



APRIL - MAY

IMPORTANT NOTICE

HIKE DIFICULTY & DISTANCE:

A Hikes: Over 8 miles
flat terrain or 7+ miles fast pace, steep climb or strenuous.

B Hikes: 8 miles or less
moderate pace, some climbing, up and down - not steep.

C Hikes: 5 miles or less
flat terrain, leisurely pace.

Hiking and other outdoor Club activities are inherently dangerous. Each of us assumes all the risks whenever we participate. Each person must be sure the activity does not exceed his/her ability. Consult a physician if you have any question concerning your health or ability to participate and call the leader if you have any question concerning the activity. Each person is responsible for being properly equipped. Hiking boots and suitable clothing are necessities for all hikes off Long Island and for all A and B hikes on Long Island. Unless the activity description states otherwise, always bring lunch, water, and rain gear. The location, duration, and degree of difficulty of each activity are determined by the leader. The hike or activity leaders are not employees or agents of NHOC. They are volunteers who want each participant to enjoy a safe, pleasant outdoor activity. They must have your complete attention and cooperation. In order to participate in a hike, each person must have read and signed the SIGN IN/RELEASE FORM.

We invite non-members to participate in one Club activity as our guest, after reading and signing the SIGN IN/RELEASE FORM, before joining the Club. We recommend that guests and new members begin with a C level hike.

The registration/release form contains the following statement. By participating in this hike or activity, I agree to be solely responsible for and ASSUME THE RISK of my own safety and the safety of minor children accompanying me. I acknowledge that these activities contain elements of hazard and risk which could result in damage, injury, or death. I agree to RELEASE AND HOLD HARMLESS the Nassau Hiking and Outdoor Club, its members, officers, directors, and hike/activity leaders from liability, claims, demands, or any causes of action arising from my participation in these activities. This release is expressly intended to release the Club, its members, officers, directors, and hike/activity leaders for its or their fault, carelessness, or negligence in the supervision of Club activities. I know of no physical impediment or disability which would prevent me from completing the activity without injury, and I represent that I am physically capable and properly dressed and equipped to do so. I agree to follow the leader's instructions, to stay with the group, and not to proceed ahead of the group without the leader's consent. My signature indicates that I have read and understand this statement, and that I agree to its content.

GENERAL MEETING LOCATION: 38 Old Country Road, Garden City.

Directions: Take exit M1 off the Meadowbrook Parkway and head west on Old Country Road (past Roosevelt Field to Mineola). Travel for about 1.5 mile to 38 Old Country Road, which is on the south (left-hand) side of the road, by the blue water tower.

CLUB CAR POOLING AND MEETING PLACES:

Car Pooling: The dollar figure appearing in the hike schedule after the words "Lake Success" is a suggested contribution to the car pool driver to partially defray the costs of gasoline and tolls. This contribution should be paid after riding.

Lake Success: Lake Success Shopping Center on Union Turnpike between New Hyde Park Rd and Lakeville Rd. Exit 26S on Northern Pkwy or Exit 34S on LIE. Meet at the east end of the shopping center, behind the bank and Shake Shack.

Penn Station: meet by the police booth next to the LIRR Waiting Room.

IMPORTANT: "As a condition of our Non-owned, Auto Insurance coverage, all drivers who are driving other members or guests from a central meeting point (such as Lake Success) to the trailhead are required to carry MINIMUM LIMITS OF \$300,000 ON THEIR AUTO POLICY. This requirement does not apply to friends carpooling from their homes – it only applies to carpooling from specified meet-up locations. Since our carrier provides coverage in excess of the driver's personal insurance, they do not want to be brought into a claim unless it exceeds \$300,000."

WEEKLY HIKES

- Mon Weekly** **SUNKEN MEADOW PARK, KINGS PARK** **C 4 mi**
Fast paced walk. We will continue walking on Mondays at Sunken Meadow
Directions: North on Sunken Meadow Park way to end. Meet at main building by office.
- Mon Weekly** **STILLWELL FIELDS IN SYOSSET** **B 5 mi**
Meet in parking lot
Let's take a hike from Stillwell Fields towards Cold Spring Harbor. We'll explore varied wooded trails on our way to Route 108 and back. We will encounter some hills along the way. Rain or snow cancels. Hiking boots Suggested. Bring water. No restrooms or facilities on the trail.
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.
- Wed Weekly** **JONES BEACH BOARDWALK** **C 4 mi**
Field 6 - near the building which has rest rooms and refreshment stand.
Join us for a relaxed walk on the boardwalk.
- Wed Weekly** **JONES BEACH BOARDWALK** **C 4 mi**
Field 6
Starting Wednesday, please join us at the beginning of Jones beach boardwalk, field 6, for a 4-mile walk. You may walk alone at your own pace or with others. It is a most pleasant way to get exercise and relax. Hope to see u there. Rain or inclement weather cancels.

HIKES and EVENTS SCHEDULE

- Fri Apr** **MOVIE NIGHT, BELLMORE** **Event**
At International Café Leaders: Don and Connie
Meet at Box Office 6:45 pm, Bellmore Playhouse, 525 Bedford Ave., Bellmore, NY or Optional Meet at "International Café" (across street), 322 Bedford, Bellmore, NY (theater telephone number: 516-409-5772).
- Sat Apr** **MAJOR WELCH at BEAR MOUNTAIN** **A 6+ mi**
Car pool from Lake Success Hike leaders: Don and Connie
Must register with Don or Connie by Thursday April
Hike the amazing Major Welch trail at Bear Mountain. Enjoy incredible views of the Hudson and have a challenging and rewarding hike at the same time. This hike will include lots of rock scrambling. Hiking boots required. Work out Gloves suggested. Bring lots of water and snacks. Empire pass required for parking. If you wish to meet at Bear Mountain state park meet in front of Bear Mountain Inn at 9:45 am. Optional late lunch or early dinner afterwards.
- Sat Apr** **SEN. NORMAN LEVY PRESERVE** **C 3 mi**
Parking Lot Leader: Jill
We will take a leisurely walk along the easy trails as we greet the herd of Nigerian goats and guinea hens that roam the preserve. The views from the top of the Manhattan skyline and Long Island are some of the best in Nassau County. Join the group for lunch or a snack at one of the eateries in the adjacent shopping center.
Directions: From the Meadowbrook Parkway use Merrick Road M9 east exit. Enter the Department of Sanitation entrance on right. Follow signs to Levy Park & Preserve parking lot.
- Sat Apr** **NISSEQUOGUE RIVER TO SUNKEN MEADOW** **B 6 mi**
Meet in front Nissequogue River State Park Office
Leader: Quyen
A fabulous hike along the shoreline to Sunken Meadow then return along hilly bluffs with awesome view of Nissequogue River and LI Sound. Bring water, snack. Rain cancels.
Directions: Sunken 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; free parking. Joint hike with Greenbelt.

HIKES and EVENTS SCHEDULE *continued*

Thu Apr **HEMPSTEAD LAKE STATE PARK, ROCKVILLE CENTRE** **C 5 mi**

Parking Field 3 - Flat – moderate hike / No parking fees.

Leader: Guy

Bring water, snacks and sunscreen. Enjoy scenic of South Pond, Hempstead Lake, McDonald's Pond and North Pond. No registration required but is suggested. Rain cancels.

Directions: Take Southern State Parkway to Exit 18 South, Eagle Ave. Follow the road to Field 3. Alternately: From the south shore take Peninsula Blvd and look for park signs as you approach Rockville Centre.

Sat Apr **SANDS POINT PRESERVE** **C 4 mi**

Meet in front of the Schreiber HS entrance. As there is a \$10/car admission fee we will car pool into the preserve.

Leader: Wendy

Enjoy lovely spring at the Sands Point Preserve, leisurely pace, viewpoints from bluffs over Long Island Sound, beach walk, the pond, followed by an optional lunch at Bosphorus Cafe Grill for a special lunch menu of Turkish food. Bring water, trail shoes and a happy face. Take tick precautions. Rain cancels.

Directions: Exit 36 LIE N Searing Town Road, head north (Rte.101), continue north pass Northern Blvd, name changes to Port Washington Blvd, after 30 mph limit sign, continue approx. 1/2 mile, and before the light at Main Street turn right into Campus Drive, go to end, pass the empty guard booth, and park. You may also GPS Schreiber HS.

INFORMATION / ANNOUNCEMENTS

IMPORTANT NOTES ABOUT OUR EMAIL SYSTEM

When you join the club, we enter your e-mail address into our Constant Contact (CC) email messaging system. Using CC, our volunteers Michele and Jill are on the job all year, adding new members to the email list and informing more than 400 of us of

There are two issues you all need to know about this communication system:

BLOCKED EMAILS of upcoming hikes, events, and most importantly, last minute changes.

A large percentage of members stopped receiving our emails.

The Cause: A few members had marked our emails as "spam" or "junk."

This is very harmful, as it only takes a few of these "spam reports" to BLACKLIST our nassauhike.org domain - just a few of these can hurt EVERYONE. **PLEASE DO NOT MARK ANY NASSAUHIKE EMAILS AS SPAM OR JUNK.**

"SAFE UNSUBSCRIBE" DON'T DO IT!

Occasionally I hear from members who mistakenly clicked on the "Safe Unsubscribe" link that automatically appears at the bottom of every CC email. Doing that causes the system to quarantine your e-mail address and makes it impossible to send blasts out to you. (It's CC's way of protecting folks from unwanted e-mail.) Please do not click that link. Once it knocks you off the system, we would need to send you instructions with a few steps on your part to get back on our contacts list.

Sat Apr **NYC TRANSIT MUSEUM - Members Only** **B7+ mi**

Penn Station waiting room

Leaders: Rhonda and Janet

HIKE IS LIMITED MUST REGISTER email preferred

Join us for a walk over the Brooklyn Bridge to the NYC Transit museum. We will stop on the way downtown for a quick lunch. Admission is \$10adults/\$5 seniors. Most libraries offer free passes. We will join a tour to learn more about this fascinating museum. The museum is located in a decommissioned subway station and is dedicated to telling and preserving stories of mass transportation and it's ever evolving technology. Rain or snow cancels.

Sun Apr **VAN CORTLANDT PARK** **B 5.5 mi**

Oakland Lake in Bayside

Leader: Lewis MUST REGISTER with hike leader

An urban gem and NYC's 3rd largest park. This is a place that will make you feel you are upstate. Note that the hills here are not long but they are steep and come one right after another. Please know that you are up to walking hills if you come on this hike. Post hike lunch on City Island at a restaurant to be determined.

Directions: From either the Southern State, Northern State or Long Island Expressway go north on the Cross Island Parkway. Exit at Northern Boulevard (NY 25A) westbound and immediately get into the left lane. Make a left turn at the 1st light on to 223rd Street. Pass the 1st traffic light and look for parking.

HIKES and EVENTS SCHEDULE *continued*

Sun Apr **BROOKHAVEN STATE PARK - from SHOREHAM HIGH SCHOOL** **B 5 mi**

Shoreham-Wading River High School/Library (250 Route 25A, Wading River); Right side of parking lot

Leader: Denise

We will walk 5 miles at a moderate pace on the yellow trail behind the High School. The trail is mostly rolling hills with some flat areas. Rain cancels hike. There are no Restrooms on this trail. However, there are restrooms in the library on the opposite side of parking lot. **Directions:** IIE to exit 68 -William Floyd Parkway North. Drive approx. 7 miles to 25A. Make a right (heading east) onto 25A. School is 1/4 mile on the right.

Sat Apr **BETHPAGE STATE PARK** **B 6 mi**

Picnic area parking lot, (parking fee of \$8, free with Empire Pass)

Leaders: Rhonda and Rich

We will hike varied wooded trails with so hills in Bethpage State Park. Rain cancels. Hiking boots suggested. Bring a snack & water. **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.

Sat Apr **HARRIMAN STATE PARK** **B 6.5 mi**

Oakland Lake in Bayside.

Leader: Lewis

MUST REGISTER with hike leader

Starting at the Anthony Wayne Recreation Area we will explore several trails including the Anthony Wayne and 1779 Trail. True upstate hike, at the very least wear trail shoes, light weight hiking shoes would be best. No sneakers. Bring and at least a quart of water.

Directions: From either the Southern State, Northern State or Long Island Expressway go north on the Cross Island Parkway. Exit at Northern Boulevard (NY 25A) westbound and immediately get into the left lane. Make a left turn at the 1st light on to 223rd Street. Past the 1st light and immediately look for parking.

Sun Apr **CHERRY BLOSSOM TIME IN BRANCH BROOK PARK** **C 4 mi**

Penn Station

Leader: Ken

Branch Brook Park, in Newark, NJ, has one of the best collections of flowering cherry trees anywhere, but it is less well known than that in Brooklyn Botanic Gardens and so does not get the crowds. We will meet members of other clubs at the NJ Transit ticket office in Penn Station and take NJ Transit to Newark, NJ, then the Newark Light Rail.

MAY

Fri May **MOVIE NIGHT, BELLMORE** **Event**

At International Café Leaders: Don and Connie

Meet at Box Office Bellmore Playhouse, 525 Bedford Ave., Bellmore, NY or Optional Meet at "International Café" (across street), 322 Bedford, Bellmore, NY

Sat May **TRAIL VIEW STATE PARK IN WOODBURY** **B+ 7 mi**

Meet in parking

Leaders: Rhonda and Rich

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. 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.

Sat May **BAYARD CUTTING ARBORETUM RHODODENDRONS WALK** **C 3-4 mi**

Bayard Cutting Arboretum / slow, easy - flat hike

Leader: Quyen

Take a leisurely walk around beautiful gardens, ponds and the Connetquot River and enjoy the spectacular color of Rhododendrons, hopefully in full bloom; bring water; optional lunch in Hidden Oak Café; rain cancels.

Directions: Southern State Parkway Exit 45E, go east on Montauk Hwy about 1/2 mile to entrance on right; parking fee, or free with Empire Passport. Joint hike with Greenbelt Trail Conference

HIKES and EVENTS SCHEDULE *continued*

Sun May **INWOOD HILL & FORT TRYON PARKS** **B 5 mi**

Penn Station, Central Corridor

Leader: Lewis *MUST REGISTER with hike leader*

We will take the "A" train (about 25 minutes) to its last stop in Upper Manhattan. We will then start the hike at the Northern tip of Manhattan in rugged Inwood Hill Park. From there we will journey to Fort Tryon Park, the site of the Cloisters. We will stop for lunch at Fort Tryon Park for about an hour and if you wish you can explore the Cloisters during the lunch stop. Bring lunch. Please note upper Manhattan is quite hilly, know that you are up to negotiating hills if you come on this hike.

Sat May **MUSEUM GROUNDS IN ROSLYN** **C 3-4 mi**

In parking lot

Leaders: Wendy and Frank

Walk the grounds of the Nassau County Museum of Art, former Frick estate. This will include formal gardens, flora, integrated sculptures, and traditional wooded trails. Some small hills and roots to contend with. Rain cancels.

Directions: off Northern Blvd, 1/2 mile west of Glen Cove Road. Museum Address: One Museum Drive, Roslyn Harbor. There may be a possible \$2 parking fee.

Sat May **DIA MUSEUM ART TOUR /Walk IN BEACON, NY** **C 3 mi (one steep part)**

Penn Station in front of Au Bon Pain **Leader: Michele** **MEMBERS ONLY - YOU MUST REGISTER**

so that the museum knows how many will be on the tour.

Located on the Hudson River in Beacon, New York, the Dia is an 80-min train ride from Grand Central Terminal. It occupies a former Nabisco box printing factory and is now the home for Dia's collection of modern art. I am trying to arrange a private tour for our group and will send out that info in a blast as soon as I have it. Metro North has a price package for their fare and admission to the Dia:

Adults \$39.50; Seniors \$32.00.

After the museum we will walk to the town of Beacon for a bite to eat and enjoy their vibrant main street.

NEW MEMBERS

GIFTS

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Fri May **BAYARD CUTTING ARBORETUM** **B 4-5 mi**

PRIVATE GUIDED OUTDOOR TOUR OF THE GROUNDS; LUNCH

Meet in house lobby

Arboretum phone # 631-277-2648) **Reservations required - 20 maximum.** \$5/pp fee must be received no later lunch in private room. You pay for what you eat/drink plus tax & tip.

Sat May **BROOKLYN BOTANICAL GARDENS - members only** **B7+ mi**

Meet in front of Barclays Center

Leaders: Rhonda and Janet *EVENT LIMITED PLEASE REGISTER*

Join us for a walk to the Brooklyn Botanical Gardens, a 52-acre collection of plants and specialty gardens. Admission is \$15-adults \$8-seniors. Most libraries have free passes to the gardens. Time permitting, after the Gardens we will take a walk-through Prospect Park. Bring lunch or you can buy lunch at the Terrace Cafe. Rain cancels. Optional dinner TBD.

Sun May **SUNKEN MEADOW STATE PARK** **B 5 mi**

Parking lot by Park Office

Leader: Denise

Join me for a moderate paced walk on the trails at Sunken Meadow Park with views of Long Island Sound from the cliffs above the water. We will walk a loop that starts on the boardwalk and then walk the trails to Kings Park Bluff and back. There are some hills. Hiking shoes/boots recommended. Rain hike.

Directions: North on Sagtikos /Sunken Meadow Parkway to the end. We will meet in Parking Field 1 in front of main.

HIKES and EVENTS SCHEDULE *continued*

Sat May

JACKSON HEIGHTS FOOD TOUR

C 3 mi

Meet at Expresso 77

Leader: Michele

Members Only - You must Register. This event is limited.

Jackson Heights is the perfect place for a food tour because of the diversity of its restaurants' ethnic delicacies. We will sample the food at about three eateries and end at Jahn's Ice Cream Parlor for dessert. A quick look inside a Hindu Temple and Sherpa Church is also on the menu. Lastly, we will explore the Historic District which will be in full bloom.

Sat May

WARD POUND RIDGE RESERVATION

B 6 mi

Oakland Lake in Bayside.

Leader: Lewis

MUST REGISTER with hike leader

We will take a moderately paced hike through Westchester County's largest and lovely park. There are some difficult hills here, please know you are up to negotiating hills if you come on this hike. \$10.00 parking fee per car at this park. Lunch in nearby Katonah.

Directions: From either the Southern State, Northern State or Long Island Expressway go north on the Cross Island Parkway. Get off at Northern Boulevard (NY 25A) westbound and immediately get into the left lane. Make a left turn at the 1st light onto 223rd Street. Pass the 1st light and immediately look for parking.

VOICE OF CONSERVATION

Migratory Bird Treaty Act Under Assault

By Guy Jacob, Conservation Chair



This year, we're celebrating the 100th anniversary of the Migratory Bird Treaty Act (MBTA). After a century of progress conserving birds, the MBTA remains a necessary tool for protecting birds from modern-day threats. However, as we celebrate, this core environmental law is under attack. For ten decades, both Republicans and Democrats, through numerous types of administrations and political climates, supported the MBTA in true bipartisan unity. The current assault on the MBTA smacks of political climate that doesn't prioritize the value of wildlife.

A new legal opinion issued by the Trump Administration, under a ruling from the Department of the Interior's Secretary Ryan Zinke, as well as legislative proposals introduced by Rep. Liz Cheney to H.R. 4239, the SECURE American Energy Act, will end the ability to hold industries accountable for bird deaths by no longer prohibiting incidental take. In other words, if industries can argue that killing birds was an unintentional accident, they're not held accountable. Imagine if the same arguments were applied to motor vehicle accidents! Just because something was not premeditated doesn't mean parties should be left off the hook. But this is exactly the intent of this rollback, which would reverse decades of reasonable application of the law by administrations of both political parties to address hazards such as oil waste pits, oil spills like Deepwater Horizon, transmission lines and more. HR 4239 is inconsistent with sound conservation policy and, consequently, must be stopped.

ACTION ALERT: Send an email to let your member of Congress know that you strongly oppose HR 4239 and would appreciate anything he or she could do to speak out against it.

Relevant Living on Earth Episodes

Related and timely, watch the full hour of "Living on Earth" where the whole show was focused on the MBTA and the Year of the Bird. You can find and listen to all the segments about birds from that show:

<http://www.loe.org/shows/shows.html?programID=18-P13-00003>

The first, short interview is called Migratory Bird Protections Under Fire. In it, a former National Fish and Wildlife assistant director gives a relevant overview of the MBTA. Here's the direct link to that segment:

<http://www.loe.org/shows/segments.html?programID=18-P13-00003&segmentID=1>

Relevant New York Historical Society Exhibits

Visit the New York Historical Society to learn more about this landmark legislation and birds.

Feathers: Fashion and the Fight for Wildlife: April 06, 2018-July 15, 2018

Feathers: Fashion and the Fight for Wildlife, an exhibition exploring the history of the ground-breaking Migratory Bird Treaty Act of 1918, examines the circumstances that inspired early environmentalists—many of them women and New Yorkers—to champion the protection of endangered birds.

To commemorate the centennial of this landmark legislation, *Feathers: Fashion and the Fight for Wildlife* delves into the history of the Act by examining the economic and social circumstances that inspired the early environmentalists and activists who lobbied for the precedent-setting legislation. New York was the center of the US feather trade, and the exhibition investigates how the act impacted the city's feather importers, hat manufacturers, retailers, and fashion consumers:

<http://www.nyhistory.org/exhibitions/feathers-fashion-and-fight-wildlife>.

Audubon's Birds of America Focus Gallery

In this intimate gallery, visitors experience the unique viewing of John James Audubon's remarkable watercolor models for the 435 plates of *The Birds of America* (1827–38) with their corresponding plates from the double-elephant-folio series, engraved by Robert Havell Jr: <http://www.nyhistory.org/exhibitions/audubons-birds-america-focus-gallery>

OVERNIGHT TRIPS

Fri – Sun

NHOC CATSKILLS CAMPING TRIP North-South Lake Campgrounds

Leader: Dan

Our annual Catskills Camping Trip will return to North-South Lake Campgrounds as this is our favorite place with good facilities and scenic hiking trails. This year we will hike the southern of the Escarpment trail. The full day hike on Saturday will have a few short challenging sections, what I call a tough B hike. Start your hiking season now to be ready.

Everyone should make their own campsite reservations. Please get a site in Loop # 3 so we are all near each other. Email hike leader Dan Hyman with your site number after you made your reservations. Bring your own camping equipment and cooking gear for Friday night dinner and Saturday's breakfast. Pack a good lunch for the trail hike on Saturday. After hike we will have dinner and campfire fun at the hike leader's campsite, number 73. Saturday night's dinner will be pot luck with everyone contributing. I suggest a stop at Kaaterskill Falls on Route 23 on the drive up on Friday. Sunday morning, we usually all go to Selma's Diner for lumberjack breakfast. Possible short hikes or boat rentals on Sunday after we break camp.



HIKE REPORTS

BOB MEMORIAL WALK - MARCH 18, 2018.

Bob was never an NHOC member but he was well known in the hiking community. As his health deteriorated he switched from leading hikes in Harriman to leading city walks near where he lived, on Riverside Dr., my hike approximates one of his favorite routes. The weather was bright and sunny but cold and windy, more like winter than spring. There was only me and one other NHOC member but four members from city clubs.

Starting from 72nd St we walked north up Riverside Drive and in adjacent Riverside Park, stopping to see statues of Eleanor Roosevelt, a mounted statue of Joan of Arc, the Soldiers and Sailors Monument, which is for soldiers and sailors on the Union side in the Civil War, a mounted statue of Franz Sigel, a Civil War major general, and ending at Grant's Tomb. We did not go into the mausoleum itself but down into the visitor's center, which provided a place to relax out of the cold. The hike ended at this point. I continued north at this point across the viaduct and caught the subway home from 137th St.

Ken