



Chepontuc Footnotes

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

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



It's back!! This year for 2 nights of different films!
 The Banff Centre Mountain Film Festival World Tour
 SUNY Adirondack
 Theater in the Humanities Building

Monday and Tuesday February, 18 & 19 at 7 p.m.

Tickets: \$15 or \$10 with SUNY ADK student ID/\$20 at door
 Available at Rocksport, Fountain Square Outfitters and online
 at Brown Paper Tickets.

For info and links: www.adk-gfs.org or facebook.com/ADKGFS
 Or email: banff@adk-gfs.org

The ADK Glens Falls-Saratoga Chapter and SUNY Adirondack Adventure Sports Club are thrilled to once again bring this festival to our area! Last year was our first year and we sold out the first week in January. That was right after this newsletter got to our members. We were lucky to be able to add an additional night this year due to last year's positive response. Each night will be a different show. Many people are buying tickets for both nights, so **don't delay getting your tickets. We still expect to sell out, even with two nights.**

With stops planned in about 550 communities and more than 40 countries across the globe, this year's tour features a collection of the most inspiring action, environmental, and adventure films from the Festival. Traveling to exotic landscapes and remote cultures, and bringing audiences up-close and personal with adrenaline-packed action sports, the 2018/2019 World Tour is an exhilarating and provocative exploration of the mountain world. From approximately 400 films entered into the annual festival, award-winning films and audience favorites are among the films chosen to travel the globe.

Please stop in to thank our sponsors: Rocksport, Fountain Square Outfitters, the law office of Meyer and Fuller, Cool Insuring, Advantage Press, Nemer Ford, and The Queensbury Hotel which is offering a special rate of \$89 when you mention the Banff Film Festival...so invite your out of town family and friends to join you! It's a fun evening made even better with door prizes from the companies above and others like West Mountain, Adirondack Extreme, Summit Yoga, The Hub, The Sports Page, Joy Woolworks and others!

Chapter Chair Report ~ Kathi Noble



Happy New Year and welcome to 2019! As always the chapter has a full calendar of outings, programs and other events, such as Banff Centre Mountain Film Festival World Tour planned again for the coming year. There should be something for everyone to enjoy.

Have you made a resolution for the coming year? Maybe it's to become more involved with your local chapter of the ADK. There are vacancies on the executive committee: education, newsletter, and publicity chairs are needed. If chairing a committee isn't for you maybe just being a member of a committee is more suited to you. Please contact me if you are interested or if you have any suggestions to help your club.

I'd like to thank everyone who made it to the annual dinner back in October. Everyone enjoyed the food and the information shared by James Savage regarding the Cranberry Lake 50 was very informative. I'd like to give a special shout-out for Anne Paolano for all her hard work to make this a successful event. The dinner committee has already started planning for next year so be on the lookout for the details.

Chepontuc Footnotes is going green! I'm personally very happy that this is happening. I like the idea of saving some trees and being more cost effective. Information about this process is included on the next page. Please take a look at it and get in touch with us if you have any questions.

Winter hit the northeast early this season. Hopefully, it will be a banner year for snow and we can all get out to enjoy it whether it is downhill or cross country skiing, snowboarding, snowshoeing, hiking, walking or maybe even some biking. Maybe some of you just enjoy it from the warmth and comfort of your home. Whatever you do be safe and enjoy!

Contact us at: adk-gfs.org, facebook.com/adkgfs or facebook.com/SaratogaYMG

Executive Committee Officers	Committee Chairs	Committee Chairs
Chapter Chair Kathi Noble 518-668-3046 chapterchair@adk-gfs.org	Conservation 401-529-5034 Aimee Viens Rutledge conservation@adk-gfs.org	Trails Tom Ellis 518-638-6139 trails@adk-gfs.org
First Vice Chair Maureen Coutant 518-745-7834 vicechair@adk-gfs.org	Education Vacant 518-668-3046 education@adk-gfs.org	Web site George Sammons 518-743-9692 webmaster@adk-gfs.org
2nd Vice Chair Laurie Williams 518-798-0051 vicechair@adk-gfs.org	Hospitality Gretchen Steen 518-638-6139 hospitality@adk-gfs.org	Wilderness Jim Schneider 518-581-9367 wilderness@adk-gfs.org
Secretary John Caffry 518-798-0624 secretary@adk-gfs.org	Membership Pat Desbiens 518-813-7946 membership@adk-gfs.org	Young Members Brian Coville 516-996-5086 ymsg@adk-gfs.org
Treasurer Steve Mackey 518-793-6484 treasurer@adk-gfs.org	Newsletter Editor Vacant 518-745-7834 newsletter@adk-gfs.org	Fire Tower Jim Schneider 518-668-3046 Kathi & Tim Noble firetower@adk-gfs.org
Directors Tammara Van Ryn Dan Kane Bill Wasilauski director@adk-gfs.org	Outings Wayne Richter 518-893-7895 outings@adk-gfs.org	Annual Dinner Anne Paolano 518-798-3055 annualdinner@adk-gfs.org
Past Chapter Chair John Caffry 518-798-0624 pastchair@adk-gfs.org	Programs Sarah King 518-798-0615 programs@adk-gfs.org	Alternate Directors Peter Benoit Maureen Coutant Laurie Williams

Thank you to all the volunteers that helped the Chapter during 2018! We couldn't do it with out you. Leading hikes, helping with trail work or at the Loj, special work days, chairing a committee, it's all done with volunteers! Special thank you to Linda Ranado who stepped down this year after many years of running the Education Committee. Additional thanks to Warren Schultz who pulled together the newsletter during 2018 and Turner Bradford who co-chaired our Conservation Committee. We can always use more help, so please contact us if you are interested in helping on any committee!

Newsletter Update

CHEPONTUC FOOTNOTES WILL "GO GREEN" - or at least GREENER by 2020!

Did you know that more than one-third of our Chapter's yearly budget goes to the production and mailing of our newsletter, *Chepontuc Footnotes*, to our members? Nearly 1,400 copies are produced and mailed every two months.

Following discussions at many of the Chapter Executive Committee meetings we wish, as a Chapter, to become a little more environmentally conscious, leave a few more trees standing and make the money spent on the production and mailing of the newsletter available to support the activities we appreciate, like hiking, paddling, trail maintenance and the many conservation efforts that are being undertaken by ADK.

The last printed issue and general mailing of *Chepontuc Footnotes* will be the **Nov. 2019 – Jan. 2020** issue. **If you wish to continue to receive a printed copy, please complete the form at the bottom of this notice and return it by November 1, 2019.**

Otherwise, **the default e-distribution will be to the e-mail address you supplied ADK when you joined or renewed your membership.** *If that e-mail address is obsolete or missing and you are not receiving e-mails from either our Chapter or ADK, please provide your current e-mail address to: membership@adk-gfs.org.*

Please know that as long as you inform us that you wish to continue to receive *Chepontuc Footnotes* via the postal service, you will continue to do so.

_____ I wish to continue to receive a printed copy of *Chepontuc Footnotes*.

Your name: _____

Address: _____

Your telephone number **and** e-mail address in case we need to contact you:

Phone : _____

Email: _____

Return to: Membership
Glens Falls/Saratoga Chapter ADK
P.O. Box 2314
Glens Falls, New York 12801

Upcoming Programs by Sarah King



The High Arctic – Land of the Polar Bear Presented by John Schneider

Last summer my wife Eileen and I spent two weeks on a 150-passenger expedition cruise ship traveling from Svalbard, Norway to Greenland and ending in Iceland. Then we spent 10 days on our own touring the southern part of Iceland. At one point on our cruise we were only a little more than 600 miles from the North Pole, much farther north than the north slope of Alaska. Our reason for this cruise was to see polar bears, and I would have been satisfied seeing just one. I saw

more than 20 and the ship's bridge spotted a total of 33 bears. Three times we saw single bears and once a mother and cub come really close to the ship. One actually came up and touched the ship. To see polar bears in their element has been one of the highlights of all my travels.

On this trip we went ashore as often as possible to go on hikes. This occurred after staff had verified that no polar bears were in the area. Even then, all leaders carried powerful rifles, just in case a bear came upon us from out of nowhere – on one of our hikes we did spot bear prints on the beach. We also took zodiac boat rides among a large group of walruses, close to icebergs, calving glaciers, and near seabird rookeries. We visited a Greenland Inuit village where we saw polar bear and musk ox hides hanging up to dry and witnessed a man carving up the remains of a walrus.

Other animals we spotted were reindeer, seals, and blue and humpback whales. In addition, we saw thousands and thousands of sea birds, many on their nests raising their young or still hatching their eggs. One of my favorite birds is the Arctic tern that sees two summers each year as it migrates from its northern Arctic breeding grounds to the Antarctic coast for the southern summer and then back six months later. These terns have the longest migration in the animal kingdom, with an average round trip flight as much as 44,100 miles for those nesting in Iceland or Greenland.

In Iceland we drove over 800 miles along its southern coast and saw many waterfalls and glaciers. We spent one day hiking to the end of a glacier. Once we drove through miles and miles of blue, white and beige lupine - reminding me of driving in Texas in the spring. Eileen loved seeing Icelandic sheep and horses - Icelandic horses are born with a very smooth gait that is different from that of non-Icelandic horses.



All in all, as I have said numerous times, many of my trips are “trips of a lifetime,” and this trip was certainly one of those.

Come and enjoy a journey in the “High Arctic – Land of the Polar Bear.”

**Wednesday
March 20
at 7pm
Saratoga Springs
Public Library**

Upcoming Programs by Sarah King

**Wednesday
January 16
at 7pm
Crandall Public
Library
Glens Falls**

Bike Adventure: A 3,300 Mile Bike Ride Down the Continental Divide Presented by Steve Mackey

Join Steve Mackey as he discusses his September 2018 trip (with his daughter) over the Great Divide Mountain Bike Route. It is the longest mapped mountain bike route in the world, starting in Jasper, Alberta

and ending at the Mexican Border in Antelope Wells, New Mexico. It follows the Continental Divide (as well as the Continental Divide Hiking Trail) and crosses the divide 32 times. Around 80 percent of it is on gravel roads with the remainder being single track or paved roads. Steve and his daughter averaged 50 to 60 miles per day, riding for two months, with a total of 3,335 miles logged on their bicycle odometers. Steve has quite a few stories to tell, including: getting hit by a bus/trailer/kayak, having one of their bikes stolen, getting bogged down in impassable mud, getting rained on five times in one day, having days where they saw only two or three other humans, crossing mountain passes with bear spray at the ready, and seeing some of the most beautiful, remote scenery in the country.



(Go to the newsletter online to see the all the newsletter pictures in color and crisper!)

**Monday Feb. 18th and Tuesday Feb. 19th 7pm
At SUNY Adirondack Theater in the Humanities Building
BANFF CENTRE MOUNTAIN FILM FESTIVAL WORLD TOUR
Get your tickets before we sell out - See Page 1 and our website www.adk-gfs.org**

**Wednesday, March 20th 7pm Saratoga Springs Public Library
“High Arctic—Land of Polar Bears” by John Schneider (See previous page)**

Big Cedar Swamp Update by John Caffry

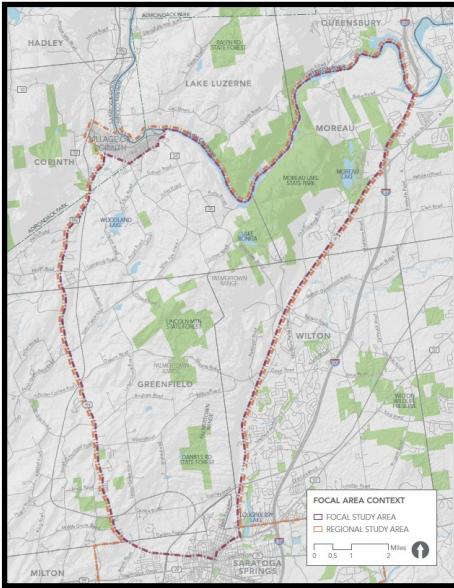
The efforts by the Big Cedar Swamp Coalition (ADK & Southern Adirondack Audubon), local taxpayer activists, and Glens Falls Third Ward Supervisor Claudia Braymer, to protect the globally rare marl fen in the Big Cedar Swamp from Warren County’s proposal to extend an airport runway may be having an effect. The County is now reviewing an alternate plan that would not require any additional excavation or fill in the wetland.

Under this proposal by new airport manager Don DeGraw, runway construction would potentially be limited to areas that have already been cleared and filled, and none of the marl fen would be destroyed. The clearing of 23 acres of trees in wooded wetlands would be eliminated, and only 1.2 acres of wetlands would be affected overall. The alternative would have the added benefit of costing millions of dollars less than the original runway plan. However, as with many things, the devil is in the details, and the alternative is still in the very earliest stages of study. Even as it is being studied, the Board of Supervisors has voted to go ahead with the environmental review of the original massively destructive proposal. This will include a hydrological study of the area around the runway, including the marl fen.

I will continue to monitor this action on behalf of the Coalition, and to encourage the County to avoid impacts to the Big Cedar Swamp.

Conservation Update by Aimee Viens Rutledge

SOUTHERN PALMERTOWN STRATEGY PLAN RELEASED



A conservation and recreation strategy plan for the Southern Palmertown area, located in Saratoga County, was released to the public in November. Saratoga PLAN, Open Space Institute, and Alta Planning and Design collaborated and conducted a public workshop in December 2017, as well as public surveys, and stakeholder interviews during the public engagement process prior to the release of the plan. The Southern Palmertown plan evaluates opportunities and provides recommendations for conservation, recreation, and sustainable economic development, including a trail connecting Moreau Lake State Park to Daniels Road State Forest. Other recommendations include the establishment of a community forest, develop eco-tourism and recreation-based tourism, and develop a “Friends” organization to support recreational development.

Saratoga PLAN’s announcement states, “The plan suggests steps that can be taken by local communities that will result in retention of the landscape, its environmental services, and natural resources, while simultaneously stimulating compatible economic development activities”.

In a county that has a high demand for development, it will be important to protect the Southern Palmertown area. This ecologically diverse area can provide many opportunities for the local community. Future partnerships will be important to seeing these opportunities come to fruition. The ADK-GFS chapter will be involved in a working group to oversee implementation of the plan’s recommendations and to ensure our members’ interests are represented.

Follow the link below for more information and to access the report on Saratoga PLAN’s website.
<https://www.saratogaplan.org/blog/palmertown-report-released/>

Photo of the Southern Palmertown study area taken from the Southern Palmertown Conservation & Recreation Strategy, dated October 2018.

FRENCH MOUNTAIN PROTECTED BY LGLC



In October 2018, the Lake George Land Conservancy (LGLC) purchased 317 acres on French Mountain. The area protected is located on the east side of Bloody Pond Road. LGLC will ultimately sell the land to the towns of Lake George and Queensbury and retain conservation easements that will protect it in perpetuity. Conservation of this land will provide recreation and water quality protection for the lake’s sensitive watershed. The land also provides a connection to the East Brook Preserve, a 12-acre parcel purchased by LGLC in early 2018. The Towns plan to create a multi-use trail system on the property utilizing some of the historic logging and skid trails. The land offers a breathtaking view of the lake, village, and surrounding Adirondacks.

The property was owned by the McPhillips family, which also owned the East Brook Preserve land, and desired to see the land protected and used as a recreational resource for the community.

LGLC’s announcement said the project became a “demonstration of how a land trust can successfully partner with municipalities for land conservation, and the shared goal of protecting Lake George”.

For more information about the Lake George Land Conservancy, visit their website: <http://www.lglc.org/>
Photo of McPhillips French Mountain property courtesy of LGLC.

Membership Update ~ by Pat Desbiens

NEW MEMBERS

September 2018

Fort Edward Free Public Library, Fort Edward
Jeffrey & Ellen Birch, Ticonderoga
Maura Huntz, Anthony, Maya, Zachary
& Isabella Bruno, Queensbury
Jacqueline Burk, Ballston Spa
Robert Crocetta, Saratoga Springs
David Currie, Galway
Melanie, Michael, Jack & Bridget Fraher, Clifton, NJ
Dan & Tricia Fronk, Rexford
David Ganim, Porter Corners
Simone Gignoux, Wilton, Connecticut
Lucinda & Adam Grivalsky, Ballston Spa
Kevin Johnson, Saratoga Springs
Robert Johnston, Isle of Palms, South Carolina
Elaine F. Lawrence, Diamond Point
Holly Marek, Bolton Landing
Megan Mulford, Saratoga Springs
James Rodewald, Queensbury
Deirdre Russell & Michael McAllister, Mahwah, NJ
Patrick, Monica, Patrick & Clarissa Ryan, Rexford
Steven & Lois Salisbury, Wyckoff, New Jersey
Michael & Danielle Shanahan, Mechanicville
Lori Shirley, Saratoga Springs
Tim Tefft, Argyle

October 2018

Barb & Sean Black, Ballston Lake
Amy Bloom, Saratoga Springs
Jane Bouchard, Schroom Lake
Michael & Sierra Brandi, Saratoga Springs
Paige Cavert, Canton
William & Debbie Christiana, Ballston Lake
Stephen Downey, Saratoga Springs
Timothy Ferris, Saratoga Springs
Daniel & Christine Finnin, Saratoga Springs
Danielle Fitzgerald, Lake George
Michael, Elizabeth, Sam & Zack Giuffrida,
Cedar Grove, NJ
Cheryl Hall, Weld, Maine
Mary & John Harrill, Glens Falls
Mary-Jane Huntley, Queensbury
Richard Lesenski, Whately, Massachusetts
Jason Mangine, Galway
Karl Reynolds, Ballston Lake
Alix Shepard, Latham
Stephen Shost, Ballston Lake
John Stoyak, Guilford, Connecticut
Jeffrey Wells, Argyle

Laura, Eric, Nate & Alex Zasada, Clifton Park
Kim Zygadlo, Saratoga Springs

REJOINED MEMBERS

September 2018

Alycia Baker, Middle Granville
Kelly & Rebecca Belenchia, Voorheesville
J. Buckley Bryan, Jr., Bolton Landing
Rick, Kerry, A.J. & Sarah Davidson, Glens Falls
Kathleen J. Dennin, Bolton Landing
Marguerite & Toby Dusha, Greenwich
Emilie Gould, Clifton Park
Bill Holt, Scotia
Scott Igoe, Wilton
Miles, Angela & Adelina Kraemer, Clifton Park
Lisa Nagle & Bruce Cranston, Saratoga Springs
Florence Nolan & John Bavaro, Glens Falls
Bonnie, William & Anthony Powers, Diamond Point
Arthur, Mary, Joseph, Matthew & Katherine Prostick,
Saratoga Springs
Brent, Heidi & Lochlan Ricks, Ballston Lake
Ralph, Alissa, Nicolas & Carmen Rimualdo,
Lake George
Kenneth Robertson, Broadalbin
Eric, Nicole, Jessika, & Mari Robinson & Liam
& Maeve Wroblewski, Ballston Spa
Barbara Smith, Lake George
Mark Swanson, North Creek
Chris, Jim, Ben, Andy & Peter Thatcher, Queensbury
Richard Wright, Hudson Falls

October 2018

Claudia, Ryan, Sue & Reed Braymer, Glens Falls
Diane Collins, Glens Falls
Bruce & Cathy Fleming, Saratoga Springs
Walter & Patricia Howard, Saratoga Springs
Judith & Allan Korot, Queensbury
Dr. Daniel Larson, Queensbury
William McCoskery, Glens Falls
Helena Nevarez, Saratoga Springs
Jeanne, Elizabeth & Patrick Nichols, Queensbury
Patricia Mallory, Timothy, Chris & Ali Pehl,
Saratoga Springs
Mary Sommer, Shushan
Donald & Margaret Sweeney, Fort Ann
A. Wheeler, Greenfield Center

New Affiliate

Eric, Becky & Michael Woodruff, Amsterdam

Thank you for joining or renewing! Don't forget to check out our website at www.adk-gfs.org for up to date outings and events, membership information, fire tower information, program details, photo gallery from trips, and links to other outdoor information.



Wow! Look at how many hikers have recently finished the challenge. Now it's time to work on the winter challenge. Hike the tower trails between December 21 and March 21 to receive the winter rocker!

William Luppino, Utica, NY
Thomas Sullivan, Vermontville, NY
Christina Nash, Gansevoort, NY
Shannon Pinkowski, Albany, NY
Elizabeth DeMarsh, Queensbury, NY
Ellen Woodworth, Great Bend, NY
Han Wah Ng, Clifton Park, NY
Michael Butler, Warrensburg, NY
Drew Titcombe, San Antonio, TX
Janis Relyea, Voorheesville, NY
Matthew Carr, New Lebanon, NY
Lisa Carr, New Lebanon, NY
Phil Benoit, Peru, NY
Miles Levesque, Manlius, NY
Marla Chauvin, West Chazy, NY
Sarah Null, Little Falls, NY
John Gillette, Little Falls, NY
Karen Seward, Delmar, NY
Kelly Ireland, Clifton Park, NY
Scott McDonald, Hogansburg, NY
Robert Juravich, Wilmington, NY
Danielle Walter, Mayfield, NY
Carla Wells, Plattsburgh, NY
Mark Buckley, Willsboro, NY
Kathryn Behuniak, Latham, NY
Jamie Paul, Lee, MA
Ryan Paul, Lee, MA
Ann Marie Burns, Latham, NY
Stephen Moreau, Whitesboro, NY
Alison Lacivita, Albany, NY
David Hellenga, Endwell, NY
Janelle Bausman, Plattsburgh, NY
Lisa Hudson, Plattsburgh, NY
Daniel Johnson, Schenectady, NY
Anne Lyons-Johnson, Schenectady, NY

Allysa Williams, Williston, VT
Bradley Williams, Williston, VT
Jennifer Glasser, Saratoga Springs, NY
Toni Woodward, Fort Edward, NY
Philip Woodward, Fort Edward, NY
Brittney Watkins, Mohawk, NY
Matthew Watkins, Mohawk, NY
Caroline Leclerc, Val-David, Quebec
Jonathan Dube, Val-David, Quebec
Arlena Zajac, Slingerlands, NY
Maryellen Eyer, Clifton Park, NY
Brad Sargent, Ballston Spa, NY
Mark Moran, Albany, NY
Mary Jo Mahoney-Moran, Albany, NY
Shane Curless, Brockville, Ontario
Paul Curless, Brockville, Ontario
Nina Robert, Tupper Lake, NY
Matthew Peacock, Waddington, NY
Jason Waters, Schenectady, NY
Amanda Gomez, Ballston Spa, NY
Eric Woodruff, Amsterdam, NY

Special recognition to :

Mark Earle, Brockville, Ontario

Mark passed away much too soon in early December. He had just summited Owls Head and completed the ADK Fire Tower Challenge.

We know he was with friends and doing something he loved and hope that is some solace to his family and friends.

We extend our sympathies to his family.

Need Snowshoes? Rent them from ADK

Snowshoes can be picked up at ADK Member Services in Lake George (just off exit 21)
518-668-4447 for reservations and hours. We have 2 pairs of Men's, Women's and Children's

Cost to members: \$10/weekday \$15/weekend
Non-Members: \$13/weekday \$18/weekend

Outings and Programs Calendar

Date	Day	Type	Destination	Leader(s)	Rating
January 2019					
1	Tue	Hike/Snowshoe	New Years Day Buck Mtn from Hogtown	Reg Prouty, Bob Aspholm	B
2	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
6	Sun	Hike/Snowshoe	Cat Mt. Beginner Snowshoe Hike	Jack Whitney	B-
6	Sun	Ski	Ski Wilton Preserve (ungroomed)	Bill Schwarz	B
8	Tue	Walk/Ski/Snowshoe	ADK Outing -Saratoga skate	Mo Coutant	NR
12	Sat	Hike/Snowshoe	Algonquin, Iroquois and Wright	Wayne Richter, Mike Fuller	A+
12	Sat	Hike/Snowshoe	LG12ster Cat and Thomas	Amanda Gomez	B
13	Sun	Hike/Snowshoe	Wolf Pond Photo Hike	Jack Whitney	B
13	Sun	Walk/Ski/Snowshoe	Pyramid and Gothics	Steve Mackey	A
14	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
15	Tue	Hike	Tuesday Outing- Moxham Mtn	Mo Coutant	B-
16	Wed	Program	Bike Adventure A 3,300 mile Bike Ride	Sarah King	NR
19	Sat	Hike/Snowshoe	Yard and Big Slide from South Meadow	Jeff Mans	A+
19	Sat	Hike/Snowshoe	Kipp Mountain	Reg Prouty	C+
22	Tue	Walk	Tuesday Outing - Harry Betar walk	Mo Coutant	D/C
26	Sat	Hike/Snowshoe	Hudson Crossing / New Year Outing	Rich Crammond	C
29	Tue	Hike/Ski	Tuesday Outing -Adirondack ski?	Mo Coutant	B
February 2019					
2	Sat	Ski	Cross-country ski -Wilton Wildlife	Reg Prouty	C+
3	Sun	Hike/Snowshoe	Trails at Adirondack Interpretive Center in Newcomb	Jack Whitney	C
4	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
5	Tue	Walk	Tuesday Outing	Mo Coutant	NR
6	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
9	Sat	Hike/Snowshoe	Marshall	Joe Babcock, Wayne Richter	A+
10	Sun	Ski	Ski Siamese Ponds trail from Old Farm	Bill Schwarz	B
12	Tue	Hike	Tuesday Outing	Mo Coutant	NR
16	Sat	Hike/Snowshoe	Lake Bonita to Lake Ann	Jack Whitney	B
16	Sat	Hike/Snowshoe	Black Mountain- LG12ster	Amanda Gomez	B
18	Mon	Program	Banff Centre Mountain Film Festival	Mo Coutant	NR
19	Tue	Program	Banff Centre Mountain Film Festival	Mo Coutant	NR
23	Sat	Snowshoe	Tongue Mtn Range	Steve Mackey	A+
26	Tue	Walk	Tuesday Outing Moreau State Park	Mo Coutant	NR
March 2019					
2	Sat	Hike/Snowshoe	Bear Den, Dial and Nippletop	Jeff Mans	A+
3	Sun	Ski	Boreas Ponds	Steve Mackey	A
4	Mon	Geocache	Monthly Monday Geocache	Sarah King	NR
5	Tue	Ski?	Tuesday Outing - Coles Woods, GF	Mo Coutant	NR
6	Wed	Meeting	Executive Committee Meeting	Kathi Noble	NR
9	Sat	Snowshoe	Hadley Mountain	Reg Prouty	B
12	Tue	Hike	Tuesday Outing	Mo Coutant	NR
16	Sat	Hike/Snowshoe	Sawteeth via Pyramid-Gothics Trail with return via Scenic Trail	Jeff Mans	A+
16	Sat	Hike/Snowshoe	Buck Mountain - LG12ster	Amanda Gomez	B
19	Tue	Hike	Tuesday Outing	Mo Coutant	NR
20	Wed	Program	Travels to Norway and Iceland	Sarah King	NR
26	Tue	Walk	Tuesday Outing	Mo Coutant	NR

Outings and Programs 1 of 3 (See website for recent additions)

NEW YEARS DAY ANNUAL HIKE-BUCK MTN. FROM HOGTOWN

Tue, Jan 1, 2019, 9:00 am, Rating: B

Reg Prouty - 518-747-9736, reginaldprouty@gmail.com

Colead: Bob Aspholm - 518-683-4970

- We will switch to Buck from the east this year. It is only 1130 feet of ascent this way and 4.6 miles round trip. Let's hope for a good turnout to celebrate the first day of 2019 with a visit to the Lake George area's most popular summit.

EXECUTIVE COMMITTEE MEETING

Wed, Jan 2, 2019, 7:00 pm, Rating: NR

Kathi Noble - chapterchair@adk-gfs.org

- Holden Room, Crandall Library, Glens Falls, NY.

CAT MT. BEGINNER SNOWSHOE HIKE

Sun, Jan 6, 2019, 9:00 am, Rating: B-

Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com

- This is a good hike for beginners, so if you just received a new pair of snowshoes or microspikes for the holidays and want to try them out, please come and join us (weather conditions will determine which we use). This is a 3.5 to 4 mile round trip. We will start at the Edgecomb Pond trailhead. Great views of Lake George and the surrounding area should reward us at the summit.

SKI WILTON PRESERVE (UNGROOMED)

Sun, Jan 6, 2019, 8:00 am, Rating: B

Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com

- We may ski on the south side of Scout Road, or (my favorite) the separate Fox Tract on Rt. 50. Expect a 5-mile trip or so; we should finish in time for a late lunch. Bring backcountry skis (no beginners!), snacks, and see what our snow dance has led to. Poor snow conditions would make this a hike, as sometimes happens. Rain cancels.

ADK OUTING -SARATOGA SKATE - [Walk/Ski/Snowshoe]

Tue, Jan 8, 2019, 9:30 am, Rating: NR

Maureen Coutant - 518-708-0096, mojim@roadrunner.com

- This week we will go down to Saratoga to either skate, ski, or snowshoe depending on the conditions. We'll break into groups and all meet up at the warming hut afterwards for lunch. I'll bring some marshmallows!

ALGONQUIN, IROQUOIS AND WRIGHT - [Hike/Snowshoe]

Sat, Jan 12, 2019, 5:00 am, Rating: A+

Wayne Richter - 518-893-7895, wrichter@nycap.rr.com

Colead: Mike Fuller - 802-254-3314 or farmallboy55@hotmail.com

- Our primary goal will be Algonquin from Adirondack Loj. Conditions permitting, we will also summit Iroquois and Wright. This trip has a lot of high elevation exposure, so be prepared if it's windy. Of course, it also has spectacular views and awesome scenery. All contacts to Wayne.

LG12STER CAT AND THOMAS - [Hike/Snowshoe]

Sat, Jan 12, 2019, time TBD, Rating: B

Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com

- Join me as we hike two of the Lake George 12ster for winter credit. We will hit Thomas then onto Cat. Cat has a great 270 degree view of Lake George. Proper winter attire required. Please contact me by phone for gear list and carpool info.

WOLF POND PHOTO HIKE

Sun, Jan 13, 2019, 8:30 am, Rating: B

Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com

- There should be some great views from this pond; 6 miles round trip. The

pond is located near Tahawus with views of the High Peaks in the distance. This is a relatively easy walk in the woods with much of it following Wolf Brook.

PYRAMID AND GOTHICS - [Walk/Ski/Snowshoe]

Sun, Jan 13, 2019, 6:00 am, Rating: A

Steve Mackey - 518-793-6484, smackey33@verizon.net

- I've led this several of the past few winters. It is my favorite winter hike. We will cross country ski down the Ausable Road and then switch to snowshoes for the climb. The ski in is gently uphill, so the real fun is on the way out. The upper part of Pyramid is very steep. It is not scary, but it is hard. The winter views from both Pyramid and Gothics are spectacular. Every year I get a few people that want to go, and they don't ski. You are welcome to come; we will wait for you on the way out.

MONTHLY MONDAY GEOCACHE

Mon, Jan 14, 2019, time TBD, Rating: NR

Sarah King - 518-798-0615, scubakings@roadrunner.com

- Join us on our monthly trip to find newly hidden geocaches in the area. It's a great excuse to take a walk in the woods with plenty of stops to rest and look for the caches. You don't have to be a "geocacher" to join us. Come see what it's about and keep coming if you decide you like it! Call or email a few days before to find out the plan!

TUESDAY OUTING- MOXHAM MTN - [Hike]

Tue, Jan 15, 2019, 9:00 am, Rating: B-

Maureen Coutant - 518-708-0096, mojim@roadrunner.com

- This week we will hike/snowshoe Moxham Mountain depending on the conditions. It's 5.5 miles with 1400+ elevation change. We will take our time, but keep moving to stay warm! Call or email for more information.

"BIKE ADVENTURE- A 3,300 MILE BIKE RIDE DOWN THE CONTINENTAL DIVIDE" PRESENTED BY STEVE MACKEY - [Program]

Wed, Jan 16, 2019, 7:00 pm, Rating: NR

Sarah King - 518-798-0615, scubakings@roadrunner.com

- This program will be held at Crandall Public Library in Glens Falls.

YARD AND BIG SLIDE FROM SOUTH MEADOW - [Hike/Snowshoe]

Sat, Jan 19, 2019, 6:30 am, Rating: A+

Jeff Mans - 518-265-4135, adkhighlander@aol.com

- Yard and Big Slide from South Meadow along the Klondike Trail. About 17 miles round-trip. Depending on conditions and participants, we would consider going as far as Yard and leaving Big Slide for another winter day. Call or email for more details and meet-up information.

KIPP MOUNTAIN - [Hike/Snowshoe]

Sat, Jan 19, 2019, 9:00 am, Rating: C+

Reg Prouty - 518-747-9736, reginaldprouty@gmail.com

- Kipp Mountain - part of the Chestertown Challenge - involves a short 1.9 mile round trip but affords great views of Loon Lake. If the group wants, some or all could add Meade and Beckman Mountains for an additional 2.1 miles.

TUESDAY OUTING - HARRY BETAR WALK

Tue, Jan 22, 2019, 10:00 am, Rating: D/C

Maureen Coutant - 518-708-0096, mojim@roadrunner.com

- This will be a flat walk along the Hudson River along the Harry Betar walkway in South Glens Falls and along the bluff walk just above. Afterwards, we'll head over to a coffee shop in Glens Falls.

Outings and Programs 2 of 3

HUDSON CROSSING / NEW YEAR OUTING - [Hike/Snowshoe]

Sat, Jan 26, 2019, 9:00 am, Rating: C

Rich Crammond - 518-584-2380

- Just a neat little outing by the Hudson River. Around two miles of hiking or snowshoeing up to Eagle Point and back to the Schuylerville Lock 5 area. Bring warm clothes, and rain gear also. Meeting place: Hudson Crossing dead end parking lot north of Lock 5, Schuylerville. Happy and safe outings for 2019 from Rich.

TUESDAY OUTING -ADIRONDACK SKI? - [Hike/Ski]

Tue, Jan 29, 2019, 8:30 am, Rating: B

Maureen Coutant - 518-708-0096, mojim@roadrunner.com

- This trip will depend on the weather. I'd like to do a ski along the Ausable Club road or maybe on the Jack Rabbit Trail near Lake Placid. But if the conditions aren't conducive for that, I'll try to do a short hike instead. Stay tuned.

CROSS-COUNTRY SKI -WILTON WILDLIFE

Sat, Feb 2, 2019, 9:00 am, Rating: C+

Reg Prouty - 518-747-9736, reginaldprouty@gmail.com

- We will ski if there is good fresh snow or snowshoe if icy. The outer loop is about 3 miles total. Bring a snack and a hot beverage and we'll make a morning of it.

TRAILS AT ADIRONDACK INTERPRETIVE CENTER IN NEWCOMB -

[Hike/Snowshoe]

Sun, Feb 3, 2019, 9:00 am, Rating: C

Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com

- There are about 4 miles of trails to explore on the lands of the Adirondack Interpretive Center in Newcomb. Good beginner snowshoe. At times we will be walking along the shorelines of Lake Belden and Rich Lake. There will also be opportunity to visit the displays at the Interpretive Center. Bad weather will postpone to a new date.

MONTHLY MONDAY GEOCACHE

Mon, Feb 4, 2019, time TBD, Rating: NR

Sarah King - 518-798-0615, scubakings@roadrunner.com

- Join us on our monthly trip to find newly hidden geocaches in the area. It's a great excuse to take a walk in the woods with plenty of stops to rest and look for the caches. You don't have to be a "geocacher" to join us. Come see what it's about and keep coming if you decide you like it! Call or email a few days before to find out the plan!

TUESDAY OUTING - [Walk]

Tue, Feb 5, 2019, time TBD, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- This will be a walk somewhere since I'll probably go on Sarah's geocache trip on Monday! Check in with me the weekend before to find out where!

EXECUTIVE COMMITTEE MEETING

Wed, Feb 6, 2019, 7:00 pm, Rating: NR

Kathi Noble - chapterchair@adk-qfs.org

- Meeting at The Wesley in Saratoga.

MARSHALL - [Hike/Snowshoe]

Sat, Feb 9, 2019, 5:00 am, Rating: A+

Joe Babcock - 518-791-9395, jababcock19@gmail.com

Colead: Wayne Richter - 518-893-7895 or wrichter@nycap.rr.com

- Marshall is a fine peak with a wonderful hike up and great views along the way and from the summit (if you know where to look). We'll go in from Upper

Works and ascend by the Herbert Brook herd path. If we're lucky, we'll be able to walk across Flowed Lands, always a winter treat.

SKI SIAMESE PONDS TRAIL FROM OLD FARM CLEARING

Sun, Feb 10, 2019, 8:00 am, Rating: B

Bill Schwarz - 518-307-6091, bschwarz@nycap.rr.com

- We'll traverse the old road leading to Siamese Ponds for about 5 miles each way, and maybe explore a side trail or two. This is a backcountry ski--no beginners! We may be breaking trail. Bring lunch and expect gorgeous wilderness terrain. Poor snow conditions may mean a detour to nearby Garnet Hill Ski Center, which charges a fee.

TUESDAY OUTING - [Hike]

Tue, Feb 12, 2019, 9:00 am, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- This week we'll do a hike somewhere in the Lake George area. Stay tuned and check the website or call the weekend before!

LAKE BONITA TO LAKE ANN - [Hike/Snowshoe]

Sat, Feb 16, 2019, 9:00 am, Rating: B

Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com

- A classic winter landscape! Starting from the trailhead on Wilton Mountain road, we will hike down to the scenic Lake Bonita. Then over to the lean-to near Lake Ann. From there down the Western Ridge trail where we will have spotted a car. Slower pace to allow for photography. Snowshoes and micro spikes needed.

BLACK MOUNTAIN- LG12STER - [Hike/Snowshoe]

Sat, Feb 16, 2019, time TBD, Rating: B

Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com

- We will ascend Black Mountain as a part of the Lake George 12ster for winter credit. I hope there will be plenty of snow for snowshoes! Please contact me by phone for gear list and carpool info.

BANFF CENTRE MOUNTAIN FILM FESTIVAL

Mon, Feb 18, 2019, 7:00 pm, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- This is our second year hosting the BMFF with the SUNY Adirondack Adventure Sports Club. It's an evening of short films centered around adventures in the mountains across the world. Award winning films, from the festival in Banff each fall, travel the world and we are so glad we are able to host a stop in the Glens Falls area. Last year we sold out in the beginning of January, so we've added a second night of additional films. We expect to sell out, so get your tickets soon or call Maureen to be put on the wait list.

BANFF CENTRE MOUNTAIN FILM FESTIVAL

Tue, Feb 19, 2019, 7:00 pm, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- See Feb 18th .

TONGUE MTN RANGE - [Snowshoe]

Sat, Feb 23, 2019, 6:00 am, Rating: A+

Steve Mackey - 518-793-6484, smackey33@verizon.net

- I noticed that Amanda is leading all the 12ster mountains on the east side of Lake George, so I will lead the range on the west. We will spot a car at Clay Meadows and then drive to the top of Tongue Mountain and begin from the Deer Leap Trailhead. We will hike south (sort of downhill) all the way to Montcalm Point and then hike out along the lake. If the ice is safe, maybe we will walk out on the lake on the way out. The total distance is around 15.5 miles. We might be breaking trail on a lot of it.

Outings and Programs 3 of 3

TUESDAY OUTING - [Walk]

Tue, Feb 26, 2019, time TBD, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- This week we'll do a hike and hot dog roast in Moreau State Park. We'll either head to the warming hut or maybe the lean-to by Lake Ann. Depends on the weather and conditions...so check in the weekend before!

BEAR DEN, DIAL AND NIPPLETOP - [Hike/Snowshoe]

Sat, Mar 2, 2019, 7:00 am, Rating: A+

Jeff Mans - 518-265-4135, adkhighlander@aol.com

- From the AMR Lake Road we'll take the Leach Trail over Bear Den to Dial Mountain and Nippletop, returning via Elk Pass to the Lake Road and out. A 12.7 mile loop trail with an elevation gain of about 4,200 feet. This hike is strenuous and can be difficult. The views from Bear Den are limited, although there is an outcrop just past the "peak" that can be climbed and offers some nice views. Dial offers very nice views of the Great Range as well as of Blake and Colvin. The trail from Dial to Nippletop follows the ridge and is an enjoyable walk with a very limited decent/ascent. The views from Nippletop into the Great Range and down through Elk Lake are inspiring. The descent from Nippletop down Elk Pass is rather steep but manageable if we take our time and enjoy the experience.

BOREAS PONDS - [Ski]

Sun, Mar 3, 2019, 7:00 am, Rating: A

Steve Mackey - 518-793-6484, smackey33@verizon.net

- I skied into the ponds twice last year. Both times the snow conditions were excellent, and the trip wasn't that difficult. It is around 13 miles round trip, but it is on an old Finch Pruyn road that is gently rolling. If it is a clear sunny day, the view at the dam is spectacular.

MONTHLY MONDAY GEOCACHE

Mon, Mar 4, 2019, time TBD, Rating: NR

Sarah King - 518-798-0615, scubakings@roadrunner.com

- Join us on our monthly trip to find newly hidden geocaches in the area. It's a great excuse to take a walk in the woods with plenty of stops to rest and look for the caches. You don't have to be a "geocacher" to join us. Come see what it's about and keep coming if you decide you like it! Call or email a few days before to find out the plan!

TUESDAY OUTING - [Ski]

Tue, Mar 5, 2019, 6:00 pm, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- If there's snow, we'll do an evening ski in Cole's Woods behind the YMCA in Glens Falls. The lighted trails are one of the reasons we moved to this area 30 years ago. Check in the weekend before and I'll change it up if the conditions aren't good for skiing!

EXECUTIVE COMMITTEE MEETING

Wed, Mar 6, 2019, 7:00 pm, Rating: NR

Kathi Noble - chapterchair@adk-qfs.org

- Location to be determined. Probably Crandall Library Holden Room.

HADLEY MOUNTAIN - [Snowshoe]

Sat, Mar 9, 2019, 8:30 am, Rating: B

Reg Prouty - 518-747-9736, reginaldprouty@gmail.com

- Hadley has a fire tower and is a good mountain for views to the south including the Sacandaga as well as to the west. Round trip is less than 5 miles and the grades are moderate.

TUESDAY OUTING - [Hike]

Tue, Mar 12, 2019, time TBD, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- Maybe this week we'll head a little further north...check in the weekend before. I haven't been to the Pharaoh Lake Wilderness area in a very long time. So, I'm thinking about something in that area. Check the weekend before for details.

SAWTEETH VIA PYRAMID-GOTHICS TRAIL WITH RETURN VIA SCENIC TRAIL - [Hike/Snowshoe]

Sat, Mar 16, 2019, 7:00 am, Rating: A+

Jeff Mans - 518-265-4135, adkhighlander@aol.com

- Sawteeth starting from the parking area to Lake Road and up the Pyramid-Gothics Trail to the junction for Sawteeth, with a wandering return from Sawteeth over the interesting Scenic Trail loop to Lower Ausable Lake and back out. Total distance 13 miles roundtrip and an elevation gain of about 2700 feet. Call or email for details and meet-up.

BUCK MOUNTAIN-LG12STER - [Hike/Snowshoe]

Sat, Mar 16, 2019, time TBD, Rating: B

Amanda Gomez - 518-526-8932, hurricanes706@yahoo.com

- We will ascend Buck for the Lake George 12ster winter credit. I'm keeping my fingers crossed for enough snow to snowshoe in! Please contact me by phone for gear list and carpool info.

TUESDAY OUTING - [Hike]

Tue, Mar 19, 2019, time TBD, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- This week we'll head to the Saratoga Battlefield. Never know what the weather will be like this time of year. So maybe a ski? or walk? bike ride? Have to wait to see! Check in the weekend before.

"TRAVELS TO NORWAY AND ICELAND" PRESENTED BY JOHN

SCHNEIDER - [Program]

Wed, Mar 20, 2019, 7:00 pm, Rating: NR

Sarah King - 518-798-0615, scubakings@roadrunner.com

- This program will be held at Saratoga Springs Public Library.

TUESDAY OUTING - [Walk]

Tue, Mar 26, 2019, 9:00 am, Rating: NR

Maureen Coutant - 518-708-0096, MOJIM@ROADRUNNER.COM

- I keep meaning to check out the Vischer's Ferry Preserve, but never get there! So I need to put it on the schedule in order to do it! Come explore it with me! Call or check the website the weekend before for more details.

Find out how the Chapter works!

Upcoming Executive Committee meetings:

Jan 2 @ 7pm @ Crandall Library, GF

Feb 6 @ 7pm @ Wesley, Saratoga Springs

Mar 6 @ 7pm @ Crandall Library, GF

Call or email the Chapter Chair for more info.

Tuesday Outing - Paddle Wed, Oct 3, 2018, Maureen Coutant

- This week we paddled down the outlet of Brant Lake to the dam just above the little village of Brant Lake. Then we paddled back upstream to the main lake and just above the island with the house on it. It was a cloudy day, but the sun peeked out every now and again and highlighted the bright fall foliage. Participants: Mo Coutant, Jim Gedney, Licia & Steve Mackey, Marjory Moeller, Rich Myette.

Cheney Cobble Sat, Oct 6, 2018, Nick Ringelberg

- Cheney's Citadel spied our approach, from the south this time ("OH, not YOU again!"), and let us up! Three mile bike ride, 3 mile hike, 3 hour bush-whack (1 mile, 1200 feet elevation gain), 10 hours total. Totally socked in, so not able to get that "awe-inspiring view." I guess we will have to go back again to get the "view," now that we know the way. Participants: Donna Blondell, Jayne Boudier, Jeff Levitt, Nick Ringelberg.

Rocky Peak from East Trail (New Russia) Sat, Oct 6, 2018, Jeff Mans

- On a rescheduled date with a last-minute change in route, we spotted a car at the Route 73 Washbowl trailhead below Giant, near Chapel Pond, and headed back the short distance towards New Russia and the East Trail for a traverse to Rocky Peak and Giant Mountain, and down to Route 73, never having to retrace our footsteps back. The morning was pleasant and sunny, with some white clouds moving slowly across the azure sky. Taking advantage of the good morning forecast, we quickly obtained increasingly vast open views of the high peaks and Champlain Valley as we trekked along Blueberry Cobbles, Bald Peak and the ridge towards Rocky Peak, displaying a kaleidoscope of peak autumn foliage under the heavens above. Passing through the col between Bald Peak and Rocky Peak we came to one of my favorite spots in the woods with abundant birches and an inviting opening of blue sky just off to the south. Further along in the woods on the ascent towards Rocky Peak Ridge, we passed a boulder supporting two cylindrical stones that appeared to me to resemble the engines of the Starship Enterprise, or just my imagination running away once again. As the trail started to transition from woods to open ridgeline, Lake Mary Louise presented herself with all the charm a small tarn has to offer. The views up along the ridge towards Rocky Peak are among the most spectacular during the fall foliage, and we were amply rewarded before the racing clouds and mist finally caught up to us on the summit of Rocky Peak Ridge, where we stopped to take in some lunch and chatter among the many squatters at the summit. Before too long, a small group arrived and performed some type of ritual with one member of the select group donning a red Superman cape and signage broadcasting his apparent accomplishment of completing the 46. I simply could not resist announcing that we had been waiting for them and what took so long. After a few laughs and well-deserved congratulations, we faced the raging clouds and headed back into the comfort and shelter of the woods on our descent from Rocky Peak Ridge and up towards the summit of The Giant of the Valley. On the summit of Giant we found glimpses of a gathering of Where the Wild Thing Are shrouded in the mist of the anxious clouds. As all good things must end, we descended down the Washbowl trail to our spotted car, but not before we were greeted with inspiring views at the Giant's Washbowl and from a rock ledge with open views of Chapel Pond and the cliffs rising above. A thoroughly rewarding hike with good company on a day that left little regret for beating the forecast most of the day. Participants: Jeff Mans, Jeff Newsome, and Donna O. in mind and spirit.

Tuesday Outing - Paddle Tue, Oct 9, 2018, Maureen Coutant

- This week most of the group paddled Lake Abanakee almost from end to end. I say most since my back was bothering me, so while they paddled, I walked my dog along the lake. We still all had a good time. They were treat-

ed to loons swimming nearby and we all got to enjoy the peak foliage spotlighted when the sun shone through the clouds. We had lunch at the beach and most of us stopped at Stewarts on the way home. Participants: Mo Coutant, Mary Knutson, Margie Litwin, Licia Mackey, Kay Mence, Rich Myette.

Traverse Of Jay Mountain Range Sat, Oct 13, 2018, Amanda Gomez

- Beautiful fall foliage all the way to the trailhead. Increasing clouds, and when we got to the ridgeline the wind picked up a bit and started to snow. A light dusting accumulated as we traversed the ridgeline and turned to rain as we headed back to our cars. Participants: Amanda Gomez, Mike DeSocio, Connor Phoenix, Paul Burns, Rich Rogers.

Gore Mountain Fire Tower Hike Sat, Oct 13, 2018, Rich Crammond

- A real nice fall hike and no heavy rainfall, so real thankful for that. What we did see on the way down the trail was some great views and a "snowbow," a very colorful snow squall! Going up were some real nice waterfalls from all the latest rainfall. I think everyone really enjoyed this cool, fall day outing. That's what it's all about: having a good time. Didn't get no better. Thanks, hiking buds, for sharing your day. Participants: Peter Bishop, Leo Demers, Ray Bouchea, Bob Morrissey, Rich Crammond.

Tuesday Outing FTC Tue, Oct 16, 2018, Maureen Coutant

- My back had been giving me trouble the week before, so we only did the Red Hill fire tower and not Hunter. So we still need to do another trip down to Hunter to finish up the Catskills section of the ADK Fire Tower Challenge. I was surprised so many people wanted to do the long drive down to do a hike that was less than 3 miles. But it was a beautiful day, so why not? It's always great to be with other ADKers and catch up whether it is in a car or on the trail! The colors were not peak, but the view was still spectacular. Great day out...even avoiding the traffic! Participants: Sue Atwell, Mo Coutant, Leo Demers, Dee Demetriou, Sue Hermitage, James Jordan, Mary Knutson, Lee Loose, and Heather, Licia and Steve Mackey.

Mt. Colden from Lake Arnold/ADK Lodge Sat, Oct 20, 2018, Jeff Mans

- Cancelled due to weather and lack of participants foolish enough to follow through upon more rational reflection. Maybe next time.

Traverse of Western Ridge Trail in Moreau Lake State Park Sat, Oct 20, 2018, Reg Prouty

- We could not have chosen a better fall day to do this scenic traverse. Views at all of the overlooks were great and we had lunch at the best one, which is even with the dam on the Hudson. We also spent a little time at the overlook near the end of the traverse where the river looks either like an eagle or an amoeba. A great day with good friends and new friends. 7 hikers: Reg Prouty, Jim Jordan, Suzanne Winkler, Joanne Walczak, Robert Gammon, Mary Gammon, and Jayne Boudier.

Tuesday Outing - Paddle Tue, Oct 23, 2018, Maureen Coutant

- This week I changed the trip to a walk at the Skidmore Northwoods instead of a paddle since it was chilly and rainy. We actually started in a sprinkle, but it stopped after about 15 minutes. We walked around the woods and saw most of the highlights, but missed a few that we'll have to come back to another time. Afterwards, most of us headed to Uncommon Grounds for a hot drink and snack. Always good to get down to Saratoga. Participants: Jim Brown, Mo Coutant, Mary Harrill, Jim Jordan, Lee & Mary Loose, Heather, Licia & Steve Mackey, Ted Orosz & Diane White, Joanne Szot, Alison & Joe Zoske.

Porter and Cascade via Blueberry Mtn. Sat, Nov 3, 2018, Eric Kimmelman and Akane Suzuki

- Bad weather moved our Porter and Cascade via Blueberry Mountain to the Hudson Highlands. Four of us scrambled up Breakneck and then hiked along the highlands to the fire tower on Mount Beacon. After some early fog and rain, the sun came out and we had some spectacular views of the Hudson Valley. We saw late fall colors, Storm King Mountain, the Manhattan skyline, Bannerman Castle and many other sights in the lower Hudson Valley. Participants: Eric Kimmelman, Joe Babcock, Kimberly Labrecque and Dave White.

Gore Mountain Ski Bowl-Mtn Bike Sun, Nov 4, 2018, Steve Mackey

- I only got one other biker to join me, but we had a great time. I think we rode all the trails, (but it's possible we might have missed a part of one or two). They are the perfect difficulty, pretty hard, but rideable. We had the trails all to ourselves, and had a cold, sunny day to enjoy them. I will definitely return and ride them again. Kudos to Matt for being such a strong rider. Participants: Steve Mackey, Matt Karkoski.

ADK Workday...continued Sun, Nov 4, 2018, Maureen Coutant

- Thanks for everyone who came out on either of the two mini-workdays at the end of October and beginning of November. On the last Saturday in October we started out with a light mist, and a bunch of crazy ADKers kept raking even when it turned to rain...then sleet! We got quite a bit done considering. Then the next weekend we finished up in much better weather. Thanks for all who stopped by and volunteered a bit of their time and effort to get the property ready for winter! Participants: Mo Coutant, Licia & Steve Mackey, Lee Loose, Anne Paolano, Shana Ederer, Kim Brown, Karen Provencher, Bill Schwarz, Barb Tomko, Bill Wasilewski, Mary Knutson, Jayne Boudier, Tom Kenney, Peter Benoit, Eberhard Burkowski .

Tuesday Outing Tue, Nov 6, 2018, Maureen Coutant

- With the sprinkles and low clouds on the way up, I thought maybe we should have moved it further in the week. But we were all glad we didn't when we got to Marcy Field and saw a double rainbow beginning and ending on either side of the airport. Absolutely spectacular. We were treated to other partial rainbows throughout the day. They were mostly in the distance and we didn't get the rain that we feared they would bring. We did get spectacular views and almost blown off the ridge along the Jay Range. The wind was really whipping and kept us moving literally and figuratively! Participants: Kim Brown, Mo Coutant, Licia & Steve Mackey, Liz Mulshine.

Potash Mountain Sat, Nov 10, 2018, Reg Prouty

- Due to slippery and steep trail conditions, this hike was almost as much a challenge as an A hike. We found a place just beyond the summit to get out of the wind for lunch and the traditional honoring of Grace Hudowalski by Reg. There is a great overlook before the summit that is better than the summit itself. Coming down, we took the alternate trail, as it was a little less steep and made a loop of it as it rejoins the main trail. We had six and Jayne caught up to us, making it seven. We all went to Jungle Jim's Deli for some great homemade food afterwards, but his wife's cream puffs and eclairs were all sold out. The sandwiches and soup were good, and Jayne liked the hand-packed ice cream. 7 hikers: Reg Prouty, Joe Pawlusko, Bob Bedore, Megan McLaughlin, Rich Pen, Rich Crammond, and Jayne Boudier.

Monthly Monday Geocache Mon, Nov 12, 2018, Sarah King

- Today's destination was Woods Hollow Nature Preserve located in Milton, NY. We parked in the large parking lot off Northline Road and began our walk. The weather was in the mid 40s but no wind, so it didn't feel too cold. There were 12 new caches here and 4 older ones. These caches were most-

ly not winter friendly, meaning they were placed on the ground. We had had a dusting of snow the previous Friday in Queensbury but luckily the ground was bare for us today. We walked the trails stopping to look for each hide, some more difficult than others. Two of the easier ones were birdhouses hanging from trees. We also found a plastic chipmunk, a large spider, a little witch, and a plastic rat. Not all geocaches are pill bottles. We had a good day finding all 16 hidden here. Treats provided by Licia and Sarah. Another good day out with fun folks. Participants: Sarah King, Licia Mackey, Diane Demetriou, Ed Kopf, Jo Anne Pedersen.

Tuesday Outing Tue, Nov 13, 2018, Maureen Coutant

- I hadn't thought about getting down to the trailhead until a couple of nights before. Luckily, they'd sanded the hill! The trail up to Shelving Rock Mountain is such a nice hike. It's very gradual since it is an old carriage road. We were at the top before we knew it! From there, we headed west to the ledges that allow an unobstructed view to the south, west, and over to the tip of Tongue Mountain. It was chilly so we didn't stay long and many of us headed back to Paneras for some warm food! Participants: Kim Brown, Mo Coutant, Dan D'Angelico, Leo & Tim Demers, Emilie Gould, Karen Johnson, Mary Knutson, Julie Leonelli, Licia & Steve Mackey, Kay Mence, Karen Provencher, John Schneider, Joanne Szot, Neil Van Dorsten.

Tuesday Outing Tue, Nov 20, 2018, Maureen Coutant

- We started in the Hudson Pointe Preserve and took the new(ish) connecting trail to the Leon Steves Preserve. These are two areas in Queensbury near the Hudson River. We all enjoyed getting out and exploring the trails. Thank you to Karen for leading the way. She and her dog run in there often, so she was able to show us the sights! We also did a little trail work along the walkway that gets you over a wet area to the bridge on the Hudson. That should keep others from getting wet feet! Participants: Kim Brown, Mo Coutant, Emilie Gould, Sarah King, Licia & Steve Mackey, Karen Provencher.

Turkey Trot #20 Saratoga Battlefield Thu, Nov 22, 2018, Rich Crammond

- As cold as it was, it was still nice to hike along with ADKers I haven't seen in a while. We should be used to January, which November sure is feeling like. Glad that everyone had a good time. We saw many, many deer and one black squirrel. Can't beat that, I guess. Didn't get no better (for 20 years). Participants: Laura Fiske, Dan D'Angelico, Kathy Fleming, Rich Crammond.

Whiteface and Esther Sat, Nov 24, 2018, Andrew Meunier and Ben St. Andrews

- The waning Beaver Moon lit our objective beautifully as we dodged lethargic deer on the roadway to the Whiteface trailhead in Wilmington. Temperatures were relatively mild as we started the steep hike up Marble Mountain. The trail was still marked by leaves down low, but significant snow led us to strap on our snowshoes as we approached the junction for Esther. The trees on the slopes of Esther were heavily loaded and the summit was a winter wonderland with some nice views of Whiteface and only a few clouds in the sky. As the temperature climbed into the upper thirties, the sun started melting the snow in the trees above, treating us to chilly showers on our way up to the summit of Whiteface. Strong winds near the summit road led us to bundle up, but by the time we arrived at the top, we were socked in and the winds were eerily quiet. After a short snack, we headed back and only had to use headlamps for a few minutes before arriving back at the trailhead. It was a satisfying day in the woods and whet our appetites for winter hiking. This was a first ascent of Whiteface and Esther for Ben and a first descent of Whiteface for Dan! Participants: Ben St. Andrews, Daniel Stewart, Brian Hoffman, Jim Zwynenburg, Andrew Meunier.

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 STRET. 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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POSTMASTER: CONTAINS DATED MATERIAL.
PLEASE DELIVER PROMPTLY. THANK YOU.

Website: ADK-GFS.ORG

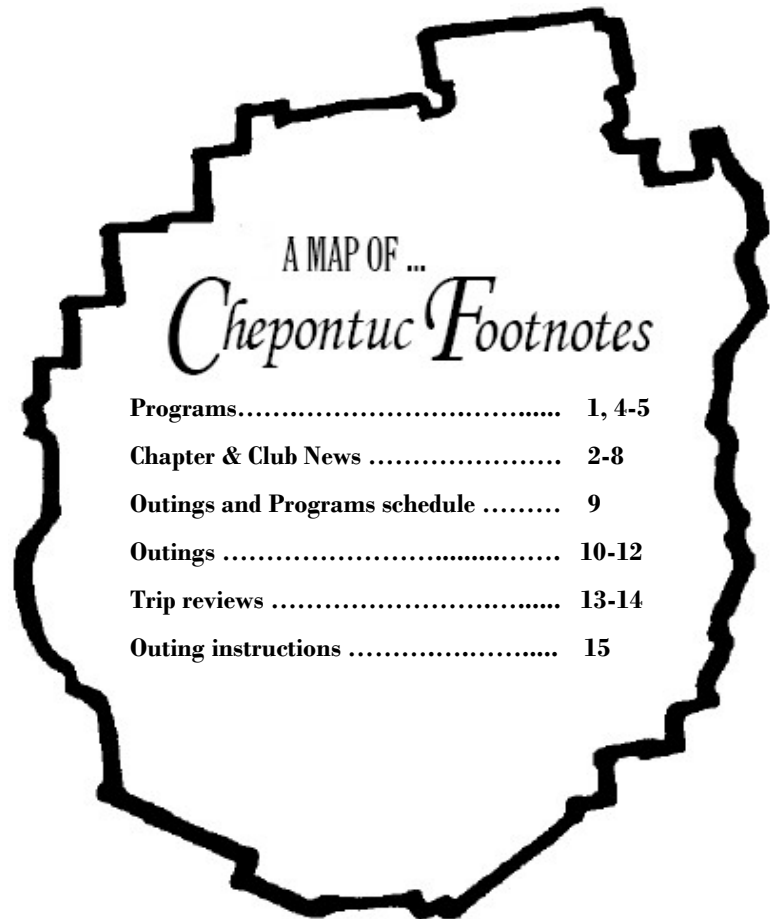


Are you moving?

*If you are moving, You may call
Headquarters at 518-668-4447.*

*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 call to the Club is all you need!*



**Reminder: Please include your e-mail
address when renewing membership!**