

## SUMMER OUTINGS SCHEDULE

### 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, including sturdy footwear, for season & type of outing.
- \*Be properly equipped. Water, lunch and extra snacks, rain jacket and the Ten Essentials\* should be in your pack.
- \*To bring a dog, call leader to get permission, bring a leash, and 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. The total collected will then be equally divided among the drivers. Drivers may opt out of this guideline and make alternative expense sharing arrangements with their riders.

Non-Members are enthusiastically welcome to join any outing as guests. Those who enjoy our scheduled activities and wish to continue joining them are encouraged, after participation in two outings, to help support ADK by becoming members.

### BIMONTHLY HIKES AND PADDLES

Bimonthly Mid Week Hikes: C/B On the first and third Thursdays of each month, we will lead 3-6 hour hikes to different areas of the Mid Hudson Valley. Hikes are followed by an optional stop for refreshment or dinner. There is a separate Google group just for these hikes. Contact Leaders Ginni Fauci, 845-658-3902, [yfauci1@hvc.rr.com](mailto:yfauci1@hvc.rr.com) or Lalita Malik, [LalitaMalik@aol.com](mailto:LalitaMalik@aol.com), (845) 592-0204, by the 1st or 3rd Tuesday and to find out the hike plan, depending on weather and other conditions. July 3 & 17, Aug 7 & 21, Sept 4 & 18. Joint with Sierra Club

Bimonthly Mid Week Paddles: On the second and fourth Thursday of the month, Shari Aber will lead 3-5 hour recreational paddles through different waterways of the Mid Hudson Valley. Bring your own kayak or canoe. (I will lend one extra kayak to someone wanting to "test the waters.") Pack a lunch for longer outings. A separate emailing will be used for specific information about these trips. Contact Leader: Shari Aber at 255-6005 or [shnaber@yahoo.com](mailto:shnaber@yahoo.com) if you are interested. July 10 & 24, Aug 14 & 28, (See Aug 14 description on p. 6), Sept 11 & 25.

\*[www.midhudsonadk.org](http://www.midhudsonadk.org)>Outings Schedule>Ten Essentials  
\*\* HRVR = Hudson River Valley Ramble

*Please Notice: There's something here for everyone! You don't have to go far to enjoy a summertime getaway! Refresh with leisurely paced visits on July 19 (Wethersfield), Aug 2 (Dover Stone Church), Aug 17 (Innisfree Gardens), Sept 27 (Manitoga), or paddle with ADK nearly every weekend!*

### **Thu-Sun July 3- 6 PADDLE/BACKPACK CRANBERRY LAKE & 5 PONDS WILDERNESS, NW ADIRONDACKS**

Cranberry Lake is the 3rd largest in the Adirondacks and the only large lake to be nearly surrounded by Forest Preserve. Irregularity makes its shoreline fascinating to explore. There are trails into the 5 Ponds Wilderness that are accessible only by boat. Virgin timber. We'll see all of this and more as we paddle (about 12 mi. ea. day) and backpack (about 9 mi. ea. day). This trip for experienced paddlers & those in good physical shape. PFD's required. Boat rentals available. Must arrive Wed. night or early Thursday morning. Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or [russ-soutdoors@yahoo.com](mailto:russ-soutdoors@yahoo.com)

### **Thu-Sun July 3- 6 – ERIE CANAL PADDLE & WALKING TOUR, ROCHESTER NY.**

**B** Come explore one of the man-made wonders of New York. We will paddle about 38 miles on the Erie Canal between Rochester and Newark at a relaxed pace. Each day we'll set up camp at a new town and spend the afternoon & evening exploring (walking) the town. We'll go to museums, shops and parks to explore the history and culture of upstate New York. PFDs required. ADK Members only. Register by 6/15/08. Leader: Don Urmston, [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com), 845-457-4552 (before 9pm).

### **Fri. July 4 – Sun. July 6 ASSATEAGUE ISLAND BASE CAMP**

(Delaware). Set up a base camp on Assateague Island, a scenic island along Delaware shore, known for its wild ponies and beautiful beach. Hike along the shore and kayak or canoe in nearby bay. Campsite fee of about \$20 per person, plus \$5 nonrefundable registration fee. Car pool down Thursday night. Limited to ADK members who have been on at least one club hike, backpack or paddling trip in last six months. Joint with AMC. Register via AMC web site at <http://www.amc-ny.org/recreational-activities/backpack/schedule/>. To complete registration send \$25 check to Barry Skura, 9 Wellyn Road, Bronxville, NY 10708. Leader: Barry Skura 914-779-0936 [Bskura@optonline.net](mailto:Bskura@optonline.net) CL: Kathy Skura

### **Sat July 12 HUDSON RIVER SWADDLE BEAR MT A**

We will depart from the Paddlesports Center at Annsville reek in Peekskill and head north up the Hudson River under the Bear Mountain Bridge. Then we will paddle up a creek (with a paddle) and visit a swimming hole with a waterfall where we will cool off and eat lunch. We will be paddling through the narrowest section of the Hudson and crossing the river so this paddle is not recommended for beginners. You should be comfortable paddling in wind and some waves. PFD's required. Meeting time 10:00am. Register by 7/10/08. Leader: Don Urmston email: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or phone 845-457-4552 (before 9pm).

**Sun July 13 MHADK ANNUAL PADDLEFEST AT PLUM POINT and ANNUAL GEAR SALE** See cover page for details. Don't miss it, even if you've never paddled!

## SUMMER OUTINGS SCHEDULE (continued)

**Sat July 19 WETHERSFIELD GARDEN WALK C**  
Haven't you always wanted to see this estate in Amenia? Now's your chance.. Bring a picnic lunch and walking shoes .Food first, walk afterward. Call directly to Wethersfield, Jeanne Stalker, -373-8037 for *optional* house tour at 2 pm (limited to 12). Meet: 11 am parking lot opposite Adams near the bank. or, meet at the walk site at noon..  
Leader: Ellen Zelig, 473-5557, ellenzeligcrs@aol.com

**Sat July 19 KAYAK SKILLS CLASS / HUDSON RIVER PADDLE All skill levels**  
We will paddle around on the Hudson and/or help each other with our kayaking skills. Open to all skill levels. Meet at Plum Point in New Windsor at 9:00am. Rain cancels. Leader: Don Urmston [DURMSTON@HVC.RR.COM](mailto:DURMSTON@HVC.RR.COM) or phone 845-457-4552 (before 9pm).

**Sat July 19 FULL MOON PADDLE B**  
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. Meet at train station parking lot at 8:00pm. Register by 7/16/08. Rain or high wind cancels. ADK Members Only.: Don Urmston [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or 845-457-4552 (before 9pm).

**Sat July 26 NUCLEAR LAKE VIA AT & BEEKMAN UPLANDS LOOP C+**  
Ten years ago AT hikers had a choice of routes to bypass Nuclear Lake: 1) road walk on Old Rt. 55, Pleasant Ridge Road, & Gardner Hollow Road or 2) use the trail west of Nuclear Lake which is now known as Beekman Uplands Loop trail. This hike will go north using Beekman Uplands Loop and return on the AT which goes near the Nuclear Lake shore. 4.5 miles. Meet 9:00am at AT parking on Rt. 55 west of Pawling, NY Leader - Ollie Simpson 845-298-8379 (no answering machine); [olliesimpson2005@yahoo.com](mailto:olliesimpson2005@yahoo.com)  
No registration required. This is a non smoking outing. See also Aug 9.

**Sat July 26 PADDLE AT STOCKPORT FLATS Experienced**  
Stockport Flats, on the Hudson River, is a great place to paddle. There's a feeder creek taking you to a waterfall. There's a marsh with narrow passages and wildlife. You may see an eagle! There's an island for lunch and a swim. Bring lunch and water. PFD required. Paddling experience required. Rain cancels; call if unsure. Meet at put-in at 9:45 AM. Call to register and for directions. Dave & Arlene Kaplan, 845-876-4642 before 9 PM. Rain cancels.

**Sat July 26 – Sun July 27 ALDER LAKE – HUCKLEBERRY LOOP BACKPACK (CATSKILLS).** Backpack about 17 beautiful miles in area of Alder Lake and Balsam Lake Mountain. Joint with AMC. Register via AMC website at <http://www.amc-ny.org/recreational-activities/backpack/schedule/> \$5 non-refundable registration fee paid by check to Fred Mader. Leader. Barry Skura 914-779-0936 or [Bskura@optonline.net](mailto:Bskura@optonline.net)

**Sat Aug 2 TRAIL WORK IN PAWLING NATURE PRESERVE / PICNIC & EXPLORE DOVER STONE CHURCH-** Assist in trail work on a portion of the Appalachian Trail which has been under Jane Geisler's stewardship for many years. Then head for the grotto at Dover Stone Church, mentioned at the Waterfall Talk in May. It's a beautiful place to cool off in the summertime. Bring a picnic lunch. Leaders: Sue Mackson 845-471-9892, [susiem6@juno.com](mailto:susiem6@juno.com), Jane Geisler 677-9909


**Sun Aug 3 OUTING LEADERS PICNIC**  
Lalita Malik will again open her home and pool to all who provided such good leadership for our chapter schedule during the year. If you are presently one of our outing leaders or are interested in becoming one, please contact Sue Mackson at 845-471-9892. Also, see "Outing Leaders Picnic Announcement" on p 3.

**Sat Aug 9 LET'S PADDLE THE BASHAKILL**  
Early morning paddles are great, there's plenty of nature to observe and it's not too hot. Meet in the south road parking lot at 8:00 and be finished by 11:00. bring snacks water, sun screen and PDF Leader: Rich Forman 845-635-5187 before 9:00pm


**Sat Aug 9 NUCLEAR LAKE HIKE C+**  
A hike along the Appalachian Trail to Nuclear Lake in Beekman, Dutchess County, a popular spot for swimming and fishing. Learn the history of this remote, lovely lake with the unfortunate name, while exploring a diverse landscape of hemlocks, open woods, and small streams. About 4-5 moderately-paced miles, with gentle ups and downs Meet 9:30 am at the trailhead on route 55 in Beekman, but contact leader for exact directions and last-minute changes Serious rain cancels. Leaders: Marie Caruso, 845-452-9086 or [mariehv@verizon.net](mailto:mariehv@verizon.net), and Carol Gray, 845-471-1168 or [outdoorcarol@aol.com](mailto:outdoorcarol@aol.com). Joint with Sierra Club.

**Sat Aug 9 HOOK MOUNTAIN Joint with AMC B**  
Hike along the Long Path and Nyack Beach State Park, with stunning views of Hudson River. Rocky with a moderately steep initial climb. L: Kathy Skura 914-779-0936 [kahughes@optonline.net](mailto:kahughes@optonline.net). Co-leader: Barry Skura ([Bskura@optonline.net](mailto:Bskura@optonline.net))

**Sun Aug 10 SUFFERN-BEAR MOUNTAIN TRAIL: NORTHERN SECTION Joint with AMC A**  
Hike through areas with inimitable names: SBM from Gate Hill Road to Bear Mountain. Impressive scramble up Pingyp, and visits to Irish Potato, Cats Elbow, Doodletown. Leader: Barry Skura, 914-779-0936, [Bskura@optonline.net](mailto:Bskura@optonline.net).





**Ellen Zelig, CRS, GRI**  
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[ellen.zelig@prudentialserls.com](mailto:ellen.zelig@prudentialserls.com)



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## SUMMER OUTINGS SCHEDULE (continued)

### Sun Aug 10 BEACON-POLLEPEL ISLAND PADDLE

#### Experience Required

We'll put in at the Beacon Sloop Club and paddle to Pollepel Island for a close encounter with Bannerman's Castle, one of the Hudson Valley's most prominent ruins. There'll be a stop at the beach on Denning Point and a possible side jaunt up the Fishkill Creek to the falls. About 8 mi. RT. For experienced paddlers only. PFD required. Bring water, lunch, bathing suit, sunscreen and hat. Steady rain cancels; call if uncertain. Meet at the Beacon RR lot at 8am. Leader: Russ Faller 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com).

### Thu Aug 14 EASY PADDLE ON THE ESOPUS FLAT-WATER 6 miles

Easy trip on the Esopus creek which is lined with a variety of big trees. This is a good swimming trip as well. Meet: at the Saugerties Town Beach, right off Rte.9W in Saugerties, 11:30AM. Rain date August 15. Leaders: Judy Mage 845-255-7671 [judymage@verizon.net](mailto:judymage@verizon.net) & Shari Aber 255-6005; cell: 914-489-0654; [shnaber@yahoo.com](mailto:shnaber@yahoo.com)

### Sat Aug 16 FULL MOON PADDLE B

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. Meet at train station parking lot at 7:00pm. Register by 8/13/08. Rain or high wind cancels. ADK Members Only. Contact leader for more information: Don Urmston email: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or phone 845-457-4552 (before 9pm).

### Sun Aug 17 KAYAK SKILLS CLASS / HUDSON RIVER PADDLE All skill levels

We will paddle around on the Hudson and/or help each other with our kayaking skills. Open to all skill levels. Meet at Plum Point in New Windsor at 9:00am. Leader: Don Urmston: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or 845-457-4552 (before 9pm).

### Sun Aug 17 INNISFREE GARDENS Walk

Come and enjoy a leisurely walk around the lake in beautiful Innisfree Gardens, located in Millbrook. A lovely place for a summer afternoon-water, trees and a garden designed. Per person admission fee. Meet: 1:00 pm. Call for meeting place and further details. Leader: Beth Willis @ 845-373-8202

### Mon Aug 18 FREE PADDLING TRIP AT PLUM POINT, NEW WINDSOR

The Hudson River National Estuarine Research Reserve has offered to run a 2 to 2.5 hour paddle on the Hudson River and up Moodna Creek. Canoes (17' Kevlar), paddles and PFD's provided at no cost. ADK members have priority. Min: 12 people; max: 24. Some canoes may have third person as passenger. Beginners and children (accompanied by parent) welcome as space permits. Carpool to starting point if possible. Trip will finish at Plum Point at 3:00 PM. Bring lunch, beverage, water shoes, hat, sunscreen, towel, camera, rain gear & waterproof container (or trash bag) for use in canoe. Reserve by Aug 12 with Salley Decker at (845) 454-4206 evenings until 9:45pm.

### Fri-Sun Aug 22-24 YMG HIKE AND FUN CAMPING B

This will be the fourth annual joint LI-Mid Hudson Young Members group camping trip up at the Colgate Lake area and will include a hike to a Catskill high peak Sat and a shorter hike to a waterfall on Sunday. Come for the camping and/or the hike. Register with Dave Koehler (MHADK YMG Leader) at [mh.adk.ymg@gmail.com](mailto:mh.adk.ymg@gmail.com)

**Sat Aug 23 FAHNESTOCK LOOP (rescheduled from May) B**  
Perkins Trail, Jordan Pond, Beaver Pond, Big Pond. Expect Laurel, hilltop farm with views, woodland. Really varied terrain and a chance to swim for those of you who love cold water. Al Poelzl will return to the scene of his fall hike and try to get to all the side trips we missed. Leisurely pace, about 7 miles. Meet: 9 am Hannaford Lagrangeville or 9:30 Route 301 parking lot opposite Canopus Lake. Leader: Al Poelzl 677-9995 or contact Sue Mackson [susiem6@juno.com](mailto:susiem6@juno.com)  
Rain or threat of rain cancels until Sun Aug 24

**Sat Aug 30 - Tues Sept 2 LITTLE TUPPER LAKE TO LAKE LILA TRAVERSE (NW Adirondacks)** Quiet Water, but...this is a challenging route (expect unmaintained, poorly marked, overgrown & muddy carry trails), but it offers a nice sense of remoteness in an area off limits to motors. About 22 miles & 5 carries, longest is 1.5 mi. Those with less time can end trip on Mon., 9/1 (Labor Day), but all must arrive at put-in early Sat., 8/30. Rentals available nearby. Limited to 8 in good physical condition. Leader: Russ Faller 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com)

**Sun Aug 31 COLD SPRING PADDLE (Experienced Paddlers Only)** Just over 7 mile paddle, Cold Spring, Constitution Island, Arden Point, cross Hudson, West Point and return. Kayak rentals and guided kayak trips are available from an outfitter in town. Lots of pre-trip information including maps from leader: [Jeff Kaplan](mailto:JeffKaplan) (845) 928-1730 or <mailto:fitdoc@sprintmail.com>

### Mon Sept 1 KAYAK SKILLS CLASS / HUDSON RIVER PADDLE ALL SKILL LEVELS

Paddle around on the Hudson and/or help each other with our kayaking skills. Open to all skill levels. Location & Time TBA. Leader: Don Urmston [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or 845-457-4552 (before 9pm).

### Sun Sept 7 T.H.E. PADDLE FROM TIVOLI TO ESOPUS

(Must be comfortable crossing the river by kayak or canoe)  
A 5 mile excursion that begins at and returns to Tivoli. We travel north beginning east side of the magnificent Hudson River for about ¼ mile; we cross the Hudson (E. to W.), parallel to the Saugerties Lighthouse. From that landmark, the site of our lunch and gathering, we enter the Esopus Creek (fairly slow moving) and travel up to the bridge, debarking a little bit further up near the falls for a brief leg stretch. Then we return to the mouth of the Creek on the park grounds on the north side of the lighthouse to lunch and enjoy the views and company. From there it's a short and easy return to our point of origin. Clearly this Canoe/Kayak Trip is not for beginners, but it promises to be relatively easy, depending, of course, on the weather, wind, tides, current, boat traffic, etc. Bring swim suit, lunch, water, sun block, PFD. Register by 9 pm Labor Day. Directions to put in to be provided by email prior to paddle or contact leader. Meeting Time/Place: 9:30 AM From the Rhinecliff Bridge, take NY-199 E./NY-9G; to Broadway (Rte 78) in Tivoli and follow it west to the obvious put in and parking area (cross the RR tracks). Leader: [Jeff Kaplan](mailto:JeffKaplan) (845) 928-1730 or <mailto:fitdoc@sprintmail.com>

## SUMMER OUTINGS SCHEDULE *(continued)*

**Tue Sept 9 CHAPTER MEETING, ROCKEFELLER HALL, VASSAR COLLEGE Topic: Hudson River Issues, Threats and Opportunities Speaker: MannaJo Green, Clear-Water Sloop Environment Director**, who will make a presentation on the hydrology and ecology of the Hudson River and tributaries, sharing her intimate knowledge of the Hudson River and highlighting environmental issues, threats and also opportunities. Contact person: Jean-Claude (J-C) Fouere: [jcfouere@optonline.net](mailto:jcfouere@optonline.net).

**Sat Sept 13 NATURE WALK AT SAM'S POINT C+**  
Hike along with an amateur naturalist and take a look at some of the plants and animals that are unique to the area while hiking to the ice caves and around the lake on the way back. We will leave the parking lot by 10:00 and should be back by 2:00. Wear sturdy shoes or hiking boots, bring lunch and water and appropriate clothing. Joint with HRVR Leader: Rich Forman @845-635-5187

**Sun Sept 14 KICK OFF GRAND WALKABOUT** See p. 3

**Sat-Sun Sept 20-21 GREEN MTNS. OF VT BACKPACK -Part 4**  
Hike 22.7 mi. from Sherburne Pass (US Rt. 4) to Roaring Brook (VT Rt. 140). Moderate pace. Climb Pico & Killington Peaks and walk the suspension bridge over spectacular Clarendon Gorge. Meet at trailhead (near Rutland, VT) Friday early evening and hike 2.25 mi. to Pico Cabin. Sat.=13.1 mi.; Sun.= 7.3 mi. Limited to 10 in good physical condition. Leader: Russ Faller [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com) (preferred) or 845-297-5126 (before 9:30 PM).

**Sat Sept 20 FISHKILL RIDGE PLUS MODERN ART AT DIA B**  
Steep initial climb followed by fantastic views from Fishkill Ridge at a strong 2 level pace. Afterwards, about two hour tour of Dia Museum, led by local artist. Joint with AMC Leaders: Kathy and Barry Skura 914-779-0936. [Kahughes@optonline.net](mailto:Kahughes@optonline.net)

**Sat Sept 20 MINNEWASKA RAMBLING B**  
A moderate, 10 m lollipop hike starting and ending with the Mossy Glen trail. Expect to visit Huntington Ravine, Blueberry Run, Castle Point, a bit of the Awosting Reserve and a swing past Lake Awosting where > we might want a quick swim before heading out. Rain may cancel. Call Leader if in doubt. Meet at 10 AM in New Paltz at the Trailways bus station but park on the side street NOT in the bus station. Joint with AMC Leader John Kolp, 845-496-1731

**Sun Sept 21 DELUXE HUDSON HIGHLANDS VIEWS A-**  
Go up North Sugarloaf the "wrong way" and then on to Taurus and back to Breakneck Ridge via Undercliff trail. Joint with AMC Meet: About 9:15 in south of Beacon. Leader: Barry Skura ([Bskura@optonline.net](mailto:Bskura@optonline.net); 914-779-0936)

**Fri-Sun Sept 26 -Sept 28 HIKING WEEKEND AT ADIRON-DACK LOJ**  
Our chapter has reserved 10 spaces at the Loj. The price is \$49 per person, per day which includes breakfast. Bag lunch is available (\$8.00) and dinner is served (\$17.50) Reservations for dinner are to be made by 11 a.m. and we are hopeful of having our members have dinner at the Loj on Saturday evening. Children of members will be charged a reduced rate. For further information and reservations please contact Pete McGinnis @845 454 4428 or e mail [pmcgin1@aol.com](mailto:pmcgin1@aol.com). Contact Pete before July 26<sup>th</sup>, or, even better, ASAP.

**Sat Sept 27 MANITOGA GARDEN WALK C**  
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. Four miles in four hours moderate ascents/descents on wooded paths Hiking boots or sturdy footwear required. Bring lunch, water and snacks. \$5 admission to trails. Register by 9-20 Joint with HRVR Leader: Michele Van Hoesen at 845-691-7442 or [michelevh8@yahoo.com](mailto:michelevh8@yahoo.com)

**Sat Sept 27 CATSKILLS-SLIDE MOUNTAIN A**  
The first in ADK-Mid Hudson's High Peaks Grand Walkabout Series to commemorate the start of the Quadricentennial Year. In conjunction with Grand Walkabout ([www.grandwalkabout.com](http://www.grandwalkabout.com)). We will lead hikes to the highest peaks in the four Mid-Hudson Counties of Ulster, Dutchess, Orange, and Putnam. Starting from parking lot off Slide Mountain Road, we will hike to Curtis Monument and on to Slide Mountain, the highest peak of the Catskills. While on the peak, we will go to the Burroughs Plaque in recognition of the great naturalist and poet John Burroughs. Weather allowing, the peak will offer a great view of all the Catskill peaks. 7 miles. About 1,800 foot climb with some steep ascents/descents on rocky surface. Limited to 12 hikers. Joint with HRVR Rain Date: Sun Sept 28. Contact leaders for meeting place and time, and for car pool arrangement! Jean-Claude (J-C) Fouere at [jcfouere@optonline.net](mailto:jcfouere@optonline.net); 1-845-462 0142; or Georgette Weir at [GEWeir@optonline.net](mailto:GEWeir@optonline.net)

**Sun Sept 28 FISHKILL RIDGE B**  
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. Approx. 6 miles or 5 hours duration. Joint with HRVR Register by 9/27. Meet at Scenic Hudson Parking lot no later than 9:00AM. Lou Ruidisch (845) 896-9332 or [LER3RD@optonline.net](mailto:LER3RD@optonline.net)



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**Jean-Claude (J-C) Fouere**  
1.845.462.1909  
[jcf@energysavingsplus.net](mailto:jcf@energysavingsplus.net)

Poughkeepsie, New York  
[www.energysavingsplus.net](http://www.energysavingsplus.net)

**Sun Sept. 28 CONSTITUTION MARSH PADDLE, COLD SPRING, NY QUIET WATER**

Birds abound in Constitution Marsh, so bring binoculars. Skittering mummichogs may jump around your boat as you push through the brackish water hunting remnants of the failed wild rice farm. Striking views of the Hudson Highlands. Some experience paddling a canoe or kayak required. PFD's required. Bring lunch, water, sunscreen, hat. About 4 hrs. of leisurely paddling; more if group desires. Apres-paddle refreshments in Cold Spring. Joint with AMC and HRVR For on-site rentals, call 845-265-0221 or [kayak@HudsonValleyOutfitters.com](mailto:kayak@HudsonValleyOutfitters.com) and say you will be joining the Mid-Hudson ADK trip. Limit 10 boats. Must pre-register. Meet in Foundry Dock Park in Cold Spring, between RR parking lot & river, at 9:10 AM. Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com).

***Advance Notice: Mark Your Calendars!***

**Sat Oct 11 - Mon Oct 13 Columbus Weekend backpack on the AT** in the area of the Vermont - New Hampshire border. Leader: Russ Faller 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com)

**Fri Jan 16 - Mon Jan 19, 2009 Martin Luther King Weekend** The Weitzel Trail Cabin has been reserved for our chapter's use on this weekend. The cabin holds sixteen and is close to the Loj. It's a wonderful base camp for all types and levels of activities. For further information please contact Pete McGinnis at 845-454-4428 or [pmcgin1@aol.com](mailto:pmcgin1@aol.com).

***Chapter Officer Volunteers Needed!***

*Chapter by-laws call for the election of officers and board members at our Annual Meeting, scheduled this year for October 4th. The terms are for two years and the positions to be elected are: Chair, Vice-Chair, Secretary, Treasurer, two Chapter Directors, a Club Director, and two Alternate Club Directors. If you or someone you know would like to be nominated for one of these positions, please contact Nominating Chair, Pete McGinnis at [pmcgin1@aol.com](mailto:pmcgin1@aol.com) or 845-454-4428. Nominating Committee members are Bill Beehler, Brenda Harding and Mike Paponiak.*

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**Dec 6 Fishkill Ridge Lalita Malik**

Very eventful hike. We car pooled to trail head and found very limited parking. We asked Lee Tree service if we could leave our cars on their property. They agreed and showed us where to park. We started climbing. Two fast hikers went ahead of the group. The rest of the group missed a turn and ended up on a trail that went around the mountain, instead of the ridge. We did not meet up with the fast hikers until the end of the hike. When we went to pick up the cars, we found all 4 cars hijacked. Lee's owner had blocked the cars in with a bulldozer and left for the day. No one answered the phone. We had to call the police for help. After 30-40 minutes the owner showed up and moved the bull dozer, releasing the cars.

**Jan. 10 Greenway: FDR Lalita Malik to Vanderbilt**

It was overcast when we started but the weather improved as we hiked. The trail was icy and muddy in some sections. Dave had a new GPS for Christmas that worked with his camera to track where pictures were taken. We enjoyed the rapids and waterfalls on the Fallkill, had lunch at Bard Rock and hiked back via the Vanderbilt Mansion enjoying views over the Hudson.

**Jan. 17 Black Rock Forest Lalita Malik**

We had fresh snow, followed by balmy weather. We hiked towards the research center, checked out the solar generators. We hiked around two reservoirs and hiked back along a gurgling stream. In lieu of lunch on the trail, we stopped at a restaurant on the waterfront for hot soup to end a great hike.

**Feb. 21 Duck Pond and Lalita Malik Mohonk Loop**

This hike tested our Stabilicers and Yaktrax. The carriage roads were a sheet of ice, but we had no problem on them. We hiked around Duck Pond taking the trail by the creek as we climbed. Some of the trails were closed so we hiked along the carriage roads. We entered Mohonk Mountain House below Sky Top. Hike around the mountain brought us to Mohonk Lake with views of Mohonk Mountain House and Catskill Mountains. Lunch was beside a fireplace at the skating rink. We enjoyed heated bathrooms. The ice had slowed us down so we did not visit Smiley Tower. We hiked through and around the gardens with people gaping at us as they walked in ditches to avoid the ice. We took a shortcut trail and picked up the return trail. We enjoyed views of the valley as we descended around the mountain. On the way we saw a solar powered seismic monitor keeping tabs on unusual activity in the area.

**Feb. 24 Cary IES Greenhouse Salley Decker**

Four ADK members spent an hour and 15 minutes enjoying the sights, smells, and warmth of the Cary IES Greenhouse. We saw bananas, papayas, lemons and other fruits growing on trees. Sayi was the trip photographer. She took numerous photographs of plants in bloom. We also saw a couple of resident frogs! The temperature was in the 70's to about 80 degrees. The Greenhouse is open daily from 9:00 AM to 3:30 PM, and all of us hope that others will take advantage of the opportunity to visit it before it closes permanently in June, 2008. After visiting the Greenhouse, Al Poelzl and I went to see a film, Cosmos Micros, at the Cary IES Auditorium. It was an interesting film about "one day in the life of insects and arachnids," and it was filmed in a field in France! **Participants:** Sayi Nolu, Al Poelzl, Anne Elmes, and the leader, Salley Decker. (4)

**Mar.2-7 Lake Placid Russ Faller Adirondacks**

This was the 4<sup>th</sup> annual hostel trip. The snow conditions were not the best, with trails hardpacked and somewhat icy and one day, toward the