



## KEEP DATES OPEN

**Tuesday March 10, 2026**  
**NHOC MEMBERSHIP MEETING**  
7 pm - 9 pm  
Plainview Old Bethpage Library,  
Old Country Rd, Plainview

## IT'S TIME TO RENEW!

**All NHOC 2025-2026 memberships  
expire March 31, 2026**

- E-Mail Weekly Blasts
- Electronic SHORELINES (NHOC Newsletter)
- Exciting Hikes ALL YEAR Long *led by Trained Leaders*
- Annual Events:**  
*Your membership needs to be current to attend.*
- JUNE PICNIC
- THANKSGIVING on the TRAIL
- HOLIDAY PARTY

**TELL YOUR FRIENDS to join  
And have the fun of hiking  
with NHOC!**



[\*\*LINK TO THE MEMBERSHIP RENEWAL\*\*](#)

**IMPORTANT NOTICE!**  
**THE ONLY WAY TO REGISTER  
FOR A HIKE IS WITH THE  
NHOC MEETUP APP!**

*Please read details on pg. 4*



**February - March 2026**

## PRESIDENT'S MESSAGE



Dear NHOC Family:

Happy 2026! 2025/2026 has welcomed many new members to our NHOC friendships. We are excited to look forward to another year of hikes, events, and meetings. Our December holiday party, thanks to our planners, Rhonda Eisenstadt and Janet Boccia, was a great success with over 100 attendees! Thanks to our members who have become trip leaders (everyone, please review Meetup and Weekly Blasts for all the upcoming offerings and sign up on Meetup).

When signing up on Meetup for any hikes/events, it is important for the leaders to know who is attending. If you are using a nickname or just first name, please add your full name in comments.

Our Meetings are for all members. Please share your thoughts/ideas for speakers that would be of interest.

Thank you,  
Fran Cassidy, President



**Nassau Hiking Outdoor Club**

**Needs  
Volunteers!**  
*More info on PAGE 11*

**INTRODUCING "D" HIKES**  
(Dogs Welcome!) at NHOC! See page 9 for details

## WE HIKE EVERYWHERE!

Nassau, Suffolk, Queens, Manhattan, Brooklyn, Bronx, Westchester & Upstate, N.Y.

Visit [WWW.NASSAUHIKING.ORG](http://WWW.NASSAUHIKING.ORG)

# IMPORTANT NOTICE

**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.**

The registration/release form contains the following statement. By participating in this hike/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.

## HIKE LEVEL DESCRIPTIONS – Pace & Terrain

(Mileage is Listed by Each Hike)

### A HIKES:

Steep Hills/Scrambling/Rough Terrain or Flat Terrain or Pavement (Moderate Pace on City Hikes), Over 8 Miles

### B HIKES:

Hiking Trails with Some Hills/Sand/Beach or Flat Terrain or Pavement, 8 Miles or Less

### C HIKES:

Flat Terrain or Pavement, 5 Miles or Less

### D HIKES:

These are specific hikes designed for members who want to bring their well-behaved dogs along. You do not need a canine companion to join the hike.

## NHOC OFFICERS AND BOARD MEMBERS:

Fran Cassidy	President	631-786-2774	president@nassauhike.org
Paul Aledort	Vice-President	516-978-9291	vice-president@nassauhike.org
Connie Savino	Treasurer	631-664-3120	treasurer@nassauhike.org
Jill Klasson Gorin	Recording Secretary	516-378-7857	recordingsecretary@nassauhike.org
Michele Monahan	Corresponding Secretary	516-423-1116	corresponding@nassauhike.org
Janet Boccia	A Hiking Coordinator	631-816-1847	AHikes@nassauhike.org
Rhonda Eisenstadt	B Hiking Coordinator	516-445-1735	BHikes@nassauhike.org
Jean Siry	C Hiking Coordinator	631-374-8095	CHikes@nassauhike.org
Janet Boccia	Weekends	631-816-1847	overnight@nassauhike.org
Janet Boccia	Day Events	631-816-1847	events@nassauhike.org
Don Wilber	Publications Editor	516-244-5208	shorelines@nassauhike.org
Guy Jacob	Conservation	516-837-9522	conservation@nassauhike.org
Judy Kislik	Membership	516-965-8353	membership@nassauhike.org
Lewis Levy	NY/NJ Trail Conference Delegate	332-600-5664	NYNJtrailconference@nassauhike.org
Denise Hesselbach	Mileage Tally	631-885-4852	NHOCtally@nassauhike.org
<b>OPEN</b>	Major Events Coordinator		
<b>OPEN</b>	Publicity		
<b>OPEN</b>	Membership Meetings Coordinator		



## **PLEASE READ**

These mandatory guidelines carefully

## **WHICH MUST BE FOLLOWED ON ALL HIKES:**

- **ALL HIKES WILL BE UNLIMITED** or, based on the hike leader's discretion, will be limited to a specific number of hikers.
- **ALL HIKES HAVE A MEETING TIME AND A LEAVE PROMPTLY TIME** on all blasts. **HIKE LEADERS WILL LEAVE ON TIME**. Plan to arrive early so you do not miss the hike.
- **ALL HIKES WILL BE BLASTED ON WEDNESDAY** and will cover Friday through Thursday.
- **PRE-REGISTRATION FOR ALL HIKES CAN BE SENT TO THE HIKE LEADER** (specify which hike) by email and will be on a first-come-first-serve basis. **INCLUDE YOUR CELL PHONE # WITH HIKE LEADER OR USE THE NHOC MEETUP GROUP AS OF JANUARY 1 2026 ALL HIKERS MUST REGISTER THROUGH THE MEETUP GROUP.**
- **PLEASE NOTIFY HIKE LEADER and WITHDRAW YOURSELF ON MEETUP IF YOU CAN NOT MAKE THE HIKE.** Removing yourself on Meetup automatically moves someone on the waitlist to be to the attending list.
- **HIKE LEADERS WILL CHECK** with the membership chair to ensure all registrants are current.
- **HIKERS ARE ENCOURAGED TO BRING WATER, A SNACK AND WEAR LAYERS.** No heavy coats, that you will have to carry, because you will warm up once you start hiking.
- **HIKERS ARE ENCOURAGED NOT TO CARRY A LARGE HANDBAG.** Please use a backpack, small bag worn crossbody or a fanny pack to free up your hands.
- **We encourage** all hikers to help the hike leader by **volunteering to be a sweep**.
- **HIKE LEADERS HAVE THE AUTHORITY TO TELL A HIKER THAT THEY WILL NOT BE ABLE TO HIKE WITH THE GROUP IF THEY ARE NOT FOLLOWING THE GUIDELINES AT THE ONSET.**
- **THESE GUIDELINES ARE SUBJECT TO CHANGE**
- **PHOTOGRAPHY AND WEBSITE RELEASE:** Photos and videos may be taken during our events. We remind our members that such photos/videos may be posted to the website, **Shorelines**, and/or Facebook. You grant full permission to Nassau Hiking and Outdoor Club to use, reuse reproduce, publish, or republish any photographs/videos or any other record of your participation in any events.
- **We greatly appreciate your willingness to abide by these rules** to secure a pleasant and safe environment.

If you have any questions or concerns about these guidelines, please contact the appropriate hike coordinator:

- A) Janet Boccia [ahikes@nassauhike.org](mailto:ahikes@nassauhike.org)
- B) Rhonda Eisenstadt [bhikes@nassauhike.org](mailto:bhikes@nassauhike.org)
- C) Jean Siry [chikes@nassauhike.org](mailto:chikes@nassauhike.org)

# IMPORTANT NOTICE!!

**THE ONLY WAY TO REGISTER for NHOC**

Hikes/Events is **THROUGH MEETUP!**

**100% Of Registration Will Be Done Through**

**"Nassau Hiking And Outdoor Club"**

**Meetup group**

*(some exceptions for special events and events requiring payment may be made and will be noted in the description)*

**Effective January 1st, all members must use MEETUP to register for hikes/events. MEETUP IS FREE, you do not need to accept paid Meetup to join Nassau Hiking and Outdoor Club Meetup.** This is most important since some hikes/events have maximum number of participants.

**IMPORTANT:** When signing up on Meetup for any hikes/events, it is important for the leaders to know who is attending. If you are using a nickname or just first name, please add your full name in comments.

If you are having problems joining our Meetup group, please contact: Judy Kislik - [Judyk.nhoc@gmail.com](mailto:Judyk.nhoc@gmail.com) (Nassau County Residents) Connie Savino - [treasurer@nassauhike.org](mailto:treasurer@nassauhike.org) (Suffolk County Residents).

## A HIKE

Steep Hills/Scrambling/Rough Terrain or Flat Terrain or Pavement (Moderate Pace on City Hikes), Over 8 Miles

## B HIKE

Hiking Trails with Some Hills/Sand/Beach or Flat Terrain or Pavement, 8 Miles or Less

## C HIKE

Flat Terrain or Pavement, 5 Miles or Less

## D HIKE

Walk with dogs

## WEEKLY HIKES Members Only

**All registrations must be done on Meetup**

**Mon Weekly**

### STILLWELL FIELDS IN SYOSSET

**B 5 mi**

**UNLIMITED**

**NEW TIME: Meet at 9:30 am Hike leaves promptly at 9:40 am near trail head.**

**Leader: Rhonda Eisenstadt - Contact information for Rhonda [rpe711@aol.com](mailto:rpe711@aol.com) or 516-445-1735.**

Let us hike from Stillwell Fields towards Cold Spring Harbor. We will explore varied wooded trails on our way to Rte.108 and back. We will encounter some hills along the way. Rain/snow cancels. Wear hiking boots. Bring water. No restrooms/facilities on trail. Please register for hike on Meet-UP once posted.

**Directions:** Seaford Oyster Bay Expressway (Route 135) North to Jericho Turnpike (Route 25). Go East on Jericho Turnpike. Pass three traffic lights to Southwoods Road. (Town Golf Course on left). Make a left on Southwoods Road and go past three lights. Stillwell is just past Syosset HS on the right. Park close to the trail head.

**Mon Weekly**

### WALK AT SUNKEN MEADOW STATE PARK

**C 4 mi**

**UNLIMITED**

**Meet at 2:45 pm, hike leaves promptly at 3 pm walk at moderate pace.**

**Leader: Maureen McDonald @ 516-524-3163 or email [maureenmcd@optonline.net](mailto:maureenmcd@optonline.net)**

**Directions:** Take Sagtikos / Sunken Meadow Parkway north and go through toll booth (no fee after 4 pm) Proceed to parking lot 1 on the right and walk to the main building where we will meet by the office.

**Thu Weekly**

### BETHPAGE STATE PARK

**B 5 mi**

**UNLIMITED**

**Feb. 5, 12, 19, 26 Mar. 5, 12, 19, 26**

**Meet at 10:50 am, Hike leaves promptly at 11:00 am. Meeting place in the picnic parking lot near bathrooms**

**Leader: William DeGraff [wjdegraff@msn.com](mailto:wjdegraff@msn.com) or (text) 516 238-2677.**

We will together tour the many trails that start in the vicinity of the parking lot. There is some up and down, but no big hills. Recommend light weight hiking shoes. Bring water.

**Directions:** N NY135 South Oyster Bay Expressway. Exit Powell Ave. Turn left at the end of the exit ramp. Approximately 100 yards on the left is the entrance to the park. Use Bethpage State Park Playground on GPS

## HIKE LEADERS WANTED

- NHOC WOULD LIKE TO ENCOURAGE OUR MEMBERS TO BECOME A HIKE LEADER
- BEGIN BY LEARNING ONE OF THE MANY TRAILS ON LONG ISLAND, THE FIVE BOROUGHS OR UPSTATE NY
- LEARN HOW TO READ BLAZES AND TRAIL MARKERS

*If anyone is interested, please email [president@nassauhike.org](mailto:president@nassauhike.org)*



## HIKES and EVENTS *Members Only*

<b>Sun Feb 1</b>	<b>THE TRADITONS AT THE SHELTER ROCK LIBRARY</b>	<b>EVENT</b>
	<i>Meet in the Library at 2:30 pm. Show is at 3:00 pm.</i>	
	<i>Leader: Lewis Levy 332 600-5664 call or text. <a href="mailto:lewislevy53@aol.com">lewislevy53@aol.com</a></i>	
	The Traditions are a Long Island based A Capella Group that keeps the faith on Doo Wop & Old Time Rock & Roll. This show is on a first come first served basis so it is strongly suggested that you arrive by 2:30 for this 3:00 show to make sure you get a seat.	
	<i>Directions:</i> Shelter Rock Library is located at 165 Searington Road, Albertson.	
	<b><u>PLEASE REGISTER USING MEETUP ONCE POSTED</u></b>	
<b>Sun Feb 8</b>	<b>HEMPSTEAD LAKE STATE PARK LAKE - Figure Eight</b>	<b>B 5 mi</b>
	<i>Meet at the Environmental Education Nature Center at 9:50 am for a prompt 10:00 am departure.</i>	<b>UNLIMITED</b>
	<i>Leader: Lorna Christian. Please call or text (516) 987-3083 if you would like more information.</i>	
	Let us take a nice 5 miles around both sides of Hempstead Lake. Beautiful lake views and great conversation await. Bathrooms are in the Environmental Center. Bring water and a snack. Please watch the weather for what to wear. Hiking shoes or boots are recommended. Rain, ice, and snow cancel.	
	<i>Directions:</i> Southern State Parkway to exit 18-Eagle Avenue. Lake Dr. to the main parking lot.	
	<i>GPS:</i> 1000 Lake Drive, West Hempstead, NY 11552	
	<b><u>PLEASE REGISTER USING MEETUP ONCE POSTED</u></b>	
<b>Fri Feb 13</b>	<b>WITNESS FOR THE PROSECUTION</b>	<b>EVENT</b>
	<i>EastLine Theatre is staging Witness for the Prosecution at 7:30 pm (149 No. Wellwood a/k/a BACCA Arts Center)</i>	
	<i>Leader: Michele Monahan (mystery and detective book lover). If you want to join me, then email me at <a href="mailto:michm0123@aol.com">michm0123@aol.com</a> and put "Agatha" in the subject line, so I know to look for you. 516-423-1116</i>	
	We could meet at The Pizzeria or another restaurant on Wellwood. We would meet at 6:00 pm since this production begins 30 minutes earlier. (4 min. walk to theatre)	
	<u><a href="#">The Pizzeria link</a></u>	
	Link to buy <u><a href="#">Witness for the Prosecution</a></u> . Cost is \$27.05 general admission.	
<b>Sat Feb 14</b>	<b>GATHERING TIME AT THE NORTH BELLMORE LIBRARY</b>	<b>EVENT</b>
	<i>Meet at the Library at 2:00 pm. Concert is scheduled for 2:30 pm.</i>	
	<i>Leader: Lewis Levy 332 600-5664 call or text. <a href="mailto:lewislevy53@aol.com">lewislevy53@aol.com</a></i>	
	The Marvelous Local Folk Rock Trio Gathering Time will be singing love songs of the 1960's and 1970's at this show. Seating is on a first come first served basis therefore, it is strongly suggested that you arrive at the library no later than 2:00 for this 2:30 show.	
	<i>Directions:</i> North Bellmore Library is located at 1551 Newbridge Road, North Bellmore.	
	<b><u>PLEASE REGISTER USING MEETUP ONCE POSTED</u></b>	

## INFORMATION / ANNOUNCEMENTS

**IMPORTANT NOTES ABOUT OUR EMAIL SYSTEM** When you join, NHOC enters your e-mail address in our Constant Contact (CC) email messaging system. NHOC is on the job all year, adding members to the list and informing 200+ of us with club information.

**BLOCKED EMAILS** of upcoming hikes, events, and most importantly, last minute changes. A large percentage of the members stopped receiving our emails. The cause: A few members had marked our emails as "spam" or "junk." This is very harmful, as it only takes a few of these "spam reports" to BLACKLIST our [nassauhike.org](http://nassauhike.org) domain - just a few of these can hurt EVERYONE. PLEASE DO NOT MARK ANY NASSAUHIKE EMAILS AS SPAM OR JUNK.

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



## WE HIKE EVERYWHERE!

Nassau, Suffolk, Queens, Manhattan, Brooklyn, Bronx, Westchester & Upstate, N.Y.

Visit [WWW.NASSAUHIKING.ORG](http://WWW.NASSAUHIKING.ORG)

## HIKES and EVENTS Members Only

**Sat Feb 21**

### BETHPAGE STATE PARK

**C 4 mi**

*Meet at 10:15 am by the restrooms in the picnic area. We will start walking at 10:30 am*

**UNLIMITED**

**Leader: Maureen McDonald 516-524-3163 or email [maureenmcd@optonline.net](mailto:maureenmcd@optonline.net)**

Four mile walk at moderate pace on the concrete bike path (NOT THE DIRT TRAILS)

**Directions:** Seaford Oyster Bay Expressway (Route 135) to exit #8 Powell Avenue. Go east (left turn) about 100 yards to the park and proceed to parking area.

**PLEASE REGISTER USING MEETUP ONCE POSTED**

**Sat Feb 28**

### MASSAPEQUA PARK PRESERVE

**B 6 mi - moderate**

**UNLIMITED**

*Meet in the parking lot of the Brady Park Senior Center.*

*I will be at the park entrance near the trail at 9:50 am. for a prompt 10:00 am departure.*

**Leader: Lorna Christian. Please call or text (516) 987-3083 if you would like more information.**

Enjoy the quiet of the Greenbelt Trail and great conversation. We will meet at Brady Park, take the trail over the Southern State Parkway to the 3-mile mark. Optional loop around the pond.

Bring water, snacks, and a smile. Bathroom at the beginning of the trail only. Proper hiking shoes are recommended as the trail may be muddy. We may stick to the paved trail if conditions are unaffordable for trail walking. Heavy rain, Ice, or snow cancels.

**GPS: Brady Park Senior Center, 1000 Lake Shore Dr. Massapequa Park, NY 11762**

**PLEASE REGISTER USING MEETUP ONCE POSTED**

**Sun Mar 1**

### BEACH AND SEAL WATCH WALK/LUNCH

Cupsogue Beach County Park

**EVENT**

**LIMIT 16 MEMBERS**

*Meet at 9:30 am in Cupsogue Beach County Park parking lot, hike leaves parking lot promptly at 9:40 am*

**Leaders: Fran Cassidy and Paul Aledort (516-978-9291)**

Beach and Seal Watch Walk - lunch afterwards - bring binoculars, photo taking equipment and patience (never a guarantee for seals!) must be quiet not to scare seals! Late arrivals can catch up seals are usually on the bay side at lower tides. We will look for them on our way to walk the beach. Obviously, if we see seals, we will stay and watch for a while. Lunch afterwards: Atlantic Seafood Restaurant & Fish Market - comment on Meetup if you plan to join us for lunch - reservations mandatory.

**GPS: Cupsogue Beach County Park, 975 Dune Road, Westhampton Beach, NY 11978**

**PLEASE REGISTER USING MEETUP ONCE POSTED**

**Sat Mar 14**

### FOREST PARK, WOODHAVEN, QUEENS

**C + 4.0 - 4.5 mi**

**UNLIMITED**

*Meet at the Carousel Parking Lot at 10:30 am. Hike starts promptly at 10:40 am.*

**Leader: Lewis Levy 332 600-5664 call or text. [lewislevy53@aol.com](mailto:lewislevy53@aol.com)**

Time to return to this gem of an urban park for some moderately challenging walking. Some parts of the trail are rugged therefore trail shoes or light weight boots are strongly recommended. Optional post hike lunch at Manor Oktoberfest about a 5-minute drive from the hike location.

**Directions:** Set your GPS to Forest Park Carousel to get here.

**PLEASE REGISTER USING MEETUP ONCE POSTED**

**Sun Mar 15**

### BELMONT LAKE STATE PARK - Belmont Lake to Southards Pond

**B+ 6 - 7 mi**

**UNLIMITED**

*Meet at the park house near the bathrooms at 9:50 am for a prompt 10:00 am departure. Flat hike.*

**Leader: Lorna Christian. Please call or text (516) 987-3083 if you would like more information.**

Let us take a brisk walk around the trail at Belmont Lake State Park, then under the overpass to Southards Pond. Hiking boots/ shoes are recommended as the trail may be muddy. Bring water, a snack, and a smile.

Rain, ice, or snow cancels.

**Directions:** Take the Southern State Parkway to exit 38 for Belmont Lake State Park. No fee required this time of year.

**PLEASE REGISTER USING MEETUP ONCE POSTED**

**Sat Mar 21**

### BETHPAGE STATE PARK

**C 4 mi**

**UNLIMITED**

*Meet at 10:15 am by the restrooms in the picnic area. We will start walking at 10:30 am*

**Leader: Maureen McDonald 516-524-3163 or email [maureenmcd@optonline.net](mailto:maureenmcd@optonline.net)**

Four mile walk at moderate pace on the concrete bike path (NOT THE DIRT TRAILS)

**Directions:** Seaford Oyster Bay Expressway (Route 135) to exit #8 Powell Avenue. Go east (left turn) about 100 yards to the park and proceed to parking area.

**PLEASE REGISTER USING MEETUP ONCE POSTED**

## HIKES and EVENTS *Members Only*

**Sun Mar 22**

### BRIDGE TO BRIDGE NYC

**A 8+ mi**

**Meet 10:20 am at Penn Station waiting room. Leave promptly at 10:30 am**

**LIMITED 20 MEMBERS**

**Leaders - Rhonda Eisenstadt - 516-445-1735 or [RPE711@aol.com](mailto:RPE711@aol.com) and Janet Boccia - 631-816-1847 or [jbocc@hotmail.com](mailto:jbocc@hotmail.com)**

We will leave Penn Station and walk downtown to the Brooklyn Bridge, stopping at Artichoke Pizza on 14<sup>th</sup> Street for a quick bite. We will continue over the Brooklyn Bridge into beautiful Brooklyn Heights, walking along the promenade that overlooks the East River. We will spend time exploring some of the more scenic and interesting streets in the Heights and then continue into Dumbo, an area that has emerged as a premier art district. Then we will travel back to Manhattan over the Manhattan Bridge. We will end the day with an optional dinner in Chinatown. (CASH ONLY AT CHINESE RESTAURANTS). Please bring water & OMNY Card for the return subway ride back to Penn Station. Wear comfortable shoes. Rain Cancels.

**PLEASE REGISTER USING MEETUP ONCE POSTED**

**Sat Mar 28**

### ALLEY POND PARK BAYSIDE, QUEENS

**C+ 4.0 - 4.5 mi**

**Meet at 10:20 am on Sidewalk next to parking lot. Hike starts promptly at 10:30 am.**

**UNLIMITED**

**Leader: Lewis Levy 332 600-5664 call or text. [lewislevy53@aol.com](mailto:lewislevy53@aol.com)**

Let us take a walk in this hike leader's hometown park. Some up and down but no huge hills. Also, some rugged terrain therefore trail shoes or light weight hiking boots are strongly suggested. Finally, several historic places are part of this hike.

**Directions:** 22423 76th Avenue, Oakland Gardens will get you here.

**PLEASE REGISTER USING MEETUP ONCE POSTED**

**Sun Mar 29**

### Hempstead Lake State Park - Figure Eight

**B 5 mi**

**Meet Environmental Education Nature Center at 9:50 am for a prompt 10:00 am departure.**

**UNLIMITED**

**Leader - Lorna Christian. Please call or text Lorna at (516) 987-3083 if you would like more information.**

Let us take a nice 5 miles around both sides of Hempstead Lake. Beautiful lake views and great conversation await. Bathrooms are in the Environmental Center. Bring water and a snack. Please watch the weather for what to wear. Hiking shoes or boots are recommended. Rain, ice, and snow cancel.

**Directions:** Southern State Parkway to exit 18-Eagle Avenue. Lake Dr. to the main parking lot.

**GPS:** 1000 Lake Drive West Hempstead, NY 11552

**PLEASE REGISTER USING MEETUP ONCE POSTED**

## NEW MEMBERS

Noriko Brandman  
Angela Casalino  
Kai Chan  
Lourdes Cody

Regine Dejean  
Bernie Divine  
Linda Freedman  
Alice Giarusso

Ed Hill  
Jeff & Barbara Linder  
Joann Macik  
Robert Meyerson

CarolMeyerson  
Sara Ohana  
Christine Pan  
Michael Pan

Fernando Rivera  
Laurel Rositano  
Kevin Titus  
Bill & Kathleen Wren

**Attention New Members:** Each Member of a Family Membership must fill out their own Membership Form and sign the online waiver to be entered into our Membership. Membership form with the waiver is on [www.nassauhiking.org](http://www.nassauhiking.org). Click on Membership.

## VOICE OF CONSERVATION



# Advocates Meet with Senator Martins

*By Guy Jacob, Conservation Chair*

A team of advocates from South Shore Audubon Society, North Shore Audubon Society, Transition Town Port Washington, the Long Island Orienteering Club, Nassau Hiking & Outdoor Club and the Science Museum of Long Island met with NYS Senator Jack Martins (Senate District 7) on January 5, 2026, for more than one hour to discuss the future of Stillwell Woods Preserve. Our valuable dialog helped us further understand what is at stake and what Nassau County and the TOB are and are not doing to advance the mandates within their Intermunicipal Agreement (IMA). The senator's input, his questions and how he plans to follow-up gave us great hope that Stillwell Woods Preserve, its trails and its extant habitat will be protected for generations to come.

## VOICE OF CONSERVATION *continued*

While neither Nassau County nor the Town of Oyster Bay (TOB) has yet approached Senator Martins with draft legislation, as we emphasized during our meeting with him, in New York State, conveying municipal parkland to another municipality requires the specific legislative process known as **Parkland Alienation**, involving an act of the State Legislature and Governor Hochul's approval, often with conditions like replacing the parkland or dedicating funds for new parkland, due to the public trust doctrine that protects public lands.

From the Introduction in the Handbook on the Alienation and Conversion of Municipal Parkland in New York: Parkland Alienation

Parkland alienation occurs when a municipality wishes to convey, sell, or lease municipal parkland or discontinue its use as a park. Parkland alienation applies to every municipal park in the State, whether owned by a city, county, town, or village.<sup>1,2</sup>

Nassau County, through its IMA, seeks to convey the entirety of Stillwell Woods Preserve, both athletic fields currently permitted for TOB use as well as approximately 270 acres of woodland and grassland habitat, by selling the preserve to the TOB for \$1.00 and by giving the TOB \$6 million with the convenience of the preserve to the town. This \$6 million is matching funding the TOB will also spend, for a total of \$12 million to develop Stillwell Woods Preserve.



The process, which requires undergoing environmental review (SEQRA), is not being adequately or seriously followed by either Nassau County or the TOB for the numerous reasons I previously outlined. Moreover, Nassau County has aggressively pushed back against its own Open Space & Parks Advisory Committee (OSPAC) for attempting to hold the TOB accountable for accurately conducting a comprehensive survey of the said property, as is required by their IMA.

This flouting of NYS law is completely unacceptable and growing numbers of Long Islanders are demanding accountability from both Nassau County and the TOB. In addition to thousands of social media followers who are staying abreast of the situation, over 3,000 residents have signed our change.org petition. Our list of supporter organizations & businesses, now standing at 31, includes the world-renowned Safina Center, the esteemed ReWild Long Island, and the Episcopal Diocese of Long Island.

### **The rational demands of our petition include the following:**

- The TOB must prepare, present and submit a comprehensive survey, including clearly marked survey maps, stamped and signed by a licensed/certified land surveyor as is required by their Intermunicipal Agreement (IMA).<sup>3</sup>
- The TOB must present a detailed project proposal, as is also required by their IMA, that correlates with the \$12 million budget allocated in their IMA.<sup>3</sup>
- Nassau County must categorize the proposed transfer as a Type 1 action, as the county originally planned to do, likely resulting in a comprehensive environmental impact study that considers appropriate alternatives and mitigation measures, including transferring the undeveloped acreage to NYS Parks while granting the athletic fields to the TOB.
- Nassau County and the TOB must provide a strong additional protective covenant to annul grandfathered development advantages.<sup>4</sup> Once surveyed, the covenant must include a statement verifying that the undeveloped section of Stillwell Woods Preserve (estimated at 270 acres) will be maintained in its existing state.
- The NYS Legislative must consider alienation of parkland legislation to complete the transfer **only after all the above demands have been satisfied.**

### **Resources:**

1. **Handbook on the Alienation and Conversion of Municipal Parkland in New York:**  
<https://hitherwoods.com/download/alienationhandbook2017.pdf> (2017)
2. **Parkland Alienation: Office of the NYS Comptroller:**  
<https://www.osc.ny.gov/files/local-government/audits/2017-11/lgsa-audit-swr-2015-Parkland-global.pdf> (2015)
3. **Intermunicipal Agreement between The County of Nassau, New York and The Town of Oyster Bay, New York in relation to the Transfer of Stillwell Preserve:**  
<https://www.nassaucountyny.gov/DocumentCenter/View/46296/IMA-Stillwell-Woods-Preserve>
4. **Miscellaneous Laws of Nassau County:**  
<https://www.nassaucountyny.gov/DocumentCenter/View/37580/Miscellaneous-Laws-1122?bidId=> (Pages 32-33)



# Every Dog Has Its Day (or Hike)!

## Exciting News: Introducing "D" Hikes (Dogs Welcome!) at NHOC!

Great news for all the dog lovers in our club! We are thrilled to announce a new addition to our hiking lineup: D Hikes – where "D" stands for your favorite four-legged friends (dogs)!

We know many of you love to hit the trails with your canine companions, and now you have the perfect opportunity to do so with your fellow club members. It is a fantastic way to enjoy nature, socialize our pets, and explore new dog-friendly routes together.

### Here is the scoop:

- **What are D Hikes?** These are specific hikes designed for members who want to bring their well-behaved dogs along. However, you do not need a canine companion to join the hike.
- **Safety First:** As always, responsible pet ownership is key. Please ensure your dog is leashed, under control, and you follow all park/trail regulations (including cleanup!).
- **D-Dog Hikes will be listed on our NHOC Meetup:** The details will include any specific rules or requirements for the trail being used. It will also include the usual difficulty ratings of A, B or C.

### Want to lead a D-Dog Hike?

We need enthusiastic members to organize and lead these new excursions! If you have a dog and would like to organize a "D" hike for NHOC please let us know by emailing the details of your D hike to Janet Boccia [jbocc@hotmail.com](mailto:jbocc@hotmail.com) for approval. Once your hike is approved, you will be able to add the hike to our NHOC Meetup site.

## What AI SEZ about:

### Question: *Winter hiking on Long Island?*

Winter hiking on Long Island offers diverse scenery, from coastal dunes at **Montauk** and **Elizabeth A. Morton Refuge** to wooded trails at **Prosser Pines, Caumsett State Park**, and **Bayard Cutting Arboretum**, with popular spots also in **Muttontown Preserve, Cold Spring Harbor State Park**, and **Connetquot River State Park Preserve**, perfect for crisp air, wildlife viewing (like seals!), and enjoying quiet landscapes with proper gear like traction for ice.



#### Popular Winter Hiking Spots:

- **East End:** Montauk Point State Park (look for seal walks!), Elizabeth A. Morton National Wildlife Refuge (Sag Harbor), Mashomack Preserve (Shelter Island), Wildwood State Park (Wading River).
- **Central/Suffolk:** Prosser Pines Nature Preserve (Middle Island) for tall pines, Caumsett State Park (Lloyd Harbor) for varied terrain, Connetquot River State Park Preserve (Oakdale) for river views, Blydenburgh County Park (Smithtown) for quiet woods, Avalon Nature Preserve (Stony Brook).
- **Nassau:** Muttontown Preserve (Sosset), Bailey Arboretum (Locust Valley), Sagamore Hill (Oyster Bay), Norman J. Levy Preserve (Merrick).

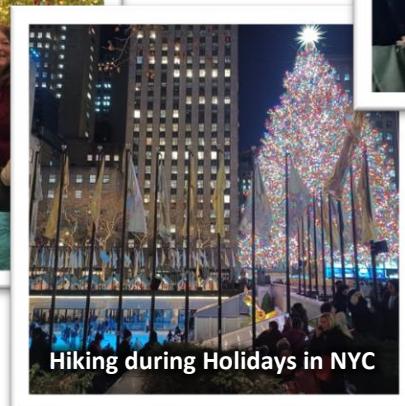
#### What to Expect & Tips:

- **Scenery:** Pine barrens, wooded trails, frozen ponds, coastal areas, and potential for snow-covered landscapes.
- **Wildlife:** Look for winter birds and seals, especially on the South Fork.
- **Gear:** Dress in layers, wear warm, waterproof boots, and consider traction devices (like Microspikes) for icy patches.
- **Activities:** Many parks offer cross-country skiing when conditions are right, like Muttontown Preserve.
- **Check Conditions:** Always check park websites for trail status and hours before you go.

#### Why Hike in Winter?

- Fewer crowds make for peaceful walks.
- Unique views of the landscape without summer foliage.
- Great exercise, with your body working harder in the cold

## PAST HIKES and EVENTS



### AS PER NHOC BYLAWS:

Provide a brief Treasurer's Report of profit and loss and cash balances in Shorelines at the end of each calendar year.

#### 2025 ACTUAL NHOC EXPENSE TOTALS BY CATEGORY AND THE 2026 BUDGET

Category	2025 TOTAL EXPENSES	2026 BUDGET
<b>INCOME</b>		
Dues Received	9,995.00	10,000.00
Gift Received	300.00	300.00
Interest Inc	504.68	500.00
<b>TOTAL INCOME</b>	<b>10,799.68</b>	<b>10,800.00</b>
<b>EXPENSES</b>		
Bank Charge	66.00	100.00
Contributions	466.59	600.00
Holiday Party	3,073.33	3,500.00
Insurance	1,356.30	1,700.00
Member Expense	688.77	700.00
Paypal Expense	940.90	1,000.00
Picnic	(479.25)	-
Postal Expense	236.00	250.00
Publicity/Website	4,944.47	1,700.00
Quicken	78.17	80.00
TOTT 2024	2,511.08	-
TOTT 2025	603.26	900.00
<b>TOTAL EXPENSES</b>	<b>14,485.62</b>	<b>10,530.00</b>
<b>NET INCOME (EXPENSE)</b>	<b>(3,685.94)</b>	<b>270.00</b>

#### NHOC BANK BALANCES

Account	12/31/2025 Balance
Bank Accounts	
TD Certificate of Deposit	15,503.23
TD Checking	1,479.80
Webster CHECKING	5,792.51
Webster SAVINGS	3,922.73
<b>OVERALL TOTAL</b>	<b>26,698.27</b>

We are forecasting a profit for the first time in many years!

This is due to the new Website and Meet Up resulting in new members. Any questions please email: treasurer@Nassauhike.org

# WE NEED YOU TO GET MORE INVOLVED IN YOUR NHOC!

VOLUNTEERS ARE NEEDED for 3 NON-ELECTED positions...

## **MEMBERSHIP MEETINGS COMMITTEE: Non-Elected Position**

- Plan, coordinate, and arrange for programs at club meetings.
- Set up and clean up and be responsible for refreshments at membership meetings.

## **PUBLICITY COMMITTEE: Non-Elected Position**

- Promote Nassau Hiking and Outdoor Club in local media, i.e., newspapers, radio, Internet, TV, etc.
- Write press releases, design brochures, flyers, and membership cards. Create new marketing and promotional policies.

## **MAJOR EVENTS COMMITTEE: Non-Elected Position**

- Oversee the planning of Board approved social events, including but not limited to the following: Annual Picnic, Thanksgiving on the Trail, Annual Holiday party

**IF ANYONE IS INTERESTED, PLEASE CONTACT EMAIL: Fran Cassidy: [PRESIDENT@NASSAUHIKE.ORG](mailto:PRESIDENT@NASSAUHIKE.ORG)**



## **Next Issue of the Shorelines April - May 2026**

This issue covers the period From **APRIL 1st to MAY 31st**.

**ALL MATERIALS MUST REACH APPROPRIATE HIKE COORDINATOR  
(A, B, C, D or EVENTS)**

**ON or BEFORE Tuesday March 24th**

**All other materials MUST REACH the Editor  
at [shorelines@nassauhike.org](mailto:shorelines@nassauhike.org), by the same date.**

**SHORELINES: Don Wilber, 516-244-5208, [shorelines@nassauhike.org](mailto:shorelines@nassauhike.org)**

**MEMBERSHIP: If you do not receive Shorelines, please contact: [membership@nassauhike.org](mailto:membership@nassauhike.org)**