

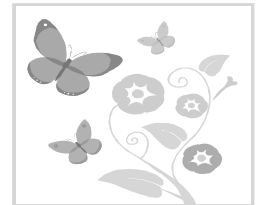
Mid-Hudson TRAILS

News and Activities
of the
Mid-Hudson Chapter
of the
Adirondack Mountain Club

www.midhudsonadk.org

Summer 2010
July—September

OUTING LEADERS are TREASURES! CAN YOU BE ONE? YES, YOU CAN!



The best outings can be the result of serendipity --

*the rain that conveniently takes a break,
the rainbow that unexpectedly appears,
the cool breeze off a lake or pond,,
the sweet shade beneath the forest's canopy,
the delightful discovery of some hidden miracle of nature, and
the sense of comfort and comraderie that comes with sharing these joys with old and new friends.*

But these outings are also the result of the good work done by the Outing Leaders. If you are daunted by the prospect of being able to fill the job description as listed below, consider doubling up with another member and becoming a Co-Leader! Contact Sue Mackson at 845-471-9892 or susiem6@juno.com for more information and plan on joining Sue and veteran leaders at Pete's picnic on Sunday, July 25 (see below).

OUTING LEADERS' JOB DESCRIPTION:

- ⇒ **Planning:** Deciding where they'd like to go , the suitability of terrain or waterway for a particular skill level, how a destination might fit with a "theme", figuring out the best season and time of day for the destination and approximate length of the activity, deciding on car pool or trail head meeting places, checking tide tables or elevation gains.
- ⇒ **Describing:** Writing up the outing in an inviting and specific way, preparing a description for those who might need more information, giving directions to the site, saying a word or two at the beginning of the activity, and, finally, summarizing the trip for our trip log editor.
- ⇒ **Leading:** Dealing with any situations that come up--a tired or overstrained hiker, a paddler who's overturned or stuck in mud, a novice who's not dressed appropriately or has no food or water, a paddler who doesn't like vests, clearly laying out rules for the trip, choosing a sweep, deciding whether always to be "out front", keeping tabs that all are still with you.
- ⇒ **Providing the "extras":** Researching and sharing information about the area visited, providing a snack during or at the end of the activity, sharing the leader's expertise with the group and getting members to share their's. And, most importantly, getting to know members and prospective members and evaluating and encouraging their participation in our activities.

ANNUAL LEADERS' PICNIC for PAST, PRESENT, AND FUTURE LEADERS

***Sunday, July 25, 4:30 - 7:30pm, at Pete McGinnis' Home and Garden at 100 Cedar Avenue, Poughkeepsie
(Halfway between Spackenkill Rd and Hooker Ave, on the left heading north towards Hooker, just past Walnut Hill)***

We will be honoring those members who've contributed their time and talent in assuring MHADK's year round schedule of paddles, backpacks, hikes and walks--and the occasional bike ride. For the 2009-2010 season these include: Pete McGinnis, Beth Willis, Fred Otte, Lalita Malik, Shari Aber, Ginny Fauci, Russ Faller, Sue Mackson, Barry & Kathy Skura, Bill Beehler, Ellen Zelig, Georgette Weir, Brenda Harding, J-C Fouere, Al DeMaria, Dave Koehler, Nancy Keenan-Rich, Carol Gray, Marie Caruso, Brian Sullivan, Salley Decker, Mary (Trish) Cina, Ollie Simpson, Skip Doyle, Noel Tepper, Don & Andrea Urmston, Arlene Canonico, Dave & Arlene Kaplan, Jeff Kaplan, Ken Walton, Frank Dogil, Sayi Nulu, Michele Van Hoesen, Dave Webber, Mike Cunningham, Will Nixon, Al Poelzl, and Geri Wildenberg. Most of those volunteers are veteran leaders contributing over many years.

New this year (but only for our chapter--they have led elsewhere) are: Arlene Canonico, Mike Cunningham, Will Nixon, and Brenda Harding. MHADK member, Sayi Nulu, is also new to leading and provided two trips this spring.

Prospective Leaders: please join us! Get ideas and tips from seasoned hikers and paddlers!

Food is Pot Luck with the chapter providing the main dish and the rest of us bringing our favorite appetizer, side dish or dessert to share.

Please contact Sue Mackson at 845-471-9892 or susiem6@juno.com to confirm attendance.

VOLUNTEER OPPORTUNITIES

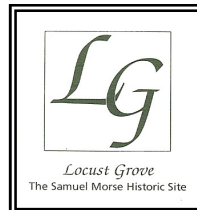
Meet new people and make a difference at the same time! Contact any of the board members and committee chairs listed in the adjoining column to become involved in chapter activities!

Volunteers Needed:

- ⇒ To assume chapter leadership positions by taking on one of the 2-yr term offices up for election in October: Chapter Chair, Vice Chair, Secretary, Treasurer, two Chapter Directors and two Club Directors. Young blood is needed, that is, anyone under 80 years of age (!) If you are interested or know of someone who might consider taking an active part in Chapter leadership, please contact Bill Beehler, Committee Chair, at 845-473-5557 or wvbee@aol.com, or either of the other two members of the Nominating Committee: Sue Mackson at 845-471-9892 or susiem6@juno.com, and Dom Urmston at 845-457-4552 or DURmston@hvc.rr.com
- ⇒ To assist Lalita Malik and Don Urmston at various libraries during their Joys of Hiking and Introduction to Kayaking presentations. Time commitment: About 2 hours at the library closest to you and/or the library of your choice. Contact Lalita at 845-592-0204 or LalitaMalik@aol.com and Don at 845-457-4552 or DURmston@hvc.rr.com See details about Don's Kayaking presentations in the *Summer Outings Schedule* on pp. 3-7.

Trail Workers Needed:

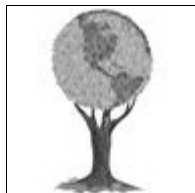
- ⇒ To help in building a mile of new hiking trails at the historic Locust Grove estate. Volunteers will work in teams to remove brush, invasive plants, and downed limbs at this not-for-profit museum, education center and nature preserve located on Route 9 in the Town of Poughkeepsie. For more information, email Ken Snodgrass at k.snodgrass@ligny.org or call 845-454-4500 x11. Strong backs necessary, chainsaw experience a plus!



SAVE THESE DATES!

- Sun Oct 3 Annual Fall Picnic and Election of Officers, Norrie Point—Details TBA
- Sun Dec 5 Holiday Party, the Locust Grove Estate
- Fri-Sun Sept 10-12 ADK Fall Outing—Camp Fowler, Speculator, NY Sponsored by the Schenectady Chpt (adk.org for information)

SAVE A TREE...or TWO...or THREE! RECEIVE YOUR NEWSLETTER ELECTRONICALLY!



Think about joining the 90+ other Mid-Hudson chapter members who've already "opted-IN" to receiving their newsletters electronically instead of by snail mail. Imagine! Our chapter can save over \$2000/yr in printing and mailing costs while conserving thousands of trees and other natural resources at the same time by disseminating the NL online. To opt-IN, just send an email to mhadk_newsletter@yahoo.com with your name and the words ONLINE NEWSLETTER in the subject line. (Thus, the subject line should look like this: JANE DOE—ONLINE NEWSLETTER) Nothing needs to be written in the body of the email. You will then be taken off the list for the printed version, will receive the newsletter as a pdf file and will be in sync with our chapter's attempt to "go green" in every way possible.

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Adirondack Mountain Club
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Water Trails Russ Faller 845-297-5126
russoutdoors@yahoo.com
Paddle Chair Russ Faller (as above)

Stay Connected Via These Websites

- ⇒ www.adk.org (ADK Club)
- ⇒ www.midhudsonadk.org (Mid-Hudson Chapter of ADK)
- ⇒ www.nynjtc.org (New York/New Jersey Trail Conference)

Closure of State Parks: Update

State parks and historic sites will stay open! Thank you to all who have voiced outrage and concerns about the proposal to close fifty three (53) of them for an estimated total savings of eleven (11) millions dollars in State budget but at a high cost to local communities and at the expense of state residents and visitors alike.

Environment Protection Fund AT RISK

As of this writing, the EPF level for fiscal year 2010-11 was set at \$134 million, down from \$212 million last year. This 37 percent cut is greatly disproportionate to cuts in other budget areas. While the governor had proposed a moratorium on state land purchases for a second year and eliminated all funding for it in his Executive Budget, an agreement negotiated with the legislature restores \$17.6 million for open-space protection and \$16.2 million for stewardship of state lands.

Drilling for Natural Gas in the Marcellus Shale of New York – “Gasland”, Natural Gas or Water?

The tragedy of the massive, extraordinarily damaging oil spill in the Gulf of Mexico reminds us of the price that we, as a country, pay for our fossil fuel and energy needs. As I do, you feel genuinely sorry for the Gulf residents. You are very concerned about the destruction of wildlife in the ocean, in the marshes and on the shore. Now what if the destruction of the environment on such a large scale was to come close to your own home, maybe within your own community? What if your drinking water was foiled by chemicals and natural gas? What if your own health and the health of your family were suddenly affected?

A Movie Worth Watching: GASLAND

At a time when several gas companies are actively promoting the drilling for natural gas in the lower tiers of New York State that includes the southwestern Catskill Mountains, buying drilling rights from local land owners, you may be interested in watching Gasland, a movie that documents the detrimental effects of gas drilling on the land and on the watershed: <http://www.gaslandthemovie.com/wp/> The movie will very effectively inform you about the consequences, the risks and the cost of drilling for gas, some of them coming very close to home.

If you wish to participate actively in ADK conservation activities, drop a note to Jean-Claude Fouéré at jcfouere@optonline.net, Conservation Chair.

**Congratulations to
The New York –New Jersey Trail Conference**

which is celebrating it’s 90th anniversary this year. The TC is a volunteer, non-profit federation of hiking and outdoor groups (member clubs) and about 10,000 individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community. Currently it is responsible for 1700 miles of trails in two states and these include the Appalachian Trail. Our Mid-Hudson Chapter of ADK is a member of the TC and Salley Decker (contact info under Board listing on p.2) is our delegate to the conference. Check out: www.nynjtc.org.

Mid-week paddles . We will paddle the second and fourth Thursday of each month, weather permitting. Paddles vary in length, difficulty, and location. Most are on quieter water; some will be on the Hudson River. All are generally leisurely -- we stop for looks at birds and waterfalls and for lunch. To be included on a separately maintained email list for these trips, contact leaders, Shari Aber (845-255-6005 or shnaber@yahoo.com) or Russ Fallor (845-297-5126 -- before 9:30 PM -- or russoutdoors@yahoo.com) July 8 & 22, Aug 12 & 26, Sept 9 & 23.

Mid Week Hikers. 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. There is a separate email notification list for these hikes. To join this email list, contact Eli Cohen at ebc12533@yahoo.com with "Join Mid Week Hikers email list" as the subject. Contact leaders: Ginny Fauci, 845-399-2170, yfauci1@hvc.rr.com or Lalita Malik, LalitaMalik@aol.com, (845) 592-0204 to learn about the upcoming hike. July 1 & 15, Aug 5 & 19, Sept 2 & 16.

Leisurely 4th Tuesday of the Month Walks and hikes that are shorter and more leisurely in pace than those the Thursday group currently is walking. We will cover familiar and unfamiliar territory. Join a series of hikes which will be fully described through a separate e-mail the Friday before the week of the hike. Please express your interest with a call or email to: Please let Sue Mackson know you are interested. 845-471-9892, susiem6@juno.com July 27, Aug 24, Sept 28

**CHAPTER OUTINGS : WHAT YOU NEED TO KNOW
BEFORE YOU GO!**

Hike Ratings:

- Class A —Difficult: More than 1500’ climb or more than 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

New Regulations for Chapter Paddles

- ⇒ Participants must wear a PFD while on the water.
- ⇒ For "big water" trips (e.g. Hudson River*, LI Sound, Lake George), the following specifications are required for kayaks: minimum boat length should be 13.5 ft, and boats should have dual bulkheads, unless the boat is a sit-on-top kayak.
- ⇒ This does not include trips into Constitution Marsh or other trips where travel on the Hudson is minimal.

We Ask that All Outing Participants:

- ⇒ Notify leader of your intent to join an outing.
- ⇒ Be at designated meeting place on time.
- ⇒ Be properly dressed: sturdy footwear, etc for season & type of outing.
- ⇒ Be properly equipped with water, lunch and extra snacks, rain jacket and the Ten Essentials*.
- ⇒ To bring a dog on a hike, call leader to get permission, bring a leash, be able to control dog and be responsible for its needs (water and food).

Car Pooling is Encouraged

CP expenses will include \$.20/mile + tolls and parking fees to be equally divided among all non-driving participants.

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

SUMMER OUTINGS SCHEDULE (continued)

Thurs-Mon July 1-5 Erie Canal Paddle Level: All. Average 8-10 miles per day **Leader: Don Urmston: Durmston@hvc.rr.com 845-457-4552 (before 9pm)** Join us for five days of paddling on the Erie Canal between Palmyra and Port Byron. This trip will feature a relaxed pace and plenty of exploring both on water and on foot in the towns we encounter. Paddling will average 8-10 miles per day. We will stay at a local campground with showers and bathrooms. (\$ fee for camping). Pfd (life vest) required. 14 ft. or longer kayak or canoe strongly recommended. Contact leader for more details and costs. **THIS TRIP IS FULL, CONTACT LEADER FOR WAITING LIST**

Sat July 3 Paddle through the Wallkill National Wildlife Refuge **Leader: Shari Aber 845-255-6005 shnaber@yahoo.com**
The Wallkill National Wildlife Refuge's northern boundary lies in Orange County. We will paddle from the Oil City Boat Launch upstream through diverse habitats in Northern New Jersey. The place is beautiful and the paddling is easy. We may have to portage over a beaver dam or two, but in July, the water should be refreshing. Bring PFDs, water and lunch. Contact leader for meeting time.

Mon July 5 Bulls Bridge to Junction of Ten Mile and Housatonic River C/Flat terrain Watershed Hike
Leader: Sue Mackson 471 9892, susiem6@juno.com
From the bridge where George Washington lost his horse, we will walk along a section of the Appalachian Trail by the Housatonic River, watching the water churn whorls in the rocks as it cascades through the gorge to the intersection of the Ten Mile and Housatonic rivers. Meeting at Bulls Bridge parking lot at 10 am. Call or email to confirm.

Wed July 7 6:30 pm Evening Lecture- Kayaking:How to Get Started Esopus Library
Always wanted to try kayaking but don't know how to get started? 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. General Public is welcome, **ADK volunteers are needed**. For more information contact Don Urmston: Durmston@hvc.rr.com or 845-457-4552 (before 9pm)

Sat July 10 Road Bike Bridges Tour: Poughkeepsie – Rhinebeck, 50 miles at 12 mph. **Leader: Skip Doyle for details skipnewyork@yahoo.com** Scenic, circular tour of the mid-Hudson Valley. Many short stops at historical and scenic places of interest including Esopus Lighthouse, Wilderstein estate, Mills Mansion, Vanderbilt Mansion, FDR home, Rhinecliff, Rhinebeck, Rondout Creek, Walkway Over the Hudson. An all day ride but lots of time out of the saddle, including time to buy and eat lunch. Helmet required; gloves recommended. Meeting place: Mount Saint Alphonsus, Esopus, NY (New Paltz Thruway exit 18. Registration required. For those who would like to assist with this same ride on August 15 or for those who have peddled this ride before.

Sat July 10 Historic Village of Woodstock Walk C 10am-Noon **Leader: Will Nixon. Contact 845-679-5853 will@willnixon.com**
The authors of *Walking Woodstock: Journeys into the Wild Heart of America's Most Famous Small Town* Michael Perkins and Will Nixon will describe the town's history from its past as an arts colony through its Bob Dylan days to the present. Meet at the Golden Notebook at 29 Tinker Street, Woodstock, for a book signing followed by the walk.

Sat July 10 Buttercup Preserve /Thompson Pond Watershed Hike C **Leaders: Lorraine Laufer & Beth Willis 845-373-8202 bethwillis@optonline.com** We will meet at 10am and first head north along the Buttercup Farm Audubon Sanctuary trail which parallels the Wappinger's Creek. This is an area in which birds abound and beaver

activity is constantly altering the landscape. (Admission \$3) Later, we will drive to nearby Thompson Pond, from where the Wappinger's Creek originates, and hike around it. (Approximately 3 miles). This preserve has an unusually high biological diversity. Be sure to wear sturdy boots and bring plenty of water and lunch or a snack. Please call or email Beth to confirm your attendance and for the specific meeting place.

Sat July 10 Kayak Rescue Skills Class (A/B, Moderate / Advanced) **Leader: Don Urmston Durmston@hvc.rr.com or phone 845-457-4552 (before 9pm)**
We will practice on-water rescues including wet-exit and re-entry, bow rescue, two person rescues, towing and swimmer rescues. This class is designed for all trip leaders and anyone who wants to learn rescues. Participants should have a kayak with 2 bulkheads. Pfd's are required. Contact leader with any questions. Time & location TBA (probably White Pond). Register with leader by July 8.

Sun July 11 Walkill River Paddle: New Paltz to Perrine's Bridge. 7 mile, flat water paddle through the historic towns of Lloyd and Esopus. For details contact Skip Doyle at skipnewyork@yahoo.com.

Wed July 14 7:00 pm Evening Lecture- Kayaking- How to Get Started Hyde Park Library
Always wanted to try kayaking but don't know how to get started? 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. General Public is welcome, **ADK volunteers are needed**. For more information contact Don Urmston: Durmston@hvc.rr.com or 845-457-4552 (before 9pm)

Thur July 15 Evening Hike & Picnic C/Easy 3 miles
Leader: Salley Decker 845-454-4206 Contact her by Mon July 11 Let's walk the trails at Esopus Meadows Preserve to the Kayak/Canoe Day Use Area on the Hudson River. Enjoy our picnic supper at the shelter on the west bank. Time: TBD but approximately 5:30-6:00 PM Extreme heat, rain or threat of thunderstorms cancels. If calling on the 11th, please call 4-5pm or 8-9pm or leave message with telephone number.

Sat-Sun July 17-18 Adirondack High Peaks Bagging Backpack: Part 1 **Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com**
We'll camp at Bradley Pond, then next day, climb Panther, Couchsachraga & Santanoni Peaks with daypacks. These are mountains w/o marked trails & have minimally maintained herdpaths. We'll camp another night at Bradley Pond before returning to the cars on 7/18. An 8.8 mi. RT backpack plus an 8.5 mi. RT dayhike up the peaks. *Arrive at the trailhead on Fri., 7/16 at 5 PM.* You can combine this trip with Part 2 on 7/18-20 (see schedule). Contact leader to register.

Sat July 17 Katterskill Falls & Escarpment trail B
Leader: David Koehler 917-613-2043 or k2david121@gmail.com
Part 1 of a series of waterfalls hikes, come a visit NY's highest two-tiered waterfalls, regarded as sacred by the Native Americans, then over to one of the most beautiful trails in the Catskills, the Escarpment trail. Estimated distance 7 miles, swimming/wading opportunity.

Sat July 17 SW HUNTER & HUNTER A- Joint with Albany Chapter **Leader: Cal Johnson hikeski@hvc.rr.com (preferred) 845-246-2006 Before 10 p.m.**
After dropping cars at the Hunter Mtn ski area (lodge open – rest rooms), we will drive to the start by Notch Lake on Rt. 214, about a 5 minute drive. We will ascend the Devil's Path and, shortly after the land levels off, just past the lean-to, follow the long abandoned railroad bed and then a short herd path to the summit of SW Hunter

SUMMER OUTINGS SCHEDULE (continued)

(3740'). This unmarked trail is usually a very easy bushwhack, however, there may be blowdown to go over or around. After recording our visit in the canister, we will backtrack to the lean-to and take the HU trail to the summit of Hunter (4040'), 2nd highest peak in the Catskills. We will take a short side trail to a ledge area with a great view and then continue on a short distance to the fire tower. The tower is usually open on summer weekends, along with the spotter's cabin. When finished taking in the spectacular 360 degree views from the tower, we will go down the Spruceton and Colonel's Chair trails to the summit of the ski area, from where we will descend ski slopes to the parking lot. Distance is around 9 miles with around 2100' of climbing. At a 1.5 MPH pace, the hike will take about 6-7 hours. Sturdy hiking boots or trail shoes required. Carpooling can be arranged to meet leader in Hunter at 9:00 a.m. Steady rain or no sign-ups by July 14 cancels.

Sat July 17 Late afternoon Paddle at Chodikee Lake
Leaders: Georgette Weir and Jean-Claude Fouere, ge-weir@optonline.net, or 845-462-0142 Contact leaders for meeting time and place

Sun July 18 North Lookout at Mohonk Preserve B
Leader: Brian Sullivan @ 845.594.9545, Call before 9 PM.
7 mile hike at this unique property at moderate pace (1.5 to 2 miles an hour). Meet at Spring Farm Parking at 9 AM. There is a \$10 day pass/free if you are a member of Mohonk Preserve. Bring sufficient water, hiking boots, snacks and lunch.

Sun-Tues July 18-20 Adirondack High Peaks Bagging Backpack: Part 2 **Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com** We'll backpack 5.5 mi. and camp near the Opalescent River. (You'll need to arrive at the trailhead late morning on 7/18.) Next day, we'll climb Allen Mtn. (about 7.5 mi.) with daypacks. There is no marked trail; only a minimally maintained herdpath that can be confusing, so bring a spirit of adventure and stay light-hearted. After returning to our tent site that same day, we'll backpack about 4 mi. to a campsite on Lake Colden. Next day, we'll climb Boundary & Iroquois Peaks (about 4.5 mi. RT w/ about 1940 ft. very steep ascent) with daypacks. After returning to our campsite, that same day, we'll backpack about 6.5 mi. along Calamity Brook to complete a loop. You can combine this trip with Part 1 on 7/17-18 (see schedule). Contact leader to register.

Fri July 23 Full Moon Paddle (A, Advanced) Cold Spring
Leader: Don Urmston email: Durmston@hvc.rr.com or phone 845-457-4552 (before 9pm). We will paddle out of Foundry Park in Cold Spring. We may head north or south. Approximate paddling time is 2 to 3 hours. 360 degree white light is required on the stern of each kayak. We will be paddling in the dark on the Hudson so all participants must have a kayak 13.5 foot or longer with 2 bulkheads. Pfd's are required. Register with leader by 7/22 to get meeting time and place.

Sat July 24 Leisurely Hike Beacon Riverside Trail & Dennings Point C **Approx 5 miles. Leader: Lou Ruidisch 845-896-9332 or LER3rd@verizon.net** Excellent views of the Hudson River from this beautiful and historic location. Bring lunch and water. Meet in front of the Beacon Sloop Club, Riverfront Park, Beacon at 10am

Sat July 24 Cold Spring to Bannerman's Paddle (B/Moderate)
Leader: Don Urmston email: Durmston@hvc.rr.com or phone 845-457-4552 (before 9pm). We will paddle approx. 8 miles on the Hudson River from Foundry Park in Cold Spring to Bannerman's castle and back with stops at Little Stony Point beach. Approx. paddle time 3-4 hours. PFD Required! Trip is open to anyone with previous paddling experience or adventurous beginners. Must have 13.5 foot kayak with 2 bulkheads. Register with leader by 7/22 with questions and to get meeting time.

Sun July 25 Annual Outing Leaders' Picnic 4:30 – 7:30pm Pete McGinnis will be hosting this event at his home and garden at 100 Cedar Avenue, Poughkeepsie. We will enjoy a few hours of socializing and honoring those members who've enabled us to continue our year round schedule of outings, backpacks, paddles and such. If you think you'd also like to lead an outing, see the article on page 1 and feel free to join us. Please RSVP Sue Mackson at 845-471-9892 or susiem6@juno.com to confirm attendance.

Tues July 27 Leisurely Watershed Hike Tymor Walk and Picnic C **Leader: Sue Mackson 471 9892 Susiem6@juno.com**
This hike will take us along Fishkill Creek and through woods to Furnace Pond and the ruins of old kilns. Our hike will take us through wildflower meadows, returning to the fields beside the gorge. Bring a picnic supper to enjoy at the pavilion by the creek after the hike. Boats will be available by request on Furnace Pond. Meet at Tymor Park parking lot in Union Vale at 3 pm. Call or email to confirm attendance

Wed July 28 7:00 pm Evening Lecture- Kayaking- How to Get Started **Adriance Memorial Library, Poughkeepsie**
Always wanted to try kayaking but don't know how to get started? 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. General Public is welcome, **ADK volunteers are needed.** For more information contact Don Urmston: Durmston@hvc.rr.com or 845-457-4552 (before 9pm)

Sun Aug 1 Schaghticoke Mountain 5.5 miles B
Leader: Sue Mackson 471 9892 susiem6@juno.com
Moderate hike with elevation gain at moderate pace along the Appalachian Trail at the border between NY and CT. Meet 9:15 am at Starr22 Diner at intersection of NY 22 and DC 21 to carpool to trailhead at Schaghticoke Rd. This will be an in and out hike, or a shuttle, depending on number of participants. Call leader at 7:30 am on morning of hike if questions about the weather.

Wed Aug 4 -Tues Aug 10 Whitney Wilderness/Bog River Canoe Loop in the NW Adirondacks **Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com** This is the most remote paddling route in the entire Adirondack Region. The State has not even officially opened the route yet! True wilderness in its most pristine form. You'll see no power boats, cabins or people (except on the bigger lakes). Small primitive tentsites are hacked out of the wild. We'll start on Little Tupper Lake, head for Rock Pond, then pass through many small ponds to Shingle Shanty Brook and Lake Lila. Then on to Lows Lake and down the Bog River back to Little Tupper Lake. Twenty often difficult, sometimes long carries on unmarked, unmaintained fishermen's herdpaths w/ deep mud, blow-downs, poor footing & tight spaces. But drop-dead beauty reminiscent of Ontario, Canada. About 60 mi., with some portages doubled. Limited to a small group of experienced paddlers with canoes (the lighter the better). *No kayaks.* Rentals available in the area. Contact leader. **Launch early morning on 8/4, so must arrive the night before.** Leader can give info on campsites & lodging.

Sat Aug 7 Bash Bish Falls & Alandar B **Contact Leader David Koehler at 917-613-2043 k2david121@gmail.com**
The second waterfalls hike in the series will take us to the most popular and most beautiful waterfalls in the taconics and to the top of Alandar with views all around. Swimming option in crystal clear water.

Sun Aug 8 Black Creek Preserve C **Leader: Beth Willis 845-373-8202 bethwillis@optonline.net** Join me for this short and sweet easy hike/walk. After a steep ascent, this hike is fairly easy and is a great short(2 1/2 -3 miles) hike for a Sunday afternoon. Even when it's hot, these trails are usually shady, and hopefully we'll enjoy a cool breeze down by the river. We'll meet at 1pm. Call or

SUMMER OUTINGS SCHEDULE (continued)

email the leader before 8pm on Sat Aug 7 to confirm your attendance and for the meeting place.

Mon Aug 9 (raindate = Tues Aug 10) Paddle & Swim on the Esopus Creek Leader: Judy Mage, 845-255-7671 or judy-mage@verizon.net Enjoy an easy paddle on the Esopus Creek and a swim. *Beginners welcome.* About 6 mi. RT. Bring lunch, water, boat and gear. PFDs required. Meet at 12 noon at the Saugerties Town Beach, off of Rt. 9W in the Village of Saugerties. Contact leader if driving directions are needed.

Sat Aug 14 Hudson River Paddle at Athens Intermediate Leader: Ken Walton to register and for directions. 883-0132 or kaw9862@optonline.net Explore the Hudson River around the quaint town of Athens. Start at the Murderer's Kill and head down to Roger's Island for lunch and maybe some hiking, before heading back. Boats 13' in length or more recommended. PFD required. Bring water, lunch/snack. Meet Athens St Boat Launch at 11am

Sat Aug 14 Historic Village of Woodstock Walk C 10am-Noon 10 am to noon Leader: Will Nixon Contact 845-679-5853 or will@willnixon.com The authors of *Walking Woodstock: Journeys into the Wild Heart of America's Most Famous Small Town* Michael Perkins and Will Nixon will describe the town's history from its past as an arts colony through its Bob Dylan days to the present. Meet at the Golden Notebook at 29 Tinker Street, Woodstock, for a book signing followed by the walk.

Sun-Fri Aug 15-20 New Hampshire White Mountains Hut and Lodge Trip B to B+ Trip is full. There is a waiting list. We will be day hiking in the White Mountains, approximately 6-9 miles a day, including hiking to some of the 4000-footers with options to by-pass them. We will be staying in Pinkham Joe Dodge Lodge, Madison Hut, Highland Center (2 nights), and Lonesome Lake Hut. Dinner & breakfast is included with each night's accommodation which will be in bunkrooms. There are showers available in Pinkham & Highland Center, but none in the huts. Cost will be \$324.25 per person. E-mail Ginny Fauci at vfauci1@hvc.rr.com for additional information.

Sat Aug 21 Table Rock/Bonticou Crag Loop from Spring Farm Level B/7 miles Leader: Brian Sullivan @ 845.594.9545, Call before 9 PM. Meet at Spring Farm Parking at 9 AM. There is a \$10 day pass/ free if you are a member of Mohonk Preserve. Bring sufficient water, hiking boots, snacks and lunch. Moderate pace (1.5-2 mph)

Sat Aug 21 Twin & Indian Head B+ Joint with Albany Chapter Leader: Cal Johnson hikeski@hvc.rr.com (preferred) 845-246-2006 before 10PM After dropping cars at the finish parking lot, we will drive about 10 minutes to the start. We will take the Roaring Kill trail to the Pecoy Notch trail and then follow the NYNJTC Long Path, most of it on the Devil's Path, to the parking lot at Steenberg Road. Distance is around 8 miles with around 2100' of climbing. The pace will be moderate (1.5 MPH), but steady, and take around 6-7 hours. The Pecoy Notch trail will lead us through the unique rock work in Dibble's Quarry and past a large beaver dam. There are some very steep ascents on this hike, with loose footing, rock scrambling and roots to negotiate. Going down the east side of the two mountains is equally difficult. The view from the summit of Twin (3640') is one of the best in the Catskills. On a hot summer day the aroma of the balsam trees on Twin is very strong. There are additional view points on Indian Head (3573'). Sturdy hiking boots or trail shoes required. Carpooling can be arranged to meet leader at the Stewarts on Rt. 23A in Haines Falls at 9:00 am. Steady rain or no sign-ups by Aug 18 cancels.

Sat Aug 21 Full Moon Paddle (A, Advanced) Cold Spring Leader: Don Urmston email: Durmston@hvc.rr.com or phone 845-457-4552 (before 9pm). We will paddle out of Foundry Park in Cold Spring. We may head north or south. Approximate paddling time is 2

to 3 hours. 360 degree white light is required on the stern of each kayak. We will be paddling in the dark on the Hudson so all participants must have a kayak 13.5 foot or longer with 2 bulkheads. Pfd's are required. Register with leader by 8/19 to get meeting time.

Sun Aug 22 Hudson River at Annsville Paddle Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com We'll put in at the fun launch at the Annsville Paddlesports Center. We'll paddle across Annsville Bay and up the Annsville Creek. Then we'll go out onto the Hudson and head for Iona Island. This is a very beautiful, but often challenging, section of the River. *Experienced paddlers only with kayaks of 13.5 ft., or longer, and dual bulkheads or floatation, unless it's a "sit-on-top".* Canoes welcome. Bring lunch, water & gear. PFDs required. Rentals available from Atlantic Kayak Tours on site. Heavy or steady rain cancels. Contact leader to confirm participation. Meet at 9 AM at the Annsville Paddlesports Center on US Rt. 6, off of the traffic circle N of Peekskill

Sun Aug 22 Hudson River Evening Paddle - Highland Landing to Esopus Lighthouse Park Leaders: Shari Aber shnaber@yahoo.com 845-255-6005 & Joe Ferri newpaltz33@yahoo.com 914-489-1582 We will paddle 9-10 miles with the current stopping along the way on Esopus Island for a picnic supper as we watch the sun set. For our final jaunt, the moon should be almost full, lighting our way. Meeting place is Highland Landing at 4:30. This is a shuttle paddle, with some vehicles left at the small parking lot by Lighthouse Park. Bring PFD, food, water, and some sort of light (headlamp or flashlight will do). Register with leaders.

Sat Aug 28 Sam's Point, Veekeerderkill Falls, Badlands B 8 miles Contact Leader David Koehler at 917-613-2043 or k2david121@gmail.com Third in the Waterfalls series will take through a loop in the preserve and a stop at this 100 foot waterfall. Starting on a former road up to the point, then a bit further and we will be in the woods on the Long Path and the dwarf pine barrens, where we will make our way to Veekeerderkill Falls, formally known as Katy Kill Falls, which is a great place to recharge before venturing through the badlands.

Sun Aug 29 Innisfree Gardens, Pleasant Valley Leader: Nancy Keenan-Rich, 845-452-1727 Very Slow & Easy 150 acres of gardens with a 40 acre lake. Join us for a relaxing stroll through these exquisite grounds which reflect a reinterpretation of the ancient art of Chinese landscape. Explore streams, waterfalls, retaining walls, rocks, plants, and natural sculpture. A free flowing time to meander, meditate, and take in the quiet of nature. Bring lunch/beverage to have in the picnic area. Meet the leader at the Dutchess Co. Farm and Home Center (Rte. 44 on left) at 10:45 or in the Innisfree parking lot at 11. Directions: After the Taconic going east make a right on Tyrell Rd. Make another right, go for a mile to reach the gardens. Rain cancels. Fee: \$5per person

Mon Sept 6 (Labor Day) Morning Hike on Wappingers Creek Trail Leader: Georgette Weir, geweir@opton.line.net, 845-462-0142 Four moderate but aerobic miles--with several good ups and downs-- on this trail right in the village of Wappingers Falls. Contact leader for meeting time and place.

Sat Sept 11 Mt. Tremper & Edgewood Mtn. Level A Joint with Albany Chapter Leader: Cal Johnson hikeski@hvc.rr.com (preferred) 845-246-2006 before 10PM We will drive from the meeting area to Silver Hollow Notch Rd. in Edgewood, where we will spot cars for the finish and then drive to the start in Phoenicia. We will ascend the PA trail to the summit of Mt. Tremper (2740'), where there is a fire tower. After checking out the views from the tower we will continue on the Warner Creek trail, passing Carl Mtn. on the way down into the valley where we will cross Warner Creek. The trail then ascends to Edgewood Mtn. (3000'). From there we go down the north side and follow a side trail to the cars at the intersection on Silver Hollow Notch Rd. All except the side trail are part of the NYNJTC Long Path. Dis-

SUMMER OUTINGS SCHEDULE (continued)—HIKING GEAR

tance is around 12 miles with around 3700' of climbing. At a 1.5 MPH pace, the hike will take about 8-9 hours. The Warner Creek trail may have nettles & berry bushes, so long pants are a good idea. Sturdy hiking boots or trail shoes required. Carpooling can be arranged to meet leader at the Stewart's Shop on Rt. 23A in Haines Falls at 8:00 a.m. Steady rain or no sign-ups by Sept. 8 cancels.

Sat Sept 11 Hudson River Paddle at No. Germantown Leaders: Dave & Arlene Kaplan, 845-876-4642

Put in at a really nice beach and boat ramp in No. Germantown and paddle up the Hudson River about 2 miles and, then, into the Roeliff Jansen Kill. After that, who knows? Bring lunch, water, boat & gear. PFDs required. Heavy rain cancels; high winds may cancel. Call leaders if uncertain. *Participants must pre-register w/ Dave.* Meet at 9:30 AM at North Germantown Landing (Lasher Memorial Park). Driving Directions: Off Rt. 9G in the Hamlet of No. Germantown, to Northern Blvd., to the end of Anchorage Rd.

Wed-Sun Sept. 15 -19 Appalachian Trail Backpack: Presidential Range of the White Mtns., NH Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com This is a backpack; not a hut-to-hut trip. We'll hike from Franconia Notch to Pinkham Notch - 55.9 mi. on the AT. Many steep ascents & descents, but you'll feel like you're walking on the top of the world, as much of it is above treeline. Some of the summits covered are: Mt. Lincoln, Mt. Lafayette, Mt. Garfield, Mt. Guyot, Mt. Pierce (Clinton), Mt. Franklin, Mt. Washington & Mt. Madison. This is for backpackers in good physical shape. We'll go at a moderate pace. Contact leader to register.

Sat Sept 18 Awosting & Rainbow Falls, Minnewaska Park B Leader David Koehler 917-613-2043 or k2david121@gmail.com

The fourth in the Waterfalls series will have us going to Awosting Falls, a 60 ft plunge into a broad pool and part of an 8 mi loop will bring us on two carriageways, a section of the Long Path and the Mossy Glen Trail which runs by the Dallas Pool.

Sun Sept 26 Hudson River Paddle: Cold Spring to Arden Point & West Point Leader: Jeff Kaplan, 845-928-1730 or fitdoc@sprintmail.com

From Foundry Dock Park, we round the point of Constitution Island - where normally there are interesting swirls & eddies - to beyond World's End. We work our way down the east shore to Arden Point, beyond Garrison, for lunch. If conditions are right, we may cross to the west shore, passing West Point and, then, across again to Constitution Island and Foundry Cove, returning to Cold Spring. Trip is a tad over 7 miles. *For experienced paddlers only in minimum of 13.5 ft. kayaks with dual bulkheads or flotation.* Bring lunch, water, boat & gear. PFDs required. Meet in Cold Spring train station lot at 9:15 AM. *Contact leader to confirm participation.* Driving Directions from the intersection of Rts. 9D and 301, take 301/Main St. west for 4 blocks. Turn L on Lunn Terrace. At "T", turn L on Market St. Park entrance on Right.

Hiking Gear Considerations

Mary Trish Cina, Mid-Hudson chapter member and an avid hiker, shares her list of items she carries in her backpack when out for a day on the trails. You may want to incorporate some of these great ideas yourself!

Backpack – I recommend a pack with a padded belt and sternum straps. These additional straps help distribute the weight of the pack. Daisy chain is another nice feature as it enables you to attach items to the outside of the pack easily. Hydration pack facilitates sipping water at regular intervals.

Hiking Boots and socks – Instead of sneakers, I prefer the extra support and protection of a well fitting hiking shoe or boot. Use shoes with ankle and good arch support. A pair of boots that you love is well worth the investment. Use polypropylene sock liners with woolen hiking socks to keep feet dry and prevent blisters. If areas of your feet are prone to blisters, use moleskin before you start hiking.

Map and Compass – I always carry these, and know how to use them. Many times, I have used my map and compass to help others on the trails, who did not bring their own! Do not rely on GPS as your only means of navigation, though, as it won't be helpful in locations with poor satellite signals or if the batteries die.

First Aid Kit – Mine has bandages, an ace bandage, moleskin or duct tape (for blisters), pain reliever, tweezers, a first aid instruction booklet and more. Bring medication you may need (Asthma, allergy, etc).

Water – I always bring at least two liters, and four liters for longer hikes or on days when it is especially hot. I love the Nalgene and Camelback water containers because they can be reused over and over and they do not make the water taste funny. Bring more water than you think you need, even in winter. Cold weather dehydrates. Sip water regularly. Dehydration makes you tired and affects your overall performance.

Food – It is a good idea to bring more than you think you need, just in case you are in the woods longer than anticipated. A friend of mine always kept dried fruit, nuts and beef jerky in his pack. It did not spoil and in the event he ever got lost in the woods, he would be able to eat for days.

Clothing – There is a saying – Cotton kills! If cotton clothes get wet, it will contribute to hypothermia. It takes too long to dry. Even in warm weather, synthetic, natural fibers other than cotton and poly-blends in particular will dry faster and keep you more comfortable. And yes, even down to the undergarments, cotton should be avoided. Wearing layers will allow you to adjust the amount of clothing you are wearing as you become warmer or cooler depending on changes in weather, temperature, elevation and other factors.

Jacket - In addition to my light fleece jacket, I carry a lightweight rain jacket and rain pants.

Hiking Poles. Their length can be adjusted for trail conditions. I can increase the length when descending and decrease it while ascending. A pair provides better stability than a single pole. Accessories – Hat, mittens, balaclava (I particularly like this because I can use it to keep just my neck warm), gaiters, STABlicers, crampons and micro spikes.

Must Haves: Whistle, head lamp, toilet paper. Optional: Swiss army knife, rope, chemical hand warmers, water purification tablets, sunscreen, lip balm, plastic bags, waterproof matches.



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SPRING OUTINGS LOG

Dec. 5 James Baird State Park Marie Caruso

Started with twelve hikers plus leader, going through the woods north and east of the golf course. We encountered snow flurries halfway through the hike, at about the time we reached the golf course. About half the group returned to the starting point at that time. The rest completed the loop by crossing the golf course and hiking the trails on its northwestern side, about 3-4 miles total. **Participants:** Deborah Barrow, Margaret D'Angelo, Linda Adam, Roz Werner, Jude Jurutkh, Barbara Lindsey, Sandra Giamette, Dorothy Halligan, Bill Smith, Gina Klein, Judy Kito, Bill Jacobs and the leader. (13)

Feb. 27 Shawangunks Alvin DeMaria

When people called, I told them I wanted to change to local skiing because the big storm was predicted. But when Saturday arrived, none of the three Gunks areas was open (Minnewaska State Park; Mohonk Mountain House; Mohonk Preserve). The heavy snow overwhelmed their grooming machines and parking plows!

Mar. 6 Fahnestock State Park Russ Faller

We skied at Fahnestock State Park under a cerulean sky and in early spring conditions. We even saw another skier in shorts! When we first started out, it was icy fast, but by late morning the surface became loose granular. We skied out to Stillwater Lake and did a few loops. After lunch, we tried the north side of Rt. 301. Fahnestock offers a lot of variety, although lacks the expansive views of Minnewaska. Possible last chance for the season **skiers** were Jean-Claude Fouere, Dave Webber and the leader. (3)

Feb. 18 Stewart State Forest Ginny Fauci & Lalita Malik

It was a cloudy day with some snow still on the ground for snowshoeing so we went back to Stewart State Forest in Newburgh and met at the DEC parking area. This time we headed down a trail that took us to the other side of the area where we found the Ranger's cabin. We ate lunch sitting on the steps before going down a back road through the woods that had been ripped up by the snowmobilers. We came to the junction leading up to Buchanan Hill where 3 hikers hiked up and over the hill while the rest of us hiked down the woods road and met them at the other junction before all going back to the parking area. Even though we took different routes this time, there are many more we haven't been on yet so this is a good place for our easy Tuesday hikes when there's no more snow on the ground for snowshoeing. **Participants:** Eli CohCohen, Jerry & Marie Ruebenstahl, Julie Stainton, Doug Stainton, Mike Calenti, Marian Leeds, Mary Nicolis, and the leaders. (10)

Mar. 4 Buttercup Sanctuary Ginny Fauci & Lalita Malik

When we got to the parking area at Buttercup Sanctuary, it was one muddy mess and the Audubon representative who was there told us we could hike bare boot with no problem. After trudging up the hill to the bench through the crusty deep snow, we decided he was wrong and came back down through the parking lot to go to the trails on the other side of the road picking up our snowshoes on the way. We did a loop that passed by a pond where we found a lovely downed tree to sit on for lunch. Some of the group had to head home, including Lalita, so Sharon and I walked across a wooden bridge and tromped around the fields in our snowshoes until we came to a stream crossing that was too wide with no good footing so we backtracked to the last trail and continued on that until we were able to go around the swamp area and get back to where we had lunch. It was a good day for snowshoeing. **Participants:** Paula Repka, Joyce Tomaselli, Beth Willis, Mary Nicolis, Barbara Lindsey, Sharon Slocum, Jerry Ruebenstahl, and the leaders. (9)

Mar. 14 Black Dome/Thomas Cole Trish Cina

Cancelled due to weather and trail conditions.

Mar. 14 Rockefeller State Park Sue Mackson

Participants: Eleanor Shortle, Jenny Delpi, Marie Caruso and the leader. (4)

Mar. 20 Mount Beacon G. Weir & J-C Fouere

First day of spring and temps in the high 60's! Shari Aber, Joe Ferry, Bill Machonis and John Ragusa enjoyed a three-hour climb with leaders Georgette Weir and Jean-Claude Fouere up Mount Beacon, and over to the fire tower on South Mountain. Great day to be out! **Participants:** See text (6).

Mar. 23 Roosevelt Farm Lane Trail Carol Gray

On an "iffy" day with lingering rain in the forecast we proceeded on our walk on the Roosevelt Farm Lane Trail crossing to Eleanor's Valkill site. Five regular folks and three very well-behaved dogs were in each other's company. Gideon, Piccolo and Lily, our 4-legged friends provided a spirited pace. Despite the precious wet weather the gravel surfaced road made for an easy walk. Our trail followed wide and gentle woods roads left by generations of farms and estates. We observed lots of underground streams and running water (at the sides). This trail is part of the Hyde Park Trail System that includes sixteen miles of trails linking parks and historic sites in the town of Hyde Park. **Participants:** Sheila Melville, Dorothy Halligan, Bill Smith, Carla Adinaso and the leader (5+3).

Mar. 18 Schunemunk Ridge Ginny Fauci & Lalita Malik

We parked near the train trestle on the edge of Schunemunk and followed the trail up to the ridge. It was the first very warm day and we were soon hiking in short sleeves as we made our way through trails covered in mushy snow up to the top where met the Long Path and had lunch on the rocks with great views. Following lunch we descended to the brook where the Barton Swamp Trail Trail and the Jessup Trail meet. After crossing the brook, we climbed up the Jessup Trail through the mushy snow until we reached the ridge and followed that a short ways before returning on the Jessup Trail and the Otterkill Trail. Another good day! **Participants:** Shari Aber, Melissa Reed, Barbara Home, Al Poelzl, Mary Nicolis, Beth Willis, Nick DeStefano and the leaders (9).

Mar. 25 AT – Bear Mtn. Bridge-Rt9 Ginny Fauci & Lalita Malik

After leaving shuttle cars at the intersection of Rtes. 403 and 9, we began by going up the trail to Anthony's Nose which begins at the end of the bridge. It was quite steep with tricky navigation at times, but the views looking back down to the Hudson and across were great. Once on the top we hiked on the Camp Smith Trail to the AT intersection where Al hiked back down to the cars while the rest of us continued on to the clearcutting near the Hemlock Springs Campsite where we had lunch before climbing to the high point near the summit of Canada Hill. Up on the ridge we took some side trails to viewpoints overlooking the Hudson River before finally descending to a carriage trail that led us to a puncheon crossing over the marshy pasture to our cars. We had another good hike! **Participants:** Al Poelzl, Jerry & Marie Ruebenstahl, Marian Leeds, Mary Nicolis, Dave Dvorsky, Shari Aber, Trudy Pojman and the leaders (10)

Apr 1 Long Path – Awosting Ginny Fauci Preserve (Minnewaska) & Lalita Malik

We had thirteen hikers heading up the carriage trails to the Long Path where we hiked through the forests near the top with snow still in the woods and some icy spots on the trails. Lunch was on a rocky overlook which had great views of Sam's Point. After lunch we turned back and hiked down to Lake Awosting which still had some thin ice on it, stopping for a break on a section jutting out into the lake while waiting for four of our group to explore near the beach. Then it was up to Murray Hill and back around to the forest before heading down a different, steeper, carriage trail to get back to the cars. Another great day of hiking! **Participants:** Barb Surowitz, Roberta Forest, Shari Aber, Bill Machonis, Barbara Home, Jerry & Marie Ruebenstahl, Al Poelzl, Eli Cohen, Mary Nicolis, Beth Willis and the leaders. (13)

SPRING OUTINGS LOG

Apr. 3 Mohonk Preserve Brian Sullivan

A great hike. 9 A.M. – 13:30. Spring Farm to Tower. Saw ribbon snake, robin, slate junco, turkey vulture, crows. **Participants:** Caroline Gold, Lorraine Brink and the leader (3).

Apr. 8 Rte. 9 to Dennytown Rd. Ginny Fauci & Lalita Malik

After leaving shuttle cars at Dennytown Road, we began our hike at Route 9 where we had left off the week before. As we passed through Graymoor we took the side path up to the small Mexican chapel and shrine devoted to our lady of the immigrants. We then climbed Denning Hill and had lunch on an open ledge with great views, although on this day it was too hazy to see NYC skyline. We then continued on to the top of Canopus Hill and down to a large boulder field that is the southern boundary of Fahnestock State Park finally ending at Dennytown Road. It was an unbearably hot and humid day with swarms of black flies feasting on our arms and legs, but we felt good in having completed another 9 miles of the AT. **Participants:** Mary Nicolis, Dave Dvorsky, Shari Aber, Nick DiStefano, Beth Willis, Vince Lucarmi, Barbara Horne, Eli Cohen, John Walters, and the leaders. (11)

Apr. 10 Breakneck-Taurus Alvin DeMaria

Up Breakneck Ridge, along the ridge to blue Notch Trail. Down it to Surprise Lake Road and up Notch Trail to Taurus. Down white Washburn Trail, to yellow Undercliff Trail to Surprise Road again. Out red trail to Route 9D, and back on it through tunnel to cars. Temperature in 60's; one of the most crowded days I have ever seen there. 8.5 miles; 2000 feet. **Participants:** Henry Jenkins, Chris Zaleski, Peter McGinnis, Tony Lopez, David Koehler, Mike Vaughn, Keelin Murphy, Jerry Licht and the leader. (9)

Apr. 11 Black Rock Forest Arlene Canonico

It was a beautiful spring day. Ten participants and the leader did a short hike along Black Rock Brook with its small waterfalls, then over to the Upper Reservoir and Aleck Meadow Reservoir where we saw fish and salamanders in the crystal clear water, then hiked up Black Rock to see views of the Hudson and surrounding mountains. **Participants:** Victor Miue, Bill Smith, Irene Swidler, Hal Levin, Dot Halligan, Sue Mackson, Helena Boba, Sayi Nulu, Marie Caruso and the leader. (11)

Apr. 15 Timp-Torn/Dunderberg Loop Ginny Fauci & Lalita Mali

We climbed up to the intersection of the two trails and headed up Timp-Torn passing numerous viewpoints looking down at Haverstraw Bay on the Hudson River and up to the Bear Mountain Bridge. We continued up to the Timp where we had lunch with a panoramic view that included the NYC skyline. We could see the lean-to balanced on the side of West Mountain; what a great view it must be from there. We then headed back on the Ramapo-Dunderberg crossing Bald Mountain and then Dunderberg Mountain before finally heading downhill to the trailhead. The weather was perfect with a slight breeze at times and the hike was another good one. **Participants:** Barb Surowitz, Marian Leeds, Ramesh Naik, Bill Machonis, Eli Cohen, Beth Willis and the leaders. (7)

Apr. 17 Plum Point/New Windsor J.C. Fouere

Lalita Malik, Carole Marsh, Don Urmston, Don Coyle and the leader.

EVERY FRIDAY—MHADK BREAKFAST GROUP

Please join us for breakfast at the Highland Cafe where the food is extra good. The starting time is 8am, but latecomers are welcome. Contact Ralph Pollard at ralphpollard@verizon.net or 845-462-3389 if you would like further information.

Apr. 17 & 18 Fall Brook & Beaver Kill Ridge Russ Faller

On a rainy Friday evening, we back-packed into the Fall Brook Lean-to. The weather defied the forecast and there was no rain the next day. However, we woke up to a light snow Sunday morning at a beautiful campsite on Mongaup Pond. On Sunday, we had a little excitement after we lost the trail and then decided to bushwhack south to a road on the map. This was a nice loop with a lot of variety that is infrequently used. We saw no other hikers. At eleven years old, Gino Platania was our youngest member. This was his first backpack and he did really well, although he felt it at the end of each day. He plans to continue backpacking, so he's caught the bug. **Participants were** Jim Bonadonna, Catrine More and Gino Platania (from MHADK), Dorothy Dabrowska and Sharalynn Hopkins (from AMCNY/NJ) and the leader. (6)

Apr 18 Chodikee Lake / Ken Walton Upper Black Creek

With an iffy weather pattern all weekend, the skies on Sunday were overcast and the air was cool, but the rain kept away. Once the seven kayaks and one couple in a canoe were on the water, the weather was no longer much of a concern. From the put-in, we paddled out onto the lake and headed for the outlet. It appeared our timing was a bit early for the arrival of the blue herons for the rookery at the north end of the lake was mostly empty. Once we entered the creek, we started seeing beaver lodges almost immediately. By one paddler's count, nine were spotted for only this stretch of the paddle. Also observed were a turkey vulture perched on a skeletal trunk of a tree in midst of the marsh, an osprey soaring overhead, several red-winged blackbirds clinging to the marsh grasses, and dozens of swallows were doing their aerial acrobatics all around us. After meandering around the bends of the creek for about an hour, we ended up with the sounds of a waterfall around the next bend. Getting out of our boats, we hiked to the two tier falls to watch while having our picnic lunch. Some members explored the stone ruins of a 18th century mill at the foot of the falls. Upon our departure, a beaver swimming across the creek and a turtle on a log trying to find some sun were spotted. Once back at the lake, some members voted to continue on up the inlet. Here the creek is a little narrower and the bends a bit more twisty. The handful of beaver dams we crossed were not much of a problem due to the high water. Some members spotted a baby beaver munching on the grass nearby a lodge. Further upstream, a mute swan was passed as it glided in the other direction. Soon we came to an impassable rapid and had to turn around and head back. Once back on dry land, the sun came out, but it did not matter – it was an excellent start to this year's paddle season. **Paddlers:** Bill Smith, Dorothy Halligan, Mary Ellen Campbell, Don Urmston, Dave Page, Joan Apter, Michele VanHoesen, Eli Cohen and the leader. (9)

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SPRING OUTINGS LOG (continued)

Apr. 22 The Great Vly Shari Aber & Russ Faller

For our first mid-week paddling outing, we explored both the south lagoon and the main section of the Great Vly, a wetlands straddling Ulster and Greene Counties. At the northern end, we stopped for lunch in our boats. Some of us poked into small channels in the cat-tails before heading back. **Participants:** Marion Zimmer, Connie Beuselinch Bob Fox, Harry Newton, Eleanor Shortle, Eli Cohen, Roberta Forest, Jerry Ruebenstahl, Mary Anne North, Ginny Fauci, Kate Oldehoff, Connie Perry and dog, Judy Mage and the leaders. (15+1)

Apr. 27 Dennings Point Sue Mackson

Participants: G. Weir, Eleanor Shortle and the leader (3).

Apr. 30 Great Swamp of NY Russ Faller

This paddle was rescheduled from April 25th because of bad weather. The Great Swamp is such a beautiful place that it's always a pleasure to paddle there. The twists and turns are a great test of your maneuverability as a paddler. The good current, that flows into the East Branch of the Croton River, makes paddling easy work. Contrary to many people's perception of a swamp, there were no bugs and the water is clear. As we paddled the almost 7-mile route between Patterson and Green chimneys, we saw swans, ducks, great blue herons, swallows, other unidentified birds, a beaver and turtles. We only saw two other canoes. **Paddlers were** Eli Cohen, Ellie Shortle, Sandy Cox (guest), Susan Lerner, Bob Fox, Laura Phillips, Mike Pettigrew and the leader. (8)

May 1 Wappinger Creek Russ Faller

It was a beautiful day on the Wappinger Creek, with the rapids glistening sunlight and waterfowl almost everywhere. We saw geese, swans, various types of ducks (including a hybrid that looked like a farm duck-wild duck mutt), ospreys, great blue herons and a kingfisher. There were also a muskrat swimming up river as we descended. Many of us had fun playing in the rapids and riffles. Bonnie got dumped and took a cool-down swim. We had lunch on a gravel island below Rochdale Rapids. We took about four hours to complete the 7-mile run at a leisurely pace. **Paddlers were** Debbie Green (who had been wanting to do this for ten years), Cindy Eastwood, Mary Ellen Campbell, Dave Kaplan, Arlene Kaplan, Clyde Clounie, Mimi Zucker (all ADK) and Bonnie Robbins, Phil Cook (both AMC) and the leader. (10)

May 1 Fahnestock State Park Georgette Weir

The unseasonably hot day – 90° on May 1 – tested our stamina. But six hikers and the leader enjoyed walking through the woods and meadows of Fahnestock State Park, and along its streams and ponds. Spring flowers, birds, salamanders were encountered, and fresh branches and mud atop a man-made dam of Beaver Pond pointed to the presence of that wild creature. **Participants:** Diane Ward, Jeff Lawyer, Carol Gray, Al Poelzl, Sue Mackson, Bill Machonis and the leader. (7)

May 2 Schegticoke Sue Mackson

Schegticoke was cancelled due to lack of interest. Sue Mackson and Beth Willis took a walk and ended up at the very worthwhile fern glen at the Institute for Ecosystem Studies.

May 8 Catskill-Peekamoose Alvin DeMaria

Cancelled – thunderstorm

May 8 Woodstock Village Walk Will Nixon

A nice walk to learn the history of Woodstock village. The rain stopped just as we began. **Participants:** Leslie McKewan, Colin McKewan, Liz Lunn, Joan Bennett, John Punton, Angela Stultz, Rickey Feiler, Marylou Cartwright and the leader (9).

May 8 Rondout Creek Ken Walton

Due to rain in the morning & high winds in the afternoon, the Rondout Creek paddle scheduled for Saturday, 5/8, was postponed to Sunday, 5/9. However, poor weather conditions persisted causing the paddle to be cancelled altogether for the weekend.

May 9 Stone Crop Gardens Savi Nulu

Everyone came to the meeting place – McDonald's parking lot in Wappingers Falls. Carpooled in two cars and reached Cold Spring at the Stone Crop Garden. Had wonderful time at the gardens on this Mothers' Day. Garden had tea and cake served for a nominal fee. We had hot tea and cake. Enjoyed the cold day. **Participants:** RudyLapar, BethCelendenize, Sue Mackson, Ulana, + leader(5).

May 13 Wallkill River Russ Faller

Sandwiched between two rainy days, there was one gorgeous day with blue skies, high wispy clouds and comfortable temperatures. We made it out onto the Wallkill River and were "Driftn' to Riftn'". Along the way, we admired 300+ year-old houses and the large trees on the river's edge. We felt totally relaxed and at one with the universe. We had put in at Sojourner Truth Park in New Paltz and took out at Perine's Covered Bridge in Rifton. Eight and one half miles in two hours and fifty minutes. The current, although we didn't feel it, was good. **Paddlers were** Harry Newton, Bob Fox, Maggie Atkins, Roberta Forest, Ellie Shortle (all ADK members), Bill Buckton (guest) and the leader. (7)

May 15 Delaware River Don Urmston

The Delaware seven descended on the Delaware River and proceeded seventeen miles down the river through twenty-eight sets of rapids. The wind was high, but our spirits were higher as we crashed through the waves and enjoyed a beautiful spring day. All of us ended the trip with water in our boats and smiles on our faces. **Participants:** ADK: Don Coyle, Cindy Eastwood, Mary Ellen Campbell, Louis Ruidisch & leader Don Urmston. Guests: Paul & Anne Parries (7).

May 16 Bashakill Wetlands Don Urmston

We enjoyed a gorgeous spring day as we paddled along watching the wildlife. The bald eagles were in their nest as our assortment of boats made its way up the wetlands. **Participants:** ADK: Andrea Urmston, Mary Ellen Campbell, Scott Greene, Maureen Conroy, Jennie O'Shea, Roberta Forest, Cindy Eastwood, Elle Shortle, David Gordon & leader Don Urmston. Guest: Luis Aquino(11).

May 16 Beacon-Newburgh Bridge Sue Mackson

Participants: Susan Gillies, Catherine Miller, Tracy Olin, Ian McDonald, Ida L????, Virginia Gregal, Amy DeSantis, Fran Gentile, Cheryl Moore, John Ponton, Harold Levin and the leader. (12)

May 20 Millbrook Ridge Ginny Fauci

Fifteen hikers met in the Trapps Parking area in Mohonk and headed up over the Trapps Bridge where we immediately turned onto the Millbrook Ridge Trail and walked up the flat rocks to the first overlook with great views of the Catskills. While crossing the ridge we had many overlooks and passed through Mountain Laurel, some of which was already opening and also past many blueberry bushes with flowers and even a few green early berries. We had lunch on top of Millbrook Mountain on a gorgeous clear day with a slight wind to cool us off. After lunch we headed down the Millbrook Mountain. Trail and cut off on the Coxing Trail back to Trapps Carriageway. It was another good hiking day!

Participants: Ramesh Naik, Nick DeStefano, Jerry & Marie Rubenstahl, Shari Aber, Marian Leeds, Bill Machonis, Carol Gray, Judy Mage, Roberta Forest, Beth Willis, Gwen Carderelli, Barbara Horne, Mary Nicolis and the leader.(15)

MEMBERSHIP INFORMATION

WE WELCOME OUR NEW MEMBERS! (11/9/09—5/17/10)

Diane Anderson
 Connie Beuselink
 Elizabeth and Joseph Birenat
 Wendy and Paul Bouros
 Michael Britanak and Andrea Duckworth
 Howard and Christine Burke
 Andrew and Chris Cina
 John Clay
 Maureen Conroy
 Richard Cronk
 Mark and Joy Curran
 Bill Daley
 Nicholas De Stefano
 Lydia DeRobertis
 Scott Dinkel
 Kimberly Dolan
 Micheal Dwyer
 Robert and Laura Fox
 Robert Frey
 Dan and Merellyn Gallagher
 Thomas Galvin
 Mark and Mary Ann Graser
 Timothy Grimont
 Donald Hanson
 Jacquie Harding and Cyndy Di Benedetto
 Richard Held
 Sherry Hoffman and Steve Quinlan

Theresa Kaczowski and Marc Drury
 Stephen and Karen Kahrs
 Richard and Nany Kollesar
 Barbara Lane
 Christina Lastowski
 Craig Limbert
 Al Limone
 Frank and Jane Ellen Malinowski
 Jennifer Marsh and Adam Siruchek
 Deborah Melita
 Lenore Mennin
 Karen Miller
 Karen Minturn
 James Mlodynia
 Any and Dorothy Nadell
 Jennifer O'Shea
 Laurie Palmieri
 Rebecca Patterson
 Mike Pettigrew
 Paul Piastro
 Sara Pineiro and Howard Billington
 William Pratley
 Matthew Rich
 John Rooney
 Carla Ruth
 Deborah Schoenbaum
 Paul Scolaro

Marshall Seddon
 Christine Seeholzer and Kathy Kinsella
 Brian Sikora
 Lucille and Sharon Sollazzo
 Liza Tivey
 Scott and Jeanne Valentine-Chase
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 Jason Waugh and Francine Rundt
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May 22 Locust Grove

Nancy Keenan-Rich

Relaxing easy hike with a very congenial group. Hudson views, meadows, woods and flowers. **Participants:** Connie Stutmann, Pete Redmond, Sue Books, Paul Edlund, Rosealice D'Avanzo, Beth Willis, Jeanne Asna, and the leader. (8)

May 23 Ramshorn Creek & Hudson River

David Kaplan

A perfect paddling day: six paddlers (four kayaks, one tandem canoe), light overcast sky. No rain, no wind and high tide. Put-in at Dutchman's Landing Park (town of Catskill), paddled south ½ mile on Hudson River, went up Ramshorn Creek. Saw wildlife (eagles, blue heron) and spectacular blooms of yellow and blue irises. This trip best done in late May at high tide. **Participants:** Arlene Kaplan, Russ Faller, Robert ?, Sara Hillstein, Laura Phillips and the leader (6)

May 27 Tivoli Bays

Shari Aber

Twelve intrepid paddlers defied the threats of early afternoon hail and thunderstorms. Those with more experience and bigger boats met in Tivoli and paddled down the Hudson against the current and into North Bay where we met up with the rest of the group. We explored the north lagoon first, ducking in and out of channels. After lunch in our boats, we looked for and found a route through the maze into the south lagoon. High tide prevented our going under the southern railroad bridge – so we decided to leave South Bay for another day. As we were leaving, we met up with Judy Adams, who'd arrived late, missed the group and decided to paddle anyway. Fortunately, the weather forecasters were wrong and the storms held off. **Participants:** Bob Fox, Eleanor Shortle, Eli Cohen, Roberta Forest, Ginny Fauci, Judy Mage, Warren Frederick, Joan Apter, Kate Walsh, Leigh Toth, Robin Reade and the leader (12).

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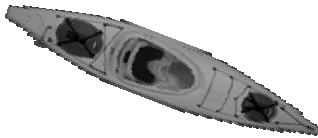
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