



# TRAIL WALKER

NEW YORK-NEW JERSEY TRAIL CONFERENCE • CONNECTING PEOPLE WITH NATURE SINCE 1920

## The 11th Essential

We've all got our personal "must-haves" we carry when we head outdoors. Whether it's a sleek, ultra-light pack or an old Nalgene covered in fading stickers, through the miles we cross and experiences we have, we find the gear that meets our own unique needs.

Of course, there are certain things recognized nearly universally as the "must-haves" for outdoor recreation. Known as the 10 Essentials, this list of first aid and emergency items was created to help people heading into the backcountry be prepared for minor injuries, sudden weather changes, or unexpected delays. From a trail map to extra layers, the 10 Essentials are viewed by most as the fundamental start to a safe, enjoyable experience outdoors.

What even the most traveled explorer may not realize, however, is the 11th Essential upon which all adventures, big and small, depend. It's the most basic necessity too often overlooked.

That "missing" essential is the care of public lands. It's the small steps we can all take when playing outdoors, and the big ones we can work together to enact.

Why should the protection of natural areas be on a list of things you stash in your backpack? Because if all of us carry the mindfulness that our actions impact the integrity of the environment, we could make tremendous strides in ensuring these special places are protected and available for all of us to enjoy—today, tomorrow, and decades from now.

For 100 years, the 11th Essential has been quietly practiced by those who serve the Trail Conference mission.



There are small steps we can all take to make a big difference in the care of our natural areas. You can help protect nature and inspire adventure, every day.

These are the volunteers, AmeriCorps members, advocates, and donors who embody the spirit, passion, and effort our agency and park partners need to counteract the issues affecting their lands and trails. They play a vital role in ensuring your great trail experiences are possible. And so do you.

We are operating in a changing environment, both literally and figuratively. Public lands and trails are facing demands we never could have imagined even a few years ago—challenges such as the unprecedented swell in popularity on some trails thanks to social media, and the toll that usage is taking on the land.

So what do we do? We find the ways that we can each give back:

► Learn, practice, and share the Leave No Trace principles

and other "best practices" for recreating outdoors.

► Learn about issues affecting our natural areas and take the small steps that can lead to big change in the Trail Love 365 Challenge.

► Learn about the importance of sustainably built trails or how destructive invasive species can be curbed in a Trail U workshop.

► Become a Trail Conference volunteer. Give your time in the field or "behind the scenes" to create healthier, more enjoyable trail ecosystems.

► Show your support by donating to the cause. Philanthropy is the underpinning of all the Trail Conference's efforts as a volunteer-powered nonprofit.

Since 1920, the Trail Conference has brought together outdoor lovers, partners, and

likeminded groups to take action for what we believe in: that people are happier and healthier when they have the opportunity to connect with nature.

Now more than ever, it is up to each of us to do our part for the protection of our favorite outdoor places and the experiences we create there. It's time for all of us to consider how much we invest in our 10 Essentials, and how much we invest in the protection of those incredible places that our beloved gear takes us. Like the first-aid supplies we might not ever need to use, the 11th Essential isn't truly appreciated until it's required. And now more than ever, it is required.

Now more than ever, it is time for each of us to stand up and say, for the land we all love, "My service is essential."

### THE 10 ESSENTIALS

The original 10 Essentials list was assembled in the 1930s by The Mountaineers, a Seattle-based organization for outdoor adventurers, to help people be prepared for emergency situations in the backcountry. Over the years, the list has evolved to a "systems" approach rather than including individual items. Here's what it looks like today:

#### 1. NAVIGATION

Map, compass, GPS system



#### 2. SUN PROTECTION

Sunglasses, sun-protective clothes, sunscreen



#### 3. INSULATION

Jacket, hat, gloves, rain shell



#### 4. ILLUMINATION

Flashlight, headlamp, extra batteries



#### 5. FIRST-AID KIT

Including foot care, insect repellent, personal necessities as needed



#### 6. FIRE

Matches, lighter, fire starters



#### 7. REPAIR KIT AND TOOLS

Knife or multi-tool, duct tape



#### 8. NUTRITION

Food, plus extra



#### 9. HYDRATION

Water, water treatment supplies



#### 10. EMERGENCY SHELTER

Tent, space blanket, tarp, bivy



#### 11. SERVICE

Learn more about the role you can play in protecting the land you love at [nynjtc.org](http://nynjtc.org).



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FROM THE EDITOR

# Alone Together

In mid-March, right as this issue of Trail Walker was about to go to print, the unprecedented coronavirus crisis hit our region. And it hit hard. I write this message with the hope that you have been in good health and spirits while adjusting to the new normal through these uncertain times.

On March 16, Trail Conference Headquarters closed to the public, staff, and volunteers. We continued working remotely; individuals were given the greenlight to continue maintaining, surveying, and monitoring their assigned trails. But all in-person gatherings, from meetings to workshops to crew trips, were put on hiatus. It was a difficult decision for our directors to make, but one made out of necessity for the greater good.

And then something surprising happened. With schools and businesses shuttered, people were encouraged by medical professionals and elected officials to go outdoors. For their physical, mental, and emotional well-being, people were told to go for a walk, hike, ride a bike—as long as they kept 6 feet of distance from others, of course. And they did. But they had so many questions! “Is it really safe to go outside right now?” “Can you recommend a local hike?” “What do I need to know before I go in the woods?”

So the Trail Conference responded.

We published tips on safe, responsible hiking and recommendations on underutilized trails to dissuade overcrowding and curb impact on the land from over-use. (You can find them at [bit.ly/tc-toptrails](http://bit.ly/tc-toptrails) and [bit.ly/tc-hikerresources](http://bit.ly/tc-hikerresources).) Our volunteers stepped up as trail ambassadors on social media and community forums. Our Trail Family opened their arms and asked in return, “How can we help you connect with nature?” We may have put down our rock bars and loppers, but we did not lose our passion to serve public lands. We found ways to be alone together.

On behalf of my colleagues, I want to send our sincere gratitude to the Trail Conference volunteers, members, partners, and supporters who are helping us weather this storm. Without your unwavering commitment to this organization and our mission, our families, friends, and communities at large would not have so widely and successfully found refuge in nature during this chaotic time. Thank you.

You can find all news and updates on the Trail Conference’s response to COVID-19 on our News Center and Trail Alerts pages at [nynjtc.org](http://nynjtc.org).

 Amber Ray

## Happy Trails to Gary

After 18 years of service, fulfillment specialist Gary Willick has left the Trail Conference. He started with the organization in 2002, after graduating from Ramapo College of New Jersey with a degree in computer science. Formerly an avid jazz drummer, he found his passion for hiking in his 20s. Gary maintained a trail in Ramapo Reserva-



tion and has provided GPS data for Trail Conference maps. But he may best be remembered for his eagerness to share his wealth of knowledge on trails and the Trail Conference to everyone who called or stopped by Headquarters. Gary says hiking and being outside provide him with the opportunity to “read the signs of nature,” making the woods a sanctuary as well as a guidepost for him. We’ll see you on the trails, Gary!



ADOBE STOCK

# Subaru’s Drive for Helping the Planet

Subaru is committed to giving back to local charities and doing their part to protect the environment. That philanthropic spirit is helping to fuel the training and support of Trail Conference volunteers this season.

## Liberty Family of Dealerships Shares the Love

During Subaru of America’s annual Share the Love event, Liberty Subaru in Emerson, N.J., named the Trail Conference as a Hometown Charity. From mid-November through the beginning of January, for every new vehicle purchased or leased at Liberty Subaru, \$250 was donated to the charity designated by each buyer/lessee. Liberty Subaru further committed to donate \$25 to the Trail Conference for every new Subaru they sold or leased during the program period, regardless of which charity was chosen by the customer. And Liberty made an additional donation to our organization for Subarus serviced in their shop during the Share the Love Event.

Additionally, the owners of the Liberty Family of Dealerships decided to “share the love” at Liberty Hyundai and Genesis in Mahwah and Liberty Kia in Ramsey. When Trail



Conference members bought or leased a new car from the Liberty Family of Dealerships and selected us as their charity of choice, Liberty donated \$250 to our efforts.

Thanks to the generosity of the Liberty Family of Dealerships and our Trail Family, more than \$41,000 was donated to the Trail Conference. Our gratitude goes to Liberty and everyone who chooses to support our mission!

## Subaru Distributors Corp. Sponsors Trail University Workshops

Subaru Distributors Corp. has been named the official sponsor of our 2020 Trail University program. Bringing stewardship learning opportunities to a trailhead near you, our Trail University workshops include topics like introduction to trail maintenance, intro to trail construction, invasive plant

identification, and much more. Thank you to Subaru Distributors Corp. for their generous sponsorship, which allows us to equip the next generation of outdoor lovers with the knowledge they need to protect natural areas and make great trail experiences possible.

## Subaru Loves the Earth

Subaru of America, Inc. and TerraCycle are continuing their partnership to divert waste from landfills. Thanks to this partnership, participating Subaru dealers, as well as the Trail Conference, will be hosting a TerraCycle Zero Waste Box to encourage the community to recycle items that are typically hard-to-recycle, such as snack wrappers and disposable cups, lids, and straws. The collected waste will be repurposed into recycled products like park benches, picnic tables, and playground materials, and donated to Subaru community partners. Bring your trail snack wrappers to our headquarters or a participating Subaru retailer to give them a new life!

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## TRAIL WALKER


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AMBER RAY EDITOR  
STEPHANIE HINDERER DESIGNER

### MISSION STATEMENT

The New York-New Jersey Trail Conference is a volunteer-powered organization that builds, maintains, and protects public trails. Together with our partners, we strive to ensure that the trails and natural areas we share are sustainable and accessible for all to enjoy for generations to come.

The New York-New Jersey Trail Conference is a volunteer, non-profit 501 (c)(3) organization.

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FROM THE EXECUTIVE DIRECTOR

Celebrating the Invaluable Volunteer

There are some names synonymous with the Trail Conference. They are the founders, volunteer leaders, presidents, and executive directors who formed and shaped this organization into a 100-year-old nonprofit that, in good times and bad, has never failed to help connect people with nature.

You'll find some of their stories in *Vistas and Vision*, the book chronicling our first 75 years. You can read it at [bit.ly/tc-vv95](http://bit.ly/tc-vv95). As we approach our Centennial, volunteers on our Publications Committee are hard at work updating that book with stories of the last 25



years. Maybe one of them is yours.

On pages 5-7 of this Trail Walker, you'll find more

names of people who embody the Trail Conference spirit. They're the volunteers and supporters who have gone above and beyond in the last year to help ensure you have a great experience on our region's trails. Meeting them at our Volunteer Appreciation Event and hearing about why they give back and love caring for trails and natural areas

was a real privilege. When we say volunteers are our superheroes, it's not an exaggeration. These are the people who make it possible for me to go on a hike with my kids on a Sunday afternoon, or sneak in a quick trail run on my lunch break. They do it for you, too.

I'd like to take a moment to also recognize those volunteers who don't have their names immortalized in a book, and those who might not ever receive an award for their efforts. Nevertheless, these volunteers—the ones who dutifully paint blazes and survey for invasives and package maps—are the backbone of our organization. We ask our maintainers to inspect their trails two times a year; maybe that's all a particular trail needs, and maybe that's all a particular volunteer does. But

**When we say volunteers are our superheroes, it's not an exaggeration.**

Howard



let me assure you—that work is invaluable. It is replicated 100 times over, all across the Hudson River Valley and beyond, by people called to protect the land they love. That is incredibly special. And that's why I couldn't be more honored to serve as the Trail Conference's executive director as we enter our second century of service.

We're not able to recognize each of these 2,000-plus volunteers by name, but we do try to show our deep appreciation in word and deed. Whether

you're currently serving the organization or do so in the future, we are dedicated to ensuring each and every one of you has a fulfilling experience as a Trail Conference volunteer. In fact, that's why we've reorganized the structure of our program staff, which you can read about below. You are vital, and as our cover story says, your service is essential.

So if you do see one of our volunteers on the trail, ask their name. Say thanks. Share your story and theirs by emailing [executivedirector@nynjtc.org](mailto:executivedirector@nynjtc.org) or by tagging @nynjtc on Facebook, Instagram, and Twitter. We'd love to share your volunteer appreciation with the trail community.

Joshua Howard  
Executive Director  
[executivedirector@nynjtc.org](mailto:executivedirector@nynjtc.org)

# Reorganizing Our Program Staff to Better Support Those Who Serve Our Mission

For 99 years, Trail Conference volunteers have been providing millions of trail users with a means to explore the outdoors. The culture of volunteerism at the Trail Conference has become the fabric of our organization. It is our legacy—a legacy that will continue into our second century.

Our volunteers make us the vibrant and impactful nonprofit that ensures the public has access to the most diverse network of trails in any metropolitan area. We are committed to supporting and enhancing our volunteer program now more than ever, which is why we have reorganized our program staff.

**Effective in 2020:**

▶ New York and New Jersey will each have one dedicated program coordinator.

• **Sona Mason** is our New York program coordinator.

• **Melissa Cascini** has been hired as the New Jersey program coordinator.

▶ **Peter Dolan** has stepped into the new trail program manager role. He will take on the obligation of supporting interstate agencies, larger government partnerships, and fellow outdoor organizations which previously fell to program coordinators. He will manage our long-distance trails and provide consistency at all Regional Trail Council (RTC) meetings.

▶ **Hank Osborn** is our new director of programs. He is accountable to the executive director for evaluating, supervising, and executing the organization's key programmatic objectives.



JOHN PAPPAS

**We are improving our operating structure to better the experience of our volunteers and partners.**

• **Kendra Baumer** has been promoted to senior engagement manager, overseeing volunteer and Corps programs. The engagement team will continue to support service activities and opportunities in both states, as well as the volunteers in our ecological stewardship programs, which are still under the direction of **Linda Rohleder**.

The creation of these new positions will take some of the agency-oriented tasks off the plate of program coordinators, allowing them to focus their time on supporting volunteers, local partners, workshops, and events.

This clarification will allow individual staff to focus on their specific roles clearly with less competing priorities. This should lead to better support and clearer lines of communication for both volunteer committees and partner organizations and agencies.

Our partners count on us to stay focused on issues that affect parks in the region, bringing together key constituencies, marshaling resources,

and seizing opportunities to keep improving our public trail systems while maintaining the ecological integrity of trail lands. And so, with more than 2,000 volunteers serving as the engine that powers the organization's ability to create great trail experiences, we have been able to adapt and evolve.

We are sure there will be several questions as we make this adjustment in our operating structure, but one thing will not change, now or in the future: our commitment to supporting and empowering volunteers. We are grateful for their passion, dedication, and service.

For the time being, volunteers should continue to use their previous program coordinator (New Jersey: Peter; East Hudson/Metro/Catskills: Hank; West Hudson: Sona) as their primary point of contact for all things related to their committee role.

Please direct any questions regarding these changes to Hank ([hosborn@nynjtc.org](mailto:hosborn@nynjtc.org)) and Peter ([pdolan@nynjtc.org](mailto:pdolan@nynjtc.org)).

From the Archives

## The Trampers' 10 Commandments

Founding Trail Conference member Frank Place, who served as the organization's president from 1938 through 1941, penned and published the following rules for hikers, known as The Trampers' 10 Commandments:

1. Respect all property as a tolerated, uninvited guest.
2. Walk through no prohibited ground.
3. Leave gates and rails, fences and walls, markers and signs, just as you found them.
4. Gather no rare flowers, and none at all in parks.
5. Pick no cultivated fruit, damage no growing timber.
6. Clear ample space, before a fire is laid, of leaves and twigs; build on pine needles—never.
7. Make sure the fire is OUT before you leave—nothing is “good enough” but out; drenching is best.
8. Leave any campsite cleaner than you found it; and, at established camps, replenish wood for fires and used supplies.
9. Warn guests of proper dress for the particular country to be covered.
10. Do nothing that could discredit trampers.

These words of wisdom for “trampers”—or as we'd be more likely to call ourselves today, “hikers”—were published



in 1923 by The American Geographical Society of New York in the first edition of *The New York Walk Book*.

Today, they've been simplified to the motto “leave no trace” and modified into seven principles for enjoyable, responsible use of the outdoors:

1. Plan ahead and prepare.
2. Travel and camp on durable surfaces.
3. Dispose of waste properly.
4. Leave what you find.
5. Minimize campfire impacts (be careful with fire).
6. Respect wildlife.
7. Be considerate of other visitors.

For a wonderful look at our “tramping” past, the first edition of *The New York Walk Book* has been digitized by Google and is available to read at [bit.ly/tc-nywb23](http://bit.ly/tc-nywb23).



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Brett Danzer

*In memory of Nature Jim Clawson*  
Co-workers of James' daughter-in-law, Sarafina Clawson

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*In memory of Torleif Meloe, my wonderful Dad who blazed many trails across the globe! I honor your spirit, your sense of adventure & your courage.*  
Erica Meloe

*In memory of Clifford Miles*  
Richard Dennis

*In memory of Doug Ott, who was not only a Trail Maintainer, but the first to raise his hand if a job needed to be done or a position to be filled.*  
Robert Jonas

*In memory of Satya Parkash*  
Devina Prakash

*In memory of Gertrude Schneider*  
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## 2020 TRAIL CONFERENCE AWARDS

# CELEBRATING OUR VOLUNTEERS AND PARTNERS

At the Trail Conference, our passion is creating great trail experiences. In fact, there's a good chance your last hike, trail run, or ride was made possible by some of our 2,000-plus volunteers and the people who support them. Without their incredible commitment to protecting trails and natural areas, issues such as blowdowns, untended erosion, and the encroachment of invasive species would cut off the public's ability to safely and enjoyably experience all the outdoors has to offer. We can play outside because they work so hard to provide that access for everyone. On March 8 at Skylands Manor in Ringwood, N.J., we held our annual Volunteer Appreciation event, where we recognized a number of outstanding individuals and organizations that exemplify the Trail Conference mission. Congratulations to all honorees—and thank you!

## MAJOR WILLIAM A. WELCH AWARD FOR OUTSTANDING PARTNER

Honors partners who have been strong advocates for and provided significant assistance to Trail Conference volunteers.

### Jessica Kruegel

New Jersey State Park Service Supervisor

Over the years, Jessica has assisted our New Jersey trails program with trail planning and approvals. She has helped with major projects such as the Pochuck Boardwalk construction and a major upcoming project at Terrace Pond. Jessica coordinates critical interagency cooperation that allows the Trail Conference to tackle projects that would otherwise be impossible. From quickly approving trail work proposals to offering free group camping for volunteers, Jessica has shown endless support and enthusiasm for our volunteer efforts.



## KEN LLOYD AWARD FOR OUTSTANDING MEMBER CLUB

Honors member clubs who have provided remarkable service to trails and natural lands in partnership with the Trail Conference.

### Laura Huisking and Ryan Windess

Hike the World

Since the club's creation, Hike the World has been a huge supporter of the Trail Conference. Leaders Ryan and Laura are active Trail Conference volunteers. They maintain the Hanks East Trail in the New Jersey Pequannock Watershed.



Ryan and Laura often plan club hikes and events in partnership with the Trail Conference to promote our organization's mission and volunteer efforts. In fall 2019, Hike the World held their first HikeFest, an incredible community event that featured many local nonprofits, but specifically raised funds for the Trail Conference. Ryan and Laura's enthusiasm for hiking, the outdoors, and supporting the Trail Conference is endless and inspiring. They are incredible leaders within the community, and our organization is better because of them!



## DEDICATED SERVICE AWARD

Honors long-time, dedicated volunteers who have demonstrated exemplary service to the trails and natural areas that surround them.

### Kendall Barnes

Trail Maintainer: Huckleberry Point Trail, Catskills

A long-time Trail Conference member and trail maintainer, Ken reliably maintained the Huckleberry Point Trail in the Catskills for 30 years. When he resigned in 2019, he shared, "I really loved that trail and its terrific views overlooking Hudson Valley."



### Glenn and Sarah Collins

Trail Maintainers: Appalachian Trail, Bear Mountain

Glenn and Sarah Collins have been maintaining the Appalachian Trail on Bear Mountain for over 30 years. They have demonstrated incredible dedication, as this is a particularly

difficult section to maintain. Due to the huge amount of traffic this section sees, the issues of wear, litter, and graffiti need continuous monitoring. Glenn has developed a protocol for combating graffiti; he has created a palate of neutralizing paint and advice for application. Glenn has even written up instructions so his protocol could be used by other maintainers and organizations.



### John Graham and Darielle Rayner

Trail Maintainers: Muscoot Farm and Merestead Park, Westchester County

John and Darielle have been trail maintainers for 11 years. In that time, they have taken on a lot of responsibility, maintaining all of the trails at Muscoot Farm and Merestead Park in Westchester County. They demonstrate endless dedication and a dependable work ethic. Darielle visits her trails often and has spent up to 6-7 hours at a time working to maintain the trail and remove invasive plants. In fall 2019, the pair reported 11 work trips just to Merestead Park! John and Darielle's persistence and attention to detail make them dependable maintainers and role models.

### James Gregoire

Investment Committee Chair

Over the last 20 years, Jim has dedicated his time and expertise in many roles. Jim is a long-time member of the Audit, Investment, and Finance committees. He was also the Board



treasurer from 2009-2014 and volunteered as trail supervisor for the New Jersey Appalachian Trail for eight years. Jim more recently stepped up as the Investment Committee chair. He has since moved to New Hampshire but remains dedicated to our organization and its mission. In addition to his role as our Investment Committee leader, Jim continues to hold his positions on the Audit and Finance committees.

### Herb Hochberg

Trail Maintainer: Appalachian Trail, Putnam County

As chairperson for the Westchester Trails Association, Herb served as a trail maintainer on the Appalachian Trail for 17 years. As the WTA chair, he was effective at recruiting maintainers for the WTA sections and submitting reports in a timely manner. Herb also served as our Board treasurer from 2003 to 2006 and regularly acted as a swamper to help tackle blowdowns. Herb recently retired from his maintainer position, but in his time volunteering at the Trail Conference, he always showed up with a can-do attitude and a willingness to pitch in.

### Calvin Johnson

Trail Supervisor: Catskills Black Dome Range, North Escarpment, and South Escarpment

Cal got his start volunteering for the Trail Conference more than 30 years ago as a maintainer of the Escarpment Trail in the Catskills. Soon after, Cal took on the responsibility of trail supervisor. In addition to being a dependable supervisor for many years, Cal has been involved with

many important trail projects throughout Catskill Park, including building the John Robb Lean-to and contributing to significant relocations of the Long Path. Cal co-led the relocation of a 3-mile section of the Long Path in the Indian Head Wilderness area from Silver Hollow Notch to Plateau Mountain, which eliminated the road walk along route 214. Retired Catskill Trails Chair Pete Senterman shared, "Cal has been a capable supervisor of an ever-expanding network of trails. He is a good worker, always willing to pitch in whenever and wherever needed."

### John Jurasek

Publications Committee Chair

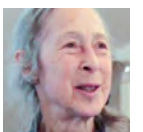
John has demonstrated exemplary service in many roles. He began as a trail maintainer in 1995 and has maintained sections of the Long Path in Rockland County and trails in Ringwood State Park. He later became involved with our Publications Committee, performing field-checks and collecting GPS data for Trail Conference maps and books, and serving as project manager for our maps. He then stepped up as chair of the Publications Committee and has held this role for the last five years. John has also been an advocate for the Trail Conference by leading hikes with local chapters of the Adirondack Mountain Club, Appalachian Mountain Club, and the Sierra Club.



### Jane Levenson

Trail Maintainer: Washburn Trail, Hudson Highlands State Park Preserve

Jane has been traveling all the way from Manhattan to maintain the Washburn Trail in Putnam County, N.Y., for over 30 years. In 1992, she was awarded the Hoeflerlin Award and has been maintaining ever since! She has also served as a Board member and an at-large delegate. Jane's accuracy and attention to detail make her an exemplary steward of our trails. Jane also advocates for our trails by regularly engaging trail users as she performs maintenance.



### George L Scott

Club Chairman, Trail Maintainer, Crew Leader: Lewisboro Trails

George is the chairperson for the Town of Lewisboro, a partner of the Trail Conference. In his role, George has built, maintained, and protected the 14.4 miles of Lewisboro trails in Westchester County. He has worked hard to ensure their sustainability and access to all who wish to use them for 20 years. He manages a crew that meets weekly to accomplish trail maintenance. George also uses every possible opportunity to recruit the public to volunteer with the Trail Conference.



### Doreen Yates and the Fair Lawn High School Bridges III Class

*Cartography Department Volunteers*

The Bridges class at Fair Lawn High School has been assembling maps for the Trail Conference for 12 years. This class is made up of developmentally disabled students, and for them, map assembly is a very high-level activity. Over the years, they have assembled tens of thousands of our maps under Doreen's leadership. We rely on them to assemble the majority of our maps.



### NEXT GENERATION AWARD

*Honors volunteers under 25 years of age who have enthusiastically and passionately made contributions serving the Trail Conference's mission.*

#### Nick Boyle

*Trail Program Volunteer*

Nick got his start with the Trail Conference as a Conservation Corps member, serving on the 2017 Taconic Crew. That year, the crew built stone staircases on the Undercliff Trail near Breakneck Ridge. His work ethic, positive attitude, and enthusiasm rubbed off on his crew mates and the volunteers who joined him on work trips. In 2019, Nick came back and began volunteering at Trail Conference Headquarters on a regular basis. He logged more than 10 hours each week to complete various assignments to support our Trail Program.



#### Aidan McClure

*Trail Maintainer: Appalachian Trail, Harriman State Park*  
When Aidan started as a trail maintainer with the Trail Conference, he was possibly our youngest to tackle the job! At age 14, Aidan enthusiastically took on the role of maintainer on the Appalachian Trail along the west side of Bear Mountain. Aidan has recruited family to help and has done an admirable job for the last two and a half years. Aidan is a shining example of the passion and enthusiasm that our next generation has to bring to preserving our trails.



### Jann Mirchandani and Boy Scout Troop 165

*Eagle Scout Projects: Yorktown Heights*

Since 2000, Troop 165 has had eight dependable and hard-working Scouts complete their Eagle Projects on Yorktown Heights trails. Their projects have made a significant impact on the local trails and have included bridges being built, trails repaired, new boardwalk installed, and a kiosk constructed. Their positive, go-getter attitudes make them a pleasure to work with, and their dedication is thoroughly supported by their

troop leader, Jann Mirchandani.

### HIT THE GROUND RUNNING AWARD

*Honors volunteers who have "hit the ground running" and made a strong impact within their first two years of service.*

#### Richard Garrison

*Taconic Crew Volunteer*

In the second half of the 2019 season, Richard became a common fixture at the Taconic Crew site on the Washburn Trail. He regularly volunteered two or three full days a week alongside the Conservation Corps crew. Even after the crew finished their term, he continued for weeks to contribute to this sizeable project. All told, Richard volunteered 176 hours of his time in 2019 to setting rock stairs and gargoyles, digging new drains, running the highline rigging system, and making piles upon piles of crush fill. Richard is the first to arrive each morning he volunteers, and is a consistent source of positivity and morale whenever he's at the worksite.



#### Kasia Karolewska and Leo Semonsky

*Trail Supervisors: Southern Wyanokies*

Kasia and Leo have hit the ground sprinting since they started volunteering with the Trail Conference. They began as maintainers in 2018 and by 2019 they took on the role of trail supervisors for the Southern Wyanokies in North Jersey. Kasia and Leo have demonstrated confidence in their new roles. From quickly getting to know their trail system and maintainers to coordinating with sawyers to tackle blowdowns, Kasia and Leo's enthusiasm and can-do attitude have made for a successful first year as leaders.



#### David Lerer

*Trail Maintainer: West Hudson, Bear Mountain/Harriman*  
David became a trail maintainer in late 2018, adopting a challenging section of the Hillburn-Torne-Sebago Trail, and he hasn't stopped stepping up to the plate since. In his first year, he joined trail crew trips in his area, including supporting a major bridge construction; adopted a second section of trail; recruited new volunteers; and accompanied his supervisor on trips to clear under-maintained trails. He is a strong advocate for the Trail Conference and good friend of the trails.

#### Steve Struble

*Trail Maintainer: Indian Hill Loop Trail, Sterling Forest*

In 2018, Steve adopted a portion of the Indian Hill Trail in Sterling Forest. Once he came on board, he rectified long-standing issues on his trail, such as resetting ingrown trail



### Long Path End-to-Enders

The Trail Conference offers a certificate and an end-to-end patch "rocker" to anyone who hikes the entire length of the Long Path. The trip can be completed in one continuous trip or in a number of hikes over many years. The following people became end-to-enders in 2019 and were acknowledged at the Volunteer

Recognition event.

- ▶ **#165 Mark Jones** finished on 04/27/2019
- ▶ **#166 Charles Deck** finished on 05/30/2019
- ▶ **#167 Maya Gonzales Berry** finished on 06/25/2019
- ▶ **#168 Mark Schmidt** finished on 06/25/2019
- ▶ **#169 Sue Jordan** finished on 07/24/2019
- ▶ **#170 Bryce Hopper** finished on 07/25/2019
- ▶ **#171 Donald Hopper**

- finished on 07/25/2019
- ▶ **#172 Eric Adams** finished on 08/28/2019
- ▶ **#173 Stephanie Langner** finished on 09/02/2019
- ▶ **#174 Moe Lemire** finished on 09/13/2019
- ▶ **#175 Jeffrey Adams** finished on 09/18/2019
- ▶ **#176 Ralph Keating** finished on 10/1/2019
- ▶ **#177 Alex McClain** finished on 10/26/2019
- ▶ **#178 Geoffrey F. Wilk** finished on 11/16/2019

blazes. Steve has steadily increased his assignment mileage, which now includes the entire 3.15-mile loop of trail. He has the longest maintenance mileage assigned to a single individual in Sterling Forest, and more importantly has demonstrated a continuous ability to sustain his high level of comprehensive maintenance on the popular trail.

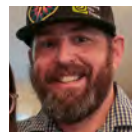
### RISING LEADER AWARD

*Honors volunteers who have taken on additional responsibilities with great enthusiasm over the last two years and demonstrate leadership qualities. It is given to those who selflessly keep dedicating more time and effort and show no signs of slowing down.*

#### Moe Lemire

*Local Trail Chair: Appalachian Trail, Orange and Rockland Counties*

An Appalachian Trail thru-hiker himself, Moe brings endless enthusiasm and dedication to this section of the A.T. In addition to his duties as chair, Moe regularly coordinates with the Appalachian Trail Conservancy and National Park Service on matters regarding the trail. He also sponsors a New York section hike each year to promote the Trail Conference and inspire volunteerism in all the hikers he brings along—and to those he meets along the way. Overall, Moe's love for the Appalachian Trail is infectious, and as a leader he inspires his volunteers and the community to get involved in preserving the A.T.



#### Mk Moore

*Local Trail Chair: New York Metro Region*

Mk is responsible for the Trail Conference's recent Metro renaissance. He has worked to bring the Trail Conference Metro Region to the forefront of the outdoor recreation world in New York City. Through his highly active social media recruitment strategies and his relentless schedule of work trips in city parks, Mk has onboarded hundreds of new Trail Conference volunteers. Thanks to his hard work and persistence, the 107 miles of trails that Mk oversees are now almost entirely maintained by Trail Conference volunteers.



#### Connie Stern

*Trail Supervisor: East Hudson Southern Westchester*

Connie first began volunteering in 2009 and has continuously taken on new responsibilities. She became a supervisor in summer 2018. Her region encompasses varied terrain including wet areas, places with frequent blowdowns, and a very popular quarry trail. Connie tackles these challenges with her proactive and solutions-oriented attitude. She inspires the volunteers and partners she works with and leads to pitch in on well-organized projects that keep the trails in excellent condition.



### PAUL LEIKEN AWARD FOR GOING THE EXTRA MILE

*Honors volunteers who have recently "gone the extra mile" and made a significant, noteworthy contribution in the last 12 to 18 months.*

#### Ed and Nancy Duvinski

*Trail Maintainers: New Jersey Stokes State Forest and High Point State Park. Ed: Sawyer; Nancy: Swamper*

Nancy and Ed have been trail maintainers for the last five years and make an amazing team. This past year, they truly went above and beyond, taking on a massive trail-blazing project. The two put up 1,400 blazes in a six-week time period—a project that was expected to take over a year. In addition, they taught trail maintenance workshops and removed major blowdowns.



#### Cynthia Galvin

*Membership and Development Volunteer*

Cynthia has been an amazing team member to the Development department over the years. She is always willing to step up and take on a challenge, sometimes even volunteering four days a week and staying late into the night to help get projects to the finish line. This past year, she helped with additional tasks when a staff member went on maternity leave, taking on a substantial amount of work that enabled the Development team to stay afloat during the particularly busy end-of-year stretch in 2019.

#### Glenn Gross

*Sign Construction Volunteer*

Glenn donates his craftsmanship skills to the Trail Conference, creating beautiful trail signs to help direct hikers. This past year, he dedicated well over 200 hours that resulted in signs being placed at key trail locations throughout New Jersey and on the Ramapo-Dunderberg Trail road walk from Tuxedo Station to Harriman State Park. A great example of Glenn's meticulous attention to detail and ability to do almost anything: the intricate Trail Conference logo he inscribes in wood. No task seems impossible to Glenn.



#### Paul Helbock

*Trail Maintainer: Nelsonville and Undercliff Trails, Hudson Highlands North*

Paul Helbock regularly goes the extra mile for the Trail Conference and the Village of Nelsonville, N.Y. Paul walks his trails daily with his dog. He is very attentive to posting and replacing trail blazes and pruning back overgrowth. After each storm, Paul takes it upon himself to check for damage and address any problems. Paul is also an active member of the Nelsonville Trail Committee and he sets an example for others as a steward of the Nelsonville Nature Preserve. He has proven to be a model to other residents and local volunteers, stewarding his trails with practical efficiency and humility.



#### Eleanor Leen

*Trail Maintainer: New Jersey Stokes State Forest, Swartswood State Park, and High Point State Park*

Eleanor has been a trail maintainer for nearly five years, starting out with two sections in Swartswood State Park. This past year, she decided to take on more responsibility and adopted two more sections, including the challenging 4.3-mile Iris Trail in High Point State Park. She continually tries to educate herself and grow her skills. Eleanor has also shared her knowledge as a trail maintenance workshop instructor.



### JAKOB FRANKE AWARD FOR CONSERVATION

*Honors volunteers who have advocated for and dedicated sig-*

nificant time and effort to land preservation and trail protection in the face of encroaching development. It is given to those who embody our value that conservation is a shared duty and that we must preserve the integrity of our natural world.

**Richard (Dick) Katzive**  
Conservation Committee  
Member, Recently Retired  
Board Member

Ten years ago, a revitalized Conservation Committee gathered for their first meeting, and Dick was one of a handful of volunteers who decided to be part of this important endeavor. Ten years later, Dick is one of only two original members of the committee, and he has continued to embody the spirit of environmental conservation. While Dick has assisted with the broader work of the Conservation Committee, he has also served as the primary leader for several significant land protection projects, such as the Marydell property in Upper Nyack, N.Y., which provides a buffer to the Long Path and space for a reroute of the Upper Nyack Trail, which was previously a road walk. Dick, a Trail Conference Life Member, also served on the Board for three terms. While on the Board, he was a strong advocate for the work of the Conservation Committee, and helped to ensure land purchases and other efforts needing approval from the Board went as smoothly as possible.



**WILLIAM HOEFERLIN**  
AWARD FOR EXEMPLARY  
LEADERSHIP

Honors volunteers who have contributed long-time exemplary service in a leadership capacity by supporting other volunteers and/or spearheading a major project. It is given to those who embody our value of celebrating volunteers and recognizing that they make the trails and protection of the lands we love possible.



**David Booth, Marty Costello,  
Russ Dooman, Erik Garnjost,  
Jeff Raskin, Chris Reyling**  
Crew Members: Long Distance  
Trails Crew

Through his leadership, Crew Chief Chris Reyling has fostered a crew that is not only known for performing stellar technical work but also one that has empowered many strong leaders. Along with Chris, crew members David, Marty, Russ, Erik, and Jeff have all demonstrated exemplary leadership for the Long Distance Trails Crew. With their guidance, the crew has achieved major accomplishments such as the rehabilitation of the 1873 Seely Brook double arch stone bridge on the Highlands Trail at Goosepond Mountain, various trail rehabilitation efforts on the Appalachian Trail and Long Path, and post-wildfire repairs at Sam's Point Preserve, to name a few. A project they're currently working on is the relocation of the Upper Nyack Trail from a road walk to the recently protected Marydell property. The dedication and efforts of Chris, Erik, Marty, David, Russ, and Jeff have been instrumental in improving crew safety, expanding the crew's technical skill set, and increasing volunteer numbers and hours over the years.

**Howard Liebmann**

Local Trail Chair: Northwest  
New Jersey

Howie has been the LTC chair for the Northwest Jersey region for six years. As a leader, Howie inspires those in his region to make a big difference by providing them with resources, recognizing them for their efforts, and fostering a culture of frequent, open communication. He is as well-organized, communicative, and punctual



as it is possible to be as a trail chair. He treats the role like a proper job position, and everything he does is to that professional standard. Howie has also built relationships with the local New Jersey Department of Environmental Protection State Park partners and represents the Trail Conference warmly and professionally. Howie has been faced with several difficult challenges during his time as trail chair, any one of which would be cause enough for many people to give up the role. His love of the job, however, was enough to keep him going strong even through personal loss and health issues. To not only continue working, but to do so to the highest possible standard, is worthy of special recognition.

**Karl Soehnlein**

Trail Supervisor: New Jersey  
Palisades

Karl began volunteering with the Trail Conference eight years ago. During that time, he took on many roles. Karl has served as a maintainer, sawyer, crew member, invasive plant surveyor, and trail supervisor. He has demonstrated his talent for teaching by leading Intro to Trail Maintenance workshops each year. He has proven to be an especially accomplished and passionate supervisor, effectively working with five park partners and scores of volunteers to produce the most maintainer work hours in the entire Palisades/Ramapo area.



**Art and Ellen White**

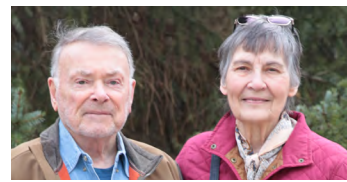
Trail Supervisors, Crew Leaders:  
Ringwood State Park

Over the past two decades, Art and Ellen's leadership has made the protection of trails and natural spaces in Ringwood possible. As co-trail supervisors for Ringwood State Park, Art and Ellen have been responsible for transforming our Ringwood trails into a sustainable multi-use

system. As leaders of the JORBA trail crew, they have devoted hundreds of hours each year to planning, organizing, and leading crew trips to restore and relocate old trail sections such as the Crossover Trail and Ringwood-Ramapo Trail, as well as to create new trails such as the Skylands Trail. Their combined efforts have produced pathways that imaginatively highlight the topography of Ringwood's ridges and valleys. The Whites' trail legacy will be enjoyed by hikers and bikers alike for decades to come.

**RAYMOND H. TORREY**  
AWARD FOR LIFETIME  
IMPACT

The Trail Conference's most prestigious award honors volunteers who embody our mission and uphold our values. This award is given to those who have made significant and lasting contributions that have impacted the trails, natural lands, people and/or operations of the Trail Conference.



**Estelle Anderson and Robert (Bob) Jonas**

Estelle Anderson  
Local Trail Chair: Central North  
Jersey; Sawyer Committee  
Chair; Trail Supervisor: Central  
North Jersey Morristown

Bob Jonas  
Local Trail Chair: Central  
North Jersey; Sawyer; Trail  
Supervisor: Central North Jersey  
Morristown

Bob and Estelle have touched almost every program and committee within the organization—particularly in their home state of New Jersey, where they co-chair the Central North Jersey region. They have led trail crews, taught workshops, trained countless trail maintainers, recruited volunteers at trailheads, designed and installed all manner of signage, negotiat-

ed trail access with dubious landowners, assisted with land acquisitions, contributed to multiple books, facilitated Regional Trails Councils, and otherwise excelled as volunteer leaders.

They have established many important new partners for the Trail Conference. Most recently, they've brought Morristown National Historic Park into the fold. This relationship brought an important new partner into our organization, pushed our southern N.J. boundary, and strengthened our connection to other NPS units.

Bob and Estelle demonstrate an unparalleled passion for trails and a commitment to meaningful volunteer leadership. They always have the organization's best interests at heart and speak from a position of vast experience and knowledge.

In addition to their amazing teamwork, they have each impacted the organization in their own unique ways:

As chair of the Chainsaw Committee, Estelle took on the massive task of coordinating, training, certifying, equipping, deploying, and collecting reports from sawyers across the entire Trail Conference domain. The sawyers' efforts are a critically important part of the work we do for many land managers and partners, and none of it would be possible without Estelle's contributions over the last seven years.

In the constant rush to get to the next big thing, it's easy to move ahead without looking back. Bob pushed for years to ensure that the Trail Conference's headquarters would dedicate secure space not just to technical and historic archives, but also to a public display area celebrating the history of the organization and the many volunteers who have made our mission possible. This important, permanent fixture is something that would not have been possible without Bob's commitment to preserving and celebrating our organization's long history.

## Saving Ecosystems and Native Habitats: The Journey of Ecological Stewardship Volunteering

Born in 2011, the Trail Conference's Ecological Stewardship program engages volunteers in the fight against invasive species. Controlling and ultimately eradicating these damaging pests and weeds is vital to protecting and restoring the natural habitats that surround our trails. Hundreds of outdoor lovers have volunteered with us in a variety of ways to combat invasives. Volunteers Cliff Berchtold, Arden Blumenthal, and Elaine Silverstein spoke at the Volunteer Appreciation event about their roles in the Ecological Stewardship journey. Here's

how it all comes together:

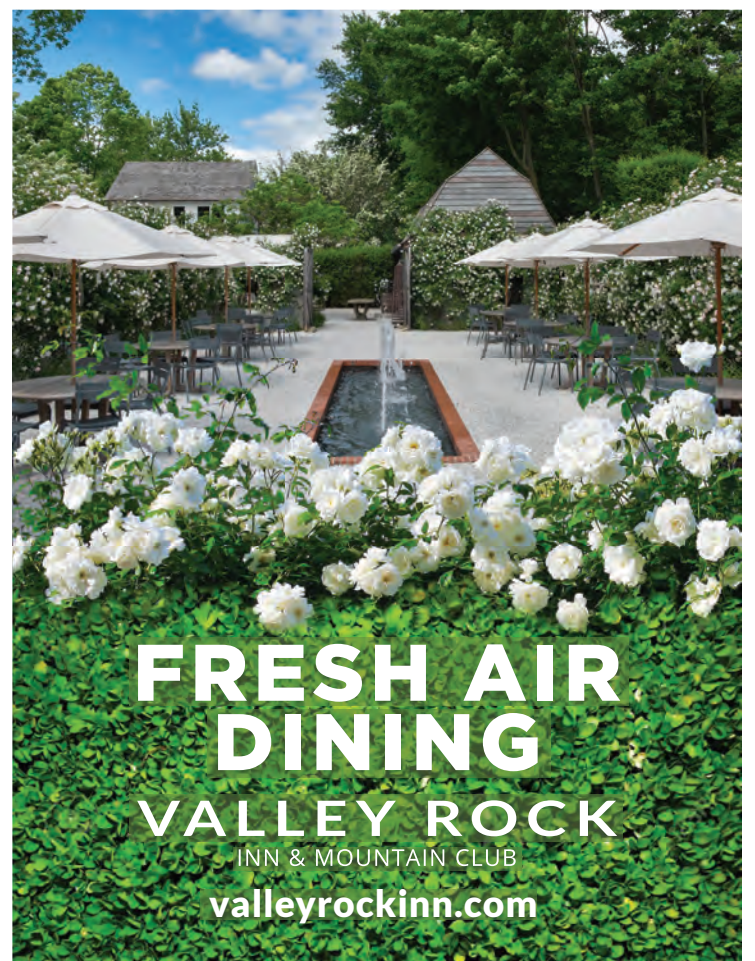
The journey starts with our volunteer surveyors. They are the eyes on the trail, identifying where various invasive species are present throughout the region. The newest members of our team, conservation dogs Dia and Fagen, also detect invasive populations. They are quite literally the noses on the trail, using their incredible sense of smell to identify the presence of emerging invasive species difficult—or near impossible—for the human eye to spot.

This survey data then comes back to the office,



where it's put into our system by data-entry volunteers. This information translates to maps that are used to determine where our Invasives Strike Force (ISF) crews target their removal efforts each season.

ISF Crew volunteers then remove the invasives encroaching on native habitats. Bringing us full circle are the Habitat Helper volunteers, who plant and manage a large variety of native species to foster ecosystem diversity. You can see a fine example of their native habitat cultivation on the grounds of Trail Conference Headquarters.



**FRESH AIR  
DINING**  
**VALLEY ROCK**  
INN & MOUNTAIN CLUB  
valleyrockinn.com

# PEOPLE FOR TRAILS TRAILS FOR PEOPLE

A quarterly look at some of what we have been doing to improve public access to nature.

## Improvements Ahead: A Preview of the 2020 Season

All throughout the region, from the Delaware Water Gap to New York City, up through the Hudson Valley and beyond, there are Trail Conference volunteers working hard to ensure our natural areas are protected and these special places are available for your enjoyment on great trails. Here's a sampling of the projects our volunteers and Conservation Corps members will be working on this season. Work days, workshops, and other events are posted year-round at [nynjtc.org/events](http://nynjtc.org/events). Help make it happen by supporting these folks at [nynjtc.org/donate](http://nynjtc.org/donate).

### NEW YORK

**TRAIL IMPROVEMENTS AROUND BREAKNECK:** The Conservation Corps' Taconic crews will be in the Hudson Highlands region, continuing last year's work making improvements to the Washburn Trail. They will also be completing the final stretch of work on the Undercliff Trail near Breakneck Ridge. The work at both sites will consist largely of rock quarrying and stone staircase construction.

**ADDITIONAL TRAIL IMPROVEMENTS IN HUDSON HIGHLANDS:** Exciting changes are afoot in the Hudson Highlands south of Cold Spring! Recent acquisitions by New York State Office of Parks, Recreation and Historic Preservation (OPRHP) will result in changes and improvements to trails at Arden Point/Glenclyffe and Castle Rock. The Trail Conference is also working with the Open Space Institute to improve trails at Glenclyffe.

**HARRIMAN TRAIL IMPROVEMENTS:** The Conservation Corps' Harriman crews will be working at several different sites in the western portion of Harriman State Park. They will be focusing on making improvements to a number of trails, including the Blue Disc Trail and the Ramapo-Dunderberg Trail. The work at these sites will be quite

varied, so volunteering with the Harriman crews will be a great way to learn many different trail-building skills!

**LONG PATH RELOCATION IN NORTHERN HARRIMAN:** Long Path Chair Andy Garrison will be leading work trips to complete the seasonal relocation of the Long Path from a road walk onto forested land in northern Harriman State Park. All are welcome. Hands-on training will be provided; no experience needed. Contact Andy at [srtmaintainer@gmail.com](mailto:srtmaintainer@gmail.com).

**MINNEWASKA TRAIL IMPROVEMENTS:** The Hudson Nor'Westers Trail Crew will be restoring trail at beautiful Minnewaska State Park Preserve. Contact Crew Chief Dave Webber ([webberd1@yahoo.com](mailto:webberd1@yahoo.com)) for details.

**TRAIL CLEARING ON THE SHAWANGUNK RIDGE:** Join a team of stalwart volunteers in re-opening trails that traverse blueberry fields on the Shawangunk Ridge this summer. Scenic views are included; a swim at the beach on Lake Awosting is possible. Contact Dave Webber at [webberd1@yahoo.com](mailto:webberd1@yahoo.com).

**TRAIL IMPROVEMENTS IN WESTCHESTER COUNTY:** The Westchester Trail Tramps Crew meets every Wednesday morning throughout the year to carry out regular trail maintenance and special trail repair and improvement projects. They work primarily in the northwestern part of Westchester with occasional projects elsewhere in the county. Contact co-leaders Connie Stern ([conniehikes@gmail.com](mailto:conniehikes@gmail.com)) or Michael Pashley ([michaelpashley@optonline.net](mailto:michaelpashley@optonline.net)) for more information.



Improving Westchester Trails: The Trail Tramps

**RESTORATION OF THE SPIDER HILL HOUSE:** Through the New York State Regional Economic Development Council Initiative, a grant of \$183,750 was awarded to the Trail Conference to rehabilitate the Spider Hill House on the Appalachian Trail at Bear Mountain State Park. Our goal is to repurpose this abandoned building as a new focal point and education center for the large and diverse crowds of visitors to Bear Mountain. In phase two of the ongoing Spider Hill House Adaptive Reuse Project, we will stabilize and rehabilitate the deteriorating building and develop interpretative signage for proposed exhibition space inside. Our thanks goes to New York State for investing in park infrastructure and education!

**MULTI-USE TRAIL CONSTRUCTION IN STERLING FOREST:** The Conservation Corps' Palisades Crew will be in Sterling Forest State Park working on trail tread improvements and reroutes along the McKeags and Redback trails. These will be multi-use trails, so if you are a mountain biker, please consider coming out to volunteer!

**UPPER NYACK TRAIL RELOCATION:** The Long Distance Trails Crew will be continuing the project of relocating the Upper Nyack Trail at the foot of Hook Mountain in Rockland County this spring and summer. They plan to be on the ground for three days every other weekend from spring onward. The work includes moving and setting rock, building crib wall and stone steps, excavating and laying soil for treadway, etc. All are welcome! No experience needed; training will be provided. Contact Crew Chief Chris Reyling at [chris\\_reyling@gmail.com](mailto:chris_reyling@gmail.com).

**VERKEERDERKILL FALLS TRAIL IMPROVEMENTS:** Help rehab the Verkeerderkill Falls Trail in Sam's Point Preserve by closing braided trails this summer.



The Long Distance Trails Crew is continuing work on the Upper Nyack Trail relocation in Rockland County, N.Y., this season.

**WELCH TRAIL EDUCATION CENTER IMPROVEMENTS:** Our gratitude goes to the Valley Rock Inn and Mountain Club for their generous \$50,000 donation to make the Welch Trail Education Center in Harriman State Park the training center our service members deserve. Their donation matches a gift from an anonymous donor who also believes in the power of supporting the next generation of conservation leaders. With this funding, we can make urgently needed improvements to accommodate 50 new Conservation Corps members in 2020. This support, and the education center it will enable us to build, helps us tackle large-scale projects, support volunteers, and put more advanced expertise to work on the ground.

### NEW JERSEY

**HASENCLEVER IRON TRAIL REOPENING:** For National Trails Day, June 6, the Trail Conference will be working alongside the Friends of Long Pond Ironworks on reopening the historic Hasenclever Iron Trail. For years the trail has been closed, severing blazed trail connectivity between Long Pond Ironworks and Ringwood State Park. With the permission of Passaic County and New Jersey Department of Environmental Protection, we will be blazing a new route to allow hikers to once again follow this trail. Everyone is welcome to join in, whether they are new to blazing or an experienced trail builder!

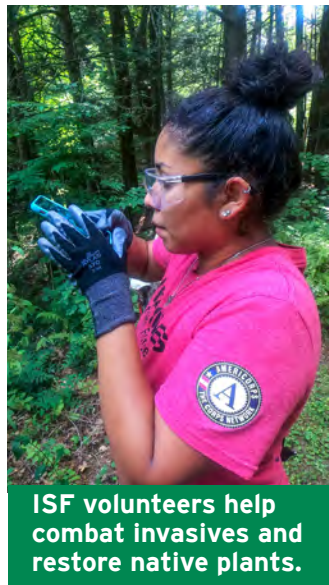
**MANATICUT POINT LOOP TRAIL LAKE SONOMA IMPROVEMENTS:** Northern Norvin Green is a place of great natural beauty, and a hidden gem compared to the popularity of nearby Wyanokie High Point. As in the past few years, the Trail Conference and MEVO Trail Crew will be collaborating on improvements to the Manaticut Point Loop trail in northern Norvin Green. In particular, this year will focus on improving the trail around Lake Sonoma and opening new vistas to that serene water body. Through workshops and work trips, volunteers will be invited to participate in this rewarding work.

**RAMAPO RESERVATION TRAIL IMPROVEMENTS:** The Conservation Corps' Ramapo Crew will be working at Ramapo Valley County Reservation next to Trail Conference Headquarters this year. They will be focusing their efforts on making improvements to the Pink Trail around MacMillan Reservoir, as well as continuing work along the Vista Loop Trail. The crew will be improving drainage, defining trail tread, and installing various stone trail structures.

**TERRACE POND/ABRAM S. HEWITT LOOP BLAZING:** Several New Jersey parks have already benefited from recent revisions to their longstanding trail networks, introducing new loops and connectivity options to better suit the needs of hikers. This year, several



additional trail networks are receiving similar attention. Based on input from hikers, volunteer leaders, trail stewards, search and rescue personnel, and park staff, we are looking to improve trails in Ringwood State Park, Ramapo Mountain State Forest, Abram S. Hewitt State Forest, and Wawayanda State Park's Terrace Pond area. The end result should be new hiking opportunities alongside intuitive changes to help make confusing trail networks more enjoyable. Stay tuned as we roll these changes out!



ISF volunteers help combat invasives and restore native plants.

## REGIONAL

**INVASIVE SPECIES DETECTION:** As an Invasives Strike Force survey volunteer, you'll learn easy ways to identify a set of invasive plants commonly found along our trails, as well as how to record and report information about their locations. Not only will you learn how to ID invasives, but you will also learn how to use mobile apps to help identify many types of organisms you are seeing along your hike. It truly takes the hiking experience to the next level!

**INVASIVE SPECIES REMOVAL:** Our Invasives Strike Force Crew is made up of volunteers dedicated to protecting native habitats by removing invasive plants. We work throughout the region from the Delaware Water Gap to eastern Bergen County in New Jersey and from Orange County and Westchester County up to Dutchess County in New York. Anyone can participate in the crew. You don't need to know anything about the plants; we provide on-the-job training! Just bring your work gloves and come help

us make a real difference in the park you love.

**RESTORE NATIVE HABITAT:** Interested in gardening and landscaping? Join other like-minded volunteers to plant native species, remove weeds, and learn about some of the native plants in our region all while improving the value of our surrounding landscape for pollinators and wildlife at Trail Conference Headquarters in Mahwah, N.J. You can also take what you've learned and apply it to your own yard.

# A 'Cabin' in the Woods



SNAPPER PETTA  
LEAN-TO CHAIR

Have you ever dreamed of having a cabin in the woods? One where you can sit on the front porch enjoying a warm mug of tea, cocoa, or even an adult beverage while gazing into the fire? Lean back; let the presence of the forest overtake you. Listen to the soothing sounds of the nearby brook. Quietly look upward. The sky has transitioned from blue to a deep purple. From there it seamlessly fades to black, where your gaze falls on the first star in the evening sky. Your wish? To experience many more nights like this. Eventually, a chill sets in. You pour water on the fire, check to be sure it's out, and retire inside for the reward you earned this day: a deep night's sleep in the wilderness.

Sound like a dream? One that's financially out of reach? That might be your initial thought. But substitute lean-to for cabin, Deacon's bench for front porch, and understand that your bedroom is a sleeping bag atop your favorite pad. Complete that short mental exercise and all of this is available to you through the Trail Conference's Adopt a Lean-to program.

Unlike a timeshare, adopting a lean-to in the Catskills allows you to pick your visitation dates with

no lock-outs. You also avoid those constantly increasing maintenance fees and taxes.

Are there any drawbacks? Well, if you mind sharing your piece of paradise with others, this might present a problem. On New York State forest lands, all lean-tos (aka: shelters and/or open camps) are available on a first-come, first-served basis. If you arrive and another party is already there, take the opportunity to share your special spot with them. As caretaker for the shelter, you'll be able to educate them on how to care for this unique wilderness resource. This simple act assures you become like the proverbial pebble tossed in a pond, creating ripples of stewardship. Be assured, your efforts will extend outward to a larger audience, helping to preserve our wild lands.

### What's the catch?

There are some expectations if you agree to adopt a lean-to, but they are minimal. First off, no one is required to hike in and spend the night at your adopted shelter. While you're always welcome to camp there, all of your work can be incorporated into a day trip.

Other than that, the general requirements include:

- ▶ Visit your shelter twice each year: once in the spring and again in the fall.
- ▶ Upon reaching the site, make a visual inspection of

the area, including the shelter, outhouse, and around the buildings.

▶ If you can, clear away anything that's lying against or on the shelter and clean the water source of debris.

▶ Check the outhouse and deposit dried leaves to aid in decomposition.

▶ Shovel the ash out of the fire pit, dispersing it throughout the area to rejuvenate the soil.

▶ Before leaving, pick up any trash you find and pack it out of the woods.

▶ When you return home, complete the minimal paperwork before sending it on to the Trail Conference representative.

While a complete list of responsibilities will be sent to you when you agree to volunteer for the program, this is the gist of your obligation. And don't worry—the program coordinator will accompany you on your first trip to show you the ropes and ease your transition into the program.

How do I know all this? My name is Snapper Petta and I've recently retired after 40 years of directing the SUNY Oneonta outdoor adventure program. For more than 20 years, our environmental service project has been to care for the Biscuit Brook and Shandaken shelters in conjunction with the Trail Conference and the NYS Dept. of Environmental Conservation, who work cooperatively on this program.

In the last two decades, visiting these shelters has instilled a "sense of place" in me. All the benefits I wrote about in the first paragraph are open to you as well by joining in the adventure that is the Adopt a Lean-to program. For more information, feel free to contact me anytime at [snapper.petta@oneonta.edu](mailto:snapper.petta@oneonta.edu).

And thanks, in advance, for your help. I look forward to having you join our sterling group of caretakers.



Follow volunteer Alex on Instagram @regretlessred.

# A Love Letter to the Long Path

Dear Long Path,

On January 27, I fell in love with you. I set out to trek all 358 miles of your urban, rugged and wild beauty not knowing exactly when or how I would complete you. I made it a priority or so a NEED to wake up early on weekends, commit to the early morning commutes from the city to find transportation up to reach you.

But little did I know you would bless me with new friendships who wanted to help along my journey. You taught me to live in the moment, to fight through the mental pain I've been suffering from, that I am capable of completing anything I set out to reach. You made me frustrated at times with your viewless climbs and rather long road walks but never once did I want to quit, I wanted to see what you had in store for me next.

What mostly came next was your endless beauty, your views, terrain, wildlife and plants, the smiles and memories you gave me to cherish. I faced my biggest fear running into a black

bear while solo and now I always hope to see another beautiful creature. You pushed me to make me stronger. You taught me to not only be a stronger hiker but a stronger woman. You taught me to fight through the pain and darkness to find the strength to move forward.

I pushed through 30 miles under 11 hours on Oct. 26 to cross the finish line after section-hiking on your stunning and wild trail over 10 months. I want you to know that I love you, I thank you, and I truly will never be the same because of you. Saying farewell to you is the hardest.

So I won't say goodbye. I've become a trail maintainer of a 1.5-mile section of the Long Path through Gonzaga Park, and I couldn't be more excited to give back to something that's been a huge part of my life this last year. This trail still needs a lot of work, and I really hope to make this section more enjoyable for those who trek through.

Love, Alex



Trail Conference volunteers can be caretakers of their own 'cabin' in the Catskills.

**In Memoriam**

**Peggy Fitzgerald**

Margaret “Peggy” Fitzgerald, an Invasives Strike Force volunteer and long-time Trail Conference member, passed away a few days before Christmas 2019. Peggy, 71, fell to her death after slipping on ice while hiking at Mohonk Preserve. She was a regular ISF trail crew volunteer since 2012, attending almost 30 volunteer workdays over the years. Peggy would travel wherever our events were being held and made an unforgettable impact on our memories and for the environment.



Although she was retired, Peggy was a great role model of physical health to our young crew. She sometimes would come to the workday after just returning from a weeklong bike trip. She often outworked the crew, and they would have to pull her away from the invasive shrubs when it was time to stop for the day. In 2014, the Invasives Strike Force crew nicknamed her the “energizer bunny” because she just kept going and going, and this apt nickname stuck.

She was a true asset and will be missed. We are all stunned by the loss of such an active person but we take comfort in knowing that Peggy passed while doing something she loved outdoors.

**Doug Ott**

Douglas Ott, 77, passed away on Dec. 17, 2019. He was a friend and advocate of the trails, particularly in and around his home of West Milford, N.J. He and his wife Carolyn invested countless hours volunteering in their community, mainly with the Friends of the Library. Doug was recognized with the 2009 Mary B. Haase Lifetime Volunteer Award, notably for his work on the local environmental commission. Employed at IT&T Defense in Nutley, N.J., from 1963 to 1998, Doug earned the Presidents Award and published an engineering book. An avid hiker, Doug, along with Carolyn and their daughters, logged miles on local trails and in Glacier National Park. He was a pleasure to know and will be missed.



**Resolve to Protect Nature and Inspire Adventure, Every Day**

Have you joined the #TrailLove365 journey yet?

This year, we’re asking our Trail Family to spread small acts of (trail) kindness. Every Friday in 2020, we are presenting a new challenge and celebrating the incredible spirit of this trail community. From picking up litter to cleaning your gear to supporting trailside businesses, the small steps we all take can have a big impact on protecting the outdoor spaces we share and love. Along the way, we’ll be sharing some of your stories to help inspire others, like these stories from Instagrammers. Be part of the do-good adventure on Facebook, Instagram, and Twitter. Find details

at [bit.ly/tc-traillove365](https://bit.ly/tc-traillove365).

**1** @Ruby\_Top\_of\_the\_Hills and friends are picking up trash on their hikes. Pictured is their first find; by the end of the hike, they had a bag full of trash! Awesome work!

**2** @TotalCatskills is working his way through his own list of trailside restaurants and having a grand time supporting local businesses.

**3** For Valentine’s Day, @Trailologist encouraged others to be their favorite trail’s valentine by riding the freeze and dirt, and not adventuring during the thaw and mud.



MICHELLE RICE/SASSQUAD TRAIL RUNNING

**Running for Fun—and a Good Cause**

Big thanks to Sassquad Trail Running not only for being a great partner, but also for hosting fun trail running events for all paces and abilities. Sassquad held the first annual Squatchy Onesie

Fest 5k-Marathon on Feb. 15, which featured 83 runners between the ages of 7 and 87 who donned their warmest pajamas to participate in the race. Proceeds from the event went to supporting the Trail Conference mission. For more trail running fun, visit [sassquadtrailrunning.com](https://sassquadtrailrunning.com).

**Hikers' Directory**

Can't find your club? This list represents all Trail Conference member clubs whose dues are up-to-date. If you have questions about your club's status, please ask your officers to contact the Membership and Development team at 201-512-9348.

**ADK Long Island**  
[www.adkli.org](http://www.adkli.org)

**ADK Mid-Hudson Chapter**  
[www.midhudsonadk.org](http://www.midhudsonadk.org)

**ADK Mohican Chapter**  
[www.adkmohican.org](http://www.adkmohican.org)

**ADK New York Chapter**  
[www.adkny.org](http://www.adkny.org)

**ADK North Jersey Ramapo Chapter**  
[www.hudsonhikers.org](http://www.hudsonhikers.org)

**AMC Mohawk Hudson Chapter**  
[www.amcmohawkhudson.org/](http://www.amcmohawkhudson.org/)

**AMC New York North Jersey Chapter**  
[www.amc-ny.org](http://www.amc-ny.org)

**Black Rock Forest Inc.**  
[www.blackrockforest.org](http://www.blackrockforest.org)

**Boy Scout Troop 8, Brooklyn**

**Boy Scouts of America-Northern NJ Council**  
[www.nnjbsa.org](http://www.nnjbsa.org)

**Canal Society of New Jersey**  
[www.canalsocietynj.org](http://www.canalsocietynj.org)

**Catskill 3500 Club**  
[www.catskill-3500-club.org](http://www.catskill-3500-club.org)

**Catskill Mountain Club**  
[www.catskillmountainclub.org](http://www.catskillmountainclub.org)

**Chinese Mountain Club of New York**  
[www.cmcny.org](http://www.cmcny.org)

**Closter Nature Center Association**  
[www.closternaturecenter.org](http://www.closternaturecenter.org)

**Dyke Hikes**  
[www.meetup.com/Dyke-Hikes](http://www.meetup.com/Dyke-Hikes)

**East Hampton Trails Preservation Society**  
[www.ehtps.org](http://www.ehtps.org)

**Flat Rock Brook Nature Association**  
[www.flatrockbrook.org](http://www.flatrockbrook.org)

**Friends of Garret Mountain Reservation**  
[friendsofgarretmountain.blogspot.com](http://friendsofgarretmountain.blogspot.com)

**Friends of Pelham Bay Park**  
[www.pelhambaypark.org](http://www.pelhambaypark.org)

**Friends of the Hackensack River Greenway in Teaneck**  
[www.teaneckgreenway.org](http://www.teaneckgreenway.org)

**Friends of the Old Croton Aqueduct, Inc.**  
[aqueduct.org](http://aqueduct.org)

**Friends Of The Shawangunks**  
[shawangunks.org](http://shawangunks.org)

**Hilltop Conservancy, Inc.**  
[www.hilltopconservancy.org](http://www.hilltopconservancy.org)

**Hunterdon Hiking Club**  
[www.hunterdonhikingclub.org](http://www.hunterdonhikingclub.org)

**Interstate Hiking Club**  
[www.interstatehikingclub.org](http://www.interstatehikingclub.org)

**Jolly Rovers Trail Crew Inc.**  
[jollyrovers.org](http://jollyrovers.org)

**Little Stony Point Citizens Association**  
[www.littlestonypoint.org](http://www.littlestonypoint.org)

**Long Path North Hiking Club**  
[www.schoharie-conservation.org](http://www.schoharie-conservation.org)

**Manitoga / The Russel Wright Design Center**

**Mohonk Preserve**  
[www.mohonkpreserve.org](http://www.mohonkpreserve.org)

**Monmouth County Park System**

**Morris County Park Commission**  
[www.morrisparks.net](http://www.morrisparks.net)

**Nassau Hiking and Outdoor Club**  
[www.nassauhiking.org](http://www.nassauhiking.org)

**The Nature Place Day Camp**  
[thenatureplace.com](http://thenatureplace.com)

**Nelsonville Greenway Committee**  
[VillageofNelsonville.org](http://VillageofNelsonville.org)

**New Jersey Highlands Coalition**  
[www.njhighlandscoalition.org](http://www.njhighlandscoalition.org)

**New Jersey Search and Rescue Inc.**  
[www.njsar.org](http://www.njsar.org)

**New York Alpine Club**

**New York Ramblers**  
[www.nyramblers.org](http://www.nyramblers.org)

**The Outdoors Club, Inc.**  
[outdoorsclubny.org](http://outdoorsclubny.org)

**Palisades Parks Conservancy**

**Pine Hill Community Center**  
[www.pinehillcommunitycenter.org](http://www.pinehillcommunitycenter.org)

**Protect Our Wetlands, Water & Woods (POWWW)**  
[box292.bluehost.com/~powwworg](http://box292.bluehost.com/~powwworg)

**Rock Lodge Club**  
[www.rocklodge.com](http://www.rocklodge.com)

**RPH Cabin Volunteers**  
[rphcabin.org](http://rphcabin.org)

**SAJ - Society for the Advancement of Judaism**  
[www.thesaj.org](http://www.thesaj.org)

**Salt Shakers Trail Running Club**  
[www.saltshakersrun.com](http://www.saltshakersrun.com)

**Sierra Club Lower Hudson Group**  
[www.sierraclub.org/atlantic/lower-hudson](http://www.sierraclub.org/atlantic/lower-hudson)

**Sierra Club Mid-Hudson Group**  
[sierraclub.org/atlantic/mid-hudson](http://sierraclub.org/atlantic/mid-hudson)

**South Mountain Conservancy Inc.**  
[www.somocon.org](http://www.somocon.org)

**Sundance Outdoor Adventure Society**  
[www.meetup.com/Sundance-Outdoor-Adventure-Society](http://www.meetup.com/Sundance-Outdoor-Adventure-Society)

**Take A Hike! N.J.**  
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**Teatown Lake Reservation**  
[www.teatown.org](http://www.teatown.org)

**Tenafly Nature Center Association**  
[www.tenaflynaturecenter.org](http://www.tenaflynaturecenter.org)

**Thendara Mountain Club**  
[www.thendaramountainclub.org](http://www.thendaramountainclub.org)

**Town of Lewisboro**  
[www.lewisborogov.com/parksrec](http://www.lewisborogov.com/parksrec)

**TriState Ramblers**  
[www.tristateramblers.org](http://www.tristateramblers.org)

**Urban Trail Conference, Inc.**  
[www.urbantrail.org](http://www.urbantrail.org)

**Valley Stream Hiking Club**  
[www.meetup.com/vshclub](http://www.meetup.com/vshclub)

**Warren County Board of Recreation Commissioners**  
[www.warrenparks.com](http://www.warrenparks.com)

**Westchester Trails Association**  
[www.westhike.org](http://www.westhike.org)

# The Gift of Generosity



**ROBERT C. ROSS**  
TRAIL CONFERENCE  
LIFE MEMBER

Over the years, I've learned that generosity is paradoxical. By giving, I receive back; by spending myself for others' wellbeing, I enhance my own wellbeing.

Even as a little kid, I was generous. In this picture I am 2, happy, eager to see what is going to happen next. I have a block in my hand, and my mom told me I wanted to give it to a little girl I heard crying in the next room in the hopes of cheering her up. I am truly blessed that instinct is alive and well in me today.

So it was with great interest that I read *The Paradox of Generosity* by Christian Smith and Hilary Davidson. The book is a broad sociological



study of a wide range of Americans proving the scientific basis that generosity really works.

First, the authors have found that the more generous Americans are, the more happiness, health, and purpose in life they enjoy. This association between generous practices and personal wellbeing is strong and highly consistent across a variety of types of generous practices and measures of wellbeing.

Second, they believe that generous practices actually create enhanced personal wellbeing. Certain well-known, causal mechanisms explain to them the specific ways that generous practices shape positive wellbeing outcomes.

Third, the way Americans talk about generosity confirms and illustrates the first two points. The paradox of generosity is evident in the lives of Americans.

Despite all of this, it turns out that many Americans fail

to live generous lives. A lot of Americans are indeed very generous—but even more are not. And so, the latter are deprived, by their lack of generosity, of the greater wellbeing that generous practices would likely afford them. This is the second paradox of generosity.

Many wise writers, philosophers, religious teachers, sages, and mystics have been teaching us about the paradox of generosity for thousands of years. What today's empirical social science research tells us only confirms what we might have known all along, had we trusted traditional teachers. As Smith and Davidson write: "That, in brief, is the story of this book."

That leaves for each of us: Will we live generous lives, or won't we?

For me, the answer is simple: It makes me very happy to not have to think about giving things away.

## Trail Angel Society Founding Members

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## The Impact of Trail Angels' Forethought

For 100 years, the Trail Conference has been a vital, vibrant organization caring for public lands and helping people connect with nature. That's only thanks to the incredible generosity of the volunteers and supporters who donate their time and resources to protect green-space in this region—the

most densely populated region in the nation.

We are grateful for the foresight of those in the early 1900s—and those who have come since—who insisted on keeping so many wild places throughout the greater New York metropolitan area wild. And we are grateful for the forethought of those who commit to the continued protection of those lands by joining the Trail Angel Society.

Members of this special

group have chosen to secure the Trail Conference's future through planned gifts. They share the common bond of generosity and vision to ensure that the trails and natural areas we share are sustainable and accessible for all to enjoy for generations to come. We invite you to join with others who share that passion by becoming a founding member of the Trail Angel Society.

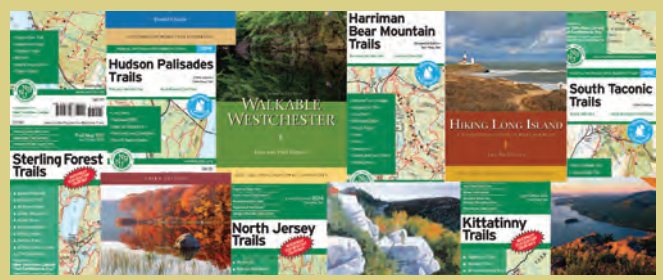
By filling out the form at [nynjtc.org/trail\\_angel](http://nynjtc.org/trail_angel), you

will ensure the Trail Conference benefits from the philanthropy of our Trail Angels both now and in the future. For every intention form we receive, a generous donor will give the Trail Conference \$500 to support our efforts today.

For further questions, please visit [nynjtc.org/content/trail-angel-society](http://nynjtc.org/content/trail-angel-society) or contact Membership and Development Director Don Weise at [dweise@nynjtc.org](mailto:dweise@nynjtc.org) or 201.512.9348 x813.

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Find all of our publications and select trail guides from others at [nynjtc.org](http://nynjtc.org), and get your member discount!

## A Note to Our Future Corps Members

It is hard to put into words exactly what my Trail Conference Conservation Corps experience has meant to me. I believe it is an understatement to say that it is an opportunity that will shape your future.

Every day I wake up with a deep appreciation for the impact this has had on my character and my perspective of life. It is truly a unique experience to not only connect with nature, but also to do it as your job! You will consider the devotion of like-minded individuals, reflect on your past experiences with nature, and realize how much thought and perseverance it takes to care for the things you love. I have never been so immersed in a community of strangers that became so much like family.

There are many things I loved about this experience. To begin with, cabin life is not easy. However, if I could live at the Welch Trail Education Center year-round, I absolutely would! You will truly experience the changes in seasons, and although you will struggle staying warm at night in cooler temperatures, or wish you had 10 fans in a summer-



**Kathleen served on the Aquatic Invasives Crew.**

heated cabin, you will have the opportunity to appreciate the life that comes with this change.

The silence of nature has a whole different meaning to me now. I will never forget the echoing sounds of spring peepers in the night. For the month of June, I slept outside in my tent. Thunderstorms became a lot louder, and heavy rain blocked out my fear of animals in the night. It wasn't until July, after hearing grunting and heavy steps outside my tent, that I decided I had endured the hard platforms enough. (A sleeping pad is HIGHLY recommended.) Days later, mama and two baby bears reminded me exactly where I had laid down my tent.

The seasons will bring a fas-

ination and intuition to your surroundings. You may notice how August is the month of mushrooms or how when you think the foliage is on its way out, flowers will pop up in September. It can be quite comforting to feel the life around you. Take this in. It could be an experience that becomes a glimpse into your future.

The work will be difficult. The physical labor can feel arduous. But remember, it will be worth it. You have the opportunity to make an impact on the environment; those you come into contact with and help educate will create a ripple effect for future generations. In that, there is no doubt this opportunity will be rewarding. I imagine no greater feeling than looking back on all the challenges you have faced to build a trail, survey a lake, or remove invasive species, knowing that park will be enjoyed for decades by people from all walks of life. Your potential is endless. I encourage you to share your passion with those around you and to follow this journey exactly where your heart leads you!

**Kathleen Bezik,**  
Executive Assistant

# Come Explore the 'Living Laboratory' of Black Rock Forest

Black Rock Forest in Cornwall, N.Y., features dramatic topography, numerous lakes and streams, and a high diversity of species and habitat, making it a valuable place for research opportunity as well as hikes. Located just north of Harriman and west of Storm King state parks, it functions as a 3,914-acre "living laboratory" dedicated to advancing the scientific understanding of the natural world through programs in research, education, and conservation. As a scientific field station that is also open to the public for day use, Black Rock Forest is an incredible resource for exploring and learning about nature in the Hudson Valley.

The Scenic Trail on the west side of the forest is a very rewarding out-and-back hike option for moderate effort. Co-aligned with the Highlands Trail, it's a 1.35-mile (each way) trek that packs in a magnificent seasonal waterfall, diverse habitat, and views that stretch to the Catskills. It also features the work of the Trail Conference's Hudson Nor'Westers Trail Crew, who have remediated several wet and/or eroded

## FEATURED HIKE

### Details

- ▶ **Trail:** Scenic Trail/ Highlands Trail
- ▶ **Park:** Black Rock Forest, Orange County, N.Y.
- ▶ **Difficulty:** Easy to Moderate
- ▶ **Length:** 3 miles, out and back
- ▶ **Dogs:** Allowed on leash
- ▶ **Features:** Views, waterfall

Read the full hike description at [bit.ly/tc-brfffh](http://bit.ly/tc-brfffh).

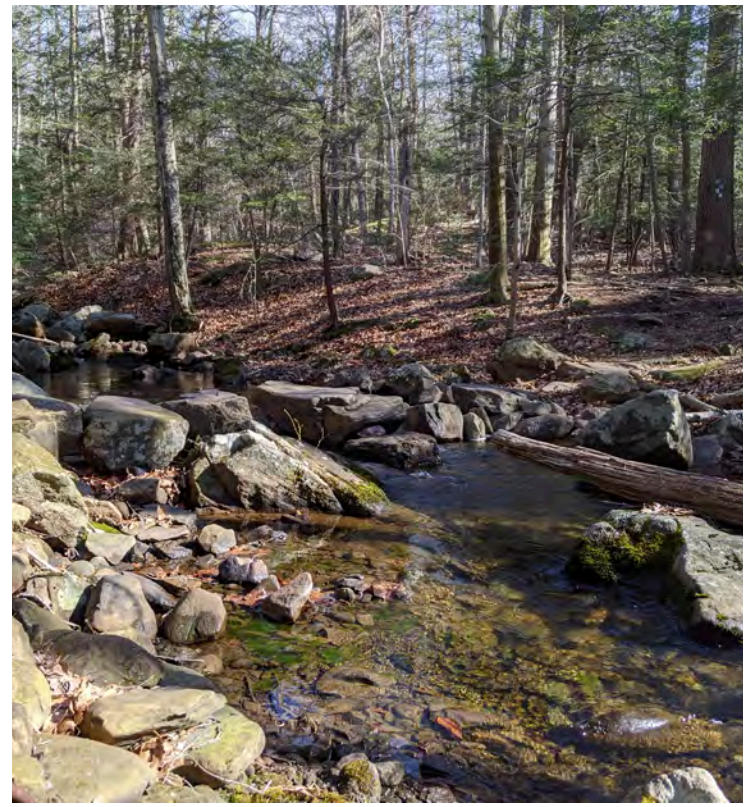
areas of the trail over the years.

You'll find the trailhead on Old Mineral Springs Road, where there is pull-off parking for several cars. This road is

owned and maintained by the town and clearly marks where parking ends. The Scenic Trail (white blazes)-Highlands Trail (teal diamond blazes) hike starts on an old woods road. Walk beyond the gate, and in just about a quarter mile, bear right to arrive at the Mineral Springs Waterfall—a lovely spot for both quiet meditation and a photo opp. Turn back 100 feet, and you'll see the trail continuing to your right, up around the waterfall. You'll also see tall, black mesh fencing as you climb this section—a reminder that Black Rock Forest is an active research center. The fencing is in place to keep deer out and to encourage recovery of native species that have been trampled from overuse.

The trail skirts walls of rock as it climbs along the waterfall. Hikers are asked to remain on the trail and not venture near the falls to avoid both injury and the impacts of erosion. In an effort to create a safe experience and sustainable trail that will last decades, the Hudson Nor'Westers Crew built a beautiful stone staircase along this section in 2019.

Enjoy the view and the



splendidly built trail, then continue your rolling ascent along the stream through hemlock groves, mountain laurel, and a young birch forest. Along the way you'll encounter additional handiwork of the Nor'Westers Crew in the form of two stepping stone bridges. In little time, Jupiter's Boulder will appear to your left, marking the turnaround point for this hike. Pausing at this glacier erratic, enjoy the views of Schunmunk Mountain to your right, the Shawangunk Ridge beyond it, and the Catskill Mountains rising in the distance. Soak in this opportunity to connect with nature, turn back, and follow the white and teal blazes back to the trailhead.

### Volunteers Wanted!

The beauty of Black Rock Forest remains accessible to the public thanks to the Trail Conference volunteers who care for its 27 miles of trails. If you'd like to be a part of the community that keeps this special place walkable for visitors, please consider adopting a trail to maintain! No experience is necessary; we'll teach you everything you need to know about keeping a trail in good repair. Find out how to get involved by emailing [volunteer@nynjtc.org](mailto:volunteer@nynjtc.org).

## Join the Trail Conference, Get Great Deals

Check out some of the latest Trail Conference Retail Partners and their great members-only discounts. Visit [nynjtc.org/retail-partners](http://nynjtc.org/retail-partners) for full details on all partner discounts.



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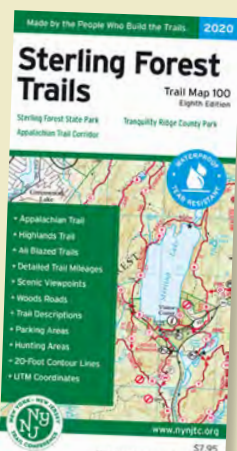


**Harbee Beekeeping**  
▶ 10% of online honey purchases go to the Trail Conference. Available for purchase at Trail Conference Headquarters, where \$5 per pound and \$2 per half pound proceeds are donated.  
[harbeebeekeeping.com](http://harbeebeekeeping.com)

## Sterling Forest Map Update Features New Trails

Featuring several new trails and trail adjustments, a revised 8th edition of the Sterling Forest Trails map will be available this spring. The map covers more than 175 miles of marked trails in Sterling Forest State Park and nearby parklands, including more than 18 miles each of the Appalachian Trail and Highlands Trail. All trails include detailed, junction-to-junction trail mileage numbers.

Twenty years ago, the Trail Conference published the 1st edition of



the Sterling Forest Trails map as our very first digitally produced map. That map paved the way for much of the mapping work over the past two decades. The trail system in Sterling Forest State Park has changed significantly since 2000, and this revised, 8th


edition includes the latest trail additions and relocations. The most significant change is the addition of nearly 7 miles of newly constructed multi-use trails. These trails, including the Hutchinson and Munsee-Eagle trails, were built by one of the Trail Conference's AmeriCorps crews

with assistance from many volunteers, including those from local biking groups JORBA and PMTB.


Further updates to the map include the addition and adjustment of several parking lots and the addition of newly protected lands, including those protected by the Trail Conference and Orange County Land Trust. Many other updates make this revised map a must-have for anyone looking to explore Sterling Forest State Park.

Additional map features include parking areas, scenic viewpoints, waterfalls, historical ruins, and other points of interest. The map front includes UTM gridlines. The map back includes detailed descriptions for most of the

trails in the park.

The Sterling Forest Trails map will be available in print format in vibrant color on our popular waterproof, tear-resistant Tyvek, by shopping online at [nynjtc.org](http://nynjtc.org), or by visiting our headquarters. It will also be available in digital format on Apple and Android devices through the Avenza Maps app. Learn more about our GPS-enhanced maps at [nynjtc.org/pdfmaps](http://nynjtc.org/pdfmaps).  Jeremy Appar

*Special thanks to volunteer project manager John Mack and all the volunteers and park partners who helped create this map revision! This map was produced with support from Valley Rock Inn and Mountain Club.*



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