



# Chepontuc Footnotes

chepontuc — "Hard place to cross," Iroquois reference to Glens Falls

THE NEWSLETTER OF THE GLEN FALLS-SARATOGA CHAPTER OF THE ADIRONDACK MOUNTAIN CLUB

## Outings Leaders: Why We Lead

By Joseph Murphy, Chapter Member

*Here's why some Outings Leaders enjoy leading:*

*"Every time I take a group to a particularly beautiful location, hearing and seeing the expressions of awe from my fellow hikers totally makes my day."*

— Jonathan Lane

*"I've learned that our outings are one of the most valuable benefits to our chapter members. The people who come on the trips appreciate the outings so much that it also motivates me to continue to lead the trips."*

— Maureen Coutant

*"I keep meeting some great people, some of which I think will end up as life-long friends!"*

— Alison Darbee

*"I at first enjoyed going on hikes led by others, but in time I decided to share some of my favorite destinations. It is enjoyable to share a day in the Adirondacks going to a fun place with a good group of like-minded individuals."*

— Neal Andrews

*"I lead hikes to bring people into the woods, educate them on gear, food, etc. I have a great time meeting new people, getting exercise, and getting that rush when you are standing on top of a summit and sharing that rush with the group I led up there."*

— Lorraine MacKenzie

The Glens Falls-Saratoga Chapter of ADK has a reputation of providing the most expansive amount of outings compared to other chapters, including hiking, snowshoeing, paddling, geocaching, backpacking, biking, and so much more. Look back to June of last year; we had 33 outings in the height of summer. Look ahead to the January schedule; there are 10 outings in the dead of winter. Our outings are the core of our chapter, and the fuel source for these activities is: our Outings Leaders!

All of our Outings leaders in the chapter are volunteers. They range from new professionals to retirees, often giving up an entire Saturday or Sunday to provide others the experience that is the Adirondacks. Our leaders have a passion for the outdoors, a respect for the state park, and an ambition to preserve this wonder of nature for generations to come. Some of our outing leaders are 46ers. Others are wilderness trained. All have the experience of learning from past Outings Leaders before becoming a leader themselves.

Our Outings Leaders provide the members of our chapter, and other ADK members around the state and country, the opportunity to safely travel into the Adirondacks. Most leaders have previously completed the outing they are taking others on, but there are times where it is new for them as well. Perhaps they never hiked up this particular mountain before, maybe they were a child the last time they made the excursion, or they could be hiking a different trail up for a new experience. The two things all of our Outings Leaders possess are confidence and common sense. They know how to plan for an outing, they're familiar with maps, they've consulted fellow leaders for tips and advice, and they know when to turn back for the safety of the entire group.

I'd be remiss if I didn't thank the Outings Leaders who encouraged and educated me in becoming an Outings Leader: Bill Carpenter, Alison Darbee, Jack Whitney, and Dan Monroe. They taught me that everyone in the chapter has a role, and I've found mine as an Outings Leader.

If you have interest in becoming a leader in the Glens Falls-Saratoga Chapter of ADK, contact your Outings Chairs, Alison Darbee & Madeline Kowalik-Bova at [outings@adk-gfs.org](mailto:outings@adk-gfs.org).

# Membership has its benefits

BY MAUREEN COUTANT

How many of you have been around long enough to remember that I've done this before? I'm a bit amazed that I did and that I'm doing it again. It's a testament to how strongly I feel about the Adirondack Mountain Club's mission. The Club supports the Adirondacks by providing a means to get out there and enjoy it with others (recreation). Once you do this, you can't help but want to protect it and you naturally become an advocate (conservation). You also become interested in the areas you hike and hopefully want to learn how best to travel through the woods ... leaving no trace (education). These are the three main focuses of ADK — recreation, conservation, and education. You may have joined ADK possibly for just one of these reasons, but hopefully you've come to appreciate how they are interconnected and created a Club that is more than merely a group of hikers. Most of our



## CHAPTER CHAIR Report

Take full advantage of  
your ADK membership  
... get involved!

members don't come on Chapter trips and that's fine. They may hike on their own and want to be members of the Club to support an organization that maintains the trails that they use or works to protect the mountains that they love. Maybe they come to the wonderful programs that the Chapter arranges and these programs encourage them to take a trip or help them learn something about the surrounding area. There are many reasons for joining ADK, but I encourage you to take full advantage of your membership. Come to one of the programs, call up a trip leader and go on a walk or a hike, look through the list of committees and give a call or send an e-mail to see if you could help out. The more you get involved the more you'll enjoy your membership. Just be careful if someone asks you to be on the Executive Committee ... you may find yourself still there and even more involved after a decade has gone by!

## Thanks to all!

Thanks to outgoing Chair Heidi teRiele Karkoski for doing a wonderful job for the Glens Falls-Saratoga Chapter the past 2 years.

We'd also like to sincerely thank the other chair-people who have served our Chapter over the years and stepped down during 2010:

Susan Hamlin — Annual Dinner

Terry Peek — Programs

Jack Whitney — Outings

Bill Bechtel — Publicity

John Schneider — Director (luckily he's still our Treasurer!)

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Published Bimonthly  
Glens Falls-Saratoga Chapter  
ADIRONDACK MOUNTAIN CLUB  
P.O. Box 2314 Glens Falls, NY 12801 • www.adk-gfs.org

## EXECUTIVE COMMITTEE

### Officers:

#### Chair *Maureen Coutant*

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#### First Vice Chair *Maureen Coutant*

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#### Secretary *John Caffry*

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#### Treasurer *John Schneider*

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### Directors

#### *John Schneider*

See Treasurer contact information above

#### *Laura Fiske*

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#### *Linda Ranado*

See Education Chair contact information below

#### Past Chapter Chair *Jean Holcomb*

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### Committee Chairs:

#### Annual Dinner *Susan Hamlin*

Box 823, Saratoga Springs, NY 12866  
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Phone: 581-9367

#### Young Members Group *Jonathan Lane*

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Phone: 744-4594 • E-mail: saratogahiker@infogorp.com



**10th ANNUAL ADK PRESIDENTS' DINNER** — John Schneider, third from left, celebrates at the 10th Annual ADK Presidents' Dinner.

## Chapter Treasurer John Schneider receives ADK Trailblazer Award

On October 28, 2010, at the 10th Annual ADK Presidents' Dinner held at Michael's Banquet House in Latham, Chapter Treasurer John Schneider received the ADK Trailblazer Award for his more than three decades of service to the ADK. He has served on the board of directors, Executive Committee, Trails Committee and Conservation Committee. In addition, Schneider has devoted much time to the Glens Falls-Saratoga Chapter, serving as chapter chair and treasurer, leading

hikes, providing leadership to the High Peaks Traverse Program and performing volunteer trail work. Schneider is perhaps best known for coordinating ADK's Adopt a Lean-to Program. Under that program, created in 1985, adopters visit their respective Adirondack lean-tos at least twice a season to perform maintenance and clean-up duties, maintain registers and note any need for major repairs. Many adopters also assist DEC staff in completing more-intensive lean-to projects. Congratulations!

## Rent bear-proof food storage containers

8.8" dia. X 12" long, weight 2.7 lbs.

Designed to slip into camper's back-pack; holds approximately 6 person-days of food. These bear-proof canisters are now required in the Eastern High Peaks Zone.

Additionally, they are always important to use on any backcountry overnight adventure to any backpacking or canoe camping destination. No more bear bag follies.

They're also pine marten-proof!

### Rental Rates:

1-3 days \$5.00

4-7 days \$10.00

Please call Jim Schneider, 581-9367 (Saratoga Springs) or Randy Glenn, 792-7104 (Glens Falls) to reserve your rental canister or for more information. Rentals are available exclusively to ADK Glens Falls-Saratoga.

# Executive Committee meeting minutes

The following is a synopsis of minutes of the November 3, 2010, Meeting of the Executive Committee held at Carl R's Restaurant in Queensbury.

**Chair Heidi teRiele Karkoski** opened the meeting at 7:00 p.m. She introduced new Executive Committee Members Alison Darbee (Outings Co-Chair) and Marisa Christiano (Programs Chair).

**Treasurer John Schneider** presented the October Treasurer's Report. We received money for the September dues, annual dinner and Fire Tower Challenge. The balance is \$8,963. There were 105 at the annual dinner, 102 paid and 3 guests. Dues for the end of the year are likely to be under budget, so we may finish with a loss. He will begin work on the 2011 budget.

**Outings Co-Chair Alison Darbee** discussed the draft outings procedures.

The **Winter Fire Tower Challenge** received approval of the proposed rocker patch designed by Jonathan Lane.

**John Schneider** reported that the Winter Weekend at Heart Lake is all booked up.

**Conservation Chair Jacki Bave** reported on fire tower and Marcellus Shale issues and that she submitted a letter to DEC on behalf of the chapter regarding the draft management plan for state forests.

**Hospitality Chair Gretchen Steen** said that the Saratoga Victorian Stroll is scheduled for December 2nd, and she will do the usual presentation for the Chapter. She congratulated John Schneider for being awarded the ADK Trailblazer Award from the main Club at its annual President's Dinner.

**Secretary John Caffry** reported on the longest continuously serving members of the Chapter Executive Committee who are: Tom Ellis (9/80), John Schneider (1/83), Jacki Bave (10/84), and John Caffry (1/87).

— Submitted by John Caffry, Secretary



# Safety first on winter outings

Join us at Eastern Mountain Sports in Saratoga for your chance to learn about what you need to keep you safe on winter outings! From your base layer to your snow-shoes and your pack! Beginners, as well as seasoned hikers are encouraged to join as EMS staff provides in depth knowledge of the how-to's of winter outings!

## Program

'WINTER HIKING:  
GEAR AND SAFETY'

WHEN: 7 P.M.  
JANUARY 20

WHERE: EASTERN  
MOUNTAIN SPORTS,  
ROUTE 50, SARATOGA SPRINGS

# Behind the Scenes in Antarctica

In the winter of 2008-2009, Mary Brown worked in Antarctica as a Meteorological Technician. She was assigned to a Deep Field Camp, Siple Dome. Mary describes her experience as that of an ultimate winter camping trip! As science support, she worked to keep the scientists in the field working happily. This slide show presentation will explain what it is like to work in Science Support. In order for the scientists to do their thing lots has to happen — food must be cooked, planes must be flown, supplies must be delivered, and weather reports sent. This is not a wildlife presentation from a visitor or tourist, but an inside view of how the continent works to accomplish the important science that goes on in Antarctica.

## Program

'BEHIND THE SCENES  
IN ANTARCTICA'

WHEN: 7 P.M.  
FEBRUARY 7

WHAT: PRESENTATION,  
SLIDE SHOW WITH  
MARY BROWN

WHERE:  
CRANDALL PUBLIC LIBRARY

Education  
Corner



**PACK FOREST** — High school campers at Pack Forest.

# Updates from the Education Chair

By **Linda Rinado, Education Chair**

Hopefully, by the time you're reading this, we have received enough applications to select from to choose our 2011 sponsorships for the DEC and ADK summer youth programs. While DEC requires us to submit our candidates by early February, there is a bit more leeway for the ADK Teen Trail program, which provides youths in the 14- to 17-year-old range practical knowledge and experience with the "dos" and "don'ts" of trail maintenance. If interested, please send an e-mail along to me.

This past summer's Pack Forest programs found Taylor McIntosh enjoying the swimming and campfires, and Blake Vaisey appreciat-

ing learning about "how to save the planet," "survive in the woods" and getting to observe DEC officers and canine demonstrations as well as using the shooting range. We also — thanks to Neal Andrews — had the pleasure of allowing a couple of refugee youth to participate in the "Adirondack experience."

As for other future events, Nancy Buckley and I are working on a presentation/activity to share with a Girl Scout troop in the Saratoga Springs area at a yet-to-be-determined date.

I close, as always, inviting anyone who wishes to offer ideas or time to help us enrich and expand our education activities to please contact me at 696-7265 or at lrinado@hotmail.com.

## Our chapter is now on facebook!



# Conservation News

By Jacki Bave

**Spring Run Trail** — A new off-road 1.2-mile section of the long-awaited Spring Run Trail in the City of Saratoga Springs opened on November 18. The paved pedestrian and bicycle path runs through the Spring Run wetlands along an old railroad bed that once connected the city to Saratoga Lake. Construction of the path and bridges was funded by a \$1.6 million grant under the American Recovery and Reinvestment Act. The concept of the Spring Run Trail began in 1996, when the Saratoga Springs Open Space Project, now Saratoga PLAN, envisioned a pedestrian/bicycle path that would connect downtown Saratoga with the city's Weibel Road recreational facility, the Wilton Mall and eventually with the Bog Meadow Brook Nature Trail on Route 29. The Spring Run Trail is supported by trails advocates and conservationists alike; when completed, it will offer an alternative to motorized travel between the city and destinations near Exit 15. The newly opened section of trail can be accessed on East Avenue, just south of Excelsior Avenue. At present, it extends from there to the Adirondack Northway; it will eventually pass under the Northway. The Spring Run Trail is owned and maintained by the City of Saratoga Springs. A map is in development, and will soon be available on Saratoga PLAN's website, [www.saratogaplan.org](http://www.saratogaplan.org).

**Hurricane, St. Regis Fire Towers to Stay** — In October, the Adirondack Park Agency voted to reclassify the land beneath the Hurricane Mountain and St. Regis Mountain fire towers as Historic Areas, allowing the fire towers to remain in their wilderness settings. The Adirondack State Land Master Plan had originally called for removal of the towers, citing "non-conforming use." The APA amended the State Land Master Plan after historic preservation groups opposed the removal of the towers. The APA anticipates volunteer groups such as "Friends of St. Regis" and "Friends of the Hurricane Fire Tower" to raise the funds necessary to repair and preserve the towers. The Adirondack Mountain Club had called for removal of the towers, because the precedent of spot-zoning in specific areas might eventually lead to permitting other structures, or even old roads, in areas designated as wilderness.

**Conservation Groups Closer to Protecting Wilderness Canoe Route** — In October, a judge rejected the state's effort to dismiss a lawsuit brought against New York's Department of Environmental Conservation and the Adirondack Park Agency by the Adirondack Mountain Club and Protect the Adirondacks. The suit is intended to force DEC and the APA to adhere to the State Land Master Plan and classify the waters of the Forest Preserve, such as Lows Lake, as well as the surrounding land. ADK further asserts

that Lows Lake was already classified as Wilderness in 1987, and wants that classification enforced. If successful, the lawsuit will ensure that floatplanes will be banned from using Lows Lake, part of a wilderness canoe route in the Adirondacks.

**Public's Right to Navigate NY Waters Questioned Again in Lawsuit** — In the 1990s, the Adirondack Mountain Club intervened in a lawsuit that eventually reinforced the public's right to paddle on rivers and other bodies of water along water routes that are navigable and can be accessed without trespassing. This includes the right to portage around obstacles, such as rapids, even if those water bodies flow through private lands. This right is being challenged again in a lawsuit by private landowners against paddlers traveling between two pieces of state land in the Whitney Wilderness. Paddlers have passed through private land on Mud Pond, Mud Pond Outlet and Shingle Shanty Brook while paddling from Little Tupper Lake to Lake Lila. Landowners have put up barriers and no trespassing signs, and are suing one of the paddlers who published an account of his trip. New York's Department of Environmental Conservation has supported the public's right to travel on the water route, and has ordered the landowners to remove the barriers. DEC maintains that recreational use should be allowed even if the water route has no history of commercial use. The matter will likely be resolved in court.

## Snowshoe rentals

Snowshoes are at ADK Member Services in Lake George. Call 668-4447 for reservations and hours.

### Chapter Members:

Iversons: \$7.00 per weekend;  
\$5.00 per weekday  
Sherpas: \$15.00 per weekend;  
\$10.00 per weekday

### Non-Members:

Iversons: \$10.00 per weekend;  
\$7.00 per weekday  
Sherpas: \$20.00 per weekend;  
\$12.00 per weekday

## Thank you!

Our club has received a generous donation from Jonathan Lane of three pairs of MSR Denali Classic Snowshoes! Jonathan gifted the chapter — 1 women's pair, 1 boy child's pair, and 1 girl child's pair. Thank you!

## Receive Chepontuc via e-mail

The Opt-out feature is live!  
If you want to receive *Chepontuc Footnotes* via e-mail rather than postal mail visit our website at [www.ADK-GFS.org](http://www.ADK-GFS.org).



Chepontuc Footnotes



# Fire tower challenge news

The Saratoga-Glens Falls Chapter is now offering a new Fire Tower Challenge: the Winter Fire Tower Challenge. Climb 18 of the Adirondack Mountains with fire towers and all five of the Catskill ones between December 21, 2010, and March 21, 2011, and you can earn a rocker for your Fire Tower Challenge patch. You can keep track of your climbs on the regular brochure, noting at the top of the form that it's the Winter Challenge. The rocker patch will have a nominal fee. Please note that, like the regular Fire Tower Challenge, it is not necessary to climb the actual towers. In fact, it is inadvisable to climb an icy fire tower. Good luck to all you winter hikers!

For those of you working on any Fire Tower Challenge: Many of you have been stymied by the closure of the old Schaffer Trail up Gore Mountain since it was closed due to construction. There is now a new trail for Gore Mountain. It starts near the beach at the North Creek Ski Bowl. Notwithstanding, it is inadvisable to hike this trail during ski season as it criss-crosses downhill ski trails.

Invite your friends  
to join  
**ADK**



# New members

## GF-S CHAPTER

### August 2010

#### New Members:

- Bill Bedard, Ballston Spa
- Kay Ciganovic, Mt. Pleasant, North Carolina
- Nicole Fish, South Glens Falls
- Jason & Stephanie Hoyer, Chicago, Illinois
- John Iulucci, Heidi & Sophia Anderson, Glens Falls
- John & Joyce Martucci, Ballston Lake
- Matthew & Charlotte Melsert, Burnt Hills
- Bridget Niland, Amherst, New York
- Robert & Melissa Tefft, Hudson Falls
- James Tessitor, Johnstown
- Justin Thalheimer, Cherry Valley, New York

#### Rejoined Members:

- Karin & Garet Church, Sabael, New York
- Dennis & Sherry Dominick, Queensbury
- Colleen Doyle & Eric Potter, North Creek
- Alan Linck, Queensbury
- Beverly H & Scott Patten, Lake George
- Thomas, Sharon, Nicholas, Tyler & Elizabeth Reed, Lake George
- Dennis & Peggy VerDow, Chestertown
- Benjamin Zink, Middletown, New Jersey

### September 2010

#### New Members:

- Phil & Barbara Arthur, Queensbury
- Nicole Bozzugi, Warrensburg
- Michael, Matthew, Patrick & Meghan Chase, Queensbury
- Patricia Coonrod, Cohoes
- Laurie, Michale, Joe & Nicolas Coppola, Saratoga Springs
- Ralph Decristofaro, Corinth
- Marion Drastal, Albany
- Meghan Drastal, Albany
- Thomas Durkee, Queensbury
- Joan, Terrence & Thomas Dwyer, Malta
- Dennis Girard, Stillwater
- Robert & Kim Grugle, Queensbury
- Kathy Hoeltzel, Queensbury
- Susan Kearing, Chestertown
- Theodore & Bonnie Kriss, Clifton Park
- Catharine Lewis & Kerry Woods, Cambridge
- Derek, Theresa, Rose & Julia Loomis, Clifton Park
- Duncan Love, Proctorsville, Vermont
- Marsha Noble, Greenwich
- Anthony Penfold, East Northport, New York
- Lauren & Mike Repholz, Galway
- Brett Shearer, Queensbury
- Sue Thompson, Queensbury
- Debra Wood & Laurence Fox, South Glens Falls
- John & Marion Zinkievich, Charlotte, North Carolina

#### Rejoined Members:

- Donna Brown, Granville
- Michael & Kathleen DeGiulio, Broadalbin
- John, Kim, Jacqueline & Nicholas DeLeso, Garden City, New York
- Roger Fulton, Glens Falls
- David & Ginette Maslanka, Bolton Landing
- William & Marie Thorne, Ballston Spa

### October 2010

#### New Members:

- Jeffrey & Karen Blake, Middle Grove
- Susan Bobbett, Saratoga Springs
- Patricia Charbonneau, Melrose, New York
- Marisa Christiano, Schenectady
- Kyle Cookingham, Ballston Spa
- Carolyn & Walter Curren, Queensbury
- Anita Dingman, Hadley
- Scott Fein, East Greenbush
- Stephanie & Grace Ferradino & Matt Dorsey Saratoga Springs
- Jerry & Amy Geiling, Schuylerville
- Edward Holcomb, Saratoga Springs
- Scott Igoe, Wilton
- Dave, Sally, Sean & Troy Kelly, Queensbury
- Denis Lemck, Lake George
- Ed McQuate, Queensbury
- Joyce Montalbano, Deer Park, New York
- Ryan Putnam & Joey Grizzard, Clifton Park
- William Randsell, Ballston Spa
- Scott, Jenna, Griffin & Ravenna Singer, Ballston Spa
- Joseph Tamburino, Saratoga Springs
- Ryan Wild, Queensbury
- Amy, Bryan & Kailey Wolin, Gansevoort

#### Rejoined Members:

- Lynn & Gino Benevento, Lake Luzerne
- David Forbes, South Glens Falls
- Beth & Sylvie Gelber & Jeff Farbaniec, Saratoga Springs
- Patricia Johnson, South Glens Falls
- Dan, Charlene, Elizabeth & Emily Kane, Queensbury
- Marie, David, Lauren & Sarah Markowitz, Queensbury
- Steven & Lisa Nieradka, Clifton Park
- Colin Pickersgill, Champlain, New York
- Brant, Barbara & Olivia Pope, Austin, Texas
- Don Sheeley, Saratoga Springs
- Jane & Thad Smith, Adirondack
- David VanCamp, Hudson Falls
- Alfred & Georgiana Zustovich, Houston Texas
- Kyle Manny, Queensbury

# Outings and programs schedule

DIRECTIONS FOR OUTINGS, PROGRAMS & MEETINGS are on inside rear cover. OUTINGS DETAILS & CONTACT INFORMATION are found in the "Outings" section. Changes or additions made after publication can be seen on our web page: [www.adk-gfs.org](http://www.adk-gfs.org)

**Programs** held at 7 p.m., on a THURSDAY of each month (except July and August) and alternate between Crandall Public Library in Glens Falls and Saratoga Springs Public Library. Future Programs: January 20, February 7. **Executive Committee Meetings** held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Carl R's Cafe Restaurant and Bar in Glens Falls and Wesley Health Care Center in Saratoga Springs. Future Meetings: January 5, February 2, March 2. **Outings Committee Meetings** held the 3rd/4th WEDNESDAY, alternating months at 7:00 p.m. and alternate between Glens Falls Nat'l Bank Community Room and Saratoga Starbucks (Broadway). Future Meetings: March 10

January		Outing Type	Destination	Leader/Contact	Rating
1	Sat	Hike/Snowshoe	Buck Mountain from Pilot Knob (East side of Lake George)	Reg Prouty, Bob Aspholm	B
2	Sun	Hike/Snowshoe	The Swards / Santanoni's	Neal Andrews	A+
2	Sun	Hike/Snowshoe	Noonmark Mountain	Bill Morse	B
4	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
5	<b>Wed</b>	<b>Meeting</b>	<b>Executive Committee Meeting</b>	<b>Maureen Coutant</b>	<b>NR</b>
8	Sat	Hike/Snowshoe	Middle Mountain Bushwack	Jayne Boudier	A-
8	Sat	Ski	Backcountry Ski Leader's Choice	Carolyn Cyr, *Ray Bouchard	A
10	Mon	Geocache	Monthly Geocache	Maureen Coutant, Sarah King	NR
11	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
15	Sat	Hike/Snowshoe	*YMG* — Fire Tower & Grub — Owls Head Mountain	Jonathan Lane	B
16	Sun	Hike/Snowshoe	Giant Mountain	Bill Morse	A
18	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
20	<b>Thu</b>	<b>Program</b>	<b>"Winter Hiking: Gear and Safety" — EMS</b>		<b>—</b>
22	Sat	Hike/Snowshoe	East Dix, South Dix, Macomb	Neal Andrews	A+
22	Sat	Hike/Snowshoe	High Peak — Big Slide	Alison Darbee, Ryan Simko	A+
22	Sat	Hike/Snowshoe	Stillwater Locks Eagle Watch	Rich Crammond	C
25	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
29	Sat	Hike/Snowshoe	Dix & Hough	Ron Lester	A+
29	Sat	Hike	Erebus Mountain	Jayne Boudier	A
<b>February</b>					
1	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
2	<b>Wed</b>	<b>Meeting</b>	<b>Executive Committee Meeting</b>	<b>Maureen Coutant</b>	<b>NR</b>
5	Sat	Ski	Leader's Choice Ungroomed XC Ski	Bill Schwarz	B
7	<b>Mon</b>	<b>Program</b>	<b>"Behind the Scenes in Antarctica" — Mary Brown, Crandall Public Library</b>		<b>—</b>
8	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
12	Sat	Hike/Snowshoe	Colvin/Blake	Bill Morse	A+
12	Sat	Snowshoe	Square Falls	Rich Myette	C+
14	Mon	Geocache	Monthly Monday Geocache	Maureen Coutant, Sarah King	NR
15	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
19	Sat	Hike/Snowshoe	Northwest Bay Uplands Tract	Jayne Boudier	A
20	Sun	Hike/Snowshoe	Lower Wolf Jaw	Bill Morse	A+
22	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
26	Sat	Snowshoe	Moose Mountain Pond and Berrymill Flow	Rich Myette	B-
<b>March</b>					
1	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
2	<b>Wed</b>	<b>Meeting</b>	<b>Executive Committee Meeting</b>	<b>Maureen Coutant</b>	<b>NR</b>
5	Sat	Hike/Snowshoe	Macomb, South Dix and East Dix	Bill Morse	A+
8	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
10	<b>Thu</b>	<b>Meeting</b>	<b>Outings Leader Pizza Party Meeting</b>	<b>A. Darbee, M. Kowalik-Bova</b>	<b>NR</b>
12	Sat	Hike/Snowshoe	Street & Nye Mountains	Ron Lester	A-
12	Sat	Snowshoe	Nundagao Ridge	Jayne Boudier	A
14	Mon	Geocache	Monthly Monday Geocache	Maureen Coutant, Sarah King	NR
15	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
19	Sat	Hike/Snowshoe	The Ones we missed on January 2	Neal Andrews	A+
22	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR
29	Tue	Walk/Ski/Snowshoe	Midweek Jaunt	Maureen Coutant	NR



**PLEASE NOTE:** *Designated hikes (family, new member, etc.) are geared for a special purpose, but are not exclusive. If you would like to attend any outing, please call the trip leader. Also, please be sure to refer to the outing instructions at the back of the newsletter to be prepared for the outing.*

## **BUCK MOUNTAIN FROM PILOT KNOB (EAST SIDE OF LAKE GEORGE) HIKE/SNOWSHOE**

Saturday, January 1

Time: 8:00 a.m.

Rating: B

Leader: Reg Prouty — 747-9736

Colead: Bob Aspholm — 747-9736

This event will be either a snowshoe if there is enough snow or a hike and will be our annual New Year's Day Hike. Round trip is only 6.6 miles with an ascent of 2,000 feet. Pace will be moderate. Come help us celebrate the first day of 2011 with the singing, ringing of bells, and the sound of the trumpet.

## **THE SEWARDS/SANTANONI'S HIKE/SNOWSHOE**

Sunday, January 2

Time: 4:00 a.m.

Rating: A+

Leader: Neal Andrews — 899-5500 or wantlocks@aol.com

If the road is still open and passable, we will do Seward, Donaldson, and Emmons. If the road is closed we will do the Santanoni's. Early start. Brisk Pace. Late out of the woods.

## **NOONMARK MOUNTAIN HIKE/SNOWSHOE**

Sunday, January 2

Time: 8:00 a.m., Exit 29, Frontier Town

Rating: B

Leader: Bill Morse — 518-585-9153 or fishermanpike@yahoo.com

We will go up Noonmark from Round Pond. This is a 6.6-mile round trip with 1,900 feet of elevation gain. Hopefully we can do this in just snowshoes, but bring microspikes just in case. This is a good snowshoe for those thinking about doing the winter 46. We will meet at 8 a.m. at Exit 29, Frontier Town. Leader does not stop for long breaks, he will freeze up.

## **MIDWEEK JAUNT WALK/SKI/SNOWSHOE**

Tuesday, January 4

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Each week we'll do a walk or hike generally within 1 hour of Glens Falls. I'll try to vary the activity to accommodate different styles and abilities of the participants! This year, I'm going back to Tuesdays as the day we'll shoot for, but if the weather doesn't cooperate it may get moved to later in the week. I'll send out an e-mail to interested parties during the prior weekend with the specifics of the trip. Contact the leader for more details: mojim@roadrunner.com.

## **MIDDLE MOUNTAIN BUSHWACK HIKE/SNOWSHOE**

Saturday, January 8

Time: 7:00 a.m.

Rating: A-

Leader: Jayne Boudier — 793-3770

This mountain lives west of Jabe Pond. It's smaller than neighboring Catamont, but is very beautiful, and has great views. We'll start from Wardsboro Road (the original road to Hague) and be crossing Fly Brook along the way. 7-8 miles of comparatively easy bushwacking, and 1,300 ft. ascent, at a take-all-day pace.

## **BACKCOUNTRY SKI LEADER'S CHOICE SKI**

Saturday, January 8

Time: TBD

Rating: A

Leader: Carolyn Cyr — 518-623-2568 or cpw3cyr@hughes.net

Colead: \*Ray Bouchard — 518-893-7314

It's time to get the backcountry skis out on some hiking trails in the Adirondacks. Exact location will depend upon snow conditions. Possibilities include Blue Mountain Lake area, Siamese Ponds Wilderness, or Moose Pond Trail in Newcomb. Distance will be 8-14 miles, depending on conditions, weather, and group. Skiers should have backcountry ski gear and intermediate-level skills, including the ability to ski up and down moderate hills in a controlled manner (most of the time at least!) Be sure to bring appropriate winter gear, lunch, and liquids in pack. Meeting place will most likely be the Grand Union in North Creek since leader lives in Thurman. Please e-mail with questions or to sign up.

## **MONTHLY GEOCACHE**

Monday, January 10

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Sarah King

Sarah and I will pick a location to find some hidden geocaches using hand-held GPSs. If you don't have one, no worries ... come anyway. Once we get close, we always need helpers to look for the cache. The fun part is just getting out on the trails. We'll probably be in the Moreau State Park or somewhere within an hour of Glens Falls.

## **MIDWEEK JAUNT WALK/SKI/SNOWSHOE**

Tuesday, January 11

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

See description on January 4.





## **\*YMG\* — \*FIRE TOWER\* & GRUB — OWLS HEAD MOUNTAIN HIKE/SNOWSHOE**

Saturday, January 15

Time: 8:00 a.m.

Rating: B

Leader: Jonathan Lane — 744-4594 or saratoghiker@infogorp.com

Come enjoy this isolated peak that provides a panoramic view from the summit! Approximately 6.2 miles round trip with 1,150 ft. elevation change at a moderate pace. We'll stop for some grub on our return home.

## **GIANT MOUNTAIN HIKE/SNOWSHOE**

Sunday, January 16

Time: 7:00 a.m., Exit 29, Frontier Town

Rating: A

Leader: Bill Morse — 518-585-9153 or fishermanpike@yahoo.com

We will go up Giant via the Roaring Brook Trail. This is a 7.2-mile hike with 3,375 of elevation gain. Bring snowshoes and microspikes. Leader may be open to adding Rocky Ridge, depending on conditions. (Both trail and leader.) Giant is #12 on the High Peaks list. Leader does not take long breaks on winter hikes, he tends to freeze up. We will meet at 7 am. at Exit 29, Frontier Town.

## **MIDWEEK JAUNT WALK/SKI/SNOWSHOE**

Tuesday, January 18

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

See description on January 4.

## **EAST DIX, SOUTH DIX, MACOMB HIKE/SNOWSHOE**

Saturday, January 22

Time: 4:00 a.m.

Rating: A+

Leader: Neal Andrews — 899-5500 or wantlocks@aol.com

We will drop a car at Clear Pond and then proceed around to the Bouquet River side to start a fast-paced through-hike up the East Dix Slide then over to South and then down from Macomb. This will require going back to pick up the other vehicles at the starting point.

## **HIGH PEAK — BIG SLIDE HIKE/SNOWSHOE**

Saturday, January 22

Time: 5:30 a.m.

Rating: A+

Leader: Alison Darbee — darbear@gmail.com

Colead: Ryan Simko — 219-775-3336 or rmsimko@gmail.com

We will start from the Garden parking lot and head up over the three Brothers and depending on conditions either retrace our steps or come down the Slide Brook Trail for a round trip hike of about 9.4 miles. Be prepared for winter High Peak conditions, snowshoes and crampons/stabilizers a must. Some prior winter High Peak experience would be prudent before attempting this hike. Ascent is 2,800 ft. (Super low degrees and storms will cancel). Please contact leaders by the Thursday before the hike for more details and to sign up.

## **STILLWATER LOCKS EAGLE WATCH HIKE/SNOWSHOE**

Saturday, January 22

Time: 9:00 a.m.

Rating: C

Leader: Rich Crammond — 584-2380

We may need snowshoes for this outing along the Hudson and Hoosick rivers. About one mile along the river. Field glasses and eagle eyes will come in handy. We will meet at the small parking area between the two Stillwater bridges or carpooling can be arranged. Call leader for details. See you there.

## **MIDWEEK JAUNT WALK/SKI/SNOWSHOE**

Tuesday, January 25

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

See description on January 4.

## **DIX & HOUGH HIKE/SNOWSHOE**

Saturday, January 29

Time: 5:25 a.m.

Rating: A+

Leader: Ron Lester — 899-4187 or muleskinner46er@hotmail.com

Will probably go from Route 73 trailhead with a possible return via the Bouquet Valley. Approximately 16 miles with a strong likelihood of "breakin' a sweat."

## **EREBUS MOUNTAIN HIKE**

Saturday, January 29

Time: 8:30 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

Erebus lives on the East shore of Lake Geroge, between Buck and Black Mountains. It has no trail, no crowds, and no views from the summit. But 5 minutes past the top it has a unique peek into the narrows. Ten miles (including two trailless), and 1,500 ft. of ascent, at a moderate to unhurried, "let's take all day" pace.

## **MIDWEEK JAUNT WALK/SKI/SNOWSHOE**

Tuesday, February 1

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

See description on January 4.

## **LEADER'S CHOICE UNGROOMED XC SKI**

Saturday, February 5

Time: 8:00 a.m.

Rating: B

Leader: Bill Schwarz — 307-6091 or bschwarz@nycap.rr.com

I'd like to ski around the lake, and other trails, at Pack Forest, but another venue may call me instead. Skiers should be of intermediate ability and have wide touring or backcountry equipment. We'll ski about 4 hours (6 or so miles), so we can get lunch afterward. But bring water and snack for the trail. Meet at Panera — lack of snow means hiking instead!



## MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, February 8

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

See description on January 4.

## COLVIN/BLAKE HIKE/SNOWSHOE

Saturday, February 12

Time: 7:00 a.m., Exit 29, Frontier Town

Rating: A+

Leader: Bill Morse — 518-585-9153 or [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)

We will hike/snowshoe Colvin and Blake from the Ausable Club. It is just under 15 miles round trip with over six miles on the Ausable Club Road. These are two of the 46 High Peaks, so come along to get these two as winter peaks. Leader does not take long breaks, he tends to freeze up. We will meet at 7 a.m. at Exit 29, Frontier Town.

## SQUARE FALLS SNOWSHOE

Saturday, February 12

Time: 8:30 a.m.

Rating: C+

Leader: Rich Myette — 745-5037

We will snowshoe along an informal trail of the East Branch of the Sacandaga River. Traversing on a ridge of land over the Sacandaga's gorge and moving along the river's edge will be the order for most of the day. We'll likely lunch on the rocks at Square Falls as we look up into Square Falls Mountain and the upper valley of the river. The terrain is sometimes flat with ups and downs and we'll cover four or five miles.

## MONTHLY MONDAY GEOCACHE

Monday, February 14

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

Colead: Sarah King

Sarah and I will pick a location to find some hidden geocaches using hand-held GPSs. If you don't have one, no worries ... come anyway. Once we get close, we always need helpers to look for the cache. The fun part is just getting out on the trails. We'll try to look for one with a Valentine/heart/red theme?

## MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, February 15

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

See description on January 4.

## NORTHWEST BAY UPLANDS TRACT HIKE/SNOWSHOE

Saturday, February 19

Time: 8:00 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

This 1,300-acre watershed of Northwest Bay Brook is owned by the Lake George Land Conservancy. It has mountains, knobs, ponds, brooks, swamps, and views that we can explore via old roads and trailmarked woods. Approximately 7 miles and 1,800 ft. ascent, at a moderate to leisurely, "let's take all day" pace.

## LOWER WOLF JAW HIKE/SNOWSHOE

Sunday, February 20

Time: 7:00 a.m., Exit 29, Frontier Town

Rating: A+

Leader: Bill Morse — 518-585-9153 or [fishermanpike@yahoo.com](mailto:fishermanpike@yahoo.com)

Lower Wolf Jaw via the West River trail to the Wedge Brook Trail. This is just under 10 miles round trip with just over 2,800 feet of elevation gain. Bring snowshoes and microspikes. Leader may be open to adding Upper Wolf Jaw depending on condition of trail and leader. Leader does not stop for long breaks, he tends to freeze up. We will meet at 7 a.m. at Exit 29, Frontier Town.

## MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, February 22

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

See description on January 4.

## MOOSE MOUNTAIN POND AND BERRYMILL FLOW SNOWSHOE

Saturday, February 26

Time: 7:30 a.m.

Rating: B-

Leader: Rich Myette — 745-5037

This ski moves us through a very nice section of mixed woods in the Hammond Pond Wilderness Area. We'll glide along an old tote road for 1.7 miles to Berrymill Flow, also known not so accurately as Berrymill Pond. Then a newer trail over rolling terrain with slight vertical gain will bring us to Moose Mountain Pond in another 1.8 miles. There are a few quite small climbs in this section. This pond is a beautiful, isolated pond in a valley edged by the mountains Owls Pate and Bald Pate. We'll likely lunch at the lean-to (with outhouse) on the edge of Moose Mountain Pond which affords a lovely view. There's a total of 330 feet of elevation gain with a total of about seven miles.

## MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, March 1

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

See description on January 4.



## MACOMB, SOUTH DIX AND EAST DIX HIKE/ SNOWSHOE

Saturday, March 5

Time: 6:30 a.m.

Rating: A+

Leader: Bill Morse — 518-585-9153 or fishermanpike@yahoo.com

Three High Peaks for your winter 46. It will be a long hike as we will have to hike down the road two extra miles each way. Depending on conditions, we will go up Macomb then do the other two with the hope of returning on the Lillian Brook trail. If I know that Macomb is very icy, then we will go up Lillian brook and return the same. Good snowshoes and microspikes will be necessary. No long breaks as leader tends to freeze up.

## MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, March 8

Time: TBD, Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

See description on January 4.

## STREET & NYE MOUNTAINS HIKE/SNOWSHOE

Saturday, March 12

Time: 5:35 a.m.

Rating: A-

Leader: Ron Lester — 899-4187 or muleskinner46er@hotmail.com

Approximately 8.5 miles at a moderate pace. Street has a nice view off the back side. Last time I did this hike, the ice in Indian Pass Brook washed out from recent rains while we were on the summits. I should have brought a pair of waders!

## NUNDAGAO RIDGE SNOWSHOE

Saturday, March 12

Time: 6:30 a.m.

Rating: A

Leader: Jayne Boudier — 793-3770

This loop has entertaining terrain, and great views! Seven miles, 1,500 ft. ascent, at a moderate to unhurried, "let's take all day" pace.

## MONTHLY MONDAY GEOCACHE

Monday, March 14

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

Colead: Sarah King

Sarah and I will pick a location to find some hidden geocaches using hand-held GPSs. If you don't have one, no worries ... come anyway. Once we get close, we always need helpers to look for the cache. The fun part is just getting out on the trails. We'll probably be in the Moreau State Park or somewhere within an hour of Glens Falls.

## MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, March 15

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

See description on January.

## THE ONES WE MISSED ON JANUARY 2 HIKE/ SNOWSHOE

Saturday, March 19

Time: 4:00 a.m.

Rating: A+

Leader: Neal Andrews — 899-5500 or wantlocks@aol.com

Whichever peaks we did not do on Jan. 2 will be the ones we try for this day. This is the last weekend of winter hiking. Early start. Brisk pace. Late out of the woods.

## MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, March 22

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

See description on January 4.

## MIDWEEK JAUNT WALK/SKI/SNOWSHOE

Tuesday, March 29

Time: TBD

Rating: NR

Leader: Maureen Coutant — 745-7834 or mojim@roadrunner.com

See description on January 4.



## **More of Moreau, Sunday, October 3, Bill Schwarz, 4 participants**

- The monsoons of the previous few days ended in time for a good weekend of hiking, so four stalwarts got views of Moreau Lake on one side, and the Hudson River's Spier Falls Dam on the other side of the ridge. Much more water was cascading (loudly) over the dam than in this leader's previous experience. Moreau's trails take some unexpected turns at times — following markers can be a challenge — so having four sets of eyes was a plus on this 8-mile trek. Participants: Marie Cox, Lynn Mayack, Helena Nevarez, Bill Schwarz.

## **Fall Stream Paddle, Sunday, October 3, Ray Bouchard, 3 participants**

- I was sorry to have to disappoint the folks who wanted to paddle Fall Stream but I was afraid that the summer drought would have made the stream un-navigable due to the many beaver dams. Little Tupper Lake was a delightful alternative and it certainly had plenty of water. The morning began with a leisurely paddle up the lake as we explored every nook and cranny that it had to offer. We had an enjoyable lunch at the site of a former home as evidenced by the two chimneys that still survived. I was a bit disappointed by the new, low-budget outhouse, minus the house. Basically, it was a low box with a lid that covered a sculpted hole. No privacy and no protection from the elements when you're in dire need. I'm sure it's a way of saving money during these tough times, and we should all be grateful. The paddle back to our cars was a little more difficult due to the breeze that had come up but we counted ourselves lucky considering how notorious this lake is for nasty waves when the wind comes up. Participants: Terry Fluri, Jim Dickson, Ray Bouchard.

## **YMG — High Peak — Tabletop, Saturday, October 9, Jonathan Lane, 9 participants**

- We had an awesome hike to Indian Falls and up Table Top Mountain! We had a great group of people and enjoyed sunny, albeit slightly chilly, weather. There were jokes, trivia, riddles, gourmet cupcakes, different types of chocolate bark, etc. A super fun day! Fellow outdoor enthusiasts: Stacy Ellis, Erica Halbrook, Susan Keely, Dan Kemp, Jonathan Lane, Tricia Lockwood, Deyanne Urbahn, Shepard Urbahn, Joanne Walczak.

## **Virgin Falls Bushwhack, Saturday, October 9, Rich Crammond, 3 participants**

- What a day to be in the Blue Ledge Hudson River area. Blue skies, great fall colors and three hardy ADKers enjoyed the day. The high-lights of this outing were the place the water flowed underground to the Hudson and seeing all the rafters floating by on the river. While eating our lunch, Scott spotted a red squirrel swimming in the river over to our side. It doesn't get better than that! Thanks to Jayne and Scott for hiking along. Participants: Jayne Boudier, Scott Cooper, Rich Crammond.

## **Evening Paddle, Tuesday, October 12, Maureen Coutant, 5 participants**

- We paddled around Glen Lake this evening. It was chilly, but a beautiful evening out. We saw an osprey a few times, or a few different ospreys? Hard to say! Participants: Maureen Coutant, Andrew and Anne Paolano, Sandy Powell, George Sammons.

## **ADK Headquarters Fall Workday Saturday, October 23, Maureen Coutant**

- Thanks to all who dropped by and lended a hand. We got the pine

needles, leaves, and acorns cleaned up in record time due to the many hands and rakes and shovels! We got plenty of other projects done as well and ADK really appreciates the hard work. Thanks again. (If you missed it Spring cleanup will be here before you know it — May 14.)

## **YMG — Pharaoh Mountain, Sunday, October 24, Alison Darbee, 4 participants**

- It was a great day in the woods, but, sadly, there were no views except for a cloud of white! There were good conversations and joking around and the leader of this hike may or may not have backed into a tree at the trailhead! Participants: Brian Keech, Madeline Kowalik-Bova, Helena Nevarez, Alison Darbee

## **Evening Paddle, Tuesday, October 26, Maureen Coutant, 11 participants**

- It was our last paddle of the season and we couldn't have asked for better weather. The temperature was in the 60s with no wind. We paddled to the end (at least for most kayaks) of the Dunham's Bay outlet and returned with a little fog along the tree line during dusk. All we needed was a werewolf howling and some bats to fly over to complete the Halloween setting. It was a perfect ending to the paddling season. We only had to cancel one trip this season due to weather and paddled in most of our nearby haunts. If you didn't make it out this year, please try it next year. We're a very laid back group. Participants: Mo Coutant, Bill Glendening, Patty Kervin, Sarah King, Becky Meath, Joy Muller-McCoola, Andrew Paolano, Maria Rawson, George Sammons, Bill Thomas, Laura Von Rosk.

## **YMG — Avalanche Pass, Sunday, October 31, Jonathan Lane, 8 participants**

- A great holiday hike with a great group of people! Being Halloween, Jonathan wore a costume for part of the outing and Jon and Kiki both brought Halloween treats to share with everyone. It snowed lightly for part of the hike, making some of us control our urges to start singing Christmas carols — we didn't sing any, since it's Halloween! Hikers: Adeline Brym, Ben Connel, Terry Fluri, Erica Halbrook, Fatima Hammed, Kiki Kelly, Jonathan Lane, Alisa Nurminen.

## **Midweek Jaunt, Tuesday, November 2, Maureen Coutant, 13 participants**

- I decided to do a hike before the ice and snow covered the mountain tops around Lake George. We hiked Cat Mountain on a beautiful, sunny day. It was actually cooler on the trail in the shade than it was on the sunny (and windless) summit! We all enjoyed the spectacular view and each other's company. Check out the photos on the website. Participants: Nancy Burke, Carol Collins, Maureen Coutant, Liz Gee, Susan Howard, Albina Ientile, Nathan June, Ginger & Joe Kelterborn, Becky Meath, George & Irene Sammons, Rudy Tomasik.

## **YMG — Treadway Mountain, Saturday, November 6, Alison Darbee, 4 participants**

- We had a small but good group for this hike. The weather gave us clear views from the top, but it was a little chilly for lingering too long! We made it around the beavers' handy work at filling the trail with water without much difficulty and we saw two large groups out enjoying the same trail, but they were all camping. Participants: Brian Keech, Katie Pangia, Helena Nevarez, Alison Darbee.



## **Midweek Jaunt, Tuesday, November 9, Maureen Coutant, 12 participants**

- It was a test ... only a test ... well sort of. When you get off the trail how many people will follow you and for how long? Turns out quite a few, but we didn't go far before we realized we missed the sharp turn and kept moseying down the trail. We did a little trailwork when we returned to help others not make the same mistake! We had a great day at the Pilot Knob Preserve. It had rained a few days prior, making the waterfall above the Pilot Knob gazebo really flow! Participants: Karen Azer, Cindy Bishop, Carol Collins, Mo Coutant, Gail Epstein, Susan Howard, Ginger and Joe Kelterborn, Jim Ralston, George and Irene Sammons, Jan Stephens.

## **Midweek Jaunt, Tuesday, November 16, Maureen Coutant, 5 participants**

- This week we went up French Mountain with the owners' permission. The trip is a steady uphill, but pretty short. There were a lot of leaves on the trail, which obscured the rocks and roots and made for some tricky footing on the way down. Poles were definitely helpful on this trip! Participants: Karen Azer, Mo Coutant, Susan Howard, Beacky Meath, Carol Walkup.

## **YMG — Noonmark Mountain & Diner Saturday, November 20, Jonathan Lane, 14 participants**

- This was a great hike that prepared people for wintery conditions. Micro-spikes and Stabilicers were put to the test! The wind at the summit was extremely strong and cold! Everyone made it to the top and back safely, then most people enjoyed a nice warm meal at the Noonmark Diner. Participants: Shelly Burke, Marisa Christiano, Ben Connel, Seth Croy, Stacy Ellis, Joan Ferguson, EJ Holcomb, Jonathan Lane, Joan Marcher, Matt Melton, Reg Prouty, Derek Pruitt, Lavinia Smith, Joanne Walczak.

## **Barton High Cliffs Loop, Saturday, November 20, Jayne Boudier, 10 participants**

- We made the loop, at a semi-leisurely pace; there was a lot of wind, around this beautiful, awesome place, and it got sunnier from cloudier. An owl and an elephant saw us in, and the full moon saw us home. Great day, great time, great group! Participants: Jayne Boudier, Scott Cooper, Rich Crammond, Liz Gee, Jenifer Jones, Rich Myette, Lin Neil, Joe Paszko, Tim and Mary Ward.

## **Crane Mountain, Sunday, November 21, Ray Bouchard, 10 participants**

- The temps were in the mid-20s when we left the cars, but we warmed up pretty quickly as we began our climb to the summit. The trail was icy in many places but we were able to manage without the use of crampons. We reached the summit just in time to have lunch and bask in the warmth of a bright blue sky. After lunch, Jeff Nadler was kind enough to give the amateur photographers in our group some pointers as we attempted to take pictures of the surroundings. By the time we had made our descent to the pond, we saw some folks we had passed earlier build a fire on the far shore. There was some mention at the summit that they were going for a swim, but no one took them seriously. Well guess what? As soon as the fire was rip-roaring, two of them stripped down to their BVD's and jumped in. Unfortunately, they were in and out so quickly no one had time to take a picture. After the excitement died down, we decided not to return by way of the Notch trail and instead let Rich guide us down the seldom-used trail that begins

by the Crane Pond outlet. The good news is there was far less ice in this area. Other than the steepness of the trail, the going wasn't too bad. On the way down, we paused for a moment to read the inscription on the plaque that honors Paul Schaeffer and reflect on just how much this man had done for all of us. As we made our way back to the cars Rich pointed out the entrance to the caves that begin where Putnam Brook flows under a natural stone bridge. We peeked in, but no one volunteered to slither down the icy stream to explore the caves in more detail. For that we'll just have to return in the summer or go to the Internet to see the pictures that others have taken inside the caves. It was a grand day made even better by sharing it with a great bunch of people. Participants: Ray Bouchard, Kiki Kelly, Jack Whitney, Dan Monroe, Rich Myette, Terry Fluri, Paula Franchan, Sandy Yellen, Jeff Nadler and the indefatigable Eberhardt Burkowski.

## **Midweek Jaunt, Tuesday, November 23, Maureen Coutant, 10 participants**

- This week we had to do a short walk since my daughter had a half-day of school. Thus, we headed to the Harry Betar Walkway along the Hudson River in South Glens Falls. This is a great spot that I'm always glad to share with people. It's a gem in the Glens Falls area! A few of us warmed up with coffee at Rockhill afterward. Participants: Carol Collins, Mo Coutant, Ginger & Joe Kelterborn, Patty Kervin, Sarah King, Becky Meath, Bill Schwarz, Don Thorn, Edna Van Dorston.

## **Turkey Trot # 12, Thursday, November 25, Rich Crammond, 12 participants**

- I think we worked up a holiday hunger with the temperature about 18 degrees above zero at the start of the hike so we kept moving along with a few rest stops. It was real nice to hike along with people I haven't seen in awhile. We saw a nice buck along the trail and the other wildlife viewing was good also. Another great ADK outing. Participants: Don Landen; Bill Schwarz; Molly, Joe and Steve Bederian; Rich Myette; Marsha Noble; Fran Suarez; Kim Wood; Colleen M. Coulter; Herb Phillips; Rich Crammond.

## **Hadey Mountain at Sunset, Saturday, November 27, Jean Holcomb, 7 participants**

- Due to the cold, snow and general "fear of the dark," this trip did not draw the crowd I was hoping for. For the seven of us who did the climb, the sunset was spectacular and the summit was a winter wonderland of frosted trees sparkling in the afternoon sun. To be fair, it was very cold on top, but fun nonetheless. Next time, we try it in spring! Participants: Jean Holcomb, EJ Holcomb, Merisa Bradley, Sue Howard, Pat Desbiens, Jack Whitney and Brian (last name unknown at press time).

## **Midweek Jaunt, Tuesday, November 30, Maureen Coutant, 13 participants**

- This week we hiked at Moreau State Park. We walked around the lake and Mud Pond and had a great time. We avoided the rain that came in the afternoon. We were treated to the discovery that the new warming hut is open during the week! It had a nice fire going and we only wished that we had packed lunch and could have stayed to eat. Next time you go, plan on ending your day there! Participants: Karen Azer, Mo Coutant, Carol Crosman, Ginger & Joe Kelterborn, Sarah King, Laurie LaFond, Becky Meath, Mickey Onofrietto, George & Irene Sammons, Bill Schwarz, Carol Walley.





# ADK Winter Mountaineering School



Experience Winter in the High Peaks!

When: January 28 - February 3, 2011

Where: The Adirondack Loj

Cost: \$340-\$395

Register by January 15<sup>th</sup>

Get the details @ [www.winterschool.org](http://www.winterschool.org)

Sponsored by the Adirondack Mountain Club

## *Promoting and Teaching Safe Winter Mountaineering and Camping Techniques, including:*

- Hydration and Nutrition
- Efficient Gear Use
- Winter Ascent Techniques
- Risk Management
- Route Finding/Navigation
- Winter Backpacking Skills

### *Choose From Three Programs*

- Weekend Day Hike
- Weekend Backpack
- Combo (Day Hikes and 3 Night Backpacking Trip)

Experienced, all volunteer staff will help you learn new or practice existing skills in small groups with a low student-instructor ratio

Detailed program description, FAQs, gear checklist, conditioning prep info, application forms, and student guide at [www.winterschool.org](http://www.winterschool.org)





# Outing instructions

For more detailed information on Chapter Outings, see the "Glens Falls-Saratoga Chapter Handbook."

## SIGN UP

Contact the Outing Leader at least two days (preferably a week), before the activity so he/she can explain the capabilities required and to determine the number attending. Failure to call may result in not knowing about cancellations, rescheduled departures, etc. Guests are always welcome, but must also register! **PLEASE** be considerate when signing up for a trip. Advise the leader if you cannot make a trip so as not to impact others' plans. **Trips WILL BE CANCELLED if minimums are not met**, thereby affecting all parties. For safety, the MINIMUM number for Outings is: 3 people, including the leader (4 in winter) Panera Bread unless otherwise noted in the trip description. Be there and ready to depart at the posted time (directions below).

## MEETING PLACE INFORMATION

### PANERA BREAD

Northway Plaza, 820 Route 9, Queensbury, NY 761-6957/3

• From NORTHWAY (I-87)

Take Exit 19 and go east on AVIATION/QUAKER Road. Follow .5 mile to ROUTE 9/GLEN STREET. Turn North (LEFT) onto ROUTE 9, then right at the light into the NORTHWAY PLAZA. Then take a left at the four-way stop, and park in front of Panera Bread.

## TRAVEL INFORMATION/CAR POOLS

We encourage carpooling to trailheads for both environmental and practical reasons (limited trailhead parking) and may alter meeting locations due to destination or participants. If you are able, it's helpful to the "regulars" to offer to drive your vehicle. If you are a passenger, consider current fuel prices, travel miles and number of passengers when contributing your fair share to the driver.

## PARTICIPATION GUIDELINES

Leaders are responsible to evaluate interested parties' fitness for that outing, review specific guidelines, and lead the trip. They are not paid guides, but volunteers. Participants are asked to cooperate and respect their authority and decisions.

\*Is this the right Outing for you? For those not experienced in strenuous trips, it is best to begin with something easier and work your way up. The Leader will assist in evaluating skill level and suggest alternative outings if more appropriate. For the safety and comfort of all, the Leader has the discretion to deny participation if he/she feels someone is not a good match for that trip. Based on the expectations and skills of the entire group, Leaders may have more flexibility for some trips, so definitely talk with them. **DO NOT TRY STRENUOUS OUTINGS UNLESS YOU HAVE DONE THAT ACTIVITY REGULARLY (AND RECENTLY) AND ARE IN GOOD SHAPE AS NECESSARY FOR THAT OUTING.**

\*ADK Liability Waiver must be provided by Leader and signed by all participants before the trip begins. This is a requirement by ADK HQ. Parents must sign for minors.

\*No Pets allowed on outings except where designated in the description.

## RATINGS

Hike Rating	Effort Level	Elevation Gain (feet)	Miles	Time (hours)
A+	Very Strenuous	4,000+	10+	10+
A	Strenuous	3,000+	8-12	8-10
B+	Moderately Strenuous	2,000+	5-10	6-8
B	Moderate	1,000+	5-8	5-6
C+	Fairly Easy	1,000+	5-8	4-6
C	Easy	Under 1,000	Under 5	Under 5

\*Descriptions are only typical and can vary.

## HIKING NEEDS/PREPARATION/EQUIPMENT

Bring Trail Food and plenty of Water on ALL hikes! \*Clothing made of Polyester blends, polarguard or wool are recommended as they retain warmth even when wet. — NOT 100% Cotton clothing! It is also wise to bring raingear. Other pack essentials: compass and map, headlamp/flashlight, first aid kit, hat, gloves, and extra socks. Adirondack weather can and does change suddenly. Don't trust the forecast or the sky based on the start of the day. Be prepared!

## SPECIAL WINTER NEEDS

In addition to the preparation/equipment mentioned above, winter requires some EXTRA planning. Look for special notes in the Outing description and discuss with the Leader. Depending on conditions, participants will expect to bring Snow Shoes and Crampons. Bring lots of Water. Dehydration comes easier in the winter and we feel its effects later ... usually AFTER the fact. Be wise with Emergency Clothing. Bring an extra wool/polypro hat, mittens and socks. Vented "Shell" pants, jackets and mittens are commonly used with warm layers beneath.

## BECOME AN OUTINGS LEADER

Ask any Chapter Leader for details. Offer to CO-lead to get the 'experience'! We're always looking for new leaders to help share the fun while "filling in the calendar." New faces offer more varied outings while sharing their personal favorite destinations. Contact Outings Chair for more information. (Contact info: Pg. 2 of newsletter)

# Program and meeting directions

Chapter Programs and Meetings are held monthly, alternating facilities between Glens Falls and Saratoga Springs. Brief directions are below. More detailed information and maps can be found under "Programs" on the Chapter Web page: [www.adk-gfs.org](http://www.adk-gfs.org)

### WESLEY HEALTH CARE CENTER

131 Lawrence Street, Saratoga Springs, NY 12866, 587-3600

- From the South: Route 9 North. LEFT onto CHURCH STREET. RIGHT onto LAWRENCE.
- From the North: EXIT 15 off of the Northway. RIGHT onto ROUTE 50 South. Continue onto VAN DAM STREET. RIGHT onto LAWRENCE STREET.

### CARL R'S CAFÉ RESTAURANT AND BAR

Main Street and Interstate 87, Glens Falls, NY 12804 793-7676

- EXIT 18 of the Northway. Turn EAST onto MAIN STREET. Carl R's is on the RIGHT.

### LAKE GEORGE ADK HEADQUARTERS

814 Goggins Road, Lake George, NY 12845, 668-4447

- EXIT 21 of the Northway. Turn WEST onto ROUTE 9N South. ADK is on the LEFT.

### SARATOGA SPRINGS PUBLIC LIBRARY

Henry Street., Saratoga Springs, NY 12866, 584-7860

- From Northway (I-87)

Take Exit 14 onto Route 9P North (Union Avenue).

Proceed 1.5 miles, past three traffic lights to T-junction. RIGHT onto CIRCULAR ST. to the first traffic light. LEFT onto SPRING ST. for two blocks. RIGHT onto Putnam Street for 1.5 blocks. (There is public parking here also!) The library parking lot is on the right. There is a two-hour parking limit.

- From Route 9 and Route 50

Route 9 and Route 50 converge to become the main street (Broadway) in downtown Saratoga Springs. Follow in to downtown, up to the main street. Turn onto SPRING ST. (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. Parking as described above.





# Chepontuc Footnotes

Glens Falls-Saratoga Chapter Adirondack Mountain Club  
P.O. Box 2314 • Glens Falls, New York 12801  
www.adk-gfs.org

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12866

## Are you moving?

If you are moving, please forward your change of address, including new phone number, to Adirondack Mountain Club, 814 Goggins Road, Lake George, New York 12845. You may call Headquarters at 668-4447. The Chapter receives all its mailing labels and membership lists from the Club. Therefore, any change of address need NOT be sent to the Chapter — one form or one call to the Club is all you need.

