



# The Oak Leaf

The Newsletter of the TRISTATE RAMBLERS

Volume 43 Number 2

FALL 2020

## Message from the President *by Bill Reynolds*



Well, the TriState Ramblers has certainly come a long way and gone through many positive changes since my message

in the spring newsletter! It has been a real joy to see so many of you back on the trails (safely). We have numerous people to thank for the team effort that was required to do this.

We must, however, shine a light on the initial and ongoing efforts of our outreach chair, Debby Bronner, who continues to **hourly** monitor our SignUpGenius system with the help of Sue Griffin. (*The workload is such that they could really use additional help if some of you are looking for a little something to do to help the club.*) Dianne Jones, our webmaster, continues establishing and keeping many of the critical zeros and ones functioning behind the scenes as well as providing excellent documentation and instructions.

We have recently worked equally hard to respond to requests to increase hiking opportunities for all members, including lifting the limit of one hike a week. Since June, club leaders have offered an average of nearly nine events each week. In time, we expect to return to full participation through offering many more than our traditional seven hikes and one paddling or biking trip per week.

I must also give a big shout-out to Gail Biggs, our nominating “committee,” for filling in the holes in our executive board. We welcome John Jurasek as our new vice president and Linda Hetcher as our inaugural

outing chair. Linda has been doing a great job of finding new hike leaders in her first month! We also welcome the following new outing coordinators: Sharon Lehman, alternate Thursday hikes; Susan Kleczynski, Saturday hikes; and Jean Fletcher, paddling trips.

In addition, we acknowledge the remarkable work of Gail Waimon in sewing hundreds of masks and distributing them free to our members. See the article and photos in this issue.

The executive board has been busy behind the scenes these past six months. We updated the Constitution and Bylaws (previously for the Union County Hiking Club), which are available on our website in the Member Documents section under the “More” tab. And, through the efforts of our treasurer, John Crump, we straightened out our status with the IRS and the State of New Jersey (names versus tax exempt numbers). As John reported to the board, the state of the club is . . . good.

This issue of *The Oak Leaf* finds us again in the process of assembling our January through June schedule of hikes/bikes/paddles. Our schedule

coordinator, Nancy Sierra, and her team are hard at work pulling the schedule booklet together, so be sure to step up and offer to lead an outing. Linda Hetcher will be an invaluable resource to new leaders.

Under the current pandemic circumstances, it was prudent but disappointing to cancel both the July picnic and the December holiday party this year. (However, we do have a reservation for our December 2021 holiday party, and if it looks safe, we will also hold the July 2021 picnic!) The Constitution and Bylaws require us to have an annual meeting of the full membership, traditionally at our December party. This year, the board decided that the safest way to meet is virtually. All members can “tune in” to a presentation by board members and ask questions, comment, and vote. Details will be delivered through Google Groups email.

Here is my hope for the time the next *Oak Leaf* comes across your screens: The pandemic will be over, we will again be circling up mask-free, and some of us will be leading hikes of 20 or even 30 people through the spring woods as we prepare our July through December schedule.



**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](mailto: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](mailto:johncrump@yahoo.com).

## Resumption of Activities *by Dianne Jones*

**W**e're hiking during Covid and so can you! In the middle of March, along with the rest of New Jersey, the TriState Ramblers suspended all club activities as we followed stay-at-home orders. State and local parks were closed and New Jersey residents were urged to remain close to home. As parks reopened at the end of April, the TSR board planned for resuming club activities, which then began on June 1.

But with differences.

No longer can you "show and go." Participation is capped for all events — initially at five members plus the leader and currently at 10 members, with wait lists in case plans change. All members must register in advance using an online sign-up form and are limited in the number of sign-ups per week in order to give more people an opportunity to participate. Keep abreast of current rules by checking the website. The online sign-up also acts as the electronic version of signing the paper waiver and a reminder to carry emergency contact information. Only members are allowed to participate.

Of course, Covid protocols also include masking and social distancing. Shuttles (point-to-point hikes) are prohibited to avoid carpooling. It should go without saying that any member who has tested positive for Covid, who is showing symptoms, or who is in quarantine (for potential exposure or recent travel) may NOT participate in any club events. Anyone who participated in a club event and

later tests positive or is diagnosed with Covid must notify the club president so that others who were at the event can be informed of possible exposure.

Our website was modified to "hide" schedule information from the general public while events are limited to members only. All members with email addresses were sent a link to access the schedule and sign-up form. Weekly reminders and schedule sign-ups go out via the club's Google Groups email list. *Members who have not yet subscribed to Google Groups can email [tsrhikers@gmail.com](mailto:tsrhikers@gmail.com) with a request to be added. This is the only notification of upcoming events with a link to sign up.*

Despite all the challenges, our leaders stepped up and even added events so that our schedule has remained very full. Hikes have started earlier or in more remote locations to avoid crowds. Members have navigated through the new procedures and enthusiastically signed up. Many hikes have been full or over-subscribed, even during the summer heat. And more than 40 new members managed to find us on the internet (this same period last year we had closer to 90 new members).

If you have not been hiking/biking/paddling but are thinking of starting up again, please read through our new [procedures and protocols](#). And here's the [link](#) to our hidden, members-only page with schedule and sign-up information.

Happy trails!

## Hunting Season Is Upon Us

*Adapted from NY-NJ Trail Conference*

**T**he New York-New Jersey Trail Conference has reminded outdoor recreationists to be aware of hunting season schedules and areas where hunting is permitted when choosing where to explore in the greater New York metropolitan region. Details on the 2020-21 hunting seasons in New York and New Jersey can be found by clicking [here](#).

To view the NYNJTC's list of its top 10 no-hunting hike areas in New York and New Jersey, click [here](#). Of course, our own TriState Ramblers schedule is also filled with wonderful hiking opportunities throughout the region.

Reminders:

(1) On Sundays, hunting with firearms is generally prohibited throughout New Jersey. However, seasonal bow-hunting is permitted in state wildlife management areas and on private property.

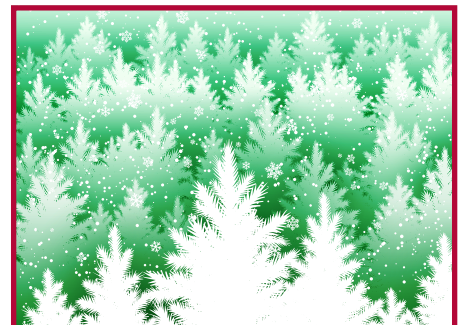
(2) It's always a good idea to wear bright colors in the woods during hunting season, no matter where you go.

## Farewell to Our Friends

**Joan Salzberg • 7/29/20**

**Remembering Joan Salzberg** *by Joan McFarland*

Joan began hiking with me in Harriman State Park in 1990. When she became interested in doing weekday hikes, my husband, Frank Santacana, recommended she join Union County Hiking Club [now TriState Ramblers]. Joan found a warm welcome and a hiking home with Union County hikers. She enjoyed getting to know many wonderful members on hikes, outings, and trips. Some present senior members will remember Joan, an energetic, friendly, kind, thoughtful, very special person. Joan lived her last five years in Israel with her loving son Billy and his family. She left these earthly trails in peace on July 29, 2020, in Israel at age 84.



**HOLIDAY  
PARTY  
CANCELED**

*We regret the necessity  
of canceling our  
annual December  
holiday party in 2020.*

# Changes to TSR Sign-ups

by Debby Bronner and Dianne Jones

As the weather has cooled off, interest in hiking has warmed up. TSR's sign-ups have increased, with many club hikes filled to the maximum 10 participants. The TSR executive board determined that the safe way to increase the number of hikers each week is to increase the number of hikes offered. As explained in recent communications to club members:

- ▶ If a hike is filled, sign up on the wait list to demonstrate the level of interest for that event.
- ▶ Qualified leaders who are on the hiker or wait list are encouraged to volunteer to lead a second hike at the same or a different location.
  - ▶ Same location: Please contact the primary hike leader and work out a plan for a second hike (for example, one group leaves 10-15 minutes earlier or later, confirm the route, how to split the group, etc.).
  - ▶ Different location: Send an email to [TSRregistration@outlook.com](mailto:TSRregistration@outlook.com) with your new hike description.

Also, the sign-up process has changed. You can now register for up to **two** hikes per week (one hike and one wait list), per the rules below:

- ▶ Sign up on a hiker list *and* sign up on a wait list for a second hike you would like to attend (*even* if there is still room on the hiker list). If a hike is not full as of 6:00 PM the night before, you will be moved from the wait list to the hiker list (as space permits). *Please put*

*"second hike" in the comment section when you sign up.*

- ▶ Sign up on two wait lists if both hikes are already full. If a spot opens up, you will receive an email. *Please put "second hike" in the comment section for your second choice when you sign up.*

- ▶ **Do not sign up on two hiker lists.** Your name will be removed from both. Remember, members who violate our sign-up rules may be suspended from club activities.

Please also note a clarification to current sign-up procedures: If an event is full, place your name on the wait list. If a spot opens up, you will receive an email. Note that the wait list is monitored manually. If you happen to see that there is an open spot, but you also see individuals signed up on the wait list who have NOT indicated that it would be their second hike that week, do NOT jump the wait list and take the open spot. Sign up on the wait list. Your sign-up in the "open" spot will be revoked.

There is no limit on bike and paddle events.

**Again, we encourage hike leaders to volunteer to lead a second hike as needed. We encourage all members to become hike leaders.** Please contact our outing chair, Linda Hetcher ([linda.hetcher@gmail.com](mailto:linda.hetcher@gmail.com)), if you would like to learn about becoming a hike leader for TriState Ramblers. Help us to help you get out on more hikes each week.



## HELP WANTED!

by Gail Biggs,  
Nominating Committee Chair

TriState Ramblers is run by members, for members. It helps if all of us take turns handling the various responsibilities that keep our club thriving!

**SignUpGenius:** Are you talented in easily navigating apps on your smart phone or tablet? TSR needs a helper for Debby Bronner, who manages our SignUpGenius program that enables members to safely register for club events online. She has been monitoring the site 24/7, and we need to lighten her load. Please contact Debby ([debbybronner@gmail.com](mailto:debbybronner@gmail.com)) or Bill Reynolds ([wmmfxir@gmail.com](mailto:wmmfxir@gmail.com)) if you can help.

The following positions will begin in January.

**Nominating Committee Chair:** Oversees and directs recruitment of candidates to fill open executive board and other volunteer TSR positions. Solicits volunteers through direct contact and from among TSR membership using Google Groups email. Informs prospective candidates about the duties of the position. Once acceptance is confirmed, presents names to the president for vote at the annual meeting. (It helps to be sociable and friendly! Meet new people on the trail.)

**Nominating Committee Member:** Assists nominating committee chair with recruitment of candidates to fill open volunteer positions. This person will eventually step up to become the committee chair for one year.

## NATIONAL PARK SURVEY

by Dianne Jones

Did you know there are national parks in 28 states and U.S. territories? How many have you been to? Take our [survey](#) and let us know. Results will be published in the next issue of *The Oak Leaf*.



# Where Do TSR Members Go? *by John Crump*

**T**SR sponsors activities in an extraordinary range of parks and wilderness areas. Our leaders have been resourceful in finding new and interesting places to hike, bike, and paddle. In the last

three years, we have had activities in 138 different parks/locations! These include the large area of Harriman State Park and smaller places such as Hook Mountain State Park. We have been on a wide variety of trails in

many of these locations, which span New Jersey (88.3%), New York (11.6%), and Pennsylvania (0.1%). The following statistics are as of 9/24/20.

## LOCATION ANALYSIS (NUMBER OF PEOPLE) – STATE

	2017	2018	2019	2020	Total
<b>New Jersey</b>	3,352	3,006	3,163	1,559	11,080
<b>New York</b>	387	367	523	223	1,500
<b>Pennsylvania</b>	18	4		10	32

## LOCATION ANALYSIS (NUMBER OF PEOPLE) – COUNTY

	2017	2018	2019	2020	Total	% Total
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### NEW JERSEY (sorted by northwest corner to southeast corner)

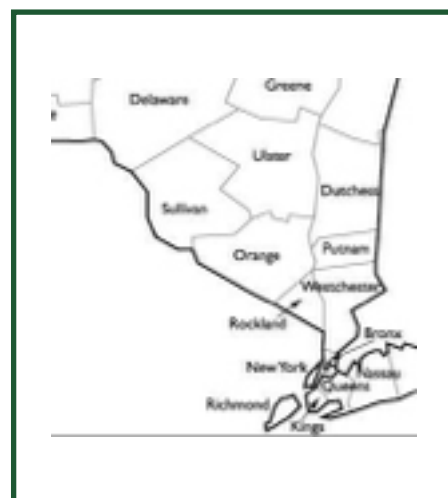
Sussex	229	132	118	62	541	4.3%
Passaic	330	570	361	235	1,496	11.9%
Morris	1,515	1,185	1,215	589	4,504	35.7%
Warren	112	121	54	39	326	2.6%
Bergen	149	119	106	86	460	3.6%
Essex	310	321	331	124	1,086	8.6%
Hudson	21	8	19		48	0.4%
Union	274	157	43		474	3.8%
Hunterdon	108	134	630	304	1,176	9.3%
Somerset	72	180	180	34	466	3.7%
Middlesex	90	23	63	12	188	1.5%
Mercer	37	4	19	30	90	0.7%
Monmouth	103	44	52	18	217	1.7%
Ocean		8	9		17	0.1%

### NEW YORK (sorted by northwest corner to southeast corner)

Ulster		11	12		23	0.2%
Orange	228	202	439	249	1,118	8.9%
Putnam	8	19	6		33	0.3%
Rockland	121	98	29		248	2.0%
Westchester	1				1	0.0%
Manhattan		21			21	0.2%
Kings	14	16			30	0.2%

### PENNSYLVANIA

Somerset	12				12	0.1%
Monroe	6	4			10	0.1%





# New Loop Trails in North Jersey

*adapted from an article by Kylie Yang, New York-New Jersey Trail Conference*

**N**etworks of marked trails usually grow organically over many years, with additions of new spurs and connectors that can eventually lead to confusing webs of different trail markings. While longtime hikers in an area take these gradual changes in stride, the final product can be overwhelming to someone new.

Over the past few years, a concerted effort has been made to identify and improve trail networks in several New Jersey parks that have disproportionate numbers of lost hikers. In addition to clarifying trail networks by combining shorter trail segments into larger, coherent loop hikes, these improvements include strategic new trail connections that open up expanded hiking possibilities. In areas seeing spiking visitation and persistent issues with lost hikers, the changes have helped keep novice trail users safe while providing more opportunities for veteran outdoor enthusiasts. It's a win-win for everyone.

This year — based on input from hikers, volunteer leaders, trail stewards, search and rescue personnel, and park staff — the New York-New Jersey Trail Conference has been able to improve the experience by re-blazing trails. No new trail construction was necessary for most of the trail network revisions, with paint and brushes being the only tools needed.

While on-the-ground implementation began only this season, making the changes possible was a long-term project. Over the past two years, Trail Conference volunteers and staff spent countless hours discussing, planning, scouting, and obtaining state park approval for the projects. This summer's rapid burst of in-the-field activity was the culmination of all that diligence. Projects were undertaken in the following areas of New Jersey:

**Terrace Pond North Loop (Wawayanda):** The recent conservation of a vulnerable piece of land off Warwick Turnpike in partnership with The Land Conservation of New



Jersey ensures that access to this trail will be protected in perpetuity. The incorporation of a new trail section turns this previously linear hike into a satisfying loop.

**Terrace Pond West Loop (Wawayanda):** Existing trails and woods roads create a loop from Clinton Road that offers diverse forests and swamp views leading to Terrace Pond.

**Terrace Pond Circular (Wawayanda):** While this trail is unchanged from its historic route, the addition of a spectacular new floating walkway makes this scenic path worth a visit, even for those who have walked it before.

**Bearfort Ridge:** Located in Abram S. Hewitt State Forest, existing trails create a loop hike option from the parking lots on Warwick Turnpike. Incorporating the newly adopted West Ridge Trail offers an expanded hike option for those looking to put in more miles.

**Ringwood State Park:** The Five Ponds Loop will use existing trails and previously unmarked woods roads to reach five of Ringwood's most scenic water bodies. As a bonus, the trailhead parking lot has ample space to accommodate visitors even when other areas are overflowing.

**Ramapo Mountain State Forest:** New loop experiences have been blazed using existing trails, allowing visitors to follow one blaze color along two- to four-mile circuits to popular destinations. For

example: Ramapo Lake (departs from the lower Skyline Drive parking lot and connects to a convenient loop around Ramapo Lake), Castle ruins (from upper Skyline Drive parking lot to Van Slyke Castle ruins and alongside scenic Ramapo Lake), Tamarack Lake (from upper Skyline Drive parking lot), Todd Lake ("bonus loop" stacks onto the new Tamarack loop for hikers looking for a little extra distance and another vista on their journey), LeGrande Hill (previously the Lookout Trail, it circles LeGrande Hill with beautiful views of Ramapo Lake).

In the past, completing one of these popular loops required linking together multiple trails. For instance, hikers of the Castle loop previously had to follow five different blaze colors to complete this circuit through the dense local trail network. Even experienced map-users should appreciate the ease of following this trail without having to pull out the map at every intersection.

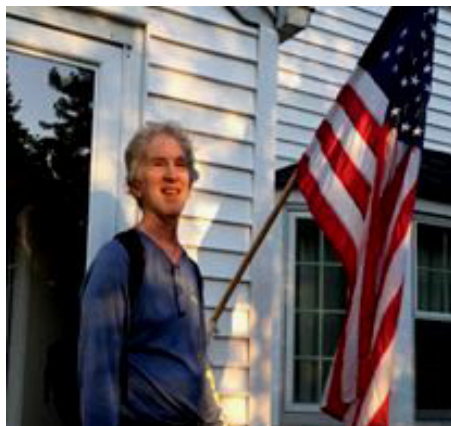
## Notes:

1. Click [here](#) for an update on new loop trails in North Jersey.

2. *TriState Ramblers* is a member of the New York-New Jersey Trail Conference, which is celebrating its centennial on October 19, 2020. It's not too late to participate in a month-long *Trail-A-Thon* — 100 miles for 100 years! Click on the link to register and support the organization.

# A Solo 50-Mile Walk in a Pandemic *by Ed Purcell*

Last spring, like many of you, I was feeling a little anxious and cooped up due to the coronavirus. My wife and I (regular neighborhood walkers) began to take even more frequent and longer walks around our hometown of Summit. We found that walking was one of the few safe and permissible activities, and neighborhood walks allowed us to meet people, fulfilling a need for in-person social interaction. However, with the cancellation of a spring trip to the Grand Canyon and a summer trip to the Dolomites, as well as various walks in the New Jersey/New York area, I felt a definite lack of something to look forward to.



*Ed Purcell at the end of a long day.*

One day, while spending too much time on Facebook, I discovered that the Moylagh JFK 50 Mile Challenge was going virtual — I had just found something to look forward to! The Moylagh, a 50-mile walk in Ireland, has its origin in Teddy Roosevelt's belief that military officers should be able to walk 50 miles over the course of three days. In 1963, John F. Kennedy resurrected the 50-mile walk as way to promote physical fitness. He challenged military officers, and his brother Bobby, the attorney general, took up the gauntlet by walking 50 miles in one day along the C&O Canal in Maryland — in freezing weather. The summer of 1963 saw people all over the United States trying to walk 50 miles in a day. As a fad, the idea soon faded

here, but it remains popular in the Netherlands and Ireland.

Ten years ago, FreeWalkers (a New Jersey-based walking group) began sponsoring a Kennedy 50-mile walk in February following the route of Bobby's hike from Great Falls, Maryland, to Harpers Ferry, West Virginia. Four years ago, I took up the challenge and remain hooked. Having "enjoyed" the FreeWalkers' event several times, I was on the lookout for similar events. Being of Irish ancestry, I was intrigued by the annual Moylagh Walk held on the second Saturday in June about an hour outside of Dublin.

I have yet to make it to Ireland, but a virtual walk was an opportunity I could not pass up. This was going to be totally different from my previous participation in Kennedy 50s. The Moylagh has a fixed route on a set date, aid stations, bathrooms, and more than 1,000 participants. Over the years, I have walked many miles in Morris, Essex, and Union counties, so I know which roads are safe to walk along as well as where to find bathrooms and food and drink. However, the pandemic changed all that. I soon realized that a traditional route such as a loop or an out-and-back was not practical. Rather, I would use my house as a hub and stop by several times throughout the walk.

The next item to figure out was when to do it. The Moylagh folks were encouraging people to walk on the first Saturday in August. Of course, most of the walkers would be in Ireland where the summer daily high temperature is about the low temperature in New Jersey. Since I prefer walking in cool weather, starting in late May, I studied the long-range weather forecasts and historical average temperatures. The second weekend in June was looking promising with an added plus of being close to the summer solstice for lots of daylight. I realized that June 14 was Flag Day, so the date was set: 50 miles for 50 stars on the flag.

There was one last hurdle. The Moylagh is a fundraiser for the Irish Cancer Society. I dislike asking

people for money, but soon found out that I have some very generous friends — especially my fellow walkers!

At 5:00 AM on Sunday, June 14, I set out from my house as the nighttime was fading. It was a cool 48 degrees, perfect walking weather. The first leg covered 15 miles to Millburn and back, and I returned home at 9:00 ready to grab some breakfast. The next leg was 20 miles through Madison, onto the Traction Trail to Morristown, and back to Summit — 35 miles done. It was getting hot in the bright sunshine, but the high was only 73 degrees with low humidity; the weather was cooperating.

I was excited to be well over halfway with two more legs to go — an 8-miler through Chatham and 7 miles through New Providence. Walking the third leg (miles 36-43) proved the most difficult, similar to "hitting the wall" in a marathon. I had already put in a good day's walk, but still had a significant distance to complete. It helps to walk with a friend who can tell you a long story to distract from thinking about all the remaining miles. Alas, I was by myself . . . but not really. My friends and family started sending messages of encouragement! A Red Bull and some energy chews also added pep and got me to the fourth leg. With only 7 more miles, I was confident I could finish, and did so at 7:40 PM — 14 hours and 40 minutes since I first left the house.

I was tired, but felt more refreshed than after previous 50-mile walks in which I have participated. And a definite advantage of the virtual walk was not having to get up at 1:00 AM to reach a starting line.

Just the other day, the Moylagh Walk announced that more than 200 walkers (compared with a normal year when there are about 1,000 walkers) had participated in the 2020 virtual walk and raised 50,000 Euros for the Irish Cancer Society. For those who are interested, they hope to hold next year's walk on June 12, 2021.



## Tribute to Theresa McKay *by Jim McKay*

Theresa McKay, my wife, died on April 13, 2020, after a struggle of several years with dementia. She passed away at Sunrise of Madison, an assisted living facility, probably from Covid-19. Sadly, family members were not able to be with her at the end due to a strict quarantine, although we could visit her almost daily for the year and a half before her death.

Theresa was a longtime member of TriState Ramblers and its predecessor hiking clubs, Frost Valley and Union County. We joined Frost Valley in 1992 after retiring, as we were both interested in moderate exercise and making new friends. Although we had done some limited hiking on our own and with the Murray Hill Canoe Club, it wasn't enough. When we saw an article in a local newspaper about Frost Valley, we quickly joined the club, continuing to hike and lead for many years.

With club members, we also made many trips to the White Mountains in New Hampshire and took a 200-mile trek across England. Hiking became the focal point of our physical activities, along with running (me), yoga (Theresa), and square and round dancing. We often traveled far and wide to attend dance festivals, and even managed to dance in Stockholm, Sweden, when I was there for an



engineering conference while working at Bell Labs.

Theresa enjoyed a full 85 years of life with me, our son and three daughters, and other family and friends. She especially enjoyed our 50th wedding anniversary with many relatives and friends in attendance.

On Monday, September 14, 2020, Theresa's memory was honored at a hike in Jockey Hollow led by Terry Kulmane and Steve Gruber. Thank you to both leaders.



*Theresa McKay memorial hike at Jockey Hollow, from left: Terry Kulmane, Mercedes McKay, Jim McKay, and Steve Gruber. (Photo by Bill Reynolds)*

## TSR Outing Coordinators *by Linda Hetcher, Outing Chair*

Thank you to the outing coordinators who ensure that our schedule is filled with interesting events. Special appreciation is extended to the following members for volunteering as new outing coordinators: Sharon Lehman (alternate Thursday hikes), Susan Kleczynski (Saturday hikes), and Jean Fletcher (paddling trips). Contact details are listed below:

Monday Hikes	Stan and Bev Kaltnecker	201-602-4074	<a href="mailto:kaltnecs1@aol.com">kaltnecs1@aol.com</a>
Tuesday Hikes	Louis Thompson	732-239-1012	<a href="mailto:ltpt1@yahoo.com">ltpt1@yahoo.com</a>
Wednesday Hikes	Arlene Fineman	908-403-6554	<a href="mailto:arlenefineman@gmail.com">arlenefineman@gmail.com</a>
Thursday Hikes	Dianne Jones	973-428-4924	<a href="mailto:diannejones428@gmail.com">diannejones428@gmail.com</a>
Alt. Thursday Hikes	Sharon Lehman	973-525-5901	<a href="mailto:lehmans2018@gmail.com">lehmans2018@gmail.com</a>
Saturday Hikes	Susan Kleczynski	973-545-6432	<a href="mailto:sjkrockaway@optimum.net">sjkrockaway@optimum.net</a>
Sunday Hikes	Sheree Bennett	973-857-0543	<a href="mailto:shereestarrett@yahoo.com">shereestarrett@yahoo.com</a>
Bike Rides	Gloria Friedman	973-535-3274	<a href="mailto:gloria.1001@yahoo.com">gloria.1001@yahoo.com</a>
Paddling Trips	Jean Fletcher	973-285-5263	<a href="mailto:jrfletc@optonline.net">jrfletc@optonline.net</a>



# Sleeping Giant State Park *by Thea Landesberg*



*From the Violet Trail, Sleeping Giant State Park, facing the quarry. I'm the teeny figure at the bottom left.*

**S**leeping Giant State Park: It's an intriguing name, well worth the trip to Hamden, Connecticut, six miles north of New Haven. The name comes from the profile of a reclining "giant" that can be seen from a distance south of the park. But no need to view the park from afar — better to hike among its 30 miles of trails.

Bill and I followed the Violet Trail, a clearly blazed path that the park's map describes as "mostly level, some rises." Ten minutes into the hike, we came across the famous quarry, a

spectacular view of the side of a mountain that had been excavated in the early 1900s for a highly prized and strong "tap rock." It is truly an awe-inspiring site. Intrepid hikers could possibly scramble to the top, but tons of fallen rock made that sort of venture seem risky to us. As indicated on the map, the rest of our four-mile trek consisted of pleasant ups and downs, the trail laden with uneven chunks of the famous tap rock.

The map (<https://explorect.org/sleeping-giant>) provides clear

descriptions of the north/south and east/west trails, all nicely color-coordinated so you can select the difficulty of your hike. Unless you are a Connecticut state resident, you'll need to pay a \$15 entrance fee via the ReserveAmerica app.

Finally, directly across from the park is Quinnipiac College. We didn't have time to check it out, but the campus looks quite pretty and walkable.

For more information and the history of Sleeping Giant, visit <https://sgpa.org/about/about-the-giant>.



## Bob Bieri: Honored Member *by Lise Greene*

**T**he TriState Ramblers are proud to bestow "honored membership" upon longtime member Bob Bieri.

After he retired, his son — an avid hiker — encouraged Bob to take up the hobby, and he joined the Union County Hiking Club (predecessor of TSR) in 2006. He served about six years as the coordinator for regular Thursday hikes and about two years for Tuesday hikes.

Among countless hiking experiences, Bob recalled one of his most satisfying. He and fellow club member George Kalosieh were trying to locate the "Escalator" off the Timp Torne Trail in Harriman State Park. Finally, after several attempts and with the help of Bill Myles's old but comprehensive guide book on Harriman trails, they found the faint blazes and located it — with great excitement and relief!

Thank you, Bob, for all you have contributed to TSR.



# MASK MAVEN by Gail Waimon

It was mid-March and news about the frightening Covid-19 virus seemed increasingly confusing each passing day. But the more we heard, the more the message became clear that wearing face coverings was in our future.

Just prior to this news, I had posted on Facebook hoping to sell my commercial sewing machine, a very large and heavy piece of equipment. Once we knew how serious the virus was, I had second thoughts about people coming into my home. Then, as the days went on, I began to think: Why don't I start sewing masks for anyone who might be in need? Who knew that by the fall, I would still be sewing away at my machine many hours a day. My marvelous mission: mask many!

During these months with more than 1,000 masks sewn, I have updated the design several times for a better fit. Now they are even adjustable, so one size fits almost all. The masks are donated to family,

friends, clubs, post office, library, medical offices, nursing homes, and more. I am also donating to a local group that sends masks all over the country to various nonprofits. Fortunately, some of my recipients have kindly donated funds in return so that I can continually purchase the necessary supplies. But I never ask for anything . . . well, maybe just a thank you.

I have always worked in some creative fashion. Although I was educated as an advertising artist, I never worked in the field. Instead, I was employed by the state of New Jersey to collaborate with school therapists (physical and occupational) in creating equipment for severely impaired students. All I had was a vision of what would help the children's physical needs. Through a grant, I was given workshop space and tools . . . and had my commercial sewing machine brought to the school. I designed harnesses to help support kids in their wheelchairs,

Plexiglas trays, and many other useful items.

Later, I also used my creativity in various personal ways such as making and designing leather jewelry, handbags, hats, centerpieces, invitations, and more. When new to the computer, I started designing posters and occasion cards. I also have a passion for photography.

During all that time, the sewing machine was resting quietly in my studio . . . until the 2020 pandemic. These masks have made the days and months fly by and have allowed me to "safely" meet and chat with many new folks. When my machine broke down recently, I was so upset. What was I going to do with my days? Thankfully, the repairman offered to come over on Labor Day weekend to fix the problem with the motor.

I know many of our TSR members have received my "fashion forward" masks and are, I hope, remaining safe and healthy.



*Bill Reynolds*



*Eck Khoon Goh*



*Mask Maven at work*



*Next generation masks*



*Strong women wear masks!*



*Linda Hetcher*



# Covid-19 Getaway *by Gail Biggs*



*Sebasticus Island, Maine*



*Exploring a sandy beach*

After five months of “sheltering in place” and staring at the same scenery, Butch and I were desperate to safely see a new place. An Airbnb search found us a little cottage in the woods in Maine with a water view, and we were assured that rentals were spaced with 72-hour intervals between them. We had no air conditioning, no dishwasher, and no TV. But the internet connection was great.

We arrived in Brunswick, Maine, to spend the last week of August. Brunswick is home to Bowdoin College, but there were no students to be seen. All classes were offered remotely. Maine is very careful about practicing safe protocols and this made us feel Covid comfortable.

The first day was brutally hot and humid, and we asked ourselves why we had left home. But overnight, the cool, crisp air moved in, and we enjoyed 70- to 80-degree temperatures ever after.

It was difficult to find open restaurants/lobster shacks, but we did eventually enjoy a wonderful lobster roll on an outside deck. During one afternoon drive, we also found a delightful restaurant with open decks. It was only 3:00, and our first thought was: It's too early for dinner. Our second thought was: Hey, why not eat now! We knew we would never get back again on our travels, so we had the most delicious lobster dinner at 4:00 that day.



*View from our dinner table, Harpswell, Maine*

No trip to Maine would be complete without a visit to L.L.Bean in Freeport, which includes the original store plus separate canoe/bicycle, home goods, and outlet shops.

There were two sandy beaches nearby, but by the time we arrived, it had become a little too cool to swim. Walking along the sand and exploring large rock outcroppings provided interesting viewing. Although most trails were relatively short, we hiked in some of the many lovely nature preserves. We also visited a few minor historic sites and saw lots of very quaint, picturesque scenery.

It turned out to be a great choice to visit Maine. It is such a gem — unique, beautiful, and a change from our four New Jersey walls.



*L.L. Bean, Freeport, Maine*



# Two Pretty Paddles

by Sue Bennett

**A**s a new member of TSR, I was excited to join in on two paddling trips to new and old locations.

The new trip was Jean Fletcher's very enjoyable paddle on the Paulins Kill in Sussex County. A group of six kayaks strong, we started out upstream, ducking under a low bridge and pushing past a set of riffles until the water became too shallow. We valiantly tried to continue upstream, but had to concede defeat because there were too many obstacles and our boats would go no farther. No worries: We about-faced and headed downstream toward the Paulins Kill cottage community and were treated to an attractive display of large round lotus leaves and lotus flowers.

The old trip was a flashback to my childhood, when my father took me on local canoe (and kayak) trips on the Passaic River in Roseland. What fun to revisit the muddy banks of the Passaic and its shores riddled with poison ivy. Carol Czajkowski and Martin Frahme led us downstream, first through Hatfield Swamp. We skirted around and under the trunks and branches of fallen trees until blowdowns halted our progress. Heading upstream, we continued to zigzag around fallen trees while passing the Roseland PSE&G substation's strings of electrical towers and a railroad bridge with wooden supports. We saw egrets, great blue herons, a set of folding chairs up on the bank, a wasp hive hanging over the water, jumping fish, and numerous turtles, large and small, sunning themselves. Then we reluctantly returned to our starting point.

I look forward to my next TSR adventure.



*Paulins Kill —  
along Plotts Road*

*Paulins Kill —  
working our way  
under Plotts  
Road bridge*



*Passaic River —  
through Hatfield  
Swamp north of  
Route 280*

*Passaic River —  
under an arch in  
Hatfield Swamp*





## Two Hearty Hikes *by Jodi Ordover*

**A**pshawa: On September 12, Charlie Stepnowski and Bijoy Mechery led the group on a scenic six-mile hike through Apshawa Preserve in West Milford. After circling the beautiful Butler Reservoir, we bushwhacked to the waterfalls and had lunch along a babbling brook.



**B**reakneck Ridge: On October 1, a beautiful fall day, 14 club members led by Bill Correa and Jason Briggs hiked about six and a half miles at Breakneck Ridge in Cold Spring, New York. We started with the challenging and exhilarating one-mile rock scramble up Breakneck Ridge, with many stunning views over the Hudson Valley.





## Awesome Adirondacks *by Kelly Rolston*

When we turned onto Route 73 headed northwest to the High Peaks region of the Adirondacks, the colors started popping up alongside the road. Could it get any better than this? We were very lucky. We had arrived, as did peak foliage season, the last week in September. In keeping with our tradition at the end of the drive, we did a short hike with great views — and this one did not disappoint. I thought that pictures would never do justice to the sight spread out before us. But now, I am grateful for this souvenir of what I think was the best foliage I've ever seen.



## HAVE CAMERA . . . WILL HIKE



*On the first of ROCKtober — one of the many viewpoints on Breakneck Ridge, with Storm King in the background. On October 29, we'll bookend this month's hikes looking across to Breakneck from Storm King. (Dianne Jones)*

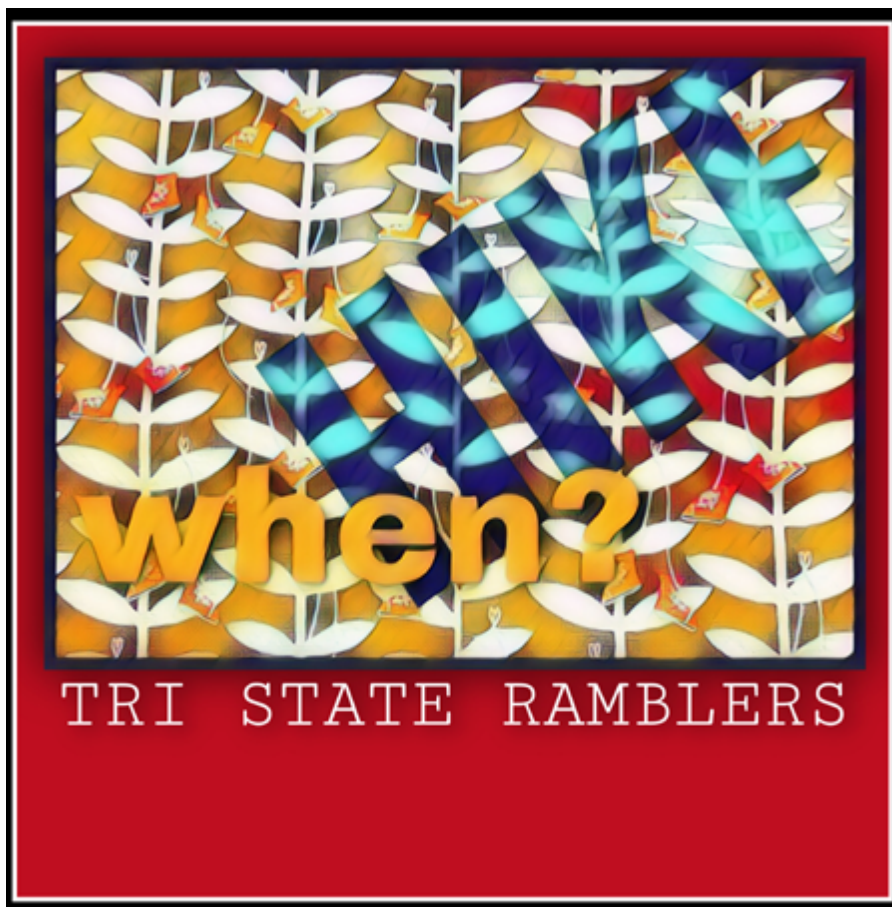


*"Golf ball" fungus, about four inches across, on Liffy Island Trail. (Lise Greene)*

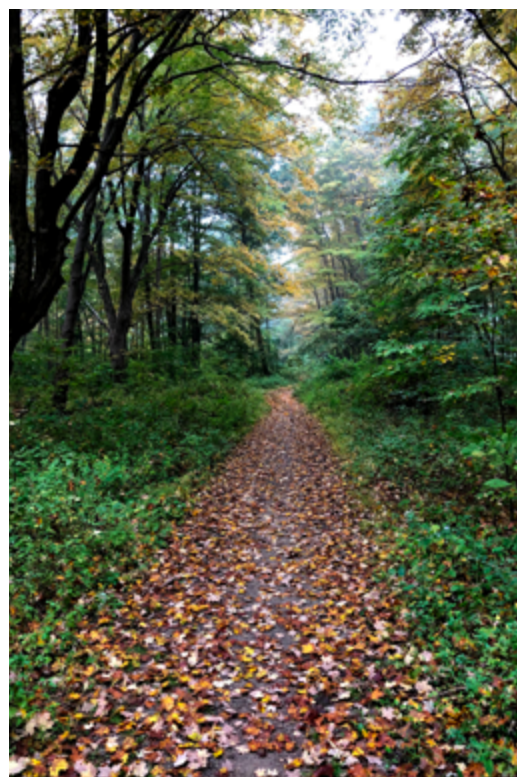
*Vista along Lake Hopatcong Spur Trail. (John Powell)*



# HAVE CAMERA . . . WILL HIKE



*When times hang heavy, I play with images. The background was taken from one of my fabric patterns. If you look carefully, you will see the hanging hiking boots. (Gail Waimon)*



*Peaceful, pretty path through Weldon Brook Wildlife Management Area. (Paul Sanderson)*



*"Horseshoe" spider web on Rockaway River WMA hike. (Paul Sanderson)*



*"Hula hoop" spider web on Rockaway River WMA hike. (Paul Sanderson)*