Trail Conference Puts Its Experience To Work at Van Cortlandt Park

I
n December 2008 the Friends of Van Cortlandt Park (FVCP) in the Bronx commissioned Trail Conference expertise to assess the park’s trail network and develop a strategic plan aimed at making its “hiking trails more sustainable, better suited to serving the park users, and better able to highlight and protect the park’s unique natural resources.”

One year later the group had in hand a 112-page report and five-phase work plan. It also had a $180,000 grant from the federal Consolidated Appropriations Act to implement phase 1 recommended improvements, thanks to representation by Congressman Eliot Engel.

“We were very lucky to have come across the Trail Conference as we searched for consulting firms to complete our Trails Plan,” says Christina Taylor, executive director of FVCP. “We couldn’t be happier with the resulting plan. Now that we are ready to implement, I am happy that we have a true partnership with the Trail Conference that will continue during this process. I’m finding that their expertise is unlimited.”

Annual Report 08/09
It was a year for rolling up our sleeves and rolling with the punches.

READ MORE ON PAGE 2

ATV Regulations
A win, but with problems, in New Jersey.

READ MORE ON PAGE 4

Trail Conference Puts Its Experience To Work at Van Cortlandt Park

When the Friends of Van Cortlandt Park needed trails advice, they came to the Trail Conference.

For the Trail Conference, the FVCP commission brought welcome revenue and appreciated recognition and visibility: Van Cortlandt Park, with 1,146 acres, is the fourth largest park in New York City and is a crucial outdoor recreational resource for the borough’s residents.

New Digitally-Produced Catskill Trails Map Set Now Available

The Trail Conference is pleased to announce the completely new, digitally-produced ninth edition of our Catskill Trails map set. This six-map set shows all designated trails within the Catskill Park in New York, covering more than 325,000 acres of protected land. It also shows the location of all 35 peaks in the Catskills over 3,500 feet in elevation. Over 100 miles of the Long Path, from Minnewaska State Park Preserve to Hunterfield Mountain, are shown on the map set, and the eastern end of the 563-mile-long Finger Lakes Trail is also included.

The new digital edition of these maps contains a number of enhancements over the previous analog edition. The coverage of the maps has been extended to include Beartown Mountain State Forest, Vernooy Kill State Forest, Bluestone Wild Forest, and state forest land just north of the Catskill Park boundary. As with the previous edition, four maps are used to show the majority of the Forest Preserve. However, two new maps and three inset maps have also been included to expand the area covered.

The distance between elevation contour lines has been decreased from 100 feet to 50 feet for easier identification of steep terrain, and trail mileage figures now appear next to the trails on the map fronts. Recent

Girls Scouts (see story) and college students (above and see boxed story on page 5) are learning outdoor stewardship skills at lean-tos in the Catskills.

Lessons in Stewardship at Catskill Lean-tos
By Laurie Rankin

The first night that I spent in the woods in a lean-to without my parents in attendance was at the little used, but very wild Dry Brook Ridge lean-to. I and two girlfriends were dropped off by my Dad with lots of last-minute advice. We spent a sleepless night there. Not because we were scared or anything, but rather, at age 14 with no parents around, you do all types of “no rules” things, like stay up all night!

Move the clock forward a number of years, lots of hiking later. I joined the Trail Conference for the purpose of maintaining a trail and a lean-to. Which trail and lean-to was an easy choice: the Dry Brook Ridge Trail from the Millbrook trailhead to a point 1.5 miles along the trail, and of course the lean-to itself, is what I adopted. The trail is little used, the lean-to is in great shape, and it has always been a pure pleasure to do my “job.”

A few years after adopting the lean-to and trail, I had a conversation with a local Girl Scout leader about her dismay at having taken her troop on a “dead-end” community project, where they planned and worked on a flower garden, only to have the property sold and to be told that it was now off limits. I suggested adopting the Dry Brook Ridge Trail and lean-to with me. The Catskill Park would always remain public property, and the girls would never be told it was off limits.

So it was that a group of adults, girls ages 10 to 12, and myself headed up the trail one morning. The goal was the lean-to for lunch. There must have been no fewer than a thousand questions: “Where is the nearest telephone?” “Are there bears in the woods?” “Where do I go to the bathroom?”

Each step was an education for the girls and for several of them, the steps were fearfully ones due to the newness of this endeavor. We took our time, cleared the trail, learned what trail markers were, and never made it anywhere near the lean-to on our first trip!

But they came back! With each trip, the girls’ confidence in their outdoor skills grew, as did their sense of responsibility for keeping the trail and lean-to in shape. I will remember the first time one of them found a piece of litter left behind on the trail. They were MAD! How dare anyone dirty up their trail. And the lean-to… The first time that we actually made it to the lean-to, one little girl asked to borrow my knife so she could carve her initials in a log.

The girls Scouts (see story) and college students (above and see boxed story on page 5) are learning outdoor stewardship skills at lean-tos in the Catskills.
Rolling Up Our Sleeves, Rolling with the Punches

It was just day four of the new fiscal year. A speaker from outside the Trail Conference came to our first-ever Hike-a-thon to give our organization an award for “extraordinary volunteer-powered public service.” Impressively, Kevin Tiotta of the Global Sports Alliance spoke words that captured the Trail Conference at its best and echoed it with a spirit throughout a difficult year. “It’s a great pleasure for me to be here today in the company of vibrant people, too engaged in living robust lives to be disheartened by the prevailing dooms and glooms felt in some sectors,” Tiotta said. He went on to describe the Trail Conference as “an organization founded on the fundamental premise that if you really want something good to happen, you rollup your sleeves and work to make it happen.” A lot of people rolled up a lot of sleeves from October 1, 2008 through September 30, 2009. The broad economic crisis hit the Trail Conference hard. We had to let staff members, pay off other priorities when they became vacant, impose partial and temporary furloughs on staff, and reduce benefits. They rolled up their sleeves and rolled with the punches.

So did our volunteers. When we added up the numbers at the end of the fiscal year, we saw that we had more volunteers—1,636 individuals—actively volunteering than ever before—a more than 25% increase over two years! Hand choices, hard work, and deep commitment from our members helped the Trail Conference weather the economic storm in 2008/2009. In fact, as our report documents, it was a year of major accomplishments. Thank you all for your financial support and hard work. Dwindling challenges lie ahead, perhaps most especially for our major land-owning partners—state, county, and municipal park agencies, whose funding is being dashed by cash-strapped governments. The Trail Conference stands ready to help by providing and coordinating volunteers to keep trails open.

Get ready to roll up your sleeves and work with us to make good things happen.

Treasurer’s Report for Fiscal Year 2009
By Jim Gregoire, Treasurer

Results for our fiscal year ended September 30, 2009 have now been audited and an unqualified opinion has been issued. Total revenues for the year were $1,731,377 consisting principally of membership dues and contributions $1,220,794; map and book sales $1,148,014 are program-related expenses, including $240,142 for trail building and maintenance. Management and general expenses of $120,945 were down approximately $100,000 from the prior year, resulting from staff and other cost reductions implemented in response to the economic downturn. Our net surplus (i.e., “change in net assets”) for the year was $218,192, bringing total net assets of the organization to $2,886,441 at year-end. Major components of this are trail lands and easements of $1,819,421, cash and investments of $474,727, and near-term receivables of $351,320. We have also capitalized $517,076 of invested costs of the Darlington School House construction project. Total liabilities of $537,623 include a mortgage of $216,000 secured against our land assets.

Volunteer Contributions by Committee 1/1/09 – 12/31/09

<table>
<thead>
<tr>
<th>Committee</th>
<th>Work Hrs</th>
<th>Travel Hrs</th>
<th>Value**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administrative</td>
<td>3,352</td>
<td>575</td>
<td>$96,135</td>
</tr>
<tr>
<td>Communications</td>
<td>608</td>
<td>--</td>
<td>14,884</td>
</tr>
<tr>
<td>Darlington School House</td>
<td>866</td>
<td>75</td>
<td>21,506</td>
</tr>
<tr>
<td>Mahoning Overlook</td>
<td>25</td>
<td>88</td>
<td>19,902</td>
</tr>
<tr>
<td>Membership/Development</td>
<td>230</td>
<td>94</td>
<td>7,932</td>
</tr>
<tr>
<td>Publications*</td>
<td>3,912</td>
<td>210</td>
<td>91,104</td>
</tr>
<tr>
<td>Science</td>
<td>191</td>
<td>99</td>
<td>6,120</td>
</tr>
<tr>
<td>Technology Committee</td>
<td>3,394</td>
<td>381</td>
<td>92,400</td>
</tr>
<tr>
<td>Trail Building &amp; Easements</td>
<td>3,520</td>
<td>9,949</td>
<td>1,077,585</td>
</tr>
<tr>
<td>Trail Land &amp; C &amp; A</td>
<td>406</td>
<td>86</td>
<td>12,044</td>
</tr>
<tr>
<td>Volunteer Committee</td>
<td>280</td>
<td>118</td>
<td>9,731</td>
</tr>
<tr>
<td>**Total</td>
<td>46,084</td>
<td>11,223</td>
<td>$1,449,341</td>
</tr>
</tbody>
</table>

*Estimated based on hours of work in 2008.
**Value based on the value of a volunteer in New Jersey ($24.48: “the average hourly earnings of all production and nonsupervisory workers in private nonfarm payrolls as determined by the Bureau of Labor Statistics.”)

TREASURE WALKER

Mission Statement
The New York-New Jersey Trail Conference is a federation of member clubs, clubs, and individuals dedicated to preserving recreational hiking opportunities, building and maintaining the interests and concerns of the hiking community. The Conference is a volunteer-organized public service organization committed to:• Curtailing, building, and maintaining hiking trails;• Protecting hiking trail lands through support and advocacy;• Educating the public in the responsible use of the environment.

Board of Directors
Robert Bryson Chair
Cheryl Comelli Vice Chair
Joseph Gregory Treasurer
Daniel Cohen Secretary

Directors
Jane Donahue Steve Kihm
Bill Gannet Seth McKee
Larry Wheelock West Hudson
Jennifer Hezel Development
Chris Connolly Vice Chair
Chris Ingui Special Projects
Jennifer Hezel Development
Leigh Draper East Hudson
Josie Gray Edward Saiff
Jeremy Apgar Cartographer
Hedy Abad Membership

Held Accounts
The New York-New Jersey Trail Conference is a volunteer-organized public service organization. It is a federation of 155 hiking and outdoor groups, and 10,000 individuals.

www.nynjtc.org

The New York-New Jersey Trail Conference
Special Report

October 1, 2008 through September 30, 2009

THE NEW YORK-WESTCHESTER SPECIAL REPORT

HIGHLIGHTS OF PROGRAM ACCOMPLISHMENTS FY09

•1,736 miles of trails maintained, mapped, and otherwise supported by 1,636 volunteers and 99 member clubs.

•New trail network opened at Wonder Lake State Park (NY).•Partner: Hudson Highlands State Park (OPRHP Taconic Region)
•Project: Design and build trails in this new state park in Putnam County. Include first leg of the Highlands Trail east of the Hudson River. The opening of the park and new trails was celebrated on National Trails Day, June 6, 2009.

•Highlands Trail in New Jersey extended to and across the Delaware River into Pennsylvania.
•Partners: Muscoot-Mount Mountain Conservancy, New Jersey DEP; Passaic, Morris, and Hunterdon County Park departments; Newark Watershed Conservation and Development Corp.; Byram Township.
•The river crossing was celebrated May 16, 2009.

•At the Bear Mountain Trails
•Project: 202 volunteers helped build 334 huge stone steps, 2,531 square feet of cribbing, and 603 linear feet of trail surface, among other projects.
•Partners: Appalachian Trail Conservancy, Palisades Interstate Park Commission, National Park Service.

•129-acre Shawangunk Ridge Trail parcel protected by Orange County as park land when a Trail Conference volunteer flags the property, a conservation target, in a tax auction
•Launched our new website in March; in September 2009, it attracts 40,000 unique visitors per month.
•Published our newest book, Walkable Westchester.
•Published a completely new Killtannya Trails Map Set

Visit our website today! www.nynjtc.org

info@nynjtc.org

Our full Annual Report can be viewed and downloaded online at www.nynjtc.org.
From the beginning, Trail Conference members and volunteers have always been hands-on, get-thework-done people. This has been true when it comes to trails and it has been true when it comes to protecting open space and the natural experience of hiking.

The Trail Conference has been involved in most, if not all, major efforts to protect access to open space in our region, including Storm King and Bull Hill along the Hudson River, Minnewaska in the Shawangunks, the Delaware Water Gap in the Kittatinny’s, and Sterling Forest along the Ramapo Highlands. Today, these are each was once, and most still are, subject to access to open space in our region, including entrance fees, camping fees, and picnic shelter rentals. Park revenues account for a third of ORHP’s operating budget. When a park is closed to reduce costs, the agency also loses revenue. Every $1 million in spending reductions translates into the region generating only $650,000 in net budget savings.

Visitation to the State Parks System is up — more than 55 million visitors and residents visited State Parks in 2009. At a time when many New Yorkers are struggling due to the economic downturn, our State Parks provide affordable, close-to-home recreational and vacation opportunities.

As Commissioner Ash points out, parks are one of the few remaining affordable ways in which New Yorkers can enjoy healthy recreation andrespite in these difficult times. Furthermore, thousands of people volunteer at parks, investing their sweat along with their taxes and making parks among the least costly of essential government services to the public.

Why are parks and open space cut disproportionately in the budget? The answer is because they are legally discretionary. They are not mandated by regulation or federal law. If the only thing that mattered to protect parks and open space in the state budget is your voice, early and often.

I reproduce enough that you need to contact your state legislators now or face the regret of tomorrow when parks are closed, trails bulldozed for powerlines, and open space developed.

The good news is that our website has the information you need to make a difference on the issue(s) that are most important to you. We haven’t spent a lot of money to have all the bells and whistles of some advocacy sites, but we have listed each issue that directly impacts the public’s ability to enjoy the outdoors. Clicking through the issues will give you information you need to understand and to influence the outcome by taking the appropriate action.

The most important thing you need, however, is something you already have: your own passion for getting yourself and others outside in nature. If enough of us convey that to our representatives, their support for parks and open space will hold, naturally. Take your first step at www.nynytc.org, click on Trails Advocacy under Be Informed.

— Edward Goodell Executive Director
Taking Care of a Catskill Lean-to By Doug Senterman

For those of us who walk the hills and mountains of the Northeast, the word lean-to has a special connotation. To a backpacker it may be home for the night or a place to get out of the rain on a day hike. Sometimes it may be a destination in itself.

Lean-tos can be made from many materials, from stone to milled lumber. Those in the Forest Preserves of New York—the constitutionally protected “Forever Wild” lands in the Catskills and Adirondacks—are built from round logs, creating a rustic appearance along the trails.

In the Catskill Forest Preserve there are 31 lean-tos scattered along the 300 or so miles of marked hiking trails. Like the trails, these structures need maintenance. The Trail Conference is responsible for the maintenance of 2 of them.

Volunteer caretaker responsibilities include inspecting the shelter for damage, vandalism, and theft; monitoring two conditions of the outhouse. Responsibilities also include the removal of litter, general upkeep of the area, and cleaning/rebuilding the fire pit. Caretakers are expected to visit the lean-to two to three times a year, many more often. Like trail maintainers, lean-to caretakers have a special connection with their shelters and feel a sense of pride knowing their efforts help many people enjoy a pleasant experience on their trips.

If you are interested in helping your local lean-to to take care of, register your interest on our website at www.nynjtc.org/volunteer-interest-form.html, click on the Trail Workline and then check Lean-to caretaker. You can also sign up for a workshop on Shelter Caretaking that I'll be offering May 15. Find details for that on page 5 and at www.nynjtc.org/view/workshops.

Doug Senterman is the volunteer Catskill Lean-to Supervisor for the Trail Conference. He can be reached at ds2620@cableone.net for information about the lean-to maintenance program.

CATSKILL LEAN-TO LESSONS continued from page 1

When I explained that we did not do that, it was really defacing and destroying property, they all began to study what had already been done.

With each subsequent trip, they looked carefully to see if there was anything new. One day there was, and once again, I was MAD! How dare anyone deface your lean-to? They would clean the fireplace so carefully that you could have used the bottom of it for your table! I did a bit of joking around with them about who had to clean the outhouse, such as last one to the lean-to. They kept them moving along when it was necessary.

There came a day when the weather was less than ideal for our planned trip for maintenance. By last minute, I mean rain, pouring rain. And yet, one adult and two girls showed up, so important had this job become to these girls.

The local ranger came along on our trip one day and did some map-and-compass work with the girls. The girls found a section of trail that was often muddy. I explained stepping stones to them and off into the woods they went to be sure to get just the right rocks for the job. Some were carried a fair distance. Each was carefully and lovingly placed so that hiker would have muddy boots.

Eventually each of the girls earned her community badge. They were awarded the badge in a ceremony that I was invited to attend, and I did so with great pleasure and pride. These girls each learned to love their trail and lean-to, and I firmly believe they have taken their families and friends back to visit. I also firmly believe that they will continue to take part in community volunteer projects and organizations such as the Trail Conference. And I continue to enjoy my “job”, always being sure to step on the girls’ stepping stones and to check for any new carvings.

nick@nynjtc.org www.nynjtc.org/view/workshops

Conservation & Advocacy News Notes

NJ Enacts Off-road Vehicle Legislation after 10-Year Fight

By Brenda Holzinger

Off-road vehicles, including ATVs, snowmobiles, and dirt bikes, may soon be subject to statewide registration and enforcement measures in New Jersey thanks to legislation passed and signed in the last days of the Corzine administration.

This legislation is the culmination of nearly a decade of effort, including two final years of intense negotiations between off-road vehicle riders, environmental groups (including the Trail Conference), and the bill sponsors. It was passed with substantial support—indicating broad support from Senate and Assembly sponsors of the ATV legislation pre-filed bills for the 2010-2011 session concentrating on technical amendments.

The need for this legislation, including the technical amendments, is just beginning ... again. The day after the current law was passed.

The new law also requires that DEP site three ATV parks on state land, one each in the northern, central, and southern parts of the state. Unfortunately, the ATV lobbyists were able to secure a last-minute compromise by the legislature, which requires that the DEP site at least one park before the provisions of the bill actually go into effect. If the DEP is unable to find sites for the parks within three years, the sponsor of the bill plans to be actively involved in the process of finding park sites because the definition of “designating a park site” is not contained in the legislation. This is not an oversight, but rather a way to allow maximum flexibility as the DEP establishes implementation regulations. There is approximately $250,000 earmarked for motorized vehicle trails in New Jersey through the federal Recreational Trails program run by the Department of Transportation. This money is available to the DEP for use in siting the off-road vehicle parks.

We Are There Yet?

Although it might seem like the work is over now that statewide legislation has become law, the actuality is that the work is just beginning ... again. The day after they passed their respective bills, both the Senate and Assembly sponsors of the ATV legislation pre-filed bills for the 2010-2011 session concentrating on technical amendments. It will be necessary for the trail stewardship community to remain actively engaged in this process because often the technical amendments and the implementation regulations are really the substance of the law, while the law itself is simply a broad outline of a particular policy position.

Also, it is not clear exactly how the park string process will transpire and what levels of government in New Jersey will be involved. The details of the process will be the product of lobbying and negotiation among the bill sponsors and the stake holders.

Finally, a grassroots effort aimed at persuading towns and counties in northern New Jersey to adopt their own local ATV ordinances is important because it would bolster the statewide law and could address local land not covered at the state level.

So, what does it mean to be a lean-to adopter? As the Director of Outdoor Programs for the SUNY College at Oneonta, being an adopter gives me the opportunity to acquaint our students with the idea of giving something back to the environment. As they complete the typical task during each visit (i.e. picking up trash, cleaning out the fire pit, etc.) a sense of ownership and care for the backcountry comes into play. They see the value of their efforts and begin to share a genuine concern for their little part of the Catskills.

Another wonderful reward comes when we get to read the comments in the lean-to of these registrants. It’s in the written compliments and appreciation of previous campers that our students can see the true value of their work. An additional bonus occurs when alumni from our program come back to camp at the shelter due to their fond memories and recollections. For an educator such as myself, that’s the best pay-off around!

By Snapper Petta

Eventually each of the girls earned her community badge. They were awarded the badge in a ceremony that I was invited to attend, and I did so with great pleasure and pride. These girls each learned to love their trail and lean-to, and I firmly believe they have taken their families and friends back to visit. I also firmly believe that they will continue to take part in community volunteer projects and organizations such as the Trail Conference. And I continue to enjoy my “job”, always being sure to step on the girls’ stepping stones and to check for any new carvings.

A footpath is a rutted, muddy mess as a result of ATV traffic. This restoration fine is an important piece of the legislation because the NJ Dept. of Environmental Protection (DEP) estimates that the annual cost of damage to public lands from illegal off-road vehicles is about $1 million.

The Trail Conference started its fight for statewide ATV legislation nine years ago with a bi-state, multi-stakeholder ATV summit in 2001. Legislation began following this summit, and it has taken four legislative sessions, each two years in duration, to arrive at the current state law in New Jersey.

The need for this legislation, including the park string provision, became increas-
TRAIL U
Teaching Practical Skills to Trails Volunteers at Locations Throughout the NY-NJ Area

Spring 2010

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

Orientation: Bear Mountain Trails Project
The day begins with a slideshow, but most of the day will be devoted to a challenging work up the soon-to-be completed 800-step granite staircase with detailed explanations of the techniques and methods used in building the trail thus far as well as the possible volunteer opportunities for the upcoming season. For those volunteers interested in the Trail Conference: this orientation is mandatory for all following courses at Bear Mountain.

Sunday, March 21
Location: Bear Mountain State Park

TRAIL CREW Schedules
March – April 2010

Check our website for possible additions or changes to schedules. Go to www.nynte.org and click on “TRAIL CREW” in the Get Involved tab.

HIGHLANDS TRAIL CREW
Leaders: Adam Rosenberg, HT Co-Supervisor: dodobann@verizon.net or 973-570-0791

Monthly on a Sunday
We gather on the first Sunday of the month to tackle various jobs building new sections or repairing existing sections of the Highlands Trail throughout the region as well as in New York West of the Hudson River. We also schedule several other work days if the need arises. Experience is not necessary. Contact leader for details of the current trip and what tools to bring.

METRO TRAIL CREW
Leaders: Lu Gonzales, 718-614-2129, jgouehty@nynte.org, Linda Sullivan, crew chief, 347-727-6123, fumamillard@yahoo.com; Lu Gonzales: lguerena@verizon.net

We work in various parks throughout New York City. Additional work days TBD. Please contact Linda Sullivan, Metro Trail Crew Chief in order to receive email notices of work outings, or check the Metro Trail Crew page on the Trail Conference website.

Pelham Bay Park
Contact: Lu Gonzales, lguerena@verizon.net
The Friends of Pelham Bay park trail crew will lead these trail work days. All are welcome. If you’ll be able to add to the FRPF group list or need additional information, please contact lguerena@verizon.net. Be sure to let us know if you plan to work since priorities can change due to unexpected trail conditions.

March, Saturday, March 13
Barrow-Pelham Marsh grounds
Cut invasive vines and remove lower branches from pine trees.

March, Saturday, March 27
South Pelham
Join Wild Metro in removing invasive plants and restoring the meadow.

April, Saturday, April 10
Hunter Island Bog Bridge Project
Repair the northwestern end of the island.

April, Saturday, April 24
Orchard Beach meadow
Cut and remove encroaching vegetation.

April, Saturday, May 8
Lagoon clean-up
Collect, bag, and haul shoreline debris on foot and with canoes.

EAST HUDDLES CREW
March, Saturday, March 6 (and most Saturdays thereafter) AT in Duchess County
Join RNH Trail Crew (CT member club) on AT maintenance and repair.
Contact: Tim Messenich, banncomrinner@ymca.org or 845-297-9673

April, Sunday, April 18
Brookville Bypass Trail, Hudson Highlands S.P.
We will be doing erosion control work.
Contact: Leigh Dicker, dicker@nynte.org, or Gerd Corner, gcordk@earthlink.net
Meet: 9:15 at large trail parking kit. On RD 92 D

Basic Rock Moving
Moving large rocks without the proper technique can cost a lot of time and energy. A lot of damage can be avoided by using the right tools, the right technique, and the right attitude.

April, Saturday, April 10
Janet’s Ridge
Contact: Tom Davis, rtr-three@optonline.net or 914-289-8003

HIGHLANDS NORTH CREW
Leaders: Denise Vizela, Chief: 845-738-2126, WHTRailSculpt@aol.com Dave Weber: 845-452-7238, webert1@yahoo.com

Peters Kill Red Loop Trail
Minnewaska State Park Preserve
We work in Minnewaska State Park. Each month a different trail will be selected for the novice and plenty of challenges for the more experienced. This is a great opportunity to learn the basics of trail building and advance your rock construction or cribbing skills for walls and stairs.

In addition to the relocation project, we will be replacing one of the wooden bridges over the river.

April, Saturday, April 2
Leader: Denise Vizela
April, Saturday, April 10
Leader: Dave Weber
April, Sunday, April 11
Leader: Denise Vizela
April, Sunday, April 25
Leader: Dave Weber

May, Tuesday, May 10
Leader: Denise Vizela
May, Saturday, May 22
Leader: Denise Vizela

SHAWANGUNK RIDGE TRAIL CREW
Two work trips are planned for the Shawangunk Ridge Trail. One trip will involve trail rehabilitation; the other will most likely involve building new trail.

Peters Kill Trail Crew: Contact the leaders for details.
Leaders: Chris Ezzo (crew chief): 516-631-1148, mus@bluewin.com or 917-219-7863. brian@grandrenovation.com Claudia Gars: 212-633-1224, claire@lighthouse19.com Bob Marshall: 914-737-4792, mrmarshall@westph.net Monica Day: 718-997-9087, Cell: 978-307-5049, westpenny@patriotsoul.com

April, Saturday, April 17
Wonder Lake State Park
Leader: Chris Ezzo

April, Saturday, April 17
Wonder Lake State Park
Leader: Bob Marshall

April, Thursday, April 29
White Bar Trail, Morris County State Park
Leader: Bob Marshall

May, Tuesday, May 17
TBD
Leader: Bob Marshall

TRAIL MAINTENANCE 101
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, blazing, proper use of tools, and how to report any trail problems. No previous experience is necessary and beginners are welcome.

Saturday, March 27
Location: Westbury, NY

Shelter Construction Training
This one-day training session will cover the skills necessary to build a simple, ecologically and excogically sound shelter. Topics covered include identifying control points, methods highlighting landscape features, and understanding sustainable trail principles. Participants will learn how to use clapboard shelters to measure trail and hill side grades and will lay out various short sections of trail. Prerequisites: Recommendation by your trail crew chief/leader: have crew chief email cingai@nynte.org for consideration.

Friday, Sunday, April 16-18
Location: Jeep Jump State Park, NJ

TRAIL BUILDING 101
This one-day comprehensive workshop is devoted to establishing guidelines for laying out a safe, exciting, and ecologically sound trail. Topics covered include identifying control points, methods highlighting landscape features, and understanding sustainable trail principles. Participants will learn how to use clapboard shelters to measure trail and hill side grades and will lay out various short sections of trail. Prerequisites: Recommendation by your trail crew chief/leader: have crew chief email cingai@nynte.org for consideration.

Friday, Sunday, April 16-18
Location: Jeep Jump State Park, NJ

Shelter Construction Training
This one-day training session will cover the skills necessary to build a simple, ecologically and excogically sound shelter. Topics covered include identifying control points, methods highlighting landscape features, and understanding sustainable trail principles. Participants will learn how to use clapboard shelters to measure trail and hill side grades and will lay out various short sections of trail. Prerequisites: Recommendation by your trail crew chief/leader: have crew chief email cingai@nynte.org for consideration.

Friday, Sunday, April 16-18
Location: Jeep Jump State Park, NJ

Shelter Construction Training
This one-day training session will cover the skills necessary to build a simple, ecologically and excogically sound shelter. Topics covered include identifying control points, methods highlighting landscape features, and understanding sustainable trail principles. Participants will learn how to use clapboard shelters to measure trail and hill side grades and will lay out various short sections of trail. Prerequisites: Recommendation by your trail crew chief/leader: have crew chief email cingai@nynte.org for consideration.
Volunteer Classifieds: Get Involved!

To indicate your interest, or for more information about these or other volunteer opportunities, go to www.nynjtc.org/volunteer; or contact us at volunteers@nynjtc.org or 201-512-9348 ext. 22.

BECOME A TRAIL VOLUNTEER!

Appalachian Trail Corridor Monitor
Corridor Monitors check the boundaries of AT lands, reporting incursions and misuse, and recording markers. If you enjoy the off-trail experience, and would like to help protect these trail lands, then this is the opportunity for you!
- The Trail Conference has vacancies for Corridor Monitors in the Dutchess/Putnam and Orange/Rockland regions

Lean-to/Shelter Caretaker
A Shelter Caretaker is needed on the AT in Orange/Rockland counties and in the Catskills

Trail Supervisors Needed
Exercise your leadership skills! Supervisors are needed to oversee the efforts of volunteer Trail Maintainers in these areas:
- Sections of the Long Path in Orange County. The area includes Schunnemunk and Highland Lakes State Parks
- Devil’s Path in the Catskills from Indian Head to Sugarloaf Mountain and Overlook Trail

Trail Maintainer Opportunities
Help to keep our regions footpaths accessible, pristine, and protected. Adopt a segment of a trail to hike two or more times a year, keeping it clear and adequately blazed. Vacancies exist in the following areas:
- NEW YORK
  - North Catskills - Greene County: In the beautiful Hunter Mountain Wild Forest, we have two vacancies on the Devil’s Path, one section is 2.25 miles in length, and the other, 1.75 miles. A 2.15-mile section on the Escarpment Trail (part of the Long Path) is also vacant.
  - Catskills South: We are looking for volunteers to maintain trail sections in the Belleayre area, Long Path, Phoenixia-East Branch, and Mt. Temper.
  - East Hudson: We have opportunities in the Hudson Highlands and in the South Taconics region.

OFF-TERRAIN OPPORTUNITIES

CRM Database Lead
Do you have experience using a CRM database, particularly in migration to CRM software? Keep your skills up to date while helping the Trail Conference! Work with our volunteers and staff in developing and executing a CRM migration.

Analytic Mavens
Help us track traffic on our website using Google Analytics so that we can draw more visitors and revenue.

Special Event: National Trails Day
We’re looking for volunteers to help stage our event at Bear Mountain on June 5, 2010. Go to www.nynjtc.org/content/national-trails-day-volunteer-opportunities to learn how you can help.

Writer Wanted for Morris County Trails Book

The Trail Conference is looking to replicate the model of two successful books–Hiking Long Island and Walkable Westchester—and would like to find someone willing to write a book on places to hike in Morris County, N.J. Morris County has demographics and characteristics similar to those in Westchester County: an affluent population, proximity to New York City, much protected open space, and many local hiking trails. Our guidelines for proposals are at www.nynjtc.org/book/part1-prepublication-planning. If you are interested, please contact Daniel Chazin, Publications Chair, DChazin@aol.com.

Nominations - We Want Your Voice To Be Heard

The Trail Conference Nominating Committee is seeking Delegates-at-Large and nominations for membership on the Board of Directors. The qualification for Delegate-at-Large is current membership in the Trail Conference. The qualifications for Board of Directors are current membership in the Trail Conference and service participation in trail maintenance or service on a TC committee. Please email your nomination to nominations@nynjtc.org. Self-nominations for Delegate-at-Large, trail maintenance and committee service positions are appropriate and welcome.

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 discounts, 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 bi-monthly 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, 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.

Valuable Trail Conference membership is a membership in the Trail Conference, a membership in the Catskill Mountain Club, and a membership in the Appalachian Trail Club. Membership in the Trail Conference includes access to the Hoeferlin Library, access to the Trail Conference’s bi-monthly newsletter filled with timely articles and columns that will enhance your hiking experiences, and money-saving discounts at area retailers and service providers.

To learn more about the Trail Conference, please visit our website at www.nynjtc.org/content/retail-partners for complete list of money-saving discounts!
The snow is mushy and patchy; the mud is thick; the landscape is still gray and brown, and the air is chill. Spring may be coming soon according to the calendar, though a hike reveals little evidence of its approach. But down in the mud in wetlands, along stream beds, bordering seeps, is that first welcome sign. It’s the flowers of skunk cabbage (Symplocarpus foetidus) because of its skunk-like, pungent smell. Smelly it may be, but allowing some people to miss the trail for a moment, to admire a rather well-adapted and interesting plant.

Skunk cabbage is a plant family called the Aracaeae (Aran family), which includes many favorite house and garden plants, such as the Caladiums). All plants in this family have a similar floral structure. Indeed, jack-in-the-pulpit (Arisnaea triphyllna), another member of this family, is a commonly seen wildflower in our woods all summer. In these plants, the flowers are found a short stalk that itself is almost completely enclosed in a highly modified leaf called a spathe.

The individual flowers are small and inconspicuous. Indeed, peering into the spathe’s interior, you will see only a rounded stalk with small proations, which are the stamens and later the stigmas, but no petals or anything that looks like a conventional flower. The spathe sticks up about six inches above the ground, and at the time of flowering, during the late winter and early spring, there are no leaves; they would only get in the way of the floral business (getting pollinated and making seeds). The stamens are brownish, spotted with purple, and can be hard to spot against the brown mud in which they are usually growing. Cold is no impediment. Flies are out and about. The trick is to attract them, and to allow pollination processes (the growth of the pollen on the stigma and in eventual fertilization of an ovum).

Skunk cabbage uses an unusual mechanism for this: heat attraction. High metabolic activity in the floral stalk results in the generation of heat, just as it does in mammals. The spathie, nicely curled around the stalk, helps to contain that heat and focus it on the flowers. The temperature within the spathie is maintained at 20-24ºC (a comfy 68-72ºF), even if the outside and temperature falls to 0ºC (freezing). The heat within the spathie helps to activate chemicals that attract the flies producing new chemicals, including putreface and cadavene. As their names imply, these volatiles are chemically suggesting the aromas of half-rotted animal carcasses, delightfully attractive to flies though repulsive to humans. Once insects enter the spathie, they are kept warm and therefore physically active by the heated interior. 

Flies are excellent pollinators – their bodies are covered with pollen grains which stick to them as they move from flower to flower. The spathe, on the other hand, is poorly designed for this role; it is noisome and repulsive and looks not as if it would attract insects to the floral business (getting pollinated and making seeds). In addition, the spathe’s heat, which is quite intense, is sweeter to insects than the floral heat which is quite intense. So enjoy the flowers as the first sign of spring, but don’t try to eat this wetland “cabbage”! "Joan Ehrenfeld is professor of ecology at Rutgers University. She directed the Invasive Plant Monitoring project with the Trail Conference."
MILLBURN JR STATION. STEADY PACED 4-5 MILES ON UNNEVER TERRAIN. TRAIL WORK IS HELD UNLESS SEVERE WEATHER OCCURS. WWW.ADVENTURESFORWOMEN.ORG. MEET: 10AM; OUT BY 2:30PM.

WYANOKIE CIRCULAR TRAIL. OUT TO HASKELL PAST YOO-HOO POINT. MUST CONTACT LEADER TO REGISTER. MEDIUM 9 MILES. SCENIC LOOP.

RAINFOON HILL TRAILS TO PINE MEADOW LAKE, THEN OUT OVER DIA. CALL 973-644-3592 OR VISIT WWW.ADVENTURESFORWOMEN.ORG. MEET: 10AM AT TRAILSIDE PARKING. MODERATE-HIKE AT MODERATE PACE.

JAY DIBBLE, 973-299-0212. MEET: 10AM AT LOCUST GROVE PARKING. GLEN AVE AT LACONIA PL, ACROSS FROM MILLBURN R R STATION. STEADY PACE 4-5 MILES ON UNEVEN TERRAIN. RAIN CANCELS.

VANISON 14TH, 2ND FLOOR, NEW PROVIDENCE RD., MOUNTAINSIDE, NJ. 4-5 MILES AT A STEADY PACE. RAIN CANCELS.

BLACK HILLS, LAKE MALDEN DICTIONARY, NJ. MEET: 10AM AT MADDEN HOME PARKING. MODERATE 6 MILES. RAIN CANCELS. GROUP LIMIT, 12 PEOPLE.

CUMBERLAND DEKORTE PARK, MEADOWLANDS, NJ. MEET: 9:30AM IN THE LOCKETT GROVE PARKING LOT. MODERATE 4 MILES. SCENIC TRAILS. MODERATE FOOTWEAR AND TRACTION AIDS IF NEEDED.

DAKOTA RIDGE, LAKE MALDEN DICTIONARY, NJ. MEET: 10AM AT EAST SIDE OF LAKE MALDEN, OUT TO THE WEST END. MODERATE 2 MILES. SCENIC TRAILS. MODERATE FOOTWEAR AND TRACTION AIDS IF NEEDED.

BLUE HILLS, LAKE MALDEN DICTIONARY, NJ. MEET: 10AM AT SADDLE RIVER PARKING. MODERATE 6 MILES. SCENIC TRAILS. MODERATE FOOTWEAR AND TRACTION AIDS IF NEEDED.

CRAWFORD STATE PARK, RL., NJ. MEET: 8AM AT STAR GARDEN STATE PARKWAY COMMUTER LOT, 152ND, IN-PARK PARKING LOT 1. MODERATE 6 MILES, MODERATE CAR-POOLING FROM POUGHKEEPSIE AREA.

JOSEPH HANSEN, ROCKFORD HILLS, NJ. MEET: 9AM AT STAR GARDEN STATE PARKWAY COMMUTER LOT, 152ND, 4-5 MILES AT A STEADY PACE. RAIN CANCELS.

WILLIAM H. WELLS, JR. MEET: 10AM AT MEADOW LAKE SPORTS CENTER, 676-9689. MEET AT STAR GARDEN STATE PARKWAY COMMUTER LOT, 152ND, 4-5 MILES AT A STEADY PACE. RAIN CANCELS.

ROBERT L. KELLER, 973-617-9554. MEET: 10AM IN THE LOCKETT GROVE PARKING LOT. MODERATE 4 MILES. SCENIC TRAILS. MODERATE FOOTWEAR AND TRACTION AIDS IF NEEDED.

LESLIE M. KAWANISHI, 973-664-3523. MEET: 9AM AT THE LOCKETT GROVE PARKING LOT. MODERATE 4 MILES. SCENIC TRAILS. MODERATE FOOTWEAR AND TRACTION AIDS IF NEEDED.

DOUGLETOWN IN HARRIMAN STATE PARK, NY. MEET: 9AM AT THE LOCKETT GROVE PARKING LOT. MODERATE 4 MILES. SCENIC TRAILS. MODERATE FOOTWEAR AND TRACTION AIDS IF NEEDED.

DOUGLETOWN IN HARRIMAN STATE PARK, NY. MEET: 9AM AT THE LOCKETT GROVE PARKING LOT. MODERATE 4 MILES. SCENIC TRAILS. MODERATE FOOTWEAR AND TRACTION AIDS IF NEEDED.

DOUGLETOWN IN HARRIMAN STATE PARK, NY. MEET: 9AM AT THE LOCKETT GROVE PARKING LOT. MODERATE 4 MILES. SCENIC TRAILS. MODERATE FOOTWEAR AND TRACTION AIDS IF NEEDED.

DOUGLETOWN IN HARRIMAN STATE PARK, NY. MEET: 9AM AT THE LOCKETT GROVE PARKING LOT. MODERATE 4 MILES. SCENIC TRAILS. MODERATE FOOTWEAR AND TRACTION AIDS IF NEEDED.

DOUGLETOWN IN HARRIMAN STATE PARK, NY. MEET: 9AM AT THE LOCKETT GROVE PARKING LOT. MODERATE 4 MILES. SCENIC TRAILS. MODERATE FOOTWEAR AND TRACTION AIDS IF NEEDED.

DOUGLETOWN IN HARRIMAN STATE PARK, NY. MEET: 9AM AT THE LOCKETT GROVE PARKING LOT. MODERATE 4 MILES. SCENIC TRAILS. MODERATE FOOTWEAR AND TRACTION AIDS IF NEEDED.
Save the Date and be among the first to climb 800+ hand-hewn rock steps on the way up the Appalachian Trail on Bear Mountain!

Presented by:
The New York-New Jersey Trail Conference

Partner Organizations:
National Park Service (NPS)
Palisades Interstate Park Commission (PICP)
NYS Office of Parks, Recreation & Historic Preservation (NY RHP)
Appalachian Trail Conservancy (ATC)

Sponsored by:

TRAIL WALKER

March 10, 2010

Page 9

UCLA, Bourn Halli Terrace/Coral Dr., South Mountain Reservation, NJ. This 100 ft. high, 50 ft. wide waterfall is a popular destination for hikers and climbers of all ages. Spring and fall are the best times to visit.

NYRF. Palisades Interstate Park Commission, Rockwood Hall, 240 Palisades Interstate Parkway, Nyack, NY. The Palisades Interstate Park Commission is a New York State agency involved in the planning, development, and management of recreational resources and facilities in the Palisades Interstate Park System.

NYR. Hatfield Swamp and Environs, NJ. Located in the Eastern Seaboard and extending from New Jersey to New York, the Hatfield Swamp and Environs is a significant wetland area.

NYHC. Hudson Highlands State Park, NY. Located on the western side of the Hudson River, the Hudson Highlands State Park is a popular destination for hikers and cyclists.

NL. The New York-New Jersey Trail Conference is a nonprofit organization that promotes, protects, and maintains the Appalachian Trail in New York and New Jersey. The Conference provides resources and services to hikers, including maps, trail guides, and trail patrolling

With the exception of links to the new website page 32, the information on this page is outdated and no longer relevant.

CATSKILL MAP SET

First published page from page 9

Changes to the Catskill Park master plan per section to permitted uses and boundary changes. A new program to incorporate the maps, and watershed lands of the New York City Dept. of Environ

To view the current map set and learn more about the maps, please visit the Catskill Map Set website at www.adventuresforwomen.org.

Additional detail: The Catskill Map Set has been completely reprinted using state-of-the-art Geographic Positioning System (GPS) technology that confirms the accuracy of the maps.

The map set is available for $15 at the Catskill Rail Trail Conference office.

On page 32, the information on this page is outdated and no longer relevant.

With the exception of links to the new website page 32, the information on this page is outdated and no longer relevant.

The Catskill Map Set has been completely reprinted using state-of-the-art Geographic Positioning System (GPS) technology that confirms the accuracy of the maps.

To view the current map set and learn more about the maps, please visit the Catskill Map Set website at www.adventuresforwomen.org.

The map set is available for $15 at the Catskill Rail Trail Conference office.

On page 32, the information on this page is outdated and no longer relevant.

The Catskill Map Set has been completely reprinted using state-of-the-art Geographic Positioning System (GPS) technology that confirms the accuracy of the maps.

To view the current map set and learn more about the maps, please visit the Catskill Map Set website at www.adventuresforwomen.org.

The map set is available for $15 at the Catskill Rail Trail Conference office.

On page 32, the information on this page is outdated and no longer relevant.
To all those who are involved with the Long Path

Hoping for a good start in 2010, and

I'm looking forward to it; it is getting to go

out again and work and climb on the LP.

It was fall 2008 when we had our last LP meeting

in New Paltz, and it is time to have another
gather together this spring. The town hall in

New Paltz has been reserved for Saturday,
March 20. Please write that date on your
agenda items, please send them to me and
I will make sure they get on the agenda.

Ed Walsh reports that there are currently
111 end-to-enders of the LP. A few of them
received their certificates this past fall at the
Delegates meeting in Harriman and told
entertaining stories of their LP trek. A
particularly interesting blog by Jacob
Aronson can be found at www.longpath.org.
This young man is planning to finish his LP
trek this summer, but also the Northville-Placid Trail, and
in addition he climbed a third of the 46 high peaks in the Adirondacks.

There was activity at several fronts along the LP. This past spring we had a two-day work trip in Greene and Schoharie counties (Sections 25 and 26), where we built a reroute around a deforestation area. We can use some outside help, and it was a lot of fun working in a different and beautiful area.

Several activities occurred in the form of meetings: a new Minnewaska Master plan is being prepared, and several of us attended
presentations and meetings. The first draft of the master plan does contain a new trail from Smiley Road to Berne Road, which will be part of the new route into the Carradocks.

In April there was a major fire on the long-path guide-soft copy. It is in progress, and it will have links to remotes and a few condition changes. If anyone knows of inaccurate descriptions in the current guide, please forward corrections to me at jfs1@columbia.edu so we can post corrections.

—Jakob Franke
Chair LP South Path

Burned blazes from Wurtsboro Ridge fire

Tribute Trail Tool Inventory Program

The Trail Conference is in the process of locating and inventorying all Trail Conference-owned tools. This includes all manual or gas-powered tools, such as pickaxes, shovels, saws, axes, and hard-hats. If you have a Trail Conference-owned tool, please list the tool type (as descibed as possible), its location, and condition. (Please include Date Code on hard-hats, which can be found under the brim.) We can plan repairs that are deemed necessary.

Please send info to: Bob Jonas, ynone@adl.com.
A Trail Maintainer as Film “Star”

Ralph Ferrusi is a long-time Trail Conference volunteer and two-time AT thru-hiker. Seen here in a recent photo taken on Balsam Mountain in the Catskills, Ralph can also be seen in National Geographic’s 2009 film, American Wild Space: The Appalachian Trail. The movie premiered on National Geographic Television in November.

“I was humbled as I saw myself walking across the Bear Mountain Bridge, the voice-over saying Ralph Ferrusi, Trail maintainer…” Ferrusi wrote in a Flush-keepie Journal story in January. He described himself as being flinted “striding purposefully across the Bear Mountain Bridge, wearing a yellow New York-New Jersey Trail Conference Volunteer T-shirt, noting an orange backpack, and swinging trekking poles.”

His next scene showed him as he “sened even more purposefully toward a blow-down blocking the Trail on Stormville Mountain, then vigorously sawed through it, and triumphantly tossed it off the Trail.”

A little short of 15 minutes of fame, but, he reports, more than satisfying nonetheless.

The full, 55-minute DVD of the film is available at the ATC store, www.atctrailstore.org.

Watch for our presentations at an outdoor retailer near you

Go to www.nynjtc.org/content/calendar for details and up-to-date additions.

March 2
We Make the Maps
EMS, Soho, NYC

March 31
Hiking the Jersey Highlands
Ramsey Outdoor, Roxbury, NJ

March 17
Mapping Trails with GPS
Campmor, Paramus, NJ

April 21
We Make the Maps – Catskill Trails
REI, East Hanover, NJ

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 pays you an 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 Jennifer Hezel at helzel@nynjtc.org or 201-512-9348, ext. 28.

Cold Adventures in the World’s Frozen Places

By Bill Streever

All winter hikers require a keen understanding of the effects of cold temperatures and strategies to survive the chilly air. Even those who pass the winter almost exclusively indoors need at least some rudimentary knowledge of how to dress for freezing temperatures. Bill Streever’s new book, Cold, has something for both those who wish to survive the cold and armchair explorers who will be fascinated by Streever’s engaging intermingling of the science and history of cold.

Streever packs myriad interesting details into 12 chapters, one chapter for each month of the year. The book opens during the month of July. The author is reporting from Prudhoe Bay, north of the Arctic Circle, where the air temperature is a balmy 51 degrees Fahrenheit. Hardly cold—but the intrepid Mr. Streever, a biologist and native to Alaska, is there to describe hypothermia by immersion. He dives headfirst into the frigid waters, and forces himself to remain in the 35 degree water for five minutes. “I feel as if I am being shrink-wrapped like a slab of salmon just before it is tossed into the Deep-freeze,” he writes, adding that warming up after leaving the water took two hours. This is a book best read, perhaps, while holding a steaming hot mug of tea.

The author deftly intersperses historical events that were shaped by severe cold with a bounty of both fun facts and hard science about the cold. He covers scientists’ ongoing attempts to reach absolute zero, describes the science of how water freezes, analyzes animal hibernation, and presents a thorough explanation of hypothermia.

Streever reports vignettes from the past, ranging from the Ice Age, early attempts at air-conditioning (in the 1600s), the Polar expeditions of Sir Ernest Shackleton, Roald Amundsen, and Admiral Richard Byrd, to cautionary tales, such as that of the School Children’s Blizzard of 1888, in which cold killed.

Of particular interest to the recreational hiker who is neither planning a polar expedition nor at risk of being stranded in a blizzard will be useful information about dressing for extreme cold. In the chapter “March,” the author reports from an Alaskan research station on the Beaufort Sea. Temperature 47 degrees below zero. Taking a winter survival course, Streever shares the instructor’s tips for dressing for extreme cold: “Cotton kills,” the instructor warned. Cotton conduct heat away from the body more quickly when wet. Indeed, “Cold, naked skin may be better than wet cotton pants,” the author writes. He goes on to spend a couple of pages educating and informing the reader about the virtues and different types of insulating, heat-preserving, water-repellent fabrics.

With no plot, and a tightly-focused topic, Cold might be a bit redundant to read at one go. Nonetheless, Bill Streever holds the reader’s interest about the cold with his descriptive, enjoyable, and informative writing style. He produces a well-written narrative of stories and facts (the book has a seven-page index set in small type, and 33 pages of endnotes) about the cold and its effect on us and the earth we inhabit. You will likely shiver with anticipation dreaming the next time you venture into the cold.

Housed Ferrusi, DVM, is a podiatrist in private practice in Suffern, NY, treating hikers and non-hikers. He is a frequent contributor to Trail Walker.

March 2010 Page 11
In January, the Trail Conference finalized an agreement with Flat Rock Brook Nature Center in Englewood, NJ, to adopt the 150-acre preserve’s 3.6 miles of trails into our volunteer trail maintenance program. (North Jersey Trail Chair John Moran welcomes applications for the maintenance slots. Apply via the Volunteer page on our website.)

The description of one possible easy 2-mile hike is adapted from Daniel Chazin’s longer hike write-up on our website:

Walk a pretty Flat Rock Brook in Englewood, NJ.

**On a clear day, you can see the First Watchung Mountain in the distance.**

You can also order at our website: www.nynjtc.org

### Hikers’ Marketplace

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

Please order by circling price

<table>
<thead>
<tr>
<th>Retail</th>
<th>Member</th>
<th>P/H</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>$16.95</td>
<td>$12.71</td>
<td>$1.75</td>
<td></td>
</tr>
<tr>
<td>$10.95</td>
<td>$8.21</td>
<td>$1.60</td>
<td></td>
</tr>
<tr>
<td>$9.95</td>
<td>$7.46</td>
<td>$1.60</td>
<td></td>
</tr>
<tr>
<td>$8.95</td>
<td>$6.71</td>
<td>$1.60</td>
<td></td>
</tr>
<tr>
<td>$13.95</td>
<td>$10.46</td>
<td>$1.75</td>
<td></td>
</tr>
<tr>
<td>$9.95</td>
<td>$7.46</td>
<td>$1.60</td>
<td></td>
</tr>
<tr>
<td>$10.95</td>
<td>$8.21</td>
<td>$1.60</td>
<td></td>
</tr>
<tr>
<td>$4.95</td>
<td>$3.71</td>
<td>$1.20</td>
<td></td>
</tr>
<tr>
<td>$7.95</td>
<td>$5.96</td>
<td>$1.10</td>
<td></td>
</tr>
<tr>
<td>$8.95</td>
<td>$6.71</td>
<td>$1.10</td>
<td></td>
</tr>
<tr>
<td>$4.95</td>
<td>$3.71</td>
<td>$1.10</td>
<td></td>
</tr>
</tbody>
</table>

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

- NEW! Catskill Trails (2010) & see combo
- East Hudson Trails (2006)
- Harriman-Bear Mountain Trails (2008)
- NEW! Hudson Palisades Trails (2009)
- NEW! Kittatinny Trails (2009) & see combo
- NEW! North Jersey Trails (2009)
- Shawangunks Trails Guide (2006) & see combo
- South Taconic Trails (2005)
- Sterling Forest Trails (2008)
- NEW! West Hudson Trails (2009)

**Books**

- NEW! Walkabout! (2009)
- Hiking the Jersey Highlands (2007)
- New York Walk Book (2005) & see combo
- New Jersey Walk Book (2004) & see combo
- Day Walker (2002)
- Hiking Long Island (2008)
- Kittatinny Trails (2004) & see combo
- Scenic & Wilds in the Northern Shawangunks (2006) & see combo
- ADK Catskill Trails (2005 ed. with revisions, 2009)
- Moon Take a Hike NYC (2006)
- 50 Hikes in the Lower Hudson Valley (2008)
- 50 Hikes in New Jersey (2006)
- Best Hikes w/ Children in New Jersey (2005)
- Best Hikes w/ Children in the Catskills & Hudson River Valley (2002)
- West Millborders Bakers Dozen (2006)

**Package Deals**

- NY & NJ Walk Books
- Shawangunks (3-map set & Scenes & Walks book)
- Kittatinny (4-map set & book)
- Catskills (6-map & ADK Catskills Trails book)

**The Personal Touch**

- Note Cards: TC Collection
- Long-sleeve Denim Shirt Circle: S M L XL
- Polo Shirt (Forest Green) Circle: S M L XL
- Trail Conference Baseball Cap
- Trail Conference Logo Patch
- Trail Conference Patch
- Long Path Guide Patch
- Trail Conference Logo Decal

**Hiking the Trail**

Soon, the Red/Blue Trail leaves to the left. Continue along the joint White and Red Trails, but when the White Trail turns sharply left, proceed straight ahead on the Red Trail for about 50 feet to a southwest-facing overlook, marked by a rock post. Interstate Route 95 can be seen through the trees straight ahead (the sounds of the traffic can also be heard). On a clear day, you can see the First Watchung Mountain in the distance.

Retrace your steps to the junction and turn right to continue on the White Trail. Just ahead, at a T-intersection, the White Trail turns right and joins the Blue Trail. A short distance beyond, the Teal Trail also joins. When the White and Teal Trails leave to the right, continue straight ahead on the Teal Trail. Follow the Blue Trail as it loops around, first to the east, then to the north. The trail runs close to the perimeter of the nature center property, with private residences visible through the trees.

At a sign for “Bridge Over Look,” the Blue Trail arrives at a T-intersection with the Red Trail. Turn right and follow the Red Trail, which begins a gentle descent. At the next T-intersection, bear right onto the Yellow Trail, which continues to descend.

When the Yellow Trail makes a sharp right turn, adjacent to a yellow “B.C.U.A.” sign, continue straight ahead, now following the Green Trail. To the right is Flat Rock Brook, which soon widens into Mackafudden’s Pond. Continue ahead along the brook, now following the Red Trail. This is the most scenic portion of the hike, with the brook tumbling over rocks to your right.

After a level stretch at the bottom of the hill, you’ll cross a wooden footbridge and come to a T-intersection. Turn left, following the signs pointing to the Nature Center, and continue on the Red Trail as it ascends steadily, returning to the Nature Center.

**How to Get There:**

Take N.J. Route 4 to the Jones Road exit in Englewood. Turn right at the top of the ramp, and continue to the first stop sign, which is Van Nostrand Avenue. Turn right onto Van Nostrand Avenue and continue past the “dead end” sign to the Nature Center at the top of the hill.