



Nature...

By Georgette Weir

Our native Hudson Valley flora is losing ground to far-flung invasives. The author learns that tracking the changes is the first step in preserving biodiversity.

AS A LONG-TIME HIKER and trail volunteer, I have found that there is no escaping signs of our changing plant landscape. Even in parks and preserves where plants are, in theory, protected, they aren't what they used to be.

From ephemeral spring flowers to sturdy (in our minds) hemlocks and ashes, plants that have fed the biodiverse ecology of our region are yielding ground. I have hiked past acres of barberry in Fahnestock State Park, cleared numerous fallen, dead hemlocks at Mills-Norrie State Park (victims of woolly adelgid); become painfully entangled with multiflora rose just about everywhere; and stared awestruck at oriental bittersweet's strangulation of mature trees of all types. I anticipate clearing ash trees from trails at Mills-Norrie, where they are dead or dying as a consequence of being host to the invasive emerald ash borer.

These are ecological changes in my lifetime.

So when offered the chance last year and again this year to learn more about the changing plant world in my home region, I eagerly signed up. The opportunity was the 2016 Blockbuster Invasive Plant Survey organized by the Lower Hudson Partnership for Regional Invasive Species Management (LHPRISM). Training workshops were offered up and down the Hudson Valley and open to the public. I signed up for one at Dutchess County Cornell Cooperative Extension offered by the Master Gardener program.



...not what it used to be!



Above: Japanese stiltgrass takes over a local byway. It's fairly attractive but crowds out our diverse native roadside flora. Left: an ash tree; the "blonding" is one of the first signs that the tree is host to the emerald ash borer

We were trained to identify 27 species of invasive plants and to use smart-phone or GPS technology to record our sightings. The citizen-scientist protocol required taking very short walks, of 400 meters, looking for the listed plants and documenting their presence when found. Admittedly, for a hiker more accustomed to a moderate-to fast-pace, it took a little getting used to: walk slowly, almost meditatively; stop often; train one's eyes to pick out likely suspects from the abundance of green shapes and shades; make accurate identifications—it was humbling to face the extent of my ignorance!

It helped to hook up with another volunteer—in my case, Nancy Swanson,

a Master Gardener who also is an ADK member. Two sets of eyes and opinions not only improved our effectiveness and confidence, it added to the fun of the project. We each had an assigned block within which to survey, and the areas we chose proved to be quite different in their plantscapes. Some spots seemed to host almost nothing but invasive plants, while others seemed nearly pristine.

Success—finding and making an identification—could be unsettling. The small, emerging mile-a-minute at Pond Gut elicited a small cheer that we had a documented result, but a pang at the presence

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Elected Officers

TITLE	NAME	EMAIL	PHONE
Chapter Chair	Daniel Jones Jr.	Jones.daniel.jr@gmail.com	845-797-9161
Vice Chair	Peter McGinnis	Pmcgin1@aol.com	845-454-4428
Secretary	Ellen Zelig	ellenzeligcrs@aol.com	845-518-0488
Treasurer	Ralph Pollard	ralphpollard@verizon.net	845-462-3389
Chapter Director	Bill Beehler	WVBee@aol.com	845-473-5557
Chapter Director	Christopher Cring	christopher.cring@gmail.com	845-249-5305
Club Director	Jean-Claude Fouere	jcfouere@gmail.com	845-462-0142
Past-Chapter Chair	Lalita Malik	lalitamalik@aol.com	845-592-0204

Committee Chairs & Other Volunteers

TITLE	NAME	EMAIL	PHONE
Conservation	Sayi Nulu	sayileela@gmail.com	845-264-2270
New Members	Jennifer Anderson	djanderson@fairpoint.net	
Publicity	Skip Doyle	skipnewyork@yahoo.com	
News Media	Michele Van Hoesen	michelevh8@yahoo.com	845-691-7442
Education Chair	Don Urmston	mrurmston@gmail.com	845-457-4552
Social Events	Carole Marsh	Nanagrace91@aol.com	845-849-2044
Webmaster	Georgette Weir	georgette.weir@gmail.com	845-462-0142
Newsletter Editor	Dana Bennet	dana.f.bennet@gmail.com	845-247-7259
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Outings Co-Chair	Ginny Fauci	gefaucci@gmail.com	845-399-2170
Trails Chair	Tom Amisson	tamisson@aol.com	845-592-1572
Water Trails & Paddles	Russ Faller	russoutdoors@yahoo.com	845-297-5126
NY-NJ Trail Conf. Del.	Salley Decker	sadecker2002@yahoo.com	845-454-4206
MeetUp	Sayi Nulu	sayileela@gmail.com	845-264-2270

WANTED: PADDLING LEADERS & LEADERS-IN-TRAINING

Paddling trips have become a big part of our Chapter's outings schedule.

If you would like to help lead a paddling trip (Leader-in Training) or if you're ready to jump right in and lead your own trip, contact Russ Faller at 845-297-5126 (before 9 PM) or OutdoorsRuss@gmail.com.

LEAD THE WAY! HIKE LEADERS NEEDED!

Do you have a special place you like to visit that you want to share with other ADKers? We'd love to have you join our outing leader group!

Please send an email to Ginny Fauci, gefaucci@gmail.com or (845) 399-2170, or to Lalita Malik, lalitamalik@aol.com or (845) 592-0204.

Outing Leaders Picnic & News

ABOUT A THIRD of our current roster of 47 member leaders enjoyed a pleasant summer afternoon at the home of **Dave Kaplan** in Rhinebeck. Dave hosted our gang for the first time and was able to offer us a setting under the trees of his yard and Round Lake to swim and boat in and an adequate grill for the spicy chicken breasts that Lalita has made a traditional centerpiece of the picnic. We shmoozed and noshed and discussed ways to attract more hikers to our weekday and weekend schedules. Dave will again lead his perennial October hike up Burger Hill and the Ferncliff Fire Tower.

Some goodbyes and hellos: **Tom Buckley**, of Putnam County, has led several hikes exploring a park where he had a hand in building the trails, Wonder Lake, as well as nearby Fahnstock, including leading us to the mysterious Kings Chamber. He will be moving to Florida to enjoy his retirement. Also, **Jeff Kaplan**, an active paddler who often led Hudson River paddles, and his wife Marie are moving to Maryland. We wish both leaders well in their new environs.

Alvin DeMaria, who spelunks and climbs and has probably led outings longer than anyone else in our group, has decided to take a break. We hope he will consider sharing his great outdoor knowledge during the coming season.

We welcome new leaders, **Annette Caruso**, who substituted for yours truly in a hike in Westchester, and **Carla Barrett**, who led a paddle on the Esopus. **Marty Carp**, an experienced hike leader for the Mohonk Preserve, has started co-listing those hikes with MHADK.

Russ Faller is probably our most versatile and active leader—he designs backpacks, paddles, leads water trail work days, and hikes. In the few days he's at home, he makes us aware of local environmental issues and goes to great effort to recruit more paddle and outing leaders. If you or an acquaintance are at all considering leading a paddle or two in the coming spring, please speak with Russ—you'll get great encouragement.

Glenda Schwarz has mastered Mail Chimp in order to get folks out on the water for midweek paddles. She even led an overnight paddle trip this year.

Don and Andrea Urmston continue to drag their kayaks to libraries in several local counties in order to interest the public in joining ADK and enjoying our strong paddle schedule.

I cannot cover the efforts of all 47 leaders in the space. Please thank your particular leader when you join their outings. Also thank **Ginny Fauci**, who tears her hair out four times a year as she tries to rope folks into submitting hike descriptions, the kind of descriptions she offers weekly for the Mid Week group. **Ginny & Lalita Malik** continue to plan 52 weeks of outings and are always happy to find folks in that solid group who would like to lead on Thursdays or to lead an easier hike on any other day of the week.

—Sue Mackson



(If changes/additions to these hikes occur, they will be found on the website and will be listed in the weekly email.)

MHADK OUTINGS SCHEDULE - SEPTEMBER/OCTOBER/NOVEMBER

MID-WEEK HIKES: The leaders offer hikes of varying difficulty to different areas of the Mid-Hudson Valley. Hikes may be followed by a stop for refreshments. Leaders: Ginny Fauci, gefaucci@gmail.com 845-399-2170 or Lalita Malik, Lalitamalik@aol.com (845) 592-0204. They will be held every Thursday, weather permitting. To add your name to the Mid-Week hike list, go to the bottom of the weekly email to update your subscription.

EVENING PADDLES: Through mid-October. Leader: Dave Webber, webberd1@yahoo.com, 845-242-9905. Paddling on the Hudson River at spots between Beacon and Norrie Point. On the water at 5:30 PM and paddling for 1.5 to 2 hours. Often a refreshment stop after. For the Hudson River you need a kayak at least 13.5' long with front and rear bulkheads. To add your name to the Tuesday evening and Mid-Week paddle list, go to the bottom of the weekly email to update your subscription preferences and select Kayaking.

MID-WEEK PADDLES: Through mid-October. Leader: Glenda Schwarze, schwar582@aol.com. She will lead quiet water 2 hour paddles with beach put-ins. They will be held on the 2nd and 4th Thursdays of every month ending mid-October. To add your name to the Mid-Week paddle list, go to the bottom of the weekly email to update your subscription.

HARRIMAN DOG-FRIENDLY HIKES: Susan Sterngold and her dogs lead hikes every day in Harriman. Dogs will be on all the hikes and you're welcome to bring yours. Hikes are scheduled a few days ahead of time. To receive notifications of the hikes, please join her yahoo group <http://groups.yahoo.com/group/harrimanhike>. When signing up, pick special notices and mention you are a Mid-Hudson ADK hiker.

OCT
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COME TO THE MID-HUDSON ANNUAL FALL PICNIC!

**Sunday, October 1, 2017, 12 NOON,
Norrie Point Park (follow signs to the gazebo by the river)**

The club will provide hamburgers, veggie burgers, hot dogs, buns and necessary condiments. Attendees are asked to please bring their own plates, knives and forks and something to drink. Everybody is asked to bring a dessert, salad or side of their choice to share with the group.

RSVP to Carole Marsh (nanagrace91@aol.com or 845-849-2044) by September 28 with your choice of burger and side or if you want to help with the event in any way.

GENERAL OUTINGS GUIDELINES

- Notify Leader of your intent to join an outing at least two days prior to the outing.
- Be at designated meeting place ten minutes prior to the scheduled departure time.
- Car pooling is encouraged. Riders are expected to share the expenses equally at a rate of \$.20 per mile plus any tolls and parking fees incurred.
- Dogs may be allowed on some outings; check with trip leader. If allowed, bring a leash, be able to control your dog, and provide for its needs (especially water).
- Guests are welcome to participate in two outings. After that they are encouraged to become members of the Mid-Hudson Chapter of the ADK.

PADDLE GUIDELINES

- PFDs (Personal Flotation Devices) must be worn while 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 flotation bags in bow and stern, unless the boat is a sit-on-top kayak. Canoes do not come under these "Big Water" requirements.

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

HIKING GUIDELINES

- Wear sturdy footwear as required for season and type of outing.
- Be equipped with water, lunch, snacks, extra clothing and foul weather gear.
- Hike Ratings indicate relative degree of difficulty, and may vary with terrain, weather, season, etc. Check with Trip Leader to verify that the trip is suitable for your ability.
- For more hiking tips/preparedness, check out: <https://midhudsonadk.org/outings-calendar/hiking-tips/>.

HIKE RATINGS

- Class A - Difficult: More than 1500' climb or more than 8 miles total distance
- Class B - Moderate: Less than 1500' climb and 6 to 8 miles total distance
- Class C - Easy: Well-graded trails and less than 6 miles total distance
- Walk: Less than 4 miles total distance; suitable for children

Fri, Sept 1 to Mon, Sept 4 (Labor Day Weekend): Paddling and Camping up the Jordan River (Adirondacks)

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

We'll launch onto the Carey Falls Reservoir, with its wide sandy beaches, then go up the Jordan River to base camp. On Sunday, we'll explore the upper reaches of the river in empty boats. This is a wild and remote area in the NW Adirondacks offering the ultimate in solitude. The portage is cart friendly. Carts available for rent in Tupper Lake. Late Friday afternoon arrival, but you could catch up with us Saturday morning. Contact leader to register by August 25th.

Sat, Sept 9: Peekskill, NY (Annsville Creek Paddlesport Center, B+ paddle)

Leader: Mark Tatro, mark1126@me.com or 845-987-0306

We will paddle from the Annsville Creek Paddlesport Center launch docks to the Bear Mountain Bridge and pull in at the Popolopen shoreline to relax and have lunch before returning. Bring water, snacks, and lunch and dress for the weather. Meet at launch at 9 AM. Confirm with leader. Kayaks must conform to ADK requirements for Hudson River paddles.

Sun, Sept 10: Easy Sunday family friendly morning hike/walk at Bear Mountain (about 3.5 hours and a total of 5 miles)

Leader: Christopher Cring, Christopher.cring@gmail.com or 845-249-5305

We will start from the visitor center at Fort Montgomery at 9:30 AM and walk over the Popolopen Creek suspension foot bridge that connects to the old Fort Clinton grounds. The trail connects to the actual starting point of the famous Appalachian Trail at the Western side of the Bear Mountain Bridge. We will follow the Appalachian Trail across the Bear Mountain Bridge and through the zoo and up to the lodge. We will stop at the lake picnic tables for snacks/lunch. We will then walk around Hessian Lake and return back to Fort Montgomery. (We may see AT thru hikers so as "trail angels" a spare orange is usually appreciated.) Please confirm with leader.

Wed, Sept 13 -Thurs, Sept 14: Kayaking/ Camping/Hiking at Lake Taghkonic State Park, Ancram, NY

Leader: Glenda Schwarze, schwar582@aol.com or 845-266-5203

Wednesday kayak on Lake Taghkonic, Thursday kayaking on Kinderhook Lake, Niverville, NY. Beginners are welcome, any type kayak or canoe is fine. Contact leader for additional information.

Sat, Sept. 16-Sun, Sept. 17: South Taconic Mountains Backpack (23 miles, A hike)

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

We'll backpack both ridges of the South Taconics from Catamount Mountain to Lions Head. We'll stop at many fabulous viewpoints, see one of the most beautiful waterfalls in the area, climb the highest mountain in Connecticut and summit six other mountains. This is a two-night trip. We'll sleep on the summit of

Catamount Mountain with a knock-you-dead view on Friday and at a pristine spot next to a gurgling brook on Saturday. The camping will be primitive. Arrival in Millerton, NY, on Friday evening is required. Register with leader by Friday, Sept. 8th.

Sat, Sept 16: Spring Farm Rambles (5-6 miles, B hike) Joint with Mohonk Preserve

Leader: Ginny Fauci, gefaucci@gmail.com or 845-399-2170

We will meet at Spring Farm parking lot at 9:30 AM and hike to Table Rocks, Bonticou Crag and over Guyot Hill. Bring water, snacks, lunch and dress for the weather. Free for Mohonk members or \$15 day pass which can be applied toward a membership. Confirm with leader.

Sat, Sept 16: Meandering among the Historic Mansions of the Millionaires (3 miles, C hike) Joint with the Friends of the Old Croton Aqueduct, Irvington, NY.

Leader: John Ragusa, john.ragusa@bnymellon.com or 917-692-1159

We will meet at Irvington's Village Hall. We will then walk north on the Old Croton Aqueduct Trail (which intersects with Main Street in Irvington) to Lyndhurst and admire architectural landmarks, including the skeletal remains of a Lord & Burnham conservatory, and Hudson River views, while learning the history of the Old Croton Aqueduct. Along the way, we will discuss the history of the mansions lining that portion of the trail. We will continue walking north on the Aqueduct to Tarrytown (and if time permits, enjoy coffee and dessert at a local eatery) and take the Metro-North train back to Beacon and Poughkeepsie. **Directions:** We will take the 8:50 AM Metro-North train from Poughkeepsie (9:08 AM from Beacon) to the Irvington train station. (We will need to change at Tarrytown for the local to Irvington.) Confirm with leader.

Sun, Sept 17: Twin Mountain (6.02 miles, A hike)

Leader: Dana Bennet, dana.f.bennet@gmail.com or 914-715-3876

A challenging Devil's Path hike done at a relaxed pace. Some scrambling is involved but the views make it all worthwhile. Contact leader for meeting time and place.

Sat, Sept 23: A Harriman circular (8 miles, B hike) Joint with Mohonk Preserve.

Leader: Marty Carp, martymcarp@gmail.com 845-303-3764(c) or 845-255-0531 (h)

We will hike to a scenic lunch spot suitable for the day and pay tribute to one of our great hike leaders of the past. Bring water, snacks, lunch, proper footwear, and dress for the weather. Meet 9 AM in the parking area where the RD trail intersects Route 106. Confirm with leader.

Sun, Sept 24: Rockefeller State Park Preserve, 125 Phelps Way (Rt. 117), Pleasantville, NY. (3-4 miles, B hike)

Leader: John Ragusa, john.ragusa@bnymellon.com or 917-692-1159

The preserve is an idyllic spot for strolling, jogging, horseback riding, cross-country skiing, and snowshoe-

ing. It has 180 recorded species of birds and has been designated an IBA (Important Bird Area) by the National Audubon Society. The most notable feature of the preserve is the system of carriage roads built by John D. Rockefeller Jr. Designed to complement the landscape, the carriage roads, many of which are accessible, allow visitors to experience and enjoy the natural wonders of the area. These scenic paths wind through wetlands, woodlands, meadows, and fields and past streams, rivers, and lakes while traversing wood and stone bridges. Meet at 11 AM at the visitors' parking lot. There is a \$6 fee for parking. Carpooling is recommended. Bring a picnic lunch. Confirm with leader, and if you want to carpool I have room for four passengers. **Directions:** Take Rt. 9 south toward Tarrytown. After Briarcliff Manor, Route 9 will turn into a four-lane road. Look for signs for Rt. 117 toward Pleasantville and make a left onto Rt. 117. Go about two miles. The park entrance will be on the right.

Fri, Sept 29: Hike and Clip on trails at Mills-Norrie State Park (C hike)

Leader: Georgette Weir, georgette.weir@gmail.com or 845-462-0142

Easy walking, two to four miles, depending on how much clipping we do. Great trail right along the Hudson River and other short trails for a loop hike. Bring clippers if you have them (leader has a couple to share) and your enthusiasm for trails. Trail maintenance training offered along the way as (if) needed. Come out and get a taste of what it takes to maintain a trail.

Sat, Sept 30: Paddle the Hudson River from Quiet Cove (6-8 miles, A paddle)

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

We'll launch from Quiet Cove Park, in Poughkeepsie, and paddle south, with the ebb tide, for about six to eight miles round trip. We'll paddle under the Walkway Over the Hudson and past Kaal Rock. Optional stop at the Ice House at Waryas Park for refreshments. But pack lunch and water just in case. We may cross the river. We may have to buck the tide on the way back. Paddlers should have experience on the Hudson River or other "big water." Kayaks must be a minimum of 13.5 ft. long & with dual bulkheads or bow & stern flotation bags. Canoes welcome. Meet in Quiet Cove parking lot at 9 AM. Quiet Cove is located on Rt. 9, north of the City of Poughkeepsie and across from the former Hudson River Psychiatric Center. Please confirm participation with the leader or he will not show.



**Sunday, Oct 1
Fall Picnic!
12 Noon
Norrie Point Park
Hike and paddle
details to follow**

Tues, Oct 3: Thompson Pond (2-3 mile loop, C+ hike)

Leaders: Jennifer and David Anderson, djanderson@fairpoint.net or 518-398-5320 (before 9 PM)

Join us in the morning for an easy hike around Thompson Pond, situated at the base of Stissing Mountain.

It is a unique 75 acre glacial pond protected by the Nature Conservancy and headwaters for Wappinger Creek. The loop trail we will take passes through woodland and winds through a beautiful bog with fern and sedge along a series of newly replaced boardwalks. Bring water, plus lunch or a snack. Hiking boots are advised. Hiking poles and binoculars may also be useful. For meeting time and directions, please contact the leaders by Sunday evening, October 1 before 9 PM. Dogs not permitted at the Thompson Pond Preserve.

Sat, Oct 7-Mon, Oct 9 (Columbus Day Weekend): Old Loggers Path (PA) Backpack (27.5 miles, moderate pace)

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

The Old Loggers Path is one of Pennsylvania's premier loop trails. It showcases some of the state's most scenic areas. You'll enjoy sweeping vistas, beautiful waterfalls, scenic streams and cascades and rock outcrops. Much of the hiking will be on abandoned, historic logging roads. But there will be some steep ascents & descents, too. Meet in PA at 11:30 AM on Saturday, 10/7. Register with leader no later than Sept. 30th.

Sat, Oct 7: Cold Spring Foundry Dock Park (B+ paddle)

Leader: Mark Tatro, mark1126@me.com or 845-987-0306

We will paddle from Cold Spring a few miles north to a nice sandy beach where we can relax and have lunch before returning. Bring water, snacks, and lunch and dress for the weather. Meet at launch at 9 AM. Confirm with leader. Kayaks must conform to ADK requirements for Hudson River paddles.

Sun, Oct 8: Fishkill Ridge Hike, (about 6 miles, A hike)

Leader: Louis Ruidisch, ruidisch3@gmail.com 845- 896-9332 (h) or 845- 453-0871(c)

This hike will reward participants with a challenging uphill climb and numerous scenic vistas of the Hudson Valley below. We may even see rattlesnakes. Bring your camera, lunch and two quarts water. Confirm with leader for meeting place and time. No dogs, please.

Fri, Oct 13: Catskill Hike to Overlook Mountain summit and fire tower from Platte Clove, with possible excursion to Echo Lake on return (10 miles round trip to summit , B-B+ hike)

Leader: Georgette Weir, georgette.weir@gmail.com and, maybe, Jean-Claude Fouere

A surprisingly easy and very beautiful walk to the summit, passing interesting quarry sites along the way. Contact Georgette for meet time and place.

Sun, Oct 15: Burger Hill and Ferncliff Forest

Leader: David Kaplan, 845-876-4642 (before 10 PM)

Come out at 10 AM to Burger Hill, on Rte 9G in Rhinebeck, for a short uphill walk and a spectacular view of the Catskills with a map for identifying the mountains. We'll linger for less than an hour and then drive a few miles to Ferncliff Forest in Rhinebeck Village. Bring a lunch to eat in the parking lot. We'll walk the trails and climb the fire tower for additional views of the autumn scene. Heavy rain cancels. Register by Oct 12.

Sat, Oct 21: Mianus River Gorge (5 miles, C hike)

Leader: Sayi Nulu, sayinulu@yahoo.com or 845-264-227.

We're losing our hemlocks, so come see this hemlock ravine (always shady) in Westchester County. Many of the trees, hundreds of years old, have been lost. The trails are wide, soft, and up and down. Meet at the trailhead at 11 AM. <http://www.mianus.org/visit-the-preserve/>. Please notify the leader no later than Oct. 19 if you plan to attend. Carpools can be arranged if you contact Sayi Nulu. No dogs. Mostly no picnicking. Please bring your sturdy shoes and poles (some places you may need to use them).

Sat, Oct 21: Mohonk Scrambles (9 miles, B+ hike) Joint with Mohonk Preserve

Leader: Marty Carp, martymcarp@gmail.com or 845-303-3764 (c), 845-255-0531 (h)

We will hike to a scenic lunch spot and then devour 2 rock scrambles as we head back to our vehicles. Bring water, snacks, lunch, proper footwear, and dress for the weather. Meet at 9 AM in the Spring Farm parking area. Free for Mohonk Preserve members or \$15 day pass which can be applied to a season pass. Confirm with leader.

Sun, Oct 22: Governors Island, NYC (C hike)

Leader: Sue Mackson, suemackson@gmail.com or 845-471-9892

This island, in New York Harbor's Buttermilk Channel, was once a naval installation. It's now a playground for the city--no cars, lots of bikes, hammocks for lounging and a spectacular view up the Hudson River and of the many water vehicles in the Harbor. We get there by free ferry and may return via ferry to Brooklyn and walk across the Brooklyn Bridge. Wear shoes that cushion your feet from pavement. Bring picnic lunch. Bring kids--there's a great playground there. We will leave Poughkeepsie Metro station between 7:30 and 8:00 AM. Confirm with leader.

Tues, Oct 24: Franny Reese walkabout (3-4 miles, optional additional walk on the Walkway)

Leader: Carol Gray, outdoorcarol16@gmail.com or 845-471-1168

Meet at Johnson-Iorio Park at 10 AM. Contact leader for additional information and to confirm.

Sun, Oct 29: Huckleberry Point (C+ hike)

Leader: Sue Mackson, suemackson@gmail.com or 845-471-9892

At the height of autumn color we do an easy walk out to a view of the mountains above Plattekill Clove. The trail ascends and descends but I go slowly and the total mileage is under 5 miles. Wear hiking boots, layers, and bring lunch/snacks and at least 2 quarts water. Meet at Thruway park and ride in New Paltz at 9:30 AM. Contact leader for other carpool locations.

Oops! In the Summer 2017 issue of *Mid-Hudson Trails*, we mistakenly identified the parasite that causes Lyme Disease as a virus. *Borrelia burgdorferi* is a bacteria, not a virus.

Sat, Nov 4-Sun, Nov 5: Backpack-NE Catskills to Warner Creek on Long Path (17.5 miles, moderate pace)

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

We'll hike the Long Path and camp at a most beautiful and pristine spot. We'll enjoy the fabulous 360-degree view from Mt. Tremper's fire tower, as well as from Plateau Mountain's lookout. There are a few steep climbs, but the terrain is generally not demanding. The pace will be moderate and we'll linger at the viewpoints. You can either arrive Friday evening to camp two nights or Saturday morning for one night. Register with the leader no later than Oct. 28th.

Sun, Nov 5 - Indian Head (6.16 miles, A hike)

Leader: Dana Bennet, dana.f.bennet@gmail.com or 914-715-3876

A very challenging Devil's Path loop done at a relaxed pace. A hike for those who like to scramble and don't mind a bit of exposure. Contact leader for meeting time and place.

Fri, Nov 10: Hike TBD.

Leader: Georgette Weir, georgette.weir@gmail.com and, maybe, Jean-Claude Fouere.

Watch weekly email for details or contact Georgette.

Sat, Nov 11: Annual Veteran's Day hike to the flag on Fishkill Ridge

Leader: Christopher Cring, Christopher.cring@gmail.com or 845-249-5305

See future weekly emails for additional information or contact the leader.

Sun, Nov 12: Lemon Squeeze to Skytop at Mohonk (about 6 miles, A hike)

Leader: Louis Ruidisch, ruidisch3@gmail.com 845-453-0871 (c), 845-896-9332 (h)

This challenging hike offers rock scrambling, crevasses, and ladder climbing as we work our way toward a breathtaking view. We will continue on to Skytop Tower for even more views. Bring lunch and 2 quarts water. Confirm with leader for meeting time and place. For those without an annual Mohonk Preserve pass, the day fee is \$15.00. No dogs, please.

Sat, Nov 18: A Harriman circular (9 miles, B+ hike) Joint with Mohonk Preserve

Leader: Marty Carp, martymcarp@gmail.com 845-303-3764(c) or 845-255-0531 (h)

We will hike to our lunch spot on the Whales back and return to our vehicles through the Lemon Squeezer. Bring water, snacks, lunch, proper footwear, and dress for the weather. Meet at the Elk Pen parking area in Harriman State Park at 9 AM. Confirm with leader.

Sun, Nov 19: Arden Point & Glenncllyfe (C hike)

Leader: Sue Mackson, suemackson@gmail.com or 845-471-9892

This hike passes several panoramic views of the Hudson River near Garrison and part of the trail was used by Benedict Arnold. Easy get-out on an autumn day. Meet at 10:30 AM at McDonald's parking lot south of Route 84--the large plaza on the right to carpool. Bring snack or lunch and water. Under four miles total.

Outings Log

May 4: Fahnestock State Park Leaders: Lalita Malik, Ginny Fauci

A beautiful spring day. Imagine a blue sky, a breeze, cool but comfortable temperatures and all of nature popping in that mid-spring-before-the-leaves-are-all-out sunlight. Lalita planned great views. (She might even have put the hills there just for that purpose. We know she planned the weather months in advance). Shari and the others pointed out sights and sounds of ovenbirds, prairie warblers, black and white warblers, maybe black-throated greens, and towhees. The flower folks walked past sarsparilla, dwarf ginseng, pink fume-root, clumps of purple violets, blueberries starting to bloom, wood anemone, even a fading trout lily. All are long gone by now. At "elevenses" we were refreshed at the view of Clear Lake and Sterling Pond and enjoyed lunch with a view from Candlewood Hill of the surrounding hills and a bit of the Hudson. Flowering bushes went unidentified. Wildlife was represented by two small garter snakes near the paths. Check out the photos of Roberta Forest at <https://www.flickr.com/photos/rfmohonk/album>. The group was as pleasant as the spring day. Shari Aber, Joe Ferri, Al Limone, Marge Groten, Roberta Forest, Nancy Swanson, Georgette Weir, Dave Weber, Tom Amisson

May 7, 2017: Esopus, Hudson Paddle and Falling Waters Hike Leader: Shari Aber

We put in at Tina Chorvas Park in Saugerties and paddled downstream to the Hudson. The day was windy and the river was choppy – white caps and small waves. Due to both water conditions and chilly temps and cold water, we decided to forgo paddling the Hudson and instead poked around in a marsh behind the Esopus Creek before heading back. Then Pete and I drove to the Scenic Hudson park where we hiked the three miles of trails and had lunch by a bench overlooking one of the falls. Participants: Roberta Forest, Peter Cantline and the leader.

May 20: Mohonk On Beyond the Chapel Hike Leader: Martin Carp

We started out at Spring Farm and took the Chapel Trail to the Undivided Lot to Old Minnewaska to Laurel where some of us were tempted to scramble up Giants Workshop and one of us did so. The rest of us proceeded to the Plateau Trail, where the group was now inspired to add Zaides Bower to the hike—just the right amount of adventure to top off the day. We then proceeded to the Maple Trail to Stokes and back to Undivided Lot and Chapel. We took two breaks on the Chapel uphill as by now we were a pretty tired and satisfied group.

May 20, 2017: Chodikee Lake Paddle and Burroughs Hike Leader: Shari Aber

What a day! It started cool, drizzly and overcast, discouraging most of those who'd signed up. But for Anthony and me, it turned out to be a spectacular paddle/hike with lots of bonuses. We fortuitously stumbled upon dozens and dozens of frenzied swallows, a beaver, an open-house event at John Burroughs featuring a talk by Ken Posner, about his experiences running the

350+ mile Long Path, an eagle. On the hike portion of our outing we—by design—met up with my husband, Joe Ferri and my dog, Alice, and we had lunch together before heading back. Participants: Anthony Sorace, Joe Ferri, and the leader.

May 27: Appalachian Trail/Eastern Dutchess Leader: Georgette Weir

Six ADKers enjoyed an eight-mile Memorial Day Weekend hike on the Appalachian Trail from Old Route 55, past Nuclear Lake to Cat Rocks and return. Conditions were perfect for hiking, and the trail section was pleasantly busy. Our encounters included meeting volunteer AT Supervisor for Dutchess/Putnam Jim Haggart, who was out clipping and repainting blazes. Thank you Jim, and all the volunteers who help maintain our region's trails! Participants: Stephen Apolito, Eddi Zamft, Eileen West, Jean McAvoy, and Martha Rabson.

June 3: Westkill and St. Annes Leaders: Shari Aber and Joe Ferri

We met on Spruceton Road at the beginning of the Devil's Path and shuttled cars to the start of the hike at the Diamond Notch Trail. At the falls, we picked up the Devil's Path and began the climb up Westkill. Just before the peak we stopped at the overlook (amazing views of Hunter, the Blackheads, and in the distance, Overlook and Skytop Tower) where we had lunch before continuing along the ridge and down to the St. Annes summit. Participants: Tonda Highley, Anthony Sorace, Pete Cantline, Gary Titone, Kiran Mihala, and the leaders.

June 8: Wappingers Creek at the Village Leader: Glenda Schwarz

Another nice day; great group. I look forward to paddling with them again. Ernie Gehrler, Ellen Kelly, Margaret Mobius, Dave Baldauf, Marion Baldauf, Ellie Shortle.

June 11: Bear Mountain Three Bridge Hike Leader: Lou Rudisch

Although the temperature reached the low nineties, a cool breeze kept us comfortable throughout the hike. In addition to crossing the three bridges, near and in the park, we enjoyed the Fort Montgomery Visitor Center, Trailside Museum and Zoo, and even the carousel and Inn, before circling around Hessian Lake. Participants included Rosemary Williams, Arthur Linker, and the leader.



Black Rock Forest

J-C Fouere

June 12: Black Rock Forest Leaders: Georgette Weir, Jean-Claude Fouere

Our group of nine beat the weekend heat wave with a great seven-mile loop hike at Black Rock Forest. We hit many of the terrific viewpoints in the preserve and enjoyed views south to the Manhattan skyline and north to the Catskills, with the Hudson River tying them all together. Mountain laurel was getting ready to pop, and mouths watered with the promise of a great (we hope) blueberry season ahead. A great group of hikers! We hope to see you all again.

June 22: Rondout, Kingston Leader: Glenda Schwarz

Another nice day. Ray Winchcomb and Arlene Reynolds volunteered to be sweepers. A great help. Ernie Gehrler—fantastic help with getting in and out. Also: Ellie Shortle, Sharon Slocum, Kathy & Barry Skura, John Night, Pat Lund, Harry & Betty Newton, Russ Faller, Geri Willmot, Karen Flaherty, and Judy Mage.

June 24: Birchen Trail Leader: Roberta Forest

After a of rain, there was still high humidity. Jill Abrahamson, Eddi Zamft, Mary McCann, Allen Zerkind and the leader started from Pine Road on carriage roads to Duck Pond. Then onto Duck Pond Trail, which was muddy and slippery. Next: the Birchen Trail up to Staircliff Trail and through the Lemon Squeeze. When we reached the top, we were rewarded with its expansive views, a drop in humidity and strong breezes. From there, to Lily Pond (a setting from a Monet painting!) for lunch with salamanders and tadpoles. We then did the labyrinth back to the Staircliff and Birchen Trails, back down the Duck Pond Trail and on to the cars. The scrambles were enjoyed by all.

June 26: High Banks Preserve Leader: John Ragusa

The day was partly sunny and warm. We gathered at the Scenic Hudson's High Banks Preserve parking lot at 11 AM. There were thirteen hikers present including the Leader. We hiked the red trail to the white trail, then followed the purple trail back to the red trail, which ended at Esopus Lake, where we settled in for a nice lunch. We then hiked back on the yellow trail through a beautiful mixed forest, noting trees and wild flowers thanks to Al and Sue. We then met up with the red trail and back to the parking lot. We hiked about 3 miles and ended at 2:30 PM. Some of us went to a local winery and enjoyed sipping some wine with cheese and crackers in a beautiful setting. Carol Gray, Shirley Freitas, Annette Caruso, Eileen Sharaga, Carla Barrett, Joan Billows, Marie Caruso, Margaret Douglas, Louis Ruidisch

July 15: Mianus River Gorge Leader: Annette Caruso (first time leading for MHADK)

ADK members Sayi Nulu, Connie Haven and Marie Caruso, and non-members Eileen Sharaga (Carol Gray's sister) and Laura O'Donovan (Annette's friend from Nature Friends Tourist Club in San Francisco) joined substitute hike leader Annette Caruso on a hike exploring the Mianus River Gorge preserve. Evidence of the hemlock devastation was widespread. The group hiked the green, red and blue trails all the way to the waterfall, which was refreshingly cool on the toes. En route, we stopped at the quarry off the red trail, which was full of magnificent specimens of quartz crystal,

feldspar and mica. It's amazingly preserved and fascinating to see the walls of crystal protruding from the hillside, and smaller pieces arranged for viewing atop logs. The five-mile hike took a bit longer than planned, and we didn't quite make the 5 PM closure time, but a gracious warden left a note advising us to close the gate behind us and plan accordingly next time.

July 16: Copes Lookout
Leader: Roberta Frost

A beautiful day (finally!) to do many scrambles. Anthony Sorace, Michele Boyce, Donald Foley, William Sullivan and I went up the Old Minnewaska Trail to Giant's Trails Workshop, on to Cathedral Trail up to Copes Lookout. Return route covered Eagle's Nest and Humpty Dumpty. Lots of fauna along the way, including five striped skink, a large bog turtle and a ringnecked snake.

Sun, July 16: Neversink Reservoir Paddle
Leader: John Ragusa

The day was sunny and very warm with fair-weather clouds moving across the skies. There were seventeen paddlers, including the leader. We all rented from a very accommodating local rental company. Because of the size of the group, we had to launch from two different coves. We all met in the reservoir and paddled around a bit before we headed to a beach area where we had a nice picnic lunch. The leader then gave everyone a brief history of the NYC water supply and facts and figures around the Neversink Reservoir and other reservoirs which provide the drinking water for NYC. We then started out again on the Reservoir and paddled into a large cove area, where we observed a bald eagle perched up on a tree. It was a beautiful sight to see. Another sighting was held not far from the first sighting. We then paddled towards the dam and called it a day. All had a wonderful time. Lenore and Elaine Elbrecht, Chris Farkouh, Glenda Schwarz, Annette Caruso, Laura O'Donovan, Carla Barrett, Christina Knickerbocker, Lizz Lunn, Marie Caruso, Joan Billows, Carol Gray, Eileen Sharaga, Ellie Shortle.

June 17: Black Creek Preserve
Leader: Carol Gray

An early-morning 2.5-mile hike in a beautiful preserve awaited Shirley Freitas, Jerry & Marjorie Weisskohl, Elizabeth Lunn, John and Debbie Ragusa plus leader. From a dramatic suspension bridge across the Black Creek the yellow trail heads steeply uphill, continuing to the red-blazed Vernal Pool Trail. This follows old stone walls, a reminder that this forested area was once farmland. A triple blue blaze marks the beginning of the formidable Hudson River Trail. We experienced a lengthy shoreline of the river in a secluded environment with many pitch pines growing in the water's edge. Heading back gave us more time to contemplate the views.

July 27: Mid Week Paddle at Esopus Creek
Leader: Carla Barrett,
New paddle leader for MHADK

We almost didn't go until Elsie Rattenbury arrived. One weather forecast predicted a 52% chance of T-Storms. However, since Elsie had driven so far, and so had Ernie Gehrler, Larry Anderson, Karen Flaherty, Sam Doran and myself, we decided individually to take a chance and go. It turned out to be so lovely. A gentle rain most of the time but very peaceful and serene. No other craft on the water. Saw some nice wildlife.

Nature...

Continued from page 1

of this aggressive invasive plant.

The training and my experience have made me more alert to changes occurring in our regional plantscape. On a hike last year in Harriman State Park, I was surprised to see so much Japanese angelica tree—one of the plants on our list of invasives—on open summits and ridges. This is one to watch out for, as it is loaded with seriously sharp thorns on both stems and leaves! Several months later, while hiking at Black Rock Forest Preserve, I unhappily spotted one there as well.

Environmental change is inevitable. Keeping up with invasives through monitoring is not about attempting to stop change. The aim is to understand it, and where possible preserve biodiversity and its genetic heritage. Efforts to uproot invasives along trails in our region generally are limited to those areas where the invasives

pating in monitoring for invasives in our region. That my data may help build a contemporary understanding of how our natural world is changing is a bonus.

Consider joining the effort. Bring a friend!

This article is adapted and expanded from a similar article written for Dutchess Dirt, the newsletter of the Dutchess County Cornell Cooperative Extension's Master Gardener program.

Middle: A fallen hemlock, victim of the woolly adelgid. Bottom inset: Oriental bittersweet strangles native vegetation.

Top inset: Mile-a-minute can actually grow six inches in a single day!



are just emerging and there is hope of preserving habitat for existing native flora. The New York-New Jersey Trail Conference, of which our MH ADK chapter is a member, leads these efforts along trails in our region. Trainings and outings are offered seasonally.

Our state club is also engaged in monitoring areas of the Forest Preserve in the Catskills and Adirondacks for infestation of woolly adelgids on eastern hemlocks and backcountry waterways for aquatic invasives. Learn more about these efforts at <https://www.adk.org/protect/volunteer/volunteer-as-a-citizen-scientists/>.

I enjoy being outdoors with a reason to slow down and take a close look at the natural world, so I plan to continue partici-

RESOURCES

ADK Citizen Science: <https://www.adk.org/protect/volunteer/volunteer-as-a-citizen-scientists/>

NY-NJ Trail Conference Invasives Strike Force: <https://www.nynjtc.org/content/invasives>

Lower Hudson Partnership for Invasive Species Management: www.lhprism.org

NYS Dept. of Environmental Conservation provides info and resources about various invasive species relevant to New York. Get started at <http://www.dec.ny.gov/animals/265.html>

Stay Connected...

Adirondack Mountain Club: www.adk.org

Mid-Hudson Chapter: www.midhudsonadk.org

NY/NJ Trail Conference: www.nynjtc.org

To make a change of address, phone, or email,
send a message with specifics to adkinfo@adk.org
or call 1-800-395-8080 x2

To be included in the Mid-Hudson Chapter email list
or to change your email, please send a message to
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