This issue is short on outing reports, and short on plans, and everyone knows why. Covid-19.

Despite the threat of a pandemic virus and activity restrictions aimed at suppressing its spread, we in New York have been fortunate to be able to access our state parks and wilderness areas as long as we followed the recommendations to keep safe distance, hike alone or in very small groups, stay local.

Others have not been so lucky. New Jersey, for example, closed its state parks for two months, reopening them in May. As of the deadline for this issue, we do not know when our Chapter and Club activities may resume and with what restrictions or requirements. We publish a weekly email, usually focused on upcoming outings, but also reporting other relevant news. If you would like to get that, but don’t, please send an email to our database administrator Eli Cohen, ebcohen@yahoo.com. He can add you to the email list.

Financial & Program Impact
For ADK in general, with lodging and education programs cancelled and donations down, the impact is serious. Among the results, most expenditures and all hiring have been put on hold, including dues-sharing with Chapters, our funding source.

Fortunately, our Chapter has reserves that will carry us through an extended period. We are also in a position to help the Club if called upon to do so. These are decisions that our Chapter board expects to face in the months ahead.

Good News
There is also good news from the Club HQ, as reported by Wayne Owen, our Mid Hudson Chapter delegate to the Club Board. Wayne reported the following highlights to our local board during a March online Zoom meeting:

• A new Strategic Plan, development of which started last year, is expected to be presented to the Club Board of Direc-

tors in June. It will provide guidance as volunteer and staff leaders navigate what are sure to be rough waters for the Club ahead.

• ADK was approved for a $450K payroll protection loan—part of the federal economic stimulus package—with funds deposited in its account in April.

• ADK submitted the winning proposal to operate the Summit Steward Program with the Dept. of Environmental Conservation, which will run from 2020-2025.

• On the Environmental Advocacy front, budgeting for the state’s 2021 Environmental Protection Fund (EPF) was continued at last year’s level of $300 million, and the Governor’s proposed $3 billion bond act—Restore Mother Nature Bond Act—was passed and will be put to a vote of the people in November. Watch for more details from the Club (magazine, emails, website) about those items.

• Also, thanks to ADK advocacy efforts, $250k has been budgeted to support tick-related research. In addition, tick initiatives are to be included as an authorized objective for another multi-purpose fund. ADK was the only advocacy organization promoting funding for this effort.

Keep your eyes out for updates from both the Chapter and the Club as the situation inevitably changes. We do hope to resume outings—hikes and paddles—though we may need to plan for smaller groups and continued safe distancing protocols. In the meantime, we continue to make plans for group activities so we are ready when the time does come. We hope to see you soon!

—Georgette Weir, MHADK chair

www.midhudsonadk.org
CANDIDATES FOR MID HUDSON BOARD 2021

The NOMINATING COMMITTEE, comprising Lalita Malik (chair), Ginny Fauci and Sue Mackson, submit the following candidates for Mid Hudson ADK Chapter elected board positions. The election takes place at our Annual Meeting, typically held during our Fall picnic. Details about that event will be decided during the summer. Stay tuned. Terms of elected office are for two years, commencing January 1, 2021.

Chair, Georgette Weir  
Vice Chair, Bryan Sachse  
Secretary, Annette Caruso  
Treasurer (Finance Comm Chair), Ralph Pollard  
Club Director, Wayne Owens  
Alt. Club Director, Bryan Sachse  
Chapter Director, Carla Barrett  
Chapter Director, Barry Skura

Our local board also comprises chairs of Standing Committees. Please see the full list of current board members and committee chairs elsewhere in this issue. If you are interested in getting involved in our local chapter, please contact Georgette Weir at chair@midhudsonadk.org.

MEET NEW BOARD MEMBER BARRY SKURA

At our FEBRUARY BOARD MEETING, Barry Skura was appointed to finish the unexpired term of director held by Pete Cantline, who continues on the board as our new Membership Chair.

Barry has led day hikes and backpacks since the early 1990s, primarily for ADK and AMC. He and his wife Kathy have co-led trips that combine hiking and art, and have a particular love for the Southwest US, the Catskills, and the Hudson Highlands. They moved to Cold Spring in 2018. Barry first became involved with ADK through the late Larry Braun. In the early 1990s Larry recruited him to lead his first ADK hike -- Breakneck Ridge hike for the former Knickerbocker Chapter. Larry also introduced him to the Adirondack High Peaks and went with him to Camp-mor to buy his initial backpacking equipment. Barry subsequently got to know several Mid-Hudson leaders and came to appreciate the chapter’s friendliness, camaraderie and “honest environmentalism.”

JOIN OUR MID HUDSON ADK TRAIL VOLUNTEERS!

No Experience Necessary; Varied Levels and Locations

NORMAL SPRING TRAIL CLEAN-UP was put on hold this season owing to Covid-19 restrictions. To compensate and make a valuable service contribution when restrictions are lifted, our Chapter, which gets so much enjoyment on trails in our region, aims to make an extra effort to help with blow-down clearing, shrub clipping, and blaze restoration. We plan to schedule or join service outings when restrictions are lifted. If you would like to receive word of these outings via email, please contact our Chapter Trails Chair Tom Amisson at tamisson@icloud.com or Georgette Weir at chair@midhudsonadk.com.
WELCOME TO THESE NEW MHADK MEMBERS

Marjorie Berger
Julia Giordano
Scott and Annika Many
Melissa Murphy
Alfred and Justine Schwab
Jim Corbett
Sean Hamilton
Jeffrey Kover
Tamar Michaeli
Albrecht Pichler
Thomas Ronan
Paul Whitten

OPPORTUNITY FOR IBMers

Help the nonprofits you volunteer for to receive much needed funds during the COVID pandemic!

ARE YOU AN ACTIVE or retired IBM employee? Do you volunteer for a nonprofit organization? If the answer to both questions is “yes,” you can help the nonprofits receive some much needed funds. To comply with the COVID-19 mandates, many nonprofits, including ADK, had to cancel programs and reservations, cutting off their revenue stream. This has severely impacted their resources, making it very difficult to meet payroll and offer programs.

Your volunteer hours are worth $500 for your favorite organization from the IBM Community Grant Program. After you have volunteered for at least 40 hours, go to https://ibm.yourcause.com/home#home and log in with your IBM ID and enter your volunteer hours for the organization you support. The site user interface has improved significantly from the past, making it much easier to log your hours.

After you have logged in at least 40 hours, you will be informed that your organization is now eligible to receive $500 dollars, and you will be asked if you want to redeem it now. Select “Yes” for the money to be sent to the organization immediately.

I successfully applied for and received a grant for Adirondack Mountain Club from IBM for $500 dollars, based on my volunteer hours in 2020. It took me approximately 25 minutes to help ADK get some much needed financial help. Please make the time to do so. Your help is greatly appreciated.

—Lalita Malik

TRAILS TO MARCY

The first recorded ascent of Mt. Marcy, or Tahawus as it was known to the Indians, was made in 1837 by Professor Emmons and his party. There were no trails or guideposts to aid them in their endeavors, and they were compelled to struggle through the virgin forests which, especially in the dense alpine growth of pure scrubby balsam near the top of the mountain, added tremendously to the difficulty of attaining the summit. Today (1968) however, no such conditions are encountered as the climb may be made over no less than five well marked trails which converge at or near the mountain’s peak, and one may motor to within five and one-half miles in an air line of the summit in one instance, and to about eight miles in each of the four other cases.

(Taken from THE TRAILS TO MARCY, by A. S. Hopkins; Recreation Circular 8, 1968 Edition)

HISTORY NOTES

The Adirondack Mountain Club was formed in 1922. The Mid-Hudson Chapter was chartered in 1947. At some subsequent date the MHADK produce a patch for its chapter. In 1995 the ADK celebrated its 75th Anniversary. As part of the celebration member Marilyn Gillespie proposed that a quilt with each chapter’s logo patch be made. Lake Placid ADK member Marion Klauck, Quilt Committee Chair, called for chapter logo patches from all chapters. At that time the MHADK Chapter decided to update their logo patch. Records indicate that members Margaret McGrath and Jenny Roberts prepared the new design with the following criteria: use colors found in nature and silver grey for the bridge on blue background fabric. The images below are the original and current logos.

—Pete Cantline

STILL ON THE CALENDAR AS OF THIS ISSUE...

September, (date TBD)
Annual Meeting Elections and Picnic

September 18-19
ADK Club-wide Fall Outing (Old Forge)

November 15 (to be confirmed)
Annual Chapter Planning Meeting

December 13,
Annual Holiday Party at Locust Grove
(Carole Marsh)

WANTED: OUTINGS LEADERS

BECOME AN OUTINGS LEADER!

Do you like to walk/hike/paddle with others? Consider becoming a walk/hike/paddle leader for our Mid-Hudson Chapter. We will help you get started—it is likely easier than you think. Experienced leaders are willing to help you get started. Contact Outings Committee Co-chair ginny Fauci, outings@midhudsonadk.org.
Feb 21  Fahnestock SP

It was cold upon waking--13F in Poughkeepsie--but the sky was blue and cloudless, the sun was bright and cheering, and there was no wind. Eight hardy hikers joined leader Georgette Weir at Fahnestock S.P. in Cold Spring on Friday, Feb. 21 for a loop hike on the Catfish Trail, with a short detour to the viewpoint at Chimney Top. There was no snow or ice, and all in all, a perfect day for a hike. Participants: Charlotte Mann, Tracy Rakin, Melissa Murphy, Martha Rabson, David Webber, Michael Lichtman, Catherine Comins, and Joan Billings.

March 8th  Catskills Visitors Center

John Ragusa planned a jaunt around the Catskill Visitor Center trails, including their new 80 foot fire tower which you don’t even need to climb a mountain to reach. Unfortunately John got called into work so Annette Caruso led the group of 16 hikers, in which ADK members were outnumbered by 10 guests from Meet-Up. It was a beautiful day, and the group enjoyed perusing the visitor center as we gathered. Even with the short distances, we so enjoyed the comradery and scenery. We spent over 2 hours meandering across and finally up the short but steep trail to the ridge. Really fun day was had for all that made the scene.

March 14  Mills-Norrie Walk

On one of the last official group outings prior to the Covid-19 shutdown, 13 walkers convened at Staatsburgh State Historic Site (Mills Mansion) for a 4-mile ramble loop through the woods down to Norrie and back along the River Trail. With ‘safe distancing’ already recommended, we extended our arms and hiking poles to get a sense of safe distance. The morning was brisk and breezy, but otherwise fair. Some folks lingered on the lawn afterward to lunch. A fond memory in the weeks to come. Guests: Elizabeth Elliott, Jeff Kover Members: Sayi Nulu, Connie Haven, Ellen Kelly, Martin Bayard, Sue Mackson, Annette Caruso, Margaret Doughlas, Deb McNealy., Howard Spilke and Leader, Georgette Weir.

March 15  Black Rock Forest

The portentous Ides Of March hike has ended up as the last group hike for ADK Mid-Hudson for now. Eight intrepid hikers led by Bryan Sachse were surprised by MUCH better than expected weather. The 6-7 mile circuit used the variety of marked trails in Black Rock Forest to view reservoirs, hike to the top of Black Rock Mountain for views and make it back with energy left in the tank and no untoward incidents. The lack of as yet strict social distancing guidelines allowed for the leader to distribute homemade muffins and homemade chocolate truffles. Camaraderie was plentiful but not hugs or handshakes given the situation. For those who were new to Black Rock Forest the hike showed off the variety of hikes available. Since there is doubt as to when group hikes will resume it is encouraged to use Black Rock as a solo or family group hiking destination particularly when Mountain Laurel is in bloom.
Oak Wilt, a fungal disease that affects oak trees, has been found north, south, and west of our Mid Hudson region in New York, and is a serious threat to our forest habitat. The information below has been culled from NYS Dept of Environmental Conservation Forest Health section as well as from the Lower Hudson Partnership for Invasive Species Management (LHPRISM.org).

Oak Wilt is caused by Ceratocystis fagacearum (also called Bretziella fagacearum and pictured above right) a fungus that develops in the xylem, the water carrying cells of trees. All oaks are susceptible to the fungus, but the red oak group (with pointed leaf tips) often die much faster than white oaks (rounded leaf tips). Red oaks can take from a few weeks to six months to die and they spread the disease quickly. White oaks can take years to die and have a lower risk of spreading the disease.

There are two main ways oak wilt is spread: 1) above ground by beetles, and 2) below ground through tree roots. Fungal spore mats form just under the bark of infected red oaks after they have died from the disease. During the warmer months, these spore mats emit a sweet odor that attracts sap-feeding beetles and bark beetles, which can pick up fungal spores as they crawl around. The beetles are also highly attracted to fresh wounds in other trees—often caused by pruning. In this way, they spread the fungus from infected trees to healthy trees sometimes miles away. Infected firewood and other wood materials also pose a threat because they can harbor the fungus and/or beetles that can spread the disease. Spread underground occurs when roots of nearby red oaks graft to each other (fuse together), creating a connection through which nutrients and the disease can move. In the Midwest, large blocks of red oak forests have died from the disease in a single season due to their vast network of interconnected roots. In contrast, white oaks are much less likely to create root grafts, and spore mats rarely form under their bark, significantly reducing the chance of spread from these trees.

Impacts of this species
The oak wilt fungus blocks the flow of water and nutrients from the roots to the crown, causing the leaves to wilt and fall off, usually killing the tree. Red oaks (scarlet oak, pin oak, black oak, etc.) can die within a few weeks to six months, and the disease spreads quickly from tree to tree. White oaks (bur oak, scrub oak, etc.), often take years to die and the disease usually cannot spread to additional trees.

Be on the Lookout when hiking
As hikers, we can be on the lookout for oak wilt symptoms as we walk. Take photos of the symptoms, as well as the tree’s leaves, bark, and the entire tree, record your location. Email photos and location information to foresthealth@dec.ny.gov.

WHAT YOU CAN DO
Learn to recognize the symptoms of oak wilt including leaf discoloration, rapid leaf loss, and fungal spore mats. If you think your tree is infected with oak wilt, contact DEC (see below).

• Avoid pruning or wounding oak trees in the spring and summer, when spore mats are present and beetles are the most active. If an oak wound occurs during spring or summer, it should be sealed immediately with wound covering. This will slow wound recovery, but also deter beetles from landing on those areas— which will lower the spread of oak wilt.

• Adhere to the NYS firewood regulation which limits untreated firewood movement to no more than 50 miles and obey the rules of the quarantine districts which prevent firewood or oak wood from leaving those areas.

Resources
https://www.lhprism.org/species/ceratocystis-fagacearum
Hiking at a Child’s Pace

by Eric Harvey

Hiking and camping with young children can sometimes become a test of patience. They hike at a much slower pace than parents are accustomed to, and they want to stop more often, making a consistent pace difficult. When it comes to setting up a campsite, youngsters can seem to be pests when parents are intent on getting set up and settled in.

Children are remarkably adept at picking up on their parents’ state of mind. Instead of allowing themselves to become annoyed and frustrated, young parents might consider viewing an outing with their young children as an investment in the future. When planning a hike, make the planned route and distance travelled tentative. There is a fine line between wanting your children to see the trip through to the end, and making them miserable and less likely to want to hike next time. Take time if they want to stop and look at flowers or bugs, or climb up a cool rock. A little snack break helps too.

As an example, I attempted to take my older daughter Jacqueline up Cascade Mountain in the Adirondacks when she was nine years old. We were about two-thirds of the way up when she decided she had had enough. Despite repeated attempts at bribery using M&Ms, she was adamant. We turned around. The following year we tried again and she conquered it, despite having a loose tooth come out just before we reached the summit. Two years later, we set out to climb Giant, this time with my younger daughter Becky also along. Beck likes a slow pace. Fortunately, her grandparents were also along for the climb. They were patient enough to go with her at her pace, and all did eventually make it to the summit. Jac and I were able to go at a faster pace, and did Rocky Peak along with Giant.

Modeling patience in this way is not always easy, but it is quite likely to foster an enduring sense of enjoyment of outdoor activities, and it might just help the children to become a bit more patient themselves, the best kind of return on investment. It worked with my daughters: both of them are now in their 20’s and are quite willing to hike and camp with their old man when schedules allow.

A retired math teacher, Eric Harvey is Education Chair for our Mid Hudson Chapter. You might catch him at one of his library presentations on the Joy of Hiking. Dates will be posted on our website, midhudsonadk.org.

www.midhudsonadk.org 6
After about 25 years as an active member of our chapter, Michele VanHoesen had planned to leave this area for Virginia, for the lower taxes and the ready availability of streams, lakes, and marshes where she can paddle. The Covid-19 pandemic has put those plans on hold until the fall. I thought this might be a good time to spotlight Michele and her contributions to our chapter programs and activities. Michele is a past chair of the Mid-Hudson Chapter, performing the associated duties from 2003 to 2004. She left the position, about half a year short of completing the two-year term, to enroll in a course of medical ultrasound technology.

It’s not surprising that she gravitated toward ADK as she had a long-term love affair with paddling. This began about a year after her family’s move from Staten Island to more rural LaGrangeville when she was 13.

At Arlington High School, Michele was active in athletics, ran track, and did a bit of hiking. A friend’s father started a small Sea Scouts group teaching his children’s friends river navigation rules, canoeing, and rafting. Paddling became Michele’s favorite outdoor activity. She began participating in the popular end of April canoe races on Wappingers Creek and did so for many years.

Michele continued hiking and paddling with friends as an adult and finally, in 1995, joined the chapter and, through its monthly meetings and outings, learned how to prepare for a hike: what to wear, how to pack, and how to lead. She remembers the then chair, Jenny Roberts, emphasizing the volunteer component of ADK, and Michele quickly started leading hikes and paddles. She recalls driving to Club state board meetings as a Club Director.

It was Michele who persuaded Vassar College to offer a room at Rockefeller Hall to become the site for monthly meetings after learning that the Mid Hudson Chapter was created by Vassar community members in 1947. She recalls becoming responsible for organizing those meetings as a new board member, then vice chair. She remembers the drama of recruiting an AT through-hiker to be speaker, having him regretfully bow out last minute, and finding an amateur herpetologist who brought snakes to the meeting to illustrate his talk. She spent so much time planning meetings, while working full time and raising her daughter, that Stan Roberts pulled her aside and told her she didn’t absolutely have to plan so many programs.

Michele worked with Tom Lint, Rich Forman, Russ Faller and others to help the teenagers of our Breakfree Program experience the outdoors. She was available to help plan and assist when Russ Faller initiated our Paddle Fests. Paddle Fests continue (this year possibly being an exception), but our Breakfree Program does not. Instead, our chapter has offered scholarships to assist young attendees summer ecology camps offered by the Cary Institute of Ecosystem Studies in Millbrook.

Michele continued to lead hikes and had a hunter friend who occasionally offered meals of venison or turkey to participants after outings at Shaupeneak Ridge in Esopus, near where he lived. And she led a bicycle outing—once at our Club Fall Outing.

Michele was a regular, with partner, Ken Walton, in the early morning Friday breakfast in Highland, but in later years, work schedules made her visits more infrequent from that friendly group. Work schedules also kept Michele from her leadership in paddles and hikes; she did however, take on the job of distributing our chapter outing schedules and other related publicity to local media. She’s been doing that job for over 10 years.

It’s hard to lose such a devoted member. Hard to say good-bye. But, I imagine Michele, with Ken and a kayak, will find those streams that she so much looks forward to in the hills way south of here.
To make a change of address, phone, or email, send a message with specifics to adkinfo@adk.org or call 1-800-395-8080 x2

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