

Mid-Hudson TRAILS

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

www.midhudsonadk.org

Summer 2009
July-September

DON'T MISS THE QUADRICENTENNIAL FUN!

(Editor's Note: The following information is from www.walkway.org)

The Grand Opening of the Walkway Over the Hudson October 2, 3 and 4, 2009 Be one of the first to step onto the new Walkway by playing a role in the huge grass roots Opening Ceremony and Illumination! ***Friday night, October 2, 2009 at 7:00 p.m.***, volunteers will gather at the east and west sides of the bridge to take part in the Grand Illumination of the Walkway, bringing it out of the shadows and into the night light of the Hudson River at its mid-point! 1,000 people are needed to take part in the Illumination of the Bridge and the Hot-Air Lantern release that will follow it. After the Lantern Release volunteers will be able to view the Grand Fireworks show from eye level with the display!



On ***Saturday, October 3, 2009 at 10:00a.m.***, ANOTHER 1,000 folks are needed to take part in the Official Opening Ceremony. The plan is to TIE A KNOT with two nautical ropes coming from the East and West sides of the bridge and people are needed to hold and extend this MILE LONG rope across the bridge. There will be gala bands, lots of ceremony, kites, wind socks, and a Grand Parade that will flow in BOTH directions across the bridge - and YOU will be right in the middle of it! From your high perch you will see rowing races, the Parade, a jet-ski ballet, a fly-over by the Olde Rhinebeck Aerodrome and more! Kids can be a part of this too - so you can bring the whole family.

In addition to these two ceremonial moments of the Opening, the event also needs folks who can help to Marshall the Grand Parade and assist with other technical aspects of the event - parking guards, attendants, stage managers and others. To register for your choice of "volunteer jobs", fill out the [online form](#) at www.walkway.org or contact Jeanne Fleming at openingcelebration@walkway.org or 845-758-5519. For information about all the Quadricentennial activities, check out these sites:

- ⇒ www.dutchess400.com - Dutchess County Quadricentennial Celebration Events
- ⇒ www.exploreny400.com—NYS Quadricentennial Celebration Events
- ⇒ www.walkway.org - *Walkway Over the Hudson* Events Details about the Grand Opening on October 2-4 (see above)
- ⇒ www.hudsonhappenings.com
- ⇒ www.poughkeepsiejournal.com
- ⇒ www.midhudsonadk.org (Mid-Hudson Chapter of ADK)

SAVE THESE CHAPTER DATES!

Fri-Sun Sept 25-27 ADK's Fall Outing 2009, this year sponsored by the ADK New York Chapter. This is a great opportunity for ADK members to discover the lower Hudson Valley and all it has to offer the outdoor enthusiast. There is great hiking with breathtaking views along the Hudson River, Harriman Park is home to many lakes for canoeing, kayaking and fishing, and Bear Mt. Park has a large natural lake, a zoo, and a beautiful carousel that children love. For a complete list of activities and registration details, go to www.adk.org and click on *Adventure Travel* and *Seasonal Outings*.

Sun Oct 4 Chapter Annual Picnic at Norrie Point Environmental Center in Staatsburg, NY. There will be paddles, hikes, good food and time to meet and greet fellow members! Don't miss it! Watch for more information.

Sun Dec 6 Chapter Holiday Party

Fri-Mon Mar 26-29, 2010 Weitzel Trails Cabin Outing See Outings Log of 2009's Trip on p.8 and contact Pete McGinnis at pmcgin1@aol.com or 845-454-4428 for more information.

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!

Paddlers Needed:

⇒ To help clean the new Water Trail portion of the Fishkill Creek on Sat July 18. See box on opposite page and contact Russ Faller at 845-297-5126 or russoutdoors@yahoo.com

⇒ 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 to register or contact Tom Galvin at thebaldguyd@yahoo.com

Trail Workers Needed:

⇒ To help with any number of improvements at the RPH Cabin site on the weekend of July 10-12. See article on opposite page and contact Tim at 845-297-9573 or bascomgrill-master@yahoo.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 via email at Ollie-Simpson2005@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 the *Holiday Party* (on Sunday, Dec 6th), call Carole Marsh, Social Events Chair, at 845-848-2044.

SILKY SAW AWARDED TO JANE GEISLER

Not every woman would be thrilled to receive a Silky Saw as a gift nor would more than a few people view this particular gift as a special honor, but our own Jane Geisler would! It's a tool that maintainers definitely would appreciate and Jane, who has the responsibility for ten miles of the Appalachian Trail, is a real maintainer!

Ollie Simpson, another of our chapter's trail maintenance leaders, explains that the art of trail maintenance includes observing the tools others use since maintainers are always on the lookout for lighter weight, sharper, and easy-to-use tools. Jane noticed the new Silky Saw Ollie had when they used it to remove a tree limb. Of particular interest to Jane was the "no assembly required" feature, plus the "pull to open the blade" and "press the lever to close" features. This particular saw is light weight, has a long, sharp blade, and fits easily into a backpack. The Finance



Picture: Ollie laughs as Jane tries out her new saw! committee approved the purchase of the tool for Jane in appreciation for all the maintaining (and supervising of maintainers), she does on our treasured trails. The saw was presented to her on an AT hike on May 26th when they found a log that needed to be cut. Needless to say, Jane immediately went to work with her new saw!

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Adirondack Mountain Club
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Paddle Chair Russ Faller (as above)

The chapter Annual Fall Picnic will be held on Sunday, Oct 4th at Norrie Pt in Staatsburg. Save the date!

TRAILS UPDATE

RPH ANNUAL WORK WEEKEND: JULY 10-12

**Volunteers Needed: No Special Skills Necessary!
Whatever time You Can Give!
(1hr, 3hr, 6hr, 1/2day, 1 whole day, the whole weekend!)**

For the ninth year in a row, MHADK member, Tim Messerich, and his band of volunteers will be restoring a section of the Appalachian Trail behind the RPH cabin in Hopewell Junction. Past projects have included an outhouse, designed and constructed to be the mother of all outhouses, (2005), a 25' bridge (2007), water bars and a 200' stone and lumber walkway to prevent erosion (2008), and numerous other less intensive projects over the last nine years.

This year's projects include the repairing of a section of a raised trail bed, the installation of two new ten' water bars, the reconstruction of a section of stone steps, the repainting of 'the throne', clearing out the water bars close to the cabin and any other trail repair that needs to be done.

Volunteers are treated well! "Mike the Cook" serves breakfast, lunch and dinner all three days, and volunteers have reported that the food is GREAT! Mike says, "NO ONE goes hungry...and that includes vegetarians!"

Needed: Donations of food, ice and building materials

Check out tintrek.mikentim.com, the RPH Cabin website, for great pictures of previous work weekends and detailed information about this particular project. Also, for info or to join the fun, contact:

RPHCV President Tim Messerich
20 New Hackensack Rd, Wappingers Falls, NY 12590
845-297-9573 or bascomgrillmaster@yahoo.com

This year's event partially sponsored by Mid Hudson Chapter of ADK and our local Eastern Mountain Sports store, Spackenkill Plaza 2521 South Rd Poughkeepsie, NY 12601 Phone 845-463-3207



CHAPTER TO OPEN NEW WATER TRAIL ON FISHKILL CREEK

The MH-ADK Paddling Committee has plans to open a canoe & kayak trail on the quiet water Fishkill Creek from Hopewell Jct to Brinckerhoff. Volunteers are needed to accomplish this goal and...you can help because no experience is required! All you need is a willing spirit and a desire to do some grunt work to help make the local waterways more accessible to the community. (We have tools and canoes for those who don't). Project days are Sat July 18 (raindate = Sun July 19), Sat Aug 29 (raindate = Aug 30) and Sat Sept 12 (no raindate). To join in the fun, contact Paddle Chair, Russ Faller, at 845-297-5126 or at russoutdoors@yahoo.com.

ADK ADVENTURE TRIP to the CANYONLANDS OF UTAH Sept 5-11, 2009 Leader: Lalita Malik

Explore some of the richest archaeological resources in the world with hikes in the Four Corners region, where the states of Utah, Colorado, New Mexico, and Arizona meet. We will visit several parks including Mesa Verde, Cedar Mesa/Grand Gulch, Natural Bridges, and the Needles District of Canyonlands. See cliff dwellings, petroglyphs, solstice sites, natural bridges and other red rock formations.

Explore the archaeology of Canyon Country that is just as spectacular as Canyonlands National Park, but less well-known or crowded. Learn how ancient people lived their daily lives, explore the wonders of rock art and

(continued on p.4) 3

CHAPTER HONORS OUTING LEADERS at ANNUAL POTLUCK PICNIC

On August 9th at 3 pm, Lalita Malik will once again open her home to honor those Mid-Hudson chapter members who so generously share their time, energy and leadership skills in leading the numerous outing activities available to our members. Those receiving special recognition this year include Shari Aber, Marie Caruso, Trish Cina, Salley Decker, Al DeMaria, Frank Dogil, Skip Doyle, Dave Dvorsky, Russ Faller, Ginny Fauci, Rich Forman, Jean-Claude Fouere, Jane Geisler, Carol Gray, Cal Johnson, Dave Kaplan, Jeff Kaplan, Nancy Keenan-Rich, Ken Walton, Dave Koehler, John Kolp, Sue Mackson, Judy Mage, Lalita Malik, Pete McGinnis, Al Poelzl, Lou Ruidisch, Ollie Simpson, Barry Skura, Kathy Skura, Sharon Slocum, Noel Tepper, Tom Galvin, Donald Urmston, Andrea Urmston, Michele VanHoesen, Georgette Weir, Beth Willis, and Ellen Zelig. These members have enabled us season after season, to offer a year round schedule of varied hikes, paddles, backpacks, and walks. This year we heartily welcome Tom Galvin to our ranks. He is a new member, a man with a long history as a leader of paddles and has, happily for us, added his leadership to our chapter's outing activities. If you have led an outdoor activity in the past, or contemplate offering your talents to lead in the future, we would love to have you join us at the potluck picnic. Call Sue Mackson at 845-471-9892

Apr. 18 Schaghticoke Mtn. Jane Geisler

After spotting cars on Southeast Mountain Road, twelve hikers headed up on the AT from Connecticut's Schaghticoke Road. After a short rest stop at the south lookout point we hiked north to the state line, and nearby Schaghticoke Indian Reservation



land, retraced our route for a short distance, and descended to our cars on an unmarked fire road. Boundary trees were noted and signs of the November 2001 forest fire were almost completely gone. **Participants:** Lori Beer, David Koehler, Ollie Simpson, Sandy Giammette, Christine Attlestine, Lalita Malik, Al Poelzl, Sharon Slocum, Eli Cohen, Kathryn Paulsen, Beth Willis, & leader (12)
Photo by Lalita Malik

As many of us are about to enjoy summer outings, hiking in the woods and forests of the Adirondacks, the Catskill or the Shawangunks, or paddling on the Hudson River and its tributaries, on creeks, rivers and lakes, let us not forget that our enjoyment depends on the preservation of the natural environment. The nature that we cherish and enjoy depends on our support, either direct support through our contribution to the ADK and to its chapters, or indirect support from some of our state taxes.

Environmental Protection Fund (EPF) - update

Although New York State is facing a very serious budget situation, which is somewhat alleviated by the Federal Stimulus package, the EPF has been funded in the amount of \$222 million, including \$58 million for new land acquisition and \$25 million for stewardship. The stewardship budget directly funds the ADK trail crews that maintain the trails in the High Peaks.

Better Better Bottle Bill (BBBB) - update

The Bigger Better Bottle Bill that would expand the 5 cents deposit to water and non-carbonated plastic and glass bottles was passed, expecting to bring over \$100 millions of unclaimed nickels to the State general fund. However, at the time of writing, actual implementation was in doubt as wrangling over details mushroomed into lawsuits and other controversies. Stay tuned.

Drilling for gas in the Marcellus Shale of the Southwestern Catskill Mountains

Catskill MountainKeeper representatives, Ramsay Adams and Wes Gillingham, gave a presentation to our Chapter about the potential *major environmental impact* – significant forest clear cutting for access roads and pipelines, use of enormous amount of water, high risk of watershed contamination by drilling chemicals and by-products, etc. – from drilling for gas in the Marcellus shale in the Southwestern area of NY State, Catskill Mountains included. Learn more about this drilling activity and potential risk to our environment by visiting <http://www.catskillmountainkeeper.org/node/290>.

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

Adventure Trip to the Canyonlands of Utah
(continued from page 3)

ruins, and hike to Ancestral Puebloan (Anasazi) sites. Float 26 miles on the San Juan River to the very edge of Monument Valley to see even more spectacular ruins and petroglyphs.

Price \$1,430, includes breakfast, lunch and dinner daily, transportation from/to Durango airport, all park fees, lodging and an experienced leader. Contact Lalita Malik: 61 Patrick Drive, LaGrangeville, NY 12540; LalitaMalik@aol.com



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CHECK OUT THESE SPECIAL SERIES
of
HIKES and PADDLES!

If you are reviewing the following schedule, like to hike, backpack, 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.

A series of hikes beginning June 23rd and lasting throughout July will highlight, during “Watershed Month”, the streams, rivers, creeks which comprise our local watershed.

Every 4th Tuesday of the month. Walks and hikes that are shorter and more leisurely in pace than those the Thursday group currently is walking. We will cover familiar and unfamiliar territory. Join a series of hikes which will be fully described through a separate e-mail the Friday before the week of the hike. Please express your interest with a call or email to: Sue Mackson 845-471-9892, susiem6@juno.com July 28 Carol Gray leading, Aug 25, Sept 22 Salley Decker leading

Bimonthly Mid Week 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 Leaders: Ginni Fauci, 845-658-3902, yfauci1@hvc.rr.com Lalita Malik, LalitaMalik@aol.com, (845) 592-0204, by Tuesday and she will let you know the hike plan, which will depend on weather and other conditions. July 2, 16, Aug 6, 20, Sept 3 & 17.

Semi-monthly paddles: We paddle the second and fourth Thursday of the each month, weather permitting. 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. July 9 & 23, Aug 13 & 27, Sept 10 & 24

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

SUMMER OUTINGS SCHEDULE (continued)

Tue June 23 Tamarac Furnaces and Stream C

Leader: Lalita Malik, 592-0204, LalitaMalik@aol.com

Kick off **Watershed Month** with a hike along one of the tributaries of the Ten Mile river. We will tour the Housatonic Valley Association office, followed by a visit to old stone furnaces and a hike along the Tamarack creek in a pristine forest with waterfalls. Meet at HVA office, 19 Furnace Bank Road, Wassaic at 10 am. Call or email to confirm

Sat July 4 – Thu July 9 Whitney Wilderness Canoe Loop - Adirondacks – Strenuous Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com.

Adirondack canoe-camping trip from Little Tupper Lake to Low's lower dam on the Bog River. Approx. 35 challenging miles because of difficult carries up to 1.5 mi. in the most remote paddling area of the Adirondacks. This is a true wilderness experience off limits to motors. You'll see no signs of civilization - no roads, no cabins. Daily mileage will be kept low through the difficult passages. Option of side trips. Experienced paddlers in good shape. Kayaks not appropriate. Canoe rentals available nearby. Register by 6/27.

Fri-Mon July 10-13 Camping/Paddle on Long Lake. ADK'S Trip
Early registration required! **Leader: Tom Galvin, call 914 213 3421 before 9PM or email thebaldguyd@yahoo.com** Room for 5 more.

Sat July 11 Hudson Highlands / Beacon B approx 7 m
Contact Leader David Koehler 917-613-2043, k2dave88@yahoo.com.

This hike will take us up north and south Beacon, visit the site of the old casino then to the firetower and get great views along the Hudson. Contact leader for details.

Sat July 11 Easy Paddle of the lower Wappingers Creek out onto the Hudson River Leader: Michele VanHoesen 845-691-7442 before 10 PM, Michlevh8@yahoo.com Easy Paddle of the lower Wappingers Creek out onto the Hudson River and paddle back to the bottom of the dam if there is enough water. Fairly easy paddle about 6 miles round trip. May find a place to take a dip in the water if it is really hot. There are usually a lot of birds seen in this area but it may be pretty hot so wear sun screen, a hat, PFD, proper foot wear, bring drinking water and snacks. Register by July 9th Meet in the Kohls parking lot on Rt. 9 at 2 PM. Look for kayak(s) on top of cars.

Sat July 11 Madam Brett Park, Beacon 2 miles C
Followed by optional tour of Madam Brett Homestead
Leader: Sue Mackson 845-471-9892, susiem6@juno.com
Second of our hikes in conjunction with Watershed Month

Hike along the lower Fishkill creek where it meets the Hudson. We will see the dam which marks the site of Madam Brett's 18th century mill, an awesome waterfall, and views of the Southern Highlands from the water's edge of a classic Hudson River Marsh. Call or email at least one day in advance to confirm attendance and meeting place. Start time: 10:30 am. Steady rain cancels. After the hike, those interested may go on a tour of the Madam Brett Homestead, located about one mile away on VanNydeck Ave. This house, which is open only on 2nd Sats., is the oldest building in Dutchess County. Dating from 1709, it was home to seven generations of the Brett family. It will be open for tours from 1 to 4 pm. You may also want to explore the art galleries, shops, and special events that take place during Beacon's Second Saturday activities. So bring a lunch, if you'd like, and plan to spend the day seeing what's happening in Beacon.

Sun July 12 Bulls Bridge to junction of Ten Mile and Housatonic River C Flat terrain

Leader: Lalita Malik, 845-592-0204, LalitaMalik@aol.com

The third in our series of Watershed hikes. From the bridge where George Washington lost his horse, we will walk along a section of the Appalachian Trail by the Housatonic River, watching the water churn

whorls in the rocks as it cascades through the gorge to the intersection of the Ten Mile and Housatonic rivers. Meeting at Bulls Bridge parking lot at 10 am. Call or email to confirm

Sat July 18 (Raindate = Sun July 19)

Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com **Fourth outing in conjunction with Watershed Month is a workday along the Fishkill Creek**

Come help build a water trail on the Fishkill Creek from Hopewell Jct. to Brinckerhoff. This is a beautiful flatwater creek that deserves to be paddled. Bring boat, gear (PFDs required), handsaws, loppers, work gloves, watershoes, lunch & water, contact leader. Contact leader for meeting place & time, other details and/or if you don't have a boat of tools.

Sat July 18 Wappingers Greenway to Hudson River C
approx 5 miles

Leader: Lalita Malik, 592-0204, LalitaMalik@aol.com

Fifth outing in highlighting the Dutchess Cty watershed. We will walk along the Wappingers Creek from the village of Wappingers to New Hamburg on the Greenway trail to explore the mouth of the Wappinger Creek as it empties into the Hudson. We will return via the same route. Meet at Staples parking lot between Rt.9 and 9D at 10 am. Call or email to confirm attendance.

Sat-Sun July 18-19 Paint and Backpack with Georgia O'Keeffe

Leader: Barry Skura 914-779-0936, bskura@optonline.net,

Coleader Kathy Skura 914-779-0936, kahughes@optonline.net

Joint with AMC Moderate backpack near Sleeping Beauty Mountain in the Lake George Wild Forest of Southeastern Adirondacks. Learn how the area's landscape inspired several of Georgia O'Keeffe's paintings. Capture some of that beauty yourself. No artistic experience necessary, just an interest in learning. Register via E-mail to leader, indicating your prior hiking experience and that you are an ADK member.

Sun July 19 Tymor Park walk and picnic C

Leader: Lalita Malik, 592-0204, LalitaMalik@aol.com

The sixth Watershed Month hike will take us along Fishkill Creek and through woods, to Furnace Pond and the ruins of old kilns. Our hike will take us through wildflower meadows, returning to the fields beside the gorge. Bring a picnic lunch to enjoy at the pavilion by the creek after the hike. Boats will be available by request on Furnace Pond. Meet at Tymor Park parking lot in Union Vale at 10 am. Call or email to confirm and reserve a boat.

Sat July 25 – Bashakill Wetlands Paddle – Beginning Paddlers

Welcome! (C, Easy) Leader: Geri Wildenberg gwildenberg@hvc.rr.com or 845-569-7189

Paddling the Bashakill is the ultimate in relaxation and wildlife viewing. Observe ducks, frogs and Bald Eagles as we drift along through this beautiful wetland. We will paddle for 2-3 hours at an easy pace. PFD Required! Contact leader for time and meeting place. Register with leader by 7/23/09.

Sun July 26 Thompson Pond C

Leader: Lalita Malik, 592-0204, LalitaMalik@aol.com

The seventh and final watershed month hike will take us to headwaters of the Wappingers Creek. A national natural landmark, this 44 acre kettle pond was created 15,000 years ago by melting glaciers. Our hike will take us through Nature Conservancy property where we will see birds, wildflowers, dairy farm. Meet at Thompson Pond parking lot on Lake Road in Pine Plains at 10 am. Call or email to confirm attendance.

Sun July 26 Hudson River –Beacon to Bannerman's Island
B Moderate

SUMMER OUTINGS SCHEDULE (continued)

Leader: Don Urmston email: Durmston@hvc.rr.com or phone 845-457-4552 (before 9pm).

We will launch from the Beacon train station at 9:00am and paddle down to Bannerman's castle and back with a stop at Denning's point. This will be a moderate paced trip (not fast) and will take 3+ hours. This trip is o.k. for beginners, but a 14' or longer kayak is strongly recommended. PFD Required. Register with leader by 7/24/09.

Tue July 28 4th Tuesday Leisurely Hike Roosevelt Farm Lane Trail Walk

Leader: Carol Gray 845-471-1168 outdoorcarol@verizon.net
Meet at 9:30 am for a 3.6 round trip walk on a beautiful new trail (opened 11-08) in Hyde Park by the National Park Service. Experience a wide gravel path. winding and twisting past streams, ponds, vernal pools and bogs with majestic evergreens. A perfect walk to begin a summer day. Directions: From Poughkeepsie, take route 9 north, parking just north of the Hyde Park Brewing Company (restaurant). You will see a kiosk at the beginning of the trail.

Fri-Mon July 31 – Aug 3 Raquette River ADK Trip 41 mile trip with 1.3 carry. Leader: Tom Galvin E-mail thebaldguyd@yahoo.com or call 914 213 3421 before 9pm Early registration required!

Sat Aug 1 Mid-day Paddle into the Ramshorn-Livingston Sanctuary, Leader: Ken Walton 845-883-0132 before 10 PM, kaw9862@optonline.net

480 acres of the Hudson River's largest tidal swamp forest and is an important feeding area for heron, waterfowl and migratory birds. On the way back to the take-out, there's possibility of doing another creek or two. Fairly easy paddle involving mostly flatwater with a short stretch along the shore of the Hudson. Contact leader for meeting place & time. After Jul. 29th, contact leader by phone. Wear sun screen, a hat, PFD, proper foot wear, bring drinking water and lunch/snacks. Heavy rain cancels.

Sat Aug 8 Taconic - Alander / Bash Bish Falls B (7 miles ascents & descents)

Leader David Koehler 917-613-2043, k2dave88@yahoo.com.
This hike will take us the best known and most scenic parts of the area. We will hike to the S Taconic trail to reach the basically treeless peak of Alander, then over Bash Bish Mountain, and a decent to what is known as the most scenic waterfalls in Massachusetts, Bash Bish Falls, also a local swimming hole at the base - so bring your bathing suit if you wish. Contact leader to confirm attendance.

Sat Aug 8 – Constitution Marsh Paddle – Beginning Paddlers Welcome! C, Easy

Leader: Don Urmston email: Durmston@hvc.rr.com or phone 845-457-4552 (before 9pm).

Cold Spring, NY. This trip is fun for new paddlers and experienced paddlers too. The marsh offers opportunities to see wildlife and views of West Point in a secluded and easy to get to location. We will paddle for about 3-4 hours at a very easy pace. Bring snacks and water. PFD Required! Meet at Metro North parking lot in Cold Spring at 11:30am. Register with leader by 8/6/09.

Sun Aug 9 Outing Leaders Picnic Home and pool of Lalita Malik 3 pm - 8 pm

Pot Luck supper. Grilled main dish provided, you bring the rest. Contact Sue Mackson 471-9892, susiem6@juno.com to confirm attendance. Bring bathing suits and lounge chairs. If you've led an outing in the past year, or think you'd like to in the future, please you are most to join us..

Thur Aug 13 The Battle of Cold Spring- (B, Moderate)

Leader: Don Urmston email: Durmston@hvc.rr.com or phone 845-457-4552 (before 9pm)

We will paddle out of Cold Spring and head north to Little Stony Point where we will meet up with the Great Hudson-Champlain paddlers

who are on their way from the Champlain Canal to Manhattan. At Little Stony Point we will exchange water gun fire with this group at the annual Battle of Cold Spring. PFD required, water gun strongly recommended. Contact leader for meeting time. Register with leader by 8/11/09.

Sat-Sun Aug 15-16 Stockport Flats Basecamp Experienced paddlers only

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

Camp on an island in a rural area of the Hudson River., swim at sandy beaches, paddle into a marsh, up a creek to a waterfall, to an historic site or to other islands. watch for eagles. Option of Fri. night or Sat. morning arrival. Bring boat, gear (PFDs required), food & water. Joint with NY-NJ AMC. [Register with leader by 8/7.](#)

Sun Aug 16 Walk & Picnic at Mills-Norrie State Park

Leader: Georgette Weir, 462-0142 or geweir@optonline.net.

Meet: 3pm at Norrie Point Environmental Center for moderate (some up and down on the footpath) round-trip hike of about 4 miles along the river. Bring your own picnic; we'll plan to go to the picnic grove above the marina at the end of the walk.

Sat Aug 22 Hike and Swim at Vernoooy Kill Falls C - Suitable for children 3.6 miles roundtrip

Leader: Mary Trish Cina at Trishmarv37@aol.com or call 845-339-7170

Grab the kids, some lunch, your bathing suit and a towel. We will hike the easily graded trail to a beautiful series of falls and a naturally made swimming hole. There are great smooth rocks for sunning and pick-nicking. Heavy rain cancels. Please e-mail (preferred) for meeting time / place.

Sun Aug 23 Plum Pt. Hudson River 9:30am.

Leader: Tom Galvin thebaldguyd@yahoo.com or call 914 213 3421 before 9pm.

Barbecue and paddle. Moodna Creek marsh and Bannerman's Island. Bring something to grill and your own drink, plus a dish to share. NO ALCOHOL Permitted! The date is subject to change to 8/22. Call to confirm. E-mail

Tue Aug 25 Leisurely Hike. See beginning of schedule for description

Sat Aug. 29 (Raindate = Sun., Aug. 30) Fishkill Creek Water Trail Project Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com See July 18th description.

Sun Aug 30 Giant Ledge B 3.4 miles, 1200 ft gain Leader: Sue Mackson 845-471-9892, susiem6@juno.com.

Com Another slow hike up Catskill Peak. Good views of the higher peaks in the regions, cool woods. Possible additional few miles to take in Panther Mtn. Meet Park & Ride intersection



energy savings plus
building audits & ratings

Jean-Claude [J-C] Fouere
1.845.462.1909
jcf@energysavingsplus.net

Poughkeepsie, New York
www.energysavingsplus.net

SUMMER OUTINGS SCHEDULE (continued)

of 9W & Route 299 at 8:30 to carpool to the Central Catskills Area. Please register with leader by Aug 28.

Fri-Mon Sept 4-7 Cranberry Lake 50 Backpack Strenuous
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com Peter O'Shea says it's "the most remote and unknown part of the Adirondacks and the area where the old ways lingered longest." Total of 44.5 miles over mostly gentle terrain, with only 400 ft. elevation gain. Visit 9 ponds, the fabled Oswegatchie River, old logging camps, old-growth forests & Cranberry Lk. Earn a patch & become a member of the Cranberry Lake 50. See www.CranberryLake50.org for details. Register by Aug. 27.

Sat Sept 5 Full Moon Paddle (B, Moderate) ADK Members Only
Leader: Don Urmston email: Durmston@hvc.rr.com or phone 845-457-4552 (before 9pm).
Cold Spring, NY. Let's howl at the full moon. We will depart from Foundry Cove Park in Cold Spring and paddle off into the unknown (exact route TBA). You must have a 360° white light (available at Hudson Valley Outfitters in Cold Spring and most marine supplies stores). PFD's required. Not recommended for beginners. Contact leader for meeting time. Register by 9/3/09. Rain or high wind cancels. Contact leader for more information.

Sat Sep 12 Manitoga Landscape B 6 miles
Leader: Michele VanHoesen 845-691-7442 Email: Mich-levh8@yahoo.com Joint with the Hudson River Valley Ramble <http://nysparks.state.ny.us/events>

Hike the grounds of Manitoga, the home and landscape created by American designer Russel Wright from 1942 to 1976. Built on land damaged by quarrying and logging, Wright used his unique talents to restore the land and to design a living theater in which all who came would experience an innate kinship with the land. A more extensive hike up the mountain with views of the Hudson. Moderate ascents/descents on wooded paths, no rock scrambling. Hiking boots or sturdy footwear required. Bring lunch, water, snacks, sun screen. Register with leader by Sept 10. See driving directions at: <http://www.russelwrightcenter.org>

Sat Sept 12 Fishkill Creek Water Trail Project
Leader: Shari Aber shnaber@yahoo.com or 845-255-6005.
See July 18th description.

Sun Sept 13 Appalachian Trail + 9/11 Cross at Graymoor B Moderate -6 miles **Leader: Ollie Simpson 845-298-8379 (no answering machine) olliesimpson2005@yahoo.com** Hike the Appalachian Trail north to Graymoor Monastery. A side trip will explore part of the grounds and see the cross made from World Trade Center materials. Return to the AT and continue north to Denning Hill, the northernmost point on the AT where you can see the NYC skyline. Then hike AT south to return to the starting point. Approximate location of trailhead Meet at 9:00 at AT kiosk on 9/403 intersection. Park on north side of 403 past the Appalachian Market. Contact leader if interested in carpooling.

Sun Sept 13 Cold Spring KAYAK AND CANOE Outing Total trip--a tad over 7 miles. Leader: Jeffrey Gene Kaplan 845- 928-1730
It is best to call earlier than 9 PM and let us know who's coming in advance. This has been a modest run from Cold Spring through Constitution Marsh and, weather permitting, a brief Hudson River Crossing (i.e., experienced paddlers, only for that segment). Itinerary: From Foundry Dock Park and launch, we round the point of Constitution Island (C.I.) - where normally there are interesting swirls and eddies--to beyond World's End and then following the South side of C.I., we work our way down the Eastern shore, just past Garrison to Arden Point where we'll lunch; then a short crossing of the Hudson to the Western shore; from there, we'll paddle a straight line from West Point to the end of C.I.; we cross Foundry Cove to return to Cold Spring Kayak rentals and guided kayak trips are available from an outfitter in town--Hudson Valley

Outfitters at 63 Main St, Cold Spring, NY 10516-3014 Parking in the railroad station (commuter) lot is free on weekends and holidays. Meet in Cold Spring at 9:15 AM at FoundryDockPark Directions: from the intersection of Route 9 and Route 301, take Route 301 west for 2.6 miles to intersection of Route 9D at traffic light. Proceed west on Route 301/Main Street for four blocks; turn left on Lunn Terrace to end; turn left on Market Street. Park entrance on right. By train, exit Cold Spring station. Further information on Foundry Dock Park scenicudson.org/whatyoucando/visittourparks/foundrydockpark

Sat Sept 19 Plateau and Sugarloaf A 8.6 miles 2440' total elevation gain **Leader Trishmarv37@aol.com (preferred) or call 845-339-7170** Join us as we reach the top of two scenic peaks in the Northeastern Catskills. Beginning at Stony Clove Notch, we'll hike along the Devil's Path, a steady climb to the summit of Plateau, enjoying some great views along the way. We'll descend to the junction of the Mink Hollow Trail before beginning our ascent to the summit of Sugarloaf, and exit via the Pecoy Notch Trail. Bring plenty of water and snacks. Car shuttle will be required. Heavy rain cancels. Please e-mail for meeting time / place.

Sun Sept 20 Bantam River, Western CT Suitable for beginners **Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com** Paddle this narrow quiet water 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. Bring boat, gear (PFDs required), lunch & water. Joint with NY-NJ AMC. Group size limited so don't wait to sign-up.

Tue Sept 22 Leisurely Hike See beginning of schedule.

Sat Sept 26 Storm King Mountain A
Leaders: Georgette Weir & Jean-Claude Fouere 845-462-0142, geweir@optonline.net—put "Storm King hike" in subject line. Hudson River History-Quaridcentennial Hike Joint with Hudson River Valley Ramble
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 car-pooling and meet-up places.

Sun Sept 27 Fishkill Ridge B
Leader: Lou Ruidisch (845) 896-9332 or LER3rd@verizon.net. Joint with Hudson River Valley Ramble. The steep ascent and rocky terrain offers great rewards for those who make the challenging climb. At the top, you will be dazzled by the many scenic vistas of the Hudson Valley. Bring lunch & water. No dogs, please. Hiking boots required. Approximately six miles, or five hours in duration. Joint with HRVR. Register by 9/26. Meet at Scenic Hudson parking lot no later than 9:00 AM.

Sun Sept 27 Easy Paddle of the North Tivoli Bay/Hudson River **Leader: Michele VanHoesen 845-691-7442 before 10 PM, Michlevh8@yahoo.com**

Easy Paddle of the north Tivoli Bay starting out in the Hudson River at the end of Broadway in Tivoli at 9:30AM and paddle south into the bay. Fairly easy paddle about 7 miles round trip. Will stop and take a short hike and snack break on Magdalen Island and explore the bay area. Wear sun screen, a hat, PFD, proper foot wear, bring drinking water and snacks. Register by Sept. 25. Meet 9:30AM at the end of Broadway at the Hudson River. Call leader to arrange an alternate meeting place. Heavy rain cancels.

SPRING OUTINGS LOG

Jan 16-19 MLK Weekend at Pete McGinnis Weizel Trails Cabin

Thirteen hearty hikers and skiers had a great week end in the Adirondacks. Friday some had a wonderful dinner at Nicola's and toured the Olympic Hockey Arena - both the old and new arenas. On Saturday some hiked Nye and others Tabletop. Hank and Pete skied to Avalanche Lake while Rick and J.C. muscled all the way to Lake Colden - temperatures 10 to 20 below on the lakes. Pot luck dinners on Sat and Sun were excellent and a highlight was Will Nixon reading one of his poems during the social gathering. All in all great weather, camaraderie, and hiking and skiing. **Participants:** J-C Fouere, Rick Taylor, Alvin DeMaria, Catrine Moore, Maureen Gallagher, Eli Cohen, Victor Millah, Georgette Weir, Lalita Malik, Henry Jenkins, Paul Haggard and the leader. (13)

Feb. 8 Locust Grove Beth Willis

Who would have predicted the temperature would be above 50° in early February? However, this balmy Sunday was a great day to meander around Locust Grove, the Samuel Morse Historic Site. We headed down the Lane Loop, and near the bottom of the hill, we headed north along Sunfish Cove. Views of the icy Hudson were spectacular there as well as at the bottom of the Lane Loop and along the Sawmill Trail, where we also viewed the site of an old mill. We had hoped to venture onto the Ravine and the Hemlock Trials, but because of the depth of the unbroken snow on these trails, we decided to remain on the more-traveled Lane Loop on our way back up the hill. **Participants:** Barbara Campo, Eli Cohen, Salley Decker, Lew and Myrna Eisenberg, Sandra Giamette, Mary Kate Guccion, Dottie Halligan, Bill and Pat Iannone, Bill and Judy Jacobs, Helen Kent, Paul Kinkel, Grete Klingenberg, Lorraine Laufer, Sue Mackson, Lalita Malik, Sayi Nulu, Al Poelzl, Arlene Reynolds, Bill Smith, Monique Sullivan, Bob and Karen Whalen and the leader. (26)

Feb. 14 City of Poughkeepsie Noel Tepper

First segment of urban hike through city of Poughkeepsie was preceded by a documentary of Poughkeepsie neighborhoods and history. A group of twenty-four explored the architecture, mostly Victorian, of Poughkeepsie's historic district and business area including the site where the constitution was ratified by New York State. We visited the interior of an Italianate Victorian home and talked of changes in the Poughkeepsie landscape over the last 150 years. **Participants:** Lynn and Steve Lipton, S. Ed LaPerche, Rosemary Horton, Marion Zimmer, Arlene R. Wilhelm, Mara Kane, Benjamin Day, Robert Braden, Annemarie Braden, Kathryn Paulsen, Lorraine Laufer, Lalita Malik, Beth Willis, Catherine Nolan, Josette Lee, Maureen and Steve Bara, Pat Luczai, Barbara Lindsey, Paul R. Haynes, Karen M. Haynes and the leader (24).

Feb. 28 City of Poughkeepsie Noel Tepper

This was the second segment of a tour of Poughkeepsie with attention to its architecture and history. This time we visited the inside of the Barrett Art Center, the Vassar Institute and the train station, among other places, while again trading stories and memories of the city of Poughkeepsie. We viewed the murals of present day Poughkeepsie in the Barney Building as well as the WPA murals showing Poughkeepsie's history at the post office. Again attendance was over twenty with another ten unable to join us for lack of space. **Participants:** Anthony Petruzelli, Henry Jenkins, Eleanor Shortle, David Noe, Pat Aglietti, Rich Aglietti, Ton West, Hannah Garner, Diane West, Rich Held, Jenny and Mane Ruebenstahl, Mara Kane, Lorraine Laufer, Ron and Cheryl F..., Stephen and Lynn Lipton, Cheryl Flax-Davidson, Marlene Berlin, Beth Willis and the leader. (20+)

Mar. 1 Taurus Pete McGinnis

Four hearty hikers went up Taurus and over to Breakneck and back out the col over the road and past the Cornish Estate. One wanted a more challenging hike and went east and north to come out below Mt. Beacon. Despite the forecast for snow it was a great day for a winter hike. Trails were in excellent shape with little ice. **Participants:** Al DeMaria, Rick Taylor, Hank Jenkins and the leader. (4)

Mar. 1 Black Creek Preserve Beth Willis

Eight hikers decided to risk threats of the impending snowstorm for the opportunity to hike for several hours in the beautiful Black Creek Preserve. As snow and much ice, which had melted in other areas, remained on the steep ascent to the ridge, our climb was particularly challenging. However, it was worth it to walk in the quiet forest and down to the shores of the Hudson. We all enjoyed the enthusiasm of Phillip Beard, who was learning to follow the Scenic Hudson trail markers. **Participants:** Bruce and Philip Beard, Bill Jacobs, Judy Kito, Lorraine Laufer, Mary Nicolis, John Puntun and the leader. (8)

Mar. 5 Shaupeneak Ridge Ginni Fauci & Lalita Malik

Twelve hikers and one dog, Trevor, met at the upper parking area of Scenic Hudson's Shaupeneak Ridge. It was another icy day requiring traction, but the weather was perfect with blue sky, bright sun and temps in the 40's. We took the trail out to the Hudson River overlook and back past the parking area to benches overlooking Louisa Pond where we ate lunch. We continued around the pond until we met the mountain bike trail which we followed up and around before returning to the pond trail and back to the parking area. Another great hiking day! **Participants:** Shari Aber & Trevor, Mary Nicolis, Jerry Ruebenstahl, Eli Cohen, Beth Willis, Bill Machonis, Roberta Forest, Barbara Horne, Ellie Shortle, Dave Dvorsky and the leaders (12+1).

Mar. 15 Old Croton Georgette Weir Aqueduct Trail

Seventeen hikers enjoyed a leisurely, and very social walk along a section of the Old Aqueduct Trail, taking a detour to the Croton Gorge Trail which terminated in a lovely little town park on the Croton River—a perfect spot for lunch. The spectacular dam and waterfalls over both natural and manmade stone were a special treat at the start and end of the hike. Early spring-like weather made the day, and at least one car-load found an ice cream store on the return. **Participants:** Barbara Lindsey, Lorraine Laufer, Beth Willis, Sue Mackson, Anathan Fay, Mary De Nardo, Marge Velasquez, Lalita Malik, Ann Gross, Al Poelzl, Jeffrey Gross, Jeff Kaplan, Carol Gray, Heather Kaplan, Eileen Sharaga, Mary Hill, and the leader (17).

Mar. 21 Undercliff & Overcliff Lalita Malik

Participants: Al Poelzl, Helena Boba, Barbara Horne, Gwen Cardarelli, Dennis & Maureen Skora, Beth Willis, Arlene R. Wilhelm, Susan W. Lynch, Carlton Lawson and the leader. (11)

Mar. 22 Black Rock John Kolp

Participants: Joyce Depew, Warren Cahill, Cathy Cahill, Betty Olterson, Richard Picone, Diana Krautter, John Gebhards, and the leader (9)

Apr. 2 Mt. Beacon Fire Tower Lalita Malik & Ginny Fauci

Participants: Barbara Horne, Roberta Forest, Marian Leeds, Beth Willis, Shari Aber, Ken Vandermark, Mary Nicolis and the leaders (9)

Apr. 4 AT Blue side Trail Jane Geisler Pawling Nature Reserve

Seven of us gathered in Pawling, NY on a drizzly morning and worked on a blue side trail of the Appalachian Trail. We installed five water bars, five check dams, and placed step stones in two gullies, from 9:30 -12:30. We were damp and muddy! Ticks were out. Lalita came as we hiked out and took some pictures.

Participants: Keith McCloghrie, Dirk Wolter, Judith Wolter, John Puntun, Ollie Simpson, Beth Willis, Lalita Malik and the leader. (8)

SPRING OUTINGS LOG (continued)

Apr. 11 Bantam River Russ Faller

Cancelled due to weather – to be rescheduled in September.

Apr. 16 Sam's Point Ginny Fauci & Lalita Malik

We started out with twelve hikers to do a shuttle hike from Ellenville to High Point down through the Badlands to Verkeerder Kill Falls ending at Sam's Point, but that isn't the way it worked. The Ellenville side isn't blazed very well and following the maps didn't help too much; we ended up bushwhacking up a very steep wooded section where we found another carriage trail that looked like the one on our map. Alas, it only led us around and down and back to Ellenville and the parking area where we stopped at the picnic tables for lunch before driving back to Sam's Point to begin again. The majority of us headed back up to Sam's Point and around Lake Marafanza to the High Point Carriageway. From there we took a side trip to Indian Rock and back before heading back down to Sam's Point. Even though we never made it to High Point that day, we still had a great hike on a beautiful day. **Participants:** Barbara Horne, Mary Nicolis, Nora Post, Al Potetzl, Sharon Slocum, Beth Willis, Marian Leeds, Eli Cohen, Gwen Cardarelli and the leaders. (12)

Apr. 17-19 Old Loggers Path, PA Russ Faller

On Friday night we camped at the confluence of Rock and Yellow Dog Runs. It was easy to understand why this spot is touted as one of the most scenic places in all of the long state of Pennsylvania. Yellow Dog Run splashes over a rock face as it dumps into Rock Run, creating a small, but beautiful, waterfall. Rock Run's water is emerald green as it twists through a tight rock chasm that it has managed to etch into the rock. There are inviting swimming holes here that beckon your return in the summer. We cooked our dinners and lollied away the evening on the flat rocks jutting into the swift green water of Rock Run. When night closed in we retired to our sleeping bags and floated off with the sound of the rushing waters. The rest of the hike was marked by a 20 foot waterfall, scenic vistas of ridges and valleys with no village in sight, and beautiful rushing streams with quaint names. No Mid-Hudson ADKers attended. All **participants** were from NY-NJ and Delaware Valley AMC: John Britch, Harold Brubaker, Barry Wolfe, John MacDowell, Andrew & Priya LoPinto, Kim Tatarsky and the leader (8)

Apr. 18 Schaghticoke. Mtn. Jane Geisler See report and picture in box on page 3.

Apr. 24 The Great Vly Shari Aber

Since Thursday was very windy and unseasonably chilly, at the last minute we rescheduled our first outing of the season and went out the following day. The Vly is shallow with lots of plant growth so spring is the best time for canoeing and kayaking. We put in from West Camp Road and paddled north two miles through the wetlands, which is a resting place for many migratory birds. We flushed dozens of geese, ducks, and a flock of swans, and we watched several ospreys

flying over the north end. We paddled leisurely back, most of us stopping to eat our lunches in our boats. **Participants:** Harry Newton, Otto DiStefano, Patti Lewis, Eli Cohen, Jerry Ruebenstahl, Kendra Aber-Ferri, and Michael Costas. (8)

Apr. 25 DOT Parking Areas Jane Geisler on Route 22 near AT & Ollie Simpson

On Global Youth Service Day, Ollie and Jane met three leaders and fifteen boys from Camp Ramapo for Children (Rhinebeck) at the DOT parking area north of Pawling. Everyone had a collecting bucket and then dumped it into orange trash bags. We filled five bags. We each turned over our buckets for a seat and found shade by the van where we ate lunch. The boys took a short hike over the bog bridge and across Swamp River and were back to the vans at 1:30. We saw many hikers from New York City get off the train at 9:40 and 10:40 for a day hike. (2)

Apr. 25 Plum Point Jean-Claude Fouéré

On this picture perfect spring day, sixteen (16) of us joined in our annual clean up of the beach we use for Paddlefest. The clean up commemorates Earth Day and helps keep alive the Great River Sweep, once organized by Scenic Hudson. Glass containers, plastic bottles, plastic bags, food containers, old tires, plastic drums, etc. were picked up along a half mile of shore, filling no less than five (5) large garbage bags, reminding us of how litter is pervasive and enduring. The leader thanks all the participants for their help. **Participants:** Bill Beehler, Eli Cohen, Don Coyle, Russ Faller, Jean-Claude Fouéré (leader), Tom Galvin, Jeff Lawyer, Carol Marsh, Karen Olivo, Louis Ruidisch, Brianne Seipp, Don Urmston, Roger Walter, Georgette Weir, Geri Wildenberg, Ellen Zelig. (16)

Apr. 26 Brooklyn Botanic Garden Sue Mackson

Though we spent more time on the not unpleasant Metro-North Rail Car than we did walking through the flower filled Brooklyn Botanic Garden, Michele Van Hoesen, Ken Walton, Arlene Canonico, Lalita Malik, Sayi Nulu, Pete and Carol McGinnis and the leader, Sue Mackson felt the trip worthwhile. We hit the second highest pond, picnicked on the grass at Prospect Park, sat on logs in a tiny woodland, sort of a toy forest, had impromptu tours of two churches at the urging of Lalita, admired the tulips, read plaques indicating the originating points of several garden boulders displaced from areas in the Hudson Valley to Brooklyn by the Wisconsin Glacier, admired some very large Gingko and Sycamore trees and the leader's favorite--two large yellow flowering magnolia trees, and found the large sundial accurate in its timetelling. Arlene told us about her aunt's fig tree in Brooklyn and Ken & Michele about their exploration of Trap Rock property. Topped off by mid-eastern refreshments at a bistro on Flatbush Avenue, it was a satisfying day. **Participants:** See text. (8)

Apr. 26 Bashakill William Mather

Eight people signed up for this trip, but twelve came – ten kayaks and one canoe. We paddled the length of Bashakill from Haven Road to the south end. It was a warm (88° F) but not unpleasant day as a light to strong southwest wind cooled us off. It was something of a struggle paddling against the wind, but everyone met the challenge in good spirits. Along the way we saw a nesting eagle with young ones and a nesting osprey. The trip was enjoyed by all – a 9.3 mile paddle in about four hours. **Participants:** Georgette Weir, Geri Wildenburg, Don Urmston, Eli Cohen, Louis Ruidisch, Brian Horowitz, Aviva Sakolsky, Kathy L???, Dave Be???, Marion Zimmer, ??? and the leader. (12)

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SPRING OUTINGS LOG *(continued)*

Apr. 26 Harriman Park Alvin DeMaria

HOT! Our route had a couple of unscheduled destinations, including a visit to Camp Addison Boyce. The West Mountain shelter had the usual Korean Mountaineering Club visitors. We started and finished at the Anthony Wayne parking; unfortunately, the swimming pool was not open yet. **Participants:** Hank Jenkins, Chris Zaleski, Lori Beer, and the leader. (4)

Apr. 26 Little Stony Point/Hudson River Tom Galvin

Participants: Rick Loggia, Jim More, Aaron Theau, Sharon Galvin and the leader. (5)

Apr. 30 Montgomery Place/ Ginnv Fauci & Bard College Lalita Malik

Twelve hikers met at the Montgomery Place Visitor's Center for an impromptu 5th Thursday Mid-Week hike. Due to budgetary problems, Montgomery Place will be closed for the season, but we were allowed to hike the grounds. We started at the gardens and walked down to the stream overlooking South Tivoli Bay. We hiked along the stream and up to the top of a waterfall and past an old generator house. We continued following the trail back to a carriage trail that led us past hickory trees to Montgomery Place main house and a porch filled with very comfortable wicker chairs which we took advantage of for a short break. Back to the cars and a short drive to Bard College brought us to the trail on the other side of the stream and down to the river before heading back up to the Bard College gardens. It was another great day for a hike. **Participants:** Mary Nicolis, Jerry Ruebenstahl, Beth Willis, Lorraine Laufer, Marian Leeds, Ramesh Naik, Hansa Naik, Helena Boba, Sandy Piccone, Linda Malouf and the leaders. (12)

May 2 Wappinger Creek Russ Faller

Four of us decided to risk the chancy weather and go down the Wappinger Creek. It turned out to become a lovely day. The water was low for the season and Russ managed to get himself stuck on a rock in the Rochdale Rapids, but he was able to work free without dumping. There's a section of the creek, below the Manchester Bridge, that's amazingly remote, given the high-density suburb that it runs through. **Participants:** Jean-Claude Fouere, Georgette Weir, Tracey Donaldson (guest) and the leader (4).

May 2 AT: Hoyt Road to Johnson Hill Jane Geisler

Leaving some cars at Hoyt Road, we drove to Johnson Hill Road and bushwhacked to the AT. Then we hiked north through the woods just leafing out. Crossed Leather Hill Road and had snacks at Wiley Shelter (built 1940) where new signs and log book had been replaced and picnic table repaired, and moldering privy inspected.

Lots of spring flowers in bloom in the upland woods: Rue anemone and early saxifrage, and in the Duell Hollow Brook we found marsh marigold, red trillium, wood anemone, crinkleroot, columbine, golden ragwort and golden Alexander. **Participants:** Sue Mackson, Jayne Della Ratta, Ollie Simpson, Fred Carroll, Keith McCloghie, Lalita Malik, Al Poelzl, Beth Willis and the leader (9).

May 3 Arden Point and Glenclyffe Georgette Weir

Despite the weather forecast, which called for a 50% chance of showers, eleven hikers met at the Garrison train station for an exploration of Arden Point and Glenclyffe—which feature easy trails along the Hudson River with great views to West Point and Bear Mountain. This was billed as a Hudson River History Hike, and the leader briefly explained that it was from this area that Benedict Arnold made his escape (eventually to Britain) after he was discovered to have agreed to trade West Point to the British for money. The route was new to everyone except the leader, who had scouted it just a few weeks earlier after reading about it on the website of the NY-NJ Trail Conference (www.nynjtc.org --click on *Find a Hike*, then

on *Title* to organize the list by title, then look for *Arden Point*). **Participants:** John Punton, Carol Gray, Ulana Salewycz, Jenny Dalpe, Eli Cohen, Dorothy Halligan, William Smith, Lori Beer, Don Wilde, Eileen Sharaga, and leader Georgette Weir. (11)

May 9 Delaware River Don Urmston

We set out on an early season trip down the Delaware and had the river mostly to ourselves. We didn't see many people, but we did see bald eagles and an osprey as we covered the seventeen miles from Highland to Sparrowbush. We had fun charging through the rapids and everyone arrived wet but intact. **Participants:** Shari Aber, Joseph Ferri, Clyde Clounie and the leader (4).

May 9 Basher Kill Tom Galvin

Participants: John Mont??. Ellen Mont??. Gary Archer, Don Wilde, Eli Cohen, Sherry Runk, Mary Ellen Campbell and the leader (8).

May 15 Chodikee Lake Shari Aber

Another Thursday rain-out rescheduled for Friday -- we spent four glorious hours paddling north from Chodikee Lake down Black Creek to the waterfall. There we stretched our legs, noting and avoiding, as best we could, the dense growth of poison ivy. Lin Fagan, a member of John Burroughs Association, and an expert birder helped us sight many species of birds including Baltimore orioles, bluebirds, eastern kingbirds, wood ducks, and, of course, we watched the great blues in their rookery, the large adult birds with their wings spread out, providing much needed shade for their babies. In addition to birds, we saw muskrat, beaver, a snapping turtle, many eastern painted turtles, and two watersnakes. **Participants:** Ellie Shortle, Kate Oldehoff, Lin Fagan, and the leader. (4)

May 17 Poet's Walk Nancy Keenan-Rich

Lovely walk surrounded by fresh greenery and babbling brooks. Participants shared poems, snacks and conversation. **Participants:** Jenny Dalpe, Joann Maher, Lori Beer, Steven Plotnick, Marie Caruso, and the leader. (6)

May 23 Chodikee Lake Tom Galvin

Participants: Janice Valle, Lois Pan, Eli Cohen, Jim Kempf, Louis Ruidisch, David Gordon, Mary Ellen Campbell, and the leader (8).

May 24 Constitution Jean-Claude Fouéré Marsh

Seven of us – Karen and Fred Ungerer, Louis Ruidisch, Eli Cohen, Tracey Donaldson, Michael Tebolt and J-C Fouéré (outing leader) – 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. **Participants:** See text (7).

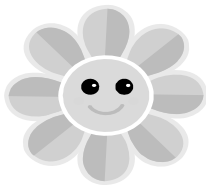
May 25 Beacon to Fishkill Creek Tom Galvin

Participants: Ray Morris, Jackie Rose, Dave Webber, Bruce Beard and the leader. (5)

GET INSTANT INFORMATION!
CHECK OUT OUR CHAPTER'S WEB SITE!

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

The full newsletter is available as a PDF at:
<http://www.midhudsonadk.org/chapter%20.htm>



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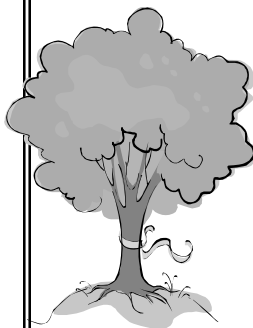
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SAVE A TREE...or TWO!

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 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.

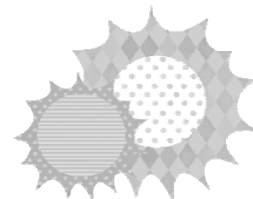
EVERY FRIDAY—MHADK BREAKFAST GROUP!

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, phone 462-3389) if you would like further information.

WELCOME, NEW MEMBERS!

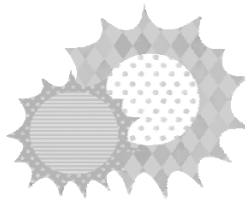
(February 1—May 1)

Bruce Beard
Judy Boucher
Teri Chesler and Brian Dow
Jenny Dalpe
Grayson Barber
Joyce Depew
George Devine
Olga and Leo Drozdowycz
Bob and Dianna Farquharson



Doug and Cari Friedfeld
Paul Gallo
Dr. Sandra Giammette
Bonnie and Charles Greene
Peter Hazzard
William and Patricia Iannone
Joanna Ihlo
Lars Johannessen
Timothy and Barbara Keane
Liz Krisjanis
John and Linda Lavin
Holly and Paul Llobet
Victoria Lozler
Vincent and Josephine Lucarini
Ann and John Mehaffey
Randall Murray
Ramesh and Hansa Naik
John Ragusa

Brenda Schaffer
Rudolph and Marilyn Sterling
Katherine Stone and John Moss
Janice Tassinari
Patricia Tyrol
Frederick Warren
Amanda and Jacob Wesner
Robert and Mary Winkler



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 and state that you'd like to be added to our e-mail list.
Sue Mackson

STAY CONNECTED VIA THESE WEBSITES

For up-to-date information about critical environmental, educational and recreational issues, frequent the following:

- ⇒ www.midhudsonadk.org (Mid-Hudson Chapter of ADK)
- ⇒ www.adk.org - The NYS Club—MHADK is a chapter
- ⇒ www.nynjtc.org—NY/NJersey Trail Conference)
- ⇒ www.dutchess400.com - Dutchess Cty Quad Celeb Events
- ⇒ www.explore400.com—NYS Quad Celebration Events
- ⇒ www.walkway.org - Walkway Over the Hudson Events
- ⇒ www.hudsonhappenings.com (Updated listings)
- ⇒ www.poughkeepsiejournal.com (Updated listings)

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