

Submission Identifier Code: TA09-073
Entry Title: Men's Club Regional Hike (Northern New Jersey Region)
Entry Category: Men's Health Programs
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Club number and Club Name: 941 Temple Beth Shalom, Livingston, NJ
Number of club members: 229
Club President Name: Phil Crystal
Club President Name (at time of convention): to be announced
Person preparing entry: Barry Wolfe
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Date of entry submission: April 2, 2009

The Men's Club of Temple Beth Shalom, Livingston, New Jersey, hosted a hiking excursion through South Mountain Reservation, South Orange, NJ. The hike, which included club members from throughout the Federation of Jewish Mens' Club Northern NJ Region, was our initial event for the FJMC's Wellness Initiative.

The seed for our event was planted when Dr. Bob Braitman's challenged us at the last convention to incorporate wellness into our club programming. As a FJMC convention attendee and regular hiker, I can appreciate Bob's desire to get us out on the trail and have us all experience the many benefits of walking.

The hike was a fun but challenging 5 miles over little used backwoods trails. While we had a cold morning (highlighted by the frozen waterfall and stream in the attached photo), we quickly warmed up. Our group included over 30 people; club members, wives, friends and children, ages 6 to 60.

Many of the participants expressed surprise that there was such interesting nature so close to home, hidden just behind trees from roads that many of us drive past every day.

Although the group had a wide range of prior experiences, from seasoned backpackers and bicyclists to first time hikers, we all had a great time and are looking forward to our next event!

Photographs:



Club members of the East Brunswick Jewish Center lead the way up a steep hill.



Part of our group standing on a frozen stream in front of a frozen waterfall.



Action photo from the hike.

Promotional Flyer:

Northern New Jersey Region - Federation of Jewish Men's Clubs
FJMC Shomer/ Ha'Dof / Men's Wellness Initiative
Sponsored by Temple Beth Shalom Men's Club, Livingston NJ



Take a Hike!

Sunday morning, November 23rd 9:30am

Get outdoors!

Lower your carbon footprint!

Breathe fresh air, get some exercise!

And ...

Have Some Fun!

- **Option 1:** Meet at Temple Beth Shalom at 9:30am (morning minyan begins at 8:55), 193 E. Mt. Pleasant Ave., Livingston NJ.; we will carpool to the trailhead at 9:40am
- **Option 2:** Meet at the trailhead at 9:45am (e-mail Barry Wolfe for location)
- Estimated hiking time 2 1/2 to 3 hours
- Total length about 5 1/2 miles, mostly mild hills on the Lenape Trail in South Mountain Reservation, South Orange/Milburn NJ (considered to be one of the "Top 10 family hiking trails in NJ")
- We will see some very nice scenery and will pass several waterfalls and cascades. There is also good bird/animal watching and some interesting Revolutionary War history.
- The hike is open to all; you may want to consider bringing older kids.
- While family friendly (and beginner hiker friendly), the hike is challenging and interesting enough for the more experienced hiker.
- Bring a water bottle, trail snacks, and a good sense of humor!

Contact Barry Wolfe 973-650-9240 or BLWolfe@comcast.net for more information.

Helpful hints for all fall hikes:

- Dress in layers; fleece/poly/nylon is much better than cotton (remember the old hiking saying, "cotton kills" when it gets wet in cold weather)
- Bring a hat and gloves, and possibly rain gear
- Light, flexible hiking shoes are better than sneakers
- Consider using a walking stick or hiking poles for support (and to reduce knee strain)

Post event publicity included a captioned photo in regional Jewish community newspaper. FJMC Men's Health initiative was noted.