



**JUNE-JULY, 2012** (contact info removed)

## **UPCOMING MEETING DATES:**

**June XX, 2012**

**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.

**GENERAL MEETING, Tuesday, June XX, 7 – 9 pm**

7 pm - Meeting

7:45- 8:30 pm Hike Leader Rewards and Mileage patches will be given out. See the list in this issue of Shorelines. Any- one who earns a patch or reward that can't attend will have the items mailed to them.

8:30-9:00 pm Snacks and beverages.

## **UPCOMING TRIPS/EVENTS:**

**NHOC Summer Camping Trip** will be July XX-XX. We will stay at October Mountain State Forest near Lee, Massachusetts for three nights of camping and 2 days of hiking. Contact Dan Xxxx at XXXXX@aol.com with any questions. See page 9 for additional details.

**Overnight Trip Wittenberg, Cornet, Slide** Aug XX-XX. Strenuous 15-mile A hike round trip combined vertical 4020 foot at moderate pace. Contact Jim Xxxx to register or with questions at [Xxxx@aol.com](mailto:Xxxx@aol.com) or 516 000-0000. See page 9 for additional details.

**Historian reports:** Look inside for a new *Shoreline's* ongoing reports on the history of the early days of Nassau Hiking & Outdoor Club by NHOC historian, Ken Xxxx !

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

## **CHECK OUT OUR WEBSITE:**

<http://www.nassauhike.org>

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

## **NHOC PRESIDENT'S MESSAGE SUMMER 2012**

Hello everyone. This is the early Summer 2012 issue of the *Shorelines*. We start the Summer hiking season with the annual NHOC Picnic on June XX at Bethpage State Park. This event will be hosted by Seena Xxxx and her crew. We'll enjoy food, hikes, bike rides, games and dessert. The Summer Camping Trip is in July in Massachusetts. Those who reserved early got campsites at October Mountain State Forest. We'll hike the Appalachian Trail and Mt. Greylock, the highest point in MA.

At the general meeting on June XX we will give out mileage chevrons and hike leader rewards. I want to thank all of our hike leaders and those that organize and run non-hike NHOC events. Our hike leaders are the most necessary members of NHOC. See you on the trails and at the meetings in June.

Dan Xxxx, President

## **WEBMASTER'S NOTES**

By now, nearly everyone should be getting the latest breaking news from [corresponding@nassauhike.org](mailto:corresponding@nassauhike.org) through our great email blast system. Once in a while, a concerned member contacts me, saying that they haven't received any emails for a while – or worse -- never did. If this happens to you, it could be for a number of reasons. There could have been a typo in your email address when it was added to our system; your internet server may have been temporarily unavailable; your mailbox may have been full; you may have an "Auto Reply" set up, causing the message to bounce back to the Constant Contact system; or your email setup may have certain emails blocked by a SPAM filter, among other things.

If you've been able to rule out these possibilities, or just haven't a clue what to do, feel free to send me a message and I'll try to troubleshoot the problem. This is particularly important if you requested the electronic-only option for *Shorelines* when you renewed.

A few folks have mistakenly hit the "unsubscribe" link at the bottom of one of the blasts. This can be easily fixed; but it has to be done by you. Once you unsubscribe, we can't add you back -- you have to do it yourself. But the good news is that it's easy. Just email [xxx@xxx.org](mailto:xxx@xxx.org) and I'll send you a link to a simple button to yourself back on.

--Cheers, Veronica B

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**IMPORTANT NOTICE**

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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.

**CLUB CAR POOLING AND MEETING PLACES:**

<b>Car Pooling:</b> The dollar figure appearing in the hike schedule after the words " <i>Lake Success</i> " 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.	<b>Lake Success:</b> 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 Deli King.	<b>Penn Station:</b> meet by the police booth next to the LIRR Waiting Room.
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**HIKE DIFICULTY AND DISTANCE:**

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

**B Hikes:** Under 8 miles – moderate pace, some climbing, up and down - not steep.

**C Hikes:** Under 5 miles – flat terrain, leisurely pace.

**Notice to Hike Leaders:** All original Release of Liability/Sign-In sheets must be mailed to: NHOC – Mileage, P.O. Box 575053, Whitestone, NY 11357-5053, no later than 2 weeks after the date of your hike. This must be done even if the hike is rained out or cancelled. If possible hike leaders should keep a copy for their own records.

**NHOC OFFICERS AND BOARD MEMBERS**

**XXXX**

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## WEEKLY HIKE SCHEDULE

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- Tues Weekly**                    **BETHPAGE PARK TO MASSAPEQUA PARK/PRESERVE**                    **B 6 mi**  
**(Except: No Hike on May XX and June XX)**  
5:20 pm (begin at 5:30 sharp) at North West Drive in Farmingdale      Rhonda Xxxx cell 516-XXX-XXXX  
Join me for a weekly hike after a day at the office. Hike begins on a path in Bethpage Park and continues on Trails into Massapequa Park / Preserve to Sunrise Hwy and back. We will adjust distance according to the daylight hours. Some evenings will vary going North instead of South. Bring water. Rain cancels. **Directions:** Seaford-Oyster Bay Expy (RT-135) to EXIT 6 - Boundary Ave. Plainedge. Take Boundary Ave. towards Farmingdale for 1 mile and make a right on North West Drive. (Near CVS). Park on street.
- Wed Weekly**                    **JONES BEACH**                    **C 4 mi**  
10 am Parking Field 6                    John Xxxx 516-XXX-XXXX  
This weekly event meets here every Wednesday from **May 30, 2012, until Sept. 26th**. Join the A group for a fast paced 4 mi or the B and C groups for a more relaxed pace. Bring beach chair and lunch. Park and meet at the west end of the lot near the gray shack.
- Wed Weekly**                    **JONES BEACH**                    **C 4mi**  
6:30 pm SHARP Parking Field 6, End of boardwalk                    Carolyn Xxxx 516-XXX-XXXX, Sheila Xxxx 516-XXX-XXXX  
This weekly event meets here every Wednesday. Socialize as we walk the boardwalk.
- Thurs Weekly**                    **HARRIMAN**                    **B 5-6 mi**  
8:45 am \$13.00                    Bernie Xxxx 516-XXX-XXXX / Jerry Xxxx 516-XXX-XXXX  
This is a weekly event, every Thursday except Thanksgiving. Trails will be chosen on day of hike and may not always be in Harriman. Meet at the Burger King on the south side of Northern Blvd just west of the overpass over Cross Island Pkwy. Park on the cross street, 223<sup>rd</sup> St, just east of Burger King. **Call to confirm on evening before or morning of hike.**
- Thurs Weekly**                    **SUNKEN MEADOW**                    **Singles - All Welcome!**                    **C 3 mi**  
6:15 pm Parking Field 1 (no fee after 6 pm)                    Rita Xxxx 516-XXX-XXXX  
Meet at 6:15 pm to sign-in by the Bath House and leave at 6:30 pm. Socialize as we walk the boardwalk. Optional dinner plans to be discussed weekly! Rain cancels. **Directions:** The Sunken Meadow State Park is located in Suffolk County in the Town of Smithtown, on the North Shore of Long Island, New York, from LIE exit 53 take Sagtikow Pky to (North) Sunken Meadow Pky to end.
- Fri Weekly**                    **GOLF**                    **C 3-4 mi**  
1:30 pm, tee off 2:00 pm Beginning June 29<sup>th</sup>                    Joel Xxxx 516-XXX-XXXX (cell)  
All 13 dates and meet up times are Fridays at 1:30pm. Rain, dangerous summer heat will cancel.  
Come join us for 9 holes of golf at 4 Long Island courses. A nice way to kick-start your weekend and step on some NHOC mileage. Please note several Fridays are not on the schedule due to scheduling conflicts. This year we will play 4 courses: Dix Hills, Gull Haven, Heartland, and new this year, is Peninsula. See details and scheduled dates and locations on page 9.

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## HIKES and EVENTS SCHEDULE

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- Fri June 1**                    **MOVIE NIGHT – HICKSVILLE**                    **Singles All Welcome**                    **Event**  
6:30 pm B'way Multiplex Cinema                    Don Xxxx 516-XXX-XXXX  
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.
- Sat June 2**                    **NHOC ANNUAL PICNIC at Bethpage State Park**                    **Members Only**                    **Must have pre-registered**  
Bethpage State Park picnic area (\$8 fee, free with Empire Pass)                    Seena Xxxx 516-XXX-XXXX  
Our annual picnic being held at Bethpage State Park. Hiking, biking & other events will start at 10 am. Food will be served early afternoon when all our hikers return from their hikes. **Directions:** Just off of Seaford Oyster Bay Expwy (RT#135) exit # 8. Park Entrance is on Plainview Road, just east of Rt #135.
- Sun June 3**                    **STUMP POND PLUS CALEB SMITH**                    **B-6/A-10 mi**  
10 am Blydenburgh Parking Lot.                    Xxxx 516-XXX-XXXX, AM of hike only.  
Not for slow hikers. Enjoy late spring flowers along Stump Pond Trail, and then if you wish, continue on to Caleb Smith State Park, looking for migrating birds. Bring water and lunch; rain cancels. **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 LI Greenbelt.

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**Sat June 9**                      **FISHKILL RIDGE CONSERVATION**                      **Strenuous A 8.5 mi**  
8:15 am *Lake Success \$13*                      *Please Register: Mike Xxxx 516-XXX-*  
Loop Hike Climbs Bald Hill to Lamb Hill along Fish Kill Ridge. Great Views. Bring food and water, and hiking shoes. Please call to register.

**Sat June 9**                      **ROBERT MOSES STATE PARK, KISMET, FIRE ISLAND**                      **Singles - All Welcome**                      **C 5-6 mi**  
9:00 am *Parking field 5 (\$10 fee, free w/ Empire Pass)*                      *Bill Xxxx 516-XXX-XXXX*  
We will walk the boardwalk and road to Kismet, Fire Island and beyond, and then return along the same path. Upon our return we will have lunch near the concession stand. Bring water and lunch. Sneakers are sufficient for this walk. Meet at the east end of parking field 5 by the entrance to the boardwalk which is just north of the dunes. Rain cancels.

**Sat June 9**                      **AVALON MEMORIAL PARK**                      **Members Only**                      **B 5 mi**  
9:30 am *Old Stony Brook Municipal Parking*                      *Dennis Xxxx 516-XXX-XXXX*  
We will hike through woodland gardens, a beautiful memorial labyrinth and sculpture, a forest, a pond and occasionally breaking into sweeping fields of wild flowers. **SOME HILLS**. Hiking boots recommended. Bring water and a smile. Rain Cancels. Meet at municipal parking in Stony Brook, across from Three Village Inn. No parking fee. **Optional Lunch (O Sole Mio)**. **Directions:** Take Rt 347 to Stony Brook Rd. North several miles to 25A. Right on 25A. then short distance bear left on to Main street, then about 1 mile, passed traffic circle to municipal parking on left side.

**Sun June 10**                      **HECKSCHER STATE PARK**                      **Singles - All welcome**                      **B 5 mi**  
10:00 am *Parking Field 1 (\$10 fee, free w/ Empire Pass)*                      *Terrie Xxxx 516-XXX-XXXX*  
A moderate-paced hike on the bike trail, along the sandy beach, then wooded trails of Heckscher State Park; bring water/snack/lunch. **Directions:** Southern State Pky., east to the end at Heckscher Park; follow park loop road to Field 1 near Park Office; meet at SW corner of field. Joint with LI Greenbelt; rain cancels.

**Fri June 15**                      **QUICK BITE + MOVIE NIGHT, HUNTINGTON**                      **Singles - All Welcome**                      **Event**  
6:30 pm *Huntington Cinema Arts Centre. 423 Park Avenue*                      *Joyce Xxxx 516-XXX-XXXX*  
We'll meet and pick one of 3 films playing. Optional meet at the Cinema Sky Cafe at 5:45 for some tasty food, Sandwiches/soups/salads/quiche, etc. Optional discussion in the cafe (or walk in Heckscher Park - weather permitting) after the movie. Directions and movie schedule <http://www.cinemaartscentre.org/> Xxxx 516-XXX-XXXX

**Sat June 16**                      **WATCH HILL, FIRE ISLAND**                      **C 3 mi**  
9:30 am *National Park Service/Watch Hill Ferry parking lot (Fee: Ferry \$16 RT adult, \$15 RT senior 65+) April Xxxx 516-XXX-XXXX*  
The ferry leaves promptly at 10 am. Check the ferry website for directions or call April. The LIRR Montauk branch stops in Patchogue, a short walk to the ferry. Join us as we ferry to Watch Hill, the highest point on Fire Island, with one of the most pristine beaches on the east coast, where we will have a guided tour of the nature trail (boardwalk with minimal exposure to ticks and poison ivy) and observe the flora and fauna of protected dunes, salt marshes and wetlands. There is a visitor's center, general store, snack bar, restrooms with showers, and a lifeguarded beach. We will also hike to Davis Park and back (2 miles RT) and enjoy the beach, swim, relax, eat, whatever. Bring sunscreen, bathing suit, water, food/snacks. **Websites:** watchhillfi.com and davisparkferry.com. Word of caution – there are 2 ferry terminals. We are going to the Watch Hill Ferry Terminal. Meet at National Park Service/Watch Hill Ferry parking lot, West Avenue, Patchogue.

**Sat June 16**                      **WOODLANDS LEGACY FIELD PARK & GRANITE KNOLLS PARK**                      **B 6 mi**  
9 am *Lake Success \$6*                      *Register: Maria Xxxx 516-XXX-XXXX*  
Wonderful hilly paths, steam 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 Trail ways commissioned by long-time NY-NJ Trail Conference member Walt Daniels. Hiking boots required, bring lunch, 2 bottles water, and your smile!

**Sun June 17**                      **MUTTONTOWN MURDER MYSTERY TRAIL**                      **C 3.5 mi**  
9 am *Muttontown Preserve*                      *Stephen Xxxx 516-XXX-XXXX - Phone/Text xxx-xxx-xxxx*  
Enjoy a nice walk through an area of many different kinds of habitats, including some ruins and near the site of a 2001 murder mystery. **Directions:** LIE to Exist 41 106 North , left on Northern Boulevard, Left again onto Muttontown lane, past two stop signs, entrance on the right, head to parking area.

**Fri July 20**                      **QUICK BITE + MOVIE NIGHT, HUNTINGTON**                      **Singles - All Welcome**                      **Event**  
6:30 pm *Huntington Cinema Arts Centre. 423 Park Avenue*                      *Jeff Xxxx 516-XXX-XXXX*  
We'll meet and pick one of 3 films playing. Optional meet at the Cinema Sky Cafe at 5:45 for some tasty food, Sandwiches/soups/salads/quiche, etc. Optional discussion in the cafe (or walk in Heckscher Park - weather permitting) after the movie. Directions and movie schedule <http://www.cinemaartscentre.org/> 631 423 7611

- Sun June 24**                      **CONEY ISLAND FOOD & WALKING TOUR**                      **Members Only**                      **B 6 mi**  
*10:15 am Lake Success / \$5 carpool fee*                      *Please register: Janet Xxxx 516-XXX-XXXX*  
Park in the parking lot behind Bagel Boss / See *Shorelines* for Directions. Event is Limited.  
Before starting our drive to Brooklyn, we will have an optional breakfast at Bagel Boss in Lake Success. We will leave Bagel Boss promptly at 11:15 am. Coney Island is best known as the site of amusement parks that reached its peak during the first half of the 20<sup>th</sup> Century. We will walk the Boardwalk from Sea Gate to Brighton Beach. We will pass the Cyclones' baseball stadium, the New York Aquarium; pass through "Little Odessa," with a stop at the International Market. On the way back we will visit the former site of Astroland and Dino Park for a few historic rides; like the Cyclone and the Wonder Wheel. We will then visit the original Nathan's for hot dogs and fries. Once back at our cars, we will drive to Savarese ([www.savaresepastry.com](http://www.savaresepastry.com)), for Italian pastries. Bring water. Rain Cancels.
- Sat June 30**                      **SCHUNEMONK MOUNTAIN**                      **STRENUOUS A 8 mi**  
*8:15 am Lake Success \$13*                      *Please Register: Mike Xxxx 516-XXX-XXXX*  
Sandstone, shale and conglomerates that crown the summit providing a solid surface for a ridge walk replete with distinctive scenery, long views, gnarled trees and uncommon rock formations. Bring food and water and hiking shoes. Please register.
- Sat June 30**                      **HARRIMAN FOR C-HIKERS- PINE MEADOW LAKE**                      **C + 5 mi**  
*9:00 am Lake Success \$13*                      *Tom Xxxx 516-XXX-XXXX*  
Some hills, moderate pace. IE: If you have hiked Trail View Park on LI you can handle this hike. Call with any questions. Bring water, lunch and hiking boots. This hike has been designed, sculpted and polished by Tom specifically for Long Island C-hikers who unexplainably have not experienced the beauty of Harriman Park. Call leader if weather questionable.
- Sun July 1**                      **BAYARD CUTTING ARBORETUM**                      **Singles - All Welcome**                      **C 3 mi**  
*10:45 am (\$8 fee, free w/Empire Pass)*                      *Terrie Xxxx 516-XXX-XXXX*  
Easy summer walk at one of Long Island's jewels with open meadows, lawns, marshy refuge and its conifer collection from all parts of the world. Bring water, snack and a smile. Opt to stay for lunch, bring or purchase at the Cafe. **Directions:** Sunrise (27) to Connetquot Ave., South to NY 27A, east on Montauk Highway 0.25 mile to entrance on right side. Park to far left side of parking lot. Joint with LI Greenbelt Rain cancels.
- Fri July 6**                      **MOVIE NIGHT – HICKSVILLE**                      **Singles All Welcome**                      **Event**  
*6:30 pm B'way Multiplex Cinema*                      *Don Xxxx 516-XXX-XXXX*  
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.
- Sat July 7**                      **ROBERT MOSES STATE PARK, KISMET, FIRE ISLAND**                      **Singles - All Welcome**                      **C 5-6 mi**  
*9:00 am Parking field 5 (\$10 fee, free w/ Empire Pass)*                      *Bill Xxxx 516-XXX-XXXX*  
We will walk the boardwalk and road to Kismet, Fire Island and beyond, and then return along the same path. Upon our return we will have lunch near the concession stand. Bring water and lunch. Sneakers are sufficient for this walk. Meet at the east end of parking field 5 by the entrance to the boardwalk which is just north of the dunes. Rain cancels.
- Sun July 8**                      **SMITHTOWN LANDING GOLF COURSE TO KINGS PARK**                      **B 6 mi**  
*10 am at parking lot (free parking)*                      *Xxxx 516-XXX-XXXX, AM of hike only.*  
Enjoy interesting views and shore birds, as we follow the Nissequogue River to Kings Park. We will explore the hike and bike trail with interpretive signs about the Old Kings Park Psychiatric Center. Bring water and lunch; rain cancels. **Directions:** From the Long Island Expressway (LIE. 495 East) takes exit 53N which is the Sagtikos Parkway). Take the parkway to exit SM5 East (which is Rt 25 A). Take 25A to the 5th traffic light on to Rose Street. Take Rose Street to the end where it intersects with Landing Avenue. Turn left then turn right into the golf course. Parking lot is on the left park in North West corner, near the river. Joint hike with LI Greenbelt.
- Sun July 8**                      **GOVERNORS ISLAND**                      **SLOW PACE C 4 mi**  
*10:45 am Penn Station*                      *Ken Xxxx 516-XXX-XXXX, cell (day of hike) Xxxx 516-XXX-XXXX*  
We will take the subway to the Battery to catch the noon ferry to Governors Island. Once on Governors Island (free ferry), we will look for ranger-led tours of the two forts on the island, then walk the perimeter path. Bring lunch; food is available on the island but is expensive and hard to find. No go in rain or if temperature-humidity index exceeds 95°F. Joint with Outdoors Club and Urban Trail Conference

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## VOICE OF CONSERVATION

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### Sewage Pollution Right to Know Act

By Guy J, Conservation Chair

Summer is beckoning and millions of New Yorkers will soon flock to rivers, streams, lakes and coastal beaches to swim and frolic along the shore. But they may go home with more than just a tan. Each year, New York's aging waste treatment plants release billions of gallons of raw sewage and industrial waste into our waterways, exposing residents to disease-carrying pathogens and dangerous toxins.

Unlike many other states, New York does NOT require public notification when raw or partially treated sewage is discharged into the waterways where we swim, fish, dive and boat. So if you're being exposed to sewage, you'll never be officially notified. With infrastructure maintenance on the decline and waterborne illness rates on the rise nationwide, this is not acceptable. It's time for Albany to act – so New Yorkers can make informed decisions about where and whether to get in the water.

Passed unanimously by the Assembly, the Sewage Right to Know Act would require our wastewater treatment plants statewide to notify the public when sewage is discharged into our waterways. Even though the Assembly took notice of the unsafe conditions that too often plague our waterways because of sewage contamination, we still need to pressure the State Senate to pass the bill so that it can be sent to the governor's desk for his signature.

**ACTION ALERT:** [Urge your state senator](#) to pass bill S.6268A, the Sewage Pollution Right to Know Act. If you don't know who your state senator is, you can call the Board of Elections to find out. Once you know, please send him a simple email telling him that you support this legislation.

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### NHOC CLUB HISTORY: INTRODUCTION

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Eileen Xxxx and a few other long-time members have been collecting back issues of *Shorelines* dating almost to the beginning of the Club in 1966. I have come into possession of them and have converted almost every issue from 1970 to 1999 to PDF files, which I have stored on a flash drive. As Club historian I will occasionally be submitting articles about long-past events, but a few general observations:

In the 1970's our membership was small, and the hike schedule was skimpy compared to what we are used to now. However many of the hikes were much harder than now, with many more trips to Harriman, as well as to the Catskills. There were hikes to the Palisades, where no one goes now, probably because everyone is afraid of the traffic on the GW Bridge and Cross Bronx Expressway. Weekend trips generally involved staying in dormitory style accommodations at prices which now seem ridiculously low. Thanksgiving on the Trail involved hiking in to Pine Meadow Lake in Harriman, carrying food for all to share on your back. The Club itself never laid out any money for such events. Have we all become a generation of Wimps? I know I have.

By Ken K

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### HIKE REPORTS

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Photo – members only

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**Fort Totten, Sun May 6, 2012.** On this hike, led by Neil Stein, we met at 10:30 am at the parking field in front of the gatehouse. The weather featured increasing sunshine, high about 65° F. There was a cool wind off the water, but in the sun it was hot and sticky. We walked east to reach Shore Rd, which follows the park perimeter. The headland to right is Kings Point. The towers to left are in New Rochelle. Shore Rd ended at a gate leading to Water Battery; we turned left here to reach the visitors center, which occupies part of the Water Battery. Because this was Bicycle Sunday, all the Urban Park Rangers were needed there, so the visitors center was closed, but someone had kindly left a gate open, so we could go downhill thru a tunnel to reach the Water Battery. Supposedly these fortifications were designed by Robert E. Lee four years before he resigned his commission to head the Confederate Army of Northern Virginia, but it was 1867 before the government started building them, long after the Civil War had ended; they were finished in 1873 and were obsolete even before they were finished. The Army gave Fort Totten to the city in 1970 due primarily to activists in Bayside who wanted a new park. The Water Battery was left abandoned, but the section in these shots was fixed up so people can walk around; there is more that has not been fixed up. After touring the Water Battery we turned west to reach a headland overlooking Little Bay and the south end of the Throgs Neck Bridge. At this point the group turned south to reach the gate house and walk the bike path along the south shore of Little Bay, under the Throgs Neck Bridge, ending for lunch at nearby Panera Bread. I had brought my lunch with me and stayed in Fort Totten to eat it and see some more of the grounds.

Written by Ken Xxxx

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**HIKE SCHEDULE Continues from page 5**

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**Sat July 14**                      **CIRCLE LINE CRUISE AROUND MANHATTAN**                      **Members Only**                      **B 6 mi**  
*10 am Penn Station*                      *Xxxx 516-XXX-XXXX*

Event is Limited. Join us and set sail on a 3 hour narrated cruise around Manhattan with 101 city sights and a close up of the Statue of Liberty. We will walk from Penn Station along the West Side Highway, passing the Intrepid, to 42<sup>nd</sup> Street and purchase our tickets for the 4:30 PM cruise. The tickets are \$38/\$33 for seniors. Then we will walk uptown through Riverside Park to 79th Street for a delicious brunch/lunch @ the 79<sup>th</sup> Street Boat Basin Cafe ([www.boatbasinecafe.com](http://www.boatbasinecafe.com)), overlooking the river. After lunch we will spend time at the Times Square Summer Street Fair. We will then board the boat for our cruise experience. Bring water. Rain Cancels.

**Fri July 20**                      **QUICK BITE + MOVIE NIGHT, HUNTINGTON**                      **Singles - All Welcome**                      **Event**  
*6:30 pm Huntington Cinema Arts Centre. 423 Park Avenue*                      *Jeff Xxxx 516-XXX-XXXX*

We'll meet and pick one of 3 films playing. Optional meet at the Cinema Sky Cafe at 5:45 for some tasty food, Sandwiches/soups/salads/quiche, etc. Optional discussion in the cafe (or walk in Heckscher Park - weather permitting) after the movie. Directions and movie schedule <http://www.cinemaartscentre.org/> 631 423 7611

**Sun July 22**                      **HUDSON RIVER SHORE PATH, SOUTH**                      **SLOW PACE C 5 mi**  
*11:15 am Penn Station*                      *Ken Xxxx 516-XXX-XXXX; Phyllis Xxxx 516-XXX-XXXX*

We will walk to the north end of the High Line at 10<sup>th</sup> Ave and 30<sup>th</sup> St, then walk the High Line to its south end at Gansevoort St, then follow the Hudson River shore path to the Battery, with rest break in World Financial Center. Bring lunch; food is available but expensive and hard to find. No go in rain or if temperature-humidity index exceeds 95° F.

**Sat July 28**                      **WALT WHITMAN TRAIL / JAYNES HILL IN MELVILLE**                      **B 7 mi**  
*10:00 am End of Reservoir Road*                      *Rhonda Xxxx 516-XXX-XXXX*

Let's follow in the steps of the great poet, Walt Whitman. The trail encompasses wooded trails, bridle path, hills and beautiful vistas to the East. The hike will culminate with a climb 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 lunch/snack and water to enjoy in the picnic area. Wear hiking boots. Rain cancels. **Directions:** Take the LIE or Northern State Pkwy to Route 110. Go North on Rte 110. At light just after Frank & Camilles Piano store make a left onto Schwab Road. (Rite Aid and Chipolte are on each corner). Turn right on Old Walt Whitman Road. Make a left on West Hills Road. Then make a left on Reservoir Road. Park car at end of road.

**Sun July 29**                      **CALEB SMITH STATE PARK**                      **Singles - All welcome**                      **C+ 4 mi**  
*10:00 am Park's Parking lot (\$8 fee, free w/Empire Pass)*                      *Terrie Xxxx 516-XXX-XXXX*

Moderate paced hike with a few small hills on trail at Caleb Smith State Park Preserve. We will explore its many different habitats including freshwater wetlands, ponds, streams, fields and upland woods. Bring water/snack/lunch. Opt to stay to visit the free museum and have our lunch at picnic tables. Joint with LI Greenbelt Rain cancels; **Directions:** From Northern State Parkway to Exit 45 (north) OR Southern State Parkway to Exit 41A (north); to the Sunken Meadow Parkway (north) to Exit SM 3 East to Smithtown, onto Jericho Turnpike/Route 25 (east) for three (3) miles to the park.

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**ANNOUNCEMENTS**

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**OUR CONGRATULATIONS**

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**WHEN OUTSIDE DURING THE SUMMER remember:**

**SUN SAFETY**

- Wear lightweight, light colored clothing, don a hat.
- Drink plenty of water even if you don't feel thirsty.
- Eat smaller meals more often throughout the day and avoid foods high in protein and salt.
- Wear sunglasses. Choose good-quality sunglasses that offer protection from UVA and UVB radiation, which causes the most eye damage. Less expensive sunglasses without the UV protection are worse than wearing no sunglasses at all — they open your pupils and let more harmful rays into your eyes.
- Add a hat with a wide brim to boost your coverage.
- Sunscreen is recommended for everyone, even those with dark skin or a base tan. Sunscreens rated SPF 15 is enough for normal skin, but opt for a higher SPF on intense sun days. Always go higher if you have a fair complexion or burn quickly.

**BUG SAFETY**

- Don't use scented soaps, perfumes or hair sprays when hiking.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- Use insect repellents containing DEET when needed to prevent insect-related diseases. Ticks can transmit Lyme disease, and mosquitoes can transmit West Nile Virus and other viruses.

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**WELCOME NEW MEMBERS**

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**Names deleted.**

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**UPCOMING EVENTS / TRIPS**

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**Friday Beginning June 29<sup>th</sup> Weekly**      **GOLF**      **NHOC Mileage is applied**      **C 3-4 mi**  
1:30 p.m. for all 13 dates

*Joel Xxx 516-XXX-XXXX*

Come join us for 9 holes of golf at 4 Long Island courses (listed below). Please note several Fridays are not on the schedule due to scheduling conflicts. Rain, dangerous summer heat will cancel.

Dates and Locations: 6/29 - Dix Hills, 7/20 - Gull Haven, 7/27 - Dix Hills, 8/3 - Gull Haven, 8/10 - Dix Hills, 8/17 - Gull Haven, 8/31 - Dix Hills, 9/7 - Heartland, 9/14 - Peninsula, 10/5 - Gull Haven, 10/12 - Peninsula, 10/19th - Dix Hills, 10/26 - Heartland.

Dix Hills Golf Club - Located at 527 Half Hollow Rd, in Dix Hills, a par 35 course with over 2,574 yards including (2) par 5's. A terrific course for both new and experienced golfers. Cost: \$17 for 9 holes, pull carts \$3. **Directions:** From west of exit 50 on the LIE; take LIE to exit 50 - Bagatelle Rd, and stay on the eastbound service road. At the 2nd light, turn left on Half Hollow Rd. (going over the LIE). The parking lot and club house is less than 1/4 mile on right. From east of LIE exit 51, take exit 51 - Deer Park Avenue, and stay on the westbound service road. At the 2nd light turn right on Half Hollow Rd. The parking lot and club house is less than 1/4 mile on right. Dates: June 29th, July 27th, August 10th, August 31st, Oct. 19th.

Gull Haven Golf Club - Gull Haven Golf Club (<http://www.gullhavengolf.com/index.cfm>) 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 xxxxx@xxx.net or xxx-xxx-xxxx by noon the day before; i.e., Thursday. 9 hole fees: \$14- Islip residents, \$18- non-res, \$2 reservation fee, pull carts \$3, riding carts \$12/pp. See website for directions and additional info. Dates: July 20th, August 3rd, August 17th, Oct. 5th.

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. Dates: Sept. 7th, Oct. 26th.

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 Xxx 516-XXX-XXXX by noon the day before; i.e., Thursday. Cost: \$18 for 9 holes, \$4 reservation fee, pull carts \$3, riding carts \$17/pp. See website for directions and additional info. Dates: Sept. 14th, Oct. 12th.

**Fri-Sun July XX-XX NHOC SUMMER CAMPING TRIP** *Email any questions to Dan Xxx 516-XXX-XXXX.*

Our summer camping trip will be Friday through Monday. We will stay at **October Mountain State Forest** near Lee, Massachusetts for three nights of camping and 2 days of hiking. This is not a big campground like North South Lake. There are only about 25 tent camp sites, so you must make your camp site reservations soon at *ReserveAmerica.com*. Two tents and 2 cars are allowed per site so please think about sharing your site with other NHOC campers. The shower building is small, but adequate. Make your own campsite reservations; bring your own gear and food. We will have 2 pot luck dinners for the whole group when everyone will contribute a dish or something to the meal. We will have a 6-7 mile B hike on Saturday and another on Sunday. Shorter hikes can be accomplished on the trails starting from the campgrounds. Other activities in the area are a Nature preserve, a small railroad museum and sightseeing in Lee, Stockbridge and Lenox MA.

I am going to try to hook up with a Berkshires area hiking club to hike with and share their local trail knowledge. This should be another great camping trip. I hope to see all my regular NHOC campers and welcome any other NHOC members to join us for a fun weekend in the Berkshires. Please register for the trip and let me know you have made your campsite reservations. Dan Xxx 516-XXX-XXXX

**Sat-Sun Aug XX-XX WITTENBERG, CORNEL, SLIDE. A 15 mi**

*(Fees to be equally shared)*

*To Register: Jim Xxx 516-XXX-XXXX*

Wittenberg, Cornel, Slide. Light back pack-overnight in the Cornel-Slide col. Loop from Woodland Valley campground. 15 mi r/t, combined vertical 4020 ft, moderate pace. Rain Date August 18-19, Ten Max. To register contact Trip Leader Jim XXXXxx-xxx-xxxx. Meeting place and time information will be limited to the qualified participants.

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**CARPOOL CONTRIBUTIONS**

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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

**All hikes and other scheduled activities for the August-September 2012 issue of *Shorelines*, which will cover the period from Sat August 4 to September 30, 2012 must reach the appropriate hike coordinator (A, B, C, and Events) before Wed July 9, 2012 and all other material for *Shorelines* must reach the Editor at [sssss@nssss.org](mailto:sssss@nssss.org) by the same date.**

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*SHORELINES*: Terrie Xxx 516-XXX-XXXX

MEMBERSHIP: Wendy Xxx 516-XXX-XXXX **Contact Wendy if you don't get *Shorelines* or need extra copies**

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Nassau Hiking & Outdoor Club  
P.O. Box 575053  
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RETURN SERVICE REQUESTED