A Word from Our Chapter Chair

Another winter is fading away, but for those who took advantage of the chapter’s many outdoor offerings, the gloom of the early darkness was readily chased away. More snow than in the previous year made for more fun too! As the following pages show, we have many more activities for the coming months. One of the highlights of the winter for me was attending the AMC Summit, the new name for the Annual Meeting. There was a very full program, including several discussions on new directions for the Club, a few of which I’ll mention here.

Diversity was the main topic at both the Friday and Saturday evening sessions. The great outdoors is for all of us, yet the non-white majority of the population is underrepresented on the trails and in our membership. It’s conceivable that all our Conservation efforts could come to naught if in a generation or so, majority representatives wouldn’t love or care about our great scenic Nature. One step we can take toward more diversity is to encourage participation in our activities. We are beginning to research and contact people and organizations that can bring our outings to the attention of underrepresented groups. If you have experience in this area or know of potential contacts, please contact me or Mary Folsom, our Vice-Chair.

Our Chapter has not had a trip leadership training course in quite some time. The Summit was the perfect occasion to find out what other Chapters do and have to offer in this regard. There are general courses plus advanced courses for special activities, e.g., biking. In particular, the general multi-topic, multi-instructor program that the Worcester and Berkshire Chapters have set up together is very impressive. We are joining with them by directing future trip leaders to their course. Our small chapter could not now put such a broad course together by ourselves. In time, we could participate by providing instructors for one or more topics.

We are considering restructuring our Executive Committee roles to better fill the Chapter’s needs but the makeup of our Executive Committee is frozen into the by-laws. Therefore, we are proposing by-law changes to remove specific definition of Executive Committee membership. Other changes remove the requirement for former chairs to be on the Executive Committee, remove the current Chapter chair from the nominating committee, and improve some wording.

Please review the proposed changes, posted on our web site at http://www.amcmohawkhudson.org/reports/proposed_By-Laws_revision_4-8-2013.pdf. Contact me if you have any questions or comments on the proposed revisions. For comparison, the original by-laws can be found on our chapter web site at http://www.amcmohawkhudson.org/reports/By-Laws_revision_%208-18-2010.pdf. See especially Article IV-Section 2 and Article VI-Section 4 of the two versions.

Chapter members will be asked to vote on the proposal on April 8 at our Quarterly Meeting and Potluck.

On that same occasion, we also have an interesting speaker on a controversial subject that should lead to a lively debate: the re-introduction of big predator species into their original environment. Hope you plan to attend, vote, and get involved with the discussions. Till then,

— Arthur Fontijn

Cougar Recovery Talk at Spring Potluck

Please join us on Monday, April 8 at Christ Lutheran Church, 1500 Western Avenue, Albany, across from Stuyvesant Plaza. Social hour begins at 5:15 p.m.; supper is at 6 p.m. followed by a brief meeting and By-Laws vote. Our guest speaker will be Christopher Spatz, President of the Cougar Rewilding Foundation, on “Bringing Back the Legend: Cougar Recovery in Eastern North America”.

Chris has run remote camera surveys at High Point State Park, New Jersey and in New York’s Shawangunks at Minnewaska State Park and the Mohonk Preserve. Reviewing his survey findings with cougar biology, behavior and their current range, Chris will explain why sightings don’t produce evidence, and how restorations of this magnificent predator are imperative for the recovery of critically declining eastern forests.

For the potluck, names beginning with A-H – please bring salads/cold dishes; I-P – desserts; Q-Z – hot dishes. The chapter will provide non-alcoholic drinks (alcohol is not permitted on the church premises) and tableware. There will be a 50-50 raffle. Good will offerings to defray expenses are appreciated.
Mohawk Hudson Chapter Outings

April – May – June 2013

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, join our Yahoo group for e-mail updates on outings, and ‘like us’ on Facebook.

April 2013

Wed 4/3 Pebbles Island State Park C-3-C (Hiking) This short (2 to 3 mile), level walk will have spectacular views of waterfalls, rapids and swirling water this time of year. The island is at the confluence of the Mohawk and Hudson Rivers. Leader: Nancy Crowther Co-Leader: Will Crowther (518) 698-0531 nancy@crowther.org

Sat 4/6 Buck Mountain C-3-B (Snowshoeing) We will be hiking up Buck Mountain from the Hogtown Road parking area. There are great views of the Lake George area at the summit. The round-trip hike distance is 4.6 miles and the ascent is 1130 feet (summit elevation is 2330 feet). We will plan on using snowshoes if the conditions permit. Call co-leaders Frank or Mary-Sue Reed by Thursday April 4th for information and for sign-up. Leader: Frank Reed (518) 356-1036 (NCA 9 p.m.) Co-Leader: Mary Sue Reed 518-698-0531 (NCA 9 p.m.) marysuered@verizon.net

Mon 4/8 Quarterly Meeting / Potluck / By-Laws Vote, Christ Lutheran Church, 1500 Western Ave, Albany, NY Join us for dinner, some club business and an interesting talk by Christopher Spatz, President of the Cougar Rewilding Foundation, about “Bringing Back the Legend: Cougar Recovery in Eastern North America”.

Sat 4/13 Moxam Mt. B-3-B (Hiking) Great views of the southern Adirondacks from the ridge as we climb 930’ to the top on a relatively new trail of 5.4 miles (RT). In April we should beat the buds (to insure good views) and bugs, but we cannot be sure winter conditions will not be with us so be prepared and bring winter foot gear. Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.) sbocr@ mindspring.com

Sun 4/14 North County Trailway and Putnam County Trailway (Bicycling)
44 miles round trip Millbrook to Brewster and back (or you can turn around when you want to). Helmet required. Rain (or threat of) cancels. The North County Trailway is paved the whole length, suitable for road, hybrid & mountain bikes. It was once part of the Putnam Division of the New York Central Railroad. Leader: Kenneth Hubert (718) 463-5675 after 3:00p.m., or (518) 827-7327 on weekends. hikeleader3500@yahoo.com

Sat 4/20 Tomhannock Reservoir Trail Work (Trail Work) This is an opportunity to join with the Rensselaer Land Trust to help clear the Tomhannock Reservoir’s perimeter of debris. We will meet at the NYS DEC public access parking lot on NYS Route 7 in Raymertown, at 9 a.m. Please bring gloves, and wear appropriate clothing for working in some dense brush. Bags will be provided. The work is scheduled to extend to 12 p.m. Leader: John Tifft (518) 439-5686 (NCA 9 p.m.) jtitff2@nycap.rr.com

Sat 4/27 Blackhead Mtn B-3-B (Hiking) About 5 miles with 1800’ ascent. Bad weather/driving conditions cancels. A loop up to Blackhead Mtn. going up Batavia Kill and Escarpment Trails and coming down the Black Dome Range Trail with a possible excursion to Black Dome Mt. Great Views. Snowshoes & crampons (or microspikes) required. Easy to Moderate Pace. Leader: John Tifft (518) 439-5686 (NCA 9 p.m.) jtitff2@nycap.rr.com Co-Leader: Jean Laverdure (518) 593-5028 jalz111er@yahoo.com

May 2013

Sat 5/4 Thacher State Park Trail Work (Trail Work) This is an opportunity to show our support for conservation efforts made by our state parks by participating in the yearly “I Love My Park” day. We will be assisting the “Friends of Thacher Park” with some trail work. The actual work to be done has yet to be determined. However, it’s a fairly safe bet that the work will entail working from about 9 a.m. to 1 p.m. Please bring clippers, loppers, cutting tools, water, a snack if you wish, and wear appropriate clothing for working in dense brush and perhaps muddy trails. To participate, please contact Leader: John Tifft (518) 439-5686 (NCA 9 p.m.) jtitff2@nycap.rr.com
Not all events will appear in the schedule below. Please contact the chapter directly for more information.

- **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.

Leaders may post e-mail updates for any of their trips (published or not) via the chapter’s Yahoo interest group. Please join our Yahoo group (it’s free!) to receive the updates and connect to others.

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**Hike Ratings**

<table>
<thead>
<tr>
<th>Distance</th>
<th>AA = 13 miles or under</th>
<th>A = 9 to 13 miles</th>
<th>B = 5 to 8 miles</th>
<th>C = under 5 miles</th>
</tr>
</thead>
</table>

- **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

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**“Like Us” on Facebook**

Click the “facebook” image at left (the actual link is: [https://www.facebook.com/pages/AMC-Mohawk-Hudson-Chapter/150974071600408?ref=ts](https://www.facebook.com/pages/AMC-Mohawk-Hudson-Chapter/150974071600408?ref=ts)) to view the AMC Mohawk Hudson chapter 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.

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**June 2013**

- **Sat 6/1 Thacher State Park Trail Work (Trail Work)** We again will be assisting the “Friends of Thacher Park” in celebrating the “National Trails Day” by helping them with trail work at Thacher Park. As of this writing, the actual work to be done has yet to be determined. It’s fairly certain, however that the work will extend from about 9 a.m. until 1 p.m.

  As with all trail work, we ask that you bring loppers, pruners and any other cutting tools that you may have. We also ask that you dress appropriately for work in dense brush and muddy terrain. Also bring some water and a snack if you wish. Leader: John Tifft (518) 439-5686 (NCA 9 p.m.) [jtifft2@nycap.rr.com](mailto:jtifft2@nycap.rr.com)

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

- **Fri-Sat 6/14 to 6/15 Camel's Hump B-3-A (Hiking)** We will be starting from the Monroe, Dean to Long Trail from the Couching Lion trailhead. The distance is 8 miles RT and the ascent is about 1600 feet. We will need to find a motel/hotel in Burlington on the 14th.

  Leader: Kevin Cox (518) 279-4839 (NCA 9 p.m.) [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com)

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**Sun 6/16 Dutchess Co Rail Trail (Bicycling)** To “Walkway Over The Hudson” and “Hudson Valley Railtrail” Helmet required. Rain (or threat of) cancels. A total of approx. 40 miles with 2 short road rides between sections. The trail is paved and is a former railroad bed suitable for road, hybrid & mountain bikes.

  Leader: Kenneth Hubert (718) 463-5675 after 3 p.m., or (518) 827-7327 on weekends [hikeleader3500@yahoo.com](mailto:hikeleader3500@yahoo.com)

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**Fri – Sun 6/21 to 6/23 AMC Mohawk-Hudson Weekend in Vermont (Hiking)** 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.

  Psso. Includes 2 breakfasts, 2 trail lunches, 2 dinners, and all taxes and gratuities. Leader: Randy MacDonald (518) 766-7675 (NCA 9 p.m.) [randy04415@yahoo.com](mailto:randy04415@yahoo.com)

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**Sat 5/11 Catskills B-3-A (Hiking)** A moderately paced trail hike with good views. Distance: 8 miles Ascent: 2400' Elevation: 3880' Rain (or threat of) cancels. For details and meeting time contact Leader: Kenneth Hubert (718) 463-5675 after 3 p.m., or (518) 827-7327 on weekends [hikeleader3500@yahoo.com](mailto:hikeleader3500@yahoo.com)

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**Sat 5/11 Schoharie Creek Preserve Trail Work (Trail Work)** This will be a continuation of the work begun on 5/8/2013 at the Schoharie Creek Preserve. The same information provided for the 5/8 event applies to this event. Rain date will be Tuesday 5/21.

  Leader: John Tifft (518) 439-5686 (NCA 9 p.m.) [jtifft2@nycap.rr.com](mailto:jtifft2@nycap.rr.com)

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**Fri 5/10 Schoharie Creek Preserve Trail Work (Trail Work)** We’ve been asked by the Mohawk Hudson Land Conservancy to help them begin clearing some new trails on this property that is operated by them in the town of Charleston. We will meet at the intersection of Burtonsville Rd. and Butler Rd. at 9 a.m. Please refer to the map in the “Outdoor Areas” under “Resources” on our web site for a detailed map of the Preserve’s location. The work will extend until about 1 p.m.

  Chainsaw work will be done by members of the MHLC, and we will be following up that work with loppers, bow saws and clippers. Along with the cutting tools that you may be bringing, don’t forget to bring some water, a snack if you wish, and wear appropriate clothing and footwear for working in some dense brush and muddy terrain. Rain date will be Tuesday 5/21. Leader: John Tifft (518) 439-5686 (NCA 9 p.m.) [jtifft2@nycap.rr.com](mailto:jtifft2@nycap.rr.com)
Welcome New Members

Rosina Ansaldo  
Chad Burnett  
Donna Farber  
Mr. Ginsberg  
Tziporah Martel  
Mr. & Mrs. Pagano  
David Rebeor  
Matthew Smith  
Mr. & Mrs. Tryson  
Ms. Wagner

Gerry Barrow  
Anthony Carbone  
Pamela Fetcho  
Riley Johnson  
Robert Mitchell  
Kenneth Powell  
Marie Rosenblatt  
Mr. & Mrs. Stanley  
Josey Twombly

Alexis Barth  
Annie Cosgrove  
Mr. Gaige  
Dennis Laraway  
Betty Nash  
Ms. Randall  
Barbara Scherer  
David Taylor  
Brenda Unright

Wanna be a Chapter Trip Leader?

To offer outings across the Hike Ratings spectrum that would attract more members to our chapter, we need more leaders. Consider taking a general leadership training course that we are now able to provide in collaboration with the Worcester and Berkshire Chapters (please see the Chapter Chair message above). Being an outing leader is fun and you get to choose your favorite spots! For more information and leadership training dates, please contact Christine Fogarty takeahike31@gmail.com, with a cc: to Arthur Fontijn fontijn@verizon.net.

AMC Interactive Marcellus Shale Web Site

The Appalachian Mountain Club (AMC) has launched a new “Marcellus Shale’s Greatest Treasures” interactive web site (www.outdoors.org/shale) featuring first-hand accounts of the impact of natural gas development by people who rely on the public lands and waters in Pennsylvania’s Marcellus Shale region for outdoor recreation.

Although the site covers Pennsylvania, it is very informative for New Yorkers in understanding the potential impact of natural gas extraction via hydraulic fracturing, aka “fracking”.

Key features of AMC’s “Marcellus Shale’s Greatest Treasures” web site include an interactive map of Pennsylvania’s Marcellus Shale region, 16 personal stories and photographs from, a trail logbook and additional resources for recreationists to learn about and report gas industry impacts on outdoor experiences through the FracTracker web site. The site also provides opportunity for visitors to contribute their own “Marcellus Story” and photo.

For AMC’s position on natural gas development, visit www.outdoors.org/conservation/issues/natural-gas.cfm.

Chapter Members Take Calls at the “Other” AMC

“It was a dark and stormy night…” during the February 4 “Nor’ easter”, but chapter volunteers Kevin Sheehan, Myra Fedyniak and Mary Folsom braved the storm to take calls at radio station WAMC during its fund drive. The Chapter got an on-air mention and a thank-you from WAMC announcers. Acknowledgements also go to the other chapter volunteers who signed up, but were snowbound.

We guarantee no snow for the next fund drive event in June. If you are interested in joining us, please contact Mary Folsom mfolsom@aol.com.

Chapter Flower Watch at Hollyhock Hollow

As part of the AMC “Flower Watch” program, the Chapter will track the emergence of specific flowers at Hollyhock Hollow. “Flower Watch” is a Club-wide program that tracks the impact of Climate Change, by logging the timing of plant flower and fruit development for inclusion in a long-term study to understand how shifts in climate trends may impact flora.

Botanical expertise is helpful for this initial search for healthy patches of AMC’s target species. However, no experience is necessary to monitor once locations are established. We’ll report back what plants we find, their location, and their stage of reproductive development this summer. For more information please check the web site:

Site selection and identification tutorials: http://www.outdoors.org/conservation/mountainwatch/mtpplant.cfm

Plant Monitoring materials: http://www.outdoors.org/conservation/mountainwatch/forest-flower-watch.cfm

Plant species we’ll look for: Spring Beauty, Wild Columbine, Mayapple, Red Trillium, Bloodroot, and Trout Lily. We may even see: Canada Mayflower, Bunchberry, and Blue-Bead-Lily. For photos and information, check out the AMC web site: http://www.outdoors.org/conservation/mountainwatch/forest-flower-watch.cfm.

If you have time and/or expertise to offer, please contact Mary Folsom mfolsom@aol.com.

Flat Water Kayak Weekend

Join the Mohawk Hudson Chapter on Friday July 19 to Sunday July 21 for a Flat Water Kayak Weekend in West Brookfield, Massachusetts. We will be staying on the river at the Copper Lantern Motor Lodge. Weekend lodging is $126 to $162. + tax double.

Friday afternoon, we’ll paddle at Brooks Pond and then dine at Ye Olde Tavern. Saturday we’ll paddle 8.5 miles on the Quaboo River, and get together for dinner at the Salem Cross Inn. We’ll have breakfast and purchase packed lunches at EB Flatts both days. On Sunday we’ll paddle 7 miles on the Swift River. Please contact the Trip Leader, Randy MacDonald, at (518) 766-7675 (NCA 9 p.m.) randy04415@yahoo.com for more information and sign up.

HooRWA Riverfest

The annual Riverfest celebration of the Hoosic River by the Hoosic River Watershed Association (HooRWA) will be held at Cole Field on the Williams College campus on Saturday, May 25, 2013 from 11 a.m. to 4 p.m. This family event features raft rides, nature walks, live river animals, crafts, games, pony rides, live music, and a riverside art exhibit. Admission is $8/person; children under 10 are admitted free.

The Hoosic is a three-state river fed by streams that run down from the Green Mountains of Vermont, the Taconics of New York, and the sides of Mount Greylock, the highest peak in Massachusetts (3,491 ft.). It runs 70 miles from where it begins, at the Cheshire Reservoir in Massachusetts, to where it enters the Hudson River at Stillwater, New York.
September Highland Center Weekend

It’s time to sign up for the Chapter’s Highland Center weekend, September 27-29, at Crawford Notch, N.H. Hiking options will include A, B, and C level hikes.

Center accommodations feature Bunk Rooms (with shared bath) at $90.47 p.p. per night and Private Rooms at $130.80. These prices include breakfasts and dinners. Lunches may be purchased. The Chapter has reserved 15 places.

Call Ryan McAdams at (603) 466-2727 and ask to reserve your room under AMC Mohawk Hudson Group Reservation # 209993. Payment is due at the time of your reservation; reservations must be made by the release date of 8/13/2013. Check the chapter web site for booking instructions at http://www.amcmohawkhudson.org/special/bookinginstructions.pdf, or contact Arthur Fontijn at fontia@verizon.net.

Link to the Highland Center at Crawford Notch Fact Sheet on the AMC web site; it provides directions and helpful information for planning and enjoying your visit: http://www.outdoors.org/lodging/whitemountains/highland/before-you-go.cfm.

Take a Hike on the Bay Circuit Trail!

Join AMC Staff on monthly hikes to explore and learn about different sections of the Bay Circuit Trail and Greenway. Each hike will be approximately two hours long. Register in advance to receive hike details, directions and updates. Be sure to bring snacks, water and wear proper hiking gear. Hike locations may be subject to change depending on weather conditions and response.

- Wed April 17 – Pembroke, MA – 10 a.m. to 12 p.m.
- Tues May 14 – Concord, MA – 3:30 p.m. to 5:30 p.m.
- Fri June 21 – Duxbury, MA – 10:00 a.m. to 12:00 p.m.
- Fri August 16 – Newbury, MA – 10:00 a.m. to 12:00 p.m.
- Thurs Sept 19 – Boxford, MA – 10:00 a.m. to 12:00 p.m.
- Wed October 16 – Sudbury, MA – 10:00 a.m. to 12:00 p.m.

To learn more or to register, visit www.bchikes.eventbrite.com or contact Courtney Cutler at (617) 391-6576 or ccutler@outdoors.org.

AMC Club-Wide Outdoor Leader, Volunteer Naturalist, & Trail Volunteer Training

Spring is a great time to improve your leadership skills, share the great outdoors, and join in the fun. Learn more at: http://www.outdoors.org/recreation/leadership/index.cfm

Get those kids outside this year. Registration has opened for Wee Wanderers and Family Adventure Camps. Information can be found at: http://www.outdoors.org/recreation/family/camps/index.cfm

Our teen programs, Teen Wilderness Adventure, can be found at: http://www.outdoors.org/recreation/teen-wilderness-adventures/index.cfm

Teen Trail Crew information can be found at: http://www.outdoors.org/conservation/trails/volunteer/trailops/volcrews-schedule.cfm

Share your outdoor adventures with us!

Post images from your latest hike, paddle, ski, snowshoe, volunteer trail day, bird watch, or other outdoor adventure to AMC’s Facebook page: www.facebook.com/AppalachianMountainClub or tag @AppMtnClub in a photo on Twitter. Please note that images posted may be shared across AMC’s social media pages and that you must have permission from all identifiable people in your photographs before sharing. Thank you!
2013 Fall Gathering

This year’s Fall Gathering is being hosted by the Delaware Valley chapter. Mark your calendars for October 18-20 and watch upcoming issues of AMC Outdoors magazine for more details.

2014 AMC Adventure Travel Trips

Think Spring and AMC-Adventure Travel! There are a wide variety of excursions – check out our listings and discover your wanderlust: http://activities.outdoors.org/search/index.cfm?type=2&sortby=daten

SOLO Advanced Wilderness First Aid

AMC Adventure Travel will sponsor a SOLO Advanced Wilderness First Aid (AWFA) 2-day course at Cabot Auditorium, 4 Joy Street, Boston on Saturday and Sunday, May 4 & 5, 2013. This course is for those who want to recertify their WFA or upgrade their WFA to AWFA. In both cases your prior WFA or AWFA must not have expired at the time of this course. The cost of the course is $120. Registrar: Erika Bloom erika.bloom@comcast.net, (508) 951-1001 (email preferred). The maximum group size is 20 participants, so please sign up early!

AMC Books Announces New Titles

AMC’s Best Day Hikes in Vermont provides detailed hike descriptions, maps, and directions as part of the “best of” hiking guide series. This guide will direct you to trips good for dogs, kids, snowshoeing, and cross-country skiing. It features GPS coordinates to trailheads, nearby attractions/amenities, trip planning/safety information, and nature and history essays.

AMC’s Best Day Hikes in Connecticut, 2nd Edition is an updated and fully revised guide to hiking in Connecticut. The book offers 50 of the state’s best trips up mountains, through caves, along river-walks, and on shoreline trails. It features GPS coordinates to trailheads, nearby attractions/amenities, trip planning/safety information, and nature and history essays.

Outdoors with Kids Philadelphia is the latest addition to the AMC’s Outdoors with Kids series. Providing comprehensive guides to low-cost adventure, the book includes destination and trip information for locations in and around Philadelphia. It focuses on the “pay-off” for children of each age group while specifying which locations are good for hiking, swimming, paddling, biking, etc. It features safety tips and a “Plan B” for each destination.

AMC Books are available wherever books are sold, or order directly from AMC at outdoors.org/amcstore or by calling (800) 262-4455.
Create Your Own Hike Reminders

Do you keep missing good hikes because you forget to sign up? Do you wish you could be reminded about certain kinds of outings (e.g. bicycling, kayaking) in your region, without getting over-frequent emails?

Here’s how you can sign up for custom reminders of upcoming chapter events at a frequency you dictate:

1. Go to the AMC web site at http://www.outdoors.org/ to connect to the Member Center: Click the Membership tab and click Member Center on the dropdown menu.

2. Click the Log in to Member Center button, enter your login name and password, and click the Submit button. OR, if you don’t have a login: click the Member Validation link, enter your Member ID and ZIP/Postal Code, and click Next. Once you get your login name and password, log in to the Member Center and go to Step 3.

Note: There are three ways to find your Member ID:
- Your Member card
- On the cover of “AMC Outdoors” magazine above your name.
- Call Member Services – (800) 372-1758 or email your request to AMCinformation@outdoors.org with name and address.

3. Once you’re in the Member Center, scroll down and click the Subscribe to Activity Digests button.

4. Click the Create a new digest link.

5. Enter a Digest Name; choose Group of “Mohawk Hudson”, Region, Activity that interests you (“--” gives you all activities), and Email Frequency (weekly, bi-weekly, or monthly); and click the Review button to see a summary of your digest.

Note: You can create multiple Activity Digests and edit the criteria as needed.

6. Click Submit. A confirmation message details upcoming trips that match your activity criteria for the period. See sample message below.

Sign Up for Our Yahoo Group

You can also get hike reminders and last minute hike notices by signing up for our AMCMH Yahoo Group. Go to the Resources page on our Chapter web site to find out how: http://www.amcmohawkhudson.org/howto/emailsignup.pdf.