



# 山川會訊

Chinese Mountain Club  
Of New York

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CMCNY Newsletter / Outing Schedule 04/01/2003 — 07/31/2003

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## Mount Whitney - A Gentle Beast by Chi Chan

*I found myself wondering at times, especially at night, about a wild land, and strange visions of mountains that I had never seen, came into my dreams....*

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### New CMCNY 2003 Board of Directors (Page 7)

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It seemed that my backpack was 10 times heavier than the one that I carried for practice in Harriman Park. Both my hips and knees felt the pressure and each step upward required more the strength I could afford. Above me, the desert sun burned like a fire ball. The thin air in the Sierra Valley sucked out the last oxygen left in my lungs. The winding path that led four of us (Roland, John and Ben) to Trail Camp continued to elevate up to 12,040 feet.....

### Permits to climb Mt. Whitney

About six months ago, John mentioned to us his wish to climb Mt. Whitney. At that time, I did not take it so seriously. When the permits to climb Mt. Whitney finally arrived, it forced me to reconsider the trip seriously. Mt. Whitney, the highest mountain in the contiguous United States, stands 14,494 feet above sea level. The hike is recommended for either 2 or 3 days. Total elevation gain 6,129 feet within 11 miles. (one-way). The

mileage was not my concern but the high attitude compelled me to revisit the nightmares that I had on Mt. Dana and Mauna Lao (both a 13,000+ ft mountain). I never performed well in high altitude. The severe headache often showed up during my ascent. Besides, the 2 days hike would mean carrying heavy backpack, sleeping on a rough granite floor, drinking from the snow melting ice water, and also without hot shower and flush toilet. Can I overcome all these obstacles? "You guys are not going to make it." George told us few weeks before the trip. Is he right about this?

The articles that John sent us about the trip got me even more scared. Accordingly to statistic, only 50% of the people attempt the hike could make it to the top. The notorious long and relentless 99 switchbacks, the lingering ice and sidling snow on the upper portion of the trail, the steep sheer drops along the Trail Crest were warning signs

that we could not afford to ignore. On the other hand, the fantastic 360 degrees panoramic view at the top of Mt. Whitney was also very tempting. Knowing myself well, climbing Mt. Whitney is not a question whether I should or should not go, but rather how soon should I go.

### Acclimatization - White Mountain (14,246 ft)

We did not want to repeat the same mistake we made in Mauna Lao. John scheduled the Mt. Whitney hike to be the last hiking event in our trip. First, we did a few 8,000 to 10,000 feet hikes around Yosemite and a final test was the White Mountain climb in Bishop. The high point of White Mountain is 14,246 feet, which is only 250 feet shorter than Mt. Whitney. Although it was a rather short hike (15 miles) compared to the 22 miles hike of Mt. Whitney, the elevation at the trailhead of White Mountain (11,635 ft) is much higher than that of Mt. Whitney (8,365 ft). That means, we would

(Continued on page 3)

# CMCNY 2003 SPRING/SUMMER OUTING SCHEDULE

## April 2003

Sun Mon Tue Wed Thu Fri Sat

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



### Saturday, 4/5/2003 / 8 Miles Day Hike / Level C Bear Mountain, N.Y.

Start from the parking lot on Route 202. A challenging hike that will climb up 1000 feet in 3 miles. Many view points overlook the Hudson River. Return along the R-D (red) trail

**Meeting Time / Place:** 8:30 AM at 39th Street & Broadway, Manhattan

**Leaders:** Rwei Su / Leo Ngan



### Saturday, 4/5/2003 / 16-18 Miles Day Hike / (26 mile training) / Level F Harriman State Park, NY

Follow Blue Disc, pass Daters Mt. and Pound Mt., change to RD Red, climb Black Ash Mt., Parker Cabin Mt., and Tom Jones Mt. Cross Rt 106 continues on RD Red until reaching Time Square. Change to ASB Red to Lemon Squeezer and follow White Bar all the way back to the parking lot. Expecting lots of up and down in the morning, change to gentle pace in the afternoon

**Meeting Time / Place:** 7:30 AM at Johnstown Circle. Please contact leaders for more detail

**Leaders:** Chi Chan / Joseph Luk



### Saturday, 4/12/2003 / 15 Mile Day Hike / Level F Poughquag, NY

This trail climbs Corbin Hill, proceeds through open fields, and then climbs West Mountain to a beautiful viewpoint over the countryside

**Meeting Time / Place:** 8:30 AM at trailhead. Please call between 7:30 PM to 9:00 PM to register

**Leaders:** Ray Lin / Sarah Ip



### Sunday, 4/13/2003 / 4-5 Mile Day Hike / Level A Tiorati Circle, Harriman State Park, NY

Season's kick off hike for CMCNY. Enjoy spring by the side of Lake Tiorati. We are going to go around Lake Tiorati, eat lunch by the lake, then come back to the parking lot. Refreshment will be provided, but please bring your own water and food. And remember to wear comfortable shoes

**Meeting Time / Place:** 8:30 AM at 39th Street and Broadway, Manhattan. Please contact leaders for detail

**Leaders:** Alex Wei / Liz Ouyang



### Sat/Sun, 4/19—4/20 , 50 Mile Biking Trip (Average 25 miles/day) /Limit 12 Lackawaxen River, Poconos, Pennsylvania

Terrain : Flat to rolling with a few climbs. Distance: 50 miles ( 2 days)

Fee: \$35 member / \$40 non-member, please register before 4/5, send check to Nancy Liang, 4 Birchwood court, apt 4C, Mineola, NY 11501

**Meeting Time / Place:** Please contact leaders for details

**Leaders:** Nancy Liang / Charlie Ong



### Saturday, 4/19/2003 / 6 Mile Day Hike / Level B /Limit 35 Blue Mountain Reservation

The trails pass through the rolling hills of the lower Hudson valley, this is a wonderful place to rest and explore the natural beauty

**Meeting Time / Place:** 8:30 AM at 39th Street and Broadway, Manhattan

**Leaders:** Rwei Su / Terry Lou

# CMCNY 2003 SPRING/SUMMER OUTING SCHEDULE



## **Sunday, 4/20/2003 / 10 Mile Day Hike / Level E**

### **Cranberry Hill / Silvermine Lake, Harriman State Park, NY**

A popular Intermediate CMCNY hiking trail. Hike sections of the Long Path, Appalachian & 1779 trails. Trails with diversity conditions and few steep hills. Starting from Turkey Hill parking lot, off of Route 6

**Meeting Time / Place:** 8:30 AM at 39th Street and Broadway, Manhattan

**Leaders:** Williams Chung / Nancy Liang



## **Saturday, 4/26/2003 / 12 Mile Day Hike / Level E**

### **Unionville, NJ**

This trail passes through Vernon Valley, over Pochuck Mountain and farmland. Please call between 7:30 PM to 9:00 PM to register

**Meeting Time / Place:** 8:30 AM at trailhead

**Leaders:** Ray Lin / Sarah Ip



## **Sunday, 4/27/2003 / 4 Mile Trail Maintenance (Shore Path) / Level B**

### **Palisades Interstate Park, NY/NJ**

Semi-annual CMCNY trail maintenance on the Shore Path trail along the Hudson River in New Jersey. Pick up trash on the trail, cut and trim protruded branches and re-paint trail's blazing wherever necessary. Coffee and donut breakfast will be provided

**Meeting Time / Place:** 8:30 AM at 39th Street & Broadway, Manhattan

**Leaders:** Shui-Kei Ng / John Jeng

*(Continued from page 1)*

have less time to acclimatize. The other fact is: none of us had an experience on a 14,000 feet mountain. This climb should be a fairly good indication as how each of us performing in such a high altitude.

Before the hike, I took some Tylenol. Although I had already adjusted to high altitude, I still felt light-headed once I reached 13,000 feet. The final push to the top was the most difficult one, but surprisingly, none of us showed any serious sign of AMS (Acute Mountain Sickness). John, Roland and I once again celebrated our triumph on top of White Mountain. "Big Ben", on the other hand, "did not want to make it to the top" excused his attempt to the summit.

### **1<sup>st</sup> day hike to Trail Camp (12,040 ft)**

In order to lessen the weight on my backpack, I sorted, checked and repacked at least 4-5 times until I was sure I had everything that I absolutely needed for the trip. The day we headed to the trailhead, my backpack was much heavier than before. Tent, sleeping bag, sleeping mat, personal items, cooking pot, can foods, water, shoes, emergency foods, day hike backpack, camera, films, shoe, headlight, extra batteries, suntan lotion, emergency kits, emergency blanket, lunches and breakfast. Those were all essential items in order to survive in the mountain. I had to leave my changing pants and clothing behind, not to mention giving up the night cream, nightgown and other beauty products. I told myself, so long as I kept my hat and sunglasses on, no one would notice how I look. Beside, I smelt better than the other three gentlemen... I think J

That morning, our spirits were very high and the determination to reach the top of Mt. Whitney was evident among us. Shortly after the hike, we all separated from each other. We went solo during the whole day hike. Roland disregarded Ben's lecture and ascended faster than all of us. John, enjoying his pictures taking of Mirror lakes, Consultation lake and Trail Side Meadow, was about 15 minutes behind me. "Big Ben" perhaps was an hour behind John.

*(Continued on page 6)*



## May 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



### Saturday, 5/3/2003 / 20-22 Mile Long Hike Training / Level F

#### Harriman State Park, New York

Follow Blue Disc, pass Daters Mt. and Pound Mt., change to RD Red, climb Black Ash Mt., Parker Cabin Mt., and Tom Jones Mt. Cross Rt 106 continue follow RD Red, pass Time Square and continue to Fingerboard Mountain. Cross Arden Valley Road and follow Blue (Long Path) to Lemon Squeezer. Change to White Bar all the way to the parking lot. Expecting lots of up and down both in the morning and afternoon

**Meeting Time / Place:** 7:00 AM at Johnstown Circle. Please contact leaders for details

**Leaders:** Wade Zhang / Chi Chan



### Sunday, 5/4/2003 / 7 Mile Trail Maintenance / Level C

#### Appalachian Trail, NY

Semi-annual CMCNY trail maintenance in a section of the Appalachian Trail in New York. Pick up trash on the trail, cut and trim protruded branches, spray poison ivy and re-paint trail's blazing whenever necessary. Group will do 4 mile hiking on the Allies trail in the Sterling Forest State Park that connects with the AT corridor. Since the hike on the AT is about 3 miles, the total distance will be 7 miles for the day's event. Coffee and donut breakfast will be provided

**Meeting Time / Place:** 8:30 AM at 39th Street & Broadway, Manhattan

**Leaders:** Shui-Kei Ng / John Jeng



### Saturday, 5/10/2003 / 6.5 Mile Day Hike / Level B

#### Harriman State Park, NY

From parking at Rt. 106, climb Black Rock mountain to Ship Rock and Time Square

**Meeting Time / Place:** 8:30 AM at 39th Street and Broadway, Manhattan

**Leaders:** Joe Jwo / Kady Harn



### Sunday, 5/11/2003 / CMCNY Annual 26 Mile Day Hike / Level F

#### Annual event, most Challenging Hike of the Year!

Strenuous hike, not recommend for those who did not participate to the routine training section. Participants must know how to navigate using maps and compass, be comfortable to hike alone most of the time.

**Meeting Time / Place:** 6:00 AM sharp at Tuxedo Park, Police Station trailhead. Please contact leaders for details

**Leaders:** Wade Zhang / Tai-Hoa Chen



### Sunday, 5/11/2003 / 30 Mile Day Bike

#### Long Island, NY

Bike on moderately hilly roads to Bayville and Oyster Bay. Visit the Field Arboretum and Sagamore Hill

**Meeting time / place:** 8:30 AM at Cunningham Park, Queens

**Leaders:** Liz Ouyang / Francis Low



**Saturday, 5/17/2003 / 12 Mile Day Hike / Level E**  
**Stormville, NY**

This trail traverses the multiple summits of Stormville Mountain and the western side of Hosner Mountain. Good views to the north and west over the Hudson River Valley. Please call between 7:30pm to 9:00pm to register

**Meeting Time / Place:** 8:30 AM at trailhead, contact leader for details

**Leaders:** Ray Lin / Sarah Ip



**Saturday, 5/17/2003 / 5 Mile Day Hike / Level A / Limit 35**  
**Rockefeller State Park Preserve, NY**

Enjoy the view of Pocantice hills of Westchester, NY. This is good birding park and deer can often be spotted

**Meeting Time / Place:** 8:30 AM at 39th Street and Broadway, Manhattan

**Leaders:** Terry Lou / Maria Jen



**Sunday, 5/18/2003 / 8-10 Mile Day Hike / GPS Plotting / Level C**  
**Harriman State Park, NY**

Will plot part of Harriman State Park with handheld GPS and digital cameras for the trail documentation

**Meeting Time / Place:** 8:30 AM at 39th Street and Broadway, Manhattan

**Leaders:** Henry Jiang / George Li



**Saturday, 5/31/2003 / 15 Mile Day Hike / Level F**  
**High Point State Park, NJ**

Hike along the ridge of the Kittatinny Mountains with lots of great viewpoints. Please call between 7:30pm to 9:00pm to register

**Meeting Time / Place:** 8:30 AM at trailhead. Please contact leader for details

**Leaders:** Ray Lin / Sarah Ip

## June 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>1</u>	2	3	4	5	6	<u>7</u>
<u>8</u>	9	10	11	12	13	<u>14</u>
<u>15</u>	16	17	18	19	20	<u>21</u>
<u>22</u>	23	24	25	26	27	<u>28</u>
<u>29</u>	30					



**Sunday, 6/1/2003 / 6 Mile Day Hike / Level B**  
**Harriman State Park, NY**

Please contact leader for information and details

**Meeting Time / Place:** 8:30 AM at 39th Street and Broadway, Manhattan

**Leaders:** Yet Chang / Becky Leung



**Saturday, 6/7/2003 / 5 Mile Day Hike / Level A**  
**Harriman State Park, Stockbridge Mountain, New York**

Starting from route 6 parking, walk on BLUE trail (Long Path) to a shelter for lunch. During lunch, our experienced hiker will give a short presentation on proper hiking gears to make comfortable hikes. Then we walk on YELLOW trail then Nawahunta fire road back to the parking lot

**Meeting Time / Place:** 8:30 AM at 39th Street and Broadway, Manhattan

**Leaders:** Liz Ouyang / Becky Leung



## Mount Whitney *(Continued from page 3)*

After passing Outpost Camp (3.8 miles, 10,360 feet), my shoulders and legs were already sore. I had never carried such a heavy load in my life. The backpack weighted  $\frac{1}{4}$  of my body weight, I could not even stand straight when I walked. I did not remember how many times I had to stop and lean against the granite wall in order to catch my breath. I was suffering, hurting, irritating, and at one point, even hallucinating, and dangerously drifting into asleep. But the mountain never gave up on me. I often woke up by a gentle breeze when I closed to collapse. The sound of a running water from nearby creek played music to my ears, the turquoise color of Mirror lake lightened my spirit, and the deep blue sky meditatively sat at the bottom of the Consultation lake inspired me to move forward. Perhaps, these are the reasons that I love mountain climbing.

The first day's hike was 6.3 miles with 3,675 feet elevation gain. On a normal hike around Harriman, it should take us no more than 3 hours to finish the hike, but with the heavy load on our backs, the thin air, the unbearable hot temperature, our progress was far much slower than usual. We reached Trail Camp right before sunset.

### ***The weary night***

The Campsite locates at the bottom of Mt. Muir and it is completely surrounded by rugged mountains. The entire campsite is nothing more than some narrow flat surface here and there among a pile of rocks. The floor was solid granite and it was almost impossible to pitch a tent on the ground. We had to gather rocks to stable the tent. The wind started to blow and the temperature dropped drastically within half-hour. I wore all the cloths I had with me and still felt the chill. My stomach began to hurt and I had to rush to the "solar toilet" two times to ease the pain. Maybe it was the water that I drank from the creek or perhaps it was the reaction of high altitude, the diarrheas sucked out the last energy that left in my body. After dinner, I lied in my tent feeling miserable, woke up three times by the cold and fever during the night. I did not think I could make it the next day. To tell the truth, I did not want to make it. It was too much for my body. I convinced myself, even acted as a support for the group, I had no regret for the hike if I could not make it to the top. At least, I got the chance to see Mt. Whitney.

Just before dawn, I woke up by some singing birds. The wind had died down, and I touched my forehead, the fever was gone. I had fully recovered after nearly 10 hours' rest (we all went to bed by 8:00 PM). 5:30 AM, the sun just came out. The orange sun hit the sheer walls of Mt. Muir, Third Needle, Day and Keeler Needles; the scenery was just spectacular. The serenity around me made me feel I was the only lucky person on this mountain. Before waking up the "boys", I shared a moment with the mountain and made peace with it. Perhaps, I would be lucky to get to the summit today, I sincerely asked for her permis-

sion....

### ***The Final Ascent***

After a simple breakfast (muffins and teas), we were all eager to start the hike. To take precaution, I took some Tylenol before I left Campsite. 7:45 AM, Roland and I headed to the infamous 99 switchbacks. This winding path eventually would led us to Trail Crest (13,660 feet) in 2.2 miles. Around the time I was on the 4<sup>th</sup> switchbacks, I wished I could hire a Sherpa to carry me up to the mountain. Only one foot in front of the other became a difficult task. John caught up with me and asked if I was OK. I let him passed me and went on my own pace. So far, no sign of AMS, not even a light-headache. Once again, I considered myself very lucky. Perhaps, Goddess of Mt. Whitney DID watch over me....

At the end of the 99 switchbacks (I actually counted 110 switchbacks) is Trail Crest which is the divide between the West and East Sierra's. On the West, the view of Sequoia National Park literally takes your breath away. Miles and miles of rugged mountains still covered with snow lied up under the deep blue sky. Down below the valley, Timberline, Guitar and Hitchcock Lakes captured all the melting snow from the nearby mountains. They were reflecting the turquoise blue color under the morning sky.

From Trail Crest, a steep brown bank threaded by a winding path; and behind that the tall mountains climbed, shoulder above shoulder, and peak beyond peak, into the fading sky. Along the trail, some areas have steep drop-offs. The "Windows" which are huge holes in the mountain side, allow you to see down the mountain and along the area we just hiked. I felt drizzle just by looking down. At this point on, only 2 miles left to the summit but it seems like 4 and 5 miles long. The final assault of the climb came approximately 500 feet from the summit. The trail was covered with deep snow. Two snow walls were formed as a narrow and final passage to the summit.

### ***The Summit***

Along the trail, we met so many interesting hikers coming around the world. Some in an excellent condition some not so good, some passed us and later fell behind us. But at the end, we were all smiling, cheering, congratulating each other and sharing the triumph on the top of the continental United States. John, Roland and I reunited at the peak. None of us had any altitude problems. Satisfaction was written all over our faces. For me, it is another proof of "hard work and commitments are the keys for success."

Here at the top of Mt. Whitney, no place in the lower 48 states is higher. Approximately 85 miles to the East is Death Valley, the lowest spot in the U.S. at 282 feet below sea level. All we could see was miles and miles of rugged mountains, valleys and blue sky. Pictures do not show the actual beauty of the land. We stayed at the top nearly an

*(Continued on page 7)*

## Mount Whitney

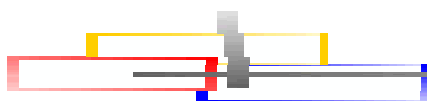
*(Continued from page 6)*

hour to wait for Ben, but no sight of him. Since we had another 11 miles to go, we decided to leave. We still had to return to our campsite and pack up our gears. If we could manage to leave the campsite by 3:00 PM, we could avoid hiking in the dark. On our way down, just before the snow path, Ben showed up, seemed exhausted, but not willing to give up. We urged him to continue and wished him the best.

Back to the campsite, 3:30 PM still no sight of Ben. John stayed behind to wait for Ben. Roland and I, with the heavy backpack, headed down to the path we once crawled. Going down was much easier, even with the heavy load; we managed to hike with a normal pace (2 miles per hour). On my way down, my mind was planning how to repeat this hike in one day. Am I crazy? How could I forget the pain and suffer so fast. I had not even take a hot shower yet and I already thought about another hike. What is wrong with me?

We reached the parking lot before 7:00 PM. John and Ben showed up only 20 minutes later. That night, we did not go out to celebrate. Only a quick dinner and went to bed. That night, I had another dream, I saw the mountains again.....

An important lesson that I learned from this trip: **High Altitude Sickness is only a symptom, and not a disease, it can definitely be overcome!**



### CMCNY 2003 Board of Directors

#### 2002 Board Members:

Hsueh-Cheng Jwo / Chairman and President

Nancy Liang / Treasurer

John Jeng / Trail Maintenance Coordinator

Yet Chang / Webmaster and Newsletter Publishing Coordinator

#### New 2003 Elected Board Members:

Liz OuYang / Secretary

Henry Jiang / Activity Director

Williams Chung / Activity Director

Shui Kei Ng / Trail Maintenance Coordinator

Alex Wei / Membership Administrator


**Sunday, 6/8/2003 / 8 Mile Day Hike / Level C**
**Pine Meadow Lake, Harriman State Park, NY**

One of CMCNY's most popular hiking places in Harriman State Park. Starting from the visitor center off of Seven Lake Drive hiking on a moderate terrain with few hills to reach Pine Meadow Lake, and returning through Diamond and Halfway Mountain on Pine Meadow trail

**Meeting Time / Place:** 8:30 AM at 39th Street and Broadway, Manhattan

**Leaders:** Williams Chung / Nancy Liang


**Sunday, 6/15/2003 / 16-18 Mile Day Hike / Level F**
**Harriman State Park, New York**

Follow Blue Disc, pass Daters Mt. and Pound Mt., change to RD Red, Climb Black Ash Mt., Parker Cabin Mt., and Tom Jones Mt. Cross Rt 106 continue follow RD Red until reaching Time Square. Change to ASB Red to Lemon Squeezer and follow White Bar all the way back to the parking lot. Expecting lots of up and down in the morning hike, change to gentle pace in the afternoon

**Meeting Time / Place:** 7:30 AM at Johnstown Circle. Please contact leaders for details

**Leaders:** Tai-Hoa Chen / Chi Chan


**Saturday, 6/21/2003 / 22 Mile Day Bike**
**West Side highway, NYC, NY**

This bike ride is along the paved, flat bike route beginning at Battery Park, Manhattan to 125th Street. View of the scenic Hudson River with bird watching, kayaking and boat sitting all along the way. Excellent trip for beginners. Must wear helmet. Please bring water and lunch. (Bike path along the highway)

**Meeting Time / Place:** 9:00 AM at the entrance to the South Ferry terminal (LOWER LEVEL) WHERE THE CARS BOARD THE FERRY

**Leaders:** Liz Ouyang / Yao Rong


**Saturday, 6/21/2003 / 5-6 Mile Day Hike / Level B**
**Black Rock Forest, New York**

Trail up a steep, rocky ravine, then winds along the top of ridge with no well-defined summit. Trail passes the Black Rock Forest boundary sign, and close to the north end of dam and spillway.

**Meeting Time / Place:** 8:30 AM at 39th Street and Broadway, Manhattan

**Leaders:** Henry Jiang / Liz Tom


**Sunday, 6/22/2003 / 10 Mile Day Hike**
**Harriman State Park, NY**

Start from Tiorati circle, going south on Ramapo-Dunderberg trail to times square, then turn east on A-SB red cross trail to Bockey trail, follow AT trail back to parking lot at Tiorati circle

**Meeting Time & Place:** 8:30 AM at 39th Street and Broadway, Manhattan

**Leaders:** Ben Lee / Alex Wei



CMCNY HIKING RATING SYSTEM

"A" very easy, flat, 3-5 miles	"B" easy, some hills, 4-7 miles
"C" moderate, some steep hills, 5-8 miles	"D" challenging, steeper hills, 8-10 miles
"E" tough, strenuous hills, 9-15 miles	"F" very tough, 15 miles plus



## July 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



### Sat-Mon, 7/4-7/6/2003 / (4th of July weekend) / 2 Night and 3 Day Camping / Hiking Trip

#### Taconic State Park, NY

Taconic State Park consists of more than 5,000 acres, located generally along 11 miles of border, separating New York State from the States of Massachusetts and Connecticut. The Park has facilities for swimming, hiking, fishing, picnicking and camping, along with a Historic Site and the spectacular Bash Bish Falls. Contact leaders for fees and registration information

**Meeting Time / Place:** Please contact leader for details

**Leaders:** Joe Jwo / Maria Jen



### Saturday, 7/12/2003 / 5 Mile Beach Walking / Level A / Limit: 35

#### Fire Island, NY

Beach walking in the late afternoon into sunset, dining in the town, then do more walking under the moon

**Meeting Time / Place:** 2:00 PM at Flushing Municipal Parking @ 39th and Union Street

**Leaders:** Maria Jen / Josephine Lei



### Sunday, 7/13/2003 / 16-18 Mile Day Hike / Level F

#### Harriman State Park, NY

Follow Blue Disc, pass Daters Mt. and Pound Mt., change to RD Red, Climb Black Ash Mt., Parker Cabin Mt., and Tom Jones Mt. Cross Rt 106 continue follow RD Red until reaching Time Square. Change to ASB Red to Lemon Squeezer and follow White Bar all the way back to the parking lot. Expecting lots of up and down in the morning hike, change to gentle pace in the afternoon

**Meeting Time / Place:** 7:30 AM at Johnstown Circle, please contact leaders for details

**Leaders:** Wade Zhang / Chi Chan



### Saturday, 7/19/2003 / 42 Mile Day Bike

#### Middlesex and Somerset counties, New Jersey

Mostly flat terrain, distance: 42 miles. Highlight: Rutgers University campus, gardens, historic houses, Delaware and Raritan Canal.

**Meeting time and place:** Please contact leaders for details

**Leaders:** Winnie Ng / Cam Luc



### Saturday, 7/26/2003 / 8 Mile Day Hike / Level C

#### Lake Sebago, Harriman State Park

Start from Tuxedo Park Parking lot walking along Kakiat Trail. Mostly gentle until reaching the Lake Sebago. Enjoy pretty lake view and vegetations. Take lunch near the quiet Lake Skenonto. More slopes on the way back

**Meeting Time / Place:** 8:30 AM at 39th Street and Broadway, Manhattan

**Leaders:** Marjorie Leung / Bounla Sayarath

## HE PROMISED ME THE MOON . . .

by Liz OuYang



The occasion was August Moon Festival. On September 21, 2002, 9 of us including Yet and Elisa Chang's dog, Toby, backpacked 1 ½ hours slowly up Harriman mountain in hopes of seeing the moon. Loaded with a bottle of wine, pots, gas burners, dog food, water, tents, sleeping bags, human food, clothing and, of course, an assortment of moon cakes, Yet and Elisa, Winnie Ng, Nancy Liang and Seita Tamaoka backpacks were stuffed to the brim. Charlie Ong and I had to return that evening so our day packs felt like feathers in comparison to the boulders on their backs. Sweating, panting, with drenched t-shirts, everyone made it to the top following Toby.

We quickly found our own niche in the mountains tucked far away from other hikers. Everyone helped the overnighters pitched their tents. Charlie, using nature's resources, moved rocks to form a semi-circle of chairs as we prepared dinner. With three gas burners going, we cooked noodles, vegetables, and dumplings. Coming up the trail, George Li and Lily and made a surprise visit, adding duck, chicken and chia siu pork to our celebration. Yet popped open the bottle of red wine and Seta brought out his private stash of beer. We had everything, but the moon. We waited and waited, eating and talking. As the sky became darker, the clouds began to shift. Yet, no sign of the moon.

After eating a full dinner, we laid down on mattress pads facing the sky. It was so warm outside that we didn't even use blankets. Out came the assortment of Taiwan and Hong Kong made moon cakes-green tea, red bean, and yellow bean-fruit and nuts. But where was the moon? Yet and Charlie offered to improvise with their "man made moons", but the women all preferred the real thing. Charlie kept saying we had to leave in the next 15 minutes. I was worried that Charlie and I would have to leave without seeing the moon, but Charlie promised me the moon so we waited. To keep Charlie distracted, Yet, Charlie and George made a beautiful fire burning firewood from the mountain brush between three boulders. We talked about everything –Clinton's search for new interns, George Bush and war, whether silk pajamas really keep people warm, new recipes, and what would be our alibi if we accidentally started a fire in the mountain.

Then suddenly, a white full moon appeared through the branches. We jumped up to get an unobstructed view. We gazed and gazed at it. It was beautiful. Winnie told us of the story behind the August moon festival of a woman who stole medicine and then was immediately shot to the moon with her rabbit. Elisa, convinced since childhood, insisted she saw the image of the woman and the rabbit in the moon. I looked closer and sure enough, the eyes, head and body of the woman and her rabbit began to appear. It was so peaceful and so simple living on the mountain with the moon as our scenery. There was nothing standing in the way between us and the moon.

Close to 11 p.m., Charlie reminded me we really needed to leave in the next 15 minutes. George and Lily also had to go back. After saying our goodbyes, the four of us descended with headlights and flashlights. What an adventure. Since the first quarter of the route was open on top of the mountain along a winding maze in and out of various flat boulders, it was difficult to spot the white dots. While George and Charlie were confident, Lily and I were petrified. In the beginning, we would hike several times in one direction realizing we were wrong and have to all backtrack. Finally, George told Lily and I to stay put and Char-

*(Continued on page 11)*

## He Promised Me The Moon *(Continued from page 10)*

lie and him would find the next dot and then shine their flashlights for us to follow. It was so quiet, dark, and mysterious. George and Charlie's sense of direction was very acute and soon they maneuvered us to where the path finally descended. We followed single file with just the glow from the flashlight as our guide, shining on the rocks, the hidden crevices, and the steps down. Suddenly there was a rustle in the woods, and we spotted two deer. I stood frozen. Charlie quickly reassured me that deer don't eat humans. We kept going. In less than an hour, we made it down shortly before midnight. Although we had the best gifted guides, Lily and I said next time, we stay overnight!

Charlie and I stayed in the park until 3 minutes after midnight so we could officially say we stayed "overnight in the mountains" watching the moon. As we left the park, Charlie shone his car lights on a herd of deer standing still.

The following morning, the remaining five made breakfast and descended the mountain. It took them an hour and  $\frac{1}{4}$  to reach the bottom in broad daylight! Why it took so long is a mystery, especially since they had Toby as a guide!! In any event, the occasion marked the passage of another holiday and the start of a new season.

### **CMCNY 2002 Financial Report**

#### Income

- Membership Fee:	\$1508.00
- Activity income:	\$431.00
<b>TOTAL</b>	<b>\$1939.00</b>

#### Expenses

- Activity Expense	\$376.67
- Trail Maintenance	\$205.94
- Newsletter	\$616.32
- Web & Software	\$283.35
- Meeting Refreshment	\$268.00
- Annual Meeting	\$757.93
<b>TOTAL</b>	<b>\$2508.21</b>

# CMCNY Membership Application Form

Date / : \_\_\_\_\_

1. Name / : \_\_\_\_\_ 2. Sex / : \_\_\_\_\_

3. Date of Birth / : \_\_\_\_\_

4. Address / : \_\_\_\_\_  
 Street Number Apt. #

City State Zip Code

5. Telephone / : Home / : ( ) \_\_\_\_\_  
 Office / : ( ) \_\_\_\_\_

6. E-Mail Address: \_\_\_\_\_

7. Occupation / : \_\_\_\_\_

8. Interest / :  
 m Hiking ( ) m Camping ( ) m Biking ( )  
 m Canoeing ( ) m Backpacking ( )  
 m Other ( ) \_\_\_\_\_

9. Volunteer :  
 Trip Leader ( ) Publishing ( ) Bookkeeping ( )  
 Public Relation ( ) Other: \_\_\_\_\_

10. Do you have a car for travel ? \_\_\_\_\_

11. Do you have the following basic outdoor gear?  
 Hiking Boots Day pack Backpack  
 Wind/Rain Parka Bike Sleeping Bag  
 Compass Water Bottle Tent

12. Please check your membership choice:  
 r 1 Year Individual \$12.00 \_\_\_\_\_ Family \$ 20.00 \_\_\_\_\_  
 r 5 Year Individual \$50.00 \_\_\_\_\_ Family \$ 90.00 \_\_\_\_\_

## Please make check payable to:

Chinese Mountain Club of New York

Please submit this form along with your payment to the trip leaders or follow the mailing instructions posted on our website:

<http://www.cmcny.org> click on "Membership" section.

## CMCNY POLICY

### Activity Registration

To participate activity you must contact leader in advance by either calling them or use an online registration form on CMCNY website at <http://www.cmcny.org>

Since all the trip leaders are volunteers, please be courteous to call in between 8:00pm-10:00pm unless noted otherwise. Registration for all day trips end on 10:00pm Thursday.

### What to Bring or, Not to Bring?

We recommend you to bring the following items for the day hiking trip: Daypack, hiking boots, wind/rain jacket, drinking water, food (lunch), map of the area, compass, watch, sun screen, first-aid kit.

Pets might not allowed on certain trails. Dogs must be leashed all the time. Please check with leader before the trip. Absolutely no alcoholic beverages.

### During the trip

Please stay on the trail all the times. Do not litter. Be conscious to protect the environment. Follow leader's pace, neither ahead nor falling too far behind. The leader should be told if you drop out, even temporarily. Courtesy to the leader and your fellow hikers.

### Transportation Arrangement

CMCNY can provide carpool arrangements for the most of one day activities. Car-poolers must contact trip leader in advance to reserve the seat. Carpool fees (usually from \$8.00 to \$12.00, depends on the distance) will be paid directly to the drivers.

### Where Do We Meet?

*In New York City*  
 West 39th Street & Broadway  
 Or  
*In Queens*  
 Cunningham Park at Union Turnpike  
 near the intersection of Francis Lewis Boulevard

**Always check with leaders before the trip to confirm the meeting place. Meeting time is departure time! NOT assembly.**

### Activity Fee

One-day hiking or biking activities are free to CMCNY members. Non-members please pay \$2.00 per person to leader on the day of the trip.

### Legal Disclaimer

**The Chinese Mountain Club of New York, Inc. and/or its trip leaders, officers, or representatives, shall not be liable for any injury, loss or damage to persons and/or property, direct or consequential, arising out of any trips and/or activities of the Club. The assumption of risk, which is inherent in this type of rugged outdoor activity, is implied on the part of each person who attends any outing trip and every person participating in any of said trips and/or activities assumes all risk and liability in connection therewith.**



**Chinese Mountain Club  
 of New York Newsletter**

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