I spend a lot of time staring at the ground when I hike. (If I didn’t, I’d end up face down on it.) What’s to see there? Many wonderful things, depending on the time of year, but in the summer it’s the mushrooms that get to me. Mushrooms are the fruiting bodies—the means of reproduction—of fungi. The actual fungus is that white thready stuff that runs through the soil or on rotting wood and decomposes living and dead matter in the endless cycle of life. (Fun fact: fungi are genetically more closely related to animals than to plants.) In the Hudson Valley, we have endless varieties of mushrooms. A few of them are pictured here. If you’d like to learn more, the MidHudson Mycological Association offers lectures on the first Tuesday of every month and frequent mushrooming walks. Visit midhudsonmyco.org.

—Dana Bennet
Elected Officers

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Committee Chairs & Other Volunteers

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**BIG CHANGES AT MINNEWASKA**

First the bad news: When planning your visits to Minnewaska State Park Preserve this season, be aware that parking will be more limited than usual, owing to ongoing construction projects, particularly at the uppermost parking area, so plan to arrive early to be assured of a space. (The Park opens at 9 AM.) Access to the upper lot may at times be blocked by construction work.

And now the good news: Ongoing work at the former Wildmere hotel site is being done to prepare for construction of a new visitor center, which is set to open in 2020/21. The project is being undertaken jointly by NY State Parks and the Open Space Institute, which is funding the design and construction of the visitor center.

**NEW STUDY SHOWS ESSENTIAL OILS FROM GARLIC, OTHER HERBS KILL LYME DISEASE BACTERIA**

Oils from garlic and several other common herbs and medicinal plants show strong activity against the bacterium that causes Lyme disease, according to a study by researchers at Johns Hopkins Bloomberg School of Public Health.

These oils may be especially useful in alleviating Lyme symptoms that persist despite standard antibiotic treatment, the study also suggested.

The study, published in the journal Antibiotics, found that oils from garlic cloves, myrrh trees, thyme leaves, cinnamon bark, allspice berries and cumin seeds showed strong killing activity against dormant and slow-growing “persister” forms of the Lyme disease bacterium.

There are an estimated 300,000 new cases of Lyme disease each year in the U.S. Standard treatment with doxycycline or an alternative antibiotic for a few weeks usually clears the infection and resolves symptoms. However, about 10 to 20 percent of patients report persistent symptoms including fatigue and joint pain—often termed “persistent Lyme infection” or “post-treatment Lyme disease syndrome” (PTLDS) that in some cases can last for months or years.

The cause of this lingering syndrome isn’t known. But it is known that cultures of Lyme disease bacteria, Borrelia burgdor-
The 2019 ADK Fall Outing will be in the Lower Hudson Valley, based at The Stephen & Betsy Corman AMC Harriman Outdoor Center on Breakneck Pond in the heart of Harriman State Park. Harriman and adjacent Bear Mountain and Sterling Forest State Parks feature more than 225 miles of marked trails, including the famed Appalachian Trail, Long Path, and numerous lakes, making it a hiker’s and paddler’s paradise. Other notable parks, Hudson Highlands and the magnificent Hudson River are nearby, as is The Big Apple—just 30 miles from the Center.

Mid Hudson ADK and four other down state chapters are collaborating to offer club members and their families and friends a rich selection of outings for all tastes and abilities. In addition to daily hikes, paddles, and other exclusive excursions offered by host chapters, we have evening presentations on Central Park and Sterling Forest, and a singalong with the famous Walkabout Clearwater Chorus, founded by Pete Seeger.

The entire Harriman Outdoor Center has been reserved for onsite lodging, camping, and meals. Offsite, but nearby, hotel rooms are being held for us at discounted rates. Details and relevant links can be found online by visiting the Web address below.

Registration is online, and you will be able to select your accommodations, meals, and outings. All will be available on a first-come, first-serve basis. Don’t wait. Early registration is encouraged to secure your preferred lodging and outings.

Go to midhudsonadk.org today to find more details about the weekend, including outings and food/lodging options, and to register (online only).

ADVENTURE NY

Under Governor Cuomo’s Adventure NY initiative, the DEC is making strategic investments to expand access to healthy, active outdoor recreation, connect more New Yorkers and visitors to nature and the outdoors, protect natural resources, and boost local economies. This initiative will support the completion of more than 75 projects over the next three years, ranging from improvements to youth camps and environmental education centers to new boat launches, duck blinds, and hiking trails. For more information on the Adventure NY initiative and on planning an outdoor adventure in New York State, visit DEC’s website at http://www.dec.ny.gov/outdoor.

LEND A HAND

The annual Appalachian Trail work weekend at the RPH cabin will be held this year on July 17–19. This is the third weekend of July, one week later than usual. For more information, visit rphcabin.org.
There were a lot of cancellations during this period due to inclement weather, mostly rain. While we wish we could get out more often, the spring flowering trees are certainly beautiful this year, perhaps the rain is one of the reasons.
—Sue Mackson

January 14: Bonticou Cave
Leader: Marty Carp

Bill Friedman, Holly McKinny and George Ellis agreed. They were really happy that it did not snow and that our Bonticou Cave exploratory was such a great substitute for our scheduled ski outing...which was cancelled due to...lack of snow.

Everyone was appropriately attired, fully hydrated (prevents cramping when contorting in tight places), and sporting two fully charged headlamps. George did remember to bring his GPS and I was armed with cave maps and photos provided by our own Alvin DeMaria. (The maps were created by the New Jersey Grotto survey team, consisting of Daniel Meldrim, Heather Glenn, and Mandula Seneviratne.) We used the GPS to verify the various cave entrances and exits—not to find them! Additional verifications were made by short forays into the caves, enabling us to match our position with our cave photos.

All four of us were scratched up a bit—the Thin Man Exit and the Nipple Scraper are aptly named! Bruised and hungry we dined, but were not dined upon, in the cavernous Lion’s Den.

Bill suggested that we search for other entrances to the cave. Holly and George were immediately excited. I had no problem suggesting a walk to Table Rocks instead as we were too tired and our light sources were running low. (My headlamp automatically went to low beam several minutes before turning off. Thus I would soon be left with only one light—a cardinal sin.) Indeed, the group decided to skip Table Rocks in favor of The Gilded Otter.

So it was that we sat in the restaurant talking about The Panda Cellphone Exit, The Back Door, The AJT Room, The Bottomless Pit, and The Zombie Hallway. The other restaurant guests were amused and, I think, a little jealous.

Feb 17: Vassar College Walk
Leader: Sue Mackson

It was winter, it was cold and windy, but quite bearable and no ice remained on the hard surface paths at the college. I had decided to return to the beautiful school campus as I skipped that site in favor of Peach Hill for New Year’s Day. We waited in the parking lot as folks straggled in, then walked toward the eastern part of the campus, where the path goes past college housing and turns upward, past the athletic buildings to the observatory. We returned through the science quad and walked through the newest science building which is a bridge over the Fontynkill Creek and provides a lovely place to stop, eat, and gaze out at the waterside plantings below. Attendees dropped out one or two at a time until just Margaret Douglas and I were left to attend the Sunday afternoon concert—very loud band music—at Skinner Hall. Members: Mary and Jim Temple, Rosemary Williams, Marion Zimmer, Carol
Gray, Margaret Douglas, Carol Lee, Eileen Sharaga.

Marc 9: Sterling Forest Fire Tower Loop
Leader: Georgette Weir
What a beautiful day the six of us had for this 4.5-mile loop hike! Starting from the very impressive visitors center overlooking Sterling Lake, we headed out on still snowy trails, passing the ruins of what was once a large iron mining operation, dating from the mid-18th century, before heading up into the woods. We took a quick, early lunch at a viewpoint before arriving at the fire tower, which opens in warmer weather. I was joined by (l to r in photo) Pete Cantline, Ted Kohlmann, Marsha Kramer, Margaret Douglas, and Connie Haven.

Welcome Anthony and Pat Galfano, who led the following superb urban hike as new outing leaders. They have other ideas which we hope they will pursue shortly.

Mar 12: NYC Hike to Roosevelt Island and Williamsburg
Leader: Anthony and Pat Galfano
New York City beckoned ten ADKers, away from the woods and mountains for some urban exploration. We met on the Metro North 8:33 AM train out of Poughkeepsie and for some of us that meant a very early start from home and a scramble to find parking at the station. Once organized in Grand Central, we walked over to the 59th Street Tram to Roosevelt Island. It is a really unusual way to get around, with spectacular views of Manhattan, Queens and the East River. We arrived on Roosevelt Island and set out to see the FDR Four Freedoms Park on the south end of the island. After passing the Cornell Graduate Center’s gleaming steel and glass buildings we entered the grassy areas leading to the park. We shared our walk south with the returning Canadian Geese. We viewed the Medical Laboratory building, which is one of two in the US that did research on communicable diseases. After the haunting stone remnants of the smallpox hospital we arrived at the gates to the park. Oops! Closed on Tuesdays. At that point I wished a snowstorm had changed our date. Stalwart and nonplussed, my companions and I pushed back to the Cafe at the College Center for a coffee break. We then took the NYC Waterway ferry back to Manhattan and switched to the Brooklyn ferry to North Williamsburg. All around us, on both sides of the river, the construction of large apartment buildings was changing the skyline in wonderful ways that left us gapping skyward. The skyline shows little resemblance to the one I remember from my days growing up and working in New York. Of course, the Empire State Building, the Chrysler Building and the UN are still the landmarks of old.

We arrived at the North Williamsburg shoreline ready to walk to our lunch spot at Mekelburg’s in the Domino Park complex of gleaming new luxury apartments on the beautiful river esplanade. The industrial building that was once the Domino Sugar Factory is now a shell looking for a tenant; it is being readied and preserved. At one time every bag of sugar in the USA was processed and shipped from this factory. The famous Domino Sugar sign is in storage until the project is completed and will be placed in its former site.

We were greeted at Mekelburg’s by the owner, Alicia (who also happens to be my cousin) and introduced to an unusual menu of small plate sandwiches. Everyone had something interesting and delicious and a few tried one of the twenty craft beers on tap. We also picked out a few chocolate Babkas to bring home. I am sure they were long gone by Friday. After a ferry ride back to Manhattan we walked to Grand Central in the rush hour craziness. What a mass of commuters we encountered in the station. We headed into the forest of people to find our gate. Well fed and happy, we had enjoyed our urban hike, but were glad to return to greener pastures in the Hudson Valley. Next time, I think a tour of Woodlawn Cemetery, (with a history talk) should get us a good six miles. Stay tuned. Guests: LeAnn Berry and Regina Googins, Members: Sue Mackson, Ginny Fauci, Sam Doran, M. Lichtman, Carla Barrett, and Eric Perfecto.

March 15: Black Creek Preserve:
Leader: Georgette Weir
This short, two-mile loop that reaches to the shore of the Hudson River was a little trickier than expected, owing to patchy ice that remained on numerous trail sections, particularly at the east end of the suspension footbridge. But with care, cooperation, and determination our small group enjoyed this pre-spring ramble. Rosemary Daniels, Mary Scott, and Jim Temple (l to r in photo) joined the leader.

March 19 Wilcox Park
Leader: Eric Harvey
The weather was sunny to partly cloudy with temps in the low 40’s and light winds. Our group met in the main parking lot at Wilcox Park at 10 AM on a clear but chilly early Spring morning. After a short meet and greet, the group proceeded up to the red loop trail. Trail conditions were generally good, given that “mud season” was in effect: a few wet spots, and a couple of minor ice patches that did not impede progress. The leader momentarily went astray from the marked trail, but found his way back without significant stress or loss of time. When the group reached a point where it would be possible to proceed directly to the parking area, Sue and Rosemary decided to do just that. The other three members of the party proceeded further along the red trail, then circled back toward the parking area on the yellow trail. Mary spotted a fox while on the yellow trail. The cars were reached at about 12:30 PM. Feedback given to the
leader seemed to indicate that the trip was enjoyed by all. Members: Mary Scott, Sue Mackson, Jean McAvoy, Rosemary Daniels and the leader.

**March 24: Spring Farm to Trapps**  
**Leader: Roberta Forest**

This was a through hike of about eight moderate miles within the Mohonk Preserve from Spring Farm parking area to Trapps parking. Trail conditions were a concern of mine as snow and ice melt were making some trails wet and there was the possibility of snow and ice on the trail. We began on the Chapel trail which switchbacks down to a stream or two before arriving at the chapel. From there it was on to undivided lot trail. On this trail there were views looking west and one rather wet section, then a long and gradual uphill to our lunch spot (the end of that trail). After lunch we went on Old Minnewaska Trail down to Split Rock. Just before Split Rock the trail was all snow but soft enough for us to have traction. Then, one last trail up to Trapps. Members: Mary McCann, Kay Bramson, Robin Saltzman, Jon Chenette, Jeanne Chenette, and Marty Card. Guest: Jill Duffield.

**March 24: Teatown Lake Reservation**  
**Leader: John Ragusa**

We met in the main parking lot of the Teatown Lake Reservation Nature Center. Fifteen participants joined the leader. It was a beautiful spring day. We started on the Lakeside Loop trail and observed the waterfowl on the lake. We then merged onto the Hilltop Trail and enjoyed views of the lake from above and walked through forests of oak and maple. We merged onto the Hidden Valley Loop trail and stopped for lunch at a picnic table in a large field. We meandered through the hills and valleys of the loop trail. Then it was back to the Nature Center and a look at native birds of prey who have been rehabilitated due to injuries. A total of four miles and all had a wonderful time. Guests: R. Nathan, Robin West, Mary Temple, Gail Bertsche. Members: Jim Temple, Jeannette Tully-Baker, Jonathan Baker, Joann Norris, Pat Mara, Jim Mara, Marsha Kramer, Connie Haven, Sue Mackson, Pete Cantline, Debby Ragusa and the leader.

**March 28: Jenny Lane Loop**  
**Leader: Roberta Forest**

I covered this Thursday hike as neither Lalita nor Ginny were able to lead it. It was a simple loop of five or so miles, starting at the Lower Awosting lot. We went down Wawarsing Turnpike Trail to Jenny Lane, crossing the Sanderskill to get there. Jenny Lane is a long hill on a rocky path up to the Pitch Pine area, where, when it’s warmer, there are often times rattlesnakes but it was cool and we saw none. We then took Blueberry Run over to the Peterskill Bridge. We stopped for lunch on the rocks where Carla found a Corn snake sunning itself. It was a photo op for many of us. We then took the Mossy Glen Trail back to our cars. Members: Paul Rich, Carla Barrett, Russ Faller, Jill Abrahamson, Charles Strugatz, John Perrella.

**March 31: Falling Waters Preserve and Esopus Lighthouse**  
**Leader: Carla Barrett**

We hiked in the rain. Did it all. Nice Spring day. Members: Charlotte Wynam, Pat and Jim Mara and the leader.

**March 29: Ferncliff Forest Fire Tower Hike**  
**Leader: Georgette Weir**

Amphibians—and a little light rain—were just about the only signs of spring on a short morning walk in Ferncliff Forest (Rhinebeck) at the end of March. Our group of nine meandered through the southern portion of these protected woods, passing vernal pools, crossing intermittent streams, and gazing across wetlands and ponds. Apparently we were too early in the season for many birds or plants, but the peepers were singing and we had the good fortune to spot the rarely seen, but not uncommon, yellow spotted in the middle of the trail. It may have been on its way to one of those...
vernal pools for breeding season. Near the end of our nearly three-mile stretch of the legs we reached the Ferncliff fire tower. Only some of us climbed to the top to catch the magnificent view it presents of the Hudson River and Catskill Mountains.

April 6: Schunemunk Traverse
Leader: Jean-Claude Fouere
Participants: Ursula Anders, Rosie Brancato, Jon and Jeannie Chenette, Nancy Ross.

April 27: Locust Grove Trail Work
Eleven chapter members joined the annual trail work day at Locust Grove in Poughkeepsie on a windy April 27 morning. This work is our group’s thank-you to the site for its hospitality in welcoming us for our annual December holiday party.
Locust Grove Executive Director Ken Snodgrass welcomed us to the site and escorted us to the Edgehill Trail at the north end of the property, where he asked us to cut back brush—mostly prickly barberry—to keep an extra-wide path open for walkers. With lopers, handsaws, and spirited conversation, we completed clearing about 1500 feet of trail—both sides! Thank-you to Dave Webber, for making the arrangements with Ken for the work outing, and to the following members who turned out to help: Richard Castioni, Stan Augie, Tom Amison, Georgette Weir, Sue Mackson, Annette Caruso, Carol Doran, Carla Barrett, Charlie Strugatz, Anthony Galfano.

April 26: Dennings Point Walk
Leader: Georgette Weir
To go, or not to go? That was the question on the morning of April 26 regarding a walk at Beacon’s Dennings Point and Madame Brett Park. We had a two-hour predicted window of no rain between 9 and 11 AM. Four of us chanced it, and won. The river was calm, birds were singing, crab apples blooming, the waterfall at Madame Brett’s was in full flow, and the clouds kept their rain to themselves at least until we got back to our cars. No sooner had we turned on the ignition than the promised rain began falling. A nice spring walk. Participants: Karen Castioni, Richard Castioni, Susan Lewis and the leader.

May 10: Cary Arboretum
Leader: Georgette Weir
Six walkers took advantage of a gap in the rain on May 10 to join another of Georgette Weir’s (wet) Friday walks. This time she led the group on a 2.5-mile walk at the Cary Institute, through a meadow and along a very pretty stretch overlooking the Wappingers Creek, passing through an increasingly rare, intact hemlock grove. We strolled through the maintained Fern Glen, admiring a profusion of trillium, bellworts, and other spring ephemerals, as well as ferns and still emerging wetland plants Back: Charlotte Mann, Pete Cantline. Front: Rosemary Daniels, Tracy Rakin, Doug Kramer, and Susan Lewis.
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Mid-Hudson Chapter: www.midthudsonadk.org
NY–NJ Trail Conference: www.nynjtc.org

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