



The Oak Leaf

The Newsletter of the TRISTATE RAMBLERS

Volume 43 Number 1

SPRING 2020

Message from the President *by Bill Reynolds*



I begin with great sorrow by reflecting on the recent passing of four very special TriState Ramblers: Steve Koehler (our club treasurer),

Dave Hogenauer, Theresa McKay, and MaryDell Morrison, all longtime members who led many club outings. You will find moving tributes to three of them in this issue of *The Oak Leaf*, with one to be included in the fall.

We have been blessed by the presence and efforts of membership chair John Crump in assuming the treasurer responsibilities as well. John was already working with Steve before his passing, and he has been able to resolve a number of open issues in a short time.

Like everyone else, Chris and I are hunkered down at home waiting out the coronavirus pandemic. We

returned to New Jersey on March 21 after 47 days and 5,921 miles on the road. This included threading our way (unknowingly) through tornadoes in Georgia. We hope we are as successful threading our way through the coronavirus, which only time will tell.

It was very disappointing to suspend all organized club outings as of March 19, but most responses have been understanding and positive. This was preceded by the suspension of participation through Meetup. I encourage you all to continue getting out on the trails individually. We will be circling up again to begin our hikes soon enough — but not too soon.

In the meantime, we are preparing to publish our June through December schedule using a new process. The outing coordinators have learned how to submit events through this process and we have already received much of the schedule. Look for further details on

this streamlined process from Nancy Sierra and Dianne Jones elsewhere in this issue.

We are also optimistically continuing to plan our club picnic at Lewis Morris Park on July 11, so mark your calendars. Details will be sent as they are finalized.

For now, even though we may be the “TriState Road Walkers,” please get out to hike where you can (keep at least six feet apart!), stay healthy and safe, and share your good times with fellow members on the Facebook page or by email.

Farewell to Our Friends

Dave Hogenauer

4/2/20

Stephen Koehler

2/25/20

Theresa McKay

4/13/20

MaryDell Morrison

3/24/20

Please notify the membership chair, John Crump, of the passing of TSR members and former members (johnmcrump@yahoo.com).



The Oak Leaf

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 johnmcrump@yahoo.com.

David Hogenauer, TSR Giant *by Gail Biggs*

Longtime club member David Hogenauer, 86, passed away on April 3 due to complications from Covid-19. He had been convalescing from a fall at Crane's Mill Retirement Community in West Caldwell. His wife, Claire, was unable to be with him due to the required coronavirus isolation. A memorial service will be held at Prospect Presbyterian Church in Maplewood at a date to be determined.



David Hogenauer was the first recipient of his eponymous award.

Dave was a Tristate Ramblers giant, an extraordinary individual, and a wonderful friend. Our club has an award named after him — the Dave Hogenauer Award — which is presented in recognition of members who have made outstanding contributions to TSR. Until recent years, Dave led more than 10 hikes annually. He also served as our club representative and maintenance chair with the New York-New Jersey Trail Conference.

As a member of several other outdoor clubs as well, Dave continued to hike in the White Mountains of New Hampshire into his 80s and volunteered with the Appalachian Mountain Club. For many summers, he led hiking and canoeing trips at camps in Vermont. In addition, he was an active member of the South Mountain Conservancy as a trail-keeper, hike leader, and park historian for 17 years. Dave authored a trail guide and completed writing *History of the South Mountain Reservation* last year. One of his outdoor talks for the SMC was

recorded three years ago, and you can enjoy learning about the Battle of Springfield by clicking [here](#) for a “Dave Hogenauer Special” — a hike with a history lesson.

Dave was in the Coast Guard and Reserves. He earned a bachelor's degree from Haverford College and master's degrees from Harvard and Seton Hall, going on to a long career teaching high school history in Maplewood. His passion and innovative lessons are remembered by many of his students to this day. In addition, Dave was the faculty sponsor for an exchange program with a Tokyo high school. In 2007, he received the Maple Leaf Award for his contributions to Maplewood.



With a lifelong love of music, Dave shared his talents as a flutist and choir singer with Prospect Presbyterian Church, where he held many other volunteer positions as well — deacon, member of the Session, Sunday school teacher, youth group leader, Vacation Bible School director, trustee, president of the Tree of Life counseling service, and board member for Victory House. For more than two decades, he led the church's partnership with Interfaith Hospitality Network of Essex County to house and feed the homeless.

Dave is survived by his wife of 60 years, three children and their families, siblings, and countless friends.

The Passing of Steve Koehler, Our Friend by Paul Sanderson

Steve Koehler, a longtime member of the Union County Hiking Club/Tristate Ramblers Hiking Club, passed away at home on February 25, 2020. I am writing this remembrance on March 22, which would have been his 77th birthday. Steve had been ill for a number of years with pulmonary fibrosis, but his illness was held in abeyance by medical specialists — and his continued hiking efforts. He is sorely missed by many friends within and outside the hiking world.

Steve made friends easily and kept them. We both worked at Prudential, but we did not know each other then. We actually met later through square dancing, and little did I realize that he would become my best friend — the one who got me into hiking, which was a large part of his life, especially after retirement. He was generous, caring, gregarious, and willing to talk to anyone on any hike about any topic.

For many years, Steve made an annual trip to the White Mountains in New Hampshire with a varied group of hikers. He spoke often about the friends with whom he went, the dinners they shared, and the great number of peaks they conquered (often multiple mountains in a day, with deep valleys between them).

As a new hiker, I was invited to join Steve for a practice climb to Sunfish Pond at the Delaware Water Gap in preparation for the White Mountains. Well, we did the trek up and back, but he wasn't satisfied and suggested we also tackle nearby Mount Tammany. Having never climbed that legend before and being relatively new, I found myself holding on to trees to stay upright and catch my breath only halfway to the top. We made it, creating one of my earliest hiking memories. In fact, we repeated those two hikes numerous times in the following years — but we climbed Mount Tammany first on subsequent trips!

Steve enjoyed adventure in his hiking, including some major excursions with TriState Ramblers friends. I joined two of those hikes: West Highland Way (Scotland) in 2012 and



Steve Koehler (right) and Paul Sanderson on Mont Blanc in 2015

Tour du Mont Blanc (France, Italy, Switzerland) in 2015. The latter was more challenging and by that time, Steve was starting to have difficulties. Undaunted, he completed two more recent European hikes: the Dolomites, a mountain range in northern Italy, and a walk through Great Britain that ended in London.

Owning multiple properties, Steve always had taxes that needed to be done. There were also issues around his own house, and he served as treasurer for both TriState Ramblers and Literacy Volunteers of Somerset County. However, Steve loved to travel and managed to fit in many (non-hiking) trips with his wife, Peggy, and other family members and friends. Their journeys took them to Europe, Australia, and Africa. From 2010 through 2018, my wife and I traveled with the Koehlers to Egypt, Peru, Scotland (in addition to the hiking part that Steve and I did without our wives), Russia, Ireland, and Spain.

Despite all the aspects of life that kept him occupied, Steve found time for hiking. When he started to slow down, he decided to discontinue TSR hikes so as not to hold the group back. He chose not to make his friends aware of the illness that had been impacting him for two or three years — until he began using oxygen in 2018 (carrying a portable machine in a backpack). At that point, he

resumed more gentle club hikes on Mondays and Wednesdays.

In December 2019, Steve's medical specialists had advised that he continue whatever he was doing, because his tests showed very little deterioration. So we began making plans for a trek through the Swiss Alps in July. He and I also continued hiking either alone or with a few close friends, often doing four to six miles at a slower pace. He appreciated maintaining contact with friends and the outdoors in a manner that was important to him. Steve's last hike, with four of us, was in the Weldon Brook Wildlife Management Area on December 12, 2019 — in the snow.

The holidays kept Steve busy through January. We were talking about the "next" hike until mid-February, when we weren't in contact for a few days. He and Peggy had bought a house in Georgia, where some of their children were living, and started planning the sale of their home in Bridgewater. Although he had apparently begun losing energy, being an optimist, he expected to find it again! Sadly, he died only a few days later.

The passing of Steve Koehler came as a surprise to everyone. He will not be forgotten. I know . . . because he has been with me on recent hikes to places where we had been before. I am sure he will be with me for many years to come.

Remembering MaryDell Morrison *by Carolyn Canfield*



I first met MaryDell at a state conference for high school mathematics teachers. She was very committed to mathematics contests in which her students were successful at both the local and state levels. It was no surprise when, in recognition of her many years of teaching achievements, she was nominated in 1983 by her students and colleagues and received the first Presidential Award for Excellence in Mathematics Teaching for New Jersey.

After retirement, her interests in hiking and biking expanded while she remained active in the mathematics education community. At one of our professional meetings, she mentioned her activities with Frost Valley Trailwalkers. Soon after retiring, I was looking for an outdoor activity during the week. Remembering her comment, I joined the group, and my retirement years were forever changed.

As a biker, MaryDell not only enjoyed club rides but also shared several long-distance rides with Jim and me. Together we van-assisted 850 miles on the Great River Road from the source of the Mississippi River at Lake Itasca, Minnesota, to

Cape Girardeau, Missouri. With two other friends a few years later, we did the Katy Trail from Sedalia to St. Charles, Missouri. Mae Deas joined the three of us for our ride on the Great Allegheny Passage/C&O Canal Towpath from Pittsburgh, Pennsylvania, to Williamsport, Maryland. With Carol O'Keefe, we traveled north to the Laurentians for Le P'Tit Train Du Nord Linear Park bike ride. If we suggested a route, MaryDell was on board.

The biggest challenge of her biking experiences was WomanTours Bike for Life TransAmerica in 1999 to raise money for breast cancer. She rode from the beach in California and continued through the saguaro desert of Arizona, over the continental divide in New Mexico, through the wildflowers of Texas, across the Mississippi River, onto the beaches at Dauphin Island in Alabama — and finally finished in the nation's oldest city, St. Augustine, Florida. She pedaled all but about 50 miles of this 3,000-mile route. It was an amazing accomplishment; at the age of 72, she was the oldest woman on the ride.

MaryDell's outdoor activities went beyond hiking and biking. She and Bill Moss built a hiking trail for Heath

Village residents, and between hikes and bike rides, she traveled throughout the world. She and Ellie King enjoyed several sightseeing and hiking trips to England and Scotland with Holiday Fellowship. Jim and I joined the two of them to explore both Newfoundland and Labrador, Canada, on our own. Several New Jersey friends joined MaryDell and us for a guided camping/hiking trip to interior Alaska and a small boat Inside Passage cruise. A visit to Bolzano to see the Otzi display was a highlight of our hiking trip with Elderhostel to Austria and Italy. For many years, we enjoyed group trips to the Smoky Mountains and White Mountains. Cross-country skiing at Garnet Hill brought MaryDell and her many friends together for activity and lots of fun.

We have been geographically separated for the past few years, but nothing can take away the precious memories Jim and I have from knowing MaryDell.

[Note: MaryDell Morrison was an honored member of TriState Ramblers.]

TriState Ramblers Officers 2020

President: Bill Reynolds
 Vice President: [Open]
 Treasurer (Acting): John Crump
 Secretary: Karen Rychlicki
 Schedule Coordinator: Nancy Sierra
 Webmaster: Dianne Jones
The Oak Leaf Editor: Lise Greene
 Membership Chair: John Crump
 Nominating Chair: Gail Biggs
 Outing Chair: [Open]
 Outreach Chair: Debby Bronner
 Social Chair: Terry Kulmane

How Does TriState Ramblers Spend Your Dues?

by John Crump,
 Treasurer/Membership Chair

Ever wonder where your dues go? Below is a table showing how each member's \$15 dues for the current year are being spent. TSR's largest expenses are printing the schedule booklets and providing liability insurance for the club and hike leaders. The cost of "welcoming new members" covers a kit sent to those who join the club. The social media category includes the cost of the website, Meetup, and TSR's group email provider. Change to net assets is the amount by which expenses exceed dues for this period. Note that these costs are solely for external expenses. All labor for the club is volunteer.

12-Month Period Ending 6/30/2020

| | |
|--|----------------|
| Printing Schedule | \$4.33 |
| Welcoming New Members | 1.34 |
| Insurance | 3.31 |
| Holiday & Summer Picnics | 3.84 |
| Social Media | 1.22 |
| Emergency Cards | .26 |
| Donations to Environmental Organizations | .16 |
| Other Expenses | .80 |
| Change to Net Assets | -.26 |
| Total | \$15.00 |

HELP WANTED! by Gail Biggs

We are all anxiously awaiting the time when we can once again hit the trails — it will come! Meanwhile, you can help. The TriState Ramblers will not continue to thrive unless volunteers step up to help. The following two executive committee positions are currently open.

Outing Chair — This volunteer oversees and offers assistance to the daily outing coordinators (paddling, biking, and hikes on various days of the week) and helps recruit or encourage new leaders. Specific responsibilities include offering training/guidelines for new leaders, assisting in pairing new leaders with experienced leaders who can mentor, assuring that correct outing dates are listed in the schedule for the picnic and holiday party, and checking (if possible) the hunting schedule in some parks to avoid outings during those times. Ideally, the outing chair is an experienced leader.

Vice President — Our president, Bill Reynolds, needs a right-hand person to help him. The vice president will assist with some of the president's tasks as needed and take over when Bill is away or unavailable. Ideally, the vice president will become president after Bill's two-year term is completed. There are many executive committee members and others ready to help, so the job is not overwhelming. A

summary of the president's main duties with which the vice president may assist follows.

- ▶ Facilitate and support the many volunteers who enable TriState Ramblers to function (see page 1 of the schedule booklet).
- ▶ Preside over the annual general membership meeting in December, when elections are held for the next year's officers, and at least two executive committee meetings, usually in March and November.
- ▶ Keep abreast of schedule changes posted on Google Groups and ensure that the webmaster posts changes to the website.
- ▶ Support the outing chair in encouraging and overseeing new hike leaders.
- ▶ Confer with and support social event coordinators (listing events in the schedule booklet and newsletter, other publicity, expenditures, helpers, etc.).
- ▶ Review the schedule booklet before printing to determine if adjustments are needed.
- ▶ Post important notices on Google Groups such as major trail closures, death of an active member, etc.

Please contact Bill Reynolds, president, or Gail Biggs, nominating chair, for more information.

Notes for TSR Participants

- ▶ All activities are smoke-free . . . phone-free . . . fragrance-free . . . and dog-free.
- ▶ Carry a card with your identification and emergency contacts.
- ▶ Bring adequate water.
- ▶ Bring traction devices in icy/snowy conditions.
- ▶ Do not spray insect repellent near other participants.
- ▶ Call the leader in advance with any questions.
- ▶ Have a great time outdoors!

How to Become a New Hike Leader

by Bill Reynolds

We encourage all TriState Ramblers to become leaders in their chosen activity; we can always use the help. If you are interested in leading an outing, there is a process to ensure that you are capable and comfortable with leading a hike (or biking/paddling trip) and that those you lead are safe.

You **MUST** go on quite a number of hikes before you can safely lead one. More specifically, it is strongly suggested that you participate in hikes led by others on trails where you want to lead. Become a co-leader with people who are experienced; ask them to explain what they are doing and why. For example, there is a specific process before starting out: sign-in sheet, introductory circle, count of hikers, choice of sweep, process for establishing and maintaining contact with the sweep and ensuring that he or she has a whistle, and giving participants an overview of the planned event.

It is very important to follow ALL the points presented in the Hike Leader Guidelines on the TSR website. While doing so cannot guarantee that there is no injury on the outing, it will result in the proper steps being taken if there is one. We must follow certain rules in order to maintain our insurance — and if we do not have insurance, the club could be disbanded.

If you have any questions about becoming a leader that are not addressed in the guidelines, please contact the outing coordinator for the day you want to lead a hike or other outing.

Update on AT Hikes

Since the Appalachian Trail hikes were derailed by weather and Covid-19, we plan to reschedule the series beginning in September. If somehow we are hiking again in June, we will offer different hikes on the days originally scheduled for the AT series.

Three Hikes in the Age of Coronavirus

by Thea Landesberg



Pine cones in Schunemunk Mountain State Park

Harriman from Elk Pen on **March 18:** The glorious early spring day was perfect for a hike. It was also during the first week of “remote learning.” Because my two outdoor buddies (a teacher and a guidance counselor) and I had to be at our computers until 11:00, we started late from Elk Pen. The parking lot was about three-quarters full, so clearly we were not the only people eager to get outside. We took the flat Stahahe Brook Trail to the Dunning and then to one of my favorite spots in the park, Green Pond. We were entertained by the peeping of frogs waking up for the season, but no hikers. Jody, Angela, and I kept our “social distance” — well, most of the time. Hiking down the Appalachian Trail back to the parking area, we encountered several parents with young children in tow, obviously getting the kids out of the house for some exercise. There was no problem in social distancing.

Schunemunk Mountain State Park on March 22: Driving up the New York State Thruway with my husband, Bill, we deliberately avoided listening to the news. It was all bad, and we wanted to escape to the north. We arrived at the Otterkill Road parking area at 9:00 — not a soul in the lot, nor on the trail climbing a mile and a half up. It’s always splendid to reach the top in Schunemunk, surrounded by pine trees and their cones and the conglomerate rocks. We saw only a few young couples as we walked along the ridge. But things changed drastically as we descended the Sweet Clover Trail. First, there

were more couples . . . then groups of young people . . . then countless hikers ascending. Most were thoughtful in stepping aside, giving us the six feet of separation, but not all. As we walked along the train tracks on the red Otterkill Trail, couples and groups crowded the path. And when we walked on the road back to our car, more groups of people were starting out. At 2:00, the parking lot was almost full. I had very ambivalent feelings — too many people to make an outdoor experience really enjoyable, combined with concern about getting close to others, yet appreciation for the shared desire to escape anxiety.

Harriman from Silver Mine Lake on March 26: My school was closed, possibly for the rest of the year. The cheer of my first hike was replaced by a gnawing worry, as Bill and I were intent on keeping our distance from others. As we hiked up the yellow Menominee to Baileytown Road, we encountered perhaps two couples who politely moved aside as we passed. Clearly, the cautionary message had spread. Every time I come to this part of the park, I wonder about the town and its people who made their homes here and ultimately abandoned them. Surely they also went through times of diseases, likely without the knowledge of how to contain them. As with the two previous hikes, I could not help comparing the natural beauty around us with the frightening reality of spring 2020. But I was glad and hopeful — because Mother Nature still rules the forests and parks.

RABID RACCOON

by Ed McGee

Note from TSR member Jennifer Percival: A fellow birder was hiking with another club in February and sent me the following story from that day. With Ed's permission, I am sharing an edited version.

I went for a hike with about 20 people from the NJ Forty Plus Hiking Club in Black River County Park, beginning at the Cooper Gristmill in Morris County. The trails were a little muddy, so care was taken in the steeper parts. I typically end up toward the rear because I spend so much time looking around and taking in the natural beauty.

At one point, I could hear a little commotion from the front of the group. Someone saw a raccoon and decided that running away from it was a good idea. The animal went down a hill toward the Black River, and those of us at the rear had a little chuckle about the hullabaloo. There was some talk about how unusual it is for a raccoon to be out during the day and unafraid of people. Someone commented that if it had rabies, it would have been afraid of water. I also remembered hearing that hydrophobia was a symptom of rabies, so I was not too concerned.

We continued on and I heard some commotion from the back, where I could see two hikers walking fast. One of them, who has a good sense of humor, called ahead to warn that the raccoon was now chasing them and had bitten Andrew. I was sure he was joking, but as I stepped across a large fallen tree blocking the trail, I looked back — sure enough, there was a raccoon running up the trail. At a fork, a few of us went right while others turned left to join the rest of the group near the dam and the ruins of Alfred and Elizabeth Kay's stone house. The trail to the dam was a dead end. I could hear some yelling as the hikers used sticks to fend off the aggressive animal.

Rabies is a viral disease that causes inflammation of the brain in mammals. If left untreated, rabies is



nearly 100% fatal once symptoms begin to appear. The good news is that a vaccine is 100% effective if administered early after exposure. Inflammation of the brain was causing this raccoon to act crazy.

I learned later that after the raccoon bit Andrew, he had grabbed the animal off his leg and flung it down the hill toward the river. After the attack at the dam, the raccoon headed upstream, in the same direction we were walking. Although our trail was much higher than the river, we kept watch, just in case. Several people picked up large branches for self defense. I was already carrying hiking poles that could be used if needed, and gathered some rocks to put in my pockets.

Before long, I heard yelling from ahead on the trail. The raccoon had run past hikers coming from the other direction with two dogs that were smaller than our furry menace. I don't know why it ignored them, but now it was coming straight at me, making a strange sound. My hiking poles suddenly seemed very inadequate. I stepped to my left, off the trail onto a steep hillside, and quickly realized that I had made a bad move; if the raccoon came after me, I had nowhere to run. But it raced past me toward the next person in line, who had armed himself with a large branch. One swing stunned the raccoon with a direct hit, followed by two more blows that dispatched the animal.

Making note of where the dead raccoon was, we warned hikers coming from the other direction to be

careful — especially those with dogs that would be at risk of infection if they came in contact with the diseased animal. Someone in our group called 911, and the Chester First Aid Squad and Morris County Park Police met us in the parking lot. One hiker

provided a cell phone photo of the dead raccoon with the GPS coordinates for recovering its body. Andrew was transported to the hospital for rabies shots. He'll have one heck of a story to tell.

This would be a good time to discuss lessons learned. However, I don't know what any of us could have done differently. Sometimes when you go off into the woods, unexpected things happen and you just need to deal with them as best you can.

Hiking Word Search Puzzle

by Debby Bronner

Below is a word search puzzle with hiking locations in the New Jersey/New York area. There are 19 words/phrases spelled forward, backward, and diagonally. Have fun! (Answers are listed elsewhere in this newsletter.)

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | A | W | N | S | Z | W | L | U | G | Y | M | O | E | J |
| S | K | U | A | O | D | O | D | W | A | E | X | G | D | O |
| F | K | A | V | W | A | N | E | Z | R | Z | D | H | N | C |
| M | H | V | U | N | A | R | A | R | O | I | U | A | O | K |
| P | T | A | T | Q | A | Y | I | L | R | X | D | R | P | E |
| V | Y | A | C | W | E | L | A | K | Y | N | O | R | H | Y |
| O | K | R | A | K | L | S | C | N | A | K | R | I | S | H |
| A | P | L | A | C | L | E | E | L | D | B | S | M | I | O |
| Q | E | A | R | M | N | E | R | E | B | A | T | A | F | L |
| D | B | E | M | K | I | U | B | C | H | Z | Y | N | N | L |
| T | E | Z | A | A | O | D | O | A | N | C | F | H | U | O |
| K | X | E | B | S | R | N | T | M | R | A | E | B | S | W |
| F | R | S | O | U | T | H | M | O | U | N | T | A | I | N |
| B | W | O | D | A | E | M | S | E | V | E | E | R | Z | A |
| C | O | O | P | E | R | M | I | L | L | H | W | Y | Z | G |

Summer Picnic on Saturday, July 11

Join us on Saturday, July 11, for hiking and a picnic at Lewis Morris Park, Sunrise Lake Area — plus a drawing for two lucky TSR members to win a \$50 Visa gift card!

We'll supply the burgers, dogs, fixin's, and water — you supply the rest to share. Please bring contributions such as appetizers, salads, main dishes, and (homemade) desserts to the gazebo beginning at 9.

Two hikes are scheduled prior to the picnic to work up our appetites:

- ▶ 5- to 6-mile moderate hike starting 10:00 sharp (**meet 9:45**)
- ▶ Easy hike starting 11:00 sharp (**meet 10:45**)

Hikers must sign in with the leader and carry water and their emergency contact card. This year, the hike sign-in sheets will also serve as the picnic sign-in. Before heading out, leaders will turn in the names and receive a raffle ticket for each hiker. Upon returning, hikers can join the picnic without standing in line.

All members who do not hike prior to the picnic must check in at the

gazebo upon arrival to get their free raffle ticket.

Swap Table: Bring hiking equipment or clothing in good condition to pass on to fellow hikers. Note: If your items are not taken, you must take them back home with you.

Helpers are needed at the gazebo by 8:45 to receive food contributions and set up for the picnic. Helpers are needed for cleanup after the picnic. If you can help or have questions about the day, please email Jeff Sovelove at hiker_dood@yahoo.com.

In the event of a forced cancellation due to ongoing coronavirus restrictions or extreme weather, notification will be posted on the TSR website — as soon as known in the first case and by 8:00 the evening before in the second case.

LEWIS MORRIS PARK, Morristown, NJ (coordinates: N40° 47.50', W74° 31.94')

I-287 to Exit 30-B (Bernardsville). At light turn right onto US 202 north. Go about 1.7 miles to light and turn left onto Tempe Wick Road. Pass

Jockey Hollow entrance and go another mile on Tempe Wick Road. Turn right onto Corey Lane. Go 1.4 miles and turn right onto NJ 24/CR 510 (Mendham Road.). Go 1.7 miles to park entrance on the right.

ALTERNATIVE: I-287 south to Exit 35 (Morristown, Madison Avenue). Turn right at traffic light and bear right at next traffic light onto South Street. Continue to Morristown Green. Go around the Green to North Park Place and turn right onto Washington Street, which becomes NJ 24/CR 510 west (Mendham Road). Go 2.8 miles to park entrance on the left.

Sunrise Lake area: Go about 0.6 miles and turn right onto Sunrise Lake Road. Go about 0.4 mile and turn left into the parking lots. Park in the second area on the right. The path down to the gazebo is at the far end of the parking lot.

Please note: The Sunrise Lake area opens to the public for swimming at 11:00. Please keep this in mind when planning your arrival time for parking.

Inspirational Images for Contemplation and Meditation

by Margo Moss



I was wondering how to help out in some way during this pandemic crisis. Since I am a photographer, I thought about images — sometimes their energy is a very powerful healing tool. On March 19, I was walking along the Palisades Interstate Park Trail with a friend (keeping social distance!) when we came upon a bridge. On March 27, I saw cherry blossoms in Overpeck Park, Leonia. I invite you to reflect on both photos and discover what feelings may arise. My hope is that they bring you peace and tranquility.

Online Resources During the Coronavirus Pandemic

Compiled by Bill Reynolds and Anthony Caruso

We would like to make our club members aware of various online resources — national, state, regional, and local — that can be helpful when planning to enjoy parks, hikes, and trails during this time. Please get out there on the trails and share your experiences (Facebook, Google Groups, email, etc.) so the rest of us can enjoy ourselves vicariously through your posts. Stay safe and healthy!

- ▶ National Park Service: www.nps.gov/aboutus/news/public-health-update.htm
- ▶ Morristown National Historical Park (Jockey Hollow): www.nps.gov/morr/learn/historyculture/jockey-hollow.htm
- ▶ New Jersey Department of Environmental Protection State Parks, Forests, and Historic Sites: www.state.nj.us/dep/parksandforests
- ▶ New Jersey DEP's seven tips for social distancing while visiting state parks and natural areas: www.nj.gov/dep/newsrel/2020/20_0011.htm
- ▶ NJ Hiking (provides many park links, including all NJ counties): www.njhiking.com/nj-hiking-trail-conditions
- ▶ Appalachian Trail: <https://wildeast.appalachiantrail.org/explore/plan-and-prepare/hiking-basics/health/covid19>
- ▶ NY-NJ Trail Conference: www.nynjtc.org/sites/default/files/documents/TW-Spring2020-web.pdf
- ▶ Skylands Visitor: www.njskylands.com/newsletter
- ▶ Great Swamp Watershed: www.greatswamp.org/blog/office-closed-nature-open
- ▶ Essex County Park Commission: www.essexcountyparks.org
- ▶ Hunterdon County Division of Parks and Recreation: <https://co.hunterdon.nj.us/depts/parks/parks.htm>
- ▶ Middlesex County Park Commission: www.middlesexcountynj.gov/About/ParksRecreation/Pages/default.aspx
- ▶ Morris County Park Commission: www.morrisparks.net
- ▶ Morris County Park Commission updates on park closures: www.morrisparks.net/assets/images/PDFs/Commission/COVID-19/covid19parkclosures.pdf
- ▶ Union County Park Commission: <https://ucnj.org/parks-recreation>

Answers to the Hiking Word Search Puzzle

BEARMTN
BREAKNECKRIDGE
CHEESEQUAKE
COOPERMILL
DELAWAREWG
HACKLEBARNEY
HARRIMAN
JOCKEYHOLLOW
LOANTAKA

MERRILLCREEK
PYRAMID
RAMAPO
REEVESMEADOW
SKYLANDS
SOURLAND
SOUTHMOUNTAIN
SUNFISHPOND
TSR

New Leaders Wanted for Tried-and-True (or Completely New) Outings

by Bill Reynolds

In the typical upbeat and optimistic mode of TriState Ramblers, in spite of our current situation, we are assembling the outing schedule for July through December of 2020. With complete confidence that we will be back on the trails and in the water by July or soon after, we must be prepared.

While the outing coordinators are contacting their regular go-to leaders, all members are encouraged to lead a hiking, biking, or paddling trip when they feel ready to do so. Start by checking the For Leaders page on the TSR website. Contact the coordinator to discuss leading an event on a particular day. Support is available to help scout and/or co-lead hikes.

Did you know that many outings held in the past have not been offered in a long time? John Crump, Membership Chair, has digitized many of the club's older schedules — even going back to its roots as Union County Hiking Club. These could be a good source for “new” outings. Other resources for places to hike include AllTrails.com, Trails.com, Gaia GPS, and local hiking books.

To learn more about our historical outing schedules, contact one of the day coordinators. You will find their names, phone numbers, and email addresses at the beginning of the January through June printed schedule and on the [For Leaders](#) page on the TSR website. Please reach out to them for details on how best to submit any proposed outing.

As an incentive to encourage fresh offerings and bring back some old favorites, those who lead the most new or resurrected events will be recognized at the summer picnic and/or the holiday party!

Outing Write-Up Form Now Online by Nancy Sierra, Schedule Coordinator

Spring is here and it's time to start submitting your write-ups for the upcoming TSR schedule.

In an effort to minimize the time and effort put in by everybody involved in creating the schedule and booklet, our webmaster, Dianne Jones, has created a program to simplify the process.

Beginning with the upcoming edition, leaders will submit an outing by simply filling out an online form that has spaces for date, time, name of hike, hike description, and so forth — all the pertinent information included in any write-up.

The program will automatically convert the data into the format we use for the schedule booklet. This means no more worrying about font, spacing, bold type, and italics. And yes, even those pesky em dashes will be inserted automatically! Proper spelling, punctuation, and content are still up to the leaders, but formatting will be done by the program.

The outing coordinator for the day of your scheduled hike, bike ride, or paddling trip will forward the form to those who have led hikes before. New leaders should contact the relevant coordinator for the selected day to

receive a form. The form is really self-explanatory, but if you have any questions, contact the outing coordinator. Any questions he or she might not be able to answer will be funneled up to either Dianne Jones or me.

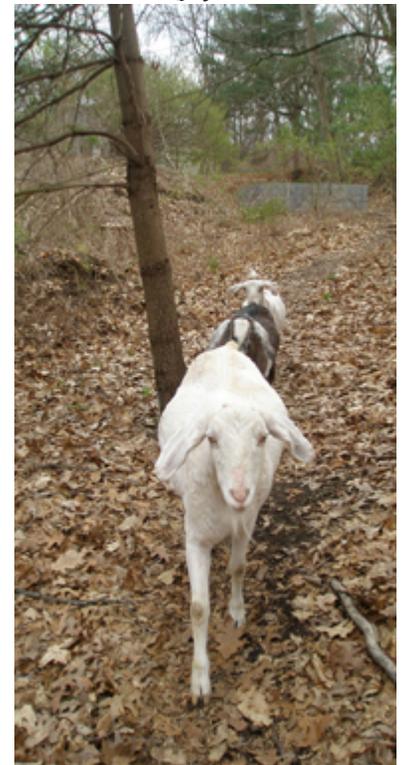
Thank you to our outing leaders for all for the time and effort you give to make the schedule and booklet a reality. I hope that the restrictions we are now facing will soon be a thing of the past and we'll all be out there with one another hiking, biking, and paddling again.

Scenes from the Trail



*Bear claw prints
at Wawayanda
State Park
(Paul Sanderson)*

*Duncan, Iris, and
Daisy hiking in the
Hudson Valley —
not subject to
social distancing!
(Jay Winslow)*



*Art display in Verny Swamp on the
Appalachian Trail: skunk cabbage
(Joyce Breach)*

Paddling and Pedaling with Florida's Wildlife

by Carol Czajkowski and Martin Frahme

We have been fortunate these last years to get away from the coldest part of New Jersey's winter by taking our travel trailer to Florida during December and January. The state park campgrounds are unmatched anywhere in our travels — very well done, and still priced very reasonably.

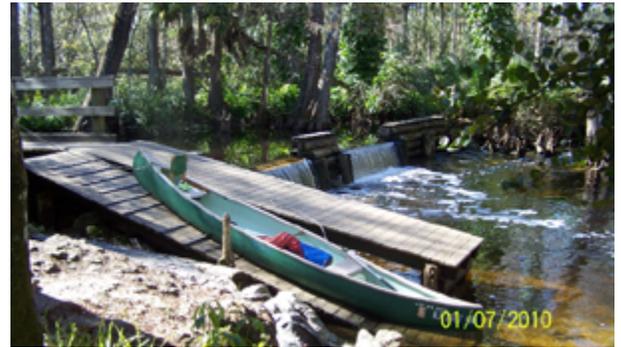
Outdoor activities abound down south for us “snowbirds”: miles of biking rail trails, spring runs, open water, mangrove tunnels, and tropical foliage. There is also wildlife aplenty (in addition to the squirrels in the campgrounds) due to the mild, sunny weather.

The way to see it all up close and personal is by hiking, biking, and paddling. Florida is flat, so the hiking can be a bit dull and too sunny. But flat makes it easy for biking and for lovely, gentle spring and river flows. The rail trails and waterways are mostly shaded. In Everglades National Park, a 15-mile paved loop called Shark Valley teems with birds and alligators. Originally built for oil well exploration, it has a high tower at the far end that provides a great everglades panorama. There is also a tram ride tour for non-bikers.

These photos are a small sampling of what can be seen almost everywhere. Once you get off the highways, particularly in a canoe, the wildlife abounds. In addition to the gators, we enjoy encountering monkeys (left over from Tarzan movies?), turtles, otters, and many birds such as spoonbills, sandhill cranes, limpkins, cormorants, anhingas, egrets, storks, herons, and pelicans.



“Armor plated” armadillo



“Lift over” at a dam



A state park campsite



Just looking out



Shark Valley bike trail



Snoozing together

Santa Fe Getaway *by Gail Biggs*

Every year, Butch and I try to find a getaway place during the winter months. This year we chose Santa Fe, New Mexico, mainly because we had never been there. We thought the temperatures would be around 40-50 degrees (doable for walking around). Mother Nature had other ideas, but we enjoyed our trip anyway.

Santa Fe is the land of art! There are galleries, shops, and museums. We enjoyed a guided tour of the state capitol building, which features artwork throughout by New Mexico residents. Due to the building's architectural design, citizens refer to their capitol as the Roundhouse.

Note: The legislature was in session during our visit because they had to decide how to spend a surplus in their budget! Being from New Jersey, we had never heard of such a thing.

Artist Georgia O'Keeffe left a large imprint on life in Santa Fe and surrounds. There is a Georgia O'Keeffe Museum, Ghost Ranch (where she lived and painted at one time), and her two homes (one for summer and another nearby for winter).

On our third day, we were surprised to see snow on the ground. After initial dismay, we regrouped and drove toward Albuquerque on a historic route. We passed through

Madrid (pronounced Mad'rid), an abandoned mining town reborn as an artist colony. Cheap rents enable artists to inhabit once-empty dwellings and add their unique décor.

From there, we continued to the Sandia Peak ski area. Although lifts run only on weekends, we were treated to a wonderful tram ride to the top of the 10,000-foot mountain. Looking out at the 15-degree snow-dusted scenery from a warm restaurant window, we enjoyed a great lunch.

Santa Fe is blessed with a high desert climate and dramatic topography — most dramatic are the colors of the rocks. Volcanic eruptions
(continued on next page)



Bandelier National Monument



Beautiful scenery



Art in the capitol building



Art in the capitol building



Bandelier National Monument

Santa Fe Getaway *(continued)*

and earth upheavals over thousands of years have left a very unusual landscape. Large mountains poke up from fairly flat plains, and those mountains are not necessarily a chain. In fact, most are separate from the others.

Driving across a level plain, all of a sudden we encountered a curious example of a surprise turn in the terrain: the Rio Grande Gorge. A bridge spans the 800-foot-deep rift valley, a separation in the earth's crust caused by faulting and other earth movements when the North American and Pacific plates scraped

against each other some 29 million years ago. At 650 feet, the bridge is touted as the tenth highest in the United States.

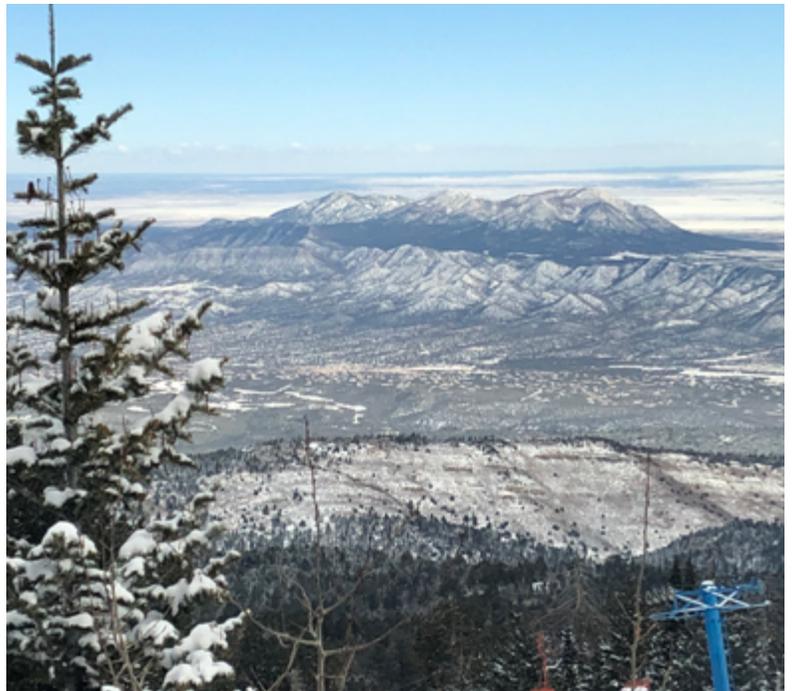
Other interesting features of the area include numerous fossils and ancient artifacts. Dinosaur bones as well as the remains of humans abound. This area was inhabited by many thousands over many hundreds of years. At Bandelier National Monument, which exhibits the foundations of homes built into the soft rock canyon walls, we were able to climb up ladders and peer into the chambers still evident in the

prehistoric structures. As I struggled up the ladders, I wondered how the elderly residents navigated the entrances every day. Then I read that the average life span of the ancient population was 35 years. I assume that the hardship of their very difficult circumstances ended their lives before arthritis had a chance to set in!

The Santa Fe town square was brown during our visit, but some green grass and many flowers can be seen during warmer times. In February, it was still a beautiful place, and we definitely hope to return.



Georgia O'Keeffe house at Ghost Ranch



Looking out the restaurant window from the top of Sandia Peak



Rio Grande Gorge



Rio Grande Gorge and bridge