

MEET THE ROCKLAND COUNTY TRAIL GUIDE DOCENTS

Name: Mary Beth F.

Occupation: High School Physics Teacher

Her Favorite Quote: “Look deep into nature, and then you will understand everything better.” - Albert Einstein

Why she is interested in leading walks: It’s an excuse to get outdoors and enjoy the local trails.

Hometown: Blauvelt in the Town of Orangetown



Name: Siobhan O.

Occupation: Environmental Educator for Keep Rockland Beautiful

Her Favorite Quote: ATTITUDE - Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives. - William James

Why she is interested in leading walks: She loves to share her knowledge and enthusiasm of our beautiful natural resources in Rockland County

Hometown: Village of Haverstraw

About Siobhan: She is a Nature Specialist & Environmental Educator and works for Keep Rockland Beautiful

Fun Facts: She grew up on a farm and loves teaching nature and sharing her enthusiasm and joy of being outdoors.



Name: Sue H.

Occupation: Mommy, Attorney, and Teacher

Her Favorite Quote: “We do not inherit the Earth from our Ancestors, we borrow it from our Children.” - Native American proverb

Why she is interested in leading walks: She loves walking in the woods. She loves Rockland County... And it is great to share those loves with others.

Hometown: West Nyack

About Sue: She has lived in Rockland her entire life and lives in a house built in 1734. She is always interested in learning about Rockland's history. She is a mommy to a 4 year old and a 1 1/2 year old. Since her two boys usually accompany her on walks, they are usually less strenuous than some other walks.

Fun Facts: She rowed crew in college. She loves Shakespeare.



Name: Frank K.

Occupation: Retired Parks Worker

His Favorite Quote: “Live Free or Die” - State Motto of New Hampshire

Why he is interested in leading walks: He likes to promote awareness of what is going on in nature. To stop, listen and look very carefully. He likes to meet new people, and see their smiles at the end of a walk and also to learn from the walkers.

Hometown: Town of Clarkstown

About Frank: He is a lifelong resident of Rockland County and knows lots of history about the county. He can call to the wild; turkey, deer, coyotes, foxes. He is an avid fisherman, and knows lots about fish and their relation to the environment.

Fun Facts: He has a good dry sense of humor and like to make people happy.



Name: Harry B.

Occupation: Retired Dentist

His Favorite Quote: “I hate quotations. Tell me what you know.” - Ralph Waldo Emerson

Why he is interested in leading walks: He likes to hike and enjoys the company of fellow hikers. He has a lot of favorite trails in and around Rockland County.

Hometown: Town of Clarkstown, Hamlet of New City

About Harry: He is an active grandparent, canoe paddler, cross-country skier, fisherman, and hiker.

Fun Facts: He has lived in Rockland County for 43 years and is still discovering it. It's like being a native and a newcomer simultaneously.



Name: Carole G.

Occupation: Retired Teacher

Her Favorite Quote: “Look at the donut and not the hole” – Song by Burl Ives

Why she is interested in leading walks: Leading walks is a good motivation to learn more about the history, culture and science of Rockland County. It's a great pleasure to experience the natural riches of our area.

Hometown: Village of New Hempstead in the Town of Ramapo

About Carole: She is a former biology teacher who loves learning new things and enjoys meeting new people and sharing the excitement of seeing an eagle fly over the Hudson or the blooming of a mayflower on the forest floor.

Fun Facts: She is a cat-lover. She can sing most of the songs from Roger & Hammerstein musicals and other Broadway shows of that vintage.



First Name: Marianne B.

Occupation: Retired Pharmaceutical Researcher

Her Favorite Quote: “Do not go where the path may lead, go instead where there is no path and leave a trail.” - Ralph Waldo Emerson

Why she is interested in leading walks: She enjoys walking in the woods with good company. She can share what she knows and learn from her companions.

Hometown: Town of Clarkstown, Hamlet of New City

About Marianne: She is an active grandparent, former science teacher and nature counselor, canoe paddler, cross-country skier, and can identify many woodland species.

Fun Facts: She picked up a guy to win a 25-cent bet and ended up married to him.



Name: Victor C.

Occupation: Human Service Worker, Videoographer, And Digital Photographer.

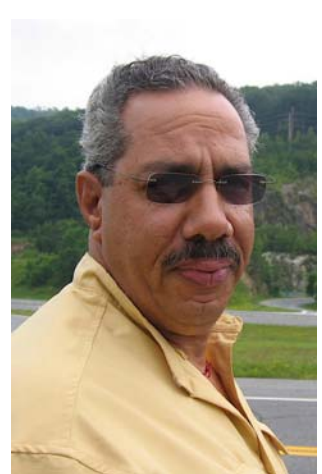
His favorite Quote: “Emptiness Creates Space.” – V.C.

Why is he interested in leading walks: He loves connecting with nature. He wants to share with people a clear chance to generate an inner excitement, and cultivate a relationship with the outdoors of Rockland. Walking is a part time opportunity to connect with his inner rhythms.

Hometown: Valley Cottage.

About Victor: He is a retired soccer referee, and spent years working in Film & Television. He was a boy scout here in Rockland and in the South Bronx. He has, in the past, developed a great love for reptiles and fine arts. He has walked with his sons and now looks forward to walking with his grandsons.

Fun Facts: He has an unusual sense of humor and loves people and turtles.



Name: Nice M.

Occupation: County of Rockland Finance Department

Her Favorite Quote: "Whatever Mitigates the woes or increases the happiness of others, this is my criteria of goodness, and whatever injures society at large or any individual in it, this is my measure of iniquity" - Robert Burns - 1790 Scotland

Why she is interested in leading walks: She loves nature, the green, the plants, the flowers, the woods and the wild life. It gives her inner energy, peace of mind, and spirit. She loves people and doing good deeds for her community.

Hometown: Nanuet

About Nice: She was born in the South of Brazil of Guarani Indian and German extraction. She danced with various Rio Samba schools while living in Brazil. She made numerous videos and shows for "Fantastico", a Globo TV program, & appeared in several TV commercials for Divina Dama Shampoo, suntan lotions & swimwear.

Fun Facts: She is a long distance runner, skilled martial artist and speaks 6 languages



Name: Jack B.

Occupation: Creative Director

His Favorite Quote: "I'd rather light one candle than curse the darkness." – Chinese proverb

Why he is interested in leading walks: He likes being outdoors, researching interesting facts about the area being hiked, schmoozing with fellow walkers, introducing Rocklanders to places they didn't know existed, and giving back to the county that has given him so much.

Hometown: Clarkstown

About Jack: He is a runner, observer, grandfather, and joker



Name: Cornelia M.

Occupation: Team Leader Hallmark Research

Her Favorite Quote: "Let Go and Let God." – Wayne Dyer

Why she is interested in leading walks: It gives her a reason to get out in the woods with someone.

Hometown: West Nyack, Town of Clarkstown

About Cornelia: She is an artist, bird watcher, and grandparent

Fun Facts: She loves to draw and paint. She has two young dogs that keep her busy.



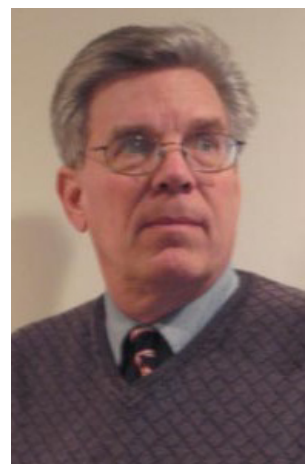
Name: Larry VK.

Occupation: Internet Marketer

His Favorite Quote: "Even a blind pig finds an acorn in the snow once in a while"

Why he is interested in leading walks: He has a love of the outdoors.

Hometown: Valley Cottage, Town of Clarkstown



Name: John J.

Occupation: High School Math Teacher

His Favorite Quote: “Take the road less traveled” - Robert Frost

Why he is interested in leading walks: He wants to share his love and knowledge of the outdoors with people.

Hometown: Town of Orangetown, Hamlet of Orangeburg

About John: He is a hike leader and life member of AMC, ADK, Sierra Club, and NYNJTC. He has led 100’s of hikes over the last 15 years. He is interested in local history.

Fun Facts: He is the Map Chair for the NYNJTC and has helped produce all the hiking maps for the last 10 years. He has been hiking with GPS for 10 years.



Name: Dean CG.

Occupation: Retired Chemist

His Favorite Quote: “Do not ask what your country can do for you, but what you can do for your country” – J.F. Kennedy

Why he is interested in leading walks: He wants to give to the community and learn himself.

Hometown: Pomona

About Dean: He is an avid hiker for the past 20 years. He is a 46er, 58er, 115er, etc. and has hiked on 3 continents.

Fun Facts: He was a beekeeper. He summited Mt. Olympus in Greece for the first time on his 65th birthday.

Name: Dorothy G.

Occupation: School Administrator

Her Favorite Quote: “It’s amazing how much you can accomplish if you don’t have to get credit for it.” – Harry Truman

Why she is interested in leading walks: To instill a love of nature in children and their parents.

Hometown: West Nyack, Town of Clarkstown

About Dorothy: She is a Nursery School Administrator

Fun Facts: She and her husband downhill ski for free nearly every place in the US. Ask her Why!

Name: Deb K.

Her Favorite Quote: “If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” - John Quincy Adams

Why she is interested in leading walks: She loves hiking and being outdoors and meeting and talking with new people. She wants to learn more about the Rockland County Parks so that she can take her Boy Scouts out on more hikes.

Hometown: Nanuet – born and raised

About Deb: She has been a Girl Scout leader for 15 years and a Boy Scout Assistant Scoutmaster for almost 10 years. She is an active volunteer for many other organizations. She has lived in Rockland all her life and loves to talk!!!!

Fun Facts: When she is not out hiking or camping in the wilderness, her other obsession is quite the opposite...she loves listening to classical music or watching a ballet!

Name: Jean

Her Favorite Quote: “I know that I know nothing.” - Socrates

Why she is interested in leading walks: We all need to be reminded that the world is bigger than ourselves.

Hometown: Tomkins Cove

About Jean: She is a Girl Scout Assistant Leader, Martial Art student, trail work volunteer for the New York New Jersey Trail Conference, Biology student, jogger, hiker, and life long learner