



Chepontuc Footnotes

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

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

GLENS FALLS — SARATOGA CHAPTER ADIRONDACK MOUNTAIN CLUB Annual Dinner 2016

Friday, October 14
Embassy Suites by Hilton
86 Congress Street
Saratoga Springs, NY 12866
Cash bar 6:00 Dinner 7:00
\$32.00 per person

**Featuring: Jocelyn Songer, aka Patches,
neuroscientist, engineer and accomplished
hiker and photographer.**



When Jocelyn Songer developed occupational asthma her doctors gave her a choice, she could either keep breathing, or she could continue pursuing her scientific dreams in the faculty position she loved. Sick and tired of letting her asthma control her life, Jocelyn decided to leave her position as junior faculty at Harvard Medical School to pursue her childhood dream of an Appalachian Trail thru-hike. Join us as Jocelyn shares breathtaking photos and inspirational stories from her solo thru-hikes in, **"Confessions of an Asthmatic: The Appalachian Trail and Beyond."**

Jocelyn Songer is a maverick neuroscientist/engineer with a Ph.D. from Harvard and MIT and an abiding love of throwing a

pack on her back and heading off on an adventure. This has led her to mountain summits around the country and around the world including the summits of Kilimanjaro in Tanzania, Mt. Rainier in Washington, Mt. Whitney in California, Cerro Chirripo in Costa Rica, and Yariagatake in Japan. Jocelyn first set her sights on long-distance hiking in 1998, completing a southbound thru-hike of the Long Trail in Vermont, and has now completed solo northbound thru-hikes of both the Appalachian Trail (2013) and the Pacific Crest Trail (2014).

Through all of her adventures she's had three constant companions: her backpack, her camera (patchesthru on instagram), and her journal (patchesthru.com).

**Glens Falls — Saratoga Chapter ADK
Annual Dinner 2016
Friday October 14th**

\$32.00 per person

6-7 pm Cocktail Hour/Cash Bar

House garden salad

Choice of entrée with vegetable, potato or rice:

Sliced Roast Top Sirloin ~ Rosemary Demi Glace

Chicken Roulade ~ Orange Thyme Jus

Baked Salmon ~ Citrus Beurre Blanc

Butternut Squash Ravioli ~ Sherry Cream Sauce

Vanilla Bean Cheesecake ~ Coffee and Tea

Reservation Instructions

1. All reservations must be PREPAID and RECEIVED BY Thursday October 6th.
2. Sorry, phone reservations can not be accepted—use mail form below.
3. Please make checks payable to: GLENSFALLS-SARATOGA CHAPTER ADK.
4. Mail reservation form (below or @ www.adk-gfs.org) and check to:
Steve Mackey, 21 MacArthur Drive, Glens Falls, NY 12801
5. We do not mail confirmations back to you. For more info, contact:
annualdinner@adk-gfs.org or Anne Paolano: 518-744-6359

ANNUAL DINNER RESERVATION		Your phone _____			
		Your email _____			
NAME(s) (please print clearly for your name tag)		Dinner Selection (please check one)			
		Beef	Chicken	Fish	Veggie
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____

September program



Camino de Santiago

At 80 years old, Dr. William Tedesco, a longtime Glens Falls physician, decided to walk a 500-mile spiritual pilgrimage across Spain on the historic Camino de Santiago, in part to raise money for local hospice care and reflect on the passing of his wife.

Dr. Tedesco retired after 50 years as a Family Physician in Glens Falls, but is still involved in Hospice and Palliative Care at the Glens Falls Hospital and in the community. The following is a description of what he wrote of the Camino. In his talk, he will speak about the history of the trail and its global significance today.

“One could describe the Camino as a sort of metaphor of how we should, but rarely do, lead our lives in a busy world, walking everyday toward the horizon, carrying no "baggage," except what we require for our own personal needs, leaving oneself open to whatever comes around the next curve in the path and knowing there are others doing the same thing, who are willing to help you along the way. Walking forward without ever turning around or looking back until you reach your goal (Santiago), is an amazing feeling. Of course, knowing there is a shower, a bed, and good food and drink at the end of the day also helps. You just need to be willing to live outside of your comfort zone for about 40 days and nights or so.”



Date: Wednesday, Sept. 21, 2016

Place: Crandall Public Library at 7pm

*Program: The Camino de Santiago with
Dr. William Tedesco.*

May 2016 - New Members

Leslie Beadle, Saratoga Springs
 Kylie Bissell, Ballston Spa
 Mark & Brandon Bramer, Queensbury
 Mercy, Matthew & Madeline Daeimiller, South Glens Falls
 Hallie Ehlen, Northville
 Kevin Flynn, Saratoga
 Robert & Jacquiline Hayes, Scotia
 Kristen Jenny, Ballston Spa
 Heidi Kaufmann, Lake George
 Shannon Kete & John Walker, Saratoga Springs
 Mike Marsh, Queensbury
 Taryn Matusik & Robert Krydowski, Saratoga Springs
 Muralitharan R. Subramaniam, Dashayani Sangaran,
 Lavannya Muralitharan & Theyvastre Muralitharan,
 Clifton Park
 Joan Rech, Queensbury
 Rod Sprattling & Jill Ramos, Saratoga Springs
 Evan Sullivan, Lake George
 Clayton Wheatley, Gloversville
 David & Rae Whitehead, Ballston Spa

May 2016 - Rejoined Members

William, Maureen, Luke & Catherine Bergan,
 Saratoga Springs
 Mark, Levi, Garrett & Zachary Cummings, Salem
 Valerie Keen, Mechanicville
 Ruth & Sandy Lamb, Queensbury
 Tom, Heather & John Lapham, Queensbury
 Dennis & Tricia MacElroy, Queensbury
 Karen Markham, Ware, Massachusetts
 Norene Montgomery, Queensbury

Carol Newhouse, Ballston Spa
 Patricia Mallory, Timothy, Chris & Ali Pehl,
 Saratoga Springs
 Kirstie, James & Abbey Szlasa, Gansevoort

June 2016 - New Members

Vicki Bachmann, Wilton
 Todd Bishop & Laura M. Perez, Saratoga Springs
 Jackie Bogardus, Queensbury
 Rachel Corry, Lake George
 Paul Dausacker, Saratoga Springs
 Richard Gorman, Jr. Greenfield Center
 Abby Hellman, Saratoga Springs
 Jason Lapoint, Athol, New York
 Kyle Mohen, Glens Falls
 Sonja & Isabella Rossi, Saratoga Springs
 Kate Schlesier, Porters Corners
 America Vasquez, Fort Edward
 Dennis Wilson, Clifton Park
 Windy Wyczawski, Saratoga Springs

June 2016 - Rejoined Members

John, Sandi, Benjamin & Liza Balet, Malta
 William Brown & Sheila Tuttle, Fort Ann
 Anne Downes & Laurie McDermott, Saratoga Springs
 Scott, Elizabeth, Sergei & Sasha Evans,
 New York, New York
 Denise & Richard Galarneau, Saratoga Springs
 Chris Hann, Porters Corners
 Derek, Rose & Julia Loomis, Clifton Park
 Kenneth Madej, Burnt Hills
 Arthur, Mary, Joseph, Matthew & Katherine Prostick,
 Saratoga Springs

Contact us

Executive Committee Officers:

Chapter Chair John Caffry
 Phone: 798-0624 chapterchair@adk-gfs.org

First Vice Chair ***vacant***

Second Vice Chair Maureen Coutant
 Phone: 745-7834 vicechair@adk-gfs.org

Secretary Kathi Noble
 Phone: 668-3046 secretary@adk-gfs.org

Treasurer Steve Mackey
 Phone: 793-6484 treasurer@adk-gfs.org

Directors: director@adk-gfs.org
 Phone: 692-8579 Tammara Van Ryn
 Bill Wasilauski
 Dan Kane

Past Chapter Chair: Laura Fiske
 Phone: 884-0345 pastchair@adk-gfs.org

Committee Chairs:

Conservation Aimee Rutledge
 Phone: 401-529-5034 conservation@adk-gfs.org

Education Linda Ranado
 Phone: 696-7625 education@adk-gfs.org

Hospitality Gretchen Steen
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Annual Dinner Coordinator Anne Paolano
 Phone: 798-3055 annualdinner@adk-gfs.org

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Web site George Sammons
 Phone: 743-9692 webmaster@adk-gfs.org

Wilderness Jim Schneider
 Phone: 581-9367 wilderness@adk-gfs.org

Young Members Group Steve Lashomb
 Phone: 315-783-7698 ymg@adk-gfs.org

Non-Voting Volunteers:
Fire Tower Correspondents
 Phone: 668-3046 Kathi & Tim Noble

We're glad to see that people are hiking the newly renovated Stillwater tower and have already added it to their lists. Several recent finishers have included it as part of their challenge. It's an easy hike. We did it with our 3-year-old great niece who went up and down all by herself. She was so proud of what she did and we hope that we've given her the hiking bug. There are nice views, but you have to go up the tower in order to see them. On a clear day you can see the windmills on Tug Hill Plateau, Stillwater Reservoir and views all the way to the high peaks.



Congratulations to the following people for completing the fire tower challenge:

Barbara Blum Brant Lake, NY
Rachel Walkden Weehawken, NY
Donna Jackson Brooklyn, NY
Laura Lane Warrensburg, NY
Thomas Rossner Schenectady, NY
Brett LeBlanc Old Town, ME
Corinne Michaud-LeBlanc Old Town, ME
Christopher Roberts Ballston Lake, NY
Steve Shumway Jay, NY
Fran Shumway Jay, NY
Matthew Ledwith Clifton Park, NY
Marina L. Jacqueway Schenectady, NY
Jill Thomson Schenectady, NY

Peter Brown Schenectady, NY
Christopher Caprood Northville, NY
Mary Jean Bland Jay, NY
Betsy Gengel Lake Placid, NY
Ellie McAvoy Wilmington, NY
Susan Sties Tupper Lake, NY
Jim Kennard Fairport, NY
Chris Apa Niskayuna, NY
Anabelle Apa Niskayuna, NY
Heather Hosier Scotia, NY
Andrew Flynn Oswego, NY
Timothy Weber Cicero, NY

Education Corner

The Glens Falls-Saratoga Chapter of the Adirondack Mountain Club is seeking applicants in the 11 to 17 age group to sponsor for the 2017 camp season. The chapter pays the \$350 fee for selected youths to spend a week at either of DEC's environmental camps, Colby near Saranac Lake or Pack Forest just above Warrensburg.

For those in the older age range who prefer a more rugged experience which includes five days out in the woods with hands-on experience learning the ins and outs of trail maintenance, ADK's headquarters offers its own Teen Trail program. Selected applicants here will have a choice of five possible locations which in the past included the High Peaks

area, portions of the Northville-Placid Trail and the Lake George area, though several other areas fall into consideration dependent upon need.

Those interested may go to the chapter home page at adk-gfs.org. On its left hand side, under the Departments heading, click on the education link to read more about these camp programs and to download applications and receive contact information.

DEC applications **must** be in by December 21st as DEC is opening up its registration in January and acceptance will be on a first come, first served basis and registration must be done by the chosen candidate.

Voting for Chapter Officers at annual meeting / dinner Friday, October 14, 2016

At the annual meeting, held this year at the Embassy Suites, 86 Congress Street in Saratoga Springs on Friday, October 14, 2016, 7 pm chapter members will be invited to vote for the new officers. The nominating committee presents the following candidates for 2016.

<u>Chapter Chair:</u>	John Caffry (re-election)	<u>2nd Vice Chair:</u>	Maureen Coutant
<u>Treasurer:</u>	Steve Mackey (re-election)	<u>Secretary:</u>	Kathi Noble
<u>Directors:</u>	William Wasilauski and Tammara Ryn (re-elections) & Dan Kane		

Please see below for the biographies of these nominees. **Additional nominations, in writing, may be submitted, by any member entitled to vote, to Maureen Coutant, chair of the Nominating Committee, by close of business on Friday, September 30, 2016. Such nominations must be signed by no fewer than twelve voting members.** In the event of more than one candidate being voted into any given office the following procedure will commence at the annual meeting:

a) the Secretary will furnish a ballot containing the names of all nominees, arranged in alphabetical order, as candidates for each office. This ballot will be the exclusive means of voting for officers and directors.

b) the successful candidate for each position will be determined by a simple majority of the votes cast. For chapter members who are unable to attend the annual meeting in person, an absentee ballot will be furnished to voting members upon written request to the Secretary. These votes will be counted if received by the Chapter Secretary prior to the annual meeting.

Please note there is a vacancy for the 1st Vice Chair positions. Please consider helping out your local chapter by considering filling this position. Contact Maureen Coutant for more information.

John Caffry

I have been an ADK member since 1985, and have been the Chapter Chair for the past year. I have also served ADK in many other capacities, such as member of Chapter Executive Committee since 1987; former Chapter Publicity Committee Chair and Second Vice Chair; Chapter Secretary since 2006; former member of ADK Board of Directors and Executive Committee; former chair of ADK Headquarters Committee; current member (since 1988), and former chair, of ADK Conservation Committee, and participated in the Adopt a Lean-to program for 10 years. I am a native of Glens Falls, currently living there with my wife, Ellen. I am a member of the Caffry & Flower law firm in Glens Falls. Occasionally, I can find time for hiking, paddling and all varieties of skiing.

Maureen Coutant

I have been an active member of ADK-GFS since the early 1990s. I've led hikes, chaired the nominating committee, served in the Vice Chair positions, and as the Chapter Chair twice. For the Club, I chair the Lake George Property Committee and organize workdays. I've helped out with other nonprofits and know that it's hard to find volunteers, so I'm always willing to help out when I can. As Vice Chair, I help the Chapter in any way that I can and that will hopefully include finding someone willing to become 1st Vice Chair in 2017 (or by the end of 2016) to learn about the Executive Committee and be able to fill in when John's term expires. I'll stick around and give you a hand!

Steve Mackey

I have been an active member with the Glens Falls/Saratoga Chapter since the early 80s. I served as Conservation Chairman for a couple of years back when the “Crane Pond Road Closure” and the “Big Cedar Swamp & Earltown” were big issues. I also have participated in the Adopt- a- Lean-To program, with “Jungle” Jim Mosher, taking care of Ward Brook Lean-to, for over twenty five years. I lead hikes regularly and am the “Winter Weekend Coordinator”. I own and operate the Luzerne Market and have been in business for 35 years.

Kathi Noble

I have been a member of the ADK for many years, becoming involved with the Glens Falls /Saratoga Chapter since 2011 when my husband and I took over as Fire Tower Challenge Correspondents. I recently retired after 34 years of teaching special education. I fill my days hiking, biking, skiing, paddling and many other outdoor activities. I also volunteer at a local food pantry and as a ski instructor at the Double H Winter Adaptive Ski Program.

William Wasilauski

I have been a member of the ADK, Glens Falls/Saratoga Chapter since 2008. I have enjoyed participating in many club outings, events and activities. As an ADK member, I have volunteered for the RAGNAR Relay for the past 3 years. I do trail work with the 46ers and participated in ADK’s 2015 National Trails Day Event at Cranberry Lake. After retiring several years ago, I now work for the NYS Department of Homeland Security & Emergency Services (Disaster Assistance). In my free time, I like to walk, hike, ski (Alpine & Nordic), and go fishing.

Tammara Van Ryn

I am the executive director of the Land Trust Accreditation Commission and works with land conservation organizations across the US from an office in Saratoga Springs. I have extensive experience in nonprofit governance and management and knowledge of conservation issues in New York and beyond. I have been a member of the ADK Glens Falls/Saratoga chapter for many years and loves to hike and canoe. I became a director in 2016 to combine my passion for the Adirondacks with my knowledge of nonprofits.

Dan Kane

I have been an ADK-GFS member and an ADK 46r for a number of years. I am retired after working for the Warren County Planning and Community Development Department for over twenty years as County Planner and as a Government and Social Studies teacher for 14 years at Queensbury High School. For the past 30 years, I have also been employed as a NYS licensed realtor with ReMax in Queensbury. I have been a high school varsity basketball referee for 39 years and volunteer with community service organizations in the Qsby-GF area along with my Therapy Dog, Marcy. For ADK, I am active as a volunteer Summit Steward, Winter Host at JBL, Campground Host at Heart Lake, Trails Committee Vice Chair, member of the Ad-hoc Marketing Committee, and I am currently serving as a Director on the Board representing the Glens Falls –Saratoga Chapter.

Date	Day	Type	Destination	Leader(s)	Rating
September					
6	Tue	Paddle	Tuesday Evening Paddle	Maureen Coutant	NR
7	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
10	Sat	Hike	Big Slide via the Brothers	Bill Morse	B+
10	Sat	Hike	Indian Head and Fish-hawk Cliffs	Reg Prouty	B
11	Sun	Hike	Dix Mountain	Wayne Richter	A+
12	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
17	Sat	Hike	Moxham Mountain	Rich Crammond	B
18	Sun	Hike	Redfield & Cliff Mts.	Ron Lester	A+
18	Sun	Hike	Amy's Park - RTL	Lorraine MacKenzie	B
20	Tue	Paddle	Tuesday evening Paddle	Maureen Coutant	NR
21	Wed	Program	The Camino de Santiago with Dr. William Tedesco.	Sarah King	NR
24	Sat	Hike	Marshall and plane crash site	Mike Fuller	A+
25	Sun	Hike	North Saddle, Whitehall	Jayne Boudier	A
27	Tue	Hike	Hurricane Mtn - Fire Tower hike	Maureen Coutant	B
October					
1	Sat	Hike	More of Moreau	Bill Schwarz	B
2	Sun	Hike	Nun-da-ga-o Ridge and Hurricane	Wayne Richter	A
3	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
4	Tue	Paddle	Tuesday paddle	Maureen Coutant	NR
5	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
8	Sat	Hike	Queensbury Land Conservancy Trails=Pick Two TBA	Reg Prouty	C
14	Fri	Other	Chapter Annual Dinner	Anne Paolano	NR
15	Sat	Hike	Mount Marcy	Steve Mackey	A+
15	Sat	Hike	Gore Mountain Fire Tower Hike	Rich Crammond	B+
16	Sun	Hike	Round Pond from Sharps Bridge Campground	Bill Schwarz	B
18	Tue	Paddle	Tuesday Paddle	Maureen Coutant	NR
22	Sat	Hike	Mt. Colden via Lake Colden	Bill Morse	A
25	Tue	Hike	Goodnow Mountain - Fire Tower hike	Maureen Coutant	C+
November					
1	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
2	Wed	Other	Executive Committee monthly meeting	John Caffry	NR
5	Sat	Hike	Pitchoff Traverse	Reg Prouty	B+
7	Mon	Geocache	Monthly Monday Geocache	Sarah King, mo Coutant	NR
8	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
15	Tue	Hike	Tuesday Outing -FTC hike	Maureen Coutant	NR
16	Wed	Program	Monthly Program	Sarah King	NR
19	Sat	Hike	Five Mile Pt. Tongue Mt. range	Bill Morse	B+
22	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR
24	Thu	Hike	Turkey Trot #18 Saratoga Battlefield	Rich Crammond	C+
29	Tue	Walk/Hike	Tuesday Outing	Maureen Coutant	NR

Outings Detail

TUESDAY EVENING PADDLE

Tue, Sep 6, 2016, 5:15 pm, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- We will be paddling within an hour of Glens Falls.

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Sep 7, 2016, 7:00 pm, Rating: NR
John Caffry - chapterchair@adk-gfs.org
- Board meeting at Crandall Library in the Holden Room (2nd floor of the library).

BIG SLIDE VIA THE BROTHERS - [Hike]

Sat, Sep 10, 2016, 6:30 am, Rating: B+
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- We will hike Big Slide going over the Brothers. It is 4 miles to the top with an elevation gain of 2,800 feet. We can then determine our return route. It could be either back over the Brothers, via the Slide Brook Trail which is 5.5 miles, or over Yard Mt. which is 7.1 miles. You will meet me at exit 29, Frontier Town, at 6:30. Those coming from the south can meet at Panera at 5:45 and then go to exit 29. Leader may bring dog.

INDIAN HEAD AND FISH-HAWK CLIFFS - [Hike]

Sat, Sep 10, 2016, 8:00 am, Rating: B
Reg Prouty - 518-747-9736
- This is one of my favorite loops in the Ausable Valley with breathtaking views of both Ausable lakes and much of the great range. It is about 10 miles round trip with only 730 feet of ascent. We will return via the Gill Brook Trail to the Lake Road.

DIX MOUNTAIN - [Hike]

Sun, Sep 11, 2016, 6:00 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
- Dix is another favorite peak with spectacular views. We'll go in from Route 73. If the weather is good and the group is up for it, we can consider taking the herd path to Hough and back. Dix is a 13.6 mile round trip with 3,200 feet of elevation change. Hough would add more great views along with about two more miles and 1,000 feet of elevation.

MONTHLY MONDAY GEOCACHE

Mon, Sep 12, 2016, 9:00 am, Rating: NR
Sarah King - 518-798-0615, 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. 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!

MOXHAM MOUNTAIN - [Hike]

Sat, Sep 17, 2016, 9:00 am, Rating: B
Rich Crammond - 518-584-2380
- This was a nice hike last year except for the ground bees by the trail. It's 5.4 miles round trip with some ups and downs on the trail with approximately 900 feet of elevation change. Meeting place: 2.4 miles up 14th Road from Route 28N, at the trailhead; bear right at the Y in the road. Great views on clear days from the summit.

REDFIELD&CLIFF MTS. - [Hike]

Sun, Sep 18, 2016, 5:15 am, Rating: A+
Ron Lester - 518-899-4187, muleskinner46er@hotmail.com
- Be ready for a long, tough day of approximately 18 miles, of which about 5 miles will be semi-lousy herd path trails. Redfield has some views, Cliff on the other hand...well, bring a copy of

Climbing Magazine as there are no vistas to be had. Please be ready to leave Panera's Exit 19 at 5:15 AM. 10 person limit.

AMY'S PARK - RTL - [Hike]

Sun, Sep 18, 2016, 8:30 am, Rating: B
Lorraine MacKenzie - 791-9794, otczone@aol.com
- The Lake George Land Conservancy has 12 parks and preserves either overlooking the lake or leading down to its shores. The link on our chapter page for the Round the Lake Challenge provides more details. Come join us for another LGLC preserve outing. Amy's Park is a network of 4 trails in the Town of Bolton that can be connected into a 5 mile loop. We will encounter various types of terrain ranging from an old logging road to a steep climb. We pass a beaver dam, as well as having nice views of Lake George. Rain cancels. Last time I scheduled this, it was a wash out. Let's hope for sunny skies and colorful fall foliage

TUESDAY EVENING PADDLE

Tue, Sep 20, 2016, 5:00 pm, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- We will be paddling within an hour of GF. Call or email for more info.

SEPTEMBER PROGRAM:- THE CAMINO DE SANTIAGO WITH DR. WILLIAM TEDESCO.

Wed, Sep 21, 2016, 7:00 pm, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
- The Camino de Santiago with Dr. William Tedesco. At 80 years old, Dr. William Tedesco, a longtime Glens Falls physician, decided to walk a 500-mile spiritual pilgrimage across Spain on the historic Camino de Santiago, in part to raise money for local hospice care and reflect on the passing of his wife. See the newsletter for more information. This event will be held at Crandall Library.

MARSHALL AND PLANE CRASH SITE - [Hike]

Sat, Sep 24, 2016, 5:30 am, Rating: A+
Mike Fuller - 802-254-3314, farmalloy55@hotmail.com
- This will be my 5th time leading this great fall hike. It's 16 miles and 2600 ft of up; the plane is only 100 feet off the trail. This will be a slower pace hike to help out older hikers but everyone is welcome. We'll meet at Panera Bread at 5:30 or the trailhead at 7:30.

NORTH SADDLE, WHITEHALL - [Hike]

Sun, Sep 25, 2016, 8:30 am, Rating: A
Jayne Boudier - 232-9559, boudier@verizon.net
- The gate is open to the new North Saddle Mountain trailhead. Approximately 6 miles and 1000 ft ascent. Views of South Bay and the Diameter.

HURRICANE MTN - FIRE TOWER HIKE

Tue, Sep 27, 2016, 8:00 am, Rating: B
Maureen Coutant - 745-7834, mojim@roadrunner.com
- I haven't done this hike in ages, but remember it as a great view and used to do it fairly often for the Club. So it's time to return. If you're working on the Fire Tower Challenge (FTC), this one will count! I'm going to try to add a FTC trip into my schedule each month for those of you working on the challenge. We're going to climb Hurricane from the North Trail. This starts at the Crows parking area. It's a 6 mile hike RT, with a 1600 ft ascent that is mostly moderate according to the trail guide. Call or email to sign up.

Outings Detail

MORE OF MOREAU - [Hike]

Sat, Oct 1, 2016, 8:00 am, Rating: B
Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com
- We'll traverse both ridges in the state park's western section, starting from Spier Falls Road, so expect to carpool. We'll get numerous views of both the lake and the Hudson River above the dam, with plenty of elevation changes. Distance is about 10 miles, so bring lunch and water. Rain cancels.

NUN-DA-GA-O RIDGE AND HURRICANE - [Hike]

Sun, Oct 2, 2016, 7:00 am, Rating: A
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
- The Nun-da-ga-o Ridge is a beautiful open walk with lots of great views. Hurricane adds a good climb of 1,600 feet to an open summit with a fire tower. We'll hope for fine fall weather. Distance will be 10 to 11 miles.

MONTHLY MONDAY GEOCACHE

Mon, Oct 3, 2016, 9:00 am, Rating: NR
Sarah King - 798-0615, scubakings@roadrunner.com
Clead: 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. 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 PADDLE

Tue, Oct 4, 2016, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- The days are getting shorter this time of year, so the paddle might move to the day time depending on where we decide to go. So send an email or give a call to find out the plan for this week!

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Oct 5, 2016, 7:00 pm, Rating: NR
John Caffry - chapterchair@adk-gfs.org
- Board meeting at Saratoga-Wesley Health Center.

QUEENSBURY LAND CONSERVANCY TRAILS=PICK TWO TBA - [Hike]

Sat, Oct 8, 2016, 9:00 am, Rating: C
Reg Prouty - 518-747-9736
- We will pick two or three of the new Queensbury trails that are all within a few miles of each other between exits 18 and 20 of the Northway. Total distance will be less than 4 miles with very little climbing involved.

CHAPTER ANNUAL DINNER - [Other]

Fri, Oct 14, 2016, 7:00 pm, Rating: NR
Anne Paolano - 798-3055, annualdinner@adk-gfs.org
- Cocktail hour 6pm, dinner at 7pm at Embassy Suites, 86 Congress Street, Saratoga Springs, NY 12866. The speaker is Jocelyn Songer, neuroscientist, engineer and accomplished solo hiker.

MOUNT MARCY - [Hike]

Sat, Oct 15, 2016, 7:00 am, Rating: A+
Steve Mackey - 793-6484, smackey33@verizon.net
- The speaker for the Annual Dinner, Jocelyn Songer, is a friend of mine that I met when we were both hiking the PCT in 2014. She is going to be staying with us, and I thought that she would probably like to hike the highest mountain in New York. It is around 16 miles round trip and will pretty much take all day. Be prepared for changeable (possibly cold) weather and bring your head lamps (just in case). We will leave from the Loj.

GORE MOUNTAIN FIRE TOWER HIKE

Sat, Oct 15, 2016, 9:00 am, Rating: B+
Rich Crammond - 518-584-2380
- This should be a real nice fall hike if the weather and colors are good. Approximately 9 miles round trip with 2,500 feet of elevation change. Dress for fall weather in the 'dacks. Meeting place: At the trailhead next to the pond at North Creek Ski Bowl just off Route 28, North Creek. See you there, hiker buds.

ROUND POND FROM SHARPS BRIDGE CAMPGROUND - [Hike]

Sun, Oct 16, 2016, 8:00 am, Rating: B
Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com
- I discovered this one while camping there - an eight-mile round trip with some ups and downs to yet another Adirondack Round Pond, which looks more oval to me. It's just south of Northway Exit 30. The route passes the scenic East Mill Flow, with several bridge crossings, before reaching the pond. Bring lunch, and a sense of adventure - this trail doesn't get much use. Rain cancels.

TUESDAY PADDLE

Tue, Oct 18, 2016, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- The days are getting shorter this time of year, so the paddle might move to the day time depending on where we decide to go. So send an email or give a call to find out the plan for this week!

MT. COLDEN VIA LAKE COLDEN - [Hike]

Sat, Oct 22, 2016, 6:30 am, Rating: A
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- The group will meet me at Exit 29, Frontiertown, at 6:30AM. Those wishing to meet at Panera should meet there at 5:45AM. We will be doing Mt. Colden from the ADK Loj. Trip is 12.6 miles with an elevation gain of 2,500 feet. Hopefully, microspikes will not be needed. Leader may bring his dog.

GOODNOW MOUNTAIN - FIRE TOWER HIKE

Tue, Oct 25, 2016, 8:30 am, Rating: C+
Maureen Coutant - 745-7834, mojim@roadrunner.com
- This is my second fire tower challenge hike of the fall. I decided to try to do a fire tower hike once a month (excluding summer) for the chapter. That way if any of the midweek crew wants to take on the fire tower challenge, they can at least do some of it with me. I'm not sure if I'll complete it, but we'll see! It did take me more than 25 years to finally do all the 46rs! This hike is a short one at 1.9 miles one way with a little over 1,000 feet of ascent. It has nature trail markers along the way that will give us spots to stop to figure out what to look at. If we have time afterwards, we'll stop at the Visitors Center in Newcomb and maybe walk around there. Call or email to sign up.

TUESDAY OUTING - [Walk/Hike]

Tue, Nov 1, 2016, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- This is the beginning of the weekly Tuesday (usually) Outings. I try to get out each week from November through June to do something. It might be a walk, a hike, snowshoe, or ski depending on the conditions. Sometimes the weather or an appointment will cause me to have to move the trip to another day, so check in with me Sunday evening or Monday morning to find out the plan for that week. I'm also going to try to do a hike with a fire tower on top once a month for anyone who is working on the Fire Tower Challenge.

Outings Detail

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Nov 2, 2016, 7:00 pm, Rating: NR

John Caffry - chapterchair@adk-gfs.org

- Board meeting at Crandall Library in the Holden Room (2nd floor of the library).

PITCHOFF TRAVERSE - [Hike]

Sat, Nov 5, 2016, 8:30 am, Rating: B+

Reg Prouty - 518-747-9736

- This 5.2 mile traverse above the Cascade Lakes area affords excellent views of the Cascade Lakes as well as of Marcy and other high peaks. A highlight of the trip is the amazing balancing rocks at the 1.5 mile junction. There are 1,300 feet of ascent so there are some steep spots. Pace will be relaxed to enjoy the overlooks.

MONTHLY MONDAY GEOCACHE

Mon, Nov 7, 2016, 9:00 am, Rating: NR

Sarah King - 798-0615, 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. 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 OUTING - [Walk/Hike]

Tue, Nov 8, 2016, time TBD, Rating: NR

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

- I try to get out each week from November through June to do something. It might be a walk, a hike, snowshoe, or ski depending on the conditions. Sometimes the weather or an appointment will cause me to have to move the trip to another day, so check in with me Sunday evening or Monday morning to find out the plan for that week. I'm also going to try to do a hike with a fire tower on top once a month for anyone who is working on the Fire Tower Challenge. - Remember to Vote!

TUESDAY OUTING -FTC HIKE

Tue, Nov 15, 2016, 8:30 am, Rating: NR

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

- This week we will probably do a Fire Tower Challenge hike. Depending on the weather, we will possibly do Blue Mountain or maybe Snowy. I haven't decided, so if you're interested, check in with me Sunday evening or Monday morning.

MONTHLY PROGRAM

Wed, Nov 16, 2016, 7:00 pm, Rating: NR

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

- "From Banff to Patagonia - Highlights from 30 years of traveling the Americas" presented by Tamara Van Ryn at Saratoga Springs Public Library.

FIVE MILE PT. TONGUE MT. RANGE - [Hike]

Sat, Nov 19, 2016, 7:30 am, Rating: B+

Bill Morse - 518-585-9153, fishermanpike@yahoo.com

- We will meet at the Clay Meadow trail head at 7:30AM and hike to Five Mile Point. Hike has excellent views of Lake George. Total distance is 8.2 miles with an elevation gain of 1,180 in each direction. (Highest point is in the middle of the hike.) Microspikes or snowshoes may be necessary at this time of year, depending on snowfall. Leader may bring his dog.

TUESDAY OUTING - [Walk/Hike]

Tue, Nov 22, 2016, time TBD, Rating: NR

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

- I try to get out each week from November through June to do something. It might be a walk, a hike, snowshoe, or ski depending on the conditions. Sometimes the weather or an appointment will cause me to have to move the trip to another day, so check in with me Sunday evening or Monday morning to find out the plan for that week. I'm also going to try to do a hike with a fire tower on top once a month for anyone who is working on the Fire Tower Challenge.

TURKEY TROT #18 SARATOGA BATTLEFIELD - [Hike]

Thu, Nov 24, 2016, 8:00 am, Rating: C+

Rich Crammond - 518-584-2380

- Let's work up that old Holiday Hunger again this year with approximately 4 or 5 miles of hiking in the Saratoga Battlefield Park. We will meet at the visitors parking lot off Route 32, Stillwater. Happy Thanksgiving to all.

TUESDAY OUTING - [Walk/Hike]

Tue, Nov 29, 2016, time TBD, Rating: NR

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

- I try to get out each week from November through June to do something. It might be a walk, a hike, snowshoe, or ski depending on the conditions. Sometimes the weather or an appointment will cause me to have to move the trip to another day, so check in with me Sunday evening or Monday morning to find out the plan for that week. I'm also going to try to do a hike with a fire tower on top once a month for anyone who is working on the Fire Tower Challenge.



Photo courtesy of Jocelyn Songer, annual speaker at our club dinner. See page 1 for details.

Seward Black Fly Blood Drive Sat, Jun 4, 2016, Mike Fuller

- Yes, a dry Seward hike! After the hike briefing and introductions, we hit the trail. Wayne and I were wondering if calling the hike "The Black Fly Blood Drive" was giving some people second thoughts, but not this group. The trail up Calkins Brook had great footing. The views from Donaldson were great. After a break, the only mud was that "one spot" along the ridge. While lunching at Emmons, we noticed hardly any black flies - that started to worry me. Back to the Seward intersection where Reg, at 74, said he was up for the last peak. Let's go! The best part of Seward is the rock scramble up the east side; great views! Soon we were all on the top. Congrats, snacks, pictures, and we were on our way back. At our last break at Calkins Brook many were asking, "When are we going to feed the black flies?" Then I remembered feeding chickadees at Marcy Dam. We held out our bare arms and soon, one by one, the black flies began to feed. Smiles filled everyone's faces, knowing we had helped the next generation of the legendary black fly. We got out with daylight to spare. Ten blood donors. Participants: Reginald Beatty, Kearney Sagehorn, Wayne Richter, Colleen Downing, Jim Zwynenburg, Joe Babcock, Karen Burka, Joe Burka, Josh Kohan and Mike Fuller.

Plane Crash Site, Cold Brook Trail, High Peaks Area Sat, Jun 4, 2016, Rich Crammond and Jayne Boudier

- The leaders did it! Great day! This was a rugged, long hike, but we made it to the crash site. The pilot lived after the impact, from what was said about it, so that's a good thing. The Cold Brook Trail sure is rocky and quite steep, but we made it there safely and back. A great day to be in the Lake Colden area. Just didn't get no better. Participants: Jayne Boudier, Lucy Crammond, Rich Crammond.

Monthly Monday Geocache Mon, Jun 6, 2016, Sarah King

- The weather wasn't predicted to be good on this day but we caught a break and it was sunny and mild. We headed down to Grafton Lakes State Park and, as we do when caching, moved around a bit following the new SaraCap caches. The neat thing about these SaraCap series of caches is that they highlight interesting information and histories of some of our area state parks. One fun fact that we learned in the write ups of the geocaches is that Grafton was once called Roxborough, and part of the East Manor of Rensselaerwyck, which was established 386 years ago by Killian Van Rensselaer. Some people believe Roxborough means "town of rocks." We started our adventure at the parking lot of Second Pond and did a quick walk along the pond to grab a cache. Then back in the car to drive down North Long Pond Road to grab one off the road a bit, then two more on trails off that road. Then we hopped over to Shaver Pond and enjoyed the trails there and three more caches. By now it was lunch time, so we stopped at our favorite shrine in Grafton, the Grafton Peace Pagoda for inspiration and lunch. After lunch we headed to Martin Dunham Reservoir to find a few more caches totaling 11 in all. Great day out with great company, scenery and of course brownies made by Licia. Participants: Sarah King, Mo Coutant, Licia Mackey, Steve Gray.

Tuesday outing Tue, Jun 7, 2016, Mo Coutant

- This week we hiked up Buck Mountain from the lake side. I know this is the more popular route, but it had been forever since I'd gone this way. It's a nice wide trail with a few stream crossings and it opens up at the top for great views of the lake. Once we got to the top, we encountered a fierce headwind that forced us to enjoy the view quickly and then retreat to the back side behind some boulders to have our lunch. Afterwards, we

took one last look north and had amazing visibility. We think we could see a little sliver of Lake Champlain up past the north end of the lake. Great trip! Participants: Doug Beers, Mo Coutant, Paul Dietershagen, Sue Howard, Eric Krantz, Anne Paolano, Bob & Sandy Powell.

Giant Sat, Jun 11, 2016, Wayne Richter

- A somewhat dreary forecast kept our number down to four. We started out under a solid cloud cover but dry conditions that gave us good views from the ledges of the Ridge Trail. Light rain began just after we passed over the "bump." We spent only a few minutes on the summit, though with some interesting views amidst the clouds. Fortunately, the rain quit for much of our hike out. The most amazing sight on our descent was a bank of clouds nestled about halfway up the mountains on the other side of Route 73. Participants: Reg Beatty, Karin Gossweiler, Mary Grueniger and Wayne Richter.

Tuesday paddle Tue, Jun 14, 2016, Mo Coutant

- This week we did our annual paddle out to see the eagles on Lake George. We launched from Eric's beach and headed over to the island. This year we went a little later in hopes of seeing the young out of the nest. We weren't disappointed. Both young were "branching" - sitting on branches near the nest. An adult bald eagle was sitting a little bit south of the nest in another tree seemingly unperturbed by our presence. After staying for a little while, some of the group circled the island and others hung out in a nearby bay. Joanne noticed a greenish hue to the water on the east side of the island and recently there was an article about algae growth in Lake George. Hopefully all the parties interested in keeping the lake clean can come together and work even harder to keep the lake clear and clean. We returned to Eric's house and had lunch on the deck overlooking the lake! Can't beat that! Thanks Eric!! Participants: Mo Coutant, Carolyn Curren, Paul Dietershagen, Nicole Grynstein, Heidi Kaufmann, Eric Krantz, Licia Mackey, Anne Paolano, Jeremy Sirkin, Joanne Szot, Laurie Williams.

Young Members: Evening Hike Wed, Jun 15, 2016, Stephanie Gaudons

- We had a great evening hike at the Cat & Thomas Mountains Preserve in Bolton, where we hung out at the cabin overlook to chat and take in the scenery. We started down with the sun and hiked out in the dark, brainstorming ideas for desserts to bring on future sunset hikes. Participants included: Julia Greiner, Jen Shepherd, Rachel Corry, Jake Wilde, Meagan Sherry, Kate Schlesier, Carly Briggs, Dima Kassab, Kelly Fitzpatrick, Junaid Halabi, and Stephanie Gaudons.

Phelps Mt. via Herd Path Sat, Jun 18, 2016, Bill Morse

- Good hike on a day where it was getting warm. The herd path up Phelps is almost all in the woods so it kept us cooler. An easy pace all day kept everyone from wearing out. The herd path is grown over but is easily seen. Good views on top with low humidity, but there were some pesky flies. Great hike overall. Participants: Intaba Liff-Anderson, Jim Zack, Susan Keely, Joanne Walczak, Hallie Ehlen, Linda Veraska, Mary Dabulas, Bill Morse, and Penny.

Goodnow Mountain Sat, Jun 18, 2016, Reginald Prouty

- It was a beautiful summer day in the Newcomb area for an easy climb up the ESF trail to the summit and fire tower atop this small mountain. To enjoy it best and the 360 degree view one needs to climb at least up several sections of the tower, or all the way for the best rewards. When I played the Syracuse Alma Mater I discovered there were other alumni as well as

Cornell alumni on the summit. Thanks go to ESF for taking such good care and providing those great informative pamphlets. 4 hikers: Peter Bishop, Laura Fiske, Margie Litwin, and Reg Prouty.

Tuesday outing Party! Tue, Jun 21, 2016, Mo Coutant

- This week we celebrated the end of the Tuesday Outings for the season with a potluck dinner at the top of Pinnacle Mountain in Bolton Landing. This is a very short hike (~1 mile) with a great view of Lake George. The trail was fairly recently opened by the Lake George Land Conservancy (Thank you!) and is a great go to hike to bring non-hikers or out of town visitors to give them a taste of what hiking is about. This is a big bang for your buck hike! We had great weather, the bugs weren't bad and the food was awesome! Next year, I might have to do a monthly pot luck hike! Thanks everyone for coming on the trips and look for weekly hikes again in November - June. Participants: Jim Brown, Nancy Burke, Mo Coutant, Lorraine Del-Rosso, Heidi Kaufmann, Sarah King, Licia Mackey, Kathi & Tim Noble, Christy Phelan, George & Irene Sammons, Bill Wasilowski, Donna, Mitch & Stephanie Zimmer

Young Members: Evening Hike Wed, Jun 22, 2016, Stephanie Gaudons

- How we've gotten so lucky with pretty sunsets and beautiful weather, I don't know, but I sure like it. We had a small group of only 3 tonight, but that didn't stop us from hitting the trail and having fun. We hiked Sleeping Beauty from Dacy Clearing and enjoyed apple turnover bites and cookies on top, and explored the different ledges and lookouts. Participants were Rachel Corry, Jen Shepherd, and Stephanie Gaudons.

Tuesday Evening Paddle Tue, Jun 28, 2016, Mo Coutant

- This week we paddled on the Stewart Pond (Dam) Reservoir. I never know what to call it...I've heard it both ways. It was another beautiful evening with a threatening cloud just east of us. Luckily the weather was fine where we were and at the end of the evening we could see a tiny bit of a rainbow way off in the distance. While we were eating at the Up River Cafe in Lake Luzerne we found out it rained in Queensbury and we were getting text of amazing rainbow pictures from there. So we missed that, but we were treated to seeing 3 juvenile eagles in the branches near their nest on the reservoir. Some in the group also saw a beaver swimming. Another great evening followed by great food! Participants: Annemarie Carberry, Mo Coutant, Carolyn Curren, Stu Leinoff, Licia & Steve Mackey, Andrew & Anne Paolano, Donna, Mitch, and Stephanie Zimmer.

Young Members: Spruce Mtn Evening Hike Tue, Jun 28, 2016, Stephanie Gaudons

- The 28th turned out to be a washout with severe thunderstorms, so we had a very last minute reschedule to June 30th. Thursday evening was beautiful, with an awesome sunset from the fire tower, and Julia made cupcakes we frosted and enjoyed on top. Participants included Megan McLaughlin, Marissa Charlebois, Jen Shepherd, Joan Xu, Myra Wong, Brie Anne Wilson, Sarah Givney, Julia Greiner, Greg Kerwath, and Stephanie Gaudons.

Panther and Couch Sat, Jul 9, 2016, Mike Fuller

- The first highlight of the hike was that it was filled on May 5th; I then had 32 inquiries after that. With some last minute cancellations, twelve of us hit the trail with off and on rain during the day. We dropped our packs for the short hike to Panther. Arriving back, we fueled up on brownies I had baked from the

Cheech and Chong cookbook "Baking for High Peaks," or something like that. Off to Couch where we got a little spread out. We met some of the faster part of the group heading back; they said they'd wait for us at Times Square. With the faster hikers waiting there, there were some issues with being cold and wet but thanks to a great team effort we solved the problems. Jim led the faster part of the group to Santanoni; Josh had used the Express Trail before so he knew where it was. When the last of us got to the peak we could hear the faster group heading down the Express Trail. That was good because here came the rolling thunder and rain. So here is where it all gets interesting: It was lightning and heavy down pours on our way down. The trail turned into a brook. At 8:30pm Kearney, Reg and I got to the brook just before the main trail. It was nearly waist deep with a strong current. I was worried about everyone else at that point, not knowing that the groups were out at 8:30pm and 9:30pm, while we were out at 11:30pm. Reg, at 74, had a sprained ankle but did a great job of toughing it out back to the parking lot. I was glad to see that all of the cars of the participants who had hiked with us were gone. I want to thank everyone for teaming up to make this a success. Thanks also to Michelle and John for loaning their pickup to a hiker with car problems; that is "giving back." 12 wet participants: Jim Zwynenburg, Joanne Commisso, Michelle Haller, John Haller, Jeff Levitt, Janette Goldstein, Kelly Marriott, Sandy Demers, Josh Kohan, Kearney Sagehorn, Reginald Beatty, Mike Fuller.

Tuesday Evening Paddle Tue, Jul 12, 2016, Mo Coutant

- This week we went to one of my favorite spots on the Hudson...the Spier Falls section. From the boat launch we paddled downstream and headed to the little coves hidden from the river by an island. Here most of us got out of our kayaks to squeeze in amongst the undergrowth on a boulder and eat dinner. I think I picked the wrong boulders...or else the undergrowth has grown up since we did this a few years ago! We had a good time sharing food and stories before heading back to our boats. Beautiful fun night out as usual...oh I almost forgot the water war between Steve and me during this hot evening. That cooled us off so we didn't need to go swimming! Participants: Doug & Judy Beers, Mo Coutant, Ann Hunt-Wardle, Heidi Kaufmann, Heather, Licia, & Steve Mackey, Joy Munro, George Sammons.

Mount Vanhoeben from South Meadow Road Sat, Jul 16, 2016, Reginald Prouty

- This relatively small mountain in the foothills of the high peaks was easy to climb as the ascent is very gradual. We discovered that when visiting one of the 3 or 4 overlooks it is necessary to go all the way out on the outcrop ledge and look way to the right in order to see down to the Olympic bobsled run and the Village of Lake Placid. It was warm enough, though, that we decided to stop at Stewarts in Keene for ice cream on the way home. 3 hikers: Abby Hellman, Christina Danison, and Reg Prouty.

The Pinnacle and Cat Mountain Sun, Jul 17, 2016, Lorraine MacKenzie

- It was a beautiful day. The views from the Pinnacle were stellar and easily accessible. The views from Cat were fantastic but the hike up was more strenuous than I anticipated. Fortunately the weather did not match the forecast of rain and a good time was had by all. 13 participants: Klaus Sommerlatte, Joanne Walczak, Joan Ferguson, Carrie Agne, Georgine Rausch, Marsha Jewett-LaPointe, Bill Carpenter, Sandy Yellen, Beau, Ann, Lorraine MacKenzie.

Gray, Marcy and Skylight Sat, Jul 23, 2016, Wayne Richter and Eric Kimmelman

- We had a beautiful start to the day, though a chance of thunderstorms was predicted for the afternoon. Beginning at the High Peaks Information Center, we soon took in the views from the (former) Marcy Dam, then headed up the trail over Lake Arnold Pass. We had some wet footing on the boards across the swamp just before the Opalescent River. Fortunately, no one fell in. We then made the steep climb to Lake Tear of the Clouds. The herd path to Gray was fun as always, and we had beautiful skies for pictures on top. It was on to Skylight, Dave's 46th high peak. We celebrated with oatmeal raisin cookies from Mike and my dried cherry and chocolate chip cookies. Dave was helped to do a handstand to channel Brenda L., who could not make it. By now, the sky was making us think about those possible afternoon thunderstorms and we headed off to Marcy. On our way up the south face, we were treated to the sight of a small cell of rain moving from west to east behind us. We could hear a few rumbles of thunder far to the east but the sky still looked clear enough. We arrived at Marcy's summit with plenty of blue sky and some white clouds, giving us time to celebrate Mark's 46th high peaks. Ten minutes after our arrival, though, I looked to the west and the sky had turned black. It was time to go - now! We, along with many others on the summit, hustled our way down. We got to the safety of the tree line before the thunder showed up, though not before the rain. We even got some dime-sized hail. The rain stopped before long, but we had no view from Indian Falls. By the time we reached Marcy Dam, however, we were back to blue skies to close out the hike. A big thanks to Eric Kimmelman for co-leading and to Mike Fuller for helping to keep the group together during the storm. Participants: Joe Babcock, Nicole Durocher Beaulne, Gina Feliciano, Mike Fuller, Madeline Kennedy, Eric Kimmelman, Ben Legg, Brenda McAteer, Kelly Marriott, Wayne Richter, Mark Seymour, Akane Suzuki, David White, Rob White.



Save the date!

**The November Program will be
at the Saratoga Springs Public
Library on Wednesday,
November 16.
Details will be in the next
newsletter.**

Severance Hill and Big Pond Sat, Jul 23, 2016, Rich Crammond

- This was a hot day for sure, but hiking in the shaded forest made walking a little cooler. Reg played his pocket horn at the overlook on Severance and played it again at Big Pond. Maybe ADK should have "jamming" hikes; think so? Just a nice summer day to be in the Adirondacks. Participants: Reg Prouty, Lucy Crammond, Rich Crammond.

Tuesday Evening Paddle Tue, Jul 26, 2016, Mo Coutant

- This week we paddled from the County Home Bridge in Warrensburg upstream along the Schroon for about an hour before returning with the current. The current wasn't strong, though, so it was an easy paddle in both directions. Some in the group saw a beaver, some heard its tail slap, and others just heard about it! The cardinal flowers are beginning to bloom along the shore and the temperature dropped by the time we got on the water. Everyone seemed to remark about the gorgeous evening and how good it was to be out! Participants: Rene Clarke, Mo Coutant, Tina Crook, Daniel & Jane Hensel, Mark Janey, Heidi Kaufmann, Laurie LaFond, Licia & Steve Mackey, Joy Munro, Donna, Jerry & Mitch Zimmers.



Photos on this page courtesy of Jocelyn Songer, annual dinner speaker. See page 1 for details.

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 STRENUOUS 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.

Dogs

Participants in Chapter outings will be allowed to bring their dogs on outings in the following circumstances: (1) the outing has been designated by the outing leader as a "dog outing" and which has been publicized as such; or (2) the outing leader may bring his/her dog, that has not been designated as a "dog outing," if the notice of the outing discloses that the leader will be doing so. All dogs on Chapter outings will be kept on a leash at all times.

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.

Glens Falls Crandall Library:

Corner of Glen and South Streets
 Holden Room (2nd floor of library).
 From Exit 18, Broad into South to Glen Street.

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.



Chepontuc Footnotes

Glens Falls - Saratoga Chapter Adirondack Mountain Club
P.O. Box 2314
Glens Falls, New York 12801

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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 membership!

