

xxx Oct xx PAWLING NATURE RESERVE B 6 mi
xx:00 am Lake Success \$14; Register with Leader: Mike
This moderate paced hike is through a Nature Conservancy park a top a ridge in bucolic Dutchess County. The AP trail runs across this section and is the backbone of the hike. Beautiful views of the Harlem Valley through a diverse nature reserve. Bring food, water and a love for nature. Please call to register.

xxx Oct xx ALLEY POND PARK, Queens B 5-6 mi
xx:00 am Parking Lot near entrance to park; Karen
Join me for a brisk walk around the 2nd largest park in Queens. It was named for THE ALLEY, an 18th century commercial and manufacturing center formerly located there. We will walk primarily on the LI Motor Pkwy/Vanderbilt Pkwy. Mostly flat walking on pavement so sneakers are OK. Bring water and a snack. Rain cancels. **Directions:** Northern State Pkwy to Grand Central Pkwy Exit 23 onto Union Tpke W. Turn right onto Winchester Blvd then left into parking lot. Map quest if you wish.

Xxx Oct xx ISLAND HOPPING Members Only B 7+ mi
xx:00 am Penn Station; Must Register with Leaders (EVEN IF PREVIOUSLY REGISTERED): Rhonda / Janet
Our journey will begin on the city streets of Manhattan, passing the United Nations. We will walk to the 59th Street Tram Station and board the Tram to Roosevelt Island for Island exploration, with a visit to the Franklin D. Roosevelt Memorial and a Community Garden. We will walk across the Roosevelt Island Bridge to Long Island City for a visit to the Noguchi Museum (adult admission \$10 & senior admission \$5). Our journey continues with a stop at Socrates Sculpture Park. Afterwards dinner and dessert will be in Astoria, which is known for Greek Food. The train will take us back to Penn Station. Bring a METRO card, water and a light lunch/snack. Wear comfortable shoes. Rain cancels.

xxx Oct xx FAHNESTOCK STATE PARK B 7 mi
xx:30 am Lake Success, \$11.00; Register with Leader: Dan
A medium B hike through varied terrain. We'll hike parts of the AT and 3 Lakes trails. Bring lunch and water. Hiking boots required. Register with hike leader via email in advance.

Xxx Oct xx MONTHLY BOWLING NIGHT, Melville NEW Event
xx:30 pm Meet at Bowlmor (previously known as 300 Bowl); Register with Leader: Connie
We will meet and set up teams. Price is \$13 for two hours of bowling. Bring your own bowling shoes or pay additional \$5. Food and drink are available to purchase. We need to give Bowlmor an approximate count. Email Connie at xxxxxx or call/text xxxxxxxxxx by Tuesday morning if you would like to join us. **Address:** 895 Walt Whitman Rd (Route 110) Melville NY

xxx Oct xx WARD POUND RIDGE RESERVATION B 7 mi
xx:30 am Lake Success \$10, plus shared \$10 parking fee; Leader: Michele
Come for a lovely stroll among the wooded trails, which will lead us deep into the woodlands, past open meadows, streams, and a view of the Cross River. This park is also renowned for its bird population. Pack a lunch and bring water, wear hiking shoes.

Xxx Oct xx TRAIL VIEW STATE PARK, Woodbury B 7 mi
xx:45 am Parking lot; Leader: Rhonda x
Let's take a hike from Trail View State Park towards Cold Spring Harbor. We will explore varied wooded trails leading to Still Well Woods then onto Route 108 and back. We will encounter some hills along the way. Rain cancels. Hiking boots suggested. Bring snack and water. Optional lunch after hike. No restrooms or facilities on trail (Stop n Shop has restrooms before and after hike). **Directions:** Seaford Oyster Bay Expressway (Route 135) North to Jericho Turnpike (Route 25). Go East on Jericho Turnpike. Pass two traffic lights. Parking will be on the left side of the road right after Stop n Shop.

xxx Oct xx LAKELAND SOUTH A 10 mi
10:00 am Lakeland County Park; Leader: Karen
We begin in Lakeland County Park and head south on the LI Greenbelt Trail. We will pass Bunces Bridge making our way towards the fish hatchery then onto the grist mill. We will stop approx 1/2 way for a hygiene break and lunch. Mostly flat terrain cushioned by pine needles!! A brisk cardio hike for those that can do a solid 10 without holding up other hikers. Bring water, snacks, lunch & wear hiking boots. Rain cancels. **Directions:** LIE EXIT 58, south on Old Nichols Rd then left onto Johnson Ave. Follow road to Lakeland County parking lot.

Schedule continues on bottom of next page.

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**Eastern Mountain Sports – 204 Glen Cove Road, Carle Place 516-747-7360
Ask about the NHOC discount.**



“Two Worst Toxic Offenders on Long Island”

By Guy J, Conservation Chair

Long Islanders depend on groundwater as our sole source of drinking water. We must protect this aquifer to ensure protection of our health and our environment. Unfortunately, new and alarming information compiled by the NYS Department of Environmental Conservation (DEC) documents 117 active pesticides found in our water supply. While that might sound like too much to even get a handle on, there are 2 main culprits whose elimination would bode very well for us. *The DEC needs to immediately ban the worst two toxic offenders—metalaxyl and imidacloprid—from use on Long Island.*

Imidacloprid was recently released from its patent and can be found in hundreds of products used to control insects on lawns, turf, golf courses, gardens, farms, pets, ornamental plantings, and in households. It is a known neurotoxin and can cause damage to the nervous system. Imidacloprid has also been linked to the significant decline in honeybee populations, known as Colony Collapse Disorder. As a result, it was recently banned in the European Union. It is also toxic to fish and crustaceans. *According to the DEC, from 2001 to 2010, imidacloprid was detected 890 times at 179 locations in Long Island's groundwater.* The chemical has been found in concentrations as high as 407 ppb - far in excess of the 50 ppb drinking water standard.

Metalaxyl is a fungicide that readily leaches in sandy soils and is highly soluble in water; these properties, in combination with its long persistence, pose a substantial threat of contamination to our groundwater. Metalaxyl is EPA Acute Toxicity Class II (moderately toxic). It is linked to kidney and liver damage and is toxic to birds. *According to the DEC, there have been 1,327 detections of metalaxyl at 546 locations in Long Island's groundwater.*

These numbers offend reason. For our families, for our future, for the protection of our natural world, we must speak loudly and demand a full and permanent ban of these poisons.

ACTION ALERT: Submit a comment to the DEC via email: LongIslandStrategy@gw.dec.state.ny.us

Urge the DEC to:

- Ban the use of the two most prevalent pesticides detected in Long Island's groundwater—*metalaxyl and imidacloprid!*
- Identify and assess safer alternatives to toxic pesticides found in Long Island groundwater.

ANNOUNCEMENTS / INFORMATION

CONDOLENCES:

HIKE SCHEDULE Continued from previous page

xxx Oct xx **NISSEQUOGUE RIVER to XXXKEN MEADOW** **B+6 mi**
xx:30 am Nissequogue River State Park parking lot; free parking. Quyen
Not for beginners or slow hikers. Hike along hilly bluffs to Xxxken Meadow with awesome view of Nissequogue River and LI Sound. Bring water, lunch. Rain cancels. **Directions:** Xxxken Meadow Pkwy North to SM4. Head east on Pulaski (which changes into Old Dock Rd.) At the 5th traffic light make a right onto St. Johnland Rd. Park entrance is about 1/2 mile on the left. Joint hike with Greenbelt.

xxx Oct xx **ANNUAL CENTRAL PARK HIKE** **Singles - All Welcome** **B 7+ mi**
xx:30 am Penn Station; Leader: Lewis
Contact hike leader about possible cancellation if harsh Weather is forecast or if it is raining on the day of the hike. Annual Fall moderately paced stroll in Olmstead and Vaux's urban gem. A new route is planned for this year. Please note a lunch break is built into this hike. Also

note that Central Park is hilly especially the northern section of the park. However since this is an urban walk, hikers are welcome to do as much or as little of the hike as they desire. Pick up a Metro Card, we will Subway up to Columbus Circle from Penn Station.

xxx Oct xx ROOSEVELT ISLAND C 5 mi
xx:15 am Penn Station; Leaders: Ken /Phyllis
Slow paced hike. We will take the E train to 53rd St and Lexington Ave, regroup in the basement food court of the Citicorp Building, then walk to the Roosevelt Island tram at 59th St. We will ride the tram, then walk the perimeter of the island, which stretches from 44th St to 90th St. Joint with Outdoors Club and Urban Trail Conference. Rain cancels.

xxx Oct xx TERELL RIVER COUNTY PARK C4 mi
xx:15 pm Park across at Kalers Pond; Leaders: Jean / Debbie
Let's enjoy an easy paced hike on a new trail added to our C hike schedule. This is a beautiful trail where we saw several deer grazing while enjoying the sounds of many birds. The trail meanders through a beautiful county park with views of the river and bay. We will take time to contemplate quotes from wildlife authors, spending quiet time in the woods and have discussion time during the hike and afterwards at lunch. We have arranged to have a quaint local eatery called the Country Cottage Dinner which will remain open late for us. This trail is located across from Kalers Pond and established Audubon sanctuary. **Directions:** Take Xxxrise Highway EAST to exit 59-Wading River Rd. At the first light make a Right (there will be a new 7/11 on the far corner). The 2nd Stop sign is Rail Road Ave, here you make a Right. Go over the RR tracks and ant the 2nd light make a Left onto MAIN ST. Follow Main Street to Terell River County Park which is on the Left just past the signs for Camp Pa Qua Tuck. Park across at Kalers Pond, where the restrooms are.

xxx Oct xx LADIES LET LOOSE COMEDY SHOW Women Only Event
xx:00 pm Must have prepaid. Register with Leader: Janet
[Domenico's Restaurant, 3270 Hempstead Turnpike, Levittown, NY 11756, phone#] Ladies Let Loose is a comedy show strictly for the ladies, sorry no men allowed. The show features all female comedians, delivering hilarious material to an all-female audience. The price is \$56 per person which includes dinner, show, tax and tip. Cash bar is available. Reservations are required.

xxx Oct xx - Oct xx MONTAUK WEEKEND 2013 Members Only B Hikes
Must have Pre-Registered with Leaders: Quyen / Dennis
Members will be notified of the sixth annual Montauk Weekend by last minute NHOC email blast on the Wednesday, just prior to the scheduled weekend. We are planning on the xxxxxxxxxx weekend. If the weekend weather is not suitable or we cannot get enough rooms, we will reschedule to the xxxxxxxxxx weekend. Save the dates and get your roommate ready because you will only have two days to reserve room. Make sure that you are coming before calling the hotel because it would be a non-refundable charge. B hikes will be at moderate pace with some hills (not for slow hikers).

xxx Oct xx BALD MT/DOODLETOWN LOOP B 6 mi
xx:00 am Lake Success \$13; Register with Leader: Michael
Moderate paced hike. It is Halloween time and what better place to be than in haunted Doodletown. Great views of the Hudson river panoramic viewpoints from Bald Mt. Afterwards we'll stop for a bite in Peakskill. Bring hiking boots, food and water and courage. Call to register.

xx Oct xx WERTHEIM NATIONAL WILDLIFE REFUGE, Shirley New Members – All Welcome C-4+ mi
xx:00 am Refuge entrance; Leaders: Kathleen /Debbie
Enjoy the beauty and splendor of a natural Long Island habitat Including marine bay, tidal river, freshwater streams, ponds, salt marsh, brackish and freshwater marsh, red maple swamps and shrub swamps. Uplands, aside from a small portion in old field and brush, include mixed oak, oak-pitch pine, pitch pine, red maple, red cedar and others. Easy paced hiking along Carmens River. Hiking Shoes/Boots recommended. Bring water, a trail snack and don't forget your SMILE! **Directions:** To reach the Refuge, take Exit 68 off the Long Island Expressway or Exit 58 off Route 27 (Xxxrise Highway), and go south on Route 46, William Floyd Parkway until you reach Route 27A / CR80 (Montauk Highway). Go west (right) on 27A / CR80 about one-half mile to the first traffic light at Smith Road. Go south (left) on Smith Road about a half-mile. Look for the Refuge entrance on the right after you cross over the railroad tracks.

xxx Oct xx SMITHTOWN ROUNDABOUT B+ 8
xx:45 am Uncle Guiseppe's Mkt Parking Lot; Leader: Karen
A brisk hike on the northern portion of the Greenbelt Trail. From our starting point by the fence on the side of Uncle Guiseppe's market, we will follow a winding route through Blydenburg and Caleb Smith parks until we reach the Smithtown Bull. We then follow a concrete shortcut back to our starting point. Fairly flat walking but at a steady brisk pace. Plz make sure you can do a full 8 miles without holding up your fellow hikers. Bring water, snacks and wear hiking boots. Rain cancels. **Directions:** Northern State Pkwy to Rte 347, west to Rte 111. Make a left until shopping center on right, #95 Uncle Guiseppe's Market in Smithtown. Map quest if you wish.

Xxx Nov xx MOVIE NIGHT – HICKSVILLE Singles - All Welcome Event
xx:30 pm Broadway Multiplex Cinema; Leader: Don
We'll meet and select a movie for the evening. Optionally meet at 5:45 pm at Panera Bread in the mall near Macy's. Optional after movie discussion at Panera Bread.

- Xxx Nov xx** **THANKSGIVING ON THE TRAIL 2013** **Members Only** **Hikes/Event**
xx:30 am Lake Success \$8; Must Pre-Register with event Chair: Maria
 At Pelton Pond at Fahnestock State Park in Putnam Valley. This event is for members only; but anyone can join right now for only \$25. See front page for details.
- Xxx Nov xx** **BETHPAGE STATE PARK** **B 6 mi**
xx:45 am Picnic area parking lot (possible fee of \$8, free with Empire Pass); Rhonda
 We will hike varied wooded trails with some hills in Bethpage State Park. Hiking boots suggested. Bring snack and water. Rain cancels.
Directions: Seaford Oyster Bay Expressway (Route 135) to exit #8 - Powell Avenue. Take Exit 8 east to the park. Take first left heading north into the park.
- Xxx Nov xx** **GOSHEN and STEVENS MOUNTAINS in Harriman State Pk** **B 7 mi**
xx:00 am Lake Success \$13; Register with Leader: Michael
 This moderate paced loop hike brings us to two peaks. Awesome views from the summits. Great opportunity for spotting deer, migrating birds and maybe a harmless snake or two. Bring food, water and hiking boots. Call to register.
- Xxx Nov xx** **WOODLANDS LEGACY FIELD PARK & GRANITE KNOLLS PARK** **B 6 mi**
xx:00 am Lake Success \$10; Leader: Dan
 Wonderful hilly paths, stream crossings and finally finding out where that pedestrian bridge really goes over the Taconic Parkway! Hike on both sides of the bridge that links two Yorktown Trailways. Hiking boots required, bring lunch, 2 bottles water, and your smile!
- Xxx Nov xx** **RUBIN MUSEUM OF ART** **Singles - All Welcome** **Event/C 1 mi**
xx:30 am Penn Station; Leader:
 Join in on a visit to a wonderful museum devoted to the Art of the Himalayas and surrounding areas. \$10 admission, \$5 for 65 +. Look for discounts and free passes from your local library. Museum is located on West 17th Street. We will walk to the museum from Penn Station. Optional post museum lunch and walk. Part of walk will be on the Highline.
- Xxx Nov xx** **BETHPAGE STATE PARK** **A 9 mi**
xx:30 am Bethpage Library; Leader: Karen
 A 'brisk' hike in and around Bethpage State Park. We will walk on dirt trails, bike paths and anything in between. Bring water and snacks. No slowpokes; make sure you can do a full 9 w/out holding up other hikers please. Rain cancels. **Directions:** Route 135 to Powell Av (exit 8). Turn right and go 1/4 mile to parking lot on right which is across from Bethpage Library. Park in rear of lot. Map quest if you prefer.
- Xxx Nov xx** **CROTON AQUEDUCT** **C 5 mi**
xx:00 am Lake Success \$10; Leaders: Ken /Phyllis
 Slow paced hike. Completed in 1842 the Croton Aqueduct once carried water to New York City through an underground pipe. It is no longer used, but the right of way in Westchester County makes an easy, flat hiking trail. We will drive to the Dobbs Ferry train station (free parking on weekends), where we will meet people coming from New York City, walk up to the aqueduct, then walk south to Yonkers where we will catch the train back to Dobbs Ferry. Trains run every half hour. No go in rain. Joint with Outdoors Club and Urban Trail Conference.
- xxxx Nov xx** **MONTHLY BOWLING NIGHT, Melville** **Event**
xx:30 pm Meet at Bowlmor (previously known as 300 Bowl); Leader: Connie
 We will meet and set up teams. Price is \$13 for two hours of bowling. Bring your own bowling shoes or pay additional \$5. Food and drink are available to purchase. We need to give Bowlmor an approximate count. Email Connie at ckmcm@optonline.net or call/text xxxxx by Tuesday morning if you would like to join us. **Address:** 895 Walt Whitman Rd (Route 110) Melville NY
- Xxx Nov xx** **MILLSTONE TRAIL/996-foot Viewpoint Loop from Skyline Drive** **B 6 mi**
xx:00 am Lake Success \$13; Register with Leader: Michael
 This moderate paced loop hike passes interesting and historic millstones and climbs to a panoramic viewpoint over Bergin County and the NYC skyline. Bring hiking boots, food and water and happy disposition. Call to register
- Xxx Nov xx** **TRAIL VIEW** **B+ 8 mi**
xx:45 am Parking lot; Leader: Karen xx
 Let's do a brisk cardio hike out and back. We'll go past "the bench", tackle a few hills then return. A great hike for those who want to challenge themselves and do something good for their body. Bring water, snacks, wear hiking boots; be prepared for the hills! Rain cancels.
Directions: Northern State or LIE to Seaford Oyster Bay Expwy (135) N to Jericho Tpke. Take Jericho E past several traffic lights then left into parking lot. Map quest if you wish.
- Xxx Nov xx** **STUMP POND PLUS CALEB SMITH** **B-6/A-10 mi**
xx:00 am Blydenburgh County Park parking lot at end of New Mill Road; Leader: Quyen
 Not for slow hikers. Two options; hike around beautiful L-shaped Stump Pond and enjoy spectacular fall colors then if you wish continue on to explore Caleb Smith State Park. Bring water and lunch; wear hiking boots. Rain, snow, or icy conditions cancel. **Directions:** Blydenburgh Park: from Route 25-25A in Smithtown, go south on Brookside Dr.; at next light (New Mill Rd.), turn right to park entrance at end of road. Joint hike with Greenbelt

- Xxx Nov xx** **NORMAN LEVY PRESERVE** **New Members/All Welcome** **C 4 mi**
xx:00 am Parking Lot; Leader: Jill
Moderately paced hike at this relatively new and fascinating preserve. We will hike the 1.6 mile valley trail before we ascend to the top of the hill for a wonderful 360 degree view. The Big City can be seen from here on a clear day. Bring water, a snack if you want and of course your best smile. Also Binoculars if you own a pair. Optional post hike lunch most probably at the nearby Freeport Nautical mile. Restaurant suggestions would be appreciated. Meet at Hiking Trail next to Parking Lot. Contact hike leader about possible cancellation if harsh weather is forecast or if it is raining on the morning of the hike. **Directions:** Meadowbrook Parkway to Exit M 9E. Merrick Road. Go about 1/4 mile east on Merrick Road to the park entrance. If you pass the Waldbaum's Shopping Center you have gone too far.
- Xxx Nov xx** **WALT WHITMAN TRAIL / JAYNES HILL in Melville** **B 5 mi**
xx:00 am Parking lot of West Hills County Park; Leader: Rhonda
Let's follow in the steps of the great poet, Walt Whitman. The trail encompasses wooded trails, bridle paths, hills and beautiful vistas to the East. We will ascend to Jaynes Hill, the highest spot on Long Island. Originally called Oakley or High Hill, it is named for a family of early settlers in the area. Bring snack and water. Wear hiking boots. Optional lunch after hike. Rain cancels. **Direction:** Take the Long Island Expressway to exit 49 North (Route 110). Go North on Route 110, turn left onto Old Country Road. (This turn is before the Northern State Pkwy), then turn Right onto Sweet Hollow Road. Turn right into parking lot.
- Xxx Nov xx** **ST. MATTHEW'S GLEBE & KETCHUM PRESERVE, Bedford NY** **B 5-6 mi**
xx am Lake Success \$8; Register with Leader: Maria
St. Matthew's church in Bedford NY has a Glebe or parcel of land owned by the church complete with Chapel in the woods. Then across the Beaver brook to Ketchum Preserve. An enjoyable hike in the woods with several steep hills. Bring lunch and water. Hiking boots required. Please register with hike leader in advance.
- Xxx Nov xx** **TRAIL VIEW to COLD SPRING HARBOR** **A 12 mi**
xx:45 am Parking lot; Leader: Karen
Today we go all the way! We will start at Trail View and continue to Cold Spring Harbor where we can eat our lunch looking at the magnificent views. This is a real hiker's hike for those who want to push themselves for the great cardio and muscle strengthening benefits of this hike! The usual brisk pace with lots of hills. Be prepared for this one! Bring water, snacks, lunch and wear hiking boots. Rain cancels. **Directions:** Northern State Pkwy or LIE to Seaford Oyster Bay Expwy (135)N to Jericho Tpke. Take Jericho E past several traffic lights then left into parking lot. Map quest if you prefer.
- Xx Nov xx** **LONG BEACH NEIGHBORHOODS** **B 8 mi**
xx:30 pm Neptune Blvd. Beach Entrance; Leader: Michele
Let's stretch those legs and burn some calories the day after Thanksgiving and go for a walk around the many different neighborhoods of Long Beach. Of course, we will go on the newly built boardwalk. The walk will begin on the east end and go all the way down to the west end and then return back on the bay side. What is nice about walking in Long Beach is that its neighborhoods are very different from each other and also the walk is completely flat - no hills. There are many cafes and restaurants in Long Beach and we can stop at one for dinner along the way before completing the walk.
- Xxx Nov xx** **BELMONT LAKE STATE PARK** **Singles - All Welcome** **B 6 mi**
xx:30 am Parking Lot to left near rest room; (Fee \$8 free with Empire Pass) Leader: Terrie
We will take a moderate paced hike round the park, lake and explore flat hiking trail to Southard Pond. Bring water and snack. Rain cancels. **Directions:** Xxxrise Hwy (Route 27) to Exit 38 Southern State Parkway, follow signs into Belmont Lake State Park. Meet West side of Cashiers Booth by Comfort Stations.
- xxx Dec xx** **MONTHLY BOWLING NIGHT, Melville** **Event**
xx:30 pm Meet at Bowlmor (previously known as 300 Bowl); Leader: Connie
We will meet and set up teams. Price is \$13 for two hours of bowling. Bring your own bowling shoes or pay additional \$5. Food and drink are available to purchase. We need to give Bowlmor an approximate count. Email Connie at ckmcm@optonline.net or call/text 631-664-3120 by Tuesday morning if you would like to join us. **Address:** 895 Walt Whitman Rd (Route 110) Melville NY
- xxxxxx** **MOVIE NIGHT – HICKSVILLE** **Singles - All Welcome** **Event**
xx:30 pm Broadway Multiplex Cinema; Leader: Don
We'll meet and select a movie for the evening. Optionally meet at 5:45 pm at Panera Bread in the mall near Macy's. Optional after movie discussion at Panera Bread.
- Xxx Dec xx** **THREE LAKES TRAIL/APPALACIAN TRAIL LOOP, Fahnstock State Park** **B 6 mi**
xx:00 am Lake Success \$13; Register with Leader: Michael
This moderate paced loop hike leads to remains of an old iron mine, passes attractive lake and follows the scenic AT trail along a forested ridge. Bring hiking boots, food and water and warm smile. Call to register.

Xxx Dec 7 STILLWELL FIELDS, Syosset

B 5 mi

xx:45 am Parking lot; Leader: Rhonda

Let's take a hike from Stillwell Fields towards Cold Spring Harbor. We will explore varied wooded trails on our way to Route 108 and back. We will encounter some hills along the way. Hiking boots required. Bring snack and water. No restrooms or facilities on trail. Rain or snow cancels. **Directions:** Seaford Oyster Bay Expressway (Route 135) North to Jericho Turnpike (Route 25). Go East on Jericho Turnpike. Pass three traffic lights to Southwoods Road. (Town Golf Course on left). Make a left on Southwoods Road and go past three lights. Stillwell is just past Syosset HS on the right. Park close to the trail head.

Xxx Dec xx LAKELAND NORTH

A 10 mi

xxxx am Lakeland County Park, Leader: Karen

We begin in Lakeland County Park and head north on the LI Greenbelt Trail. We will take a sometimes hilly trail with varied terrain. A real hiker's hike! We will stop approx 1/2 way for a hygiene break and lunch at a beautiful spot called HIDDEN POND. A brisk cardio hike for those that can do a solid 10 without holding up other hikers. Bring water - snacks - lunch & wear hiking boots. Rain cancels. **Directions:** LIE EXIT 58, south on Old Nichols Rd then left onto Johnson Ave. Follow road to Lakeland County parking lot.

WELCOME NEW MEMBERS

ADDITIONAL GIFTS from Membership for Year April 1, 2013 – March 31, 2014 (Updates to follow next issue)

UPCOMING EVENTS / TRIP

XXXXXXX through xxxxx NHOC GOLF OUTINGS

Mileage is applied

C 3-4 mi

All dates are xxxxx at 1:30pm. Rain will cancel. Leader: Joel

Come join us for 9 holes of golf at 3 Long Island courses. A nice way to kick-start your weekend and step on some NHOC mileage.

Gull Haven Golf Club - Joel

Gull Haven Golf Club (<http://www.gullhavengolf.com>) is a beautiful and well-maintained course; a jewel of the Town of Islip. Gull Haven is a very friendly course with flat open holes and no water hazards, but don't let that friendliness fool you, the real challenges of Gull Haven are the small greens, which make accuracy a must for your approach shots. A par 35 course, yardage ranges from 2400 to just over 2700 yards, perfect for everyone. **RESERVATIONS ARE STRONGLY RECOMMENDED AT THIS COURSE.** Please contact Joel to reserve your spot at joel.xxxxxx by noon the day before; i.e., xxxxxx. 9 hole fees: \$14- Islip residents, \$18- non-res, \$10 - senior/handicap; \$2 reservation fee, pull carts \$3, riding carts \$12/pp. See website for directions and additional info. Date: xxxx

Heartland Golf Park

Heartland Golf Park (<http://www.heartlandgolfpark.com>) located in Deer Park/Edgewood across from the LIRR station, is a 9-hole par 3 course. Heartland Park also has a state-of-the-art automatic Tee-up driving range, and miniature golf. Arrive early and hit a few long clubs before tackling the par 3s, each of which is designed from a world-class PGA par 3 like Sawgrass' 17th hole island green. Cost: \$10 for 9 holes, pull carts \$3. See website for directions and additional info. Date: Oct. 25

Peninsula Golf Club

Peninsula Golf Club (<http://peninsulagc.com/>) located at 50 Nassau Road, Massapequa is a charming privately owned nine hole golf course open to the public. A par 37 course, yardage ranges from 2963 to just over 3300 yards. Another terrific course for both new and experienced golfers. **RESERVATIONS ARE STRONGLY RECOMMENDED AT THIS COURSE.** Please contact Joel to reserve a spot at xxxxxx by noon the day before; i.e., Thursday. Cost: \$19 for 9 holes, \$3 reservation fee, pull carts \$3, riding carts \$17/pp. See website for directions and additional info. Date: xxxxxx xxxx

Xxx Dec xx ANNUAL HOLIDAY DINNER DANCE The 2013 Holiday Dinner Dance is at xxxxxxxx in xxxxxxxxk with xxxxxx Caterers including open bar with top shelf liquors from 7 to 11pm! NHOC has a VERY SPECIAL party planned with a great DJ. Cocktails & Hors d' Oeuvres, Full Buffet entrees, Dessert Bar, and cocktails flowing! Find your dancing shoes! Grab your friends and reserve your own party-hardy table!

This event is open to NHOC members, their guests and your friends! Full Table reservations are available now! (continued next page)

CHECKS ARE DUE BY DECEMBER xxx Make checks payable to NHOC and mail to Dan.

UPCOMING 2014 – HOLD THE DATES:

PEEK for Spring April xxxx, 2014. Must register with Leader: Debbie G. This weekend would include Bushkill Falls on Friday, a possible night hike at PEEK. Friday night, a PEEK guided hike on xxx and xxx hike at Childs Park (If it is open). The weekend with PEEK includes 3 meals on Xxxurday and 2 meals on Xxxday and will be in the \$150 range which will include all hikes except Bushkill and will not include tips. I will arrange a place for our cocktail party and games on both nights.

SHELTER ISLAND Weekend May xxxxxx, 2014 Must register with Leader: Debbie. The itinerary will be the same as this year. sunset view at Rams Island Rd with scavenger hunt on Friday night. Pizza Party xxxay night. Xxxday kayak with landing on Taylors Island and Xxxday hike to Crab Creek. Includes xxxday pizza, breakfast and lunch on Xxxday and Xxxday. Xxxday dinner on our own in Greenport or Sag Harbor. Cost is about \$230 per person and with a minimum of 17 people and maximum of 21 people.

HIKE REPORTS 2013

Xxx July xx: Thank you to Lew for organizing and leading such a wonderful outing on the North Fork. It was great to see so many friends in such a beautiful succession of idyllic summer settings. We began with a 3 mile hike at Wildwood State Park led by Rhonda and Janet. After the hike we went on to picking up our pies for dessert at Briermere Farms; then on to Harbes Farm Stand for light listening of music while we ate our lunch. After lunch and dessert (great pies) we all headed over to Pindar Vineyards where we listened, and some danced, to Tommy Sullivan who was very entertaining, formally a member of the Brooklyn Bridge. At the end of the day some went on to Spicy Ribs, while others to Cody's, for dinner before returning home. A wonderful day with perfect weather and friends!

Written by Terrie G

Aug 9 - Aug 11 Catskills Weekend: On this weekend organized by Quyen and Dennis, seventeen NHOC members stayed at the Red Ranch Motel in Palenville, NY. On Friday afternoon, after we checked in to the Motel, Quyen led a hike up the mountain to Kaaterskill Falls and Dennis led a hike to Kaaterskill Falls via the recently opened "Rail Trail". On Xxxday we hiked at the North-South Lake State Park, on the blue blazed mountain trail, up past Artists Rock. The views were absolutely breathtaking. After the hike on Xxrday, some of us went swimming at the Motel pool. On Xxxday, Quyen led a hike at the Huckleberry Point Trail and Dennis led a hike at the Esopus Creek Bend Preserve, both in Saugerties. After Dennis's hike, the folks on his hike went into the town of Saugerties for a short walk and lunch. Except for a little rain on Friday, the weekend weather was perfect for hiking. Angela's Italian/American restaurant, just adjacent to the motel, was a great convenience for breakfast, lunch or dinner. Thanks to the fun and friendly group of NHOC members that attended. Let's do it again next year.

Written by Dennis

LEADING HIKES

by Dennis

Being a good hike leader encompasses knowing the trails that we lead hikes on, watching for the safety of hikers, and having compassion for our hikers.

While it is extremely important for hike leaders to know the trails by scouting them out prior to leading hikes on them, this is only part of being a good hike leader. We as hike leaders should be constantly watching out for the safety of our hikers.

Some of the things that we should do as hike leaders are: have a 'sweep', stop for water breaks, stop and wait for the group at trail intersections, look back at the group on a regular basis, have a well charged cell phone, cross roadways safely with the group together. Try not to Bushwhack, as Ticks and Chiggers may be lying in wait. Check to see that hikers have enough water and are wearing appropriate footwear. Know the symptoms of dehydration and it's possible resultant, heat exhaustion.

We also need to have compassion for our hikers. From time to time, ask them how they are doing or check to see if a hiker shows signs of distress. If a hiker gets sick/distressed while out on the trails, make sure that the hiker gets safely back, by either another hiker that knows the trail back, or by you, the hike leader, stopping the hike and getting the hiker back.

Several years ago I assembled a list of Hike Leader Guidelines that were approved by the NHOC Board of Directors. If you are an existing hike leader or you are interested in being a future NHOC hike leader and would like a copy, please contact me and I will forward a copy of the NHOC "Hike Leader Guidelines" to you.

NHOC CLUB HISTORY - 7

Liberty Walk, April 25, 1986

We left Penn Station and walked to the Cabbage Patch Maternity Hospital just in time to see the “birth” of a cabbage patch doll. From here we continued up 5th Avenue and saw the lovely Rockefeller Plaza Channel Gardens, visited the Nikon Camera exhibit of World Wide Photography contest winners and then proceeded to the Museum of American Folk Art where we learned that America always was symbolized as a woman – starting as an Indian maiden and finally as the STATUE OF LIBERTY.

We were disappointed at the display the Museum of the City of New York had on the Statue but found other exhibits interesting. We went into the Conservatory Garden in Central Park to see their beautiful arrangements of colorful tulips and since it started to rain, most of our party of 6 went home. The two remaining had dinner out and visited the Theatre Museum on Broadway before going home – after a full day in Manhattan.

Written by Bertha Pritchard

It is a pity Bertha Pritchard is no longer with us; it was she who introduced me to most of the city walks I now lead. However walking from Penn Station to 103rd St and 5th Ave is more than I would be up to now. Does anyone besides me remember the Cabbage Patch Dolls, which were all the rage in the 1980’s and are now forgotten?

Written by Ken

CARPOOL CONTRIBUTIONS

The current contributions, as approved by the Board of Directors, are:

Black Rock Forest, Storm King	\$14	Greenwood Lake	\$14	Rockefeller Preserve, Teatown	\$10
Breakneck Ridge, Beacon, Cold Spring	\$12	Harriman	\$13	Schunemunk	\$14
Catskills, depending on distance	\$15-\$20	Hook Mtn, Rockland Lake	\$12	Shawangunks (Ellenville,	\$15
Delaware Water Gap	\$15	Long Island east of Shinnecock	\$ 7	New Paltz)	
Fahnstock Park	\$12	NJ Ramapos, Norvin Green	\$13	Taconics	\$15

ATTENTION: If you move, change your e-mail address or phone number; please notify membership@nassauhike.org immediately so you will continue to receive your *Shorelines* and blasts without interruption. Thank you!

Make sure to check our website for updates on changes/cancellations and additions in our hiking/event schedule.

HIKER GUIDELINES: Hikers should arrive at the meeting place with the proper footgear, lunch or trail snacks and plenty of H2O. If you are unsure of the type of hike or your ability to complete the hike, call the Hike Leader. Our hike leaders are always happy to talk with you about the hike they have planned. Make sure you carry and DRINK YOUR WATER. Don't get dehydrated.

Use insect repellent if desired, watch out for poison ivy and check for ticks after the hike. Brush dirt and bugs off your clothing before getting into the car. Stay with the group; don't get ahead of the hike leader. Be nice to your fellow hikers and have a good day on the trails

Please review the hiker guidelines before showing up for an activity. We would like everyone to have a safe and enjoyable experience.

- Read hike/walk write-up. Take notice of the distance, pace and terrain of the hike. Then decide if you have the ability to participate in the hike.
- Hikers need to have appropriate footwear. Trail shoes or hiking boots are necessary for safety. Sneakers are ok for beach/flat ground.
- Consider appropriate clothing for duration of hike. Temperature, sun, humidity, and wind conditions often changes, so be prepared.
- Hikers must always have water. Include food if the leader suggests it, or you require it.
- Hikers should try to stay together on the trail, and make every effort to complete the hike.
- Cell phones should not be audible, phone conversations limited to emergencies.
- Smoking, alcoholic beverages, or illegal drugs are prohibited on hikes.
- Please contact the leader before a hike, if you have any questions.
- Hikers are to walk with or behind the leader, not running ahead
- Dogs are not to be brought on hikes unless the hike write-up states it is permissible.

MEMBERSHIP: Wendy, membership@nassauhike.org . **Contact Wendy if you want to join this club and receive the real newsletter.**