

# Hyde Park Trails Newsletter



Hyde Park, NY. Issue #2, Summer/Fall 2008

## Upcoming Meetings and Events

**PLEASE JOIN US for two Community Trail Workshops**, to help develop a town-wide Trails & Recreation Facilities Master Plan. We need your input on the future of our trails. Both meetings will be at Hyde Park Town Hall:

- **Monday June 30<sup>th</sup> at 7 pm**
- **Wednesday July 30<sup>th</sup> at 7 pm**

For more information call 229-8086.

### Winnakee Nature Preserve Trail Clean -up

- Saturday June 28<sup>th</sup> at 8:30 am
- Meet at Van Dam Road entrance
- Rain date Sunday June 29<sup>th</sup>

Wear long pants, hiking boots & gloves, and bring drinking water and tick repellent!

### Grand Walkabout Kickoff

- Sunday September 14<sup>th</sup> 1-5 pm
- Meet at Riverfront Park

The Grand Walkabout is a year-long event along trails in 4 counties, commemorating the Hudson-Fulton-Champlain Quadricentennial:

*400 years, 400 trails, 400 miles*

For more information:

[www.grandwalkabout.com](http://www.grandwalkabout.com)

### Hudson River Valley Ramble

Three weekends of hikes & events, sponsored by the Hudson River Valley National Heritage Area: September 13-14, 20-21, & 27-28

[www.hudsonrivervalley.com/ramble](http://www.hudsonrivervalley.com/ramble)

### Early Summer

In early summer I gently tread,  
Along my favorite trail,  
And slowly go for fear or dread,  
Less miss a sprite so fair.  
Light streams down through tall straight pines,  
My gait it further slows,  
I've left the world of rushed time,  
To free my gypsy soul.

- K.Davis



## Know that Hyde Park flower?

The 2008 Walkabout patch features the red columbine, a beautiful wildflower found along many of Hyde Park's trails. It is a member of the buttercup family that is native to our area. The plant's favored habitat is exposed, rocky ground in forested areas. It flowers from April through July, and usually lives for three to five years. It has 5 red petals curving upwards and 5 smaller inner yellow petals that point downwards. Watch for red columbine along our rocky trails.

## Earn Your 2008 Hyde Park Walkabout Patch Today!

For more information go to [www.hydeparkny.us](http://www.hydeparkny.us) – click on “Recreation,” or stop by in person. Complete five trails, then stop by to get your free patch at any of these places:

- Vanderbilt Mansion Visitor Center
- Hyde Park Recreation Department at Hackett Hill
- Wallace Center at FDR Home & Library
- The River Connection on West Market St

Trail map/brochures also available at the Hyde Park Library, Staatsburg Library and Cranberry's.

## **A talk with Dr. Howard Frumkin, National Health Leader born in Poughkeepsie**

- Alanna Hjortland, SCA intern

Dr. Howard Frumkin is the Director of the National Center of Environmental Health at the Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia. Originally from Poughkeepsie, he spoke at the Dutchess County Health Award Luncheon in April. His topic was the effect of global warming on health. Global warming is harming humans through the increase of natural disasters including droughts, heat waves, and floods. Global warming is also causing diseases that are more common in southern regions to move northwards with the change in weather.

After the luncheon I asked him some questions about his background and interests.

### **What do you do for physical activity? Is it on a regular basis?**

Dr. Frumkin runs or goes to the gym almost every day. He used to bike to work, but the area where he now lives in Atlanta is not bike friendly. He also has a “no elevator” rule and takes the stairs up 8 flights to his office.

### **How often do you hike? What is your favorite place to hike?**

He hikes as often as his schedule allows. His favorite place to hike is in Cohutta, in northern Georgia. This is a beautiful river basin that was once logged, but has since been converted to a nature area.

### **Do you think being away from nature contributes to mental illnesses such as depression?**

Yes. Being in nature helps relieve the symptoms of mental illness. More research needs to be done about the link between humans and their environment and how being away from nature might contribute to mental illness.

### **Are there current projects/studies you are working on or particularly interested in?**

Dr. Frumkin’s current projects include issues of how climate change and the built environment impact human health. He is also working on the *No Child Left Inside* program.

(Frumkin, cont’d)

### **How did you get into the health field?**

Dr. Frumkin originally thought he was going to go into law, but then decided on medical school. He loves that the medical profession involves science, human service and cultural studies as well as health and community.

### **Do you have any new books coming out?**

There are two: one is a new edition of his textbook *Environmental Health*, and the other will be follow-up to his book about urban sprawl and the built environment.

For more information on climate change and health go to:

[www.usatoday.com/weather/climate/globalwarming/2008-04-09-climate-change-health\\_N.htm](http://www.usatoday.com/weather/climate/globalwarming/2008-04-09-climate-change-health_N.htm)

## **Trail partner recognized as Health Partner**

At its April luncheon, the Dutchess County Department of Health gave its individual Health Partner award to Karl Beard, of the NPS Rivers & Trails Program. Karl has partnered with HP Trails several times, including helping to establish the first trail section between the FDR and Vanderbilt sites in 1991. More recently, he helped develop the Healthy Trails Walkabout.

“It’s a little bit ironic to be singled out for a *partner* award,” said Beard, “because whenever partners succeed, it’s because they work *together*. Hyde Park Trails is a great example. The Town, the County, the national park, land trusts and volunteers have all really learned how to work together for the benefit of the community. I’m just glad to be a part of it.”



**CDC’s Dr. Howard Frumkin (left)  
with Karl Beard**

## Roosevelt Farm and Forest Trail Temporarily Closes for Construction

The portion of the Hyde Park Trail between the Home of FDR National Historic Site and the Eleanor Roosevelt National Historic Site between Routes 9 and 9G is being **temporarily closed effective March 23, 2008.**

The trail will be undergoing rehabilitation work **expected to be completed in October 2008.**

This work will include grading, resurfacing, a new bridge over the Maritje Kill, redesign of the Route 9 parking lot, and the creation of a new 8-car parking lot near Route 9G.

Thank you for your patience as we improve the park facilities.

## Trail Maintenance Day at Val-Kill

The Hyde Park Trails Committee geared up April 12<sup>th</sup> for a day of trail maintenance at Val-Kill. Twelve people came together to including members of the "Fats in The Cats" Mountain Bike Club, and volunteers from the Student Conservation Association as well as the local community. They raked, sawed off low branches and clipped brush along the Val-Kill Loop Trail, making it clear for walking. The Val-Kill Loop Trail was a frequent walk of Eleanor Roosevelt's while she lived at Val-Kill. It is one mile around. The crew also cleared brush from the Top Cottage Trail. This is a beautiful hike with stream crossings and a view from the top toward the Hudson River and Catskills.



Trail volunteers at Val-Kill

## What's the Story? New Trailhead Kiosks Tell All

Visitors to Hyde Park Trails will get a new glimpse into the town's rich history when five trailhead kiosks receive new interpretive maps this summer. The panels will be installed at Riverfront Park, Hackett Hill, Pinewoods, Winnakee Nature Preserve and Roosevelt Farm Rd.

Hyde Park Recreation Director Kathleen Davis explained that each trailhead kiosk will receive two large, full-color panels, each with a map, pictures and brief history. One panel tells the general story of Hyde Park Trails, while the other is specific to the park or trail. The panels are weatherproof and will replace temporary posters that have been used for the last two years. A third side of each kiosk will be an enclosed bulletin board for temporary information about trails, events and local businesses.

Davis said that some of the histories were written by retired Dutchess County Historian Joyce Ghee and Syracuse University landscape historian Dr John Auwaerter. Others are based on interviews and writings of local experts Carney Rhinevault, Pete Androsz, Dr. Christopher Lindner of Bard College, and long-time Hyde Park historian Margaret Marquez. Artistic layout and design was done by Fiona Lawrence of New Paltz. The wooden kiosks were built by BOCES vocational students under the supervision of Darren Davidson, and volunteers Bob Arata, Bill Volk and Karl Jessen. The materials were paid for by a Recreation Trails grant from the New York State Office of Parks, Recreation and Historic Preservation.

Town Supervisor Pompey Delafield noted that the kiosks will help everyone, town residents and visitors alike, to understand and appreciate many of Hyde Park's special places, and he expressed gratitude to all who helped make them possible.

## Adopt-a-trail can also mean adopting a trailhead kiosk

We are looking for volunteers to help look after our new kiosks and bulletin boards. We need people to be the occasional eyes and ears at the trailhead, keeping the bulletin boards attractive and up-to-date, trimming weeds, and perhaps doing some occasional painting or small-scale repairs. If this sounds like it might be your speed, then please give us a call. Hyde Park Recreation, 229-8086.

## Mile-a-Minute Vine: An Invader in Our Midst



-Meredith Taylor, SCA Intern

Mile-a-minute vine (*Persicaria perfoliata*) is a non-native and problematic plant that has been spreading through the Hudson Valley. The Mile-a-Minute Project of the Hudson Valley needs your help to keep this vine from spreading further. Your help is needed to keep an eye out and report any sightings and to control it on your own property or help out with organized events.

Early germination and fast growth allow mile-a-minute to out-compete native vegetation. This annual vine can grow up to 6 inches a day and reach lengths of 30 feet. Prickly stems and leaves allow it to cling onto underlying vegetation and climb up to form dense tangled mats that shade out other plants and kill them. The result is a loss of biodiversity and an altered landscape. Mile-a-minute can be recognized by its triangular leaves, downward facing prickles, and from its iridescent blueberry-like fruits that appear in late summer.

In 2006 the Mile-a-Minute Project of the Hudson Valley was established to implement a response plan to the increasing number of infestations of this invasive plant. Volunteers work together to organize monitoring and control efforts as well as education and outreach in order to increase awareness in the region. Volunteers are need for vine-pulls scheduled throughout the Hudson Valley this growing season.

For more information about the vine or to volunteer, please contact Meredith Taylor, 845-889-4745 x 109 or [mjtaylor@gw.dec.state.ny.us](mailto:mjtaylor@gw.dec.state.ny.us).

Photos and information are also available at [https://hrnerr.org/public/training/MAM/index\\_MAM.html](https://hrnerr.org/public/training/MAM/index_MAM.html)

## Trail Books Needed

Hyde Park Trail intern Alanna Hjortland has helped us put together a new trail library at Hackett Hill. It contains maps, books and reading material about trails, including trail maintenance, planning, and construction. If you have good materials about trails, or even nature guides that you might wish to donate, please think about the Hyde Park Trail Library. We take new or used books, DVDs, or magazines related to trails. They can be dropped off at Hackett Hill. For more information contact Hyde Park Recreation at 229-8086.

## The Hyde Park Trails Newsletter is looking for your trail stories!

If you would like to contribute a story about your adventures hiking in Hyde Park, or if you know something of the biology, geology, or history of the trails please email the Hyde Park Recreation Director at:

[recdirector@hydeparkny.us](mailto:recdirector@hydeparkny.us)

## Volunteers Needed!

The Hyde Park Trail Committee is looking for individuals, organizations, and schools to adopt-a-trail in Hyde Park. No trail experience is necessary, we will train you or your group to trim branches, blaze trails (paint markings), and other light maintenance tasks. All that's needed from you is a commitment to inspect your trail 2-3 times a year, or more if you are able. Please contact Hyde Park Recreation at 845-229-8086 or by email at

[recdirector@hydeparkny.us](mailto:recdirector@hydeparkny.us)

## Visit Hyde Park Trails on-line

For pictures, maps, event listings, and to download your Healthy Trails Walkabout map/brochure, go to [www.hydeparkny.us](http://www.hydeparkny.us) and click on "Recreation" and "Trails"

### The Hyde Park Trail Partnership:

The members of the Hyde Park Trail committee and many dedicated volunteers have worked since 1988 to build and promote trails in Hyde Park. They include: Town of Hyde Park, Roosevelt-Vanderbilt National Historic Sites, Scenic Hudson Land Trust, Winnakee Land Trust, Dutchess County, Department of Planning and Development, Dutchess County Health Department, Adirondack Mountain Club, Mid-Hudson Chapter, National Park Service *Rivers & Trails* Program