



Chepontuc Footnotes

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

Madagascar!

Joyce Miller, professor of library science at SUNY Adirondack, will present a photographic slide of Madagascar, which is located off the southeast coast of Africa, and offers hundreds of unique bird, plant and animal species. Miller spent a month traveling 3,000 miles around the country in August of 2010, in pursuit of rare birds and wildlife. She will show photos and talk about the island. She saw dozens of birds, several types of lemurs, bizarrely huge insects, the famous spiny desert, tropical beaches and rocky coastlines. She also saw the country's tremendous environmental degradation, political strife and poverty.

Miller has traveled to 23 countries on six continents, primarily in search of birds and other wildlife. A birder for about 30 years, she is a long-time member of Southern Adirondack Audubon Society, Hudson-Mohawk Bird Club, and the N.Y.S. Ornithological Association.

Miller earned a master of library science degree from University at Albany as well as graduate degrees from SUNY Plattsburgh and St. Michael's College in Vermont. She has been awarded the SUNY Chancellor's Award for Librarianship and the President's Award for Excellent in Teaching. Previously, she was a founding staff member of *The Chronicle* newspaper in Glens Falls. She is a native of Staten Island.

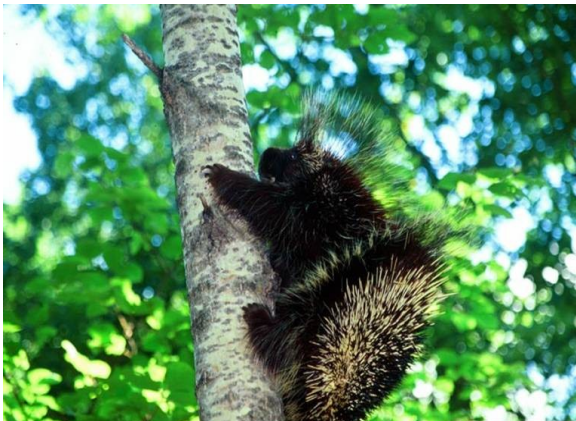


Program

Adventures in Madagascar

When: 7pm April 26
What: Presentation and slide show with Joyce Miller

Where: Saratoga Springs Public Library



Porcupine climbing high above.

What Can We Find?

Join us for a program with the Southern Adk Audubon Society for a flora and fauna program prepared by ADK's Education Dept. This slide show will introduce different ecosystems and what can be found in them. The interrelationships of these plants and animals help sustain the community as a whole. Following the program, a few local shots of wildflowers and backyard birds will be used to test your knowledge. Come see if you're smarter than a 4th grader (Chapter Chair Coutant's daughter, Genevieve)!

Program

Flora and Fauna

When: 7pm May 23
What: Presentation and slide show by ADK

Where: Crandall Library

Fracking is off the Back Burner

By Maureen Coutant

For some reason I've had a hard time sitting down to write this newsletter's Chair Report. It seems as if every time I begin, something else interrupts. If it's not the phone, a knock on the door, it's our dog whining for affection (he's doing that again now)! I imagine that's how it is for everyone and even those important things that you mean to get to sometimes wind up on the back burner.

One of those important other items for me is contacting my representative to support legislation lobbied by ADK related to hydraulic

fracturing or "fracking." In January, we joined the Southern Adk Audubon Soc. in showing the movie "Gasland" followed by a discussion of the status of legislation in NYS by a representative from Audubon and ADK Executive Director Neil Woodworth. The program certainly motivated us to take action and many in the audience asked what they could do. Neil and the ADK staff have already been hard at work making sure that the state lands are protected and that the Dept. of Environmental Conservation takes a cautious approach to allowing gas companies to use fracking methods in NYS. Both ADK and the Audubon Society strive to inform our members and the public about issues that could potentially harm the environment. We call for action by signing petitions, writing or calling your legislator, and sometimes even visiting Albany to show support. So even if I don't get to the back burner item and contact my legislator

(although by the time you read this I'm hoping that I have), I know that my ADK membership fee is allowing Neil and the ADK staff to continue doing this important work for me!

Since showing the movie, "Gasland" director Josh Fox was arrested February 1st when he tried to film a congressional hearing on fracking without proper press credentials. With all the media attention, he thinks he'll be allowed in the future. Let's hope! Fox is wrapping up filming "Gasland 2" which he intends to release this summer. If you weren't able to come to the January program and would like to see the movie, I'm told that it's available on Netflix. Of course, this is a complicated issue and

there are many different stories. But it's obvious that NYS should learn from the experiences of the other states where this is already occurring and make sure that we protect our land and water ... and people better than has been done so far elsewhere. This is why I'm calling my legislator to support a moratorium on the practice until the issues can be fully studied. Please consider doing the same, signing up for the ADK's action alerts on the ADK website (www.adk.org), and going to http://www.adk.org/issues/Next_Steps.aspx to learn more about the legislation that ADK supports. Finally, of course, remember to renew your membership to support ADK's advocacy, education, and recreation programs.

I don't have room to complain about the lack of snow, plus the dog's whining again! So I'll sign off until next time. Hope to see you on an outing or at a program soon!



CHAPTER CHAIR Report

"make sure we protect our land and water..."

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Published Bimonthly
Glens Falls Saratoga ADK Chapter
Adirondack Mountain Club
PO Box 2314, Glens Falls, NY, 12801

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Annual Dinner: vacant

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Phone: 744-4594 ymg@adk-gfs.org

JMT Journeys

The John Muir Trail ("JMT") passes through what many backpackers agree is the finest mountain scenery in the US. The 211 mile JMT travels end-to-end through three National Parks - Yosemite, Kings Canyon, and Sequoia - traversing the Sierra Nevada Mountains of California.



Program

The John Muir Trail

When: 7pm March 21
What: Presentation with
Steve Mackey and
Jean Holcomb

Where: Crandall Library

The trail stretches from Yosemite Valley, intersects and follows, the Pacific Crest Trail, ending on the summit of Mount Whitney, (the highest peak in the continental United States). The trail crosses six mountain passes in excess of 11,000 feet, and has a vertical gain of just over 46,000

feet. Perhaps even finer than the scenery, however, is the Sierra's legendary summer weather: blue skies and consistent sunshine, day after beautiful day.

This past summer, Chapter members Jean Holcomb and Steve Mackey spent about three weeks thru-hiking the JMT. They were split into two groups of people they had met when hiking the Appalachian Trail. The two groups started in different spots due to the difficulty of getting permits. They had a wide variety of hiking speeds, so we were often spread out in even smaller groups. All but one of us was able to finish. The views from the mountain passes, and abundance of pristine alpine lakes, were simply spectacular. The winter of 2010-11, dumped significant snow in the Sierra Nevada's, so the snow lingered all through the summer and fall. Holcomb and Mackey crossed many snowfields, and had the advantage of snow capped mountains in all of their pictures. Join us for pictures of the rugged mountains, pristine lakes, and abundant wildflowers.

NEW MEMBERS - GF/S CHAPTER

NOVEMBER 2011

Lindsay Callahan, Saratoga Springs
Mary Farrell, Saratoga Springs
Kathy & Dave Gross, Wilton
Vanessa Hogan, Glens Falls
Garrick Humphrey, Queensbury
Kathleen & Stephen Koebrich, Malta
James & Ellen O'Hara, Glens Falls
Fred Pieper, Gansevoort
David & Jillian Shippee & Ann Volpel, Clifton Park
Scott Varney, Fort Edward
Ute & Jochen Vogler, Saratoga Springs
Straford, Ayshea, Owen & Tallis Wild, Wilton
Emily Williams, Saratoga Springs

REJOINED MEMBERS - NOVEMBER 2011

Leo Demers, Saratoga Springs
Jeffrey & Daniel Farbaniec & Beth Gelber, Saratoga Springs
Wayne Jones, Gansevoort
J. David Little, Kelly Dempsey-Little & Lyndsay Strange, Glens Falls
Kenneth Madej, Burnt Hills
Sara McKay, South Glens Falls
Paul, Antoinette & Eamonn O'Donnell, Gansevoort
Ken Robertson, Broadalbin
Beau Stallard, Saratoga Springs
Sandra Stoffolano, Queensbury

DECEMBER 2011

Michael, Stephanie, Antonio & Raphael Angelucci,

Queensbury
Marti Brennan, Galway
Judy Butler, Queensbury
Patricia Campbell, Glens Falls
John DeLago, Menands
Russell & Carol Jockel, Putnam Station, New York
Joshua Murphy, Porter Corners
Matthew Nelson, Glens Falls
David Nizolek, Saratoga Springs
Mark & Kim Pacala, Great Falls, Virginia
Wendy, Leif, Andrew & Ryan Rudolf, Burnt Hills
Jacquelyn & Tyler Sedigan, Corinth
Seth & Jessica Shuket, Saratoga Springs
Bob Slade, Middle Grove
Kathy & John Stetson, Carlsbad, California
Stacey, Todd, Matt, Megan, Kaitlyn & Andrew Wells, Gansevoort
Pamela, Stephen Youker & Bryce Brueder, South Glens Falls

REJOINED MEMBERS - DECEMBER 2011

Jay Baldwin, Dover, Delaware
Douglas Bischoff, Cambridge
Stephen & Jonathan Hiter, Glens Falls
Betty Hurley-Dasgupta, Saratoga Springs
Marcia Kidney, Corinth
Marsha LaPointe, Ticonderoga
Joseph & Michelle MacEsler, Mechanicville
Joseph Mammola, Bolton Landing
Joseph Poliquin, East Hartford, Connecticut
Donald Sweeney, Fort Ann
Scott Watson, Glens Falls

Executive Committee Meeting Minutes Synopsis

Minutes from December 7, 2011

Minutes of the December 7, 2011 Meeting of the Executive Committee of the

Treasurer John Schneider, presented the revised October and November Treasurer's Reports. As of November 30, 2011 assets were \$8,019.08. He will send the Club a check for \$3,000, the 2011 budget amount, before the end of December. The Executive Committee discussed increasing this amount because the Club has a very tight cash position due to the unfavorable financial impact of Tropical Storm Irene.

Treasurer John Schneider, presented the Chapter's 2012 budget. He projected revenue of \$22,460 and expenses of \$23,975, with an ending cash balance of \$4,453. The savings from producing the newsletter in-house are approximately \$2,200. He added these savings to the Club donation line in the budget presentation.

Tricia Lockwood, First Vice Chair, circulated a letter sent by Lisa Lehman thanking the Chapter for utilizing her services on the Chapter newsletter.

Pat Desbiens, Membership Chair reported that new members

(19) for the month were obtained via EMS Club Days and Adirondack Sports and Fitness Expo events.

Jacki Bave, Conservation Chair reported that she wrote a letter from the Chapter concerning hydrofracking. She thanked George for putting a link to the Saratoga County trails on the Chapter website.

George Sammons, Webmaster, reported that there are 1,510 people in the database, 134 members have opted out and 898 are on the email list.

Laura Fiske, Director, reported on the Club Board of Directors meeting held on December 4, 2011. The Club estimates a net loss of \$100,000 due to the impact of Tropical Storm Irene. The Club has filed an insurance claim with Philadelphia Insurance to recover some of the loss. Two new publications are planned, on the Catskill 67 by Alan Via, and a new canoe and kayak guide by Phil Brown. The DEC spoke with the winter host volunteers about the increased risk of avalanches in the High Peaks. The Club is working on a new website expected to be live the first week of March 2012. The Board of Directors approved the Club's 2012 budget. It is a breakeven budget with a 3 percent increase in revenue. A more detailed summary of the Board meeting is on the Chapter website.

2011 Chapter Finances

By: John Schneider

Last year, the Glens Falls-Saratoga Chapter's total income was \$22,133, a decrease of \$514 (2%) from \$22,647 income in 2010. Our total chapter membership has been relatively stable, dropping by 28 (1%) from 2,400 in November 2010 to 2,372 in November 2011. We spent \$21,817, a decrease of \$4,284 (16%) from \$26,102 in 2010. We ended the year with a surplus of \$316 and total assets of \$6,373. This compares with a deficit of \$3,455 and total assets of \$6,057 at the end of last year. Revenues included \$19,784 in dues money -- the Main Club provides the Chapter 30 percent of all basic ADK membership dues paid by Chapter members, \$1,874 for the Chapter Banquet, \$1 in interest, and \$475 in other revenues.

The greatest Chapter expenditure was \$10,677 (49%) for **Chepontuc Footnotes**, our bi-monthly newsletter. Our expenses for the newsletter will drop for 2012 as we are now composing it "in-house" and no

longer paying an outside professional. Other large expenses included \$3,123 (14%) in donations to support the activities of the Main Club. The Chapter spent \$2,596 (12%) on our Chapter Banquet and \$2,000 (9%) to support area youngsters going to DEC Camps and ADK Youth Trail Work Programs. We contributed \$1,100 (5%) to other like-minded outdoor organizations, spent \$126 (1%) to present our Chapter Programs, and \$471 (2%) to run our Outing Program and honoring our trip leaders. Additional expenses of \$1,724 (8%) supported activities of our remaining Chapter Committees such as Conservation, Education, Fire Tower Challenge, Hospitality, Membership, Publicity, Trails, Website, Wilderness, Younger Members, and the administrative functions of the Chapter.

Chapter members may direct questions to John Schneider, Chapter Treasurer by email at treasurer@adk-gfs.org or 584-8527.

By Linda Rinado,
Education Chair

The Education Committee is pleased to announce the sponsorship of six candidates to attend summer programs at DEC's Pack Forest and "on the trail" as part of the ADK Teen Trails projects. Our

DEC Pack Forest camperships have been awarded to Christine Wright of Ballston Spa, Wasana Fleming of Saratoga Springs and Megan Gorss of Greenfield Center. Our ADK Teen Trail selection from last year, William Roberts, was so inspired by his experience that he convinced two of his friends to take advantage of the program this coming summer. As a result, we will be sponsoring Roberts, along with Joshua Silverberg and Gregory Wetmore, all of Queensbury, to partake in ADK's 2012 Teen Projects program. Congratulations to all!

We still have enough funds to sponsor one more campership for the Teen Trails projects if anyone is interested. If so, please download and submit the application form from our website, adk-gfs.org.

Chapter rents snowshoes

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

We have two pairs of men's MSR Denali snowshoes, two pairs of women's Tubbs' snowshoes and two pairs of children's Tubbs' snowshoes.

Chapter Members:

\$10/weekday; \$15/weekend

Non-Members:

\$13/weekday; \$18/weekend

Congratulations to our December opt-out winner - Gerard Davis of Brooklyn!

Have you Opted out today? Go to www.adk-gfs.org and get your *Chepontuc* electronically!

Conservation News

By Jacki Bave

High Volume Hydrofracking Update – ADK has submitted comments on proposed regulations regarding high volume horizontal hydrofracking (HVHFF) to New York's Department of Environmental Conservation (DEC), and is now focusing on promoting legislation that will prevent some of the negative consequences of this type of natural gas extraction. Several of the legislative bills ADK is supporting include the following:

- Local control over oil and gas development: This bill will enable local governments to enact zoning laws to protect local areas from the effects of HVHFF.

- Public health analysis: We will ask NY's legislature to direct the State to conduct a health impact analysis to determine HVHFF's impacts on human health before any permits are issued.

- Disposal of drilling fluids: Currently, drillers are allowed to

treat drilling water waste as standard industrial waste, despite the fact that it contains chemicals that are regulated as hazardous materials. This bill would require that all waste produced by natural gas drilling that contains hazardous chemicals would be subject to all regulations regarding transportation and disposal of hazardous waste.

ADK has posted complete information, including bill numbers and sponsors, on the club's website under Conservation Issues. Check it out, and contact your legislator!

Spruce Mountain - In January, the Saratoga County Board of Supervisors passed a resolution to transfer the land under and around the Spruce Mountain Fire Tower to New York's DEC. This is an initial step in preserving access to the fire tower. Saratoga PLAN will be working with DEC and a private landowner, Lyme Timber, to try to obtain a permanent trail easement for access to the tower and summit.

Thank you Heidi teRiele Karkoski for all your efforts as our Annual Dinner Chairperson. Heidi has devoted so much of her time in the past several years to our Chapter and we truly appreciate her commitment! Unfortunately for us though, she is stepping down and we need a replacement. If you are interested in finding out what being the Annual Dinner Chair involves, please send an email to the Chapter chair. Thank you!

Fire Tower Challenge News

By: Kathi and Tim Noble

Hello Members, it's a pleasure to assume this role within the Chapter and we'd like to thank Barb Bave for doing such a great job before us. Since taking over the helm, we've awarded 12 patches to the hikers listed below. Our first 'Winter Rocker' will be issued to Jonathan Lane! The Chapter is proud of you! We encourage you to get out and give winter hiking a try. The views you get in the winter without foliage on the hardwoods provides a different perspective and great photo opportunities. Good luck and we hope to see more Winter Rocker requests in the mail soon.

Patch recipients:

Jane Restani, Cos Cob, CT
Janice Miller, Hyde Park, NY
Margaret Freifeld, Mt Kisco, NY
Deborah & Scoot Dragoon, Altona, NY
Tim Sylvester, Nassau, NY
Katherine Sabin, Tupper Lake, NY
John Ogle, Burnt Hills, NY
John Sasso Jr, Albany, NY
Nancy & Tom Hayhurst, Plattsburgh, NY
Robert Williams III, Watervliet, NY

Welcome Jen Shepherd as our new Publicity Chair! Thank you to Bill Bechtel who has helped so much in keeping our publicity department strong.

Trail Maintenance on the Tongue on April 28! See p. 11 for details and don't forget June 2nd is National Trails Day! Contact Trails Chair Tim Ellis at trails@adk-gfs.org

WANTED

Help at our membership booths at EMS Club Days and Raptor Fest touting our great Chapter! No experience necessary!
Send all Inquiries to: membership@adk-gfs.org

Finishing the Winter Fire Tower Challenge

By: Jen Shepherd

On January 7, 2012 some members of the Glens Falls-Saratoga Chapter (Jonathan Lane, Kiki Kelly, Bill Barton, Erica Halbrook, and Jen Shepherd) headed out to hike Loon Lake Mountain and Azure Mountain, two of the peaks that are a part of the Fire Tower Challenge. This is a challenge sponsored by the GF-S Chapter, the goal of which is to hike 18 of the 24 fire tower peaks in the Adirondacks and all 5 in the Catskills.

It's a long drive to Loon Lake Mountain from Glens Falls, but the time passed quickly with animated chatter about previous and future hiking adventures. The main purpose of our trip that day was for Jonathan to finish his Winter Fire Tower Challenge, which is to hike the fire tower peaks between December 21st and March 21st. We made pretty good time getting to the Loon Lake Mountain trailhead, which is a fairly new addition to the Fire Tower Challenge and hasn't been officially open for public use for very long.

While we were hoping to warm up our snowshoes for the Winter season, there wasn't quite enough snow to warrant them, so we left them behind. The trail was fairly easy going, with the snow becoming a little deeper as we ascended. The closer we came to the summit, the more it looked like a winter wonderland. Definitely time to take a few moments for photos. As we filtered out of the snow covered trees onto the summit, the snow covered tower arose before us. Everything was so beautiful! The fire tower itself, unfortunately, is not climbable as the first flight of stairs was lying on the ground. The peak was fairly socked in, but you could still see that there is a beautiful view without climbing the tower. There was also a snowman marking the summit beside the tower, which became the subject of a great deal of photos.

After everyone enjoyed some food and had their fill of photos, we headed down. The trail's few steep sections had just enough snow for... butt sliding! This was my first time experiencing the "butt slide" in the snow on a mountain and I have to say, I really really enjoyed it! There were a lot of laughs and we all had a great time. Once we were back to the Jeep, we decided to continue on to Azure, even though it was fairly late in the day, but the sun was coming out and our spirits were high. On the way to Azure, the weather shifted for the worse, becoming a mixture of rain and sleet. There was discussion of turning back, but since we were already up that way it made sense to at least get to the trailhead and see what the weather was then. Sure enough, the rain stopped just as we pulled into the parking lot at the trailhead.

As we began our climb, the sun was setting and fog was rolling in with every step. Hitting the summit didn't take very long and by that time it was dark enough to dig out the headlamps. We had a big group hug and congratulations to Jon for his accomplishment of completing the Winter Fire Tower Challenge.



Winter Raptor Fest Celebrates At-Risk Birds

Raptors and those who love them can flock to the heart of the Washington County Grasslands Important Bird Area (IBA) for Friends of the IBA's second annual **Winter Raptor Fest 2012** March 10 and 11 at the Gallup Ridge Farm in Fort Edward. Share the wonder of hawks and owls swooping and gliding past you in an amazing free-flight raptor show! Watch for harriers and hawks as you drive through the area. See and learn about the owls, hawks and falcons that depend on the IBA for their survival.

There will be guided snowshoe walks to look for at-risk raptors and songbirds, youth snowshoe races, horse-drawn sleigh rides, kids' activities including make and take crafts, exhibitors and food vendors.

And, our Chapter will be on hand to raise awareness of ADK and garner new members. Please consider supporting all of these endeavors by helping at our mem-

bership table. No experience necessary! Contact Pat Desbiens at membership@adk-gfs.org to sign up! Visit www.winterraptorfest.com for Event Schedule and details.

Adirondack Mountain Club

Headquarters Workday

Saturday, May 19th

9:00 am - approx. 2:00 pm*

Join fellow ADKers to spruce up ADK headquarters!

Just off Exit 21 of the Northway

Every spring, volunteers help ADK by doing a little spring-cleaning. The decks get treated, trim is painted, the lawn is raked, and other projects are done to maintain the property. It's fun to meet new people and take part in a community project. You don't have to bring anything other than work gloves - if you have them. *Bagels, Mo's scones, coffee and lunch (including Jim's famous workday cookies) will be provided!*

"Many hands makes light work" - please check your calendar and see if you can spare the day or part of it!

- **If we get done by 2, we'll head over to the LG Rec area for a short walk through the woods.**

Call Maureen Coutant for more information and to sign up at 745-7834 or email: mojim@roadrunner.com (If you can come a different day to do a project, let me know)

Outings and Programs Calendar

Date	Day	Type	Destination	Leader(s)	Rating
March					
4	Sun	Hike/Snowshoe	Vista Trail from Shelving Rock to Erebus	Jayne Boudier	A
6	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	NR
7	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
10	Sat	Snowshoe	Mount Colden	Steve Mackey	A
10	Sat	Snowshoe	Lost Pond and Berrymill Pond	Reg Prouty	C
12	Mon	Geocache	Midmonth Geocache	Sarah King, Maureen Coutant	NR
13	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	NR
18	Sun	Hike/Snowshoe	Mt Marcy Snowshoe/crampon	Jean Holcomb	A+
20	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	NR
21	Wed	Program	Muir Trail, Steve Mackey, Jean Holcomb	Sarah King	NR
24	Sat	Hike/Snowshoe	YMG - Red Hill - Fire Tower & Grub	Jonathan Lane, Rachel Luch	B-
25	Sun	Other	Baldhead and Moose Bushwack	Jayne Boudier, Steve Rodriguez	A
27	Tue	Walk/Ski/Snowshoe	Tuesday Outing	Maureen Coutant	NR
April					
3	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
4	Wed	Meeting	Executive Committee Meeting - Saratoga	Maureen Coutant	NR
7	Sat	Hike/Snowshoe	Mt Equinox New England 100 highest	Jean Holcomb	A-
8	Sun	Walk/Hike	Tuesday Outings	Maureen Coutant	NR
13	Fri	Other	EMS Club Days April 13-14	Pat Desbiens	NR
14	Sat	Hike/Snowshoe	YMG - Adirondack Quest - Leader's Choice	Jonathan Lane	B
15	Sun	Hike	Hoffman Notch	Jayne Boudier	A-
16	Mon	Geocache	Monthly Monday Geocache	Sarah King, Maureen Coutant	NR
17	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
21	Sat	Bike	Bike trip Glens Falls to Schuylerville and back	Steve Mackey	A
21	Sat	Hike	Spectacle Pond	Lorraine MacKenzie	C
22	Sun	Hike	Five Mile Mountain	Sandy Yellen	B
22	Sun	Hike	Family-friendly Saratoga Spa Park Hike	Jill Gruben	C-
24	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
26	Thu	Program	Madagascar	Sarah King	NR
28	Sat	Hike	Prospect Mountain From The South	Reg Prouty	B
28	Sat	Hike	French Louie Grave Site Plus Panther Pond and Jessup River Trail (unmaintained)	Rich Crammond	C+
28	Sat	Other	Tongue Mountain Trail Work	Tom Ellis	B
29	Sun	Other	Hoffman Mountain Bushwack	Jayne Boudier	A+
May					
1	Tue	Walk/Hike	Tuesday Outings	Maureen Coutant	NR
2	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
5	Sat	Walk	Spring Bird Walk – Wilton Wildlife Preserve & Park	Rich Speidel	C-
8	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
12	Sat	Hike	Camp Saratoga in Wilton Wildlife Preserve	Reg Prouty	C
12	Sat	Walk	Spring Bird Walk – Pack Forest, Warrensburg	Rich Speidel	C-
13	Sun	Hike	Blue Ledges on the Hudson	Lorraine MacKenzie	C
14	Mon	Geocache	Monthly Monday Geocache	Sarah King, Maureen Coutant	NR
15	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
19	Sat	Hike	Mt. Adams Fire Tower	Rich Crammond	B+
19	Sat	Other	West Mountain Canoe, Camp, and Hike	Jayne Boudier	A
19	Sat	Other	ADK Headquarters Work Day	Maureen Coutant	NR
19	Sat	Walk/Hike	Spring Bird Walk & Climb – Pack Forest, Warrensburg	Rich Speidel	C
20	Sun	Hike	Family-friendly hike to Pine Orchard	Jill Gruben	C
22	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
23	Wed	Program	Flora & Fauna Pgm with Adk Audubon Society	Maureen Coutant	NR
29	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR

Outings Schedule

VISTA TRAIL FROM SHELVING ROCK TO EREBUS - [Hike/Snowshoe]

Sun, Mar 4, 2012, 7:30 am, Rating: A

Leader: Jayne Boudier - 793-3770

- Starting at Shelving Rock, we'll work our way up the ridge to just below Erebus. Expect some poorly marked trails and some bushwacking. There are nice views along the way. A short, steep bushwack up to the summit of Erebus is also a possibility and is the difference between a 6-8 mile, 1,700 to 2,200 ft. ascent trip. Expect to be out all day, at a moderate to relaxed pace.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Mar 6, 2012, 9:15 am, Rating: NR

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

- Maybe we'll have winter in March and can snowshoe or ski? If not, we'll do a hike or walk generally within an hour of Glens Falls. Send your suggestions by email. Call or email on Sunday to find out where we'll be headed and all the details.

EXECUTIVE COMMITTEE MEETING

Wed, Mar 7, 2012, 7:00 pm, Rating: NR

Leader: Maureen Coutant - 745-7834, chapterchair@adk-gfs.org

- Executive Committee meeting at Carl R's in Queensbury

MOUNT COLDEN - [Snowshoe]

Sat, Mar 10, 2012, 6:00 am, Rating: A

Leader: Steve Mackey - 793-6484, smackey33@verizon.net

- I haven't been up Colden in quite a while, so it is time to go back. March is the best time of year for winter hiking, between lots of snow, more sunshine, and longer days, it should be great. We will leave from Adirondack Loj and go up the Lake Arnold Trail. We will probably return the same route, but we might return via Lake Colden if conditions are good. Let's hope we have lots of snow and get to break some trail for a change.

LOST POND AND BERRYMILL POND - [Snowshoe]

Sat, Mar 10, 2012, 8:00 am, Rating: C

Leader: Reg Prouty - 518-747-9736

- These two little ponds near Putnam Pond State Park are a very enjoyable snowshoe with only a total distance of 6.7 miles and total ascent of 565 feet. If the snow is gone we will hike. Meet at exit 19 Panera's at 08:00 AM.

MIDMONTH GEOCACHE

Mon, Mar 12, 2012, 9:15 am, Rating: NR

Leader: Sarah King - 798-0615, scubakings@roadrunner.com

Colead: Maureen Coutant - 745-7834 or

mojim@roadrunner.com

- We'll head out to find some recently hidden treasure boxes (geocaches) generally within an hour of Glens Falls. Email or call the weekend before to find out where we're going. It could be a hike or just a walk in the woods. You don't need a GPS to join us, just be willing to help in the hunt or wait while we search.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Mar 13, 2012, 9:15 am, Rating: NR

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

- See Mar 6th

MT MARCY SNOWSHOE/CRAMPON - [Hike/Snowshoe]

Sun, Mar 18, 2012, 6:00 am, Rating: A+

Leader: Jean Holcomb - 583-0658, jholcomb5@nycap.rr.com

- After 15 years of trying I am about to finish my winter 46 on Mt Marcy. Its 15 mi and 3,200 elevation on a generally good trail from Heart Lake. This year conditions could be anything from nice packed down snow to ice to terminal mud and overflowing rivers. In any case, only serious winter snowshoers need apply. Pace will be moderate and I welcome those who want to celebrate this very difficult accomplishment. I wouldn't be here is it wasn't for the help of Steve Barlow, Ron Lester, Jayne Boudier, Jack Whitney, Pat Desbiens and my son EJ, among others. Meet at Panera Bread!

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Mar 20, 2012, 9:15 am, Rating: NR

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

- See Mar 6th

THE JOHN MUIR TRAIL BY STEVE MACKEY AND

JEAN HOLCOMB - [Program]

Wed, Mar 21, 2012, 7:00 pm, Rating: NR

Leader: Sarah King - 798-0615, scubakings@roadrunner.com

- This program will be held at Crandall Public Library.

YMG - RED HILL - FIRE TOWER & GRUB - [Hike/Snowshoe]

Sat, Mar 24, 2012, 6:00 am, Rating: B-

Leader: Jonathan Lane - 744-4594,

saratogahiker@infogorp.com

Colead: Rachel Luch

- Let's head south! To the Catskills, let's go! Approximately five miles round-trip, never very steep. A great snowshoe hike for beginners and Fire Tower enthusiasts alike. We will stop for some food before leaving the beautiful Catskills. Contact leader to sign up and for meeting location.

BALDHEAD AND MOOSE BUSHWACK - [Other]

Sun, Mar 25, 2012, 7:30 am, Rating: A

Leader: Jayne Boudier - 793-3770

Colead: Steve Rodriguez - 583-1161

- These two 2,800 footers live north of Stoney Creek, have interesting terrain, and nice views. This outing is six miles (mostly bushwacking), and 2,200 ft. of ascent, at a moderate, 'lets take all day' pace.

TUESDAY OUTING - [Walk/Ski/Snowshoe]

Tue, Mar 27, 2012, 9:15 am, Rating: NR

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

- See Mar 6th

TUESDAY OUTING - [Walk/Hike]

Tue, Apr 3, 2012, 9:15 am, Rating: NR

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

- Join us on a walk or hike generally within 1/2 hour of Glens Falls. I try to alternate to give everyone a chance to get out! April will be 'Earth Day' hikes. Bring a plastic bag/gloves and we'll clean up along the trails or parking areas. Call or email

Outings Schedule

on Sunday to find out what we'll be doing on Tuesday.

EXECUTIVE COMMITTEE MEETING - SARATOGA

Wed, Apr 4, 2012, 7:00 pm, Rating: NR

Leader: Maureen Coutant - 745-7834, chapterchair@adk-gfs.org
- Executive Committee meeting at Wesley in Saratoga

MT EQUINOX NEW ENGLAND 100 HIGHEST - [Hike/ Snowshoe]

Sat, Apr 7, 2012, 8:00 am, Rating: A-

Leader: Jean Holcomb - 583-0658, jholcomb5@nycap.rr.com
- I don't know anything about the New England 100 highest except that it does not include New York. I think it covers Maine, New Hampshire and Vermont. Anyway, Equinox is one of them. This is a great starter hike for those aspiring to be 'A' hikers. It is a little over six miles round trip and 2,800 feet of elevation. The going is pretty easy, part old road and then a trail over flatter type stone than the cobbles of the Adirondacks. The top is 'under construction' and has a road leading to it but there is a nice remote point called Lookout Rock which has a good view. The drive to Vermont is very pretty and Manchester is a great place to get a post hike snack. Meet at Panera. Rain cancels.

TUESDAY OUTINGS - [Walk/Hike]

Sun, Apr 8, 2012, 9:15 am, Rating: NR

Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com
- See May 1st

EMS CLUB DAYS APRIL 13-14 - [Other]

Fri, Apr 13, 2012, time TBD, Rating: NR

Leader: Pat Desbiens - 518-899-9688, membership@adk-gfs.org
- Help out at our membership booth chatting up folks on the benefits of becoming a member of our chapter! Please consider donating an hour or two of your time. No prior training required. Your ADK Glens Falls-Saratoga membership gets you \$ off on fun and useful gear at the store! Contact Pat for more details!

YMG - ADIRONDACK QUEST - LEADER'S CHOICE - [Hike/Snowshoe]

Sat, Apr 14, 2012, 7:00 am, Rating: B

Leader: Jonathan Lane - 744-4594, saratogahiker@infogorp.com
- The object of the Adirondack Quest is to visit the various Wilderness and Wild Forest areas of the Adirondacks; we will visit one or two of those areas on this adventure. The destination and driving distance will depend on weather. Nothing too steep, less than 10 miles. Contact leader for details.

HOFFMAN NOTCH - [Hike]

Sun, Apr 15, 2012, 7:30 am, Rating: A-

Leader: Jayne Boudier - 793-3770
- Let's spend all day in a wild mountain pass that's nine miles and 500 ft. ascent and includes a side trip into Hornet Notch. Moderate to leisurely pace.

MONTHLY MONDAY GEOCACHE

Mon, Apr 16, 2012, 9:15 am, Rating: NR

Leader: Sarah King - 798-0615, scubakings@roadrunner.com
Colead: Maureen Coutant - 745-7834 or

mojim@roadrunner.com

- See March 12th

TUESDAY OUTING - [Walk/Hike]

Tue, Apr 17, 2012, 9:15 am, Rating: NR

Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com
- Join us on a walk or hike generally within 1/2 hour of Glens Falls. I try to alternate to give everyone a chance to get out! April will be 'Earth Day' hikes. Bring a plastic bag/gloves and we'll clean up along the trails or parking areas. Call or email on Sunday to find out what we'll be doing on Tuesday.

BIKE TRIP GLENS FALLS TO SCHUYLERVILLE AND BACK

Sat, Apr 21, 2012, 9:00 am, Rating: A

Leader: Steve Mackey - 793-6484, smackey33@verizon.net
- This is usually mud season, so it is a great time for a road bike trip. Since it is early season, we will keep it a reasonable mileage. Schuylerville is a little over 30 miles round trip. We will meet at and ride from Panera. I went to Google maps (biking) and we have some less traveled rural roads. The actual riding time will be around 3 hours (according to Google). Plenty of Stewarts Shops to stop at for drinks, and snacks (Ice Cream).

SPECTACLE POND - [Hike]

Sat, Apr 21, 2012, 9:00 am, Rating: C

Leader: Lorraine MacKenzie - 791-9794, otczone@aol.com
- We will be hiking alongside Spectacle Brook to get to Spectacle Pond. To the southwest we will see Spectacle Pond Hill but the real spectacle is an unusual view of Pharaoh Mountain. The round trip distance is 3.4 miles with minimal elevation gain making it a relaxing day in the woods. Last year the area was a flood zone. I will change the destination if we have a repeat. Either way rain cancels.

FIVE MILE MOUNTAIN - [Hike]

Sun, Apr 22, 2012, 8:45 am, Rating: B

Leader: Sandy Yellen - 584-2763
- We'll hope for a beautiful Spring day on the Tongue Mountain Range and nice views of Lake George. The round trip distance is seven miles with 1,192 ft. of elevation. Call leader for details and to sign up.

***FAMILY-FRIENDLY SARATOGA SPA PARK HIKE**

Sun, Apr 22, 2012, 10:00 am, Rating: C-

Leader: Jill Gruben - nnn-ann-nnnn, newsletter@adk-gfs.org
- Join us on a family friendly leisurely hike of a little over a mile through the Hemlock Trail of Saratoga State Park. This hike is perfect for little ones who tire easily or big ones who want a little nature outing without having to travel too far. Leader and husband Michael Rubinstein hike with their 4.5-year-old and 20-month-old twins. Contact leader for meet-up location and more information!

TUESDAY OUTING - [Walk/Hike]

Tue, Apr 24, 2012, 9:15 am, Rating: NR

Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com
- Join us on a walk or hike generally within 1/2 hour of Glens

Outings Schedule

Falls. I try to alternate to give everyone a chance to get out! April will be 'Earth Day' hikes. Bring a plastic bag/gloves and we'll clean up along the trails or parking areas. Call or email on Sunday to find out what we'll be doing on Tuesday.

MADAGASCAR - [Program]

Thu, Apr 26, 2012, 7:00 pm, Rating: NR

Leader: Sarah King - 798-0615, scubakings@roadrunner.com
- This program will take place at Saratoga Library. Joyce Miller will present a program on her travels to Madagascar.

PROSPECT MOUNTAIN FROM THE SOUTH - [Hike]

Sat, Apr 28, 2012, 8:00 am, Rating: B

Leader: Reg Prouty - 518-747-9736

- This is the easiest approach to Prospect Mountain beginning at the Lake George Recreation Center parking lot. Round trip is about five miles and elevation change is gradual. Plan on having an all day hike as we will hopefully enjoy a nice warm Spring day on top.

FRENCH LOUIE GRAVE SITE PLUS PANTHER POND AND JESSUP RIVER TRAIL (UNMAINTAINED) - [Hike]

Sat, Apr 28, 2012, 9:00 am, Rating: C+

Leader: Rich Crammond - 584-2380

- Meeting at 9AM at the North Creek Grand Union, North Creek Village Main Street. This hike will be 2.6 miles round trip with little elevation change in an area where some compass headings may fit in if the trail fades out. My plans are to drive down to Speculator to visit French Louie's grave site after the hike. 'By the Holy Fish, See you there,' (French Louie saying).

TONGUE MOUNTAIN TRAIL WORK - [Other]

Sat, Apr 28, 2012, 9:00 am, Rating: B

Leader: Tom Ellis - 638-8395, hola@hughes.net

- Starting at the north end we will work south clearing blowdown and drainage ditches as needed. If time allows, we will check the trail to Neal's lean-to. Leader has tools.

HOFFMAN MOUNTAIN BUSHWACK - [Other]

Sun, Apr 29, 2012, 5:00 am, Rating: A+

Leader: Jayne Boudier - 793-3770

- From Big Pond, we'll head north up a nice hardwood ridge (with views east) to Hoffman's thick, sprucey, viewless summit. But, a few minutes farther is an excellent peek at Elk Lake and the High Peaks. The hikes is 11 miles (8 trail-less), 2,500 ft. ascent, at a moderate, 'take all day' pace.

TUESDAY OUTINGS - [Walk/Hike]

Tue, May 1, 2012, 9:15 am, Rating: NR

Leader: Maureen Coutant - 745-7834, mojim@roadrunner.com
- For our May trips the focus will be wildflowers. So we'll head to the Skidmore North Woods, Hadley Mtn, and a few of our other favorite flower spots. Call or email Sunday to find out the details.

EXECUTIVE COMMITTEE MEETING

Wed, May 2, 2012, 7:00 pm, Rating: NR

Leader: Maureen Coutant - 745-7834, chapterchair@adk-gfs.org
- Executive Committee meeting at Carl R's in Queensbury

SPRING BIRD WALK – WILTON WILDLIFE PRESERVE & PARK

Sat, May 5, 2012, time TBD, Rating: C-

Leader: Rich Speidel - 623-2587

- May is the best month to hear and see migratory birds in our area. This will be a leisurely morning walk along the trails and varied habitats of Camp Saratoga. Depending on bird activity, we will stop often and keep track of the species identified. Please bring binoculars. Group size is limited, so please call ahead to register. The rain date is Sunday, May 6. Meeting place: Camp Saratoga, Scout Road.

TUESDAY OUTING - [Walk/Hike]

Tue, May 8, 2012, 9:15 am, Rating: NR

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

- See May 1st

CAMP SARATOGA IN WILTON WILDLIFE PRESERVE

- [Hike]

Sat, May 12, 2012, 9:00 am, Rating: C

Leader: Reg Prouty - 518-747-9736

- We will meet at the entrance to the visitor center at 9:00 A.M. on Scout Road. We may take several of the trails there or circumnavigate the pond depending on conditions. There are trails there that tell the story of the New Karner Butterfly. Habitat there is conducive to that species. The trails are flat and distance will be less than five miles at an easy pace.

SPRING BIRD WALK – PACK FOREST, WARRENSBURG

Sat, May 12, 2012, time TBD, Rating: C-

Leader: Rich Speidel - 623-2587

- This will be a leisurely morning walk through the woods and along the waters of Pack Forest. There will be plenty of stops to observe the migratory and native birds crossing our path. We will check for birds around Pack Forest Lake and the Grandmother's Tree, a towering 175 foot white pine some 320 years old. Please bring binoculars. The rain date is Sunday, May 13. Meeting place: Pack Forest - Route 9, 3/4 mile north of Route 28.

BLUE LEDGES ON THE HUDSON - [Hike]

Sun, May 13, 2012, 9:00 am, Rating: C

Leader: Lorraine MacKenzie - 791-9794, otczone@aol.com

- The ADK website advertises this location as "An Interesting Spot Along the Wild Hudson." It is one of the few trails that end at the Hudson River Gorge, a turbulent section of the river. We should see whitewater & spring flowers – what a combination! Maximum distance will be 5.2 miles, with minimal elevation gain. Rain cancels.

MONTHLY MONDAY GEOCACHE

Mon, May 14, 2012, 9:15 am, Rating: NR

Leader: Sarah King - 798-0615, scubakings@roadrunner.com

Colead: Maureen Coutant - 745-7834 or

mojim@roadrunner.com

- See March 12th

Outings Schedule

TUESDAY OUTING - [Walk/Hike]

Tue, May 15, 2012, 9:15 am, Rating: NR
Leader: Maureen Coutant - 745-7834, mojom@roadrunner.com
- See May 1st

MT. ADAMS FIRE TOWER - [Hike]

Sat, May 19, 2012, 9:00 am, Rating: B+
Leader: Rich Crammond - 584-2380
- Meeting time 9AM at the Upper Works Trailhead, Tahawus area. This will be about 4.8 miles round trip with an elevation gain of 1,700 ft. Great views of the high peaks on a clear day. Call leader for details and directions. See you there!

WEST MOUNTAIN CANOE, CAMP, AND HIKE - [Other]

Sat, May 19, 2012, 7:30 am, Rating: A
Leader: Jayne Boudier - 793-3770
- May 19-20. This West Mountain lives on the South Shore of South Bay, near Whitehall. We'll paddle and camp on South Bay, then explore trail blazed Conservancy Land including West Mountain. There will be interesting terrain, a nice waterfall, and overlooks - including a unique view across South Bay of the Diameter Cliff. We'll paddle about eight miles, and hike seven - eight miles, with maybe 1300 ft. of ascent.

ADK HEADQUARTERS WORK DAY - [Other]

Sat, May 19, 2012, 9:00 am, Rating: NR
Leader: Maureen Coutant - 745-7834, mojom@roadrunner.com
- Come join fellow ADKers to spruce up the ADK Headquarters building and grounds in Lake George. We're just off Exit 21 heading towards Lake Luzerne. No special skills required! If the weather is nice, we'll rake, stain, paint, do windows, etc. Wear your work cloths and come on out and help us get done early so we can do a short hike afterwards!! Call or email for more info.

SPRING BIRD WALK & CLIMB - PACK FOREST, WARRENSBURG

Sat, May 19, 2012, time TBD, Rating: C
Leader: Rich Speidel - 623-2587
- A morning to afternoon bird walk along Pack Forest Lake, and a gradual 400 foot climb to a scenic overlook atop Ben Wood Mountain. We will cover a round trip distance of about five miles at an easy pace, and record the species identified. Please bring binoculars. The rain date is Sunday, May 20. Meeting place: Pack Forest - Route 9, 3/4 mile north of Route 28.

***FAMILY-FRIENDLY HIKE TO PINE ORCHARD**

Sun, May 20, 2012, 9:30 am, Rating: C
Leader: Jill Gruben - nnn-xxx-nnnn, newsletter@adk-gfs.org
- Pine Orchard consists of several acres of enormous white pines a/k/a the redwoods of the northeast. Some of the pines are six feet in diameter! Location is near Wells in the southern adirondack region. This family friendly hike is approximately 4 miles round trip. Bring lunch to munch on in the grove. Leader and husband Michael Rubinstein hike with their 4-year-old and 21-month-old twins. Contact leader for meeting location and to sign up!

TUESDAY OUTING - [Walk/Hike]

Tue, May 22, 2012, 9:15 am, Rating: NR

Leader: Maureen Coutant - 745-7834, mojom@roadrunner.com
- See May 1st

FLORA & FAUNA PROGRAM WITH SO. ADK AUDUBON SOCIETY

Wed, May 23, 2012, 7:00 pm, Rating: NR
Leader: Maureen Coutant - 745-7834, mojom@roadrunner.com
- We are joining the Southern Adk Audubon Society for an excellent program. This time we will be enjoying a presentation of flora and fauna put together by ADK's Education Department. Join us at Crandall Library at 7pm. Stay tuned for more information in the next newsletter!

TUESDAY OUTING - [Walk/Hike]

Tue, May 29, 2012, 9:15 am, Rating: NR
Leader: Maureen Coutant - 745-7834, mojom@roadrunner.com
- See May 1st

WANTED

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Send all Inquiries to
chapterchair@adk-gfs.org

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Log on to

www.adk-gfs.org

Trip Reviews

Midweek outing Tue, Nov 8, 2011, Maureen Coutant

- What a great way to start the season! We had nice weather, great company, and a great trail to a wonderful view. Whoever said Shelving Rock Mountain doesn't have a great view? They just don't know where to look! We loved the carriage road trail that made for a nice gradual hike up the mountain. Steve made it even nicer by doing trail work along the way! He never even saw the top but had a great time anyway ... and a better workout!

10 Participants : Joanne Armstrong, Ellen Sheehan Card, Andrea Chartier, Mo Coutant, Anita Dingman, Licia and Steve Mackey, George and Irene Sammons, and Deb Wood.

Middle Mountain Bushwack Sat, Nov 12, 2011, Jayne Boudier

- The leader and three novice bushwackers set out on a beautiful sunny, windy day, dazzling in our blaze orange against leafless trees and dark pines. We got dryly across Fly Brook, and went coldly up Middle, flinching from the wind. After suiting up we leisurely enjoyed the views and the top. We got a peek at Jabe pond through trees, then went carefully down Middle's backside to a tributary that rejoined Fly Brook at a nice falls. Uneasily, we ascended the other side as the sun descended, and eventually found the ledges with views back across the valley to the Middle Mountain cliffs, where we'd been. Continuing toward the setting sun, we finally reached a camp, and then the old road back, and completed our loop before dark to everyone's relief! It was a great day, with a great group. You were real troopers!

4 Participants : Jayne Boudier, Pat Marsh, Kate, and Scott Ryan.

ADK Monthly Monday Geocache Mon, Nov 14, 2011, Maureen Coutant and Sarah King

- This month we went a bit further than normal to check out the caches placed in the 'Last Great Shoreline' nature preserve purchased by the Lake George Land Conservancy a few years ago. It was a fairly short hike, but it was nice to check out a new area. On the way back, we discovered a really neat keystone bridge near the Lake Champlain South Bay thanks to a geocache being placed there.

8 Participants : Mo Coutant, Bruce Cushing, John Earl, Sarah King, Licia Mackey, Don and Marjory Moeller, and Don Thorn.

Midweek trip Tue, Nov 15, 2011, Maureen Coutant

- This week we returned to a favorite short walk along the Harry Betar Walkway in South Glens Falls. It's a great walk anytime of year.

11 Participants : Ellen Sheehan Card, Mo Coutant, Anita Dingman, Ginger and Joe Kelterborn, Licia Mackey, Mickey Onofrietto, Gwenne Rippon, George and Irene Sammons, and Bill Schwarz.

Lake George Gazebo Overlook and Falls Sat, Nov 19, 2011, Reg Prouty

- We made it to the gazebo in only 50 minutes, so after a quick break, we were off to the waterfall accompanied by a dog named Buddy. He is a neighborhood dog who follows all hikers who hike this loop. There was quite a bit of water going over the falls so we circled to the top and took a few pictures. Ten hikers had a great fall day in the woods.

10 Participants : Reg Prouty, Margie Litwin, Joanne Armstrong, Virginia Carluccio, Cathy Flemming, Pallavi Kahai, Ravi Verma, Ann Hurley, Barbara Tomko, and Don Washburn.

Roostercomb Mountain Hike/Snowshoe Sun, Nov 20, 2011, Sandy Yellen

- It turned out to be a rather warm day but the wind at the top could blow you off. Because we couldn't get very far out to enjoy the views we decided to climb Snow Mountain on the way down. We got our reward after all! Then we took a side trip to Keene to see the damage done by Irene and a visit to Stewarts (of course!)

6 Participants : Stuart Kurtz, Ravi Verma, Dan Monroe, Spud Perkins, Pat Desbiens, and Sandy Yellen.

Midweek outing Tue, Nov 22, 2011, Maureen Coutant

- Again this week was a new walk for some in the group, but a nice return trip to the Feeder Canal for most of us to one of Glens Falls hidden treasures. We were all glad to get out before the early snowfall that evening!

11 Participants : Joanne Armstrong, Mo Coutant, Anita Dingman, Barb and Randy Glenn, Ginger and Joe Kelterborn, Sarah King, Licia Mackey, George Sammons, and Bill Schwarz.

Turkey Trot #13 (Saratoga Battlefield Hike) Thu, Nov 24, 2011, Rich Crammond

- This was a great day to be in the park. We saw deer, bluebirds and lots of Turkey Day hikers. It was nice to hike along with old hiking buds. It was just a great time to be on an ADK outing. Thanks to all for being there!

10 Participants : Cathy Fleming, Herb Phillips, Bill Swhwarz, Ravi Verma, Ranay Peck, Kim Wood, Larry Kath, Eileen Kath, Pricpvi Kamdi, and Rich Crammond.

YMG - Winter Holiday Kickoff Sun, Nov 27, 2011, Jonathan Lane and Kiki Kelly

- What a beautiful day! We hiked up Mt. Jo, enjoyed some awesome views, had story time, took some funny pics, then made our way back down. We stopped into the Loj and learned some history about the area, including Mt. Jo, then headed into Lake Placid for lunch. After lunch some people headed home while some decided to do some holiday shopping in beautiful Lake Placid.

12 Participants : Bill Barton, Erica Halbrook, Debbie Hummel, Marge Huseman, Kiki Kelly, Jonathan Lane, Rachel Luch, Ranay Peek, Mark Rye, Jen Shepherd, Ravi Verma, and Pallavi Kahai.

Midweek outing Tue, Nov 29, 2011, Maureen Coutant

- We switched this trip to a shorter hike in the Van Dusen Preserve in Queensbury. Berry Pond is open to hunting, so we didn't want to spoil their chances with our noisy bunch! We also hoped to avoid rain by doing a shorter hike, but the rain came early and we got wet off and on. We bushwhacked to the overlook and then made our way down sliding on the slippery oak leaves.

15 Participants : Joanne Armstrong, Rene Clarke, Mo Coutant, Anita Dingman, Barb and Randy Glenn, Eric Kranz, Licia and Steve Mackey, Becky and Tom Meath, George and Irene Sammons, Ellen Sheehan-Card, and Chuck Wilkison.

Northwest Bay Uplands Tract Sun, Dec 4, 2011, Jayne Boudier

- We spent a beautiful partly cloudy breezy day connecting the trail-marker dots (not always easily) and settling comfortably at scenic places. All was well- we were out by dark!

8 Participants : Kerry Belencia, Jayne Boudier, Kathy McAuley, Anne Mc Mahon, Rich Myette, Ravi Verma, Tim and Mary Ward.

Wilton Wildlife Park Hike/Snowshoe Sat, Dec 10, 2011, Rich Crammond

- Just a great day to be outdoors in the park. We saw very few birds but the old wooden silo along the trail was a real nice thing to see from the past farming days. The highlight for me was looking at all the little fry in the stream. I think they were stocked there. Thanks to my fellow hikers for sharing their day.

4 Participants : Alan Gee, Liz Gee, Buphm Harris, and Rich Crammond

YMG - Goodnow Mt - Fire Tower Sun, Dec 11, 2011, Jonathan Lane and Rachel Luch

- What a great, festive day in the woods! There was a light covering of snow on the ground. A few of our hikers even dressed up for the occasion with reindeer antlers and a blinking red nose. Kiki attempted to get us all singing Christmas carols on the hike. Then upon reaching the summit, who do you think was there to meet us? Santa and a faithful reindeer, that's who! Santa and reindeer (ADKers Erica Halbrook and Bill Barton, respectively) greeted us with smiles and Christmas goodies to celebrate reaching the summit. Despite a couple antler malfunctions, it was an awesome day!

8 Participants : Ania Gaguine, Pallavi Kahai, Kiki Kelly, Jonathan Lane, Tricia Lockwood, Rachel Luch, Jen Shepherd, and Ravi Verma.

Midmonth Monday Geocache Mon, Dec 12, 2011, Maureen Coutant and Sarah King

- This month we hiked to Shelving Rock Mountain to get a couple of caches along the trail. It was a gorgeous day and it's a great hike. The views were spectacular just south of the summit and down the path to the overlook where we found one of the caches. Great day.

5 Participants : Mo Coutant, Stuart Delman, Liz Gee, Sarah King, and Laurie LaFond

Midweek outing Tue, Dec 13, 2011, Maureen Coutant

- This week we joined the Moreau State Park Educator, Rebecca Mullins,

Trip Reviews

A local resident named Linda also came on the trip and filled us in on some park history while Rebecca pointed out other interesting areas. A couple of cranberries were even found along the edge of Lake Ann (really more of a pond).

10 Participants : Joanne Armstrong, Ray Bouchard, Patty Campbell, Ellen Sheehan Card, Andrea Chartier, Mo Coutant, Ginger and Joe Kelterborn, Steve Mackey, and Deb Wood.

Midweek outing Tue, Dec 20, 2011, Maureen Coutant

- Wow! What a big turnout for the week before Christmas. This group had their priorities straight and headed out for a walk around Moreau Lake instead of the mall. We had a beautiful day, a nice walk, and ended at the warming hut sharing cookies. We all had a great time!

17 Participants : Joanne Armstrong, Patty Campbell, Andrea Chartier, Mo Coutant, Karen Dorfler, Larry Fox, Susan Howard, Ginger and Joe Kelterborn, Sarah King, Licia and Steve Mackey, Ellen and Jim O'Hara, Bill Schwarz, Diane Sante, and Deb Wood.

Annual New Years Day Buck Mtn. Snowshoe Sun, Jan 1, 2012, Reg Prouty and Bob Aspholm

- Ten hikers not needing snowshoes rang in the new year atop Buck Mountain on a very cloudy but fairly mild day for January. We sang Auld Lang Syne and Reg gave a tribute to Grace Hudowolski amongst other tunes on his pocket trumpet. We had a leisurely lunch and were down by mid afternoon.

10 Participants : Reg Prouty, Bob Aspholm, Jayne Boudier, Kathy McAuly, Margie Litwin, Bill Carpenter, Sara McKay, Randy MacDonald, Amy MacDonald, and Laura Fiske.

Midweek outing Tue, Jan 3, 2012, Maureen Coutant

- Well, we didn't have snow, so this was a walk through the Skidmore Woods in Saratoga. We didn't even have any ice to deal with. Hmm ... winter?? Anyway, we introduced the area to some Saratogians and then headed downtown for coffee and snacks.

12 Participants : Joanne Armstrong, Ellen Sheehan Card, Andrea Chartier, Mo Coutant, Cathy Fleming, Liz Gee, Ginger and Joe Kelterborn, Sarah King, Licia Mackey, John Schneider, and Bill Schwarz.

Midweek outing Tue, Jan 10, 2012, Maureen Coutant

- This week we travelled a bit further to visit a spot suggested by a member in the Saratoga area. We headed north of Lake Desolation for an easy bushwhack around Archer Vly Pond. Although there was no ice on the ground, the ice on the pond was letting us know it was there. It's constant groaning was quite loud at times! Before we realized it was the ice, we thought there might be a moose nearby.

8 Participants : Mo Coutant, Cathy Fleming, Eric Krantz, Licia Mackey, George and Irene Sammons, John Schneider, and Deb Wood.

YMG - Fire Tower - Leader's Choice Sat, Jan 14, 2012, Jonathan Lane and Rachel Luch

- We headed south to hike Overlook Mountain near the town of Woodstock in the Catskills. The weather was perfect and the trees were coated in ice, which shined and shimmered beneath the sun. After getting our fill of the mountain, a few of us checked out the book store at the monastery across the street, then headed into Woodstock to eat and check out the local shops. It was definitely a fun day!

6 Participants : Bill Barton, Erica Halbrook, Jonathan Lane, Kathy Ryan, Jen Shepherd, and Joanne Walczak.

Barton High Cliffs Loop Sun, Jan 15, 2012, Jayne Boudier

- We set out on a clear, sunny, single digit day, with mercifully low winds. A few inches of frozen snow, topped with an inch of new snow, made for nice going all day, with fresh animal tracks for company. In some places, including the hill, Irene had left lots of new blow-down. We pushed our way up (and a little down) through it, spotted some High Peaks, Brant Lake, and Pharoah as we carefully walked the 1/4 mile of cliff top to a more sheltered lunch spot. Continuing the loop down and around to the 1/4 mile boulder strewn cliff base, we agreed that looking up at the cliffs was even better than standing on top of them. The sun was golden and the trees were throwing long shadows as we blithely passed our unused snowshoes on the way out. Thank you Steve for retrieving them on Tuesday! Thank you both for a great day!

3 Participants : Jayne Boudier, Terry Fluri, and Steve Rodriguez.

Midweek outing Tue, Jan 17, 2012, Maureen Coutant

- This week we walked along the trails in the Lake George Recreation Area. We wound up on the trail that goes up the backside of Prospect, but didn't go too far. The trails had a bit of packed snow and ice and we found grippers helpful, but not entirely necessary. We meandered on the lower trails a little bit and got home before any of the potential rain and sleet forecasted for that day made an appearance.

6 Participants : Mo Coutant, Margaret Curtis, Sarah King, Eric Krantz, Licia and Steve Mackey.

Pyramid & Gothics Sat, Jan 21, 2012, Steve Mackey

- We actually had winter conditions and winter weather. The skiing part was pretty decent. In the beginning, under the hemlock trees, there was a lot of ice, but the further we skied the better it got. From Lower Ausable Lake, we bare bootied up until the intersection with Sawteeth, but from there on, it was full blown winter, and we had deep snow and had to wear snowshoes. We even had to take turns breaking trail. On the summit of Gothics we actually got a little sunshine and the view was very good. We moved along pretty swiftly and finished before dark.

3 Participants : Mike Fuller, Cole Hickland, and Steve Mackey.

Monthly Monday Geocache Mon, Jan 23, 2012, Maureen Coutant and Sarah King

- This month we headed to Pack Forest in Warrensburg (we actually went on 1/9 due to a schedule conflict). We hiked along a snowmobile trail with no snow to an overlook of the pond from Ben's Woods. The cache was easy to find and we were thankful for its placement since it introduced us to this nice easy hike.

5 Participants : Mo Coutant, Bruce Cushing, Sarah King, Brian Nichols, and Don Thorn.

Midweek outing Tue, Jan 24, 2012, Maureen Coutant

- You know it gets to be a struggle to figure out what to do in a winter without local snow! We want to ski or snowshoe! Instead, we walked along the Harry Betar Walkway in South Glens Falls. It had rained the day before, but the walkway was in pretty good shape. There was a little ice in spots on the lower trail and all ice on top. Grippers were helpful, but those without were very careful and did fine. Afterwards, we walked over to the new coffee shop in Glens Falls.

8 Participants : Andrea Chartier, Mo Coutant, Anita Dingman, Licia Mackey, Gary Rodd, George Sammons, Diane Sante, and Deb Wood.

Stillwater Locks Eagle Watch Sat, Jan 28, 2012, Rich Crammond

- This was one of the most pleasing outings for me and my fellow hikers. The weather was almost unreal for January and we just plain had a good time. Highlights of this outing were spending some time with people from Stillwater I haven't seen in years and they also brought along their grand-kids so they could show them a pair of Bald Eagles along the trail! Cool stuff! Alan Gee zoomed them in with his camera. It just doesn't get any better! Thank you all for sharing this day.

7 Participants : Alan Gee, Liz Gee, Bella Estill, Larry Estill, Karen Estill, Sam Estill, and Rich Crammond.

WANT TO READ MORE TRIP REVIEWS?

adk-gfs.org/reviews.shtml

WANT TO SEE PHOTOS FROM TRIPS?

adk-gfs.org/photos2012.shtml

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 MINI MUM 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 NORTH WAY 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.

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!

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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.

Ratings

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. New faces offer more varied outings while sharing their personal favorite destinations. Contact the Outings Chairs on page 2 for more information.

Programs 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

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: • 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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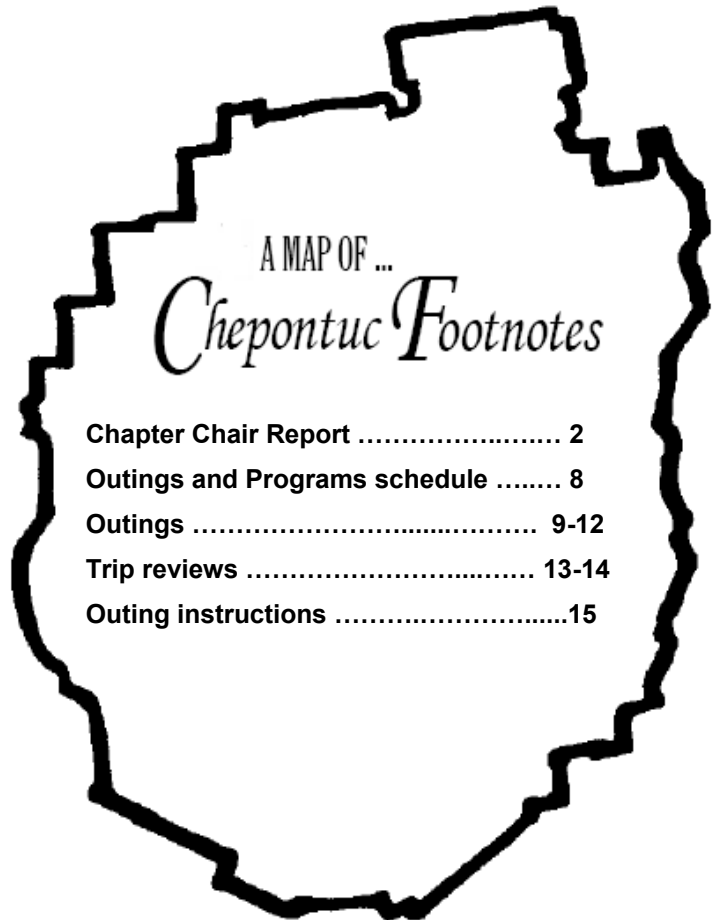
*Adirondack Mountain Club,
814 Goggins Road,
Lake George, New York 12845.*

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!

Reminder:

Please include your e-mail address when renewing your membership!



A MAP OF ...
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