

Mid-Hudson TRAILS

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

www.midhudsonadk.org

Fall 2009
October-December

*Join Us for the Annual Fall Picnic
Sunday, October 4th
Norrie Point Environmental Center
Rt. 9, Staatsburg, New York*

(See sign for Norrie Point on river side of Rt 9 and follow yellow ADK signs)

There'll be a morning paddle and a morning hike (*see listings under October 4 in the Outings Schedule on page 5*), followed by a greeting and message by Neil Wentworth, ADK Executive Director, and a picnic lunch about noon. Picnic will be followed by a selection of hikes, including a walk over the newly opened *Walkway Over the Hudson*, and a possible 2nd paddle. Burgers, veggie burgers, and hot dogs will be provided (but please make veggie burger choice known to contact below). Attendees are asked to bring chairs, utensils and a salad or dessert to share. Call Salley Decker at 845-454-4206 after 6pm with the number of people in your party. (Last year, we ran short of food so please RSVP by October 1st to insure that we don't repeat that experience!) If leaving a message, please also leave phone number. Watch weekly emails for updates regarding additions or changes in the morning and afternoon activities. Note: If you're able to help with setup or cleanup, call Carole Marsh at 845-849-2044. To receive event updates, send your request to Sue Mackson at susiem6@juno.com.



*Celebrate the Holidays at Locust Grove
on Sunday, December 6th*

*We are pleased to announce that
the Annual Holiday Party/Potluck Supper will
be held
at*

*Locust Grove, the Robert Morse Estate
Rt 9, Poughkeepsie*

*Attendees will have the opportunity to
tour this magnificent historical home,
with it's traditional Holiday decorations, at a
special member rate of \$9. Call ahead to make
your reservation (845-454-4500) for
the tour which will begin at 4:30pm*

*The Holiday Party/Potluck Supper will follow
the tour at
6pm in the Main Building.*

*Call Carole Marsh at 845-849-2044 to confirm
your attendance
and to make known your potluck contribution
of
appetizers, main dish, salad or dessert*

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

Good News! It's now possible for our chapter to save over \$2000/yr in printing and mailing costs while conserving thousands of trees and other natural resources at the same time! Think about joining the 60 other Mid-Hudson chapter members who've already "opted-IN"!

Voluntary Opting-IN means that you want to change your newsletter delivery from the USPS-delivered printed copy to the online version. You can do this by sending 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.

After Opting-IN, members will receive, in place of the quarterly hard copy of the newsletter, a single email which will contain a link to our chapter website where they will download and view and print, if so desired, the newsletter on their computers.



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 spend a couple hours staffing the ADK table at the Fall EMS (Eastern Mountain Sports) Club Days, on October 2-3. (Right Side of Rt9 Southbound in Poughkeepsie/ Near Pier I/Opposite Barnes & Noble) Distribute ADK information, including memberships at 20% off regular cost. Remind new and long standing members that during those two days, they will receive a 20% discount on every purchase. Contact Lalita Malik to choose a time at 845-592-0204 or LalitaMalik@aol.com
- ⇒ To assist Lalita Malik and Don Urmston at the various libraries during their *Joys of Hiking* and *Introduction to Kayaking* presentations. Time commitment: 2-3 hours at the library closest to you. Contact Lalita Malik at 845-592-0204 or LalitaMalik@aol.com and Don Urmston at 845-457-4552 or at DUrmston@hvc.rr.com

Paddlers Needed:

- ⇒ To help create the new Water Trail portion of the Fishkill Creek. See box on opposite page and contact Russ Faller at 845-297-5126 (before 9:30pm) or at russ_outdoors@yahoo.com

Trail Workers Needed:

- ⇒ To join Frank Dogel and Lalita Malik in maintaining the chapter's newly adopted 3-4 mile section of the Long Path between Minnewaska and Sam's Point. Members west of the Hudson might be particularly interested in this area. Contact Lalita Malik at 845-592-0204 or LalitaMalik@aol.com.
- ⇒ To join Jane Geisler, Ollie Simpson, Frank Dogel and other chapter members in clearing trails of brush and obstructions. It's a great opportunity to become acquainted with the area trails and to give something back to one of our greatest natural resources. Call Jane at 845-677-9909 or Ollie at 845-298-8379 (no answering machine) or contact either of them via email at OllieSimpson2005@yahoo.com

Social Events Committee Members Needed:

- ⇒ To help plan, shop for, and set up for the *Annual Fall Picnic* (Sunday, Oct 4th at Norrie Point) and/or the *Holiday Party/Potluck Supper* (on Sunday, Dec 6th at Locust Grove), call Carole Marsh, Social Events Chair, at 845-849-2044.

Locust Grove: A National and Regional Treasure

The historic site's stately trees, rolling hills, and picturesque views from the house and gardens situated on the highest bluff above the river all combine to create the natural landscape garden that Samuel Morse found so appealing. He was strongly influenced by romantic 19th century landscape garden design and at Locust Grove he found many essential elements already put in place by nature itself. Near the house, Victorian style gardens and urns are set within the larger context of this landscape garden. Both the Morse and Young families loved flowers and the Main Perennial Garden preserves the unique style of these enthusiastic "students" of horticulture and plant collectors. It is truly a one-of-a-kind garden in the Hudson Valley. Visitors can explore four different plots and the great variety of produce that comprises the Heritage Vegetable Garden while learning about the families who lived here and the circumstances that shaped their attitudes toward growing their own food.

Garden Volunteers Needed

Volunteers are vital to the horticulture program at Locust Grove. Most garden volunteers come on a regularly scheduled day for two to three hours to help the professional horticulture staff with all variety of garden related projects. Some have extensive gardening experience and others are trying it for the first time. Everyone's efforts help make Locust Grove a beautiful place. If you are interested in becoming a garden volunteer contact the horticulturists at (845) 454-4500 Ext 16 or Ken Snodgrass, Executive Director, at k.snodgrass@lgn.org or 845-454-4500, Ext 11.

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Adirondack Mountain Club
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Paddle Chair Russ Faller (as above)

TAKE NOTE!

**EMS Club Days are Thurs-Fri,
October 2-3. 20% off everything
with your membership card!**

FISHKILL CREEK WATER TRAIL PROJECT MOVES SWIMMINGLY FORWARD

Despite the frequent rains this Summer, the Fishkill Creek Water Trail is progressing. The section between Fishkill Village's Sarah Taylor Park and Glenham's Jean VanPelt Park is navigable. You can paddle from Glenham upstream to Fishkill, have lunch on a picnic table in Sarah Taylor Park, then glide downstream back to Glenham. This would be about a 6.5-mile round trip.

The Fishkill Creek, along the just-described section, is a gem. Despite the suburbanization of the immediate area, much of the creek's banks are undeveloped. There are houses, to be sure, and you pass under I-84, but there is also a lot of woods, views of the Hudson Highlands, shady sections with over-hanging trees, and birds. It is a twisty-turny stream in many places, which makes paddling it mysterious and fun. You can imagine that you're far away in a wild place, even though you're still in suburbia and close to home.

We hope to eventually open the route from Hopewell Junction all the way to Glenham. People should be able to paddle both ways on the creek, except possibly for a short section between Brinckerhoff and Fishkill Village.



Many people have expressed an interest in this project and several of them have come out to help clear. A special *Thank You* to Don Coyle, Shari Aber, Michele Van-Hoesen, Ken Walton, Don Urmston, Clyde Clounie, Bill Mather, Lou Ruidisch (all ADK), and Rick Oestrike (Fishkill Creek Watershed Committee).

But we always have room for more! It's actually fun to share the camaraderie of working on our own water trail. We laugh, joke and fool around but get a lot of work done, too. As we work, we also enjoy a paddle on the *creek*. If you'd like to join this jolly band of "river rats", contact Russ Faller, Chapter Paddling Chair, at 845-297-5126 (before 9:30pm) or russoutdoors@yahoo.com. You'll be heartily welcome.

GOOD NEWS! THE HIKING AND KAYAKING LIBRARY SERIES TO CONTINUE

The hiking and kayaking library series which proved to be so well received last year, will be further developed and scheduled over the upcoming months. The *Joys of Hiking* session by Lalita Malik has two Fall dates scheduled, one for 6:30pm, Sept 28, at the LaGrange Library, and the other for 6:30pm, Sept 29, at the Rhinebeck Library. As last year, the program will provide information about the benefits of hiking, how to get started, helpful tips about choosing correct gear, local areas to hike, and information about hiking groups in the



A New Record Set for Paddle Outings! Constitution Marsh Paddle: August 8, 2009 Leaders: Don and Andrea Urmston

We set a new MH-ADK attendance record with more than 30 paddlers on this trip! The weather was perfect and everyone had a fun time as we paddled our way across the Marsh to the waterfall at the south end and back. Everyone returned safely and it was great to see how our paddling trips are so well received. We welcomed a new member, Norris English, who signed up on the spot, as well as paddlers from our library lecture series and Paddlefest. Leaders: Don & Andrea Urmston. ADK Members: Bill Mather, Georgette Weir, Dave Weber, Jean-Claude Fouere, Geri Wildenberg, Don Coyle, Norris English, Eli Cohen, Carol Gray, Mary Jean Purdy, Mike Purdy, Shari Aber, Joe Ferri, Russ Faller, Lou Rudisch, Mary Ellen Campbell, Phil Arnold, Kathy Laura-Belarge, Dave Belarge, Lois Pan. Guests/future members: Judy Dugan, Betsy Kapstein, Marie Schu, Roz Werner, Shelly Werner, Don Wilde, Em Jorgensen, Scott Dinkel, and Rich Rose. (30+)

area. The session will also cover how to select hikes suitable for your abilities, introduce you to trail maps, books and other resources available at your local library, and will provide a display of recommended hiking apparel and gear.

Lalita Malik is Chairperson of the Mid Hudson Chapter of ADK and can be reached at 845-592-0204 or LalitaMalik@aol.com. She leads Adventure trips and local hikes for ADK. To learn more about ADK visit www.ADK.org

Attention: Mid-Hudson ADK Members

To receive email updates on the upcoming Kayaking and Hiking sessions in the Library Series, as well as semimonthly updates on all Chapter activities, send a message to susiem6@juno.com.

Better Better Bottle Bill (BBBB) Update

Nearly 2.5 billion bottles of water a year are sold in New York alone; over 31 billions were sold in the whole country in 2006 generating a tremendous amount of solid waste as the majority of the bottles are not being recycled. We all routinely notice discarded bottles by roadsides, on trails and in waterways. The Bigger Better Bottle Bill that was passed in April by the NY State Legislature will expand the 5 cents deposit to water and non-carbonated plastic and glass bottles. The Bill is expected to help keeping roads, trails, streams and rivers cleaner as far fewer plastic and glass containers will be discarded, while bringing over \$100 millions of unclaimed nickels to the State general fund. However bottlers, distributors and other parties have challenged in court the implementation of the Bill. On August 13, 2009, the United States District Court for the Southern District of New York has issued an Order that partially lifts the previous injunction on the Bottle Bill Amendments impacting bottled beverages other than bottled water. The hope is to have the Bill fully implemented by the beginning of 2010.

Learn How to Reduce Household Wastes

One Pound of Solid Waste Per Person Per Year: Is It Possible? You are invited to attend a presentation by Chris Burger, Chair of the Solid Waste Committee of the Sierra Club Atlantic Chapter, who will tell us how his family of four has been successful at reducing solid waste down to one pound per person per year! The presentation is organized by the Mid-Hudson Sierra Club Chapter and will be held on Wednesday, Oct. 21st, 7:30PM at the Hudson River Rowing Association's boathouse, in Poughkeepsie, near Marist; Directions to the boathouse.

Shawangunk Ridge Trail Corridor

Conserving and maintaining trail corridors has long been a focus for members of our chapter. Just think of the years of work invested by many of our most dedicated members, such as Jane Geisler, Frank Dogil, Ollie Simpson, and many others stewarding the Appalachian Trail through our region. Our chapter's membership in the New York-New Jersey Trail Conference supports this work and other trail projects throughout the region. One of the Trail Conference's most ambitious recent projects—and one still in progress—is protecting a trail corridor along the length of the Shawangunk Ridge, from High Point State Park in New Jersey to Sam's Point Preserve/Minnewaska State Park Preserve. This quarter's outing schedule offers a chance to explore this 30+ mile long trail and learn from those working on the project a bit about the details of protecting the corridor and building the trail. The hikes will be strenuous, but we hope fun as well as educational about this important aspect of conservation work.

Please contact Jean-Claude Fouéré (jcfouere@optonline.net), Conservation Chair, if you wish to actively participate to ADK conservation projects.

CHECK OUT THESE SPECIAL SERIES

**of
HIKES and PADDLES!**

If you are reviewing the following schedule, like to hike, backpack, or paddle, but see little that interests you, please contact Russ Faller or Sue Mackson (contact info in the schedule) to offer your suggestions or to lead an outing to a point of your interest.

Advanced Planning: March 2010 The Weitzel Trails Cabin has been reserved for our chapter for March 26 to March 29, 2010. Reservations will be accepted accompanied by payment only. Contact: Pete MCGinnis PMCGIN1@aol.com if you are interested in this proposed pleasant weekend.

Every 4th Tuesday of the Month: Walks and hikes in both familiar and unfamiliar territory that are shorter and more leisurely in pace than those the Thursday group is currently walking. This series of hikes will be fully described through a separate e-mail the Friday before the week of the hike. Contact Sue Mackson at 845-471-9892 or susiem6@juno.com to sign up for that email. Oct 27, Nov 24 and Dec 22

Semimonthly Midweek Hikes: C/B. On the first and third Thursday of the month the leaders offer 3-6 hour hikes to different areas of the Mid Hudson Valley. Hikes are followed by a stop for refreshment. There is a separate google group just for these hikes. Contact either leader by the Tuesday before the hike to find out the hike plan which will depend on weather and other conditions. Leaders: Ginni Fauci, 845-399-2170 or vfauci1@hvc.rr.com and Lalita Malik, 845-592-0204 or LalitaMalik@aol.com Oct 1 & 15, Nov 5 & 19, Dec 3 & 17.

Semimonthly Midweek Paddles: We paddle the second and fourth Thursday of the each month.. Paddles vary in length, difficulty, and location. Most are on quieter water; some are 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 leader at shnaber@yahoo.com or 845-255-6005. These will continue through end of October, weather permitting. Oct 8 & 22


**OUTINGS: WHAT YOU WANT TO KNOW
BEFORE YOU GO!**

- Class A —Difficult: More than 1500' climb or more than 8 mile 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


Participants should observe the following:

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




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FALL OUTINGS SCHEDULE *(continued)*

Thu Oct 1 (Semimonthly Midweek Hike) Olana State Historic Site C
Contact Salley Decker (454-4206 evenings) for EAST side of Hudson and Ginny Fauci 845-399-2170, yfci1@hvc.rr.com for WEST side of the Hudson Enjoy a full day outing including and easy to moderate hike on 5 miles of trails. Then, tour the mansion and/or visit the art gallery. The exhibit is *GLORIES OF THE HUDSON*: Frederic Edwin Church's Views from Olana. Admission fee: \$12.00 for both; \$10.00 for Seniors age 62 and over. Fee for art gallery only is \$6.00; \$5.00 for Seniors age 62+ Bring lunch, water, usual hiking gear. Meet at Olana at 10:00 AM. However, CARPOOLS will be arranged as mentioned below. Drivers will be reimbursed based on round-trip mileage. Rain may cause hike to be changed, but house and art gallery tour will still go.

Fri-Sat Oct 2-3 The Opening of the Walkway Over the Hudson Volunteer opportunities still available. Check out www.walking.walkway.org

Sun Oct 4 Chapter Annual Fall Potluck Picnic and Membership Meeting See details on cover page. *This is a super fun event! Don't miss it! See the Paddle and Hike Events included with the picnic listed below.*

Sun Oct 4 Bridge Over the Hudson Inaugural Walk
Leader: Pete McGinnis No registration needed, but do register with Salley Decker 845-454-4206 for picnic. Meet at the Gazebo following the picnic (about 2:30pm) See picnic info below and on cover page.

Sun Oct 4 Get a start on the Annual Picnic Fun! Morning Paddle on the Hudson River (For experienced paddlers only)
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com Before the MH-ADK picnic begins, we'll cross the Hudson just north of Esopus Island and enter the mouth of the Black Creek. We'll then follow the west shore up to Esopus Meadows Lighthouse, cross the Hudson again to the Mills Mansion and return for the picnic at noon. 5 - 6 miles. PFD's required. Meet at the Environmental Center near Norrie Point Marina at 9am. Contact leader to register.

Sun Oct 4 Norrie to Ogden Mills Estate – Shore Route C
Leader: Sue Mackson 845-471-9892 susiem6@juno.com
Our perennial, but always enchanting pre picnic walk. Meet at the Norrie Point gazebo where the picnic will be held, at 9:45. Return before noon. Don't forget to register for picnic with Salley Decker 845-454-4206. (See Picnic info on cover page).

Sun Oct 4 Possible Afternoon Paddle on the Hudson River follow-up picnic, about 2:30pm Leader: TBD Same launch site as morning paddle. Watch weekly email updates for details.

Thu Oct 8 (Semimonthly Midweek Paddle) See p.4 and register with Shari Aber to receive email notices re paddle details.

Sat – Mon Oct 10 -12 Backpack with Matisse and Picasso
Leader: Barry Skura 914-779-0936 bskura@optonline.net
Moderate Columbus Day weekend backpack in Siamese Ponds wilderness of the southern Adirondacks. Learn to use backpacking and hiking as a source of artistic inspiration. While we are hiking, we will sketch and take photographs that you have the option of later using as a take off for paintings. Learn basic sketching techniques and also learn about the styles of Matisse and Picasso. The backpack will be about 8 miles a day. No art experience necessary but does require backpack experience. Register via E-mail to leader, indicating your prior backpack experience and that you are an ADK member.

Sat Oct 10 Hike the AT around Nuclear Lake 3-4 miles C
Leaders: Bill Beehler & Ellen Zelig 845-473-5557 Meet at 10:00 AM at the Rt. 55 AT parking on north side of Rt. 55 approximately 1 mile east of Rt. 216. We will hike from the parking area to Nuclear Lake and around the lake returning to Rt. 55. Hiking shoes required, bring snack and water. Rain cancels.

Sun Oct 11 Shawangunk Ridge Trail from High Point to Guyard Turnpike Leaders: Georgette Weir & Jean-Claude Fouere: geweir@optonline.net (put 'SRT hike' in subject line) or 845-462-0142 First of 3 hikes as we explore this 30+ -mile trail from end to end. Join one, two, or all three. The NY-NJ Trail Conference has been developing this trail for decades, part of a project to create and protect a trail corridor along the ridge with connections to local trails. Approximately 12 miles; shuttle. Strenuous. Registration limited. Joint with Trail Conference.

Thu Oct 15 (Semimonthly Midweek Hike) See page 4, sign up for the Google Group notices and contact leader by the Tues before for hike details.

Sat Oct 17 Doodletown - in Harriman State Park B- (about 6 miles) NYNJ TC map 4, Harriman/Bear Mt.
Leader: Brenda Harding (845) 565-8566 before 9 PM, or oreomort@aol.com The abandoned hamlet of Doodletown lies in a beautiful valley surrounded by Bear Mt on the north, Bald Mt, Dunderberg Mt on the south and southeast, & West Mt on the west. Join me as we hike through this vanished hamlet and learn about the families that lived there. The last family left Doodletown in 1965 and it had been occupied since the mid 1700s (this is also the 1777 Bicentennial trail). Though few ruins remain there are signs posted where some of the homes, schools and churches once stood. There is the occasional foundation, stairs or retaining wall to remind us this was once a thriving little village. We'll visit the Doodletown brook with a waterfall and a reservoir. There are also 2 old cemeteries one of which is still being used. Because there is so much to see on this hike the pace might be more leisurely. I also have a plant list for this area if anyone is interested.. Meeting Time/Place: 9:30 AM/The hikers parking area 1.4 miles south of the Bear Mt. traffic circle on 9W just before the road into Iona Island. Bring lunch.

Sun Oct 18 Paddle Squantz Pond, Western CT Easy
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com Let's get at least one more paddle in before we hang the canoes & kayaks for the winter. This is a good time to go to Squantz Pond. There'll be nobody there but us. This large pond is only lightly developed on one shore and Pootatuck State Forest land on the other. Very dramatic rock outcroppings on the State forest side, with steep wooded slopes disappearing into cool, blue water. **Beginners welcome.** Bring lunch & water. PFDs required. Contact leader for meeting time/place.

Sun Oct 18 Black Rock Forest 7 miles; B
Leader: Alvin DeMaria; 845-255-1704; demonalvin@yahoo.com A moderate loop: Black Rock Mtn, the White Oak tree, Arthurs Pond, Hill of Pines, Mt Misery. Meeting place/time: Black Rock main parking lot (off 9W) at 9:30 AM

Thu Oct 22 (Semimonthly Midweek Paddle) See p.4 and register with Shari Aber to receive email notices re paddle details.

Sat Oct 24 AT in Sterling Forest. 10 miles/B+
Leader David Koehler 917-613-2043 or k2dave88@yahoo.com
Hike 10 miles in Sterling Forest section of the AT from Orange Turnpike to NY RT 17A over Mombasha High Point and the Cat Rocks. Register by October 23.

FALL OUTINGS SCHEDULE (continued)

Sun Oct 25 Shawangunk Ridge Trail from Guymard Turnpike to Wurtsboro (passing thru Basha Kill Wildlife Management Area)
Leaders: Georgette Weir & Jean-Claude Fouere: gweir@optonline.net (put 'SRT hike' in subject line) or 845-462-0142 Second of 3 hikes as we explore this 30+ -mile trail from end to end. The NY-NJ Trail Conference has been developing this trail for decades, part of a project to create and protect a trail corridor along the ridge with connections to local trails. Approximately 15 most level miles along rail trail and in the Basha Kill Wildlife Management Area; shuttle. Strenuous owing to the distance. Registration limited. Joint with Trail Conference.

Tue Oct 27 (4th Tuesday Hike) Buttercup Audubon Sanctuary C
Leisurely hike Leader: Beth Willis at 845-373-8202
 Beginning on the west side, mostly level trails. Afterward proceed to east side sanctuary with moderate elevation to provide views. Possible stop for lunch or snack afterward. Start time 10:00 am. Call leader for meeting place.

Sun Nov 1 Black Creek Walk C
Leader: Beth Willis call 845-373-8202
 Walk two or three miles at this *Scenic Hudson* Park on the west shore of the Hudson. The trail begins with a 150 foot elevation gain and then winds through a gently sloping forest path ending at the river. Views of shore life should be good when the leaves are down and life is reviving. Meet: 1pm Call leader for meeting place. Inclement weather cancels.



Thu Nov 5 (Semimonthly Midweek Hike) See p. 4, sign up for the Google Group notices and contact leader by the Tues before for hike details.

Sat Nov 7 Easy Poetry Hike at Poet's Walk in Red Hook
Leader: Nancy Keenan-Rich 452-1727 We'll walk/hike the open meadows and woods of this Scenic Hudson park with views of the river. Approximately 2 miles or so on level trail with some ups/downs. Poetry reading in the summer gazebo. Bring snack/beverage and a poem which fits the season if you like. Meet in the parking lot at 10am. See www.scenic-hudson.org for more info and directions. Rain cancels.

Sat Nov 7 Shawangunk Ridge Trail from Wurtsboro to Sam's Point Preserve Leaders.: Georgette Weir & Jean-Claude Fouere: gweir@optonline.net (put 'SRT hike' in subject line) or 462-0142 Third of 3 hikes as we explore this 30+ -mile trail from end to end. The NY-NJ Trail Conference has been developing this trail for decades, part of a project to create and protect a trail corridor along the ridge with connections to local trails. Approximately 12 rugged miles, including Wurtsboro Ridge and Roosa Gap State Forests, and new South Gully Trail; shuttle. Strenuous. Registration limited. Joint with New York/New Jersey TC

Sat-Sun Nov 7-8 Kittatinny Backpack Leader: Barry Skura at 914-779-0936 or bskura@optonline.net
 Moderate overnight in the Kittatinny mountains of Northern New Jersey. 17 miles of rolling hills on the AT, High Point Monument to Culvers Gap,

and great views. Register via E-mail to leader, indicating your prior backpack experience and that you are an ADK member.

Sat Nov 14 Walk Locust Grove C
Leaders: Bill Beehler & Ellen Zelig 845-473-5557
 Want to get out, but prefer to do so in the company of others? Join the strollers among us for a tour of the Locust Grove grounds in the autumn led by Bill Beehler and Ellen Zelig. Meet 10 am at the parking lot at Route 9 opposite Beechwood Drive, north of all those shopping centers. Bring snack and water, rain cancels.

Sat Nov 14 AT From NY to NJ B+/8miles
Leader: David Koehler 917-613-2043 or k2dave88@yahoo.com
 Hike 8 miles From NY RT 17A right outside Sterling Forest to Longhouse Road, crossing Cascade & Furnace brooks and Longhouse Creek. This will be a continuation of the October AT hike in Sterling Forest. Register by Nov 13.

Sun Nov 15 Harriman Park B+/8.5 miles
Leader: Alvin DeMaria; 845-255-1704; demonalvin@yahoo.com
 From Silvermine parking area, a clockwise loop over Goshen Mtn, Stockbridge Mtn, passing Hippo Rock and Lake Nawahunta. Meeting place/time: Silvermine parking area (7 Lakes Drive) at 9 AM.

Thu Nov 19 (Semimonthly Midweek Hike) See p. 4, sign up for the Google Group notices and contact leader by the Tues before for hike details.

Tue Nov 24 Franny Reese Park (4th Tuesday Hike) Leader: Fred Otte 845-462-8305 View Poughkeepsie from the west side of the Hudson. The park includes the remains of several large old buildings and has an interesting history, which Fred will be delighted to share with participants. Some hills and paths are not even, but nothing is steep and walk is under 4 miles. With the leaves down, views will be top notch. Meet 9:00 am and be back by lunchtime. Register with leader prior to hike for meeting place.

Sun Nov 29 Vanderbilt Mansion Walk C
Leader: Carol Gray outdoorcarol@aol.com, 845-471-1168
 Walk the upper and lower paths of the scenic grounds of our grand landmark. Meet at the parking lot at 11:00.

Thu Dec 3 (Semimonthly Midweek Hike) See p. 4, sign up for the Google Group notices and contact leader by the Tues before for hike details.

Sat Dec 5 James Baird State Park, LaGrange C
Leader: Marie Caruso, at mariehv@verizon.net or 845-452-9086 before 10 pm on Dec. 4 Moderately easy hike, about 3 to 4 miles with some ups and downs, through the woods and across the golf course. A chance to see the ponds and views not available to hikers during the golfing season. In the unlikely case of snow, we will ski on the golf course instead. Inclement weather cancels. Meeting time: 10 am. Contact leader for place.

Sun Dec 6 Sterling Forest B
L. Barry Skura 914-779-0936; bskura@optonline.net
 Sterling Ridge Trail, from Route 511 to 17A. Starts with partially restored Long Lake iron works. Visit fire tower, with great panoramic views. Meet at parking area at intersection of Routes 17 and 17A about 9:15.

Sat Dec 12 High Tor B-/4.5miles
Leader: Pete McGinnis 845-454 4428 or pmcgin1@aol.com
 A landmark at the top of Rockland County, above the Hudson, this mountain only 800 feet high offers spectacular views of the river and areas to the west. Quarrying of the mountain ceased when it was acquired by the Palisades Interstate Park Commission in 1943.



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FALL OUTINGS SCHEDULE (continued) ————— SUMMER OUTINGS LOG (Begins First Column)

Additional walking distance along the Long Path or through the town of Haverstraw may be added to the hike. Rain or Snow cancel. Meet to car pool at 9:00 am at the Route 9 Holiday Inn, Fishkill.

Thu Dec 17 (Semimonthly Midweek Hike) See p. 4, sign up for the Google Group notices and contact leader by the Tues before for hike details.

Sat Dec 19 Race the Bear Hike in the Taconics A Leader: **Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com**
We'll start at Race Brook Falls and hike up Mt. Race, continuing on the Appalachian Trail down into beautiful Sages Ravine, then up Bear Mtn., the highest mountain in CT. We could see some striking ice formations at the falls. Approx. 9 mi., with somewhat over 1500 ft. ascent. Winter gear may be necessary. Bring lunch & water. Contact leader for meeting place/time.

Sun Dec 20 Table Rock Photo Hike, Spring Farm Trail Head
B- Call leader, Brian Sullivan at 845-594-9545 for meeting place.
Easy to moderate .5 miles Time: 9:45-12:00 Noon Bad driving conditions cancel.

Tues Dec 22 (4th Tuesday Hike) Leader/Site: TBD Watch for e-mail updates

SUMMER OUTINGS LOG —————

May 14 Albany Salley Decker We toured the NYS Capitol Building and took the elevator to the viewing floor in the Corning Tower. After eating our "trail lunch" outdoors on the plaza, we went to the NYS Museum where we spent a couple of hours looking at the various exhibits (7)

May 23 Appalachian Trail Pawling, NY Jane Geisler

Nine of us on an easy one-way hike in Pawling Nature Reserve on the Appalachian Trail through the woods on Hammersly Ridge, then downhill to Route 22. Golden Ragwort, Golden Alexander, Canada Mayflower, Pink Lady's slipper were blooming in the woods, and Wild Geranium and Jane's Rocket near the fields. The Bob-o-links were flitting around and probably nesting in the unmowed field. **Hikers:** Bill Jacobs, Judy Kito, Ollie Simpson, Keith McCloghrie, Frank Petramale, Nick, Ulana Salewycz, Elaine Cintron and the leade (9).

May 23-25 AT at the Vermont/ New Hampshire Border Russ Faller

This section of the Appalachian Trail was nicer than expected. There were some nice woods rambles and some beautiful vistas of the New England countryside from the hills. The roadwalk through Hanover, NH, took us past the Dartmouth campus and allowed an early Sunday morning stop at Dunkin' Donuts. The roadwalk through W. Hartford, VT, proved the most rewarding, with a stop at the general store for the best sandwiches ever eaten on a backpack. **Backpackers:** Nancy Morrill (ADK), Thomas Worman, Rob Santore, Laura Malkin, Joe Cecere, Kim Tatarsky (all AMC) and the leader (7).

May 24 Constitution Marsh Paddle Outing J-C Fouere
Seven of us – Karen and Fred Ungerer, Louis Ruidisch, Eli Cohen, Tracey Donaldson, Micheal Tebolt and J-C Fouéré joined on this very pleasant spring morning at the Cold Spring landing to paddle across Constitution Marsh to the falls at the south most point of the marsh, stopping at the Audubon Society field station on Indian Brook on the way back. (7)

May 30 Black Creek Russ Faller
Town of Lloyd

It was a beautiful day on the Black Creek and the work was light. We paddled and trimmed overhanging branches, sawed some small logs and removed a branch from the channel. **Water Trail Workers:** Jack Maguire, Kelly Oggenfus, David Runski, Nancy Baughman, Dom Martorana, Matt Murphy (all non-members) and the leader. (7)

June 2 Ramshorn-Livingston Shari Aber
Sanctuary Paddle

Two creeks meander through the Audubon Sanctuary and we paddled through both. We launched from Dutchman's Landing onto the Hudson in Catskill where we were immediately greeted by an osprey. A fine drizzle stopped and the day cleared as we headed first into the Catskill Creek and from there into the Dubois Creek. After paddling as far as we could, we returned to the Hudson and paddled south to the Ramshorn Creek, much narrower and more winding than the Dubois. Where the trail meets the creek, we got out, checked out some Baltimore orioles, warblers, and swallows and then ate lunch on top of the observation tower before heading back home. **Participants:** Don Urmston and the leader (2)

June 6 AT NY 22 West Dover Road Jane Geisler & Sue Mackson

The 4th in the series of hikes focusing on our chapter's section of the AT covered a varied section of trail. We walked through a swampy area along the Hiller Brook, walled in by Phragmites, and kept our feet dry through a series of walkways built by ADK members and other trail volunteers. The terrain changed immediately when we crossed the Swamp River (admiring an alligator looking log) and into the woods. We were lucky, then, to meet up with Chris Everett, who has been maintaining this section of the AT and showed us a turkey nest with hatched eggs he'd found a few days earlier. We stopped a lot to identify various woody plants, many in bloom at this time of year. We ascended in the woods and descended in field--dry field at top, wet field at bottom--reason enough for another boardwalk as we enjoyed the many field wildflowers and determined, finally, that *Zizzia aureus* is indeed Golden Alexander. We understood, as we walked, why Chris had been carrying a weed whacker (manual)--the lush trail overgrowth was being kept clear with it.

We arrived at the famous Dover Oak, rested, refreshed and then split in two. Several of us returned by roadway -- which is the way AT walkers would have to go if there weren't all those people building puncheons and the like to keep us out of the swamps. We contemplated offering our services on a regular basis to keep the trash picked up. Another group retraced their steps through the fields and woods. The *Native Plant Nursery* near where we'd parked was selling Arrowwood Viburnum, and Iris Cristata, and *Zizzia Aureus*, all of which we had seen growing unaided along the trail. **Hikers:** Ollie Simpson, Bill Jacobs, Judy Kito, Al Poelzl, Elaine Cintron, Sayi Nulu, Brienne Seipp, Frank Lancelliff, Kathryn Paulsen and the leaders. (11)



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SUMMER OUTINGS LOG (continued)

, and Long Island) were among the eighty trails enthusiasts who gathered at Wonder Lake State Park on National Trails Day (June 6) to explore about five miles of new trails built by volunteers of the New York-New Jersey Trail Conference (including many of our own chapter's members). Officially joining ADK hike leader Georgette Weir were Salley Decker, Lori Beer, Joseph Gapper, Carol Gray, Liz Lunn, Carol McHugh, Micheline Kagan, Richard & Max Fine, and Vidalina Luna. The group followed trails to make a loop hike through lovely woods, around Wonder Lake, with a lunch stop at Laurel Pond. **Participants:** See text. (11)

June 6 Rondout Creek Tom Galvin

Participants: Terry Neibuhr, Jackie Rose, Lynda Mauro, Barney Malloy, Fran Sansone, Bob Vermeulen, Bruce Beard, Dave Webber, Erin McMine, Pamela Smith and the leader. (11)

June 7 Mills Mansion Beth Willis

Six hikers gathered at Mills Mansion. It was a beautiful day to hike alongside the Hudson from Mills Mansion to Norrie Point. Because of a downed marker, we did not turn and ascend to the path which runs a little higher up along the hillside but continued closer to the river. Since this trail became more precarious, we decided to go up the more traveled path, and since no one wanted to backtrack, we elected to bushwhack uphill. Scrambling, sometimes almost crawling, we returned to the main trail and proceeded to the cabins just north of the marina. As we headed back towards Mills Mansion, darker clouds began to loom ominously, but we made it back before the storm broke. **Participants:** Rich Andrew, Helena Boba, Bill Jacobs, Judy Kito, Ulana Salewycz and the leader. (6)

June 11 Float with the Flotilla: Shari Aber Hudson River Glasco to Saugerties

On yet another gloomy Thursday with forecasts of rain, we launched into the Hudson River in Glasco and paddled 2+ miles north to the Saugerties Lighthouse, where we, along with busloads of children and lots of other folks including many kayakers, awaited the arrival of the Quadricentennial Flotilla. We docked for a few minutes and stretched our legs before returning to the water. We paddled around until the flotilla -- including the famous Half Moon and Clearwater -- passed with shooting of cannons and the spraying of the fireboat. The crowds quickly cleared and we paddled back against both the wind and the current. We arrived back in Glasco, exhausted but happy, and, amazingly, dry. **Paddlers:** Ellie Shortle, Otto DiStefano, Marion Zimmer, Diane Dintruff and the leader (5).

June 12 Bull's Bridge Beth Willis

Eleven hikers assembled at Bull's Bridge in Kent, CT. Some of us had previously met for carpooling at the office of the Housatonic Valley Association in Wassaic, NY, where we were able to view maps of the Ten Mile River watershed, which is part of the Housatonic watershed, and to listen to a presentation by Tonia Shoumantoff Foster of the Housatonic Valley Association. This enabled us to better comprehend the importance of each tributary in the overall well-being of the watershed. We could visualize how what happens upstream truly affects what happens downstream -- the interrelationship of all our waterways. This was particularly meaningful to two of us who had recently hiked upstream along the Wassaic Creek to the edge of the Tamarack Preserve (another watershed hike.) The hike from Bull's Bridge down to where the Ten Mile River meets the Housatonic River is an exceptionally beautiful section of the AT. The water ferociously pounds down onto numerous protruding rocks. Whether the trail is high up on a bluff or close down by the bank of the river, the hiker is always aware of the river's presence and power. I always marvel that this river maintains this quality for such a long distance. Only occa-

sionally is this section of the river tranquil and quiet. On her way to the parking lot at Bull's Bridge, Tonia had encountered college student Tim Dorsey. Tim's summer job as an AMC Ridge Runner involves performing light maintenance on the AT, reporting larger problems to AMC, and assisting hikers and campers by giving directions and teaching them how to minimize human impact on the land. We were fortunate to have Tom accompany us on the first part of our hike. Two of our group chose to return to the parking area with Tim, while the rest of us continued on to the Ten Mile River. Both Tonia and Tim enriched our experience in this beautiful place. **Participants:** Elaine Cintron (Bronx), Tonia Foster (HVA), Dorothy Halligan, Bill Smith, Bill Jacobs, Judy Kato, Lorraine Laufer, Debra Scott, Brenda Schaeffer, Lori Zelenko and the leader (11).

June 13 Tri-State Salley Decker

This was advertised as the Tri-State hike with Mountain Laurel. Unfortunately, the Mountain Laurel was not in bloom (it was just beginning to bud), but the hike was enjoyable even without it. There were some good rock scrambles on Round Mountain and Mount Frissell. We signed in at the log book on Mt. Frissell, stopped for a photo op at the "highest point in CT," stopped for more photos at the Tri-State Marker, and had lunch when the red trail met the white-blazed South Taconic Trail. Everyone went to the summit of Brace Mountain, and most of us continued on to South Brace before retracing our steps to the jeep trail back to the cars. From the summit of Brace Mountain, we could see Mount Greylock, the highest mountain in MA! All in all, it was a great day to be out on the trail! **Hikers:** Al Poelzl, Angela Michaels, Lalita Malik, Sharon Slocum, Rudy Lapar, Mary Nicolis, Lorraine Dellheim, Beth Willis, Jill Abrahamson, Barb Surowitz, and the leader. (11)

June 13 Catskills Alvin DeMaria

Cancelled -- no calls. Four other activities on this date!

June 14 White Pond Don Urmston

We met at White Pond and spent a few hours practicing rescue techniques. Everyone got to rescue or be rescued. **Participants:** Joe Ferri, Shari Aber, Jack Christmann, Jean-Claude Fouere, Geri Wildenburg, Don Urmston (leader). (6)

June 16 Hike and Trim Lalita Malik Big Pond to Alder Lake

The first hike that included clearing the trail was off to a good start. We decided to split into two groups, start at each end and meet in the middle. Group one started across the creek from Big Pond and follow red dots. The dots disappeared, so the group bushwhacked and eventually reached the "official" trail. They cleared blow downs, and trimmed a lot of prickly nettle. Group 2 found no trail markers at Alder Pond and after searching around the pond, drove to Little Pond to find a land line to call for help. With better directions, they found the trail and cleared blow downs and vegetation on the trail. **Participants:** Shari Aber, Lorraine Dellheim, Michelle Van Hosen, Eleanor Shortle, Ken Walton, Barbara Horne, Mary Nicolis, Hansa Naik, Ramesh Nai, and the leader. (10)

June 23 Tamarac Furnaces & Stream Lalita Malik

We kicked off the Watershed Month with a hike along one of the tributaries of the Ten Mile river. Tonia gave us a tour of the Housatonic Valley Association office, and explained stresses facing the watersheds. The hike started with a visit to old stone furnaces, followed by a hike along the Wassaic Creek in a pristine forest with waterfalls. We hiked to Tamarack Lake for a pleasant lunch before returning. **Participants:** Jerry Ruebenstahl, Mary Nicolis, Lorraine Laufer, Helena Boba, Roger Dietlin, Beth Willis and Tonia Foster. (8)

SUMMER OUTINGS LOG (continued)

June 25 The Great Swamp Shari Aber

Launching from Patterson, we wound our way through the Great Swamp, formed by the meandering East Branch of the Croton River. The recent heavy rainfalls resulted in high water and, for the most part, an easier time getting all the way through to the take-out at Green Chimneys. We were able to paddle over what might well be obstacles requiring portages if the water level were lower. The mid-section, however, was more difficult than usual with stronger currents. There the profusion of poison ivy made negotiating some of the debris especially challenging. We all appreciated the cedar waxwings, great crested flycatchers, swallows, and other insect-eaters. The leader got a chance to practice a rescue when Paul decided to cool off unexpectedly and the flooded banks prevented an exit to shore. **Paddlers:** Ellie Shortle, Roberta Forest, Joyce Depew, Eli Cohen, Brianne Seipp, Judy Mage, Paul Scolaro, Jerry Ruebenstahl, and the leader. (9)

June 27 Kavak Skills at Plum Point, New Windsor Don Urmston & Geri Wildenberg

Several paddlers worked on their strokes and practiced climbing in and out of their kayaks while in the Hudson. The highlight of the day was watching as several paddlers attempted to paddle a kayak that had been swamped. Everyone left feeling more confident in their paddling skills. **Participants:** David Violante, Dorinda Violante, Don Coyle, Lee Ann DeBerry, Lois Pan, Debbie Greene, Lou Ruidisch, Russ Faller, Jean-Claude Fouere and the leaders. (11)

June 28 Chodikee Lake Shari Aber

It was a beautiful Sunday morning when we met at Chodikee Lake. We paddled north, stopping to watch the great blue herons that had not yet left the rookery, and into the outlet and Black Creek. The high water levels made getting out at the waterfall impractical so after watching the creek roar downstream, we headed back. Salley and the leader continued past the launch and explored the creek south of the lake, now clear of obstacles, where we saw a pair of swans. **Participants:** Dorothy Halligan, Bill Smith, Salley Decker, and the leader (4)

July 4-9 Whitney Wilderness Russ Faller and Lows Lake – Adirondacks

The carry trails between Rock Pond and Lows Lake were difficult in many places. There was thigh-deep mud, poor footing and small, overgrown openings. However, at other places, the trail followed wide, dry, well-graded old logging roads. The sense of wilderness was exhilarating. We saw nobody between the major lakes. The area was reminiscent of the Ontario, Canada, Canoe Wilderness, without the long drive. This area offers a lot of variety – from large lakes to small ponds, to narrow, winding grassy rivers. It is the most remote paddling route in the Adirondacks. It is well worth the effort it requires. For us, this was a rainy trip with several weather delays. On sunny days, it would have been glorious. Feeling so wet they thought they'd never dry out were **participants:** Nancy Morrill and Bob Clark from MH-ADK, Baker Bell from Delaware Valley AMC,

and the leader. Go to www.midhudsonadk.org/gallery-1.4.4/gallery/albums.php for trip photos.

July 9 Long Path -- Jenny Lane Ginny Fauci to Rainbow Falls & Lalita Malik

Hikers: Maria Leeds, Roberta Forest, David Burt, Al Poelzl, Salley Decker, Eleanor Shortle, Mary Nicolis, Beth Willis and the leaders. (10)

July 11 Lower Wappingers Falls Michele & Hudson River VanHoesen

It was again a threatening thunderstorm afternoon but everyone seemed happy to get a short paddle in. The wind kicked up which made the Hudson River choppy, so I couldn't explore the shoreline to find a restful swimming spot. We saw three herons and some other birds higher up in the tree line. We paddled past the beachery to the bottom of Wappingers Falls. The hydro-electric plant seemed to be churning out a lot of electricity. We all made it out and packed up before the rain came. **Participants:** Michael Tebolt, Ken Walton, Din Coyle, Bruce Beard, Van McDonald, Marie Caruso, Stan Augie, Louis Ruidisch, Donald Spanel, Dave Gordon and the leader. (11)

July 11 Madam Brett Park Sue Mackson

Scenic Hudson has done their expected quality job in turning this property, along the Fishkill Creek as it winds through the middle of Beacon, into a lovely small park. Fred Otte, Beth Willis, Al Poelzl, Patricia & Wm. Iannone, & guests Jude Jurutka & Rick Oestrike joined our walk in conjunction with Dutchess County Watershed Month. We learned from the informative placards at the entrance to the park, that Beacon was once a city of hat makers, second only to Danbury. Some of the felt leftovers can be felt when walking over a bit of ground along the creek. Fortunately, the mercury used in the hat making process no longer is added to the area's environment. Two DEC staff members, Rich Parisio & Lou Sebesta, volunteered to guide us and lent their special knowledge of plants and ecology, to our nature walk. We ended at the marshy area where the creek meets the Hudson, then returned to the park entrance and walked a short way upstream to a pleasant waterfall, a good site for relaxing. We ended our walk a short car ride into the heart of Beacon where one of the oldest residences in Dutchess County, the Madame Brett home, is open for touring each month. We limited ourselves to the extensive property, which also is bordered by the Fishkill Creek. **Participants:** Fred Otte, Beth Willis, Al Poelzl, Rich Pavisio, Patricia Iannone, William Iannone, Jude Jurutka, Rick Oestrike, Lou Sebesta, John Ragusa and the leader. (11)

July 16 Camp Smith Trail Lalita Malik

We enjoyed a nice ridge hike on the Camp Smith Trail from the Gatehouse to Anthony's Nose, enjoying views of the Hudson River, Catskills, NYC and Bear Mountain. The rain held off till after our hike and our ice cream treat in Beacon. **Hikers:** Ramesh Naik, Ginny Fauci, Mary Nicolis, Shari Aber and Beth Willis. (6)

July 18 Fishkill Creek Russ Faller New Water Trail Construction

There is now a canoe/kayak route on the Fishkill Creek between Sarah Taylor Park in the village of Fishkill (just E. of Route 9) and Jean VanPelt Park on Maple Street in Glenham. There remain two areas that could be difficult for beginners. We hope to improve these two spots soon. The route is just over three miles, so it's recommended that paddlers put in at Jean VanPelt Park, paddle upstream for lunch at the picnic table at Sarah Taylor Park, then glide back to Jean VanPelt Park with the current. We have big plans to continue this water trail all the way to Hopewell Jct., which would make it

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SUMMER OUTINGS LOG (continued)

longer than the water trail on the Wappinger Creek. If you are interested in this project and would like to become involved, contact Russ Faller at russoutdoors@yahoo.com or 845-297-5126. **Thank-you to the following:** Don Coyle, Shari Aber, Michele VanHoesen, Ken Walton, Don Urmston, Clyde Clounie, Bill Mather, Lou Ruidisch (all ADK), Rick Oestrike (Fishkill Creek Watershed Committee) and the leader.(10)

July 18 Wappingers Falls Lalita Malik Greenway Trail

A Watershed Awareness Month hike. We hiked along a ridge overlooking Wappingers Creek to the point where it joined the Hudson. Along the way we saw extensive erosion resulting in fallen trees, caused by storm culverts in a new housing development in Poughkeepsie. We discussed alternate storm water management techniques for new and existing developments, importance of wetlands and tools for preserving open space. **Participants:** John Ragusa, Georgette Weir, Conrad Putzig, Beth Willis, Rose Alice D'Avanzo, Sayi Leela Nulu, Maureen Skora, Dennis Skora, Sharon Slocum, Santha Cooke, Craig Hanks, and the leader (12)

July 19 Tvmor Park Lalita Malik

Furnace Pond, returning to the picnic tables for an enjoyable picnic. This hike was near the source of the Fishkill Creek. We saw the water change to rapids as it squeezed through a gorge into Furnace Pond. We saw duck weed in the pond, discussed sediment build-up caused by erosion from carriage roads. We saw iron slag from old furnaces and charcoal pits as we walked around. **Participants:** Jerry Mahoney, Rick Oestrike, Darren Milormack, Elise Pattison and Chip Strydio and the leader (6).

July 23 Moodna Creek Paddle Shari Aber and Plum Point Rescue Skills Session

Despite threats of thunderstorms, we met at Plum Point and paddled through the Moodna Creek scaring up a fawn, little blue and great blue herons and a family of common mergansers. Under the watchful eyes of a juvenile eagle we left the creek and headed back to the beach for lunch. After lunch, while several other participants watched, Russ, Joyce, Trudy, Roberta and Sharipracted various rescue skills including bow rescue, t-rescue and rodeo and paddle-float self-rescues. **Participants:** Roberta Forest, Otto DiStefano, Norris English, Jerry Ruebenstahl, Ellie Shortle, Terry Niebuhr, Carol Gray, Maggie Atkins, Trudy Pojman, Judith Adams, Joyce Depew, Brianne Seipp, Herb Stein, Ginny Fauci, Russ Faller, and the leader. (16)

July 25 Bashakill Geri Wildenberg

Eleven of us gathered on a cold (60°) morning. Enjoyed a leisurely paddle north to the Haven Road Bridge and back. Along the way we saw osprey, eagles, heron as well as turtles and frogs. One of the members – Clyde – decided to make things interesting by swapping boats on the water. Half the group joined in, learning how to safely change boats without going on shore. After a lunch break back at the launch point, half the group left for home -- the rest paddled south to the waterfall and back. All in all, a wonderful day! **Paddlers:** EM Jorgensen, Phil Arnold, Michael Glassmon, Joanne Cox, Cyndi Hacker, Larry Perlitz, Andy McLaughlin, Karana McLaughlin, C.F. Clounie, Norris English and the leader (11).

July 26 Thompson Pond Lalita Malik

This was the last hike in the series for Watershed Awareness Month. Wappingers Creek starts at Thompson Pond. Julie from Dutchess Land Conservancy showed maps with topography, water bodies and wetlands, and soils, to get us thinking about the

landscape as an ecosystem. We discussed the plants, their stressors and the role DLC plays in preserving land by using conservation easements and purchase of development rights. We saw dairy farm, corn fields as we hiked. We ended our hike with ice cream at the Stewarts in lieu of lunch. **Hikers:** Sayi Nulu, Priscilla Miller, Lorraine Laufer, Julie Heluseiz, Carol Gray and the leader. (6)

July 28 Roosevelt Carol Gray Farm Lane Trail

On this beautiful summer day, ten people met to walk a 3.6 mile round trip on a new trail reopened in Hyde Park by the National Park Service. We experienced a wide gravel path, twisting past streams, ponds and bogs surrounded by majestic evergreens. With slight trepidation we ventured off the main trail where we encountered a more swampy and soggy woods. This is part of the Hyde Park Trail system that links parks and historic sites in the town of Hyde Park. **Participants:** Dorothy Halligan, Bill Smith, Al Poelzl, Bill Jacob, Judy Kito, Norris English, Mary Nicolis, Marie Caruso, Helena Boba and the leader. (10)

Aug 6 AT – Lakes Road Ginny Fauci to Elk Pen & Lalita Malik

Hikers: Marian Leeds, B. Surowitz, R. Nak, Mary Nicolis, Barbara Horne, Beth Willis, Dave?, Shari Aber, Trevor (dog) and the leaders (10).

Aug. 8 Constitution Marsh Don and Andrea Urmston
We set a new MH-ADK attendance record with more than 30 paddlers on this trip! See writeup and picture on page 3.

Aug 13 Wallkill National Shari Aber Wildlife Refuge

Another day of threatening weather with heavy cloud cover and drizzle kept all but six intrepid paddlers from the outing. In a heavy mist we left the Oil City boat launch and paddled south, upstream, flushing occasional great blues, kingfishers and sandpipers. After a little over an hour of paddling we arrived at the Bassett's Bridge and decided to continue for another few minutes before turning around – so we'd be well off the water before projected early afternoon thunderstorms. Here we had to duck under some fallen trees and portage around a short rapids. On our trip back -- everyone successfully ran the rapids to exuberant shouts of "let's do it again" -- the rain became steadier and we arrived back at the launch drenched but happy. **Paddlers:** Otto DiStefano, Norris English, Terry Niebuhr, Judy Adams, David Gordon and the leader. (6)

Aug 15&16 Stockport Flats Russ Faller Basecamp – Hudson River

The weather was hot, but dry. We found a nice shady tentsite at Stockport Flats with a long sandy beach. On Saturday, seven day-trippers joined our campers. We paddled south into the Stockport Marsh, where we ran into three paddlers from the Cold Spring Kayak Club. Then on to Middle Ground Flats, an island where we had lunch. Four paddlers went home, while the rest went on to Murderer's Kill. We were delighted to find the Half Moon moored there, and we got a close-up look at the famous boat. We paddled up the Murderer's Kill and back out (with our lives) to have refreshments at a riverside restaurant. On Sunday, we paddled north to visit the historical site of the R & C ice house and power plant, the best preserved ruins of the vital 19th century ice industry. We continued north around Rattlesnake and Coxsackie Islands before stopping at Coxsackie Riverside Park for lunch and ice cream. The evenings were beautiful on the Hudson, with starry skies, brightly lit tugs and barges and quiet after the roar of the afternoon's powerboats and jet skis. It was a mellow time in good company. **Participants** were *campers:* J-C Fouere, Georgette Weir, Gail Starble (all ADK), Rich

Barret, Art Portmore, Mike Britanak and Andrea Duckworth (all AMC) and *daytippers*: Shari Aber, Joe Ferri, Eli Cohen, Geri Wildenberg, Joyce DePew (all ADK). Clyde Clounie (ADK) joined us for dinner and to enjoy the campfire (which we started without a match) on Saturday. (14)

**Aug 16 Norrie-Mills Georgette Weir
State Park**

Five stalwart hikers joined the leader on this first hot and humid summer weekend of the season. Waves lapping up against the shore prompted thoughts of the ocean beaches. Our river walk ended with a refreshing picnic in a shady grove above Norrie Marina and with a river view. **Hikers:** Dorothy Halligan, Bill Smith, Judy Kito, Bill Jacobs, Beth Willis and the leader. (6)

**Aug 25 Taconic-Herford Sue Mackson
Multi Use Area-Pond Gut**

Nicest day of the summer, so far. Warm, sunny, and not a cloud in the sky. Al Poelzl led our Lalita Malik, Lorraine Laufer, George Goessinger & the leader through this woodland area close to his home that he knows like the back of his hand. He especially wanted to show us an area at the top of a ridge where clear cutting had been done recently. The scene looked eerie, like a micro blast had been through, leaving blowdown all around. Fireweed had grown up in the clear areas and it will be interesting to see what other plants take hold--and if the lady slippers return in the spring. Though the bulk of the walk was through forest, we did reach a promised hill-top where we had a wonderful view of Stissing Mountain to the north. No other interesting wildflowers were seen, but the leader came away with a pound or two of false chanterelles. **Hikers:** See text. (5)

**Aug. 26 Bannerman's Island Shari Aber
Paddle, Service and Tour**

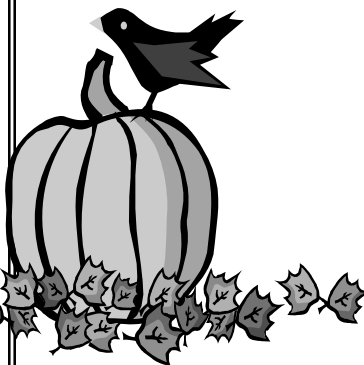
Nineteen of us launched our kayaks into the Hudson from Beacon's Riverfront Park and paddled south with the current the three and a half miles towards Pollepel (Bannerman's) Island. On the north side of the island we were greeted by volunteer staff, who instructed us to disembark at Wee Bay. Tour guides Steve and Margaret Santangelo split us into two groups with each of them taking the now smaller groups around the grounds, explaining the history of Bannerman, the castle, the island, and the breakwater. We all appreciated their knowledge and enthusiasm and their generosity in giving their time. After the hour-and-a-half tour, the two groups joined and we had lunch overlooking Wee Bay. Despite our offer to do two hours of service, the Bannerman Castle Trust had not figured out how best to use our labor. So after lunch we returned to our boats for the paddle back to Beacon. **Participants:** Terry Neibuhr, Ian McDonald, Steve Selwyn, Don Coyle, Norris English, Georgette Weir, Joseph Ferri, Ginny Fauci, Pat DiVito, Rich Carling, Susan Gladding, Jean Claude Fouere, Judi Sever, Bill Jasy, Russ Faller, Judy Mage, Eli Cohen, Clyde Clounie and the leader.

PFD Law in Effect Nov 1- May 1

A new state law that goes into effect Nov 1 will require paddlers to wear life jackets from late fall through early spring. According to the amendment to Navigation Law, "no owner or operator of a pleasure vessel less than twenty-one feet, including rowboats, canoes, and kayaks shall permit its operation, between November first and May first, unless each person on board such vessel is wearing a securely fastened United States Coast Guard approved wearable personal flotation device of an appropriate size when such vessel is underway." Violators could face a fine of \$100 to \$250.

WELCOME OUR NEW MEMBERS!
(May 2—August 12, 2009)

- | | |
|-----------------------------|-----------------------------------|
| David & Anne Anderson | Margaret Atkins |
| Linda Brandt | Robert Busch & Kathryn Lang |
| Elaine Cintron | Jenny Dalpe |
| Jayne Dellaratta | Tracey Donaldson & Michael Tebolt |
| Neil & Carol Drislane | Steven Dukes |
| Norris England | Brian Erwin |
| Milly & Arnold Feinsilber | Debbie Greene |
| Jude Jurutka | Marsha Kramer |
| Frank Lancellotti | Brent Laymon & Sarah Passell |
| Priscilla Miller | Jane Morrill |
| John Mottazini | Patty Murphy |
| Hans & Helke Paulacka | Lawrence Perlitz |
| Mike Pogue | Richard Reynolds |
| Michael Senkier | Tina Settembrino |
| James & Catherine Sharpe | Mark & Nancy Shortle |
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Po'k, NY 12603. Call 845-471-2314 or email B2spz@aol.com for additional information.

EVERY FRIDAY—MHADK BREAKFAST GROUP

Please join the small ADK group which gets together every Friday in Highland. It's a pleasant way to end the week and to start the weekend. The breakfast is held at the Highland Cafe where the food is extra good. The starting time is 7:00 AM, but latecomers are welcome, too. Please contact Ralph Pollard (email ralphpollard@verizon.net, phone 845-462-3389) if you would like further information.

CHECK OUT OUR CHAPTER'S WEB SITE!

Outings are available at:
<http://www.midhudsonadk.org/OutingsSchedule.htm>

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Good News! It's now possible for our chapter to save over \$2000/yr in printing and mailing costs while conserving thousands of trees and other natural resources at the same time!

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- ⇒ www.nynjtc.org—NY/NJersey Trail Conference)
- ⇒ www.dutchess400.com - Dutchess Cty Quad Celeb Events
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- ⇒ www.poughkeepsiejournal.com (Updated listings)