The Electric Car: Charging the Way to a Clean, Cost-Effective Daily Commute

Chapter member Paul Dietershagen, who has over six months “run time” with a pure electric vehicle, will give an informative presentation on his experience driving, maintaining, and integrating the electric vehicle into his lifestyle. He'll discuss the factors influencing his decision to go all-electric, the pros and cons associated with ownership and leasing EVs, as well as broach more global questions, such as "are electric vehicles really green?" and "how different is driving an EV from driving a gas-car?"

The presentation will include:
- An overview of alternate fuel vehicles (hydrogen, electric, natural gas); past, present, and potential future of EVs (history, technology, legislation); how EVs work (the engineering); facts vs. myths; global questions and perspectives; current EV options (e.g. Leaf (Nissan), Volt (Chevrolet), i3 (BMW), Tesla; Buying or Leasing an EV (what it means to you); and personal experiences/insights.

Paul is a licensed professional engineer. He has a B.S. in Mechanical Engineering from Manhattan College and an M.S. in Mechanical Engineering from RPI. He has over 30 years experience as an engineering manager, including 25 years with GE.

Meet Outing Leader Bill Schwarz

Having stayed a number of times at ADK Loj on vacation, I made it a priority to join ADK when I moved from NYC to Glens Falls in 1998 on a job transfer. I had led cycling and XC ski trips for HI/AYH for 20 years and became an ADK leader soon after moving to the area. I specialize in fall hikes (bugs find me tasty during the summer) and cross-country ski day trips, especially to lesser-known areas. I enjoy hiking with other leaders who know more about the Adirondacks than I do. My favorite walks are in Moreau Lake State Park and the 13th Lake region.

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
It’s Spring!

By Laura Fiske, Chapter Chair

As I write this chapter chair report for the early spring issue of the newsletter, it is hard to think about spring when it is below zero outside. But, as it always does, spring will arrive and the sunshine will make it feel warmer. Since we have had a “real” winter this year in the Northeast we need to be more concerned about mud season this year. Rather than think of it as not being able to go to the High Peaks, think of it as trying something different. Visit the “Low” Peaks or try something different like a nature walk or a bike ride. If you just can’t stay away from the High Peaks please be sure to check the DEC website for a “mud season” advisory. Mud season is not a set time. If a trip is scheduled and the DEC has issued an advisory, it will be rescheduled or the outing will be changed to something different or to an alternate location. If this happens the outing leader will let you know.

Speaking of outings, the chapter is becoming more involved with social media as another mechanism to advertise activities (outings, programs, volunteer opportunities). Be sure to become a friend of our facebook page and expect to see more email notifications. Be sure to make sure your email address is up-to-date so you don’t miss out on any information. Additionally, if you would rather receive the Chepontuc electronically be sure to opt-out on the chapter website. This will make your chapter “greener” and reduce the cost associated with publishing the newsletter. The newsletter is a large expense item and any savings are put back into the chapter which benefits everyone.

Lastly, I want to encourage you to become more involved in the chapter through volunteering. In the spring and fall, the chapter volunteers to help out at EMS Club Days and the Adirondack Sports and Fitness Expo. We have a small dedicated group of volunteers that help out at these events, but we need more helping hands. All it takes is an interest to chat with people and about two hours of your time. I’m sure many of you can devote two hours, twice a year to help promote the organization with the ultimate goal of increasing ADK’s membership. Start putting away the heavy coats and winter boots and get ready for SPRING!

We’re looking for help!

We need a Second Vice Chair and a Publicity Chair! Contact Laura Fiske for more info at 518-884-0345 or chapter-chair@adk-gfs.org
Winter is the off season for many hikers. But there are many different things to experience and see out on the trail. Tracks of animals large and small usually go unnoticed during the warmer hiking seasons but appear as mini highways as they crisscross the snow covered trails leading to Fire Towers. With the foliage off the hardwoods you can see through the forest and spot more wildlife and see out over valleys and down to ponds and lakes before reaching the summit. One doesn’t have to climb the tower during the winter to experience the great views you might usually miss if you don’t climb the tower steps. Have fun!

This past month saw the addition of two new members to the FTC fraternity, congratulations to the both!

George Crzyb, Carteret, NJ
Kevin Rooney, Chittenango, NY

A TASTE OF TANZANIA: Treks, Towns and Safaris Near the Roof of Africa

Look an elephant in the eye, tour the real-life setting of The Lion King, hike through rain forests and moorlands with bizarre flowers and trees, watch the sun rise from Mounts Meru and Kilimanjaro, and meet some of the people of East Africa as Don Berens presents a slide show of his 2013 visit to northern Tanzania's mountains, towns and game parks.

Don Berens has been a member of ADK since the 1970s and lives in Latham, NY. He first finished his Adirondack 46 in January 1982 and has done a dozen more rounds since then. He has completed climbs of the Catskill 35, the Northeast 113, and the high point of each of the fifty US states. He has climbed over 15,000 feet on three continents and bicycled from Los Angeles to Boston. Don regularly leads hikes and bike trips for the Albany Chapter of ADK. He is a lawyer retired from NYS service, married with two adult children and a grandchild on the way.

White Nose Syndrome

In March of 2007 a group of wildlife biologists entered Hailes Cave In Albany County NY to conduct the annual survey of hibernating bats. They came out having witnessed the first casualties of an exotic disease called white-nose syndrome that has since killed millions of bats across the eastern half of the continent and continues to move relentlessly westward.

At this program, we will discuss the history and current status of the disease and efforts that are underway to combat it with retired New York State Al Hicks Wild Life Biologist.
Spring mud season alert:
Stay below 3,000 feet

During spring mud season, trails are particularly vulnerable to erosion. The spring thaw creates mud that penetrates much deeper into the soil than the surface mud created by summer rains, and trails are thus more easily damaged by hikers’ boots. Alpine vegetation, which is fragile and endangered to begin with, is also particularly vulnerable at this time. It is therefore best to stay off higher elevation trails during early spring.

The New York State Department of Environmental Conservation institutes a voluntary trail closure in the Eastern High Peaks during this time of year that asks hikers to refrain from traveling above 3,000 feet. This is done to protect alpine vegetation and prevent trail erosion. More information on trail conditions in the Adirondacks can be found on the DEC Web site or by contacting the DEC Forest Rangers at 518-897-1200.

Closure typically runs from May through early to mid-June. If you are planning a trip to the High Peaks during this period, please call the ADK High Peaks Information Center at 518-523-3441 or DEC Region 5 headquarters to learn about trail conditions and whether the voluntary closure is in effect.

<table>
<thead>
<tr>
<th>Trails to Avoid:</th>
<th>Alternative trails:</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Peaks Wilderness Area</td>
<td>Weather permitting, alternative trails for hiking:</td>
</tr>
<tr>
<td>• All trails above 3,000 feet — wet, muddy now conditions prevail, specifically at:</td>
<td>• Debar Mt. Wild Forest —</td>
</tr>
<tr>
<td>• Algonquin</td>
<td>• Azure Mountain</td>
</tr>
<tr>
<td>• Colden</td>
<td>• Giant Mountain Wilderness —</td>
</tr>
<tr>
<td>• Feldspar</td>
<td>• Giant’s Washbowl</td>
</tr>
<tr>
<td>• Gothics</td>
<td>• Roaring Brook Falls</td>
</tr>
<tr>
<td>• Indian Pass</td>
<td>• High Peaks Wilderness</td>
</tr>
<tr>
<td>• Lake Arnold Cross-Over</td>
<td>• Ampersand Mountain</td>
</tr>
<tr>
<td>• Marcy</td>
<td>• Cascade</td>
</tr>
<tr>
<td>• Marcy Dam</td>
<td>• Big Slide</td>
</tr>
<tr>
<td>• Lake Colden</td>
<td>• Brothers</td>
</tr>
<tr>
<td>• Phelps Trail above Johns Brook Lodge</td>
<td>• Porter from Cascade (avoid all other approaches)</td>
</tr>
<tr>
<td>• Range Trail</td>
<td>Hurricane Primitive Area</td>
</tr>
<tr>
<td>• Skylight</td>
<td>• The Crows</td>
</tr>
<tr>
<td>• Wright</td>
<td>• Hurricane Mountain from Route 9N</td>
</tr>
<tr>
<td>and all trail-less peaks</td>
<td>• McKenzie Mt. Wilderness —</td>
</tr>
<tr>
<td>Dix Mountain Wilderness Area</td>
<td>• Haystack Mountain</td>
</tr>
<tr>
<td>• All trails above Elk Lake and Round Pond</td>
<td>• McKenzie Mountain</td>
</tr>
<tr>
<td>Giant Mountain Wilderness Area</td>
<td>• Pharaoh Lake Wilderness Area</td>
</tr>
<tr>
<td>• All trails above Giant’s Washbowl, “the Cobbles,” and Owls Head</td>
<td>• Pharaoh Mountain</td>
</tr>
<tr>
<td></td>
<td>• Saranac Lake Wild Forest</td>
</tr>
<tr>
<td></td>
<td>• Baker Mountain</td>
</tr>
<tr>
<td></td>
<td>• Panther Mountain</td>
</tr>
<tr>
<td></td>
<td>• Scarface Mountain</td>
</tr>
</tbody>
</table>

NEW MEMBERS - NOVEMBER 2013
Kaleigh Ahern, Charlton
Dena Amodio, Clifton Park
Chris Caruso, Hudson Falls
Caitlin Connors, Queensbury
Kevin Emblidge, Lake George
Eric Gentino, Ballston Spa
Elizabeth & Robert Hogan, Glens Falls
Dave Johnson, Burnt Hills
Dave & Pat Mann, Hadley
Douglas Noordsy, Canaan, New Hampshire
Bobby Perron, Saratoga Springs

REJOINED MEMBERS - NOVEMBER 2013
David Barker, Saratoga Springs
James Hanley & Michele Quirk, Glens Falls
Mark MacDonald, Scotia
Amanda & Chris Mohr, Queensbury
James Osborn, Ballston Spa

NEW MEMBERS - DECEMBER 2013
Codee Carlisle, Hudson Falls
James Curwick, Rexford
Lauren Hayward, Ballston Spa
Helen Hokula, Catskill
Nathan Laing, Waterford
Seth Landry, Glens Falls
Rachel, Matthew, Ryan & Kyle Novak, Queensbury
Sarina Ogden, New York, New York
Matthew, Stella & Sean O’Grady, Waterford
Jodi Townsend, Ballston Spa
Reggie Wright, Fort Ann

REJOINED MEMBERS - DECEMBER, 2013
Dr. Katja E. Bock, Saratoga Springs
Paul Kraus, Walnut Creek, California
William, Tabitha, Owen, Oliver & Vivian Orthwein, Saratoga Springs
Jeffrey Pearl, Queensbury
Mary & John Rabideau, Ballston Spa
Cathy & Patrick Torosian, Austin, Texas
Steve Weinstein, New York, New York
Vicki Zeldin & David Wilcox, Cleverdale
My wife, Kathy, and I have been campground hosts at Heart Lake for 8-9 weeks during the past 8 years. Our week at Heart Lake is always enjoyable and we look forward to it each year. The campground host program is available to all ADK members by contacting the coordinator. This past year Doug Paquette, the coordinator of the program “retired” and I was asked to coordinate the host program for this summer.

The week begins at 12 noon on a Sunday and ends a week later at 12 noon. A typical day for us begins early when we walk from the campground to the Loj to check our email using the Loj’s wifi. This is followed by breakfast in the dining room where we interact with the Loj guests and some campers who sign up for breakfast. Experiences hiking the High Peaks are exchanged; “newbies” are given advice; when asked, we suggest trails and hikes to inexperienced hikers, etc. At 8am, we check in at the front desk and provide with a list of late camping arrivals to contact about registering at the Loj. Sometimes there are other messages to transmit to campers. We make a circuit of all the campsites picking up litter as we go. We check the washroom to ensure both have necessary supplies. Usually, we finish our loop between 9 and 9:30am and again check in at the front desk to let them know of any problems.

At that point, we are free for a few hours. We walk to the Loj kitchen to make our trail lunch then we usually hike somewhere that’s not too long—Rocky Falls, Marcy Dam, Mt. Jo, Mt Van Hoevenburg from Heart Lake or other trails in the vicinity such as Owl Head Lookout, Blueberry Cobbles, Rooster Comb, Baxter Mtn, Cooper Kiln Pond, Haystack Mountain (Saranac Lake), etc. With the campground responsibilities, there isn’t enough time to hike the longer High peak trails, although a few times I have climbed a high peak while Kathy did the host duties.

Later in the afternoon, we make another circuit of the campground. This time, we check to see if campers who should have checked out actually left. We enter unoccupied campsites and pick up litter or other items that should not be there. We also check occupied sites where no one is around for food left out that bears and other animals would be attracted to. Since we are both musicians (hammered dulcimer, flute, pennywhistle) late afternoon is a good time for us to practice at our campsite.

Dinner at the Loj is next with people extolling the day’s exploits and planning the following day’s hikes. After dinner we return to our site where we sell firewood after the High Peaks Information Center (HPIC) is closed. We usually sit around a fire reading between sales. Quiet hours are at 10pm and a staff member walks the campground at that time and speaks with groups who are too loud. Prior to the 10am quiet time, Usually 9:30-9:45 we make a loop in the campground to warn people of the impending quiet time.

The campground has a short list of rules that we remind campers of during our interactions with them on each of our “walk-throughs”.

If the above appeals to you, perhaps you’re interested in learning more about the Campground Host Program. If so, email ADK.CGH@gmail.com. This email address can also be accessed through ADK’s website.
Minutes from December 4, 2013

Treasurer John Schneider presented the October and November Treasurer’s Reports. John purchased a two-year supply of stationery for $294 and renewed the postal permit for the newsletter for $200. The club received $1,050 for the Ragnar Relay, which equates to 21 Chapter volunteers. He has invested $5,000 in Chapter Notes with the Club.

Chapter Chair Laura Fiske presented John Schneider with a card and a gift in honor of his over 30 years of service to the Club and the Chapter.

Chapter Chair Laura Fiske reported that SUNY Adirondack is still interested in having an ADK program for student members and the incoming Club president supports this idea, which would be similar to a program at SUNY Buffalo. This would require a contact person at the Chapter.

Young Members Group Chair Jonathan Lane reported that one chapter has positively tested the idea of a meet-up group for outings, with certain controls in place to alleviate the Club’s concerns about liability. After some discussion, it was agreed that he and Wayne Richter will work on this idea for the Chapter.

Jim Schneider reported that he is working to finish the revisions to the Firetower book. He will also revise the Firetower Challenge brochure and add the winter challenge. He asked that the Executive Committee consider applying some of next year’s $5,000 Club donation to this project. Jonathan suggested trying to raise money for this on Kickstarter.

Laura Fisk, Jonathan lane and Pat Desbiens attended the Chapter Roundtable with other Chapters and mainly discussed membership.

Pharaoh Lake Wilderness Area News:

Have you hiked in the Pharaoh Wilderness Area? If you haven’t what you will find are beautiful lakes and ponds, quiet solitude, great backpacking, easy walking, and delightful swimming. And when you come back, let us know what you found. We are particularly interested in flowers, animals, trail and lean-to conditions, and just about anything notable either good or bad. Your Glens Falls-Saratoga ADK Chapter has adopted the entire Pharaoh Lake Wilderness Area.

Use this simple form as a guide to report back to us:

Unusual animals:____________________________________________________________

Unusual plants:_____________________________________________________________

Trail conditions (blow-down, beaver activity, signs missing or incorrect, etc.): ________________________________________________________________

Lean-to conditions:_________________________________________________________

Other:___________________________________________________________________

Please email your report to: metadatajim@gmail.com

Or, please mail your report to:

Pharaoh Lake Wilderness Area
Glens Falls-Saratoga Chapter ADK
P.O. Box 2314
Glens Falls, NY 12801
## Outings and Programs Schedule

[See adk-gfs.org website for latest calendar]

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Type</th>
<th>Destination</th>
<th>Leader(s)</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>March</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Sat</td>
<td>Bushwalk</td>
<td>Hoffman</td>
<td>Jayne Bouder</td>
<td>A</td>
</tr>
<tr>
<td>1</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Iroquois</td>
<td>Mike Fuller</td>
<td>A+</td>
</tr>
<tr>
<td>2</td>
<td>Sun</td>
<td>Hike/Snowshoe</td>
<td>Winter Fire Tower Challenge</td>
<td>Jack Whitney</td>
<td>B</td>
</tr>
<tr>
<td>2</td>
<td>Sun</td>
<td>Ski</td>
<td>Botheration Pond Loop</td>
<td>Bill Schwarz</td>
<td>B+</td>
</tr>
<tr>
<td>2</td>
<td>Sun</td>
<td>Snowshoe</td>
<td>Giant and Rocky Peak</td>
<td>Steve Mackey, Rick Lennox</td>
<td>A</td>
</tr>
<tr>
<td>3</td>
<td>Mon</td>
<td>Geocache</td>
<td>Monthly Monday Geocache</td>
<td>Sarah King, Mo Coutant</td>
<td>NR</td>
</tr>
<tr>
<td>4</td>
<td>Tue</td>
<td>Walk/Ski/Snowshoe</td>
<td>Tuesday Trek</td>
<td>Mo Coutant</td>
<td>NR</td>
</tr>
<tr>
<td>5</td>
<td>Wed</td>
<td>Other</td>
<td>Executive Committee monthly meeting</td>
<td>Laura Fiske</td>
<td>NR</td>
</tr>
<tr>
<td>8</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Baldhead and Moose Bushwalk</td>
<td>Jayne Bouder</td>
<td>A</td>
</tr>
<tr>
<td>8</td>
<td>Sat</td>
<td>Ski</td>
<td>Cross-Country Ski</td>
<td>Reg Prouty</td>
<td>C</td>
</tr>
<tr>
<td>9</td>
<td>Sun</td>
<td>Hike/Snowshoe</td>
<td>Winter Fire Tower Challenge</td>
<td>Jack Whitney</td>
<td>B</td>
</tr>
<tr>
<td>11</td>
<td>Tue</td>
<td>Walk/Ski/Snowshoe</td>
<td>Tuesday Trek</td>
<td>Mo Coutant</td>
<td>NR</td>
</tr>
<tr>
<td>15</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Allen ‘The Big Nasty’</td>
<td>Mike Fuller</td>
<td>A+</td>
</tr>
<tr>
<td>15</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>YMG - Goodnow - Firetower Challenge</td>
<td>Jonathan Lane</td>
<td>B-</td>
</tr>
<tr>
<td>16</td>
<td>Sun</td>
<td>Hike/Snowshoe</td>
<td>Winter Fire Tower Challenge</td>
<td>Jack Whitney</td>
<td>B</td>
</tr>
<tr>
<td>16</td>
<td>Sun</td>
<td>Walk/Ski/Snowshoe</td>
<td>Colvin and Blake</td>
<td>Steve Mackey, Rick Lennox</td>
<td>A+</td>
</tr>
<tr>
<td>18</td>
<td>Tue</td>
<td>Walk/Ski/Snowshoe</td>
<td>Tuesday Trek</td>
<td>Mo Coutant</td>
<td>NR</td>
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<tr>
<td>19</td>
<td>Wed</td>
<td>Program</td>
<td>Bats and White -Nose Syndrome presented by Al Hicks</td>
<td>Sarah King</td>
<td>NR</td>
</tr>
<tr>
<td>22</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>OK Slip Falls and Hudson River Gorge</td>
<td>Nick Ringelberg, Jayne Bouder</td>
<td>A-</td>
</tr>
<tr>
<td>25</td>
<td>Tue</td>
<td>Walk/Ski/Snowshoe</td>
<td>Tuesday Trek</td>
<td>Mo Coutant</td>
<td>NR</td>
</tr>
<tr>
<td>29</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Prospect Mtn. from the South</td>
<td>Reg Prouty</td>
<td>C+</td>
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<tr>
<td>April</td>
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<tr>
<td>1</td>
<td>Tue</td>
<td>Walk/Hike</td>
<td>Tuesday Trek</td>
<td>Mo Coutant</td>
<td>A++</td>
</tr>
<tr>
<td>2</td>
<td>Wed</td>
<td>Other</td>
<td>Executive Committee monthly meeting</td>
<td>Laura Fiske</td>
<td>NR</td>
</tr>
<tr>
<td>7</td>
<td>Mon</td>
<td>Geocache</td>
<td>Monthly Monday Geocache</td>
<td>Sarah King, Mo Coutant</td>
<td>NR</td>
</tr>
<tr>
<td>8</td>
<td>Tue</td>
<td>Walk/Hike</td>
<td>Tuesday Trek</td>
<td>Mo Coutant</td>
<td>NR</td>
</tr>
<tr>
<td>12</td>
<td>Sat</td>
<td>Hike/Snowshoe</td>
<td>Bullhead Mountain Bushwalk</td>
<td>Jayne Bouder, Jean Holcomb</td>
<td>A</td>
</tr>
<tr>
<td>12</td>
<td>Sat</td>
<td>Hike</td>
<td>Denton Wildlife / Hudson Crossing</td>
<td>Rich Crammond</td>
<td>C+</td>
</tr>
<tr>
<td>13</td>
<td>Sun</td>
<td>Hike/Snowshoe</td>
<td>YMG - Noonmark &amp; Noonmark</td>
<td>Jonathan Lane, Rachel Lane</td>
<td>B+</td>
</tr>
<tr>
<td>19</td>
<td>Sat</td>
<td>Hike</td>
<td>Roostercomb and Snow</td>
<td>Reg Prouty</td>
<td>B</td>
</tr>
<tr>
<td>22</td>
<td>Tue</td>
<td>Walk/Hike</td>
<td>Tuesday Trek</td>
<td>Mo Coutant</td>
<td>NR</td>
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<tr>
<td>24</td>
<td>Thu</td>
<td>Program</td>
<td>A TASTE OF TANZANIA: Treks, Towns and Safaris Near the Roof of Africa</td>
<td>Sarah King</td>
<td>NR</td>
</tr>
<tr>
<td>26</td>
<td>Sat</td>
<td>Bushwalk</td>
<td>Blue Ridge Mountain</td>
<td>Jayne Bouder</td>
<td>A</td>
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<tr>
<td>26</td>
<td>Sat</td>
<td>Trail work</td>
<td>Tongue Mountain</td>
<td>Tom Ellis</td>
<td>B</td>
</tr>
<tr>
<td>27</td>
<td>Sun</td>
<td>Hike</td>
<td>Cat &amp; Thomas Mountains</td>
<td>Lorraine MacKenzie</td>
<td>B</td>
</tr>
<tr>
<td>29</td>
<td>Tue</td>
<td>Walk/Hike</td>
<td>Tuesday Trek</td>
<td>Mo Coutant</td>
<td>NR</td>
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<tr>
<td>May</td>
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<tr>
<td>3</td>
<td>Sat</td>
<td>Paddle/Camp/Hike</td>
<td>North Saddle and South Bay Diameter</td>
<td>Jayne Bouder</td>
<td>A</td>
</tr>
<tr>
<td>3</td>
<td>Sat</td>
<td>Walk</td>
<td>Spring Bird Walk – Wilton Wildlife Preserve &amp; Park</td>
<td>Rich Speidel</td>
<td>C-</td>
</tr>
<tr>
<td>5</td>
<td>Mon</td>
<td>Geocache</td>
<td>Monthly Monday Geocache</td>
<td>Sarah King, Mo Coutant</td>
<td>NR</td>
</tr>
<tr>
<td>6</td>
<td>Tue</td>
<td>Walk/Hike</td>
<td>Tuesday Trek</td>
<td>Mo Coutant</td>
<td>NR</td>
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<tr>
<td>7</td>
<td>Wed</td>
<td>Other</td>
<td>Executive Committee monthly meeting</td>
<td>Laura Fiske</td>
<td>NR</td>
</tr>
<tr>
<td>10</td>
<td>Sat</td>
<td>Hike</td>
<td>Sleeping Beauty and Bumps Pond Loop</td>
<td>Reg Prouty</td>
<td>B</td>
</tr>
<tr>
<td>10</td>
<td>Sat</td>
<td>Walk</td>
<td>Spring Bird Walk – Pack Forest, Warrensburg</td>
<td>Rich Speidel</td>
<td>C-</td>
</tr>
<tr>
<td>11</td>
<td>Sun</td>
<td>Hike</td>
<td>Pharaoh Mountain</td>
<td>Lorraine MacKenzie</td>
<td>B+</td>
</tr>
<tr>
<td>13</td>
<td>Tue</td>
<td>Paddle</td>
<td>Tuesday PADDLE</td>
<td>Mo Coutant</td>
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<td>17</td>
<td>Sat</td>
<td>Hike</td>
<td>Peaked Mt. Pond and Summit Hike</td>
<td>Rich Crammond</td>
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<td>20</td>
<td>Tue</td>
<td>Walk/Hike</td>
<td>Tuesday Trek</td>
<td>Mo Coutant</td>
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<tr>
<td>22</td>
<td>Thu</td>
<td>Program</td>
<td>The Electric Car: Charging the Way to a Clean, Cost-Effective Daily Commute</td>
<td>Sarah King</td>
<td>NR</td>
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<tr>
<td>24</td>
<td>Sat</td>
<td>Walk/Hike</td>
<td>Spring Bird Walk &amp; Climb – Pack Forest, Warrensburg</td>
<td>Rich Speidel</td>
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<td>27</td>
<td>Tue</td>
<td>Paddle</td>
<td>Tuesday Paddle</td>
<td>Mo Coutant</td>
<td>NR</td>
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</table>
BOtheration Pond Loop - [ Ski ]
Sun, Mar 2, 2014, 8:00 am, Rating: A+
Bill Schwarz - 307-6091, bechwarz@nycap.rr.com
- Let’s try it again – finally got to ski this loop off the Siamese Ponds trail twice last year and it was great! This is a six-mile backcountry tour (no beginners!) with mild ups and downs; we may be breaking trail so metal-edged skis are a plus. Bring lunch, water, and a sense of adventure. Poor snow conditions may mean we go nearby to Garret Hill ski center, which charges a fee. And there may be a stop in North Creek for coffee or hot chocolate on the way home.

GIANT AND ROCKY PEAK - [ Snowshoe ]
Sun, Mar 2, 2014, 7:00 am, Rating: A
Steve Mackey - 793-6484, smackey33@verizon.net
Colead: Rick Lennox - rick@groupw.com
- We will go up Giant from the Chapel Pond trailhead, then go over to Rocky, and then climb back up Giant. Total distance is around 8.5 miles. The climb back up Giant is a killer.

MONTHLY MONDAY GEOCACHE
Mon, Mar 3, 2014, time TBD, Rating: NR
Sarah King - 744-9348, scubakings@roadrunner.com
Colead: Mo Coutant - 745-7834 or mojim@roadrunner.com
- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. If they aren’t too recent, then Sarah has probably already found them! So we leave it up to Sarah to plan where we go each month. You don’t have to know anything about geocaching to come. It’s just another excuse to get out in the woods. Call or email a few days before to find out the plan!

TUESDAY TREK - [ Walk/Ski/Snowshoe ]
Tue, Mar 4, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- Each week we’ll walk/hike within an hour of the Glens Falls/Saratoga area. We may change to another day of the week if the forecast for Tuesday is not good. So, call or email Monday to check where and when we’ll be going.

EXECUTIVE COMMITTEE MONTHLY MEETING - [ Other ]
Wed, Mar 5, 2014, 7:00 pm, Rating: NR
Laura Fiske - 888-888-8888, lheacox@nycap.rr.com
- Board Meeting- Carl R’s Exit 18

Balhead and Moose Bushwack - [ Hike/Snowshoe ]
Sat, Mar 8, 2014, 6:30 am, Rating: A
Jayne Boulter - 793-3770, bouder@verizon.net
- These two 2,800 ft. mountains dominate north of Stoney Creek, and have views that include nearby Crane Mountain. We’ll go eight miles (six trailless), with a 2,400 ft. ascent, at a moderate pace. The ‘A’ rating stands for ‘all day hike.’

Cross-Country Ski
Sat, Mar 8, 2014, 9:30 am, Rating: C
Reg Prouty - 518-747-9736
- The location of this cross-country ski trip will be fairly close to Glens Falls or Saratoga depending upon snow conditions in the area. Possible locations could be Cole’s Woods in Queensbury, Wilton Wildlife, or several possible locations in the Warrensburg area. Hopefully we will have a lot of good snow base this winter and some nice fresh powder the day of the outing. My preference would be Cole’s Woods as there are numerous loops possible with some good fun filled hills to enjoy.

WINTER FIRE TOWER CHALLENGE - [ Hike/Snowshoe ]
Sun, Mar 9, 2014, 8:00 am, Rating: B
Jack Whitney - 518-793-9210, jack1758@roadrunner.com
- See March 2nd.

TUESDAY TREK - [ Walk/Ski/Snowshoe ]
Tue, Mar 11, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See March 4th

Allen ‘The Big Nasty’ - [ Hike/Snowshoe ]
Sat, Mar 15, 2014, 5:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmallboy55@hotmail.com
- Winter’s most fun hike? Or is it? I’ve had a great time leading this in summer and winter. We should have plenty of daylight for last weekend of winter. It’s 18+ miles, so know your limits. No calls after 7:00 pm night of hike or morning of hike.

Ymg - Goodnow - Firetower Challenge - [ Hike/Snowshoe ]
Sat, Mar 15, 2014, 7:30 am, Rating: B
Jonathan Lane - 744-4594, saratogahiker@infogorp.com
- This is a great peak for beginners and offers a beautiful view of the High Peaks. Round-trip distance is about 3.8 miles with 1040’ elevation change. Moderate, comfortable pace with plenty of time to enjoy the beautiful surroundings. Rain will cancel.

winter fire tower challenge - [ Hike/Snowshoe ]
Sun, Mar 16, 2014, 8:00 am, Rating: B
Jack Whitney - 793-9210, jack1758@roadrunner.com
- See March 2nd

Colvin and Blake - [ Walk/Ski/Snowshoe ]
Sun, Mar 16, 2014, 6:30 am, Rating: A+
Steve Mackey - 793-6484, smackey33@verizon.net
Colead: Rick Lennox - rick@groupw.com
- I know that Mike McLean is leading this in February, but Rick needs them and he can’t make Mike’s trip. We will also try and ski the road if possible, but non-skiers are welcome. It is approximately 14 miles round trip. We plan on going up the regular trail, because I think you can’t take the trail from the lakes anymore, but I will check on it. Plan on being annoyed on how far away Blake is.

TUESDAY TREK - [ Walk/Ski/Snowshoe ]
Tue, Mar 18, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See March 4th...wear some green, it’s close enough to St. Patrick’s Day!

Bats and White - Nose Syndrome Presented By Al Hicks - [ Program ]
TUESDAY TREK - [ Walk/Hike ]
Tue, Mar 19, 2014, 7:00 pm, Rating: NR
Sarah King - 744-9348, scubakings@roadrunner.com
- This program will be held at Crandall Public Library at 7pm. Program Description: In March of 2007 a group of wildlife biologists entered Hailes Cave in Albany County NY to conduct the annual survey of hibernating bats. They came out having witnessed the first casualties of an exotic disease called white-nose syndrome that has since killed millions of bats across the eastern half of the continent and continues to move relentlessly westward. We will discuss the history and current status of the disease and efforts that are underway to combat it.

OK SLIP FALLS AND HUDSON RIVER GORGE - [ Hike/Snowshoe ]
Sat, Mar 22, 2014, 6:00 am, Rating: A-
Nick Ringelberg - 522-6863, nickringelberg@nycap.rr.com
Colead: Jayne Boudier - 793-3770 or bouder@verizon.net
- We'll hike this newly opened area to the beautiful 250 foot OK Slip Falls! Also possible (likely) is a half mile side trail that drops down about 300 feet to where the outlet of the OK Slip Brook meets the Hudson River Gorge. (We might see some whitewater rafters.) And another two mile bushwack to Carters Landing on the Hudson River, site of the disappearing stream! About 10 miles (half of it bushwacking) and 1,200 feet ascent through mature open forest on level to rolling terrain (most of the time). Near Indian Lake. See Steve Mackey's video: View Youtube Video (https://www.youtube.com/watch?v=b2oPl_0hCp8)

EXECUTIVE COMMITTEE MONTHLY MEETING - [ Other ]
Wed, Apr 2, 2014, 7:00 pm, Rating: NR
Laura Fiske - 888-888-8888, lheacox@nycap.rr.com
- Board Meeting-Saratoga Wesley Health Center

MONTHLY MONDAY GEOCACHE
Mon, Apr 7, 2014, time TBD, Rating: NR
Sarah King - 744-9348, scubakings@roadrunner.com
Colead: Mo Coutant - 745-7834 or mojim@roadrunner.com
- See March 3rd

TUESDAY TREK - [ Walk/Hike ]
Tue, Apr 8, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- We'll be doing the Great Range from start to finish...then stop at the Noonmark for dinner and home by 7pm. Seriously...look at the date and then see March 4th.

TUESDAY TREK - [ Hike/Snowshoe ]
Sat, Apr 12, 2014, 9:00 am, Rating: C+
Rich Crommand - 584-2380
- This will be a two-part outing with around two miles of hiking the woods at Denton and then driving to the Hudson Crossing parking area by Lock 5, Schuylerville, also with around two miles of hiking. Easy pace for some bird watching along the way. Meeting place: Denton Wildlife Sanctuary trail head, Northumberland, Rt. 4. Look for black Ford pickup.

ROOSTERCOMB AND SNOW - [ Hike ]
Sat, Apr 19, 2014, 8:00 am, Rating: B+ 
Reg Prouty - 518-747-9736
- These two mountains in the Keene Valley area afford good views of many of the High Peaks. We will ascend Snow first on the way to Roostercomb. Round trip is about six miles with 1,750 feet of ascent and a moderate pace.

TUESDAY TREK - [ Walk/Hike ]
Tue, Apr 22, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- See March 4th

A TASTE OF TANZANIA: TREKS, TOWNS AND SAFARIS NEAR THE ROOF OF AFRICA - [ Program ]
Thu, Apr 24, 2014, 7:00 pm, Rating: NR
Sarah King - 744-9348, scubakings@roadrunner.com
- This program will be held at Saratoga Public Library at 7pm. Look an elephant in the eye, tour the real-life setting of The Lion King, hike through rain forests and moorlands with bizarre flowers and trees, watch the sun rise from Mounts Meru and Kilimanjaro, and meet some of the people of East Africa as Don Berens presents a slide show of his 2013 visit to northern Tanzania's mountains, towns and game parks.

BLUE RIDGE MOUNTAIN - [ Bushwalk ]
Sat, Apr 26, 2014, 6:00 am, Rating: A
Jayne Boudier - 518-793-3770, bouder@verizon.net
- This adventure includes an ex-beaver dam wade, possibly a trail for some of the way, a crash site (for details, read “C-46 crash on Blue Ridge Mountain, NY 1944”), and a 100 Highest mountain. We'll go 10 miles (most of it bushwacking), and 2,400 ft ascent, at a moderate pace. From Mason Lake, Lake Pleasant.

TONGUE MOUNTAIN - [ Trail work ]
Sat, Apr 26, 2014, 9:00 am, Rating: B
Tom Ellis - 636-6139, hola@hughes.net
- The clearing/maintenance work will start at the northern end to Deer Leap. Then we will head south to Clay Meadows. Call leader for more details.
CAT & THOMAS MOUNTAINS - [ Hike ]
Sun, Apr 27, 2014, 9:00 am, Rating: B
Lorraine MacKenzie - 518-791-9794, otczone@aol.com
- The Lake George Land Conservancy has done a fantastic job es-
establishing an enjoyable trail system in this preserve. We will be taking
a newly formed blue trail up to the cabin on Thomas Mountain, stop
to enjoy the view then continue along the ridge onto the summit of
Cat. Its elevation of almost 2,000 ft provides a scenic view of Lake
George. The total loop will be seven miles with approximately 1,000 ft
elevation gain. Rain cancels.

TUESDAY TREK - [ Walk/Hike ]
Tue, Apr 29, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojm@roadrunner.com
- See March 4th

NORTH SADDLE AND SOUTH BAY DIAMETER - [ Paddle/ Camp/Hike ]
Sat, May 3, 2014, 7:00 am, Rating: A
Jayne Boulder - 793-3770, bouder@verizon.net
- May 3-4. These two live on South Bay, near Whitehall. Saturday
we’ll put in at the Route 22 bridge over South Bay, set up camp
somewhere, and paddle to and past the Diameter Cliff. This end of
South Bay is seriously wild and gorgeous- last year we got most of
the way back to South Bay Hamlet, and saw eagles, beaver, osprey,
and spawning Alligator Gar. On Sunday we’ll go up North Saddle
from Devil's Den and have a look at where we were yesterday. 8-10
miles of paddling, and 4-6 miles of hiking, with 1300 ft ascent. See
http://www.governor.ny.gov/press/04232013
- under ‘S’ for Saddles Mountain Preserve.

SPRING BIRD WALK – WILTON WILDLIFE PRESERVE & PARK
Sat, May 3, 2014, time TBD, Rating: C-
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 habi-
tats 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 4.

MONTHLY MONDAY GEOCACHE
Mon, May 5, 2014, time TBD, Rating: NR
Sarah King - 744-9348, scubakings@roadrunner.com
Coeled: Mo Coutant - 745-7834 or mojm@roadrunner.com
- See March 3rd

TUESDAY TREK - [ Walk/Hike ]
Tue, May 6, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojm@roadrunner.com
- See March 4th

EXECUTIVE COMMITTEE MONTHLY MEETING - [ Other ]
Wed, May 7, 2014, 7:00 pm, Rating: NR
Laura Fiske - 888-888-8888, lheacoax@nycap.rr.com
- Board Meeting Carl R’s Exit 18

SLEEPING BEAUTY AND BUMPS POND LOOP - [ Hike ]
Sat, May 10, 2014, 8:30 am, Rating: B
Reg Prouty - 518-747-9736
- This beautiful 7.6 mile loop overlooking Lake George is a favorite in
any season. We will start from Dacy Clearing if the road is open and
from the DEC parking lot if it is not. Ascent is 1,038 feet to the summit
with a moderate pace and lots of time for lunch on top.

SPRING BIRD WALK – PACK FOREST, WARRENSBURG
Sat, May 10, 2014, time TBD, Rating: C-
Rich Speidel - 623-2587
- 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 315 years old. Please bring binoculars. The rain
date is Sunday, May 11.

PHAROAH MOUNTAIN - [ Hike ]
Sun, May 11, 2014, 8:30 am, Rating: B+
Lorraine MacKenzie - 518-791-9794, otczone@aol.com
- We will start at Crane Pond Road, pass Alder & Crane Ponds, then
straight up to the summit. Hopefully we will be too early for the black
flies! If it’s a clear day, we’ll have great views of Schroon Lake, the
High Peaks and Lake Champlain. Maximum distance will be 10
miles, with approximately 1,500 ft of elevation gain. Rain cancels.

TUESDAY PADDLE
Tue, May 13, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojm@roadrunner.com
- This week we will begin the every other week paddle trip. So in-
stead of me during a day trip and evening trip for May and June I’m
going to be doing the paddle in place of the walk/hike each week.
Sometimes it will be in the day and other times in the evening...so
send an email or call Sunday or Monday to find out the where and
when! Usually flat water somewhere within a 1/2 hr of Glens Falls,
but not always!

PEAKED MT. POND AND SUMMIT HIKE
Sat, May 17, 2014, 8:30 am, Rating: B
Rich Cromandond - 584-2380
- This will be a hike to a nice place in the ‘Dacks (hope for good
weather), around 1,100 feet of elevation change and 7.2 total hiking
miles. Cold or cool weather gear and black fly head nets may be
needed. Bring along. Meeting place: Tops Supermarket parking
lot, Main Street, North Creek. Look for the black Ford F150 pickup.
Let’s get’ er done!

TUESDAY TREK - [ Walk/Hike ]
Tue, May 20, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojm@roadrunner.com
- See March 4th

THE ELECTRIC CAR: CHARGING THE WAY TO A CLEAN,
COST-EFFECTIVE DAILY COMMUTE - [ Program ]
Thu, May 22, 2014, 7:00 pm, Rating: NR
Sarah King - 744-9348, scubakings@roadrunner.com
- This program will be held at Saratoga Public Library at 7pm. Chap-
ter member Paul Dietershagen, who has over six months ‘run time’
with a pure electric vehicle, will give an informative presentation on
his experience driving, maintaining, and integrating the electric vehi-
cle into his lifestyle. He’ll discuss the factors influencing his decision
to go all-electric, the pros and cons associated with ownership and
leasing EVs, as well as broach more global questions, such as ‘are
electric vehicles really green?’ and ‘how different is driving an EV
from driving a gas-car?’

SPRING BIRD WALK & CLIMB – PACK FOREST, WARRENSBURG
Sat, May 24, 2014, time TBD, Rating: C
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 Moun-
tain. We will cover a round trip distance of about five miles at an easy
pace, and record the birds identified. Please bring binoculars. The
rain date is Sunday, May 25.

TUESDAY PADDLE
Tue, May 27, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojm@roadrunner.com
- See May 13th
Tuesday Treks  Tue, Dec 3, 2013, Maureen Coutant
- This week we walked along the Hudson River at the Hudson Pointe Preserve. Our mission was to try to do the loop trail across the bridge. We thought we might make it until we reached a point where the river was across the trail with no way to get around it. So we backtracked and walked along the upper ridge trail and approached the bridge from the other direction. This time we were a little closer but the river was across the trail again. But someone had put a board partially across, and with good balance and luck you could make it... poles helped too. Sydney and Steve did some bridge improvement, but not enough to convince the rest of us to risk it! Great day out! 18 Participants: Joanne Armstrong, Carol Barrett, Mo Coutant, Paul Dietershagen, Rich Drew, Sarah King, Eric Krantz, Licia and Steve Mackey, Kathy McMahon, Sydney Morrell, Mary Anne Nyhan, George Sammons, Bill Schwarz, Joanne Szot, Don Thorn, Edna Van Dorten, and Don Washburn.

Tuesday Treks  Tue, Dec 10, 2013, Maureen Coutant
- This week we did a loop trail of Thomas Mountain by going up the new trail and then down the old trail. There was a little bit of snow that made the woods look lovely, but covered up the ice in places. We were glad for our kahtoola grippers and Eric put them on his shopping list when he lost another brand grippers on the way in. We shared and were able to make it up the trail that way. Those are pricey, but well worth the money for outings with ice! We enjoyed the view from the first lookout and again at the cabin. A beautiful day out! 7 Participants: Joanne Armstrong, Mo Coutant, Rich Drew, Eric Krantz, Licia Mackey, Joanne Szot, and Neal Van Dorsten.

Wilton Wildlife Park Hike/Snowshoe  Sat, Dec 14, 2013, Rich Crandomm
- Man, was it cold for this outing, but guidance I had in past years from ADK leaders like Jungle Jim Mosher, Jayne Bouder, Ron Lester and others came in handy, and I passed along some things I learned along the way from them. We all stayed warm but didn’t stop too long either. Highlights of this hike were watching a huge pileated woodpecker, looking at the old wooden silo, and just being with folks who enjoy the great outdoors like myself. A rugged group for sure. 5 Participants: Donna Williams, Kathy Horn, Doug Beers, Herb Phillips, and Rich Crandomm.

Tuesday Treks  Tue, Dec 17, 2013, Maureen Coutant
- This week we skied on the XC trail behind the Queensbury Schools. We’d just gotten a snowfall with enough to ski and we headed out on this cold day (See Steve’s frozen mustache in the web site photo gallery) because warm weather and rain was on the way later in the week. So we skied around the trails and explored a little toward the new trail being worked on to go though the Rush Pond area. It was a great day to be out, even if it was only in the single digits! 10 Participants: Judy Beers, Rene Clarke, Mo Coutant, Bill Glendenning, Eric Krantz, Licia and Steve Mackey, George and Irene Sammons, and Joanne Szot.

- This was the first mountain of the season where we put on snowshoes. This is the farthest mountain north of the Saranac Six. It was a cold, windy day at the summit but the sun was shining. We took several pictures at the top and dropped down off the summit for lunch. We did not climb Azure Mt. as it was getting late in the day. A good day in the woods. 5 Participants: Jen Ferris, Rich Holm, Margie Litwin, Dan Monroe and Jack Whitney.

Winter Saranac 6er Ampersand Mt.  Wed, Jan 1, 2014, Jack Whitney
- Happy New Year! We had a cold, icy start - the temperature was 5 degrees! There was not enough snow for snowshoes so it was time to put on the microspikes. Toward the top it was not only icy, but steep. We made it to the summit where we encountered a little bit of wind. We took several pictures and then retreated down to the bridge where we ate lunch and exchanged stories. We headed for our vehicles and drove to Saranac Lake where we decided to climb Baker Mt. It was a quick hike up dropping temperatures. We made it to the summit, took a quick break and then decided to hike the loop trail back to our cars. 6 Participants: Eric Kimmelman, Dan Pekrol, Francis Willis, Ethan Willis, Dan Monroe, and Jack Whitney.

Annual Buck Mountain New Years Day Hike  Wed, Jan 1, 2014, Reg Prouty and Bob Aspholm
- We worked our way up the back side of Buck from the East side this year using our crampons, as there were icy spots. We arrived on the summit just about lunch time and found a spot out of the wind for lunch and a quick mini-concert from Reg on the pocket trumpet. 8 Participants: Reg Prouty, Judith Goralski, John Goralski, Larry Glasheen, John Susko, Ania Gaguine, Bob Aspholm, and Thomas Kerr.

YMG - Tabletop with possible Phelps add on  Sat, Jan 4, 2014, Jen Shepherd
- It was a frigid early morning start with temps below zero as we left the warm cars behind at the Loj. Only a few people were signed in ahead of us for Tabletop. We set a healthy pace to get warmed up and were removing layers before reaching the Alogonquin junction. Our break at Marcy Dam was cut short by a frigid wind. It was turning out to be an incredibly gorgeous day despite the cold. I wanted to linger and take photos but the cold kept me moving. Shortly after passing the Phelps junction, anyone hiking in the area this morning was started by a sonic boom... something I’ve never heard before! At first we thought it was an avalanche. Not long after our loud scare, we passed a friend on his way back from Tabletop just short of the junction. We got a view and weather report before heading our respective ways. The trail to the summit of Tabletop was soft powder and nicely broken out by the few people that had gone in ahead of us. As we climbed higher and turned around, the view we were treated to was absolutely stunning. We couldn’t have asked for a more crystal clear day! I was numb from the cold and feeling battered by the continuous wind determined to steal any warmth I could produce but I couldn’t help stopping to turn around frequently and admire that view! The summit was rather blustery, as promised, but it didn’t stop us from getting the usual summit photos and lingering an extra minute before a hasty retreat! Okay, others lingered and I flew back down the trail faster than I’ve ever moved before desperate to reach a slightly more wind-less lower elevation while the rest of my group followed. Lunch was a quick break back at the Tabletop junction before continuing back towards Phelps. Three people were still full of energy and ready to enjoy the second peak of the day, I sent them on while I accompanied the remaining two hikers back to the parking area. Reports from Phelps were stunning views and an enjoyable pink sky from the setting sun during the trip back to meet up with me. Shout out to the Albany chapter for braving the overly windy exposed summits of the
Macs, some of whom I had the pleasure of waiting with at the Loj for our remaining hiking parties. There were six participants on this trip including a first timer, who not only did very well, but also got his first two winter High Peaks ... congrats Dominic! Big thanks to Wayne for accompanying the Phelps group while I hiked out. Thank you to everyone for coming out and making for a memorable day on the trails! 6 Participants: Jen Shepherd, Leighann Helson, Wayne Richter, Dominic Romani, Dan Kemp, and Mark Oliviero.

Winter Saranac 6er Challenge McKenzie and Haystack

- We were originally planning to do McKenzie and Haystack this day; however, due to a less than ideal weather forecast we decided to climb Scarface instead. We started the day wearing our microspikes due to the icy conditions. It was a gradual start, which after a mile or so started to climb up to the shoulder, then another climb up to the summit and then the flat walk over to the viewless real summit. After a short break we headed back down to our vehicles and tried to stay ahead of the storm (unsuccessfully) back home. 8 Participants: Dan Pekrol, Francis Willis, Ethan Willis, Rich Holm, Eric Kimmelman, Dan Stec, Dan Monroe, and Jack Whitney.

Monday Geocache Mon, Jan 6, 2014, Sarah King and Mo Coutant

- Today we decided to explore a new nature preserve in Stony Creek. Dean Farm Heritage Trail is right next to Stony Creek Historical Association on Murray Road in Stony Creek. There's a new sign and trailhead in the parking lot, which was a sheet of ice the day we were there. We really didn't need showshoes and micro spikes were really just needed in the parking lot. There were three new caches that we were there to hunt. One involved sliding on our backs under a bridge (glad the ground was frozen), another one near a bench along the trail, and the third was near a nice wooden viewing platform over Stony Creek. There were a lot of bridges and platforms here. The trail was both on open rolling hills, which were nice and sunny that day, and through the woods. It took us an hour to find the caches and leisurely walk throughout the preserve. 3 Participants: Mo Coutant, Sarah King, and Licia Mackey.

Tuesday Treks Tue, Jan 7, 2014, Mo Coutant

- We actually went out Wednesday instead of Tuesday since it was the worst day of the 'Polar Freeze.' It wasn't balmy on Wednesday, but without much wind and lots of layers the single digits felt fine. We explored the trails in the Rush Pond Area of Queensbury. It's the wetland you see across from the Great Escape as you are driving south on I-87. John Strough, Queensbury Supervisor, and friends have been volunteering their time and building lovely foot bridges and advocating for a recreational trail through there for years, maybe even decades. This past year they've made some real progress and we were all impressed! 8 Participants: Mo Coutant, Sarah King, Licia Mackey, Andrew Paolano, Bill Schwarz, Joanne Szot, Johanna and Laurie Williams.

Northwest Bay Uplands Sat, Jan 11, 2014, Jayne Bouder

- This hike was switched from rainy Saturday to partly sunny Sunday. After tramping down the snow bank between the road and trailhead for Nick's 4WD truck, we found the trail ablaze with many newly added trail-markers (Now the challenge of finding them has moved south of Pole Hill Pond). We were glad to see the original canvas strip markers were still left, as relics or maybe because they're so hard to spot. And there's signage-State Mountain has been added to the fun! So now the tract has 2 1/2 mountains with views, along with one beautiful pond and (more) signage indicating that there is a reasonable portage to it from Padanaram Road! It sure has changed a lot since last year! (Maybe next year there will be a plowed parking lot and a sign-in box). Beautiful Place! We had a great day, all day! 3 Participants: Jayne Bouder, Jean Holcomb, and Nick Ringelberg.

Winter Saranac 6er challenge Scarface Mt. Sun, Jan 12, 2014, Jack Whitney

- This trip was changed to McKenzie & Haystack since we climbed Scarface last week. There were spring conditions down low but as we started to climb McKenzie the ice changed from soft to hard. We encountered several steep, icy sections, which we carefully worked our way through. Then there were several ups and downs to the summit. We had to use a rope just before the summit to scramble up and down. It was very windy on the summit, so it was a quick exit off. All the look-outs were blocked off due to the icy conditions. It was a steep scramble down and then we headed over to Haystack, the second summit of the day, and the final Saranac Six for Dan Monroe and me. Arriving back at our vehicles, we then drove into Saranac Lake so that Dan and I could ring the bell and sign the register. 8 Participants: Dan Pekrol, Francis Willis, Ethan Willis, Rich Holm, Eric Kimmelman, Dan Stec, Dan Monroe, and Jack Whitney.

Catamount Cliffs Sat, Jan 18, 2014, Jayne Bouder

- Long playful otter slides and tracks were along our way down to Fly Brook, clear in the dusting on top of the crusty frozen snow. Our tracks looked more laborious. The for-many-years-dependable deadfall jam across Fly Brook was down to one icy log ending with a waterfall, so we scouted upstream a-ways to a fallen large yellow birch, with enough crown and ice chunks to get us across dryly. We cruched most of the way up in the shade of Catamount, then climbed into the sunshine, and slush-thin enough to glue it and leaves to our points as we navigated a second, taller steep hill. Two bounding deer up the slope made easy of what was, for us, the adventure of the day. Lunch was leisurely while we calculated daylight left, and bid the Cliffs adieu. We had an enthusiastic conversation going, about BMW motorcycles and touring, on the way back. Beautiful day, better than forecast! 9 Participants: Jayne Boudor, Rachel Sloan, and Keith Strack.

Haystack Sat, Jan 18, 2014, Steve Mackey

- We got to the ‘Garden Trailhead’ around 7:20 with around six vehicles, and unfortunately, there wasn’t even one parking space left. We then decided to drive all the way to the LOJ and hike Haystack via the Van Hoevenberg Trail. It was going to add a couple of miles and quite of bit of elevation, but there wasn’t a lot of options. The trail was icy and everyone wore their micro spikes until we were most of the way up Marcy. We
all stopped at Indian Falls and were treated to spectacular views of the MacIntyre Range. Some of us bushwhacked a short cut to the range trail and luckily it was pretty short, because it was also really thick and ugly. We then snowshoed the rest of the way to little Haystack. There were climbers coming back that advised us to switch to crampons, so we all got to use all our gear. There were clouds slowly coming in, but we still had outstanding views in every direction. Skylight and Marcy were especially spectacular. We all lined up and raised our hiking poles and Heather came through our arch and officially finished her long quest. I just finished filling out her winter 46 form and I noticed that she did four winter peaks back in 1997 when she was 9 years old. It was a great day and many thanks to all my old and new friends that came along. 12 Participants: Jungle Mosher, Wayne Richter, David Charles, Cecilia Ewert, Jen Shepherd, Rick Lennox, Bernie Yelle, Ben Yelle, Patrick Reilly, Mike Fuller, Steve and Heather Mackey.

Saranac 6er - Ring The Bell  Sun, Jan 19, 2014, Jack Whitney
- Change of plans. Since we had finished the Saranac Six the previous week, we decided to climb a fire tower mountain this week. Our choice was Mt. Adams and what an adventure it was. Powdered snow at the bottom and treacherous ice on the upper half of the trail. Going up was an adventure. Coming down was exhilarating; a feeling that still lingers a week later! A tough but good day in the mountains. 4 Participants: Dan Monroe, Dan Pekrol, Pat Desbiens, and Jack Whitney.

Tuesday Trek  Tue, Jan 21, 2014, Mo Coutant
- If we waited for the temps to get into the teens, we wouldn’t have gone out the past couple of weeks! Undaunted by the temperature hovering just above zero, we bundled up and walked along the trails in the Skidmore North Woods. This has definately been a winter season for grippers and bundling up! We’ve gotten pretty good at bundling and were all warm to even temperature hovering just above zero, we bundled up and walked along the trails in the Skidmore North Woods. This has definately been a winter season for grippers and bundling up! We’ve gotten pretty good at bundling and were all warm to even

Pyramid & Gothics  Sat, Jan 25, 2014, Steve Mackey
- First the bad news, the view from Pyramid is one of the finest views in the High Peaks, and we got zero views. Now all the good news, the skiing was way better than expected and we got to wiz out in record time. Sydney got her first High Peak and her first Winter High Peak at the same time. Rainbow Falls was its usual spectacular self. There were all kinds of recent beaver activity to see along the Ausable Trail. We heard a Great Horned Owl on the way out. Last but not least, the climb up Pyramid from the Sawteeth intersection is still as steep as advertised, and the wind was as strong as advertised. 4 Participants: Mike Fuller, Jesse Cole, Sydney Morrell, and Steve Mackey.

Stillwater Locks Eagle Watch Hike/Snowshoe  Sat, Jan 25, 2014, Rich Crammond
- The snow was flying and the cold air was biting but the eagles where nowhere to be seen. We dressed warmly so a good time was had anyway. Highlights of this outing were glassing other smaller birds, and shaking of them cabin fever blues by hiking along with good people and being near the old home town. 4 Participants: Jean Holcomb, Saidie Crammond, Debbie Crammond, and Richie Crammond.

Winter Fire Tower Challenge  Sun, Jan 26, 2014, Jack Whitney
- We went to Black Mt, staying close to home since it was another cold day. There was about 3 - 4 inches of snow on the ground. It was one of those days where you didn’t feel like getting out of bed but after conquering that roadblock, it was a good workout getting to the summit. We didn’t stay long due to the cold and decided to head back down the same way we came up rather than making it a loop trip. 4 Participants: Charlotte Smith, Dan Pekrol, John Susko, and Jack Whitney.

Tuesday Trek  Tue, Jan 28, 2014, Mo Coutant
- We’d gotten a couple of inches or so of snow on the weekend, so we had to try out the skiing while we could. We headed up to Cronins in Warrensburg to ski along the Hudson River and check out the ice jam. It’s a beautiful place to ski and so generous of them to allow public access. We also enjoyed all the bird houses and stands put up for Osprey or Eagles to use for nests. We skated around the course a couple of times (Steve) and a little less for the rest of us. Then we drove up to RT 28 along the river to check out the river ice and then back to The Willows in Warrensburg for lunch and paper snowflake making. 8 Participants: Mo Coutant, Paul Dietershagen, Liz Gee, Bill Glendenning, Eric Krantz, Licia and Steve Mackey, and Rick Morse.

Monthly Geocache Outing  Mon, Feb 3, 2014, Sarah King and Mo Coutant
- This month we had a nice walk around Palmer Pond. We just needed our grippers this day. We found all the caches we were looking for on this adventure. Thanks to Sarah’s tools and determination we were able to chip the ammo box out of the ice that had built up on the bottom and partially on it's sides. She wasn't going to leave it unsigned!! Great day out as always! 3 Participants: Sarah King, Mo Coutant, and Licia Mackey.

Tuesday Trek  Tue, Feb 4, 2014, Mo Coutant
- This week we decided to go up to Lake George and do a mixed outing. Some of us attempted to skate on the oval that Duffy’s has been clearing while the other 1/2 of the group XC skied up the east side of the lake for awhile. The oval had been perfectly smooth the week before, but I didn’t take into account that in between was winter carnival and some dim snowmobilers would drive on the skating oval and ruin it! We made our way across the lake to another area that was being cleared and skated there before returning to meet up with the skiers who reported better conditions than expected! The we walked over to Cafe Veros for a nice lunch by the fireplace! Perfect day...sunny, no wind, good company! 8 Participants: Mo Coutant, Paul Dietershagen, Bill Glendenning, Nancy Kimball, Licia Mackey, Sydney Morrell, Bill Schwarz, and Joanne Szot.

Additional reviews can be found on our chapter web site at adk-gfs.org by clicking on “Reviews” in the Chapter Links.
**Upcoming ADK Skills Workshops**

**GPS 101**  
**March 9** (Lake Placid)  
This course will provide an introduction to Global Positioning Systems. We’ll discuss how GPS works, including coordinate systems and other associated terminology, and explains the uses and limitations of GPS. Throughout the course, we’ll go outside and conduct field exercises to solidify our new skills.  
Location: Heart Lake Program Center (Lake Placid) or Member Services Center (Lake George)  
Cost: $72 (Members receive 10% discount) includes instruction and use of equipment

**Map & Compass Fundamentals**  
**March 16**  
This is a great refresher course or a good place to learn the basics of map and compass skills. This course offers an introduction to the fundamentals of map reading, identification of terrain features, compass use, and triangulation. You’ll go home with much more confidence in your ability to use a map and compass when it really counts!  
Location: Heart Lake Program Center (Lake Placid)  
Cost: $72 (Members receive 10% discount), Includes instruction and use of materials

**Wilderness First Aid**  
**March 29-30, 2014**  
This intensive course with Wilderness Medical Associates teaches students how to deal with medical emergencies when they are miles from help. The classes offer hands-on scenarios and lecture structure, through which students will learn to assess patients and become certified in wilderness first aid, CPR, and anaphylaxis training. Class time will be spent both inside and out.  
Location: Heart Lake Program Center  
Cost: $240 includes instruction and materials.  
Package: $330 includes instruction, materials, meals, and lodging for two nights.

**Wilderness First Responder**  
**April 6 – 13, 2014**  
These intense courses with Wilderness Medical Associates teach students how to deal with medical emergencies when they are miles from help. Wilderness First Responder (WFR) is the ideal medical training for outdoor educators, guides, SAR team members, and others who work or play in remote areas. The curriculum is comprehensive and practical, including the essential principles and skills required to assess and manage medical problems in isolated and extreme environments. All eligible students who successfully complete the course will receive Wilderness Medical Associates’ Wilderness First Responder, Anaphylaxis, and Healthcare Provider level CPR certifications. Class time will be spent both inside and out.  
Location: Heart Lake Program Center  
Cost: $695 includes instruction and materials.  
Package: $895 includes instruction, materials, meals, and lodging for 8 nights.

*To register for any of the above call 518-523-3441 or log on to www.adk.org, click on “education” and “guided trips and workshops.”*
Outings Instructions:  For more information see “Chapter Handbook” on our website’s Chapter Links

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 is the meeting spot 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 0.5 miles 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 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 STRENUEOUS OUTINGS UNLESS YOU HAVE DONE THAT ACTIVITY REGULARLY (and recently and are in good shape as necessary for that outing). *An ADK Liability Waiver must be provided by the 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. — please do not wear 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!

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 can 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.

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.

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 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 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, 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 STREET to the first, traffic light. LEFT onto SPRING STREET 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 STREET (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. Parking as described above.
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!

Reminder:

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