Mid-Summer Chapter Picnic a Success

View of North and South Lakes from Sunset Rock

A day-long hiking and picnicking outing was held at North Lake Public Campground & Pavilion on Saturday, August 20, 2011. Chapter members and their guests began arriving at 9 A.M. The weather could not have been better for activities that included hikes to Boulder Rock, Sunset Rock, Catskill Mountain House Site, Newman’s Ledge, and around the campground.

One group just missed spotting a bear on their trail, as reported by hikers just ahead of them. A few went swimming in the bracing waters of North Lake; one went canoeing. Cooking and eating began around 4 P.M. All agreed it was an event really worth doing again.

Picnic attendees: Leader Wally Herrod, Barb Herrod, Ellen Elting, Evelyn and Billy Dufur, Allison Grant, Trudy Bacon, Chris Simson, Mike Boucher, Cliff Prewencki, Arthur Fontijn, Sharon Bonk, Martha Waldman, Sandy Andersen, The Rusk family: Judy, Wendy, Natalie, Charley, and Sammy.

Officer Nominations for 2012

In accordance with the Chapter by-laws, the Nominating Committee presents the following nominations for the year 2012: Stacey Michon, Chair; Arthur Fontijn, Vice-Chair; Sharon Bonk, Treasurer; and Cliff Prewencki, Secretary.

Our by-laws provide that any five Chapter members desiring to place additional candidates in nomination may do so by sending to the Secretary post-marked no later than ten days before the Annual Meeting a nominating paper stating the office to be filled, the proposed candidate’s name, and written verification of consent from the nominee to serve if elected.

Our annual meeting and election is scheduled for November 17, 2011. Nominating Committee members are Wally Herrod, Chair; Enny Dufur; and Gerry Weber.

Emerald Ash Borer On the Move

By Dawn Eisenbraun

If you are in the habit of walking or driving in wooded areas, you may have noticed something odd hanging from the trees and wondered what they are. These purple triangular shapes are “prism traps,” and they are being used in the detection of an invasive beetle called the Emerald Ash Borer. The traps are scented with a lure that mimics distressed Ash trees, and are covered with sticky glue. The glue traps the beetles, which are collected and sent for testing.

The Emerald Ash Borer (or EAB) is a tiny, metallic green beetle native to Asia. It preys upon and kills Ash trees in North America. The EAB was first discovered in the United States in a Detroit suburb in 2002, when Ash trees in the neighborhood of Canton began dying off. Please see Emerald Ash Borer, continued.
Mohawk Hudson Chapter Outings  
Oct — Nov — Dec 2011

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.amcmohawkhudson.org for detailed descriptions and updates of outings; there, you can also join our Yahoo group for e-mail updates on outings; and like us on facebook.

October 2011

Sat 10/1 – Volunteers Needed for Bridge Rehab on Section 32 of the Long Path, East Berne, N.Y.
Due to the fury of Hurricane Irene, a bridge over a creek on the Long Path inside Cole Hill State Park was knocked off one of its banks and now rests entirely on the creek’s south bank. The NYNJ Trail Conference has agreed to oversee the bridge’s rehabilitation; and six to ten volunteers are needed to help with the work. Bridge location is just off Willisie Road in the town of East Berne, N.Y., about a forty five minute drive from Albany. Please contact Leader John Tifft 518-439-5686; jtifft2@nycap.rr.com to volunteer.

Sat 10/1 – North Point, Northern Catskills, N.Y. (B-3-B)
This is a hike through varied terrain and types of woods to a large open rocky summit with spectacular views. Good trip for new members or those starting out in hiking. The round trip is 5 miles, with an ascent of 750 feet. Leader: Wally Herrod 518-758-9463; wher48@gmail.com

Sun 10/2 – Blackhead Range, Catskills, N.Y. (B-3-A)
Thomas Cole, Black Dome, Blackhead. A moderately paced trail hike, bad weather or driving conditions cancel. Distance: 7.5 miles. Ascent: 2760 feet. Elevation: 3980 and 3940 feet. Leader: Ken Hubert 718-463-5675 after 3 PM; 518-827-7327 on weekends; hikeleader3500@yahoo.com

Wed 10/5 – Warren Co., N.Y. Bike Trail
Ride approximately 20 miles from Glens Falls to Lake George and back. Optional extension will add Hudson Falls Feeder Canal path (unpaved). Finish the day with a stop at Rock Hill Bakery in downtown Glens Falls. We will meet at I-87, Exit 9 Park and Ride at 9 AM and caravan to the Glens Falls starting point. Leader: Sharon Bonk 518-674-0042; sboqc@mindspring.com

Mon 10/10 – Hyde Park Walkabout Trails Dutchess Co., N.Y. (A-3-C)
The Hyde Park trail system includes 16 miles of parks and historic sites. We will briskly walk the generally moderate trails (with some hills) in Mills Norrie State Park (Hudson River views) and the interconnected trails of the Roosevelt woods and farm sites. Since the hike will cover 10 miles, there is no plan to visit the historic homes that these trails entwine. Leader: Sharon Bonk 518-674-0042; sboqc@mindspring.com

Sat 10/22 – Pilot Knob Preserve, Lake George, N.Y. (C-3-B)
Let’s enjoy the fall foliage around Lake George with a hike to a gazebo overlooking the lake, and then on up through the woods to a neat waterfall. Good hike for new members and those getting started in hiking. Bring your camera. Round trip is 3-4 miles, with 800 ft. of ascent in all. For details and to register, contact Leader Wally Herrod at 518-758-9463; wher48@gmail.com

Sat 10/22 – The Bonds, White Mountains, N.H. (AA-3-A)
I have heard that these mountains are awesome, and plan to hike up the Zealand Trail, Twinway to Mt. Guyot. Then, we will hike to Mt. Bond, Bondcliff and back to West Bond. The distance is 19 miles with an ascent of about 3050 feet. I plan to stay at Pinkham Notch and go to the trailhead. Contact Leader: Kevin Cox, 518-279-4839 before 9 PM; mmcloug1@nycap.rr.com

Wed 10/26 – Plotterkill Nature Preserve, Rotterdam, N.Y. (C-3-B or B-3-B)
Come on a beautiful cool shady walk along a deep gorge with close views of three waterfalls, 60 feet high and 40 feet high. This is at the Plotterkill Nature Preserve on route 159 in Rotterdam. We will start with a two mile loop which takes in all of the waterfalls. Those who want to go longer can do extended loops of 3 to 7 miles altogether.
**December 2011**

**Wed 12/7 – Indian Kill Preserve, Glenville, N.Y. (C-3-C)**

We will walk some of the beautiful trails of the Indian Kill Preserve. This area contains fairly easy trails along a stream with two very small waterfalls. We will walk for two to three hours depending on the group’s desires. Bring lunch and water. Please reply to let us know you’re coming and for directions and carpooling information. Leader: Nancy Crowther and Co-Leader: Will Crowther 518-698-0531; nancy@crowther.org

**Sat 12/10 – Black Mountain, Lake George, Adirondacks, N.Y. (B-3-B)**

This hike will be a loop from Pine Brook Road up Black Mountain and visit two ponds. The distance is about 6.5 miles and the ascent is 1046 feet. Bring microspikes or stabilizers. If interested contact Leader Kevin Cox 518-279-4839 before 9 PM; mmcloug1@nycap.rr.com

**Sat 12/17 – Appalachian Trail: Jug End to Berkshire School, South Taconics (B-3-B)**

Bring your poles and stabilizers for a relatively steep ascent to the ridge. The trail is likely to be icy at this time of year. Several great views; approximately a 6-mile through hike; 900 foot elevation gain with a gentle descent to the Berkshire School on Rte 41. Short car spot required. Leader: Sharon Bonk sbqc@mindspring.com; 518-674-0042.

**Sat 12/17 – Sugarloaf Mountain, Catskills, N.Y. (B-3-A)**

If Mother Nature desires, we will need snowshoes or other traction devices as we prepare for winter season. This hike is 7 miles and 1800 ft will be required to reach the summit of Sugarloaf Mtn. and return back. Along the way, we will pass a small waterfall; if still there, a massive and amazing beaver dam; and take a trip through the mysterious Dibbles Quarry with its unusual man-made rock formations. Leader: David Koehler 917-613-2043; k2david121@gmail.com

**Sat 12/31 – Haystack Mountain near Ray Brook, Adirondacks, N.Y. (B-3-B)**

The hike up Haystack is about as good a day hike as one could ask for. Elevation gain is 1302 feet. There are some short steep sections towards the end. The estimated time for the hike with lunch is 6 hours. The meeting place will be the Exit 9 Park & Ride at 7 AM. If interested please contact Leader John Tiff at itiff2@nycap.rr.com; 518-439-5686.

**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

The chapter also offers mid week outings, many of which 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

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**We’re on facebook!**

Click the image at left to view the chapter’s facebook page.

[Facebook Image]

On our facebook page, click the Like button or the image to like our page: if you have a facebook account, you’ll be asked to log in. Otherwise, you will have to set one up in order to “like” our page.

[Facebook Image]

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Mohawk Hudson Bike Path, August 2011
A Word From Our Chapter Chair

Hello everyone. I can’t believe it is Fall already, my favorite time of the year for hiking. Our leaders are offering a variety of trips this Fall at all levels, and I encourage you to get out and explore with us. Speaking of trip leaders, they are the backbone of our organization; we would be lost without all of their hard work. We are always looking for new leaders, so if you are interested in volunteering for our chapter, sign up for our hike leader workshop on November 19.

Our chapter Trails Committee is working with like-minded groups to survey and maintain trails. With the devastation of Irene, many of our favorite hiking spots are closed for the time being, so there is a great opportunity right now to get out there and give back to the trails, whether it is with AMC or other conservation organizations. Before heading out on the trails – and for that matter, the roads in some areas – please check for any advisories or closings.

Also, don’t forget to sign up for our chapter’s annual meeting on November 17. We have a change of venue this year, and have booked an exciting speaker. I hope to see you there.

Have a safe and happy Fall!

Stacey Michon

Upcoming Chapter Events

Volunteers Needed for Long Path Bridge Rehab

The chapter is seeking six to ten volunteers on October 1 to help with the rehabilitation of a bridge on section 32 of the Long Path. The bridge, which spans a creek in the Cole Hill State Park, was knocked off one of its banks and pivoted to rest entirely on the creek’s south bank during Tropical Storm Irene. Raymond Flavell and Andy Garrison of the NYNJ Trail Conference have agreed to oversee the bridge’s rehabilitation, which may involve some heavy lifting.

The bridge is located just off Willisie Rd. in the town of East Berne, N.Y., about a forty five minute drive from Albany. Please contact Leader John Tifft 518-439-5686; jtifft2@nycap.rr.com to volunteer for this important work.

2011 AMC Fall Gathering Oct 14-16

AMC’s Fall Gathering will be held in Hancock, N.H. at the Sargent Center, a Nature’s Classroom full service camp near Peterborough, in the Mt. Monadnock region of New Hampshire. Hike, walk, bicycle, paddle, rock climb, explore, and more during Fall foliage season. For more information, visit http://amcboston.org/committees/gathering

Following Atticus Oct 15

On October 15 at 2 PM, AMC will host an information table at the Schenectady County Public Library’s Meet Tom & Atticus event featuring Tom Ryan, author of Following Atticus: Forty-eight High Peaks, One Little Dog and an Extraordinary Friendship, and, of course, Atticus the dog.

Tom will discuss the book – due out on September 20 – and the challenges and adventures the two faced in New Hampshire’s high peaks.

Climate Change Talk Oct 26

Faith Salter, of the Appalachian Mountain Club (AMC), will speak about Climate Change, what it is, and what we can do about it. The presentation will take place on Wednesday, October 26, at 6:30 PM at the East Greenbush Public Library.

The AMC promotes the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of the Appalachian region. As coordinator of chapter relations, Ms. Salter has developed training programs to communicate Climate Change facts and trends to a variety of audiences, and has trained AMC members on teaching Climate Change principles.

The presentation, sponsored by the Mohawk Hudson Chapter of the AMC, is free and open to the public.

Annual Chapter Meeting & Election Nov 17

The Mohawk Hudson chapter will hold its annual meeting and election of officers on Thursday, November 17 at Moscatiello’s Italian Family Restaurant in Troy N.Y. Come at 5:30 PM to socialize; dinner will be served at 6 PM. Member Rich Vertigan will be our featured speaker, giving a presentation on his cross country cycle last summer.

Moscatiello’s (www.moscatiello.com), located at 99 North Greenbush Road (Rte 4, just south of Hudson Valley Community College), Troy, N.Y., will serve a buffet dinner with salad, dessert and coffee/tea/soda. A cash bar will also be available.

Price is $30.00 per person. Please send your check, made payable to “AMC Mohawk Hudson Chapter” to Sharon Bonk, P.O. Box 464, West Sand Lake, N.Y. 12196 by November 3rd.

Leadership Workshop Nov 19

Veteran hike leader, Wally Herrod, will lead a day-long leadership workshop at the home of Art Fontijn in Castleton, N.Y. Topics will include selection and rating of trips, planning, gear, publicity, liability concerns, and decision-making. Also included will be a focus on first aid and emergency wilderness response.

Open to members of other AMC chapters. Size limited to eight, so sign up early. No fee for Mohawk Hudson chapter members; $25 fee for non-members to help with chapter expenses. For details and to register, contact leader, Wally Herrod, at wher48@gmail.com, or 518-758-9463.
Vermont Weekend: XCOUNTRY Ski & Snowshoe

Save the date and join the Mohawk Hudson Chapter for a winter weekend in Vermont on Jan 6–8, 2012. We plan to cross country ski at Wild Wings Ski Center, and snowshoe in the Green Mountain National Forest. We’ll be staying at the Colonial House Inn and Motel, in Weston, VT. Cost is $176-$213 ppdo / $232-$269 ppso, and includes two breakfasts, two trail lunches, two dinners, and all taxes and gratuities. For more information or to register, contact Leader: Randy MacDonald 518-766-7675 before 9 PM; randy04415@yahoo.com. Reservations must be made before Oct 26, 2011 to guarantee room.

Enter the 2011 AMC Photo Contest!

AMC’s 17th annual photo contest is now open to all members, with more prizes than ever up for grabs. This year’s Grand Prize winner will receive a spot in an upcoming photography workshop and an accompanying stay at an AMC destination.


Visit www.outdoors.org/photocontest for full rules and entry instructions. Entries will be accepted until November 15; winners will appear in a spring 2012 issue of AMC Outdoors.

Dates to note:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Oct 14-16</td>
<td>AMC Fall Gathering, Hancock, N.H.</td>
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<td>Oct 15, 2 PM</td>
<td>Following Atticus at Schenectady Public Library</td>
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<td>Oct 26, 6:30 PM</td>
<td>Climate Change Talk, E. Greenbush Town Library</td>
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<td>Nov 3</td>
<td>ExecCom/EGTL</td>
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<tr>
<td>Nov 14, 6:45 PM</td>
<td>Payment due for Chapter Annual Meeting/Moscatiello’s</td>
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<tr>
<td>Nov 15</td>
<td>Entries due – AMC National Photo Contest</td>
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<tr>
<td>Nov 17, 5:30 PM</td>
<td>Chapter Annual Meeting/Elections, Moscatiello’s</td>
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<td>Nov 19</td>
<td>Leadership Training</td>
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<td>Dec 12, 6:45 PM</td>
<td>ExecCom/EGTL</td>
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<td>Jan 1, 2012</td>
<td>New Year’s Snowshoe &amp; Potluck</td>
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<td>Jan 6-8, 2012</td>
<td>Vermont Winter Weekend, Weston, VT</td>
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<tr>
<td>Jan 28, 2012</td>
<td>AMC Annual Meeting</td>
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Timely Online Trips Lists

Trips are added to the Mohawk Hudson chapter web site prior to their publication in the AMC Outdoors magazine. Here’s a quick primer on how to access and/or print them.

www.amcmohawkhudson.org/triplist.asp

To view trips, just below the home page’s calendar, click the View Trip Activities link to display a full trip list by date, or click a green date on the calendar to display details of that outing (expand window to see the full list of outings by date). To print trips, right click on the full list of outings and select Print.

www.amcmohawkhudson.org/calendarbig.asp

To view trips, click the Activities menu option and select Calendar in the dropdown list to display a full screen calendar. Click a green date on the calendar to display outing’s details. To print trips, right click the calendar and select Print.

Note: On the above calendars, red dates denote cancelled trips; past trips are not shown.

www.amcmohawkhudson.org/activities.asp

To view trips, click the Activities menu option, specify your search criteria (below), and click the Submit button. Activity Listings will display at right. Note that these Activity Listings cannot be printed.

Keywords – enter a phrase and search for trips that match “all of the words”, “any of the words”, or the “exact phrase”.

Chapter – select the AMC chapter you want from the list. Click the map link to see chapter locations.

Activity – select the activity you want from the list, e.g., bicycling, hiking, paddling, etc.

Start date and End date – enter a date (mm/dd/yyyy) or click the calendar icon and specify a date range.

To receive e-mail notifications 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.

Vermont Hiking Weekend, June 2011
Emerald Ash Borer, continued: It was found that all of the dying and dead trees were infested with a non-native beetle. The EAB is deemed “invasive” in addition to “non-native” because it has an adverse effect on the ecosystem it invades.

Since the EAB is not native to North America, it has few natural predators, and our Ash trees do not have inherent defenses against an EAB infestation. The adult beetles lay eggs in the bark of an Ash tree. When the larvae hatch, they bore into the cambium layer, or vascular tissue of the tree. As the larvae grow, their activity disrupts the flow of water and nutrients within the tree, essentially suffocating it. The adult beetles bore back out of the bark in May and June. It can take up to two years for an infestation to kill the tree, which means that although we discovered them in 2002, the beetles were probably here years before.

The exact method of introduction is unknown; the EAB was probably introduced into the United States via wooden shipping material from Asia. From Michigan, the infestation spread to Ohio and other Great Lakes states. Since its discovery in 2002, the EAB has been found in Illinois, Indiana, Iowa, Kentucky, Maryland, Michigan, Minnesota, Missouri, New York, Ohio, Pennsylvania, Tennessee, Virginia, West Virginia, and Wisconsin. The EAB naturally disperses through reproduction, with each generation moving a little bit farther away. However, it is not a strong flier and the extensive spread of the EAB seen in the United States is being attributed to human involvement. Methods of distribution include the movement of infected nursery trees and lumber, but the most damaging has been the movement of infected firewood.

New York is one of the states that has enacted new legislation against the movement of firewood to halt the progression of the EAB. For restrictions, visit: [http://www.dec.ny.gov/animals/28722.html](http://www.dec.ny.gov/animals/28722.html).

The Emerald Ash Borer was discovered in New York on June 15, 2009 and is now found in Orange, Erie, Cattaraugus, Steuben, Ulster, Monroe, Genesee, Livingston and Greene Counties. With about 1.5 billion Ash trees in New York State, and approximately 5000 people employed in some aspect of the Ash industry, the EAB is poised to make a huge impact on the ecosystems and people of New York. In urban areas and suburbs, where Ash trees replaced Elm trees after the spread of Dutch Elm disease, home owners are financially responsible for dead and dying Ash trees. Ash trees are estimated at about 7-8% of the tree stock in New York and therefore the loss of the Ash trees will have a massive effect on biodiversity. It was predicted in 2004 that the EAB had a potential impact of $20 billion on global trade.

In the case of the Emerald Ash Borer, “citizen scientists,” or interested volunteers, are extremely helpful in identifying possible infestations. Signs of infestation include: crown dieback, sprouting at the base of the tree, increased woodpecker activity, increased sap production, “S” shaped tunnels left by larvae under the bark, and signature “D” shaped bore holes left by exiting adult beetles. If you notice any of the above signs, you can alert the DEC via their Emerald Ash Borer and Firewood Hotline and/or fill out their EAB Survey form and send it in. The links to both are listed at the end of the article. Mohawk Hudson chapter trip leaders will be distributing pictures of affected trees and emerald ash borers on hikes to educate members about the EAB.

Resources:
NYS EAB and Firewood hotline: 1-866-640-0652
NYS DEC EAB Survey Form:
Information and videos:
[http://www.stopthebeetle.info](http://www.stopthebeetle.info)
[http://www.slameab.info/](http://www.slameab.info/)
[http://emeraldashborer.info/videos.cfm](http://emeraldashborer.info/videos.cfm)

Dawn Eisenbraun is a student in the Environmental Science program at Hudson Valley Community college. She has also completed Master Naturalist workshops through the Cornell Cooperative Extension in Ecology, Environmental Science, Biology, Zoology, and Geology, among others.

Remembering Phil Fountain
We fondly remember Phil Fountain who passed away on July 31. Phil was a chapter outings leader, a great doer of all things, an outdoor enthusiast, a cheerleader for and supporter of people new to hiking and cycling, and a wonderful friend. He was an Adirondack ‘46er, a member of the Catskill 3500 club, and member of the Mohawk Hudson AMC chapter, the Adirondack Mountain Club, and the Taconic Hiking Club, for which he served as president. Phil successfully completed the Buffalo to Albany Erie Canal Bike Ride and the New York City to Albany Bike Ride. He was also a member and volunteer of the Bon Ton Roulet Bike Ride around the Finger Lakes. We will miss him on the trails and in our lives.