

March 2008



The Signal

The Newsletter of *The Paulinskill Valley Trail Committee:*
P.O. Box 175, Andover, NJ 07821, Call 908 684 4820
Website: www.pvtc-kvsp.org



The Last Great Race on Earth

By *Diane Geitzenauer*

Some people have a nostalgic view of the Paulinskill Valley Trail of days gone by when the New York Susquehanna and Western trains went chugging through the northern branch of Warren County. Today people are accustomed to seeing Kim Darst's sled dog team chug down the trail while passing hikers, cyclists, joggers, beaver-chewed trees, horses, turtles, swans, ducks, squirrels and sometimes even resident bears. Kim is a native of Blairstown, NJ and knows the trail like the back of her dogs...there's some truth in the saying, "If you're not the lead dog, the view never changes". She has been training her sled dogs on the Paulinskill Valley Trail for at least 10 years and competes in races across Maine, New Hampshire, Vermont, Michigan, Minnesota, New York and even High Point, New Jersey, where she won 1st place in



*Kim Darst's Sled Dog Team on the PVT
Photo courtesy of Diane Geitzenauer*

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Nature Notes - Backyard Botany

By *Lynn K. Groves, Naturalist,
Kittatinny Valley State Park*

In my experience, a love of nature and the outdoors begins in one's own backyard. There is no better place to begin a study of bugs, birds, beasts, and beautiful flowers. Best of all, achieving a familiarity with the "ordinary" may prompt curiosity about the "uncommon and unknown." What follows is a tantalizing list of eleven very common plants which grow around hedges, in lawns, gardens, waste places, along roadsides, and even from cracks in concrete. To many homeowners, they are little more than prolific pesky weeds, but to others, these abundant plants provide not only beauty but also food, drink, medicine, entertainment, and even inspiration for poetry. Far from being ordinary, the following species are among our most valuable and useful plants.

*Visit our new and improved web site at:
www.pvtc-kvsp.org*

Common Dandelion (*Taraxacum officinale*) The name *dandelion* is a corruption of the French phrase, *dents de lion* ("tooth of the lion"), perhaps referring to the plant's jaggedly toothed leaves. Dandelion is eaten all over the world and has been cultivated as a medicinal herb for many centuries. It is very nutritious, having more vitamins and minerals than most vegetables. Dandelion leaves are the richest known source of beta carotene, have

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The Last Great Race on Earth - Continued from page 1

2003. She recently completed the Seney 300 miler in Michigan and qualified for what's known as "The Last Great Race on Earth", The Iditarod Race in Alaska. Her plans are to enter and finish this race in March 2009. The course is over one thousand miles long. ***Kim is the first person from New Jersey to qualify for the Iditarod Race!***

By the time her race season begins, Kim and her team of Alaskan huskies have completed over 1,000 miles of training on the Paulinskill Valley Trail from Cedar Ridge to Hainesburg and back again. Kim stops to chat with regulars on the trail to provide an update on her dogs. Often people find the dogs' booties and hang them on branches for her to collect. Walkers are extremely courteous as they hold their dogs when Kim's team passes. She also trains her dogs to do an "on by" which means "stay focused to the trail and leave the passers-by alone". When horse riders are on the trail, Kim works with them to determine the safest way to pass. Trail users are very cooperative and appreciate one another's activities. She also encounters the occasional "newbies" who stand in awe and exclaim what an incredible sight it is to see her team in motion. Some even take pictures and use them for their Christmas cards!

Kim isn't the only musher using the Paulinskill Valley Trail. There are at least two other teams and even an occasional one from another trail system. However, Kim's team is the one you'll see most often. Her training schedule rivals that of most marathon runners. Musher's use a specialized 4-wheel ATV with brakes but no engine. The dogs pull this vehicle down the trail, typically going 8 to 11 miles per hour. When she encounters downed trees on the trail, she notifies Kittatinny Valley State Park for clearing of these obstacles.

Kim has been interviewed on the Paulinskill Valley Trail many times, and articles have appeared in local and state newspapers. She has appeared as well on local TV stations. Naturally, the Paulinskill Valley Trail is always mentioned and promoted for its beautiful scenery.

You can find Kim and her best friends on the trail from September through March. Visit her web site at www.huskyhavenraceteam.com to learn more about Kim and her adventures. Donations toward dog food and race expenses are appreciated to help get this 'Jersey Girl' to become the first Idi-

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tarod racer from New Jersey. Local schools are pitching in by collecting "Pennies for Paws".

About the author:

Diane Geitzenauer moved to Knowlton Township about 3 years ago from Morris County to seek peace and quiet in a farm environment for herself, her husband and their Samoyed dogs. She often walks on the Paulinskill Valley Trail with her dogs and even gets to run her 6-dog sled team when not helping Kim Darst. She is a member of the Paulinskill Valley Trail Committee and currently a teacher of the gifted and talented at Knowlton Elementary School. You can e-mail Diane at sambits@juno.com with any questions about Kim's most recent progress in preparing for the great Iditarod Race.



*On the Footbridge to Lambert section of the PVT
Photo courtesy of Diane Geitzenauer*

March 1, 2008 - January 1, 2009 PVT Activity Schedule

DAY	DATE & TIME	ACTIVITY & LOCATION 2008
SAT	Mar 1	20 MILE FULL TRAIL HIKE (Sussex Branch) , weather permitting, over by nightfall. Call Bruce at 201-274-9805.
SAT	Mar 8, 8:30 am	BIRDING AND NATURAL HISTORY INTERPRETIVE WALKS , Meet at Kittatiny Valley State Park, Twin Lakes parking area on Goodale Road (CR623), 0.6 miles east of Route 206, north of Andover. Bring binoculars. Walk ends by noon. Sponsored by New Jersey Audubon Society & the PVTc.
SAT	Mar 8, 10 am	Footbridge - HIKE (or XC skiing - weather permitting).
SAT	Mar 15	30 MILE FULL TRAIL HIKE (Paulinskill Trail) , weather permitting, over by nightfall. Call Bruce at 201-274-9805.
SAT	Mar 15, 8:30 am	BIRDING AND NATURAL HISTORY INTERPRETIVE WALKS , see same activity for Mar 8 for directions and description.
TUE	Mar 25, 7:30 pm	PVTC QUARTERLY MEETING . Hackettstown Community Center; speaker and refreshments. Call 908-684-4820.
SAT	Apr 5, 10 am	Warbasse Junction. MEET THE PVTC FOUNDERS AND HIKE . Refreshments will be served.
SAT	Apr 12, 8:30 am	BIRDING AND NATURAL HISTORY INTERPRETIVE WALKS , see same activity for Mar 8 for directions and description.
SAT	Apr 12, 10 am	Footbridge - HIKE
SAT	Apr 12, 11:30 am	Warbasse Junction - Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled.
SAT	Apr 19, 8:30 am	BIRDING AND NATURAL HISTORY INTERPRETIVE WALKS , see same activity for Mar 8 for directions and description.
TUE	Apr 22, 7:30 pm	PVTC MONTHLY MEETING . Call 908-684-4820.
SAT	May 3, 10 am	Footbridge - HIKE
SAT	May 10, 8:00 am	BIRDING AND NATURAL HISTORY INTERPRETIVE WALKS , see same activity for Mar 8 for directions and description.
SAT	May 10, 10 am	Warbasse Junction - WELCOME TO SPRING FLOWER WALK
SAT	May 17, 8:00 am	BIRDING AND NATURAL HISTORY INTERPRETIVE WALKS , see same activity for Mar 8 for directions and description.
SAT	May 17, 10 am	Footbridge - HIKE
TUE	May 27, 7:30 pm	PVTC MONTHLY MEETING . Call 908-684-4820.
SAT	Jun 7, 10 am to 2 pm	NATIONAL TRAILS DAY CELEBRATION . Warbasse Junction on the trail. Visit our exhibit at the junction of the two railroad lines.
SAT	Jun 7, 10 am	Warbasse Junction - NATIONAL TRAILS DAY HIKE
SAT	Jun 14, 10 am	Footbridge - HIKE
SAT	Jun 14, 11:30 am	Warbasse Junction - Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled.
TUE	Jun 24, 7:30 pm	PVTC ANNUAL MEETING . Hackettstown Community Center, speaker and refreshments, followed by elections. Call 908-684-4820.
TUE	Jul 22, 7:30 pm	PVTC MONTHLY MEETING . Call 908-684-4820.
SAT	Aug 9, 11:30 am	Warbasse Junction - Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled.
TUE	Aug 26, 7:30 pm	PVTC MONTHLY MEETING . Call 908-684-4820.
MON	Sep 1, 10 am	Footbridge - LABOR DAY HIKE

See page 4 for PVTC Hike and Bike Locations.

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March 1, 2008 - January 1, 2009 PVT Activity Schedule - *Continued from page 3*

DAY	DATE & TIME	ACTIVITY & LOCATION 2008
SAT	Sep 13, 11:30 am	Warbasse Junction – Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled.
SUN	Sep 14, 10 am	Footbridge – HIKE
TUE	Sep 23, 7:30 pm	PVTC QUARTERLY MEETING . Hackettstown Community Center; speaker and refreshments. Call 908-684-4820.
SAT	Oct 4, 10 am	Warbasse Junction - FALL FOLIAGE HIKE
SAT	Oct 4, 11:30 am	Warbasse Junction – Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled.
SAT	Oct 18	20 MILE FULL TRAIL HIKE (Sussex Branch) , weather permitting, over by nightfall. Call Bruce at 201-274-9805.
SAT	Oct 25, 10 am	Footbridge – GHOST HIKE
TUE	Oct 28, 7:30 pm	PVTC MONTHLY MEETING . Call 908-684-4820.
SAT	Nov 1, 10 am	Warbasse Junction – HIKE
SAT	Nov 8	30 MILE FULL TRAIL HIKE (Paulinskill) , weather permitting, over by nightfall. Call Bruce at 201-274-9805.
SAT	Nov 8, 11:30 am	Warbasse Junction – Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled.
SAT	Nov 22	EXPLORER HIKE . Call Bruce at. 201-274-9805.
TUE	Nov 25, 7:30 pm	PVTC MONTHLY MEETING . Call 908-684-4820.
SAT	Dec 6	EXPLORER HIKE . Call Bruce at 201-274-9805.
THU	Dec 11, 6:00 pm	PVTC ANNUAL DINNER
ACTIVITY & LOCATION 2009		
THU	Jan 1, 10 am	2009 - Footbridge – 24th ANNUAL NEW YEAR'S DAY HIKE . Call 908-684-4820.

PVTC HIKE AND BIKE LOCATIONS

All hikes and bike rides (helmets required) take place on the Paulinskill Valley Trail or on the Sussex Branch Trail, both of which are part of Kittatinny Valley State Park. They are cinder-based rail trails that provide easy, level walking and riding.

There are two starting places for hikes and bike rides. This arrangement gives us the opportunity to cover the entire 27-mile PVT in several hikes. We offer 5, 7, 10, 20 (full Sussex Branch) or 30 (full PVT) mile hikes. Bring lunch and water, wear comfortable shoes and enjoy.

FOOTBRIDGE PARK

Route 94, Blairstown, NJ. Take Route 80 to Exit 12, Route 521. Go north on Route 521 for 5 miles to Route 94 in Blairstown. Turn left onto Route 94 and take the second left into the park, designated by a small white sign with black lettering.

WARBASSE JUNCTION

Route 663, ½ mile south of Route 94 in Lafayette. Take Routes 206 and 94 through Newton and continue north for 2½ miles. At the light, turn right to follow Route 94 North. Continue two miles to Warbasse Junction Road, Route 663 South. Turn right and go ½ mile to a parking lot on the right.

Note:

The PVT schedule may be subject to change. For the most current information, please either call the activity contact number, access our web site at www.pvtc-kvsp.org, or call the PVTC phone number 908-684-4820.

The Signal is published two times a year to share information. Articles and/or material may be submitted to the editor (Graham Finlayson, e-mail: signaled@msn.com) or to PVTC, P.O. Box 175, Andover, New Jersey 07821. We reserve the right to edit for space considerations.

Nature Notes - Continued from page 1

much more vitamin A than an equivalent amount of carrots, and ounce for ounce, have more potassium than bananas. Fresh flowers and young leaves are edible, and a thick, sweet wine can be made from the fermented flowers, which also produce a yellow dye. Roots can be roasted and ground into a coffee substitute, claimed to be the best-tasting found in the wild. The town of Vineland, NJ is known as the "Dandelion Capital of the World," where about a dozen farmers grow hundreds of acres of dandelions for the salad market. Ironically, over 100,000 pounds of dandelion root are *imported* to the U.S. each year for use by pharmacists in liver medications.

Plantain (*Plantago sp.*) Rich in vitamins A, B1, C, riboflavin, and many minerals, young plantain leaves are edible and are used widely as a panacea



Plantain

Photo courtesy of Lynn K. Groves

throughout the world. A Native American name for these plants translates to "life medicine." Plantains are currently being used in preparations to help people stop smoking. The tiny seeds may aid in lowering cholesterol levels, and when soaked in water, exude a clear sticky gum that has been used by lotion

manufacturers in night creams for reducing wrinkles.

Dame's Rocket (*Hesperis matronalis*) A relative of winter cress that is often misidentified as phlox, dame's rocket has pink, lavender, or white flowers with four petals (phlox have five) and alternate leaves (phlox have opposite leaves). The fragrant flowers and young leaves are edible, and the seeds blended with wine vinegar make a mustard sauce.

Heal-all (*Prunella vulgaris*) For centuries, this perennial plant has been used medicinally on almost every continent in the world to cure almost every ailment known to man. Current research shows it may be useful in treating cancer, AIDS, diabetes, and many other illnesses. The creeping square stems support a miniature "pinecone" studded with purple-and-white flowers from June to September.

Gill-over-the-ground (*Glechoma hederacea*) Also called ground ivy and creeping Charlie, this perennial is known for its high vitamin C content, and is said to be one of the first edible and medicinal plants brought to North America by early European settlers. In Europe, the aromatic leaves



Gill-over-the-ground

Photo courtesy of Lynn K. Groves

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Paulinskill Valley Trail Committee Gift Order Form

Looking for a gift for that special hiker or nature lover in your life?

Purchase a gift from the Paulinskill Valley Trail Committee and support your multi-use rail trail at the same time



T-shirts, golf shirts, books and maps are a major source of income for the PVTC as well as our way of publicizing the trail. Please consider helping our cause through the purchase of these items for yourself, a family member or friend. T-shirts are silk--screened with a design portraying the users of the trail on the front (horse rider, hiker, jogger, cyclist and cross-country skier) and our trail map on the back. Golf shirts have our original logo embroidered on the left front. Send your order to: PVTC, PO Box 175, Andover, NJ 07821. Make your check payable to the Paulinskill Valley Trail Committee (or just PVTC). All items include shipping via U.S.P.S. Please include ship-to information (please clearly print shipping name and address). Thank you!

GIFT ORDER FORM			
<u>Books</u>			
Title	Price with Shipping	Quantity	Total
The Paulinskill Valley Trail, Before and After.			
A 59 page book with text and pictures about the PVT.	\$13.00		
<u>T-shirts</u> - Available in green with the design in yellow or white. Sizes: medium, large, extra large, and extra-extra large.			
Size	Price with Shipping	Quantity	Total
	\$14.00		
	\$14.00		
<u>Golf shirts (Closeout Special)</u> - Available in green with the design embroidered. Sizes: small, large, and extra large.			
Size	Price with Shipping	Quantity	Total
	\$18.00		
	\$18.00		
<u>Trail Maps: Regular</u>			
Item	Price with Shipping	Quantity	Total
Paulinskill Valley Trail & Sussex Branch Trail			
Color, laminated Set of 2 double sided, 8 1/2"x11"	\$7.00		
<u>Trail Maps: Topographical</u>			
Item	Price with Shipping	Quantity	Total
Sussex Branch Trail			
Set of 4: 8 1/2"x14", 2 sheets, heavy paper	\$3.50	<i>OUT OF STOCK</i>	<i>OUT OF STOCK</i>
Sussex Branch Laminated			
Set of 4: 8 1/2"x14", 2 sheets, heavy paper laminated	\$6.25		
Paulinskill Valley Trail			
Set of 8: 8 1/2"x14", 4 sheets, heavy paper	\$3.75	<i>OUT OF STOCK</i>	<i>OUT OF STOCK</i>
Paulinskill Valley Trail Laminated			
Set of 8: 8 1/2"x14", 4 sheets, heavy paper	\$9.00		

The Paulinskill Valley Trail (PVT) and the Sussex Branch Trail (SBT) are part of the Kittatinny Valley State Park (KVSP). Together they make up 48 miles of cinder-based rail-trails which lend themselves to multi-use, excluding motorized vehicles. The Paulinskill Valley Trail Committee (PVTC) is a not-for-profit organization of volunteers dedicated to promoting the public interest, appreciation and conservation of the resources of KVSP with emphasis on its rail-trails. For information regarding the PVTC, please call 908-684-4820, write to PVTC, Box 175, Andover, NJ 07821, or access our website at www.pvtc-kvsp.org.

KVSP Interpretive Programs Spring & Summer 2008

Pre-registration for all Park-sponsored programs is required by 3:30 PM of the day prior to the program date as space is limited. Please call 973-786-6445 to register. Programs are free of charge and unless otherwise noted meet at the visitor center located 1.1 miles north of Route 206, off Goodale Road in Andover Township. Please be prompt. Programs start at the time indicated. Children must be accompanied by an adult at all times. Pets are not permitted during any program. In case of inclement weather, all participants are urged to contact the visitor center to determine whether programs have been cancelled or rescheduled. All programs are subject to change.

DAY	DATE & TIME	ACTIVITY & LOCATION
TUE	Mar 4, 4 - 5:30 pm	NATURE'S ENGINEER: THE BEAVER , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 8 to 12. Partially ADA accessible.
MON	Mar 17, 5 - 6 pm	GREEN LIVING: HOW TO SAVE MONEY <u>AND</u> THE PLANET , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults. ADA accessible.
TUE	Mar 18, 5:30 - 6:30 pm	TIMBERDOODLES! , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 10 to 14. ADA accessible.
THU	Mar 20, 10 am to noon	SPRING EQUINOX HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults.
TUE	Mar 25, 4 - 5:30 pm	THE NATURE OF VERNAL POOLS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 10 to 14. Partially ADA accessible.
WED	Mar 26, 4 - 5:30 pm	THE NATURE OF VERNAL POOLS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 10 to 14. Partially ADA accessible.
THU	Mar 27, 4 - 5 pm	L'IL TYKES SPRING HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults with children age 5 and under.
TUE	Apr 1, 4 - 5 pm	WILDLIFE "MYTHBUSTERS" , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 6 - 12. Partially ADA accessible.
TUE	Apr 8, 4 - 5:30 pm	THE NATURE OF VERNAL POOLS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 8 - 12. Partially ADA accessible.
THU	Apr 10, 4 - 5 pm	L'IL TYKES HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults with children ages 5 and under.
THU	Apr 17, 11 am to noon	CREATING A BACKYARD HABITAT , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults. ADA accessible.
TUE	Apr 22, 4 - 5 pm	EARTH DAY HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 6 - 12.
THU	Apr 24, 4 - 5 pm	L'IL TYKES HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults with children ages 5 and under.
TUE	Apr 29, 11 am to noon	GARDEN FLOWER FOLKLORE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults. ADA accessible.
TUE	May 6, 10 am to noon	INVASIVE PLANTS: AN INTRODUCTION , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults. Partially ADA accessible.
THU	May 8, 4 - 5 pm	L'IL TYKES HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults with children ages 5 and under.
SUN	May 11, 10 - 11:30 am	MOTHER'S DAY WILDFLOWER WALK , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 12 and above.

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KVSP Interpretive Programs Spring & Summer 2008 - *Continued from page 7*

DAY	DATE & TIME	ACTIVITY & LOCATION
THU	May 15, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For children ages 4 and 5. ADA accessible.
TUE	May 20, 10 - 11:30 am	BACKYARD BOTANY , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults. Partially ADA accessible.
THU	May 22, 4 - 5 pm	L'IL TYKES HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults with children ages 5 and under.
FRI	May 23, 7 - 8:30 am	MORNING KAYAKING , Kittatinny Valley State Park, Lake Aeroflex Boat Launch. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For teens and adults. Bring your own kayak, PFD and paddle.
MON	May 26, 8 - 9 am	EARLY BIRD WALK , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 6 - 12.
MON	May 26, 10 am to noon	THE RED, WHITE & BLUE HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults.
THU	May 29, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For children ages 4 and 5. ADA accessible.
SAT	May 31, 11 am to noon	CREATING A BACKYARD HABITAT , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults. ADA accessible.
SAT	May 31, 2 - 3 pm	BLACK BEARS IN NJ , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 6 - 12.
THU	Jun 12, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For children ages 4 and 5. ADA accessible.
SAT	Jun 14, 10 am to noon	FLY FISHING FOR BEGINNERS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 10 and above. ADA accessible.
MON	Jun 23, 7 - 8:30 am	MORNING KAYAKING , Kittatinny Valley State Park, Lake Aeroflex Boat Launch. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For teens and adults. Bring your own kayak, PFD and paddle.
THU	Jun 26, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For children ages 4 and 5. ADA accessible.
SAT	Jun 28, 11 am to noon	BACKYARD BUGS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 6 - 12. Partially ADA accessible.
THU	Jul 10, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For children ages 4 and 5. ADA accessible.
SAT	Jul 12, 9 - 10:30 am	WILDFLOWER WALK , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults.
SAT	Jul 19, 11 am to noon	"THE GREAT HORNED OWL & THE CROW" , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. Family program - all ages. ADA accessible.
WED	Jul 23, 7 - 8:30 am	MORNING KAYAKING , Kittatinny Valley State Park, Lake Aeroflex Boat Launch. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For teens and adults. Bring your own kayak, PFD and paddle.
THU	Jul 24, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For children ages 4 and 5. ADA accessible.
SAT	Jul 26, 11 am to noon	BUTTERFLY BASICS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For children ages 6 - 12. ADA accessible.
TUE	Jul 29, 10 - 11 am	BACKYARD BUGS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For children ages 6 - 12. Partially ADA accessible.

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KVSP Interpretive Programs Spring & Summer 2008 - Continued from page 8

DAY	DATE & TIME	ACTIVITY & LOCATION
SAT	Aug 2, 11 am to noon	DRAGONS & DAMSELS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults and children ages 6 - 12. Partially ADA accessible.
THU	Aug 7, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For children ages 4 and 5. ADA accessible.
SAT	Aug 9, 11 am to noon	KINGDOM OF THE COLDBLOODS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. Family program - all ages. ADA accessible.
SAT	Aug 16, 7 - 8 pm	WOLF VISIONS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. Family program - all ages. ADA accessible.
THU	Aug 21, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For children ages 4 and 5. ADA accessible.
SAT	Aug 23, 7 - 8:30 am	MORNING KAYAKING , Kittatinny Valley State Park, Lake Aeroflex Boat Launch. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For teens and adults. Bring your own kayak, PFD and paddle.
SUN	Aug 24, 9 - 10:30 am	LATE BLOOMERS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults.
TUE	Sep 9, 4 - 5 pm	THE MAGIC OF MONARCHS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For children ages 6- 12. ADA accessible.
WED	Sep 10, 4 -5 pm	THE MAGIC OF MONARCHS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For children ages 6- 12. ADA accessible.
THU	Sep 11, 4 - 5 pm	L'IL TYKES HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults with children ages 5 and under.
MON	Sep 22, 11 am to noon	AUTUMN: TRADITIONAL CELEBRATIONS OF THE HARVEST , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults. ADA accessible.
TUE	Sep 23, 1 - 2 pm	AUTUMN: TRADITIONAL CELEBRATIONS OF THE HARVEST , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults.
TUE	Sep 23, 5:30 - 7 pm	"AEROFLEX IN AUTUMN" SUNSET PADDLE , Kittatinny Valley State Park, Lake Aeroflex Boat Launch. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For teens and adults. Bring your own kayak, PFD and paddle.
THU	Sep 25, 4 - 5 pm	L'IL TYKES HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size is limited, pre-registration is required. For adults with children ages 5 and under.

Kittatinny Valley State Park Information

Office Hours: 9:00 AM - 4:30 PM

Mailing Address: P.O. Box 621, Andover,
NJ 07821-0621;

Call: 973 786 6445; *Fax:* 973 786 6874

E-mail: kittatinnyvalley@embarqmail.com

<i>Superintendent</i>	Rocky Gott
<i>Naturalist</i>	Lynn Groves
<i>Maintenance Supervisor</i>	Jim Scholts
<i>Customer Service Representative</i>	Kerry Debski
<i>State Park Police Dispatch</i>	1-877-WARN-DEP (1-877-927-6337)
<i>State Park Police</i>	973 786 6445 during office hours
<i>Trail Emergency (not State Park Police)</i>	Call 911

PVTC Officers:

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<i>Vice President:</i>	Paul Briggs.
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Nature Notes - Continued from page 5

were used in fermenting home-brewed ale known as *gill ale*. “Gill” means “to ferment or make merry.” Like heal-all, this plant also has a long history as a medicine dating back to the 1st century A.D. It is currently being studied for use in preventing leukemia, bronchitis, hepatitis, many kinds of cancer, HIV, and as an antidote for lead poisoning. It is a creeping plant with leaves that remain green all winter and small blue-violet flowers that bloom from March to May.

Purple Deadnettle (*Lamium purpureum*)

Blooming from March to April, this annual immigrant from Europe has very nutritious leaves that are



Deadnettle

Photo courtesy of Lynn K. Groves

high in iron, vitamins, and fiber. Lab tests show that the seed oil possesses high antioxidant activities, and might be used as a future food-additive. Fresh or dried, it can be made into a tea for a medicinal tonic.

Speedwells (*Veronica spp.*) Speedwells add color and character to a natural lawn. The name “speedwell” may have been related to a belief that the plant was quick in curing. As medicinal herbs

they were once collected, dried, and sold for their reputed diuretic and astringent properties. Blooming from May to June, speedwells are perennials with tiny flowers, being only about ¼-inch broad and in spike-like clusters.

Violets (*Viola spp.*) Our NJ State Flower has a long history as food and medicine. The spring leaves of the common blue violet (*V. papilionacea*) have five times more vitamin C than the equivalent weight of oranges, and 2.5 times more vitamin A than spinach. Containing a good deal of sugar, the pectin-rich flowers have been crystallized and served as a candy or cake decoration; added to salads; made into jelly, syrups, and marmalades; used to flavor honey and make custard; added to gelatins; and used in the perfume industry. Violets are even showing promise in the treatment of many kinds of cancer, arthritis, and AIDS.

Cinquefoils (*Potentilla spp.*) Often mistaken for a buttercup, these native perennials have had a reputation as potent panaceas since the Middle Ages.



Cinquefoil

Photo courtesy of Lynn K. Groves

Cinquefoil is French for “five-leaved.” The yellow

Continued on page 11

Nature Notes - Continued from page 10

flowers bloom from April to August, and the young shoots and leaves are edible. Cinquefoils have been used in tanning for centuries.

Hop Clovers (*Trifolium spp.*) Ubiquitous and useful, clovers help feed and beautify the world. Although most of these annual plants weren't even here a few centuries ago, many have been of immeasurable value to farmers. Most were imported from Europe by settlers who knew the plants' value not only as a high-protein food for horses, cattle, and other domestic animals but also as a soil regenerator (i.e. "green manure"). Without the clovers, there also would be a far poorer quality of honey than we now enjoy. Blooming from May to November, each flower-head is comprised of numerous, fragrant, tiny florets.

Common Chickweed (*Stellaria media*) Chickweeds have followed humans around the world - some say it may be the most common flowering plant on earth! For a lowly lawn weed, chickweed has had quite a history of popular uses. The whole plant is very nutritious, high in vitamin C and minerals, and as wild bird food, chickweed is good to have in the yard to attract a variety of species. The typically white 5-petaled flowers bloom throughout the year except in deepest winter.

To learn more about the plants growing in your own yard, register for the "Backyard Botany" program for adults, to be held at Kittatinny Valley State Park on Tues., May 20 from 10 a.m. to 11:30 a.m. by calling (973) 786-6445. For a listing of all KVSP Spring & Summer 2008 programs, please refer to the schedule included in this newsletter.

SOURCES

Foster, Steven. *A Field Guide to Medicinal Plants and Herbs*. 2000.

Gibbons, Euell. *Stalking the Wild Asparagus*. 2005.

Peterson, Lee Allen. *A Field Guide to Edible Wild Plants*. 1977.

Sanders, Jack. *The Secrets of Wildflowers*. 2003.



ATTENTION MEMBERS!

The PVTC is sending the March 2008 newsletter via e-mail. This is our first attempt to mail The Signal this way; please let us know if there are any problems, by e-mailing signaled@msn.com. The members without e-mail will receive their copies as usual by snail-mail. There will be hard copies at every meeting and at the Kittatinny Valley State Park office off Goodale Road in Andover Township. Also you can download The Signal from the Archive Page on our website pvtc-kvsp.org.

In addition there will be no further post card notifications of monthly meetings. Please check the PVTC website for meeting details or call the PVTC voice mail number 908-684-4820. All libraries now have internet access for their customers who are not connected at home.

The Paulinskill Valley Trail Committee is trying these methods to save money so that dues can remain at \$10 per person. Thank you for your understanding.

Trail Tales

and

PVT GALLERY

Contributions welcome

All contributions to the "Trail Tales" and "PVT Gallery" section of this news letter are welcome. Please send your recollections and / or photographs (digital preferred) of PVT related events to signaled@msn.com or mail to PVTC, P.O. Box 175, Andover, New Jersey 07821.

Trail Tales

Branchville Bust Out

May 21, 2007

by Gary R. Kazin

Since my van needed a wheel alignment, I decided I would ride my bike for a while. My ride starts at the Dover Chrysler shop on South Salem St. to the NJ Transit station at Dover where I buy a round trip to Mount Olive. After riding my bike around town until train time at 9:21, I take the train which consists of a diesel and three very old cars. We slow for station construction at Howard Boulevard. At Netcong, all other passengers get off. At my request, the conductor stops at Mount Olive which has a mini high-level platform. He warned me that if they miss it, they can't back up, but they don't have a problem. I ride through the Trade Zone to Waterloo Road, noting that the actual road is built atop the Sussex Branch embankment. It takes me nine minutes to reach the trail head, which has a composting toilet. I'm so glad to see this convenience.



When I finally get on the trail, I see two people walking near the waterfall and



another at Cranberry Lake.

At 10:15, the Dover shop calls and informs me that my van is done, and I reply that I'll be there about 3 pm. I soon bike pass Whitehall, a former station site. However, nothing is left, and the embankment is heavily eroded. At Andover, I encounter the same conditions. At the 206 crossing, I notice four guys with bikes in the parking lot, but I don't see them again. By 11 am, I've reached the Newton-Sparta Road and the detour along Hicks Ave.

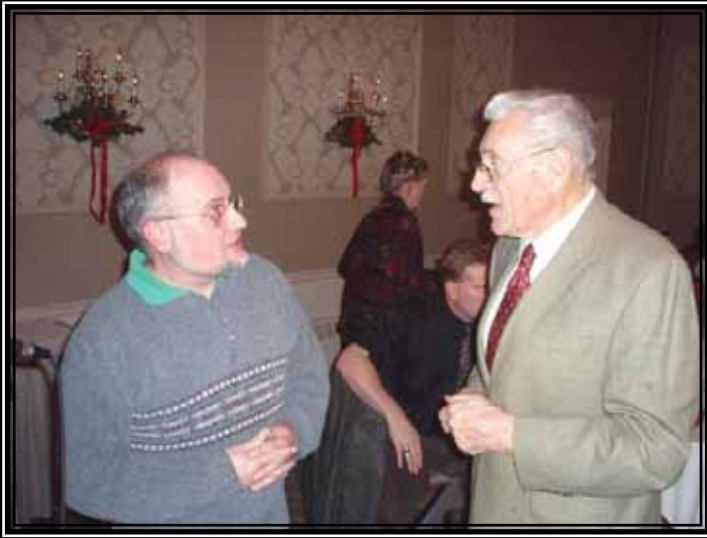
I meet others on the trail—a woman walking her dog near Warbasse Junction ruins, then two men near 94 and a fisherman at 206. A few spots with large pieces of gravel make for hard pedaling, and there are a few more washouts or near washouts.

It's ten minutes before noon at the US 206 underpass south of Branchville when I turn back. There isn't enough time to go into town. I calculate that I'll get back between 1:50 and 2:10; the train is scheduled to arrive at 2:08. Just after I crest the last summit, I feel cramps in both legs. Although I can't stand up, I can still pedal. I manage to reach the station at 2 pm and board the waiting train and finally relax.

It is the same train I rode earlier, having made a round trip to Montclair State University but with a different crew. We head east on time; nobody else boards here. Three people board at Netcong, two for Dover and one for Newark. One is on the train because he had 42 points on his driver's license. He says he owned fast cars and couldn't stay below 80 mph. One passenger boards at Lake Hopatcong, going to Dover. We slow again at Howard Boulevard and reach Dover at 2:31, two minutes late. I ride to the shop to get my van. I congratulate myself, for I did 45.34 miles on the bike and consider it a good day's effort. It certainly is better to enjoy the trail instead of sitting in the waiting room for a wheel alignment.



PVT GALLERY



*Guest Speaker Dave Rutan (left) and Don Robbins
- Annual Dinner 2007
Photo courtesy of Rob Nicholson*



*Dinner Guests - Annual Dinner 2007
Photo courtesy of Rob Nicholson*



*Dinner Guests - Annual Dinner 2007
Photo courtesy of Rob Nicholson*



*Lunch on the Trail
- Fall 2007
Photo courtesy of Marty Grossman*

When you walk in the Woods in Spring.....

By *Marge Barrett*

Spring is almost here! Hopefully! As you stride along the trail in the warming March sun, look down in the swampy places for the buds of Skunk Cabbage hiding in the dead leaves or even under the remainders of snow. When April arrives you can search damp woods for Bloodroot with its curled leaf and single white blossom. Round-lobed Hepatica, sporting small pale purple-to-white flowers, is another low-growing spring plant. Its three-lobed leaves usually appear after the flowers are gone. Fiddleheads, pushing their way up through the leaf litter on the forest floor, are on their way to becoming grown-up ferns. There are many more spring plants to enjoy. Check out a guide to wildflowers from your local library and learn the joys of 'discovering' flowers new to you! Happy trails! Happy spring!



Bloodroot

Photo courtesy of Marge Barrett



Fiddlehead of Christmas Fern
Photo courtesy of Marge Barrett

Thank You

Thank you from the editor to Marge Barrett, Roberta Bramhall, Diane Geitzenauer, Susan and Marty Grossman, Lynn K. Groves, Gary R. Kazin, Rob Nicholson and Lou Turse for their contribution and assistance with this issue of *The Signal*.

News Flash: Quarterly Meetings 2008

Don't miss the PVTC Quarterly Meetings held at the Hackettstown Community Center, Main Street, Hackettstown, NJ. Put the following dates on your calendar:

- Mar. 25:** "Vernal Pools" by Lynn Groves
- June 24:** "Trail Etiquette" by Susan Data-Samtak
- Sept. 23:** "Sounds of the Night" by Roberta Bramhall
- Dec. 11:** Annual Dinner at the Lafayette House

The program on **March 25th** will be a slide presentation about vernal pools which provide habitat for many rare species of plants, frogs, salamanders and other organisms. Yet despite their ecological importance, these pools have become an "endangered species" with encroaching development. During this program you will learn about these unique and vital resources and how we can help protect them. The presenter is Lynn Groves, naturalist

for Kittatinny Valley State Park.

The program on **June 24th** is on trail training and courtesy. Susan Data-Samtak will share some vintage photos of the Paulinskill Valley Trail before it was purchased by the state. Her exclusive use of the trail is on horseback. She will explain the difficult and long process used in training horses to tolerate whatever and whomever they encounter along the trail. Susan is the current president of the Somerset Horse & Pony Association. In the early 80's the SH&PA was one of the original supporters of the Paulinskill Valley Trail Committee's efforts to expedite the purchase of the trail for multi-use by the public. It has remained a staunch supporter of the PVTC to this day.

The program on **September 23rd** will help dispel any mysteries of the natural sounds heard in the night. What was that screech? That murmur? That yowl? Was it a frog? A bird? A mammal? Roberta Bramhall will provide answers to these nighttime questions with the use of slides and audio tapes. Roberta, a long-time student of nature, is an accomplished presenter and an original member of the PVTC.

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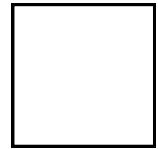


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PAULINSKILL VALLEY TRAIL COMMITTEE

Membership Application

The annual membership contribution is \$10 for an individual and \$20 for a family. Larger contributions are encouraged to help carry out our programs. Please make checks payable to "Paulinskill Valley Trail Committee" or "PVTC" and mail to PVTC, P.O. Box 175, Andover, NJ 07821.

Please print clearly.

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