



# The Oak Leaf

The Newsletter of the TRISTATE RAMBLERS

Volume 44 Number 2

FALL 2021

## Message from the President *by Bill Reynolds*



As a club, TriState Ramblers has continued to evolve and grow. Our membership is at an all-time high and our financial health has never been better, as John Crump details elsewhere in this issue. (Also see the article about John's well-deserved Dave Hogenauer Award in this issue.)

Our policies and procedures concerning outings have continued to develop over the past six months, with our first shuttle hike offered since the beginning of the pandemic. Our default outing capacity has increased to 15, with some events at 20 or more. We continue to get record numbers of members on trails, waterways, and wheels. The club thrives on!

In July, we had our first in-person meeting/picnic since the beginning of the pandemic — big thank you to Jeff Sovelove and Dianne Jones! With some luck and a lot of vaccine in arms, we should be able to have a holiday party in December — big thank you to Ellie King!

We have continued to recognize members who have volunteered to lead events. They represent the heart and soul of the club and make all our activities possible. Linda Hetcher describes the recognition offered to them in this issue.

When I became vice president during Gail Biggs's presidency in 2018, I began to appreciate the behind-the-scenes work that goes into keeping a club with 600+ members humming along. When Gail stepped down, Meg Fernandez stepped up to lead the club for a year, which gave me some time to get up to speed before becoming president in December 2020. After two years, it is hard to believe that Terry Kulmane served in this position for 13 years! (We now have a two-year term limit.)

Jeff Sovelove has worked over many years as head wrangler, shopper, and cook for our annual picnic. He has decided to turn in his chef's hat, so we need a new picnic coordinator. Ellie King has also decided to move on from her duties as coordinator of the holiday party/business meeting, which she likewise has managed for many years, so we will need to identify a replacement. In addition, Terry Kulmane is leaving her position as social chair, which she has held for two years. Terry coordinated the activities of Jeff and Ellie in organizing the picnic and

holiday party/business meeting. Lastly, we are looking for a new vice president as John Jurasek will be on the slate to become president. (This position offers a built-in career path.)

If you are interested in any of these opportunities or would like to nominate a candidate, please contact Sheree Bennett at [shereestarrett@yahoo.com](mailto:shereestarrett@yahoo.com).

I have had the pleasure of leading, both literally and figuratively, a fantastic group of individuals on trails and through a pandemic. I cannot express enough appreciation for an executive board that has steered the club through this tumultuous time while growing it in size and depth. Having an enthusiastic and cooperative membership also helped immensely as we strived to get the maximum number of people out and about safely.

These past two years have been some of the most rewarding of my life. I will truly miss working and hiking with TriState Ramblers as my wife and I begin a new life in Delaware.



**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).

# Financials, Events, and Membership

by John Crump (Treasurer and Membership Chair)

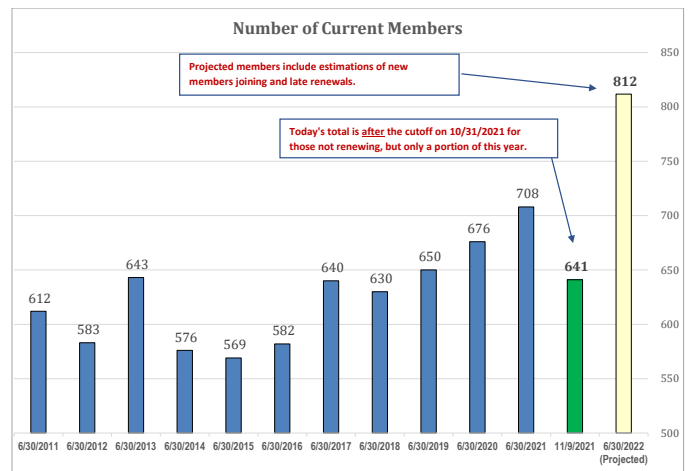
Statement of Activities Comparing Two Years Ending September 30		
All figures in \$	Twelve Months ending 9/30/20	Twelve Months ending 9/30/21
<b>Revenues</b>	<b>Actual</b>	<b>Actual</b>
<b>Total Dues</b>	<b>9,116</b>	<b>9,529</b>
Donations	140	184
Interest income	13	8
<b>Total Revenues</b>	<b>9,269</b>	<b>9,721</b>
<b>Expenses</b>		
Printed schedules	3,407	3,243
Events - picnic, holiday, other	1,925	1,072
Gifts for Leaders		1,090
Web, Meetup, email, SignUpGenius	1,140	835
Insurance	1,672	2,470
Other	1,116	913
<b>Total Expenses</b>	<b>9,260</b>	<b>9,623</b>
<b>Change in Net Assets</b>	<b>9</b>	<b>99</b>
<b>Statement of Financial Position</b>		
<b>Net Assets - Start of Period</b>	13,714	13,723
<b>Net Assets - End of Period</b>	<b>13,723</b>	<b>13,822</b>

## Financials

TSR continues to show excellent financial strength. Expenses and revenues are nearly equal; gains in net assets in previous years support a healthy balance sheet (Statement of Financial Position).

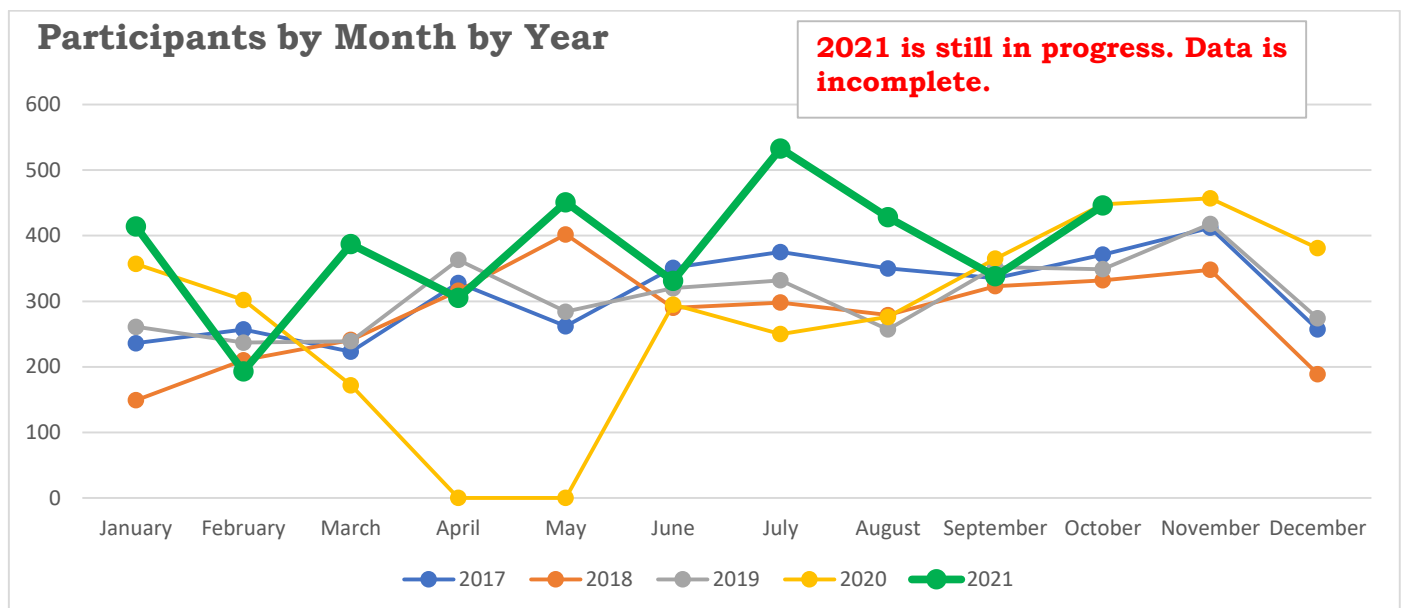
## Membership

TSR continues to attract a record number of new members. Total current members are depicted in the chart below.



## Event Analysis

TSR continues to host events at a record pace as shown in the chart below. The green line indicates this year's participants per month.



# Who Are Your Fellow TriState Ramblers Members?

by John Crump (Treasurer and Membership Chair)

TSR attracts members from throughout the tristate area of New Jersey, New York, and Pennsylvania, with most coming from north and central New Jersey. Details are provided in the chart below.

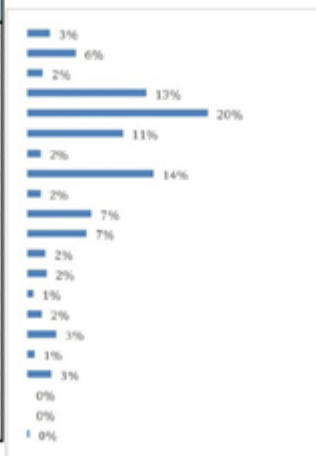
## Demographic Analysis

Gender of Current Members	#	%
Male	288	37%
Female	467	60%
Unknown (unisex name)	17	2%

Gender ID is based on first name lookup

Current Members by State	NJ	NY	PA	Other
Current Members (number)	727	43	4	14
Current Members (percentage)	92%	5%	1%	2%

Current Members by New Jersey County (Northwest to Southeast)	Number	%
Sussex	19	3%
Passaic	40	6%
Warren	13	2%
Bergen	98	13%
Morris	149	20%
Essex	79	11%
Hudson	11	2%
Union	104	14%
Hunterdon	11	2%
Somerset	53	7%
Middlesex	49	7%
Merger	15	2%
Monmouth	16	2%
Burlington	5	1%
Ocean	12	2%
Camden	24	3%
Gloucester	6	1%
Atlantic	20	3%
Salem	0	0%
Cumberland	0	0%
Cape May	2	0%



## The 2021 Dave Hogenauer Award: John Crump

by Bill Reynolds

In 2013, TriState Ramblers presented our first Dave Hogenauer Award in appreciation for outstanding volunteer efforts on behalf of the club. The award



Dave Hogenauer.  
Photo by Margo Moss.

name was chosen to honor the first recipient: Dave Hogenauer, who exemplified the best in club volunteer spirit and dedication to enjoyment of the great outdoors. This year our award goes to John Crump.

John singlehandedly set up the TSR cloud server, which acts as a one-stop shop for hiking information for leaders. Housing more than 5,000 files designed to assist the entire membership, it includes all of TSR's financial, legal, event, and membership files, providing security and ready access to

them. An additional section for event leaders offers scans of popular hiking books, a curated library of hikes appropriate for groups with their associated GPS tracks, and a variety of trail maps. If any leader wants to access this section, contact John at [johnmcrump@yahoo.com](mailto:johnmcrump@yahoo.com) and a reusable link will be sent.

John also serves on the TSR board as treasurer and membership chair. The statistics John maintains, and the reports he generates, help the club to make informed decisions about our financial status and operating strategies. Additionally, he manages all the technical aspects of our Zoom meetings and webinars, acting as director and conductor.

TSR is indebted to John for the many facets of his volunteer efforts. Please join me in congratulating John Crump for this well-deserved recognition of his efforts through bestowal of the 2021 Hogenauer Award.



Barbara and John Crump



*Yellow jackets in their nest*

*Editor's note:*

*The "bees" described in these articles were probably yellow jackets, which are wasps. They often make nests in the ground and are very aggressive in defending them. Bears dig up the nests to eat the highly nutritious brood.*

## Bears and Bees

by Paul Sanderson

One morning I began an out-and-back hike from Saffin Pond in Mahlon Dickerson Reservation to Lost Lake in the Rockaway River Wildlife Management Area, about four miles each way. Halfway back on the return trip, I rounded a curve — and encountered a female bear with two cubs about 40 yards ahead, right in the middle of the trail. The cubs chose nearby trees on both sides of the trail and climbed as high as they could, while mama took off in the opposite direction from me.

There was no alternate route to my car without adding several miles, so I decided to try talking to the cubs. I stood still and suggested that they come down and leave. After about a minute (time was not a consideration at this point), one of the cubs scampered down its tree and followed its mama's route, disappearing in the distance in what seemed like five seconds. I was impressed by the speed of that little bear!

Feeling more confident, I stepped forward a few paces to talk to the second cub. It was still on the trunk of its tree, but had come down about eight feet while its sibling was in the process of disappearing. It retreated back up as I stood still and continued to talk quietly. Eventually it came down and disappeared after its sibling and mama, again in about five seconds.

Ah, what an exciting and wonderful encounter. Everyone ended up happy

and I resumed the walk back to my car ... except that a surprise awaited. I passed where the bears had been and suddenly found myself surrounded by angry, stinging bees. My arms, legs, and back felt like pincushions, although I was probably stung only 8-12 times. I took off running for about 100 yards and then slowed down as the bees stopped stinging, although they continued to buzz around me. I walked vigorously for about a quarter mile before the last bee left me alone.

The stings hurt initially, but the pain ceased within half an hour. Then terrific itching began and lasted several days. I happened to have an appointment already with my dermatologist the next day, and he saw no issues despite my initial concern about a possible reaction to so many stings. He did prescribe cream to relieve the itching, and I have kept the mostly unused tube for the memories it evokes!

In retrospect, I had probably interrupted mama bear in the process of stirring up a nest while teaching the cubs how to find and enjoy food. It certainly turned into a memorable day for me.

## Bee-ware!

by Kathe Serbin

August 3 was beautiful at Wawayanda. Nancy Sierra and I had scouted it the week before — eight flat and shady miles, perfect for a summer TSR hike. We had a nice turnout, including a new member who came with her two

young boys. Little did we know that all of us were about to have an experience we will not soon forget.

Two miles into the hike, I announced a separation. Honestly, I did not pay attention to where I was (literally) going except that it was by a pink tree and hidden from the trail. What a mistake!

All of a sudden, I was screaming and trying to bat off dozens of bees. They were stinging me all over. Leaving my knapsack and poles, I ran out with my pants still down and even removed my shirt. Someone yelled to the men ahead, who figured there was a problem and began to turn back. Then, realizing my state of undress, the women yelled for the guys to turn around again and not come near. It was quite comical to everyone (except me).

No one wanted to continue the hike. Luckily, my co-leader was Dr. Sierra! She helped me as we all walked back to the parking lot, where everyone calmed down. I must thank those who offered to drive my car home, or give me a ride home or to an urgent care center. Special thanks to those who braved the woods to retrieve my knapsack and poles; I believe about six others were stung as well.

After sitting and breathing deeply, I was able to drive myself to an urgent care center and receive a prednisone shot. Then I took it easy at home. I was glad to learn later that some of the others resumed the hike.

The moral of the story: Look before you pee!

# ALASKA ADVENTURES

by Angela Williamson

In July, I went to Alaska to visit my son, Spencer. He is a backcountry park ranger in Wrangell-St. Elias, the largest national park in the United States — the size of six Yellowstones. It rises up to 18,008 feet from the ocean, encompasses 13.2 million acres, and has nine of the nation's 16 highest peaks. Residents, like their ancestors for centuries back, continue to live off the land.

This trip was a double pleasure as my daughter, Alexandra, is a guest artist in residence who teaches and performs dance at the Wrangell Mountains Center in McCarthy. My dream: both children in the same town, doing their own things, in Alaska of all places!

We hiked, pack rafted, glacier walked, camped, and soaked it all in during two glorious weeks in a remote setting enjoying Mother Nature, the wildlife, and the people.



*Spencer and Angela on Matanuska Glacier*



*Alexandra dancing on Matanuska Glacier*



*Clouds over Kennicott*



*Kennicott Copper Mine*



*Angela preparing to pack raft*



*Swim hole in McCarthy*

# TriState Ramblers Holiday Party/Annual Meeting: Saturday, December 4 — Noon

**TSR members only —  
no guests allowed.**

**All participants must be  
fully vaccinated and sign up  
in advance.**

Masker's Barn  
in Watchung Reservation  
2 Cataract Hollow Road  
Berkeley Heights, NJ 07922

On Cataract Hollow Road, pass the Deserted Village and turn right onto a dirt road. At the second grassy field, marked with "TSR Park Here" signs, park head-in (no parking along the road). Masker's Barn is a short walk to the right down Cataract Hollow Road. There are no restrictions on footwear in the hall.

Limited reserved parking is available at the barn for the handicapped and those delivering significant goods. Register in advance with Terry Kulmane (908-644-4547, [terrykayhiker@yahoo.com](mailto:terrykayhiker@yahoo.com)).

To work up our appetites, **two hikes** are offered prior to the party.

**Leader:** Lynda Goldschein, 908-757-7058; cell morning of hike only 908-347-5012

**Meet:** 9:30 at Masker's Barn parking lot. Hike 5.2 miles with one long uphill, the rest small ups and downs with one or two water crossings. Portable facilities available. Boots required and poles recommended. Bring water. Note early start.

**Leader:** Gordon Thomas, 609-977-0267, [thomasg@njit.edu](mailto:thomasg@njit.edu)

**Meet:** 10:00 at Masker's Barn. Hike about 3 miles at a moderate pace. Boots, water, and traction devices recommended.

The **annual meeting** with election of officers for 2022 begins at noon. There will be a raffle for all members who register in advance. (Details will be provided by email.)

**Lunch** will follow the meeting — hot tea, coffee, and table snacks provided. Please bring your own cold drink along with something to share with fellow hikers: salad, main dish,

nuts, pickles, fruit, cranberry sauce, veggies/dip, cheese/crackers, or dessert (homemade, please!). Meal contributions can be dropped off at Masker's Barn beginning at 9:00. No food heating/warming facilities are available.

**Swap table** items include unneeded hiking clothes, gear, and related articles in good condition. Place your contributions on the table; donors must take home any unclaimed items.

**Volunteers** are needed for setup, monitoring the swap table, and clean-up. If you can help or have any questions, please call Ellie King at 908-233-8411 or email Terry Kulmane at [terrykayhiker@yahoo.com](mailto:terrykayhiker@yahoo.com).

**Contacts** on the morning of the party: Ellie King (908-487-0489), Terry Kulmane (908-418-7476), Bill Reynolds (201-874-8758).

*Additional details will be provided to club members via email.*

## Announcements

### Volunteer to Serve for One Year

**A**ll TSR members are invited to consider serving for one year (or more) as an officer, outing coordinator, or special volunteer. See page 4 of the current schedule booklet for a list of all opportunities. You are welcome to discuss your interest with [Sheree Bennett](#), nominating chair. Feel free also to contact someone presently in a position to review the requirements or to offer informal help. Officers will be elected at the annual meeting held in conjunction with the holiday party on Saturday, December 4, at Masker's Barn.

### Connect With Us!

**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](mailto: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."

**Facebook:** TriState Ramblers ([www.facebook.com/groups/243428139331669](https://www.facebook.com/groups/243428139331669)). The private TriState Ramblers Facebook page is a wonderful way for members to post photos of club events, seek advice on hiking gear, and share useful information regarding hiking, biking, and paddling.

### 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.

# Hiking in Delaware *by Bill Reynolds*

**M**y wife and I moved to Delaware at the end of August to be closer to our grandchildren. Chris, knowing that a critical requirement for a move (besides availability of natural gas) was a reasonable hiking group, found a 700+ member club that I joined right after we closed on the new house (didn't want to jinx it).

Well, the Wilmington Trail Club is certainly different! There are many rather long and fast hikes along with pedals and paddles, plus some overnight trips to the Poconos and even Vermont. A recent Tuesday hike was 5.6 nonstop miles at a pace of less than 22 minutes per mile. I have since found a contingent of members interested in less-stressful walks in the woods, and they have started leading slightly slower hikes with occasional stops to enjoy nature — sometimes to the consternation of traditional Tuesday/Thursday leaders.

Many Wednesday and weekend hikes/walks are on paved paths and even downtown. The hike for new members on September 11 through downtown Newark (“New Ark”) included a tour of the University of Delaware gardens. Every Thursday, WTC coordinates removal of non-

native invasive plants at Judge Morris Estate in White Clay Creek State Park. Another feature/tradition of many hikes is to share a restaurant meal at the end. I have really enjoyed breaking bread with club members and finding kindred souls.

In October, WTC offered a three-day paddle at Assateague, Maryland, and also had its first club-wide gathering since the beginning of the pandemic. The annual picnic offered burgers and dogs and fixings on the club, and everything else was potluck. There was a drawing for prizes donated by stores such as REI, Henry's Bike Shop, Trail Creek Outfitters, Wooden Wheels Bike Shop, Philadelphia Runner, and even Trader Joe's (a special sustainability drawing for those who brought their own plates and flatware).

This month, I joined in the annual hike across Delaware, a 15-mile trek on paved walkways along-side the Chesapeake and Delaware Canal. We started in Delaware City and took a bus across the state to North Chesapeake City to hike the width of Delaware, mainly on land designated as the Canal Wildlife Area. There was an opportunity to drop out at 10 miles, but I made the full 15.

This has been a very big change from knowing how to get to nearly any trailhead where I hiked in New Jersey to needing the GPS for every drive down here. I have only been to one trailhead more than once, and then only because I reconnoitered the trail before my first club hike there. The terrain is also quite different with more flats, but there are some surprising hills, too.

I am blessed that the [Northern Delaware Greenways Trail](#) is within a half mile of our house. The 10.5-mile “trail” is mostly on paved walkways, rated as moderate, and partially funded by REI. It runs through the three state parks that are within a few miles of our house as well as six of the nine other parks in the same radius.

When we got around to switching our drivers' licenses and registration over to Delaware, I took an early morning walk one mile down the road to Bellevue State Park and bought a lifetime state park senior pass for \$65. This saves me the \$8 fee each time I hiked at a state park with out-of-state plates.

It looks like I will be busy enough on trails down here for a while. Miss you all!!!

# Ode to Paddling *by Helen Lippman*

**M**y first time in a kayak was in 1997, when I camped and paddled along the Batsto River. Navigating the twisty tea-colored Pine Barrens river — the water stained by high iron content and tannin from the cedar trees — was far easier in a kayak than in a two-person canoe. Sitting closer to the water made me more attuned to nature, and I loved being the captain of my own ship.

In the following years, I kayaked down the Delaware River, at Split Rock Reservoir, and on a small man-made lake a mile from where I worked on lazy summer evenings. Before long, I kayaked every chance I got and began building a “life list” of memorable out-of-state paddles: in the



alligator-infested marshland in Hilton Head, South Carolina; alongside the loons on China Lake in Maine; and next to a sea lion that popped its head up a foot from my kayak in the tidal waters of Canada's Bay of Fundy.

Then came Covid. Travel ended, but paddling did not. Thanks to TSR, which I joined near the end of the

2020 kayak season, I have a new life list. This one has local places I've paddled that were previously unknown to or unexplored by me: Lake Aeroflex, Paulinskill Lake, Pompton River, Swartswood Lake, and on it goes. Every Friday through mid-October has brought an opportunity to explore a new waterway. There are no exotic animals, but my fellow paddlers and I have encountered herons, egrets, cormorants, swans, turtles, and even an eagle or two.

I'll end with a giant THANK YOU to my Friday companions, and especially to TSR's fearless paddle leaders. I'll see you on the trails and fondly await our reunion on the water in 2022.

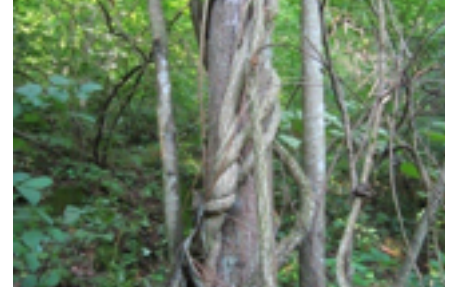
# YEAR OF INVASIVE HIKING by Thea Landesberg



*Wineberry*



*Japanese angelica*



*Oriental bittersweet*

One of my retirement goals was to volunteer more with the New York/New Jersey Trail Conference. I have always felt that this organization did fantastic work to “build, maintain, and protect trails” — the ones we use and love. With more free time, I set out to increase my volunteer efforts.

First, I became a trail maintainer. My assigned section is a 2-mile stretch of the Hoeferlin Trail in Ramapo State Park. Several times a year, my husband and I walk the trail: clipping and lopping, fixing blazes, occasionally cutting down broken branches that block the trail, collecting trash, and reporting any major damage. Bending and reaching provide a great workout in addition to the hike itself. More importantly, though, I feel a sense of pride that I am contributing to the well-being of the forest.

My next step was to become an invasive species monitor. Without the faintest idea what this was all about, I took the plunge and watched Brent Boscarino’s two webinars, where I learned to identify 14 of the most common invasive plants in New Jersey. For those who might not know, invasives spread quickly and outcompete native species, often causing their extinction and displacing the food chain among wildlife. It is a worldwide problem.

At first, I had a very difficult time differentiating one species from another, but Brent’s non-stop encouragement made me think that, eventually, I could do this work. Last fall, on a 4-hour trek at High Tor State Park in Rockland County, New York, I teamed with a young man who had invasive species

experience. He patiently showed me how to identify the various species (I used Seek, a nifty plant ID app) and how to record them using Avenza and data charts. Could I identify all 14 species afterward? No, but it was a positive start. And over the winter, I took the webinar again and looked at tons of online photos, trying to store information for the next season’s work.

This past summer, I worked with another experienced invasive tracker on three different trails in Norvin Green State Park. Little by little, I could recognize these plants. Wineberry vines have short, spiky red hairs; the long Oriental bittersweet vines wind around themselves and tree limbs; and Japanese barberry leaves are spatulate (broad, rounded ends). The first time I correctly identified Japanese angelica, I yelled in delight. My partner, Claudia, and I had so much fun during our hours on the trails and felt great satisfaction in

contributing to the health of our environment. We also loved being outdoors, exploring new trails, and learning about our New Jersey flora. I’m proud to say that I can now readily recognize the mile-a-minute plant, which can grow six inches a day!

This season’s invasive plant identification work is over. As the cold weather comes, most flora die and identification for most species becomes impossible. For a few weeks, though, I helped out with monitoring the spotted lanternfly in Orange County, New York. This dangerous insect has become a scourge in eastern states including New York, Pennsylvania, and New Jersey. Through Brent’s coaching, I’m doing my very small part to curb its invasion.

I encourage those of you with time and energy to contact the NYNJTC ([www.nynjtc.org](http://www.nynjtc.org)) and help out. It is powerfully rewarding work on many levels.

## Outdoor Participation Trends by Dianne Jones

Based on our own club’s experience in 2020, it should come as no surprise that the Outdoor Foundation’s 2021 Outdoor Participation Trends Report found 8.1 million more hikers in the United States in 2020 compared to 2019.

Hiking is the second most popular outdoor activity among Americans, according to this report, with a participation rate of 19% (57.8 million). Running/jogging/trail running is the most popular (21%).

Hiking is the outdoor activity of highest interest for those with

incomes above \$50,000 and for those ages 35-64. It is of second highest interest for other income levels and those ages 25-34 and 65+. Among those surveyed, 22% of Whites and 22% of Asians participated in hiking, making it a top first or second choice outdoor activity for these demographic groups as measured by participation rate.

To view the report, visit <https://outdoorindustry.org/wp-content/uploads/2015/03/2021-Outdoor-Participation-Trends-Report.pdf>.

# MOUNT CARRIGAIN *by Gordon Thomas*

On September 8, 2021, I climbed Mount Carrigain and completed my set of hikes over all 48 of the 4,000-foot peaks in New Hampshire. Finishing the set took 70 years.

My first hike in the White Mountains was to Zealand Falls on my eighth birthday (June 8, 1951) with my father, Robert Thomas, and my grandfather, Albert Thomas. In the 1990s, my son, Allen, and I found all three faded signatures in the Zealand log.

I continued hiking extensively with my father. During college (1961-65), my hiking partners were friends from the Brown University Outing Club, including Deborah, my soon-to-be wife. Our favorite mountains were in the area of the Presidential peaks, as in later occasional hikes when I worked (1972-99) as a research physicist at Bell Laboratories, the research arm of AT&T, and hiked with the Bell Labs "Canoe Club."

However, for many years my principal focus was on physics — obtaining a PhD (1965-72) and then working primarily at Bell Labs, but also at Harvard, MIT, and the University of Tokyo. This concentration on physics continued when I became a professor of physics at New Jersey Institute of Technology (2000-20), from which I retired at age 77. Rare hiking digressions from this scientific work, in addition to climbs in New Hampshire with Bell colleagues, were my ascensions of Mount Pilatus in the Swiss Alps in 1971 with my wife and friends and Mount Fuji in Japan in 1981 with a crowd of thousands.

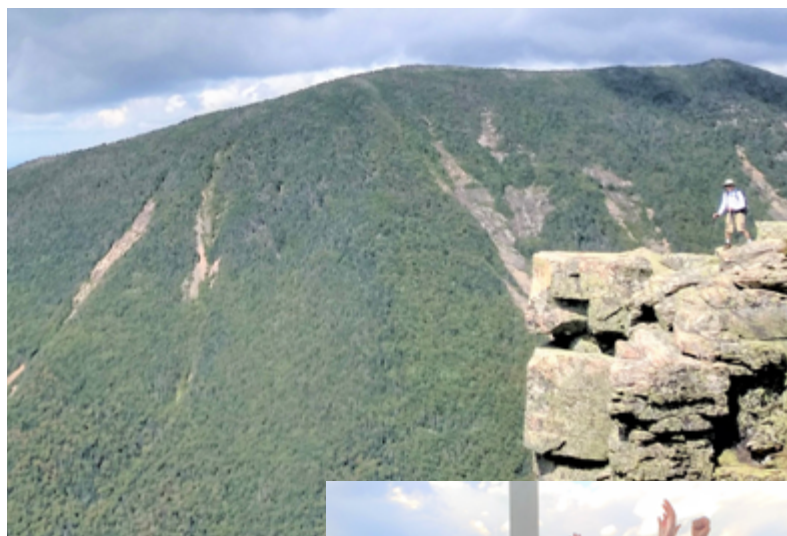
As retirement approached, my thoughts returned to memorable hikes in the White Mountains and the pleasure of breathing pure, clean outdoor air — especially in the age of Covid-19. The consequence (besides joining three hiking groups in New Jersey) was my decision to enlist AMC guides for peaks in New Hampshire that I had not previously climbed. Guide Nate Bartnick and I summited 17 peaks and hiked more

than 90 miles from July 22 through September 8, 2021.

After we descended the last mountain, Carrigain, Nate guided me to North Conway and a celebration with a group of six guides. They applauded and treated me to two coffee milkshakes at the Trails End restaurant.

Both my father and sister are on record as members of the New

England Four Thousand Footer Club. My decision to climb Carrigain last was in honor of my sister, Patience Thomas, for whom it was also her last New Hampshire 4,000-footer, and in memory of our father, who personally guided her on that climb and perhaps guided me in spirit, too. The Carrigain trail is long, the lower parts are muddy, but the top is heavenly.



*Bond Cliff*

*Gordon celebrating after Carrigain with AMC outdoor guides in the White Mountains*



*Liberty looking to Flume*



## POST-IDA HIKE *by Dianne Jones*

**W**e were originally supposed to hike out of Ramapo Valley County Reservation on Thursday, September 2, one day after Hurricane Ida. I had been warned the night before that the Ramapo River was expected to crest one and a half feet over flood stage, but thought that would only affect road conditions and maybe we would have trouble getting to the park.

Thursday morning was bright and sunny, and no closed road conditions were reported. However, upon arriving at the park, we found the

gate closed. We met at a parking lot down the road and while we were considering our alternatives, Bill hiked into the park via a side route to check out the situation. From the parking lot to and beyond the bridge was completely flooded (see first picture), so we knew Ramapo Valley was not an option.

Instead, we drove to Harriman State Park and started from Lake Sebago. Water was rushing down the trails as we hiked up. We planned a route that we thought would minimize stream crossings. But

what one never noticed before to be stream crossings became stream crossings — and stream crossings became much more. If you go upstream, sometimes you can find a way across; sometimes you're out of luck and need to change plans.

Making our way toward Pine Meadow Lake, even with a bridge (second picture) we were unable to cross that stream and actually reach the lake. So we continued on a different trail back to the cars — a beautiful day, but a lot of water!



*Pine Meadow Trail (Dianne Jones)*



*Ramapo Valley (Bill Correa)*

## UPDATES TO CONSTITUTION AND BYLAWS

At its meeting on November 10, 2021, the Executive Board updated the following sections of the club's Constitution and Bylaws, including minor terminology corrections in Articles V and VII:

Article III – Membership and Dues, Section 2: final sentence added – “Honored member nominations must be accompanied by a statement documenting the nominee’s contributions to the club.” Section 4: renewal deadline changed from October to August.

Article V – Officers and Their Duties, Section 3: “honorary” changed to “honored” in final phrase.

Article VII – Executive Board, Sections 3 and 4: “committee” changed to “Board.”

See the Member Documents section on the TSR website for the current version of the Constitution and Bylaws.

# PENNSYLVANIA PLEASURES *by Joyce Breach*

**D**ue to the pandemic, Alan and I took a few short trips close home this past summer, including two locations in Pennsylvania.

Ricketts Glen State Park, a registered National Natural Landmark in Benton, is about three hours from our home in New Jersey. The Glens Natural Area of the park includes the Falls Trail, which features more than 20 named waterfalls! If you start at Lake Rose, you can do a loop hike of 3-4 miles. For a longer walk, start at the Evergreen Trail lot on Route 118 and take a 7-mile lollipop hike with more elevation gain. Hike descriptions can be found in AllTrails. We recommend going on weekdays when the forecast indicates a stretch of nice weather and spending a few nights at a motel in Wellsboro.

In the same general area, visit Colton Point State Park to see the Grand Canyon of Pennsylvania near Wellsboro. Be sure to do the 1-mile Rim Trail for great views of the canyon. Then hike the 3-mile (round trip) Turkey Path to the canyon floor. It was a great short getaway for us.



*Ricketts Glen  
State Park*

*Grand  
Canyon of  
Pennsylvania  
in Colton  
Point State  
Park*



## Signing Up for TSR Events

**B**efore using SignUpGenius to register for a TSR event, be sure to read ALL information in the weekly email announcement BEFORE clicking the “Sign up here” link at the bottom. Details are often changed from the initial posting in the schedule booklet! Check the meeting location carefully; members who go to the wrong place inconvenience themselves and other participants.

Except for emergencies, cancellations should be made before 5:00 the evening before, as last-minute cancellations can mean that waitlisted folks are unable to participate. If you must cancel the morning of the event, remember to do so online AND call the leader to ensure that the group does not wait for you unnecessarily.

# To Lead or Not to Lead

by Linda Hetcher (Outing Chair)

Many thanks to those who were able to attend the TSR leaders' webinar, "To Lead or Not to Lead," on June 22, 2021. We were very pleased with the number and engagement of both current and aspiring leaders. Thank you to the panelists who contributed to the success of the event. Sheree Bennett, Sue Bennett, John Crump, Ken Donhauser, and Bill Reynolds unselfishly volunteered their time and willingly shared their expertise to ensure the session was of value for participants.

Membership chair John Crump has posted the webinar slides and a video on TSR's cloud server, along with a folder containing information for our hike leaders. Contact him ([johnmcrump@yahoo.com](mailto:johnmcrump@yahoo.com)) for a link to the site where you can view, print, and download any of the stored files; then bookmark it in your browser for future use. Note that you will have read-only rights and, therefore, cannot edit, add, or delete files. Here is a breakdown of the folders and their contents:

**GPX tracks:** GPX is a standard format for exchange of GPS routes, tracks, and waypoints among software applications. The files have the same names as the hiking descriptions in PDF listed below. These tracks can be downloaded to some applications (such as AllTrails) to help leaders stay on track.

**Hiking descriptions in PDF:** These files describe curated hikes appropriate for groups. Their naming convention is park name followed by destinations within the park. Many leaders contributed to this library and additions will be made.

**Leaders webinar meeting of 2021-06-22:** In addition to slides from the webinar, there is a large video file that may take some time to load and play on your computer.

**Leaders who will mentor, scout, and co-lead:** This folder contains a file listing current leaders willing to help new leaders.

**Maps:** Regional park maps are available in this folder.

**Other:** A subfolder contains information on how to group-lead hikes in the Pequannock Watershed. "Other" will include a variety of files in the future.

**Trail books:** There are eight subfolders with the contents of eight

hiking books, segmented by chapter; each chapter is a separate hike.

Please contact me ([linda.hetcher@gmail.com](mailto:linda.hetcher@gmail.com)) with questions, comments, and feedback about the webinar or leading TSR hikes.

## Memories Galore: Responses to 2013 Issue of *The Oak Leaf*

In July 2021, an email was sent to all members with a link to a special issue of *The Oak Leaf* from 2013. TriState Ramblers began as the Union County Hiking Club in 1938, and the organization's 75th anniversary was celebrated in 2013. Martin Frahme and Carol Czajkowski shared the document so that all of us could enjoy exploring our club roots. In case you missed it, the issue is posted on the TSR website and directly linked [here](#). Some comments from members:

- ▶ This issue brought back memories galore. I hiked with Dick Wolff many times over the years in Harriman, the Catskills, and the Adirondacks. My first "big" backpacking and car camping hiking trip in 1979 (?) was organized by Lenny and Dani Bernstein and included Peter Banta, Bill and Bert Myles (on their honeymoon), Ruth Robinson, and Lee Fanger. We hiked most of the over-4,000-foot peaks in Maine!
- ▶ Thank you for sharing these wonderful memories. Sadly, spinal arthritis is causing me to have weak legs and disables me from hiking with the club.
- ▶ This 2013 issue of *The Oak Leaf* was very interesting about the earlier days of the club. I wish we could offer overnight trips and weekends. I would like to try and organize, but it's not easy and requires lots of decision making.
- ▶ Nice to see all those old pictures — many thanks to Martin and Carol for sharing them.

## Photo Contest

The current TriState Ramblers website is approaching its 4th anniversary! While we regularly update procedures, events, club officers, etc., our photos on the following pages have not been changed:

[www.tristateramblers.org](http://www.tristateramblers.org)  
[www.tristateramblers.org/aboutus](http://www.tristateramblers.org/aboutus)  
[www.tristateramblers.org/join-us](http://www.tristateramblers.org/join-us)

If you would like to submit a photo for display consideration on our website: Email it to [tsrhikers@gmail.com](mailto:tsrhikers@gmail.com) in .jpg or .png format with the subject Photo Contest.

The photo must be one that you have taken (no copyright violations, please) in the tristate area.

Provide information about the location (park name or view) and, if applicable, indicate which specific webpage your photo is for.

The photo for the homepage must be in portrait/vertical format; the other two must be in landscape/horizontal.

The photo deadline receipt is November 28.

We reserve the right to not update any of the website photos. Finalists will be determined at the sole discretion of members of the TSR executive board, including the possibility of a vote by club members to select the winners. If selected, your photo may be cropped.

Note that TSR has a [private Facebook page](#) where members can share their trail photos.

## Scenes from the Trail



*Chicken of the Woods at Watchung Reservation (Gordon Thomas)*



*Fungus Staircase at Jockey Hollow (Paul Sanderson)*



*Flowers at Willowood Arboretum (Terri Petner)*



*Japanese garden decor at Willowood Arboretum (Terri Petner)*



*Round Valley and Cushetunk Mountain (Gordon Thomas)*

*Tubbs House at Willowood Arboretum (Terri Petner)*



## We Are Very Grateful *by Linda Hetcher, Outing Chair*

**H**ave you ever thought about how our event registration system runs so smoothly? It is due to the dedication and efforts of a few TriState Ramblers.

In the early days of the pandemic, we were able to take advantage of having our events posted securely online along with organized procedures and controls. Debby Bronner, who won our 2020 Dave Hogenauer Award for introducing the club to SignUpGenius (SuG), helped

establish processes for posting, updating, and maintaining our digital registration. More recently, she passed the baton to Kaat Higham, Linda Laidlaw, and Sue Griffin to continue the effort.

These individuals manage our event waitlists, broadcast and post add-on hikes, alert our members to changes in events, and answer many questions about SuG and our procedures. Additionally, they ensure that our Facebook presence is

up-to-date and that reports about our events are provided to John Crump, membership chair, for accurate reporting purposes. Everything is done efficiently and on a timely basis.

On behalf of grateful TSR members, thank you to Kaat, Linda, and Sue for your willingness to give the time needed to keep our behind-the-scenes operation running smoothly. We hope you are enjoying your REI gift cards as a small token of our appreciation.

## Stepping Up So We Can All Step Out *by Bill Reynolds*

**T**riState Ramblers membership is now more than 700. The number of hikes and other outings is at an all-time high and projected to continue growing into the foreseeable future. Our members enjoy the weekly hiking, biking, and paddling, but the vast majority of it is facilitated by a handful of volunteers.

Some work every day to ensure that the SignUpGenius system functions properly. Others turn their attention to the website, membership, newsletter, or finances periodically

for intense work. And there are those who help on special occasions like the holiday party and picnic, among other events. We owe all of these individuals a great deal of thanks for their involvement in the club and their dedication to our success. But this is something like a 25:700+ ratio. (Some of us, like me, kibitz in the background. I stick my head up now and then when it suits me!)

There are currently four positions available for volunteers to help keep our club humming along, and most of

them require only a few hours on a few days each year. The election will take place at our annual meeting on December 4. If you love this club as much as I do and enjoy all our great activities, I strongly encourage you to give serious consideration to stepping up . . . so we can all continue to step out.

Reach out now to Sheree Bennett, nominating chair, at [shereestarrett@yahoo.com](mailto:shereestarrett@yahoo.com) to discuss how you can STEP UP!

# Summer Picnic *by Jeff Sovelove*

Our first post-pandemic picnic was held at Lewis Morris Park on July 10, a perfect summer Saturday for the 120 attendees.

Among them were club members who opted for a hike before the meal — a longer one led by John Jurasek (58 people) and a shorter one led by Bev and Stan Kaltnecker (39 people).

As a health precaution, all the food was provided by the club rather than

by members. The feast included burgers, hotdogs, fixings, salads, chips, fruit, desserts, and drinks. Dianne Jones shopped for the sides and desserts while I got the meat, fixings, and drinks. Arlene and Sonny Fineman assisted with setup and then helped me flip burgers and dogs for the hungry hikers.

The swap table was swarming with members eager to give new homes to

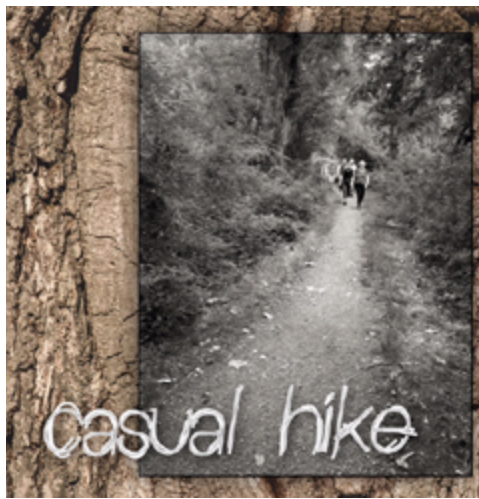
unneded outdoor-related items. Our lucky \$50 gift card winners were Pat Chorman and Glenn Kuznitz.

Big thanks to everyone who helped with set-up and clean-up: Bill Reynolds, Leslie McGlynn, Loretta Menger, Olga Ajipa, Larry Brody, Linda Hetcher, Jennifer Hoffman, and others.

*Photos by Gail Waimon*



*Bill Reynolds*



*Casual hike*



*Good eats*



*Jeff Sovelove, Arlene and Sonny Fineman at the grill*



*Dianne Jones, shopper extraordinaire*



*Stan and Bev Kaltnecker, hike leaders*



*Jeff Sovelove, Picnic Guru*



*Lenny Friedman, the chair-man*

# Giving Thanks for TSR Leaders *by Linda Hetcher (Outing Chair)*

The TriState Ramblers board wanted to recognize and reward members who led or co-led multiple events from the start of 2020 through mid-2021. The willingness of these individuals to lead in uncertain times was instrumental in keeping our club vibrant while remaining compliant with CDC guidelines. This allowed TSR to continue offering safe outdoor activities, particularly during the early days of the pandemic. Our entire membership is very appreciative and would like to formally thank the following leaders:

Sheree Bennett  
Gail Biggs  
Susan Black  
Alan Breach  
Joyce Breach

Jason Briggs  
Debby Bronner  
Bill Correa  
Carol Czajkowski  
Jay Dibble  
Ken Donhauser  
Willard Dye  
Stuart Falls  
Jean Fletcher  
Lynda Goldschein  
Lise Greene  
Dianne Jones  
John Jurasek  
Beverly Kaltnecker  
Stan Kaltnecker  
Bill LaChance  
Anita Liao  
Ed Leibowitz  
Bijoy Mechery  
Anna Merrett  
Margo Moss

Bill Reynolds  
Paul Sanderson  
Kathe Serbin  
Joe Serpe  
Margo Serpe  
Nancy Sierra  
Charlie Stepnowski  
Debbie Stuart  
Gordon Thomas  
Louis Thompson  
Lynn Tucholke

Each leader was awarded a TSR garment (see photos) — wear them in good health during many events to come!

Those who want to learn more about leading a TSR event are invited to contact me at [linda.hetcher@gmail.com](mailto:linda.hetcher@gmail.com).



*Sheree Bennett  
(Adirondacks)*



*Joyce Breach, Alan Breach, Dianne Jones, Bijoy Mechery,  
Debby Bronner, Lynn Tucholke, Willard Dye, Gordon Thomas  
(Pochunk Mountain)*



*Jay Dibble*



*Ken Donhauser (Rutgers  
Ecological Preserve)*



*Jean Fletcher (Lake  
Musconetcong)*



*Lise Greene (Mount Paul)*



*Linda Hetcher (coordinator  
of the pandemic leader  
recognition program) and  
Kathe Serbin (South  
Mountain Reservation)*



*John Jurasek*



*Stan and Bev Kaltnecker (Rutgers Ecological Preserve)*



*Bill LaChance (Loantaka)*



*Anna Merrett*



*Margo Moss (Overpeck Park, Leonia)*



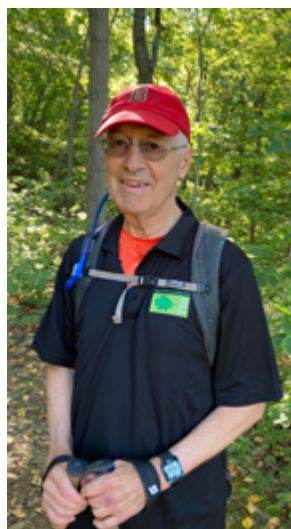
*Bill Reynolds*



*Paul Sanderson (Mount Paul)*



*Charlie Stepnowski (Ken Lockwood Gorge)*



*Gordon Thomas (Watchung Reservation)*



*Louis Thompson (South Mountain Reservation)*