TSR

The Oak Leaf

Newsletter of TRISTATE RAMBLERS

Volume 49 Number 2 FALL 2026

Message from the President: Happy Trails Three Years On *by Gordon Thomas*

For the benefit of the Tristate Ramblers, I have offered to resign upon the completion of my current term at the end of 2026. It's been a great three years serving as president. I took on the task fearing that it might be too much for me. But I trusted that the teamwork of our great group of officers and outing leaders would continue to do very well – as it has. These people have been the key to serving almost a thousand members; I certainly could not have done it alone. (Their full names and contact info are listed on the last page of this issue.)

- Membership – Jodi
- Nominating – Mark
- Outings – Linda
- Outreach – Kaat
- Recording Secretary – Elise
- Schedule Coordinator – Nancy
- Social – Brooke
- *The Oak Leaf* Editor – Lise
- Treasurer – John
- Vice President – Tim
- Webmaster – Dianne

My reason for stepping down is so that someone with new vigor can lift the TSR. I feel that the president should not only ensure that our bylaws are carried out, but also make the following (largely pleasurable, but extensive) contributions:



Gordon Thomas leads a TSR hike along the Black River on October 6

- Lead and participate in hikes throughout the regions (mostly northerly) that serve our hikers.
- Participate in representative bike and paddle trips to understand and support their needs.
- Work with the six-month schedule creators to enter outing proposals, descriptions, and a presidential letter in a timely way.
- Work with *The Oak Leaf* editor to prepare messages and occasional notes.
- Prepare the agenda for semiannual board meetings in a way that helps to include all board members and their concerns.
- Facilitate the meetings so that as many key issues as possible are incorporated within the scheduled time.
- Understand, thank, and encourage the contributions of all our volunteers.
- Basically: everything when needed!

Thank you all.

TSR

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 Jodi Ordover, membership chair, at TriStateRamblersMembership@gmail.com.

TSR Treasurer's Report *by John Crump*

Even with inexpensive dues of $15/year, TriState Ramblers has solid financials due to its all-volunteer workforce and continued efforts to lower expenses. Our biggest expenses have been information technology, events, and insurance – which was lower in the prior period due to the timing of payment.

For Period Ending September 30, 2026

Simplified Statement of Activities

All figures in $ (except Number of Members)	Twelve Months ending 9/30/25	Twelve Months ending 9/30/26	
Revenues	**Actual**	**Projected**	
Dues (Renewals)	7,855	8,434	↑
Dues (New Members)	3,468	3,346	↓
Total Dues	**11,323**	**11,779**	↑
Interest income (Investment account)	444	762	↑
Total Revenues	**11,772**	**12,541**	↑
Expenses			
Printed schedules	1,342	0	↓
Events - picnic, holiday, other	1,522	3,173	↑
Gifts for Leaders	2,282	35	↓
IT (Web, Meetup, email, cloud, SignUpGenius)	1,560	1,419	↓
Insurance		1,351	↑
Other	673	906	↑
Total Expenses	**7,379**	**6,885**	↓
Change in Net Assets	**4,392**	**5,656**	↑

Statement of Financial Position

Net Assets - Start of Period	20,402	24,794	
Net Assets - End of Period	**24,794**	**30,450**	↑

Membership (all figures in numbers)

Number of Members (at end of period)	**738**	**756**	↑

TSR Directions

Our club maintains an online document providing directions to club outing destinations. Note that the following minor revisions have been made:

New Locations
POMPTON LAKE, Pompton Lakes, NJ

Revised Directions – Old Locations
JENNY JUMP STATE FOREST, Hope, NJ
Corrected GPS coordinates for Ghost Lake

Click here to view the entire document. It's a very handy resource, especially when heading to a meeting location for the first time.

TAKE THE LEAD!

Attention, please: MORE LEADERS ARE NEEDED! Our club is thriving because members volunteer as outing leaders, and we appreciate each person who fills this important role. At a recent TSR executive board meeting, the ideas below were among those offered for the consideration of current and prospective leaders. If something resonates, or if you have another suggestion, we would love to provide you the opportunity to try it out on an upcoming hike. Please think about these possibilities:

Current leaders:

- Include a request for a co-leader on your SignUpGenius outing description.
- Give a short "public service announcement" about leadership at the start of your hike.
- Chat with frequent hikers to plant the idea of becoming leaders themselves.
- Schedule a hike explicitly for potential new leaders to demonstrate and discuss best practices.

Prospective leaders:

- Volunteer to co-lead a hike that is already scheduled before committing to lead on your own.
- Ask a current leader to offer a "special" event that you can co-lead. These could include silent mindful hikes; historical destinations; post-event activities such as a yoga session or lunch at a nearby restaurant; etc.

Other ideas? Send them to Linda Hetcher, Outing Chair, at linda.hetcher@gmail.com.

Exciting Eighties-Plus: Ed Leibowitz, 83



As a child growing up in Jersey City, I didn't like (and wasn't good at) any of the games like stoop ball, baseball, basketball, and football. I lived near Lincoln Park in Jersey City, which bordered on the Hackensack River. One day I walked down to the bridge, where a crowd watched two boys attempting to water ski amidst the river garbage. I said to myself: I will learn to do this someday.

When teams were chosen for various high school sports, I was usually the last to be picked. (It's actually surprising, because my family loved baseball. My uncle was a pitcher throughout high school and received a college baseball scholarship.) However, I participated in solo sports such as pool and bowling throughout college.

During my four years at Fairleigh Dickinson University, I did not own a car. After graduation, my father bought me a used 1962 Ford Comet. That was the beginning of long driving trips to New England and eastern Canada, including all the Canadian Maritime provinces and Newfoundland.

When I started working as a mathematician at Picatinny Arsenal, it seemed that everyone was taking up snow skiing. Some of my colleagues were excellent skiers immediately, so that became my new interest. At the Snowbowl ski area in Milton, my big problem was the chairlift, which I tried to walk off. Learning to ski off instead was a great improvement, although it still took almost a decade to become proficient. I belong to High Life Ski Club and have skied at most of the major resorts in the USA and Canada. My favorite eastern resort is Okemo in Ludlow, Vermont.

One day in the 1980s, I picked up a sports magazine and saw an advertisement for a hike at Harriman State Park with Bill Myles of the Union County Hiking Club and the Appalachian Mountain Club. After doing that hike, I joined the UCHC (now TriState Ramblers) and enjoyed outings with Dick and Nancy Wolff, Fred and Anne Dlouhy, Jacques Friedensohn, Dave and Naomi Sutter, Nat and Betty Levin, and Roger Meyer.

I developed a strong interest in both hiking and biking, including many events with UCHC. Among these were bike rides with Mary Doyle and annual trips to the summit of Mount Washington. Several times I climbed up on the Ammonoosuc Ravine Trail and returned on the Jewel Trail; once I even skied in Tuckerman Ravine. I also liked hiking in the Palisades from the George Washington Bridge to State Line Lookout and back.

A favorite bike trip was an annual summer ride on Long Island from Patchogue to Montauk. I stopped to swim at Cooper's Beach in Southampton and Hither Hills State Park. Every year, I'm a marshal on the Five Boro Bike Tour in Astoria, Queens.

In 1977, I decided to learn scuba diving. After three months of training at Lakeland Divers in East Hanover, I was certified and took annual trips to resorts in the Caribbean and Pacific oceans for 35 years. In the Laurentians in Canada, I rekindled my interest in waterskiing and also got into windsurfing. Unfortunately, I dislocated both shoulders in skiing accidents and fractured my right femur while attempting to waterski jump in Florida.

In the late 1980s, I joined two New York City walking clubs, Outdoors and Shorewalkers – where I met my girlfriend, Ellen Juro, and we've been together for 23 years. On the first Saturday every May, Shorewalkers sponsors the Great Saunter, a 32-mile walk around Manhattan in which TriState Ramblers participated three times. I currently lead walks for all three clubs.

"Alternate Wednesday" Hikes

by Linda Hetcher, Outing Chair

TSR members have expressed interest in additional Monday-like (easier) hikes on our schedule, particularly on a different day of the week. Rationale:

- Monday hikes generally fill up quickly and often have relatively long waitlists.
- Members who only participate in easier hikes have a second chance to do so.
- Members who have Monday conflicts will have another day on which to enjoy the type of hike they prefer.

In response, we will experiment with this option in the January-June 2027 schedule by offering Monday-like hikes on Wednesdays (in addition to the traditional moderate Wednesday hikes). On the schedule reservation spreadsheet, you will see an additional tab called Alternate Wednesday, similar to the existing Alternate Thursday hikes.

I have volunteered as the coordinator for the first scheduling cycle to determine how well this plan works. *As you can imagine, much depends on current leaders stepping up and/or co-leaders volunteering to become new leaders.*

Note: This plan does not preclude add-on hikes of any type on any day of the week. Please contact me with any questions or comments (*linda.hetcher@gmail.com*).

Annual BBQ Picnic and Hikes 2026 *by Brooke Tippens, Social Chair*

Following many years at Lewis Morris Park, the club tried a new venue for our annual picnic and hikes on Saturday, June 6 (National Trails Day): the recently constructed covered pavilion at Tulip Springs in South Mountain Reservation, West Orange. We also piloted the use of a caterer for portions of the event.

The day was a success, drawing approximately 110 members. We offered four hikes, allowing attendees to enjoy the trails before returning to the pavilion for food and fellowship. The event also featured activities that showcased both the social and educational aspects of our club … and benefited from perfect weather throughout the day.

One of the highlights was a well-attended wilderness first aid presentation conducted by the Emergency Medical Services (EMS) team from University Hospital, New Jersey's only public academic medical center and a Level I Trauma Center. Participants gained valuable information on outdoor safety, emergency preparedness, and basic response techniques that are particularly relevant to hiking enthusiasts.

The new Tulip Springs pavilion proved to be a viable choice that provided ample space, weather protection, improved traffic flow, and comfortable seating for attendees. The combination of a catered meal and member-contributed side dishes, desserts, and beverages created a festive and welcoming atmosphere. Feedback from attendees was generally positive.

We're excited about returning to Tulip Springs in 2027 for an even better BBQ!



Lining up for lunch



Brooke Tippens - picnic planner!



Emergency aid session



On the trail

Acorns, Acorns Everywhere! *by Paul Sanderson*

Q: Why Are There So Many Acorns This Year?!
A: Mast Seeding (Masting)

Have you noticed that the oak trees in our forests and around our homes have produced a prodigious number of acorns this year? This phenomenon, called mast seeding or masting, occurs periodically (often on a cycle of 2-5 years) for somewhat unknown reasons. On a September 30 TSR hike in Norvin Green State Forest, many of us mentioned the volume of acorns on the ground and how dangerous they could be on downhill paths. At home, I could not recall ever seeing so many acorns on my lawn.

So what is masting? At irregular intervals, it is the synchronized, population-wide production by perennial plants and trees of large numbers of seeds, nuts, or fruits. They accumulate on the ground and serve as food for wildlife and livestock, such as pigs. In our area, acorns from oak trees are most obvious.

Masting is a worldwide phenomenon that also occurs with many other types of hard and soft wood trees. Some tree and shrub species produce a "soft mast" such as raspberries, blueberries, and greenbriers.[1]

An article by the New Jersey Conservation Foundation connects masting with "predator satiation."[2] When acorn production is regular and predictable, animals will eat most of the nuts in a given year and few will remain to grow new trees. But in a mast year, many trees simultaneously produce more nuts than can be eaten, thereby ensuring that enough will be left to sprout successfully. This irregularity of mast occurrences causes animal populations to rise in mast years and diminish in other years.





Other possible explanations involve communication among trees (by way of chemical compounds transferred through root hairs, water, or the atmosphere), underground fungus, pollen exchange, or stressful weather such as droughts or extreme temperatures.[3]

Acorns are consumed by deer, mice, chipmunks, bears, squirrels, and birds. Masting is thought to especially increase the populations of deer, mice, and chipmunks – which in turn may raise the risk of transmitting Lyme disease from these animals if they are infected.[4]

The NJCF article noted something new to me. Oak trees have two categories: white (with longer and narrower acorns that sprout in the fall) and red (with acorns that are rounder and do not sprout until the following spring). On my front lawn, white oak acorns that had already sprouted and grown into the ground made themselves very difficult to rake up (see photo)!

Masting in some oak species may be influenced by spring frost, spring temperatures, and summer drought. Well, my experience this year was that in the early spring, we had warm temperatures followed by a late frost, which killed most of the apple production in New Jersey. The state was in drought mode for the first half of the year, followed by seemingly endless weeks of rainy days (sometimes heavy) from midsummer to the present. Maybe it was just a perfect year for a "mast"!

For more information, I highly recommend the following sites:

[1] en.wikipedia.org/wiki/Mast_seeding

[2] www.njconservation.org/acorn-booms-and-busts-a-nutty-tale

[3] www.whygoodnature.com/blog/the-mystery-of-the-mast-year-for-trees

[4] www.massaudubon.org/news/latest/about-those-acorns

New Year Resolution by the Editor

Like many TSR club members, I participated enthusiastically after joining. When Thursday hikes became a bit difficult, I opted for shorter hikes on other days. And then, "somehow" my motivation for getting out in the morning dwindled – even though I was retired and had time! So, my resolution for 2027: Sign up for at least one TSR event every month. If anyone else wants to join the challenge, keep notes on your experiences to share in a future newsletter.

RESCUE! *by Dianne Jones*

You never hope to be part of a rescue operation from the woods; but if you ever are, it can be quite an operation … and a learning experience!



PART 1

In Abram Hewitt State Forest, about 3.5 miles into a 9-mile point-to-point hike on the Appalachian Trail, a hiker slipped on a wet rock. Initially her fall did not seem that serious as she wasn't in any pain. But once we saw that her foot was cocked to one side, it was time to call 911.

I described the situation and answered some basic questions: age of the injured, location, how much battery was on my phone. Even though I knew where we were because we had just gone through a trail intersection, I was texted a link to provide our GPS coordinates. (Cell service was needed to use the link; I'm not sure what happens otherwise.)

Soon there was a message from West Milford Search and Rescue (SAR): "We're on our way." We got details about where they would enter the park, which would essentially be our route out. The injured hiker and I put on light jackets, remained out of the sun, made ourselves somewhat comfortable on the rocks, and ate lunch while we waited. Two state park police from Wawayanda arrived; both were fast hikers and one had worked with the United States Park Police search and rescue. Eventually about half a dozen others appeared in orange shirts, hard hats/helmets, headlamps, and a high-end stretcher like a basket on a wheel with a brake.

The SAR medic examined the hiker and splinted her ankle. He had an automated external defibrillator (AED) – but interestingly, no medication, so the hiker took some Advil from her pack. More of the SAR team and another park policeman showed up (slower hikers, I guess). They consulted, determined a course of action, communicated the command structure to all gathered, reviewed the common language they would use, described the protocols they would follow, etc. Then they shifted the hiker into the basket and headed off.

They carefully navigated the rocky terrain carrying the basket. A scout went ahead to clear loose rocks and branches, communicate the best route, and set up belay lines where needed on steeper sections. At these points, people were staged along the side of the trail and the basket was passed like a bucket brigade – better to be stationary while grabbing it. However, the "grabbers" had to rush around in brush and rocky terrain from the back to the front to keep the brigade going, which I found equally nerve-wracking. Click here for a short video.

More people showed up, including young guys from the state's Forest Fire Service (thankfully, the fire business was a little slow then). They were needed at two very rocky and scrambly sections where the basket was passed down about five or six vertical feet. Click here and here for more video. While getting additional pictures and video, I worked hard to stay out of the SAR team's way.

Eventually, as the trail became a little flatter and wider, they put the basket on the wheel and were able to roll rather than carry it. And more people came to help! The firefighters had marked the trail on which they came in, and we followed it back out to where an ambulance was waiting.

Once the EMS took over, the rest of us walked down the road to the SAR command center that was set up in a neighborhood driveway (the home of a volunteer). Every SAR team member had activated an app upon departure; a large monitor at the command center showed the location and traced the route of each. Their technology and methods were quite impressive.

Six (!) different organizations had worked together: State Park Police, State Forest Fire, and four search and rescue teams (state, Passaic County, West Milford, Bloomingdale). Most of the SAR were volunteers, many of whom left their jobs to help. One of the leaders was three miles into a bike ride when he got the call; he turned around and showed up. The park police kept assuring us those teams were

(continued on next page)

RESCUE! *continued from previous page*



more than happy to be out in the woods providing assistance. When I was offered a courtesy ride back to my car, I had to sit in the back seat of a pickup (bars on the windows, no inside door handle); the officer claimed his only other passenger had been a snake.

The injury diagnosis was a dislocated and broken ankle that required two surgeries. Amazingly, except for some momentary incidents on the trek out, our hiker was not in pain during the ordeal. The entire incident, from 911 call to meeting up at the hospital, took about 5.5 hours.

PART 2

Last spring, on an unusually warm day in Harriman State Park, I experienced a different type of rescue operation. A hiker felt dizzy from heat exhaustion and was afraid he might fall. He did not feel comfortable continuing and picked a great spot to stop – at a trail intersection on a woods road. So it was easy to tell the rescuers exactly where we were (though they still wanted GPS coordinates) and for them to reach us by utility vehicle.

I gave him electrolytes and used water to wet a bandana to go around his neck. We sat in the (sort of) shade to wait and eat lunch. In about an hour, the park rangers and park police reached us in two utility vehicles. By then the hiker was feeling better, but not up to walking another couple of miles back to the cars. So we got a ride out. The rangers had been in a training class at Bear Mountain and seemed more than happy to get us.

It was a pretty easy route out to the road, though bumpy and muddy – good thing there were seatbelts. An ambulance eventually came and checked out the hiker, who declined further treatment. Because they have a lot of equipment and communication gear in those pickups, there isn't enough room for three people. So, while the other hiker finished up paperwork (including many waivers), I got a ride back to my car with a ranger. Then I returned to the hiker and brought him to his car. As it turned out, the rest of our group had finished the hike not long before I got back. The hike leader was waiting in the parking lot, so we were able to have a short discussion before we both departed.

TAKEAWAYS

- Make sure your birth date is on your emergency card; rescuers always ask for the age of the injured. (It was not an issue in either of these situations because the hiker was able to communicate.)
- Even if you are only out for a short jaunt, pack as if you might be away longer than expected. Even on a hot day, have a light extra layer in your pack. Carry extra water and electrolyte tablets; it's best to dissolve them under your tongue even if they are chewable.
- Recognize when you are not feeling well – it's better to sit down on your own than faint or fall from dizziness.
- Carry ibuprofen and antihistamine in your first aid kit. In our case, the field medic did not have any medication to dispense.
- Your phone may have a compass feature/app including GPS coordinates, which could be helpful for the rescuers.
- In both cases cited above, the rest of the group continued the hike. However, if cell service is not available, more people may be needed to assist – some hiking out to where there is cell service and some staying with the injured, although it may be best not having too many extra people who could get in the way. If possible, remain in contact with the rest of the group for updates.
- Also in both cases, the rescuers provided transportation back to my car, but you may need a ride from a fellow hiker.
- Support your local first responders! Check out West Milford Search and Rescue's Facebook page.

Welcome, New TSR Members from 4/1/26 to 9/30/26!

Madeline Adam, West Orange
Mark Aronson, Bedminster
Lisa Athan, Titusville
Shara Bailey, Maplewood
Hima Barot, Iselin
Ieva Basko, Jersey City
Rumi Bauer, Basking Ridge
Laura Biber, Nutley
Laura Bohde, Mahwah
Laurie Brightly, Chatham
Amy Brown, Dover
Kristen Brown, Lake Hopatcong
Cathy Bruno, Mountainside
Mary Ann Bruppacher, River Vale
Victoria Buffalino, South River
Prasanna Chandra, Holmdel
Debra Chasolen, Park Ridge
Melisa Chullum, Hackettstown
Tricia Chwalk, Stockholm
Eileen Chwatek, Bernardsville
Thomas Cole, Glen Rock
Sandie Condit, Vernon
Richard Dabal, Midland Park
Alex De Chazal, Jersey City
Stefanie Decker, Princeton
Mark Dillenkofer, Middlesex
Francene Drake, Hellertown, PA
Michael Drapala, Green Pond
Sandy Drapala, Green Pond
Robert Elliott, Summit
Jo-Ann Farley, North Caldwell
Natalie Fedorchenko, Fair Lawn
Susan Feinstein, Mount Kisco, NY
Julia Fitzpatrick, Whippany
Beth Frazer, Elizabeth
Kenneth Gaby-Biegel, Cedar Knolls
Jennifer Galenkamp, Wyckoff
Clare Garfield, New York
Brent Garren, South Orange
Jeanne Gladis, Milford
Angela Goldshteyn, Cranford
Hannah Golub, Warren
Alejandra Gomez, Cedar Knolls
Prashil Govind, New York, NY
John Groom, Scotch Plains
Amrit Grover, West Caldwell
Veronica Grysko-Sporer, Morristown
Dennis Gulotta, Island Heights
Daphne Hanrahan, Madison
Dennis Hartwick, Parsippany
Peter Herron, West Milford
Valerie Herzog, Oakland
Mary Hobbs, Denville
Maureen Hoffman, Cedar Grove
Gregory Howard, Fort Lee
Bruce Hubbard, Morristown



Amy Humphreys, Morristown
Maria Impallomeni, Chatham
Meng Jiang, Springfield
Jeff Joseph, Kearny
Rahulkumar Kapatel, Parlin
Peggy Keane, Northvale
Janet Kellman, New Brunswick
Victoria Kennedy, Irvington
Gloria Kim, Berkeley Heights
Liann Kimball, Perkasie, PA
William Kimball, Perkasie, PA
Gordon Knight, Rockaway
Alan Kreisbuch, Warren
Peter Krill, Rahway
Steve Krinsky, Jersey City
Andrew Lachow, Larchmont, NY
Donna Laskowski, Cedar Knolls
Leonard Lebental, Roseland
Mimi Levy, Summit
Zhen Li, Bridgewater
Manika Love, Roselle
Lynn Loveland, Fanwood
Nancy Mahoney, Pequannock
Lisa Mangual, Milford, PA
Leah Mccullough, Montclair
Bonnie McDermott, Little Silver
Ellen Minde, Dover
Wendy Minocha, Short Hills
Parvaneh Moaven, Morristown
Michael Molle, Morris Plains
Monica Morais, Elizabeth
Assia Moran, Scotch Plains
Carol Moy, New Brunswick
Dagi Murphy, Pompton Plains
Suzanne Mutz-Darwell, Morristown

Kyle O'Connor, Old Bridge
Julie Olansen, Suffern, NY
Kristen Oliveri, Helmetta
Maura O'Toole, Kinnelon
Robert Pactwa, Boonton
Steven Panter, Lawrenceville
Francesca Peckman, West Orange
Glenn Pierson, East Hanover
Vivien Plesmid, Watchung
Rebecca Pomeroy, Dover
Beth Powmesamy, New York, NY
Raymond Pruszkowski, Union
Naseem Rakla, Watchung
Kristy Reardon, Princeton
Pascale Reidenberg, Short Hills
Tina Renna, Cranford
Sheyla Romano, Suffern, NY
Ligia Rosales, Bernardsville
Joseph Roth, Fairfield
Vineet Sahni, Edison
Dominique Salini, Scotch Plains
Alan Salz, Basking Ridge
Michelle Sanchez, Montclair
Jeffrey Schneider, Ocean Township
Neil Schneider, West Orange
Sonia Schott, New Canaan, CT
Michael Schreiber, Rockaway
Laurence Seltzer, Livingston
Janet Setter, Bedminster
Arlene Shaw, Hillsborough
Srilatha Simhadri, West Windsor
Ray Siwek, Morristown
Vincent Spagnuolo, Morris Plains
Steven Spreitzer, East Brunswick
Marcia Stanton, Branchburg
Vera Stevenson, Clark
Robert Sudalnik, Greenwood Lake
Joellen Surace, Scotch Plains
Priya Suryanarayanan, North Brunswick
Katarzyna Tadajewska, Mount Tabor
Erin Teufel, Lincoln Park
Hemant Thigle, Piscataway
Sara Thom, Maplewood
Rena Tolsma, Newfoundland
Linda Turi, Livingston
Lolita Turner, West Orange
Judith Vogel, Bloomfield
Chris Volinsky, Morristown
Christine Volinsky, Morristown
Mona Wachtel, Nutley
Carin Weinberg, New Providence
Wendy Westgate, Bridgewater
Verity Wetzler, Lake Hopatcong
Mark Wiatroski, Union
Barry Wolfe, Weehawken

TSR Members Willing to Scout and/or Co-lead Outings with Prospective New Leaders

Click on name to contact co-leader *scout only; ^co-lead only

Who	Where	When
Paul Augustyniak	Wildcat Ridge, Pyramid Mountain hikes under 1,000 feet elevation in Morris and Sussex counties	weekdays
Sheree Bennett	Norvin Green, Harriman (Reeves Meadow, Lake Sebago), Ramapo Valley, Pyramid Mountain, South Mountain Reservation	
Gail Biggs	Jockey Hollow, Loantaka	weekdays
Jason Briggs	Harriman, Ringwood	weekdays April, June, August, November
Debby Bronner	Colonial Park (Somerset), Columbia Trail (High Bridge), Merrill Creek (Phillipsburg), Washington Valley Park (Martinsville), Johnson Park (Piscataway), Rutgers Ecological Preserve	variable
Kathi Caccavale	Schiff and McVickers Preserves, Mount Hope Historical Park	Tuesday, Thursday (subject to change)
Udi Cohen		Sundays only
Carol Czajkowski	Jockey Hollow, Loantaka, Cooper Mill, Frelinghuysen Arboretum	Monday and Wednesday level
Jay Dibble	any spot north of the Driscoll Bridge	weekends; not in or on snow
Ken Donhauser	Watchung Reservation	not weekends and only Monday level
Willard Dye	no urban hikes	Monday-Friday
Anita Estrella	Harriman or Norvin Green	late October-April
* Jerry Giordano	Northern NJ and NY near Harriman	flexible
Kaat Higham	flexible	not Mondays or Thursday level
John Infosino	Hunterdon, Somerset, Warren	flexible
^ Dianne Jones	flexible	Tuesday and Thursday level
^ John Jurasek	Bergen County locations	any day of the week (not winter)
Stan and Bev Kaltnecker	Morris and southern Sussex counties	Mondays only
Bill LaChance	flexible	weekends April 15-September 15
Margo Moss	Ramapo, Harriman, Palisades	
Jodi Ordover	Northern NJ/NY Hudson Valley, Harriman, Norvin Green, Ramapo Reservation, Ramapo Mountain, Sterling Forest	flexible
Margaret Platt	Watchung and South Mountain Reservations, Jockey Hollow	weekdays; within 1 hour drive of Berkeley Heights
Joe Serpe	Norvin Green, Pyramid Mountain, parts of Harriman	flexible
Nancy Sierra	flexible	flexible
Debbie Stuart	Somerset, Hunterdon, Middlesex, Union, Mercer counties; southern Morris County in Black River, Jockey Hollow, Cooper Mill	not in hot weather above 70s
Anastasia Tavarez	Harriman State Park	all days
Gordon Thomas	Sourland, most southern locations	Monday-Friday (not July, August, September)
Louis Thompson	Hartshorne Woods, Pyramid/Turkey Mountain, Ramapo Mountain State Forest, Reeves Meadow (Harriman), Norvin Green, South Mountain	flexible
Lynn Tucholke	flexible	weekdays
Lorrie Vece	Cheesequake, more southern NJ spots, areas near Parsippany	Tuesday-Friday mornings southern locations; Monday, Saturday, Sunday in/near Parsippany
Gail Waimon	South Mountain Reservation	3-5 miles midweek in fall, winter, spring
Diane Willer	Morris County	no weekends or hot summer days

Getting Older on the Trail *by Thea Landesberg*



Bill and Thea on Welch-Dickey Loop

Seven years ago, Bill and I hiked two very popular and strenuous trails in the White Mountains of New Hampshire: Franconia Ridge and Welch-Dickey Loop. Both of them were (and remain) highlights of our outdoor lives. We still occasionally comment, "Franconia Ridge was amazing! How did we do it?"

Franconia Ridge is famous for being long and arduous. The 8.9-mile loop takes six to nine hours to complete. Starting out, we had absolutely no idea what difficulty lay ahead in hiking up and down the peaks of three mountains. It was July and we were among many others, including young kids and older folks like us who were nearing retirement; all were in an eager, excited mood. By the time we finished and hobbled to the car, we were beyond exhausted – but very proud of ourselves.

Two days later, when our legs were somewhat recovered, we tackled another nearby hike, the popular 4-mile Welch-Dickey Loop. Although less than half the length of Franconia, it offers gorgeous views of the surrounding White Mountains plus the challenges of giant granite slabs and rock scrambles. We ended up tired, but proud again of our accomplishment.

Fast forward to the spring of this year: Bill and I decided to revisit the White Mountains in early June. We weren't getting any younger and knew we couldn't take on the Franconia trail again, but: "Welch-Dickey is only four miles!! It's beautiful!! Let's do it!!" So we did.

I was ecstatic at the trailhead, moving with a lot of happy energy about a mile up to the first view. It was as beautiful as I remembered. Then, the hard work began. Many uphills and rock scrambles started to wear me out. Unlike during our previous hike, many trail blazes were either missing or hidden behind trees, adding extra time and sapping our energy. I began to feel very tired and wondered how I could complete the hike. Bill, too, was weary, as we finally trudged toward the parking lot.

Despite finishing the loop, the revelry of seven years before was absent as I faced the reality that my body was seven years older. Although our love of the outdoors keeps us hiking, I know now that we have to be realistic in choosing destinations: not too long, not too strenuous. If we're smart about it, we can look forward to many more trails.

TSR Annual Holiday Party and Business Meeting

Saturday, Dec. 5, 2026

Verona Community Center

12:00 noon

880 Bloomfield Avenue,
Verona, NJ 07044

Mark your calendars and join us for a day of outdoor adventure, fellowship, delicious food, and holiday celebration at TSR's annual holiday party and business meeting!

We'll begin the day with our traditional invigorating morning hikes, followed by a brief annual business meeting at noon, and then an afternoon filled with friendship, laughter, and holiday cheer.

What's in Store

- Morning Hikes
- Potluck Lunch (please bring a sweet or savory dish to share)
- Beverages Provided
- Sharpening Service
- Swap Table
- Karaoke Fun – New This Year!
- Live Music – New This Year!
- Great Company, New Friendships, and Festive Holiday Fun

Registration for both the holiday party and hikes are now open online. Be sure to save the date and watch for additional details and registration information. We look forward to celebrating the season together!

To join the planning committee, contact Brooke Tippens, social chair, at brooketippens@gmail.com or 973-902-5650.

Hiking with a Thunderstorm! *by Gordon Thomas*



This past summer, I led a small group of TSR hikers who dodged a thunderstorm on Bald Pate Mountain. The weather report showed a big storm heading toward us, but we had all hiked in the rain before. So we started out, with lurking clouds over Pennsylvania but encouraged by having radar maps on our phones. Although the storm was coming right at us, we could see how far away it was.

Also, I knew the hill well, and there was a shelter at the summit. We scrambled up the first steep and rocky slope. At the top, the radar map showed that we still had some time. So, rather than going back to our cars, we blithely hiked down the other side of the mountain to the edge of the Delaware River, and then up the steep and sinuous trail back to the peak. Everyone was pleased to have achieved some elevation in the two ascents.

Then, as the rain started to sprinkle from the approaching edge of the storm, I conjured up the shelter – an empty honeymoon cottage managed by New Jersey at the top of the highest point in Mercer County. We made it in time! As the storm started, we could look down and see the Delaware River flowing past the point where General Washington led the Continental Army across it. Rain poured; thunder and lightning roared; and we could barely see a few yards out.

But we relaxed and enjoyed a leisurely lunch, dry and safe on comfortable Adirondack chairs under a big porch roof. There was even a separation facility. When we finished eating, the huge cumulonimbus cloud roared by. Then we strolled back down to the parking lot, cooled by a few sprinkles, in agreement that the radar maps were handy. But generally, we would not recommend hiking with a thunderstorm!

Be Our Guest!

Yes, guests can attend TSR hiking, biking, and paddling events (under certain conditions, of course).

Guests are welcome to participate in TSR events with the following conditions:

- There cannot be a waitlist.
- The member must get *advance* approval from the leader to bring a guest. The leader may not be able to approve until very close to the event.
- The member must print out the paper waiver (found on the For Leaders page of our website). The guest must complete the form, including the emergency contact information on the second page, and show it to the leader.
- After the event, the member must submit the completed form as instructed on the waiver.
- Guests may participate in a maximum of three events before joining.

If a member brings a guest without following the protocols, neither will be allowed to participate in the event.

While we understand that this process doesn't make it "easy" for a member to bring a guest, we hope you can appreciate the prioritization of club members over guests. We hope you also appreciate not burdening leaders with paperwork in order to facilitate guests. The "easiest" is for your guest to join our club!

But for those likely limited circumstances where this process can work … be our guest!



Farewell to Our Friend: Alastair MacLennan



Alastair MacLennan, Jr. died at 81 years old on August 8, 2026. Click here to read his obituary. He was a longtime member of TriState Ramblers, having joined in 2004, and was a member of other hiking clubs as well. Al's smiling face will be remembered by all who hiked with him. Some thoughts shared by members:

Ten years ago I joined Tristate Ramblers and met Alastair MacLennan shortly thereafter. Al was a fairly active leader (mostly Wednesdays) back then. When Al saw me on that first hike, he came over, promptly introduced himself, and welcomed me to the club. Al was like that: friendly, personable, and very gregarious. He would start a conversation with anyone, talk for hours, and remember everything that was said. At your next meeting, he could continue the conversation as if there had been no intervening time interval. He truly cared about people, having a positive attitude as well as a quirky sense of humor. Al stopped hiking for a while. The next time I saw him, at a club picnic, he did not look well and had lost a lot of weight. I asked how he was feeling and he replied with his unique delivery, "I can't complain, considering the alternative" – always upbeat. Al was a decent human being. We need more people like him. He will be missed. ~ Willard Dye

Al was the consummate hiker and leader. He joined TriState Ramblers in 2004 but also hiked with other clubs and groups. One of our first encounters with Al was about 10 years ago when we were new leaders. The hike was at Delaware Water Gap on the Appalachian Trail to Hemlock Pond and Crater Lake. When we circled up, Al introduced himself as "Mr. Delaware Water Gap" who loved this place and knew all the trails from memory. We were glad to have him on our hikes. But he did have a little problem with SignUpGenius. He said that "back in the day" when he led a trip with no advance registration, 40 people would show up – and he knew all their names. He did mention that he might lose a few, but they always showed up again on the next hike he led. Over the years, when we texted him on issues a number of times, he always responded with a phone call because he liked the personal touch. That was Al! The last couple of years were tough on him, but being the trooper that he was, he still hiked and led. We were always glad to see him and the way he was always smiling. He will be missed. ~ Stan and Bev Kaltnecker

Al and I were fellow hikers in TSR and also enjoyed activities with the Senior Resource Center in Chester. Although I didn't see Al very often, I recall his telling me that he grew up in Hell's Kitchen and was helping people struggling to recover from alcoholism. He always had a smile on his face. He will be missed. ~ Bern Cooney

Al was very active in TSR as a leader, attendee, and anywhere else he could assist. You could tell he loved the outdoors and the opportunity to socialize. I know Al gave much of his time and energy to help family members in their times of need. I am sure they, along with others who knew him, will miss him both on and off the trails. One thing that stuck with me was when I looked for a new restaurant that my husband and I could enjoy. Al recommended a favorite place in Somerset – a French country bistro that had been his go-to for more than 18 years. It was very thoughtful of him to suggest the restaurant, which we have visited several times. We have also brought friends along to share in the dining experience. With that simple suggestion, Al left us a nice legacy. ~ Linda Hetcher

I am so sorry for the loss of Al. He was such a caring guy. I met Al on a TriState hike four years ago. He was always interested in what people were doing. I admired him for thinking about others, particularly when he talked about taking care of his brother and being a guiding force for one of his grandsons. Al was also very supportive of my brother during a difficult period in his life by calling him and having meaningful conversations. I remember many talks we shared on hikes about our Marine Corps experiences. I will miss seeing Al on the trails and the interesting conversations that I will no longer get to enjoy. May Al's memory be for a blessing. ~ Stephen (Steve) Burkat

I am sad to hear of Al's passing. I met him through Tristate Ramblers and we had the kindest conversations. His blue eyes were always shining with a genuine interest to learn about people and he cared deeply for others. He was proud of his family and his work helping others. RIP Al. Thank you for your company. May his memory be for a blessing. ~ Donna Burkat

I am going to miss Al. He never missed an opportunity to talk to me – very knowledgeable and funny at times. I was amazed at his "ice blue" eyes. I never saw him wear glasses or sun shades, so they were always visible for me to admire along with the kind person in whose company I had the privilege to be. ~ Linda Murphy

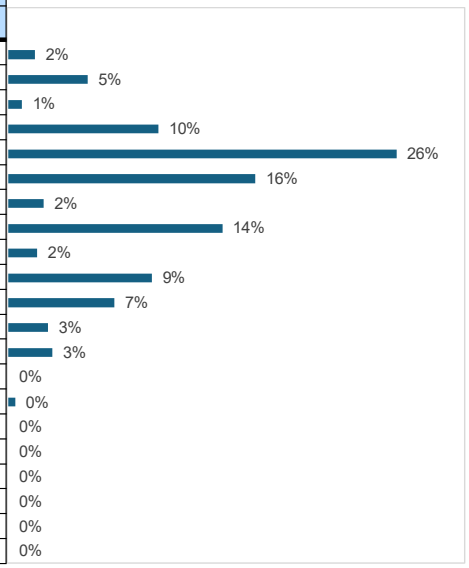
Al and I used to carpool once or twice a week to Harriman, Stokes State Park, or High Point for Tuesday and Thursday hikes. He always suggested we "stop for coffee" on the way home, but we both knew we were really stopping for pastries. We did some very vigorous hikes, and on the way home, only the driver was awake all the way. ~ Gail Biggs

Demographic Analysis *(using membership activity as of 9/30/2026)*

Current Members by State	NJ	NY	PA	Other	Totals
Number	690	52	6	8	756
Percentage	91%	7%	1%	1%	100%



Current Members by New Jersey County		
(Northwest to Southeast)	Number	%
Sussex	12	2%
Passaic	36	5%
Warren	6	1%
Bergen	68	10%
Morris	176	26%
Essex	112	16%
Hudson	16	2%
Union	97	14%
Hunterdon	13	2%
Somerset	65	9%
Middlesex	48	7%
Mercer	18	3%
Monmouth	20	3%
Burlington	0	0%
Ocean	3	0%
Camden	0	0%
Gloucester	0	0%
Atlantic	0	0%
Salem	0	0%
Cumberland	0	0%
Cape May	0	0%



Mindfulness Hiking *by Mark Strauss*

A new type of event was discussed at a recent TSR board meeting – mindfulness hiking. In addition to getting good exercise while reaching a destination, being mindful provides an opportunity to slow down and pay deliberate attention to our surroundings in nature. Instead of listening to music, checking phones, or using a hiking app to determine how far we've gone, participants might:

- *Notice the surroundings:*
  colors, trees, light, clouds, movement
- *Listen carefully:*
  birds, wind, leaves, water, footsteps
- *Pay attention to breathing:*
  the rhythm of our breath as we walk
- *Feel each step:*
  the ground beneath our feet and the movement of our bodies
- *Notice scents:*
  soil, leaves, flowers, fresh air
- *Let thoughts come and go:*
  rather than getting caught up in planning or worrying
- *Disconnect from distractions:*
  keep our phones away or silenced

The leader will include "silent hike" on the signup page. As the group gathers, the leader will state that for a designated number of minutes at the start, hikers may walk silently while practicing mindfulness. During the remaining time, everyone has the option to continue silently or talk with fellow hikers. Each hiker should respect the right of other hikers who may not want to remain silent.

For Your Information . . .

Getting There

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

For those who rely on GPS, there is also a handy feature in the TSR calendar. The calendar entry includes the meeting location. Just click on the location to easily map out the directions (the default map app is Google Maps). You can access the link to the TSR calendar or find instructions to link the TSR calendar to your own calendar on the Member Info page of our website (member log-in required).

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

Also remember that the listed time is the start time of the event, which means the ready-to-move time. Give yourself enough time to find the hike start point, get situated, gather your gear, use the facilities (formal, portable, or natural), hear any leader comments, etc. so you are ready to set off at the scheduled time. Out of courtesy to others, the leader is not obligated to wait for any latecomers.

Not Getting the Weekly TSR Emails?

As you probably know, an email goes out every Thursday evening to members who have subscribed to the TSR Google Group. The email serves as a reminder that registration is open for the next week's events. If you believe you are subscribed, but are not receiving the weekly email, it is likely an issue with your email provider's spam filters (especially if you are not using a Gmail address).

It's possible you are receiving other emails from TSR, but not the weekly reminder. Again, that is an issue with your email provider's spam filters. In both cases, check your spam/junk folder and add tristateramblers@googlegroups.com to your contact list.

If you're not sure if you are subscribed to the TSR Google Group, send an email to our webmaster at tsrhikers@gmail.com. If you are a newer member without a Gmail address, you may have missed the invitation to join the TSR Google Group.

The good news is that you don't need the weekly email! All the information contained therein (schedule, process, rules, registration link) can be found on the Members Only page of our website (log-in required).

Remember, we use the TSR Google Group to provide information about upcoming events, schedule changes, cancellations, and other notices. So if you want to be an active member, make sure you are subscribed and read our emails!

Show-and-Go: Did You Know?

As a reminder about these events, please be aware of the following:

- Show-and-Go events can include non-TSR members (up to three outings before they must join).
- Guidelines for Show-and-Go events, including instructions and examples of how to write a proper description, are on the TSR website. Click on "For Leaders" and then on "Guidelines Add-on and Show-and-Go Events."
- Email the write-up to Kaat Higham at tsrregistration.com@outlook.com (ideally at least three days in advance).
- Print a copy of both sides of the club's waiver form, which can be found on the website under "For Leaders" or "Forms." Ensure that each attendee signs the form prior to heading out.
- If you have any questions, contact linda.hetcher@gmail.com.

Signup Etiquette

Please be considerate of your fellow members. Just a reminder about a few things:

- Members are limited to initially sign up for **two hikes per week**. Join additional hikes if there is space available by signing up *after 8:00 PM the night before* and writing "after 8 PM" in the comments section.
- Whenever you sign up on the **waitlist**, put in the comment area "1st hike" or "2nd hike." It helps our hardworking volunteers to monitor the signups more easily.
- **Do not jump the queue**. Before adding your name to the hiker list, review the waitlist to see if anyone else is a "1st hiker." If so, add your name to the waitlist with "1st hike" in the comment area. Our hardworking volunteers will move you to the main list if there is availability. Signups are time stamped, so be assured that names are moved in the order of signup.
- **Similarly, do not "move" yourself** from the waitlist to the hiker list. Our hardworking volunteers will move you when they have the opportunity to do so.
- Note: That means your **"2nd hike" should always be on the waitlist**. Never put your second hike on the hiker list; you will get moved there if space is available.
- **If you need to cancel**, please remove your name *before 8:00 PM the day before* the hike. Otherwise there may be people on the waitlist who miss the opportunity to hike.
- Should an emergency arise and you have to **cancel the morning of the hike**, please let the leader know *by at least one hour before the start time*, as there are trailheads with no cell reception.
- Click here for **complete signup rules**. We appreciate your cooperation.

Picatinny Arsenal – Final Hike in the Series



On a sunny Friday in May, 25 club members enjoyed the final (?) in a yearslong series of TSR historical walking tours at Picatinny Arsenal. The tour was led by three guides: Jason Huggan, chief of the Environmental Affairs Division; Jeff Ranu, engineering historian in its Mortars Division; and Marci Keck, paranormal research specialist. The following excerpts were compiled by the TSR leader, Lise Greene, from club members' comments following the event.

- I spent years driving up and down Route 15 and wondered what the tall "elevator" tower was. I thought the arsenal was all about this tower! So it was cool to see the base and very informative about the early history through the current transitions. It was fun learning about various people that worked at the arsenal, from residents in Spicertown, average working man, lower ranking personnel to the top brass generals.
- Informative and engaging day. So much history. Paranormal connection was intriguing.
- Jason and Jeff each presented well thought out discussions about the rich history of Picatinny Arsenal. I enjoyed learning about some of the changes to the facilities and grounds. As a Marine Corps veteran, I appreciated the opportunity to spend time on a military base.
- I was interested to see the part of NJ I often hike next to and never before got to enter.
- It was a truly fantastic day learning about the history, past and present, of the Picatinny Arsenal. As a native of New Jersey, I never knew this existed.
- The walking tour of Picatinny Arsenal was a fascinating account of how changes in mission and a terrible accident caused an old armament storage site to morph into a sophisticated military research and development facility. You never forget the purpose of Picatinny Arsenal; trees planted on the golf course honor veterans who gave their lives in service to our country, and cannon from various time periods remind us of the number of conflicts our country has experienced. Our guides enlivened the tour with historical trivia and biographical accounts of persons who have made the arsenal what it is.
- The tour was very well prepared with many of the illustrations prepared ahead of time.
- I loved how informative Jason and Jeff are and how they took the time to answer our questions. They were both super knowledgeable and gracious. I was very impressed with the tree that held soil from Normandy at its base. That historical reality stuck in my mind.
- The Picatinny event was a wonderful afternoon absorbing local history combined with a nice walk and wonderful people. Our favorite parts of the tour were seeing the Commander's beautiful home and hearing about the 1926 explosion.
- The campus was huge and surprisingly scenic. It felt more like a research campus than a typical military base. Our two tour guides were extremely knowledgeable. It's not what I expected from an Army base.

The Great Falls *by Rich Dugan, photos by Carol Hodge*



Thursday, May 14, was a date I began looking forward to in mid-March. After weeks of planning, preparation, and coordination, the day I hoped would showcase the rich history of Paterson, my hometown, was near. Finally the schedules of the National Historical Park ranger and the curator of the Paterson Museum had jived, and an agenda built around the Great Falls of Paterson was in place.

Backing up nine months, a non-hiking episode that landed me in Morristown Medical Center resulted in having a new piece of equipment implanted in my chest. My wife and daughter strongly suggested not hiking alone any longer. A friend from the golf course where I work part-time recommended his hiking club as the answer to my predicament, and I was introduced to TriState Ramblers.

Within six weeks of my procedure, I attended my first group hike. After a few more, I knew the organizational skills I used in business and recreational activities suited me well to be a leader. The next step was contacting Dianne Jones, whom I met on my first hike. She graciously shared a wealth of information regarding leading, and volunteered to co-lead a hike I planned for Mills Reservation in Cedar Grove. Subsequently I led a hike at Hilltop Reservation in Cedar Grove.

All the while, an idea was percolating. Somehow, I wanted to tie together a day of touring Paterson sites with a hike at Garrett Mountain that would pay homage to the city I still love. I also wanted to pay tribute to a man who lived his entire life in Paterson and served 40+ years in the city's fire department: my father! Again I contacted Dianne and asked if she thought the club might be interested in this type of hike. She enthusiastically encouraged me to pursue the idea.

Another piece of the puzzle fell into place after participating in a few of Paul Augustyniak's hikes. He likes to work in historical info, which appealed to me. I ran my idea past Paul and he liked it so much that we ultimately formed a team to put the final arrangement together. As the day of the event drew nearer, the weather forecast seemed to conspire against us. However, the anticipated amount of rain kept diminishing and I decided not to cancel.

All 25 people committed to the day showed up, eager to see what was in store for them. Our National Historical Park guide, Emma, impressively took us on a trip from the formation of the Great Falls through the 1960s. That was when the mayor's wife, Mary Ellen Kramer, fought to save the surrounding area from becoming part of a peripheral highway around Paterson.



Great Falls history museum



Alexander Hamilton statue

Human interest stories were a theme of the day, and two in particular were my favorites. We walked from the falls to the museum along a piece of the "raceway," an ingenious design of Pierre L'Enfant. George Washington had commissioned L'Enfant to design the layout of our nation's new capital after the Revolutionary War; Alexander Hamilton hired him to help fulfill his dream of making Paterson the first truly industrialized city of the colonies. L'Enfant's amazing feat of engineering pushed water through a series of channels at speeds reaching 25 mph using only gravity. Water power turned giant wheels at the mills, a system that was successful for quite some time.

Our group moved on to the Paterson Museum, located in a beautiful building that was once

(continued on next page)

The Great Falls *continued from previous page*

part of the Rogers Locomotive works. Every time I pass this site, I'm awed by the fact that 8,000 locomotives were manufactured here between 1860 and 1890. One of those engines met a counterpart from the west at Promontory Summit, Utah, for the "Golden Spike" ceremony celebrating the completion of the Transcontinental Railroad.

My second human interest story belongs to "Old Gooseneck" and a Jeffers Steamer from the 1860s, two pieces of firefighting equipment now on display at the museum. When I was a very young kid, these antiques were stored in the recesses of Engine Company 10, a local firehouse on the east side of Paterson. My father's rise through the ranks of the Paterson Fire Department began there as a captain. My brothers and I visited the firehouse often and played near the Steamer in particular. Almost 70 years later, I rediscovered these beautiful machines at the museum. They bring back great memories of my dad and his Paterson Fire Department career.



The museum curator, Heather, was given a nice round of applause by her TSR audience at the end of her thoroughly interesting presentation. We then proceeded to Garrett Mountain and hiked the yellow trail around its perimeter. Passing Barbour Pond, the Passaic County Park Police Stables, and Lambert Tower, we enjoyed the views from scenic overlooks along the trail. My labor of love was complete.

I would be remiss without expressing gratitude to Dianne Jones for encouraging me to keep pursuing this idea, to Paul Augustyniak for his continuous and much needed support, and to Carol Hodge for her pictures that perfectly capture the essence of what I had in mind: celebrating the wonderful history of Paterson and the Great Falls!

Now I'm going for a hike!!

Who Ya Gonna Call/Email?

Not sure who to contact when you need help? If you:

- Have *questions about a specific hike/bike/paddle* (meeting location, difficulty level, etc.) – ask the event leader using contact information in the TSR schedule event description. Do not text if the leader has specified no texts; your message will not be received.
- Must *cancel late or last-minute* – contact the event leader as a courtesy.
- Are a *leader and need to communicate about an event* (for example cancellation, update, Add-On, Show and Go) – see the TSR Leader FAQs on the For Leaders – Members Only page of our website (log-in required).
- Still *need help with SignUpGenius after* reviewing the rules, instructions for signing up, or instructions for deleting your sign-up – email the outreach chair (tsrregistration@outlook.com).
- Have *questions about your dues payment, current membership status, updates to contact information, etc.* – email the membership chair (tristateramblersmembership@gmail.com). Contact information updates can also be made online (www.tristateramblers.org/update).
- Are *interested in becoming a new leader* – email the outing chair (linda.hetcher@gmail.com).
- Would like to subscribe to, have questions about, or have problems with the *TSR Google Group email list* – email the TSR webmaster (tsrhikers@gmail.com).
- Believe you are *subscribed to the TSR Google Group email list but are not receiving messages* – it is likely an issue with your email provider. Check your spam/junk folder and add tristateramblers@googlegroups.com to your contact list.
- Would like to *submit an article for our newsletter* – email *The Oak Leaf* editor (lise.greene@montclair.edu).
- Would like to *volunteer to help with our social events* (summer picnic and holiday party) – email the TSR social committee (tsrsocialcommittee@gmail.com).
- Have *suggestions for improvements* – contact any TSR club officer.
- Note: A list of TSR club officers can be found on the last page of each newsletter and on our website (www.tristateramblers.org/officerspublic).

Mirror Images

Enjoy this issue's photo theme: mirror images. The Spring 2027 theme: **footprints**. Photos of interesting and beautiful footprints can be submitted as email attachments in JPG format at any time from now through the next deadline (April 1) to *lise.greene@montclair.edu*. Please send original photos only *with no editing of any kind*. However, you may request cropping or other edits to be made by our graphic editor. Include a caption with your name, the location, and the subject.



Taylortown Reservoir at Pyramid Mountain (Anthony Caruso)



Jones Beach, Wantagh, NY (Maria Vargas)



Back Bay Fens, Boston (Carl Wilder)



Grand Tetons National Park, Wyoming (Julie Stanton)

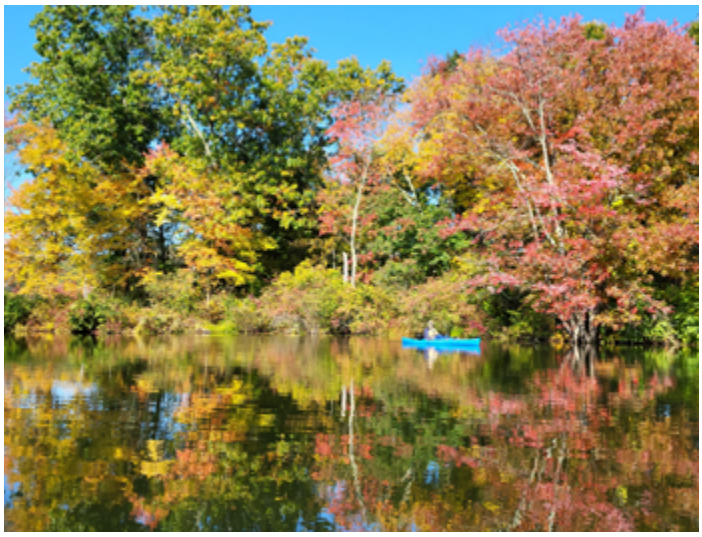
Mirror Images *(continued from previous page)*



Tallman Mountain State Park (Jodi Ordover)



Black River Trail (George Foulke)



Stan in kayak on Jefferson Lake with Allamuchy State Park in background (Bev Kaltnecker)



Ramapo Lake, Ramapo Mountain State Park (Jodi Ordover)

TriState Ramblers Executive Board 2026

President – Gordon Thomas (*TSRPresident3@gmail.com*, 609-977-0267)
Vice President – Tim Burman (*timburman@gmail.com*, 732-682-8684)
Recording Secretary – Elise Morrison (*elisermorrison@gmail.com*, 201-927-4275)
Treasurer – John Crump (*johnmcrump@yahoo.com*, 973-534-6168)
Membership Chair – Jodi Ordover (*tristateramblersmembership@gmail.com*, 201-264-4206)
Newsletter Editor – Lise Greene (*lise.greene@montclair.edu*, 973-663-4396)
Nominating Chair – Mark Strauss (*mfstrauss@yahoo.com*)
Outing Chair – Linda Hetcher (*linda.hetcher@gmail.com*, 973-769-1773)
Outreach Chair – Kaat Higham (*tsrregistration@outlook.com*, 862-221-0170)
Schedule Coordinator – Nancy Sierra (*nsmd_solo@yahoo.com*, 908-347-0690)
Social Chair – Brooke Tippens (*brooketippens@gmail.com*, 973-902-5650)
Webmaster – Dianne Jones (*tsrhikers@gmail.com*, 973-428-4924)

Outing Coordinators

Monday – Bev/Stan Kaltnecker (*kaltnecs1@aol.com*, 201-602-4074)
Tuesday – Louis Thompson (*ltpt1@yahoo.com*, 732-239-1012)
Wednesday – Lynda Goldschein (*lyndagoldschein@usa.net*, 908-347-5012)
Alternate Wednesday – Linda Hetcher (*linda.hetcher@gmail.com*, 973-769-1773)
Thursday – Dianne Jones (*diannejones428@gmail.com*, 973-428-4924)
Alternate Thursday – Kaat Higham (*khigham@verizon.net*, 862-221-0170)
Friday – Julie Stanton (*julienyc@msn.com*, 917-972-0212)
Saturday – Lorrie Vece (*dixonlowe@aol.com*, 201-970-1000)
Sunday – Sheree Bennett (*shereestarrett@yahoo.com*, 973-857-0543)
Biking – Marianne Ansari (*marianneroman@hotmail.com*, 201-519-8975)
Paddling – Linda Lang (*allinkcorp@aol.com*, 973-960-7421)
  Paddling Schedule April-June – Chris Dunbar (*chrisdunbar458@gmail.com*, 201-697-7815)
  Paddling Schedule July-November – open; to volunteer, contact Linda Lang (see above)

Special Volunteers

Aide to Outreach Chair – Sue Griffin (*sgriffin5@optonline.net*, 732-322-6300)
Directions Coordinator/Event Recorder – Tom Pollard (*pollard.tom@gmail.com*, 973-600-2301)
Membership Analyst/Constant Contact – Dave Hill (*esruc104@verizon.net*, 732-570-1381)
Newsletter Graphic Designer – Jay Winslow (*jaybirdlow@verizon.net*, 845-658-8104)
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Note: Check the TSR website for the most up-to-date list.

Send comments on this issue and suggestions for future issues to the editor at *lise.greene@montclair.edu*.