



# The Oak Leaf

The Newsletter of the TRISTATE RAMBLERS

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## Message from the President

As President of the TriState Ramblers, I am always astounded and gratified at the great number of club volunteers who make this the special club it is. Everything we do — the schedule, *The Oak Leaf*, Yahoo Groups, our website, social events, administration, and last but not least — leaders — requires an army of people to make it all happen. Since becoming President, I have become even



more aware of the great army of past members who set this in motion over the last 75+ years. Many of those older members have passed on or no longer hike, but their legacy lives on.

Two areas of need are hike/outing leaders, and — a new one — technology-savvy people to help Pat and Debby monitor MeetUp and our soon-to-be-launched closed club members Facebook. Our Web Master, Carol O'Keefe, may need more assistance in the future also. Please contact me if you can help in those areas especially.

If you have a favorite hike, bike, or paddling outing you would like to share with others, please contact me to find out how to get started to be a hike or outing leader. It's fun and we couldn't exist without them!

Hope to see you on the trails soon.

— Gail Biggs

## New Logo Connects Present to the Past Via the Oak Leaf

WOW . . . here it is . . . a modern continuation of our oak leaf logo. I am no historian, so I do not know where that leaf originated. However, I have always appreciated graphics, the symbolism of logos, and our old familiar club patch.



That UCHC leaf was first given to me when I joined the club as a kid, in 1952. It really made me feel “authentic” to sew it onto my day pack and join the adult members for Sunday hikes. (Sundays were all we had then — meeting in Warinanco

Park, Elizabeth.) As canoeing came along, in the 1970s, we handmade the leaves, using contact paper, to stick on the boats.



Our current board members have surely enlarged and updated our scope and activities: merging with another club, bringing the operation and system into the 21st century, a website, and Yahoo!

The club's name change does flow with all that. Thus, the TSR on the oak leaf connects our long tradition to today's world.

— Martin Frahme



## The Oak Leaf

*The Oak Leaf* is a publication of the TriState Ramblers of New Jersey. Comments or questions may be addressed to the Coordinator, Jean Fletcher, at [jrfletc@optonline.net](mailto:jrfletc@optonline.net). *The Oak Leaf* is published electronically by the Graphic Editor, Jay Winslow, and delivered as an attachment to an email to the members. In order to ensure prompt delivery, please keep your email current with Steve Koehler, Treasurer, [Kloehler@yahoo.com](mailto:Kloehler@yahoo.com).

# Walking the Perimeter of Manhattan Island

If you haven't walked the perimeter of Manhattan Island, you're missing a real treat. In 2015, Chuck Pollack, Bill Montick and Ken Saloway led groups of 30 hikers on a scenic and history-packed journey around the island.

On Saturdays this coming September and October, they will again lead these walks. Come join us and enjoy the scenery and beauty of Manhattan Island, while also learning some history and facts about the areas that you will visit.

**Walk #1 - Saturday, 9/24**

**Walk #2 - Saturday, 10/8**

**Walk #3 - Saturday, 10/22**

**Walk #1** begins at Battery Park and follows the Esplanade and Hudson River Greenway north, providing picturesque views of Manhattan and the New Jersey shoreline. On our walk, we will hike through many parks, as well as past the World Financial Center, the Freedom Tower, Chelsea Piers, and the Intrepid Sea, Air, and Space Museum — just to name a few of the many points of interest along the way. For lunch, we'll stop about a mile north of the Intrepid in a waterfront park with beautiful river views. Following lunch, we'll continue north through Riverside Park, passing through the 79th Street Boat Basin and into River Bank Park, then up into Fort Washington Park, where we'll visit the Jeffrey's Hook Lighthouse, which is beneath the George Washington Bridge. The walk will end shortly after we reach the area beneath the George Washington Bridge and ends out onto Riverside Drive.

**Walk #2** begins just north of the George Washington Bridge, where we enter the Hudson River Greenway and proceed north, passing Fort Tryon Park, and arrive at Inwood Hill Park at the northern tip of Manhattan. Crossing Inwood (northern Manhattan) and heading east, we stop at the

Church of the Good Shepherd to view a steel cross made of steel from Ground Zero and then pass the historic (1785) Dyckman Farmhouse. We next head to the Harlem River path to start our southerly trek.



We will cross under the Alexander Hamilton Bridge and High Bridge. At 155th Street, we exit the Harlem River path, walking past the former

location of the Polo Grounds (former home of the baseball's New York Giants, New York Yankees, and the New York Mets), to have lunch on an elevated promenade area overlooking Yankee Stadium and the Bronx. Following lunch, we head east along 145th Street, passing Rev. Al Sharpton's National Action Network's headquarters. We then rejoin the river pathway (Bobby Wagner Walk) at 120th Street to reach 96th Street, where we end Walk #2.

**Walk #3** begins at 96th Street. At E. 96th Street and the East River, we entered Bobby Wagner Walk and head south. About one mile into the walk, we pass Gracie Mansion, located in Carl Schurz Park. At 60th Street we exit Bobby Walker Walk and then head south on 1st Avenue down to 34th Street. On the way, we pass the United Nations. At 34th Street and the FDR Drive, we reenter the Greenway pathway along the East River. Our lunch stop is at East River Park. Continuing south, we walk under the Williamsburg, Manhattan, and Brooklyn Bridges and then continue on to the South Street Seaport. Next we pass by the ferry terminals for Governor's Island and Staten Island. We enter Battery Park, where Walk #1 began, to complete our full perimeter, 33-mile walk around Manhattan Island.

We hope you will join us on the walks. Be sure to mark the dates above in your calendar. See you then!

## Fall 2016 Special Events

We have several special events coming up for the fall 2016 schedule.

The annual **Weekend Picnic** will be hosted by Jeff Sovelove at Lewis Morris Park on Saturday, July 9.

Pat Horsch will be hosting a **two-day weekend canoe/kayak camping trip** on the Delaware River on August 13-14, weather permitting.

Pat Horsch will be hosting a **two-day weekend camping trip** at Worthington State Forest on September 17-18. This trip will feature Delaware Water Gap hikes on both days, including an optional night hike, weather permitting. Hikers not wishing to camp can also join us for the day hikes.

Ken Saloway, Chuck Pollack, and Bill Montick are once again offering the popular **New York City Perimeter Series**. These Saturday hikes will be offered on September 24, October 8, and October 22.

Due to overwhelming response last year, we will be offering another **Black Friday hike** at Jockey Hollow on Friday, November 25.

## Coming Soon! TSR Facebook Group

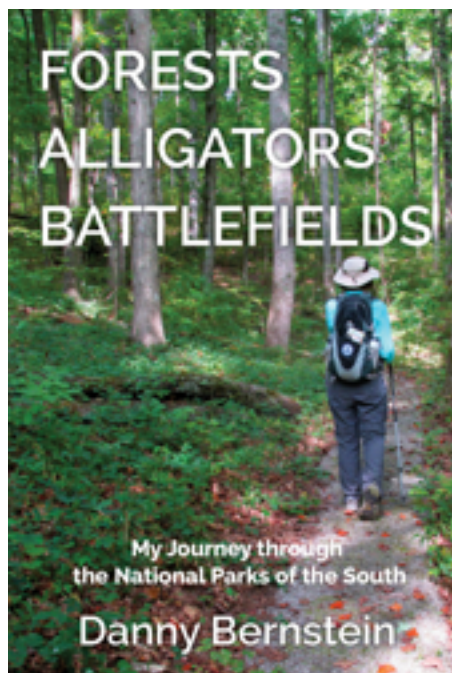
We are in the process of setting up a TriState Ramblers closed Facebook Group. This FB group is being created for TriState Ramblers dues-paying club members who wish to share photos of club events, seek advice on hiking gear, arrange car pools to our hikes, and to share useful information regarding hiking, biking, and paddling. It will be offered as a voluntary membership. We strive to provide our members with a positive, safe, and educational group experience. Watch for an upcoming email notification with more information once the group is "live."



# FORESTS, ALLIGATORS, BATTLEFIELDS: My Journey through the National Parks of the South

by Danny Bernstein

Reviewed by Nancy Wolff



Danny Bernstein —  
author of  
Forests,  
Alligators,  
Battlefields.

Many TSR members will remember Danny Bernstein, who was active here in the 1970s to 2000s. Lenny and Danny maintained a section of the A.T. in the Fitzgerald Falls area, led hikes for UCHC and AMC, held offices, and hiked regularly with both clubs. And then in 2001 they moved to North Carolina, where they are active in outdoor activities at many levels.

Check Danny's blog at [hikertohiker.com](http://hikertohiker.com) to see what she's currently up to. For one thing, she's just published a book (her fourth), *Forests, Alligators, Battlefields: My Journey through the National Parks of the South*.

In writing this book, Danny visited 71 national parks, historic sites, and trails in the Southeast U.S. She includes mountains, lowlands, wars, some flora and fauna, forts and battlefields, and houses and statues. In doing so, she gives full credit to volunteers and park rangers who interpret the sites to the public.

This isn't your average travel guide. Nosirree. Danny writes, "I ask myself why this place is worthy of permanent protection." And she does a great job of spotlighting the human story in these sites.

You can get the book from Amazon or directly from the publisher, [www.kimberlycrestbooks.com](http://www.kimberlycrestbooks.com). As you read the book, you'll hear the voice of the author in your memory and be enlightened about our national parks.

The National Park Service celebrates its 100th anniversary this year. Visit a park! Jockey Hollow will do, a National Historic Site we know and love. Watch the video, an excellent little film with reenactment of the soldiers' lives in the winter encamp-

ment. Talk with the rangers. See what's happening at Tempe Wick House. Hike the trails

Enjoy the book! Travel with Danny as she unfolds the special histories of the region. Then, why not travel to the southeastern United States and wallow in the sad and sometimes awe-inspiring scenes she describes.

Happy birthday, NPS! And congratulations to Danny on yet another interesting, useful, helpful, timely book.



Gail Biggs presents the Dave Hogenauer Award to Pat Horsch at the 2015 Holiday Party. The award was named after its first recipient (Dave H.) for outstanding contributions to TSR. We give the award at our annual general membership meeting/holiday party. Photo by Jeff Sovelove.

## WE REMEMBER . . .

### MILLIE SCHUTZ, Member Since 1964

by Nancy Wolff, with input from Mae Deas, Lee Fanger, Martin Frahme, Joan Lepselter, and Joyce Wertz

Our friend and hiking companion Millie Schutz passed away on February 13. She was 93 years old. Millie joined UCHC in 1964. She easily fit into the hiking and canoeing activities, being a quiet person who offered to help anybody who needed a hand. She served on the Social Committee “for years and years,” according to Mae Deas.

Lee Fanger remembers club trips to the White Mountains in New Hampshire. One lasting memory is of Millie standing high on a cliff with the mountain greenery spread out before her.

Joan Lepselter emailed: “I always felt that walking with Millie made me a better person — kinder, more accepting, less likely to pay attention to minor irritations. I suppose it was her air of serenity. It seemed so natural to her.” Yes, these thoughts describe Millie's gentle presence very well.

Millie's daughter Joyce sent us a brochure that her mother had written about her World War II experience as a WAC (Women's Army Corps).



Millie trained as a photo technician and was sent to New Mexico, a training field for B-17 planes. Among other things, she took photographs of landing accidents, from which repairs and improvements to fighter planes would be made. “Nothing really serious,” she reported, “mostly crumbled landing gears and belly landings.”

Millie met her husband Bill while both were working at the Officer's

Club. They were separated by army assignments but kept in touch and married after the war was over. Millie's description of the announcement of the end of the war was pure Millie: She had to work that night, “and I wasn't sorry, since I don't celebrate very loudly (inward joy knew no bounds).” She and Bill came home in December 1945.

Some years ago Millie moved to Florida to be near her daughter and help with her granddaughter. She kept up her UCHC membership so she could read about the club's activities. She sorely missed her good friends and the camaraderie of the Union County Hiking Club.

Martin Frahme sent me an email — “Millie was a sweet-heart” — and forwarded words from Joyce Wertz, Millie's daughter: “She was a trouper and loved any adventure she could find. Nature made her happy; so did her friends. Her body is with the University of Florida Medical School, where students are amazed at how well preserved she is for 93.”

#### Hikers to Cut New Link in Trail To Avoid Jersey Nudist Colony

Elizabeth, N. J., Oct. 9 (AP)—A New Jersey hiking club plotted a mile-and-a-half detour on the old Appalachian Trail today to cut around a newly established nudist colony now barring the way to hikers unless they come through unclothed.

Dr. Lewis Rosenberg, president of the Union County Hiking Club, said the organization would take to the woods with axes and machetes to cut out the new path rather than hike completely undressed along the portion of the historical trail owned now by the nudists.

Doctor Rosenberg said his club was a member of the Federal Appalachian Trail Conference and held the responsibility for maintenance of 8.6 miles of the trail in Sussex County.

But part of the path was blocked off now by the nudist colony which purchased the old farm property between Upper Greenwood Lake and Lake Wawayanda. The nudists set up their camp right in the middle of the Appalachian Trail.

The hikers said they were told they still could use the old trail—but would be required to pay a \$1 annual fee for crossing the land and would have to pass through completely nude.

Doctor Rosenberg said the club decided instead on the detour.

#### 'Rosie the Riveters' Going Back to Mills

Decatur, Ill., Oct. 9 (AP)—The hum of machinery is luring war-time “Rosie the Riveters” back to

Newspaper article from October 9, 1948, describes Union County Hiking Club's solution for bypassing a nudist colony that established itself on Appalachian Trail lands.

Note: UCHC was the club name prior to adopting the name of TriState Ramblers in 2014.



# WE REMEMBER . . .

## BOB TAETZSCH *by Nancy Wolff and Marianne Zwosta*

**A**nother friend, Bob Taetzsch, passed away on January 23 in the big snowstorm. He was shoveling snow.

Lee Fanger remembers dancing with Bob at Sunshine Valley House in the Catskills after a long hiking day. I also recall the scene. Dancing with Bob was like being held by a large, wet bear. As Lee recalls, Bob had endless energy for fun. In the White Mountains, he'd get severe leg cramps and would declare that the only cure was beer.

Marianne Zwosta maintained contact with Bob through the years. She wrote: "Bob was a great guy. He was witty, intelligent, a lover of the great outdoors, and fun to be with. Bob was part of UCHC's backpacking group in the 1970s, a group that made Harriman Park and the Catskill Mountains its winter expedition venues."

Most folks in the group were well-prepared equipment "geeks," using the latest in backpacking equipment, which included things like wearing fishnet undershirts and carrying rubberized vinyl raingear,

because neither Gore-Tex nor polypropylene were available then. Not Bob, however. His equipment came from garage sales and flea markets. In fact, his bargain tent didn't even have a front door! For the rest of us it was a relief when we saw him emerge in the morning. We weren't always sure he would, given that we were frequently out in winter conditions. For him, his flimsy equipment was a fun part of the experience.

Bob was always his own person, doing things the way he preferred. One very funny memory was the morning he got up, looked at his wristwatch, and announced: "I will now set my watch to whatever time I would like it to be." (Remember, this was the time of windup wristwatches.)

Those of us who frequently hiked with Bob have many treasured memories. There was the day we made a carefree traverse of a snow-covered field that was actually a swamp; we just did not know it was a swamp! Bob fell through the ice. It wasn't life threatening, but the

temperature was in the teens, and we barely got his boots off before the laces froze. Other men in the group made their extra trousers and socks available to Bob, and the end result was an experience worth remembering.

Bob was a brilliant guy. He had two master's degrees and an interest in many subjects, including computers and extrasensory perception, the latter being a subject on which Bob was hoping to publish a book. He was an avid reader, being the proud owner of several thousand books. He often said that if he got just one good idea from a book, it was worth reading it. He also had a collection of thousands of postcards. In his later years, he moved to Bethlehem, Pennsylvania, a location that gave him access to several colleges and universities, where he frequently audited classes on many topics.

Throughout his life, Bob remained a very interesting person to be with. He enriched the lives of all of us who were fortunate enough to be his companions. He will be missed.

## RICHARD PERLMUTTER *by Pat Horsch*

**T**his past fall, we unexpectedly lost Richard Perlmutter, a long-time club member, hike leader, and dear friend. I filled in as leader for the hike that he had been scheduled to lead on December 13 at Seeley's Pond in Watchung Reservation. Many years ago, Richard owned an ice cream shop, and although he was very nutrition conscious, he still loved ice cream. To honor his memory, we held an ice cream social after the hike, where members shared stories about Richard. The biggest challenge was keeping the ice cream cold in the car during the hike in very mild weather, but with plenty of ice in the cooler, it was perfect serving temperature. I am sure that Richard would be pleased to see his friends sharing memories in a place

that was so special to him. I would also like to thank the large number of club members who came to his memorial service. It was a tremendous show of

support for a kind, gentle, and knowledgeable man who will be missed very much by all who had the privilege of knowing him.



# The Origins of Ice Cream *by Gary Petrie*

*The following article, about the origins of ice cream, was submitted by Gary Petrie. Gary ran a Dairy Queen in Seaside Heights for 18 years. He “retired” from the Dairy Queen some 30 years ago.*

Ice cream evolved from water and iced beverages in ancient times. One story tells when fruit juices and wines were cooled with ice and snow at the court of the Roman emperor Nero in the first century. It is known Marco Polo tasted flavored ices during his famous travels to Asia because he brought back the recipes when he returned to Italy in 1295.

Recipes for flavored ices spread from Italy to the rest of Europe in the 1500s. Chefs of kings experimented with new combinations to please their masters. At some point cream and butter were added to the recipes and the new dish was called “cream ice.”



During the 18th century, ice cream was a rare and exotic dessert. Dolly Madison, the wife of President James Madison, was the first to serve ice cream in the White House in the early 1800s. She served a strawberry ice cream creation at the president’s second inaugural banquet.

Throughout the 1800s, ice cream socials became a popular way to entertain friends. Ice cream’s wide availability in the late 19th century led to new ice cream creations.

The American soda fountain and the profession of the soda jerk emerged with the ice cream soda in 1874. During the late 1890s in response to religious criticism for eating “sinfully” rich ice cream sodas on Sundays, ice cream merchants left out the carbonated water and invented the ice cream “Sunday.” The spelling was changed to “sundae” to remove any connection with the sabbath.

# Rocky Mountain Columbine *by Thea Landesberg*

The first thing I looked for when we landed in Denver was the Rocky Mountains. And there they were, way on the horizon, topped with snow. And as we got closer to Estes Park, the mountains grew larger and more magnificent, and I was closer to fulfilling a dream: hiking in the Rockies.

It was early summer, and despite some serious pre-travel research, I hadn’t known that it was peak wildflower season. It seemed that surfaces everywhere were covered with blues and yellows and pinks, some tiny dots of white, others bright green spikes. After the first day I bought a wildflower guidebook to help me with the glory all around me: rosy Indian paintbrush, witches thimble, garden hardhack. Back home in New Jersey my interest in flowers had been next to zero, but now I was making my husband pull over to the side of the road so I could take photo after photo. It was glorious.



*The Columbine from our hike.*

It was probably on our sixth day in Estes Park that Bill and I set out on a day hike. Not interested in meeting the hordes of hikers we had encountered during previous hikes, we chose a more remote trail. Up and down and around we hiked, enjoying the solitude, pausing to admire the peaks around us, to stare up at the trees in wonder, and to inhale the crisp mountain air. After three hours of strenuous hiking, perhaps 15 minutes from the end of the hike, we came around a bend to see a lone wildflower sheltered among some bushes just a few yards off the trail. We stopped and bent down to look

closely, marveling at the pale blue petals, the spot of white and the tiny yellow speckles. Only one wildflower, but so majestic! Suddenly, another couple appeared; the first people we had seen in hours on the trail. They stopped and gasped, “A columbine — a Rocky Mountain columbine!” In what seemed reverential tones they murmured this over and over. Bill and I must have looked perplexed because the man turned to us to explain, “That’s a Rocky Mountain columbine. It’s our state flower.”

The awe and pride that these Coloradans felt was extraordinary. Did I know our New Jersey state flower, or did I care? But there, in the Rocky Mountains, I came to appreciate not only the beauty of the land, but the pride that people took in that beauty of a single flower. I cannot recall the details of this trail, how steep or which view was more outstanding than another, but this one columbine is unforgettable.



# Fairy House Building Boom

Gail Waimon, Joan Lepselter, and Naomi Shapiro came across MANY new fairy house installations while hiking the White/Rahway River trail. Per Gail, who took these photos of the fairy creations, “We had been seeing an occasional house for a few years now, but recently the number of houses is growing fast!”





# We Hike in Snow *Photos by Pat Horsch*





# New Year's Day Hike at Hartshorne Woods Park in Atlantic Highlands

*Photos by Pat Horsch*



## Seeley's Pond

*Photos by Pat Horsch*





# Fall Hikes in Lewis Morris Park, Watchung, and Mahlon Dickerson Reservation

*Photos by Pat Horsch*





# HAWAII

by Ed Leibowitz

On January 22, the day before the big snowstorm, my friend Ellen Juro and I flew to Oahu to board the *Pride of America* cruise boat. After boarding on January 23, we travelled to Maui.

We visited the Haleakala Crater site on the island. We spent two days on Maui before traveling to Kona. Ellen took the day off and worked out in the fitness center aboard the ship. I left the ship early to do some scuba diving off the coast of Kona. The diving was good, but the water was colder than I expected. After the dives we had about five large pilot whales follow our dive boat.

The next day the ship went to Kauai, where we spent two days touring the island. After leaving Kauai, we returned to Oahu and visited the *Arizona* and saw all the memorabilia about Pearl Harbor. We also took a tour of Oahu, visiting the beautiful sites along Hanauma Bay.

The highlight of the trip came on the last day. I decided to climb to the top of Diamond Head. I asked Ellen to do the walk with me, but she decided that she wanted a cultured pearl as a memento of Hawaii and spent the day looking for one to purchase.

Diamond Head is an easy climb with phenomenal views of the whole island. This has to be one of the most beautiful walks I've ever done. I wore jogging shoes. I took the bus from downtown Oahu to Diamond Head and then paid the \$1 charge to walk on the trail to the summit. I passed through a tunnel at the beginning of the walk. Then I walked on the path through another long tunnel. There is yet another long tunnel on the way to the summit.

If you have Hawaii in your plans for the future, make sure you take the trail to the top of Diamond Head. It's something you don't want to miss. The walk took about 2-2.5 hours total.



*View from Diamond Head Trail.*



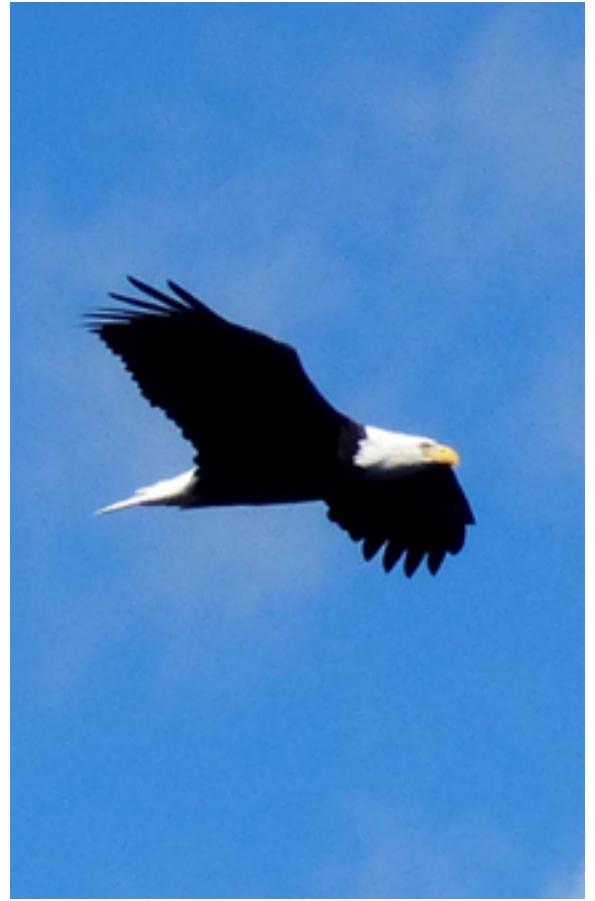
*Walking on Diamond Head Trail.*



# NATURE ON THE TRAIL *Photos by Jeff Sovelove*



*Bufflehead ducks at Round Valley.*



*Eagle at Merrill Creek.*



*Flower at Locust Grove.*



*Butterfly at Locust Grove.*



# DEATH VALLEY

*Photos by Eck Khoon Goh*



*Super bloom of desert gold.*



*Mesquite Flat sand dunes.*



*Zabriskie Point at sunrise.*



*Badwater Basin, lowest elevation in North America.*



*View of the valley from Dante's Viewpoint.*