**DID YOU HEAR THE NEWS? PADDLEFEST IS BACK!**

11th Annual PaddleFest is on June 8th!

**WHEN?** Saturday, June 8, 2013

**WHERE?** Plum Point Park, New Windsor, NY
(Off of Rt 9W between Newburgh Toyota and bowling alley; look for Anthony’s Pier 9 across Highway. More detailed directions on website.

**TIME?** 10AM - 4PM (Rain or Shine) Lodge open.

**WHAT IS IT?** A fun family day for everyone interested in paddling: experienced paddlers as well as newbies who want to see what the excitement’s all about.

**COST?** Free to everyone

**QUESTIONS?** Call Russ at 845-297-5126 (before 9 PM) or russoutdoors@yahoo.com

**For Beginning Paddlers**
Free kayak and canoe instruction with a wide variety of boats and gear provided for lessons and for practice and fun use after the lessons. Sign-up will be on site. Beginners should wear shoes and clothing that can get wet. Note that synthetic fabrics dry much faster than cotton and are more comfortable when wet. There will also be beginner-level guided paddling trips on the Hudson River and up Moodna Creek, and some will include a presentation on the ecology of the river.

**For Experienced Paddlers**
For the more advanced lessons, kayakers will need to bring their own boats and gear and sign-up in advance at The River Connection in Hyde Park, NY (845-229-0595; 845-242-4731; marshall@the-river-connection.com; www.the-river-connection.com).

**Activities Will Include:**
+ Seine netting, which will offer a peek at exactly what lives in the Hudson River
+ A hands-on demonstration of kayak-camping, e.g. types of boats, paddles and what a campsite might look like
+ A paddling-camping-hiking used-gear sale. Vendors of used gear are welcome, but need to pre-register with Ralph at ralphpallard@verizon.net (preferred) or 845-462-3389.
+ Hot dogs, burgers and soda will be available for purchase or bring a picnic. Grills and picnic tables are on site.

**SPECIAL THANKS FOR THE GENEROUS ASSISTANCE OF PADDLEFEST SPONSORS!**

- Eastern Mountain Sports (EMS) in Poughkeepsie, NY (845-463-3207; E0139ST@ems.com)

- The Hudson River National Estuarine Research Reserve in Staatsburg, NY (845-889-4745; www.dec.ny.gov/lands/4915.html); jgherrin@gw.dec.state.ny.us

- The River Connection in Hyde Park, NY (845-229-0595; 845-242-4731; marshall@the-river-connection.com; www.the-river-connection.com)

- Mid-Hudson Subaru in Wappingers Falls, NY (845-296-1152; fsantoianni@gmail.com; www.midhudson subaru.com)
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  melelenga@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  lalitamalik@aol.com  845-592-0204
Past Chpt Chair   Lalita Malik  lalitamalik@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 Coordin.    Don Urmston  Durmston@hvc.rr.com  845-457-4552
Social Events     Carole Marsh  nanagrace21@aol.com  845-849-2044
Website Tech      Ted Ripley Duggan  erd@wilsey.net  845-657-7057
Newsletter Ed     Brianne Seipp  B2spz@aol.com  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  vfaucl1@hvc.rr.com  845-399-2170
AT Trail Superv.  Bill Beehler  wbbee@aol.com  845-473-5557
Trails Chair      Bill Beehler  wbbee@aol.com  845-473-5557
Balsam Lake Mt.   Frank Dogil  Frank66@gmail.com  845-454-5441
Water Trails/Paddles   Russ Faller  Russoutdoors@yahoo.com  845-297-5126
NY/NJ Trails Deleg  Salley Decker  sadecker2002@yahoo.com  845-454-4206
Website Cont Mgr  Georgette Weir  georgette.weir@gmail.com  845-462-0142

SPRING 2013 LIBRARY LECTURE SERIES
KAYAKING:HOW TO GET STARTED

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 begin - 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.   NOTE: ADK members are encouraged to attend and/or assist with the presentations--No kayaking experience is necessary. Contact: Don Urmston: Mrurmston@gmail.com or 845-457-4552.

Tues, March 7, Thrall Library, Middletown (Orange Co.) 7pm
Tues, April 2, Star Library, Rhinebeck, NY  6:30pm
Thurs, April 4, East Fishkill Library, 6:30pm
Fri, April 5, Mt. St. Mary College - Desmond Campus,
    Newburgh/Balmville (Orange Co.) 6:30pm
Fri, April 12, Stanford Library, Stanfordville, 7pm
Sun, April 14, Gardiner Library (Ulster Co.) 12:30pm
Wed, April 17, Saugerties Library, 6pm
Thurs, May 2, Albert Wisner Lib, Warwick,Orange Co, 6:30pm
Newburgh Public Library, TBA
Hyde Park Library, TBA
NEW CHAPTER WEBSITE

CHECK OUT OUR NEW AND UPDATED WEBSITE! IT’S THE SAME ADDRESS: www.midhudsonadk.org

Visit and explore it to find a calendar and information about our outings (including schedule changes in between issues of our print newsletter), reports and photos of outings; links to our new Meetup site (see separate story) and other relevant websites, find out who’s who in our local chapter, how you can get involved, our newsletters, and more!

The Chapter thanks Edward Ripley-Duggan, who got our first website up and served as our webmaster for at least 10 years. What a great contribution that was and we really appreciate his long, dedicated service.

Helping with the new site was Georgette Weir, our new web content manager; Carlie Graves, who helped solve technical issues; Ralph Pollard, who made a key connection to someone who was able to quickly solve a final technical issue; and Andy Moss--that important someone--a Sierra Club member and graphic designer (AndyMoss.com) from Kingston, who got our new site up at our old web address: MidHudsonadk.org.

The site is interactive—you can leave comments on many pages. Outings leaders and others can send brief trip reports with a photo or two, and a link to your personal photo gallery page (ie, in Picasa, Flickr, or some other) to share with others. Send your submissions to midhudsonadk@gmail.com.

Let us know what you think of the new site. Suggestions welcome. It’s easy to use, and if you would like to learn and volunteer how to help add content to the site (it’s on Wordpress), contact Georgette at georgette.weir@gmail.com.

MORE VOLUNTEER OPPORTUNITIES

☑ Share your computer skills by helping with the new website (see article above). Contact Georgette at georgette.weir@gmail.com.

☑ Volunteer one evening (or more!) to assist Don Urmston with his “Kayaking: How to Get Started” series of library lectures. See the schedule on p.2/opposite, find the library nearest you and put in a one-shot 2-hour evening welcoming attendees, passing out information, and helping Don set up the kayaks and other gear.

☑ See also the opportunities for service in the Spring Outings Schedule (pp.4–9), such as Russ Faller’s Water Trail Maintenance Outings: May 11—Hudson River Sweep; May 18—Black Creek Paddle and Clean-up; June 29—Fishkill Creek Paddle and Clean-up.

☑ If you love to walk, hike or paddle, consider leading an outing in your activity of choice. Even once or twice a season would be extremely helpful as the chapter is growing rapidly and with it there is an ever-growing interest in outings of all kinds. Contact Sue Mackson at 845-471-9892 suemackson@gmail.com

VOLUNTEER OPPORTUNITIES

☐ 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)

☐ GORP: Instant Energy on the Trail

The following recipe for GORP was submitted by MHADK member, Salley Decker, who found it in the August 1, 2012 issue of the Poughkeepsie Journal. She reports that it was in an article from the AP written by Elizabeth Kar mel. Editor’s Note: Just FYI When it was first created in 1968, GORP stood for Good Old Raisins and Peanuts!

Recipe Makes 4 ½ cups.

1/2 cup toasted coconut flakes
1/2 cup roasted, unsalted cashews
1/2 cup roasted, unsalted almonds
1/2 cup roasted, salted peanuts or soy nuts
1/2 cup banana chips, lightly crushed
1/2 cup M & M’s
1/2 cup peanut M & M’s
1/4 cup toasted pepitas (shelled pumpkin seeds)
1/4 cup toasted pepritas (shelled pumpkin seeds)
1/4 cup dried cherries
1/4 cup raisins
1/4 cup diced dried apricots
1/4 cup finely diced crystallized ginger

Nutrition information:
1/4 cup serving (values rounded to nearest whole number)
190 calories (100 from fat (53% of total)
12 g fat (4 g saturated fat, 0 g trans fats)
0 mg cholesterol, 18 g carbohydrate; 5 g protein; 2 g fiber, 25 g sodium.
DATES WORTH SAVING

Mon April 22  Earth Day
Celebrate it!

Sat May 11  Riverkeeper’s Hudson River Sweep (See p.4 for chapter involvement)

Sat June 1  National Trails Day
(Trail maintainers are needed!)

Sat June 8  The 11th Annual Chapter
PaddleFest, Plum Point, New Windsor  (See cover page and the awesome new MHADK Chapter website for details: www.midhudsonadk.org)

Fri-Sun June 14-16  Club ADK Spring Outing, “Spring in the North Country,” hosted by the Laurentian Chapter in St. Lawrence County.  See http://adklaurientian.org/springouting 2013 and contact John Barron at Johnbarron@sympatico.ca or 613-828-2296 for information

Sun Aug 11  Club ADK Ididaride Adirondack Bike Tour Location: North Creek Cost $65 members/$75 nonmembers  Registration opens March 15, 2013.  Get more information on ididaride! Adirondack Bike Tour at www.adk.org

Oct 18-20  Southern NJ Members Trail Fest
Rather than having our own Trail Fest this year, we invite you to join other MHADK members at the ADK Fall Outing in the New Jersey Pine Barrens, the unique area in southeastern New Jersey.  For more information, see http://www.adktravel.org/fallouting.htm

Club ADK Offers an Unlimited Number of Worthwhile Opportunities for Members to Make a Difference.  See two examples below and then Check out its Website at www.ADK.org

ADK Campground Hosting
An ADK Campground Host is an on-site representative of the Club.  Hosts greet campers, explain campground rules, assist campers and assist staff as needed.  A host must be an ADK member, at least 21 years old and in good enough health to carry out the responsibilities.  Other qualifications include enthusiasm, love of the outdoors, camping experience and experience dealing with the public.

Campground hosting is a one-week commitment, from Sunday to Saturday.  During their stay, campground hosts receive a free campsite for up to two people, three meals a day, free use of specific ADK facilities when available and a 25 percent discount on purchases at the HPIC store.  For more information, contact Campground Host Coordinator Doug Paquette at (518) 383-0017 or send him an email.  You can find more opportunities to volunteer on the club website: www.adk.org.

Wilderness First Aid
An ADK wilderness first aid course could help put your mind at ease and, potentially, save a life.  Out on the trails.  The year, ADK’s Education Department is offering several opportunities to learn critical medical skills.  A Wilderness First Responder course, April 6-13, is the ideal medical training for outdoor educators, guides, search and rescue team members, and others who work or play in remote areas.  Wilderness First Aid, an intensive two-day course, is being offered March 23-24, May 11-12 and Nov. 16-17.  Both programs are conducted by Wilderness Medical Associates at ADK’s Heart Lake Program Center in the Adirondack High Peaks.  Lodging and meal packages are available.

HIKING/PADDLING GUIDELINES

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.

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SPRING OUTINGS SCHEDULE

Note: If changes/additions to these hikes occur, they will be found on the chapter’s website, www.midhudsonadk.org & will be listed in the chapter’s weekly e-mails.

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, vfaucci1@hvc.rr.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. To add your name to the Mid-Week hike list, go to the bottom of the weekly e-mail to update your subscription.

High Hopes Hikers - These are easier hikes for those who still want to get out but don’t want to hike long distances or climb high mountains. They will be led by Ellie Shortle on one or two Wednesdays each month.

Mid Week Paddles - We paddle scenic creeks, rivers, and lakes on most 2nd and 4th Thursdays. Dates for spring paddles are 4/25, 5/23, 5/30, and 6/27. 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 shnaber@yahoo.com. Specific details of each paddle will be sent to anyone on the paddling e-list. If you’d like to be added to the list, go to the bottom of the weekly e-mail to update your subscription.

Hudson River History Walks and Hikes -
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 leader Jean-Claude for the last 2 diverse walks and hikes to discover the beauty of the Hudson River and to learn about its rich natural history. See May 4 & June 1.

Sat April 6 - Beacon Hill - Lake Minnewaska Loop 3 miles moderate photo hike, no dogs Leader: BT Sullivan 845-594-9545 Meet at Trailways Bus Station in New Paltz at 10 am. Park on Prospect Street. There is no parking in the Trailways lot. We need drivers to help with car pooling from the bus station.

Sat April 6 Hudson River Hike #4: Storm King Mountain Stillman Trail Orange County; approx. 7 miles A hike Contact Leader: Jean-Claude Fouere, at 845-462 1909 or jcfouere@gmail.com for exact meeting time and carpooling information. 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.

Sun April 7 Old Croton Aqueduct from Ossining to Tarrytown. Class C – Moderate Leader: John Ragusa 917-692-1159 Meet at 11 am at the Joseph Caputo Rec-Creation Center in Ossining. Free parking. For those who did my previous hike on the Aqueduct, this is where we finished. We will walk on the Old Croton Aqueduct from Ossining to Tarrytown noting different features of the system completed in the 1830’s. We will then walk a short distance to the Tarrytown train station and take the train back to Ossining. Heavy rain cancels. Call leader if you have questions.

Sat April 13 Harriman 8mi B+/A- Leader: Alvin DeMaria 845-255-1704 or demonalvin@yahoo.com From Anthony Wayne parking area, we will take A.T. to Bear Mtn., and circle back on S-BM and T-T. Meet: Anthony Wayne parking lot at 9:30 AM

Sun April 14 Doodletown - The Vanishing Hamlet Harriman State Park, NY/NJ TC map 4 (near Bear Mt) 6 miles - leisurely pace. Leader: Brenda Harding at brendaharding99@yahoo.com Meet at 10AM at the hikers parking area, 1.4 miles south of the Bear Mt traffic circle on 9W, just before the road into Iona Island. This hamlet was continuously occupied from 1760 until the last family left in 1965. We’ll talk about the people who once lived there and some history of the area which includes the Bicentennial trail (1777). Though few ruins remain there are signs posted where some of the homes, schools and churches once stood. I’ll bring photos from Elizabeth Stalter’s book (a former inhabitant of Doodletown and a member of the Palisades Historical society). We’ll see the occasional foundation, stairs or retaining wall to remind us this was once a thriving little village. We will also visit 2 old cemeteries that are still used. Bring snack/lunch and plenty of water. Please notify the leader no later than April 12 if you plan to join the hike. Heavy rain cancels. Sorry no rain date.

Sat April 20 - slide presentation on the "Ice Age" scheduled for 11:00 AM at the FDR Wallace Center. The speaker is Dr. Robert Titus, a geology professor at Hartwick College. In the afternoon, the Hyde Park Trails committee will have its annual “kick off” where the new patch for 2013 will be introduced. There will be an easy (less than 4 miles round trip) hike following the introduction. Contact MKADK hike leader, Salley Decker, for questions at sadecker2002@yahoo.com. Open to the public. Bring lunch.

Sat April 20 - Bashkill Wetlands Paddle - Beginning Paddlers Welcome! (C, Easy) Leader: Don Urmston email: Mrurmston@gmail.com or phone 845-457-4552 (before 9pm). Paddling the Bashkill is the ultimate in relaxation and wildlife viewing. Observe ducks, frogs and Bald Eagles as we drift along through this beautiful wetland. We will paddle for 2-3 hours at an easy pace. PFD Required! Contact leader for time and meeting place. Register with leader by 4/18/13.

Sun April 21 - Fahnestock Loop 3.5 miles, moderate pace and terrain, C rated, family friendly. Leader: Tom Amisson E-mail only, tamisson@aol.com. Meet at
SPRING OUTINGS SCHEDULE (continued)

Canopus Lake parking area on Rt. 301 at 9:30 am. A scenic loop on an old iron mine railroad bed to a hidden lake. We will search for early Spring wildflowers and check out beaver activity and several old iron mine pits.

Tues April 23 – Leisurely Evening Walk Clermont State Historic Site Leader: Sue Mackson 845-471-9892 or suemackson@gmail.com Join me for a series of evening hikes to enjoy some walking on the various estates of the valley, watch the sunset over the Hudson River and share a snack. February’s Clermont walk was cancelled so we’ll begin there. Meet at Clermont entrance at 6:30 pm or call leader for carpoolsing from Poughkeepsie area.

Thurs-Sun April 25-28 AT in PA: River to River Backpack Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com Appalachian Trail backpack from the Lehigh River to the Schuylkill River at Port Clinton, PA. Approx. 40 mi. Moderate pace. Trail is essentially level, except for 2 ascents/descents. Many excellent viewpoints. See charcoal hearths and furnaces used to make pig iron from 1740 to after the Civil War. Must arrive on Wed evening (Apr 24) to shuttle and hike 1/2 mi to shelter Joint w/AMC. Contact leader for info and to register.

Sat April 27 – Mindful Hike at Castle Rock/Unique Area 6.5 miles B Leader: Mel Kleiman Call during week of hike at 845-216-6805 We will intersperse three 10-15 minute periods of silent hiking. Meeting place/Time: 10 am at Unique Area on right going north on 9D a mile south of Garrison & Route 403.

Sun April 28 – Wallkill River- Orange County – The Forbidden Zone (B, Intermediate) Leader: Don Urmston email: Mrurmston@gmail.com or phone 845-457-4552 (before 9pm). There is a section of the Wallkill River that has only been paddled by 3 people that I know of. Fortunately, I am one of them. This section is very hard to access, so it will require us to paddle approximately 18 miles from the Goshen area to Montgomery. To my knowledge, this section hasn’t been paddled in over 10 years, so expect some blow-down and other obstacles. The water is easy with no real rapids. If you are up for an adventure of discovery, get your PFD and join me. Contact leader for time and meeting place. Register with leader by 4/26/13.

Sat May 4 – Norwalk Islands, Norwalk CT. (A, Advanced) Leader: Don Urmston at Mrurmston@gmail.com 845-457-4552 (before 9pm). Exact launch and route to be determined, but expect to take a whole day for this trip. From Newburgh, the drive is less than 1.5 hours to Norwalk. We will explore the islands off shore. This is a “big water” trip, so experienced paddlers only. Minimum 13’ kayak with flotation. PFDs required. The water may be cold enough to require wet or dry suits as well. Call for more information closer to trip date. Register by 5/2/13.

Sat May 4 – Hudson River Walk #5: Catskills Escarpment Loop Trail approx. 10 miles, A hike Leader Jean-Claude Fouere 1-845-462-1909 or (jcfouere@gmail.com) Our fifth hike will take us on the escarpment trail, traditionally a favorite place for artists and visitors to the Catskills, location of the once famous Catskills Mountain House, offering superb views of the Hudson Valley. Call leader for exact meeting place, time and carpooling information.

Sat May 4 – Rockefeller State Preserve 6 miles B Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com Join Riverkeeper for the Hudson River Sweep. We’ll pick up litter while we paddle along the lower Wappinger Creek from the falls to the Hudson. Come out to do your part and make a difference at a paddling location that we use a lot. Wouldn’t you rather paddle in clean surroundings? If you don’t clean it up, who will? If you don’t have a boat, contact leader for loaner. Meet at 10 AM at the boat launch on Creek Rd. near the Village Highway garage and Temple Field in the Village of Wappingers Falls. Contact leader if you need driving directions. Please RSVP. Riverkeeper will supply plastic bags and treats.

Sun May 12 – Constitution Marsh, Cold Spring – Beginning Paddlers Welcome! (C, Easy) Leader: Don Urmston email: Mrurmston@gmail.com or phone 845-457-4552 (before 9pm). We will launch around noon from Foundry Park, to catch the tide right. We will spend about 3-4 hours exploring the marsh. Hopefully, we will get to see the wildlife and maybe a few birds. Please be aware of weather conditions and bring enough water and snacks. To register by phone please call 845-457-4552 (before 9pm).

Sun May 12 – Rockefeller State Preserve 6 miles B Leader: Sue Mackson suemackson@gmail.com 845-471-9892 A six-mile walk through the beautiful Rockefeller State Park Preserve in Westchester. The paths are wide without any high hills. Meet at 2 pm to carpool to the site. We end at a point in the park overlooking the Hudson River, the site of a former mansion, to eat supper and watch the sunset.
SPRING OUTINGS SCHEDULE (continued)

waterfall and the Audubon center. PFD Required! Register with leader by 5/10.

Tue May 14 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’ on the left. Launch at boat ramp.

Wed May 15 Leisurely Walk and Tour at OMEGA Institute - Easy High Hopes Outing Leader: Eli Cohen ebc12533@yahoo.com Meet at 9:30AM in the Omega parking lot. After an introduction to meditation, we will do a short one hour meditative hike in the Omega woods (there are some steep ups and downs). In the spirit of Omega’s holistic ideas, we will walk in silence and focus on the present moment. Sneakers are ok. At noon, there will be a lunch buffet ($5—all vegetarian) in the dining hall. You may bring your own lunch. At 1:30pm, we will tour the Omega Center for Sustainable Living (OCSL), Omega’s state-of-the-art waste water treatment and reclamation facility. This will be followed by a stop at the cafe for ice cream. Directions for Omega using your GPS or Google Maps enter: 150 Lake Drive, Rhinebeck 12572. You may visit Omega’s website at http://www.omega.org/

Sat May 18 Hyde Park Patch in a Day 6.1 m - B-Fast pace Leader: Mike Cunningham, 203-748-7233 , hikermiker@yahoo.com  Best time to call: 7-9 pm If you email after noon on 5/16, your email will not be answered. Hike 5 Hyde Park walkabout trails & get a free patch. We will hike 5 of the trails in one day covering the following: Pinewoods Nature Trail loop, Hackett Hill park trails, Winnakee Nature Preserve Trail, Eleanor’s Walk & Top Cottage Trail. We will need to drive between hikes. Trail map is at http://www.hydeparkny.us/Recreation/Trails/WalkaboutTrail s.pdf If it rains bring rain gear. No dogs. Meet 9:30 am at Roosevelt Farm Lane parking lot just west of Route 9G, opposite entrance to Val-Kill where we will finish.

Sat May 18 Black Creek Paddle & Clean-out Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com Help us with our Chapter’s annual clean-out of the Black Creek in the Town of Lloyd. We’ll spend a few hours of typically light water trail work in the morning, then take an optional paddle to enjoy what we’ve accomplished. Bring boats, gear, lunch, water and tools (e.g. loppers, saws, rope, work gloves). If you don’t have a boat and/or tools, contact leader for loaners. Meet at 10 AM in the grassy parking area on the SW side of the bridge over the Black Creek on Rt. 299. This is across from Motel 299 and about 6 mi. E of New Paltz or about 1 mi. W of the jct. of Rts. 9W & 299. Please contact leader to confirm participation.

Sun-Fri May 19-24 Delaware River, “Fast & Light” Trip (A, Advanced) Leader: Don Urmston email: Mrurmston@gmail.com or phone 845-457-4552 (before 9 pm). Are you up for some serious adventure? We will descend the Delaware River for 6 days. Depending upon the current, we will cover 120-200 miles, camping along the way. This will be a self-sustained expedition. We will move fast and pack light. Contact trip leader for more information.

Sun May 19 Fahnestock Loop on Charcoal Burners Trail 4 miles C Leader Tom Amissio E- mail only, tamisson@aol.com Meet 9:30am View spectacular mt. laurels in bloom. We will also view two scenic ponds at a flat, moderate pace, family friendly.

Tue May 21 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’ on the left. Launch at boat ramp.

Fri-Tues May 24-28 AT in PA Backpack: The Susquehanna River & Northbound Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com Hike the Appalachian Trail for 57 miles. Daily mileages of 10 to 13.5. Moderate pace. Not a lot of steep climbing. Trail stays on a ridge. Cross the beautiful Susquehanna River with many scenic viewpoints and historic areas, dating to the 18th century. Camp at primitive sites. Requires good physical condition and a positive attitude. Must arrive late afternoon on Thurs., May 23, time TBD. Join with AMC. Contact leader for additional info and to register.

Sat May 25 Norrie Point to Kingston Roundout Paddle Jean-Claude Fouéré jcfouere@gmail.com or 845-462-1909 We’ll launch at Norrie Point marina early in the morning, paddle to the Kingston Roundout and paddle back in the afternoon to take advantage of the tides. As part of our Hudson River discovery, we will comment on the great estates bordering the river shores and on the major economic importance of the Rondout shipping hub in the 19th century. Contact leader for exact meeting place, time.

Sun May 26 T.H.E. (Tivoli-Hudson-Esopus) Paddle Leader: Jeff Kaplan 845-928-1730 or fitdoc@sprintmail.com (confirm no later than 5/25) Launch from Tivoli at W end of Broadway, just over the RR tracks. Cross the Hudson River and go over to the falls on the Esopus Creek. Lunch at the beautiful lighthouse, with its spectacular views, then go back. You must be comfortable crossing the Hudson; max. winds 15 knots. Total 3-4 hrs., unless you elect to go downriver a bit more. Min. kayak length 13.5 ft. with dual bulkheads or bow & stern flotation bags. Canoes and sit-on-top kayaks excepted. Bring lunch, water, PFD, etc. Meet at Tivoli launch by 10 AM.

Tue May 28 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.
Tues May 28 - Harlem Valley Rail Trail Walk
Leader: Beth Willis 845-373-8202 bethwillis@optonline.net
Walk a section of the beautiful Harlem Valley Rail Trail in Eastern Dutchess County, possibly followed by lunch in one of the local restaurants. Wear sturdy boots or shoes and bring snacks and plenty of water. Meet at 10 am in the Amenia Town Hall parking lot. Call or email leader to register by 8:00 pm on May 26. If you email, please include a phone number.

Wed May 29 - Leisurely Evening Walk
Leader: Sue Mackson suemackson@gmail.com 845-471-9892 Join me for a series of evening hikes to enjoy some walking on the various estates of the valley, watch the sunset over the Hudson River and share a snack. Meet at Poet’s Walk entrance at 6:30 pm or call leader for carpooling from Poughkeepsie area. Bring supper or snack to munch as we watch the sunset. Park closes at 8:30.

Sat June 1 - Gertrude’s Nose Trail Loop from Lake Minnewaska, 5.5 miles moderate photo hike, no dogs Leader: BT Sullivan 845-594-9545 Meeting Time/Place & carpool directions: Meet at Trailways Bus Station in New Paltz at 10 am. Park on Prospect Street. There is no parking in the Trailways lot. Drivers will help with car pooling from the bus station. We are looking for drivers.

Sat June 1 - Hudson River Hike #6: Walkway and Franny Reese Park approx. 4 miles C hike Leader Jean-Claude Fouéré (1-845-462 1909) or jcfouere@gmail.com Our sixth hike will take us on the Poughkeepsie Walkway to Fanny Reese Park in Highland. Call leader for meeting time and place.

Tue June 4 - 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. From Rt 9, Main Street exit. Go west and make a right onto Water Street. Waryas Park is 500’ on the left. Launch at boat ramp.

Sat June 8 - PADDLEFEST 2013 See cover page!

Tues June 11 - Norrie Point Evening Paddle B/C Leader: Dave Webber 845-452-7238 webberd1@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 towards Staatsburg and then immediate left to Mills Norrie State Park. Follow signs to the Marina. We’ll launch on the floating kayak launch there.

Sat-Thurs June 15-20 AT in PA Backpack: Boiling Springs to the Mason-Dixon Line Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com

This 58-mile Appalachian Trail backpack passes mostly through the Michaux State Forest, where American botany began in the 18th century. The iron industry came later. We’ll see the ruins of the old Pine Grove Furnace of the early 19th century. Natural wonders include: quartzite cliffs, mountain laurel blossoms, a rhododendron tunnel, Rocky Ridge (a maze of rock formations) and the special view from Chimney Rocks. Daily mileages are 9.5 to 12; last day 4.7 miles. Elevation changes about 500 ft. or less. Moderate pace. Requires good physical condition and a positive attitude. Must arrive at trailhead on evening of Fri., June 14. Join with AMC. Contact leader for more information and to register.

Sat June 15 - Kayak Session - 9:00am, Plum Point, New Windsor (All Levels) Leader: Don Urmston: 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. ADK Members only.

Sat June 15 - Hike at Iona Island led by "Doc" Bayne, an Educator at Sterling Forest State Park. MHADK coordinator: Salley Decker C+ Iona Island, owned by Palisades Interstate State Park, is not open to the public for regular exploration/hiking, but chapter members will have the opportunity to visit the island on a guided tour. The "history walk" on the mostly flat terrain will include numerous stops with photographs of what was there many years ago, as well as a lunch break. As a member of Friends of Sterling Forest, "Doc" will also tell you about a project being planned in Sterling Forest State Park. (Voluntary donations accepted). Wear hiking boots or comfortable walking shoes, and be prepared to spend 3-4 hours on the walk. There may be wet areas and walking poles could be helpful. Register with Salley Decker by 6/10. (845) 454-4206

Sun June 16 - Cold Spring to Popolopen Creek Paddle Rating: advanced Leader: Mark Tatro 845-987-0306 (before 9pm): mark1126@me.com Join us on one of the most beauti-
ful routes along the Hudson as the river turns and narrows by West Point allowing for playful riding of the large boat wakes. After lunch along the shore of Popolopen Creek, we’ll paddle towards South Dock and touch the West Point Crew docks as we return home. We will time this approximately 16 miles paddle with the tide currents. 13.5 ft. minimum kayak length. PDF required. Meeting place: Metro North parking lot in Cold Springs. Call leader for exact launch time.

**Sun June 16 - Hunter Mountain from Spruceton Valley 8.4 m, 1940’ elevation gain.** A Leader: Sue Mackson sue@adk.org 845-471-9892 Help me get in shape for Lalita’s trip to Glacier National Park (there’s still room for you to join the trip). This is an A hike, but at (my) slow pace. Second highest peak in the Catskills, we take a route that’s longer but less steep. See where the skiers go in winter. Call leader for meeting place and car pool information. Trail Conference map 41. Rain cancels.

**Sat June 22 - Katterskill High Peak 8.8 m 1705’ elevation gain** A Leader: Sue Mackson sue@adk.org 845-471-9892 A second “help me get in shape” hike in the Eastern Catskills with lovely views. A climb in the forest and very steep near the top. Views are a little way off after reaching summit. Call leader for meeting place and car pool information. Rain cancels.

**Sun June 23 - 4-mile round trip Kayak trip from Long Wharf, Beacon, to Fishkill Creek Estuary.** Leader: Tom Amisson E-mail only, tamisson@aol.com 10AM An open water guided paddle around historic Dennings Point to check out the plant and animal life in the estuary and to view the spectacular waterfalls in Madam Brett Park. We will stop for lunch on the beach at Dennings Point. Kayak (1 and 2 person) and gear rentals are available from Mountain Top Outdoors 845-831-1997. Advance reservations are necessary for kayak rentals. Instruction will be offered for first timers.

**Sat June 29 - Fishkill Creek Paddle & Clean-out** Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russ@russf.nl Come help us maintain our water trail on the Fishkill Creek. We’ll paddle the creek as we clear it for canoes & kayaks. If you don’t have a boat or tools, contact leader for loaners. Bring lunch, water and tools (e.g. saws, axes, loppers, rope, come-alongs, pry bars, garbage bags, work gloves). We hope to eventually extend this water trail from Glenham to Hopewell Jct, so we need your help. Contact leader for meeting time & place. If you cannot make this date, but want to become involved in this exciting, worthwhile project, contact the leader.

**WINTER OUTINGS LOG**

**Oct 27 Black Creek & Esopus Meadows Preserves** Marie Caruso Two hikers and the leader hiked the 2 miles of hilly trails in the Black Creek Preserve on this cloudy but mild day. We lingered awhile enjoying the views at the Hudson River shoreline. One hiker went on with the leader for another hilly mile at Esopus Meadows, which overlooked the valley of the Klyne Esopus Kill. The hike ended with a walk along the Hudson, with views of the Mills Mansion and Esopus Lighthouse, and many birds along the shore.
Dec 15  Bushwhack Little Rocky & Mombaccus Mtns. - Catskills  Russ Faller  On a beautiful, but cold morning the sky was absolutely clear and deep blue with no wind, as we followed the trail up Kanape Brook to begin our bushwhack of Little Rocky and Mombaccus Mountains in the SE Catskills. Once we left the trail, the terrain soon became very steep. It was unrelenting, and seemed a very long way, to the ridge between the two mountains. By now the temperature seemed much warmer. Was it because the climb had our blood rushing or had it really gotten warmer? The climb onward to Little Rocky’s summit was more gradual, but there were numerous ledges through which we had to squeeze our way upward. These are what must have inspired the mountain’s name. After lunch on Little Rocky’s highest point (3015 ft.), we doubled back down heading towards Mombaccus (2840 ft.) The climb to Mombaccus’ open, grassy summit was easier, except for the part through the laurel, which kept grabbing and holding our feet and sometimes our whole bodies. After resting and socializing, we climbed down the NE side, again through steep terrain, and back to the Ashokan High Point Trail. This took us to our cars. We covered 6.5 miles in 6.5 hours, according to Connie’s GPS. Our hardy climbers were: Connie Duquette, Rick Taylor, Catrine Moore, Gino Platania (all ADK), Cecilia Villanueva (AMC) & the leader.

Dec 27  Quick Response X-C Ski: James Baird State Park  Russ Faller  Right after the first substantial snowfall of the season, we skied at James Baird Golf Course. It looked like it was going to rain, but never did. This was a good place to get our ski legs back in tune after a long off-season. The snow was heavy and icy, but soft enough for a good ski. We even got our pictures on the front page of the Poughkeepsie Journal. Now that was an honor! Participants were: Tom Amisson and the leader.

Dec 28  Quick Response X-C Ski: Stonykill Environmental Center  Russ Faller  Before the snow could disappear, we hit the trails again on a day with cloudless, deep blue skies. But it was good we picked an easy location. The wet snow from the day before had frozen over into ice. There was little or no control as we flew down small hills. This was a reminder that it’s not the terrain, but the snow conditions that are critical. Participants were: Tom Amisson, Shari Aber, Darcy Dyer, Joyce Depew and the leader.

Dec 30  Quick Response X-C Ski: Minnewaska State Park  Russ Faller  There were 4-6" of a beautiful light powder that fell on top of the heavy, wet snow from 3 days ago. This was not to be ignored, so the MH-ADK Quick Responders rallied again! The skiing at Minnewaska was the best we had ever remembered. We did the classic Lake Minnewaska-Castle Point-Lake Minnewaska loop clockwise in a strong, cold wind. Face masks were needed around Castle Point. Sometimes, you felt like you’d be blown over, but tail winds made us go faster. We saw the most unusual rainbow on the edge of a cloud. The rainbow took the shape of the cloud’s edge! Don Urmston, Hank Jenkins, Pete McGinnis, Judy Mage and the leader.

Jan 1  (New Year’s Day) Quick Response X-C Ski: Minnewaska State Park  Russ Faller  The skiing was so good that we decided to return. We skied from Lake Minnewaska, around Lake Awosting, to Castle Point and back to Lake Min., counter-clockwise this time. It was not as windy and cold as it was on Dec 30th. Lake Awosting was simply beautiful in its Winter coat and the sky was dramatic. Participants were Dave Webber, J-C Fouere, Shari Aber, Joe Ferry, Don Urmston and the leader.

Jan 5  Minnewaska Photo Hike  Brian Sullivan  Great day to be out. Parked at the Lake Minnewaska lower parking lot. Changed plans: from Beacon Hill to Awosting Falls. Great place to take photos. This was a place to take holiday photos for next year. We also hiked along the Peters Kill & Lyons Road and back. William Bogie & the leader.

Jan 12  Hudson River Walk #1: River Side Park NYC  Jean-Claude Fouere  A very congenial group of nine walkers enjoyed the first walk of this Hudson River walks & hikes series, taking us from 125th St. train station to Riverside Park on Manhattan West Side, passing on the way by the famous Apollo Theater and Cotton Club. The group then strolled along Riverside Park path from 125th to 62nd St. along the Hudson River and looped back through Morningside Park on 110th St. not without taking time to visit St John the Divine Cathedral.

Jan 19  Beacon Urban Walk  Sayi Nulu  Our urban walk in Beacon on Jan 19th 2013 is a success! Weather was excellent with 40+ deg and partly sunny skies. Starting at Beacon Train station at 11AM, Sue Mackson explained a bit of history. Sayi explained about current events and exhibits on Main Street. These events are published in the FOCUS DUTCHESS COUNTY publication that comes in the mail. Sustainability exhibition, Piano concert and art exhibit at the Hudson beach glass etc. We walked along the main street all the way to waterfalls stopping at the glass studio. Stopped for short lunch break at the newly built building close to the Falls. Coming back we stopped and got history about Madam Brett home built in 1709. Other stops include chocolate & olive oil store -Wow - many different kinds of vinegar and olive oils. It is good that you can get your own container to fill the oil. (concept of reuse!) We stopped at a photo exhibit where many arial photographs of mansions and marinas in Hudson Valley were on display. Returned back to train station and concluded walk at around 2PM. Total 10 people participated.

Jan 27  Wonder Lake  Toni Amisson  Seven of us enjoyed the crisp sunny weather as we hiked a brisk pace through 6 miles of newly developed trails in this picturesque park. We had lunch on one of the lake fronts near the ruins of an old summer cottage. A good time was had by all, most of whom were newcomers to this hidden gem of a park.

Editor’s Note: Due to lack of space, the Winter Outings Log will be continued in the next issue of Mid-Hudson Trails.
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.

WELCOME, NEW MEMBERS!

Judith and Doug Ahrens
Joseph Badulak
Renee Burgevin
Steven Calidonna
Ian Carter
Theodore Clement
Jo Ann Hickey
Jerry Levine
Barbara McCusker
Lori Moroney
William Newman
Jan and Alan Peterson
Emily Ray
Gideon Romann
Laura Ruane
Cindy Scott
Anthony Sorace
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