Nuclear Lake Hike on April 12

See page 10 for the write up on this and other Spring outings

Summer Outing Season is Here! Join us on a hike or paddle. Check out the schedule inside.

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- Outing Schedule: Pages 3-9
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Elected Officers

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
<th>E-mail</th>
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Committee Chairs & Other Volunteers

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<th>Title</th>
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<td>845-297-5126</td>
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How to Get Started Kayaking: Presentation

- **Fri. June 13**, Mt. St. Mary Desmond Campus  **6pm**
- All ADK members are welcomed to attend and/or assist with the presentations—No kayaking experience is necessary.
- **Contact: Don Urmston mrmrmtson@gmail.com or 845-457-4552**
- Always wanted to try kayaking but don’t know how to get started? Adirondack Mountain Club (ADK) trip leader Don Urmston will 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. See and feel the difference in kayaks, paddles and other equipment with our hands-on presentation. Special attention is given to kayak safety and choosing your first kayak. Whether you just want to paddle occasionally or you want to become an expert sea kayaker, this program will get you started. Free to all.
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.

⇒ 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).

**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 4 miles total distance, suitable for children.

PADDLE OUTING REQUIREMENTS

**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 Summer 2014 – June, July & August

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 3-6 hour hikes of varying difficulty to different areas of the Mid Hudson Valley. Hikes may be followed by a stop for refreshments. Leaders: Ginny Fauci, gefauci@gmail.com 845-399-2170 or Lalita Malik, Lalitamalik@aol.com (845) 592-0204. They will be held on the 1st and 3rd Thursday of each month until November when they will be every Thursday. 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 • We paddle scenic creeks, rivers, and lakes on most 2nd and 4th Thursdays. Occasionally when the weather is perfect, additional impromptu 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 schnaber@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.
### JUNE OUTINGS OVERVIEW (details follow)

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<th>Description</th>
<th>Leader</th>
<th>Contact Info</th>
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<tbody>
<tr>
<td>Sun, June 1</td>
<td>Canoe and kayak on the Hudson</td>
<td>David Kaplan</td>
<td>845-876-4642</td>
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<tr>
<td>Sun, June 1</td>
<td>Wonder Lake – Patterson, NY</td>
<td>Tom Buckley</td>
<td><a href="mailto:TrailHikerTom@gmail.com">TrailHikerTom@gmail.com</a></td>
<td>Class B+</td>
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<tr>
<td>Sat, June 7</td>
<td>National Trails Day</td>
<td>Tom Amisson</td>
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<tr>
<td>Sat, June 7</td>
<td>Hike/Conservation – John Burroughs' Nature Sanctuary, Slabsides Day - Esopus, NY</td>
<td>Sayi Nulu</td>
<td>845-264-2270 <a href="mailto:sayileela@gmail.com">sayileela@gmail.com</a></td>
<td>Class C</td>
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<tr>
<td>Sun, June 8</td>
<td>Roger Perry Memorial Reserve</td>
<td>Sue Mackson</td>
<td>845-471-9892 <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>Walk</td>
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<tr>
<td>Tues, June 10</td>
<td>Wappingers Creek to Hudson (Evening Paddle)</td>
<td>Dave Webber</td>
<td><a href="mailto:webber1@yahoo.com">webber1@yahoo.com</a> or 845-452-7238</td>
<td>Class B/C</td>
</tr>
<tr>
<td>Tues, June 10</td>
<td>Bull's Bridge to Ten Mile River</td>
<td>Beth Willis</td>
<td>845-373-8202 or <a href="mailto:bethwillis@optonline.net">bethwillis@optonline.net</a></td>
<td>Walk</td>
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<tr>
<td>Thurs, June 12</td>
<td>Full Moon Paddle – Cold Spring NY</td>
<td>Don Urmston</td>
<td><a href="mailto:Mrurmston@gmail.com">Mrurmston@gmail.com</a> 845-457-4552 (before 9pm)</td>
<td>Class B</td>
</tr>
<tr>
<td>Sat, June 14</td>
<td>Paddlefest:  Kingston Kayak Festival. Kingston Point Beach</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9:30 PM) or at <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
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<tr>
<td>Sun, June 15</td>
<td>Kayak Skills Session, Plum Point, New Windsor</td>
<td>Don Urmston</td>
<td><a href="mailto:Mrurmston@gmail.com">Mrurmston@gmail.com</a> 845-457-4552 (before 9pm)</td>
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<tr>
<td>Tues, June 17</td>
<td>Poughkeepsie Waterfront Evening Paddle</td>
<td>Dave Webber</td>
<td><a href="mailto:webber1@yahoo.com">webber1@yahoo.com</a> or 845-452-7238</td>
<td>Class B/C</td>
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<tr>
<td>Wed, June 18</td>
<td>Stonykill in the evening</td>
<td>Sue Mackson</td>
<td>845-471-9892 <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>Walk</td>
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<tr>
<td>Fri, June 20 - Sun, June 22</td>
<td>Connecticut River Paddling/Camping</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9:30 PM) or at <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
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<tr>
<td>Sat, June 21</td>
<td>Black Rock Forest Perimeter</td>
<td>Mel Kleiman</td>
<td>MelKleiman <a href="mailto:nivlem.mk@gmail.com">nivlem.mk@gmail.com</a> 845-216-6805</td>
<td>Class B</td>
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<tr>
<td>Tues, June 24</td>
<td>Beacon Waterfront Evening Paddle</td>
<td>Dave Webber</td>
<td><a href="mailto:webber1@yahoo.com">webber1@yahoo.com</a> or 845-452-7238</td>
<td>Class B/C</td>
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<tr>
<td>Sat, June 28</td>
<td>West Point Foundry Preserve in Cold Spring</td>
<td>Ellen Zelig and Bill Beehler</td>
<td>845-473-5557</td>
<td>Walk</td>
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<tr>
<td>Sat, June 29</td>
<td>Wonder Lake – Patterson, NY</td>
<td>Tom Buckley</td>
<td><a href="mailto:TrailHikerTom@gmail.com">TrailHikerTom@gmail.com</a></td>
<td>Class B</td>
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<tr>
<td>Sun, June 29</td>
<td>Castle Rock Unique Area and Arnold’s Flight</td>
<td>John Ragusa</td>
<td>917-692-1159</td>
<td>Class B</td>
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<tr>
<td>Sun, June 29</td>
<td>Fishkill Creek Clean-out &amp; Paddle</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9:30 PM) or at <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
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### Summer Outings Schedule

Sun, June 1  **Canoe and kayak on the Hudson**  
**Leader: David Kaplan  845-876-4642**  
We will put in at Dutchman’s Harbor Park in the Town of Catskill at 10:30 am. Tide and currents will determine destination. Rain or high winds will cancel. For additional information, contact leader.

Sun, June 1  **Wonder Lake – Patterson, NY - Class B; 6+ miles - Moderate**  
**Leader: Tom Buckley  TrailHikerTom@gmail.com**  
We will hike the Highland Trail & the Orchard Hill Trail. Bring your camera and keep your fingers crossed as we look for some early blooms of mountain laurel along the banks of Wonder Lake. We will meet at the Wonder Lake parking lot on Ludingtonville Road, in Holmes, NY. Email leader for directions and meeting time.

Sat, June 7  **National Trails Day – Chapter ‘trek and trim’ – TBA**  
**Leader: Tom Amisson**

Sun, June 8  **Roger Perry Memorial Reserve (White Sands of Dover)  Walk**  
**Leader: Sue Mackson suemackson@gmail.com**  
This property has a unique ecology and is protected through the Nature Conservancy "A short, easy loop trail holds surprises even for the most seasoned New York naturalist. Sparkling white sand covers much of the land, punctuated by limestone outcroppings, dense conifer forest, and secluded fens.”

We’ll take an early morning walk there—meet at Hannaford parking.
SUMMER OUTINGS SCHEDULE

www.midhudsonadk.org

June–August 2014

lot on Route 55 just west of the Taconic at 8:30 to carpool. Will return home before lunchtime. May see unique plants, may not. Heavy rain cancels.

Tues, June 10  Wappingers Creek to the Hudson Paddle Evening Paddle B/C
Leader: Dave Webber webberd1@yahoo.com or 845-452-7238.
Launch at 6 PM and paddle for 1.5-2 hours, 4-6 miles at an easy pace to explore the tidal Wappingers Creek and perhaps a peek at the Hudson River. PFD required!
Directions: From Rt. 9D take CR28/New Hamburg Road towards New Hamburg, turn right on Creek Rd for about a mile to the launch on the left.

Tues, June 10, 10 am  Bull’s Bridge to Ten Mile River
Leader: Beth Willis 845-373-8202 or bethwillis@optonline.net
This is great place, even on a hot day, for a short walk beside the Housatonic River down to where it meets the Ten Mile River. Please notify the leader before 8pm on Monday, and if you communicate by email, please leave a phone number at which you can be reached.

Thurs, June 12  Full Moon Paddle – Cold Spring NY (B, Intermediate)
Leader: Don Urnston, Mrurmston@gmail.com or 845-457-4552 (before 9pm)
We will meet at Foundry park/train station parking lot at 7:30pm for an 8pm launch. Participants must have a kayak at least 13’ long with either dual bulkheads or flotation. Must have a ready light source (white light or headlamp), pfd required.

Sat., June 14  10AM-4PM  Paddlefest: Kingston Kayak Festival  Kingston Point Beach
MH-ADK contact is Russ Faller at 845-297-5126 (before 9:30 PM) or at russoutdoors@yahoo.com.
This event is a great way to see if you like kayaking. It’s also a good opportunity for beginners and experienced kayakers to advance to the next level. Everyone gets a chance to see what new boats and gear are out there. Offers include: How to choose a kayak, How to choose a paddle, Learn paddle strokes, How to choose a stand-up paddleboard, Learn to paddleboard, Guided tours for beginners (kayaks provided), Guided tours for experienced paddlers (bring your own boat), Beginner & advanced kayak lessons, Kayak fishing, Tables with all kinds of info, Used gear & boats sale, Food vendors. This year MH-ADK is joining our PaddleFest with Kenco Outfitters & Kingston Parks & Recreation’s kayak festival. The location is Kingston Point Beach in the Rondout section of Kingston. (Go to http://www.kingstonkayakfestivalinfo.org/ for driving directions and schedule.) The $10 admission will be waived for MH-ADK members, so bring your membership card.

Sun, June 15  Kayak Skills Session – 9:00 am, Plum Point, New Windsor (All Levels)
Leader: Don Urnston, Mrurmston@gmail.com or 845-457-4552 (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

Tues, June 17  Poughkeepsie Waterfront Evening Paddle  B/C
Leader: Dave Webber webberd1@yahoo.com or 845-452-7238.
Launch at 6 PM and paddle for 1.5-2 hours, 4-6 miles at an easy pace. PFD required! Participants must have a kayak 13.5 foot or longer with 2 bulkheads.
Directions: From Route 9 take the Main Street exit Go west and make a right onto Water Street. Waryas Park is 500 feet on the left. Launch at boat ramp.

Wed, June 18  Stonykill in the evening.
Leader: Sue Mackson 845-473-8892 or suemackson@gmail.com
Walk some of the trails east of Route 9D during the twilight hours. Meet at the manor house at 6:30. Admire the small garden maintained by the Verplanck Garden Club. Then head east for and in and out walk of up to 4 miles. Contact leader for further details.

Fri, June 20 - Sun., June 22  Connecticut River Paddling/Camping
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com
This is a paddle of contrasts - from urban to rural reaches - on the tidal flatwaters of the Connecticut River from Middletown to Essex. Explore freshwater tidal marshes, creeks and coves searching their flora & fauna. Explore an island where the pirate, Capt. Kidd, is purported to have buried his ill-gotten treasure. Camp at primitive river-access-only sites. No portages, but wind & wakes are probable and large boat traffic is a definite. This is a trip for those who have experience on the Hudson River. Total mileage is low to mid 30s, depending on the number of side trips. Canoes/kayaks for rent at put-in. Kayaks must be a minimum of 13.5 ft. and have dual bulkheads. Must register by 6/2 to reserve campsites. Contact leader to register.

Sat, June 21 - Black Rock Forest Perimeter - seven to eight miles - B-
Leader: Mel Kleiman nivlem.mk@gmail.com or 845-216-6805
Meet at Black Rock Forest parking lot off 9w and Mountain Rd. at 9:30am.
Call leader for additional information. Rain cancels or if in doubt call leader.

Tues, June 24  Beacon Waterfront Evening Paddle  B/C
Leader: Dave Webber webberd1@yahoo.com or 845-452-7238.
Launch at 6 PM from Scenic Hudson’s Long Dock Park. We’ll paddle for 1.5-2 hours, 4-6 miles at an easy pace. PFD required! Participants must have a kayak 13.5 foot or longer with 2 bulkheads.
Directions: From I-84 go 1.8 miles south on Route 9D, right on Beekman St., Right on Red Flynn Drive then immediate left on Long Dock Rd. Scenic Hudson’s Long Dock Park is next to the train station.

Sat, June 28 - West Point Foundry Preserve in Cold Spring – Walk - C
Leaders: Ellen Zelig and Bill Beehler phone 845-473-5557 to confirm
Join us for a walk on one of the newest Scenic Hudson sites. We will meet at Dutchess Mall behind McDonalds at 10 AM or at the Preserve at 10:15 AM. It will be a leisurely walk, about 1 to 1 1/2 hrs. The Preserve is located at 68 Kemble Ave., Cold Spring, NY 10516. Go down Main St. toward the river, Turn left onto Kemble Ave. The Preserve
entrance is at the end of Kemble Ave. No fees for parking or admission. There is a nice waterfall, babbling brook, marshland and historical kiosks throughout the 87-acre Preserve. It’s more of an outdoor museum than a physical workout. We can do lunch afterwards at Hudson Hills Restaurant on Main Street if you would like to join us.

**Sat, June 28 – Wonder Lake – Patterson, NY - Class B; 7+ miles - Moderate**
**Leader: Tom Buckley  TrailHikerTom@gmail.com**
We will hike portions of the Highland Trail, the Orchard Hill Trail, the Yellow Trail & the Red Trail. We will see Wonder Lake from numerous vantage points. We will also pass by Laurel Pond. There are opportunities to shorten the hike for those that don’t want to go the full distance. We will meet at the Wonder Lake parking lot on Ludingtonville Road, in Holmes, NY. Email leader for directions and meeting time.

**Sun, June 29 - Castle Rock Unique Area and Arnold’s Flight**
**Hike Class B, 4 miles – Moderate**
**Leader: John Ragusa  917-692-1159**
We will hike in the Castle Rock Unique Area in Garrison, NY up to the top of Sugarloaf Hill for some great views of the Hudson and West Point and look for one of the few outcrops of native cactus in the state. We will then take the path down to the River where Benedict Arnold took flight from the colonialists and headed down the river towards the British. Meet at 10:00 am in the parking lot of the Castle Rock Unique Area located on Route 9D in Garrison, about a ¼ mile on the left after the intersection of Routes 9D and 403. Look for a brown NYS DEC sign designating the area. Heavy rain cancels.

**Sun, June 29  Fishkill Creek Clean-out & Paddle**
**Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com**
Help build our water trail on the Fishkill Creek. We’ll paddle the creek as we clear it for canoes & kayaks. We hope to open this water trail from Glenham to Hopewell Jct, so we need your help. **If you cannot make this date, but want to help, contact the leader to be put on the volunteers list.** Bring lunch, water, work gloves, plastic garbage bags and tools, e.g. loppers, axes, saws, come-alongs, rope, pry bars. **Contact leader for meeting time and place.**

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### JULY OUTINGS OVERVIEW (details follow)

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<th>Date</th>
<th>Description</th>
<th>Leader</th>
<th>Contact Info</th>
<th>Rating</th>
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<tr>
<td>Tues, July 1</td>
<td>Norrie Point Evening Paddle</td>
<td>Dave Webber</td>
<td>845-452-7238 <a href="mailto:webberd1@yahoo.com">webberd1@yahoo.com</a></td>
<td>Class B/C</td>
</tr>
<tr>
<td>Wed, July 2 – Wed, July 9</td>
<td>Sixth Annual Erie Canal Trip – Sylvan Beach to Little Falls</td>
<td>Don Urmston</td>
<td><a href="mailto:Mrurmston@gmail.com">Mrurmston@gmail.com</a></td>
<td>Class C+</td>
</tr>
<tr>
<td>Fri, July 4</td>
<td>Independence Day– Happy Birthday America!</td>
<td></td>
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<tr>
<td>Sat, July 5</td>
<td>Lake Awosting Loop from Lake Minnewaska</td>
<td>Brian T. Sullivan</td>
<td>845-594-9545 contact prior to 9 pm</td>
<td>Class B</td>
</tr>
<tr>
<td>Tues, July 8</td>
<td>Poughkeepsie Waterfront Evening Paddle</td>
<td>Dave Webber</td>
<td>845-452-7238 <a href="mailto:webberd1@yahoo.com">webberd1@yahoo.com</a></td>
<td>Class B/C</td>
</tr>
<tr>
<td>Sat, July 12</td>
<td>Kayak Safety on the Hudson River – Kayak talk &amp; paddle Plum Point, New Windsor</td>
<td>Don Urmston</td>
<td>845-457-4552 (before 9pm)</td>
<td></td>
</tr>
<tr>
<td>Sat, July 12</td>
<td>Full Moon Paddle – Cold Spring NY</td>
<td>Don Urmston</td>
<td>845-457-4552 (before 9PM)</td>
<td>Class B</td>
</tr>
<tr>
<td>Sat, July 12</td>
<td>Black Rock Forest, Northern Loop</td>
<td>Sue Mackson</td>
<td><a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a>, 845 471 9892</td>
<td>Class C</td>
</tr>
<tr>
<td>Sat, July 12</td>
<td>Sunset, Newburgh Bridge Walk</td>
<td>Sue Mackson</td>
<td><a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a>, 845 471 9892</td>
<td>Walk</td>
</tr>
<tr>
<td>Sun. July 13</td>
<td>Cold Spring to Bannerman’s Castle</td>
<td>Don Urmston</td>
<td>845-457-4552 (before 9PM)</td>
<td></td>
</tr>
<tr>
<td>Tues, July 15</td>
<td>Beacon Waterfront Evening Paddle</td>
<td>Dave Webber</td>
<td><a href="mailto:webberd1@yahoo.com">webberd1@yahoo.com</a> or 845-452-7238</td>
<td>Class B</td>
</tr>
<tr>
<td>Sat, July 19</td>
<td>Hike to Echo Lake, Overlook Mountain from Platte Clove</td>
<td>Georgette Weir &amp; Jean-Claude Fouere</td>
<td><a href="mailto:gweir@nynjtc.org">gweir@nynjtc.org</a>, <a href="mailto:jcfouere@gmail.com">jcfouere@gmail.com</a>, 845-462-0142</td>
<td>Class A</td>
</tr>
<tr>
<td>Sat, July 19</td>
<td>Fishkill Creek Clean-out &amp; Paddle</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM)</td>
<td>Clean Up</td>
</tr>
<tr>
<td>Sun, July 20</td>
<td>Kayak Skills – Rescues 10:00 am, White Pond, Carmel, NY</td>
<td>Don Urmston</td>
<td>845-457-4552 (before 9PM)</td>
<td></td>
</tr>
<tr>
<td>Tues, July 22</td>
<td>Wappingsers Creek to Hudson (Eve. Paddle)</td>
<td>Dave Webber</td>
<td><a href="mailto:webberd1@yahoo.com">webberd1@yahoo.com</a> or 845-452-7238</td>
<td>Class B/C</td>
</tr>
<tr>
<td>Sat, July 26</td>
<td>Paddle the Croton River &amp; Hudson River near Haverstraw</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM)</td>
<td></td>
</tr>
<tr>
<td>Sun, July 27</td>
<td>Walk in Upper Manhattan</td>
<td>Sue Mackson</td>
<td><a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a>, 845 471 9892</td>
<td>Walk</td>
</tr>
<tr>
<td>Tues, July 29</td>
<td>Poughkeepsie Waterfront Evening Paddle</td>
<td>Dave Webber</td>
<td><a href="mailto:webberd1@yahoo.com">webberd1@yahoo.com</a> or 845-452-7238</td>
<td>Class B/C</td>
</tr>
</tbody>
</table>
Summer Outings Schedule

Tues, July 1 Norrie Point Evening Paddle B/C
Leader: Dave Webber 845-452-7238 or webber1@yahoo.com
Launch at 6 PM and paddle for 1.5-2 hours, 4-6 miles at an easy pace. PFD required! Participants must have a kayak 13.5 foot or longer with 2 bulkheads. Directions: Rt 9 north from Hyde Park, bear left on Old Post Road toward Staatsburg and then immediately left to Mills Norrie State Park. Follow signs to the Marina. We’ll launch on the floating kayak launch in the marina.

Wed, July 2—Wed, July 9 Sixth Annual Erie Canal Trip – Sylvan Beach to Little Falls (C+, Easy but long)
Leader: Don Urmsont: Mrurmston@gmail.com or 845-454-9552 (before 9pm)
This year’s journey will have us base camping at Verona Beach for 2 nights and Little Falls for 3 nights. We will cover approx. 60 miles of the canal. Minimum 12’ kayak. Contact leader for more information. ADK Members only.

Sat, July 5 Lake Awooting Loop from Lake Minnewaska- B
8.5 miles
Leader: Brian T. Sullivan 845-594-9545 contact prior to 9 pm
Hike, swim, at this for a ‘beginning of summer’ outing. Meet at Trailways Bus Station in New Paltz. Park on Prospect St at 10 am. Drivers will help with car pooling from bus station.

Tues, July 8 Poughkeepsie Waterfront Evening Paddle B/C
Leader: Dave Webber webber1@yahoo.com or 845-452-7238
Launch at 6 PM and paddle for 1.5-2 hours, 4-6 miles at an easy pace. PFD required! Participants must have a kayak 13.5 feet or longer with 2 bulkheads.
Directions: From Route 9 take the Main Street exit. Go west and make a right onto Water Street. Waryas Park is 500 feet on the left. Launch at boat ramp.

Sat, July 12 Kayak Safety on the Hudson River – Kayak talk & paddle Plum Point, New Windsor (All skill levels welcome)
Leader: Don Urmsont Mrurmston@gmail.com or 845-549-4671
The Hudson River has its own special challenges and dangers. Many kayakers are simply unaware of these special considerations. We will discuss many of these issues including, tides, currents, winds, charts, proper crossing techniques and what equipment should be in your kayak to safely navigate the Hudson. Then we will head out for a paddle and practice some of the techniques. “Big water” rules apply: 13.5’ kayak or longer with dual bulkheads or flotation. PFDs required, spray skirt recommended. Meet at Plum Point beach at 1pm. Participants must preregister.

Sat, July 12 Full Moon Paddle – Cold Spring NY (B, Intermediate)
Leader: Don Urmsont Mrurmston@gmail.com or 845-454-4552 (before 9pm)
We will meet at Foundry park/train station parking lot at 7:30pm for an 8pm launch. Participants must have a kayak at least 13’ long with either dual bulkheads or flotation. Must have a ready light source (white light or headlamp), pfd required.

Sat, July 12 Black Rock Forest, Northern Loop C
Leader: Sue Mackson sue.mackson@gmail.com or 845-471-9892
I’ve cancelled due to weather twice. Let’s try again—an afternoon 5.5 m walk at easy pace. Some hill climbing; not more than 600 ft. total, various great views along the way. Walk is described in 50 Hikes in the Lower Hudson Valley by Green and Zimmerman. The various intersections along the trail are described as “confusing”. Plan to meet at the trailhead at 3 pm but call leader for carpooling. The trailhead parking is very restricted. See next outing for an extension to the day.

Sat, July 12 Sunset, Newburgh Bridge Walk
Leader: Sue Mackson sue.mackson@gmail.com or 845-471-9892
Meet leader at 7:00 Beacon Park near Metro North Station. Eat supper in the park, watch sunset over Newburgh. Walk up to bridge to watch full moon. Please contact leader to indicate your interest.

Sun, July 13 Cold Spring to Bannerman’s Castle – (B, Intermediate)
Leader: Don Urmsont Mrurmston@gmail.com or 845-549-4671 (before 9pm)
We will paddle north from Cold Spring to see Bannerman’s Castle from the water. There is a rest stop at Little Stony Point. Approx. 6-8 miles total. This is a good paddle for novice paddlers who want to gain more experience on the Hudson. Big water rules apply: 13.5’ kayak with bulkheads or flotation. Participants must preregister with leader. PFD required. Launch from Foundry Cove Park at the Metro North station in Cold Spring.

Tues, July 15 Beacon Waterfront Evening Paddle B/C
Leader: Dave Webber webber1@yahoo.com or 845-452-7238
Launch at 6 PM from Scenic Hudson’s Long Dock Park. We’ll paddle for 1.5-2 hours, 4-6 miles at an easy pace. PFD required! Participants must have a kayak 13.5 feet or longer with 2 bulkheads.
Directions: From I-84 go 1.8 miles south on Rte 9D, right on Beekman St., right on Red Flynn Drive then immediate left on Long Dock Rd. Scenic Hudson’s Long Dock Park is next to the train station.

Sat, July 19 Hike to Echo Lake, Overlook Mountain from Platte Clove, A+, 8.2 miles Strenuous, moderately fast (Trail Conference Map 141)
Leaders: Georgette Weir gweir@nynjtc.org & Jean-Claude Fouere jcfouere@gmail.com, 845-462-0142 For info (time, carpooling) and to reserve your place, contact leaders. Put “Catskill hike” in subject line if emailing. Beautiful in-and-out hike in the Indian Head Wilderness area of the Catskills. Limit: 12 participants (DEC regulation, plus, it’s a nice size for a group hike). Joint with NYNJTC.
We’ll start at the Long Path trailhead on Plattekill Clove Road; our destination will be Echo Lake via the Overlook Trail. Then back. In addition to enjoying the lake, we will cross several streams where we can cool our feet, pass old quarry sites, inspect two shelters, enjoy one viewpoint, and more!

Sat, July 19 Fishkill Creek Clean-out & Paddle
Leader: Russ Faller 845-297-5126 (before 9:30 PM)
or russoutdoors@yahoo.com
Come help us build a water trail on the Fishkill Creek. We’ll paddle the creek as we clear it for canoes & kayaks. We hope to build this water trail from Glenham to Hopewell Jct., so we need your help. Useful tools include: loppers, axes, saws, come-alongs, rope, pry bars. If you don’t have tools, contact leader for loaners. Bring lunch, water & work gloves. PFDs required. If you can’t make this date, but want to help, contact leader to be put on e-mail list. Contact leader for meeting place/time.

Mid-Hudson Trails
Sun, July 20- Kayak Skills – Rescues 10:00 am, White Pond, Carmel, NY (All Levels)
Leader: Don Urmsston Mrurmsston@gmail.com or 845-457-4552 (before 9pm)
Come get a free lesson from our ADK paddling trip leaders. We will cover rescues & safety. Whether you are new to kayaking or just need to brush up on your rescues, we'll have something for you. White Pond is a nice, clean pond where the water is usually warm. Meet at 10:00am, bring change of clothes and be ready to get wet. Participants must preregister with leader. PFD required.

Tues, July 22 Wappingers Creek to the Hudson Paddle Evening Paddle B/C
Leader: Dave Webber webberd1@yahoo.com or 845-452-7238
Launch at 6 PM and paddle for 1.5-2 hours, 4-6 miles at an easy pace to explore the tidal Wappingers Creek and perhaps a peek a the Hudson River. PFD required!
Directions: From Rt. 9D take CR28/New Hamburg Road towards New Hamburg, turn right on Creek Rd for about a mile to the launch on the left

Sat, July 26 Paddle the Croton River & Hudson River near Haverstraw
Leader: Russ Faller 845-297-5126 (before 9:30 PM)
or russoutdoors@yahoo.com
We'll paddle up the mouth of the Croton River to an island to stretch our legs and take a swim in the crystal clear water coming out of the reservoir. Then back out and into a wetland before entering the Hudson. From there we'll paddle around Croton Point and back. Mileage to be determined. Kayaks must be at least 13.5 ft. long and with dual bulkheads. Wet exits & experience paddling the Hudson required. Rec kayaks only allowed on Croton River portion. Bring lunch, water & paddling gear. PFDs & spray skirts required. Meet at 9:45 AM in Croton-Harmon RR parking lot. Look for kayaks on car roofs. Joint with AMC-NY/NJ.

Sun, July 27 Walk in Upper Manhattan
Leader Sue Mackson Suemackson@gmail.com or 845-471-9892
Take Metro North to Marble Hill station, walk approximately 4 miles crossing the Harlem River through Inwood Park, scene of Revolutionary War History and wonderful views of the Hudson. Continue to George Washington Bridge. Possible walk across the Hudson --on the water for those of you capable—otherwise, over the GW and then return to travel back to Poughkeepsie. Bring lunch, water, cushioned walking shoes. Prepare for the unknowns of an urban walk. Optional supper before leaving Manhattan. Meet to take train from Poughkeepsie.

Tues, July 29 Poughkeepsie Waterfront Evening Paddle B/C
Leader: Dave Webber webberd1@yahoo.com or 845-452-7238.
Launch at 6 PM and paddle for 1.5-2 hours, 4-6 miles at an easy pace. PFD required! Participants must have a kayak 13.5 foot or longer with 2 bulkheads.
Directions: From Route 9 take the Main Street exit. Go west and make a right onto Water Street. Waryas Park is 500 feet on the left. Launch at boat ramp.

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**AUGUST OUTINGS OVERVIEW (details follow)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Leader</th>
<th>Contact Info</th>
<th>Rating</th>
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</thead>
<tbody>
<tr>
<td>Sat, Aug 2</td>
<td>Outing Leaders picnic</td>
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<tr>
<td>Tues, Aug 5</td>
<td>Hike TBA</td>
<td>Beth Willis</td>
<td>845-373-8202 or <a href="mailto:bethwillis@optonline.net">bethwillis@optonline.net</a></td>
<td></td>
</tr>
<tr>
<td>Sat, Aug 9</td>
<td>Hudson River Paddle from Norrie Point</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9:30 PM)</td>
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</tr>
<tr>
<td>Sat, Aug 9</td>
<td>Madam Brett Park Walk</td>
<td>Sue Mackson</td>
<td><a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a>, 845-471-9892</td>
<td>Walk</td>
</tr>
<tr>
<td>Sun, Aug 10</td>
<td>Fishkill Creek Clean-out &amp; Paddle</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM)</td>
<td>Clean Up</td>
</tr>
<tr>
<td>Sun, Aug 10–Sat, Aug 16</td>
<td>Annual White Mountains, NH Trip FULL</td>
<td>Ginny Fauci</td>
<td><a href="mailto:gefauci@gmail.com">gefauci@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Sat, Aug 16</td>
<td>Warner Creek/Long Path + Devil’s Path on Plateau Mountain</td>
<td>Georgette Weir &amp; Jean-Claude Fouere</td>
<td><a href="mailto:gweir@nynjtc.org">gweir@nynjtc.org</a>, <a href="mailto:jcfouere@gmail.com">jcfouere@gmail.com</a>, 845-462-0142</td>
<td>Class A</td>
</tr>
<tr>
<td>Mon, Aug 18 - Fri, Aug. 29</td>
<td>Aug 29 Backpack the 100-Mile Wilderness of the Appalachian Trail to Mt. Katahdin in Maine</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9:30 PM)</td>
<td>Class A</td>
</tr>
<tr>
<td>Sat, Sept 6</td>
<td>Fishkill Creek Clean-out &amp; Paddle</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM)</td>
<td>Clean Up</td>
</tr>
</tbody>
</table>
Sat, Aug 2 – Outing Leaders picnic

Tues, Aug 5 – Hike TBA, Leader: Beth Willis, 845-373-8202 or bethwillis@optonline.net

Sat, Aug 9 Hudson River Paddle from Norrie Point
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com
Afternoon paddle on the Hudson from Norrie Point. So much to see and do here: Explore Indian Kill, Vanderburgh Cove, Esopus Island, Esopus Meadows Lighthouse, Black Creek, Vanderbilt Mansion. Swimming is great from Esopus Island. The east shore is outstandingly beautiful and undeveloped. Mileage to be determined. Kayaks must be at least 13.5 ft. long and with dual bulkheads. Wet exits & experience paddling the Hudson required. Bring food, water & paddling gear. PFDs & spray skirts required. Meet at Norrie Point Marina at 12 noon. Joint with AMC-NY/NJ.

Sat, Aug 9 - Madam Brett Park Walk
Sue Mackson suemackson@gmail.com, 845-471-9892
Come walk this flat area along the Fishkill Creek, a Scenic Hudson Property and former site of a hat factory. This is one of my favorite times to walk here because we may see Cardinal Flowers blooming. We’ll possibly also walk up to Main St to see the grounds of Madame Brett’s home, one of the oldest in Dutchess County, and see the revival buildings along the Fishkill Creek here as well. Meet at 3:00 pm for this late afternoon walk. Heavy rain cancels. Meet at the entrance to the property.

Sun, Aug. 10 Fishkill Creek Clean-out & Paddle
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com
Come help us build a water trail on the Fishkill Creek. We'll paddle the creek as we clear it for canoes & kayaks. We hope to build this water trail from Glenham to Hopewell Jct, so we need your help. Useful tools include: loppers, axes, saws, come-alongs, rope, pry bars. If you don't have tools, contact leader for loaners. Bring lunch, water & work gloves. PFDs required. If you can't make this date, but want to help, contact leader to be put on e-mail list. Contact leader for meeting place/time

Sun, Aug 10–Sat, Aug 16 – Annual White Mountains, NH Trip FULL. Contact Ginny Fauci gefauci@gmail.com to be added to a wait list.

Sat, Aug 16: Hike Warner Creek/Long Path + Devil's Path on Plateau Mountain A+ 7.5 mile Strenuous, moderately fast (Trail Conference Map 141)
Leaders: Georgette Weir gweir@nynjtc.org & Jean-Claude Fouere jcfouere@gmail.com 845-462-0142. Contact leaders for info (time, carpooling) and to reserve your place. Put “Catskill hike” in subject line if emailing.
This is a U-shape hike with many great viewpoints. Short car shuttle between endpoints on Rt. 214. Limit: 12 participants (DEC regulation, plus, it’s a nice size for a group hike). Joint with NYNJTC. This hike will include stretches of the Warner Creek Trail and Devil’s Path, including a 0.4-mile detour to the summit of Plateau.

Monday, Aug 18 - Fri., Aug. 29 Backpack the 100-Mile Wilderness of the Appalachian Trail to Mt. Katahdin in Maine
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com
What an adventure! Backpack the Appalachian Trail in the remote backcountry of Maine. See the AT’s highest waterfalls. Explore the Slugundy Gorge. Hike the Barren-Chairback Range, crossing 5 major summits. Climb Katahdin (with day pack). Multiple water crossings and lakes to swim in and camp by. Cost is @$120 for transport shuttles, food drop & 3 nights lodging. Deposit of $25, which is refundable only if someone takes your place. Must arrive in Millinocket, ME by the evening of Sun., 8/17. Drive home on Sat., Aug. 30. Contact leader for more info and/or to register. Joint with AMC.

Sat, Sept. 6 Fishkill Creek Clean-out & Paddle
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com
Come help us build a water trail on the Fishkill Creek. We'll paddle the creek as we clear it for canoes & kayaks. We hope to build this water trail from Glenham to Hopewell Jct, so we need your help. Useful tools include: loppers, axes, saws, come-alongs, rope, pry bars. If you don't have tools, contact leader for loaners. Bring lunch, water & work gloves. PFDs required. If you can't make this date, but want to help, contact leader to be put on e-mail list. Contact leader for meeting place/time

Save the date!

Library talk for the MHADK - Saturday October 4, 2014 – 2PM the Newburgh Free Library. Subject will be Doodletown and the other vanished hamlets such as Baileytown, Johnstown, Pine Meadows and Sandyfields (just to name a few) acquired by the Palisades Interstate Park Commission within the Harriman park region. Learn about the history of this area we lead hikes through and the families that lived there for generations. Guest speaker Elizabeth “Perk” Stalter (former resident of Doodletown) has graciously agreed to share her extensive knowledge of this area. She is the author of Doodletown Hiking Through History in a Vanished Hamlet on the Hudson.
Feb 8  Black Rock Forest
LOTS of snow! Snowshoes a necessity—axe for a Black Rock hike. From the parking lot we went up and over Whitehorse Mountain to the Upper Reservoir. Up Hill of Pines trail to Height-of-Land east of Hill of Pines high point, then bushwacked west to the high point and lunch. Descended north to swamp trail, east to reservoir again, and down the road to cars. There were old snowshoe tracks all the way. Anthony Sorace and leader, Al DeMaria. Only two of us—are club members hibernating?

South Taconic Brace
Another great Winter Hike. Participants: JC Fouere (leader) & Bryan Cook

March 15  Late Winter Loop at Fahnestock State Park,
Spring like temperatures, sun, and blue sky made the still-deep snow easier to take for this very congenial, hardy group, seen below at lunch. Tom Buckley’s GPS recorded 6.77 miles for this rugged, beautiful, and varied loop. Participants: Tom Buckley, John Ragusa, Karen Glemming, Eli Cohen, Alice Renna, and leader Georgette Weir.

March 22  Tivoli Bays
You might not have known it was spring as we trudged through snow through Tivoli Bays fields and woods, nearly loosing footing on a steep clay packed slope. Encountered unexpected bicycle race around the campus. We all were glad to be outside—it wasn’t too cold, and the sun was out. Crugers Island is closed to visitors until fall for work to restore wildlife habitat, so hike was cut short. Bard Campus is worth exploring. Jerry & Marie Rubenstahl, Jerry, Jennifer Anderson, Chad & Eileen Ghastin, Sue Mackson, Leader.

April 12  Nuclear Lake
13 hikers eager for an early spring outing met for a 6-7 mile RT hike (that turned out be closer to 8.5 miles, for which error in calculation the leader—Georgette Weir—apologized profusely) on the Appalachian Trail in Pawling. The route passed Nuclear Lake on the way to the Catskills viewpoint, returning via the other side of the lake. Though longer than expected, the path was also drier than expected, and the weather was perfect. All made it to the far end of Nuclear Lake, but this moderately strenuous hike (the terrain is hilly) challenged some as a first-of-the-season outing, and four opted to shorten their walk with an early return. At the end of the day, everyone felt tired after what was for many the first walk of the season.

April 27  West Mountain Hike
Brenda Harding and Leader, Mel Kleiman, enjoyed a beautiful day hiking this site in Harriman State Park.

May 4  Burnt Knob/Acra Point Loop Hike
Hike advertised as up to 5.3 became a 7 mile loop on a perfectly beautiful, bright, sunny if cold May Day. Had to contend with really strong winds which seemed to blow from south and west. Four of us bushwacked the 100 ft. rise from the trail to the top of burnt knob. Views of the Blackhead Range on one side and the Schoharie Valley and up to Albany on the other enhanced the day. Trails lined with large patches of spring beauty, trillium still in bud, and bushels of ramps. Some young women had tried to ascend Blackhead but were deterred by ice in the upper region. Thanks to Shari Aber and Lenore Bruce for assuring no rain. No one thought it was too far to go to spend a day in the woods, especially the leader, Sue Mackson, who did none of the driving (thank you, Joe Ferri). Ellen Kelly easily completed the hike, as did guest, Tom Spence.
Chapter meeting on February 23 at the Milanese Restaurant had a nice turnout of 29 people for the great presentation by Jeff Senterman the NYNJ Trail Conference's Senior Program Coordinator, who told us the story behind the creation, history and development of the Catskill Park and its trails. We thank Jeff for his sharing his immeasurable knowledge and his brother Doug for assisting.

The meeting also gave us a chance to celebrate our Nonagenarians (age 90+ members) who were our honored guests of the presentation and dinner afterwards. It was wonderful to be able to show our appreciation for their years of support and service to the Mid Hudson ADK Chapter. They inspire us and we are forever grateful for their years of participation and dedication. THANK YOU

Pictured below are:
Seated L to R: Adrienne Wiese (former Chapter Chair of MHADK), David Wiese (member extraordinaire), Jane Geisler (former Chapter Chair of the MHADK)

Standing: Al Poelzl (nature boy and trailblazer)

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

<table>
<thead>
<tr>
<th>Richard Acker</th>
<th>Donna Morgan</th>
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<tr>
<td>Kirby Amell</td>
<td>Camille Norvell and David Weir</td>
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<td>Joseph Cartisano</td>
<td>Patricia O'Neil</td>
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<td>Heidi Kebschull</td>
<td>Gregory Paret</td>
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<td>Daniel King</td>
<td>Frederick Ripin</td>
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<td>Catherine Lane</td>
<td>Kim Steinberger</td>
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<td>Donna Logan</td>
<td>Michelle A. Tipple and Sue Schemel</td>
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<td>Cynthia Matteson</td>
<td>Taylor Vanderbilt</td>
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<td>Dan Zazzi</td>
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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 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