



Mid-Hudson TRAILS

News and Activities
of the
Mid-Hudson Chapter
of the
Adirondack Mountain Club
www.midhudsonadk.org

Winter 2012
January - March



Students from the YouthBuild program of Nubien Directions, Inc., based in Poughkeepsie, experience the exhilaration (and probably, the exhaustion!) of reaching the top of Mt. Beacon. This Fall 2011 outing was the first of many the Mid-Hudson Chapter plans to conduct with the YouthBuild Mental Toughness Orientation of Nubien Directions. See overview below, written by Mario Johnson, YouthBuild & AmeriCorps Program Coordinator, and page 8 for the two entries dated Nov 9. The two entries in the Outings Log are first hand experience write ups by two of the young people who made it up and back, YouthBuild/AmeriCorps members, Shatai McNeil and Natasha Johnson.

Nubian Directions II, Inc. (NDI) Community Technology Resource Center is a tax-exempt 501c (3) community service organization. NDI works to enhance and improve the lives of low-income youth and families, and provides technology support and training for community service organizations and businesses.

Nubian Directions, founded in 1994 by Robert Wright and Sarah Moore, promotes community development in economically distressed neighborhoods in the City of Poughkeepsie. NDI's mission is to provide technology training, work readiness training and education support services for youth and adults to enhance workforce skills.

NDI operates YouthBuild, a national program for low-income out-of-school youths ages 16 – 24. YouthBuild participants receive on-going GED prep and training in the housing construction trades – carpentry and plumbing, one-on-one mentoring, and job/soft (work readiness) skills development and leadership skills development.

By working with ADK, our students will be able to expand and explore their outside environment while challenging themselves to overcome “mountains” in life, and find the correct “path” to personal success. We are excited that ADK will be able to assist us in providing those physical, mental, and leadership development opportunities for our YouthBuild/AmeriCorps members. It is our volunteer goal and plan to work alongside Mid-Hudson ADK chapter members on conservation and preservation projects.

CHECK OUT THE DEC SUMMER CAMP SCHOLARSHIP INFORMATION ON PAGE 4. OPEN TO YOUTH 11-17 WHO ARE CONNECTED IN SOME WAY WITH ADK. Parents, grandparents, adult friends, counselors: TAKE NOTE OF THE WEBSITE: <http://www.dec.ny.gov/education/29/html>

VOLUNTEER OPPORTUNITIES

ADK Volunteers are Always Needed and Greatly Appreciated, and Will be Held in High Esteem by Present and Future Generations!

- **Trail Maintenance:** Join other ADKer's in maintaining our chapter's adopted trails. This is a great family activity, takes no special skill, is great exercise, is a wonderful way to meet new people, gets the blood rushing and the endorphins flying, and makes a real difference to walkers and hikers and every person who treasures time on the trails! See *Chapter Trail Projects* listed on pp 3-4.
- Consider filling any of the **Executive Committee** positions, listed at right, each of which is up for change this coming Fall 2012. See chapter website, (www.midhudsonadk.org) for responsibilities of each, and then contact any member of the Nominating Committee: Lalita Malik at 845-592-0204 or lalitamalik@aol.com, Pete McGinnis at pmcgin1@aol.com, or Ginny Fauci at 845-399-2170 or vfaucil@hvc.rr.com
- Consider filling the position of **Conservation Chair**, which involves providing chapter members with the information they need to be informed on relevant topics, leading chapter participation in local conservation efforts, and partnering with local conservation groups and our own Club ADK, in addressing local, state, or national issues. See the job description on our website, as above, and contact Acting Conservation Chair, Jean-Claude Fouere, at jcfouere@gmail.com or 845-462-0142 if you have questions.
- And...**Trails Chair**, which involves coordinating maintenance and development efforts on our several trail projects, as presented on pages 3-4, and partnering with local trail groups, as well as Club ADK's Trail Committee, on issues of local and statewide significance.
- Consider joining any one of the committees listed to the right. No contribution, especially one of time, is too small! An hour 'manning' a chapter table at an outdoor fair, making or buying cookies for a chapter gathering. Each of us giving a small bit can effect some real change!

Charyl Pollard, long-time ADK and Sierra Club member, passed away on November 8th, 2011. Charyl was an avid supporter of ADK, and of our chapter, in particular, and we want to express our Deepest sympathy to her husband of 46 years, Ralph, our chapter's Treasurer and friend to so many, their two Daughters, Sarah and Susan, their grandchildren, and the entire family. Everyone who knew Charyl knows what a special person she was and agrees That she will be sorely missed. Charyl's family asked that in lieu of flowers for the Memorial service, held on November 18th, donations Be made to the Poughkeepsie Public Library, care of: Adriance Memorial Library, 93 Market St., Poughkeepsie, NY 12601

**Mid-Hudson Chapter
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www.midhudsonadk.org**

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Stay Connected Via These Websites

www.adk.org (ADK Club)
www.midhudsonadk.org
(MidHudson Chapter)
www.nynjtc.org (New York/New Jersey
Trail Conference)

**ADK ACTION ALERT:
DEC'S HYDRAULIC FRACTURING PLAN**

Input Deadline: January 12, 2012 Gas drilling using high-volume hydraulic fracturing (HVHF) would put at risk more than 1 million acres of publicly owned land from the Catskills to Lake Erie, and is therefore the subject of a major lobbying effort by ADK. The DEC has developed a plan, available for view at www.dec.ny.gov, to address the issues involved, and ADKer's are encouraged to express their opinions on the plan by the deadline for input, January 12, 2012. Included in this column is a sample letter, shared for the convenience of our members.

Please note that opinions may be expressed by two methods only:

- Electronic submission using a [web-based comment form](#) available on DEC's website (preferred method); or
- Paper submission mailed or delivered to: Attn: dSGEIS Comments, New York State Department of Environmental Conservation, 625 Broadway, Albany, NY 12233-6510. Please include the name, address, and affiliation (if any) of the commenter.
- Due to the expected volume, comments that are faxed, telephoned, or emailed to the DEC will not be accepted for the official record. This is to ensure that all comments are captured properly and can be included during the review process. Please use DEC's [web-based comment form](#) to provide your input.

What Should You Say to DEC? (a suggestion follows)

Dear Commissioner Martens,
As a member of the Adirondack Mountain Club (ADK), I am writing to express my concerns about gas drilling using high-volume hydraulic fracturing (HVHF). Please include the following in the final plan:

- Prohibit fracking on all state parks, state forests and wildlife management areas.
- Do not lease the oil and gas rights under state parks and DEC-managed public lands.
- Prohibit gas pipeline networks, pipeline access roads or compressor stations on state lands.
- All HVHF drilling back flow or wastewater should be stored in a closed-loop steel tank system. Open HVHF lagoons or wastewater surface impoundments should be prohibited.
- DEC regulations must require the HVHF driller to disclose the chemical composition, of all fracking fluids. DEC regulations must require the drill permit applicant to submit a wastewater treatment plan that addresses all contaminants in the produced wastewater.

Thank you for allowing me to comment.

(Name) -----

(Affiliation: Mid-Hudson Chapter, Adirondack Mountain Club

**MHADK HAS A COMMITMENT
TO THE APPALACHIAN TRAIL:
MAINTAINERS NEEDED!**

Quite a number of years ago, the MH chapter of the ADK accepted responsibility for maintaining a portion of the Appalachian Trail in Dutchess County. In the past, Jane Geisler coordinated the maintenance of the AT from County Route 20 (Dover Oak Tree) east to Hoyt Road near the NY/CT border. Several sections of this area have been assigned to individuals, but our Mid-Hudson chapter is responsible as a whole for making sure that the Trail is in good condition for hikers and backpackers.

We need to schedule some work trips in the spring to remove blow downs, clip vegetation, clean water-bars, and paint blazes where necessary. The effort required to do "trail work" is not all that strenuous, and maintaining the AT can be quite enjoyable. Let's take care of this wonderful resource which we are fortunate to have right in our own back yard....the Appalachian Trail!

Training, in the form of a one-day class/workshop, Trail Maintenance 101, will be offered by the New York/New Jersey Trail Conference, ideally, on a Saturday in April, 2012. The scheduling will be determined, however, by volunteer interest. SO.....I would like to hear from anyone who is interested in participating in this volunteer effort. Contact me, as below, with questions and to express your interest in helping. If you would like to attend a "Maintenance 101" class, be sure to tell me! **Contact: Salley Decker at 845-454-4206 or sadecker2002@yahoo.com.**

ONGOING TRAIL PROJECTS

The Long Path Section Connecting Sam's Point to Minnewaska is the chapter's newest adopted trail and is also in need of maintainers. There have been several trips under the auspices of the NYNJ Trail Conference relocating and improving the previously unmarked Mine Hole Trail in Minnewaska State Park. The work we do on this trail will be particularly appreciated by all hikers, as its completion will eliminate many miles of road walking from the Gunk's to the Catskill's. The contact person for this project is Lalita Malik at lalitamalik@aol.com or 845-592-0204.

The Millbrook Ridge Trail, and the Beaver Meadows lean-to in the Western Catskills, have been maintained by our chapter for many years. Both are part of the Finger Lakes Trail and are managed by the Finger Lakes Trail Conference. MHADK's Project Manager coordinating work parties is Frank Dogil, who can be reached at frankd66@gmail.com This trail and lean-to, like all our chapter trail projects, need maintainers, so send Frank a note and get on his list!

(See additional Trail Projects on page 4)

The Locust Grove Trails Project involves MHADK's commitment to help make repairs on the trails of this beautiful not-for-profit museum, education center and nature preserve located on Route 9 in the Town of Poughkeepsie. We remove



Pictured above are some of the 10-person work crew that Bill recruited for a Nov. 19 clean-up of Locust Grove. Recent storms had wrecked havoc on the trails.

brush, invasive plants, and downed limbs and do anything else needed to keep the trails clear for the use of local residents and visitors. If you aren't familiar with the lovely property and trails at Locust Grove, treat yourself to a walk around the grounds.

The site is a real treasure! Bill Beehler, Project Coordinator, can be reached at WVBeehler@aol.com.


Chapter Member, Salley Decker, Recognized for Work on the Appalachian Trail

In July 2011, MHADK member Salley Decker received the Silver Award from the Appalachian National Scenic Trail for 25 years of volunteer service. Salley is also an active member of the Hyde Park Trails Committee and the New York New Jersey Trail Conference. Her knowledge and experience make her an invaluable member of our local Mid-Hudson Chapter! **Congratulations, Salley!**




Chapter Responds to Storm Disaster

Trail Maintainers and financial support were offered to Club ADK and the New York/New Jersey Trail Conference and local sites in an effort to provide emergency trail maintenance following the Fall 2011 storms. Much was accomplished by chapter members. Way to Go!




Ellen Zelig, CRS, GRI
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HIKING GUIDELINES

- Check out the Ten Essentials***
- Notify leader of your intent to join an outing.
- Be at designated meeting place on time.
- Wear sturdy footwear, for season & type of outing.
- Be equipped with water, lunch, snacks, and rain gear

To bring a dog, call leader to get permission, bring a leash, be able to control dog and be responsible for its needs, especially water.

Car Pooling (encouraged) will include \$.20/mile + tolls and parking fees to be equally divided among the non-driving participants.

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

Hike Ratings

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

PADDLE OUTING REQUIREMENTS

- PFD (Personal Flotation Device) must be worn on the water.
- On "Big Water" trips, such as those on the Hudson River (see exceptions below), Long Island Sound, and Lake George, the minimum boat length is 13.5 ft and boats must have dual bulkheads or flotations, unless the boat is a sit-on-top kayak.

Note Hudson River Exceptions: These 'Big Water' requirements do not apply to trips into Constitution Marsh or other areas where travel on the Hudson is minimal.

GUESTS are welcome to join two outings and if desiring to participate on a regular basis after that, we encourage them to help in supporting Mid-Hudson ADK by becoming members.

DEC Summer 2012 Camp Scholarship Grants Available through MHADK

The Mid-Hudson Chapter of ADK will sponsor two youth, ages 11-17, for one-week sessions at one of the NYS Department of Environmental Conservation summer camps. The grants, which will cover the \$350 cost of camp attendance for each week, are open to youth affiliated in some way with the Mid-Hudson Chapter and will provide campers with the opportunity to experience a balance of environmental education and outdoor fun. Games, lessons and hands-on activities teach kids about forests, water quality and other aspects of nature. Swimming, hiking, backpacking and canoeing are on the agenda, too, as campers learn new outdoor skills. A goal is for campers to come away with a life-long passion for nature and a dedication to stewardship of our natural resources.

Detailed information about the DEC Environmental Education camps, including a PowerPoint presentation, dates and locations of the various sessions, the application process,

WINTER OUTINGS SCHEDULE

OUTINGS INTEREST GROUPS

Mid-Hudson Chapter Members: Stay Connected!
Receive Weekly Updates of All Chapter Activities
Email Chapter Database Chair, Eli Cohen, at
Ebc12533@yahoo.com
with "Join MHADK Email List" on the subject line

New Offering: Wednesday Meet-Up Walks Here's a chance to get out when the weather cooperates. On occasional Wednesdays during the winter months, when the weather is suitable, Nancy Keenan-Rich will lead short walks centered around Poughkeepsie and environs. Details will be available through the weekly e-mails the Monday prior, or reach Nancy at 845-452-1727.

Mid-Week Hikes Every Thursday chapter hiking leaders offer 3-6 hour hikes of varying difficulty to different areas of the Mid Hudson Valley. Hikes may be followed by a stop for refreshments. **Leaders: Ginny Fauci, 845-399-2170, vfaucci@hvc.rr.com or Lalita Malik, LalitaMalik@aol.com, 845-592-0204.** To learn about the upcoming hike get on the email list, as above.

Leisurely 4th Tuesday of the Month Walks and hikes that are shorter and more leisurely in pace than the Thursday group currently offers. We will cover familiar and unfamiliar territory. **Contact: Sue Mackson at 845-471-9892 or susiem6@juno.com, or the leader, for information. To learn about the upcoming hikes get on the email list, as above (or below!) Jan 24, Feb 28, Mar 27**

NOTE: ADK Members should join the MEMBERS ONLY EMAIL LIST, for the Tuesday, Wednesday, and Thursday hikes described above. To join this email list, contact Eli Cohen at ebc12533@yahoo.com with "Join Mid-Week Hikers email list" as the subject. Upcoming walks and hikes may also be viewed at <http://groups.google.com/group/mid-week-hikers?lnk=src>

CROSS COUNTRY SKIING: GET ON THE LIST NOW!

Quick Response X-C Ski List

(PLEASE NOTE: THIS LIST IS A SERVICE OPEN ONLY TO ADK MEMBERS)

Good snow doesn't last very long around here. That's why you've got to get out and enjoy it right after the storm. If you have the luxury of dropping everything and going out to ski, contact Russ Faller at russoutdoors@yahoo.com to be put on the **Quick Response X-C Ski List**. When there's a good snowstorm, you'll get an e-mail invitation to ski right after the storm ends. This could fall on a weekend or a weekday. If you were on the list last Winter, you're still on the list. If you want off the list, contact Russ.

THINK SNOW!

Sun Jan 1 Wappingers Greenway Trail 4mi. ADK Members Only Level B Leaders: Jean-Claude Fouere and Georgette Weir georgette.weir@gmail.com; 845-462-0142 Start the new year with a hike and a dessert potluck at the leaders' home. We'll hike on the Wappingers Creek Trail, a surprisingly rugged (lots of ups and downs, and possibly some overs of blowdowns), lollipop route from Market Street Industrial Park in Wappingers Falls to New Hamburg, then back. We'll pay our respects at a 19th-century cemetery that overlooks the creek and the Hudson River, and then warm up and socialize over hot cider/tea and potluck desserts. Contact leaders for exact meeting place and time, and car pooling plans.

Sat Jan 7 Nature's Pathways - Halcott Mtn Wild Forest, Catskills 1500 Vert 4+ miles A Leader David Koehler K2David121@gmail.com (preferred) or 917-613-2043

Experience efficient navigation of the wilderness and read the land and sky for direction while traveling off trail using far less energy than what is commonly thought of as bushwhacking. On this journey we will be starting up toward the tailless summit of Halcott Mountain. Our goal is to take natural pathways and also follow tracks left by wild animals and let that take us where it will. Mileage is variable, as well as vertical. Halcott Mtn Friday mountain is typically a 1500' accent and a 4 mile bushwhack, we expect to be in the woods from 10am to approx 3pm on a winter day and will be traveling the animal paths in that area. Hikers Note: Though Halcott is a challenging Catskill 3500' peak that many hikers wish to add to their peak bagging list, we can't say for sure we'll summit, as nature's journey is the goal.

Sat Jan 7 Vanderbilt Mansion Walk Leader: Beth Willis 845-373-8202, bethwillis@optonline.net

Enjoy a short but sweet Saturday afternoon hike with great Hudson River views on January 7th at the Vanderbilt Mansion. Start time 1:00 pm. Wear sturdy hiking boots and bring traction devices, such as microspikes, if there is ice and snow. Bring plenty of water. Contact leader to register. **Please leave a phone number where you can be reached.**

Fri Jan 13 – Mon Jan 16 Adirondacks Winter Training for Hikers & Backcountry Skiers Leader Barry Skura at 914-779-0936; Barry.Skura@gmail.com

Spend MLK weekend at a motel "base camp" in Saranac Lake in the Northern Adirondacks. Learn to enjoy the mountains in the winter. Each day, have a choice of instructional hikes and backcountry ski trips. Register via e mail to leader indicating your hike and backpack experience and that you are an ADK member. Joint with AMC

Sat Jan 14 Wallkill Rail Trail Leader Brian Sullivan (845-594-9545); Call before 9 PM Hike (Walk) part of the Wallkill Rail Trail in New Paltz. We will be seeing the Wallkill River and the Gunk's. Bad road conditions may cancel the trip. Meeting Time & Place: 9:15 at Trailways Bus Station, Main St, New Paltz. Leader will be on the 8:45 bus from Kingston. We can walk to the rail trail from the bus station.

WINTER OUTINGS SCHEDULE (continued)

Jan 21 Bashakill Wetlands Area B/A

Leader: Pete McGinnis at 845-454-4428; pmcgin1@aol.com Hike, snowshoe, or cross country ski depending on conditions & participants' choice. Contact leader for meeting details.

Sun Jan 22 Go to the Snow X-C Ski (or hike if no snow)

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

Location will depend on where the good snow is. It could be a backcountry (ungroomed) location or a nordic ski center, but it'll be within a reasonable drive from Poughkeepsie and on an intermediate level. Bring lunch, water and dress for the weather. Contact leader for final plan.

Sun Jan 22 No Blazes - No Snowshoes. 10 miles

off trail in Harriman in whatever weather we are dealt. Leader & Contact Skip Doyle skipnewyork@yahoo.com.

Sat Jan 28 Schunemunk 7 m B+

Leader: Al DeMaria 845-255-1704

Climb Jessup to the ridge, then south to Highpoint (1664 ft.) and descend Dark Hollow trail. Approx 1400 ft of climbing. Telephone leader for meeting place and time.

Sun Jan 29 Nuclear Lake in Winter 4 m. C+, B-

Leader: Sue Mackson 845-471-9892, susiem6@juno.com

We'll do an out and back on the AT to this quiet spot which I only know in the warmer months. If it hasn't snowed we will do this hike. If there's been snow, but not too much, we'll get out on the Dutchess County rail trail- either north or south from Titusville Road. In either case, return to the leader's house for soup and hot chocolate.

Sat Feb 4 – Sun Feb 5 Delaware Water Gap Winter Training Backpack Leader: Barry Skura at

914-779-0936 or Barry.Skura@gmail.com.

Great views from AT ridge in the area between Mount Tammany and Cooper Mine/ Camp Mohican. 15 miles. Open to three-season backpackers with necessary equipment. Register via e mail to leader indicating your hike and backpack experience and that you are an ADK member.

Sat Feb 4 Blackhead Catskills 7miles+ A

Leader: David Koehler k2david121@gmail.com

(preferred) or 917-613-2043 From Big Hollow Road we will journey 3 miles ascending 1700 ft to the summit of Blackhead. Depending on winter conditions and the group we may include Blackdome and some other treasures along the way. Blackhead is a peak required to be hiked in the winter for those who are working on their Catskill 3500 peaks. Register with leader.

Sat Feb 11 Go to the Snow X-C Ski (or hike if no snow)

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

Location will depend on where the good snow is. It could be a backcountry (ungroomed) location or a nordic ski center, but it'll be within a reasonable drive from Poughkeepsie and

on an intermediate level. Bring lunch, water and dress for the weather. Contact leader for final plan.

Sun Feb 12 Fahnestock B/A up to group

Leader: Pete McGinnis at 845-454-4428 or pmcgin1@aol.com Hike, snow shoe, or cross country ski depending on conditions and participants' choice. We will gather at the warming hut for refreshments at some point.



Fri Feb 17 - Mon Feb 20 Spend Presidents Day Weekend in the Adirondack High Peaks Varying levels and activities RESERVE NOW. SPACE IS LIMITED.

Leader Pete McGinnis at 845-454-4428, e mail pmcgin1@aol.com

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 \$75 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. Bring food to cook. Pot Luck meal on Sat evening.

Sat Feb 18 - Mon Feb 20 (Presidents Day Weekend) XC skiing at Garnet Hill Ski Center Leader: Barry Skura at 914-779-0936 or Barry.Skura@gmail.com

(about a 4-hour drive from George Washington Bridge). Qualified backcountry skiers have access to Siamese Ponds wilderness. Lodging at moderately priced Lake George motel. Register via e mail to leader indicating your cross country skiing experience, if any, and that you are an ADK member. Contact Leader via email for more info and to register.

Mon Feb 20 Beginner Snowshoe and Cross-Country Skiing Leader & Contact: Skip Doyle skipnewyork@yahoo.com.

One hour clinic at Fahnestock for those brand new to snowshoeing or X-C skiing. Bring your own equipment or rent. Contact leader for meeting details

Sat Feb 25 Fahnestock Park Hiking or Snow Shoeing, depending on snow cover A

Leaders: Jean-Claude Fouéré & Georgette Weir at

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**Tel: (845) 471-5721 Fax: (845) 559-0068
Email: pmcgin1@aol.com**

WINTER OUTINGS SCHEDULE *(continued)*

845-462-0142 or jcfouere@gmail.com A 7-8 mile loop hike in Fahnestock Park will take us through winter wood scenery, snow or no snow, along trails and carriage roads. Contact leaders for meeting place and time, and carpooling information.

Sat Mar 3 Mohonk Preserve B/A
Leader: Pete McGinnis at 845-454-4428. pmcgin1@aol.com
Hike, snow shoe, or cross country ski depending on conditions & participants' choice. One destination: skating rink for R & R. Per person day fee.

Sun Mar 4 Balsam Mt (& possibly Belleayre Mt) LvA
4.5miles/1,700 elevation gain. If Belleayre, additional 4.2 miles (RT) to true Summit

Leaders: Catrine Moore & Gino Platania (son-13)
845-691-2310 or championsupplies@aol.com.
This is a required winter peak to become a 3500 Club member. Snowshoes with good crampons required. We will ascend from Rider Hollow via the Oliverea-Mapledale trail and loop over Balsam Mtn, descending via the Mine Hollow trail. Depending on conditions, time and willingness of group, we will venture up to the true summit of Belleayre at the Belleayre Mtn. Ski area to take in the excellent views. Contact leader to register and make possible car-pooling arrangements.

Sat March 10 Go to the Snow X-C Ski (or hike if no snow)
Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com Location will depend on where the good snow is. It could be a backcountry (ungroomed) location or a nordic ski center, but it'll be within a reasonable drive from Poughkeepsie and on an intermediate level. Bring lunch, water and dress for the weather. Contact leader for final plan.

Sun Mar 11 Afternoon Walk at Locust Grove, Rt.9, Poughkeepsie **Leader: Georgette Weir at 845-462-0142 or georgette.weir@gmail.com.** Easy to moderate couple of miles in Poughkeepsie. Will spring be in the air? Contact leader for meeting time and place.

Sat Mar 17 Harriman Park 8 m B+
Leader: Al DeMaria at 845-255-1704 From Anthony Wayne parking area, hike the Timp Torne ridge to the Timp. Return on the Ramapo-Dunderberg trail and Beechy Bottom Rd. Telephone leader for meeting place and time.

Sun Mar 18 Hudson Highlands Hike B+/A
Leader & Contact: Skip Doyle skipnewyork@yahoo.com
Scrambling before the snakes come out. Extreme scrambling in the Hudson Highlands. Rocks and drama. Contact leader for meeting details.

Sun March 25 Shaunpeneak Ridge Hike, Esopus
Moderate Pace Hike 7 miles
Leader: Michele VanHoesen 845-691-7442 call before 9:30PM, Michelevh8@yahoo.com
Register by 3/22/12. After meeting in the parking lot at 1:00 pm we will hike to view the waterfall and then up the ridge to

a view point of the tree orchard farm below the ridge and the Hudson River in the distance; stopping for lunch & snacks along the way. We will continue around Louisa Pond which contains beavers and other wildlife, stop to look for them, then continue back down the ridge. Bring lunch, snacks, water and wear good hiking shoes. Bad weather Cancels.

Directions: From North: Take Route 9W South into Esopus. Make Right on Old Post Road. (by new firehouse) **From South:** Take Route 9W North into Esopus. Make Left on Old Post Road. (by new firehouse) Lower parking lot is 0.2 miles on right after RR Tracks.

Sat Mar 31 Leisurely Hike at Falling Waters and possibly, Esopus Bend under 6 m B-C+
Leader: Salley Decker at (845) 454-4206 evenings 7:00 PM to 10:00 PM. Contact leader for meeting time and carpool location. Explore Scenic Hudson's newest preserve, "Falling Waters," in Saugerties. If time and weather permit, we will also visit the nearby Esopus Bend Preserve. C+/B- (less than 6 miles). Bring lunch, water, and snacks. Hiking boots recommended. Rain or bad weather cancels.

DEC SUMMER 2012 CAMP SCHOLARSHIPS *(continued from page 4)*

and locations of the various sessions, the application process, and the program's curriculum, are available at <http://www.dec.ny.gov/education/29.html>. After reviewing the extensive information on the website, any questions can be answered by calling Randy Caccia, DEC Environmental Educator III, at 518-402-8029, or Patti Bolton, the camp's registrar, at 518-402-8014.

To receive the \$350 grant from MHADK, the applicant should submit a persuasive statement citing the reasons why s/he should be sponsored. This may include outdoor interests and skills, expectations regarding the camp experience, environmental concerns and/or anything else that might be considered relevant in the decision process. Applicants are encouraged to check out the website before submitting their applications.

Please email the above by January 15, 2012 to:

DEC Camp Project Coordinator, % Peter C McGinnis at Pmcgin1@aol.com.

Applicants Take Note: to receive the MHADK scholarship, applications must be submitted to Pete McGinnis, as above, and NOT THE DEC!

FALL OUTINGS LOG

Oct 9 Locust Grove Marie Caruso

15 hikers plus 2 little dogs started out with the leader; one hiker had to leave early but was soon replaced by another who joined us midway. We enjoyed quite pleasant weather while looping thru almost all the trails at Locust Grove, including the newly acquire portion on the north side. We observed many old growth trees, some interesting mushrooms, and several historic and scenic sites. Participants: William Collier, Michael Nixon, Aimee La Barr, Jeffery Perls, Viviana Perls, John Monahan, Andy Moss, Shirley Ackerman, Beth Willis, Judy Kito, Bill Jacobs, June Finer, Bill Smith, Sharon Slocum, Karen Flaherty, Pam Spike and leader.

Oct 22 Rhinebeck David Kaplan

On a beautiful autumn day 5 of us hiked 2 areas in the Rhinebeck town. Great views, good company made for a pleasant day. Participants: Arlene Kaplan, Jon Rymer, Samantha Ryner, Ann Marie Ryner and leader.

Oct 23 John Burrough Sanctuary Catring Moore & Gino Platania

3 hikers, including the 2 leaders, enjoyed a beautiful autumn morning hike. Trail workers were still toiling on the new trails, so we kept to the already established trails for a nice loop hike through the sanctuary. Leaders, Catrine Moore and Gino Platania, were joined by Judy Reichler.

Nov 5 Manhattan Trip Sue Maxckon

A brisk, bright, sunny fall day in NYC. We covered the following: The WPA mural at the HS for Fashion Industries, the Highline, the Hudson River Park, the World Financial Center, a birds eye view of the World Trade Ctr. Site (where Jim & Mary Temple, and Rick & Beverly Nathan peeled off), Zucotti Park, St. Paul's Chapel, lower Broadway up to Union Square Park (where there is a statue of Gnl George Washington, Madison Square Park where there are statues of Senator Seward, Pres. Chester A. Arthur, General Farragut but no statue of Pres. Madison. Karen Summerlin, Judy Kito and Bill Jacobs rode the Staten Island Ferry, Ellie Shortle, Maggie Atkins, Ollie Simpson and the leader got back to Grand Central Station on foot..Pete & Terry Kaiser walked to Penn Station.

Nov 9 A Mt. Beacon Experience-1 by Shatai McNeil of Nubien Directions

My reaction to Mount Beacon was very scary and exciting. When we first heard that we were going to be climbing Mount Beacon, I was scared and didn't want to do it. Then they told us how there might be bears, snakes, bobcats und etc. When we finally got to Mount Beacon the mountain was very high, it was very steep and there were big huge rocks everywhere. I had to use a stick to help me up the mountain. We had instructors to help us, and to direct us to stay on the right path. Even though the mountan was difficult to climb up, the view at the end was amazing. You were able to see the whole Hudson Valley area, and all the way to the New York City. If we were able to do it again, I would because the view and the climb up. It is breath taking and a GREAT exercise.

Nov 9 A Mt. Beacon Experience-2 by Natasha Johnson of Nubien Directions

I first thought when I got to the mountain I would not like it. I thought that I would give up after the first mile. I thought I would see a lot of snakes, dear, and bob cats. I did not want to go because I am scared of heights, also I thought I was going to break some of my bones. I liked seeing the sights from the top of the mountain. I had fun climbing the mountain with my peers. I liked learning the facts about the mountain from the tour guides because the information was very educational and interesting. I learned that by completing the Mount Beacon exercise and the Mental Toughness exercises I could do anything if I set my mind to it. I am proud of myself for doing so well even though I was scared of heights!

Nov 19 Harriman Park Jean-Claude Fouere and Georgette Weir.

Ten hikers plus one small Pembroke Welsh Corgy dog join in this outing that took us on a perfect hiking weather day to Times Square of Harriman State Park, along the Ramapo-Dunderberg (R-D) to AT, on to Times Square following the Surebridge Mine Road and back to the Seven Lakes Drive along the Long Path. Evidences and remains of several iron mines reminded us of the importance of iron mining in the Hudson Valley region from the mid-17th century till the end of 19th century.

Nov 22 Vanderbilt Mansion Carol Gray

On a rather iffy, damp, day before Thanksgiving, the Tuesday, leisurely walk took place at the Vanderbilt Mansion. Since no one appeared the leader was about to leave when two dedicated hikers drove up. All three were delighted and then proceeded to Bard Rock, an always mesmerizing spot at the River before traveling on the loop trail. An abbreviated detour led us to an invigorating uphill toward the Mansion through bramble, brush and meadows. A quick stop at the Visitors Center provided us with some historical highlights before proceeding to Thanksgiving preparations. Participants: Judy Kito, Bill Jacobs and leader.

***Instructions for Opting-In to Receive
Your Newsletter Electronically
(referenced from page 11)***

**Try it! If you're not happy with the change, we'll switch
you back to snail mail!**

The change can be made 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.

After Opting-IN, you will receive a single email which will contain the ready-to-open and read or download or print any or all pages of the newsletter.

NORDIC BACKCOUNTRY SKI GEAR DISCUSSION by MHADK Member, Ron Gonzalez

Editor's Note: Additional articles by Ron on this subject can be found on our chapter's website, www.midhudsonadk.org. (See link on the home page: X-C Skiing in the Catskills)

A few people have asked me what kind of gear is appropriate for skiing in the Catskill, Adirondack and New England backcountry. That's actually a complicated question, as it really depends on what terrain you want to be able to ski, and what your skiing ability is. I'm going to write up some posts that will show what I've seen people skiing on in the Adirondacks and Vermont, explain what that stuff is, and what its good points and/or bad points are.

Discussion Number One... A Trip Down Memory Lane
You're up in the woods in the Siamese Ponds Wilderness in the Adirondacks, or maybe along one of the tougher ski trails in Vermont, and you're struggling with the steep parts, the roots and rocks, the twists and turns, the trees... Then you see a local couple skiing some really old-fashioned looking gear. You wonder why they don't update that old stuff... but wait a second -- they're skiing really well. Better than YOU! What gives?

First off, they probably get to ski fifty or more times a year. But also, we Northeasterners are not well served by the ski gear companies, and that's a factor too. Fischer, Alpina, et al target their products for where the big money is -- out west. Westerners get lots of powder, they have nice, smooth horse trails to ski on. The packages you see at Campmor are good for that, or for very mellow terrain only. We Northeasterners get ice, we have nasty foot trails to ski on, and parts get steep. Many old hands in our north country hang on to the older gear they find works better for our conditions and terrain. Like what, you ask?

1. 3-Pin Bindings -

Yes, those old-fashioned things that the store salespeople will tell you are completely obsolete and outmoded. Hah! Poppycock! You can still get 3-Pin 75mm Telemark Norm bindings from Rottefella (Norway) and Voile (Utah). They're super-reliable, super-strong, super-simple. But they are more of a pain to use. Oh well, that's the price you pay for backcountry-worthy reliability. Some folks still use lightweight cable bindings like the [Black Diamond Riva](#), but those haven't been made for years. The closest you'll come to that these days is the [Voile 3-Pin Cable](#) binding.

2. Big leather boots with 3-Pin binding-compatible soles -

These used to be really popular. Anybody remember remember Fabiano boots? Those were made by Scarpa. Asolo also used to make great leather ski boots. The [Asolo Snowfield](#) was the classic. The heavier version was the [Asolo Extreme](#). They're reasonably warm, extremely sturdy, and are comfortable to hike in (an important point sometimes).

3. "XCD" or "Cross Country Downhill" skis -the classic "backcountry touring" ski was the Karhu XCD GT ("XCD" was

short for "cross country downhill"). The XCD GT was a bit wider and shorter than the also-popular Fischer Europa E-99. The Madshus Glittertind was (and still is) the secret weapon for those really in the know. All were not all that different looking than the other cross country skis of the day. You would still ski them in the traditional (long) length. All, however, had metal edges and were heavier than the usual run of cross country skis. They had a softer "camber" than track skis, so that they could deal better with soft, ungroomed snow. That softer "flex" also makes them easier to turn than track skis.



Why would someone prefer this clunky old stuff over the sleek, high-tech stuff you see in the ski shops today? Because in the rocky, thickly-forested, raucous Northeast backcountry, this old stuff works. You need a lot of ankle support to hold a snowplow on a narrow, twisty trail with tree limbs grabbing at you and rocks and roots trying to throw you off balance. You need a good, stiff ski for that too, but you need it to float and turn reasonably well in deep, soft powder. Today's ski gear made for "backcountry" is usually too light and flexible for bushwhacking through the woods here, or at the other end of the spectrum, is so stiff and heavy that it's useless in our rolling, up-and-down terrain. The old "leathers and 3-pins" stuff works much better.

What's Old Is New Again

3-Pin leather ski boots remained popular in Europe, but had disappeared from the US market for more than a decade.

- [Scarpa](#) and [Crispi](#) (both Italian) are now making leather 3-pin boots available again. They both have a lighter and a heavier choice available.
- Compatible bindings are still readily available, made by [Rottefella](#) and [Voile](#).

As for skis, two companies in particular have kept the Cross Country Downhill torch burning.

- [Madshus](#) makes a line of "Cross Country Downhill" skis that are similar to what Karhu made and called "XCD."
- [Fischer](#) makes a range of similar skis they call "S-Bound."
- Atomic and Alpina make competing models.

The skinnier models are more like cross country skis, and so are skied in longer lengths. What's new is that the biggest models are now the size and shape of downhill skis. For those, you'd choose a shorter length, more like a downhill ski. You won't find this stuff at EMS, REI or Campmor (unfortunately), but the better outfitters in the Dacks and Vermont know all about it. Check out *The Mountaineer* in Keene Valley, NY, or *Cascade Cross Country Ski Center* outside of Lake Placid, NY. In Vermont, there's *Skirack* and the *Outdoor Gear Exchange* in Burlington. They know.

JOURNEY DOWN THE HUDSON *by MHADK Member, Skip Doyle*

Author's Note: *In September, 2011, I took a week-long paddle down the Hudson from Albany to New York City. Given that our chapter is very paddling oriented, attached is my journal for those who would like to read it.*

Editor's Note: *Newsletter space dictates that only the first leg of Skip's journey could be printed here. The remainder of this fascinating adventure can be found on our chapter's website, www.midhudsonadk.org with links from the home page, or if you prefer to cut and paste directly from this e-newsletter, use <http://www.midhudsonadk.org/Journey%20Down%20the%20Hudson.pdf>*

I witness the atrocity of September 11, 2001 from atop the bell tower of Riverside Church in Manhattan. As I see the remaining twin tower burn torch-like, I think of the brave souls rushing into the skyscraper as thousands of people are doing their best to pour out. Feeling voyeuristic, I gaze merely a sole minute, before I join the throngs in the streets evacuating the City of New York. Where to next? Up the Hudson River to Graymoor to overlook the city from that holy mount; over to West Point, the source of our Army's military might; and finally down to the River itself whose waters ever offer solace.

Each September 11 since, I have taken the day off to be in some far-off place, not in fear or escape, but in remembrance and reverence. The first year, the deep, dark caverns of Cobble-skill; the next year, the post-summer beaches of Fire Island; now a decade later, taking an entire week to kayak down the Hudson River from Albany to New York City to be on the very waters of the river itself on the anniversary of that fateful day.

Day 0: Saturday, September 10 – Albany

In order to be on the river throughout the day on September 11, this was my travel day to reach Albany with my kayak – a 17 foot P&H Quest – atop my car, along with gear and food to begin at 4 p.m. Alas, with my boat at the bottom of the Albany boat ramp ready to go, I was dismayed to discover I had overlooked packing my lightweight paddle – Werner Shuna (210 cm, 27 oz., 46x18 cm high angle blade). The choice: commence my journey with my heavy emergency paddle or return home to fetch the trekking paddle and return the next day. I chose the latter knowing it would cost me a day on the river and the realization that whatever trip I would have had starting on Saturday night, will now be a totally different set of circumstances and experiences as I begin the next day instead. Perhaps I was being saved from hardship or even death itself... perhaps it would be no better nor worse – simply different.

Day 1: Sunday, September 11–Rensselaer to Castleton (10 miles)

It was particularly convenient to park my car at the Rensselaer Amtrak train station. The car would be safe, and since the train tracks course along the eastern shore of the Hudson River, it would be easy to dock my boat at any train station to retrieve my car.

With hurricane Irene having ravaged the northeast the week before, docks were destroyed, the river choked with debris, the shores mired with mud, and the bogs overrun with mosquitoes. My first challenge: launching my boat from this

muck. To my rescue were a group of tattooed and pierced teenagers enjoying a Sunday afternoon in this little launch park. “Anyone here a photographer?” I asked. They all pointed to the budding photographer among them who then snapped my picture. “Might anyone help push me in?” A youngster named Tyler volunteered, rolled up his pants, removed his sneakers, and sank into the mud with me. As he straddle the kayak aft, one firm and smooth push from Tyler sent me on my journey.

From the start of my journey, I was amazed by the magnanimity – the great spirit! – of the people I encountered, as if angels appearing at the right moment seemingly ever asking “How can I be helpful?” Better though than angels heaven-sent, these were my new neighbors along the community of the Hudson River Valley.

It was 5 p.m. when I began my trek. A late hour, but ebb tide had begun and the south wind was mild, so that while the swells were substantial, at least the chop of the afternoon had ceased. Albany was majestic in this evening light. The tall piers, tugs, ships and barges along each shore were rather intimidating, for if I needed to get to shore, it would be impossible to find a place from which to exit my little kayak. The cluster of city buildings gave way to the Port of Albany, and then to the treed hills of the adjoining town, I felt myself becoming ever more comfortable as I settled into the kayak, into the river, and into the more natural setting of the surrounding hills.

At dusk, I made way for the park in the town of Bethlehem to camp for the night. Alas it was flooded, muddied, and so overrun by mosquitoes that despite donning my rain gear as protection from them, in the brief minutes I scouted the park, I was bitten a half-dozen times on the ankles and as many times on my face.

Dark now at 8 p.m., I lit the kayak's two white blinking strobe lights, and paddled for the constellations of lights a mile across the river which I hoped would be a welcoming marina. Landing and finding no one, I then knocked on the dock master's door... no answer. So I set up my tent under the picnic pavilion for a fitful night's sleep as the pavilion was but 20 yards from the Amtrak rail tracks. Each hour, a thundering train would crescendo towards me, it's horn blaring its warning, and then in moments, the train would rush by creating such a wind that my tent would billow outwards from the inside out.

Day 2: Monday, September 12 – Castleton to Catskill (25miles)

Rising at 5 a.m. to the rushing rumble of a tugboat speeding down the dark river on the ebb tide, I exited my tent to a full moon setting in the west. After a bowl of cereal as I loaded my gear into the kayak, one club member was also getting and early start. “Anything I can help you with?” he asked. “Just making a few final gear adjustments.” I answered. I was on the water by 6 a.m. to enjoy the morning mist and sunrise. The river – pond still – greeted me along with every manner of creatures: jumping fish, gliding eagles, deer drinking at the shore, and every sort of sea bird. (Ezekiel 47:1-9, “wherever the water goes it brings health, and life teems wherever the river flows.”) *See Editor's Note Above for the rest of Skip's Adventure.*

MEMBERSHIP

SAVE THESE DATES, and...

....be sure to get on the chapter email list to receive updates on all chapter activities: *Email Chapter Database Chair, Eli Cohen, at Ebc12533@yahoo.com with "Join MHADK Email List" on the subject line*

Fri Feb 17-Mon Feb 20 (Presidents Day Weekend)
Last Call for Winter Weekend at Weitzel Cabin See p.6 in the Outings Schedule and register now!

March *Chapter Membership Meeting* Check weekly emails by the end of Feb for date, place, time, and topic.

Mon April 22 Earth Day Cooperative Event with Wappingers Greenway Committee Check Spring 2012 newsletter and emails for details.

June 2 National Trails Day Special Outings are being planned. Watch emails.

Sat June 9 (Rain Date, Sun June 10) Plum Point Cleanup in preparation for the 11th Annual PaddleFest to be held at Plum Point the following weekend. Check emails for details.

Sat June 16 11th Annual Chapter PaddleFest
See details in the Spring 2012 newsletter.

Sun July 22 Outings Leaders Picnic at Pete and Carol McGinnis's Home Details to follow.

Sat October 13 Annual Picnic and Election of Officers
Norrie Point Check upcoming newsletters and emails.

Sun Dec 2 Holiday Party Locust Grove

HMMMM.....WHAT WOULD WE DO
WITHOUT OUR TREES?

WE WOULD MISS THEIR SHADE AND
WHISPERS IN THE WIND
AND THEIR FOUR-SEASON
BEAUTY, TO SAY
NOTHING OF THEIR
WOOD-TURNED-LUMBER,
FRUIT AND NUTS AND
OILS AND RESINS AND
SYRUPS.

WHAT WOULD THE
BIRDS DO WITHOUT TREES?
WHERE WOULD THEY BUILD
THEIR NESTS? HOW WOULD THEY FIND SAFE
PROTECTION FROM THE ELEMENTS?

YOU COULD SAVE A TREE BY OPTING IN TO
RECEIVE YOUR NEWSLETTER VIA EMAIL. SEE
PAGE 8 FOR EASY INSTRUCTIONS!
INSTRUCTIONS



Welcome, New Members!
(8/16/11-11/12/11)

Patricia Cadley and Peter Johnson
Jeannie and Jon Chenette
Stephen Emanuel
Denise and James Garofalo
George Hack
Alyssa Hallmark and Daniel Raugalis
Dorsett and Carl Johnson
E Danielle Jose-Decker
Justin and Jennifer Kim
Steffan Kraehmer
John and Susan Olsen
Robin and Mark Saltzman
Stephen and Mary Schreiber
Peter Schwindeler
David Sutton
Mary Tesoriero
Ted Vachovetz
Norbert Webb
Thomas Weiner
Cheryl Whitaker

To Make a Change of
Address, Phone or Email:

Send message with pertinent information, including
Change From info and Change To info to:
adkinfo@adk.org or call
1-800-395-8080, Ext#22

Join The Chapter Breakfast Group!

Consider yourself invited to join us for breakfast
at 8am every Friday at the
Gateway Diner on 9W in Highland
(on the left heading north off the bridge) A Rail Trail entrance
is only 200 feet from the diner which permits easy access to
the Walkway Bridge for an easy, scenic before or after-
breakfast hike

Contact Ralph Pollard at ralphpollard@verizon.net or
845-462-3389 if you'd like more information



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