



Mid-Hudson TRAILS

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

Winter 2013
January - March

A SPECIAL THANKS TO OUTGOING CHAPTER CHAIR, LALITA MALIK, WHO'S STILL 'MOVING RIGHT ALONG'!



"Moving right along.." If ever you've attended a board of directors meeting of Mid-Hudson ADK during the chairmanship of Lalita Malik, that's what you've heard. And move right along we did—for the past six years. Lalita was not one to sit and ponder, but rather, she wanted action. One of my earliest memories of working with Lalita was manning a MHADK table at the Beacon Sloop Club's Strawberry Festival. Russ Faller had the idea that we should be a presence at various environmental events and recruited pairs of members to hand out our brochures. I sat behind our table with the brochures and planned to spend several hours that way. Lalita thought that was all wrong—that one couldn't be passive but must actively approach each passerby, engage the person in conversation while offering membership and brochures in one breath. She said she'd done this while marketing for IBM and no one marketed by sitting in one spot.

That sort of energy has characterized Lalita throughout her time in office. It was the energy that Tom Lint saw in her when, as a member of the nominating committee in 2004, he asked her to succeed Michele Vanhoesen as Chair. By that time, Lalita had not just button-holed folks at environmental programs, but had energized our entire outings schedule, had devised plans for two ADK Spring Outings, started a mid-week hike group, and in her spare time, was recruiting new leaders tirelessly. Recruiting did not end with outings leaders. I would say that one predominant task which Lalita has taken on since the beginning has been recruitment. Bill Beehler says, "No one can say 'no' to Lalita." Probably that's because she doesn't let them. When she meets an ADKer, especially a newbie, she's already sizing them up for some board position or other. We all can tell stories about being drafted to work on some project or other and laugh at how unexpectedly we'd said "yes".

Perhaps her model as active recruiter was Jane Geisler, who first met Lalita through Union Vale civic activities and encouraged her to join ADK. If Jane had been shy about getting folks to do things, lots of trail work would never have gotten done, and had Lalita been shy, we might have a half empty Board of Directors!



A parliamentarian Lalita is NOT! Regardless of the task at hand, her goals, her plans, her efforts and her energies have centered on 'moving right along', getting the decisions made and the job done. For a period of time during her tenure as chapter chair, she was dealing with reorganizing the chapter's Break-Free program and when it became apparent that the brick wall of obstacles was not about to crack, she moved on to the education and recruitment of "future stewards of the earth" through an alliance with Nubian Directions and No Child Left Indoors.

(continued on page 2)

EXECUTIVE COMMITTEE/COMMITTEE CHAIRS

Co-Chair	Pete McGinnis	pmcgin1@aol.com	845-454-4428
Co-Chair	Daniel Jones, Jr	Daniel.jones.jr@gmail.com	845-485-7969
Secretary	Ellen Zelig	ellenzeligcrs@aol.com	845-473-5557
Treasurer	Ralph Pollard	Ralphpollard@verizon.net	845-462-3389
Chapter Director	Brenda Harding	oreomort@aol.com	845-565-8566
Chapter Director	Mel Kleiman	melelena@verizon.net	845-534-9131
Club Director	Jean-Claude Fouere	jcfouere@gmail.com	845-462-0142
Alt. Club Director	Daniel Jones, Jr	Daniel.jones.jr@gmail.com	845-485-7969
Alt. Club Director	Lalita Malik	lalitalalik@aol.com	845-592-0204
Past Chpt Chair	Lalita Malik	lalitalalik@aol.com	845-592-0204

Committee Chairs

Conservation	Sayi Nulu	sayinulu@yahoo.com	845-264-2270
New Members	Jennifer Anderson	djanderson@fairpoint.net	
Publicity	Skip Doyle	SkipNewYork@yahoo.com	
News Media	Michele Van Hoesen	michelevh8@yahoo.com	845-691-7442
Media Cordon.	Don Urmston	Durmston@hvc.rr.com	845-457-4552
Social Events	Carole Marsh	nanagrace91@aol.com	845-849-2044
Website Tech	Ted Ripley Duggan	erd@wilsey.net	845-657-7057
Newsletter Ed	Brianne Seipp	B2spz@aol	845-471-2314
Data Base	Eli Cohen	e_b_cohen@yahoo.com	845-897-5921
Outings Co-Chair	Sue Mackson	suemackson@gmail.com	845-471-9892
Outings Co-Chair	Ginny Fauci	vfauci1@hvc.rr.com	845-399-2170
Outings Log Ed	Jane-Ellen Malinowski	Janeellen.malinowski@yahoo	878-5051
ATTrail Superv.	Bill Beehler	wvbee@aol.com	845-473-5557
Trails Chair	Bill Beehler	wvbee@aol.com	845-473-5557
Balsam Lake Mt.	Frank Dogil	Frankd66@gmail.com	845-454-5441
Water Trails and Paddles	Russ Faller	Russoutdoors@yahoo.com	845-297-5126
NY/NJ Trails Delegate	Salley Decker	sadecker2002@yahoo.com	845-454-4206
Website Content Mgr	Georgette Weir	georgette.weir@gmail.com	845-462-0142

Stay Connected
via these Websites!

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



Thanks to Lalita (continued from front page)

As every Chair before her, Lalita has been the face of MHADK—fielding inquiries, acting as liaison to outside groups and to our statewide organization. When Don Urmston successfully lined up libraries to sponsor talks about hiking and paddling, Lalita was there—designing a popular talk on the Joys of Hiking. She’s given 4 or 5 talks each year throughout her chairmanship. Her emphasis on an active approach led her, in discussion with our Social Chair, Carole Marsh, to deemphasize lecture type gatherings and rather push for outings with an educational theme. “Let’s see where the hydro-fracking takes place”. “Let’s recruit volunteers for trail work by taking them out to see where the work is needed.”

In the eight years that Lalita’s dealt with the nitty gritty of board business she’s not withdrawn from other chapter activities, nor from other environmental or civic involvement. She’s continued to lead the popular Mid Week Hikers which she designed—and recruited Ginny Fauci along the way. She’s continued her beloved ADK Adventure Trips, leading two to her native India, and others to Virginia, Utah, and Alaska. She spent a number of years as a member of the Union Vale Environmental Commission, and on the Cornell Cooperative Extension’s Environmental Advisory Board, as well as being active in local political organizations.

No chair can do it all, nor should s/he, but Lalita has had her hand in most of the chapter’s “pots”! Along the way she’s learned a lot, and taught a lot. And she will, we know, continue to do so. As Lalita says—she always wants new challenges, new projects. There will be lots for her to do as she moves right along—into another role in the Mid Hudson Chapter. Meanwhile we, are so, so grateful for all that she’s already done!

TRAILS FEST 2013 PLANNING COMMITTEE WANTS INPUT

Planning will soon be under way for the annual MHADK "Trails-Fest", with a tentative date of September 13-15, 2013. We would so appreciate input from past participants and anyone interested in this event, as we'd like to plan a trip to a location which has the most interest to our members. The three possible locations considered so far include:

- ◆The Adirondacks using the ADK Loj and/or campgrounds (Weizel cabin unavailable September or October)
 - ◆Southern NH...Mount Monadnock and other nearby trails
 - ◆Vermont...Camel's Hump (loop), Mount Mansfield, Long Trail
- Tell us where you would like to spend a weekend of hiking, paddling, and enjoying the camaraderie of fellow Adker's, and share your thoughts on any aspect of the event: housing, food, hiking and paddling resources, etc. Send your suggestions/comments to Salley Decker at (sadecker2002@yahoo.com) no later than January 31st. The committee, which consists of Salley Decker, Brenda Harding and Sayi Nulu, will review all replies before trip planning begins. Please join us in this process! And thanks in advance for your input!

CLUB ADK HAS WINTER OFFERINGS

Source: Nov 2012 Today: Vol5, No8
See www.adk.org for more information.

Winter is coming, and ADK can help make it a season of adventure and discovery. Enjoy the outdoors while honing your backcountry skills with a winter hike or camping trip. Learn the basics of cross-country skiing or snowshoeing. Or master wilderness navigation with a map and compass or GPS course. [Click here](#) for a complete lineup of our winter Guided Trips and Workshops.

If you're looking for a real winter challenge, check out ADK's [Winter Mountaineering School](#). For over half a century, ADK's Winter School has promoted enjoyable, safe and successful winter mountaineering and camping. The 2013 Winter Mountaineering School will be based at the Adirondak Loj Feb. 1-7, with day hikes and weeklong programs available. Registration deadline is Jan. 15. Space is limited, so register early.

Check out also, the Mid-Hudson Chapter's Winter Weekend in the Adirondacks. We reserve ADK's Weizel Trails Cabin in the Adirondacks over President's Weekend. See Feb 15-18 in the Outings Schedule for details.

Do you know what famous local resident made this statement?



**HIKING LEADERS NEEDED FOR
OUTINGS WEST OF THE HUDSON RIVER**
Please reply to Sue Mackson at 845-471-9892
suemackson@gmail.com

APPALACHIAN TRAIL SECTION MAINTAINERS NEEDED

Join other ADKer's in maintaining our chapter's adopted trails, including a Dutchess County section of the AT. Maintaining a trail is a great family activity as it takes no special skill, is great exercise, is a wonderful way to meet new people, gets the blood rushing and the endorphins flying, and makes a real difference to walkers and hikers and every person who treasures time on the trails! See p3 of the Fall 2012 issue of Mid-Hudson Trails for a detailed description of the job of a maintainer, and call or email Bill Beehler, Mid-Hudson ADK Chapter AT Trail Supervisor, to discuss the details. (845-473-5557 or wvbee@aol.com)

HELPERS NEEDED FOR LIBRARY LECTURES

To assist Trip Leader and past Chapter Chair Lalita Malik and Trip Leader Don Urmston during their Library Lecture Series presentations. The programs are held at various libraries in the mid-Hudson valley and helpers are needed to pass out literature, set up and dismantle displays, etc. Lalita's topic is [The Joys of Hiking](#) and Paddle and Hiking Leader Don Urmston presents a program on [Kayaking: How to Get Started](#). Watch the Weekly Emails for lecture dates and then contact Lalita at 845-592-0204 or lalitamalik@aol.com and Don at 845-457-4552 or Durmston@hvc.rr.com

PETER C. MCGINNIS, ESQ

Attorney and Counselor at Law

515 Haight Avenue
Poughkeepsie, NY 12603-2468

Elder Law - Wills - Trusts - Estates - Asset Protection
Medicaid Planning

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

"Change begins in a small place, close to home."

(The answer can be found on page 11!)

CONSERVATION CONSIDERATIONS

JUNK MAIL - WHAT CAN WE DO?

Source: DEC Website

To most of us, any junk mail is too much. If your mailbox at home or work is overflowing with unwanted solicitations and advertisements there are some things you can do to get it all under control:

- ◆ Visit the Direct Marketing Association website at: <https://www.dmaconsumers.org/cgi/offmailing>. For a \$1 fee you can have your name removed from unwanted mailing lists. Make sure to provide them with all the different variations of your name under which you receive junk mail. Be patient - it will take a few months before any relief is realized. You should also send an additional request to them every few years or so, as your name gets put on more lists.
- ◆ Contact the companies that send you unwanted mail and tell them to remove your name from their mailing lists.
- ◆ Don't sign up for information that you really don't want.
- ◆ If you subscribe to a magazine, book club or other publication, call or write to tell them not to give your name to other companies.
- ◆ Eliminate unwanted catalogs you receive at: <http://www.catalogchoice.org>. This free service allows you to reduce the stream of unwanted catalogs flowing into your home while helping to preserve the environment.

SAVE THESE DATES

Feb 15-18 Chapter Annual Winter Outing at ADK's Weizel Cabin - See details on p.6
March 10 Daylight Savings Time Begins
April Earth Day
End of Winter Trail Maintenance
Great Hudson River Sweep
May 11 The 2nd Annual Riverkeeper Sweep
June 6 National Trails Day Trail Maintenance Activities
June 11 The 11th Annual Chapter PaddleFest, Plum Point, New Windsor
Sept 13-15 (date tentative) The 4th Annual Trails Fest
See p.3
Oct 5 Chapter Annual Fall Picnic

**NEW YEAR'S RESOLUTION:
CHOOSE TO DO SOMETHING THAT'LL HELP
SAVE PAPER, MONEY AND THE PLANET!
OPT IN TO RECEIVE THIS NEWSLETTER ELECTRONICALLY INSTEAD OF VIA SNAIL MAIL.
EMAIL ELI COHEN, DATABASE CHAIR.**

HIKING GUIDELINES

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

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

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

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

Hike Ratings

Class A —Difficult: More than 1500' climb or 8+ mi
Class B—Moderate: Less than 1500' climb, 6-8 miles
Class C—Easy: Well-graded trails, less than 6 miles
Walk—Suitable for Children, less than 4 mile

PADDLE OUTING REQUIREMENTS

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

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

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



Ellen Zelig, CRS, GRI
Licensed Associate Broker
ellen.zelig@prudentialserls.com



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Chapter Members: See What's Available!



Quick Response Cross Country Skiing
Get on the List Now!
ADK Members Only

◆ Good snow doesn't last very long around here. That's why you've got to get out and enjoy it right after the storm. If you have the luxury of dropping everything and going out to ski, contact Russ Faller at russoutdoors@yahoo.com to be put on the Quick Response X-C Ski List. When there's a good snowstorm, you'll get an e-mail invitation to ski right after the storm ends. This could fall on a weekend or a weekday. If you were on the list last Winter, you're still on the list. If you want off the list, contact Russ. ◆ An additional mid-week resource for post-storm X-C skiing is Chapter Member, Dave Kaplan. Unavailable on weekends, Dave may still be called on post-storm weekdays for a spur of the moment outing. He can be reached at 845-876-4642. (If you need a X-C lesson, Dave'll be glad to help out!)

Mid-Week Hikes: First and Third Thursday of each Month Leaders offer 3-6 hour hikes of varying difficulty to different areas of the Mid Hudson Valley. Hikes may be followed by a stop for refreshments. Leaders: Ginny Fauci, 845-399-2170 or vfauci1@hvc.rr.com and Lalita Malik, 845-592-0204 or lalitamalik@aol.com

Mid-Week Paddles (to resume in the spring): Second and Fourth Thursday of each Month Paddles vary in length, difficulty, and location, but are generally leisurely in that there are stops to enjoy bird and wildlife sightings and waterfalls, and a leisurely lunch. Some trips are more rigorous and details of these paddles will be provided by the leader prior to an outing. Each trip will be co-led by a volunteer mid-week paddler. Please take note of the Paddle Outing Requirements presented on page 4. Details about joining this group will be available in Spring 2013 when the paddles will resume.

A Word of Thanks from Carole

Thank you! Thank you to all the holiday elves who so generously shared their time and energy helping set up, break down, clean up, shop, greet, tote or carry on the day and evening of the chapter's annual holiday party! This event gets larger every year and without the help and support of so many chapter members, it would be a daunting task indeed! A special thank you, also, to Lost in the Woods for providing such lovely and festive background music! Your performance added a real touch of class to our potluck party! Editor: And we thank YOU, Carole!

Tues Jan 1 New Year's Day Walk at Vassar College
Leader: Sue Mackson 845-471-9892

suemackson@gmail.com
 Stan and Jenny Roberts used to lead a walk on this beautiful campus each New Year's Day. Continuing this tradition, we will meet at the Collegeview Entrance just inside the gate, where there is a substantial amount of parking. From the corner of Collegeview and Raymond Avenue, travel east, a long block down Collegeview to the side entrance to the campus. We'll take our hour and a half or so walk, with optional return to leader's house for soup, bread and hot drink. Bring some cookies to share.



Sat Jan 4 High Hope Hikers or Beginners Hike C-1:00 to 3:00 PM
Leader: Lalita Malik
LalitaMalik@aol.com **845-592-0204 (h), 845-7245786 (C)**

Join ADK High Hopes Hikers and LaGrange Library patrons for a 2-3 mile leisurely hike 2-3 mile up a mountain and around a pond for great views of a quarry, ponds and surrounding areas. Meeting Place: Red Wing Sand and Gravel Park, left side of road, just north of Rt. 82 and Rt. 55 intersection. Please confirm participation. Rain cancels.

Sat Jan 5 Photo Hike - Beacon Hill, Lake Minne-waska Good for Those New to Hiking C
Leader: Brian Sullivan 845-594-9545 Meet at the Trailways Bus Station, New Paltz. If driving, park along Prospect Rd. Extreme cold or inclement weather cancels.

Sat Jan 6 A.T./Blue Loop via Hidden Lake
Leader: Tom Amisson, @ tamisson@aol.com
 A loop on gentle terrain starting at the parking area on 9D at the end of Canopus Lake and following an old mine railroad bed south to Hidden Lake, then back on the scenic Blue Trail to 9D. On the way we'll pass several old iron mines. Suitable for kids. Level C, @ 4 miles.

Sat Jan 12 Hudson River Walk #1: River Side Park NYC; approx. 4 miles, C walk. **Leader: Jean-Claude Fouere 845-462 1909 jcfouere@gmail.com** Contact leader for exact meeting time and carpooling information. Flowing from the slope of Mount Marcy in the Adirondacks High Peaks to the New York Harbor, the Hudson River is truly one of the natural jewels of North America. Join in a series of seven diverse walks and hikes to discover the beauty of the Hudson River and to learn about its rich natural history. Our first walk will take us along Manhattan West Side from 158th to 62nd St., giving us a chance to talk about the crucial role of the River in the development and growth of New York City as, sloops, boats and barges brought food staples and ice blocks, timber and stones down river from the Hudson Valley, and coal from Pennsylvania, and shipped manufactured products up river to upstate New York on their way to the Mid West by way of the Erie Canal.

WINTER OUTINGS SCHEDULE *(continued)*

Sun Jan 13 Cross Country Ski or Hike, Depending on Conditions
Leader: Russ Faller at [845-297-5126](tel:845-297-5126) (before 9:30 PM) or russoutdoors@yahoo.com

If the snow is good within a reasonable drive from the Poughkeepsie area, we'll ski. If not, we'll hike. Location TBD. Contact leader.

Fri-Mon Jan 18-21 Backcountry Ski Weekend in Vermont
Leader: Ron Gonzalez iamrongon@gmail.com
Co-leader: Russ Faller [845-297-5126](tel:845-297-5126) (before 9:30 PM) or russoutdoors@yahoo.com

This trip will be to north-central Vermont, based somewhere near Bolton Valley or Stowe (Mt Mansfield area). If interested, sign up now because this trip is getting close to full. It's joint with AMC. There will be two groups this year:

The Intermediate group will go on cross-country friendly tours above the Bolton Valley Nordic Center, where there is a rustic cabin with miles of beautiful trails of moderate to advanced difficulty.

The Advanced group will be skiing the Bolton-Trapp Trail, which is the part of the Catamount Trail that goes from Bolton Valley north to the Trapp Family Lodge area.

If you're interested, please contact **Ron** at the e-mail address above. He'll be happy to answer all questions about the trails, what equipment is required, our accommodations, and so on.

Sat Jan 19 Urban Walk in Beacon

Leader: Sayi Nulu [845-264-2270](tel:845-264-2270) sayinulu@yahoo.com
Beacon's Main Street has become a magnet for restaurants, craft shops, antiques stores and more. Get out in winter with MHADKers and check out some of the more interesting spots. Then—end with ice cream or hot drinks at a location TBD. Meet—11:00 am at the river side part of the Beacon Train Station parking lot. We will walk from there to Main Street and continue to its end, stopping frequently. If you feel you can't walk up the hill to Main Street, you can park at the western end and we will meet you there. Possible walk to Madame Brett Park for those interested. Ends 3 or 4 pm.

Sun Jan 27 Wonder Lake State Park 6m C

Leader: Tom Amisson tamisson@aol.com Check out this scenic new park on trails that go up and down and around two lakes through various ecosystems with several scenic vistas. Contact leader for meeting time and place.

Sat Feb 2 Mt. Beacon 8 miles; A

Leader: Alvin DeMaria [845-255-1704](tel:845-255-1704)
demonalvin@yahoo.com **NOTE: Call, do not e-mail, to join outing.**

We'll head up the red Casino trail (steep) to the South Beacon tower, and then hike along yellow Wilkinson to Lambs Hill and loop back to car. Map: East Hudson #102 (2010) Call leader for meeting place/time.

Sat Feb 2 Photo Hike - Huguenot Street New Paltz

Leader: Brian Sullivan [845-594-9545](tel:845-594-9545)
Meet: Trailways Bus Station, New Paltz. If driving, park along Prospect Road. Extreme cold or inclement weather cancels. Contact leader for meeting time.

Sat Feb 9 Hudson River Hike #2: Hook Mountain, Rockland County approx. 7 miles B
Contact Leader, Jean-Claude Fouéré [845-462-1909](tel:845-462-1909) or jcfouere@gmail.com for exact meeting time and carpooling information. Flowing from the slope of Mount Marcy in the Adirondacks High Peaks to the New York Harbor, the Hudson River is truly one of the natural jewels of North America. Join in a series of seven diverse walks and hikes to discover the beauty of the Hudson River and to learn about its rich natural history and history. Our second hike will take us along the Long Path from the parking lot off 9W to Hook Mountain and beyond along the Long Path, offering many views of the River and of New York City skyline. Some abandoned structures will remind us of the now long gone ice industry feeding New York City and beyond, and of the quarrying of the cliff basalt rock used in road and building construction.

Sun Feb 10 Roosevelt Farm Lane Trail, including Eleanor's Walk at Val-Kill and Top Cottage 6.6 Mile Walk

Leader: John Ragusa: [917-692-1159](tel:917-692-1159) or john.ragusa@bnymellon.com

Meet at 11:00 a.m. at the trail head on Route 9 just north of the Hyde Park Steakhouse and Brewing Co. and just south of the Hyde Park Drive-in theatre. Parking available at trail head. A moderate walk of the Roosevelt Farm Lane Trail on gravel-surfaced woods road with gently rolling hills. We will also do Eleanor's Walk at Val-Kill and the walk to Top Cottage, FDR's hidden retreat. Part of the Hyde Park system of trails.

Fri-Mon Feb 15-18 MHADK Winter Weekend in the Adirondacks

Leader: Pete McGinnis pmcgin1@aol.com We again have reserved the Weizel Trails Cabin, located on the Adirondack Mountain Club's Heart Lake Property in the Adirondacks, for Presidents Weekend 2013. There are 4 rooms with 2 bunk beds in each room; a kitchen w refrigerator for our food, a large common area and male/female rest rooms w showers. Trails are adjacent to the cabin for all levels of hiking, skiing, and snow shoeing skills. We will have pot luck on Saturday which usually covers Sunday dinner as well. Other meals are on your own. It's a great opportunity to enjoy the Adirondacks and camaraderie with fellow ADKers. Check out this site for information about the Heart Lake property, ADK's lodging facilities and the surrounding area. <http://www.adk.org/page.php?pname=lodging> Cost for the weekend is \$80 per person. To join and reserve a place, e-mail Pete McGinnis at pmcgin1@aol.com and mail checks (payable to Mid Hudson Chapter ADK) to Pete McGinnis, 515 Haight Avenue, Poughkeepsie, NY 12603

WINTER OUTINGS SCHEDULE *(continued)*

Sun Feb 17 Clermont Estates Walk
Leader: Sue Mackson suemackson@gmail.com, 845-471-9892 The Estate House of Robert Livingston, overlooking the Hudson opposite Saugerties, will be closed. We will plan to walk some of the trails for 2-3 hours—no large hills. If heavy snow, bring skis or snow shoes. Freezing rain or such inclement weather cancels. Car pool from the East Park light -parking lot at Stewarts. Please register with leader by Feb 15.

Sat Mar 2 Harriman-Lake Skannattati 8mi; B+
Leader: Alvin DeMaria [845-255-1704](tel:845-255-1704); demonalvin@yahoo.com From Lake Skannattati, we'll take Long Path to Times Square and the AT. Follow AT past Greenwood Mine to R-D to Times Square, and Arden-Surebridge back to the car. Map: North Harri-man St Park #4 (2005) For meeting place/time, Call leader.

Sat Mar 2 Photo Hike: Walkill Rail Trail South
Leader: Brian Sullivan 845-594-9545
Meet: Trailways Bus Station, New Paltz. If driving, park along Prospect Road. Extreme cold or inclement weather cancels.

Sun Mar 3 Cross country Ski or Hike, Depending on Conditions
Leader: Russ Faller at [845-297-5126](tel:845-297-5126) (before 9:30 PM) or russoutdoors@yahoo.com If the snow is good within a reasonable drive from the Poughkeepsie area, we'll ski. If not, we'll hike. Location TBD. Contact leader.

Sat Mar 9 Hudson River Hike #3: Anthony's Nose - Camp Smith Trail, Westchester County; approx. 8 miles B+
Flowing from the slope of Mount Marcy in the Adirondacks High Peaks to the New York Harbor, the Hudson River is truly one of the natural jewels of North America. Join in a series of seven diverse walks and hikes to discover the beauty of the Hudson River and to learn about its rich natural history and history. Our third hike will start at the base of the Bear Mountain Bridge off Route 9D up the Appalachian Trail on to the Camp Smith Trail. The hike offers spectacular views of Bear Mountain and of the Hudson River, and will give us a chance to talk of the strategic position of Fort Independence, Fort Clinton and Fort Montgomery during the Revolutionary War. Contact leader Jean-Claude Fouere at 845-462 1909 or jcfouere@gmail.com for exact meeting time and carpooling information.

Sat Mar 23 Appalachian Trail near Pawling - Leisurely Hike

Contact leaders: Ellen Zelig and/or Bill Beehler at [845-473-5557](tel:845-473-5557) to arrange for car pooling. We will hike from the grand OLD OAK on Rt. 20 in Pawling to the Appalachian Trail Train station on Rt 22. The giant Oak is the largest Oak on the Appalachian Trail and it's believed to be the largest Oak in New York State. We'll hike to the new bridge and walkway over the great swamp. The hike is approximately 2 miles, a little up hill across meadows and down to the great swamp We'll meet at 10AM, a shuttle will have to be arranged. For those who wish we will stop at McKinney and Doyle in Pawling for a delicious lunch.

Tues Mar 26 Top Cottage Trail at Eleanor Roosevelt Historic Site
Leader: Carol Gray 845-471-1168 or outdoorcarol@verizon.net
Meet at 10AM at Eleanor Roosevelt National Historic Site parking lot. (Valkill), Rte 9G, Hyde Park. This is a moderate 2.0 mile round trip with some steep hills. Optional - Eleanor's walk This is part of the Hyde Park Trail System(1.0 mile loop).

Sat Apr 6 Hudson River Hike #4: Storm King Mountain Stillman Trail, Orange County approx. 7 miles A
Leader: Jean-Claude Fouere 845-462 1909 or jcfouere@gmail.com Contact leader for exact meeting time and carpooling information. Flowing from the slope of Mount Marcy in the Adirondacks High Peaks to the New York Harbor, the Hudson River is truly one of the natural jewels of North America. Join in a series of seven diverse walks and hikes to discover the beauty of the Hudson River and to learn about its rich natural history and history. For our fourth hike, the trail provides magnificent views of the River that has carved its way between Storm King Mountain and Breakneck Ridge. 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.

July 2-6 Kayaking the Erie Canal - Montezuma Wildlife Refuge to Oneida Lake (All skill levels)
Leader: DonUrmston mrurmston@gmail.com [845-457-4552](tel:845-457-4552)
This year's Erie trip is approximately 60 miles over 5 days. We will base camp at a campground on Cross Lake and each day we will explore this remote section of the canal, and seek out local attractions and cuisine in the towns along the way. Contact trip leader for more information. Early registration is required.

FALL OUTINGS LOG

Aug 4 Wethersfield Estates Marie Caruso

16 people plus the leader enjoyed a wonderful day at the Wethersfield Estate in Amenia. Nine of us went on the 3-mile morning hike led by Chris, the estate gardener. Chris' commentary plus the estate's varied terrain and extraordinary views made the hike enjoyable despite the extremely hot weather. Eight more people joined us for the afternoon garden, mansion, and carriage house tours, all of which offered respite from the heat. The gardeners in our group were especially happy to hear Chris share his expert techniques for growing the garden's astounding variety of flowers and plants. The tours of the Stillman mansion and carriage house were guided by Cerice, who offered a most interesting commentary on the architecture, furnishings, superb artworks, and 20 different carriages on display. We owe a debt of gratitude to the staff at Wethersfield for providing us with such excellent guidance to their beautiful estate.

Aug 23 Plum Point to Dennings Point Paddle

Shari Aber

We launched into the Hudson from Plum Point. Initially, we paddled into the Moodna Creek, but low tide and storm damage from Irene prohibited much exploration so we returned to the river. Crossing the Hudson, we paddled north to Dennings Point where we took out on a beach and had lunch. From there we paddled into the mouth of the Fishkill Creek going upstream as far as possible. When we left the creek, we crossed the Hudson again, this time paddling the west side back to Plum Point. Participants: Sandy Thompson, Kate Oldehoff, Nancy Gill, Leigh Toth, Joe Toth, Roberta Forest, Eileen Cunningham, and the leader.

Aug 25 Arden Point & Castle Rock Unique Area

Salley Decker

Saturday, August 25th was a lovely day for a hike! Eleven hikers, including the leader, met at the Garrison Railroad Station as planned, but part of the lot was being paved. Fortunately, all of the cars were parked in another area, and we were able to start the hike from there. The wooded trails at Arden Point were a great place to be, as the shade prevented us from getting overheated. We enjoyed several nice views of the Hudson River and saw several kayakers paddling south. Clyde wished that he knew who they were. (He had left his kayak atop his car in the parking lot!) Lunch was at a large gazebo which, unfortunately, had no seats. The view of the Hudson made it worthwhile! After lunch, we continued on the trail ("Marcia's Mile") to Route 9-D. Most of us continued on, walking through the field at the Castle Rock Unique Area to another westerly viewpoint. Clyde decided to continue on to the summit of Sugar loaf South, while the rest of us walked back to the Garrison Railroad Station. Although we never found the "real" Castle Rock," we determined that it was located off the trail in a distant area. Perhaps we will schedule a future hike to find Castle Rock! Hikers: Bill Beehler, Ellen Zelig, Marie Caruso, Jack Economou, Dorset Johnson, Clyde Clounie, Pete McGinnis, Chris Cambalik, two potential new members, Chad Ghastin and Eileen Ghastin, and the leader.

Aug 31 Peach Hill Walk Sue Mackson

The orchard trees were heavy with fruit and many of us got to taste it. We were lucky with the weather, which was clear, with a pleasant breeze, and with the attendees who included Tom Meyering, Town of Poughkeepsie Recreation Director, and Tom Lunt of Friends of Peach Hill, who led us on a newly built wooded

trail, showed us the best place to view the sunset--sun nice and red but descending so very quickly, and the full moonrise--good view along a trail from one of the Peach Hill high points. We walked back by moonlight along the white trail and stopped for Tom to recite "Stopping By Woods on a Snowy Evening" and for our 7 year old guest to read a perfect poem about rocket ships. Nice way to spend an end of summer evening. We expect to join Friends of Peach Hill for this sort of walk when the leaves are down.

Sept 8 Cold Spring to Popolopen Creek

Jean-Claude Fouéré

Two "river rats", one in a sea kayak, the other in an open canoe paddled from Cold Spring to the Popolopen Creek and back on challenging waters and in stormy weather. They safely covered the 15+ river miles round-trip, facing a strong head wind and tackling large waves on their way down, while benefiting from a steady trail wind and surfing waves, complete with drenching shower bursts on their way back. Yet another great day on the beautiful Hudson River! Participants: Bob Clark and leader.

Sept 13 Constitution Marsh Paddle Shari Aber

We met in Cold Spring early to take advantage of an 11:00 am high tide, launched from Foundry Dock Park, and ducked under the railroad bridge and into Foundry Cove and then the marsh. We paddled through the marsh to the waterfall at the end. It was too early for lunch so we headed back, stopping at the Audubon Visitors' Center. We had lunch before returning to the take-out. Participants: Melissa Wilder, Wynne Phillips, Kate Oldehoff, Jerry Ruebenstahl, Shirley Warren, Judy Mage, Roberta Forest, Eli Cohen, Russ Faller, and the leader.

Sept 15 Hudson River Paddle: Annsville Creek to Popolopen Creek Russ Faller

Although it was cloudy and had rained early that morning, the skies cleared to baby blue and white cotton clouds before we slid our boats off the kayak ramp and into Annsville Bay. There is a moment when the kayak is half into the water and half on the ramp which is very precarious. This is when Eli took a swim. Once Eli was done, we paddled out onto the Hudson and turned north into a strong headwind. There was a lot of chop and some whitecaps. Nevertheless, we caught the flood current and made good time - 3 mph according to Dave's GPS. This section of the river is dramatic, with Dunderberg Mtn., Iona Island, Bear Mtn. and Anthony's Nose. Once onto the Popolopen, we were in a much more benign place. We paddled to the waterfalls and the Hell Hole, where we hung out to enjoy the scenery and each other's company. On the way back, we stopped at the Fort Montgomery Historic Site for lunch and the film on the Oct. 1777 battle that gave the fort to the British. Back on the Hudson, there was no chop. A good tail wind helped us to easily clock 3.8 to 4 mph back to Annsville Bay. Participants were: Mark Tatro, Jerry Rubenstahl, Fred and Karen Ungerer, Roberta Forest, Eli Cohen, Dave Webber & the leader.

Sept 27 Ramshorn-Livingston Sanctuary Paddle

Shari Aber

Launching from Dutchman's Landing in Catskill, we went around the point, crossed the Catskill Creek, paddled upstream to the mouth of the Dubois Creek, which we explored, paddling until we could go no further, blocked by a tree that had most likely fallen during last year's hurricane. We encountered king

FALL OUTINGS LOG (continued)

fishers and spooked great blue herons and a red-tailed hawk before leaving the small creek and returning to the Hudson. With the help of rather strong winds from the north, we continued south a little under a mile to the mouth of the Ramshorn Creek. We poked around in the creek, took a couple of turns into dead ends, and got out at the Audubon boat launch, where we had lunch and took a brief walk to the observation tower overlooking the marsh. We returned to our boats and eventually made our way back – now fighting both those north winds and the incoming tide. It was a perfect day weather-wise, paddle-wise, and people-wise. Participants: Harry Newton, Sandy Thompson, Ellie Shortle, Jerry Ruebenstahl, Jim Gahn, Roberta Forest, Judy Mage, Dave Webber, and the leader.

Sept 29 Trail Work at Locust Grove Poughkeepsie

Bill Beehier

We had 4 members & 1 guest volunteer who covered all the trails at Locust Grove. We trimmed the bushes and cleaned debris from the trails. Participants: John Zehy, Georgette Weir, Carole Marsh, Glenda Schwark, Daniel Jones & leader.

Oct 11 Rio Reservoir Paddle

Jerry Ruebenstahl & Maureen Conroy

Thursday paddle trip to Rio Reservoir at the northwest corner of Orange County & Sullivan County border. Eight of us enjoyed a beautiful sunny day paddling Orange & Rockland Utilities Rio Reservoir, a narrow, winding body of water resembling a fiord (9.5 miles round trip). We had the entire reservoir to ourselves with the exception of a few ducks & vultures. We enjoyed the onset of fall's beautiful display. We embarked at the north end & paddled south ending up at the dam, where we ate lunch on its sunny slopes. Participants: Kate Oldehoff, Karen & Fred Ungerer, Helen Dickerson, Jim Gahn, Ellie Shortle & leaders.

Oct 13 Paddle on Annual Picnic Day **Skip Doyle**

As a morning prelude to our chapter's annual picnic, our kayakers put into pond-like still waters of the Hudson River at the Staatsburg Pavilion for a three-hour tour. While everyone fretted about the borderline freezing temperature, a sunny, windless morning and our extensively layered clothes had us unexpectedly managing our overheating and sweat. Our leisurely paddle was replete with historical, cultural and nature sites on both sides of the river. From our put-in point, we viewed Mount Saint Alphonsus - Catholic seminary and retreat house for the past century and now a private high school - and the state land of Esopus Island. Paddling north along the eastern shore, we were treated to Norrie State Park, Mills State Park, and the Mills Mansion. Our turnaround point was at the Linwood retreat house where we could view the Wilderstein estate and the Catskill Mountains in the distance: Overlook, Platte, Plattekill Clove, Roundtop, Kaaterskill High Peak, and North Point. Paddling mid-river toward the western shore, we scanned the many places that Scenic Hudson has preserved in Esopus: Sleightsburg Park, Esopus

Meadows Parks, Black Creek Preserve, Shaupeneak Ridge, and Esopus Meadows Forest Preserve - noting the picnic pavilion and bathroom available to passing kayakers and hikers on the shore of the forest preserve.

As we paused at the restored Esopus Meadows Lighthouse, which has biweekly tours including one on this day, I reflected upon my 50-plus years of life on the river in the Town of Esopus. The eagles and blue heron we took for granted today were nonexistent here in my youth - true also for wild turkey. What is a constant, is that as you look south from the lighthouse built in 1871, the shorelines are identical to what they were a century ago: the only visible structures are Mount Saint Alphonsus and the Mills Mansion - both built at the turn of the century. What struck us today was not so much what we saw, as what we did not see: obtrusive development. We can all readily list eyesores that we see from our river, but looking south this morning from the Esopus Meadows Lighthouse, the handiwork of conservationists, preservationists, and environmentalists were evident.

Oct 14 Old Croton Aqueduct **John Ragusa**

We gathered at the parking lot of the Croton Gorge Park for a brief history of the Croton Dam by Tom Sarnowsky of the Friends of the Old Croton Aqueduct organization who also had old photos of the dam under construction. We walked up to the top of the dam for magnificent views of the Croton watershed and the spillway with cascading falls into the Croton River. We then walked along the Old Croton Aqueduct about 4 miles to Ossining where we descended into the Ossining and into the aqueduct tunnel itself. What a treat to see the inside of the tunnel that was built in the 1830's! Thanks to Tom who kindly let us in. We then walked along the aqueduct bridge over the Sing Sing Kill and proceeded to the Ossining train station where we hopped on a train to the Croton station then took a cab back to the park. The day turned out to be warm and sunny and the entire hike lasted 5 hours. Participants: Marie & Jerry Ruebenstahl, Carol Gray, Sue Mackson, Pete ?, Chris Cambalik, Glenda Schwarze, Vincent Wu, Daphne Chang, Richard Luhyr and leader.

Oct 20 Delaware River Paddle **Russ Faller**

The river was high, fast and tan due to all the recent rain. Despite a strong headwind, we coasted about 5.5 mph. This paddle from Dingman's Ferry to Bushkill was the easiest almost 11 miles ever traveled. Participants:

FALL OUTINGS LOG *(continued)*

Fred & Karen Ungerer, Don Coyle, Ed & Evelyn Wengrofsky, Tom Amisson, Ian McDonald, Ivan Swartz and leader.

Oct 20 **Harriman Park** **Al DeMaria**
From Anthony Wayne parking area we hiked along the Timp-Torne ridge to West Mtn shelter for lunch #1. Then down and up the Timp for lunch #2. Temperature in 60s; people all over the place. From top of Timp we descended the R-D trail and then back up to the Timp Pass. (The old trail went down beside the Timp cliff and you didn't have to retrace your steps uphill.) Then the R-D went along the side of West Mtn, with some minor ups-and-downs (ha-ha). As we were doing this, I announced that next time I would rate it B+/A- instead of just B+. By the time we reached the last uphill point before the final descent, I conceded that I might call it A- in the future. As we walked the last lap along the Beechy Bottom road, however, there were no more grumblings. An excellent hike! Participants: Craig Brown; Bill Machonis; Sue Mackson, Pete McGinnis; John Schimmel & leader.

Oct 20 **Rhinebeck** **David Kaplan**
Great weather, great views, great company - who could ask for more? Participants: Arlene Kaplan, Mark Tatro, Lauren Dougherty & leader.

Oct 23 **Franny Reese State Park** **Carol Gray**
A possibility of rain, but we proceeded to do the almost 3 miles of trails in the park beginning at Mark Lane, thus avoiding the many stairs near the Mid-Hudson Bridge. Our first left led us to a spectacular overlook of the Hudson River, Poughkeepsie & the Mid-Hudson Bridge. Connecting to the longest trail, we passed remnants of stone walls and building ruins of the former Cedar Glen Estate. Rain prevailed but our hardy group of 6 enjoyed the comraderie of the morning. We are indeed indebted to Franny Reese, one of the founders of the environmental group Scenic Hudson and truly a 'grande dame' of the Hudson Valley. Participants: Ellen Kelly, Marie Caruso, Peter Schwinoram, Judy Kito, Bill Jacobs and leader.

Oct 28 **Mt. Beacon** **Tom Amisson**
A small group of intrepid hikers set out on the last day before Hurricane Sandy, when most of the leaves were still on the trees, to climb the steep slope of Mt. Beacon. Along a secret waterfall trail to the Beacon Reservoir, and then past the ruins along the unmarked cottage trail to the old casino & hotel site. After a brief stop to enjoy the view, we hiked up to a ridge with sweeping

views of the river & then up again to the fire tower on the summit of South Beacon where we enjoyed the 360* 70 mile vista. We came down alongside the reservoir, walked across the dam back to the waterfall & returned to the trailhead on the white trail alongside a babbling brook. A good time & a good workout was had by all! Participants: Chris Cring, Frank Annis, Kevin Cresci, Mary Scalise & leader.

Nov 3 **Breakneck Ridge** **Alvin DeMaria**
The big 9D parking lot was empty at 9 AM. The AMC had canceled all hikes because of Storm Sandy. We went through the tunnel and took the red trail up to the Surprise road. Then the Undercliff up to the ridge. Along the ridge and then took old wood road (which had orange paint blazes) over to the yellow Wilkinson which took us over Sugarloaf and back to the cars. Lots of leaves on the trail. Participants: Al Limone; Bill Machonis; Blake Wayland and leader.

Nov 10 **Lake Awosting** **BT Sullivan**
Great hike, 2 people. Weather was great. Started at Lake Minnewaska then along Hamilton Point Carriageway to Awosting, then out. Activity 10 am - 3:45 pm. Participant: BF Clounie & leader.

Nov 17 **Mohonk** **Arlene Canonico**
It was a beautiful sunny day, started off with temps around 32*, went up to 50*. Along the way we saw a pileated woodpecker and one hunter. Stopped at Mohonk Lke to view the large trout then did the rock scramble and Lemon Squeeze since they were still open. Proceeded up to the Skytop Tower to see the surrounding vista, then headed back. It was a very enjoyable day. Participants: Jerry Levine, Laura Schwarz & the leader.

Nov 25 **East Mountain Fahnestock State Park**
John Ragusa
There were 14 participants, including 3 children. The day was overcast with a cold wind. Before we started, I gave a brief history of Clarence Fahnestock, whom the park was named after. At 11:15 am, we made our way into the woods using the main road and started a gradual climb. The ground was covered with leaves but it was dry. We noticed an old abandoned house and old farm equipment. Much of the land was grazing pasture. As we made our way up East Mountain, we stopped for a picnic lunch and then started downhill back to the main road. We arrived back at 2:45 pm. Everyone had a good time.

MEMBERSHIP

Join the Chapter Breakfast Group!

Consider yourself invited to join us for breakfast at 8am every Friday at the Gateway Diner on 9W in Highland (on the left heading north off the bridge). Some people come once or twice a month, some are able to make it every couple of months, and others wouldn't start their Fridays any other way. A Rail Trail entrance is only 200 feet from the diner which permits easy access to the Walkway Bridge for an easy, scenic before or after breakfast hike. Contact Ralph Pollard at 845-462-3389 or ralphpollard@verizon.net if you'd like more information.



DAN JONES WAS RECOGNIZED AND APPLAUDED BY ADK CLUB PRESIDENT JIM BIRD FOR HIS SIX YEARS OF SERVICE AS MHADK DELEGATE ELEANOR ROOSEVELT TO THE BOARD OF DIRECTORS. YOUR FELLOW CHAPTER MEMBERS THANK YOU TOO, DAN!

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WE WELCOME OUR NEW MEMBERS!

**Frank Annis
Richard and Stephanie
Brideau
Ivan Carlson
Kathleen and Stephen
James Crowley
Sam and Carol Doran
Tom Genova
Chad and Eileen Ghastin
Kristen and Graham Lasky
David Lettieri
Alan Metzger
Tim Meyerson
Susanne Moss
Wynne and Joseph Phillips
Felice Preston
Roberta Roll
Nancy Schuller
Rae and David Slingerland
Tom Smith
Alexander Thompson
Frank Vignola
Victor Zeh
Allen Zick**

NYNJ Trail Conference Maps Now Available for Apple Smart Phones and Tablets

The NYNJTC has announced that select, enhanced trail maps are now available for use on Apple smartphones and tablets! (*An app for Android is in development.*) Using the **PDF Maps** app from Avenza, you can pinpoint your location on a map, mark waypoints and geotag photos, measure distances, and much more! Search for "Avenza PDF Maps" in the Apple App Store on your mobile device, then "nynjtc" to find the maps. Go to www.nynjtc.org for details.

Adirondack Mountain Club, Inc
The Mid-Hudson Chapter
PO Box 3674
Poughkeepsie, NY 12603

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