



Trails & Waves

News from the New York – North Jersey Chapter of the Appalachian Mountain Club
Volume 35, Issue 4 ♦ Winter 2013



It's estimated that at least 15 black bears live in Harriman State Park (although they are rarely seen)

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Let's Talk Bears! By Cynthia Tollo Falls, Hiking Committee Chair

Bears, bears, bears. For the past two years, Jim Conlon and I have been involved with a research project for Harriman State Park, trying to figure out how these animals make a living in the woods. Signs of the timid black bear have been found in every corner of the park. Contrary to widely held beliefs, the black bear is not aggressive and does not want to eat you for lunch!

While we have not seen a bear in a long time in Harriman, we often see evidence of them: trees and telephone poles marked with bites and scratches, scat, hair, prints in the mud, broken branches high in feeding trees, and straddled saplings and shrubs. Bears mark bear trails with their own blazes; frequently they use the same trails as we do. We know this because we find bear claw marks at trail junctions and on trail signs.

We've been able to find all of these signs by heading into the appropriate habitat for the season. Early in the year, bears head for the skunk cabbage: in spring you can find them at the swamps looking for the emerging growth. In summer, they know where the best berries are and once fall rolls around, acorns are the favorite. In the winter, bears hibernate – we believe this is between mid-December and late March to early April in our area.

Mating season is when the bears are the most active – the bears are on the move. Females with yearlings force a family breakup so they can mate again (sows have cubs every two years). Males seek out their favorite females. To find each other, both male and female bears mark trees with bites, scratches and by rubbing against the trees. (cont'd p. 4)

**Silvermine Lake,
Harriman State Park**



Photo by Bill Drapkin

A Note from Your Editor

It's been so much fun putting *Trails & Waves* together for you these past 14 years! Since this is my last issue as editor (although I'll be around to answer questions as needed), I wanted to thank all the contributors over the years who always gave me such great content to work with. Special thanks to regular contributors Yelena Udler and Christine Benton, and to all the committee chairs who wrote in letting us know about what their committee was up to and which volunteers deserved special recognition, and to the many individual members who wrote about their outdoor adventures. I hope you keep those submissions coming! Just email your stories, photos and notices to: trailswaves@amc-ny.org

Many people have asked me who's going to be the next editor – wish I knew! Even if you can only help with part of *Trails & Waves* – editing content, graphic layout, photo editing, keeping track of advertisers, being a regular contributor – I hope you'll consider stepping up. Please contact our Chapter's Communications Executive, Beth Harrison, at communications@amc-ny.org for more information or to express your interest in getting involved with *Trails & Waves*.

Vol. 35, Issue 4 Winter 2013

Trails & Waves

Nancy Tollefson, Editor

Trails & Waves is published four times a year by the New York – North Jersey Chapter of the Appalachian Mountain Club. Opinions expressed do not necessarily reflect the views and policies of the AMC. We reserve the right to decline any submission judged to be inconsistent with AMC's purpose or not in keeping with the sensitivities of its membership.

Contributions of articles and photos are welcome: Articles may be edited for style, clarity, and length. The newsletter assumes no responsibility for lost material. **Submission deadlines are** April 25 for Summer issue, July 25 for Fall, October 25 for Winter, and January 25 for Spring issue. *Trails & Waves* is usually available online about 2 weeks earlier.

Guidelines for Newsletter Submissions: Email preferred (written material accepted); clearly state that the submission is intended for publication in *Trails & Waves*; send photos as color, high resolution jpeg email attachments.

Classifieds Policy and Rates: Advertising rates for classifieds are \$1 per word. Please contact editor for display ad rates; payment must be included with the ad (check payable to AMC NY-NoJ Chapter); we do not provide proofs/checking copies; we have no liability for errors other than the cost of the ad.

**Read *Trails & Waves* on the Chapter's website: www.amc-ny.org
Send all submissions, requests for ads, and suggestions to: trailswaves@amc-ny.org**

From the Chair By Richard Barcia

It has been a pleasure and challenge being your Chapter Chair over the past year and nine months. I have been fortunate to have a strong Executive Committee; we have been able to have several significant accomplishments. We have forged a new, stronger relationship between our Chapter and the overall Club; with their assistance we have opened our new office at 5 West 63rd Street in Manhattan and have hired a full time Program Manager, Lauren Zondag. Some of you have met Lauren and visited the office; our plan is to make our Chapter office a welcoming place for veteran and new members alike. Watch for upcoming meetings and social gatherings at our office next to Central Park.

We are excited about our new facility at Harriman State Park; an opening is planned for early summer 2014. This will be a basic facility the first season; details will be coming soon (see the summary of what was discussed at the October Committee Chairs meeting below). We are also involved in planning a Water Trail in Jamaica Bay. This will be a great location for canoe/kayak and bird enthusiasts.

Our biggest challenge has been retaining our members and recruiting and training new leaders. We have developed a large Meetup group over the past year; Hiking Chair Cynthia Tollo Falls has been the key person in this effort. What makes our Chapter interesting to the thousands of Meetup participants and other non-members who come on our trips is the high quality of our leaders. A main theme in 2014 of your new Chair, Eileen Yin, will be the identification and recognition of our most valuable resource: the hundreds of experienced NY-NoJ Chapter trip leaders.

A major theme this year was the development of an interesting and interactive website. Communications Executive Beth Harrison has led this effort; she located a web designer and explained the details so even I could understand the plan. The launch of our new website is scheduled for this December.

I have enjoyed discussing the above initiatives and other topics with you over my time as Chair. Please contact me or any member of the Executive Committee to discuss your ideas to make our Chapter the quality outdoor club in New York and northern New Jersey.

[Editor's Note: As you can tell from Richard's description above, the Chapter Chair has a lot to keep track of! Thank you, Richard, for your work as Chapter Chair. Many past Chairs of the NY-NoJ Chapter have volunteered for the Club in many different ways over the years – many are still volunteering. Thank you, all, for your hard work as AMC volunteers.]

AMC NY-NoJ Chapter Chairs (1980 to present)

Richard Barcia	2012-2013	Kate Whitney-Bukofzer	1996-1997
Carson Tang	2011	Al Braley	1994-1995
Malcolm Spector	2009-2010	Jill Arbuckle	1992-1993
Greg Miller	2007-2008	Bill Tyler	1990-1991
Henry Schreiber	2005-2006	Peter Van de Water	1988-1989
Jack Reilly	2003-2004	Bonnie Mairs	1986-1987
John Bradley	2001-2002	Marion Bahensky	1984-1985
Bonnie Mairs	2000	Jack Driller	1982-1983
Jill Hamell	1998-1999	Julius Bede	1980-1981

HARRIMAN CAMP UPDATE (Cynthia Tollo Falls' summary from the Oct. Committee Chairs meeting)

Recently big progress has been made for leasing the camp on Breakneck Pond in Harriman for our Chapter's use. This is really happening! We are grateful for the substantial financial support we are receiving from the Club for this project. The projected soft opening is for June 2014 for the summer season. The camp still needs a lot of work but the Park is very happy to have us and is working to get utilities and potable water to the site. You can plan your swim hikes now! This has always been a favorite spot and now it will be ours. Don't expect much in the beginning. The work that is being done by the Park has to be bid out and that process takes time. If you are a backpacker, you can stay overnight. We'll figure out the means and methods as time passes. Meanwhile we are looking for people who want to be on the steering committee to get this going. If you'd like to get involved, contact me or a member of the Executive Committee.

Let's Talk Bears! (continued from p.1)

From Jim's and my observations, we believe mating season starts in late June or early July and may possibly last until September (mating season varies in different regions). Bears also mark areas to attract mates. They do this by rubbing against trees and straddling small bushes and trees (while dribbling urine to leave scent). Between these markings, the bears "stomp walk," using an exaggerated step that leaves a deep print on the trail. We've found these signs in many places, including right on the Red Cross Trail.

We've been hiking all over Harriman Park for years looking for signs of bear and mapping them. We wanted to do something with our knowledge. So Jim stopped at the office of Dr. Ed McGowan, Director of the Trailside Museum and Zoo at Bear Mountain. He suggested we collect hair samples for genetic testing through a colleague he might be able to ask a favor of. This year a state bear project is taking place to determine the genetic diversity of the population. Hair samples, primarily obtained from trapped bears or bears that were hunted, will be genetically tested for this purpose. Jim and I had the opportunity to work jointly with West Point in collecting bear hair for the count. On the West Point property, we helped set up bear hair traps: a burlap bag, hung from a tree, containing a tasty treat of sardines, peanut butter, and maple syrup, surrounded by a bit of barbed wire to catch the bear's hair (that's Cynthia preparing a bear hair trap in the photo above).



In Harriman, we can only collect hair that we find on trees that bears have rubbed against. We've managed to collect almost 100 samples in this manner. Unfortunately, the sample must have the follicle attached (so not all the samples we collected not valid). We were also given permission to set up a camera trap in Harriman. We were able to photograph three different bears on one of our known bear trails. Recently we've caught the attention of the state's bear biologist – he is very interested in learning more about the bear population in Harriman because no estimates can be determined in areas that do not have hunting.

We've been mapping every sign of bear that we've found in order to make some assumptions. We think there are at

least 15 bears in Harriman State Park, and the population is growing! We hope to report on our findings after the season is over this year, and the bears are all comfortable in their dens.

To find out more about our local bears, join me on one of my "Let's Talk Bears" hikes held throughout the year.

Cynthia Tollo Falls (second from right) with participants in one of her "Let's Talk Bears" hikes. The bears seem to love Red Pine groves such as this, for some mysterious reason.



Winter Events at AMC's Mohican Outdoor Center

“What Did You Like Most about Mohican?”

Located on a beautiful glacial lake in the 70,000-acre Delaware Water Gap National Recreation Area close to the Appalachian Trail, NJ, the Mohican Outdoor Center is an ideal retreat. Anyone interested in hiking, paddling, climbing, camping, and skiing will enjoy this unique natural area.

Just a 90-minute drive from New York City and less than three hours from Philadelphia in Blirstown, NJ, Mohican offers city-dwellers a convenient base from which to explore this jewel of wilderness. Get away for a weekend, or bring the entire family for an extended vacation. Hike nearby Kittatinny Mountain or to Coppermine Falls.

Guests are welcome to make their own plans or to register for special programs. Participants in Mohican Weekend Getaways are asked to fill out an evaluation of the weekend so improvements can be made to future programs. One of the questions is “What did you like most about Mohican?” What better way to describe what’s great about Mohican than to let you hear the words of those who have recently experienced it? Here are some of their answers:

- “The setting, Sunfish Pond, the staff”
- “Meeting new friends”
- “Attentive leaders, concerned about our safety and enjoyment”
- “Friendly people, choice of activities, beautiful campground”
- “Great accommodations”
- “Being in nature. The live music was a treat!”
- “Very well organized, everything flowed smoothly”
- “The program was terrific!”
- “Great leaders, great participants, beautiful facilities”

We could go on, but better yet, why not come experience the new Mohican for yourself and find out what everyone’s talking about. Whatever your interest, you can probably find it at Mohican.

To learn more about Mohican Outdoor Center and see the full schedule of upcoming programs, go to www.outdoors.org/lodging/mohican or call AMC Reservations at 603-466-2727 (Mon.-Sat., 9-5).

Here are a few of the programs coming up this winter at Mohican (of course, you can also go out on your own, or take a group or your family, and plan your own adventures!):

- | | |
|--------------------------------|--|
| December 13-15 | Yoga and Hiking (also January 10-12) |
| January 3-5 | Wilderness First Aid (also March 14-16) |
| January 24-26 | Cross Country Skiing & Winter Hiking programs |
| January 31 – February 2 | Animal Tracking |
| February 4-6 | Winter Adventure Mid-Week |





Photo by John Thomas

Admiring Pine Creek Gorge, the Grand Canyon of PA

Leaping into the Grand Canyon (of Pennsylvania!) By Yelena Udler

Having visited the Grand Canyon earlier this year (and written about it in the last issue of *Trails & Waves*), I was super excited when a friend invited me to join her on an AMC backpacking trip to Pennsylvania's Grand Canyon, otherwise known as Pine Creek Gorge, in Watson, PA and located about 4 hours west of NYC, past the Delaware Water Gap. The trip was to cover the entire 30 miles of the West Rim Trail over three days. I was sold by the name of the place alone, not to mention that it was the trifecta of gorgeous rim-side views 800 feet down into the canyon, fall foliage, and gently rolling hills. In my mind, I pictured a bigger and grander version of the Gunks – large white cliffs, dwarf pines, a handful of trees bright in foliage colors, and trails winding along the edges, offering plenty of cliff-side views and grandiose photo ops.

In reality, it turned out to be quite different. From day one, we began calling it “Where’s the Rim Trail?” as opposed to the “West Rim Trail,” for lack of open vistas and cliff-side views. There were only a handful of points during our last day where you actually hiked along the rim and could see all the way down. The rest of the time the trail was mostly further inland, and if you were indeed close to the edge of the cliff, the foliage was too dense to see to the bottom of the gorge.

The trip itself also turned out to be not quite what I expected – on backpacking trips with friends, I’d gotten accustomed to rising at the crack of dawn, hiking all day, then stumbling into camp dead tired and scrambling to set up our tents in the dark. However, to my delight, this trip turned out to be very different. We met our fearless leader, Liz Donathan (an AMC backpacking veteran, she’d led, co-led, and organized this particular trip half a dozen times), and another hiker in the morning by the local outfitter’s shop where we would leave our vehicles, and get shuttled to the trailhead half an hour away. Two days prior to the trip, our group dwindled in size – two people cancelled the day before, and the co-leader came down with a bug. Ultimately it was just the four of us: the leader, my friend and I, and another hiker. As luck would have it, we shared the shuttle ride with another hiker intending to do the same trail in the same number of days. As we’d gotten to talking, it came out that he was also a member of the AMC, but the Delaware Valley Chapter rather than New York-North Jersey. Before the ride was over, we’d adopted him into our group – the more the merrier – and at about 9am we all set off on a 3-day, 30 mile adventure.

After the first hour or two, with the trail winding up ever so gently, we had already gained the rim (the parking lot where we started was about 1,500 feet below us). The woods around us sparkled in the morning sunlight and even though we

were a bit past peak foliage, there were still plenty of reds and yellows and oranges all around us. Time passed quickly, and our leader regaled us with tales and memories at every turn of trips she'd led here in prior years. Before I knew it, it was 4pm and we were already at camp. We had encountered many great camping spots along the way, but Liz led us to her favorite – a big, open space with sparsely scattered trees. There was already a fire pit there, with stones stacked up to make a formidable hearth, and logs scattered around in lieu of chairs. We set up tents, gathered firewood, put up bear bags, had dinner and shared drinks. We traded stories as we enjoyed the campfire, piling on some extra logs. I went to sleep sated and well satisfied with the day.



The writer, Yelena, spends a little camp time with Game of Thrones

The next day we left camp at 9am and again got to the next campsite fairly early, choosing to hike an extra two miles to cut our mileage for the final day. This campsite was also a treat – right next to a gurgling stream, where we had plenty of time to enjoy the scenery and take cool photos by the fire.

The following morning we also left camp by 9am and were finished with the hike around noon. The best view points on the trip occurred during this last section, some easily accessible from nearby parking lots. We could see all the way down the gorge, with the river, and the farmhouses on the opposite rim. There was even in one spot where you could step out onto an overhanging rock that seemed magically suspended in mid-air.



Our fearless leader took a snack break on the overhang, but just looking at the potential drop made my stomach queasy. The last few miles were an easy downhill, and our thoughts turned from trees and vistas to fried pickles and the upcoming lunch at a nearby restaurant.

We all went our separate ways after the meal, and I was sorry to see everyone go. It was a lovely, relaxing backpack with a fun group of people.

I would recommend this trip, and the trail, for those with prior backpacking experience or those who are comfortable with long distance hikes. Even though the trail has very little elevation, hiking 10 miles a day is no joke when carrying in excess of 30 lbs. on your back. There's also a picnic area/parking lot right along the trail mid-way through (at Bradley Wales), allowing for an early bailout, a shorter overall hike or spotting a car there with extra supplies.

[Photos by John Thomas](#)

ONE OF OUR FAVORITES PLACES: MINNEWASKA STATE PARK



Photo by Bill Hladkey



Photo by Yelena Udler



Photo by Nancy Tollefson



Photo by Charles Tang

The group stops at Inspiration Point, overlooking the Hudson River in upper Manhattan

Manhattan Tip to Top Hike (17 miles)

On October 13, AMC leader Irv Reich (and co-leader Steve Galla) led the third annual Columbus Day hike from the Staten Island Ferry terminal at the bottom tip of Manhattan to the very top of Manhattan (Marble Hill subway station at 225th St. and Broadway, actually in the Bronx). They had the largest crowd ever attending, 33, and 21 completed the entire walk. There were many highlights along the way: the Irish Hunger Memorial, High Line Park, lunch near Fairway, Harlem, Little Red Lighthouse and Inspiration Point. A wonderful time was had by all. Irv hopes to repeat this hike for years to come.

Chapter Annual Dinner – Saturday, January 11 Connolly's Pub, Manhattan

The New York-North Jersey Chapter Annual Dinner and Meeting will be on Saturday, January 11, 2014, 5:00 - 8:30pm (cash bar opens at 5pm), at Connolly's Pub & Restaurant, 14 East 47th St., Manhattan.

The dinner is a great chance to see your AMC friends, and make new ones. Learn about the latest Chapter news, elect members of the Executive Committee, congratulate longtime members, find out who is this year's Appie of the Year, and more (including guest speaker, to be announced).

Why not get a group of your friends to plan on attending together? New members also find this a good way to meet other members and learn about the AMC.

Before the dinner, short hikes and walks of varying difficulty will be led. For instance, Ray Lin will be leading a 5-mile walk in Central Park, meeting at 2pm inside the Time Warner Building, Columbus Circle. After happy hour with Hors d'Oeuvres and cash bar, there will be a buffet dinner and dessert. In addition to the meeting, there will be lots of time to socialize.

Sign up by January 3 at the latest. Register at www.amc-ny.org or send name, address, phone, email address (or SASE) and your check for \$34 per person (payable to AMC NY-NoJ; includes tips) to: Bob Susser, 200 Riverside Dr., New York, NY 10025. You may contact Bob (rsusser@aol.com, 212-666-4371) if you have any questions.

The Great Canine Caper By Jack Reilly, Archives Chair or How Guy Waterman's dog was elected a member of the AMC

The cover photo on the July/August 2013 issue of *AMC Outdoors* highlighted the lead article "A hiker's best friend," a complete guide to hiking with your dog. Reading the article brought back thoughts of an episode in the history of the New York (now New York-North Jersey) Chapter of the AMC when, to become a member in the early 1970's, required two sponsors and a vote by the Membership Committee (and yes, people were turned down). This was a period when peak-bagging was in its infancy, the Catskill 3500 Club was just starting, and outdoor stores in New York City were limited to Ben Siminow, Leon Greenman, and Alpine Outdoors in Mount Vernon.

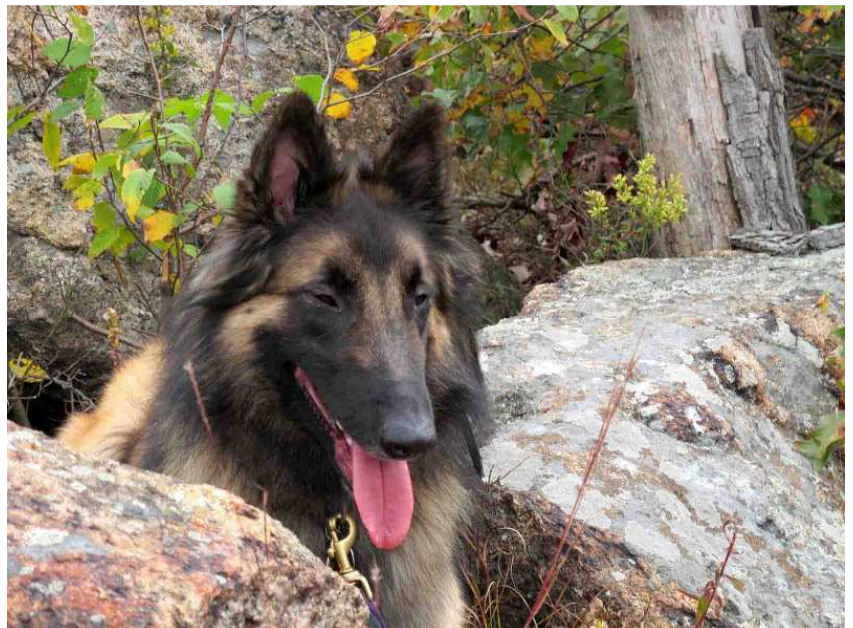
In an April 1978 article in the *Off Belay* entitled "Four Footed Feats," Laura and Guy Waterman called for nominations to a "Canine Mountaineering Hall of Fame." The article described the feats of their dog Ralph, a golden collie cross, as a hill walker of some renown, completing, by his thirteenth year, the New Hampshire 46'ers three times (some as many as six or seven times). Ralph was elected an AMC Junior member in 1966, and it was obvious to a number of active Chapter members that he should be elected to Senior membership in the AMC as well.

The fall 1972 Address and Telephone Directory of the AMC New York Chapter lists a Mr. Ralph Waterman as a Junior member since 1969. In 1970 Ralph applied for Senior membership and the Chapter Membership Committee (Charles Sanders, Chair) elected him, forwarding his application to Boston where it was duly approved by the AMC Council (today's Board) on February 1, 1971. The next step was for Ralph to propose Robyn Brant (Ira Brant's canine) for membership.

However, Ralph was "exposed" as a canine! It seems someone asked "How many sons does Guy Waterman have?" There was Johnny, Bill and Jim. What about Ralph? So, no Senior membership for Ralph, but the story does not end there. A number of NY Chapter members – Ira Brant, Earlyn Church, Don Sweet and Alexander Hahoutoff, together with the Watermans – formed the "Canine Mountain Club." The new club began under the leadership of Ralph Waterman and Robyn Brant as co-presidents with a regional office in Marlboro, New York. It started a newsletter, "The Sniffing Post: All the news that's fit to post" (Vol. 1, no's 1 & 2 exist), had a membership committee which issued membership cards and a button (similar to those the Mohonk Preserve issued to climbers), and planned an expedition to climb Mount K-9. There is even a letter in the files from Jim Morrissey, leader of the 1973 American Dhaulagiri Expedition, asking for assistance in removing an ice tower on the mountain.

Is there still a CMC? It seems that with the Watermans move to Vermont the club passed into history, but it certainly brings back memories of an era when sponsors were required and a spoof now and then might add a little levity to the Chapter.

[Jack asked AMC climber Don Wallace for his comments about this story. Don's reply: "I knew about the nomination of Ralph to be an AMC member. Before that, Wilma Brugger had a monkey. It was also proposed for AMC membership by the climbing committee. It was turned down, as the monkey "climbed on the rope."]



Riley, a present-day canine hiker extraordinaire (alas, no photos of Ralph survive); Riley hikes frequently in Harriman with Susan Sterngold.

TWO OCTOBER HIKES



Two Old Men of the Mountains

Dick Wolff (R) and Dave Sutter on the Cannonball Trail near Ramapo Lake, NJ, October 2013

Photo by Margaret Howlett

A Gunks Group

Bill Hladky and friends on his October 19 hike to Gertrude's Nose, Minnewaska State Park



Photo by Bill Hladky



Photo by Yelena Udler

Kaaterskill Falls in the Catskills

IN MEMORIAM

Ruth B. M. Robinson passed away in July 2013 after a brief illness.

Her obit in *The New York Times* gave a brief biography. Ruth was born in New Zealand, daughter of Sir A.C. Turnbull, wartime administrator of the Pacific island of Samoa, and Dorothy Moncrieff Turnbull. During World War II, Ruth met and married a U.S. Navy pilot, Richard W. Robinson. After he was shot down during the battle of Okinawa, she remained in the U.S. In 1957, she was hired by *The New York Times*, rising from secretary to reporter to editor in the Style section.

Ruth traveled extensively, hiking and skiing. She completed the Catskill 3500 peaks (#88 and #W231); the New England and the Adirondack 4000-footers; skied and hiked with the Canadian Alpine Club; hiked the Tour de Mont Blanc; skied and hiked in the Colorado Rockies. Ruth also hiked and skied in Norway's Jotunheimen Range: she climbed Galdhopiggen, Norway's highest mountain, and Glittertind, the second highest. Google those peaks and you'll see how much Ruth accomplished. Her travels also took her to Nepal, Egypt, Scotland, Ireland, and other venues. She wrote many travel and outdoor articles for the *Times*.

"Ruth was a very classy lady." We've spoken with quite a few friends since she passed on, and all agree that Ruth will be very much missed.

– Submitted by Nancy Wolff and Lee Fanger

Richard A. Gulliksen died on October 17, 2009, at Mt. Sinai Hospital in Manhattan at age 64 after a brief illness. He was a talented sculptor of animals and a longtime member of the AMC's NY-NoJ Chapter. In addition to his art, Richie loved Fire Island, Acadia, and Golden Retrievers, and in earlier years, remote places: northern Canada and canoeing the Nahanni. He was a carpenter by profession (he happily helped repair the AMC Fire Island cabin one spring), lived in a loft in Manhattan for many years, then on Long Island after he married. He studied at the School of Visual Arts and later earned his BA from Adelphi University. His survivors include his two remaining brothers and his wife, Sally Hobson, of Riverhead, NY, whom he met at the AMC Fire Island Cabin in 1986. For more information and links to Rich's sculpture please go to: <http://home.adelphi.edu/~hobson/richgulliksen.html>

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ARTICULATE, ERUDITE OUTDOORSMAN FROM BROOKLYN, 65, who relishes exploring nature (hiking, backpacking, Botany), seeks compatible woman to share these passions. Also, be a person who enjoys chamber music or the Met Museum. On the mundane side, I'm a pretty decent guy who wants to share nature, cultural events, and romance with a nice gal.
Reply to bobgerd@verizon.net

How to Request Delivery of T&W. *Trails & Waves* comes out four times a year. Most members now read the newsletter online at www.amc-ny.org. We'll send you an email notice with the link when a new issue comes out (but only if you request it). Or, we'll mail you a printed copy (but only if you request it). To request to read T&W online (and receive the reminder email) or to receive the print version, **contact the AMC Member Center toll-free at 800-372-1758 (Mon.-Fri., 9-5) or go to www.outdoors.org/membercenter.**

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Contact editor at trailswaves@amc-ny.org for ad rates.



Miramar Ski Club

We have bus trips to our lodge every winter weekend. Snowboard, downhill ski, crosscountry & snowshoe, all levels are welcome.



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ADK Winter Mountaineering School

The Winter Mountaineering School has been helping hikers enjoy the mountains in winter for over fifty snow- and ice-filled years. Our dedicated all-volunteer group of instructors makes the Winter Mountaineering School one of the best values around. This year's program will again be based out of the ADK Loj. Check out our website for program details, gear lists, photos, and more.

Weekend Day Hiking Section: 1/31 - 2/3 (\$375)
Weekend Backpacking Section: 1/31 - 2/3 (\$355)
Advanced Weekend Backpacking Section: 1/31 - 2/3 (\$375)
Combo section (Day Hikes & 3-night Backpack): 1/31 - 2/6 (\$420)
Four-night Backpack: 2/1 - 2/5 (\$395)

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COMMITTEE NOTICES

THE NOMINATING COMMITTEE announces the following nominations (revised from the Fall issue of *Trails & Waves*) for the 2014 Executive Committee of the AMC New York-North Jersey Chapter:

Chair	Eileen Yin
Vice Chair	Jane Levenson
Secretary	Loretta Brady
Treasurer	Barry Wolfe *
Activities	Christine Benton **
Facilities/Services	Joe Marabello
Communications	Beth Harrison **

* Nominated for a fifth and final 1-year term

** Nominated for a second and final 1-year term

We warmly thank the outgoing Executive Committee members – Richard Barcia, Lisa Madden and Jonathan Silver – for their years of service to our Chapter.

Respectfully submitted by the Nominating Committee: Don Getzin (Chair), David Lamb, Dorothy Lourdou, Richard Seibel and Barry Skura.

AMC in New York is Open for Business!

Check out the AMC's New York Program Center at 5 W. 63rd Street, located on the second floor of the West Side YMCA, right across from Central Park. The office has a large conference room, and staff there includes the following NY-NoJ Chapter and Club resources:

Mike Burke, Chapter Membership	212-986-1430
Lauren Zondag, NY Program Manager	646-292-5255
Sebastien Venuat, YOP Manager	646-292-5253
Robin Sanchez, YOP Coordinator	646-292-5254
Sean Wilson, Membership Development	646-292-5256

[Through YOP, Youth Opportunities Program, the AMC works directly with youth group leaders to provide them the skills they need to safely lead hiking, camping, and other outdoor trips with kids in their local organizations.]

Stop by with your ideas and suggestions, or just to visit.

Learn about Lyme Disease. We're still out in the woods, as are the ticks that can give you this potentially serious condition. Learn more at:

www.mayoclinic.com/health/lyme-disease/DS00116

Trails & Waves Editor Sought

The NY-NoJ Chapter is seeking a new volunteer editor for its quarterly newsletter, *Trails & Waves*. The newsletter features our members as they enjoy the outdoors together: hiking, backpacking, paddling, skiing, climbing, biking, and more. *Trails & Waves* also has information about special AMC people and events, volunteer-run committees, outdoor skills & local parks.

The volunteer editor position involves soliciting articles, copyediting pieces, page layout and photo editing. Requirements include an interest in writing and editing, and the desire to see the Chapter flourish! Editing experience, online publishing experience or familiarity with the AMC are a plus. Interested individuals should contact Beth Harrison, Executive for Communications, at communications@amc-ny.org for more information.

Get to Know the Young Professionals of the NY-NoJ Chapter.

In 2013, the AMC NY-NoJ Young Professionals/Members biked to Brooklyn for some good beer, hiked along the Palisades, scrambled up Breakneck Ridge, hiked in Harriman to discover wild blueberries, and rode to Brooklyn to enjoy a social evening while our bikes were being repaired at the Red Lantern, a bike shop/bar that serves Brooklyn brews. We also trekked to the AMC's Cardigan Lodge in New Hampshire for the AMC Young Members Interchapter Retreat, where we met young AMC members from across the Northeast, and, of course, climbed Mount Cardigan. We have many more fun events planned. So if you're age 21 to 35, and interested in social events and outings in the outdoors, join our group at www.facebook.com/groups/amcnycyp.

Hikeamc yahoo group for short-notice hikes.

Once you sign up for hikeamc, emails will be sent to you about short-notice hikes. There are also sometimes emails with cancellations. To sign up, e-mail hikeamc-subscribe@yahoogroups.com with your full name and your AMC membership number.

Free AMC Life Membership. If you are age 70+ AND have been an AMC member for 25 consecutive years (with no lapses), call AMC at 800-372-1758 to request your FREE AMC LIFE MEMBERSHIP!

Intro to Winter Backpacking. Indoor Workshop on December 7 at Sterling Forest Visitor Center in Tuxedo, NY. Planning, gear, nutrition, safety, techniques for winter backpackers and hikers. For more info contact leader Wayne Huebner, wbhuebner@verizon.net, 973-361-8717.

2014 August Camp is at Mt. Rainier. One or two week adventures in Mount Rainier National Park. Become part of the AMC's oldest tradition. For more information, see the Jan/Feb issue of *AMC Outdoors* or www.augustcamp.org (pricing & application information available in December).

It's Hunting Season – Be Safe on the Trails. For information and links to sites specifying hunting regulations in different local parks, go to the NY-NJ Trail Conference's hunting seasons page:

<http://www.nynjtc.org/news/hunting-seasons-2013>

New York-New Jersey Trail Conference

The New York-New Jersey Trail Conference partners with parks and recruits volunteers to create, protect, and promote 2,000 miles of public trails. The Trail Conference also publishes hiking maps and guidebooks, offers workshops on trail building and maintenance, and is an advocate for the local hiking community.

The AMC NY-NoJ Chapter is one of the many outdoors clubs that are members of the Trail Conference, and many individual AMC members are also Trail Conference members (either giving financial support, maintaining a local trail, participating in trail work crews, volunteering on a committee, or all of the above!).

Help support the people who build the trails! To find out more about the New York-New Jersey Trail Conference, or to become a member, go to: <http://www.nynjtc.org/>

Over 40 NY-NJ Trail Conference Maps Now Available for Apple and Android Devices!

Enhanced trail maps from the New York-New Jersey Trail Conference are now available for use on devices powered by Apple's iOS or Google's Android system! Using the **PDF Maps** app from Avenza, you can pinpoint your location on a map, track your route, mark waypoints and geotag photos, measure distances, and much more. For more info go to: <http://www.nynjtc.org/pdfmaps>

Volunteer WFA Instructors Wanted.

The Wilderness First Aid Committee is looking for a few good EMTs/Ski Patrollers to train in and instruct the Wilderness First Aid Course for the NY-NoJ AMC.

Who we're looking for:

- Must be an AMC member.
- Must hold certification as an EMT or NSP/OEC Tech (or higher) and hold a professional level CPR card.
- Candidates should have significant pre-hospital emergency medical experience (ALS or BLS).
- Candidates must have significant outdoor experience. For example: hiking, backpacking, canoeing/kayaking, backcountry skiing, technical rock/ice climbing, etc.
- Teaching experience is helpful but not necessary.
- Candidates must be willing to take our 16-hour training course to become WFA certified.

Contact WFA Chair, Jonathan Silver, 973-259-1803 (before 9pm), WildernessFirstAid@amc-ny.org.

Winter Precautions – Hypothermia 101

If a person can't maintain internal body temperature, they risk hypothermia (untreated, this can be fatal). Hypothermia can creep up quickly when it's very cold, windy or especially when people have wet clothes. It is important to hike with others in the winter and frequently check your hiking companions.

People displaying signs of hypothermia (mumbling, grumbling, fumbling and stumbling) should be treated and monitored closely. Field treatment for mild hypothermia includes replacing wet clothing with dry clothing, providing high energy foods, and increasing metabolic rate to generate heat.

Send Your Stories and Photos to T&W

Submissions to *Trails & Waves* are welcome from all members. We also appreciate photos (high resolution color jpegs, sent as email attachments). Please email your submissions to trailswaves@amc-ny.org for consideration (see submission deadlines on page two).



Trails & Waves
Appalachian Mountain Club
New York - No. Jersey Chapter
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New York, NY 10023-7165
212-986-1430
www.amc-ny.org
trailswaves@amc-ny.org

AMC hiking in the Sahara?

No, it's Lake Welch, Harriman State Park.

Each winter, the park replenishes the beach by leaving piles of sand to be spread by the wind.



Photo by Cynthia Tollo Falls

Warren Miller's 2013 *Ticket to Ride*

Saturday, November 16

Two Shows: 6 PM & 9 PM

Symphony Space, Broadway at 95th St.

Receive free lift ticket vouchers to **Jiminy Peak, Gore Mountain, Sugarbush**, and **Belleayre Mountain** (some restrictions may apply), *Snow World* and a year subscription to *Ski Magazine*

Tickets at Symphony Space (212-864-5400)
or www.symphonyspace.org
and at Paragon Sports, 867 Broadway at
18th St. (212-255-8036)

Additional information at:
www.chestnutmtnproductions.com



Banff Mountain Film Festival World Tour *SAVE THE DATE*

Travel with us through two hours of magnificent cinematography: mountaineering, climbing, skiing, mountain culture & environment

New York City

March 2, 3, 4 & 5, 2014, at 7:30 PM

Peter Norton **Symphony Space**, Broadway at 95th St.
Tickets now at Symphony Space, or call 212-864-5400,
or www.symphonyspace.org

And after Feb. 3 at Paragon Sports, 867 Broadway at
18th St., or 212-255-8036 or www.paragonsports.com

Suffern, NY

February 25 & 26, 2014, at 7:00 PM

Lafayette Theater, 97 Lafayette St. (Rt. 59).

Tickets after Feb. 1 at Ramsey Outdoor
in Ramsey and Succasunna

For additional info, film list and directions visit:
www.chestnutmtnproductions.com