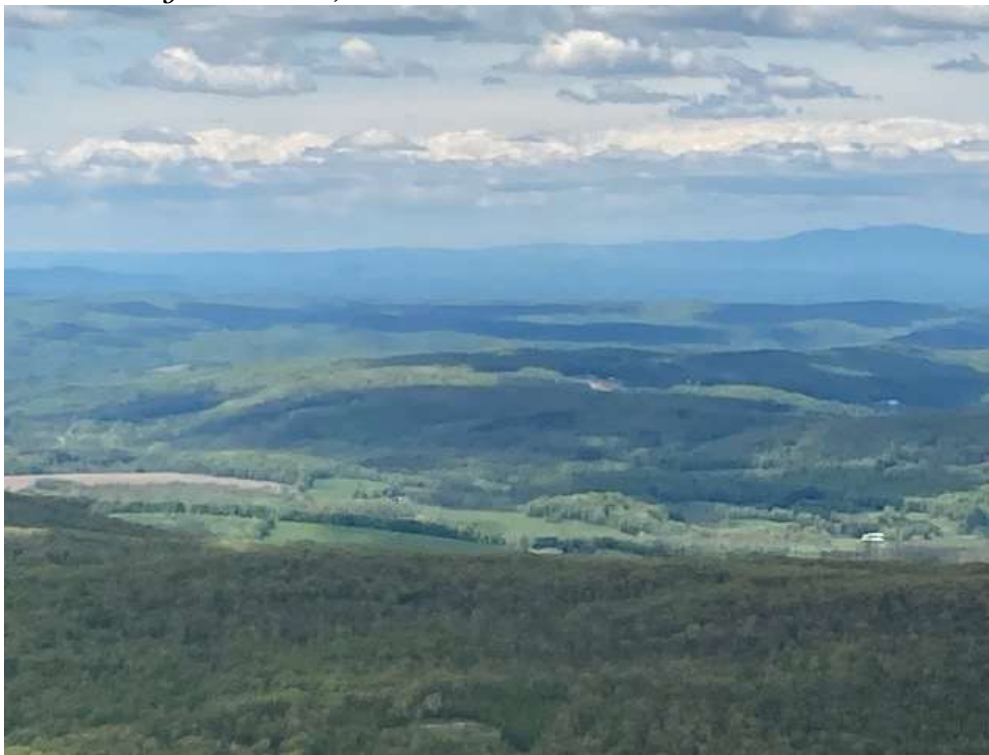


Mother Nature Took Pity on Us for Our Show of Fortitude

Submitted by Russ Faller, ADK Hike Leader



May 10-13, 2024 Mt. Washington State Forest, MA, Backpack/Basecamp

Despite a dire forecast of rain everyday, except our last day of outing, three hardy souls decided to go anyway. Mother Nature must have been pleased and apparently decided to bless us with much better weather than she originally planned.

It was cloudy on Friday as we backpacked in, set up camp, hung 2 tarps over the picnic table, then hiked up Alander Mtn. There was no deluge, as had been predicted. It only rained lightly that night and had stopped well before we crawled out of our tents around 6:30 - 7 AM on Saturday. Saturday was a

Continued on page 10

UPCOMING EVENTS

June 9: Spring Picnic at Bowdoin Park. We'll hike or paddle in the morning, then picnic and celebrate in the afternoon. See more details on page 4.

June 18:
Board Meeting on Zoom at 6pm

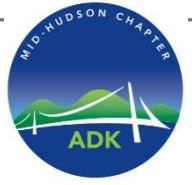
July 16:
Board Meeting on Zoom at 6pm

August 12:
Planning Meeting

August 15:
Deadline for the Summer issue of this newsletter. Your articles, photos are most welcome.

September 29: Fall Picnic and Annual Meeting at Ulster Landing. Plan to picnic and hike or paddle.


December 15: Holiday Party at Locust Grove Event. Details to be announced.




Mid-Hudson Chapter Adirondack Mountain Club

P.O. Box 3674, Poughkeepsie, NY 12603

 <https://midhudsonadk.org>

 midhudsonadk@gmail.com

 Follow us on [Facebook](#)

2023 Elected Officers

- *Chair:* **Georgette Weir** chair@midhudsonadk.org
- *Vice Chair:* **Annette Caruso**
- *Secretary:* **Eileen Digan**
- *Treasurer:* **Ralph Pollard**
- *Chapter Director:* **Paul Silverstein**
- *Chapter Director:* **Dea McNealy**
- *ADK Advisory Council Trustee:* **David “Starchild” Koehler**
- *ADK Advisory Council Trustee (Alternate):* **David Mong**
- *Past Chair:* **Carla Barrett**

Committee Chairs

- *Communications:* **Cindy Colter**
- *Conservation:* **open**
- *Database:* **Eli Cohen**
- *Education:* **Sharon Klein**
- *Finance:* **Ralph Pollard**
- *Membership:* **Pete Cantline** membership@midhudsonadk.org
- *Newsletter:* **Jeanette Tully-Baker** and **Pete Cantline** newsletter@midhudsonadk.org
- *Outings:* **David Mong** outings@midhudsonadk.org
- *Programs:* **open**
- *Publicity (Webmaster / Facebook / Meetup):* **Jeanette Tully-Baker**
- *Social Chair:* **Dea McNealy**
- *Trails / NY/NJ Trail Conference Rep:* **Georgette Weir**
- *Water Trails & Paddles:* **Russ Faller**
- *Rep. to Hyde Park Trails Committee:* **Salley Decker**
- *Ad-Hoc Library Committee:* **Carla Barrett**

HELP WANTED

Looking to volunteer with our club?
Please contact our Chapter Chair, Georgette Weir, at
chair@midhudsonadk.org.

Georgette can help you find a role that fits you.

A Message from your Chapter Chair



By Georgette Weir

Kudos to Carla!

One of the things that our former chair (and future treasurer), Carla Barrett, is most proud of, and we along with her, is the creation and implementation over four years of what we call our Library Support Program, grants of up to \$500 each awarded to libraries in our region that seek to educate and engage young people about and with nature. Our grant program is very much in line with ADK's own mission of outdoor education and has been supported with funding by the Club.



Carla is stepping down as chair of this program, and so this is likely its last year. But, in the course of its existence, our funding has supported more than 40 outdoor education programs throughout our region, connecting children to nature and our Mid-Hudson Chapter and ADK to our communities. Thank you, Carla! What a great job! (Read the library report on page 11.)

If you would be interested in taking over from Carla, please contact current chair, Georgette Weir, at chair@midhudsonadk.org.

Movie Time!

Speaking of outdoor education...did you know that ADK has a lively YouTube channel with lots of great, short videos on such topics as:

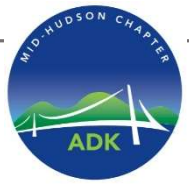
- What to Do If You See a Bear
- Safe Hiking at Water Crossings
- Layering Up for Summer Hikes
- Cellphones vs. Paper Maps on Hikes
- What's in a Poop Kit? (For Hiking and Backpacking)
- The 10 Essentials for Every Hike
- Temperature Changes, Elevation, and You
- How to Pack with a Bear Canister
- and More!

Just go to <https://www.youtube.com/ADKmtclub> and browse, click, and watch.

Georgette Weir
Mid-Hudson Chapter Chair

Upcoming Social Events

By Annette Caruso



MHADK SPRING PICNIC is JUNE 9th at Bowdoin Park

Not to be missed! The club will provide a mixed grill of burgers/vege or meat and hot dogs, and you're invited to bring whatever dessert or side to share which makes for a great smorgasbord to enjoy while socializing. The pre-picnic warmup activities include an easy hike led by Georgette Weir, and a paddle led by Jean-Claude Fouere. Remember to bring your own plates, utensils, water bottle and something to drink. We are at Pavilion 2 this year, which has a view of the river, overlooks a pond, and bathrooms are attached! Let's hope for good weather, but picnic is on rain or shine. Gather at noon and picnic from 12:30 - 3:00 PM. Bowdoin Park is located at 85 Sheafe Rd, Wappinger Falls. Please RSVP with your choice and quantity of hamburgers/veggie burgers and/or hot dogs to Carole Marsh: 845 849-2044 pcatm43@gmail.com by June 5th!

Fall picnic / MHADK Annual Meeting

This year's fall picnic will be held at Ulster Park Landing, September 29th. The standard BBQ fare will be offered along with pot-luck. And in addition to socializing with friends, it's the annual meeting and this is election year, we get to elect the MHADK board and need your vote so plan to attend this one.

MHADK Holiday Party

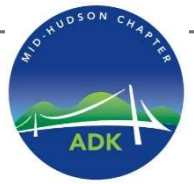
Our holiday party is at Locust Grove in Poughkeepsie the 3rd Sunday in December, the 15th at 5:00 PM. This is a pot-luck event and the club will provide beverages, plates and utensils. There's a house tour you can sign up for before dinner.

Save the DATE for the MHADK Fall Outing

The annual ADK Fall Outing will be held October 25-27 at the Ashokan Center, Olivebridge, NY. The Center (www.ashokan.org) is a camp/event space on a 385 acre preserve. It is located 20 minutes from the Kingston exit of the NYS Thruway and within 30 minutes from Catskills trailheads. On site events start Friday 5 pm but the site is available to us as of noon. Outings are planned for Friday afternoon through Sunday morning for hiking and other activities in the Catskills, Shawangunks, and other local sites. The site has trails so people arriving mid-afternoon can stretch their leg right there.

- Friday evening we will have a meet-and-greet at 5 pm with musical entertainment. Dinner (6:30) pasta bar.
- Saturday evening we'll have happy hour at 5 pm, buffet dinner and after-dinner presentation, speaker to be announced.
- On-site housing is in semi-private (4 person) or larger (24 person) bunk rooms. Camping (tent) is available on site. There are other accommodations within 15 min drive.
- Estimated cost pp for the whole weekend and including 2 night stay, 2 dinners, 2 breakfasts and bag lunches for Saturday and Sunday will be about \$300. Meals will be optional.

There should be a webpage accessible from the club's website up by the middle of May. Registration will be through a form accessed from this webpage.



MHADK welcomes the following new members who joined the club during **January 2024**.

January

- Joseph Jarreau
- William Kearns
- Aaron Matthias-Long
- Samantha Rys
- Rita Santo

welcome

2024 Slate of Candidates for our Chapter Board

A Nominating Committee comprising Ginny Fauci, Sharon Klein, and Georgette Weir is pleased to announce the slate of candidates for our Mid-Hudson Chapter Board of Directors. The election will be held in the fall, either at our September 29 Annual Picnic & Meeting, or via electronic voting. Stay tuned.

Most of the positions are for two-year terms; the exceptions are our representatives to the Club Advisory Council, the terms of which are set by the Club for three years. All terms will begin January 1, 2025. A big thank-you to all who have agreed to serve now and/or in the future!

- For Chapter Chair: Annette Caruso
- For Vice Chair: Jeanette Tully-Baker
- For Treasurer: Carla Barrett
- For Secretary: Eileen Digan
- For Chapter Director (one of two): Paul Silverstein
- For Chapter Director (one of two): Roe Di Bona
- For Chapter Advisory Council Trustee: David “Starchild” Koehler
- For Alternate Chapter Advisory Council Trustee: David Mong

ADK Voices: Capturing Our History

What was it like to stay at the Adirondack Loj in 1958? Millie Gittinger tells the story of her first visit shortly after the Adirondack Mountain Club acquired the Heart Lake property from the Lake Placid Club. How did ADK’s Adopt-a-Lean-to Program become the club’s most impactful member-volunteer legacy program? John Schneider tells the story of how he developed the program when he took over in 1992. A day in the life of a High Peaks Summit Steward? Listen to Tyra Olstad, geographer, professor, and writer, tell her story how her job influenced her research, teaching and world view. *ADK is stories - your stories.*



ADK Voices (<http://www.adkvoices.org>) started as a club-wide member initiative in 2021; launched in 2022. We’re approaching 100 stories as we preserve stories from the past and collect stories from today for the future, combating historical erasure of our oral history - primary historical sources told in the first person. The ADK Voices team appreciates member and chapter support as we invite all chapters to join us. We know you have stories to tell. All stories are welcome! Reach out to us at adkvoices1@gmail.com to tell your story. Looking forward to chatting with you!

ADK Voices Team

ADK Hosts Classes for Outing Leaders at Heart Lake

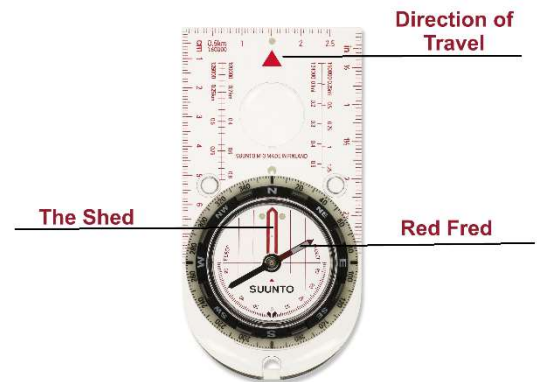
Submitted by Annette Caruso

Four members of our ADK Mid-Hudson chapter, Ginny Fauci, Roberta Forest, Jeanette Tully-Baker and Annette Caruso, attended classes offered by ADK in a 3 day symposium April 19-21. Classes ranged from an all day Map & Compass, Basic First Aid, 2 day Wilderness First Aid, Outdoor Leadership and 2 day Leave No Trace. To lead hikes and paddles now for ADK, based on the activity level, some level of training is required. So the opportunity for free room and board at the Heart Lake facility while taking classes offered was not to be missed.



Jeanette and I drove up Thursday evening as we had both signed up for the Friday Map & Compass class. We were fortunate to get there in time for dinner, which as it happened was the best meal of the weekend and a great way to start. Neither of us had been to the ADK Loj and were greatly impressed with the amenities and hospitality of the staff.

The Map & Compass class was fascinating. Who knew a compass could be used to find where you are on a map in the field just by triangulating 3 landmark bearings and subtracting the declination? GPS does this for us with satellites, and back in the day seafaring navigators used the stars. Jeanette says she will always remember the phrase “Red Fred in the Shed”!



Roberta Forest and I took the 2 day Wilderness first aid course over the weekend. This course is one of the requirements for level 3 outings, which Roberta has been known to lead. It's not likely I'll even go on a level 3 hike, but I have been wanting to take this course because ya never know when it may be needed, it's a good to have survival skills. Roberta summed it up as ..'a nonstop course full of information and simulations for possible situations from heart attacks to bee stings.'.. An ex-ranger taught it, and somehow managed to cram a textbook of knowledge into two days. She talked fast. It was interesting the focus on diagnosis, being able to recognize symptoms, identify cause, and treat. We were also issued textbooks and a cheat sheet for the field.

Jeanette took the one-day Outdoor Leadership course and the one-day First Aid/CPR/AED class. The leadership class was about identifying hazards and mitigating risks for leaders while both maximizing learning and enjoyment. We identified types of leaders in a fun activity outside on the lawn behind the Heart Lake Program Center. The First Aid/CPR/AED was the basic CPR class, where the class practiced CPR on dummies and tried out AED training devices.

Congratulations to Jeanette for completing these courses required for a Level 2 hike leader, and Ginny Fauci who aced the Leave No Trace Level 1 Instructor course and now meets the qualifications for level 3 trip leader.

Ginny shared her experience here.

"On April 18, I drove up to ADK Loj for the Leadership Symposium Weekend where many of the required leader courses were being offered on a first-come, first-serve basis. The weekend was free and included lodging and meals. I was able to get into the 2-day Leave No Trace Level 1 Instructor course which was the only course I needed to become a level 3 leader. About a week before the course we all got a homework assignment. We each had to prepare a 10-15 minute teaching presentation on a specific leave no trace topic and present it to the class. Mine was 'Social Media and Leave No Trace'. That was a tough one. I talked about the negative impact of social media on the seven principles of leave no trace. Then I talked about how you can have a positive impact on social media. I used some photos of my hiking partner Coconut practicing leave no trace on a backpacking trip to the White Mountains last August. Adrienne had offered it to MHADK as a leave no trace backpack so these photos were posted to Facebook as positive teaching moments of the seven principles of leave no trace. I got others involved in my presentation by having them show the photos and read the comments posted under each photo. I covered all seven principles with my photos. Some presentations took place around the campground areas; others were inside the Education Yurt and, with the exception of mine, each one covered one principle. Everyone did an excellent job! At the end of the course, we all were given our 2-year level 1 instructor certification. It was an excellent course taught by 2 excellent instructors and I highly recommend it to everyone."



Leave No Trace- avoid widening the trails- walk in the middle of the trail, even through the mud- Good job!



This is Ginny's sidekick, Coconut, helping me teach Leave No Trace principles. That's right, Coconut, use a lightweight stove for cooking! Minimize Campfire Impact



That's right, Coconut, you can admire the Birch bark, but please Leave What You Find!

Create a Custom Outdoor Adventure

We can help create that perfect outdoor adventure for you!

Submitted by David Mong, Outings Chair

I'm reaching out to find out what you would like to do. Besides the regular hike and backpacking offerings I've been leading, I enjoy engaging directly with a participant and creating a custom activity to suit their interests and then inviting others to join us. If this sounds interesting and you want to discuss it, I can be reached at: outings@midhudsonadk.org.

Here are a few examples of those I've offered in the past:

Family one night backpack. We had a 10 year old who could only get time off during school break to join mom to build up her outdoor skills. She and her mom had come on a trip when she was 8 and she wanted something more challenging this time. We had her in the lead much of the time and she did an excellent job of walking in the center of the trail to protect the vegetation on the sides and to make sure the rest of the group wasn't getting far behind. The view where we camped wasn't too bad either.



A family hiking and camping workshop was held at a more developed facility with running water and bathrooms. Here the children along with a parent went on a hike to learn about route finding and leave no trace. Two children had bags to collect trash along the trail and at campsites, with another child holding the container of blueberries she collected, taking care to leave some for the bears and other hikers. We made blueberry cake for dessert that night.. One child carried my whistle and compass on a lanyard to hand to me if I needed it. Each child took the lead to learn how to move from one blaze to the next to avoid getting lost. We set up a group tarp at our pretend campsite to have lunch out of the



pretend rain and hung a bear bag to keep the bears out of our food. One photo shows a child who volunteered to untangle the rope we used. We still had plenty of free time to play in the water and on the beach with mom or dad. The program content revolved around what would hold the interests of a bunch of 6 year old girls.



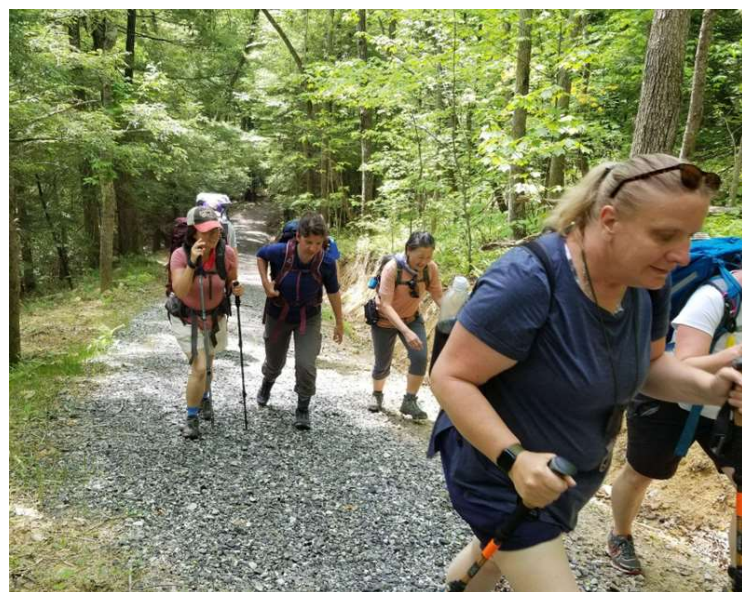
Novice level hiking and camping for adults done at a developed facility.

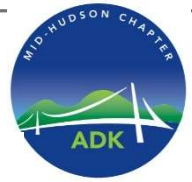
This was for a woman who had hiked in college but years had passed and she wanted to make sure her gear and physical condition was ready so she could complete a long backpack with her son. She had attended a backpack with me the year before and found she wasn't in as good a shape as she thought she was. She completed the trip but it was very hard for her. Over the next year she did a lot of hiking, lost a lot of weight and reduced her pack weight with more modern lightweight gear. She did an outstanding job and had much more fun.



You don't know until you try. Consider reaching out to us at Mid-Hudson ADK.

Thanks!
David Mong
Outings Chair
Outings@midhudsonadk.org





Mother Nature Took Pity on Us for Our Show of Fortitude, cont.

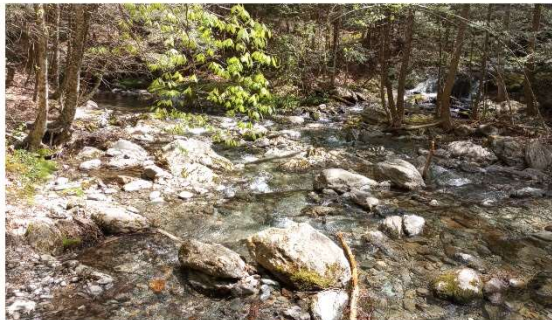
fine day with clear blue skies and little wind as we hiked up Brace Mtn. We enjoyed the sun and lazed on the grass at the summit. There were long-distance views of the Catskills, Shawangunks, Mt. Greylock and the ridge framing Connecticut's Housatonic River. Not a drop of rain or even a threatening cloud overhead. Sunday was cloudy, but only with a fine drizzle once we got high enough to be in the cloud shrouding the top of Mt. Frissel. Because we couldn't see a thing, only grey in the mist, we decided to go back to camp early via a longer route. Once we got to lower elevations, there was no sign that rain had fallen.

The Mt. Washington State Forest was beautiful, quiet and peaceful. We saw very few other hikers, with the exception of Brace Mountain's summit and there was not many. The solitude was rejuvenating. The socializing among our small group was invigorating.

On Monday, we had a leisurely morning in camp, then packed up and headed out. We drove along the dirt and narrowly paved road, between the two So. Taconic ridges, to Millerton, NY. That primitive road was absolutely beautiful. We lunched on a restaurant's patio. Fresh cooked restaurant food seemed especially delicious compared to the freeze-dried and dehydrated foods we had eaten all weekend in camp.

We departed our separate ways home in top spirits vowing to camp and hike in Massachusetts' Mt. Washington State Forest again. Lasting friendships were created that weekend.

The 3 hardy souls were: Gregg Homeyer, Mark McAniff and the leader (all ADK members).



Mid-Hudson ADK Library Support Program



Submitted by Carla Barrett

Mid-Hudson Libraries Promote Love of Nature with Adirondack Mountain Club's Library Support Program

For immediate Release

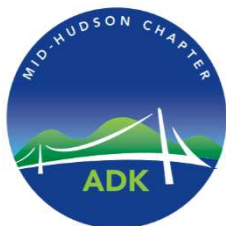
April 2024

Contacts:

Rebekkah Smith Aldrich, Executive Director, Mid-Hudson Library System, 845.471.6060 x239

Carla Barrett, Chair, Mid-Hudson Chapter, Adirondack Mountain Club, 315.527.8478

HUDSON VALLEY, NY – Hudson Valley families have even more opportunities to learn and explore nature thanks to partnerships between public libraries in the Mid-Hudson Library System (MHLS) and the Mid-Hudson Chapter of the Adirondack Mountain Club (ADK). Now in its fourth year, the Library Support Program, which was conceived and implemented by the Mid-Hudson Chapter, funded 10 libraries in the Hudson River region to support "Learning About and Appreciating Nature and the Environment."



"We are thrilled to work with the Mid-Hudson Library System through our Mid-Hudson Chapter to connect families and children with New York's outdoor spaces," said Michael Barrett, ADK's Executive Director. Libraries were invited to submit proposals to underwrite the cost of programs and services, providing opportunities for kids and their families to learn and explore nature.

The purpose of the Library Support Program is to provide opportunities for families and children of all ages to participate in, appreciate, and learn about the joys and benefits of the natural world including creatures, plants, and recreational opportunities. Proposals must be consistent with and in support of the ADK's mission to protect New York's wild lands and waters by promoting responsible outdoor recreation and building a statewide constituency of land stewardship advocates.

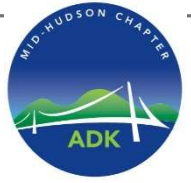
Carla Barrett, the Chapter's Program Chairperson, said "ADK is excited about its Library Outreach Program which is in its fourth year. Local libraries have become major forces in many of their communities combining the love of books with other activities. Libraries are already important sources of learning fun for children and their families, and the Adirondack Mountain Club simply funded the amazing ideas and energy of library staff. We particularly like that these library programs get participants into nature with its fresh air and sunshine. The libraries make it fun to be outside, exploring and learning about the nearby world."

"Developing a love for the outdoors through fun and educational experiences is key to ensuring future generations love and care for the natural world," said Rebekkah Smith Aldrich, Executive Director of MHLS. "We'd like to thank the Mid-Hudson Chapter of the Adirondack Mountain Club for recognizing area libraries as co-creators in their vision to protect New York State wild lands and waters by promoting responsible outdoor recreation and building up the number of folks who believe in land stewardship."

Continued on page 12

Mid-Hudson ADK Outings Log

Feb 22, 2024 – May 26, 2024



Feb 22 MWH, Mossy Glen Loop

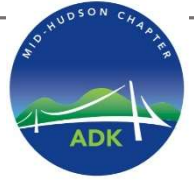
Leader: Ginny Fauci

Mostly cloudy, in the 30's, no wind, icy trails. Nice day to hike along the Peterskill. Lunch at Blueberry Run bridge. Another great day in the woods. Hikers were Charlotte, Dave W, Tonda, Dea K and the leader Ginny.



Mid-Hudson ADK Outings Log

Continued from page 13



Feb 24, Petersburg Pass (Petersburg, NY) - Backcountry Ski Touring

Leaders: Ron Gonzalez & Martin Egan

Snow conditions have been challenging all season, and this Saturday was no exception. Fresh snow had fallen on a crunchy refrozen base the previous weekend, but the Thursday and Friday before our outing there was rain and a refreeze. We arrived to find Petersburg Pass had just enough snow for skiing, but there was a two inch thick, 'granular' crust on top of a few inches of transformed 'sugar' snow. The temperature was down around 17 degrees Fahrenheit and there was a steady 15 mph breeze, which made things feel nice and chilly. We decided to give it a try anyway. We skinned up to the summit of Mount Raimer (about 2800 ft elevation). There are really nice ski trails leading down from the top (it is the site of an abandoned ski area), but the previous day's tracks were now frozen solid, making for a bumpy ride. We scraped and skidded our way back down, then mostly bootpacked back to the cars. Three of us decided to move on for a day of XC skiing at Prospect, while one of us split off to go hiking, which effectively ended the official outing. Petersburg Pass is a wild and wooly place. We'll be back! Participants were James B. and Martin P., leaders were Ron Gonzalez (ADK) and Martin Egan (AMC).



Mid-Hudson ADK Outings Log

continued from page 14



Feb 29 MWH, Louisa Pond & Beyond Leader: Ginny Fauci

Leap Year Day hike! Cold (low 30's), no ice, windy on ridges, great group!
Another great day in the woods. Hikers were Dave W., Jean M., Robin S., Louise D., Janet S., Tonda H., Jane B., Roberta F., and the leader Ginny..



Mar 3, Nuclear Lake, Pawling NY Leader: David Mong

We had nice spring conditions hiking around Nuclear Lake. We took an easy pace to spend time sharing information about how to read trail signs and working on our mutual knowledge of Leave No Trace to reduce our impact on the forest. Please reach out to us if you want to know more about Leave No Trace. We had lunch at the northern end of the lake with nice views and great company. The group included members Marsha K., Eileen W., Alan S., Pete C., Gregg H., Patti H., Lalita M., along with guest Terry H. Leader David Mong.





Mar 8, Fahnestock State Park

Leader: Georgette Weir

After a few days of heavy rain, what a delight it was to be in the woods, in the sun, with (surprisingly) mostly dry trails as we hiked along rush streams and heard the flow of water from many spots. Signs of spring were everywhere, not least in our spirits--an early butterfly, the chorus of frogs that entertained us at lunch, skunk cabbage poking up through the mud. A lovely day in very good company! Joining Georgette were Russ F., Richard C., Eileen W., Bruce B., Katy B., Cindy C., Brent L., Joan B., Louise D., and Nancy R.



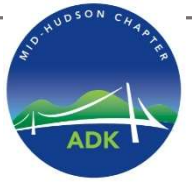
Mar 8-10, Silver Lake Wilderness Adirondacks/Sacandaga Primitive Area

Leader: Christine Silber

This trip was planned as a winter sled/backpack trip with a basecamp on the Sacandaga River and day hikes on the Northville-Lake Placid Trail. Lack of snow due to rain and warm weather plus severe mud conditions on the road to the trailhead prompted a last minute change of plans. We opted to set up a base camp along East Stony Creek in the Wilcox Lake Wild Forest. We hiked to Tenant Creek Falls on Day 1, a beautiful early spring-like day. On Day 2 we hiked in snow flurries to Bennett and Middle Lakes. That night we saw a drastic change in weather. Predictions were for snow followed by heavy rain. Instead, we had a winter storm bringing wet, heavy



snow which brought down trees and power lines throughout the southern Adirondacks. Participants were ADK members Maygan B., Jim C. & Caroline C., and leader Christine Silber. Guests included Diane L. and Dale S.



Mar 14 MWH, Onteora Lake Leader: Ginny Fauci

Gorgeous day, blue sky, sunny, 60's, noisy wood frogs, a group of baby garter snakes, lots of bluestone. Another great day in the woods. Hikers were Karen & Richard C., Jim U., Dea K., Mary Jean P., Arthur G., Charlotte M., Sayi N., and the leader Ginny.

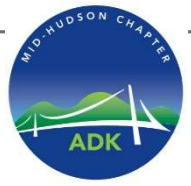


Mar 16, Roosevelt Farm Lane, Hyde Park

Leader: Georgette Weir

A delightful early spring morning with sun and peepers greeted our group of six as we enjoyed an easy walk & talk on the winding path that connects the FDR National Historic Site and Library to the Eleanor Roosevelt National Historic Site (Val-Kill). Joining Georgette W. were Margaret D., Connie, H., Katharine A., David S., and Annette C.

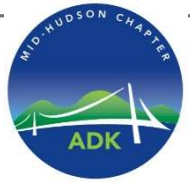




Mar 16-17, Maryland Appalachian Trail Backpack to Annapolis Rock Leaders David Mong & Carmen Shippy

This was a 1 night backpack so that Carmen as a backpacking leader in training could get approved to be a backpacking leader. Carmen planned out and ran the trip with David assisting as the leader of record but letting Carmen do everything. The trip was 8 miles round trip with 900' of elevation gain/loss. We had great weather and, while there was a large crowd on the trail, we found a nice private campsite with only a few other campers this early in the season. I'm pleased to announce that Carmen did very well and will now be a hiking and backpacking leader. The group consisted of member Kathy F., guests Clifton J., and Brenda D. Member leaders were David Mong & Carmen Shippy.





Mar 17, Trapps to Spring Farm through hike Leader: Roberta Forest

Thru hike from Trapps parking lot to Spring Farm parking area of the Mohonk Preserve.

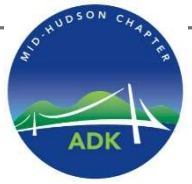
We had very good conditions for our hike today. It was perfect weather and a very compatible group of hikers for our 7+ mile hike. From the Shongum Trail, we went up Old Minnewaska Trail, observing the lot markers along the way. Then down Undivided Lot trail and up Chapel Trail. On the hike were: Sayi N., Robin S., Roe D., Jane B., and the leader, Roberta.



Mar 21 MWH, Minnewaska Lake/Beacon Hill Loop Leader: Ginny Fauci

We stayed off ledges today, shortened hike to 4 miles, wind gusts ~30+ mph. Windchills low 20's. Whitecaps & icy rocks at the end of the lake, dusting of snow on the trails. Sunny, no wind on east side where we had lunch. Another great day in the woods. Hikers were Linda L., Janice M., and the leader Ginny.





Mar 24, Turkey Mountain Preserve Leader: John Ragusa

The day was bright and sunny but windy, however, we were all grateful for the dry conditions after the prior day's torrential rains. We met in the parking lot of the preserve at 11:00 am. There were 9 hikers including the leader. We started off on the white trail which first meanders in the low part of the preserve. The trails are well maintained as we encountered a mostly dry trail with some wet spots considering all of the rain we had the day prior. We then made our ascent up Turkey Mountain. It was steep in some places, but we all stuck together. Once we reached the top, we had perfect views of the surrounding area including the skyline of Manhattan and the New Croton Aqueduct. We had a picnic lunch and then made our way



gently down the blue trail which was a very pleasant experience. After going over some small streams caused by the rains, we reached the parking lot. We traveled about 2.5 miles and all said that they had a very nice time. Hikers joining the leader, John Ragusa, included Jim S., Kathy S., Sayi N., JoAnn N., Pete C., Ellen K., and Connie H. Non-member Terry H. joined as a guest.

Mar 29, AT Section Hike- Bulls Bridge to Kent Leader: Paul Silverstein

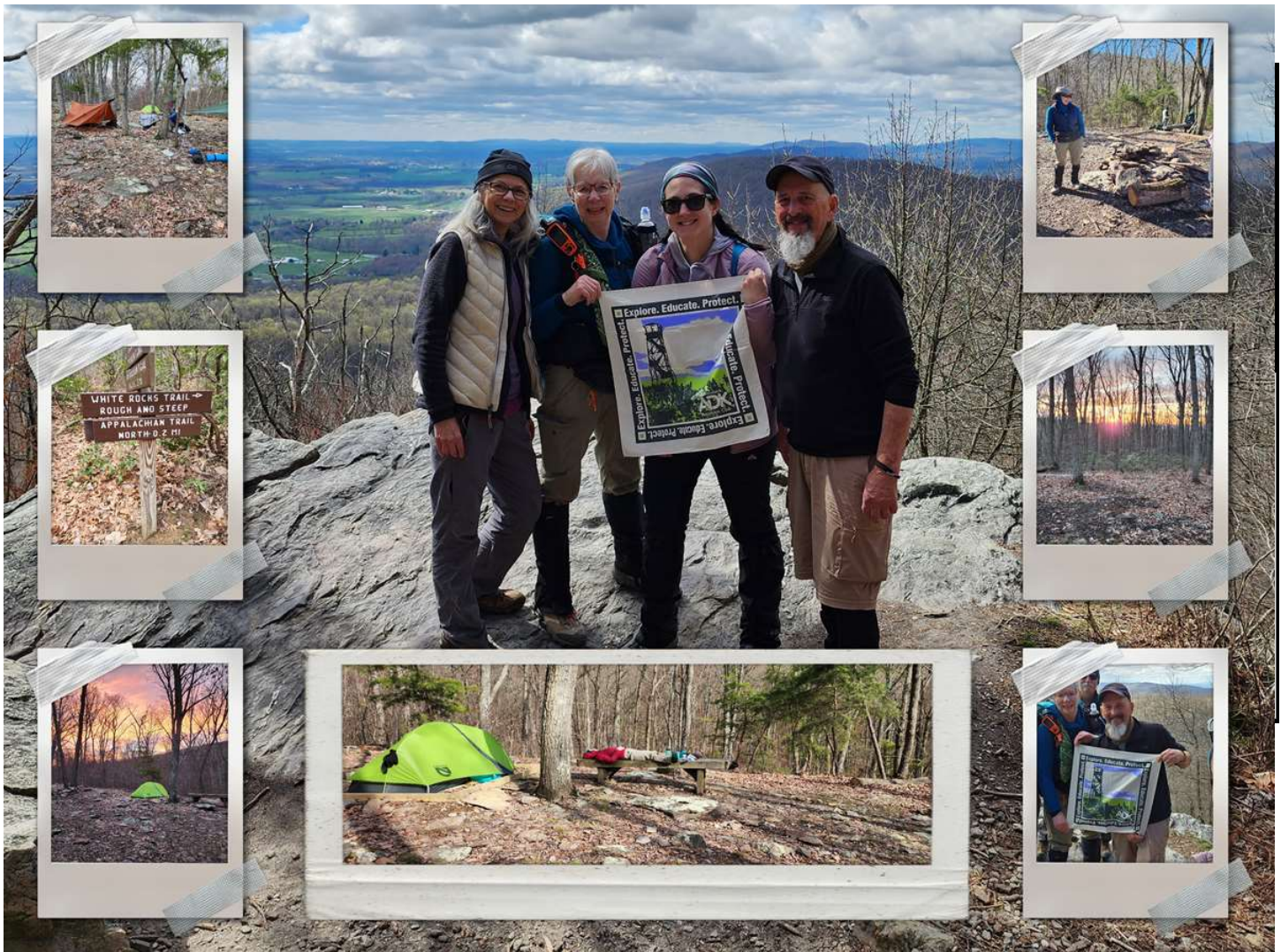
A friendly group of hikers (Georgette W., Sayi N., Sophia, Howard, Janet S., and the leader, Paul Silverstein) had a great hike on a beautiful cool spring day. Trail was in good shape with only one rocky descent section. The climbs and descents were moderate in pitch though 1800 ft overall. A pleasant rolling trail along the ridge. Nice views of the Housatonic valley throughout. Note: With re-route of AT trail around Schaghticoke Indian Reservation, the trail length was extended to 8.2 miles.

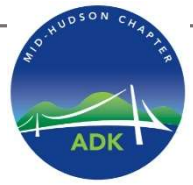




Apr 5-7, Maryland AT Backpack to White Rocks Leaders: David Mong & Bob Coia

This two night backpack was intended to be held in the Catskills and to climb Windham High Peak. Due to deep snow and icy conditions from a snowstorm going on, the trip was relocated to the Appalachian Trail in Maryland where it was predicted to be cold but not snowy or icy. We hiked 2 miles south on the AT from Reno Monument in light rain and base camped for 2 nights at the Rocky Run shelter. Our Saturday hike was out and back to a short distance beyond White Rocks for a 6 mile day. We had several hours of relaxation time at camp Saturday afternoon. The noted low temperature both nights was 34 degrees with Sunday morning not getting real cold till close to morning. Participants who were cold the first night were given spare gear from the leaders so that didn't happen again. We met one through hiker at the shelter by the trail name of Biscuit who was from Poughkeepsie and is a chapter member. She was pretty excited to see an ADK group in the area. Member participants were Margaret M, & Maygan B. Guest was Catherine E. Leaders were members David Mong & Bob Coia.



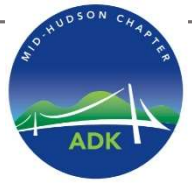


Apr 14, Easy Wildflower Walk in Fern Glen - Cary Institute

Leaders: JeanetteTB & Georgette Weir

A large group of 20 flower enthusiasts gathered to identify wildflowers in the Fern Glen at the Cary Institute in Millbrook, NY. Mike Fargione, Manager of Field Research & Outdoor Programs at Cary, met us and explained the history of the Glen and answered questions. We wandered through the glen, identifying the easily-recognized flowers that were in bloom. Several members had their plant ID apps ready for identifying the lesser known ones. Total identified: about 2 dozen! We gathered for lunch on the platform overlooking the Wappinger Creek. After exploring the glen, some folks headed home, while others continued hiking an easy loop along the Wappinger Creek, through woodlands and meadows. Hikers/walkers included ADK members Jim T., Shirley F., Annette C., Charlotte M., Brent L., Sarah P., Carole M., Margaret D., Connie H., Howard S., Katy B., Martin G., Carol G., Cindy C, June A., Jonathan B., and the leaders JeanetteTB and Georgette Weir. Non-ADK members included Eileen S. and Pamela S. The “wildflowers” we identified included Bloodroot, Blue Cohosh, Carolina springbeauty, Virginia springbeauty, Christmas Fern, Dutchman's Breeches, Squirrel Corn, Sharp-lobed Hepatica, Marsh Marigold, Early Meadow Rue, Mayapple, Partridgeberry, Bellwort, Twinleaf, Pennsylvania Sedge, Ramps, Skunk Cabbage, Jacob’s Ladder, Robert’s Geranium, Golden Ragweed, Trillium (white and red), Yellow Trout-lily, Walking Fern, Wild Ginger (with a gorgeous flower!), Walking Fern, and Wintergreen.





Apr 19 – 22, Witch's Hole Backpack/Basecamp, Shawangunk Ridge

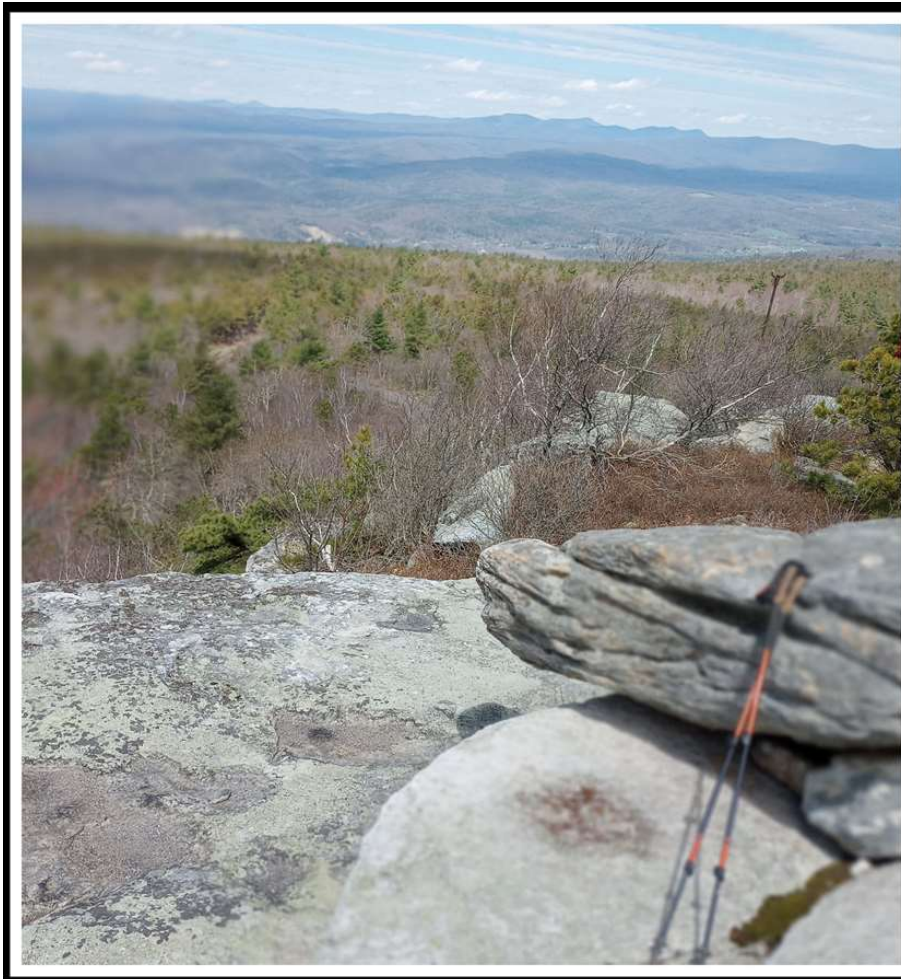
Leader: Russ Faller

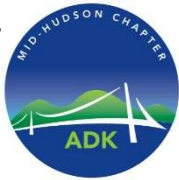
Another great trip to view the Witch's Hole Waterfalls in the most wild, remote section of the Shawangunk Ridge. The first outing to see this spectacular falls was almost 3 years ago. That's about how long it takes to get over the long bushwhack to the falls almost entirely through Mt. Laurel thickets. Mother Nature knows how to keep us mortal humans away from her majestic falls.

We went to the falls on Sunday, our driest day. We were often only able to go only one mile per hour, because of having to part the thicket with our arms, then squeeze through, while the lower branches grabbed our ankles. If we hadn't waited for the foliage to dry, we would have been soaking wet in short order. Most of the time, we could not see where we were going, or even the person ahead, as the laurel arched above our heads. We had to rely on cell phones with GPS. But once standing at the base of the falls, you realize you're seeing the beautiful work of a higher power. Then the pilgrimage seems worth it.

The weekend was not always as difficult as our falls bushwhack. On Friday, after we set up camp, we hiked to Panther Rock via trails. It was very cloudy so the view of the Catskills was poor. On Saturday, a less cloudy day, we took the Berry Pickers Trail to High Point for the fabulous view. Then hiked on to Indian Rock and gawked at what appears to be a Native American cave.

On Monday, we had a leisurely morning in our tent site, then broke camp and hiked to Ellenville. Many of us left for home, while 2 had lunch in a Mexican restaurant. Participants were John O., Terri B., Ernie B., Caroline C., Lou N., Beth P., Gregg H., Jim C., and the leader, Russ Faller.



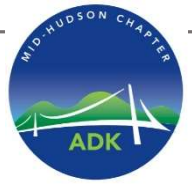


Apr 20, Hyde Park Trails Walkabout Season Kickoff.

Leader: Georgette Weir

Six Mid-Hudson ADKers joined 10 others from the community for the kickoff walk for the Annual Hyde Park Healthy Trails season. The program encourages walkers to get out and enjoy 12 trails in the town. Walk just five over the course of a year and earn a beautiful custom patch. Representatives from NYS Parks, Scenic Hudson, and the Hyde Park Town Recreation Department were on hand to welcome walkers on a guided 3.4-mile round-trip traverse of the Dominican Trail. Conditions were muddy underfoot, but the wildflowers, weather and spirits were good. Joining Georgette W. from ADK were Katy B., Eric L., David S., Connie H., and Marie C.

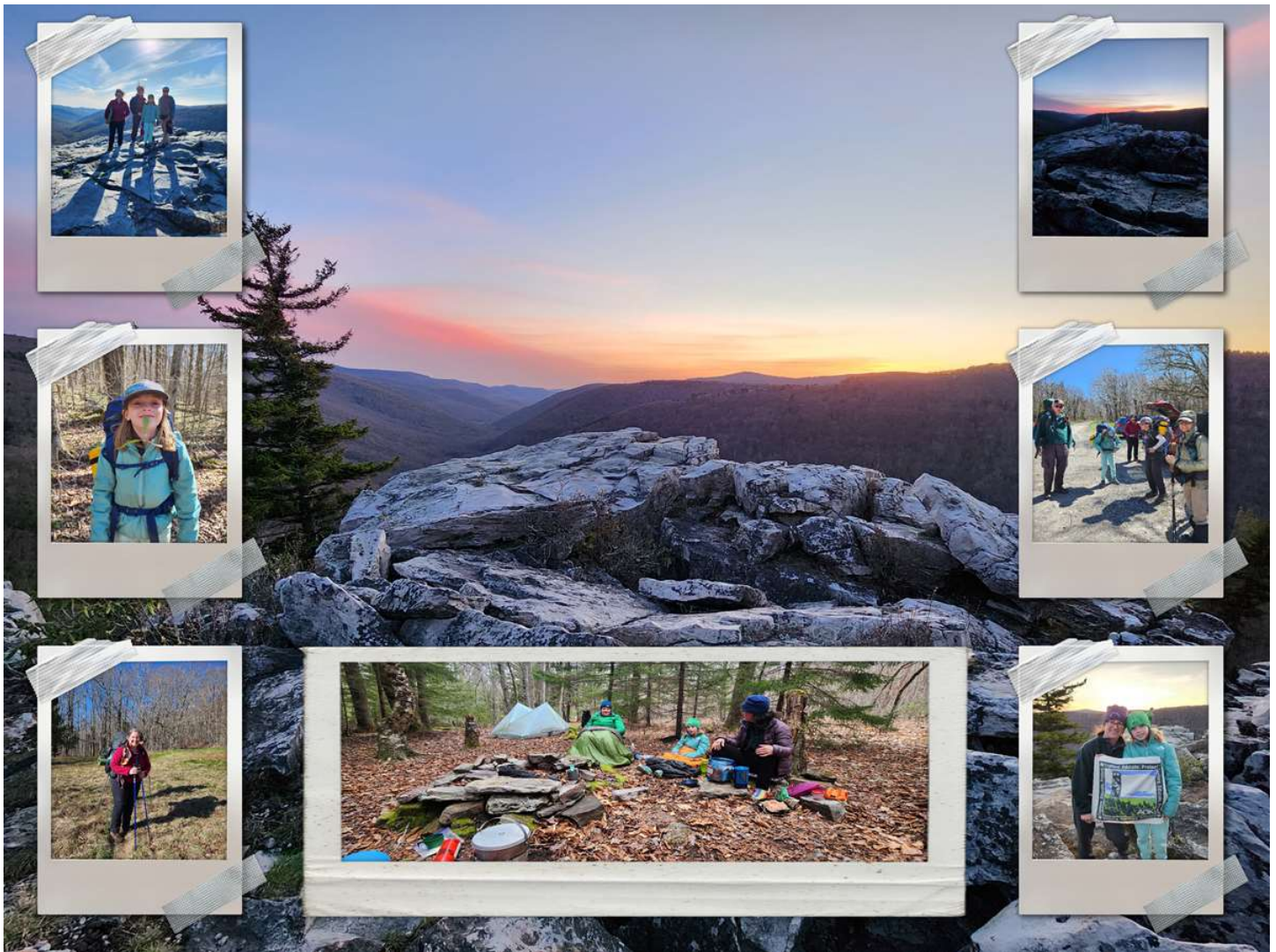


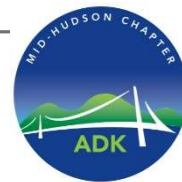


Apr 20-21, Dolly Sods Wilderness WV Family Backpack

Leader: David Mong

We had another nice backpack to the Dolly Sods Wilderness. This location is one of 7 wilderness areas in the 921,000 acre Monongahela National Forest in WV. It was crowded enough that we relocated to a spot where the parking lot was nearly empty rather than overflowing. This was the first weekend of the season after the gates were open for easy access to the trailheads. Our group of 5 included one child and we hiked in 2-1/4 miles on an easy although muddy trail. Lots of spring flowers/plants including Spring Beauty, Trout Lily, Ramps, Wood Anemone, Cinnamon Fern and Mayapple. Low temperature noted was 30 degrees though we saw reports of 27 in the area by others. The group included guests, Lisa N., Sydney S., Jill W. & Claudine D. The leader was David Mong.





Apr 22, Great Swamp Paddle

Leader: Paul Silverstein

Judy B., Charlotte M., Betsy S., and Paul S. (leader) had a beautiful day for a leisurely paddle in the Great Swamp. A magical place, as always. Water was high, but the beavers had been busy, so we did have to drag around and over a few obstacles.

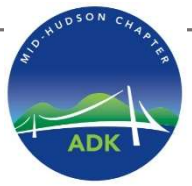


Apr 26, Ashokan High Point

Leader: Sharon Klein

It was a beautiful Spring afternoon on Ashokan High Point. Wild flowers were popping and migratory birds were singing. The beaver complex seems to be expanding. The colony has expanded to multiple dams on both sides of the trail and is creating new water channels and habitats. I love this hike any time of the year. Hikers were Rachelle G., Jane B., Richard C., and the leader Sharon Klein.





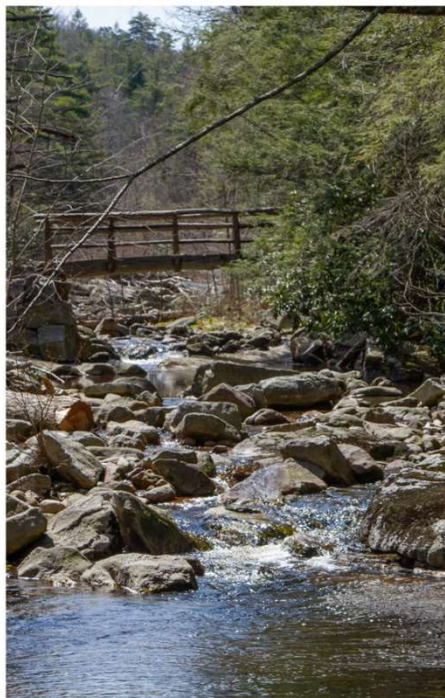
Apr 28, Navigation: Map & Compass, Bluestone Wild Forest Leader: Lyn W.

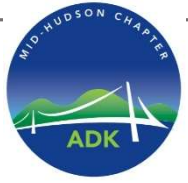
Our "day in the woods" was a practical guide to using a map & compass to get from one point to another. We had 4 members join on an early spring day. We spent a lot of time figuring out where we are on the map, (not as easy as you'd think!) using just what we observe in the field that we can also see on a map. We practiced how to use our compass like a protractor to get and stay on a bearing, leapfrog to get around obstacles, and reverse a bearing so we never have to do math in the woods! It was an empowering and fun day in the field. Those on the outing included Mary B., Eric L., Aaron M., Ginny F., and the leader, Lyn W.



Apr 28, Mossy Glen - Jenny Lane circular hike Leader: Roberta Forest

As it had rained through the night before our hike, I decided to do the Jenny Lane portion first because the rocks on Mossy Glen are very slippery when wet. We had some mud at the start of the hike, but after that, Jenny Lane was a pleasant uphill hike. The sun was shining most of the day. By the afternoon it was in the 70s. There were still some slippery parts of Mossy Glen, but also many more dry rocks. This was a good and social group. Joining Roberta were Jane B., Eddi Z., Sayi N., and Sherri G.





May 2 MWH, Ferncliff Forest Wildflower Hike

Leader: Ginny Fauci

Looking for wildflowers, perfect day for them. Sunny, 70's, no bugs. Hiked around pond (the beavers seem to be gone) and up to the tower with great views of the Hudson River, Catskills and Kingston Bridge. Lunch at the bottom. A few of us had ice cream after. Another great day in the woods. Hikers were ADKers Jill S., Dea K., Lucy S., Cindy C., Tamar M., Charlotte M., Jean M., Lalita M., Louise D., guest Carol S., and the leader Ginny Fauci.

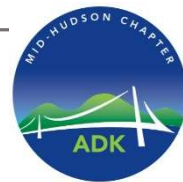


May 3, Sam's Point to Minnewaska

Leader: Roberta Forest

After two days of hot weather, the temperature broke for our very long thru hike from Sam's Point to Minnewaska. We had perfect conditions for this scenic hike through a part of our local state park not often frequented by others. In fact, we had the trail to ourselves until we got on the Rainbow Falls Trail. Hikers were Roberta F., Sayi N., Robin S., Jane B., and Susan B.





May 6, Hike Schunemunk Mountain

Leader: Kathy Carver-Cheney

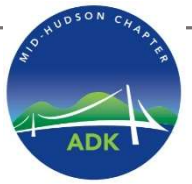
Four of us hiked to the megaliths in Schunemunk. Because of rain the day before, the rocks were slippery and we had to revise our route. We ended up exploring some little used trails. Hikers were Paula, Rolande, Mike, and leader, Kathy.



May 10 -13, Mt. Washington State Forest, MA, Backpack/Basecamp

Leader: Russ Faller

See cover story on page 1.



May 16, Minnewaska via Awosting Reserve Access

Leader: Adrienne Scivolette

Viewing a less-traveled section of Minnewaska through the lens of light rain was a uniquely beautiful experience. There was a lot to see during our 13 mile trek other than the vistas; lots of Red Efts, an abundance of blooming Rhodora, lichens and mosses with spring coloration, lady slipper orchids, painted trillium, and Rock sections waiting to be climbed. Tracy R., Andrea K., Mary Jean P., and Dave W. joined Adrienne on one of her favorite routes.

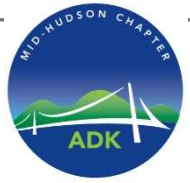


May 19, Locust Grove Historic Site in Poughkeepsie

Leader: Georgette Weir

Nine of us hoisted our clippers and headed down the trails at Locust Grove to volunteer a few hours of barberry clearing along the Edgehill Trail. Executive Director Ken explained that the goal was to create opportunities for the native spicebush to recover in areas that had been taken over by the barberry. Joining Georgette for this annual trail maintenance excursion were: Eli C., Ginny F. Sayi N., Carol D., Annette C., Janice M., Marie C., and Carol G. Good weather, few bugs, and a sense of accomplishment. Thanks all for a great day of trail work!





May 24 MWH, Red Hill Fire Tower Leader: Ginny Fauci

Gorgeous day, sunny, blue sky, low humidity, no bugs. Another great day in the woods. Hikers were Jean, Dea K, Katy B and the leader Ginny.



May 26, Paddle the Great Swamp Leader: JeanetteTB

We were lucky to have a warm, sunny day to paddle the East Croton River. The water level was just right; we had to scoot under and over obstacles, but did not need to portage over any beaver dams! We were able to paddle a long distance in the swamp; total over 7 miles. The banks were full of beautiful (but invasive) yellow iris and multiflora rose. And we saw quite a lot of wildlife: flying herons, red-winged blackbirds, an egret in a tree, two Canadian geese swimming with their goslings, and a huge snapping turtle (looked like a rock under the water). An unexpected treat: as we rounded a corner, we saw two large swans swimming with 7 adorable cygnets. We slowly followed them, keeping our distance. (When would it be safe to pass? It's kind of like driving behind a cyclist.) Once the waterway was sufficiently wide, we safely zoomed past them. But the hissing male was not a happy guy. It was a memorable paddle! Paddlers included Judy B, Dea M, Connie H, Diane D, Martha R, Dave W, David and CJ H, Roberta F, Jonathan B and the leader, Jeanette TB.

