



On the Western Slope

AMC's New President

John D. Judge, a successful nonprofit and government leader, has been named President of the 136-year-old Appalachian Mountain Club (AMC), effective February 1. He succeeds Andy Falender, who retired after 23 years as AMC President. Read [the press release](#) on AMC's web site for the details.

Trends in Flower Times Can Be Indicators of Change



*Flowers you know * Flowers you love * Flowers you can track*

Have you ever noticed flowers on the trail when you are on a hike or bike ride? If so then you are qualified to help our scientists with a very important task – finding flowers then reporting when and where you saw them. Not just for botanists and White Mountain hikers, AMC's [Flower Watch](#) program is looking for reports from AMC's entire region from DC to Maine. Choose your favorite naturally wooded area, download one of our free flower checklists, and go in search of our targeted flowering plants. If you want more than the simple check list, download the complete citizen science datasheet and flower field guide [online](#). For more information, contact AMCmtnwatch@outdoors.org.

By helping with this project you will become familiar with these plants and provide useful information. You can also engage others in this hands-on trailside activity, which is great to do with kids. By participating you will:

- Help AMC's scientists monitor the pace of climate change based on the timing of the flowering plants.
- Spread the mission of AMC to ensure clean air in the outdoors.
- Build botanical prowess and confidence and impress your friends.

Tutorials about the in-depth citizen science activities are available [online](#). The ultimate option is to sign up (as an individual or group) to "[Adopt-A-Peak](#)" (or trail section) providing repeat data throughout the spring and summer.

Stay tuned to hear the latest AMC research results from [Flower Watch](#) by signing up for our [Conservation Action Network](#) and visiting us on [Facebook](#)! Click [here](#) for more information.

On Short Notice: RLT presents *The Hudson River over the Past 150 Years*. Thurs., March 29 at 7 p.m. E. Greenbush Library. See [last page](#) for details.

April 19 – Experienced AMC Leader Speaks about How to Hike in The Grand Canyon

Veteran AMC hike leader Frank Reed will talk about "Grand Canyon Hiking for Beginners" at the chapter's Spring potluck supper and meeting. He'll cover topics such as getting backcountry permits, and the differences between hiking Grand Canyon trails vs. Adirondack or White Mountain trails.

The event will be held on April 19th at Christ Lutheran Church, 1500 Western Avenue, Albany, across from Stuyvesant Plaza. Social hour will begin at 5 p.m., followed by supper, a short business meeting, and featured speaker Frank Reed at 6:45 p.m.

For the potluck, names beginning with A-H – please bring hot dishes; I-P – desserts; Q-Z – salads/cold dishes. The chapter will provide non-alcoholic drinks and tableware. (The church does not permit alcohol to be served on the premises.) There will be a 50-50- raffle; a good will offering to help with expenses would be appreciated. Please make every effort to attend!

Trails To Enjoy, But Also To Monitor

Hollyhock Hollow Sanctuary

By John Tiff

It's fairly obvious from the first moment you step out of your car and hear the Onesquethaw Creek that there is much to enjoy here while walking the seven miles of trails located on 138 acres of preserved land. In the Spring especially, there are wonderful wildflowers to be seen, as well as many migrating birds. Limestone is the primary component of the geology of the area, and as such presents a fascinating array of formations.

But what is not as apparent, although there are hints of it throughout, is the fascinating history of the Sanctuary. Perhaps it's best to start with the Onesquethaw Creek. The word *onesquethaw* itself is said to mean corn fields in the Native American language and the Indians who inhabited this land did indeed plant corn along the creek.

The current Director of Hollyhock Hollow Sanctuary, Fred Realbuto, showed me a carved Indian implement which he had found along the creek. He said that the chances of finding a similar Indian relic along the creek are very good. Fred also stated that the creek itself, after originating in Berne, flows through a subterranean creek bed near Clarksville. Because the Onesquethaw Creek goes underground, it picks up heat from the earth's core, thus when it exits above the ground, is warm enough to never freeze during the winter months. To continue, please see [Trails To Enjoy/ Hollyhock Hollow Sanctuary](#).

Dates to note:

- Apr 19 Thurs Spring Potluck/Mtg
- Apr 21 Earth Day/Tomhannock Res Cleanup
- May 14 Exec Committee Meeting, EGTL
- Jun 22-24 AMC Hiking Weekend, Weston, VT
- Jul 6-8 Flat Water Kayak Weekend, W. Brookfield, MA
- Jul 9 Exec Committee Meeting, EGTL
- *SAVE* Wed Aug 9 Summer Potluck/Mtg, Thacher Pk
- *SAVE* Sept 21-23 Fall Chapter Trip, Joe Dodge Lodge at Pinkham Notch, NH

Mohawk Hudson Chapter Executive Committee

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<http://www.amcmohawkudson.org>

Save paper and ink!

- Print only the **Dates to note** and **Chapter Outings** on pages 2 and 3
- Under Print Properties, try print quality of "Draft"

Mohawk Hudson Chapter Outings April — May — June 2012

All activities require advance registration:

Please contact the Leader for information about hike difficulty, meeting time and place, carpooling, and hike updates due to weather or trail conditions.

Check out our chapter web site at

www.amcmohawkudson.org for detailed descriptions and updates of outings. There, join our Yahoo group for e-mail updates on outings, and 'like us' on Facebook.

April 2012

Sat 4/7 Yokum Ridge/West Stockbridge Mountain, MA B-3-C (Hiking)

Starting from Olivia's Outlook, we will go up the Charcoal Trail to the ridge and then explore the less prominent and lesser used Ridge Trail to its end and return the same way descending via the Walsh Trail. Early April will still allow us some good views. Approximately 5 miles, with steep sections on the way up on the Charcoal Trail. Leader: Sharon Bonk (518) 674-0042 sboqc@mindspring.com Co-Leader: Dona Burdick djb20022000@yahoo.com

Sat 4/7 Thacher Park North B-3-B (Hiking)

Let's hike through this section of Thacher Park and sample some of the trails there including the Long Path and the Fred Schroeder Memorial Trail. There are a few short steep sections as well as a few gradual uphill. We'll meet at 8:30 a.m. at the Elm Ave. Park & Ride in Delmar. The hike should last about 3 to 4 hours; bring a lunch if you wish and we'll stop at a site with a view from the escarpment. Leader: John Tiff (518) 439-5686 jtiff2@nycap.rr.com

Thurs 4/19 Spring Potluck Meeting

Christ Lutheran Church, 1500 Western Ave, Albany across from Stuyvesant Plaza. Social hour at 5 p.m. followed by potluck dinner, short meeting, and at 6:45 p.m. Frank Reed talks about "Grand Canyon Hiking for Beginners." See [details](#) on front page.

Sat 4/21 Tomhannock Reservoir Clean-up, 9AM-Noon (Conservation)

Sponsored by the Rensselaer Land Trust and the City of Troy. The Tomhannock Reservoir is the source of drinking water for over 100,000 residents of Troy and other Rensselaer County communities. Meet at the NYSDEC public access parking lot along NYS Route 7 in Raymertown, just before the causeway over the reservoir. Groups will collect trash along a half-mile stretch of the shore. Garbage bags

will be provided. Bring gloves. We will work regardless of weather, so dress appropriately. Register with Paul Schroeder, RLT Volunteer Coordinator/ AMC Co-Leader, at (518) 674-2480 or pschroeder1@nycap.rr.com.

AMC/Mohawk Hudson chapter contact/Leader is Sharon Bonk, (518) 674-0042.

Fri 4/ 27 Trail Work at Hollyhock Hollow Sanctuary.

To celebrate Arbor Day, plans are being developed to help clear the existing trails here. We will gather at the parking area at 8:30 a.m. The length of time needed to complete the work is indeterminate at this time, but most of the work should be done by noon. Please wear appropriate clothes for trail work, including gloves and boots, and bring any cutting tools that you may have. Extra tools will be provided. Anyone with a chain saw and knowledge of its risks would be welcome. Please contact John Tiff at jtiff2@nycap.rr.com or (518) 439-5686 for more information and to register.

May 2012

Sat 5/5 South Taconic Trail on Cinco de Mayo B-3-B (Hiking)

A day to celebrate as we head up the steep incline and small upper scramble of the southern terminus of the South Taconic Trail passing by the small Peace waterfalls and brook. Once on the ridge, views, views and more views as we easily pass over two mountains. The journey will take us then to the big one, Alandar, which will really get us way above the rest to, you guessed it, more views before descending back to the valley below. 8 Miles, 1750 vertical feet in some steep sections. Leader: David Koehler (917) 613-2043 k2david121@gmail.com

Sat 5/5 Walkkill Valley Railtrail and D&H Canal Railtrail (Bicycling)

40 miles round trip, helmet required. Rain (or threat of) cancels. The Walkkill Valley Railtrail from New Paltz to Rosendale. Then a short (2.5 mile) road ride will bring us to the D&H Canal Railtrail which ends at Kingston. For a total of 20 miles each way. The trails are hardpacked gravel. I have used a hybrid bike; mountain bikes will work well too. For details and meeting time contact Leader Ken Hubert at (718) 463-5675 after 3 p.m.; (518) 827-7327 on Fri. & Sat. amc.leader@yahoo.com

Sun 5/6 Tibbitts State Forest C-3-C (Hiking)

Afternoon hike. Tibbitts State Forest is a northern hardwood forest traversed by old roads. Located on both the north and south sides of Route 7, this hike will follow approximately 5 miles of old roads on the

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 south side with the possibility of a short optional addition on the north side, depending on time and interest of the group. There's a long, steady, moderately steep incline almost to the height of land. An extension of the loop trail leads to an old lime kiln. There are no views from this part of the forest, so we'll be looking for early spring foliage and flowers. Those interested can join the leader at the Man of Kent Pub after the hike. Meet at 12:30 p.m. at the trailhead parking lot on NY 7 just west of the intersection of 7 and 22, in Hoosick, about 23 miles east of Troy. Joint with Rensselaer Land Trust. If you plan to participate, please notify Leader: Sharon Bonk (518) 674-0042 sboqc@mindspring.com

Thurs 5/10 Flat Water Kayak Burden Lake (Paddling - Flatwater) This is 7 mile paddle, about 4 hours. Leader: Randy MacDonald (518) 766-7675 before 9 p.m. randy04415@yahoo.com

Fri 5/11 Petersburg Pass to Snow Hole B-3-B (Hiking) Let's go hiking from Petersburg Pass to the Snow Hole. Distance 5.5 miles RT. Leader: Kevin Cox (518) 279-4839 before 9 p.m. mmcloug1@nycap.rr.com

Sat 5/19 Bearpen & Vly B-3-B (Hiking)
 Distance: 8.5 miles Ascent 2668'. Rain (or threat of) cancels. A moderately-paced bushwhack. To register for time and meeting place, contact Leader: Ken Hubert (718) 463-5675 after 3 p.m.; (518) 827-7327 on Fri. & Sat hikeleader3500@yahoo.com

Sat 5/19 Crane Mountain B-3-A (Hiking)
 This spectacular small Adirondack peak (3250') features wonderful views both from the summit and from a smaller peak on the other side of Crane Mountain Pond (2600'). Ascent to summit is 1100'; ascent and descent will each include around a half-mile of steep climbing. Leader: Julian Hadley (518) 753-4898 julianhdl1@gmail.com

Thurs 5/24 Stockport Creek and Hudson River Island State Park (Paddling - Flatwater) Flat water kayak Stockport Creek and Hudson River Island State Park. Contact Leader: Randy MacDonald (518) 766-7675 before 9 p.m. randy04415@yahoo.com

June 2012

Sat 6/2 Trail Work Day at Thacher Park
 Work is now being planned for this day on Section 34 of the Long Path at Thacher Park. This will be a joint effort with the Adirondack Mountain Club and the Friends of Thacher Park. This should be a good way to celebrate

National Trails Day. As we get closer to this date, more information such as specific times and a place to meet will be available. If interested, please contact John Tiff at jtiff2@nycap.rr.com or call (518) 439-5686. Please wear appropriate clothing for trail work, and bring any cutting tools you may have. Extra tools will be available.

Sat 6/9 Flat Water Kayak Catskill Creek/Rams Horn Marsh (Paddling - Flatwater) Lunch at Rams Horn-Livingston Sanctuary. About 5 hour trip. Leader: Randy MacDonald (518) 766-7675 before 9 p.m. randy04415@yahoo.com

Sat 6/16 Trail Work Day at Indian Meadows Park This will be a joint effort with the Town of Glenville to clear trails in advance of a "muddy sneaker 5K race" to take place later in the summer. We will meet at the main parking lot off the Droms Rd. entrance to the park at 8a.m. Car pooling, if desired, will be arranged depending on the location of interested parties. Please dress appropriately for trail work and bring whatever cutting tools you may have. Anyone with a chain saw and knowledge of its risks is certainly welcome. If interested please contact John Tiff at jtiff2@nycap.rr.com or (518) 439-5686.

Sun 6/17 Wittenberg, Cornell & Slide Mtns. A-3-A (Hiking) We will be starting at Woodland Valley State Campground and follow the marked trail to Slide Mtn. trailhead. Hopefully, we will be able to car spot at both trailhead. Distance is 9.75 miles. The ascent is 3720 feet. Leader: Kevin Cox (518) 279-4839 before 9 p.m. mmcloug1@nycap.rr.com

Fri-Sun 6/22-24 Vermont AMC Hiking Weekend Join the AMC Mohawk Hudson Chapter for a weekend in Weston, Vermont. Hike in the Green Mountain National Forest. We will be staying at the Colonial House Inn and Motel. Cost \$179. to \$216.ppdo; \$235. to \$272. pps. Includes 2 breakfasts, 2 trail lunches and 2 dinners, all taxes and gratuities. Contact Randy MacDonald (518) 766-7675 before 9 p.m. randy04415@yahoo.com

Sun 6/24 The Hudson River School of Art (Conservation) Presented by the AMC N.Y. - North Jersey chapter, Leader Skip Doyle (skipnewyork@yahoo.com) will discuss the works and style of the Hudson River School painters and their historical and geographical context with special reference to the Hudson Valley where the School's earliest subjects were found. To register/get more information: <http://activities.outdoors.org/search/index.cfm/action/details/id/60289>

Fri-Sun 7/6-7/8 Flat Water Kayak Weekend (Paddling - Flatwater) West Brookfield Massachusetts. We will be staying on the river at the Copper Lantern Motor Lodge. Friday Afternoon Paddle at Brooks Pond. Dinner at Ye Olde Tavern. Saturday Paddle 8.5 miles on the Quaboag River. Dinner at the Salem Cross Inn. Breakfast and packed lunches at EB Flatts both days. Sunday Paddle 7 miles on the Swift River. Weekend lodging \$140. to \$150. + tax double. Contact Randy MacDonald (518) 766-7675 before 9 p.m. randy04415@yahoo.com

Hike Ratings

Distance

- AA = + 13 miles
- A = 9 to 13 miles
- B = 5 to 8 miles
- C = under 5 miles

Leader's Pace

- 1 = very fast pace, 2.5 mph or faster
- 2 = fast pace, 2 to 2.5 mph
- 3 = moderate pace, 1.5 to 2 mph

Terrain

- A = very strenuous
- B = strenuous
- C = average



To receive e-mail notification of updates to published trips, please join our [Yahoo group](#). When you access this link, enter your Email Address, and click the **Request Confirmation Email** button. You will receive confirmation of your request, and future e-mails of trip updates.

The chapter also offers weekday outings that do not appear in the schedule above.

- *The Midweek Hikers* invite you to hike with them on Wednesdays. For more information about this group and/or to join our e-mail list, contact Gerry Weber at (518) 758-7189 or gww@fairpoint.net
- The *Hiking at a Relaxed Pace (HARP)* group hikes on Thursdays or Fridays. For more information and/or to join our e-mail list, please contact Frank or Dee Wind at (518) 458-1781 or we_tell@verizon.net

"Like Us" on Facebook

 Click the "Facebook" image at left to view the chapter's Facebook page.

 Once on our Facebook page, click the "Like" image (shown at left) to "like" our page: if you have a Facebook account, you'll be asked to log in. Else, you'll have to set one up in order to "like" our page.

Check out our Facebook page for energy-saving tips we can all use.

Trails to Enjoy/Hollyhock Hollow Sanctuary, Continued

The land itself was originally a fief to the Van Rensselaer Estate, and as such, was used for farming through several generations. Farmers paid either a fee, tithe, or a portion of their harvest to the Estate. Theodore Roosevelt, founded the Audubon Society of New York in large part because of an abhorrence he felt in seeing women of his day wearing ostentatiously adorned hats composed of feathers gathered, it was quite obvious, from overzealous hunters. This Society was later bequeathed the land which now comprises the Hollyhock Hollow Sanctuary from Dr. Robert Rienow and his wife, Leona.

Dr. Rienow bought the homestead, originally built in 1746, because as he said in his last will and testament of a set of hollyhock decorated dinnerware china, “the hollyhock element was influential in persuading the newly wedded Rienows to purchase an ancient rundown deserted colonial. It was not only because the farmyard was alive with 20 or more bluebirds, which insisted on darting back and forth, before the car, but also, because the whole area, blighted and deserted, as it was, was made delightfully colorful by scores of pink, white, red and peach-colored Hollyhocks!”*

Rienow was a Professor Emeritus of Political Science at the State University at Albany, a decorated general, farmer, and naturalist. He wrote many books, along with his wife, Leona Train Rienow, which passionately espoused his conservation concerns for our planet. One of the books, “Man against his Environment” was later made into a cutting edge, 26 part documentary that aired on PBS in the 1970’s. In 1988, the cottage was consumed by fire, and he and his wife perished there. If one walks around this natural area, one may still see the original trail markers made by Dr. Rienow painted right on the trees. Originally he also placed placards throughout the area advocating for a vigorous pursuit for the conservation of our Earth. Here is an example of one such placard. “England is a Garden, but Gardens are not made, by saying “oh how beautiful” and sitting in the shade.”

The Audubon Society of New York has dedicated itself to the preservation of this treasure. The land originally used as farmland has transformed itself in the seventy years since the Rienows purchased into all woods. There is still and preserved as a memorial to Leona Train Rienow, a perennial garden which she maintained. There one may still see the hollyhocks which are a mainstay of the Sanctuary.

I invite you to visit this site. We have scheduled a trail work day for Friday, April 27th, Arbor Day. Directions to this site may be found on our web site under Resources/Outdoor Areas.

**The two quotations are taken from “A Brief History of Hollyhock Hollow Sanctuary” available at the Office Headquarters of Hollyhock Hollow Sanctuary.*

Chapter Nominating Committee

The Nominating Committee (Stacey Michon, Gerry Weber, Martha Waldman, Enny Dufur) seeks nominations for the offices of Chapter Chair, Vice Chair, Secretary, and Treasurer. Please contact one of the members with name(s) of nominees.

If you are interested in serving on any of the chapter committees, contact the committee chair or chapter chair.

Welcome New Members

Steven Balsler	Michael Briggs	Mr. & Mrs. Chesney
Cherie Clapper	James Collins	Mr. & Mrs. Czech
Robert Dembo	Ed Dempsey	Taylor Dempsey
Dot Dugan	David Fowler	Dennis Gleason
Margaret Griffin	John Hagen	David Johnson
Bruce Knoll	Jean Laverdure	Judith Mann
Glenn Milstrey	Rick Molongoski	Nicole Morin
David Putnam	Jordan Sills	Mr. & Mrs. Slack
Glen Slack	Pamela Stiansen	Patrick Trippany
Kurt Vansteemburg	Rachel Wallin	Bert & Robin Weber

A Word From Our Chapter Chair



After not much of a winter, spring is here! It’s time to get outside and enjoy this wonderful weather.

One thing I would like to mention is that we need volunteers to help with trail maintenance. I encourage you to take part in one of our three trail maintenance days on the

schedule this spring. Last year was tough on the trails, with two hurricanes in one week. We get a lot of enjoyment out of our local trails, and it’s nice to give back so we can continue to enjoy them.

Our annual spring potluck is coming up on April 19th, so mark your calendars. We are back at our original location and we have an exciting speaker lined up. Also coming up is our summer picnic, which this year will be held in August. Check our web site for the latest details.

See you out on the trails!

Stacey Michon

NYNJTC Trail Maintenance Workshops

Here’s an opportunity to get ready for the chapter’s upcoming **Trail Work Days** on June 2 at Thacher Park; and on June 16 at Indian Meadows Park.

Trail maintenance workshops given by the New York New Jersey Trail Conference are free and open to the public. There’s a workshop on May 5th in Haines Falls (Catskills), and another on May 20th in Stamford (Western Catskills). Check the [NYNJTC web site](#) for more information.



January 2012 – Vermont Weekend Stratton Pond

Timely Refresher: Ticks and Lyme Disease

Lyme disease is on the rise in our area and early detection and treatment is the key to avoid serious complications. First it's important to thoroughly check for ticks, not only when you are outside but when you come in contact with a pet that has been outside. Lyme disease is caused by bacterium found in the stomachs of infected ticks and it may take as much as a day for the bacterium to make its way into your body. It's for this reason that the old tick removal method of covering a tick with oil or grease is not recommended as this can cause the tick to regurgitate the contents of its stomach into your bloodstream. The recommended method is to grasp the tick with a pair of tweezers as close to your skin as possible and steadily pull it away.

If you have been infected with Lyme disease it's important to get treated as soon as possible as serious complications can arise if left untreated. Unfortunately not everyone experiences the same symptoms and blood tests are slow and problematic. A "bull's-eye" rash is often described as a symptom but the vision of multiple concentric rings this conjures is inaccurate. This type of rash just means that you will have an irregularly shaped red blotch but the center will be pale. This rash does not have to appear at all and may not appear at the site of the bite. Another type of rash that looks more like a bruise but will continue to increase in size and darkness can also occur. A fever may also occur and any fever lasting 5 days is generally reason to see a doctor, tick bite or not. Other symptoms may include fatigue, headaches, muscle and/or joint pain, or swollen lymph nodes.

[Here](#) is a document on Lyme disease from the Centers for Disease Control and Prevention and [here](#) is a document created by the Rensselaer County Department of Health hosted by the Rensselaer Land Trust.

Carbon Nation Update

On March 14th, the Chapter hosted a screening of the film *Carbon Nation* at the East Greenbush Library. The film, which was released in 2010, provides an entertaining and informative description of people who have developed innovative ways to implement non-polluting, renewable sources of energy, and to use energy more efficiently. In several examples, they not only reduced carbon emissions, but made money and saved lives.

A post-film discussion followed in which the attendees shared ways we can save energy – and money – including changing light bulbs, driving less, and improving home insulation.

To estimate your family's greenhouse gas emissions and see the impact of actions you could take to reduce them, check out this household emissions calculator:

http://www.epa.gov/climatechange/emissions/ind_calculator.html

Winter at AMC's Maine Wilderness Lodges

Randy and Amy MacDonald travelled to Little Lyford Pond and Gorman Chairback camp in mid February to find snow and experience the wonderful facilities and trails the wilderness camps offer. They were joined by friends from Maine, Pennsylvania, and the Capital District. The camps are about a good half day ski apart, i.e., 8 miles of intermediate skiing. Once you are there, cozy, rustic cabins, great food, and a modern bathhouse with sauna are for your use. AMC continues to develop other trails to nearby ponds, peaks, and the famous Gulf Hagas gorge. Most of these trails can be used for skiing, snowshoeing, or hiking.



February 2012 – Little Lyford Pond Hikers



Third Shelter on Our Ski from Gorman Chairback to Winter Lot



Cabins at Little Lyford Pond Camps

From AMC HQ: AMC Launches New Mobile Website

Smartphone users can now connect to www.outdoors.org and access a new, mobile-optimized version of AMC's website. We've made the most common online tasks, including checking lodging availability, finding local chapter programs, checking current conditions, and renewing your membership much easier to do with a mobile device. Check it out and let us know what you think!

Kids Stay Free at Cardigan This Summer

As part of AMC's ongoing commitment to get more families outdoors, we are running a special "Kids Stay Free at Cardigan" promotion this summer for kids 12 and under. Cardigan is a great "starter lodge" for young families, with waterfall and nature hikes, a wading pond, and sandy beach on Newfound Lake nearby. Some restrictions apply. For details, see: <http://www.outdoors.org/lodging/cardigan/kids-stay-free-summer-2012.cfm>

AMC's 4th Annual Spring Fling

Join us at AMC's Mohican Outdoor Center for a fun-filled weekend. Take a hike on scenic trails within the 67,000 acres of the beautiful Delaware Water Gap National Recreation Area or along the Appalachian Trail. Or bring your bike and take a ride on some of the park's quiet roads and rail-trails. Or spend some time paddling around Catfish Pond (kayaks, canoes and gear are provided). Activities are available for individuals and families.

Register early as last year's event sold out quickly. <http://activities.outdoors.org/search/index.cfm/action/details/id/57863>

New Trips Announced for AMC's Adventure Travel Program

Looking for some place different to take an active vacation? Check out these brand new trips just released by the AMC's Adventure Travel Committee.

Sedona (hiking)	November 10-18, 2012
New Zealand (hiking)	February 9-25, 2013
Spain (biking)	May 18-25, 2013
Yosemite (hiking)	June 1-8, 2013

For a complete listing of all adventure travel trips, go to www.outdoors.org/adventuretravel.

Enjoy Seeing the World? Consider Becoming an AMC Adventure Travel Leader

If you've ever thought about extending your trip leadership skills to further out in the field, join us at AMC's Noble View Outdoor Center, April 13-15, 2012, for AMC-AT's Annual Spring Retreat to find out more about the program and get your questions answered. Contact Nancy Holland, Adventure Travel Program Coordinator, for complete details. nholland@outdoors.org or (617) 391-6587.



January 2011 – SNOW!! Cross-Country Skiing at Notchview

Then & Now: The Hudson River over the Past 150 Years

When: 7:00 p.m., Thursday, March 29

Where: East Greenbush Library

Sponsor: Free Program of the Rensselaer Land Trust

Speaker: Dan Miller, Habitat Restoration Coordinator, NYS DEC Hudson River Estuary Program

Join us for a fascinating look at a comparison of historical and current maps of the Hudson River to see how much has changed. Dan will speak about his work identifying opportunities to restore important habitats in the Hudson River Estuary. He has been involved in extensive research identifying historic conditions in the Hudson and how they have changed over the past 150 years.

With the understanding of historic change, Dan hopes to partner with communities along the Hudson to implement habitat restoration projects that will ensure a healthy and productive future for the river and the surrounding communities. Dan will discuss habitat restoration objectives that will:

- Restore free flow to tributaries, where appropriate, by removing dams and "day-lighting" buried streams;
- Restore fish passage to places where it occurred historically;
- Maintain and restore natural, or soft, shorelines; and
- Restore tidal wetland hydrology.