



The Oak Leaf

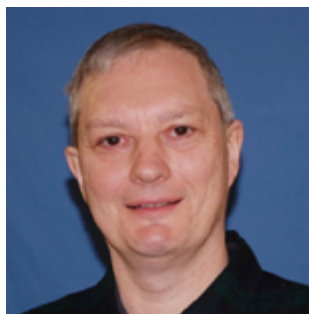
The Newsletter of TRISTATE RAMBLERS

Volume 45 Number 1

SPRING 2022

Message from the President

by John Jurasek



For my first message as the new president of TriState Ramblers, I am glad to report that we have an active, thriving club. I say this not just from observation, but from our statistics as well. Around half of our nearly 800 members have joined in the last three years. This seems indicative of a fresh, vibrant club with great potential for new ideas and experiences.

As we enter the third year of the Covid pandemic, we are all still trying to figure out the “new normal.” Unfortunately, it appears that shutdowns, restrictions, booster shots, and various other measures will be with us in one form or another for some time.

It is good to see that the club is thriving, with hikes nearly every day and high participation. Of course, this has led to some people being shut out because of attendance limits. Please be assured that we are working on various solutions to allow as many members as possible to participate while keeping them safe.

We have started to publicize some social activities as well as traditional hiking, biking, and paddling. I call upon our members to share your

thoughts not only on new outings, but on other experiences and how we can enjoy them in a safe and accessible manner. Of course, we are always looking for new leaders to implement these expanded outings and social events. Remember, it is your club . . . and it will be what we, the membership, make of it.

Lastly, I would like to thank our wonderful board members, who really do the “heavy lifting” for this club. Creating the reports and putting the activities together is a daunting task. Quite frankly, it is nothing short of miraculous how efficiently and effectively it is done. Thank you to our members for the trust you have bestowed on me and the entire board to continue keeping TriState Ramblers the wonderful club it is. I look forward to seeing you soon at one of our activities!

Editor's note: To learn more about our new president, see John's article, "Introducing Myself," in the Spring 2021 issue on page 2. It was written following his election as vice president.

Ellie King: Honored Member

At the club's annual meeting on December 4, 2021, Ellie King was designated an Honored Member. This status, according to the constitution and bylaws, “may be



Ellie King (photo by Gail Waimon)

conferred upon persons who have made outstanding contributions to the club.” Ellie joined Union County Hiking Club (now TriState Ramblers) in 1982. Within a few years, she was elected secretary and served through the 1990s. When Terry Kulmane became president, Ellie was elected vice president. She later became the club's social chair, a position she had also held with Frost Valley Trail Walkers prior to its merger with UCHC in 2004, in addition to serving as that club's program chair. Thank you, Ellie, for all your contributions to hikers in our area!



The Oak Leaf is a publication of TriState Ramblers of New Jersey. Comments or questions may be addressed to the editor, Lise Greene, at lise.greene@montclair.edu. The newsletter is created electronically by the graphic editor, Jay Winslow, and emailed to all members. It is also posted on the TSR website. In order to ensure receipt of *The Oak Leaf*, please keep your email current with John Crump, membership chair, at johncrump@yahoo.com.

AT THE HOLIDAY PARTY

Photos by Terri Petner



Ellie King presiding over the dessert table at the 2021 holiday party



Incoming (John Jurasek) and outgoing (Bill Reynolds) presidents



TSR cookies made by a mystery baker — please let us know who you are!

Farewell to Our Friend

LESLIE McGLYNN • 1/2/22

Remembering Leslie McGlynn by Jean Fletcher

Leslie McGlynn, longtime member and friend, passed away on January 2, 2022, from end-stage lung disease. She had pulmonary fibrosis for many years, always battling an ever-diminishing lung capacity to lead an active life. Leslie participated with several local clubs in hiking, biking, and paddling. She was a leader of car camping trips and volunteered for trail maintenance. Over the years, she showed up time after time, cheerful and friendly. In addition, she was a seasonal aide at Stephens State Park, a docent at Waterloo Village, and a newspaper editor for the Irish American Association of Northwest Jersey.

From Small Seeds Grow Great Things by Dianne Jones

At a TSR board meeting early in her tenure, past president Meg Fernandez proposed jazzing up our schedule by offering themed hikes – for example, a series covering the New Jersey portion of the Appalachian Trail (AT). As the Thursday hike coordinator, I knew just the man for the job.

Alan Breach, a TSR member for 16 years, has traversed almost the entire AT. Over many years, he has hiked and re-hiked AT sections, stringing them together to cover most of the 2,200-mile trail from Georgia (the southern terminus of the AT begins 3,782 feet above sea level on the expansive rock outcrop overlook at the top of Springer Mountain) to Maine (atop the state's tallest mountain, Katahdin). As of this writing, he has only the final section in Maine to finish. Although Alan's spouse, Joyce, has not hiked the full AT, she has been instrumental in supporting his endeavor: planning vacations around section hikes; assisting with shuttles, pick-ups, and drop-offs; and providing general emotional and physical support.

In the summer of 2019, Alan began mapping out a series of hikes to cover New Jersey's 72 miles of the AT, which are located in somewhat remote areas. The initial plan was for 10 hikes of about 7-9 miles each with multiple shuttles, which evolved into 17 hikes (many out-and-back) to minimize long shuttles. A fall 2019 article in *The Oak Leaf* kicked off the series. Seven hikes were scheduled for the first half of 2020, beginning on March 19. But that first hike was canceled due to rain in the forecast.

On that very day, president Bill Reynolds sent an email suspending TSR organized activities until further notice. New Jersey shut down, state and local parks closed ... you remember the rest. The TSR board stayed active and engaged, planning for the eventual resumption of activities. Thanks to a strong group of volunteer leaders, TSR was able to establish a full schedule for the second half of the year and resume activities – although with restrictions.



Alan at the Rutherford shelter

The new restrictions meant Alan again had to rework the AT schedule to eliminate shuttles entirely, further lengthening the series to 19 hikes. The first seven were rescheduled for the second half of 2020 and finally kicked off at the Pennsylvania/New Jersey border on September 3 with 15 members separated into two groups.

The usual weather cancellations as well as unexpected road closures resulted in more changes. And, with no carpools allowed, parking lot limits caused even more changes. Still, the last 12 hikes were scheduled for 2021. The final one (rescheduled from July) officially took place on a chilly November 19, slightly more than a year and a half from the series' initial start date.

For various reasons, the hikes could not be done in sequence. Yet Alan kept it all straight, remembering the place in the woods he had turned around on a previous hike and to which he needed to return the next time (even if they were months apart).

And Alan didn't just lead. Before we traversed it, he made sure to spruce up and reblaze the AT trail markers on the section he maintains. He was a gracious host at the Rutherford shelter, which he also maintains. Alan pointed out historical places and shared stories. He kindly informed AT thru-hikers we encountered where to get water and buy the best pizza.

Among the participants on the 19 hikes, 70 joined in at least one segment, 55 in fewer than five, and six in 10 or more. Although Alan is the only person who went on all 19, others came close – or actually completed the series by scouting in advance or hiking the routes on their own. All told, the 72 miles of the New Jersey AT ended up covering about 150 miles and attracting more than 240 signups over the course of the series.

In appreciation, TSR gave Alan and Joyce a commemorative AT hike series [photo book](#) (produced by Gail Waimon). Lynn Tucholke created a photo slideshow that is posted on the TSR Facebook page and can also be viewed from [this link](#).

Who would like to lead the next themed hike series?!



AT hiking series memory book cover

Guadalupe Mountains National Park *by Joyce Breach*

Our winter getaway to the desert southwest included Arizona, New Mexico, and Texas.

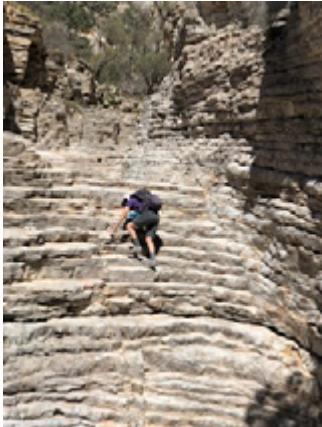
Guadalupe Mountains National Park, located east of El Paso, Texas, near the border of New Mexico, is situated in the basin of the Chihuahuan Desert and an ancient Permian sea. (The Permian is a geologic period spanning 47 million

years through the beginning of the Triassic Period 252 million years ago.) The Butterfield Overland Mail stagecoach line passed through the area in the 1800s and the Mescalero Apache, who occupied the mountains, battled with the US Army.

The uncrowded park is within the Chihuahuan Desert ecoregion. It features salt flats, alpine canyons

with pines and oaks, and Guadalupe Peak – the highest in Texas at 8,750 feet. It offers a variety of hiking trails; two of our favorites are McKittrick Canyon and Devil's Hall.

White Sands National Park and Carlsbad Caverns National Park are nearby in New Mexico. Check out Danny's Place in Carlsbad for great BBQ!



Climbing up to Devil's Hall



Devil's Hall



Grasslands



Hiking in the boulder wash to Devil's Hall

PONDERING PADDLING *by Martin Frahme*

We always enjoy paddling in the Venetian Waterways of Lake Hopatcong – great, calm waters with nice waterfront homes. I have launched both canoes and a ski boat there in years past, on the south bank by Route 15, before the trees grew up and the area was developed. In the 1970s and 1980s it still looked like an open field.

I grew up in that type of environment. My dad built our family home in 1952 on the Rahway River in Cranford, where I began paddling and continued until my parents were gone. The house was sold in 1982 and the new owners did the same through at least 2012, when we visited. Some call Cranford the “Venice of New Jersey”!

The same year the house was built, I joined Union County Hiking Club. (According to Bill Myles, I am the club’s “Senior Junior Member.”) After dropping out in 1956, I returned to UCHC in 1976 to hike, bike, and paddle. The club’s canoe guru back



Martin pondering while (not) paddling

then was George Sedmont, who led weekend one-night paddling/camping trips in the Pine Barrens. Later, Dave and Joann Patchin led paddling trips on alternate Fridays in the spring and fall, plus some camping – all good guys who are gone now, leaving me with memories.

The 75th anniversary edition of *The Oak Leaf* from June 2013 has a great “Memories” article by Nancy Wolff, including much good information on canoeing up to that year.

Editor's note: Click [here](#) to read the article on page 3 of that issue on our website.

Hawaii and Arizona Hikes by Philip Ross

Hawaii: In January I visited Honolulu for 10 days and experienced some all-time favorite hikes, each less than a half-hour drive from the hotel. The first was to the top of Diamond Head Crater near Waikiki. Popular and crowded with both tourists and locals, the hike to the summit (2 miles round trip, 450 feet elevation gain) yields spectacular 360° views: the blue ocean, Waikiki, Honolulu, Pearl Harbor to the west, and Koko Crater to the east.

The Koko Crater Trail, a former tramway, is completely exposed, with no trees overhead. The sun can be brutal in Hawaii, especially with my fair skin and coming from the wintry northeast, so I wanted to get an early start. Fortunately, the tramway is on the west side of the crater and shielded from direct sun in the morning. The climb of 900 feet increased in steepness during the second half, with descent on the same route for a total of 1.6 miles. Such elevation was only challenging because the giant stairway's large, uneven, awkwardly-sized steps consisted of slippery wood railroad ties. Around the halfway point, the tramway crosses a bridge over a gorge. Heeding the prominent sign warning people to stay off the bridge (and seeing some slip and fall on the slick wooden rail ties), I detoured through the gorge and returned to the tram line. At the top were fantastic 360° views. During my ascent, about 100 people who had started earlier were coming back down; as time went by, fewer and fewer were beginning the climb because of the sun.

On two other days, I hiked with a friend on a paved path (2.5 miles, 500 feet gain) to the top of Makapu'u Point, where we saw numerous whales spouting and breaching off shore. Looking north, Waimānalo town was visible near the shore at the base of a 2,000-foot cliff. My next adventure was to climb to the top of that cliff from the other side of the island and look down at Waimānalo.

Kuliouou Ridge Trail is 5.1 miles with 1,700 feet of elevation gain. The



Looking east from Koko Crater summit, the extinct volcano crater and ocean are below and Makapu'u Point is in the distance.

trailhead is at the end of a residential street in the back of a valley. Abandoned wood hiking sticks were littered around the trailhead, so I grabbed a sturdy one and set out. Hearing rustling several times coming from tall grass on the side of the trail, I turned and saw a wild pig run by; they often raid trash cans at local homes. Later, I noticed the pigs had also torn up soil next to the trail looking for grubs or roots higher up along the ridge. Birds were singing in the forest, and a beautiful one with a thin orange side stripe that I could not identify seemed to greet me from a nearby branch. The final quarter-mile consisted of steep steps interspersed with slippery mud. From the cliff, visible on the plateau 2,000 feet below when the mist parted, I saw farmland, houses, and the town of Waimānalo along the shoreline. A prominent sign advised hikers to stay back from the cliff edge because it can crumble without warning. Also, the inclined ground was covered with slick soil, so I kept about 15 feet away. My legs were sore from the previous tramway hike, and I was grateful for the hiking stick.

Arizona: A week after Hawaii, I hiked for a couple of days in Arizona with my sister and a friend, and then we spent six days with a group. The parched land was a stark contrast to lush Hawaii. We hiked in the Tucson area for a few days and learned from

the guides about the region's cultural and geological history. Saguaro National Park is home to the nation's largest cacti, which can live up to 200 years. Although they might reach 60 feet, during the first eight years they are only 1-1.5 inches high. We then moved west near a former mining town, Ajo, not far from the Mexican border. Our lodgings were at a small conference center in comfortable rooms converted from one-story public school classrooms and buildings. Javelinas (animals like wild pigs, also called peccaries) roamed the neighborhood in the early morning and coyotes yipped and howled at night.

From Ajo, we visited Organ Pipe Cactus National Monument – home to another distinctive type of cactus. We often saw scat from coyotes, bobcats, javelinas, and other wildlife on the trails, and numerous pack rat nests at the bases of bushes. One guide showed us Native American artifacts including pottery shards, arrowheads, and ancient stone tools for grinding food that he had found in the area and kept hidden near the trail to prevent them from “disappearing.” In the evening, we sat around a wood fire in the courtyard and heard presentations. One was from park staff about the struggles of balancing humanitarian aid and immigration law, and another from a prominent member of a local Native American tribe who had grown up in Ajo.

Looking Back: TriState Ramblers History *intro by Gail Biggs*

When I became president in 2014 of Union County Hiking Club (which was renamed TriState Ramblers later that year), I was awed by the club's 76-year history. In 2019, I handed over the club leadership along with huge boxes of records passed down over the years. Unfortunately, along the way, some of the records were apparently lost.

As people began to ask for my memory of certain past events and practices, I turned to Terry Kulmane, who was my presidential predecessor for 13 years. After many emails, we learned that longtime member Betty Mills had a treasure trove of old records. (Betty is a self-described pack rat.) I borrowed those records to be scanned and saved for future reference.

Among them was the following history, written for *The Oak Leaf* in March 1988 to celebrate Union County Hiking Club's 50th anniversary. Bill Myles, the author and one of many giants in our club's history, served as treasurer, president, trail maintainer, and hike leader during the 1980s. You might notice in this article that some things never change!

The Union County Hiking Club Story, 1938-1988 *by Bill Myles*

With a gala dinner on April 23, the Union County Hiking Club will mark its 50th anniversary. Starting in February 1938 with eight members, we have grown now to 555 (paid-up) members.

During the early '30s the Union County Park Commission, headed by Mr. F. S. Matheson, sponsored nature walks in the county parks. Mr. and Mrs. Walter Baldwin had participated in the Elizabeth Nature League walks. They suggested to Mr. Matheson that some people might like longer hikes. The Commission responded by advertising a meeting to form a hiking club as an activity sponsored by the Recreation Department under Paul Cleland. Eight people came to the meeting in February 1938 at Warinanco Park: Walter Baldwin (d. 1985), Elizabeth Baldwin, Florence Durow (d. 1978), Dr. Hugh Gordon (d. 1972), Naomi Heilbrun Rosenberg, Dr. Louis Rosenberg (d. 1974), Irma Heyer (d. 1985), Max Tieger (d. 1955).

The hikes were planned from week to week, and the Recreation Department sent out postcard reminders. Irma Heyer, a high school principal, led the first club hike, in South Mountain Reservation. By autumn 1939 the schedule of hikes was being planned six months ahead. The Park Commission helped a great deal then (and does so even now) by printing and mailing our schedules, putting notices in the local papers, answering telephone inquiries, and providing a room at Warinanco Park

for membership meetings. Help also came from other clubs who supplied guest leaders: ADK (Miss Heyer was an ADK member) and WTW (led by Ernest A. Dench). Little by little we developed our own leaders.

When Sam Newkirk joined the group, he suggested that the new club should affiliate with the New York/New Jersey Trail Conference, an organization of outdoor clubs devoted to building and maintaining trails. That required that we have a club constitution and collect \$1/year dues, so we would know how many members we had. Sam applied on October 8, 1941, but acceptance was deferred because we had only 17 paid-up members. On February 4, 1942, we were elected to Class A membership: We had 25 members.

The club was immediately assigned eight miles of the Appalachian Trail, from the State Line to Lake Wawayanda, and two miles of connecting trails. Through the years our assignment has changed some: We now maintain the AT from Mombasha High Point to Iron Mountain Road Bridge, except for two miles near Prospect Rock.

After Sam Newkirk, Dr. Louis Rosenberg became our trails chairman in 1943. Then in 1946 it was Elliot Heilbrun, followed by Florence Durow. Our schedule for 1939 listed 21 events. In 1949 there were 38. In 1987 there were 343 events scheduled!

Through the years our club has been served by a great many members who have given generously

of their time and strength to provide our leadership. Seven of them were honored in 1954 when the club created for them the title of Honorary Member. These were the living charter members; in later years some others were added: Robert and Marge Gasser, Fred and Anne Dlouhy, Keith Rodney.

Keith Rodney, who joined the club in 1942, had the longest legs and led the longest hikes. In later years he was matched by Leo and Trudy Zappe. Herb Hiller, who was club president in 1955 and trails chairman in 1958, had hiked the entire Appalachian Trail.

Not everyone could go on those strenuous hikes, but all remember with pleasure the gentle walks that were led by Irma Heyer and Florence Durow (Peter Rabbit). Newcomers then and now remark on the friendly spirit they feel in all our events. As the club grew, bicycling, canoeing, and skiing were added to our outdoor activities.

Twice a year, every year since 1941, our club members have gone up to Bellvale/Bearfort Mountain, equipped with saws, clippers, and paint brushes, to repair the damage done to their trail by storms, and to clean it of trash left by thoughtless people. Sometimes they are confronted by major problems like the bridge over Longhouse Creek that washed away every second year, or a rerouting of the trail to avoid a nudist camp that had been built on it.

continued on next page

The Union County Hiking Club Story *continued from previous page*

For many years the club ran an outing on Columbus Day weekend. Called "The Connecticut Weekend," it was first held at Cornwall Bridge, and then, as the attendance grew, at Lake Waramaug near Kent, Connecticut. Half the participants stayed at the Inn on the lake. The other half camped in a state park nearby. Great hikes, campfire songs,

and a grand picnic in Macedonia Brook State Park made these memorable weekends. Then the state decided to close the parks to save money. We tried Pennsylvania in 1971 (Hickory Run) and New York in 1976 (Cooks Falls). That was the last one.

Even more durable and better attended is our Christmas party at

Skytop in the Watchung Reservation. A two-hour hike is followed by an outdoor picnic and songs around a great bonfire.

This is your club! You made it. You can be proud of it. We'll be seeing you on many more anniversaries. Happy hiking!

Thank You, Stuart Falls *by Dianne Jones*

On Thursday, January 27, Stuart Falls likely led his last TriState Ramblers event. The 9-mile hike started from Lake Skannatati on a sunny and cold day, with snow covering the trails. Ten hardy souls set out with a target of lunch at the Jackie Jones fire tower. On the return

trip, we stopped at the Flight 6231 marker on the Long Path.

Stuart, a longtime club member and hike leader, plans to move north to New Hampshire later this year. As he tends to not hike in the warmer weather, the January event was the last he was scheduled to lead. But he

went out with a bang, guiding us every Thursday in January (along with a couple of Tuesdays).

We wish Stuart the best of luck on his move. He'll be missed – and not just because there will be a large hole in the winter Thursday (and Tuesday) schedule.



Flight 6231 marker



Lake Skannatati hike



Stuart is second from left in front row.

Princeton Historical Walking Tour *by Jean Cowan*

If you are a hiker and a history buff, the Tour of Princeton led by TSR's Gordon Thomas is a must-do. Gordon, a longtime Princeton resident, has put together a well-researched exploration of the town and the university campus covering stories and events that you may not hear on other tours.

I joined a group of 12 Ramblers on Tuesday, March 8, to stroll the streets and the campus. Our walk was punctuated by stops with historical significance along the way – Einstein's house, anyone? At another stop, Gordon relished telling the story of Betsey Stockton, who was born a

slave in the household of Robert Stockton in about 1798. Later she was given to his daughter upon her marriage to the president of the College of New Jersey (now Princeton University). After being freed in 1817, she remained as a paid servant, was taught to read, continued to learn on her own, and engaged in many endeavors. Passionate about education, she taught at the school for Black children and helped found the First Presbyterian Church of Color, both on Witherspoon Street. Betsey Stockton died in 1865.

Princeton University was founded in Elizabeth/Newark as the College of

New Jersey. In 1753, John Stockton and others gave land and money to move the school to the town of Princeton, which may have been named for England's King William III, Prince of Orange from the House of Nassau – hence Nassau Street, which is the heart of town. The famous university mascot, the tiger, was chosen for its orange color, relating back to good old Prince William.

There is more, much more, but I don't want to give it all away! Take Gordon's tour when it is offered again and find out for yourself the rich history of this iconic town while getting in a solid 6-mile walk.



Princeton University campus (photos by Paul Sanderson)



Einstein's house



Betsey Stockton Garden



John Witherspoon



East Pyne Hall

TRAIL MAINTENANCE OUTING *by Anna Gerwel*



When I received the survey from TriState Ramblers inquiring about possible club activities for our members in addition to hiking, I volunteered to lead a trail maintenance outing. I thought this would be a wonderful way of giving back to our community. A couple of weeks later, Elise Morrison contacted me with the good news that we would try to organize it, provided we had a local sponsoring organization with jurisdiction over the proposed trail.

Elise helped navigate all the complicated logistics of the proposed cleanup. As a new member of the Franklin Township Trail Committee, I brought up the TSR trail maintenance

project at our monthly meeting. Tara Kenyon, representing the township, agreed to sponsor our project. She created the necessary liability forms for us to sign in addition to the TSR forms. John Jurasek sent out the announcement to TSR members for the event to take place on Friday, March 4, from 10 to noon.

The clean-up participants who joined me were Debbie Stuart, Sally Hodge, and Laurie Larstanna from TSR and Chuck Martin from the township's Trail Committee. Armed with garden shears and heavy duty gloves, we cut overhanging multiflora roses and wineberry shrubs along the 1.3-mile Yellow Trail in Franklin

Park's Butler Road Natural Area, depositing them in the bushes along the trail. This task took us a little more than two hours. In addition, walking along Ten Mile Run, a tributary of the Millstone River, we picked up trash and brought it to the trailhead parking lot for the Department of Public Works to remove.

It was a great day, and even the weather cooperated. In Debbie's thoughts: "Thank you for inviting us to do the trail maintenance. It just reinforced my feeling that Franklin Township has such wonderful trails." And in Sally's words: "What's not to love about spending time in the woods and giving back at the same time?"

The Uninvited Companion *by Philip Ross*

On a strenuous Thursday hike in Harriman State Park, a medium-sized dog suddenly appeared as we set out. Uninvited, she ran ahead on the trail, circling back often to check in with us. We hoped the dog would soon get tired or miss her owner and leave, but she stayed with us.

There was a significant amount of treacherous ice on steep trails and we

relied on microspikes a good deal, but the dog seemed oblivious. She enjoyed jumping up on people, trying to kiss their faces. She begged for food during the lunch break. She grabbed a hiker's knit cap when he was sitting on a rock, and playfully ran off for a short time before the hat was retrieved.

When we returned to the parking area about five hours after starting

out, the dog's overjoyed owner appeared. He had hiked for an hour earlier that morning before his pet took off and joined the TSR hike. The man was greatly relieved to be reunited with his dog, and we were relieved to know that she had a good home and had not been abandoned.

Unlike most of us, the dog showed no signs of slowing down after the 8-mile hike on a cold, windy day.

Getting There *by Dianne Jones, Webmaster*

Have you ever gotten lost or been late getting to a hike because you were not sure where the meeting location was? TSR has a [Directions document](#) (also available at the top of the [Schedules/Directions](#) page on our website) with directions to most meeting places. If the meeting location is not in this document, specific directions are

provided in the event description itself.

For those who rely on GPS, there is also a handy feature in the TSR calendar. The calendar entry includes the meeting location. Just click on the location to easily map out the directions (the default map app is Google Maps). You can access the link to the TSR calendar or find

instructions to link the TSR calendar to your own calendar on the [Hiking During Covid](#) page of our website (member log-in required).

Remember, a park can have multiple meeting locations. Make sure you know which one you are going to by fully reading the event description and referring to the TSR Directions document.

TSR Memories *by Dave and Naomi Sutter*

Being among the oldest members of TriState Ramblers, both in chronological age (94 and 89) and membership that dates to 1964, we would like to recount some memories of our wonderful club – personal and as relayed to us by earlier members.

During the Great Depression, anti-Semitism was prevalent in the United States. Charles Coughlin, an influential Catholic priest in Michigan, spewed venom every Sunday night over the radio. His pro-Nazi utterances were heard by many millions throughout the country under the auspices of the Mutual Broadcasting System, reaching this area on station WOR. Coughlin excoriated Jews and denounced the Jewish bankers of Wall Street who, he claimed, were leading the US into war with Germany.

His rhetoric affected many American activities. Large corporations such as the telephone company, A&P, and Woolworth's would not hire Jews . . . and many hiking clubs would not accept Jews. Dr. Louis and Naomi Rosenberg, denied membership in the Appalachian Mountain Club, were among eight people who responded to an invitation from the Union County Park Commission in 1938. The group discussed formation of a hiking club sponsored by the Recreation Department and open to all county residents. (Later it would be open to everyone without regard to residence.) The new Union County Hiking Club offered three-mile rambles, short hikes on Saturdays, and full hikes on Sundays.

We joined in 1964. Our first hike was a "Waterloo Circular" led by Dick Hess. We walked from the old Palace Theatre in Netcong (long gone) to Waterloo Village, where we met our friend and mentor of 56 years, Dick Wolf. Our second hike was very difficult for novices, led by Anne and Fred Dlouhy up Schunemunk. Naomi cried, but the following weekend we were at it again and never stopped. [See the Fall 2018 issue of *The Oak Leaf* for Naomi's tale of that hike.] We traipsed many a footpath together with Bill Myles.

UCHC continued to grow and flourish with hikes offered all over north Jersey, in Harriman State Park in New York, and across the Delaware River in Pennsylvania. As membership expanded to many areas far from

Union County, the name no longer described who we were. In 2014, the club adopted a new name: TriState Ramblers.

There, to best of our knowledge in year 2022, is the whole geschichte.

Editor's note: Thanks to club "detectives" Gail Biggs and Terry Kulmane, we now have a treasure trove of historical issues of The Oak Leaf provided by Betty Mills. They are being scanned by John Crump and may be posted on our website. John notes: "It is so much fun to read through these old issues. The energy, optimism, hiking knowledge, and can-do spirit of the many officers and leaders who built this club permeate the issues. We truly stand on the shoulders of giants." One of the articles, documenting the club's 50th anniversary in 1988, is included on page 6 in this issue.

HIKING TIPS *by Philip Ross*

Many of us have experience and knowledge that could benefit fellow hikers. I am sharing some thoughts here with the TriState Ramblers community; perhaps others would like to do the same in future issues of the newsletter.

Getting there: The TSR calendar has a convenient link to Google Maps directions above each outing description, and the Thursday email listing events in the coming week includes a link to that page.

Blisters: Do your heels ever slip inside your boots, causing blisters? Do your toes press against the front of your boot when going downhill? Lacing your boots using the "surgeon's knot" is a good fix for these common problems. Using one or two surgeon's knots will help keep the lacing tight and the boot in place. Learn how at www.rei.com/learn/expert-advice/lacing-hiking-boots.html.

Hiking advice from REI: The REI website has numerous articles regarding selection of hiking boots, insoles, socks, boot care, other equipment, and additional hiking advice. If you have questions, you can schedule a free Zoom session with an expert.

Good traction: On uphill trails, I notice some hikers' toes slipping on

ice, snow, and steep rock surfaces. Putting weight mostly on the toes will limit traction to the small toe area. Walking on flat surfaces, the natural tendency is to make contact with the ground using the heel first and then transferring weight to the toe.

The following technique helps improve traction for me: Make contact with the ground using as much of the boot sole as possible, and distribute weight evenly over the area of contact. When taking a step, use a smooth, fluid movement to transfer weight gradually from one foot to the other. This avoids sudden movements that can break the friction holding the foot in place, leading to slippage. It feels more like marching than walking, because you lift the feet instead of "pushing off" with the toes. The same technique applies with microspikes.

Avoiding falls: It is easier to keep your balance when your center of gravity is low. It may help to think about keeping that center of gravity about 2-3 inches below the navel, near the middle of the hip belt of your pack.

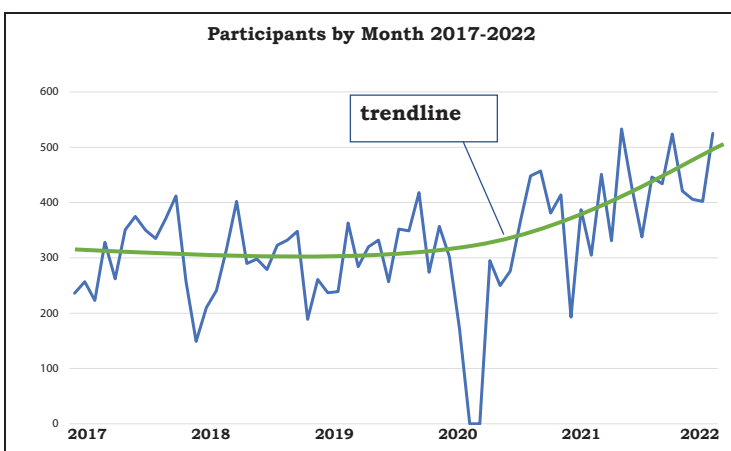
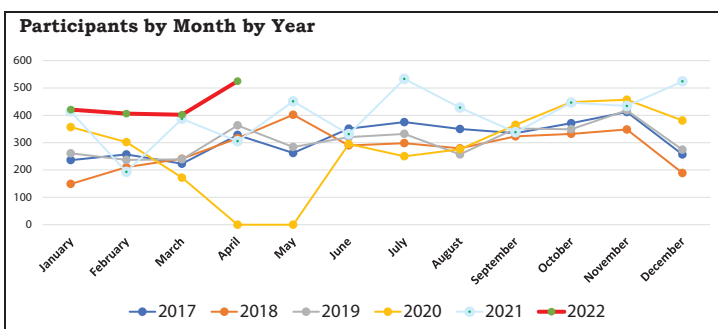
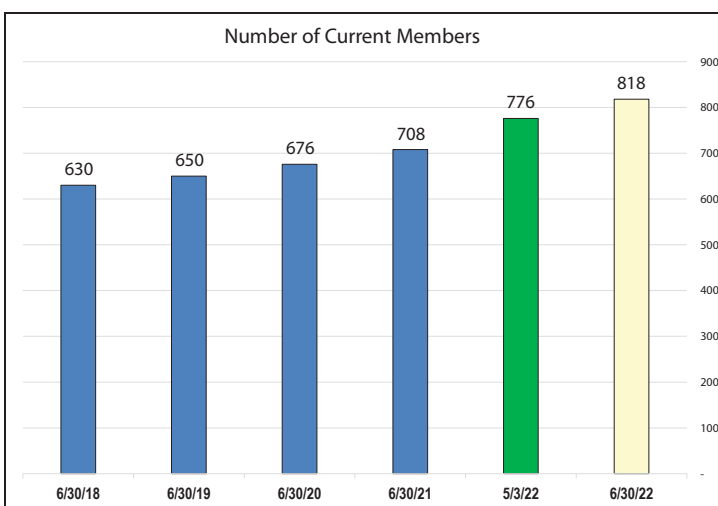
Editor's note: Feel free to share your outdoor tips in future issues of this newsletter.

TriState Ramblers Show Strong Growth in Membership and Activities

by John Crump, Membership Chair

TriState Ramblers has grown strongly with a record 776 members as of May 3, 2022. In the last 12 months, a record 236 people have joined – 58% higher than the prior year. At this rate of increase, we expect to have about 818 members by the end of the membership year (June 30, 2022) as compared to 708 members on June 30, 2021 – 16% higher than the prior year. Most of the new members were referred by friends.

The number of events also increased, with 37% more in 2021 than in either of the previous two years. This growth resulted from many leaders stepping up to add activities, which in turn resulted in more participants. The charts below show the number of participants in events for each month over the last five years.



Let's Get Social!

by Elise Morrison

In the hope of expanding our club's social activities this year beyond the annual summer picnic (July 9) and holiday party (December 10), we sent a survey in January to determine interest in a host of events. It drew a fantastic response from more than 100 members.

The majority offered to help organize a variety of new activities, such as: restaurant brunch/lunch/early dinner/cocktails, overnight hiking/biking/paddling trips, moonlight hikes with headlamps, day trips to museums and historical sites, and classes taught by members in person or via Zoom – with suggestions for 30 class topics!

In addition, events not even on the survey were proposed, such as: city and town walks, beach days, singles events, stargazing, camping, paddle boarding, motorcycle/classic car meet, Earth Day observance, and seasonal/holiday outings celebrating plants. We welcome volunteers to help organize these fun new activities.

The momentum is building. As a result of the survey and members taking the initiative to organize, we have already had a successful trail maintenance/cleanup day, historical walking tours in Princeton, and lunch at a Morristown restaurant. Stay tuned for more outings being arranged by members to sculpture gardens, restaurants, museums, historical sites, sunrise hikes, post-hike gatherings at nearby eateries, and evening outdoor concerts.

A big thank you to Dianne Jones and Linda Laidlaw, who helped design and tally the survey results, and to Lise Greene for her wonderful editing of the draft survey. Feel free to contact your Social Committee chairs with ideas to organize new TSR club activities: Elise Morrison (tsrsocialcommittee@gmail.com) and Kathe Serbin (katheserbin@yahoo.com). We look forward to hearing from you.

White Mountains Hiking/Camping *by Gordon Thomas*



Gordon Thomas on Mount Liberty after climbing Mount Flume (seen in the distance) in the White Mountains of New Hampshire. He was accompanied by an AMC mountain guide for a total distance of about 11 miles with an elevation of about 4,500 feet.

A group is planning three hiking trips in the White Mountains this summer with overnights in Appalachian Mountain Club huts. They include beds with mattresses, indoor flush toilets, and hearty breakfasts and dinners. I have made hut reservations for myself and group reservations for a certified AMC mountain guide who will work with us to lead at a comfortable pace.

The tentative plans below have daily distances under 10 miles and elevation under 2,500 feet. They will be adjusted if needed based on weather. Any TSR member who

would like to participate should let me know (thomasg@njit.edu). Huts fill early, so make your reservations soon on the dates noted for one or more of the huts – Zealand Falls, Lonesome Lake, Lakes of the Clouds, Mizpah Spring (<http://hikethewhites.com/huts.html>).

8/9-11: Highland Center; A-Z Trail to Avalon and Zealand Falls Hut; Twinway Trail to Zeacliff outlook and Guyot, and back to Zealand Falls Hut; Lend a Hand Trail to Hale; shuttle to Highland Center; home.

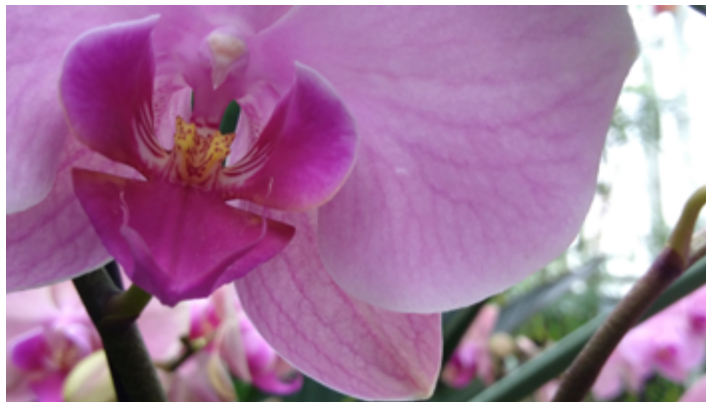
8/23-25: Lafayette Campground; past Lonesome Lake to Cannon

Mountain; back to Lonesome Lake Hut and swim; North Kinsman; back to Lonesome Lake Hut and swim; home.

9/6-9: Ammonoosuc Trailhead to Lakes of the Clouds Hut; to Mount Washington and back to Lakes Hut; Crawford Path to Mount Eisenhower to Mizpah Spring Hut; Crawford Path to Highland Center; shuttle to car and Trails End Ice Cream; home.

Editor's note: For informational purposes only; the events are organized by a TSR member, but are not official TSR activities.

New York Botanical Garden *photos by Margo Moss*



TRAIL RESCUES by Thea Landesberg



Helicopter rescue

Some years back I tripped and fell, face first, on a rock in Kakiat County Park, fracturing my jaw and slicing my chin. As I stumbled to the park exit, guided by my husband, a park ranger arrived to help. He eased me down onto a picnic table, examined my chin, took my pulse, and called an ambulance that whisked me to Good Samaritan Hospital. As my first experience getting injured while hiking, it opened my eyes to the dangers we can face as well as to the roles park personnel play in helping people in distress.

Readers of *The Oak Leaf* are lovers of this hiking sport, but we also know that accidents happen – some minor, others serious. Accidents can be just that, something unforeseen: a fall on the trail or the sudden appearance of a threatening wild animal. Many times, though, people bring on their own hiking calamities through poor planning or preparation.

The New York State Department of Environmental Conservation (DEC) posts online accounts of searches and rescues in state-managed land, and I've become a faithful reader. I have learned about the many ways hikers are lost, stranded, or endangered and how New York forest rangers assist in

their rescue. I'd like to share some of those reports, which can be found online as noted in the footnotes.

An injured hiker who cannot walk needs help exiting the forest. A good example is the 67-year-old woman who fell onto her arm on Allen Mountain in Essex County and called for help at 12:20 p.m. A forest ranger hiked to the woman's location, splinted her arm, and started to walk back with her on the trail. Two other rangers arrived on an ATV and drove the woman back to the trailhead, arriving at 7:49.¹

People who are injured or lost during winter may need different kinds of help. In an early winter rescue, a 24-year-old hiker near Burnt Knob in Greene County was exhausted and hypothermic. He called for help at 2:30 p.m. and two forest rangers reached him at 6:45. They built a fire to warm the hiker and his companion and provided food, dry hiking gear, and hot drinks. The rangers gave the man snowshoes and trekking poles to help him get safely down the trail.²

When an injury renders a hiker unable to walk safely, rangers may put the person in a litter and either carry or wheel it to the trailhead. A

cold hiker may be hypo-wrapped in the litter. If the terrain is especially dangerous for rescue by land, an injured hiker will be placed in a litter, hoisted into a helicopter, and brought to a local hospital. These kinds of rescues require coordination with aviation units located throughout the state.

A wilderness rescue in Pinckney was needed when two hikers ended up stranded at the bottom of a waterfall. Rangers performed a rope rescue: lowering a ranger by rope down to the hikers and hoisting each one up to the top of the falls.³ In another unusual situation, two hikers found themselves unexpectedly on the shore of Lake George and did not know how to return to their vehicle. A ranger responded to their 8:30 p.m. request for help by reaching them via boat and transporting them to the boat launch. From there, rangers provided the hikers a "courtesy ride" to the trailhead.⁴

More rescues that will make you shake your head

A November rescue on the Soda Range Trail in Essex County involved two lost hikers who lacked headlamps or proper cold weather gear. They were using a trail app, but their cell phone battery was almost out of power. They called for assistance at 3:10 p.m. Rangers hiked to their location and escorted them to the trailhead, completing the rescue by 4:45.⁵ On the same day, in the same county, three hikers called for "a ride down" from the top of Mount Marcy. Why? They were wearing "regular sneakers" while hiking in eight or more inches of snow. In addition, they could not read a map, making it difficult for them to report their exact location. Rangers arrived at 9:52 p.m. to hike them back to their vehicle.⁶

In another rescue, on the Hurricane Trail in Keene, a hiker realized he was lost at the end of the day with sunlight fading quickly. In this December incident, the hiker did not have a light source, his cell phone

continued on next page

TRAIL RESCUES *continued from previous page*

battery was dangerously low, and he lacked warm weather clothing, microspikes, a map, and a compass. At 6:39 p.m. a ranger arrived to walk him 1.5 miles back to the trailhead.⁷

Essex County was the location of yet another type of help needed. Three teenagers called for assistance near Marcy Dam. When three rangers reached them at around 6:00 p.m., the teenagers appeared intoxicated. One was taken to a nearby hospital and the others to the New York State Police headquarters.⁸



Hiker rescue with a litter

An October rescue in the Black River Wild Forest of Herkimer County involved a married couple who had set out at noon for a 4.7-mile hike, and then decided to complete a longer loop in the same area. Unfortunately, they did not realize it would add 14 miles to their outing. Later in the afternoon, they recognized that they were lost but kept hiking. Finally, wet and having no light source, they called for help at 5:09 p.m. They sent a photograph of a map from their cell phone showing that they were next to a river. A forest ranger paddled a canoe to their location and brought them to shore. Then they hiked a rail bed to the trailhead, where another ranger drove them back to their campsite.⁹

While the final rescue does not involve hiking, it stands out in my mind as . . . unusual. On a November morning, a hiker in a Dutchess County multiple use area was bleeding heavily from a deep wound and called for assistance. The night before, he had stepped on a machete

while getting out of his hammock. Considering it a life-threatening emergency, responders included two forest rangers, the Pleasant Valley and Union Vale fire and emergency medical services staff, and the New York State Police. The hiker was brought by utility terrain vehicle to a waiting ambulance.¹⁰

As a final note, my husband urged me to write about circumstances under which people should reimburse for their rescue. Who pays for the drunken teenagers who need transportation to a hospital or the hiker who wears sneakers on Mount Marcy and can't make it back down? Here's an interesting article that deals with this question: "Who Pays for Search and Rescue? Behind the Tricky Economics of New Hampshire SAR."¹¹

Readers interested in following New York State forest ranger rescues can subscribe online to DEC Forest Rangers – Week in Review¹² (formerly DEC Statewide Forest Ranger Highlights) and/or New York Almanack¹³, an excellent source of New York State history, environmental discussions, and outdoor search-and-rescues. Both publications offer fascinating reading and perhaps inspiration to improve your hiking preparation. They also continue to reinforce my appreciation for the forest rangers and their rescue work.

¹ www.dec.ny.gov/press/123616.html

² www.newyorkalmanack.com/2022/01/forest-rangers-recover-body-from-shelving-rock-falls-make-rescues/#more-71390

³ www.newyorkalmanack.com/2021/09/wilderness-rescues-dominate-forest-ranger-missions

⁴ www.newyorkalmanack.com/2021/09/wilderness-rescues-dominate-forest-ranger-missions



Multi-ranger rescue

⁵ www.dec.ny.gov/press/124286.html

⁶ www.dec.ny.gov/press/124286.html

⁷ www.newyorkalmanack.com/2021/12/unprepared-hiker-rescued-in-adirondack-high-peaks

⁸ www.newyorkalmanack.com/2022/01/climber-falls-50-alcohol-poisoning-more-keep-rangers-busy

⁹ www.newyorkalmanack.com/2021/10/forest-rangers-makes-rescues-at-lake-george-high-peaks-catskills

¹⁰ www.newyorkalmanack.com/2021/11/recent-ranger-rescues-machete-injury-tree-stand-fall-mt-colden-esther-mtn-hunter-lost

¹¹ www.outdoors.org/resources/amc-outdoors/features/who-pays-for-search-and-rescue-behind-the-tricky-economics-of-new-hampshire-sar

¹² www.dec.ny.gov/press/124994.html

¹³ www.newyorkalmanack.com

SIGN-UP ETIQUETTE

Some reminders about TriState Ramblers sign-up procedures: Our volunteers send out a Google Group email every Thursday evening with the schedule for the following week (Monday through Sunday). **Please REVIEW the complete email.** Additions/updates/etc. not previously communicated may be in that email. Detailed event descriptions include important information such as meeting location. **Do not rely solely** on the very brief information in SignUpGenius.

Even if you do not receive the email, [registration is available and accessible](#) via SignUpGenius. Check the online [calendar](#) or [schedule](#) for the detailed descriptions. Please avoid contacting our volunteers if at all possible, as most information you need can be found on the website.

Remember, SignUpGenius is *manually* monitored and waitlists are manually moved, thanks to volunteers. Please help make their work easier by adhering to the rules.

- ▶ Do NOT sign up for more than two hikes in any sign-up week.
- ▶ If signing up for two hikes, *only* one can be on a main hiker list. The other *must* be on a waitlist; **put “second hike” in the comment section** when you register.

- ▶ If signing up for only one hike and it is already full, put “first hike” in the comment section when you register for the waitlist. This makes it is easy to give you priority over “second” hikers.
- ▶ If signing up for two hikes that are both full, place your name on two waitlists. Put “first hike” and “second hike” in the comment sections to indicate *your* priority order.
- ▶ If signing up for a “first” hike with members already waitlisted, make sure you are not jumping the queue. If all on the waitlist are “second” hikers, put your name on the main hiker list. If any on the waitlist are “first” hikers, this indicates that all slots were filled at the time they registered and that one or more people removed their names subsequently. *Therefore, add your name to the waitlist* (put “first hike” in the comment section). If there are open slots, our volunteers will manually move names to the hiker list, with first hikers receiving priority over second hikers. Registrations are time/date stamped to confirm registration order if needed.

Exception to the two-hike limit: If there are still openings as of 8 p.m.

the night before (meaning no one is on the waitlist), you can register on the hiker list. Put **“signed up after 8 p.m.”** in the comment section so our volunteers do not count it against your two-hike limit.

Finally, out of consideration for your fellow hikers, please avoid late cancellations if at all possible. The best practice is to cancel your sign-up by 4 p.m. the day prior to a hike. During the past year, late-night or morning-of cancellations have resulted in members who could otherwise have hiked remaining on the waitlist. As a courtesy, please also contact the leader, preferably by phone, to confirm your late cancellation. Similarly, if you are a late sign-up (late-night or morning-of), please contact the leader, preferably by phone, to confirm they know you are coming.

As always, you must be signed up online on the hiker list in order to participate.

Happy trails!

Editor’s note: As we continue to move through the Covid pandemic, sign-up procedures are likely to be updated. While the guidelines above are accurate at the time of printing, please be sure to keep up to date on changes by reading emails sent to all members.



The Tourne – Mountain Lakes (photo by Paul Sanderson)

To Waitlist or Not to Waitlist

by Dianne Jones, Webmaster

As our active hikers are especially aware, TSR has required advance online registration for events since we resumed activities in June 2020 after a brief Covid shutdown. As detailed on page 15 in this issue, there is a process to sign up and there are limits in order to maximize the number of members who can participate.

The system can be admittedly chaotic and perhaps even frustrating. And while it may be of little solace when you are the one left on a waitlist, sign-up data show that fewer than 4% of registrants remain waitlisted. From June 2020 through February 2022, we have had more than 7,000 participants (comprising around 500 members) on 728 hikes . . . with only about 250 left on a waitlist. Not surprisingly, weekends and Thursdays have the most waitlisted, on a per event basis. (Bike rides and paddles are not included in this analysis.)

It is not uncommon for many to sign up early, only to drop off before the hike day. So while a waitlist may seem intimidatingly long, the vast majority of people do get on a hike. A long waitlist may also encourage someone to step up as a second leader.

Because we have people on waitlists, please be considerate by trying to avoid canceling at the last minute. And if you are really eager to get on a hike, check late the night before or early the day of to see if a spot has opened up. You might also contact the leader in advance and let him/her know you are available in case there is an early morning cancellation. Because leaders do not receive contact information for hikers, unfortunately they may not be able to reach out to the waitlisted if there is an opening.

Connect With Us Via Google Group!

The TriState Ramblers Google Group provides up-to-date information on added, canceled, and changed outings plus other information relevant to TSR's outdoor activities. If you are not already receiving these emails, subscribe by sending a message to tsrhikers@gmail.com with a request to join the TSR Google Group. (A Gmail address is not required.) Emails will arrive with a subject line beginning: "TriState Ramblers Group Message." If you believe you are subscribed but are not receiving messages, it is likely an issue with your email provider. Please check your spam/junk folder and add tristateramblers@googlegroups.com to your contact list.

Finding the Hidden Pages

Do you get frustrated trying to find "hidden" members-only pages on our website? Are the links to these pages lost in your emails somewhere? Just as a reminder, the weekly email for the upcoming schedule includes the link. But you can also go to the [Hiking During Covid](#) page of our website (member log-in required) to get links to all the information you need to participate in TSR events.



Debbie Stuart admires a beautiful fog at the historic Frenchtown bridge during a November hike led by Guy Percival along the Delaware River towpaths. (photo by Gordon Thomas)

Directions to TSR Locations

To access directions to the club's most-used outing destinations, click [here](#). When in doubt, check these directions and/or call the leader to confirm the exact meeting location.

TSR Officers 2022

President	John Jurasek
Vice President	vacant
Treasurer	John Crump
Recording Secretary	Karen Rychlicki
Schedule Coordinator	Nancy Sierra
Webmaster	Dianne Jones
Editor, <i>The Oak Leaf</i>	Lise Greene
Membership Chair	John Crump
Nominating Chair	Sheree Bennett
Outing Chair	Linda Hetcher
Outreach Chair	Kaat Higham
Social Chair	Elise Morrison
	Kathe Serbin

Membership Renewal Coming Soon

Watch your email for a reminder from John Crump, membership chair, about dues for the new fiscal year that begins July 1. Please especially review the renewal notice to make sure your emergency contact information is correct. Consider all you receive for only \$15 annually! It is very easy to renew [online](#) or by check, if you prefer.

Summer Picnic – Save the Date

Saturday, July 9, at 12:00
Lewis Morris Park, Morristown
Sunrise Lake Shelter C
Hikes offered prior to picnic

Holiday Party and Annual Meeting – Save the Date

Saturday, December 10, at 12:00
Masker's Barn, Watchung
Reservation, Berkeley Heights
Hikes offered prior to meeting/party