



The **Pawling Fish and Game Association** has exclusive hunting access to a number of local properties by agreement with local landowners. The rules are different for each piece of land and subject to annual changes. Properties include:

1. Pawling Nature Preserve 1160 acres

Deer hunting during shotgun season. Fall turkey with certain restrictions. Use designated parking locations and trails.

2. Lawton Adams 80 acres

Deer and small game in season. Parking on Route 292.

3. Peterson

Deer, ducks, and small game.

4. Rooney Preserve 115 acres

Deer and small game in season. Enter off Old Route 55 across Sheridan Drive. No hunting on 1/3 of property within the Village of Pawling.

5. Town of Pawling 225 acres

Deer and ducks. Parking along Route 22. Avoid the Appalachian Trail.

March / April 2005

Dutchess

For and about the people of Dutchess County

**PAWLING PRESERVE
Forest Primeval**

Poetry Rules
Fulton's Folly
Dutchess Picks

ACONIC

Cure for the common world

by Bill Fallon

There is no time in the Pawling Nature Preserve. The thousand-acre gem nestles beside its soggy neighbor, the Great Swamp, respecting neither deadline nor datebook. A wristwatch may indicate what's going on outside the preserve, but within its mossy confines, the spirits of Lenape Indians, who called the arca home before Europeans arrived, still oversee a world primeval. It is that rarest of places on the modern globe, where the rhythm of the seasons still rule.

The natural beauty in the Pawling Nature Preserve and its main drag, the renowned Appalachian Trail (A.T.), provide those who need a break from the 21st century with the perfect antidote. It's a free, daytime-open wonderland of giant trees and craggy escarpments, where "Take a hike" means "Have fun" instead of "Get lost."

There may be sections along the 2,105-mile Appalachian Trail as pretty as in the Pawling Nature Preserve, but there is none more pretty. Plus, you meet the nicest people among the spleenwort and the hobblebush.

Take Brian Grobois. He's 47 and lives in New Rochelle. He's a physician who practices in Manhattan. And he's an Orthodox Jew who has come to the Pawling Nature Preserve on the second day of Hanukkah to take a timed hike. The sky is gray and going grayer as he shimmy into layers. His first layer is a T-shirt with a menorah across the chest.

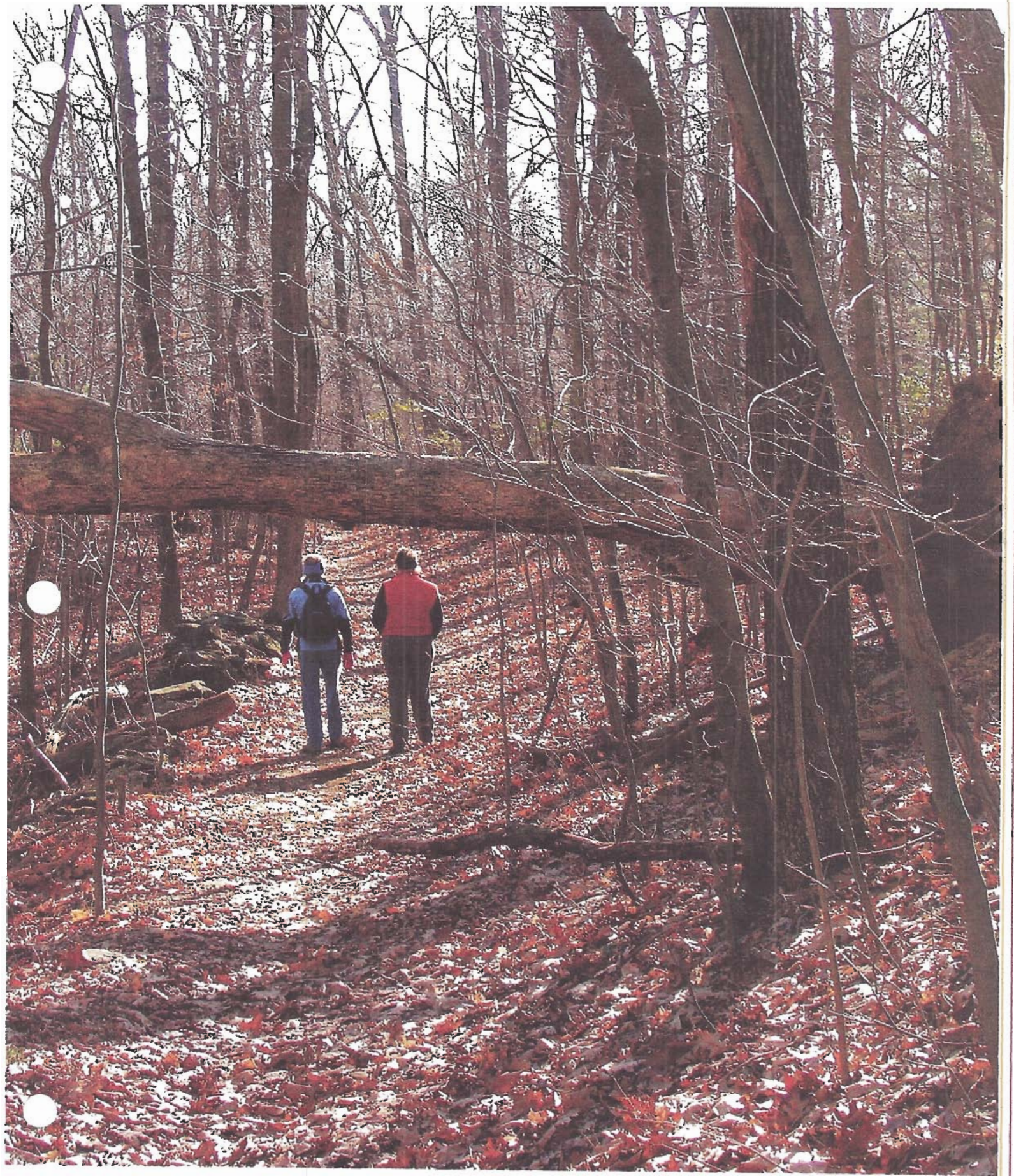
Grobois has driven the hour from his home to the preserve solely to hike. He heads up the Nature Conservancy's yellow trail to the Appalachian Trail (with white tree blazes) and takes it north. He will hike out till half his allotted time is up, then head back to the vehicle and south to New Rochelle.

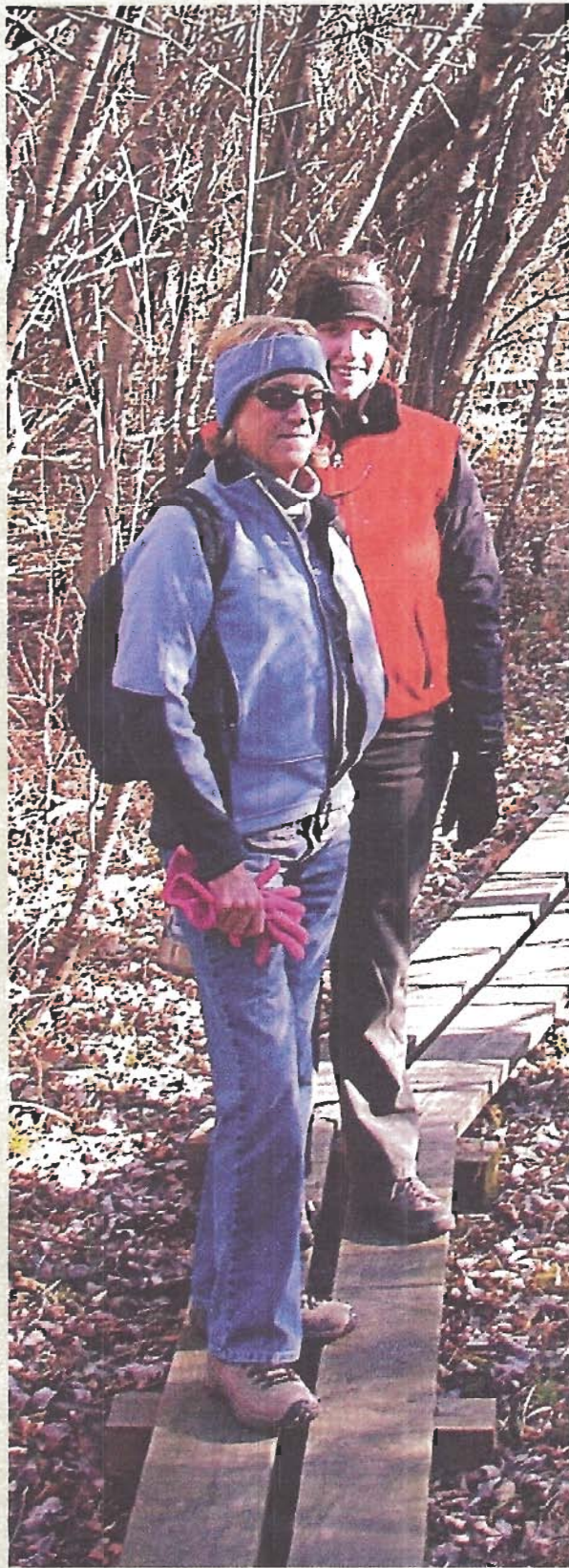
He is outfitted in a fleece hat and sweatpants. He hikes with collapsible ski poles, but sets them aside on the trails' occasional bridges to perform Tai Chi a foot or two above the mountain streams. "Hiking and Tai Chi keep me from going crazy," he says. He hikes on alone, stopping on bouncy bridges for Tai Chi, leaving squirrels and other hikers to ponder the possibilities of the woods: Tai Chi — whaddya know.

The Pawling Nature Preserve is a deeply forested 1,060-acre emerald that was assembled in 1958 from separate tracts of ridge, farm field

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Divergent paths in the woods

by Bill Fallon

The Pawling Preserve parking lot was hopping recently. Daniella Salaverry and Sharon Pickett had just hiked four-plus miles of trails in their Nature Conservancy roles as ambassadors of the wild. Regular hikers, they were bundled in pastel fleece and sturdily shod. Rosy-checked from the cold, they drove away in Pickett's Jaguar sedan just as hunter Bill Coon pulled into the lot in his pickup.

Coon is a cabinetmaker – “From a family of seven generations of woodworkers” – who had come to the preserve for the jumpin’ beef. He was outfitted in Cabela head to toe, with a folding saw tucked somewhere among his layers.

Coon is also a member of the Pawling Fish and Game Club, an 80-member-strong assembly of lug-soled souls who voluntarily maintain the 10 miles of trails in the preserve. This is Coon’s second trip to the preserve this day. His first, at 5:30 a.m., resulted only in chilled extremities. It’s 2 p.m. now and he’s back, eager to put a crimp in the deer population that threatens to eat the forest out of future generations of trees by overgrazing. First things first, however. He emerges from his truck with a bucket and begins collecting discarded Busch beer cans in the parking lot. “Can you believe this?” he asks. “Who would do this?”

Pickett is the Nature Conservancy’s philanthropy coordinator. The globe-hopping Salaverry is the conservancy’s donor relations manager. Salaverry hikes to soak up whatever environment she is in; Pickett, the mother of two teens, is admittedly more selfish about the woods, using them to keep balance in a hectic life.

Marching off on the yellow trail (headed for white, red, green and orange, in that order), Pickett relates that the Nature Conservancy began in 1951 in Westchester County. The issue was the development of Bedford’s Mianus River Gorge, which nascent conservancy members successfully fought. The conservancy, which owns the Pawling Preserve, has chapters in all 50 states and 27 foreign countries. New York is itself broken up into regions. Pickett and Salaverry are with the Eastern New York Chapter based in Mount Kisco and boasting 18,000 members.

The yellow trail passes several massive pines and a rock overhang. It joins the famous Appalachian Trail (A.T.), which traverses the preserve southwest to northeast. Much of the A.T. hiking is on split black locust puncheon bridges. Pickett notes the bridges make for nicer hiking while cutting back on erosion. She believes the black locust came from another Nature Conservancy parcel, where locusts are encroaching on pinebush.

The women charge up a nearly pure beech hillside. The preserve’s hilly terrain and numerous bogs and drainages make for diverse bio-worlds. Hemlock trunks grow as thick as beer kegs in steep, moist ravines. Hardwoods claim the uplands and shallow swales. Invasive buckthorn is so thick in places along the A.T. it forms tunnels adorned with yet another invasive, Asiatic bitter-sweet. Also unwanted, thorny barberry has turned the native woods into a Lorian tangle of impenetrable brush.

Invaders or no, the preserve’s plants remain a hardy lot, time-

tested by drought and blizzard. The waxy leaves of mountain laurel gleam like emeralds across acres of hillside. Mighty oaks and gnarly sugar maples speak of the forest's health. The trail reveals the climax forest mainstay, ironwood, in the understory. Slow-growing ironwood trunks have the look of muscular arms; the wood is, appropriately, hard as metal, yet rots in a season on the forest floor.

Pickett and Salaverry eventually come to hike in a strangely calm world. West of them is a steep narrow ridge. From their position below its crest, they can hear the wind. Where they stand they could strike a match and have it burn undisturbed to its nub. Less than 200 yards away, a freight train of howling wind is pulling into the station... constantly.

They hoof up the ridge. The Great Swamp spreads out below, along the Route 22 corridor. Development is clearly visible in the swamp's watershed. But so, too, is the large expanse of forest. It's not quite believable all these woods and wetlands exist just an hour north of the biggest city in America.

There's not a lot of conversation. Pickett says she sails and estimates the winds are blowing at 40 m.p.h. The sun is out. The cocoa is hot. Life is good.

The ladies double back along the same trail, which proves like walking an entirely new route. A small waterfall, overlooked on the way in, is an orchid of ice and water. An oak that appeared to have a four-foot hole heading west now reveals itself to be two trees cuddled tightly together when seen from behind.

Pickett and Salaverry soon enough are in the car, in gear and waving goodbye just as Coon arrives.

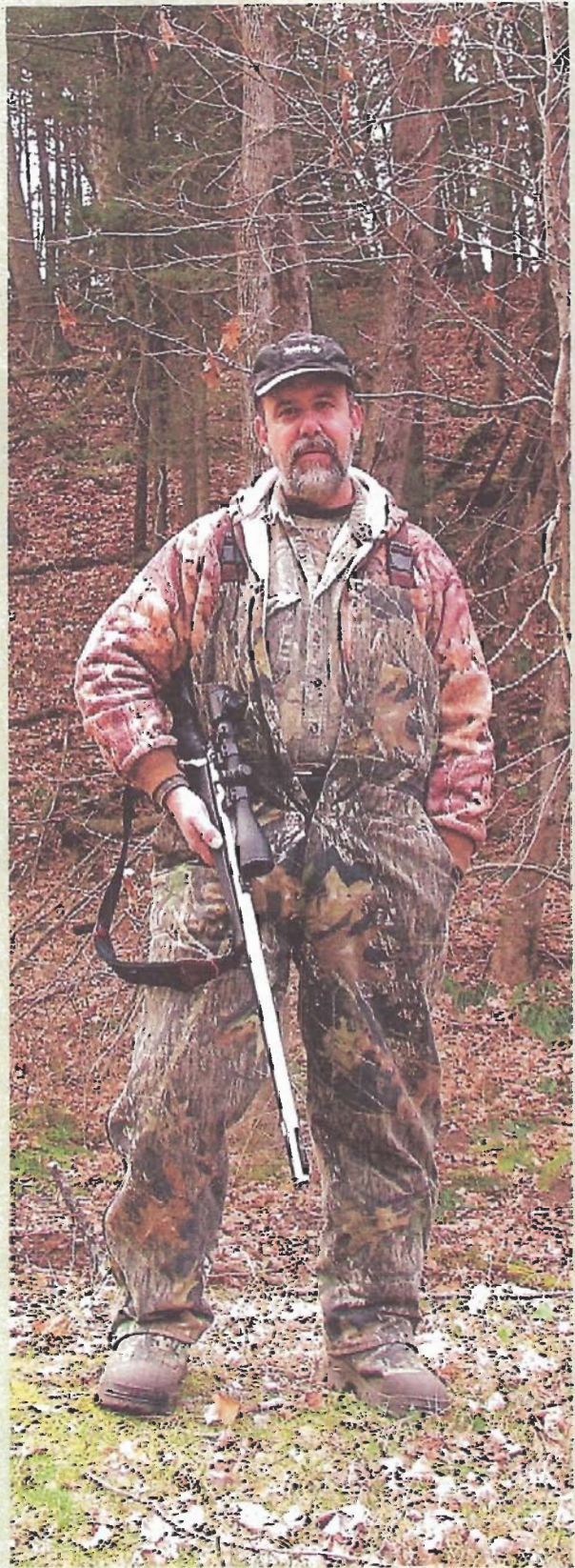
Coon's arrival, to some extent, is linked to last summer's wet weather. It seems oaks don't shed a lot of acorns in wet years, and we've been wet. The absence of acorns has the deer pretty well scattered, he says. That's why he is still deerless with the tinsel already on the tree and why he is back for the second time today. It's cold, but not as cold as it was on the windswept ridge Pickett and Salaverry just visited when he was there in the predawn chill that very morning. "Not a good year," he laments.

But hunters tend to be a hardy, optimistic lot and he is back. A Nature Conservancy sign just a hundred feet from his truck says there are plenty of deer. Too many. The deer eat small trees, preventing them from reaching maturity.

If he's lucky, the day will produce a fine venison stew. If he's not, the preserve's trails will benefit from his hiking. He'll saw away overhangs and branches that have fallen to the trail. As Pickett and Salaverry were ambassadors for their organization, so too is Coon for the Pawling Fish and Game Club. "It's a nice sportsman's club," he says. "We're a private organization of hunters and fishermen who promote what we like to do best: huntin' and fishin' and bein' outdoors. I generally carry a little folding saw in case I see anything needs taking care of on the trails."

While Coon picks up beer cans, a woman with a dog comes and goes; a man playing hooky from work introduces himself as "Steve" and indicates the preserve beats work any day.

Coon throws the beer cans in his truck and retrieves his gun. Like countless sportsmen before him, he tromps off into the woods hoping for a 40-pointer.



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and pasture by the Akin Hall Association, a local conservation group.

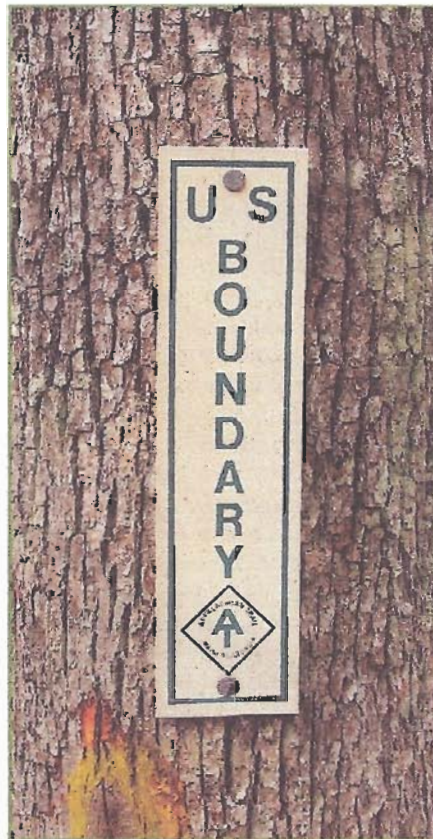
The first European activity on the land took place around 1750. The eastern fields were hayed into the 1970s.

The preserve's dominant feature is Hammersly Ridge, a north/south-running prominence that's 1,053 feet high. The preserve is abundantly wet. Duell Hollow Brook charges off the flanks of the ridge in a hurry,

endangered animal species. Beside the Pawling Preserve's water, the Great Swamp accepts water from the surrounding 63,000 acres of Dover and Pawling in Dutchess County and Patterson and Southeast in Putnam County. In addition to its usual swampy duties of habitat, flood control and water purification, the swamp serves as regional headwaters to the New York City water supply.

About 40,000 people live in the Great Swamp's watershed. If growth rates stay stable, that number will double in the next 45

Pages 30 & 31: Sharon Pickett and Daniella Salaverry take to the woods. Page 32: Pickett, front, and Salaverry pause amid the buckthorn. Page 33: Bill Coon prepares for the hunt. This page, left: Dr. Brian Grobois hikes on the A.T.; right: a trail marker. Page 36: Salaverry, left, and Pickett view the Great Swamp from a preserve precipice. Page 38: Duell Hollow Brook. All photos by Bill Fallon.



shushing through a 50-foot gorge, like a hard-charging, ground-hugging rainstorm. According to the Nature Conservancy, which owns the preserve, the gorge's ever-damp flanks are dotted with "unusual plants such as walking fern, maidenhair spleenwort and hobblebush."

Where the wild things are

The preserve is home to bobcats, coyotes, red fox, minks and more than 70 species of birds. The rare plants on site include scarlet Indian paintbrush, yellow wild flax and fairywand, also known as devil's bit and unicorn root, and just about as common as fairies and unicorns.

While lovely all on its own, the Pawling Preserve serves a higher calling: that of feeding its saturated neighbor, the Great Swamp. The flanks of Hammersly Ridge shunt their water eventually into the 6,768-acre wetlands, one of the largest freshwater wetlands in the state.

The Great Swamp is home to 38 rare and

years, according to the Friends of the Great Swamp, who call themselves FrOGS.

The Great Swamp is home to rarities, such as bog turtles, Atlantic white cedar, spreading globeflower, blazing star, and distinctive wetlands portions, known as rich sloping fen and rich grassy fen.

The Pawling Preserve offers views of the Great Swamp from its orange-marked trail, which spurs off the Appalachian Trail in the preserve's northwest corner. There are about 10 miles of trails within the preserve, including the A.T. and Nature Conservancy paths.

The 2,160-mile A.T. from Katahdin, Maine to Springer Mountain, Ga. is composed of rocks and roots, but its origins are nothing short of Utopian. The idea for a unified East Coast trail stems from a 1921 article in the *Journal of the American Institute of Architecture*.

In his trail proposal, author and forester

Benton MacKaye takes alternate pages from the worlds of nature and social science.

Oxygen for optimism

MacKaye's vision was of a semi-settled railway, with camps, farms and villages springing up to accommodate a flood of disaffected city dwellers.

"First," he writes, "there would be the 'oxygen' that makes for sensible optimism ... There would be a chance to catch a breath, to study the dynamic forces of nature and the possibilities of shifting to them the burdens now carried on the backs of men. The reposeful study of these forces should provide a broad-gauged enlightened approach to the problems of industry. Industry would come to be seen in its true perspective — as a means in life and not as an end in itself. It should put new zest in the labor movement."

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MacKaye invests more hope in the narrow trail than would seem prudent. He sees the Appalachian Trail beguiling city dwellers and luring them back to the land: "Coming as visitors, they would be loathe to return. They would become desirous of settling down in the country, to work in the open as well as play." He urges "permanent, small-scale operations" along the trail to promote his woodsy Shangri-La. He thought 40,000 workers ought to be enough to build food

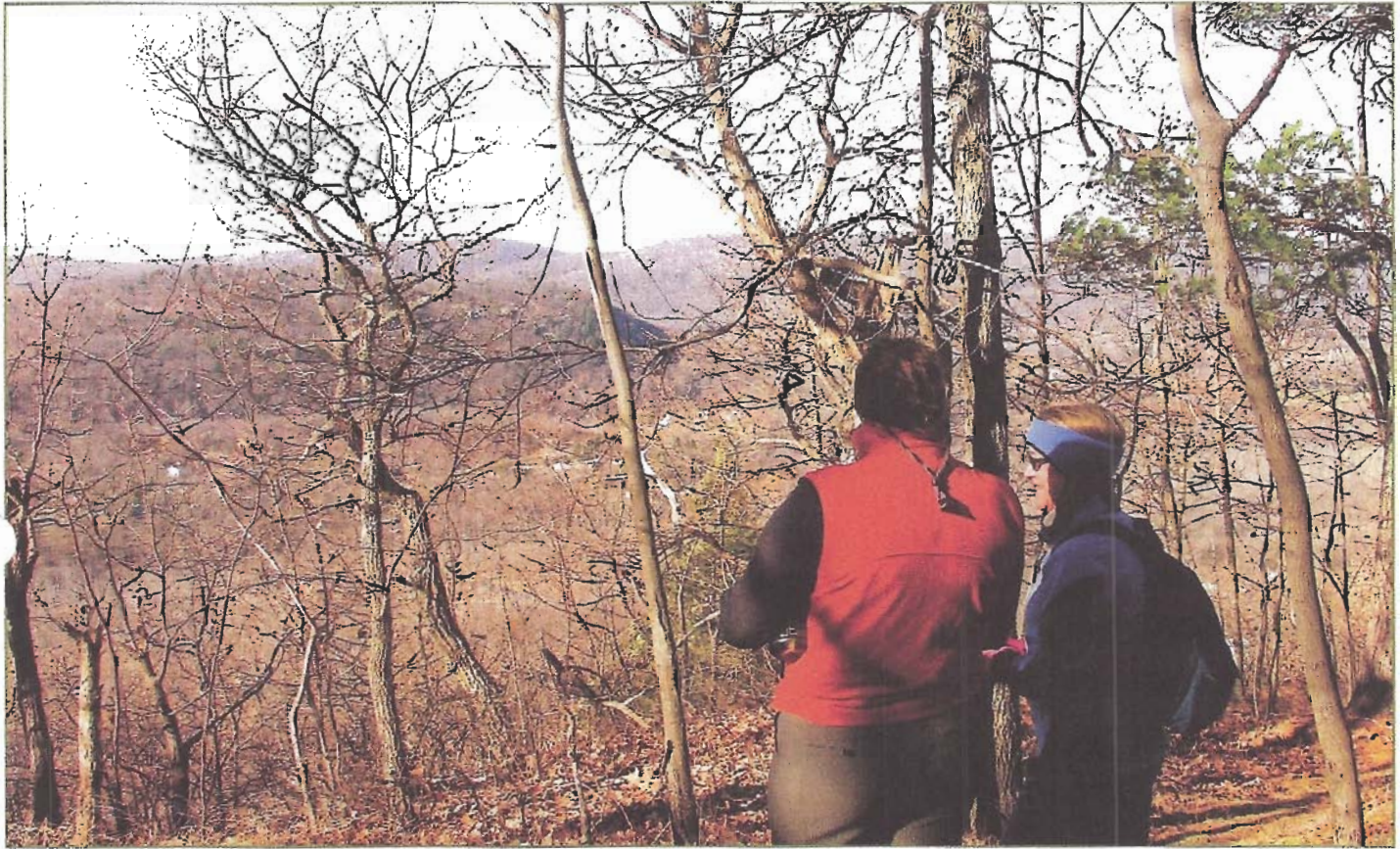
ship of the land or by rights-of-way. More than 4,000 volunteers annually log about 185,000 hours of effort on the trail, according to the National Park Service, which oversees it. The stretch through the Pawling Preserve is maintained by numerous volunteers, including the Pawling Fish and Game Club.

J. Gordon Douglas, a weekly columnist for Taconic Press newspapers, came to the edge of the Great Swamp in 1989. He owns 170 acres – "Mostly swamp and rock" – and is vice president of FrOGS.

bullying use of septic waste in the swamp. Farther upland, invasive species include rock-hard black locust, which was brought to these parts from the South, and ailanthus, which was once prized for landscaping, but which is weedy enough to grow in cracked asphalt – and does.

Within the preserve, buckthorn is a prominent invader. It grows so dense that trails where it has rooted are known as "buckthorn tunnels."

When the low swamp rises into the Pawling Preserve, the limestone basin gives way to schist, a metamorphic rock suffused with



and farm camps between New Hampshire's Mt. Washington and North Carolina's Mt. Mitchell.

Neither MacKaye nor anyone else ever witnessed anything approaching a hiking interstate, complete with homespun villages. But the idea for a long East Coast trail was afoot and, in fact, was already under way when MacKaye wrote his essay, with the likes of the 210-mile "Long Trail" in Vermont, built and maintained by the Green Mountain Club.

The A.T. was developed by volunteers and opened as a continuous trail in 1937. Along with the 2,638-mile Pacific Crest Trail (running Canada to Mexico), the A.T. was named a National Scenic Trail by the National Trails system Act of 1968. The A.T. was technically the first trail to receive the designation.

The A.T. is protected along more than 99 percent of its course by federal or state owner-

Douglas ticked off the threats to the swamp, first of which is development. "When the bulldozers come, of course, there's nothing left," he says.

The area's calcareous plants are also in danger. The swamp has a calcium carbonate and limestone – "calcareous" – bottom where these plants thrive on harsh conditions and low nutrients. The pitcher plant found there compensates by being carnivorous, eating flies for nutrients the soil lacks, according to Mark Adams, author, columnist and president of the Dutchess County Farm Bureau.

The native plants' enemy is septic runoff from houses, which provides fertilizer for invasive species, such as purple loosestrife and phragmites, each as lovely as it is unwanted.

Firebush and highberry are landscape plants that have escaped the backyard and also make

bright, speckly mica. According to Douglas, the schist fractures and crushes well for road material and the area around the Pawling Preserve and Great Swamp, like much of the Route 22 corridor north into Columbia County, has been historically mined. The Nature Conservancy, however, was unaware of any mining directly in the preserve.

Spirits left behind

The settlers, who first arrived in the area around the Pawling Preserve, came upon Native Americans, who called themselves Lenape, "the People." They were dispersed at the time of contact, according to Dr. Christopher Lindner, the Bard archaeologist in residence. "First they went to Pennsylvania,

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then farther and farther west," he says. The Lenape today are the Delaware Indians of Ontario and Oklahoma.

When the Iroquois Gas Transmission System was laid in the early 1990s, archaeologists found a concentration of sites several miles north of the preserve along Ten Mile River.

"The Pawling area has a high number of prehistoric sites for being as far back from the Hudson as it is," Lindner says. "What we don't know is whether there is this concentration because that's where the archaeologists looked. It could be the Ten Mile River and Great Swamp were drawing points and this concentration could be all there is. But it's a notable concentration for a back-country area."

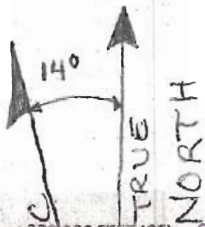
The Nature Conservancy bills itself as "an international member organization whose mission is to preserve the plants, animals and natural communities that represent the diversity of life on earth by protecting the lands and water they need to survive." The conservancy boasts 1,300 preserves worldwide protecting more than 10 million acres. There may be places as spiritually restoring as the Pawling Preserve and its environs among that acreage, but there's likely none more so. †

>Getting there: The Pawling Preserve, Great Swamp and Appalachian Trail are all accessible from parking areas north of the Village of Pawling on Route 22. The preserve can also be accessed from the east by taking North Quaker Hill Road to Quaker Lake Road to the preserve parking lot past Quaker Lake. The preserve is a pack-it-in/pack-it-out facility. Hunting during posted times is permitted.



PAWLING NATURE RESERVE

DEPARTMENT OF TRANSPORTATION



MAP DATUM:
NAD CONUS 1927

SCALE 1:24000

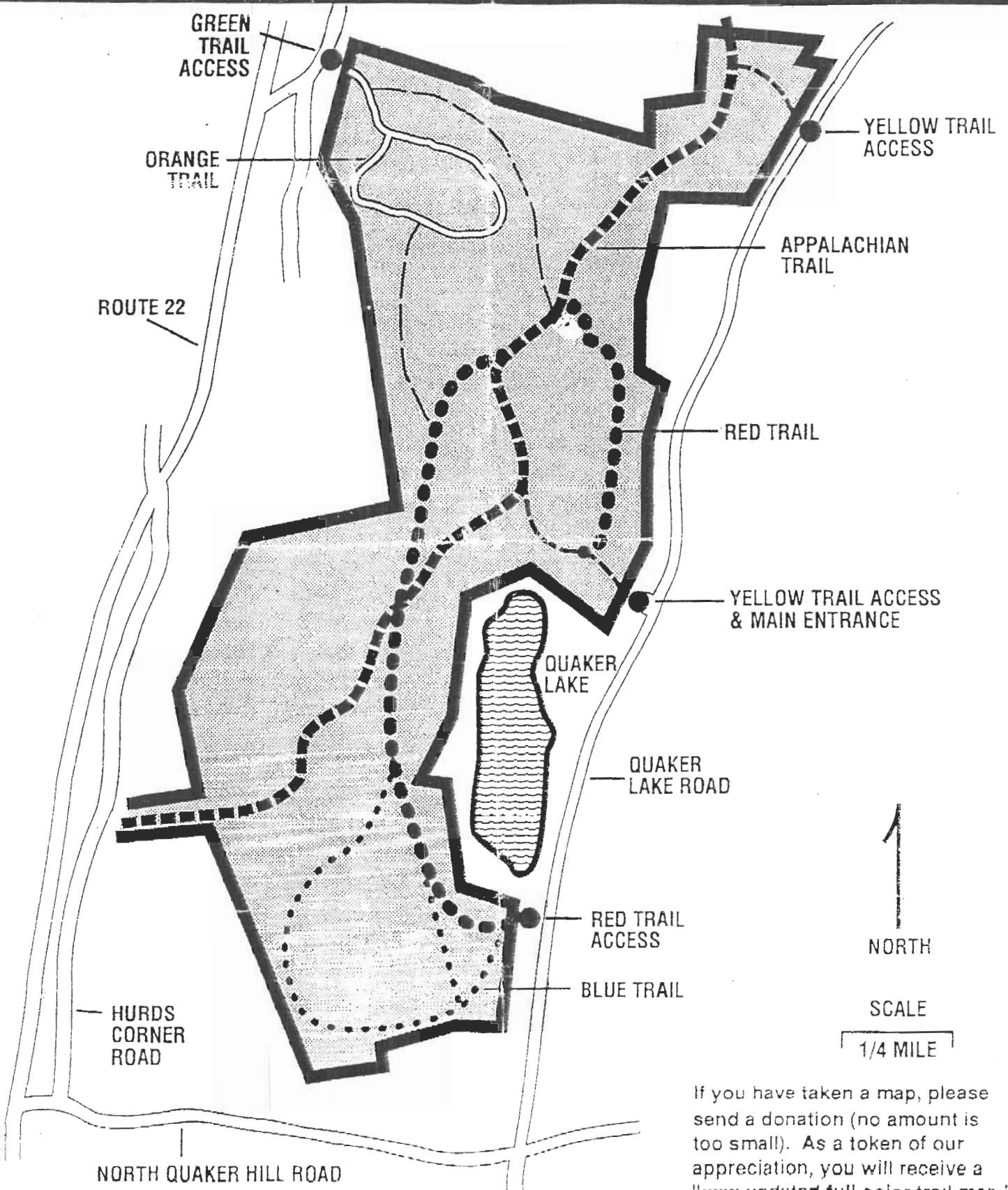
MGRS GRIDS
1000 METERS X 1000 METERS



Pawling Nature Reserve

of the Nature Conservancy

P.O. Box 599 | Pawling, N.Y. 12564



If you have taken a map, please send a donation (no amount is too small). As a token of our appreciation, you will receive a "new updated full color trail map" Management Committee

PAWLING NATURE RESERVE

Quaker Lake Road

P. O. Box 599

Pawling, N.Y. 12564

Affiliated with the Nature Conservancy, The Pawling Nature Reserve is managed by a local volunteer committee. Working together, both organizations are dedicated to preserving ecologically valuable land in it's natural state. These lands are available to the public for appropriate enjoyment and study of nature.

Most of the approximately 1000 acre reserve is deciduous forest, with Hammersly Ridge {1053 ft} running North/South. The Appalachian Trail crosses the property as it travels from Southwest to Northeast. Numerous color coded trails extend to all corners of the land, but most connect to the Appalachian Trail.

The main entrance is located on the Eastern border along Quaker Lake Road. This provides ready access to an impressive gorge rimmed by a large stand of Hemlocks. Other habitats elsewhere include various swamps, overgrown fields, wet meadows, fern glens and a bluebird house trail.

The reserve hosts a large deer population, amphibians, reptiles, wild turkeys, and occasionally coyotes, bobcats and beavers. Because it lies at the foot of the Berkshire Mountains, the land provides nest sites for several species of birds usually found further north. Several rare plants such as Devil's Bit, inhabit the reserve land. The deer herd and its effect on the vegetation has been the focus of several research studies.

Local schools and colleges have always been encouraged to use land for nature study and research. The reserve naturalist is Dr. James Utter, from S.U.N.Y. at Purchase. Throughout the year, he and invited naturalists host educational walks, on such topics as bird banding, stream ecology, edible plants, spring wildflowers, ferns, night sounds, succession, and deer management.

Consider becoming a friend of the Pawling Nature Reserve and a member of the Nature Conservancy. Joining the Pawling Nature Reserve will help support the educational walks and maintain the land for your use. Becoming a Nature Conservancy member helps to secure other ecologically valuable parcels of land for preservation, future use and enjoyment.

The reserve is open year round from dawn to dusk. To maintain the reserve in it's natural condition, camping, motorized vehicles, bikes, pets, horses, fires, hunting and trapping are strictly prohibited. We appreciate your cooperation.

The Nature Conservancy

41 South Meger Ave
Mt Kisco, NY

10549

914-244-3271

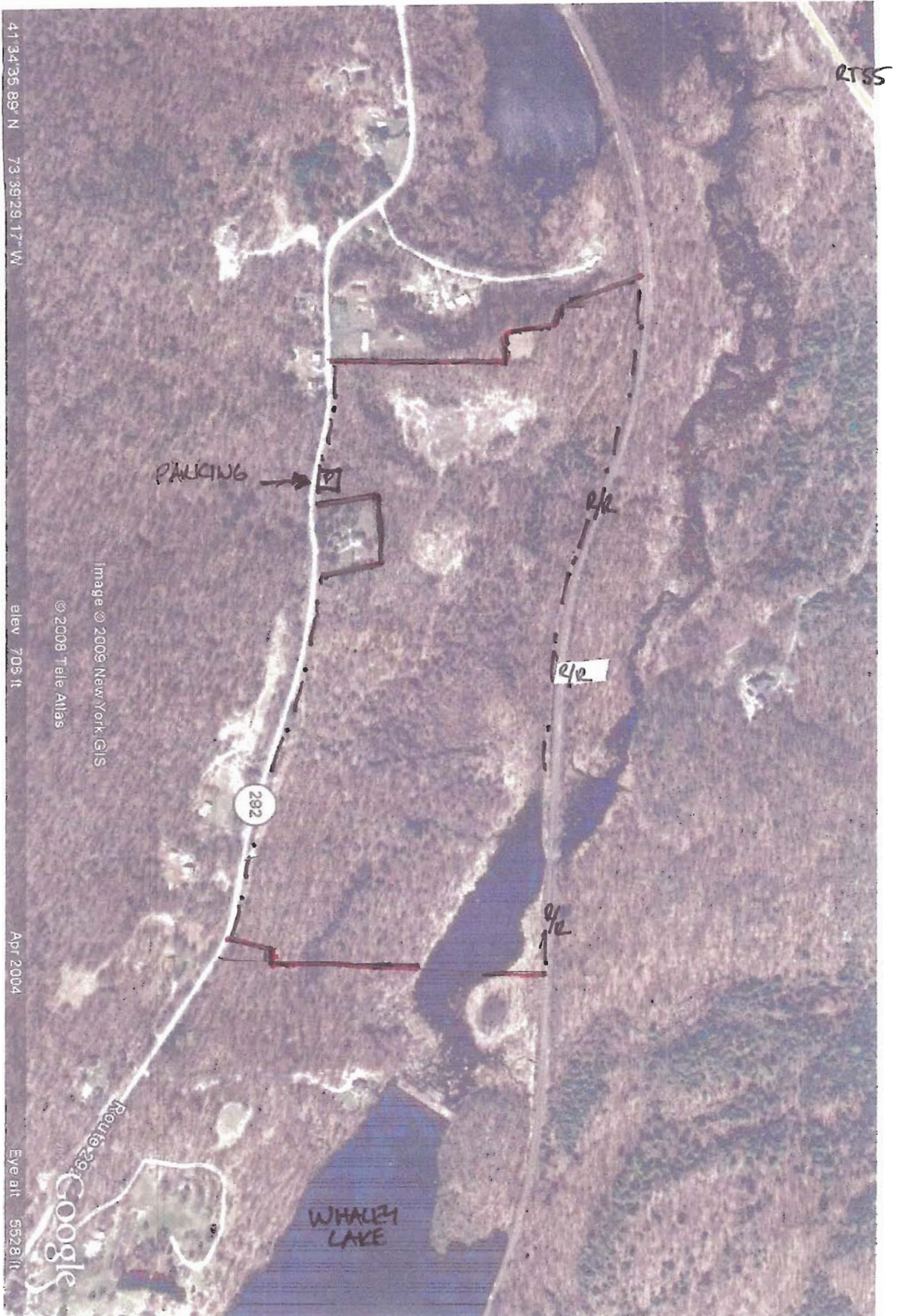
Pawling Nature Reserve

P.O. Box 599

Pawling, NY 12564

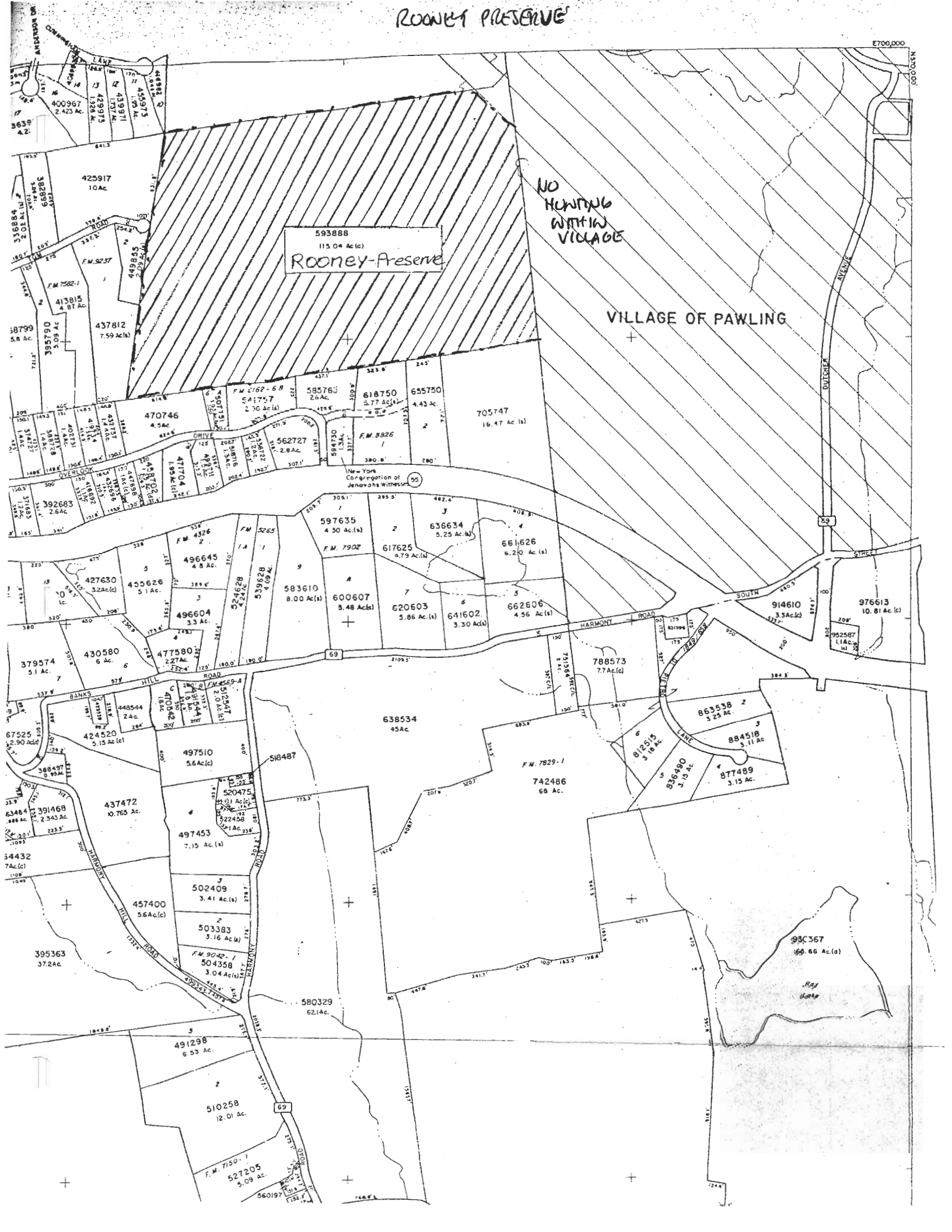
TO VOLUNTEER :914-855-9155

LAWTON ADAMS



ROONEY PRESERVE

E700,000



593888
113.04 Ac(c)
Rooney-Preserve

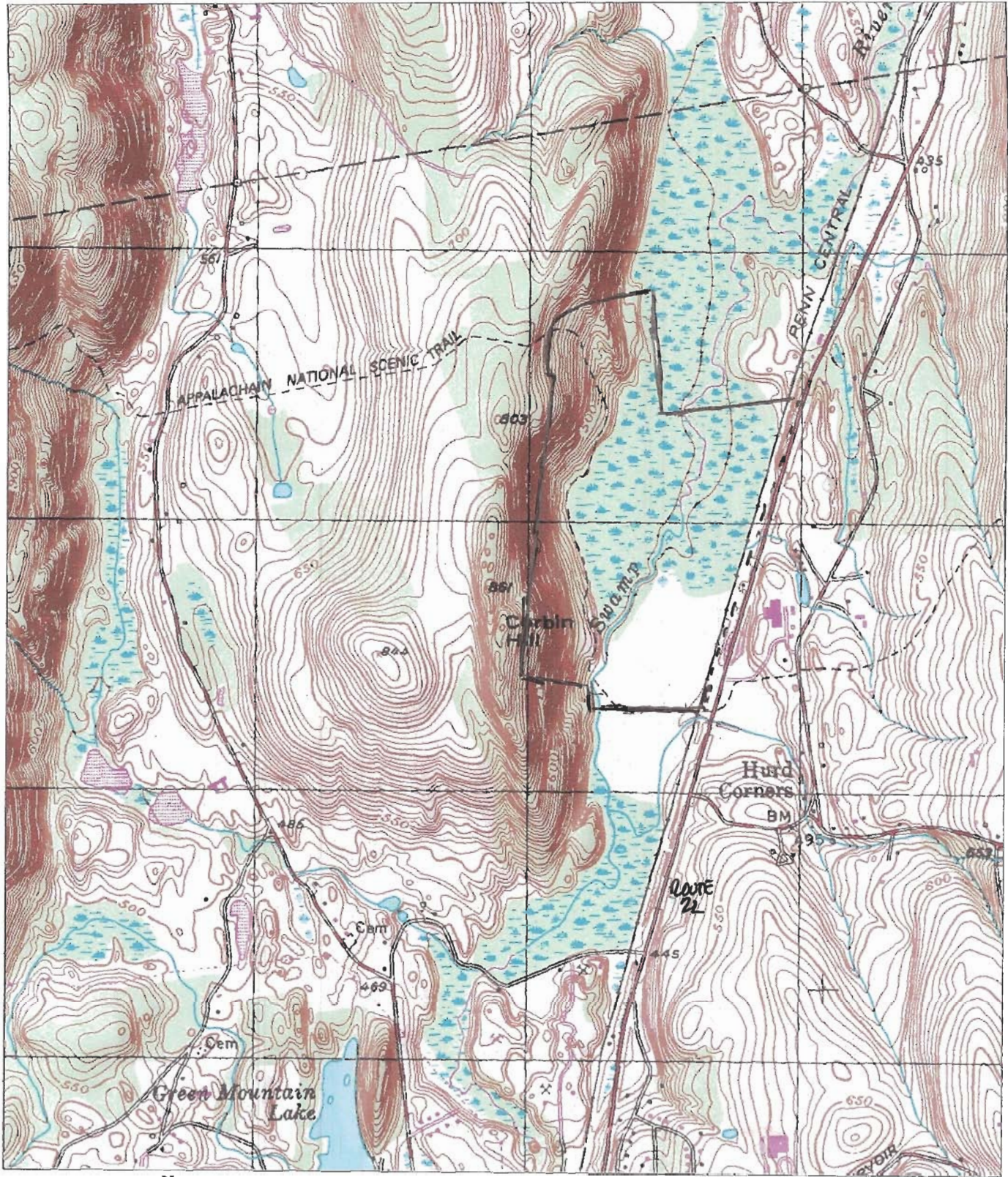
NO HUNTING
WITHIN
VILLAGE

VILLAGE OF PAWLING

New York
Congregation of
Jenovahs Witnesses

930367
66.66 Ac(c)

Ray
Lake



0 0.5 Mi
0 3000 Ft

Map provided by MyTopo.com

TOWN OF PAWLING
ROUTE 22

C22710
141.42 Ac.

385656
193.9 Ac.(c)
Sontag

United States of America
135580
37.98 Ac.

United States of America
186558
3.74 Ac.

509541
0.09 Ac.(d)
SONTAG

River

SWAMP

320350
225.56 Ac.
Town of Paulina

SWAMP

SWAMP

GORE

Dead
Overlap

United States of America
235110
5.39 Ac.
(d)

United States of America
285090
6.37 Ac.(d)

(Part of 7057-094957)

217033
21.6 Ac.(d)

302040
23.63 Ac.(c)

N 2860,000

E 700,000

(Part of 7059-032115)

TOWN OF PAULINA ROUTE 22

NO ACCURACY OR COMPLETENESS IS IMPLIED OR INTENDED. ALL INFORMATION ON THIS MAP IS SUBJECT TO SUCH FIELD CORRECTIONS AS MIGHT RESULT