Moving Out of Our Comfort Zone

They say that a leader is someone you follow somewhere that you really want to go, but are afraid to go on your own. Well, if that is true, then I have met some awesome leaders in ADK–Long Island.

It was about a dozen years ago, when I came to an ADK–LI meeting and started asking Arlene Scholer questions about snowshoes. I had never gone for more than some short winter walks and the whole crampon, snowshoe, ice and cold business was a mystery to me. She responded by suggesting that I rent a pair of snowshoes and join her on a hike up Balsam Lake Mountain in the Catskills.

It was absolutely magic! Arlene remembers my telling her that I was going to quit my day job and hike winter trails full time. It wasn’t long before I started enticing others to try out something new: to move out into the cold and crisp world of winter hiking. Such is great leadership.

Winter is a great time to move out of your comfort zone and try something new. Cold, ice, snow, and wind put a new face on familiar trails, and add just enough bite to turn even familiar trails into a bit of an adventure. But today’s fleece, MicroSpikes, cross-country skis, and snowshoes are more than equal to the task. My favorite part of winter is that the rocks, roots and mud that send us tripping and squishing down the trail the rest of the year are frozen solid and paved over.

As fall brings us closer to the cold months we’ll have a great program at our November meeting to introduce you — hands on — to the gear and techniques that can help you conquer winter.

Of course, we are also are planning some great winter hikes and adventures. So why not take a step out of your comfort zone into this wonderful season...actually, you’ll be expanding your comfort zone. And it won’t be long before you are inviting others to take a step into this most wonderful and beautiful season.
Tick Information from a School Nurse...Tick infestation is an ongoing problem. "I had a pediatrician tell me what she believes is the best way to remove a tick. This is great because it works in those places where it's sometimes difficult to get to with tweezers: between toes, in the middle of a head full of dark hair, etc. Apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and swab it for a few seconds (15-20); the tick will come out on its own and be stuck to the cotton ball when you lift it away. This technique has worked every time I've used it (and that was frequently), and it's much less traumatic for the patient and easier for me..." [L.I. State Parks booklet on ticks available at our Yahoo Group "Files" folder: http://tinyurl.com/pblmhbd]

"Are You Out of Your Mind?" was a common question when a mother was questioned about climbing the 48 peaks in New Hampshire with her 5-year-old daughter who asked to start the challenge. "UP - A Mother and Daughter's Peakbagging Adventure" by Patricia Ellis Herr was brought to my attention by Lillian Burton, a long-time ADK member. The story is written in an entertaining and informative way that could help any family wanting to introduce any level of hiking to interested children. The author says, "Take the time to figure out how to do it correctly, then go to it with a giant spirit of adventure and enjoy the climb."

One Man's Perspective on People and Nature... Listen to the Sunrise..."There is no turkey slung over my shoulder as I hike back to my truck. But I smile as I listen to the distinct cry of a pileated woodpecker and watch its undulating flight. Its call prompts the boggler to sound off one more time. It is just the tom’s way of letting me know he is still there. And although I return without a turkey, I go home with a different kind of bounty; one I receive every time I make a trip into the early-morning woods. It’s a fight that carries more weight than the heaviest tom. I took the time to listen to the sunrise." (From New York State Conservationist, April 2013)
"Where am I?"
New Outdoor Learning Series
will show you the way with
map and compass outings.

Want to learn how to use a map and compass in a workshop setting and on a hike? Tom Farre and Jerry Licht are offering two skill-building opportunities.

- November 16: Tom’s workshop — learn to read a map, use a compass, and put them together to plot a course. Includes a short hike to apply your new skills.
- November 23: Jerry will lead a hike in Harriman with an option to practice basic map reading and navigation skills. For details see the Outings Schedule page 5.

Hunting season has begun in New York State and New Jersey, and will continue in various configurations through this year and early 2014. Hunters with firearms and/or bows and arrows may be active in the woods in or near hiking, camping and other recreational sites. Dates for the many “seasons” depend on game species, locations and local regulations. You must check for the areas and dates you will be hiking.

The NY/NJ Trail Conference web site has schedules for some deer and small game hunting in New York and New Jersey, as well as a list of hiking areas where hunting is not allowed. They also strongly suggest hikers wear bright “hunter” orange clothing or vests. The Trail Conference’s hunting info online:

New York State has clear information for all areas at its web site: http://www.dec.ny.gov/outdoor/65231.html

NYS also has a summary of hunting areas in PDF (Acrobat) format you can download or print out to carry with you: http://tinyurl.com/q8t8jdh

New Jersey hunting regulations can be confusing. Each park or area can have its own rules and dates, so you need to check into each park to make sure. Information about the various hunting seasons in NJ is almost impossible to find on the state’s web sites. Luckily, njHiking.com took the trouble to sort out much of the info and post it. Thank you, NJ Hiking! Use this link to go to njHiking.com’s page on New Jersey hunting: http://tinyurl.com/lzv4kec

Or try to figure out the State’s own web page: http://www.nj.gov/dep/fgw/hunting.htm

Where Is the ADK-LI Plaque? Get Your New Clues Here!

This is also prime Plaque hunting season. The leaves are off the trees. The Catskills aren’t frozen solid yet. What more do you need? How about some more clues! Okay, here they are. The new clues are in bold type. Read ‘em and seek! Find the Plaque and you get free ADK-LI membership for a year and a place in our chapter’s history. Then you get to hide the Plaque again!

My song from a famous Rock & Roll group will guide you where to start.

Like some of you, I am new.

Looking from the viewpoint are the Catskill’s highest peaks.

From this point, retrace the trail steps through the rock wall passage until the first Birch tree indicates a turn. While the markers indicate a right, you must turn left, off the trail.

Where a slanted boulder meets the trunk of another birch tree with three branches, there under three rocks will be my surprise. The prize is just below the 3500 line.

Standing atop of a boulder that looks like a picnic table, is a view to a trail-less peak.

Belmont is not the only place the Triple Crown winner can be seen.

SPEND A WEEK IN
THE ADIRONDACK HIGH PEAKS
at JOHNS BROOK LODGE
JULY 27 to AUGUST 1, 2014

This is an A-rated (strenuous) 6-day/5-night outing among the Adirondack High Peaks at ADK’s recently renovated Johns Brook Lodge. JBL is a 3.4-mile hike in from The Garden parking lot, and gives us a convenient base camp for High Peaks hiking. From the lodge it’s possible to climb nine of the high peaks, and enjoy spectacular views.

JBL provides bunk accommodations with pillows and wool blankets. Stay includes breakfast, dinner and trail lunch. There are two washrooms with running water, vault toilets, but no showers.

Cost: $315 for ADK members. $365 non-members. For detailed information, contact Sue Kenyon: e-mail snowsusie88@yahoo.com or call 917-613-2042.
LONG ISLAND ADK OUTINGS SCHEDULE FOR NOVEMBER — DECEMBER 2013

LEADERS: To list Outings in JANUARY-FEBRUARY 2014 Mountaineer, send them to adkli_leaders@yahoogroups.com

Following your outing, be sure to mail the “Release of Liability/Sign-In Form” to Bill Scheider, 2631 Central Ave., Baldwin, NY 11510-3634. Also send “Trip Report” to Micheline Kagan at mfkagan@gmail.com

Forms for leaders can be downloaded from www.adkli.org Click on the “For Leaders” tab.

HIKERS: Be sure to check www.adkli.org for additional outings, cancellations and changes to the schedule!

WINTER ALERT: Check whether the hike you’re interested in requires “full winter gear.” Snowshoes can be rented or purchased; prices vary greatly. Reserve rentals early – supply is usually limited. Traction aids, i.e. MicroSpikes, StabiliCers (about $60), and crampons for ice ($95 to $200) must be purchased. REI and Eastern Mountain Sports sell traction aids and crampons, and snowshoes; also rent snowshoes. Campmor: gear for sale only. EMS: Glen Cove Road, Carle Place, 516-747-7360. REI: Glen Cove Road, Carle Place, 516 873 8540. Campmor: Route 17, Saddle River, New Jersey; product info: 800-525-4784; orders: 800-226-7667.

CARPOOLING/PARKING LOCATIONS

MEETING PLACE IS LEADER’S CHOICE. HIKERS: BE SURE TO ASK LEADER PLACE AND TIME TO MEET. Most Outings meet at one of the following locations for carpooling:

Christopher Morley Park parking lot (Searingtown Road, just north of LIE Exit 36.) In parking lot, turn right and go to end, the Park & Ride area.

Lake Success Shopping Center (Union Tpke, west of New Hyde Park Road) LIE to Exit 34 or Northern State Pkwy to Exit 26, New Hyde Park Rd south. After gas station, turn right on to Union Tpke. Turn left at first traffic light to enter Lake Success Shopping Center. Turn left and go past HSBC bank for carpool site. Park at east end of lot.

OUTING RULES AND PROCEDURES – PLEASE READ

REGISTRATION IS REQUIRED FOR ALL OUTINGS. Call leader several days in advance if you have any questions. Leaders accept reservations on a first-come, first-served basis after the outing is officially listed in the Mountaineer or on the Outings page at the ADK-LI web site – www.adkli.org

Leaders may refuse to take anyone not registered or prepared. Registered participants are expected to show up or call the leader to cancel. Simply sending or leaving a message does not constitute registration. If you do not receive a reply to your message, it is your responsibility to follow up and contact the leader prior to the deadline for registration. Participants should provide leader with their phone numbers in case of last minute changes.

Guests are welcome on all outings. Where space is limited, members of the ADK Long Island chapter will have priority. If you go on two or more outings, please help support the Adirondack Mountain Club and the L. I. chapter by becoming a member Go to www.adkli.org and click “Join.” Be sure to select “Long Island Chapter” for your affiliation.

GROUND RULES

Minors (younger than 18 years) must have signed permission of a parent or guardian. Participants are responsible for their own safety and comfort. Food, snacks, water and extra clothing/raingear must be carried by participant. Check with leader to learn of any special requirements for the hike. Hiking boots are recommended for all ADK hikes.

CARPOOL RATES

A $5 surcharge will be added to the following suggested guidelines whenever gasoline prices are more than $4 per gallon. Carpool rates shown are for roundtrip per rider: L.I. East End $10, Harriman $18, Shawangunks $25, Catskills $35, Adirondacks $60 (all rates for roundtrip.) For upstate rides: If 2 riders, deduct $2 each; 3 riders deduct $3 each; 4 riders deduct $4 each from these rates. Drivers set the final rate. Leaders should try to equalize number of riders in each car.

HIKE CLASSIFICATIONS

(Hike classifications are subjective. If you are uncertain if you are up to the hike, consult the leader.)

A: Strenuous, long distances over rugged terrain with lots of climbing or more than 35 miles on bike.

B: Moderate, shorter distances with less climbing or 10-30 miles on bike. Moderate hikes may have some steep climbing and/or rugged terrain, but are less demanding than strenuous hikes.

C: Easy, short distance over flat terrain at a leisurely pace or 10 miles or less on bike. Suitable for beginners.
Outings Schedule

Be sure to check www.adkli.org for latest updates, additions, changes and corrections.

- Tuesday, November 5. ADK-LI Meeting — All Welcome. “Hands-on Winter Hiking Gear!” Want to learn about which proven winter hiking gear to buy without making costly mistakes? This program is for you. Experienced winter hikers will have a range of gear at various “gear stations,” where you can kick the tires and discuss the pros and cons of different options and brands. Moderator: Ed Moran, ADK-LI Program Chairman. See time, place, directions on back page.

- C Saturday, November 9. Avalon Park Preserve, Stony Brook. 140 acres of protected land for wildlife habitat and human enjoyment feature a dramatic restoration of native plantings that blends art, design and restoration ecology. We’ll take the boardwalk along scenic Mill Pond, through woodland gardens, and wildflower fields. We’ll also trace the stone labyrinth that represents the progressive stages of our existence, from infancy to old age, and symbolizes the joyful and painful in our lives. Hiking distance is three miles. For people who want to do an additional distance, we’ll drive 5 minutes to West Meadow Beach and walk one mile on the beach to the land spit where historic Gamecock Cottage sits (built in 1876, now in the National Register of Historic Places)., and walk back on a scenic nature walk to our car. Register with leader Yoshiko Takeshita at 631-848-6432 or by e-mail to yoshiko11790@verizon.net Please include your phone number for possible last-minute changes.

- A Saturday, November 9 — Blackhead and Black Dome, Catskills. 7 miles / approx. 2400-ft. elevation gain. This will be a moderately paced but strenuous trail hike over two peaks featuring some classic Catskill viewpoints. Sections of the hike are steep and ledgy. Please register with leader Ed Moran at ed.moran@gmail.com or by phone at 631-724-4540 by 8 p.m. on Wednesday November 6.

- C Saturday, November 16 — Teatown Lake Reservation, a Nature Preserve and Education Center, Hudson Valley. We’ll enjoy about 5+ miles of the rolling trails just south of the Croton Reservoir. We’ll also visit the multiple birds of prey that are housed in the nature center’s cages. Rain cancels. Leader: Arlene Scholer. Please register only by calling any day before 8 p.m. and no latter than Noon on Nov. 15. 516-354 0231.

- C Saturday, November 16 Map & Compass Workshop. (Outdoor Learning Series) Learn the basics of map reading, the compass, and how to use them together. Morning workshop in Melville will be followed by a short hike on the Walt Whitman Trail, using map and compass to determine our route. Bring your compass and any hiking map for the workshop. Register with leader Tom Farre, tom@tomfarre.com.

- B+ Saturday, November 23 — Harriman Hike and Map Skills. Come out for a moderately paced 10-mile hike with lots of hills and views, some steep climbs -- and an opportunity to learn basic navigation skills using map and compass to find your way. All are welcome to hike, and you will also have the option to learn and practice map reading skills necessary to hike on your own or to lead a hike. To register, please contact leader Jerry Licht, by phone at 516-477-8602 before 9 p.m. Deadline Thursday, November 21st.

- A Sunday, November 24 — Long Island Nassau-Suffolk Greenbelt. Hike the entire length of this trail from Cold Spring Harbor to Massapequa. 20 scenic miles. Early start and brisk pace. Car shuttle required. Please register with leader Sue Kenyon, snowsusie88@yahoo.com or 917-613-2042 by Friday, November 22.

- A Friday November 29 — Jaynes Hill to Cold Spring Harbor Traverse. The “A” rating is the for distance (approximately 15 miles.) Join us for a two-county traverse of trails leading from the high point of Long Island in West Hills to a high finish at the north end of the Nassau-Suffolk Greenbelt Trail in Cold Spring Harbor. Along the way, we’ll sample some of the high ridges in West Hills and the Manetto Hills area before linking up with the Greenbelt Trail near the LIE. We will hike at a moderate, but sustained pace. Bring lunch/snacks/leftover turkey and at least two liters of water. Almost all of this hike will be on trails, with very limited road walking. Car shuttling between the start and end points will be required. Meeting time and place will be provided prior to the hike. Register with leader Ed Moran at ed.moran@gmail.com or call 631-724-4540 by Monday November 25.

- B+ Saturday, November 30 — Seven Hills Hike in Harriman. This moderately paced hike of approx 7.5 miles will start at the Reeves Meadow Visitor Center. We’ll hike the Seven Hills, Hillburn-Torne-Sebago, Raccoon Brook Hills and Kakiat trails. Some steep climbs and a little scrambling will afford us terrific views (as many as 6!) from such places as the Ramapo Torne and Torne View. Along the way we’ll have lunch on top of one of them. As the name suggests, we will be ascending and descending multiple hills so it will be a great way to work off that Thanksgiving meal! Please register with leader Mike Camp at michael.camp@chsli.org or mkkkcamp@verizon.net or 631-681-5090 by November 28th.

Outings continue on next page
Outings continue from page 5

- **Tuesday, December 3 — ADK-LI Meeting: Let's Celebrate At Our Holiday Party!** Bring holiday snacks for pot-luck refreshments, and spend the evening socializing against a backdrop of images from ADK-LI’s outings. It’s also the time to clear out the closet, so bring your extra gear to swap or sell. The party will feature a Chinese Grab Bag — a fun take on the traditional grab bag that lets you “steal” someone else’s gift. To participate, bring a wrapped gift that cost no more than $10. See time, place, directions on back page.

- **B+ Saturday, December 7. Mount Taurus in the Hudson Highlands.** Six-mile trail loop with 1400-ft. elevation gain and a few steep pitches. Outstanding views of the Hudson River, Storm King and, maybe, the New York City skyline, if it’s a clear day. Register with leader Bill Schneider, offsetbill4@optonline.net or 516-378-3043, 7-10 p.m.

- **C Sunday, December 8 — Manhattan Walk** We’ll hike from Penn Station to the High Line Park, head downtown and then east through the Village. Have breakfast on Houston St. and continue to China Town and the Brooklyn Bridge. Then past City Hall to the Freedom Tower, Wall Street, the South St. Seaport and up to Little Italy for a late lunch. Come inhale the holiday spirit of this magnificent city. Leader Ron Engasser 631-289-5375 usron@juno.com

- **A Saturday, December 21 Twin Mountain, Catskills.** 3,680-ft. (possibly Indian Head, too, if time permits.) Hike 6 miles round trip from DEC parking lot on Prediger Road. Moderately paced hike with nice views. Winter gear required. One of the winter Catskill 3500 peaks. Register before Thursday, Dec. 19th with leader Pat Wachter, 631-669-6450 (before 8 p.m.) or email pawachter@hotmail.com

- **A+ Sunday December 22 — Southwest Hunter/ Hunter Mountain Loop, Catskills.** 11 miles and approximately 2300-ft. elevation gain. This is mostly a trailed hike with some bushwhacking. We will hike at a moderate or faster pace on the shortest day of the year. Full winter gear and prior experience hiking the mountains in winter required. As always, the 10 Essentials must be carried, including your headlamp and spare batteries. Register with leader Ed Moran at ed.moran@gmail.com or 631-724-4540 by 8 p.m. on Wednesday December 18.

- **B+ Saturday, December 28 — Slide Mountain, Catskills.** A leisurely paced trail hike to the highest Catskills peak. 7 miles with elevation gain approximately 1800-ft. Slide is a Catskill 3500 peak and one of four required to be hiked in winter. Full winter gear required. With a little luck you’ll get to try out those new snow shoes that Santa brought you! Register with leader Mike Camp, mkkkcamp@verizon.net or michael.camp@chsli.org Or call 631-681-5090 by Thursday, December 6.

- **B+ Saturday, January 4 — Giant Ledge-Panther Mountain (3,720 ft.), Catskills.** Required winter peak for Catskill 3500. It is about 6.3 miles, with an elevation gain of 2105 ft. Enjoy great views from Giant Ledges. Moderate pace. Full winter gear is required. Register by Thursday, January 2 with Pat Wachter, 631-669-6450 (before 8 p.m.) or Eunsil Recksiek, eunsil.r@gmail.com

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When your compass gives you an error message.

[With Tom Farre’s map and compass workshop and Jerry Licht’s hike with navigation coaching coming up (see page 5), this item from the NY/NJ Trail Conference caught our eye.]

**Compass Caution in New York-New Jersey:** Be aware that the New York-New Jersey area has many iron mines scattered about that can affect the accuracy of a compass. It is also worth noting that you will be off by about 90 feet per mile for each degree of error, so ignoring the difference between magnetic north and true north [declination] can result in a serious error. The declination changes with time. Look at the date of the declination information on any USGS topo and be aware that it could be off by a few degrees if it is not a recent map. [The declination for Harriman State Park is 13º on a 2012 map. – Ed.]
Looking Back
Micheline Kagan
LEADERS: SEND TRIP REPORTS TO:
Micheline Kagan E-mail: mfkagan@gmail.com

JUNE 1, MAKAMAH PRESERVE, NORTHPORT, L.I.: Nancy Hodson led Yoshiko Takeshita, Jeanne Millsapugh, Arlene Scholer, Lori Heppner, and Pauline Lavery in the Makamah Preserve. The small but scenic trail, borders the Crab Meadow and is a popular walk with local residents. We followed the trail all the way down to the road leading to Crab Meadow Beach. It was warm and humid and we took cover in the wooded trails on the way back. Afterwards, most of the group came to see Nancy’s new house on Makamah Beach Road.

AUGUST 3, NISSEQUOGUE RIVER PADDLE: Nancy Hodson led a group of hardy kayakers down the Nissequogue. It was threatening weather and the trip was in question, but the kayak rental company showed up, so we did too. A light drizzle didn’t dampen our spirits. Attendees were Arlene Scholer, Lori Heppner, Zahra Asadi and her nephew, Jeanne Millsapugh, and two women from the newly formed Cold Spring Harbor Lab Nature club: Judy Wieber and Huyen Bui. We saw giant egrets in the trees, and cormorants, ducks, and geese in the water, but no turtles or river otters. The ending point of this paddle is now in the new Nissequogue River State Park, just short of the bluff.

AUGUST 25, ADK-LI ANNUAL PICNIC ON THE GROUNDS OF THE BASILICA OF THE SACRED HEARTS IN SOUTHAMPTON. Club members and guests started to gather at 11 a.m. for a bike ride led by Ross Moore. They rode from the church in Southampton to the end of Dune Road at Shinnecock Inlet County Park where they had great views of Hampton Bays, the Shinnecock Indian Reservation and the Ponquogue Bridge that goes over Shinnecock Bay. From there they traversed some of the beautiful roads of Southampton past some the large homes and into the hamlets of Cobb and Flying Point to the border of Water Mill and back. They even rode past Howard Stern walking aong with a friend. Overall, they covered about 28 miles. A great ride!

Meanwhile, others undertook less ambitious rides — to the beach, to Mecox Bay, or Flying Point. Others drove over to the Morton Wild life Preserve. We even managed a very short game of volleyball.

Bill Schneider was the BBQ master and everyone contributed delicious side dishes. Of course, there was much food left over. Fortunately, Ross was able to donate our overabundance to Long Island Cares food pantry.

August 31 Panther Mt. Catskills. The day began with cloud cover and the usual summer humidity. We started up the Phoenicia East Branch trail. Sue Kenyon led the group consisting of Mike Camp, Bill Schneider, Tish McCrea, Tom Schneider, Shelly Weber and two aspirants from the 3500 Club.

It was .75 miles with an ascent of 580 feet to the junction with the Giant-Ledge Panther Mountain Trail. The rocks on the trail were wet but we kept a fast pace. We took a break for snacks, water and a group photo and then continued on the Giant Ledge-Panther Mountain Trail to Giant Ledge. There are several rock outcrops with views of Woodland Valley, Wittenburg and Cornell. We admired the views, hydrated, ate and took pictures. We discussed staying longer to relax, but the Panther summit was the goal for the day.

The col between Giant Ledge and Panther is gentle to moderate. The ascent from the base of the col is 725 feet. When we got to the 3500 foot elevation sign, a few hikers recalled that the ADK-LI Plaque had once been hidden there, and explained the hunt for the Plaque to the rest of the group. From there it was only .5 miles and 220 feet more of elevation to gain the summit. We spent some time resting there and enjoying the views of the Burroughs Range.

SEPTEMBER 7, CATSKILL TRAIL MAINTENANCE AND MEMORIAL FOR GEORGE FORM.
Eight of ADK-LI’s consistent trail work volunteers gathered early Saturday morning at the Spencer Rd. trailhead in southern Catskill State Park. Our trail crew included Bill Schneider, Wan Lee, Grace Gargiulo, Robert Acevedo, Lanny Wexler, Eunsil Reckziek, Ed Moran and son Sean. On this day, we honored the memory of our friend George Form, who for 18 years was a dedicated trail maintenance volunteer for this trail. Lanny shared some lasting memories of his close friend George. Ed had brought George’s handed-down day pack, and we also used George’s donated hand-saw for our work.

There were several downed trees on the trail, and we hand-sawed and cleared them out. We started trail work at the Spencer Rd. junction, traveled north on the Long Path, clipping and clearing until we reached the Peekamoose trail head. Nice sunny and cool weather was just perfect. We ended our day at Gaby’s café in Ellenville for authentic Mexican food as has become our tradition.

Looking Back continued on next page
SEPTEMBER 14, ROCKS TRAIL, WARD POUND RIDGE RESERVATION, WESTCHESTER
Jim Ansel, who is also a member of Nassau Hiking and Outdoor Club, offered to publicize the hike to NHOC members by e-mail, resulting in seven of them signing up, for a total of 13 hikers. From ADK-LI, Jim and leader Orrie Frutkin, Mary Ariola, who came with her friend Eileen Intoccia, Tom Pietrantonio and John Lindstrom. NHOC guests: Robert Acevedo, Susan Materdomini, Ken Singh, Robert Hartwig, Elena Cascio (also in ADK-LI), Bujare Kollgaku and Denise Hesselbach. At WPRR, part of the road to the trail head was closed, so we walked in. Starting on the Green Trail, we soon reached the Rocks Trail (RT) and our first stop, Dancing Rock, where years ago farmers celebrated their harvests. Next, Bear Rock with its Native American petroglyph of a bear’s head. At Spy Rock, we took a breather, where Colonial forces spied on British troop movements during the Revolutionary War. From there, the RT descends steeply followed by a series of ups and down though a variety of environments. On the way to Castle Rock, a hiker screamed: she had seen a snake! Was it a timber rattler? (Checking with the Parks Dept., we learned that “the Eastern Timber Rattlesnake has not been documented” in WPRR, and was “completely extirpated from Westchester years ago.” Wheww!) We pressed on to Raven Rocks, our lunch stop with a view. Afterward, we descended to Indian Shelter Rock, our final Rock stop before an easy woods road walk back to our cars. Some hikers went to check out WPRR’s Trailside Nature Museum, while others headed home. Hiking the RT is always fun, and it was great to do it with the NCOH-ers. We hope to see them again.

SEPTEMBER 21, LONG PATH SCHUNEMUNK TRAIL MAINTENANCE. Volunteers Eunsil Recksiek, Bill Schneider, Connie Duquette, Wendy and Rich Greguski joined Pat Wachter for fall trail maintenance on Schunemunk Mountain. Eunsil, Connie and Bill went ahead to the far end of our trail section, cutting a downed limb and clearing the trail. Meanwhile Wendy, Rich and Pat cleared the ridge trail on High Knob. We all met and continued clearing the way back. After a day of hard work, we adjourned to a favorite restaurant for a great meal. Thank you to all the volunteers. We had a wonderful day.

SEPTEMBER 28 HARRIMAN LOOP TO CLAUDIUS SMITH’S DEN, LAKES AND PARKER CABIN MTN. Bill Schneider led a diverse group, including several new members and guests on an 8.5-mile loop hike. The hikers were Shelly Weber, Grace Gargiulo, Eunsil Recksiek, Tom Loscalzo, Robert Acevedo, Robert Hensel, Orrie and Goodie Frutkin, Ken Singh, Peggy Cohee, Michael Vaughan, Keelin Murphy, Nada Makdisi, Yousef Makdisi and Mike Camp. In addition to having a perfect weather day, the hikers learned some Harriman history, including the fact that the notorious thief Claudius Smith, for whom the Den was named, was also the son of the founder of Smithtown, L.I. All had a leisurely lunch on the open summit of Parker Cabin Mountain before a mellow return along the Yellow Triangle Trail to our cars.


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Welcome New Members!

Jeannette Balantic, Floral Park
Lisa and Adam Becherer, Huntington
Elena Cascio, East Northport
Jennifer Colleluor, Nesconset
Robert Daly, New Hyde Park
Hugh Fryer and Ann Haberman, Stamford, CT
Tom Monks, Riverhead
Edwin Smith, Jericho

And Welcome Back!

Kevin Kumerle, Selden
Janet B. Pomeranz, Glen Cove
Craig F. Privett and Britney Tappen
White River Junction, VT
Peter Szczerba, Rockville Centre
The 10 Essentials: What’s missing from your pack?

by Orrie Frutkin

The 10 Essentials are things you need to have with you — whether you’re going out for a one-day hike or a backpacking trek — to help you stay safe, on-course, able to deal with emergencies, and comfortable in a variety of conditions, even overnight, if necessary. As the old ads said, “don’t leave home without them.” And don’t rely on someone else in your group to have the thing you need!

People have compiled personal checklists forever, but in the 1930’s the Mountaineers, a Club in Seattle, codified a list drawn from their climbing courses “to help answer two basic questions: First, can you respond positively to an accident or emergency? Second, can you safely spend a night — or more — out?” They listed 10 individual items:

The Classic 10 Essentials
1. Map
2. Compass
3. Sunglasses and sunscreen
4. Extra clothing
5. Headlamp/flashlight
6. First-aid supplies
7. Firestarter
8. Matches
9. Knife
10. Extra food

Over the decades, others adopted the 10 Essentials list, and then adapted it to their needs, adding individual items until today there are countless versions, many with more than 10 items.

In 2003, The Mountaineers introduced a new “systems” approach that addresses specific needs of the hiker and groups items in those categories. This provides a more comprehensive listing that in itself helps us understand why the Essentials are...well, essential. Bear in mind that the focus for the old and newer lists is survival and safety in unplanned, difficult situations.

Ten Essentials Systems
1. Navigation (map & compass, GPS)
2. Sun protection (sunglasses and sunscreen)
3. Insulation (extra clothing)
4. Illumination (headlamp/flashlight)
5. First-aid supplies
6. Fire (waterproof matches/lighter/candle)
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter (tent/plastic tube tent/garbage bag)

I asked some of ADK-LI’s experienced hikers/campers what they have in their packs. Ed Moran organizes his essentials by categories, which in some cases comprise redundant items (e.g., matches and a firestarter kit.)

Ed Moran’s Essentials
1. Map and compass
2. Whistle
3. Small knife or multitool
4. First Aid Kit
5. Space blanket/tarp — doubles as a wrap or a shelter.
6. Parachute cord — for lashing, repairs, shoe lace, tiedown for tarp (carry more rope when backpacking)
7. Headlamp and extra batteries.
8. Fire starter kit — waterproof matches, Bic lighter, magnesium/flint fire starter, cotton balls and Vaseline
9. Extra water and water purification tablets (in the first aid kit)
10. Food and extra food
11. Rain gear — jacket and pants
12. Duct tape
13. Emergency shelter — tiny bivy sack, or bulkier Blizzard bag (needed more often in the winter)
14. Contractor-weight black plastic trash bag

Ed adds some disclaimers and explanations: “Yes, it is more than 10, but the plastic garbage bag, bivy, and space blanket could be considered redundant. I’ve never seen a cigarette lighter on a list, but it is usually the easiest to use — just don’t count on it as your sole source of fire starting.

Winter Essentials
Winter, of course, presents additional challenges, so an additional category of gear becomes essential: Traction, which includes MicroSpikes, snowshoes, crampons and possibly an ice axe to enable you to keep moving in a wide range of conditions. Additional clothing layers with changes of key items such as socks. A warm hat and a scarf or balaclava, waterproof, insulated gloves or better yet, mittens. Even if you don’t always carry a closed cell pad as a sit-upon, you’ll want one for the winter.

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The 11th Essential — Knowledge
No matter what you have in your pack, it’s what is in your head that’s truly Essential. Make sure you know how to use your compass and map, first aid supplies, repair kit….everything. You don't want to be trying to figure it out when you’re in an emergency situation.

Where can you find more information about the 10 Essentials? I found a pretty good list printed right inside my REI backpack. Here are some good sources:
- The Mountaineers: http://tinyurl.com/k3wzx87
- Washington Trail Association: http://tinyurl.com/lu4k3uc
- NY/NJ Trail Association: http://tinyurl.com/kl2sw7a
- REI video and article: http://tinyurl.com/ldx2xwk
- NY/NJ Trail Association:
- http://tinyurl.com/k3wzx87
- http://tinyurl.com/lu4k3uc
- http://tinyurl.com/kl2sw7a
- http://tinyurl.com/ldx2xwk

Water In Winter

In winter, your need for hydration increases, because the air is drier, so your body has to work harder to warm and humidify the air you breathe. Strenuous activities such as x-c skiing, snowshoeing and winter backpacking —especially at high altitudes — can lead to hypothermia and Acute Mountain Sickness. When you see your breath (the warm water vapor you exhale), let that be a reminder to stay hydrated.

Carry extra water. Bottle or bladder?
The challenge is to keep it from freezing. Many people prefer to use wide mouth Nalgene-type water bottles, rather than reservoir bladders (Camelback, Platypus) or bottles with narrow necks, both of which are harder to keep from freezing.

You can slip a woolen or fleece sock, or a neoprene sleeve over a water bottle to provide some insulation; and carry it in your pack rather than an outside pocket. Another trick is to carry the bottle upside down because water freezes at its top surface, which will be at the bottom of the bottle, leaving the the mouth of the bottle clear. (Make absolutely sure your bottle doesn’t leak before you try this. And don’t fill your bottles all the way; water expands when it freezes, and might crack the water bottle or reservoir.)

The hose from a water reservoir may freeze. Manufacturers offer insulating sleeves to cover the hose and bite valve, but their effectiveness will decrease during your outing. Try this: each time you drink, blow the remaining water in the hose back into the reservoir.

Warm Drink
You may want to bring a thermos of soup or herb tea as well. (No coffee or black tea; they’re diuretics.) Rich Niegocki, an experienced ADK-LI hiker/backpacker, carried a thermos of hot water with small packets of both dry soup mix and tea bags, so he had a choice of hot drinks at lunch.

Why are we using those TinyURL web addresses?
TinyURLs are simply a way to compress long web addresses (URLs) into much shorter ones. For example, the regular link for the ADK Calendar (on page 11) is 92 characters; the TinyURL is only 26.) We do it as a convenience for readers of the printed Mountaineer. Also, the short URLs allow us to keep addresses on one line, no hyphens, which is necessary for the links to be “live,” enabling readers of the PDF version to just click on the link to go to that the web site—no typing need.

JOIN NOW!

ADK Membership Application

Name_________________________________________
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NOTE: Your email address will not be distributed to outside organizations.

I want to join as an ADK Long Island Chapter member.
Please choose a membership level
☐ Individual $50       ☐ Senior (65+) $40
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☐ Individual Life $1,300 ☐ Family Life $1,950
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Multi-year membership available at www.adk.org or call ADK headquarters, 1-800-395-8080

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Send this form with payment to: Adirondack Mountain Club, 814 Goggins Road, Lake George, NY 12845-4117
...or bring it to an ADK-Long Island Chapter meeting.

ADK is a non-profit, tax-exempt organization. Membership fees are tax deductible as allowed by law. Please allow 6-8 weeks to receive first issue of Adirondack magazine and Long Island Mountaineer newsletter.
Holiday Boot Stuffers From

*ADK*
Adirondack Mountain Club

**Catskill Trails** — New 4th edition of the most comprehensive trail guide to the Catskill region. Editors: Carol and David White. This must-have guidebook supplies complete information on rules and regulations, how to find the trailhead, where to park, mileages, elevation gains and heights and all essential navigational information. Each trail is keyed to indicate its location on National Geographic Trails Illustrated Map 755, which includes the entire Catskill Park on two sides of one map. Book is available alone or together with Map 755 at a reduced price. At ADK Store: [http://tinyurl.com/mvntu0q](http://tinyurl.com/mvntu0q) 20% discount for ADK members.

2014 ADK Calendar
Award-winning calendar features classic scenes from the Adirondack and Catskill parks, and map excerpts from ADK's publications archive in celebration of the release of a new edition of ADK's Forest Preserve Series trail guides. Your calendar purchase helps support ADK's programs in conservation, education, recreation, and advocacy. 20% discount for members. At ADK Store: [http://tinyurl.com/mh5z8z](http://tinyurl.com/mh5z8z)

Children’s Books — in time for the holidays, in tune with nature! Did you know that the ADK Store has great books for kids of all ages, including a series of exciting outdoor adventure stories (12-year olds and up); illustrated *Take Along* field guides (for 9 to 14), even *Goodnight, Lake*, a board book (for 1 to 3) The children’s book section of the ADK also has books for parents and families See them all at: [http://tinyurl.com/llywfr](http://tinyurl.com/llywfr)

Donate Now to the 2013 Trails Campaign

Last year, ADK’s professional and volunteer trail crews sweated, grunted, and fought off bugs for over 13,500 hours cutting down brush, removing blowdown, fixing erosion, hardening trails, and repairing foot bridges. ADK completes more trail work than any non-profit organization in New York through the efforts of our trail crews. But it takes time and money to keep the trails maintained.

ADK needs to raise $65,000 this year to fully fund the trail work. You can help us reach that goal with your generous contribution.

Complimenting ADK’s professional trail crew is a cadre of dedicated volunteer trail workers. Supported by your generosity, these passionate folks completed numerous supervised projects last year.

During National Trails Day, volunteers spread out along Caroga Lake trails in the southern Adirondacks, side-cutting vegetation, clearing blowdown, digging new drainage ditches, and rebuilding a privy. Later in the summer, volunteers worked on a section of the Goodnow Mountain Trail. To counteract erosion, the trail was shored up with wooden steps and trail edges were hardened with scree.

This summer, they were at work on the Northville-Placid Trail. An exciting project involves a five-mile reroute of the NPT in the Silver Lake Wilderness. This is part of a continuing, multiyear plan to move the NPT off all roads and into the forest. The ultimate goal is to have the entire trail in the woods. No more asphalt for NPT hikers! The crew will also be replacing dilapidated bog bridges on the NPT in the West Canada Lake Wilderness.

Other projects scheduled include:

**Adirondack Park:**
- Building a new trail in Split Rock Wild Forest near Lake Champlain.
- Stabilizing sections of trail on Mt. Arab

**Catskill Park:**
- Adding 3–5 miles of new multiuse trails in Elm Ridge Wild Forest near Windham
- Installing three new foot bridges along Biscuit Brook Trail

ADK CARES about your experience on the trail and the environments we recreate in.

Please make a tax-deductible donation now. Online go to: [http://tinyurl.com/1jxj53](http://tinyurl.com/1jxj53) Or you can send your name and contact information with a check payable to "Adirondack Mountain Club" or "ADK" to:

Development Department
Adirondack Mountain Club
814 Goggins Road
Lake George, NY 12845
DEADLINES FOR JAN-FEB 2014 ISSUE

OUTINGS DEADLINE: NOV 25
COPY DEADLINE: NOV 30

Send Outings to: adkli_leaders@yahoogroups.com
Send Articles for JAN-FEB issue to: orrie1272@gmail.com
Leaders, send Trip Reports to: mfkagan@gmail.com

Change your address?
Don’t tell us — tell ADK headquarters.
They print our address labels.
Write: Adirondack Mountain Club
Membership
814 Goggins Road
Lake George, NY 12845-4117
Or call: 1-800-395-8080
Or email: ADKinfo@adk.org

Join now for last-minute info on hikes, outings, gear discussions and carpooling possibilities.
Plus photos and downloads.
Don’t miss out!
Go to www.adkli.org and click
YAHOO! GROUPS
(on left side of home page)

TUESDAY, NOVEMBER 5 “Hands-on Winter Hiking Gear!” Want to learn about proven winter hiking gear to buy without making costly mistakes? This program is for you. Experienced winter hikers will have a range of gear at different “gear stations,” where you can kick the tires and discuss the pros and cons of different options and brands. Moderator: Ed Moran, ADK-LI VP and program chairman.

TUESDAY, DECEMBER 3 “Let’s Celebrate At Our Holiday Party!” Bring holiday snacks for pot-luck refreshments, and spend the evening socializing against a backdrop of images from ADK-LI’s varied outings. Bring your extra gear to swap or sell. We’ll also have a Chinese Grab Bag – a fun take on the traditional grab bag that lets you “steal” someone else’s gift. To participate, bring a wrapped gift that cost no more than $10.

Regular meetings start at 8:00 p.m. Come early at 7:30 p.m. to socialize, network and enjoy light refreshments.

WHERE: St. Luke Lutheran Church (Education Building)
20 Candlewood Path at Vanderbilt Memorial Parkway, Dix Hills, NY

DIRECTIONS: (GPS Coordinates Latitude: 40.810493, Longitude: -73.336918 (or N 40° 48' 36", W 73° 20' 12")
From Northern State, Exit 42 (Deer Park Ave. South) Go south about 0.8 miles to light at Vanderbilt Parkway. Turn left (east) on Vanderbilt. In about 2/10 mile, turn right onto Candlewood Path. Continue into St. Luke Church parking.

From L.I.E. Exit 51 (Deer Park Ave. North.) Go north 1 mile to Vanderbilt Pkwy. Turn right (east.) In about 2/10 mile, turn right at Candlewood Path, and continue to St. Luke Church. Parking: Take narrow driveway on left side of church to main parking lot at the rear of the church. Park and take the steps to the upper level. Look for ADK sign on the outer door of the educational building. Enter. Our room is on left.

ADK-L.I.
171-08 Gladwin Avenue
Fresh Meadows, NY 11365