

# Mid-Hudson TRAILS

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

[www.midhudsonadk.org](http://www.midhudsonadk.org)

Spring 2009  
April-June

**Mid-Hudson ADK Holds 8th Annual PaddleFest  
Saturday, June 20th 10am-4pm**

**Location: Plum Point Park in New Windsor, NY (See directions on p.11)**

Bring the family and join us for our chapter's annual Super Fun Paddle Day! Enjoy the 2000' sandy beach with view of the Hudson River's only fjord, test paddle various sized canoes and kayaks or take one of the lessons and outings planned for both novice and experienced paddlers. Bring a picnic lunch or buy hot dogs, burgers, soda, etc on site, buy or sell at the Used Gear Sale, and socialize with other potential and experienced paddlers.

### Activities (All Free and Open to the Public)

\*\*Kayak lessons for beginners: Kayaks & gear provided; wear shoes & clothes that can get wet -synthetics, not cotton

\*\*Kayak lessons for experienced paddlers with own boat and gear

\*\*Kayaks to test paddle

\*\*Guided paddling trips for experienced paddlers with own boat and gear

\*\*Used Gear Sale for paddling, camping and hiking items



### Pre-registration is Required for the Following Activities:

\*\*\*Kayak lessons for experienced paddlers: Contact Marshall at **The River Connection**, 845-229-0595 or [marshall@theriverconnection.com](mailto:marshall@theriverconnection.com)

\*\*\*To sell items at the Used Gear Sale: Contact Russ at 845-297-5126 or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com) (Contacts should be made as early as possible)

The PaddleFest is sponsored by the Mid-Hudson Chapter of the Adirondack Mtn. Club ([www.midhudsonadk.org](http://www.midhudsonadk.org)), with the generous assistance of Eastern Mtn. Sports of Poughkeepsie, NY (845-463-3207; [E0139ST@ems.com](mailto:E0139ST@ems.com)) and The River Connection of Hyde Park, NY (845-229-0595; 845-242-4731; [marshall@the-river-connection.com](mailto:marshall@the-river-connection.com)).

**Sat Apr 25 Great Hudson River Sweep** Our chapter will participate by cleaning the beach at Plum Point, New Windsor, the site of our annual PaddleFest. Meet at 9:00AM at the Plum Point site and bring work gloves and rakes. See Directions to Plum Point on p.11. Leader: Jean-Claude Fouere at [jcfouere@optonline.net](mailto:jcfouere@optonline.net) or 845-462-0142.

**Sun Apr 26 Great Hudson River Sweep** A Paddle Activity—see page 5 and contact Tom Galvin at 845-564-3825, 914-213-3421 (before 9PM) or [thebaldguyd@yahoo.com](mailto:thebaldguyd@yahoo.com) (preferred)

### *Chapter Membership Meeting Schedule*

*All meetings are held at 7pm in Rockefeller Hall, Vassar College*

*(Enter through Main Gate off Raymond Ave and see Rockefeller Hall directly to the left across lawn)*

**Tues Apr 14 7pm Topic: Adventure Travel: Join four MHADK members, Deb Briggs, Ginny Fauci, Lalita Malik and Sharon Slocum** as they hike a 105 mile circle through France, Italy and Switzerland around the base of the Mont Blanc Range. The Mont Blanc Massif, composed of Mont Blanc (15,536') the highest peak in Western Europe and a flank of impressively spectacular peaks and glaciers, straddles the borders of France, Italy, and Switzerland. Rich in alpine history and cultural diversity, the Tour of Mont Blanc is one of the finest hiking tours in the world. This historic route wanders through alpine meadows, over barren passes, into small village hamlets, and beneath gigantic glaciers. Contact Lalita Malik at [lalitamalik@aol.com](mailto:lalitamalik@aol.com) or 845-592-0204.

**Tues May 12 7pm Topic: The Conservation and Protection of the Natural Environment of the Catskill Mountains** Ramsay Adams, Executive Director, and Wes Gilligham, Program Director of Catskill Mountainkeeper will describe current preservation efforts and give updated information on the plan to drill for natural gas in the Marcellus shale in the southern part of the Catskill Mountains. Contact Jean-Claude Fouere at [jcfouere@optonline.net](mailto:jcfouere@optonline.net) or 845-462-0142.

**Tues June 9 7pm Topic: TBA** Check chapter website, [midhudsonadk.org](http://midhudsonadk.org), and weekly email updates for last minute info

**VOLUNTEERS NEEDED FOR SPRING EVENTS!**

◆ **Represent MHADK by distributing literature, chatting with attendees and otherwise assisting where needed at the following Spring events:**

⇒ The Evening Library Lectures See p.2 for schedule and choose one in your area! Contact presenters.

⇒ The Hudson Valley Outdoor Recreation EXPO at the DC Fairgrounds on Fri-Sun, Apr 17-19. Free passes will be given to those who complete one shift! Contact Salley Decker at 845-454-4206, 7:30-10:30pm. for times.

⇒ The Read the River event at the Newburgh Free Library on Sat, May 16, 1-3pm. Contact Russ Faller at 845-297-5126 or russoutdoors@ yahoo.com

◆ **Paddlers Needed:**

⇒ To escort swimmers on Sat July 25 at RiverPool's Newburgh-Beacon Swim, which promotes the cleaning up of the Hudson River. Go to [www.RiverPool.org](http://www.RiverPool.org) to register or contact Tom Galvin at [thebaldguyd@yahoo.com](mailto:thebaldguyd@yahoo.com)

⇒ To help clean Black Creek on Sat May 30 (see Outings Schedule) and the New Water Trail portion of the Fishkill Creek on Sat July 18 Contact Russ Faller at 845-297-5126 or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com)

⇒ To help with the Great Hudson River Sweep on Sun Apr 25. Contact Tom Galvin at 845-564-3825 or [thebaldguyd@yahoo.com](mailto:thebaldguyd@yahoo.com)

◆ **Trail Workers Needed:** Sat April 4 (raindate, April 5) and Sat April 11 See Trails News on p.3 and Outings Schedule on pp. 4-8

◆ **Workers Needed:** for the Great Hudson River Sweep beach cleanup at Plum Point on Sat Apr 25. See box on cover page. This is a Great Family Activity!

***MHADK INAUGURATES LIBRARY LECTURE SERIES***

ADK, one of the oldest and most respected outdoor clubs in the Northeast, has as its mission, *Conservation, Education and Recreation*. Our chapter's new Library Lecture Series focuses on educating people about the responsible use of our outdoor resources, and to this end, we have put together two educational programs that are offered free of charge to local libraries.

**The first is "How to Get Started in Kayaking"**, which educates participants on how to do just that. Topics include how to choose a kayak, where to paddle in the Mid-Hudson area and how to link up with other paddlers. Our presenter, Don Urmston, MHADK member and trip leader, will bring several different kayaks and other gear into the meeting room and display any relevant books that the library carries on the topic. Last year this program was presented at the New City and Newburgh Free libraries and the response was phenomenal, with the Newburgh program bringing in over 50 people. We need volunteers to help at each lecture. **Contact Don Urmston at 845-574-4552 or [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) for more information.**

**The other program, "The Joys of Hiking"**, is similar in format to the first. Topics will include what gear is needed, where to hike, all kinds of hiking tips, and information about hiking groups in the area. Presenter Lalita Malik, Chairperson of MHADK, an ADK Adventure Travel leader, and an experienced hiker, will display pertinent hiking equipment and topic-related books provided by the library. We need volunteers to help at each lecture. **Contact Lalita Malik at [LalitaMalik@aol.com](mailto:LalitaMalik@aol.com) or 845-592-0204 for more information.**

**How to Get Started in Kayaking**

- Thurs Apr 23 East Fishkill Community Library, 348 Rt 376 6:30pm
- Thurs May 7 Hyde Park Free Library, 2 Main Street 6:30pm
- Thurs May 14 Newburgh Free Library, 124 Grand Street 7pm
- Tues May 19 Kingston Library, 55 Franklin Street 6pm
- Wed June 3 New City Library, 22 North Main St. 7pm
- Thurs June 11 Mt St Mary College, 330 Powell Ave, Newburgh 6pm

**The Joys of Hiking**

- Mon Mar 30 Grinnell Library, 2642 E Main, Wapp Falls, 6:30p
- Tues Apr 7 Kingston Area Library, 55 Franklin St, 6pm
- Thurs Apr 30 Hyde Park Free Library, 2 Main St, 6:30pm
- Tues May 5 Newburgh Free Library, 124 Grand St, 7pm
- Thurs May 21, Mt St Mary College, 330 Powell Ave, Newburgh 6pm

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- Paddle Chair** Russ Faller

## MHADK's APPALACIAN TRAIL COMMITMENT

(Submitted by Ollie Simpson)

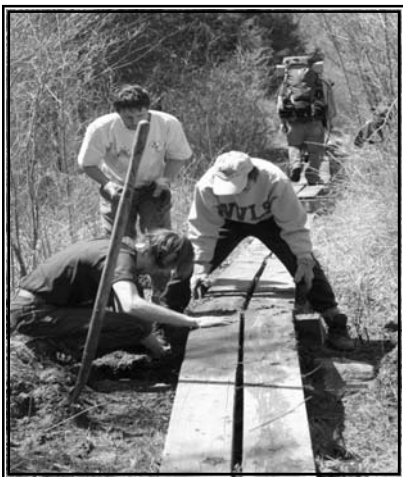
Mid-Hudson ADK maintains the AT so all hikers can hike easily and safely. Would you hike the AT south from the CT border if there were no bridge across Duell Hollow Brook? Or anywhere on the AT if you had to go through barberry and multiflora roses? Or the AT area south of the AT train stop if you had to wade through Hiller Brook flooding and then cross the Swamp River without a bridge? Most likely you would choose another trail to hike!

Because of the work of Mid-Hudson ADK volunteers, hiking these areas of the AT is an enjoyable experience! Jane Geisler is our chapter's AT Supervisor and she, along with a co-leader, will lead 4 hikes to give members an in-depth look at the AT and the maintenance required to keep it in good shape. We hope you'll join the fun on one or all of these

dates: **April 18, May 2, May 23, and June 6.** Find details of each hike in the Outing Schedule on pp 4-8, and see on p10 a list of questions to challenge yourself and your family as you take these hikes.

MHADK members doing their part on the AT and an unknown hiker, in the background, no doubt grateful for the volunteers' work!

Pictured are MHADK members Tim Messerich, David Kinosky, and Charlotte Grove. Photo by Lalita Malik



### CHAPTER TO OPEN NEW WATER TRAIL ON FISHKILL CREEK

Members of our Chapter have proposed to the Fishkill Creek Watershed Committee that a canoe and kayak trail on the Fishkill Creek would not only be a superb recreational resource, but would also advance the committee's efforts to protect Fishkill Creek. People are more likely to advocate for the protection of a place that they have enjoyed than for a place of which they know nothing. The Watershed Committee agreed, so plans are now underway to open the Fishkill Creek for paddling from Hopewell Jct. to Brinckerhoff. This amounts to 5 or 6 miles. There is the possibility of extending this water route another 5 miles from Brinckerhoff to Glenham, which would make it a much longer water trail than now exists on the Wappinger Creek or the Black Creek. **Paddle Chair Russ Faller asks paddlers to save Sat July 18th to help clear the creek, noting that no particular skills are required, just some elbow grease! To join in the fun, contact Russ at 845-297-5126 or russoutdoors@yahoo.com.**

For additional paddling volunteer opportunities, see the box on p.2 with the headline Volunteers Needed for Spring Events.

## AT WORK DAY—APRIL 4

(Rain Date April 5)

This is a chance to give back for the pleasures we've had out on the trail. Jane Geisler is the NY NJ Trail Conference Supervisor of the section of the AT running from the CT state line to Route 22 in eastern Dutchess. It is this section which is our chapter's responsibility. Portions of the trail are maintained by some of our members and by many who are members of other conservation groups. Jane "saves" a project each year for our members to work on for a day or a weekend. This year we will work on a short re-route in the Pawling Nature Reserve near Hurds Corners Road, approaching the AT via a blue side trail. Meet at 9:00 am on the West side of Route 22 in the DOT parking area, 3 miles north of the intersection of Route 55 & Route 22. Wear gloves, bring clippers, or loppers if you have them. Extra tools provided. Bring water and snacks. For information contact Jane Geisler, Coordinator, at 845-677-9909 or Ollie Simpson at OllieSimpson2005@yahoo.com

## TRAIL WORK DAY - APRIL 11

*Balsam Lake Mt. Catskill Forest Preserve*

This is the 11<sup>th</sup> annual Spring Trail Work Day at the chapter's adopted Catskill Mill Brook Ridge Trail and Beaver Meadow lean-to. Come help to clear the trail of winter blowdown and clean up the lean-to area. Call for time and meeting place: Frank Dogil at 845-454-5441 or [Frankd66@gmail.com](mailto:Frankd66@gmail.com)

## NYNJ Trail Conference & Work Day, May 9

North Lake, 10am. Contact (for carpool) Salley Decker 845-454-4206 evenings until 10:00 For information and to register, contact: 201-512-9348, [info@nynjtc.org](mailto:info@nynjtc.org) or visit: <http://nynjtc.org/workshops/trailu/schedule.html>

## EASY TICK REMOVAL

(Submitted by Jane Geisler, who credits the Bird Club Newsletter)

I had a pediatrician tell me what she believes is the best way to remove a tick. This is great because it works in those places where it's sometimes difficult to get to with tweezers: between toes, in the middle of a head full of dark hair, etc.

Apply a glob of liquid soap to a cotton ball, cover the tick with the soap-soaked cotton ball and swab it for a few seconds (15-20) and the tick will come out on its own and be stuck to the cotton ball when you lift it away.

This technique has worked every time I've used it, and that was frequently, and it's much less traumatic for the patient and easier for me.

Unless someone is allergic to soap, I can't see that this would be damaging in any way. I even had my doctor's wife call me for advice because she had one stuck to her back and couldn't reach it with a tweezers.

She used this method and immediately called back to say, "It worked!"

**VERY GOOD NEWS!**

**Major victory for protection of Adirondack and Catskill Ecosystems: Supreme Court rejects Appeal of Bush Administration Mercury Rule**

On February 23<sup>rd</sup>, the U.S. Supreme Court rejected an attempt by power plant polluters to reinstate a mercury-control regulation that would have had devastating impacts on the fragile ecosystems of the Adirondacks and Catskills. The Adirondacks and Catskills are downwind of numerous coal-burning power plants, whose mercury emissions contribute significantly, between an estimated 40 to 65 percent, to mercury pollution in these regions. High mercury levels in fish from reservoirs in the Catskills have pushed NY State health officials to issue warnings for infants, children under 15 and women of childbearing age not to eat any fish from these reservoirs. The decision means that EPA must now promulgate regulations requiring each power plant to install the most advanced pollution controls to reduce its mercury. The ADK, under leadership of Neil Woodworth, has been very active over several years in this fight to promote cleaner air in the Catskill and the Adirondack mountains.

**Environmental Protection Fund (EPF) - Budget Alert!**

New York State's main source of funding for open space protection and related environment initiatives is facing a major challenge because of the State budget crisis. As of now, the Executive Budget authorizes a \$205 million EPF for the coming 2009-10 fiscal year, a 20 percent reduction from the current fiscal year, a 32 percent reduction from the \$300 million authorized in the EPF Enhancement Act of 2007.

More unsettling is the proposal to shift all the funding but for \$80 million from primarily proceeds of the Real Estate Transfer Tax to proceeds from an expanded Bottle Bill. The deposit on bottles of water and noncarbonated beverages is expected to generate \$118 million from unclaimed nickels. Additional miscellaneous revenues sources, such as sales of bluebird license plates, would provide the remaining \$7 million.

While the ADK supports an expanded Bottle Bill, which would greatly reduce the litter that defaces our wild lands and waters, the Bigger Better Bottle Bill (BBBB), still faces significant legislative hurdles. The EPF would be devastated if the budget passes and the Bottle Bill does not. ADK opposes the replacement of Real Estate Transfer Tax revenues with prospective revenues from the Bottle Bill. If the Legislature does decide to alter EPF's funding stream, it should not do so until the Bigger Better Bottle Bill is approved and the funding is assured.

As the state budget is to be adopted by April 1, please write to your state legislators as soon as possible and mail letters to the editor of your local newspapers in support of the EPF funding. Active support of the EPF will insure sustained protection of the natural environment that we cherish and of the great outdoors that we enjoy even more dearly in times of economic uncertainty.

Assembly: [www.assembly.state.ny.us](http://www.assembly.state.ny.us) Senate: [www.senate.state.ny.us](http://www.senate.state.ny.us)

**CHECK OUT THESE SPECIAL SERIES**

**of**  
**HIKES and PADDLES!**

**Bimonthly Thursday Hikes (1st and 3rd):** 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 Leaders: Ginni Fauci at 845-658-3902 or [vfauci1@hvc.rr.com](mailto:vfauci1@hvc.rr.com) or Lalita Malik at [LalitaMalik@aol.com](mailto:LalitaMalik@aol.com) or 845-592-0204, by Tuesday to get the hike plan, depending on weather and other conditions. April 2,16, May 7, 21, and June 4,18 Joint with Sierra

**NEW! Leisurely Hiking Every 4th Tuesday:** These walks and hikes are shorter and more leisurely than the Bimonthly Mid Week Hikes. We will cover familiar and unfamiliar territory. These hikes will be fully described through a separate e-mail the Friday before the hike. Please express interest with an email or a call to Lalita Malik at [LalitaMalik@aol.com](mailto:LalitaMalik@aol.com) (845-592-0204), Shari Aber at [shnaber@yahoo.com](mailto:shnaber@yahoo.com) (845-255-6005), or Ginny Fauci at [vfauci1@hvc.rr.com](mailto:vfauci1@hvc.rr.com) (845-658-3902) April 27, May 25, and June 22. Mark calendars!

**Bimonthly Thursday Paddles (2nd and 4th):** Beginning again for the season on Thursday, April 23! 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 to enjoy the birds, the foliage, the waterfalls and any other specimen of nature that presents itself! And of course, we stop for lunch! To be included on a separately maintained email list for these trips, contact Shari Aber at [shnaber@yahoo.com](mailto:shnaber@yahoo.com) or 845-255-6005. April 23, May 14, 28, and June 11, 25 Mark your calendars!


**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](http://www.midhudsonadk.org)>Outings Schedule>Ten Essentials




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## SPRING OUTINGS SCHEDULE (continued)

**Mon Mar 30 Library Lecture: The Joys of Hiking** See p. 2

**Thurs Apr 2 Bimonthly Hike** – See p. 4

**Sat Apr 4 Work Day on the Appalachian Trail (near Pawling)** See *Trail News* on p.3

**Tues Apr 7 Library Lecture: The Joys of Hiking** See p.2

**Sat Apr 11 Trail Work Day at Balsam Lake Mt. Catskill Forest Preserve** See *Trail News* on p.3

**Sat Apr 11 Canoe & Kayak, Quiet Water, Bantam River, Western CT All Levels** Leader: Russ Faller 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com) (preferred). Joint with AMC Paddle this narrow flatwater river as it twists through the White Memorial Conservation Center in Connecticut's Litchfield County and into Bantam Lake. This is a natural area with birds, turtles and undeveloped banks. Expect beaver dams. Bring lunch and water. You must have own cartop boat and equipment. PFDs required. Contact leader if you don't own a boat. Beginners welcome. Group size limited, so don't wait to register. Rain cancels

**Tues Apr 14 Membership Meeting 7:00pm, Rockefeller Hall, Vassar College** See details in box on cover page.

**Thurs Apr 16 Bimonthly Hike** See p.4

**Fri-Sun Apr 17-19 The Old Loggers Path, NE PA. Backpack** Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com). The Old Loggers Path is one of Pennsylvania's premier loop trails because it showcases some of the state's most scenic areas. A 27-mi. loop of moderate difficulty with mostly gradual ascents/descents & some steep sections. Limited to 10 in good physical condition. Fit beginners welcome. Participants need own gear & food. Meet at trailhead at 1 p.m. Fri. Contact leader to register.

**Sat Apr 18 Canoe & Kayak Wallkill River from Wallkill to New Paltz (Intermediate Level)** Leader: Ken Walton at 845-667-4664 or [kaw569@yahoo.com](mailto:kaw569@yahoo.com). This section will be about a 12 mile stretch with a mixture of quiet water interspersed with short rapids up to Class II depending on the water level. Paddling experience required. PFD required. Wetsuit recommended or bring a change of clothes in dry bag. Bring lunch & water. Contact leader for meeting time/place.

**Sat Apr 18 AT Series Hike #1** See Ollie Simpson's article on p.3. **Appalachian Trail - Schaghticoke Mountain B 5.5m** Leaders: Salley Decker 845-454-4206 [sadecker2002@yahoo.com](mailto:sadecker2002@yahoo.com) and Jane Geisler 845-677-9909 Preregistration preferred. Meet 9:15 AM at Star22 Diner in Wingdale (intersection of NY22 and DC21) to caravan to end point on East Mountain Rd.; then carpool to the start on Schaghticoke Rd. If question about weather, call a leader at 7:15 AM on morning of hike.

**Sat Apr 18 Esopus Lighthouse Restoration Workday HHQ** Leader: Skip Doyle at [skipnewwork@yahoo.com](mailto:skipnewwork@yahoo.com)

Celebrate the quadricentennial of Hudson's voyage by volunteering with the restoration of the Esopus Lighthouse. Skilled and unskilled workers needed. If you have home improvement skills, we can use them! If you have elbow grease, we have a job for you!

**Thurs Apr 23 Bimonthly Paddle (First One of the Season!)** See p. 4

**Thurs Apr 23 Library Lecture Kayaking: How to Get Started** See p.2

**Sat Apr 25 Great Hudson River Sweep Clean Up at Plum Point** Leader: Jean-Claude Fouere([jcfouere@optonline.net](mailto:jcfouere@optonline.net); 845-462 0142 Meet at 9:00AM at Plum Point in New Windsor for the clean up of the beach. Plum Point is the location for our chpt's annual PaddleFest, this year held on Sat June 20th. Directions can be found on p.11. Bring work gloves and rakes. Participants may go to a local pub for refreshments after work party.

**Sun Apr 26 Great Hudson River Sweep** Leader: Tom Galvin 845-564-3825 or 914-213-3421 (before 9PM) or [thebaldguyd@yahoo.com](mailto:thebaldguyd@yahoo.com) (preferred) Paddlers with proper immersion gear launch at Foundry Cove at 9AM (Cold Spring RR Station). All others meet at Little Stony Point (one mile north of Cold Spring on Rt. 9D) at 9am and hike in to river.

**Sun Apr 26 Harriman - map #4 (North) A 9miles** Leader: Alvin DeMaria at [demonalvin@yahoo.com](mailto:demonalvin@yahoo.com); 845-255-1704 From Anthony Wayne parking area we will do a loop to the Timp and back. Perhaps visit a mine. Bailout points available. Meet: 9:30 AM Anthony Wayne parking lot.

**Sun Apr 26 Bashakill Paddle - 6-9 mile paddle in the Bashakill Nature Preserve.** Leader - William Mather 845-897-4317. Email - [matherwb@aol.com](mailto:matherwb@aol.com) Meet at Parking Lot on East Side, 1.8 miles south of Haven Road. Call, or Email, leader for meeting time by Friday, April 24. Heavy rain cancels. Bring water and lunch. PFD's required.

**Tues Apr 27 4<sup>th</sup> Tuesday Leisurely Hike** See p.4

**A Tuesday in May or early June Field Trip to the Maritime Museum and IMAX Theater in Norwalk, CT** Leader: Salley Decker (845) 454-4206 evenings before 10:00 PM No Date as of this printing. Call leader.

**Thurs Apr 30 Library Lecture: The Joys of Hiking** See p.2

**Sat May 2 AT Series Hike #2** See Ollie Simpson's article on p.3. **Appalachian Trail: Johnson Hill Rd. to Hoyt Rd C 3.3 miles** Leaders: Jane Geisler 845-677-9909, Ollie Simpson 845-298-8379 or [olliesimpson2005@yahoo.com](mailto:olliesimpson2005@yahoo.com) Wiley Shelter is located in this portion. Meet at 9am at Hoyt Rd. parking area (off NY55 just before CT border); then carpool to start on Johnson Hill Rd.

**Sat May 2 Canoe & Kayak Wappinger Creek Easy Whitewater** Leader: Russ Faller, 845-297-5126 (before 9:30PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com). Paddle the beautiful Wappinger Creek from Pleasant Valley to Green Vale Park, Town of Poughkeepsie. Approx. 7 mi. with only one Class II (easy rapids; wide clear channels that are obvious w/o scouting; some maneuvering required). All others are Class I (moving water with

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## **SPRING OUTINGS SCHEDULE (continued)**

riffles; few or no obstructions). Suitable for experienced flatwater paddlers. Bring extra clothes in dry bag or wet/drysuit, lunch, water, boat & gear (PFDs required). The Chapter has 2 tandem canoes to loan. Heavy or persistent rain cancels. Call if uncertain. Meet in park behind Pleasant Valley Town Hall, 1554 Main St./Rt. 44, Pleasant Valley at 9AM.

**Sat May 2 Hike Across Maryland; 41 miles on the AT through Maryland Level A Leader: Pete McGinnis at 845-454- 4428 or pmcgin1@aol.com** Start at Pen Mar, Pa. and finish at Harper's Ferry, W.Va. Contact leader for details and registration information. He's done it before!

**Sun May 3 Arden Point & Glenclyffe, Garrison C Easy HHQ Leader: Georgette Weir at gweir@optonline.net (Put "Garrison hike" in subject line).** Hudson River History—Quadracentennial Hike. Nearly 4-mile easy walk along the Hudson River starting at Garrison train station. This hike passes several panoramic viewpoints over the Hudson River and follows an historic road used by Benedict Arnold to escape during the Revolutionary War. Bring lunch & beverage. Start time: 11am; contact leader for car-pooling meet-up in Poughkeepsie and Fishkill.

**Tues May 5 Library Lecture: The Joys of Hiking See p.2**

**Thurs May 7 Bimonthly Hike See p.4 for information.**

**Thurs May 7 Library Lecture: Kayaking: How to Get Started See p.2**

**Sat May 9 Paddle the Basha Kill Marsh Level: Novice Leader: Tom Galvin 845-564-3825 or 914-213-3421 (before 9PM) or thebaldguyd@yahoo.com (preferred)** Launch at 9:30 AM. A good place to view birds. Bring wet suit or extra clothes in dry bag, water and snacks. Good for novice paddlers. After-paddle optional social at Danny's in Wurtsboro. Contact leader to register. Directions: 84 west to 17 west/north (Binghamton exit); 17 to exit 113 (Wurtsboro); left turn to 209 south go 1.8 miles down 209, turn left on Haven Road (there will be a brown/yellow DEC sign) follow Haven Road 1/2 mile (over and past 1 lane bridge) to South Road. Make a right turn and take this 1.8 miles. There will be a launch on the right.

**Sat May 9 Delaware River Paddle B Moderate Leader: Don Urmston email: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or phone 845-457-4552 (before 9pm)** We will paddle 8-10 miles down the Delaware River in our kayaks and canoes. There will be class II rapids and we will get wet, so dress in layers, use fleece clothing and bring a change of dry clothes along with lunch & water. PFD Required! Trip is open to anyone with previous paddling experience or adventurous beginners. Meet at Tourist Information Center off I84 in Matamoras, PA at 9:00 am. Register with leader by 5/7/09. Rain cancels.

**Sun May 10 Nature Walk at Carnwath C Leader: Sue Mackson [susiem6@juno.com](mailto:susiem6@juno.com), 845-471-9892** Going out for mother's day—how about really going out? Town of Wappinger Recreation Dept Dir, Gary Trudell & his wife Marion, want to build a nature trail at this Hudson River hillside property in Wappingers Falls. They'd like to identify as many plants as possible at the site so—we'll have a nature hike and you will provide the information. Bring your keys and guides and a picnic lunch. The property is hilly, but we will walk slowly and only for a few miles. Then, visit the sports museum, and/or picnic on the hilltop. Meeting time/place: 11:00 AM at Carnwath Farms upper parking Directions: Route 9D south from Wappingers; right at light in Hughsonville on New Hamburg Rd (DC28); left at fork onto Wheeler Hill Road (sign "Welcome to Wheeler Hill Historic District, Carnwath Farms); left at stop; right into Carnwath. Use parking area on left above manor house. Heavy rain cancels.

**Tues May 12 Membership Meeting 7:00 pm Rockefeller Hall Vassar College See details in box on cover page.**

**Thurs May 14 Bimonthly Paddle See p.4 for information.**

**Thurs May 14 Library Lecture: Kayaking: How to Get Started See p.2**

**Sat May 16 SW Hunter & Hunter (Level B+-A) Leader: Cal Johnson, [hikeski@hvc.rr.com](mailto:hikeski@hvc.rr.com) (preferred) 845-246-2006 Before 10 p.m** Joint with Albany Chapter Starting in Spruce-ton, we will hike up the Devil's Path to the herd path for SW Hunter. Following this excellent path on a long abandoned RR bed, we will head for the canister. Backtracking, we will continue on the Devil's Path and then take the Hunter Mountain trail to the fire tower. After taking in the fantastic views from the tower, we will take the Spruce-ton trail back to the starting trail-head. Distance is around 9 miles with around 2000' up & down. Carpooling can be arranged to meet leader in Hunter at 8:00 a.m. Steady rain or no sign-ups by May 14 cancels.

**Sat-Sun May 16-17 Beginner Backpack in South Taconics, CT. Leader Barry Skura 914-779-0936, [bskura@optonline.net](mailto:bskura@optonline.net)** About 15 miles along the NY, CT, MA border. Fantastic views of the Taconic, Berkshire, and Catskill mountains as well as the Housatonic River Valley. Fantastic views of the Taconic, Berkshire, and Catskill mountains as well as the Housatonic River Valley. No backpack experience necessary, but you must be physically active and have recent day hiking experience. Register via E-mail to leader, indicating your prior hiking experience and that you are an ADK member.

**Sun May 17 Poet's Walk in Rhinebeck. Level C Leader: Nancy Keenan-Rich, 845-452-1727 or [NKrich@blackcreekphoto.com](mailto:NKrich@blackcreekphoto.com)** Easy hike of 3 miles or so with varied elevations. The highlight will be snacking/lunching in the gazebo and sharing of spring/nature poems so bring one. Rain cancels. Meet the leader in the Poet's Walk parking lot at 10:00am.

**Sun May 17 Rondout Paddle Wawarsing to High Falls Intermediate Level Leader: Ken Walton 845-667-4664 or [kaw569@yahoo.com](mailto:kaw569@yahoo.com)** The put in would be at the Port Ben Road overpass in Wawarsing (east of Rt. 209) to the public launch at Central Hudson in High Falls just before the dam, about 16 miles (about 6 hours of paddling). Bald eagles have been sighted along this stretch. During this time of season, expect some quickwater with riffles (more during the first half of the trip), but mostly flatwater. There'll be a portage around Aligerville Rapids. Paddling experience and PFD required. Wetsuit recommended or bring a change of clothes Bring lunch & water. Contact leader for meeting time/place. Only interested in doing a certain part of the trip? Call leader to make arrangements.

**Tues May 19 Evening Lecture Kayaking: How to Get Started See p.2**



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## **SPRING OUTINGS SCHEDULE** *(continued)*

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**Thurs May 21 Bimonthly Hike** See p.4 for information.

**Thurs May 21 Library Lecture** The Joys of Hiking See p.2

**Sat May 23 AT Series Hike #3** See Ollie Simpson's article on p.3  
**Appalachian Trail --- Johnson Hill Rd. to NY22 (Level B- 4.1 miles)**  
**Leaders:** Jane Geisler 845-677-9909 and Ollie Simpson 845-298-8379  
(no answering machine) or [OllieSimpson2005@yahoo.com](mailto:OllieSimpson2005@yahoo.com) We'll discuss flora, fauna, geological, historical, and maintenance items. We'll also walk the blue side trail between Pawling Nature Reserve and Hurds Corners Road. Meet 9am at NY22 DOT parking area (east side) which is just north of the AT crossing about 3 miles north of Pawling; then carpool to start on Johnson Hill Road.

**Sat-Mon May 23- 25 Appalachian Trail Backpack in VT & NH**  
**Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com).** Did you ever do a backpack where you could stop midway for a cold beer at a sidewalk cafe? On this one you can! A 37-mi. hike at the VT-NH border. A few steep ascents, but terrain is mostly gentle as the AT winds through pastures, fields & forest. Meet Fri. evening in Woodstock, VT. Limited to 8 in good physical condition. Joint with AMC. Contact leader to register.

**Sat May 23 Walkkill River Paddle Level: Novice Leader: Tom Galvin 845-564-3825 or 914-213-3421 (before 9PM) or [thebaldguyd@yahoo.com](mailto:thebaldguyd@yahoo.com) (preferred)** Launch at 9:30 AM. New Paltz to covered bridge in Rifton. Bring extra clothes in dry bag or wet suit, snacks and water. Good for novice paddlers. Optional social afterwards at the Gilded Otter ([www.gildedotter.com](http://www.gildedotter.com)) in New Paltz. Contact leader to register. Directions: East on Route 299 to Village of New Paltz. Follow Main St/299 all the way through village to the last street on the left before the bridge over the Walkkill. This is Water St. Turn left onto Water St and go to the stop sign. Bear to the right onto Plains Rd. Go approx. 1/4 to 1/2 mile on the right. You will see the launch on the right at Sojourner Truth Park. You can pull down to the water to launch.

**Sun May 24 Paddle Constitution Marsh Leaders: Jean-Claude Fouere ([jcfouere@optonline.net](mailto:jcfouere@optonline.net) or 845-462 0142 and Georgette Weir.** Call, or email, leader for meeting time by Friday, May 22. Heavy rain cancels. Bring water and lunch. PFDs required.

**Tues May 25 4<sup>th</sup> Tuesday Leisurely Hike** See p.4

**Mon May 25 Memorial Day Holiday Hudson River Paddle Experienced paddlers only Leader: Tom Galvin 845-564-3825 or 914-213-34121 (before 9 PM) or [thebaldguyd@yahoo.com](mailto:thebaldguyd@yahoo.com) (preferred)** Memorial day paddle. Launch at 2:00 PM. Paddle from Beacon RR station to Fishkill Creek.. For intermediate paddlers. Bring wet suits, snacks and water. Contact leader to register.

**Tues May 26 Library Lecture Kayaking: How to Get Started**  
See p.2

**Thurs May 28 Bimonthly Paddle** See p.4

**Sat May 30 Catskills-map #43 A 9 Miles**  
**Leader: Alvin DeMaria [demonalvin@yahoo.com](mailto:demonalvin@yahoo.com); 845-255-1704**  
From Peekamoose road, we will attempt to find Spencer's Ledge and various points along the ridge. We will shuttle cars and finish (hopefully) at Kanape parking area. Most of this hike is a bushwack. But the peaks are under 3000 feet elevation. Meeting time and place: call leader.

**Sat May 30 (Raindate Sun May31) Black Creek Clean-up & Paddle**  
**Russ Faller, 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com)** Please help with our seasonal clean-up of the Black Creek in the morning, then enjoy a paddle in the afternoon. Bring boat, gear (PFDs required), hand saws, loppers, work gloves, high boots or watershoes, lunch & water. If you don't have a boat or

tools, contact leader. Meet at 9:30 AM in the grassy parking area on south side of Rt. 299 at Black Creek bridge, across from the motel just east of Chodikee Lake Rd. Please contact leader to let us know you're coming.

**Sun May 31 Delaware River Paddle B, Moderate**  
**Leader: Don Urmston email: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or phone 845-457-4552 (before 9pm)** We will paddle 8-10 miles down the Delaware River in our kayaks and canoes. There will be class II rapids and we will get wet, so dress in layers, use fleece clothing and bring a change of dry clothes along with lunch & water. PFD Required! Trip is open to anyone with previous paddling experience or adventurous beginners. Meet at Tourist Information Center off I84 in Matamoras, PA at 9:00 am. Register with leader by 5/22/09. Rain cancels.

**Wed June 3 Library Lecture Kayaking: How to Get Started** See p.2

**Thurs June 4 Bimonthly Hike** See p.4 for information

**Sat June 6 Storm King Mountain Level A Leaders: Georgette Weir & Jean-Claude Fouere; [geweir@optonline.net](mailto:geweir@optonline.net) (Put "Storm King hike" in subject line). Hudson River History-Quaridcentennial Hike** Approximately 4 very strenuous miles with many fabulous panoramic viewpoints of the Hudson River and Highlands. Storm King has played a featured role in the history of American art and environmental awareness. Bring lunch & beverage. Meet 9:00 am Contact leaders for carpooling and meet-up places:

**Sat June 6 AT Series Hike #4 miles See Ollie Simpson's article on p.3 Appalachian Trail - NY22 to West Dover Rd. (DC20) Level B- 5 miles Leaders: Sue Mackson 845-471-9892 or [susiem6@juno.com](mailto:susiem6@juno.com) and Jane Geisler 845-677-9909.** Leisurely pace—Heavy rain cancels. Hikers will get an in-depth look at the Mid-Hudson ADK maintained portion of the AT. We'll discuss flora, fauna, geological, historical, and maintenance items. A large field of blue Iris should be blooming. This is National Trails Day. We may meet some thru hikers. Meeting Time/Place: 9:00 AM DOT parking area west side of NY 22, which is just north of the AT crossing & railroad station, about 3 miles north of Pawling.

**Sat Jun 6 Walkkill River Nat'l Wildlife Refuge Paddle Rt.565, Town of Vernon, NJ to Oil City Rd, NY - Novice to Intermediate Ken Walton 845-667-4664 or [kaw569@yahoo.com](mailto:kaw569@yahoo.com)**This is a quietwater paddle for about 8 miles of the headwaters of the Walkkill in Northern New Jersey. Very scenic and remote. PFD required. Bring lunch & water. Contact leader for meeting time/place.

**Sun June 7 Mills Mansion to Norrie Point Level C Leader: Beth Willis 845-373-8202**For those new to hiking or who enjoy a leisurely pace. Spend several hours walking alongside the Hudson River from the Mills Mansion down toward Norrie Point. Possible stop afterward for late lunch/early supper. Wear good hiking boots and bring at least a quart of water. Meet 1 pm. Call leader to register and for meeting place.

**Thurs June 11 Bimonthly Paddle** See p.4

**Thurs June 11 Library Lecture Kayaking: How to Get Started** See p.2

**Sat June 13 Sugarloaf Level B Leader: Cal Johnson [hikeski@hvc.rr.com](mailto:hikeski@hvc.rr.com) (preferred) 845-246-2006 before 10PM**

## **SPRING OUTINGS SCHEDULE (continued)**

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Joint with Albany chapter From the Roaring Kill trailhead, we will take the Mink Hollow trail & the Devil's Path to the summit of Sugarloaf and hike out on the Pecoy Notch trail. Distance is around 7 miles with around 1800' up & down. Carpooling can be arranged to meet leader at the Stewarts on Rt. 23A in Haines Falls at 9:00am. Steady rain or no sign-ups by June 11 cancels.

**Sat June 13 Rondout Creek Paddle Beginner Level Leader: Tom Galvin 845-564-3825 or 914 213 3421 before 9 PM, [thebaldguyd@yahoo.com](mailto:thebaldguyd@yahoo.com) (preferred)** Launch at 10AM. Paddle from Sleightsburgh to light house, then to Eddyville Falls. Lunch at Rondout Bay (no alcohol allowed). Good for novice paddlers. Bring lunch, snacks and water. Directions: Just south of the Rt. 9W Bridge over the Rondout Creek, turn east at the stop light onto North Broadway. (Signs may be down due to construction.) Pass by the River View Condos. Right onto 1st Avenue. Left on Everson and follow signs to launch (1 lane road, so look ahead unless you are good at backing up). Contact leader to register.

**Sat June 13 Tri-State Hike (Level B+) Leader: Salley Decker at (845) 454-4206 evenings until 10:00 PM (carpool).** Enjoy Mountain Laurel in bloom as we start hiking in MA, enter CT, and finally get to where MA, CT, and NY meet in the woods. There are two rock scrambles, rewarding views, a side trip to a small pond, a register (log) book on the summit of Mt. Frissell, as well as boundary monuments along the way! We will also hike a portion of the South Taconic Trail to Brace Mountain and possibly Little Brace before returning on a rocky woods road (jeep trail). Distance: 6-7 miles. Hiking boots recommended. Bring plenty of water, as well as rain and wind gear, hat and sunscreen for this all-day hike. Contact leader for time and place. Heavy rain cancels.

**Sun June 14 Long Path-First Leg (Level A 12+miles) Leader Pete McGinnis 845-454-4428 or [pmcgin1@aol.com](mailto:pmcgin1@aol.com)** Fort Lee Park to State Line overlook. Long level walk from the GW Bridge heading north below the Palisades along the Hudson River shore. Begin at the beginning for spectacular view, and maybe you'll get as far as the Catskills.

**Sun June 14 Teatown Reservation (Westchester County) Various Hikes Leader: Salley Decker evening at 454-4206 or at [sadecker2002@yahoo.com](mailto:sadecker2002@yahoo.com)** Details not yet available. Check [www.NYNJTC.org](http://www.NYNJTC.org) for updates. Want to know more about Teatown—here's the web site <http://teatown.org/>.

**Thurs June 18 Bimonthly Hike See p.4 for information.**

**Sat June 20 MHADK's 8th Annual PaddleFest at Plum Point on the Hudson 10am-4pm See Cover Page for Details** If you've never kayaked, but are curious, this is the event for you! If you're an experienced kayaker this is also for you! We'll have free beginner lessons, advanced lessons, guided Hudson River tours and a used paddling-hiking-camping gear sale. See Cover Page of this newsletter for details, and see *Directions to Plum Point* on p.11. This is a great family day! Don't miss it!

**Tues June 22 4<sup>th</sup> Tuesday Leisurely Hike See p.4 for info.**

**Fri-Sun June 26-28 The Annual ADK Spring Outing, a gathering of all ADK chapters, is hosted this year by the LI Chapter and is headquartered at the Holiday Inn in Ronkonkoma, NY. The Outings Schedule is extensive with an excellent choice of hikes, paddles and biking adventures available. There's a banquet, followed by a guest speaker, on Sat evening at the hotel. All information, including registration form, outing schedule and hotel and meal information is at the LI Chapter website: <http://www.adkli.org>. Registration is in progress now, so don't wait too late to sign on! ADK Long Island throws a super 8**

Great Spring Outing! Sue Mackson at [susiem6@juno.com](mailto:susiem6@juno.com), 845-471-9892, will gladly help anyone interested in finding a room/campmate or carpooling companions. Call, also, if you need a hard copy brochure.

**Thurs June 25 Bimonthly Paddle See p.4 for information**

**Sat June 27 South Mountain (Level B) Leader: Cal Johnson [hikeski@hvc.rr.com](mailto:hikeski@hvc.rr.com) (preferred) 845-246-2006 before 10PM** Joint with Albany Chapter Starting in Palenville, we will hike up an unmarked path to Palenville Lookout, site of the former Half-way House. From there we will follow part of the Rip Van Winkle Horse Trail System, crossing the former Otis Elevating Railway bed, and then ascending to the former Catskill Mountain House site. From there we will follow the Escarpment Trail, via Boulder Rock, to the former Kaaterskill Hotel site. After browsing around there we will continue on the Escarpment Trail and then take the Harding Road trail back down to Palenville. This hike will provide many fantastic views of the Hudson River Valley and Kaaterskill Clove. Distance is around 10 miles with around 1500' up & down. Carpooling can be arranged to meet leader in Palenville at 9:00 a.m. Steady rain or no sign-ups by June 25 cancels.

**Sat June 27 Beginner Kayak Skills Session Plum Pt, New Windsor, NY Leader: Don Urmston email: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com), 845-457-4552 (before 9pm).** New to kayaking? Come get a free lesson from our ADK paddling trip leaders. We will cover basic strokes, rescues & safety. Meet at Plum Point in New Windsor at 9:00am. Participants must preregister with leader. ADK Members only. See directions to Plum Pt on p.11

**Sun June 28 Chodikee Lake Paddle Leader: Shari Aber [shnaber@yahoo.com](mailto:shnaber@yahoo.com) or 845-255-6005** This is a 3-4 mile easy, very scenic paddle. We start in the lake and then proceed up the Black Creek, stopping to watch the breeding Great Blue Herons and other abundant wildlife. We will meet at the DEC parking lot on Chodikee Lake Road in the morning. Please contact leader for meeting place and details.

**Fri-Sun Jun. 27-28 Beginner Backpack Overlooking the Catskills Joint with AMC Leader: Barry Skura 914-779-0936, [bskura@optonline.net](mailto:bskura@optonline.net),** Experience impressive Catskills views -- from Overlook Mountain and either Indian Head Mountain or Huckleberry Point. Less than 15 miles. No backpack experience necessary, but you must be physically active and have recent day hiking experience. Register via E-mail to leader, indicating your prior hiking experience and that you're an ADK member.

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***Upcoming Outings—Advance Notice***  
***Details in Summer Newsletter/For Early Info Contact Leaders***

**Sat-Thurs July 4-9 Whitney Wilderness Canoe Loop, Adirondacks (Strenuous) Leader: Russ Faller at 845-297-5126 or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com)**

**Fri-Mon July 10-13 Long Lake ADK Canoe or Kayak Camping Leader: Tom Galvin at [thebaldguyd@yahoo.com](mailto:thebaldguyd@yahoo.com) or 845-564-3825**

**Sat-Sun July 18-19 Paint & Backpack with Georgia O'Keefe, Leaders: Barry and Kathy Skura 914-779-0936, [bskura@optonline.net](mailto:bskura@optonline.net)**

**March 26-29, 2010 Weitzel Trails Cabin Outing Contact Pete McGinnis at [pmcgin1@aol.com](mailto:pmcgin1@aol.com) or 845-454-4428**

## WINTER OUTINGS LOG

### Oct. 18 Fahnestock State Park & Glynwood Center

Marie Caruso  
& Al Poelzl

Sixteen hikers plus the two co-leaders enjoyed a hike to Fahnestock's Jordan and Beaver Ponds and a tour of the Glynwood Center on a clear but somewhat chilly day. Isabel Lopatin, a manager at Glynwood Center, met the group where the yellow trail meets the farm road. She led us on a most interesting tour of the farm and its facilities. We saw several types of pasture-raised cattle, including the Ancient White Park, a heritage breed. We learned about the farm's history and conference facilities, and its mission of sustaining local agricultural and natural resources through organic farming methods, community-supported agriculture, and pasture-raised livestock. En route, we enjoyed a lovely view from the west side of Jordan Pond while Isabel led us out the northern boundary of the Glynwood property to the blue trail, which we followed to Beaver Pond. After a stop for lunch, most of the hikers headed out on the red trail, while a few accompanied Al Poelzl on an extra loop to the east side of Jordan Pond and out via the white and yellow trails. Participants: Dorothy Halligan, Bill Smith, Conrad Putzig, Beth Willis, Joan Martin, Fred Otte, Lalita Malik, Phyllis and Wil Chalvisant, Brenda Harding, Liz Lunn, Carol Gray, Victor Faleri, Salley Decker, Madi Scott, Anne Lungrio and the leaders. (18)

### Dec. 4 AT in CT Salley Decker

Nine hikers braved murky conditions (the only rainy day that week....) to hike on the Appalachian Trail in celebration of two November birthdays (Beth Willis and Salley Decker). We started at Bunker Hill Road and took a side trail to the AT and Lion's Head. The weather was still clear enough to get a good view from the open summit. We continued N to the Riga Shelter where we enjoyed a view of the valley below while we ate lunch. As we left the shelter, it began to rain. We continued N and crossed several streams before reaching the junction of the AT and the Undermountain Trail. We headed down the Undermountain Trail to the waiting cars. The summit of Bear Mountain will have to wait for another day! There were numerous stream crossings on both the AT and Undermountain Trail (lost count at twelve). Walking poles were very helpful, and no one fell in! After the hike, most of us went to The Bistro in Salisbury, CT for hot soup, hot cider, donuts, etc! Participants: Shari Aber, Jane Geisler, Al Poelzl, Ginny Fauci, Barbara Horne, Lalita Malik, Mary Nicolis, Beth Willis and the leader. (9)

### Dec. 14 Fishkill / Scofield Ridge JC Fouere

Fifteen hikers felt like bulls in a china shop atop the Fishkill Ridge on Dec. 14. Three days after an ice storm wreaked havoc throughout the region, every twig, leaf, and stone on the ridgetop was still coated with ice. Though the mountain side was clear, along the ridge we confronted a thick layer of ice chunks and had to navigate a jungle of tree fall-downs and branches arching over the trail. Despite the destruction, the scene was brilliant, with sunlight diffused as in a beautiful

cathedral of pure crystal. The going was tough and several hikers, accompanied by one of the leaders, decided to cut their outing short. The rest of the group hiked the Scofield Ridge, highest point in Putnam County, then bushwhacked to the Beacon Reservoir to connect with the trail on the way back down to the trailhead. The conditions made for a memorable outing. This was the last of a series of four hikes to the high points of each of the four Mid-Hudson counties (Dutchess, Ulster, Orange, Putnam). The series was inspired by the Grand Walkabout ([www.grandwalkabout.com](http://www.grandwalkabout.com)), which promotes walking/hiking in our region as part of the commemoration of the 2009 Quadricentennial celebration. Participants: Sue Mackson, Alvin DeMaria, Dirk Wolter, Judith Wolter, Rick Taylor, Linda Ropiecki, Gary, Dirk Weir, P. M. Cook, Lalita Malik, David Aviv, Todd DuMoulin, Maura DuMoulin, Rich Der... and the leader. (15)

**Dec. 18 Hyde Park Mansions Lalita Malik & Ginny Fauci**  
Participants: Lorraine Laufer, Beth Willis, Jerry Ruebenstein, Barbara Horne, Shari Aber, Dorothy Noe, Mary Nichols and the leaders.

**Dec. 20 Vassar Campus Sue Mackson**  
Cancelled due to lack of interest and snow/sleet.

**Jan. 1 Wappingers Falls Greenway Trail Georgette Weir**  
Fresh snow was on the ground as a group of twenty hikers welcomed the new year with a January 1 exploration of the 2-mile long section of the Wappingers Falls Greenway Trail from the village of Wappingers Falls to New Hamburg. The snow and some blowdowns made the outing unexpectedly challenging. But brilliant sun and water view along the entire trail compensated. Cookies and hot cider warmed up the group later at the leader's home. Happy New Year! Participants: Roberta Forest, Lorraine Laufer, Jane Geisler, Beth Willis, Jerry Sutter, Sue Lynch, Jimmy Metrando, J.C. Fouere, Salley Decker, Ann Gross, Jeffrey Groll, Al Poelzl, Bill Jacobs, Judy, Jerry and Marie Ruebenstahl, Mary Williams, B. Lindsey, Sue Mackson and the leader. (20)

**Jan. 4 Vanderbilt Loop Beth Willis**  
Sunday, January 4th was a beautiful day with comfortable temperatures for hiking. As a result, there were twenty-six participants on this outing. The easy pace of traversing the "Vanderbilt Loop" on this majestic estate made it easy for hikers to enjoy spectacular views of the river, woods and gardens, and for several photographers to snap some great pictures. After trekking down to Bard Rock and the waterfront by means of the paved roads (some hikers opted to cut diagonally down a steeper hillside path), we followed the snow-covered trail paralleling a river, skillfully navigating some icy patches. We spent a few minutes admiring the waterfall at the southern edge of the estate as well as the views of the old Hyde Park train station. We then proceeded up the road and alongside the creek back up the hill to the mansion. Many participants elected to detour up a steep, grassy hill and through the dormant formal gardens. Everybody chose to walk the path on the river side of the mansion affording additional views of the river. Afterwards several participants enjoyed an impromptu supper and additional camaraderie at Pete's Famous Diner. Many thanks to Salley Decker for serving as sweep and to Lalita Malik for enabling participants to travel alternative side paths. Participants: Helena Beba, Marilyn and Robert Brickner, Eli Cohen, Austin, C.J., Kim and Mike Decker, Salley Decker, Roberta Forest, Ann Gross, Caren and Jaclyn Heeney, Bill Jacobs, Judy Kito, Brenda Harding, Barbara Horne, Sue Mackson, Lalita Malik, Mary Nicolis, Carol Noffz, Tony Perantora, Frank Petramale, Jerry Sutter, Marion Zimmer and the leader. (26)

## Ackerman Quinn

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## WINTER OUTINGS LOG *(continued)*

### Jan. 22 Val Kill to Ginny Fauci & Lalita Malik Top Cottage

Eleven hikers met at Eleanor Roosevelt's Val Kill in Hyde Park and hiked up the snowy trail to FDR Top Cottage where we sat on the rockers on the porch and had a snack before heading back down. We watched the movie about Eleanor and then took the tour of the two houses. Following the tour we drove to the Culinary Apple Pie Bakery and had lunch together. Participants: Barbara Horne, Patti Lewis, Shari Aber, Mary Nicolis, Roberta Forest, Jerry Ruebenstahl, Eli Cohen, Beth Willis, Lorraine Laufer and the leaders. (11)

### Jan 31 Carnworth Farm Ollie Simpson

The ADK-led snowshoe/hike was one of the events at the Town of Wappinger "Winterfest". We had twenty-five snowshoe/hikers who started in three groups led by 1)Ralph & Kathy Ferrusi 2)Lalita Malik 3)Ollie Simpson. The trail was well-marked and easy (especially since the first hikers broke the ice crust). The views from the ridge of the Hudson and the Mid-Hudson and Newburgh-Beacon bridges were excellent. We enjoyed hot drinks and doughnuts in the chapel. Some of us had a hot dog for lunch, s'mores for dessert, and/or toured the Sports Museum of Dutchess County. The highlight for Ollie was the sleigh rides down the children's hill which she enjoyed with Ralph and Dave. Sue Mackson, thank you for selecting the perfect date. Participants: Ralph Ferrusi, Al Poelzl, A. Perantoni, Rosemary Horton, Eli Cohen, Betty Schleicher, Lalita Malik, John Ragusa, Tim Messerich, John Hart, Jane Geisler, Marie Caruso, Brigitte Desauer, Herb Wenskus, Russ Faller, Dave Dvorsky, Carol Gray, Carol Noffz, Connie Haven, Karen Flaherty, Marsha Kramer, Harry Norman, Salley Decker, Tony (neighbor of Ollie), and the leader. (25)

### Jan. 31 Harriman/Gunks Alvin DeMaria

When a good snowfall arrived Wednesday night into Thursday morning, I told people we would ski in Minnewaska State Park. I tried snow conditions on Friday and it was very icy, so I cancelled it.

### Feb. 2 FDR Nat'l Historic Site Georgette Weir

Brilliantly sunny winter day, Hudson River views, and a little bit of history (Roosevelt's Dutch ancestors connected us back to 1650 in New Amsterdam). Three of our group visited the Presidential Library afterward and the exhibit "The First 100 Days." Participants: Lalita Malik, M. Limmer, Dave D....., Ginny Fauci, Ollie Simpson, Al Poelzl, Eli Cohen, Carol Gray, Fred Otte, Annemarie Braden, Maria Pistole, Robert Braden, Craig Pistole, Carol Noffz, Salley Decker and the leader. (16)

### Feb. 5 Undercliff Ginny Fauci & Lalita Malik Mohonk Preserve

Eleven hikers met at the Mohonk Preserve Visitor's Center where we found out we couldn't do the Undercliff/Overcliff loop as planned since Overcliff was groomed for snowshoes and skis and only about half the group had snowshoes. But it was a beautiful sunny day with no wind and our hike out to Rhododendron Bridge and back on Undercliff was lovely; we saw a group of deer running and we found some cat-like tracks, mouse tracks, and possibly a raccoon track. Following our hike, we went to the Gilded Otter for lunch. Participants: Marian Leeds, Sharon Slocum, Lorraine Laufer, Beth Willis, Eli Cohen, Jerry Ruebenstahl, Mary Nicolis, Shari Aber, Patti Lewis and the leaders. (11)

### Feb. 7 Garrison John Kolp

Total number of hike participants: 18 (leader + 1 ADK + 15 AMC + 1 guest.) Pleasant winter hike on Osborne Loop Trail and AT with a late afternoon summit of South Sugarloaf. Well packed snowy trails handled easily with Stabilicers and slowly warming temperatures. Participants: Sayi Nulu, AMC hikers and the leader. (18)

**Feb. 19 Mohonk Bonticou Crag Ginny Fauci & Lalita Malik**  
Nine hikers met at Spring Farm Trailhead to walk the snowy and icy trails to Bonticou Crag with temps in the low 40's. We decided to do a loop hike, up Cedar Trail and back on Crag Trail with lunch on the top of Bonticou Crag. There wasn't enough snow for snowshoes, but everyone wore some sort of traction as we did hit icy spots on occasion. We had a pair of ravens screeching at us for some reason and saw lots of rabbit and squirrel tracks. Another good hiking day! Participants: Patti Lewis, Shari Aber, Mary Nicolis, Beth Willis, Roberta Forest, Bill Machonis, Ken Vandermark (Ginny's brother visiting from Vermont) and the leaders. (9)

### Feb. 21 N & S Beacon Mountains Russ Faller Hudson Highlands

On the last beautiful day before a cold, rainy day, we hiked up North Beacon Mountain then headed for South Beacon Mountain, where we climbed the fire tower for one of the most fantastic views ever seen. Before us lay the Catskills, the Shawangunks, Stissing Mountain, the Taconics, Schunemunk, Storm King, Taurus and the Hudson River from Croton to beyond Poughkeepsie. After leaving South Beacon, we circled the Beacon Reservoir, took the trail down Dry Brook to a yellow trail that looped us back to the trail up North Beacon Mountain. Participants were Lalita Malik, Al Poelzl and the leader. (3)

### TAKE THE A.T. CHALLENGE!

**If you decide to take part in the Appalachian Trail Hike Series, have some fun finding the answers to these questions.** To get the answers, go on the 4 hikes, do some research, or send an email to [olliesimpson2005@yahoo.com](mailto:olliesimpson2005@yahoo.com) after June 6. Good Luck!

Along the way, though, you'll get much more than the answers to these questions:

1. On Schaghticoke Mountain, how do you know you are in NY or CT?
2. What wood was used for Duell Hollow Brook bridge? Why?
3. Which is the oldest bridge between CT border and DC20? How old?
4. When was Wiley Shelter built?
5. How many stiles are between CT border and DC20?
6. What business used the water tower that is in the field AT-N of Hurds Corners Road?
7. What invasives are found between CT border and DC20?
8. What portion of the AT had a large fire in 2001?
9. What is a moldering privy?
10. Distinguish between a puncheon and a bridge.
11. Distinguish between a water bar and a check dam.
12. What determines if you use wood or rocks in trail construction?
13. What is a Special Use Permit (SUP)?
14. What happens to the original AT treadway when a portion of the AT is relocated?

*(See back Cover Page for qq. 15-20 + a Bonus Question)*

## MEMBERSHIP

To Make a  
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1-800-395-8080



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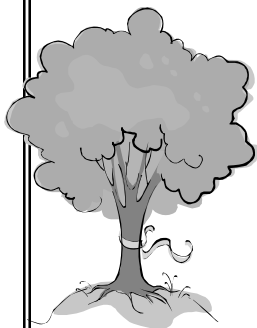
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Send check payable to *Mid-Hudson Chapter ADK* along with contact information to Brianne Seipp, 16 Dublin Lane, Po'k, NY 12603 or call 845-471-2314 or email B2spz@aol.com for additional information

### SAVE A TREE...or TWO!

#### RECEIVE YOUR NEWSLETTER ELECTRONICALLY!

We are pleased to announce that our chapter now has the capability for its members to Opt-IN to receive future newsletters electronically, which means that it is now possible for MHADK to save over \$2000 in printing and mailing costs while conserving thousands of trees and other natural resources at the same time!



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](mailto: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.

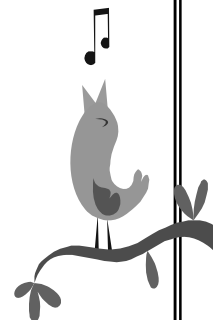
### EVERY FRIDAY—MHADK BREAKFAST GROUP!

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](mailto:ralphpollard@verizon.net), phone 462-3389) if you would like further information.

### WELCOME, NEW MEMBERS!

(as of January 31st)

Brandon LaMere  
Mirando Grimm and Robert Juby  
Ma Veet Tamaso  
Krystyna Bloch and William Post  
Lawrence Wagner and Helene Gross  
Michael Kessler  
Mike Brophy  
Terry and Alice Laughlin  
James Kempf  
Glenn Nelson  
Linda and Toni Mariconda  
Marian Leeds  
Susan Tveekrem and Sean Dague  
David Ghostlaw  
Paula Repka  
Mary Guccion  
Christine Cutler  
Mary Nicolis  
Susan Wegner  
Sharon Worthy-Spiegl and Michael Spiegl  
Lorraine Laufer  
Eileen and Joseph Digan  
Sara Pineiro and Howard Billington



### RECEIVE WEEKLY UPDATES OF EVENTS

Would you like to receive weekly e-mail updates of our calendar of events? Just send a message to [susiem6@juno.com](mailto:susiem6@juno.com) and state that you'd like to be added to our e-mail list. Sue Mackson

### DIRECTIONS TO PLUM POINT, NEW WINDSOR, NY

for

*PaddleFest-Sat June 20*

*Great Hudson River Sweep-Sat April 25*

*Beginner Kayak Lessons-Sat June 27*

*From the north: I-84 to Newburgh (Exit 10), take 9W South, see Anthony's Pier 9 on right, get into left lane immediately, and see entrance sign between Toyota and bowling alley: "Kowawese Unique Area at Plum Point". Follow road to river, bearing left at junctions.*

*From the south: From Bear Mt. traffic circle, take 9W North, pass Cornwall, pass over small bridge, look for Sports Complex, then bowling alley on the right, get ready for immediate right, and then turn right at natural wooden entrance sign saying "Kowawese Unique Area at Plum Point". Follow road to river, bearing left at junctions.*

*The AT Challenge Questions*  
(continued from p.10)

15. Corridor Monitor terms - boundary blaze, US Boundary sign, monument, witness
16. What happens when you find an illegal camper?
17. Where did illegal logging occur?
18. Where has the Mid-Atlantic ATC crew worked?
19. What work has been done by Eagle Scout candidates?
20. Where are the best wildflowers between CT border and DC20?



**Bonus: What date did Mid-Hudson ADK begin maintaining the AT from CT border to DC20?**

**A Reminder to MHADK Members: EMS Club Days are Fri-Sat, April 17-18! That means you can take your membership card into Eastern Mt. Sports on Rt.9 in Poughkeepsie and receive 20% off anything in the store! Thank you, EMS!**