Shinrin-yoku, the Japanese word for hiking in nature, translates to “forest bathing.” And like a soothing bath, time in nature is healthy for our body, is peaceful for our minds, and brings rest to our souls. Central to shinrin-yoku, and time in nature, is the outdoor use of our senses: what do you smell? what do you feel? what do you hear? what do you see? what do you taste? what do you perceive with the mind’s eye?

I am always amazed at how new research continues to shed light on the many unknown benefits of breast feeding, massage, and even checkers. Who knew that breast fed babies would be more intelligent? Who knew that massage removes impurities from the body? Who knew that playing checkers would stem the tide of memory loss? So, too, you might be surprised at the many benefits of being in nature:

- Getting outside improves distance vision and lowers the chance of nearsightedness.
- Spending time outside raises levels of Vitamin D, which helps protect us from bone problems, heart disease, and diabetes.
- Stress levels fall within minutes of being exposed to natural settings.
- Being outdoors on a bright day increases serotonin levels in the brain which improves disposition and outlook.
- Even a view of the outdoors improves health: hospital surgery patients with windows to nature recovered faster and were discharged quicker than those who did not.
- Exposure to the outdoors, or even to outdoor scenes, measurably lowers cortisol which suppresses the immune system leading to poor health.
- Outdoor exercise has a dramatic anti-depressive effect.
- Outdoor activity improves the cardiovascular system which lessens the incidence of heart disease.
- Aerobic exercise enhances the respiratory system improving the lives of those with breathing ailments.
- Outdoor exercise enhances the endocrine system which regulates mood, metabolism, and growth.
- Outdoor exercise improves muscle tone.
- Outdoor activity burns calories which is effective in weight control.
- The moderate physical stress of outdoor activities builds bone strength and delays the onset of osteoporosis.
- Voluntary exercise is associated with long-term improvements in mental functions and is the single best thing one can do to slow the cognitive decline that accompanies normal aging.
- Physical exertion affects the brain chemistry that provides short-term pain relief.
- Exposure to natural settings reduces symptoms of Attention Deficit Hyperactivity Disorder (ADHD).
- Children who have ample time playing outside are more creative in their play, less aggressive, and show better concentration.
- Students in schools with environmental education programs score higher on standardized tests in math, reading, writing, and listening.
- Play enhances children’s emotional development, while loss of free time and a hurried lifestyle can contribute to anxiety and depression.
- Outdoor exercise produces endogenous opioids in the brain which makes outdoor activity feel good.

We are fortunate in this Hudson River valley region to have nature so accessible to us: a multitude of state parks (NYSparks.com) and Scenic Hudson preserves (ScenicHudson.org), as well as county and local parks. Several local retreat centers offer outdoor programs (HolyCrossMonastery.com, GraymoorCenter.org).

And there are many volunteer organizations to make outdoor access easy: both historical sites and nature preserves are in need of volunteers to maintain these resources, the New York – New Jersey Trail Conference (NYNJTC.org) provides trail building opportunities, and our very own Adirondack Mountain Club (midHudsonADK.org) provides a plethora of local hikes and walks as well as paddling instruction and outings for all skill levels.

Henry David Thoreau writes, “In wildness is the preservation of the world.” In fact, time in nature is needed for the restoration of each person in the world. The next step into outdoors health is yours.

Written By: Skip Doyle
### Elected Officers

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
<th>E-mail</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter Chair</td>
<td>Daniel Jones, Jr.</td>
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<td>845-797-9161</td>
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<td>845-462-3399</td>
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<tr>
<td>Chapter Director</td>
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<td>845-473-5557</td>
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<tr>
<td>Club Director</td>
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<td>845-592-0244</td>
</tr>
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</table>

### Committee Chairs & Other Volunteers

<table>
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<tr>
<th>Title</th>
<th>Name</th>
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<tr>
<td>Conservation</td>
<td>Sayi Nulu</td>
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<tr>
<td>New Members</td>
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<td>Publicity</td>
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<td>News Media</td>
<td>Michele Van Hoesen</td>
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<tr>
<td>Outings Co-Chair</td>
<td>Sue Mackson</td>
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<td>845-471-9892</td>
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<tr>
<td>Outings Co-Chair</td>
<td>Ginny Fauci</td>
<td><a href="mailto:gefauci@gmail.com">gefauci@gmail.com</a></td>
<td>845-399-2170</td>
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<tr>
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<td>845-471-9892</td>
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<tr>
<td>AT Trail Supervisor</td>
<td>Bill Beehler</td>
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<td>845-473-5557</td>
</tr>
<tr>
<td>Trails Chair</td>
<td>Tom Amisson</td>
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<td>845-592-1572</td>
</tr>
<tr>
<td>Water Trails &amp; Paddles</td>
<td>Russ Faller</td>
<td><a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>845-297-5126</td>
</tr>
<tr>
<td>NY-NJ Trail Conf. Del.</td>
<td>Salley Decker</td>
<td><a href="mailto:sadecker2002@yahoo.com">sadecker2002@yahoo.com</a></td>
<td>845-454-4206</td>
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<tr>
<td>Website Content Mgr.</td>
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</table>

### Maintenance for your Boots

...a reminder to take care of your hiking footwear...and something to do before you go hiking again!

The first step to boot maintenance is regular cleaning. The following information applies to leather boots, but use common sense with boots made of other materials. It's a good idea to rinse off mud and dirt with tap water after each use. Before cleaning boots, remove the laces. To remove oil-based dirt, excess wax and stubborn grime, use leather cleaner and a nylon brush. Pour leather cleaner onto brush, wet area to be cleaned and scrub briskly. Dry away from direct heat with good air circulation.

Be sure to clean the linings of your boots with a damp cloth after each use. Salt from perspiration can pass into the lining rapidly destroying the leather, making it dry and cracked. If your boots are made of Gore-Tex and/or other materials, you will want to clean them according to information (hopefully) provided with the boots. After cleaning, you should use water repellents to aid in maximizing the breathability of the Gore-Tex.

Useful products recommended for cleaning footwear include Saddle soap, Aquaseal cleaner, Nikwax Footwear Cleaning Gel, and Revivex Boot Cleaner and Conditioner.

More information on restoring or adding water-repellancy will appear in a future issue. The information above was taken from an article from Tent and Trails (www.tenttrails.com), a store in NYC.

BY SALLEY DECKER
GENERAL OUTINGS GUIDELINES

- Notify leader of your intent to join an outing at least 2 days prior to the outing.
- Be at designated meeting place 10 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.

HIKING GUIDELINES

- Check out the Ten Essentials (www.midhudsonadk.org/outings/ten_essentials)
- 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.

PADDLE OUTING REQUIREMENTS

- PFDs (Personal Flotation Devices) must be worn at all times 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 feet and must have dual bulkheads or flotation bags (unless the boat is a sit-on-top kayak).
- Hudson River Exceptions: “Big Water” requirements do not apply to trips in to Constitution Marsh or other areas where travel on the Hudson in minimal. Check with trip leader to verify if the trip meets these criteria or not.

MHADK OUTINGS SCHEDULE Spring 2015 – March, April & May

If changes/additions to these hikes occur, they will be found on the website & will be listed in the weekly e-mail

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, gefauci@gmail.com (845)399-2170 or Lalita Malik, Lalitamalik@aol.com (845) 592-0204. They will be held every Thursday, weather permitting until mid-April when kayaking begins. Then they will be the 1st and 3rd Thursdays. To add your name to the Mid-Week hike list, go to the bottom of the weekly e-mail to update your subscription.

Mid Week Paddles – Looking for co-leader - Contact Shari for info. We paddle scenic creeks, rivers, and lakes on most 2nd and 4th Thursdays. Occasionally when the weather is perfect, additional impropriety paddles will be arranged. Most of the paddles are moderate in pace and distance. A few are easy, a few more challenging. Leader: Shari Aber shnaber@yahoo.com Specific details of each paddle will be sent to anyone on the Mid-Week kayak list. If you’d like to be added to the list, go to the bottom of the weekly e-mail to update your subscription. They will begin Mid-April.

Leisurely Weekdays – Walks or easy hikes on different weekdays during each month

Kayak Pool Sessions: Middletown, YMCA
Don Urmston has set up a series of kayak pool sessions over at the YMCA of Middletown. Each session runs 2 hours from 5pm-7pm. The cost is $50 per person with a minimum of 4 people. If we get 5-6 people, the cost will drop to $40. All proceeds go to the YMCA to help them build a new pool. Sessions include 85 degree water, a lifeguard and help/instruction from your fellow paddlers on sculling, wet exits, re-entry, C to C roll, sweep roll, layback roll. Because space is limited, you must preregister and prepay for any sessions you wish to attend. You must provide all of your own gear. If you cancel, you will forfeit your payment unless we can fill your space. The March dates are: 3/1, 3/15, (both Sundays)
Email Don at: mrurmston@gmail.com for more info or to sign up. *****NOTE: YOU ARE NOT OFFICIALLY SIGNED UP FOR THIS EVENT UNTIL YOU EMAIL HIM AND SEND IN PAYMENT*****
**Kayaking: How to get started**

Always wanted to try kayaking but don’t know how to get started? We’ll tell you how to get started, what gear you’ll need, where to go paddling, where to meet other paddlers and where to get instruction on your technique. General Public is welcome, ADK volunteers are needed.

For more information contact Don Urmston: mrurmston@gmail.com or 845-549-4671

**Schedule:**
- Thursday, March 19 at Mt. St. Mary College - Desmond Campus 6:30pm
- Sunday, March 22 at Gardiner Library 1:30pm
- Tuesday, March 31 at Middletown Thrall Library 6:30pm
- Tuesday, April 21 at Saugerties Library 6pm
- Newburgh Library, TBA
- Warwick Library, TBA
- East Fishkill Library TBA

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**MARCH 2015 OUTINGS OVERVIEW (details follow)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Leader</th>
<th>Contact Info</th>
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<tbody>
<tr>
<td>Sun, March 1</td>
<td>Kayak Pool Session (see details on page 3)</td>
<td>Don Urmston</td>
<td>845-549-4671 / <a href="mailto:mrurmston@gmail.com">mrurmston@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Sun, March 1</td>
<td>Vassar Walk / late afternoon munching</td>
<td>Sue Mackson</td>
<td>845-471-9892 / <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>Walk</td>
</tr>
<tr>
<td>Sat, March 7</td>
<td>Harriman State Park, Sloatsburg, NY</td>
<td>Mike Phipps</td>
<td>646-373-5891 / <a href="mailto:PhippsMcp@aol.com">PhippsMcp@aol.com</a></td>
<td>Class B</td>
</tr>
<tr>
<td>Sat, March 14</td>
<td>Stonykill Farm</td>
<td>Sayi Nulu</td>
<td>845-264-2270 / <a href="mailto:sayinulu@yahoo.com">sayinulu@yahoo.com</a></td>
<td>Class C</td>
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<tr>
<td>Sat, March 15</td>
<td>Kayak Pool Session (see details on page 3)</td>
<td>Don Urmston</td>
<td>845-549-4671 / <a href="mailto:mrurmston@gmail.com">mrurmston@gmail.com</a></td>
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<tr>
<td>Sun, March 21</td>
<td>Black Rock Forest hiking and mindfulness</td>
<td>Mel Kleiman</td>
<td>845-216-6805</td>
<td>Class B</td>
</tr>
<tr>
<td>Sun, March 22</td>
<td>&quot;Maple Weekend Day&quot; at Madava Farms</td>
<td>Salley Decker</td>
<td>845-454-4206 / <a href="mailto:sadecker2002@yahoo.com">sadecker2002@yahoo.com</a></td>
<td>Class B</td>
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<tr>
<td>Sun, March 22</td>
<td>Minnewaska Lagniappe</td>
<td>Sue Mackson</td>
<td>845-471-9892 / <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>Class C</td>
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<tr>
<td>Sat, March 28</td>
<td>Wonder Lake &amp; Laurel Pond Loop</td>
<td>Tom Buckley</td>
<td><a href="mailto:TrailHikerTom@gmail.com">TrailHikerTom@gmail.com</a></td>
<td>Class B</td>
</tr>
<tr>
<td>Sun, March 29</td>
<td>Melzinger Dam Hike, Beacon, NY</td>
<td>John Ragusa</td>
<td>917-692-1159 / <a href="mailto:john.ragusa@bnymellon.com">john.ragusa@bnymellon.com</a></td>
<td>Class B</td>
</tr>
</tbody>
</table>

Sun., March 1  **Vassar Walk/late afternoon munching** -Walk Leader: Sue Mackson 845-471-9892 or suemackson@gmail.com

Well, New Year’s has come and gone, but it’s never too late to walk 1.5 to 2.5 hours. We’ll add the Vassar Farm if the day is pleasant. Return to my house for soup and cookies and warm drinks–you bring a FEW to share. Meet at the Collegeview Ave parking lot inside the college north gate—at the end of Collegeview—a long block down from Raymond Ave. at 1 pm. It’s a good idea not to need a bathroom when we head out.

Sat., March 7 **Almost Perpendicular! Harriman State Park, Sloatsburg, NY** - 5 miles, 3.5 hours, Class B Leader: Mike Phipps 646.373.5891 or PhippsMcp@aol.com

This loop hike climbs two dramatic viewpoints of Almost Perpendicular and Claudia Smith Rock and passes through an interesting rock formation called Elbow Brush. Bring water, snacks and lunch. Dress for weather, I hike no matter what!! Meeting at 9am at the Johnsontown Road cul-de-sac parking area. Questions, directions and confirmations can be made to the Hike Leader

Sat., March 14 **Stonykill farm (3miles, 2+hrs), Class C** Leader: Sayi Nulu, 845-264-2270 or sayinulu@yahoo.com

We will meet at the visitor center at 11AM and do Woodland Trail, then carpool to go to Red Schoolhouse Rd to walk the Sierra Trail outer loop 2 miles. Please confirm with leader.

Sierra Trail (1-mile inner loop, 2-mile outer loop) This double-looped trail takes visitors through hardwood forest, ever-green forest, wetland and open meadow habitats, where they are bound to see a remarkable array of plants and animals. A variety of ducks, geese, herons, frogs, turtles, beaver and other creatures can be found at the pond. The trail surface is mostly hard dirt with stretches of mowed grass.

Sat., March 21 **Black Rock Forest hiking and mindfulness, Class B hike, 7 miles** Leader: Mel Kleiman - 845-216-6805

Meeting Time: 10am
Meeting place: Main parking lot off 9w south.
Please call...rain cancels.

Sun., March 22 **"Maple Weekend Day" at Madava Farms** Leader: Salley Decker 845-454-4206 or sadecker2002@yahoo.com

Let’s celebrate spring by exploring some of the trails at Madava Farms, Home of Crown Maple Syrup! After hiking, we will sample Crown Maple syrup and sugar, maple popcorn, and various other Crown Maple products. In addition, there is a café on site. There will be free tree-tapping demonstrations and self-guided tours. Meet at Madava Farms, 47 McCourt Road, Dover Plains, NY at 12:00 noon.

Please register with leader (phone only) between March 16th and 20th. Meeting location will be provided at that time. Bring water and a snack. Rain or "bad weather" date is Sunday, March 28th. Anyone who would like a copy of the trail map, as well as driving directions to Madava Farms e-mailed to them should e-mail Salley between March 15th and 18th with "Trail map at Madava Farms/Crown Maple" in the subject line.
Sun., March 22  Minnewaska Lagniappe C Walk  
Leader: Sue Mackson 845-471-9892 or suemackson@gmail.com  
We’ll walk an easy section of this wondrous place that I don’t get to as often as I should.  
The lagniappe is the extra daylight and the promise of springtime. Long days will have begun so—meet at 1:30 pm at the Route 299 Park and Ride off 9W to carpool to the park for a three hour walk. Other car pool places considered.

Sat., March 28  Wonder Lake & Laurel Pond Loop – Patterson, NY - Class B; 6+/- Miles – Moderate Pace  
Leader: Tom Buckley, TrailHikerTom@gmail.com  
Wonder Lake State Park offers numerous hiking trails that are not too strenuous. Please join me as we will hike some of the numerous trails designed and built by volunteers from the NY-NJ Trail Conference. This is the perfect time to observe the change from winter to spring.  
We will meet at the Wonder Lake parking lot on Ludingtonville Road in Holmes, NY. Email leader for directions and meeting time.

Sun., March 29  Melzinger Dam Hike, Beacon, NY, about 4 miles, Class B  
Leader: John Ragusa: 917-692-1159 or john.ragusa@bnymellon.com  
We will hike up to the dam from the Route 9D trailhead and continue on some woods trails to the Notch Trail which loops around and comes back to the trailhead. All is within the Hudson Highlands State Park. Meet at Scenic Hudson's Mt. Beacon parking lot on Route 9D in Beacon at 10:00 am. We will then carpool about a mile down Route 9D to the trailhead. Heavy rain or snow cancels.
Sat., April 18 — Bashakill Wetlands Paddle – Beginning Paddlers Welcome! (C, Easy)
Leader: Don Urmston email: Mrurmston@gmail.com or phone 845-549-4671 (before 9pm).
Bloomingburg, NY. Paddling the Bashakill is great for wildlife viewing. Observe ducks, frogs and Bald Eagles as we drift along through this beautiful wetland. We will paddle for 2-3 hours at an easy pace. PFD Required! Early season trip so be prepared for cold and some wind. Contact leader for time and meeting place. Register with leader by 4/16/15.

Sun., April 19 — Giant Ledge and Panther Mountain, Distance: 6.8 mi., Ascent: 2100’
Leaders: Joe Ferri newpaltz33@yahoo.com (914) 489-1582 and Shari Aber shnaber@yahoo.com (914) 489-0654
This moderately paced Catskill hike offers good views of Slide and Wittenberg Mountains and the valley below. Call or email to register. Joint with Catskill 3500 Club = maximum 12 hikers.

Sat., April 25 — Storm King Mountain hiking and mindfulness B hike 7 miles
Leader: Mel Kleiman Phone: 845-216-6805
Meeting time: 10am
Meeting place: Parking lot off 218 and Bayview Ave in Village half mile before Storm King Mtn.
Please call...rain cancels.

Sun., April 26 — Pond Gut / Taconic Hereford Multiple Use Area—Walk
Leader: Sue Mackson 845-471-8992 suemackson@gmail.com
Well Are the bloodroot and dutchmen’s breeches out yet? This forested area with wide trails and narrow offers a variety of wildflowers in Spring. We’ll walk for 3 hours in the morning. Meet at Planet Fitness parking lot Rte 55 east of the Taconic at 9:00 am. Park on the left far away from the building.

Sat., April 25 — Sun., April 26 — Catskills Backpack 14.5 miles, Moderate Pace
Leader: Russ Faller 845-297-5126 (before 9:00 PM) or russoutdoors@yahoo.com
This is a good beginners’ backpack, although experienced backpackers will also enjoy it. Day 1 will take us 7.3 miles, past Hodge Pond, to the Quick Lake Lean-to in the Willowemoc Wild Forest of the western Catskills. On Day 2, we’ll hike 7.2 miles, passing Frick Pond. No steep ascents or descents. Leader can offer suggestions on gear and food. Day hiking experience required. A rainy weekend will cancel. Contact leader to register.

Wed., April 29 — "TWO FOR ONE HIKE" Bash Bish Falls and Roelliff-Jansen Park, Class C+
Leaders: Salley Decker 845-455-4206 evenings until 9:00 PM and Jennifer Anderson (djanderson@fairpoint.net) 518 398-5320
Join leaders, Salley Decker and Jennifer Anderson, for two hikes. The first hike is to Bash Bish Falls (round trip about 4.5 miles) with a visit to the Iron Furnace Museum in Taconic State Park. We will then drive to nearby Roelliff-Jansen Park for the second hike on mostly level to rolling trails to a viewpoint. Mileage will be determined by participants. Participants will carpool from a location in central Dutchess County with a second meeting point in Pine Plains. We will then drive rural roads into Columbia County to Taconic State Park on NY Route 344.
Contact leaders between April 16th and April 21st for meeting time and location of carpool. Hiking boots recommended. Bring lunch, water, snacks and appropriate clothing.

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MAY 2015 OUTINGS OVERVIEW (details follow)

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<th>Description</th>
<th>Leader</th>
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<td>Sat, May 2</td>
<td>Wonder Lake &amp; Laurel Pond Loop Hike</td>
<td>Tom Buckley</td>
<td><a href="mailto:TrailHikerTom@gmail.com">TrailHikerTom@gmail.com</a></td>
<td>Class B</td>
</tr>
<tr>
<td>Sat, May 2</td>
<td>Black Creek Paddle &amp; Clean-out</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9 pm) / <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
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</tr>
<tr>
<td>Sat, May 9</td>
<td>Norwalk Islands — Norwalk, CT.</td>
<td>Don Urmston</td>
<td>845-549-4671 (before 9 pm) / <a href="mailto:Mrurmston@gmail.com">Mrurmston@gmail.com</a></td>
<td>Class A</td>
</tr>
<tr>
<td>Sat, May 9</td>
<td>Hudson River Sweep Paddle &amp; Clean-out of Lower Wappinger Creek</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9 pm) / <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td></td>
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<tr>
<td>Sat, May 9</td>
<td>West Kill Mountain</td>
<td>Alvin DeMaria</td>
<td>845-255-1704, <a href="mailto:demonalvin@yahoo.com">demonalvin@yahoo.com</a></td>
<td>Class A</td>
</tr>
<tr>
<td>Sat, May 16</td>
<td>Patch-in-a-Day Hike, 5 Hyde Park Trails</td>
<td>Mike Cunningham</td>
<td>203-748-7233 (7-9 pm) / <a href="mailto:hikermiker@yahoo.com">hikermiker@yahoo.com</a></td>
<td>Class B+</td>
</tr>
<tr>
<td>Sat, May 16</td>
<td>Harriman Park hiking and mindfulness</td>
<td>Mel Kleiman</td>
<td>845-216-6805</td>
<td>Class B</td>
</tr>
<tr>
<td>Sun, May 17</td>
<td>Slide - Cornell – Wittenberg</td>
<td>Joe Ferri &amp; Shari Aber</td>
<td>914-489-1582 / <a href="mailto:newpaltz33@yahoo.com">newpaltz33@yahoo.com</a>, 914-489-0654 / <a href="mailto:shnaber@yahoo.com">shnaber@yahoo.com</a></td>
<td>Class A</td>
</tr>
<tr>
<td>Sun, May 17</td>
<td>Fishkill Creek Pleasure Paddle</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9 PM) / <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td></td>
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<tr>
<td>Sat, May 23</td>
<td>Storm King Mountain — Stillman Trail</td>
<td>Georgette Weir &amp; Jean-Claude Fouere</td>
<td>845-462-1909 / <a href="mailto:georgette.weir@gmail.com">georgette.weir@gmail.com</a>, 845-462-0142 / <a href="mailto:jcfouere@gmail.com">jcfouere@gmail.com</a></td>
<td>Class A</td>
</tr>
<tr>
<td>Sat, May 30 — Sun, May 31</td>
<td>ADK Mid-Hudson Chapter Weekend at Camp Nawakwa</td>
<td>Jean-Claude Fouere</td>
<td><a href="mailto:jcfouere@gmail.com">jcfouere@gmail.com</a></td>
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</tbody>
</table>
Sat., May 2   Wonder Lake & Laurel Pond Loop – Patterson, NY - Class B; 64/- Miles – Moderate Pace  
Leader: Tom Buckley: TrailHikerTom@gmail.com  
Recently, Hudson Valley Magazine named Wonder Lake State Park and its hiking trails as one of the “Hidden Gems” in Putnam County. I agree, and I am anxious to share with you an in-depth look at its well-maintained hiking trails. We will meet at the Wonder Lake parking lot on Ludingtonville Road in Holmes, NY. Email leader for directions and meeting time.

Sat., May 2   Black Creek Paddle & Clean-out  
Leader: Russ Faller 845-297-5126 (before 9:00 PM) or rarusoutdoors@yahoo.com  
Help us with our annual clean-out of the Black Creek in the Town of Lloyd. We’ll spend a few hours of typically light water-trail maintenance, then take an optional pleasure paddle on the creek. Bring canoes, kayaks, paddling gear, lunch, water & tools such as: loppers, saws, rope, garbage bags, work gloves. If you don’t have these tools, leader can provide loaners. A canoe can also be borrowed. Meet at 10 AM in the parking area on the SW side of the bridge over the Black Creek on Rt. 299. This is across from Motel 299 and about 6 mi. east of New Paltz or about 1 mi. west of the junction of Rts. 9W & 299.

Sat., May 9   Norwalk Islands, Norwalk CT. (A, Advanced)  
Leader: Don Ursmston email: Mrurmston@gmail.com or phone 845-549-4671 (before 9pm).  
Exact launch and route to be determined, but expect to take a whole day for this trip. From Newburgh, the drive is less than 1.5 hours to Norwalk. We will explore the islands off shore. This is a “big water” trip, so experienced paddlers only. Minimum 13.5’ kayak with flotation. PFDs required. The water may be cold enough to require wet or dry suits as well. Call for more information closer to trip date. Register by 5/7/15 please.

Sat., May 9   Hudson River Sweep Paddle & Clean-out of Lower Wappinger Creek  
Leader: Russ Faller 845-297-5126 (before 9:00 PM) or rarusoutdoors@yahoo.com  
This is Riverkeepers’ 4th annual Hudson River Sweep, during which 2000 volunteers removed 31 tons of trash & recyclables from the Hudson River, and its tributaries between Albany and NYC in 2014. Mid-Hudson ADK will join the effort again this year by cleaning up the lower Wappinger Creek. This is a beautiful estuary, with heavy foliage on both sides, where you can view bald eagles, great blue herons, turtles and other wildlife right on the fringe of a densely populated area. MH-ADK paddles here a lot, so we should help keep it clean and beautiful. We will start by picking up litter in the mini-park at the boat launch, then paddle the creek from the Bleachery to the Hudson in search of trash. If you do not have a boat, but want to help, come assist us in cleaning up the little park. A canoe can be borrowed. Those who have boats can do the on-water cleanup. Bring canoes, kayaks, rowboats, power boats with your PFD and gear. Also bring lunch & water. Waterproof work gloves are useful, but any work glove will do. Meet at the Market St. boat launch in the Village of Wappingers Falls at 11AM. Contact leader for more info or for driving directions.

Sat., May 9 West kill Mtn.  8 mi, 1800 ft. gain, Rating: A  
Leader: Alvin DeMaria. 845-255-1704; demonalvin@yahoo.com  
Map: Catskills #141 (2013)  
Spruceton road to Diamond Notch Falls. We will go up and over Westkill to St Anne peak and down to cars. We will search for a tectonic fault cave on the mountain. There is a short car shuttle. Call or email leader for meeting time.

Sat., May 16   Patch-in-a-Day Hike, 5 Hyde Park Trails, approx. 6 miles, fast pace  
Leader: Mike Cunningham, 203-748-7233 (7 – 9 pm), hikermiker@yahoo.com  
For the past 4 years, Mike Cunningham has led a club trip to hike 5 trails and earn a Hyde Park Walkabout patch in a single day. If it rains bring rain gear. Bring lunch. No dogs.  
Meet at 9:30 a.m. at Roosevelt Farm Lane parking on Rte 9G, opposite the Val-Kill entrance. We will need to drive between hikes. Any e-mails received after noon on 5/14 will not be answered. Contact leader for additional information. Meet at 9:30 a.m. at Roosevelt Farm Lane parking on Rte 9G, opposite the Val-Kill entrance. We will need to drive between hikes. Any e-mails received after noon on 5/14 will not be answered. Contact leader for additional information.

Sat., May 16   Harriman Park hiking and mindfulness - B hike 7 miles  
Leaders: Mel Kleiman Phone:845-216-6805  
Meeting time: 10am  
Meeting place: Silver Mine parking lot  
Please call...rain cancels.

Sun., May 17   Slide - Cornell – Wittenberg Distance: 10 miles  
Ascent: 2800’ Descent: 3900’ Strenuous hike at moderate+ pace  
Leaders: Joe Ferri newpaltz33@yahoo.com (914) 489-1582 and Shari Aber shnaber@yahoo.com (914) 489-0654  
We will start from the parking area on Olivera Road and hike to the summit of Slide, the highest peak in the Catskills. From there, we will follow the ridge to the top of Cornell, descend the famous Cornell Crack and enjoy the spectacular views from the top of Wittenberg. It is a long slog down to the parking area at Woodland Valley, but three peaks are well worth the effort. Joint with Catskill 3500 Club – maximum 12 hikers.

Sun., May 17   Fishkill Creek Pleasure Paddle 5.25 miles Leaders: Russ Faller 845-297-5126 (before 9:00 PM) or rarusoutdoors@yahoo.com  
Take an afternoon paddle on the Fishkill Creek to see what progress we’ve made building our water trail to Hopewell Jct. Although the creek has current we can paddle against it for 1 mile, then turn around and go with the current 4.25 miles to Fishkill. There’s one portage around a dam. This trip is suitable for recreation kayaks and canoes. Bring snacks and water. PFDs must be worn while on the water. Contact leader for meeting time and place.

Sat., May 23   Storm King Mountain Stillman Trail; approx. 7 miles A hike  
Leaders: Georgette Weir georgette.weir@gmail.com and Jean-Claude Fouéré jcfouere@gmail.com 1.845.462 1909  
The trail provides magnificent views of the River that has carved its way between Storm King Mountain and Breakneck Ridge, through one of the oldest exposed rock found in North America. An epic ecological battle was fought in the early 60’s over a project to build a pumped storage power plant, leading the environmental movement in the Hudson Valley. Contact hike leaders for detailed information and for car pooling.
This two weekend event will feature a barbecue on Saturday night, hearty breakfast on Sunday and trail lunch. Total fee for the weekend, including day/overnight fee, meals and commissary is $45.00. The number of participants from our Chapter is limited to twenty (20). Beds in the cabins and tent platforms are assigned on a first come, first served basis.

Looking Ahead in 2015— Save The Dates

⇒ Sat, June 6 – National Trail Day – Trail maintenance will be done on Long Path, AT.
 Coordinator Tom Amisson

⇒ Sat, June 6- Kayak Skills Session – 9:00 am, Plum Point, New Windsor (All Levels)
 Leader: Don Ursmston: Mrurmston@gmail.com or 845-549-4671 (before 9pm)
 Come get a free lesson from our ADK paddling trip leaders. We will cover basic strokes, rescues & safety. Whether you are new to kayaking or just need to brush up on your basics, we’ll have something for you. Meet at Plum Point in New Windsor at 9:00am. Participants must preregister with leader. PFD required.

⇒ Sat, June 13 – Paddlefest with Kenco at Kingston Point –
MHADK Coordinator Russ Faller

⇒ June 20-26 - Sea Kayaking Acadia National Park, Maine - Class: Intermediate.
Leader: Donald Ursmston: Mrumston@gmail.com 845-549-4671 phone/text. We will paddle around Mt. Desert Island / Acadia National Park and see the awesome beauty of coastal Maine. Our trip will take us out in the open ocean, tidal marshes, coves and quaint Maine fishing harbors. Sightings of harbor seals and porpoises are common. Approx. 5-6 hours of paddling per day. Then we retire to our nice soft beds each night. REGISTER EARLY, ONLY 6 SPACES AVAILABLE. $320 per person ($500 per couple). Contact trip leader for more information / questions

⇒ Sat, July 4 – Nighttime Fireworks Paddle, Location TBA (B, Intermediate)
Leader: Don Ursmston email: Mrumston@gmail.com or phone 845-549-4671 (before 9pm).
Exact launch and route to be determined. We will paddle out on the Hudson and watch the fireworks from the water. This is a “big water” trip, so experienced paddlers only. Minimum 13.5’ kayak with flotation. PFDs required. Email or call for more information closer to trip date. Register by 7/3/15 please.

⇒ Tues, July 7-Fri, July 10 - 7th Annual Erie Canal Trip – Amsterdam to Waterford (C+, Easy but long)
Leader: Don Ursmston: Mrumston@gmail.com or 845-549-4671 (before 9pm)
This year’s journey will be a bit different. No camping. We are staying in a hotel instead! We will cover approx. 55+ miles of the canal. The trip starts with a make-up day in Rome, and then we move to our hotel in Schenectady and paddle 3 days from Amsterdam to Waterford. Join us for any or all of the 4 days. Minimum 12’ kayak. Contact leader for more information. ADK Members only.

⇒ Sat, Aug 1 – Volunteer Picnic – Place and time TBA

⇒ Sun, Aug 16 – Sat, Aug 22 – Annual White Mountains Trip – Leader Ginny Fauci

⇒ Mon - Sun, Aug 24 - 30 – Kayak/hiking camping trip at Harris Lake & Indian Lake in the Adirondacks.
Leader: Tom Amisson Tomisson@aol.com. We will stay two nights at Harris Lake then three nights on an island campsite on Indian Lake. I would like to reserve several campsites soon and would like to get an idea of who may be interested in coming along. I plan to tour the Essex Chain one day then kayak down the Hudson to Indian Lake the next. Besides kayaking, there are several fire towers and other hikes in the Indian Lake area. Contact Tom for additional information.

⇒ Sun, Sep 27 – Annual Picnic at Norrie Point – Details to follow.
Fri, Oct 2 - Sun, Oct 4, 2015 – MHADK will be hosting the ADK Fall Outing at Hudson Valley Resort in Kehonkson. There will be a variety of hikes, walks, biking & paddles planned from Friday afternoon through Sunday. Lalita Malik, Committee Chair, Ginny Faucì – Overall Outings Chair, Sue Mackson – Leisurely Outings, Russ Faller – Paddles. More information TBA

MHADK OUTINGS LOG Winter 2014/2015 – November, December & January

Sat, Nov 8 - Wonder Lake & Laurel Pond Loop Hike – Class B; Leader: Tom Buckley

Tues, Nov 11 - Harlem Valley Rail Trail
Leader: Beth Willis
On Tuesday, November 11, eight of us walked sections of the Harlem Valley Rail Trail. We began at the Amenia trailhead, and we walked south for a while. Then we drove to Millerton and walked for awhile on that section of the trail. Upon returning to the village, we enjoyed tea tasting at Harney Teas, and then four of us had lunch at Irving Farm Coffee House.
Members: Judith Ahrens and Douglas Kramer, Carol Bender, Karen Flaherty, Veronica Lytle, Jim and Mary Temple, and the leader.

Sat, Nov 15 Schunemunk 8 miles - B+
Leader: Alvin DeMaria
Crisp November day. Aprox. 3 inches of now on ground. First day of rifle hunting season. Russ Faller, Clyde Clounie, Mel Kleiman wore bright orange! Up the steep Trestle Trail, along the western ridge. Used blue ridge-to ridge trails to connect with Jessup (Highland) trail. From Jessup, took red Otterkill trail to complete the loop. Blue sky, gleaming white snow, dwarf pines—beautiful hike!

Nov 18 Two part autumn hike
Leader: David Kaplan 845-876-4642
Approx. 11 folks enjoyed pleasant fall weather for this annual ascent up Burger Hill and Ferncliff Forest. The leader was charmed by the youngest, a 2 yr. old, of a family with four children who joined. He ascended both the hill and the fire tower with no mishaps and no complaints.

November 22 Tivoli Bays
Leader: Sue Mackson
Avoided the Cruger Island trail and stuck to a northern loop. The walk along Stony Creek provides lovely view of the bays from atop a ravine. Heard only one gunshot on the second Saturday of rifle season. The boat launch boat slide was new to everyone. Only one turn in the wrong direction. No snow, some wind. Guests: Betty MacFarlane, Teresa Villardi, Lou Amaru, Fran Sansone, Members: Marialice Ryan, Stan & Inez Augie, Dave Webber, Karen Flaherty, Ellie Shortle, Ben & Cora Shor, Ellen Kelly, Connie Haven, Rudy Laparr, Jennifer and Anderson
Wed, Dec 10 - Holiday tour of “Springwood,” the F.D. Roosevelt Home. Leader: Salley Decker
9 participants toured the seasonally decorated house and afterward several got together at the Apple Pie Bakery, a first visit for some.

Sat, Dec 13 - Schunemunk Mountain 6-7 miles A Leaders: Georgette Weir or Jean-Claude Fouéré
Another great hike in the valley on a beautiful day. Mel Kleiman, Marcella Santini, Todd Dumoulin, Guest: Gary Weir

Sat, Dec 13 Denning Hill C+
Leader: Sue Mackson
Crisp, bright weather. Visited the Shrine about a mile along the trail. Disappointed that it seemed unused. Lunched at the Hudson River overlook about 2.5 miles in, couldn't decide what the eastern mountains we could see from Denning Hill were. Guest: Ernie Pilon, Members: Ben Shor, Carol Gray, Rudy Lapar, Connie Haven, Marsha Kramer, Michiline Kagan, Sheila Lipsidie

Sun, Dec 14 - Wonder Lake & Laurel Pond Loop Hike- B; 6th Miles – Leader: Tom Buckley
On a very cool, damp, overcast day I led 2 experienced hikers on a 6.25 mile loop hike of Wonder Lake and Laurel Pond. From the main parking lot on Ludingtonville Road we stated out on the Highlands Trail. The first mile was a gradual climb that crossed over many of the numerous stonewalls throughout the park. The trail still had a dusting of snow and some slushy ice from the storm earlier in the week, but this did not cause any problem for us. Unfortunately though, we did see evidence of recent ATV tracks that had crossed the trail and created an ugly scar on the adjacent rolling terrain. After a small stream crossing we continued uphill to the junction with the Yellow Trail. We stayed on the Highlands Trail and descended through the hemlock trees to the southern end of Wonder Lake where we got a full view of the entire lake. A thin layer of ice covered those sections of the shoreline that was tree shaded. Continuing along the Highlands Trail, we gradually gained some elevation as we reached the highest points on the Highlands Trail. The lack of leaf covered trees and the dusting of snow created a perfect vista to admire the valley below. From there we headed downhill to Laurel Pond. We stopped for lunch at Laurel Pond and, as I have done on all the hikes I have led, I treated everyone to some dark chocolate. I’ll have to replenish my supply before the next hike since dark chocolate is in high demand for all the hikers I have led. After lunch we continued around the North end of Laurel Pond until we arrived at the start of the Orchard Hill Trail (the “Blue Trail”). This mile long trail brought us back to a section of the Highlands Trail that we had hiked earlier in the day. We soon arrived back at the junction with the Yellow Trail. Rather than continuing to retrace our steps back on the Highlands Trail to the main parking lot, we took the Yellow Trail. I did warn everyone that this trail, really an old woods road, would be very wet because a storm earlier in the week had dumped 3” of rain on the park. The trail was extremely wet in numerous sections, but still quite passable. We eventually got to the drier section of the trail, and continued.
that we would skip the loop around Laurel Pond. We continued on to
Everyone agreed that was a good idea, even though this would mean
ed the treat. I decided at that point to revise the route to incorporate
section without any problem. We arrived at the southern end of Won-
Those hikers without spikes needed some assistance to ensure they
began our gradual ascent we encountered a lot of ice on the trail. The
thin coating of crunchy snow. Once we got onto the Highland Trail and
tracks, mostly deer tracks, but did not see any wildlife. We continued
a thin coating of snow. We looked for and found numerous animal
started out on the Yellow Trail which gradually climbed along the
leader in a short walk in frigid weather with a light coating of snow on
the ground. Signing up in the the warmth of the Wallace Visitors Ctr at
Marie Caruso and Guests: Christine Mowhry, Joe Calabo joined the
in the the Cold Storage Barn at the Keeler Barn. There were no
paved roads, the trail was just dirt. The hike was very scenic, with
views of the lake and the surrounding hills. We continued on to the
Sun, Jan 11 - Roosevelt Estate – Walk
Leader: Sue Mackson
Members: Chris Cring, Lorraine Laufer, Kathy & Barry Skura, Ellie
Shortle, Betty M. Isler, Karen Flaherty, Rudy La Par, Carol Lee, Judy
Kito, Bill Jacobs, Mary Scott, Connie Haven, Marsha Kramer, Carol Gray,
Marie Caruso and Guests: Christine Mowhry, Joe Calabo joined the
leader in a short walk in frigid weather with a light coating of snow on
the ground. Signing up in the the warmth of the Wallace Visitors Ctr at
the FDR Home made for a more pleasant than usual winter start. We
looped on a part of the trail in the woods down the hill from the FDR
home, passing a partly frozen water fall coming out of a pond damn
where 100 years ago ice was cut for the warmer weather. Returning
up the hill we crossed to the Farm Lane Trail and walked almost to Rte
9G and returning, while some folks headed further to the Valkill site.
Nice to get out for a while when you think you want to stay in.
Sat, Dec 20 - Christmas at Clermont Open House, Clermont State
Historic Site Leader: Salley Decker
11 members toured Clermont, historic home of Robert Livingston.
After the tour 8 members explored the out buildings and walked some
of the trails. This is a wonderful place for a warm weather supper—
picnic tables and wonderful river & mountain views. Due to missing
trail markers we got lost but ended up on a park road leading back to
our destination, the parking lot.
Sat, Jan 10 - Harriman State Park
Leaders: Georgette Weir Jean-Claude Fouéré
Great hike on a very cold but sunny day
The Big One, that all x-c skiers wait for, arrived just before this outing.
We didn't want it to end. And because of that, we
and the Park closes at
5 PM. There was no way we'd
and the staff not to pull up the chain.
Must have been leading good lives, so the Big Guy up there took pity
on them that they wouldn't have any problem with the trail conditions.
We started out on the Yellow Trail which gradually climbed along the
western border of the park and reached the high meadow covered with
a thin coating of snow. We looked for and found numerous animal
tracks, mostly deer tracks, but did not see any wildlife. We continued
on the Red Trail up to Bare Hill and then descended to the Highland
Trail. So far the trail conditions were very good; it was mostly just a
thin coating of crunchy snow. Once we got onto the Highland Trail and
began our gradual ascent we encountered a lot of ice on the trail. The
biggest problem was the numerous stonewalls that the trail crosses.
Those hikers without spikes needed some assistance to ensure they
didn't slip on the stonewalls. With a little help, they got through the icy
section without any problem. We arrived at the southern end of Won-
der Lake and decided to stop for lunch and enjoy the panoramic view.
As usual, I treated everyone to dark chocolate pieces. Everyone accept-
ed the treat. I decided at that point to revise the route to incorporate
more of the rustic woods roads so we could avoid the icy stonewalls.
Everyone agreed that was a good idea, even though this would mean
that we would skip the loop around Laurel Pond. We continued on to
the northern end of Wonder Lake and then took a short trail back to
the junction of the Yellow Trail (the woods road section) and followed
it back to the parking lot. Members: Ellen Kelly, Dave Webber,
Georgette Weir, Mike Lichtman, Mary Scott, John Ragusa, Marsha Kra-
mer, Connie Haven, K (?) Tentrato (?).
Jan. 25 Quick Response X-C Ski #1
Leader: Russ Faller
On this first day of the local x-c ski season and the day Fahnestock Win-
ter Park finally opened, we had just enough packed powder for a fine
ski. Fahnestock got 5” of snow the day before, which they rolled to
3”. About 1/2 of the trails were open and groomed (no tracks set).
Conditions were better than the park posted. We found no icy
spots and only found a few thin spots in the afternoon. At 2 PM the
temperature, in the sun, was 68F! Even though it was a Sunday, very
few people were out skiing. It was a great day. Participants were Tom
Amisson and the leader (2).
Jan. 28 Quick Response X-C Ski #2
Leader: Russ Faller
We got more snow just before this outing. So since Fahnestock had the
most snow, locally, than other places, leader decided to try a backcountry
ski on ungroomed trails in Fahnestock State Park. There was just
enough snow to avoid most of the rocks and we were the first ones on the
trail - breaking track. We started at the west end of Canopus Lake on
the Three Lakes Trail and skied southeast into the Scout Reserva-
tion. It was beautiful back there. Ron said that it rivaled anything
found in the southern Adirondacks. Bearing west, we caught the Multi-
Use Trail just west of Stillwater Lake, where we found the groomed
trails of Fahnestock Winter Park. Using these groomed trails, we skied
around Stillwater Lake and went northward to the lodge at Fahnestock
Winter Park. Along the way, Lissa Runyon found us. She had wanted
to ski with us, but preferred to practice skating technique. So she went
to the groomed trails at Winter Park. Lissa had previously met some-
one along the trails from White Plains, with whom she was ski-
ing. Russ’ ski bindings froze. He couldn’t get his skis off. He walked
into the ski rental office at the lodge with skis on to let the heat melt
the ice. A staff member got hot water to pour on the bindings and they
opened right up. Once Russ was free, we all had lunch in the café. Par-
ticipants were J-C Fouere, Ron Gonzalez and the leader (3).
Feb. 3 Quick Response X-C Ski # 3
Leader: Russ Faller
The Big One, that all x-c skiers wait for, arrived the day before this out-
ing. The Shawangunk Ridge got over a foot of powder on top of the few
inches that were already on the ground. There was just
enough snow to avoid most of the rocks and we were the first ones on the
trail - breaking track. We started at the west end of Canopus Lake on
the Three Lakes Trail and skied southeast into the Scout Reserva-
tion. It was beautiful back there. Ron said that it rivaled anything
found in the southern Adirondacks. Bearing west, we caught the Multi-
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into the ski rental office at the lodge with skis on to let the heat melt
the ice. A staff member got hot water to pour on the bindings and they
opened right up. Once Russ was free, we all had lunch in the café. Par-
ticipants were J-C Fouere, Ron Gonzalez and the leader (3).
Hairpin turn on Rt. 44/55, there was a gold-orange full moon hanging just above the horizon. What a beautiful thing. I watched it float up-ward from the horizon, changing color from gold-orange to gold to light yellow and finally to cream color as I drove home. Perfect ending to a perfect day. Participants were Rick Taylor and the leader (2).

Sun, Feb 1 - Franny Reese Park and over the Walkway – Walk Leader: Sue Mackson

Do you know – Bill Beehler?

You do if you stopped in at the Gateway diner of a Friday morning for coffee, eggs and camaraderie with other breakfast loving members. You do if you’ve spent a day helping to maintain trails at Locust Grove, or doing the same on the Pawling to CT section of the Appalachian Trail, or if you’ve hiked along with him and his partner, Ellen Zelig, on that same area of the AT and then topped it off with a leisurely lunch.

Bill was introduced to the trail work that would become one of his major volunteer efforts about 20 years ago. As Bill tells it, he attended an ADK meeting whose notice in the Poughkeepsie Journal attracted his attention. Its mention of hiking was what caught his eye. Hank Jenkins chaired the meeting and Jane Geisler invited attendees to help out with trail maintenance. Bill offered his services, and Jane had him out on the AT in Pawling the following Saturday. He hasn’t stopped since.

Bill’s a local—grew up in Kingston and spent a lot of time as a youngster hiking and hunting (without ever shooting anything), just enjoying the outdoors; the Catskills, of course, his back yard. His folks took the family camping in the Adirondacks during vacations and, when he had a family of his own, he got them loving the outdoors as well. He spent part of his working years in CA as Administrative Assistant to the plant manager when IBM opened its San Jose plant, returning to the Hudson Valley for what turned out to be a healthier climate for his children.

Bill took up a real estate career upon returning east, during which he was President of the Dutchess County Board of Realtors and Director Of NYS Associate of Realtors, retiring after management of several realty offices.

Never abandoning his trail work connection with MHADK, he’s often also one of those who raise their hands when a job is needed to be done. Secretary? Done, signs needed? Done (you know those yellow ones that keep you getting to the event), place needed for holiday party? For meeting? For planning? Done. Chairperson? Done that too.

In addition to his chapter activity, Bill was a 15 year member of the County Human Right Commission (now unfunded), and a member of the Business Council of Dutchess Community College, planning relevant course work for business degrees.

Want to find out what continues to motivate him at an age when others figure they’ve done their share? Come help out on a trail crew with Bill and strike up a conversation.

I met him when he led a first hike to the shore of serene Nuclear Lake after he blazed the reroute of the AT east of Rte 55 in Poughquag . He seemed like a pro, but little did I know that he’d not been at it that long.

The Mid Hudson Chapter of the ADK Welcomes Our New Members!

Christine Beumer
Wendy Broadbent
William Burns
Victoria Contino
Joyce Horecky
Elizabeth Isler
Sharon Isliker
Matt Kierstead
Thomas Lambkin
Carol Lee
Laurence and Nancy Levine
Howard Mintzer and Alissa Drozenski
John Neggers
Jackie and Corne Oosthuizen
Sandra Ostrowski
Eric Peters
Marialice Ryan
Patricia Sheehan
Becky Storniolo

Mid-Hudson Trails
Stay Connected.....

Adirondack Mountain Club:  www.adk.org
Mid-Hudson Chapter:  www.mishudsonadk.org
NY/NJ trail Conference:  www.nynjtc.org

To make a change of address, phone or email, send a message with the specifics to: adkinfo@adk.org or call 1-800-395-8080 x22

To be included in the Mid-Hudson Chapter e-mail list or to change your e-mail please send a message to ebc12533@yahoo.com