

Mid-Hudson TRAILS

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

www.midhudsonadk.org

Winter 2009
January-March

MHADK RECEIVES GRANT FOR QUADRICENTENNIAL ACTIVITIES!

Thanks to MHADK member, Dom Urmston, who developed the proposal and submitted the grant request, our chapter has been awarded a grant of \$950 from the National Heritage Trust, a division of the Office of Parks, Recreation and Historic Preservation. The 2008-2009 Community Mini-Grant Program was developed to assist communities and schools in the Hudson and Champlain Valleys with their plans for the commemoration of the 400th anniversary of the exploration of the Hudson River by Henry Hudson, and Lake Champlain by Samuel de Champlain and the 200th anniversary of Robert Fulton's first steamship voyage on the Hudson River. Grants of up to \$1000 each are being awarded for projects, events and programs that embody the theme of "Explore 400 Years of Progress in the Environment", "Energy, Innovation and Education", as well as commemorative projects for the anniversary. Tina Sullivan, Executive Director of the Hudson-Fulton-Champlain Quadricentennial, stated in the notification letter sent to Don, "Thank you for your participation in New York's 400th! It is projects like yours that will make the 2009 Quadricentennial the most memorable moment in our lifetimes, extraordinary in our state's history!" Thank you, Don, for taking the initiative on behalf of MHADK!

BREAKFREE UPDATE: A RECENT ADVENTURE

I can't believe this is so beautiful and so close" said one of the youth participating in the ADK Breakfree hike up Mount Beacon. "Yeah" said another, "and we're not even off the train".

15 youth (many of them on their first hike) and ADK member, Fred Lauf, gathered early on Saturday, November 1 at the Poughkeepsie Train Station to take the 17-minute ride down to Beacon. At Beacon they met with naturalist, Christine Guarino, who volunteered to help chaperon and take advantage of teachable moments to help the youth understand the environments they were hiking through. Even during the 30-minute walk to the trailhead Guarino was able to help the youth spot several different birds and helped the youth understand how the birds have adapted their behavior to an urban environment.

After a quick break at the trailhead the youth began selecting their route up Mount Beacon. Several thought about taking the direct route up the former incline railway, but were dissuaded after a refresher lesson on topo maps and contour lines. Eventually a consensus developed around the standard route and they started heading up.

Lauf and Guarino took several opportunities offered by severe erosion exacerbated by hikers cutting switchbacks to offer lessons on erosion, sticking to the trail on switchbacks, and on opportunities for volunteer trail building. At a few particularly steep sections some of the youth who were new to hiking took advantage of a quick lesson on using the rest step and found it much easier to maintain a steady pace after that.

A lunch break at the site of the old casino offered spectacular views of the Hudson Valley. It was just clear enough to make out the graceful span of the Mid-Hudson bridge and several of the young hikers were amazed at the

sight of their home town from such a great height.

The group then proceeded to the fire tower at the summit of Mount Beacon and were impressed both that they could make out the skyscrapers in New York City and at the vast expanse of fall-colored wilderness between them and the city. The sight of both red-tailed hawks and vultures prompted an impromptu lesson from Guarino on the roles of predators and scavengers in an ecosystem and prompted a long discussion amongst the youth about the relationship between the deer tick found on one of their pants legs (light-colored and suitable tucked into socks, of course), mice as a key reservoir of Lyme Disease, the hawks predation on the mice, and the importance of large areas of unbroken tree-covered areas as hawk habitat. By the end of the discussion the youth had a real understanding of the interrelationships in a healthy ecosystem.

The hike down took the same route as the hike up and left many youth feeling, even after 6 hours on the trail, they would have liked a longer hike. After a quick snack break at the trailhead the group walked back to the station, caught the next northbound train, and were **back in** Poughkeepsie about 4:00.

During the debriefing at the station all of the youth reported they had a great experience and were eager to go on the next hike. Guarino said that as a high school teacher, she had been concerned about possible problems working with the youth but said she was impressed that there were no discipline issues whatsoever and that the youth were a "genuinely happy group who did a wonderful job supporting each other."

The ADK Breakfree Club is in continuous need of adult volunteers to accompany youth on hikes. If you would like to join in the fun, contact Robert Ellsworth at 845-876-4534 or eggbert@us.ibm.com

Submitted by MHADK Breakfree volunteer, Fred Lauf

Are you receiving our weekly e-mail updates of our calendar of events? If not, would you like to be? Easy! Send a message to me at susiem6@juno.com and state that you'd like to be added to our e-mail list.

Sue Mackson

CONSERVATION CORNER

Catskill Park State Land Master Plan update

The ADK is very pleased to report that the Catskill Park State Land Master Plan has been updated, creating a new Catskill wilderness area and expanding an existing wilderness area. It is a major victory for the ADK. Under the revised plan, the West Kill Wilderness will be expanded to include most of the Hunter Mountain Wild Forest, which will protect the summit of Hunter Mountain. The plan also creates a new wilderness area, the 17,000-acre Windham Blackhead Range Wilderness, which combines the Blackhead Range and North Mountain Wild Forests with portions of the Windham High Peak and Black Dome Wild Forests. At the same time, the plan will expand mountain biking opportunities in the Catskills with the creation of four primitive bike corridors on old roads through existing and new wilderness areas. New mountain bike areas will also be developed near Windham and Kingston. The plan will keep mountain bikes off steep and narrow hiking trails such as the Devil's Path and the Escarpment Trail. Additional information can be found on the ADK website: http://www.adk.org/issues/Update_Catskill_Plan.aspx

NY State budget - Environment Protection Fund (EPF) – Proposed Funding Reduction

As of the deadline for this newsletter issue, in an effort to close an estimated \$1.5 billion budget gap, Governor Paterson administration is asking lawmakers to slash the Environmental Protection Fund by \$50 million in the current state fiscal year out of the \$255 million EPF for 2008-09. The budget reduction would include a \$3.5 million cut in funding for land acquisition from the \$66 million allocated for land acquisition and a reduction of \$1 million to \$4.75 million for the Public Access and Stewardship. Other proposed cuts include \$10 million from non-point source pollution control programs, \$5 million from invasive species control, \$5 million from water quality improvements, \$1 million from farmland protection and \$1 million from waterfront revitalization.

The Paterson administration also plans to push for passage of an expansion of the Bottle Bill (Better Bigger Bottle Bill) to include a five-cent deposit on containers for water and non-carbonated beverages. Unclaimed deposits would go to the EPF, replacing funding from the Real Estate Transfer Tax. The Bottle Bill is expected to raise about \$100 million a year. In the past, Republicans who controlled the state Senate have resisted efforts to expand the Bottle Bill, but Democrats gained control of the Senate in the Nov. 4 election, so the legislation is expected to have a better chance in 2009. At this time, the administration plans to continue EPF funding at the \$205 million level for next fiscal year. The Governor intends to unveil the 2009-10 Executive Budget on Dec. 16.

Stay tuned for updates and possible changes in the EPF funding that may affect land and forest acquisition, preservation and stewardship. The ADK Chapter welcomes your active participation in conservation projects and outreach. Contact Jean-Claude (J-C) Fouéré at jcfouere@optonline.net for information.

Congratulations, Tim and Ollie!

In November, Tim Messerich and Ollie Simpson were honored by the New York-New Jersey Trail Conference for their AT volunteer service. Tim received the Paul Leikin Extra Mile Award for his exceptional commitment to trail projects, and Ollie was awarded the William Hoeflerlin Award for significant and lasting contribution to the AT and adjoining protected lands. You'll want to read the Nov 17, 2008 Poughkeepsie Journal article by Nancy Haggerty celebrating Tim and Ollie! If you missed it, just go to www.poughkeepsiejournal.com and put Haggerty's name in the search box. The headline reads: Local Appalachian Trail Volunteers Honored!

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Help Needed: to review the chapter's recent year's financial records. Contact Ralph Pollard at ralphpollard@verizon.net to provide a much-needed service.

WINTER 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.

Please contact leader before trip so s/he can facilitate.

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.

WINTER BIMONTHLY HIKES

Winter 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 at 845-658-3902 or vfauci1@hvc.rr.com or Lalita Malik at LalitaMalik@aol.com or 845-592-0204, by Tuesday to get the hike plan, depending on weather and other conditions. Jan 1, Jan 15, Feb 5 & 19, Mar 5 & 19. Joint with Sierra.

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

Every Friday - ADK 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.

NOTE QUADRICENTENNIAL OUTINGS!

In conjunction with the Quadricentennial Year marking Henry Hudson's exploration of the river which eventually was named for him, we plan a series of hikes and paddles, some of them emphasizing the history of the river valley, some of them simply affording views and glimpses of "our" river. In the following schedule, these outings are designated as HHQ.

Jan 1 Wappingers Greenway Trail to Hudson Rv C Hudson River History Hike HHQ

Leader: Georgette Weir, 462-0142

Kick off the Quadricentennial Year marking 400 years since Henry Hudson's sail up the river with a walk from the Village of Wappingers to New Hamburg along a Greenway trail. We'll start from the Market Street industrial park and walk approximately 2 miles on a woodland trail along the Wappingers Creek to a point overlooking the Hudson River in New Hamburg. Then back the way we came. Some up and down. Optional after hike cookies (bring some to share) and hot cider at the leader's home. Meet to depart 12:45 in the parking lot of Staples, between Rtes 9 and 9D (meet on the 9D side) or at 1 in the parking area of the Market St. industrial park. Call to confirm.

Jan 4 Vanderbilt Estate Walk C Leader: Beth Willis 845-373-8202 HHQ

Enjoy crisp winter air and great river views on a loop hike of Vanderbilt estate Loop following the lower and then upper carriageways. Meet 1:00 pm. Call leader for meeting place Inclement weather cancels.

Jan 16-19 Weekend in the Adirondack High Peaks Varying levels and Activities

Leader Pete McGinnis at 845 454 4428 or pmcgin1@aol.com

Martin Luther King Weekend To reserve a spot for the Weitzel Trail Cabin near Lake Placid, send your check as soon as possible to: Pete McGinnis, 515 Haight Avenue, Poughkeepsie 12603; E-mail any questions to pmcgin1@aol.com. Your check is your reservation. The cost is 67.50 per person for the 3 nights. There are four rooms with 2 bunk beds in each room; separate bathroom facilities for men/women; kitchen and living room. It's conveniently located to the parking lot and trails for all levels of hiking, snow showing and cross country skiing. We may have a group meal on Sat evening.

Jan 17-19 Hiking and Backcountry Ski Workshops in Central Adirondaks for Martin Luther King Weekend. Leader: Barry Skura, Bskura@optonline.net, 914-779-0936.

Motel "base camp" at Long Lake, in Central Adirondacks.

Choice of instructional hikes and backcountry ski trips each day. Open to everyone who would like to learn or enhance their winter mountain skills. Possible equipment loans. Register by sending e-mail to leader indicating that you are an ADK member, with description of your prior hiking or cross-country ski experience.

Jan 31 Harriman B+ Leader: Alvin DeMaria 845-255-1704 HHQ

8 mile hike. From Anthony Wayne parking area, we will take Timp-Torne trail to the Timp, and return on Ramapo-Dunderberg and Beechy Bottom Road. If snow conditions dictate, we can

WINTER OUTINGS SCHEDULE (continued)

shorten the hike at 3 different locations. Be prepared with winter gear. Contact leader for meeting time and weather forecast.

Jan 31 Snowshoe Carnwath trail (T/Wappingers) C
Distance: 1 mile Leader: Ollie Simpson 845-298-8379 (no answering machine) olliesimpson2005@yahoo.com
Description: Carnwath Farms is a T/Wappingers park. A trail was built recently that provides views of the Hudson and 2 bridges. We'll snowshoe about 1 mile (or more if there is interest). Bring a sled if you wish to sled on the hill. We'll hike if there is no snow. Meeting time/place: 10:00 AM at Carnwath Farms upper parking area Directions: Route 9D south from Wappingers; right at light in Hughsonville on New Hamburg Road (DC28); left at fork onto Wheeler Hill Road (sign "Welcome to Wheeler Hill Historic District. Carnwath Farms); left at stop; right into Carnwath. Use parking area on left above manor house.

Feb 1 Roosevelt Estate Trails C
Hudson River History Hike HHQ
Leader: Georgette Weir, 462-0142
We will follow trails through the woods at the Roosevelt estate in Hyde Park and find a view of the Hudson River. Some up and down. Be prepared for icy trails (micro-spike or mini crampons recommended. After, enjoy the film at the visitor's center, tour the presidential home and/or library, and enjoy a snack at the café. Meet: 11 am outside the entrance to the visitor's center. Call to confirm.

Feb 8-9 "First Timers" or "Old Timers" - Experience the thrill of winter backpacking!
Leader Barry Skura, Bskura@optonline.net, 914-779-0936

Backpack to set up base camp about 1 mile from trailhead. Set up tents for 1 night winter snow camping. From base camp – instructional snowshoe /crampon day hikes about 6-7 miles/day. Strenuous climbs with exhilarating winter summit views on Blackhead Mountain, Black Dome Mountain and the Escarpment Trail. Strong 3-Season backpackers with understanding of winter backpacking basics & proper gear may register. Register by sending e-mail to leader indicating that you are an ADK member, with description of your prior hiking and backpacking.

Feb 7 Garrison : Moderate hike about 9 miles B+
Leader: John Kolp, 845-496-1731 HHQ
Approximately 9 mile hike from Garrison train station along the Hudson around Arden Point. Then approach Castle Rock and South Sugarloaf to hike the Osborne Loop and AT. Might ascend Sugarloaf on the way out to take in panoramic views if weather permits. Bring appropriate footgear. Inclement weather/bad road conditions may cancel. Meet 10:06 train at south end of Metro-North station in Garrison, NY in Putnam County. Follow signs to station from junction of NY 9-D and NY 403.


Feb 8 Locust Grove The Samuel Morse Historic Site
Leader: Beth Willis 845-373-8202 HHQ
New trails and old with hilltop and riverside views of the Hudson. Easy walking on broad paths in a mixed hardwood forest Meet: 1:00 pm. Inclement weather cancels. Call leader to register.

Feb 10 Chapter Meeting Photography Show: Nature in Winter
Rockerfeller Hall, Vassar College 7 pm
Presenter: Al Poelzl. Al Poelzl is a member of the Mid-Hudson Photography Club as well as our ADK Chapter. His curiosity about nature started with hatching out caterpillars in a tree growing in his New York City backyard. Decades later he has great familiarity with local flora and fauna. Al uses various photographic techniques like double exposures, magnification and unique angles to capture the landscape and wild life. Fearless he gets right up close to his subjects Join us for Al's presentation of Winter.


Feb 14 Explore Poughkeepsie History C
& Architecture HHQ
Leader Noel Tepper Email (preferable) noeltepper@yahoo.com or call 845-452-5010 (7-10pm)
The first of a series of two or three outings combining a 30 minute indoor showing of locally made documentary films with 2 hour walks through Poughkeepsie. The leader will narrate stories of its places and people, and along the way will tell stories of 45 years of legal practice in Poughkeepsie. Hikes will include examination of historic buildings, "fashionable south side", Springside, Vassar and Smith Brothers influence, the waterfront, railroad bridge, and varied neighborhoods of the Queen City of the Hudson. Dress warmly Meet: 10:00am. . Reservations necessary by one full day in advance of each hike. You may choose to join one or more of these outings. Second hike is on Feb 28th. March 21 will serve as a rain date or for an extra day of exploration if there is interest.

Feb 15 Minnewaska -Jenny Lane to Rainbow Falls A
Leader: Pete McGinnis at 845-454-4428 or pmcgin1@aol.com
10 miles of moderate pace. Join me as I prepare for a 41 mile all day marathon on May 2 in Maryland (see below) Register with leader for details.

Feb 21 X-C Ski - Leader's Choice Moderate
BLeader: Russ Faller 845-2975126 (before 9:30 PM) or russoutdoors@yahoo.com (preferred).
We'll cross-country ski where the snow is the best in the MidHudson Valley. If Mother Nature does not cooperate, we'll hike. Contact leader for meeting time/place.




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WINTER OUTINGS SCHEDULE (continued)

Feb 20-22 Winter Recreation Weekend at Graymoor: See writeup on bottom right side of page 10 Leader: Skip Doyle

Feb 28 Explore Po'k History & Architecture C/HHQ
Leader Noel Tepper. Email (preferable) noeltepper@yahoo.com or call 845-452-5010 (between 7 & 10 pm) See Feb 14 for description.

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

Mar 7 Field Trip to Albany Walk
Hudson River History Hike
Leaders: Salley Decker (454-4206 evenings) & Lalita Malik (lalitamalik@aol.com)
Plans are to visit the New York State Museum, take a one-hour tour of the NYS State Capitol, and visit the Corning Tower Observation Deck. Admission to museum is by donation. Possible parking fees in Albany to be shared by participants. Car pool (shared cost). Bring lunch and beverage, although there may be options available. Good walking shoes recommended. Proof of identity may be required for tours. Tentative plans are to meet to carpool at 8:00 AM and return by 6:00 PM (or later if we choose to eat before returning home). Please contact leaders to express interest at least two weeks before March 1st. If there is a group larger than 10, we will need to make reservations for the free tours. If interested in more information, please contact Salley for web sites. Weather conditions could alter plans or cancel trip. NOTE: If you are interested in this outing, feel free to contact us sooner rather than later!

Mar 10 Chapter Meeting
Topic: Outfitting the Outdoors Person via Eastern Mountain Sports! Location is yet to be determined so check your snail mail and weekly email updates in early March.

Mar 14 Croton Aqueduct Trail C
Hudson River History Hike HHQ
Leader: Georgette Weir 845-462-0142
A level 5-7 mile walk in Sleepy Hollow territory with Hudson River views. We may walk round-trip or shuttle back to our start via Metro-North. Leader is investigating details as of the deadline for this newsletter, so contact her for more info.

Mar 21 Undercliff Overcliff Trail C
Leader: Lalita Malik, LalitaMalik@aol.com, 845-592-0204
Enjoy magnificent views of Shawangunks Mountains, Mohonk and Minniwaska on this easy 5 mile loop on carriage roads in Mohonk Preserve. Meet at New Paltz Diner parking lot at 10:00 am. Please confirm participation.

Mar 21 Explore Po'k History & Architecture C-Walk
Leader Noel Tepper Email (preferable) noeltepper@yahoo.com or call 845-452-5010 (7-10 pm) See Feb 14 for description. This date may serve as a rain date for Feb 14 or 28 or as the third outing in this series.

Mar 22 Black Rock Forest A
Leader: John Kolp, 845-496-1731 HHQ
A moderate paced 10 mile ramble through the woods starting with a minor climb over seldom visited Whitehorse Mtn, then onto the day's only major climb over Black Rock. A mix of trails and roads takes us around Tamarack Pond and the Chatfield Stone House to return via the Reservoir Trail. Bring appropriate footgear. Inclement weather/bad road conditions may cancel. Meet at Black Rock Fish & Game Club parking area in Orange Cty at junction of NY 32 and Angola/Pleasant Hill Road at 9:55 AM.

Mar 28 AT in Massachusetts
ALeader: Pete McGinnis: 845-454-4428 or pmcgin1@aol.com Contact leader for details.

Mar 29 Spring in Brookyn C+
Leader: Sue Mackson 845-471-9892 or susiem6@juno.com
Metro North and subway and 3-4 mile walk from the Brooklyn Borough Hall area will enable us to visit the Brooklyn Botanic Garden to see early flowering bulbs, a Japanese Hill & Pond Garden and a vast collection of plants ready for springtime awakening The garden is included in *1001 Gardens You Must See Before You Die*. Time permitting, we'll also stroll through neighboring Prospect Park, or the Brooklyn Museum. Meet: Poughkeepsie Metro North Station 7:15 .to catch the 7:33 train.

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

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

May 2 The 41 mile section of the Appalachian Trail through Maryland. Leader: Pete McGinnis: 845-454- 4428 or pmcgin1@aol.com.
We will travel to Pen Mar and either stay in the firehouse (free) or share a motel room Friday. We will come back from Harpers Ferry on Sunday. Join the leader in training for and participating in HAM Hike Across Maryland annual event. Contact leader for more details if interested.

FALL OUTINGS LOG

Aug 9 Nuclear Lake Marie Caruso and Carol Gray

Seventeen hikers plus the two leaders enjoyed very pleasant weather hiking the Appalachian Trail to and from, the yellow trail around, Nuclear Lake. Those moseying along in the rear spotted rattlesnake plantain, rock tripe, and lots of colorful fungi resulting from abundant recent rain. Al Poelzl created an entertainment highlight by catching a water snake and wrapping it around his arm. **Participants:** Sayi Leelanul, Anne Elmes, Al Poelzl, Bill Smith, Beth Willis, Geo. Goessinger, Eli Cohen, Fred Otte, Louis Ruidisch III, Pinchas Ovide, P. Carol Marsh, Conrad Putzig, RE Whelan, Dorothy Halligan, Brianne Seipp, Edward M. Morzen and the leaders. (19)

Aug. 21 AT: Tiorati to Ginny Fauci & Seven Lakes Drive Lalita Malik

After setting up a shuttle car at Seven Lakes Drive, five hikers started out on the AT from Lake Tiorati traveling over three small mountains -- Stockbridge Mountain, Black Mountain and West Mountain. We stopped for lunch overlooking the Hudson River and NYC Skyline with the Empire State Building standing out. Along the way we had views of Silvermine Lake, Perkins Memorial Drive Tower and the Bear Mountain Bridge. We met another young thru hiker on this section going southbound. It was another good hike on the AT. **Participants:** Barbara Surowitz, Nancy Swanson, Barbara Horne and the leaders. (5)

Aug. 28 Esopus Creek Judy Mage & Shari Aber

On Thursday, August 28th, Judy Mage and Shari Aber co-led a paddle along the Esopus Creek in the town of Saugerties. We left from the Saugerties Village Beach and kayaked next to the Esopus Bend Preserve two and a half miles upstream to the riffles where we had lunch. Here some of us cooled off wading in the water while others chose to eat in their boats. Ginny spotted a pair of sunglasses submerged in three feet of water. Patti claimed them -- she had lost them there two months earlier. Joan and Friedel chose to stay and play in the riffles. The rest of us returned to the beach where several of us took an afternoon swim. **Participants** included Terry Niebuhr, Kate Oldhoff, Nancy Gill, Lynn Jordan, Ellie Shortle, Lois Pan, Ginny Fauci, Patti Lewis, Dorothy Halligan, William Smith, Joan Billows, Friedel Muller-Landau and the leaders. (14)

Aug. 31 Constitution Marsh Jeff Kaplan

Wow! Couldn't have been better. Nine of us in the same number of boats left about 10:00 on a glorious day to paddle from Cold Spring via the calm, high-tide Hudson to and thoroughly through Constitution Marsh. We saw Osprey, Double Breasted (popularly called "Double Crested") Cormorants, a few Great Blue (actually grey) Giant Herons, King Fisher and Sandpiper and at least one of us had seen an Eagles' Nest there, earlier. The weather, the fellowship, the tide, current and exercise couldn't have been better! We toured a waterfall on the S.W. end and used it as a photo op. Lunch took place on a vista after a tour of the Audubon Museum at the **Constitution Marsh Audubon Center and Sanctuary.**

There was a fair amount of boat traffic so only some of us went on the main Hudson River and others returned to base before 3:00. For the five or so who couldn't make it, maybe we'll be seeing you at Tivoli on the 7th? **Participants:** Joyce Depew, Mary Jean Purdy, Georgette Weir, JC Fouere, Russ Faller, Eli Cohen, Don Urmston, Geri Wildenberg and the leader. (9)

Sept. 1 Plum Point Donald Urmston

We ended the 2008 skills sessions with a bang. Eleven people came out to practice and/or learn kayak skills. It was such a nice day that we paddled across the Hudson to see Bannerman's Castle. We introduced several people to kayaking on the Hudson and hopefully, we'll see them again next year. **Participants:** ADK members: Don Urmston (leader) Geri Wildenberg (co-leader), Andrea Urmston, Jean-Claude Fouere, Russ Faller. Non-members: Buzz & Celia Solomon, Jo Ann Greller, Rich Guzman, Paul Stephens, Lynn O'keefe, Jack Cristmann. (11)

Sept. 4 Lake Awosting Ginny Fauci

Since we only had three hikers, we changed our hike from a section of the AT to a local hike to Lake Awosting at Minnewaska. We hiked up to Hamilton Point on the carriageway, then scrambled up the short rocky section to Castle Point and then down carriageways to Lake Awosting stopping along the way for delicious wild blueberries which were still in abundance. The three of us took a short swim in the lake and then dried off while eating lunch on the rocks. The water cooled us off nicely since it was a very warm day. **Participants:** Shari Aber, Judy Mage and the leader. (3)

Sept. 7 T-H-E Jeff Kaplan

We had nine this time; kayakers and canoeists plied their skills, challenging the mighty Hudson from Tivoli to Esopus. T-H-E Trip in boats with chines and those without spied the Saugerties Falls and then to the lighthouse; no Lenape Indians to see us. That's where we lunched and then on to the Tivoli marshes where Osprey, Herron and Egret watched us. No regret--it was a fine day fine day that finished with a swim at a private lake -- delicious. **Participants:** Vicky Lozier, Jack Christmann, Arlene Kaplan, D. Kaplan, Marie Kaplan, Russ Faller, Georgette Weir, Jean-Claude Fouere, and the leader (9).



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FALL OUTINGS LOG (continued)

Sept. 11 Black Creek Shari Aber

Our paddle down Black Creek proved to be a bit more exciting than anticipated. Heavy rain the previous weekend raised the water level considerably allowing us to paddle south past both the Highland Rail Trail and the New Paltz Road overpass. Most of us paddled through a riffle created by rocks close to the surface under the rail trail. However, Ellie, to protect her fiberglass kayak, chose to get out and get in again after the obstruction. A first-time guest paddler followed suit and unfortunately capsized trying to reenter his boat. Unhurt but rattled and wet, he and his host headed back. We ate lunch on the small beach near the rail trail and four of us continued past the initial launch to explore the Black Creek to the north of 299. It was a beautiful day, and although many of the birds have left, we saw great blue herons, lots of cedar waxwings, Eastern kingbirds, Eastern painted turtles, many of them babies, and a swimming garter snake. **Participants:** Patti Lewis, Ginny Fauci, Ellie Shortle, Harry Newton, Terry Niebuhr, William Ferris, Judy Mage, and the leader. (8)

Sept. 18 Greenwood Lake Ginny Fauci & to Route 17A Lalita Malik

After setting up a shuttle car at 17A, five hikers started out on the Stateline Trail in Greenwood Lake traveling uphill on the NJ border to the AT where we turned north and crossed the NY-NJ State Line. We signed the register and then continued to the first overlook at Prospect Rock, a conglomerate of red and white quartz pebbles over 350 million or more years old with views of Greenwood Lake and the surrounding mountains. We then followed the ridge of Bellvale Mountain which was a mixture of wooded and open puddingstone rock areas with panoramic views at some points. There was much rock scrambling and hand over hand climbing up and down some of the rocks; we even had a ladder thrown in. The weather couldn't be better, a perfect fall day. Along the way we met 'Joe' who gave us some history of the iron mining in the area. Afterwards we stopped at the Bellvale Farms Creamery on 17A and had homemade ice cream (yummy).

Participants: Barbara Horne, Beth Willis, Judy Mage and the leaders. (5)

Sept. 20 Hudson Highlands Barry Skura

Participants: John Kenney, June Finer, Subash Shanker, Dick Bottelli and the leader. (5)

Sept. 21 Fishkill Ridge Skura & Skura

Participants: Sue Mackson, John Langell, Shari Langell, Neal Spitzer, Steven Dicla, Gary Leinkran, Neil Maskonk, Kasia Pirog, Kallen Tsikalas, Delury, Barney Brodie, Jack McCarty, Rob Segal, and the leaders. (15)

Sept. 21 Minnewaska John Kolp

Participants: Michael Alcamo, Geoffrey Parnass and the leader. (3)

Sept. 20-22 AT-Vermont Russ Faller

The weather was perfect – temps below 70°, sunny, clear skies, no rain. We started on the Sherburne Pass Trail and slept in Pico Cabin Friday night. Next morning, we took the short link trail to Pico Peak for the view, then backpacked to the Appalachian

and Long Trails which we followed south. We again dropped our packs to take the link trail from Cooper Lodge to Killington's summit. At the 1929 Governor Clement Shelter, we spoke to a young man from New Mexico and a young woman from Australia who were through-hiking the AT from Mount Katadin. On Saturday night, we stayed at the Clarendon Shelter, which is on an old woods road built during the French and Indian Wars. On Sunday, we crossed the suspension bridge high above Clarendon Gorge. If you want to know how to fit seven people and seven backpacks in a Subaru, ask Rob Santore. **Participants** were Nancy Morrill (ADK), George McLachlan (ADK & AMC), Rob Santore, Barry Borakove, Laurette Nibbs and Purnell Lancaster (all AMC) and the leader. (7)

Sept. 25 The Rondout Shari Aber near the Hudson

With predictions of a nor'easter approaching, we made a late change of plans – we were going to go out in the Hudson – and paddled instead in the Rondout Creek, leaving from Sleightsburg Park in Port Ewen. We passed the Strand in Kingston, lots of boats at anchor at the marinas along Rte. 213, the back side of Gumaer Island where we saw several families of ducks, great blue herons and a green heron, and made our way to the Eddyville Dam. On our way back we ate at a beach, and a couple of us did a little clean-up of the area throwing as much refuse as we could fit in our now empty lunch bags. **Participants:** Diane Dintruff, Ginny Fauci, Judy Mage, Harry Newton, Terry Niebuhr, Eleanor Shortle, Sharon Trzcinski, and the leader. (8)

Sept. 26-28 Adirondac Loj Pete McGinnis

Seven hearty souls stayed at the Loj Friday and Saturday evening having delicious breakfasts and dinners each day. The rain held off despite forecasts of 70% chance: Phelps on Saturday, no views of High Peaks but the foliage was great (Catrine went out to Wallface Pond) and Mt. Jo on Sunday. The camaraderie was highlighted by our Happy Hour in the Loft on Friday evening and by Heart Lake on Saturday evening. Another highlight: hike leader's swim in Heart Lake. **Participants:** Lalita Malik, Pete Schwarz and Sue, Catrine Moore, Anna Plichta, and Brenda Harding and the leader. (7)

Sept. 27 Manitoga Michele VanHoesen

Cancelled due to wet conditions, heavy fog, and we were expecting another inch of rain with a flood watch that didn't really happen. Seventeen people signed up!

Sept. 28 Slide Mountain Jean-Claude Fouere

On this early autumn day, seven of us hiked to Slide Mountain, the highest peak of the Catskills and highest point in Ulster County. The hike was sponsored by the HudsonValley2008Ramble (www.hudsonrivervalley.com) and was also made part on the Grand Walkabout (www.grandwalkabout.com) in commemoration of the Hudson 2009 Quadricentennial celebration. While at the trailhead, we had the good fortune to enroll in the outing one fellow hiker who demonstrated professional photography

FALL OUTINGS LOG *(continued)*

skills. In summary, another great hike in the Catskills with very congenial hikers. **Participants:** Vera Hanrahan, Ognian Doytchinov, Mark Castiglione, Judith Wolker, Janine Arholoiu, Dirk Wolker and the leader. (7)

Sept. 28 Constitution Marsh Russ Faller

As Hurricane Kyle raced towards Maine, our weather was stagnant with clouds and the promise of rain, which never seemed to materialize. So we went into Constitution Marsh anyway. Just before we reached the falls, it started to rain. By the time we reached the Audubon Museum, the rain had slowed. It stopped by the time we finished lunch. Despite the wetness, it was a nice day in the marsh. **Participants** were Salley Decker & Janice Dunham (ADK), Elsie Rattenburg (ADK guest), Gina O'Keefe, Ed & Bonnie Strachar & Tom Trevor (AMC) and Marcus Simons, Nancy Jeffrey, Elizabeth Colnaghi & Tim Mulligan (Hudson Valley Ramble) and the leader. (12)

Oct. 2 HIKE in 3 STATES Salley Decker

The day started out as cloudy with rain showers, but the HIKE in 3 STATES turned out to be quite pleasant. We started hiking in Massachusetts and did some rock scrambling up Round Mountain. The views from the top made the scrambling worthwhile. Another scramble up Mt. Frissell provided more views. We all signed the slightly soggy log book for the HIGHEST POINT in CT before moving on to the actual state line marker for MA/CT. The next stop was at the TRI-STATE MARKER (where only MA and NY are inscribed on the granite post). We continued on to the junction of the South Taconic Trail where we had a lunch break to enjoy more views. At this point, we had hiked just 2.2 miles in about two hours. Of course, we had some moderate rock scrambling and made several stops along the way. Continuing south on the South Taconic Trail, we climbed to the summit of Brace Mt., the highest point in Dutchess County. We enjoyed wide-ranging views of three states, four counties in NY, one county in CT, and one county in MA, as well as Mt. Greylock, the highest mountain in the state of Massachusetts. Good views of the Catskill Mountains were also enjoyed. The walk from Brace Mt. down to the road was by jeep trail. Numerous photos of the group were taken by Al Poelzl! Everyone agreed that we must return when the mountain laurel is in bloom. This moderate hike is only about six miles long but could be lengthened by a side trip to South Brace Mountain. **Participants** included Lorraine Dellheim, Al Poelzl, Lalita Malik, Barbara Horne, Ginny Fauci, Kathi Wise, David Wise, Becky Dadazio (guest), and the leader. (9)

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Oct 4 Ferncliff Forest Sue Mackson

To extend our enjoyment of the clear, warm autumn day after all the good food and fine words at the membership picnic, Anna Plichta, Ginny Fauci, Ollie Simpson, Kathryn Paulson, Al Poelzl, Bill & Judy, Rich Andrew, Barbara Horne, Gwen Cardarelli, Salley Decker, Syde Kurtin, Beth Willis, Ken Goldfarb, Jack Economou, Cindy Seneca, Ellie Shortle, Elizabeth Fitzgerald and Andrew Saum drove up to Ferncliff Forest, a small preserve in the middle of Rhinebeck Village, for a short walk to its newly refurbished fire tower. Several folks stayed to take turns climbing to the top for the reportedly wonderful views, while others, following the lead of those in the know, took the long way back, encountering a stunningly orange sulfur mushroom and some friendly campers on the route back. **Participants:** See text. (20)

Oct. 4 Norrie Point Michele VanHoesen

It was a beautiful walk along the Hudson with a cold fall snap in the air. Much less boat traffic on the river. Some of the trail is eroding into the river. We enjoyed views of the Esopus lighthouse with a clear view of the Catskills. We walked halfway up toward Mills Mansion then across the lawn and to the carriage road where we passed three abandoned houses in the woods. There was also a large hanging beehive over the trail. Most people had fun just socializing. **Participants:** William Smith, P. Carole Marsh, Sue Mackson and the leader. (4)

Oct. 4 Hudson R. at Staatsburg Russ Faller Morning Paddle

It was a brisk morning, but once out on the river and in the sun, we warmed up. We paddled up the eastern bank, past the Mills Mansion and into Vanderburg Cove. It was filled with birds. It was a beautiful morning on the river as we paddled back to the gazebo in Staatsburg. As we neared the gazebo, we could see the smoke of the MH-ADK annual picnic/meeting and got a whiff of the burgers on the grill. We were ready to eat!

Participants were Stan Augie, Joan Billows, Lois Pan and the leader. (4)

Oct. 4 Hudson R. at Staatsburg Russ Faller Afternoon Paddle

We paddled, from the gazebo in Staatsburg, south to Esopus Island. We landed and walked to the southern end of the island, where we waved to the passengers on a Rip Van Winkle tourboat. Returning to the northern end, we did a litter pickup. On our way back to the gazebo, we took a side trip up Indian Kill. **Participants** were Judy Mage, Joan Billows, Clyde Clounie and the leader. (4)

Oct. 9 Tivoli Bays Shari Aber

On a spectacular Indian summer day, four of us launched from the unfriendly DEC launch site on Kidd Road, two from the Tivoli launch on the Hudson River.

FALL OUTINGS LOG *(continued)*

The four paddled out of the bay and north on the Hudson to meet up with the others. From there, since the river was relatively calm, we continued south around Cruger Island startling an eagle as we entered South Bay, which was just filled with flocks of migrating birds: swans, ducks, geese, sandpipers, and solitary herons and egrets. We lunched at a beach on Cruger Island and headed back, dipping into North Bay, which we were unable to paddle through, since the tide had receded. We returned to the Hudson River paddling north and all taking out in Tivoli. **Participants:** Diane Dintruff, Carole Marsh, Terry Niebuhr, Kate Oldehoff, Ellie Shortle and the leader. (6)

Oct.11 Brace Mountain, Taconic Range

On this picture perfect Autumn day, five of us hiked the Robert Brook and South Taconic trails to Brace and South Brace Mountains, enjoying the most beautiful palette of Fall colors and a spectacular view of the Hudson Valley with the Catskill Mountains in the background. This hike was part of the Grand Walkabout (www.grandwalkabout.com) in commemoration of the Hudson 2009 Quadricentennial celebration. We met several other small groups of hikers on the trail but kept wondering why many more people were not enjoying such a beautiful day in the outdoors.



Pictured above (left to right) are Sue Mackson, Al DeMaria, Georgette Weir, Jean-Claude Fouéré, and Al Poelzl on their lunch break at Brace Mountain summit

Oct. 11-13 AT Near VT/NH Border Russ Faller

Backpack was aborted when leader fractured his ankle mid-morning of the first day. No Mid-Hudson ADKers participated in this trip. **Participants** were Laura Malkin, Rob Santore, Kim Tatarsky (all AMC) and the leader. (4)

Oct. 18 Lower Wappingers Creek Michele VanHoesen

The paddle was beautiful as the colors of the trees have just started to change. There were many birds such as ducks, cormorants, herons and egrets. We paddled under the bridge into the Hudson where the river looked choppy from the wind. Paddling toward the New Hamberg marina there is a small island with a luxury home on it which made us jealous. We then paddled back up the river to the old bleauby and saw the Wappingers Falls power generator and were actually at the bottom of the falls looking up. It might be nice to try this

paddle in the spring, too. **Participants:** Stan Augie, Ellie Shortle, Ken Walton, Rudy Lapar, Betsy Nickerson, Dave Webber and the leader. (7)

Oct. 25 Bald Mountain Pete McGinnis

On an overcast day that turned to rain we hiked to Bald Mt. in Harriman Park. Starting from 9-W we took the red trail over Dunderberg Mt., crossing the old Bockberg Road and came back on the blue Timp Torn trail by way of the 1777 Military Road trail. Excellent views of the Hudson and foliage - before the rain! 5 participants.

Oct. 26 Black Creek Preserve Nancy Keenan-Rich

Lovely day, great people, peaceful views of the river. **Participants:** Howard and Pamela Spike, the leader and four others (7).

Oct. 30 AT from 17A to Lakes Road Ginny Fauci & Lalita Malik

After leaving a car at Lakes Road, (Greenwood Lake), we drove up 17A, left the other car, and began hiking the AT. Trevor, Shari Aber's delightful dog, often led the way. Most of the ascent was gradual, but we encountered two scrambles (both of which had bypasses): one an outcrop of Puddingstone conglomerate rock, which had superb south and east views, and the second, Cat Rocks, which had 360° views. Trevor needed a bit of assistance climbing this one, and we opted to lunch here. After about three miles, we intersected the Highlands Trail, but chose not to take it, so we continued downhill on the AT to Lakes Road and headed to Fitzgerald Falls, a 25 foot waterfall in a rocky cleft. After returning to our cars, we enjoyed fabulous homemade ice cream at Bellvale Farms Creamery and then visited the nearby hawk-watch observation platform with its panoramic views. Sadly, this was Ruth Yates last hike with us as she and her husband will be leaving during the first week of November, stopping in England before heading to their new home in Malaysia. We wish them well. **Participants:** Shari Aber (and her dog, Trevor), Beth Willis, Ruth Yates and the leaders. (5+1)

Nov. 1 Storm King -Crows Nest Al DeMaria

Balmy temperatures. From Route 9W, hiked Bobcat Trail, Stillman Trail, down to Route 218 at Stillman Spring, then uphill into the Clove, and to top of Storm King Mountain, with its wonderful view of Breakneck, Bannerman's Island, and Newburgh. Then down into the Clove again, and back up to cars. **Participants:** Jeff Dowley, Ton Amisson, Scot Jacoby, Judy Mage, Pete McGinnis, John Schimmel, Chris Novell, Bill Smith, Bon Whelan, Karen Whelan, Chris Cutler, Louis Ruidisch, Gay Barton and the leader (14).

Nov. 1 Locust Grove Ellen Zelig

It couldn't have been a more perfect fall day. Colorful leaves everywhere including the ground. Even the Hudson River was calm, and the only sound was a train passing by. Six of us had a leisurely walk behind the Samuel Morse House for about 1 ½ hours, enjoying each others company. **Participants:** Mary Williamson, Judy Moulin, Sue ???, Georgette Weir, Sarah Merser and the leader. (6)

FALL OUTINGS LOG *(continued)*

Nov. 6 High Peter's Kill Ginny Fauci & Minnewaska Lalita Malik

After setting up a shuttle car at Mohonk's Coxing trailhead, five hikers & Trevor started out from Peter's Kill parking area towards Peter's Kill stream which we then followed until we met up with High Peter's Kill trail. We climbed over rocks laden with wet leaves until we reached the ridge area when we stopped for lunch before heading down the other side. It was an unseasonably warm, overcast day and the views from the ridge were of still colorful, although fading, trees. It was another nice day for hiking. **Participants:** Barbara Horne, Shari Aber & Trevor, Rosealice D'Avanzo and the leaders. (5)

Nov. 8 AT Route 22 Ollie Simpson to Cat Rocks

Clydesdale and the seven beauties (see participants) hiked in the wet, fog and rain. The hike took some out of their comfort zone (e.g. climbing the rock outcropping between Dover Oak and Telephone Pioneers Shelter.) Cat Rocks, surrounded by fog, offered a unique perspective – gray background to the landscape. **Participants:** Sue Mackson, Beth Willis, Syde Kopstein, Carol Gray, Jill Abrahamsen, Clyde Clooney, Kathryn Paulsen and the leader. (8)



Nov. 9 Schunemunk Mtn. Georgette Weir

Nine hikers bagged Orange County's high peak—Schunemunk Mountain at 1664 feet—on a sunny, November day. A deep cushion of wet leaves made for sometimes slippery conditions, but the leaders were pleased not to have to leave anyone behind. Afterwards, seven of the group headed to a winery at the base of the mountain for a little pick-me-up wine tasting and a shared bottle, cheese, and some freshly smoked venison sausage brought by the brother of one leader, all to live music provided by a duo of guitar and voice. This was the third Mid-Hudson High Peak bagged in a hike series of four scheduled for this autumn. Joining hike leaders Georgette Weir and Jean-Claude Fouere were Judith and Dirk Wolter, Catrine Moore and her son Gino Platania, Jeff Kaplan and his daughter Heather Kaplan, and Lalita Malik (9)



Pictured above are Clydesdale and the Seven Beauties! (Photo by Anonymous Hiker passing by and Submitted by Kathryn Paulsen)

Nov. 8-9 Mt. Graylock, MA Barry Skura

Participants: Purnell Lancaster, Matthew Shea, Sophia Kim, Phil Heffernan, and the leader. (5)

Nov. 15 Shawangunks Alvin DeMaria

Forecast was rain. We started up at Duck Pond Trailhead, but heavy rain caught us on way to Eagle Cliff. We retreated back to cars; out two hours. Dried off in Muddy Cup (New Paltz) with coffee and pastries. **Participants:** Pete McGinnis, Hank Jenkins, and the leader

Nov. 16 Schunemunk Barry Skura

Participants: Alison Jewett, Mary Matthews, Judith Murphy, nine illegible and the leader. (13)

Nov. 22 Schunemunk John Kolp

Participants: Robert Bloomer, Joyce Depew, Mary Matthews and the leader. (4)

Nov. 30 Harriman State Park Russ Faller

Cancelled due to leader's broken ankle.

Nov. 20 Millbrook Mountain Ginny Fauci

On a crisp November day, three hardy hikers and one dog, started out on the carriage way around Lake Minnewaska until we reached the turn off for Millbrook Mountain Trail. As we started up the trail, we found sections of hard ice that we had to work our way around. The sun was shining on the long icicles hanging down from the cliffs above us; it was a very pretty sight. The trail was clear most of the way until we crossed the stream at which point we found ourselves walking up a very wet, but not icy, trail. We did have to watch out for the wet leaves. We had lunch on Millbrook Mountain with gorgeous views, no wind and sun. We made a full loop of it by walking back on the Millbrook Carriage Way. Another great hiking day! **Participants:** Shari Aber and Trevor, Barbara Horne and the leader (3+1).

Additional Outing Submission

Feb 20-22 Winter Recreation Weekend at Graymoor Nature – Recreation – Education: cross-country skiing and ice skating. Leader: Skip Doyle skipnewyork@yahoo.com

Situated on the Appalachian Trail near Bear Mountain, the Graymoor ecumenical center is a place close to nature. Weekend activities include cross-country skiing at nearby Fahnestock Park for both beginner and experienced skiers, ice skating, and perhaps a snowman or sleigh ride. Moderate hiking if no snow. Evenings will offer time for conferences and meditation. Orientation Friday night at 7:30, dinner at 6:00 for early arrivals, and a conservation presentation afterwards. Weekend activities including 6 meals and 2 nights are \$175 for a single room, and \$125 if sharing a double room. To register for the weekend activities contact the leader. After registering for the activities, rooms should be booked through the Graymoor Spiritual Life Center at (845)424-2111.

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PLANNING A TRIP TO THE ADIRONDACKS SUMMER 2009

Interested in an overnight trip to take day hikes in the southern Adirondacks? I would like to plan a trip for 2-3 nights in the vicinity of Lake George (not the village). There are numerous small mountains to hike, and great views. (These are not 4000' mountains!) Suggestions for hikes are encouraged! Other possibilities include paddling and a scenic boat trip on Lake George, as well as a stop at ADK headquarters.

If there is sufficient interest in such a trip, I'll obtain information on lodging options (motel, housekeeping cottage, cabins). What I need to know is whether there is interest in a long weekend trip or a trip during the week (possibly Sunday through Wednesday or whatever works best). If we plan a weekday trip, we might be able to get better rates. Having a place to cook some meals would be ideal. Suggestions for planning this trip would be appreciated. This includes trip dates, as well as possible lodging locations. The trip will not be scheduled to conflict with PADDLE FEST nor will it be held between July 10th and early August. I will not schedule it for a holiday weekend. I'll work on obtaining information in the hope that there are others who share my interest. A future trip-planning meeting is also possible. Let's plan a get-a-way!

Contact **Salley Decker** at 845-454-4206 or sadecker2002@yahoo.com

WELCOME, NEW MEMBERS!



*Karen Rhodes
Stephanie Hayano
Andrea Straus
Tom and Sharon Galvin
Marie Lewis
Joseph Diorio
Buzz and Cecilla Solomon
Scott Greene*

*Allison Cappella
Patti Lewis and Family
Bruce Justusson
Patrick and Shannon Brady
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Weekend Day Hiking Section: Jan. 30 - Feb. 2

Weekend Backpacking Section: Jan. 30 - Feb. 2

Combo Section (Day Hikes & 3-night Backpack): Jan. 30 - Feb. 5

For more info: 518-523-3441 or www.winterschool.org



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WINTER 2009 PROGRAMS/EVENTS

(See also Outings Schedule on pp. 3-5 and watch for the designation, HHO (Henry Hudson Quadricentennial) Outings

Fri-Mon Jan 16-19 Weitzel Cabin Outing Weekend in the Adirondack High Peak Varying levels and Activities
Leader Pete McGinnis at 845-454-4428 or pmcgin1@aol.com. ***Martin Luther King Weekend*** To reserve a spot for the Weitzel Trail Cabin near Lake Placid, send your check as soon as possible to: Pete McGinnis, 515 Haight Avenue, Poughkeepsie 12603; E-mail any questions to pmcgin1@aol.com. Your check is your reservation. The cost is 67.50 per person for the 3 nights. There are four rooms with 2 bunk beds in each room; separate bathroom facilities for men/women; kitchen and living room. It's conveniently located to the parking lot and trails for all levels of hiking, snow showing and cross country skiing and...we may have a group meal on Sat evening. Please join us!

Tues Feb 10 Chapter Meeting Topic: Photography Show: Nature in Winter Presenter: Al Poelzl Rockefeller Hall, Vassar College 7 pm** MHADK member Al Poelzl is a member of the Mid-Hudson Photography Club as well as our own ADK Chapter. His curiosity about nature started with hatching out caterpillars in a tree growing in his New York City backyard. Decades later, he has developed great familiarity with local flora and fauna. Al uses various photographic techniques like double exposures, magnification and unique angles to capture the landscape and wild life. Fearless, he gets right up close to his subjects (too close for some of us!) Join us for Al's photographic presentation of *Winter*.

Tues Mar 10 Chapter Meeting Topic: Outfitting the Outdoors Person via Eastern Mountain Sports! Location of meeting yet to be determined. Check weekly e-mail updates and chapter website in early March. If you're not on the weekly e-mail list, e-mail Sue Mackson at susie6@yahoo.com with a message that you want to be included.

*****Chapter meetings are held in Rockefeller Hall at Vassar College on Raymond Avenue, Poughkeepsie. Upon passing through the Vassar Main Gate, RH is the huge brick building directly to your left over a large expanse of lawn. Park along Entrance Drive There will be yellow ADK signs and greeters to direct you once inside the building. Night parking in the campus is well-lit and safe.***