parking lot at 10am. $5 SOTC contribution. Refreshments in town after hike. Rain cancels.

Saturday, July 3
ADH-N. High Rocks Trail to Mud Pond, NYC. Meet: 7am at the Mud Pond parking lot at the top of Mud Pond Rd. (Rt. 513) & Greenwoods Lake Tpk. (Rt. 511). 5-6 miles with elevation gain at a moderate pace along the Iron Valley Road Trail. $3 SOTC contribution. Good views of the Hudson River. Bring your own transportation. Shuttle required; parking fee. Steady rain cancels.

Saturday, July 3
RVW. Bearmouth on the Appalachian Trail. Meet: 6am at Bearmouth parking lot on CR 705. $5 SOTC contribution. Bring your own transportation. Shuttle required; parking fee. Steady rain cancels.

Saturday, July 3
AMC. Beautiful Boca, NY. Meet: 8am at Boca parking lot near Bear Mountain. $5 fee. Heavy rain cancels.

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Saturday, July 3
ADHD, Bath Book Falls & Alander Mountain, Southern Taconics, NY. Leader: Alan, 973-731-1010 or alan2k@alumni.princeton.edu. Well-trodden and moderately strenuous. Rain cancels. June 13 to August 5, guided hikes daily at 9:30am. Meet at the visitor center parking lot. $6 per car or $3 per pedestrian. To reserve a guide, call 973-731-1000.

April 10

Central New Jersey Trail Crew workers rest after completing a reroute of the Highlands Trail in the Pequannock Waterway. Top, left to right: Bob Rangel, Glenn Oleaskak, Willie Diaz, Jason Raskin, Joe Gindorff (standing). Bottom, left to right: Jose Vicente, Anela Souldi, Alan Lash, Kim Beiderman, Estelle Anderson, Robert Jones, who took the photo, also worked.

April 11

Steve Zurbark prepares to tackle a job on the Long Path north of George Washington Bridge.

April 12

Jakov Franke, McBrien Duran, and Dave Booth cleared a dozen trees from the Long Path in Tidman State Park.

April 13

Shawangunk Ridge Trail Supervisor Andy Garibaldi works with Paul Labonté on repairing a bog bridge along the trail in Orange County.

April 14

A member of the Central New Jersey Trail Crew works on a relocation of the red-blazed Peters Trail.

May 22

West Hudson Nordic Crew members take a lunch break along the Patrols at Killmiennes State Park Preserve. The crew has been working on a relocation of the red-blazed Peters Kill Trail. Picture are left (Paul) Kleiniker, Denise Vitale, Dave Webber; and (right) Jim Gebhardt and Kathy Herzog.

April 15

Twenty members of the Chinese Mountain Club of New York hit the Shore Trail in Palisades State Park to clear storm blow-downs and pick up garbage.

April 16

AMC. Breakneck Ridge and Beyond, Hudson Highlands State Park, NY. Leader: Mike Putlak, 718-980-0507 or mikylv@optonline.net. Contact leader for meeting time and location. June 13 to August 5, daily, except Wed. Meet at Breakneck Visitor Center parking lot at 10am. $6.60 per car. Bring water and warm clothing. Rain cancels.

April 17

April 18

Steve Zurbark prepares to tackle a job on the Long Path north of George Washington Bridge.
April 10

Participants take to the trails to learn about sidehilling at a special Trail Maintenance 101 workshop at Merestead, a former country estate that is now part of the Westchester County park system.

May 1

Trail restoration and removal was the focus of a new workshop at Bear Mountain. Above, volunteers transplant blueberry bushes along a new cribwall to help retain soil and restore the construction site to a natural look.

May 9

Trail Conference cartographer Jeremy Apper, right, accepts an award for map design from New Jersey Department of Environmental Protection representatives.

Wanted: Old Hiking Maps

I am attempting to build a collection of the old hiking maps originally published by Walking News, also known as Hoefer's Hiker's Region Maps. I think there were 65 maps in the series, and although they were originally sold for 35 to 50 cents each, I am willing to pay a reasonable price for them and of course will accept donations. My intent is to eventually add these to the Trail Conference Archives to preserve this important part of our trail history.

Bob Jonas, c/o NY-NJ Trail Conference
156 Ramapo Valley Road; Mahwah, NJ 07430
Email: ynoke@aol.com
Another Way to Give

Have you considered investing in the Trail Conference’s mission? Making a donation in the form of a charitable gift annuity from the Trail Conference might be the perfect opportunity for you. A charitable gift annuity pays you a steady fixed income for the rest of your life.

Charitable gift annuities are very popular gifts because of the high rate of return, which will never change after a gift is made, regardless of interest rate fluctuations. And, a charitable gift annuity is simple to establish.

With a charitable gift annuity you would get an immediate income tax deduction for a significant portion of the value of your gift, and favorable taxation of the annuity payments will increase the spending power of your annuity.

For more information, please contact Kevin Melchionne, development director, at kevin@nynjtc.org or 201-512-9348, ext. 28.
For many years, the beautiful section of Norvin Green State Forest north of West Brook Road was largely trailless. Beginning in 2005, plans were made to construct a new trail network in this area. Under the leadership of North Jersey Trails Chair John Moran and Supervisors Frank and Karen Schoof, the Overlook Rock and Lake Sonoma Trails were built and opened in 2008. (See Featured Hike, November/December 2008 Trail Walker.)

The trail network was further expanded this year, with the opening of the Manasquan Point Trail, which forms a loop from Crescent Drive and incorporates sections of newly opened segments indicated on the map as starting on Burnt Meadow Road, but the trail actually follows a woods road shown as starting on Burnt Meadow Road, and is not shown on the map.

Begin on the north side of Crescent Drive, 150 feet from Burnt Meadow Road, where the yellow-blazed Manasquan Point Trail heads into the woods. Follow this trail as it climbs and proceeds west along a woods road.

In about a mile, the orange-blazed Lake Sonoma Trail joins from the right. Follow the joint yellow/orange trail as it turns left, leaving the woods road, and continues on a footpath. When the yellow trail turns left, continue ahead on the orange trail, which soon reaches a viewpoint over the lake and then parallels it.

After crossing the woods road, the Lake Sonoma Trail crosses a stream below an attractive cascade. It immediately turns left and begins a steady climb to reach a junction with the white-blazed Overlook Rock Trail, which joins from the right.

When the trails diverge in 150 feet, follow the Lake Sonoma Trail as it makes a short, steep climb to its terminus at Overlook Rock—a massive exposed rock face with a panoramic east-facing view.

To continue, descend from the rock and turn left onto the white trail. In half a mile, you’ll reach a junction with the blue-blazed Hewitt-Butler Trail. Turn left onto this trail which, after a short, steep climb, heads southeast along the crest of the ridge, descending gradually. At the base of the descent, there is a small pond on private property to the right.

After a climb through a clff in the rock, the yellow-blazed Manasquan Point Trail joins. Follow the joint blue/yellow trail, which descends a little and then climbs steadily to a panoramic viewpoint from Manasquan Point, an open rock ledge.

The trail now descends very steeply. Watch carefully for a double blaze on a rock; at the second intersection with Crescent Drive, park along the right side of the road, just beyond the intersection.

**Featured Hike**

By Daniel Chazin

New Trail Creates New Loops in Norvin Green

Windbeam Mountain from Manasquan Point

115 by black and red dashed lines. The first part of the trail follows a woods road shown on the map as starting on Burnt Meadow Road, but the trail actually follows a branch of the road that begins on Crescent Drive and is not shown on the map.

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**Hikers’ Marketplace**

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

Please order by circling price Retail Member P/H Total

Maps (TC published except where noted. Discounted shipping available for orders of 8 or more.)

NEW! Catskill Trails (2010) & see combo $16.95 $12.71 +$1.75...
NEW! East Hudson Trails (2010) $10.95 $8.21 +$1.60...
Harriman-Bear Mountain Trails (2008) $9.95 $7.94 +$1.60...
Hunter Palisades Trails (2005) $ 8.95 $ 7.17 +$1.60...
Kittatinny Trails (2009) & see combo $13.95 $10.46 +$1.75...
North Jersey Trails (2009) $ 9.95 $ 7.94 +$1.60...
Shawangunk Trails (2006) & see combo $10.95 $8.21 +$1.60...
South Taconic Trails (2008) $ 4.95 $ 3.71 +$1.20...
Sterling Forest Trails (2008) $ 7.95 $ 6.39 +$1.60...
West Hudson Trails (2009) $ 6.85 $ 5.48 +$1.60...
Old Croton Aqueduct (Friends of OCA, 2008) $ 4.95 $ 3.71 +$1.20...

Books

Walkable Westchester (2007) $24.95 $18.71 +$3.70...
Hiking the Jersey Highlands (2007) $22.95 $17.21 +$3.70...
New York Walk Book (2005) & see combo $23.95 $17.96 +$3.70...
New Jersey Walk Book (2004) & see combo $19.95 $14.96 +$3.70...
Day Walker (2002) $16.95 $12.71 +$3.70...
Hiking Long Island (2008) $22.95 $17.21 +$3.70...
Kittatinny Trails (2004) & see combo $16.95 $12.71 +$3.70...
Scenes & Walks in the Northern Shawangunks (2006) & see combo $13.95 $10.46 +$3.70...
AMC Catskill Mountain Guide (2009) $23.95 $17.96 +$3.70...
ADK Catskill Trails (2005 ed. with revisions, 2009) $19.95 $14.96 +$3.70...
Walking Manhattan’s Rim (2003) $13.95 $10.46 +$3.70...
50 Hikes in the Lower Hudson Valley (2008) $16.95 $12.71 +$3.70...
Best Hikes w/ Children in New Jersey (2008) $15.95 $11.21 +$3.70...
Best Hikes w/ Children in the Catskills & Hudson River Valley (2002) $14.95 $11.21 +$3.70...
Hudson to Delaware: The Great Valley (2004) $7.50 $5.62 +$1.20...
West Milford Biker’s Dozen (2008) $ 9.95 $ 7.94 +$1.20...

Combo-Packs

NY & NJ Walk Books $38.60 $29.55 +$4.50...
Shawangunk (3-map set & Scenes & Walks book) $21.65 $16.24 +$3.70...
Kittatinny (4-map set & book) $28.60 $21.45 +$3.70...
Catskills (6-map set & ADK Catskill Trails Book) $131.73 $109.00 +$3.70...

The Personal Touch

Note Cards: TC Collection $12.00 $ 9.00 +$3.00...
Long-sleeve Denim Shirt Circle: S M L XL $29.90 $22.42 +$6.00...
Polo Shirt (Forest Green) Circle: S M L XL $19.90 $15.15 +$3.00...
Trail Conference Baseball Cap $ 5.00 $ 3.75 +$1.25...
Trail Conference Logo Patch $ 2.75 $ 2.75 postpaid...
Trail Conference Logo Decal $ 8.50 $ 6.80 postpaid...

Subtotal Postage/handling from above New Jersey residents add 7% tax* ...
TOTAL ENCLOSED $