



Mid-Hudson TRAILS

News and Activities
of the
Mid-Hudson Chapter
of the
Adirondack Mountain Club
www.midhudsonadk.org

Summer 2011
July - September

2nd ANNUAL MHADK TRAILS FEST *Friday-Sunday, September 16-18*

Participants in the 2010 June Trails Fest so enjoyed the shared hikes, swims, walks, meals, stories and schmoozing that we thought we'd offer this sort of experience again so....we hope you'll join our chapter's second Trail Fest for three days of outdoor exploration and fun at Mt Greylock State Park in Northwestern Massachusetts.

We will be based at Bascom Lodge, which is located atop Mt. Greylock, the highest peak in Massachusetts. The lodge used to be run by the AMC, but is now run by another group, in conjunction with the Massachusetts Department of Conservation and Recreation's Historic Curatorship Program. You can find photos and details at www.bascomlodge.net.

From the summit, we will have 100-mile views of the Taconic, Catskill and Housatonic ranges. We can enjoy these views, as well as glorious sunsets, from the lodge's enclosed porch with its wraparound windows or relax in front of the lobby or dining room fireplaces.

Several gorgeous hikes -- from very easy to more challenging -- are accessible from the front door of the lodge, or from the road that leads down from the lodge. The Appalachian Trail (AT) is one of the trails that run near the lodge. One of the many hiking options is to walk the ridgeline and get views from three nearby summits, without ever having to descend below the ridgeline. There are also several short scenic hikes that stay near the Mt. Greylock summit. For more information on the park and its 50 miles of trails, see www.mass.gov/dcr/parks/mtGreylock/.

Also included will be a Naturalist-led tour of the Boreal Forest, which includes the "Hopper", the southernmost glacial cirque in New England.

Mid-Hudson Chapter member Kathy Skura will provide an opportunity to capture some of these views by learning or improving basic sketching and photograph composition techniques. A little south of Adams and Williamstown, the park also offers access to other attractions. Kathy is leading a trip to one of them on Sunday (the Massachusetts Museum of Contemporary Art. [See: www.massmoca.org](http://www.massmoca.org).)

We are also planning a Saturday night get together, and enlist your talents. If you play guitar, harmonica, penny whistle, like to lead singing or storytelling, let Sue Mackson or Barry know about that as well.

Room & Board Information

The lodge is holding its two bunkrooms (containing a total of 20 bunk beds) for our group for the nights of Fri Sept 16 and Sat Sept 17. Lodging includes a complimentary breakfast, with the option of a full breakfast/ lunch or dinner at an additional charge. To reserve a bed in one of our bunk rooms, send a check for \$73.99 made out to MH-ADK to Barry Skura, 9 Wellyn Road, Bronxville, New York 10708. Reservations deadline is July 31. Contact: Barry Skura at 914-779-0936 (before 9pm) or Barry.Skura@gmail.com

Participants also have the option of reserving a private room at the lodge. But, to do so, you need to make your own reservation directly with the lodge. In addition, there is primitive camping available at the base of the mountain. To reserve a campsite, contact www.reserveamerica.com or call 877-442-6762. For further information on park camping, contact www.mass.gov/dcr/parks/mtGreylock

Feel free also to come along for the weekend and participate in ADK-led hikes or plan your own routes. If you expect to join us but will camp or reserve a room on your own, we'd appreciate your letting us, Barry or Sue, know so we can include you in the planning.

Finally, if you know the area and have suggestions about hikes or sightseeing, please contact Sue Mackson at 845-471-9892 or susiem6@juno.com. We'd love to have your insights!

TRAILS FEST DETAILS!

- Registration Deadline: July 31
Email Barry Skura at Barry.Skura@gmail.com or call 914-779-0936 (before 9pm).

Checks for lodge must arrive by 7/31.

Include name, phone, and email. Early registration is encouraged. Priority will be given to ADK members but hopefully, there will be enough space for them to bring friends, (potential members!)

- See Room and Board options in the accompanying article. Either send Barry your check for \$73.99/pp, (to be received by July 31 (if you choose the bunkroom in the lodge), make your own room reservation by calling the lodge directly, or reserve a campsite as per the sites listed to the left. Barry's address is: 9 Wellyn Road, Bronxville, NY 10708.

- See meal options to the left. Participants should feel free to bring lunches or snacks from home, and are encouraged to bring some favorite snacks to share.

- Directions and more information about the weekend will be forthcoming to registrants.

THINK GREEN!

Save resources and \$\$ by choosing to receive this newsletter via email!

Send a message to Mhadk.newsletter@yahoo.com with your name and the words 'online newsletter' in the subject line.

VOLUNTEER OPPORTUNITIES

Meet new people and make a difference at the same time! Contact any of the board members and committee chairs listed below and in the column to the right to become involved in chapter activities.

Volunteers Are Needed:

- To build a water trail on the Fishkill Creek. Our Chapter is clearing the Fishkill Creek for kayaks and canoes. The creek is a beautiful one that can be paddled both ways. We'd like to clear from Glenham to Hopewell Jct. You don't have to be a paddler to help, in fact, you don't even need a boat or tools. Contact Russ Faller, Paddling Chair, at 845-297-5126 (before 9:30 PM) or russoutdoors@Yahoo.com
- To help on the Locust Grove trail project as described on page 3, and also to work in teams to remove brush, invasive plants, and downed limbs at this beautiful not-for-profit museum, education center and nature preserve located on Route 9 in the Town of Poughkeepsie. If you aren't familiar with the lovely property and trails at Locust Grove, treat yourself to a walk around the area. You'll see for yourself how special a place it is and how deserving it is of our efforts. Strong backs necessary, chainsaw experience a plus! Bill Beehler, project coordinator, can be reached at WVBeehler@.aol.com. Watch weekly emails for updates.
- To join work groups on any of the four trail projects outlined on page 3 under **Trail Projects**. See leader contact information on the same page.
- To join with other chapter members in participating actively in ADK conservation Activities. Contact Acting Conservation Chair, Jean-Claude Fouere at jcfouere@optonline.net or 845-462-0142.
- To assist MHADK Trip Leader, Don Urmston, at his *Introduction to Kayaking* presentations held at various libraries in the mid-hudson area. Time commitment: about 2 hours at the library of your choice. Check weekly emails for details.
- To assist Lalita Malik, MHADK Trip Leader and Chapter Chair, at her *Joys of Hiking* presentations held at various libraries in the mid-hudson area. Time commitment: about 2 hours at the library of your choice. Check weekly emails for details
- To join Social Chair Carole Marsh in preparing for the chapter's Annual Fall Picnic, which will be held on Saturday, September 24th at Norrie Point in Staatsburg, NY. Give Carole a call at 845-849-2044.
- To help out with the ADK Club's Winter Host Program (WHP), which is a group of ADK volunteers that have winter backcountry experience, familiarity with trails in the JBL area and JBL property, and able to provide appropriate public relations for ADK. Volunteers stay in the Henry L. Young cabin Friday evening to Sunday noon on winter weekends starting in December and ending in April. Would you like being part of an ADK presence for socialization and information with outdoor recreationists that are passing by? Interested in getting away from it all? Are you looking for a way to "give back" for conservation and outdoor education? Yes? Then the winter host program is for you! A training session is held in November at ADK Headquarters in Lake George. For more information email Frank Sombrero at franknra@gmail.com.

**Mid-Hudson Chapter
Adirondack Mountain Club
PO Box 3674
Poughkeepsie, NY 12603
www.midhudsonadk.org**

Executive Committee

Chair Lalita Malik
845-592-0204 lalitamalik@aol.com
Vice Chair Pete McGinnis
845-454-4428 pmcgin1@aol.com
Secretary Georgette Weir
845-462-0142 Geweir@optonline.net
Treasurer Ralph Pollard
845-462-3389 Ralphpollard@verizon.net
Chapter Director Salley Decker
845-454-4206 sadecker2002@yahoo.com
Chapter Director Brenda Harding
845-565-8566 oreomort@aol.com
Club Director Daniel Jones
845-485-7969 jones.daniel.jr@gmail.com
Alt Club Director Jean-Claude Fouere
845462-0142 jcfouere@optonline.net

Committee Chairs

Conservation Jean-Claude Fouere
845462-0142 jcfouere@optonline.net
Membership Co-Chairs Bill Beehler
wvbee@aol.com and Ellen Zelig
845-473-5557 ellenzeligcrs@aol.com
DataBase Eli Cohen 845-897-5921
E_b_cohen@yahoo.com
Website Ted Ripley-Duggan
845-657-7057 erd@wilsey.net
Newsletter Editor Brienne Seipp
845-471-2314 B2spz@aol.com
Outings Chair Sue Mackson
845-471-9892 susiem6@juno.com
New Outings Log Editor Jane-ellen
Maliknowski 845-878-5051
Mydaffodils@optonline.net
Acting Trails Chair Pete McGinnis
845-454-4428 pmcgin1@aol.com
Balsam Lake Mountain Wild Forest
Frank Dogil 845-454-5441
Franked@gmail.com
Water Trails and Paddle Chair
Russ Faller 845-297-5126
Russoutdoors@yahoo.com
Young Members Group Dave Kohler
518-851-9089 k2dave88@yahoo.com
NY/NJ Trail Conference Delegate
Salley Decker 845-454-4206
Sadecker2002@yahoo.com
Social Events Carole Marsh 845-849
2044 and nanagrace91@aol.com
Publicity Don Urmston 845-457-
4552 and DUrmston@hvc.rr.com
News Media Michele Van Hoesen
845-691-7442, michelevh8@yahoo.com

Stay Connected Via These Websites

www.adk.org (ADK Club)
www.midhudsonadk.org
(MidHudson Chapter)
www.nynjtc.org (New York/New
Jersey Trail Conference)

HYDROFRACKING: KEY ISSUE

Source: www.adk.org

The Problem: Natural gas plays a key role in our nation’s clean energy future and the process known as hydraulic fracturing (HF) is one way of accessing that vital resource. HF is used by gas producers to stimulate wells and recover natural gas from sources such as coalbeds and shale gas formations. HF is also used for other applications including oil recovery. Over the past few years, several key technical, economic, and energy policy developments have spurred increased use of HF for gas extraction over a wider diversity of geographic regions and geologic formations. [It is projected that shale gas will comprise over 20% of the total US gas supply by 2020](#) PDF (230pp, 2M, [About PDF](#)). Along with the expansion of HF, there has been increasing concerns about its potential impacts on drinking water resources, public health, and environmental impacts in the vicinity of these facilities. (Source: <http://water.epa.gov/type/groundwater/uic/class2/hydraulicfracturing/index.cfm>)

For more than two years, ADK’s Public Affairs Office has been deeply involved in issues surrounding potential gas drilling in the Marcellus Shale, an underground formation that stretches across New York from the Catskills to Lake Erie. ADK is particularly concerned about potential drilling in Allegany State Park, state forests, and in other natural areas used by ADK members for outdoor recreation.

About 90 percent of modern gas wells employ a process called hydraulic fracturing, which involves pumping a pressurized mixture of water, sand, and [chemicals](#) into deep underground formations. The process fractures rock formations and frees the natural gas. Industry officials insist the process is safe, but critics point to a growing number of cases of well-water contamination near drilling sites. The U.S. Environmental Protection Agency is conducting a comprehensive [study](#) “to investigate the potential adverse impact that hydraulic fracturing may have on water quality and public health.

On March 26, 2011, the ADK Board of Directors approved a resolution supporting legislation to regulate High Volume Horizontal Hydraulic Fracturing and water withdrawals associated with HVHFF. The resolution also authorizes ADK’s Public Affairs Office to work for passage of this crucial legislation.

More information on hydraulic fracturing can be found at: http://www.epa.gov/ogwdw000/uic/wells_hydrofrac.html

SAVE THESE DATES!

Friday Evening, July 8 - Sunset Sail on the Hudson aboard the Sloop Woody Guthrie See p.5 for details.

Saturday, July 20 - Hudson River Sail on the Sloop Woody Guthrie See p.6 for details.

Sunday, July 31 - Outing Leaders’ Picnic at Pete and Carol McGinnis’ home See p.6.

Friday - Sunday, Sept 16-18 - Trails Fest, held at Mt. Greylock State Park in Northwestern Massachusetts - See cover page for detailed information.

Saturday, Sept 24 - Annual Fall Picnic at Norrie Point in Staatsburg, New York - Watch weekly emails for details.

ONGOING CHAPTER TRAIL PROJECTS

Check Weekly Emails for Work Party Updates

The Locust Grove Trails Project Presently needed are about 6 people who would be willing to work on "water bars" on the upper trail at the beautiful Samuel Morse Estate, Locus Grove, located on Route 9 in Poughkeepsie. Our chapter has undertaken responsibility for needed repair on the Locust Grove trails as a result of a ‘swap’, which allows us to hold our holiday party, at no charge, at the site. (We are extremely grateful for this wonderful arrangement!) On two Saturdays (possibly only one will be necessary), July 9th and July 16th, we will make about 4-5 water bars on the hill leading down from the flower gardens. We won’t be using stone or wood, just digging shallow trenches at an angle across the trail. We’ll meet about 9:30am and work for 4-5 hours. Those interested in helping, please contact Bill Beehler at WVBeehler@aol.com

The Millbrook Ridge Trail, in the western Catskills, is under the leadership of Frank Dogil (frankd66@gmail.com). This section of trail has been maintained by our chapter for close to 15years.

The Pawling AT Boardwalk Construction Project began its Spring Offensive in April of this year. The contact person is Jim Haggett, who can be contacted at jthaggett@optonline.net or 845-462-2893. See the Spring 2010 issue of our chapter newsletter, *Mid-Hudson Trails*, which can be found on our website (www.midhudsonadk.org) for the very interesting ‘story’ of this project.

The Long Path section connecting Sam’s Point to Minnewaska is the chapter’s newest adopted trail and is also in need of maintainers. Contact person is Lalita Malik at 845-592-0204 or lalitamalik@aol.com

The Fishkill Creek Water Trail is just one of our chapter’s efforts to keep our waterways clean and easily accessible to kayaks and canoes. The creek is a beautiful one that can be paddled both ways, and is definitely worth the effort it’ll take to clear it of the fallen branches that clog some areas. Russ Faller, chapter Paddling Chair, wants everyone to know that you don’t have to be a paddler to help with this project. “In fact,” he says, “you don’t even need a boat or tools!” The present goal is to clean the creek from Glenham to Hopewell Junction and help is needed! Contact Russ Faller, Paddling Chair, at 845-297-5126 (before 9:30 PM) or at russoutdoors@yahoo.com

Ellen Zelig, CRS, GRI
 Licensed Associate Broker
ellen.zelig@prudentialserls.com

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KAYAKING - HOW TO GET STARTED
Presenter: Don Urmston MHADK Trip Leader

Always wanted to try kayaking but don't know how to begin? We'll tell you how to get started, what gear you'll need, where to go paddling, where to meet other paddlers and where to get instruction on your technique. See and feel the difference in kayaks, paddles and other equipment with our hands-on presentation. Special attention is given to kayak safety and choosing your first kayak. General Public is welcome, ADK volunteers are needed. For more information contact Don Urmston at Durmston@hvc.rr.com or 845-457-4552 (before 9pm) and check the weekly emails.

THE JOYS OF HIKING

Presenter: Lalita Malik, MHADK Chapter Chairperson

This is a series of presentations by Lalita Malik on the *Joys of Hiking*. Contact Lalita at lalitamalik@aol.com or 845-592-0204. ADK volunteer helpers are needed. Check weekly emails for updated schedule.

HIKING GUIDELINES

We ask that participants:

- Check out the Ten Essentials***
- Notify leader of your intent to join an outing.
 - Be at designated meeting place on time.
- Wear sturdy footwear, for season & type of outing.
- Be equipped with water, lunch, snacks, and rain gear

To bring a dog, call leader to get permission, bring a leash, be able to control dog and be responsible for its needs, especially water.

Car Pooling (encouraged) will include \$.20/mile + tolls and parking fees to be equally divided among the non-driving participants.

***www.midhudsonadk.org>Outings Schedule>Ten Essentials

Hike Ratings

- Class A —Difficult: More than 1500' climb or 8+ miles
- Class B—Moderate: Less than 1500' climb, 6-8 miles
- Class C—Easy: Well-graded trails, less than 6 miles
- Walk—Suitable for Children, less than 4 miles

PADDLE OUTING REQUIREMENTS

- PFD (Personal Flotation Device) must be worn on the water.
- On "Big Water" trips, such as those on the Hudson River (see exceptions below), Long Island Sound, and Lake George, the minimum boat length is 13.5 ft and boats must have dual bulkheads or flotations, unless the boat is a sit-on-top kayak.

Note Hudson River Exceptions: These 'Big Water' requirements do not apply to trips into Constitution Marsh or other areas where travel on the Hudson is minimal.

Mid-Hudson Chapter Members: Stay Connected!
Receive Weekly Updates of All Chapter Activities!
Email Chapter Database Chair, Eli Cohen, at

Ebc12533@yahoo.com

with "Join MHADK Email List" on the subject line

Mid-Week Paddles We paddle the second and fourth Thursday of each month, weather permitting. Paddles vary in length, difficulty, and location. They are generally leisurely -- we stop for looks at birds and waterfalls and for lunch though some trips are more rigorous. An email list is separately maintained for these paddles. To receive details and notification about these trips, contact leader, Shari Aber (845-255-6005 or shnaber@yahoo.com. This season each trip will be co-led by a volunteer mid-week paddler. **July 14 & 28, August 11 & 26, September 8 & 22. Please take note of the Chapter Paddle Outing Requirements at the bottom of this page.**

Mid Week Hikes On the first and third Thursday of each month the leaders offer 3-6 hour hikes of varying difficulty to different areas of the Mid Hudson Valley. Hikes may be followed by a stop for refreshments. Leaders: Ginny Fauci, 845-399-2170, vfauci1@hvc.rr.com or Lalita Malik, LalitaMalik@aol.com, (845) 592-0204. To learn about the upcoming hikes get on the email list—(see below). **July 7 & 21, August 4 & 18, September 1 & 15.**

Want To Join The Mid Week Hikes?

ADK Members should join the Members Only Email list for both the Thursday and Tuesday hikes. To join this email list, contact Eli Cohen at ebc12533@yahoo.com with "Join Mid Week Hikers email list" as the subject. Upcoming walks and hikes may be viewed at <http://groups.google.com/group/mid-week-hikers?lnk=src>.

Leisurely 4th Tuesday of the Month Walks and Hikes These are shorter and more leisurely in pace than those the Thursday group currently offers. We will cover the familiar and the unfamiliar. Contact: Sue Mackson 845-471-9892, susie6m@juno.com or the trip leader for information. To learn about the upcoming hike, get on the member email list as per the top of this column. July 26 & August 23 (see descriptions on the Outing Schedule on the following pages), September 27. Guests are welcome to join two outings and if desiring to participate on a regular basis after that, we encourage them to help in supporting Mid-Hudson ADK by becoming members.



**Happy Birthday,
 Al Poelzl !!!**

**Congratulations
 on
 celebrating your
 88th Birthday
 by
 hiking all the way to
 the top of Mt.
 Taurus!
 (Thanks to Lou
 Ruidisch, here's the
 picture to prove it!)**

**What can we expect for
 your 89th?**

SUMMER OUTINGS SCHEDULE

Sat, July 2 Black Rock Forest Hike with possible Swim B
Leaders: Georgette Weir, geweir@optonline.net and Jean-Claude Fouere, 845-462-0142
6-8 miles at Black Rock Forest in Cornwall with possible swim option. Contact leaders for meeting time, place and details: geweir@optonline.net OR phone as above

Sat-Fri, July 2-8 Paddling- Erie Canal – Lockport to Rochester (Beginner) Leader: Don Urmston Durmston@hvc.rr.com (preferred) 845-549-4671 We will paddle approx. 10-15 miles per day on the Erie Canal, making camp each night in a different town. PFD (life vest) required. Trip is full. Contact leader re: cancellations.

Fri Evening, July 8 Sunset Sail on the Hudson aboard the Woody Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com

We'll sail on the Woody Guthrie a replica of the sloops that plied the Hudson in the 19th century. We'll go back in time and sail the river while enjoying a potluck dinner and a presentation on the river's environment. Bring a covered dish and beverage to share, with a little extra for the crew. Wine is OK, but the crew really likes Ginger Ale. Suggested donation: \$10/adult; \$3/child under 13 yrs. Make check payable to [Beacon Sloop Club](http://BeaconSloopClub.com) and mail to: **Russ Faller 2619 South Ave, Wappingers Falls, NY 12590** Include phone number, e-mail address and the names of those attending. Check needs to be received by July 1st. If you cannot make this date, contact the leader. Once your check is received, you'll be registered. Group size limited to 12. Arrive at the Beacon Sloop Club in the lower parking lot of the Beacon RR station at 6PM. Expect to return by 10PM. Contact leader if you need driving directions.

Sun, July 10 Madam Brett Park and Denning's Point 1.5 miles + 1.5 miles C Leader: Louis Ruidisch at 845-896-9332 or ruidisch3@gmail.com In conjunction with Dutchess County Watershed Awareness Month At Madam Brett Park we will walk along the beautiful tidal flats and marshes where the Fishkill Creek empties into the Hudson and, also, see Tioronda Falls and the remains of old sluices. Approx. 1.5 miles. For those interested, we will then drive a short distance to Denning's Point. On the approx. 1.5 miles around the Point we will learn the historical and ecological aspects of this unique area. Bring plenty of water. For those continuing on to Denning's point, also bring lunch. Note: Do not confuse Madam Brett Park with the Madam Brett Homestead. They are two different locations. For specific directions, e-mail leader. Meet at 10:00 AM. Contact leader to confirm.

Fri, July 15 Paddling- Full Moon Paddle on the Hudson – Intermediate / Advanced Leader: Don Urmston Durmston@hvc.rr.com (preferred) 845-549-4671 We will launch at 8pm from Foundry Dock in Cold Spring. We will paddle whichever way our spirits guide us and with luck we will see the moon rising. Paddle time is 2-3 hours. Must have a 13+ ft. kayak with dual bulkheads or float bags. PFDs and 360 degree white light required.

Fri, July 15 - Sun., July 17 or Tues, July 19 Canoe-camping in the Northern Adirondacks Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com
Take the 3-day or 5-day excursion. Paddle the St. Regis Canoe Area from Long Pond to Paul Smiths, via Fish Pond & St. Regis Pond, for 3 days. Or take the 5-day excursion by continuing on through Osgood Pond to Lake Kushaqua. We'll stay at a new campsite each night. Canoes only, because of the many carries; the longest is a little over 1.25 miles. Canoe rentals available in the area. This is a beautiful route through lakes, ponds and quiet rivers. The only loud noises will be the slapping of a beaver tail on the water. Arrive at the put-in the evening of July 14th. To register, contact leader.

Sat, July 16 Bashakill Wetlands Paddle – Beginner Leader: Don Urmston Durmston@hvc.rr.com (preferred) 845-549-467 We will spend the day exploring this unique wetland environment which is home to bald eagles, osprey and many other birds and critters. Bring a lunch, water and plenty of sunscreen. PFD required. Check with leader if you plan on paddling a canoe (wind issues). Contact leader for meeting time & place. Register with leader by July 14. Follow my kayak blog: www.kayaknut.blogspot.com

Sat, July 16 Echo Lake from Platte Clove B 8miles 1255'altgain Leader: Sue Mackson susiem6@juno.com 845-471-9892
Eastern Catskills, longish hike at moderate pace over not steep slopes to visit Echo Lake, north of Overlook Mt.. Waterfalls, overlooks, stone quarries, and of course, the lake are features of this hike. Meet: 9:00 at Routes 9W & 299 Park and Ride in Highland. For other meetup areas, call leader. Steady rain cancels.

Sun, July 17 10 AM Buttercup Farm Audubon Sanctuary, Thompson Pond C In conjunction with Dutchess County Watershed Awareness Month Leaders: Lorraine Laufer and Beth Willis 845-3332-2926 or bethwillis@optonline.net Join us at for an easy hike in this beautiful sanctuary where birds abound (Admission=\$3 Wear sturdy boots and bring plenty of water and a lunch. Later in the hike, we may drive to nearby Thompson Pond, where the Wappingers Creek originates, or we may continue to explore the Buttercup Preserve. Please call or email Beth by 8:00 pm on Saturday to confirm your attendance and for the specific meeting place.

Sat, July 23 Fishkill Creek Clean-Out & Paddle Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com In conjunction with Dutchess County Watershed Awareness Month Come help us build a water trail on the Fishkill Creek. We'll paddle the creek as we clear it for canoes & kayaks. If you don't have a boat, gear or tools, contact the leader. Bring lunch & water. Useful tools include: loppers, axes, saws, come-alongs, rope, pry bars, etc. Also bring work gloves. We hope to build this water trail from Glenham to Hopewell Jct., so we need your help. If you cannot make this date, but want to help, contact the leader. Contact leader for meeting time and meeting place

Sat, July 23 Wilderstein Gardens C Leader: Sayi Nulu sayinulu@yahoo.com 845-264-2270
Wilderstein is one of those great Hudson River Estates along the Hudson, near Rhinebeck, that no one should miss. We will be touring the outdoor sculpture exhibition, Modern Art & the Romantic Landscape: (no fee), juxtaposing the site's romantic landscape and Queen Anne mansion with contemporary art by a talented group of emerging artists We'll then go on to a trail on the property. \$10 fee to for optional visit to the house. Visit Wilderstein's web site www.wilderstein.org for more information. Meet: 10:00 am at the west parking lot of the Poughkeepsie train station, opposite Mahoney's. Contact leader for further information

Sun, July 23-24 Eastern Adirondacks Lakes Backpack Leader: Barry Skura 914-779-0936 Barry.Skura@gmail.com
Explore ponds + mountains of Pharoah Mountain wilderness. 15 moderate miles with varied terrain and scenery, including Treadway mountain and Grizzly Ocean. Register via e mail to leader indicating your hike and backpack experience **and that you are an ADK member.**

Sun, July 24 Esopus Paddle -- Hudson River Leader: Skip Doyle skipnewyork@yahoo.com 212-875-4778
Two mile paddle from Mt. St. Alphonsus to Esopus Meadows Lighthouse. Half-hour tour of the lighthouse. Short paddle across the river for a one-hour picnic lunch at the Mills Mansion. Two mile paddle to Esopus Island. Short paddle across the river back to MSA

SUMMER OUTINGS SCHEDULE (continued)

ild tidal current. Waves one foot; two feet with boat wake – more placid or choppy depending upon the wind. Half-hour exploration of Esopus Island. Meet: Mount Saint Alphonsus – After drop-off at the dock, park in the retreat house parking area. Directions: Route 299 east to 9W. 9W north to Mount Saint Alphonsus in Esopus. Cost: ADK: \$10 donation to Esopus Meadows Lighthouse Restoration and Esopus Nature & Historic Preservation. Non-ADK: \$20 donation. Kayak: 2 bulkheads, 15+ foot length, paddles, PFD. Bring: Food for the day, fluids, sunscreen, hat, typical paddling attire and gear.

Sat-Sun, July 23-24 Eastern Adirondacks Lakes Backpack

Leader: Barry Skura 914-779-0936 Barry.Skura@gmail.com

Explore ponds + mountains of Pharoah Mountain wilderness. 15 moderate miles with varied terrain and scenery, including Treadway mountain and Grizzly Ocean. Register via e mail to leader indicating your hike and backpack experience **and that you are an ADK member.**

Sun-Sat, July 24-30 White Mountain Hut and Lodge trip will be led again by Ginny Fauci Contact Ginny at vfauci1@hvc.rr.com

Tues, July 26 Leisurely Hike: Black Creek Forest Preserve

Leader: Carol Gray outdoorcarol@verizon.net 845-471-1168

Experience a dramatic suspension bridge, and a spectacular Hudson River view combined with a lovely section of forest, and easy trails. about 2 miles of walking. Perfect for a mid summer. Meet: 9:30 am at the park and ride at Rte 9W intersection with Rte 299 in Highland (rescheduled from May)

Sat, July 30 Hudson River Sail on the Sloop Woody Guthrie

Leader: Sue Mackson 945-471-9892 or susiem6@juno.com

The Woody Guthrie is a replica of the sloops that plied the Hudson in the 19th century. We'll go back in time and sail the river while enjoying a potluck luncheon and a presentation on the river's environment. Bring a covered dish and beverage to share, with a little extra for the crew. Wine is OK, but the crew really likes Ginger Ale. Suggested donation: \$10/adult; \$3/child under 13 yrs. Make check payable to Beacon Sloop Club and mail it to: Sue Mackson 6 Titusville Heights, Poughkeepsie, NY 12603 Include your phone number, e-mail address & the names of those attending. **Checks must be received by July 23.** Your check is your registration. Group size limited to 12. Arrive at the Beacon Sloop Club in the lower parking lot of the Beacon RR station at 11 AM. Expect to return by 3 PM. Contact leader if you need driving directions.

Sun, July 31 Outing Leaders' Picnic 5pm

Carol McGinnis has again graciously agreed to host our outing leader get together and potluck. Pete will again tend the grill and lead tours of the garden. 100 Hooker Avenue, Poughkeepsie. If you led a hike in 2010, 2011, or wish to lead one in the coming months contact: Sue Mackson to RSVP susiem6@juno.com, 845-471-9892

Sun, July 31 Plattekill Clove & Devil's Kitchen

A

Leader: Skip Doyle, skipnewyork@yahoo.com

Hike all day through the rushing waters of Platte Kill, up Platte Clove, and around half-a-dozen waterfalls. Conclude the day climbing the severe ravine of Devil's Kitchen.

Tue, Aug date TBA Location: Esopus Bend Nature Preserve and Falling Waters Preserve) C+ Contact: Salley Decker at sadecker2002@yahoo.com from July 31st through August 5th only).

Let's explore new places near Saugerties. These preserves have only a few miles of trails, and Falling Waters will not be open to the public until July 24th. Water views guaranteed! Bring lunch, hiking boots, as well as extra footwear that can get wet, and a willingness to explore!

Mileage: under 6, variable terrain. Rain may cancel! After August 5th, call (845) 454-4206 evenings from 7:30 PM to 10:00 PM. If leaving message, give telephone number and best time to call. Watch weekly e-mail updates for the exact date of this hike!

Wed, Aug 3 Evening paddle on the Hudson – Intermediate

Leader: Don Urmston Durmston@hvc.rr.com (preferred)

845-549-4671 Exact time & place TBA. Contact leader for info.

Paddle time is 2+ hours. Must have a 13+ ft. kayak with dual bulkheads or float bags. PFDs and 360 degree white light recommended.

Sat, Aug 6 Paddling Kayak Skills Class – all skill levels welcome

Leader: Don Urmston Durmston@hvc.rr.com (preferred)

845-549-4671 We begin at 9am at Plum Point in New Windsor. Class will last until approx. 1pm, then maybe a nice paddle to practice our new skills. Bring lunch, water, sunscreen, change of clothes and sense of adventure. PFDs required. Register with leader by Aug. 4.

Sun, Aug 7 Hike Mills Mansion toward Norrie Point and back C

Leader: Beth Willis 845-373-8202 to leave voice message

845-332-2926 or bethwillis@optonline.net

1pm. Enjoy an easy Sunday afternoon hike along the Hudson River. Wear sturdy boots as there are lots of roots and rocks, and bring plenty of water and a snack. Possible stop for food afterwards. Call or email Beth before 8:00 PM on Saturday, August 6th.

Thur, Aug 11 Paddle Constitution Marsh Beginner

Leader: Don Urmston: Durmston@hvc.rr.com (preferred)

845-549-4671 Co leader: Shari Aber: 845-255-6005 or

shnaber@yahoo.com We will launch at 10:15am from Foundry

Dock in Cold Spring. We will paddle through the marsh and attempt to reach the waterfall on the far end. We may stop at the Audubon center. Bring lunch, water, and sunscreen. Paddle time is 3-4 hours. This is not considered a big water trip so any type kayak is allowed. PFDs are required. Space is limited, register with leader by Aug. 9

Fri, Aug 12 - Sun, Aug 14 Norwalk Islands (CT) Kayakers'

Jamboree Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com

We'll have a MidHudson ADK contingent at the YakJam this year. This is a great activity where kayakers from the 3-state area converge for peace, unity and paddling on Long Island Sound. It's a whole lot of fun with wine & a bonfire on the beach at night and various activities during the day. Last year, there were guided paddles, free kayaking lessons, naturalist walks along the shore, plus more. We'll arrive late Friday afternoon, paddle out to Shea Island and set up our tents. Those who want to come just for a day are invited, but will have to find their own way to the island. (Maps are typically posted at the put-in at Calf Pasture in Norwalk, CT.) Kayaks must be at least 13.5 ft. long and have dual bulkheads or floatation. The waves can be big. Contact the leader for more info or to register.

PETER C. MCGINNIS, ESQ
Attorney and Counselor at Law

515 Haight Avenue
Poughkeepsie, NY 12603-2468

Elder Law - Wills - Trusts - Estates - Asset Protection
Medicaid Planning

Tel: (845) 471-5721 Fax: (845) 559-0068

Email: pmcgin1@aol.com

SUMMER OUTINGS SCHEDULE *(continued)*

Sat, Aug 13 Ashokan High Point (East of Hudson Trail Map) 9m B+ Leader: David Koehler K2David121@gmail.com Preferred or 917-613-2043

One of the most beautiful peaks and hikes in the Catskills. Traveling up along side the Kanape brook where a spring was coaxed to flow over placed bluestone into a pool that is sure to inspire. As we travel upward we will pass through various types of forest each highlighted with it's own mix of trees. The summit, is a true spiritual highpoint with vast views including Skytop at Mohonk. The hike is a 9 mi lollypop loop with 1800 ft of vertical gain.

Sun, Aug 14 Arden Point and Castle Rock Unique Area A(East of Hudson Trail Map) 4-5 m C+--B-

Leader: Salley Decker 845 454-4206 evenings until 9:30pm

Hike on gently rolling trails with good views of the Hudson River and more! Plan on spending about 3 hours. Option for longer hike if someone is willing to lead group. Bring lunch and water. Call for carpool information or meeting time/location in Garrison, NY. Rain cancels, but will reschedule.

Sat, Aug 20 Fishkill Creek Clean-Out & Paddle Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com

Come help us build a water trail on the Fishkill Creek. We'll paddle the creek as we clear it for canoes & kayaks. If you don't have a boat, gear or tools, contact the leader. Bring lunch & water. Useful tools include: loppers, axes, saws, come-alongs, rope, pry bars, etc. Also bring work gloves. We hope to build this water trail from Glenham to Hopewell Jct., so we need your help. If you cannot make this date, but want to help, contact the leader. Contact leader for meeting time and meeting place

Sun Aug 21 - Sat Aug 27 Painting and Hiking with Georgia O'Keeffe in Northern New Mexico Leaders: Barry Skura and Kathy Skura 914-779-0936 or Barry.Skura@gmail.com. Georgia O'Keeffe's history is interwoven with the art history of Taos. Contact leaders as above or see the Spring 2011 [Mid-Hudson Trails](http://www.midhudson.org) at www.midhudson.org for details.

Sun, Aug 21 Hike/Scramble--Bonticou Crag 3m B leisurely Leader: Jeffrey Perls and Viviana Perls (age 11) Phone: 845-419-2210 before 10:30PM jeffmountain54@aol.com Shawangunks guide author and his daughter, an ace rock scrambler, will lead a hike up Bonticou Crag's cliff face in the Mohonk Preserve. For families, adults, and children over eight years old. Wonderful views, fascinating geology (you'll be real close to the rocks), human and natural history. \$12 entrance fee for adults, children under twelve free. Rain cancels.Meeting Time/Place: 10:30 AM New Paltz- By the diner in the Stop n' Shop Plaza off Route 299 1/4 mile west of the Thruway entrance.

Tue, Aug 23 Leisurely Hike and Swim --Vernooy Kill Falls 3.6 miles C Leader: Sue Mackson susiem6@juno.com, 845-471-9892 Long drive to the southeastern most Catskills-for a series of waterfalls. Laurel, beech and hemlock shade various parts of the path and we will have lots of time to explore the stream and bathe in the mountain pools. Meet: Stop & Shop plaza in New Paltz: 11:30 am

Sat, Aug 27 Paddle on the Roundout Creek Begin/Interm Leader: Dave Kaplan 845-876-4642 (before 9:30 PM) Call trip leader for further details (no computer) Rain date Aug 28

Fri, Sept. 2 - Tues, Sept. 6 AT Backpack: Presidential Range & Beyond (White Mtns., NH) Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com

WINTER/SPRING OUTINGS LOG

Starting at Crawford Notch, we'll hike 40.7 miles along the Appalachian Trail to Zeta Pass. We'll summit Mts. Webster, Jackson, Pierce, Eisenhower, Washington, Jefferson, Madison, the Wildcat Range, Carter, Dome & Hight. We'll be walking mainly above treeline and enjoying fantastic views. We'll camp out with 1 night in a hut.. Arrive in the Whites on Thurs night, Sept. 1st.To register, contact ldr.

Sun, Sept 4 9:00 am Capping a Confused Sea Advanced Colds Spring - Arden Point - West Point Paddle Leader Jeff Kaplan 845-928-1730 before 9pm or fitdoc@sprintmail.com A tad over 7 miles;

Meet Cold Spring train station* by 9:00 AM; High tide about 6:30AM) Weather permitting, will cross the Hudson towards West Point. Join us if you are comfortable with that. Here's the plan: From Foundry Dock Park we launch and head south (downstream), round the point of Constitution Island (C.I.), where normally there are interesting swirls and eddies—a "confused sea"—we cross the Hudson and work our way down the Eastern shore, just past the level of Garrison to cross back to Arden Point where we lunch. Then, it's back up river to the end of C.I., across Foundry Cove and Cold Spring. Accommodations: Cold Spring offers a variety of shopping and dining. Kayak rentals and guided kayak trips are available from an outfitter in town There is at least one B&B in town, and others in the area. Parking in the railroad station lot is free on weekends and holidays.

Fri - Sun, Sept 16-18 Chapter Trails Fest at the summit of Mt. Greylock in Northwestern Massachusetts. See front page for details and join the fun!

Sat, Sept 24 Chapter Fall Picnic at Norrie Point in Staatsburg, NY A potluck picnic, with hot dogs and hamburgers supplied by the chapter. There will be a hike and a paddle in the morning leading up to the picnic around noon. Check weekly emails for details and updated information. See also Volunteer Opportunities on page 2 to get involved in the planning.

Sun, Sept 25 Innisfree Gardens C Leader: Nancy Keenan-Rich, 452-1727 Rain cancels

Enjoy the peace and tranquility of this unique area which utilizes Asian principles of garden design. Enjoy terraces, fountains, streams and a lovely glacial lake. This will be a loosely organized outing to allow participants to go at their own pace, take photos, explore, meditate, relax. 1 ½ miles – C. Bring a nature poem if you wish to share at lunch. Meet leader in the parking lot at 11:30. FEE \$5.00 per person. Directions: From Taconic take the Millbrook Exit and go East on Route 44 for 1.7 miles to Tyrrel Rd. Right turn for 1 mile. Going West on Route 44 Tyrell is west of the D.C. Farm and Home Center

WINTER/SPRING OUTINGS LOG BEGINS HERE!

October 27 Buttercup Farm, Audubon Sanctuary Beth Willis In spite of the forecast of imminent rain, three of us hoped to complete an overview of this beautiful, diverse sanctuary in Stanfordville, NY. We began on the west side, walking along the main trail – a former railroad bed – which borders the Wappingers Creek. We encountered many waterfowl, mostly ducks, but one Blue Heron. We also saw much evidence of the presence of beavers with numerous dams and freshly cut trees. Then we visited a small gazebo from which we were able to view expansive fields and the hills on the east side of Route 82. This is a truly beautiful and diverse sanctuary. Participants: Lorraine Laufer, Priscilla Miller and the leader (3).

Nov. 1 Black Creek Beth Willis
Fifteen hikers assembled at the Black Creek trailhead for a leisurely Sunday afternoon hike through this beautiful area. After crossing a suspension bridge and a steep ascent up the yellow trail, we connected

WINTER/SPRING 2011 OUTINGS LOG (continued)

with the red trail. Later, the blue trail led us down to the river where we enjoyed some time by its banks. Since the trails were covered by newly downed leaves, we had to really watch for the blazes and once or twice went slightly off trail. This was a great opportunity to review how to "read the blazes" with Bruce Beard's son, Philip, (who had accompanied us on this same hike last March) and to teach this skill to Frank Petramale's sons, Nicholas and Sam. The boys' enthusiasm added to our enjoyment. Our leisurely pace allowed everyone to really pause and enjoy the views of the river and the beauty of the woods. People seemed to be treasuring this beautiful fall afternoon in anticipation of the winter weather which we know is soon approaching. Participants: Bruce and Philip Beard, Jennie Beuselinek, Ann and Jeffrey Gross, Judy Kito and Bill Jacobs, Frank, Nicholas, and Sam Petramale, Joanne Steele, Brian Sullivan, Toni Weidenbach, Marion Zimmer and the leader. (15)

Nov. 29 Vanderbilt Mansion Carol Gray

On a spectacular last Sunday in November, twenty participants walked the upper and lower paths of one of the Dutchess County's great landmarks. Beginning our walk, we headed toward Bard Rock, a singularly beautiful viewpoint of the Hudson River. Both old time ADKers and many non-members developed a lovely camaraderie on this leisurely paced three mile loop at this treasured historical site. Participants: Eli Cohen, Judy Kito, Gill Jacobs, Mark Rubin, Barb Rubin, Marion Zimmer, Connie Beuselinek, Toni Weidenbacher, John and Debra Ragusa, Karen Flaherty, Nick DeStefano, Dorothy Halligan, Regina Klein, Bill Smith, Marjorie Livingston, Sandy Gia???, Debbie Greene, Debbie Pennachio and the leader(20).

Dec. 3 Fishkill Ridge Ginny Fauci & Lalita Malik

We chose another non-hunting Scenic Hudson area on another unseasonable weather day; the temps rose to the low 60's as we were hiking up to and across the Fishkill Ridge, but there was a little wind that cooled us off. Going up, the views along the way of the Hudson River were great; there were sections where we could look down on both the Newburgh and Poughkeepsie Bridges at the same time. As we walked across the ridge we had views on both sides of us including a very clear view of Manhattan skyline and even further into Queens. At the end we took a "woods road" that tapered off after a short while leaving us to bushwhack until we finally came to the "woods road" that took us back down the mountain to our parking area. There's never a dull moment on our hikes and this was another good one! Participants: Shari Aber, Barbara Horne, Trudy Pojman, Mary Nicolis, Paula Repka, Brenda Harding and the leaders. (8)

Dec. 10 Mohonk Ginny Fauci & Lalita Malik

Every year Mohonk Mountain House celebrates with a Community Week with tours, gift shop sales, and afternoon tea. We decided to take advantage of this and also to do a short winter hike around the property. We had a little snow that week and when we got to Mohonk we found out that all the hiking trails were open only to x-country skiing and snowshoeing and, of course, not a snowshoe among us. We decided to follow a trail off-property that went towards Spring Farm, but got turned around at a roaring stream crossing. So much for hiking! No hiking, but a very nice day with friends. Participants: Roberta Forest, Mary Nicolis, Beth Willis, Shari Aber, Ellie Shortle, Brenda Harding, Carol Krail and the leaders. (9)

Dec. 12 FDR to Val Kill Ginny Foci & Lalita Malik

We decided to try the new Scenic Hudson carriageway between FDR and the 9G entrance to Val Kill and it was a very nice hike, not icy or very snowy. Bill & Dottie joined us for the first half before turning back and it was nice having them with us again. Since it wasn't a very long hike, we continued on to Val Kill where we met a very nice gentleman interpreter who showed us two movies, one a new one of Eleanor's Christmas cards, and then took us on an impromptu tour of

Eleanor's home to see the dining and living rooms set up for Christmas; a very nice unexpected treat. After we returned to FDR, ten of us headed to the Apple Pie Bakery at the Culinary for a late lunch which, as usual, was very good. Participants: Priscilla Miller, Barbara Horne, Mary Nicolis, Shari Aber, Roberta Forest, Lorraine Lauff, Marion Zimmer, Connie Beuselinek, Nick DeStefano, Jerry Ruebenstahl, Al Poelzl, Bill Smith, Dottie Halligan and the leaders(15)

Dec. 12 High Tor Pete McGinnis

High Tor – what's that, you say? Well, if you travel on the Metro North near Poughkeepsie you become aware of a sort of triangular bent peak looming over the river near the junction of Orange and Rockland Counties. The Long Path is routed over it, and its neighbor, Little Tor. In the 1940's the promontory was saved from extensive quarrying, and we now get to enjoy the views from its peak. Hank and Rick and John drove the long way down to Haverstraw and then we shuttled over to the trailhead, which nearly seemed unreachable. The heights of the hike were reached in the first hours and yielded sweeping views, below to Haverstraw and its riverside activity, across to Indian Point and the low hills of the east, south to New York and west and north to the forests of Harriman. Our geology guide, JC, educated us about igneous rock and the relationship between the rock of High Tor (very ancient, unstratified) and the Palisades to the south of the same composition and the "sickle" between where the rock dips under the surface of the lowland. The climb up Little Tor, and another view gave way to some hours of trudging along the woods roads that comprise the bulk of the Long Path at this point. Somewhere along the way we could have made a side trip to an on site winery. Perhaps in the summer? The ground was snow covered, but not much ice to negotiate. The road seemed level until the last hour, when we kept ascending and descending until the final descent to the cars. A fine winter day to be out and a not much frequented route to enjoy. Thanks to the drivers who got us there and back. Participants: Sue Mackson, H. Jenkins, Rick Taylor, JC Fouere, Sandy Giamette, John Walters and the leader. (7)

Dec. 19 Race the Bear Hike. Taconic Mountains Russ Fuller

The bear won the Race the Bear hike. Due to a late start, on our part, and short daylight hours, on Mother Nature's part, we did not make it to Bear Mountain from Mt. Race. We did get to the summit of Mount Race (2365') but, realizing we would not be able to finish before dark, we retraced our defeated steps and, to restore our pride, we climbed Mt. Everett (2502'). We enjoyed the fantastic ice formations, with frigid water plunging through, of the Upper Race Brook Falls and, of course, the panoramic views from the mountain's peaks. The trail up Mount Everett had many significant ice flows, which would have been impassable without traction devices. Everyone on the hike was thoroughly impressed by Catrine Moore's son, Gino Platania. He's a

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WINTER/SPRING 2011 OUTINGS LOG *(continued)*

very accomplished hiker at only 11 years old. Participants, moving to keep warm, were Catrine Moore and Gino Platania (both MH-ADK), Doran Kalir, Greg Paret, Purnell Lancaster, Stu Gussoff (all NY-NoJ-AMC) and the leader. (7)

Dec. 22 Franny Reese Park Sue Mackson and the Walkway Over the Hudson Loop

Ever since I first walked the Mid-Hudson Bridge several years ago, I've been itching to complete a Mid-Hudson-Railroad Bridge Loop and finally got my wish leading the December leisurely hike. We started at the officially opened Franny Reese Park which has certainly had a spruce up since the last time I visited--no more rutted, eroded ascent to the main trail, lots of markers. The wonderful overlook over the Mid-Hudson Bridge has been graced with stone fencing and stone steps. River views marked almost the entire loop -- not only those through the trees in FR Park, but those on the road leading between the bridges in Highland, and, of course, the 180 degree views from both bridges. Walking through Poughkeepsie City from the Mid-Hudson Bridge to the Walkway proved to be rather simple--with a stop to check out the cookies at La Deliziosa. There are loop signs at the end of the bridge and loop maps provided at various kiosks near the parks and bridges. There was grumbling from some at walking on pavement, but the bright blue skies and rather windless day, which the "Thursday Hikers" who comprised most of our group, claimed to provide, kept the grumbling to a minimum. Great winter day to be out. Participants: Al Poelzl, Russ Faller, Lalita Malik, Mary Nichols, Ginny Fauci, Nick DeStefan, Jenny and Marc Ruebens, Carol Gray and the leader. (10)

Jan. 1 Wappingers Creek Georgette Weir Greenway Trail & J-C Fouere

A mild New Year's Day with a slight dusting of snow on the ground made for a pleasant walk along the Wappingers Greenway Trail along the Wappingers Creek. A potluck of diverse and yummy homemade cookies with hot cider at the nearby home of the leaders got us off to a good start in 2010. Participants: Mark Courtney, Jenny Dalpe, June Finer, Dave Webber, Priscilla Miller, Russ Faller, C.F. Clounie, Carol Gray, Eli Cohen, Beth Willis, Roberta Forest and the leaders (13).

Jan 10 Vanderbilt Loop Beth Willis

Temperatures were frigid, and there were predictions of high winds. In addition I had received only one call from a brave soul, Jenny Dalpe. We were joined by Salley Decker and Al Poelzl, so the four of us set out. The spectacular views down by the river never get old. Al took some nice pictures of us against a backdrop of jagged pieces of gleaming ice jammed up and juxtaposed against one another in striking patterns. We backtracked to the lower trail which parallels the river, ventured to the waterfall at the eastern edge of the estate, and climbed the narrow foot trail up the hill to the mansion and parking lot. After the hike, Salley and I accepted Jenny's gracious invitation to enjoy refreshments at her home. We were all so glad that we didn't miss what turned out to be a great day.

Jan. 7 Norrie Point Ginny Foci & Lalita Malik to Mills Mansion

When we met at Norrie Point Marina, we found there wasn't enough snow for snowshoes so we put on Micro-spikes and Stabilicers to walk along the river path to Mills Mansion. The Hudson was impressive with the ice flowing in the middle and cracking near the shoreline. We ate lunch on the stairs and a picnic bench at Mills Mansion before heading back on carriage roads and trails to Norrie Point. The weather was perfect for a winter walk through the snow. Participants: Barbara Horne, Mary Nicolis, Roberta Forest, Jerry Ruebenstahl, Eli Cohen, Lorraine Laufer, Carl Lawson, Paula Repka, Bill Jacobs, Judy Kito and the leaders. (12)

Jan. 10 Inner Wall Mary Trish Cina

Due to extreme cold weather, the hike to Overlook was changed to indoor rock climbing at the Inner Wall in New Paltz. After donning harness and rock climbing shoes, we received basic instruction on belaying. Then the fun really began. We all encouraged each other and managed to climb over the "hump" in the wall. WE also managed the wall entitled "Day of Despair." We then "bouldered" around the gym to the point of exhaustion. We finished the afternoon with a sushi lunch at Toykyo. Great Day! Climbers: ET Brewster, Yetzia Aponta, Steven Cina and the leader. (4)

Jan. 14 Mohonk Spring Farm Ginny Fauci & Lalita Malik

This was another of our optional Thursday hikes and it was a beautiful day at Spring Farm. Since the carriage roads were groomed for skiing, we hiked on trails out to Table Rocks and back to the cutoff to Northeast Trail, a lovely ridge walk with great views, and ended up on the top of Bonticou Crag for lunch with more views before heading back to the parking lot. Participants: Priscilla Miller, Marian Leeds, Mary Nicolis, Shari Aber, Eli Cohen, and the leaders. (7)

Jan. 16 Vassar College Walk Sue Mackson

Our winter walk through was blessed with weather of the sunniest and driest on a mid-winter day, hence the large turnout of members and guests (25). We meandered along the paths among the buildings and half of us made it over to the Vassar Farms, walking a bit of way through the winter fields so recently culled of deer. Highlights: Marie Caruso pointed out a bristle cone pine, the oldest known species of tree, and a dawn redwood -- one of the few deciduous conifers whose trunk is quite unmistakable -- we found a second one at the corner of the Olmstead; we spotted a red tailed hawk circling in flight, two large patches of bright red winterberry, and stopped at the leader's favorite campus tree -- the Chinese Elm, prominent in winter with its exfoliating bark, and passed a group of Cornelian Cherries with small yellow blooming flowers. Though most buildings were closed, the museum provided a convenient place for a bathroom break, we were able to admire the beautiful interior of the chapel (this was Sunday, after all). Thanks to Jenny and Stan Roberts who made the Vassar campus walk a feature of our winter schedule. Participants: Carl Lawson, Jerry & Marie Ruebenstahl, Rich Held, Ollie Simpson, Mary Dryfoos, Rosemary Horton, Char Rosenberrey, Paul Maggiacono, Beth Willis, Yasushi Yamacam, Marg Cox, Marie Caruso, Gwen Cardarelli, Jude Jurutka, John Punton, Carol Gray, Kathleen Vincitore, Ellie McGreary, Gina Klein, Anita Mannion, Edie Bennert, Barbara Horn, Louis Ruidisch III and the leader.

Jan. 16-18 Saranac Lake Trip Barry Skura

Thirty-five AMC and ADK members participated in this ski/snowshoe trip, based in Saranac Lake. ADK members: Wayne Huebner, Richard Salz, Miok Salz, Ed Sobm, Valerie McClean, Art Portmore, Gretchen Zignick, Kathy Skura and the leader.

Jan. 21 Fahnestock State Park Ginny Fauci & Lalita Malik We had a good group of thirteen hikers when we headed out on another gorgeous day at Fahnestock State Park. Al Poelzl was our "unofficial leader" for this hike. He led us out to a great overlook for lunch where we could look across to Storm King, Black Rock and the Schunemunks in the distance and north to the tower at Mount Beacon and bask in the gorgeous, vivid blue sky, sunny day. We all enjoyed his knowledge of the area and had another wonderful hike with him. Participants: Roberta Forest, Melissa Reed, Marian Leeds, Jerry & Marie Ruebenstahl, Mary Nicolis, Julianne Stainton, Eli Cohen, Al Poelzl, Priscilla Miller, Beth Willis, and the leaders. (13)

Jan. 23 Carnworth Farm Ollie Simpson, David Dvorsky & Lalita Malik

On a crisp, sunny, no-snow Saturday morning, five ADK members, fifteen non-members and three leaders hiked Carnworth Farm trails. Some were returnees from last year's snowshoe; one remembered her (planned) slide down a hill. After the

WINTER/SPRING 2011 OUTINGS LOG (continued)

hike, some of us participated in the hayride, listened to the RCK High School music as we sampled the food, and/or re-visited the bonfire. Carol and Liz were quoted in the Sunday Poughkeepsie Journal article. Thank-you Dave and Lalita for being the sweeps – guiding those who arrived after the main group had begun hiking. Participants: A. Mannion, illegible, Edie Bennett, Sarah Peacock, Lesley Stone, Paul Maaggiacomo, Dorothy Walits, Virginia Nasser, Robert Nasser, John Ragusa, Terry Kennedy, Beth Kennedy, Robert Stack, Elsie Patterson, Liz Lunn, Carol Gray, Salley Decker, Rosalie Johnston, Beth Willis, Margaret Mark D'Angelo and the leaders(23).

Jan. 26 Buttercup Farm Beth Willis

Seven of us hiked this flat section along the railroad bed which parallels the Wappingers Creek on a mostly sunny day with blue skies. With us was Lorraine Laufer, a neighborhood resident who is very knowledgeable about the sanctuary. As we passed through the wetland, we had a spectacular view of Stissing Mountain. We turned around near the end of the RR bed, crossing the creek on a bridge north of extensive beaver activity, which blocked access to the more southerly bridge. We continued around a pond and up to a remarkable stone tower constructed by Alastair Martin, the donor of the original parcel of land to the Audubon Society. Next we passed a gazebo and expansive pastoral views, but low lying clouds obscured the distant Catskills to the north. A provisionally placed bench allowed us to enjoy our lunch while glimpsing a distant peak to the south. Picking up a more northern trail, we made our way through fields to our return route, with the help of Lorraine. Participants: Shari Aber, Linda Adams, Margaret D'Angelo, Ruth Hack, Lorraine Laufer, Lalita Malik and the leader. (7)

Jan. 31 Frost Valley, South Catskills Russ Faller

When I phoned Frost Valley, I was told that they got 4" of fresh snow the day before and that they would be open for cross-country skiing this weekend. When we got there, however, it was obvious that there was no skiing. The trails stretching into the Forest Preserve were chopped up by boots and shoes. We saw no one skiing. We went down to the Neversink River and found that the trail along the river was the only one open for skiing. This is a flat, beginners trail. So we skied it out and back for an hour and forty minutes, then went to the dining hall, had lunch and drove home disappointed. We didn't pay the \$10 PP entry fee, because we were told that the resort wasn't opened for the day skier this weekend. You have to be careful what they tell you over the Frost Valley Ski phone. The disappointed skiers were Dave Webber and the leader(2).

Feb. 4 Black Rock Forest Ginny Fauci & Lalita Malik

On a very chilly, sunny day, thirteen hikers began the trek in Black Rock Forest heading up to Mt. Misery by way of the Stillman Trail past the Upper Reservoir. From Mt. Misery we headed to the Hill of Pines stopping midway in a non-windy group of rocks for lunch. From Hill of Pines we cut over to carriage trails which we took back to the trailhead. The views were good that day and the sky was a vivid winter blue. We needed micro-spikes on the north sides but not on the south. It was another great walk in the woods. Participants: Shari Aber, Roberta Forest, Marian Leeds, Bill Marchonis, Priscilla Miller, Al Poelzl, Paula Repka, Russ Faller, Trudy Pojman, Mary Nicolis, Barbara Lindsey and the leaders. (13)

Feb. 7 Schunemunk Mountain Alvin DeMaria

Wonderful weather, but chilly wind at times. Up Jessup Trail, along Western Ridge (Long Path), then over to Jessup again. High Point (1644 feet). Down Sweet Clover. Approximately eight miles, 1500 feet of climbing; 9:45-3:15. Hikers: Shari Aber, Russ Faller, Joe Ferri, Judith Powell, Bradley, the dog, John Ragusa and the leader (6)

Feb. 11 Stewart State Forest Ginny Fauci

It was a gorgeous day for an impromptu snowshoe hike at Stewart State Forest in Newburgh and five of us met at the DEC parking area and then, led by Shari Aber, headed down one of the back roads to the trailhead for Buchanan Hill. We headed up the trail past many deer tracks at the nearby lake and got to the top, flat fields overlooking everything else in the area. The views that day were clear, the sky was another vivid winter blue and the sun was warm. We were able to see the Gunks and Catskills on the one side and Mt. Beacon to Breakneck on the east side of the Hudson and Storm King, Black Rock and Schunemunk on the west side. It was a great day for a hike and thanks to Shari for suggesting it. Participants: Shari Aber, Roberta Forest, Mary Nicolis, Ellie Shortle and the leader.(5)

Feb 18-21 Weizel Trails Cabin Pete McGinnis

Another wonderful Weizel Trails Cabin outing - Feb. 18 to 21, 2011. Friday a little warm for cross country skiing but it made for more of a workout. Mt. Van Hoevenberg Ski Center was well groomed as usual. Catrine, Gino, Maureen, Ron and Russ did Algonquin and combinations of Wright and or Iroquois. Pete, Lalita, and Brenda did Mt. Van Hoevenberg - highlight: Lalita's declaration with minus 10 wind chill factor at lunch: "Pete, next year I'm going south!" Al De Maria bushwhacked to T.R. for the first time. John Schimmel was cited for hiking without skis or snowshoes in eight inches of snow. We have started a "free John Schimmel defense fund". Food was plentiful and delicious, highlight: Catrine's pies. 12 including leader.

Mar 3 Mid-Week Hike AT 301 to Fahnestock Parking Lot Ginny Fauci & Lalita Malik

We left shuttle cars at the Fahnestock Parking Lot which was still open for skiers and then started out on the AT from Route 301 at the end of Canopus Lake where we had ended the last time. We hiked up to the ridge and followed the AT all the while looking down on Canopus Lake. We still had snow & ice so traction was required in most spots. We found a lovely overlook with a view looking back up the lake and stopped to have our lunch there. From there we continued on the AT until we came to the intersection of the snowshoe trail down to the parking area. This trail took us alongside the Taconic Parkway for a short while before heading back into the woods and eventually coming out by the ski trails that led us back to the parking lot. It was a great day for a hike! Participants: Al Limone, Jerry & Marie Rubenstahl, Louis Ruidisch, Roberta Forest, Bill Machonis, Marian Leeds, Mary Nicolis, and the leaders.

Mar 12 Harriman Park Alvin DeMaria

Cloudy skies in morning gave way to sun and blue skies later in the day. Up Thunderberg, passing near many remains of the Spiral Railway, over Bald Mtn, with its mine openings. Lunch on the Tiny. Trudy Pojma (from Highland Falls) met us there and returned with us on Tiny Torne back to cars. Participants: Hank Jenkins, Pete McGinnis, Lou Ruidisch, Al Limone, Trudy Pojman, & leader.

Mar 13 Roosevelt Historical Site Georgette Weir

Spring was in the air for this easy-to-moderate walk on the woods roads near the river at the Roosevelt Historic Site in Hyde Park.. Participants: Connie Stutman, Kimberly Hurley, Al Poelzl, Sara Mill, Charles Mill, Marie Caruso, Lucy Kaufman, John Ragusa, Carol Gray, Anne Marie

Mar 17 Mohonk Mountain House Open House

Ginny Fauci & Lalita Malik

It was Community Week at the Mountain House again so we decided to take advantage of the nice weather and the half-price lunch. We split up while there; some decided to take the house tour and walk around the property while the rest of us hiked over onto Mohonk Preserve property since the Mountain House still had all their trails roped off for their guests because of some snow and ice still around. We then got on the carriage trails and went to Copes Lookout before

going back to the main area. Nine of us, including Beth and Lorraine who joined us then, decided to have the buffet lunch which was absolutely delicious; especially the dessert table. Following lunch, a few of us took a short hike out past the gardens and up to the gazebo on top to walk off the lunch. It was another nice day at Mohonk..
 Participants: Elena & Mel Kleiman, Carol Gray, Jenny Dalpe, Lou Ruidisch, Roberta Forest, Ellie Shortle, Judy Adams, Beth Willis, Lorraine Laufer and the leaders.

Mar 27 Conservation Hike Sayi Nulu

The group met at the visitor parking lot starting at 10:50 am. Ranger Dave Hayes kindly spoke to us on various aspects of tree management at the Vanderbilt Estate. He started with some history of FDR and his love of conservation, many aspects of tree management and the issue of trees lining Route 9 and the plan to remove them. They are being taken down due to their size and age which affects the safety of the highway during storms. Most of the trees will be chipped and composted. Some trees will be made into furniture. After the talk we went to Bard Rock and the leader updated the group on the issue of hydrofracking in the marcellus shale and ADK proposal regarding legislative control over the process. The group returned to the mansion via the Vanderbilt Gardens and the Visitor Center. Participants: Louis Ruidisch, Lucy Kaufman, Lin Fagan, Al Poelze, Arlene, Alyssa & Katie Canonico, Matthew Cornicello, Marie Caruso, Sue Mackson, Pat Joel

Apr 9 Minnewaska S.P.P. G.Weir & J Fovere

Beautiful spring day, gorgeous scenery, amicable companies – what more can one ask for! Participants: Anne Parries, Alvin DeMaria, Jeffrey Perls, Joan Davie and leaders.

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Welcome, New Members!

(1/19/11-5/10/11)

Diane and Bill Albright
 Ellyn and Jeff Burstein
 Pete Cantine
 Tristan Deforest
 Judy Dvorshock
 Thomas Ericsson
 Marga Gordon
 Lucy Kaufman and Paul Archer
 Peter Kick and Lori Dickson
 Maureen and John Cussed
 Ann Marie Minke
 Christopher and Michele Morris
 Julie Murphy and John McBride
 Paul and Anne Parries
 Alice Renan
 Colleen Rifkind
 Heather Rolland & Thomas R. Moeller
 Thomas and Leslie Schmeelk
 Mary Scott
 Kevin and Karen Smith
 Jody Spiak
 Lara Steinzor
 Nancy Terry
 Fred and Louise Tregaskis
 Nancy Vodrazka
 Albert Wheeler
 Shirley Warren
 Richard and Melissa Wilder

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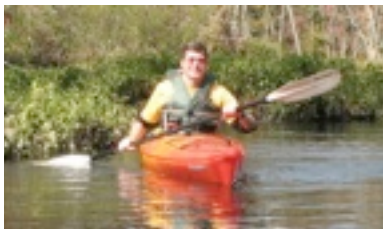
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Join The Chapter Breakfast Group!
 Consider yourself invited to join us for breakfast
 at 8am every Friday at the
 Gateway Diner on 9W in Highland
 (on the left heading north off the bridge) A Rail Trail entrance is
 only 200 feet from the diner which permits easy access to the
 Walkway Bridge for an easy, scenic before or after-
 breakfast hike

Contact Ralph Pollard at ralphpollard@verizon.net
 or 845-462-3389 if you'd like more information.

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