

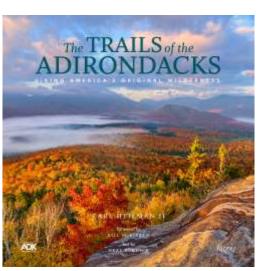
THE NEWSLETTER OF THE GLENS FALLS-SARATOGA CHAPTER OF THE ADIRONDACK MOUNTAIN CLUB

Annual Dinner To Feature Carl Heilman II

Please join us on Friday, October 25, 2019 for the Saratoga-Glens Falls Chapter of the Adirondack Mountain Club Annual Dinner.

Enjoy a wonderful evening of still and time lapse photography with video, encompassing "The Recent Projects" of renowned photographer Carl Heilman II.

Carl Heilman II has spent the last 40 years hiking and photographing the Adirondacks. His most recent book, *The Trails of the Adirondacks* was published in April 2019. His photographs have appeared in magazines such as *Outside, National Geographic Explorer, The New York Times and Nature Conservancy*, and have been presented in shows on PBS. In the past several years, Carl has done a year long shoot on Giant Mountain, as well as, Lake George. He has travelled the length of the Blue Ridge Mountains and photographed the total solar eclipse in the Smokies in addition to producing this latest Rizzoli/ADK book.



See page 5 for registration information.

Members and non members are welcome.

The Hudson River School and American Environmentalism at Saratoga Library, 7 pm November 21, 2019

Landscape paintings by 19th-century Hudson River School artists celebrate the majestic beauty of the United States. Their work brought pride to the new nation and helped shape an emerging American identity. The grand, scenic landscapes also influenced the beginnings of the environmental movement in the country. This program by Patrick Stenshorn of the Albany Institute of History and Art will provide insights into the Hudson River School and its impact on the conservation movements of the late 19th and 20th centuries.

Patrick Stenshorn is the Director of Interpretive Programs at the Albany Institute of Art History. He is a graduate of SUNY Geneseo with a B.A. in history, and SUNY Brockport with an M.A. in History with a concentration in early American History. He has also served as a park ranger for the National Park Service.

Fall Work Day Saturday October 26, 2019

9 am to 2 pm
ADK Headquarters
(Just west off Exit 21



of the Northway)
Come join fellow ADKers to help prep the ADK
Headquarters building for winter. We rake, put away the
picnic table & parking lot timbers, clean up the garden,
and take down the screens. Dress for a mess & bring a
rake and gloves ~ if you can. No worries if you don't want
to rake, we can find other jobs for you!

Coffee, muffins, donuts or scones, and lunch provided.
Call Maureen (518-745-7834) if you have special skills or equipment to offer.

Chapter Chair Report ~ by Kathi Noble

On July 13th my husband, Tim and I had the pleasure of being the summit stewards



on Stillwater Mountain. This is the 3rd year that we've been able to participate in this program. It is always great meeting and talking to other hikers especially when the Adirondack Mountain Club Fire Tower Challenge is involved. Many of the hikers that we met that day were already pursuing the completion of the challenge. We loved hearing about their journey to earn the patch. Of course for those who weren't aware of the challenge we gave them brochures and information on how to earn the patch. We get a lot out of being stewards by educating hikers about the history of the fire tower and on the principles of Leave No Trace. It is fun giving out stickers and cards to the kids that show they've hiked up a mountain. There

seems to be more and more families working on the challenge together and what a great way to spend quality time together. The Friends of Stillwater Fire Tower is a very active group and were instrumental in getting the tower restored and opened to the public. It is an easy hike up there and only requires 4 hours of your time on a Saturday or Sunday during the summer months. If you're interested in being a summit steward send an email to: fsft@frontier.com. You won't be disappointed spending a day on top of a mountain with wonderful views!

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

Executive Con	nmittee Officers	Committee Chairs		Committee Chairs	
Chapter Chair 518-668-3046 chapterchair@adk-gfs	Kathi Noble s.org		ee Viens Rutledge I Dietershagen s.org	Trails 518-638-6139 trails@adk-gfs.org	Tom Ellis
First Vice Chair N 518-745-7834 vicechair@adk-gfs.or	Maureen Coutant g	Education 908-305-8357 education@adk-gfs.or	Kim Brown	Web site 518-743-9692 webmaster@adk-g	George Sammons fs.org
2nd Vice Chair 518-798-0051 vicechair@adk-gfs.or	Laurie Williams g	Hospitality 518-638-6139 hospitality@adk-gfs.o	Gretchen Steen rg	Wilderness 518-421-4975 wilderness@adk-gr	Jim Schneider s.org
Secretary 518-798-0624 secretary@adk-gfs.or	John Caffry	Membership 518-813-7946 membership@adk-gfs	Pat Desbiens s.org	Young Members 516-996-5086 ymg@adk-gfs.org	Brian Coville
Treasurer 518-793-6484 treasurer@adk-gfs.or	Steve Mackey	Newsletter Editor 518-290-0703 newsletter@adk-gfs.o	Jennifer Ferriss	Fire Tower 518-668-3046 firetower@adk-gfs.	Jim Schneider Kathi & Tim Noble org
Directors director@adk-gfs.org	Dan Kane Tammara Van Ryn Bill Wasilauski	Outings 518-893-7895 outings@adk-gfs.org	Wayne Richter	Annual Dinner 518-798-3055 annualdinner@adk	Anne Paolano -gfs.org
Past Chapter Chair 518-798-0624 pastchair@adk-gfs.or	John Caffry g	Programs 518-798-0615 programs@adk-gfs.or	Sarah King	Alternate Director	s Peter Benoit Maureen Coutant Laurie Williams

Education Corner ~ by Kim Brown

The Glens Falls-Saratoga Chapter of the Adirondack Mountain Club is seeking applicants in the 11 to 17 age group to sponsor for the 2020 camp season. The chapter pays the \$350 fee for selected youths to spend a week at either of DEC's environmental camps, Camp 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. The chapter pays the \$285 fee for the Teen Trails program. Applicants here will have a choice of several 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 download Application forms by visiting: https://adk-gfs.org/education.php

DEC applications must be in by December 20th. Acceptance will be on a first come, first served basis and registration must be done by the chosen candidate. Send completed applications to Kim Brown.

Kim Brown, 18 Lochlea Lane, Lake George, NY 12845

Kim may be reached at: 908-305-8357 or Email: education@adk-gfs.org

Membership Update ~ by Pat Desbiens

GLENS FALLS - SARATOGA CHAPTER

NEW MEMBERS - MAY 2019

Anthony, Jessica, Callan & Finley Belardi, Ballston Lake Chris Bengert, Porter Corners Heather Briaddy, Ballston Spa Thomas Cooney, Glens Falls Julie Gibbons, Albany Liya Grebenyuk, Lake Luzerne Mark & Jean Hanson, Glens Falls Katherine Jesaitis, Clifton Park Emily Kane & Joe Morris, Queensbury Cheryl Kenney, Pittsfield, Massachusetts Kevin Madigan, Saratoga Springs Nancy Nugent, Northville David Ostrander, Arlington, Virginia Greg Pratt, Schenectady Harrison Raesly, Queensbury Claire & Ken Siconolfi, Saratoga Springs Asa & Aimee Stackel, Ballston Spa Margaret & Dan Tarmann, Saratoga Springs Julie Terry Seeley, Schenectady

REJOINED MEMBERS - MAY 2019

John, Kim & Haven Alessi, Glens Falls
Jerry Grodin, Saratoga Springs
Val Keen, Mechanicville
Emily Litwin, Scotia
Nancy Lyons, Gansevoort
Jacques & Lorinda Marchand, Quakertown, Pennsylvania
Michael & Grace Metzger, Saratoga Springs
Marcia, Dan, Kayla, Mariaina, Nathaniel & Ethan Murphy,
Middle Grove
Scott, Rachel & Matthew Nussbaumer, Saratoga Springs
Tara, Andy, Drew & Sophia Pleat, Clifton Park

Brant, Barbara & Olivia Pope, Bolton Landing Michael, Katie & Willa Rocque, Saratoga Springs Timothy, Barbara, Grace & Joshua Wall, Greenfield Center

NEW MEMBERS - JUNE 2019

Lara Ayad, Malta
Patricia Buttner, Round Lake
Courtney Donahue & Sean Ritter, Clifton Park
Kelly Eldib, Lake George
Chris Engborg, Greenfield
Jeffrey Flynn, Clifton Park
Robert Gibson, Ballston Lake
Jill Lacque, Glens Falls
Ryan Schuster, Glens Falls
Erin Wysocki, Garden City, New York

REJOINED MEMBERS - JUNE 2019

Will, Sheryl, Ben & Luke Anthony, Lake George
Carolyn Beebe, Washington, D.C.
Dennis Girard, Ballston Spa
Gillian Hirsch, Jack, Jason & Kate Dietrich, Saratoga Springs
Dr. Martin Merry, Bonita Springs, Florida
Remus Preda, Lisa Randles & Sofia Preda, Gansevoort
John Racioppi, Warrensburg
Randy Smith & Jeneane Hubbell-Smith, Wilton
David, Carolyn, Ellis & William Strutton, Glenside, Pennsylvania

NEW AFFILIATES - JUNE 2019

James Sheil, Bayside, New York Jason Stallard, Duanesburg

Vote for Chapter Officers at the 2019 Annual Meeting

At the annual meeting, chapter members will be invited to vote for the new officers. The nominating committee presents the following candidates for 2020.

<u>Chapter Chair:</u> Kathi Noble

1st Vice Chair: Laurie Williams

2nd Vice Chair: Tammara Van Ryn

<u>Treasurer:</u> Steve Mackey

Secretary: John Caffry

<u>Directors:</u> Dan Kane, William Waslauski

Brian Coville

Additional nominations, in writing, may be submitted by any member entitled to vote to Brian Coville, chair of the Nominating Committee, by close of business, **Friday**, **October 11**, **2019**. Such nominations must be signed by no fewer than twelve voting members.

Send nominations to: nominating@adk-gfs.org

In the event that there is more than one candidate for any given office, at the annual meeting the Secretary shall furnish a ballot containing the names of all nominees, arranged in alphabetical order, as candidates for each office. This ballot shall be the exclusive means of voting for officers and Directors. The successful candidate for each position shall be determined by a simple majority of the votes cast. Please see below for the biographies of these nominees.

Kathi Noble I have been a member of the Adirondack Mountain Club (ADK) for many years, becoming involved with the Glens Falls - Saratoga Chapter in 2011 when my husband and I took over as the ADK Fire Tower Challenge Correspondents. I have served the past two years as the chapter's chairperson. I retired in 2014 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.

Laurie Williams I have been an ADK member for several years going on outings and participating in workdays at the Headquarters. As well as being a Vice Chair, I am also an Alternate Director with the Glens Falls-Saratoga Chapter. My favorite outdoor recreational activities are hiking (46er), paddling, skiing and being stunned at the beauty in our world. I have volunteered for many years with the Friends of Moreau Lake performing trail work, fundraising, and education and I am a new member of the Lower Adk Search and Rescue team (LASAR). As a professional geologist, I have been involved with the environmental and water supply industries for 34 years.

Tammara Van Ryn I have been an ADK Glens Falls - Saratoga member for many years. In my day job, I work with non-profit conservation organizations across the country. In 2016, I responded to a call in the chapter newsletter to serve as a director. In this role I combined my passion for the Adirondacks with my knowledge of nonprofits by representing our Chapter on the ADK Board of Directors. I served on the board's finance committee for several years. I also serve on the zoning board for the Town of Greenwich in Washington County. In my spare time I can be found in a canoe or on a trail.

Steve Mackey I have been an active member with the Glens Falls - Saratoga Chapter of ADK since the early 80s

and I've already served as the Chapter Treasurer for almost 5 years. I also have participated in the Adopt- a- Lean-To program, with Jim "Jungle" Mosher, taking care of Ward Brook Lean-to, for over 30 years. I lead hikes regularly and am the "Winter Weekend Coordinator". I am retired now, but I spent my career as the owner/operator of the Luzerne Market which has been operating for almost 40 years.

John Caffry I have been an ADK member since 1985 and have served ADK in many capacities, such as member of the Chapter Executive Committee since 1987; former Chapter Publicity Committee Chair and Second Vice Chair; Chapter Secretary from 2006 to 2015 and starting again in 2018; Chapter Chair from 2016 to 2017; 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 find time for hiking, paddling and all varieties of skiing.

Dan Kane I have been an ADK Glens Falls-Saratoga Chapter member and ADK 46ers for a number of years. I am semiretired after careers as Warren County Planner and as an educator at Queensbury High School and SUNY ADK. Still active as an associate real estate broker, high school basketball official and off-ice hockey official with the AHL & ECHL, I also volunteer with Marcy, my yellow lab therapy dog, with Therapy Dogs International and as a member of The Lower Adk Search and Rescue team (LASAR). I am active within the ADK Mtn Club as a volunteer Summit Steward, at Johns Brook Loj, Campground Host at Heart Lake and High Peaks Information Center Host Coordinator. I am currently serving as an ADK Mtn Club Board of Directors representing the Glens Falls-Saratoga Chapter and served on the 46ers Board of Directors.

William Wasilauski I have been a member of the ADK Glens Falls - Saratoga Chapter since 2008, and I am currently serving on the Board of Directors. I have participated in many club outings, events and activities including Spring and Fall Workdays at the Headquarters. I have volunteered for ADK at the RAGNAR Relay, participated in ADK's National Trails Day Events at Cranberry Lake, Winterfest and at the Johns Brook Lodge Fly-In. As a 46er, I volunteer with their trail crew each season to work on projects in the Adirondacks. I retired from the NYSDEC in 2010; since 2011, I have worked part time for the NYS Department of Homeland Security & Emergency Services (Disaster Assistance Response). In my free time, I enjoy walking, hiking, skiing (Alpine & Nordic), and fishing.

Brian Coville I grew up on Long Island and developed an interest in hiking while exploring Bear Mountain State Forest with my friends. After relocating to the Capital Region, I began working as an internal auditor at Pioneer Bank and serving on the Bank's Making Change Committee. I continue to enjoy working and learning in that role. I volunteer with the Adirondack Mountain Club on the Audit Committee and with the Glens Falls-Saratoga Chapter as the Young Member Chair and Nominating Committee Chair.

Glens Falls – Saratoga Chapter ADK Annual Dinner 2019 Friday, October 25th @ Great Escape Lodge 89 Six Flags Drive Queensbury, NY 12804 6:00 pm Cash Bar, 7:00 pm Dinner

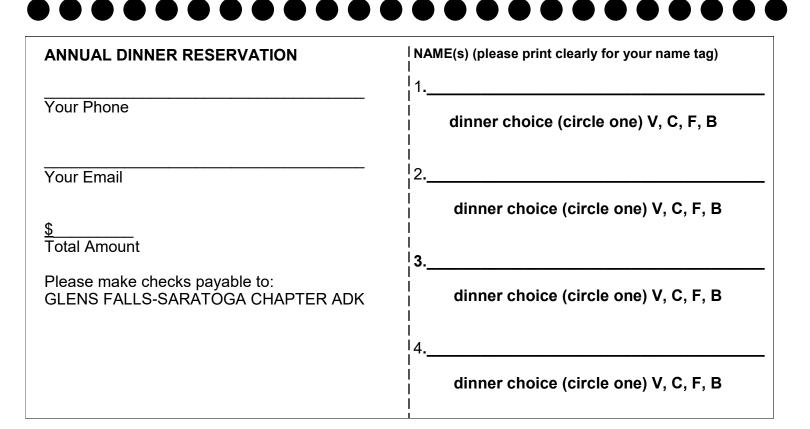
- Mixed Green Salad with choice of dressings, bread rolls and butter
- Choice of Entrees with Chef's Choice of Vegetables
- Warm Apple Crisp a la Mode
- Coffee and Tea

Entrees:

- Vegetable Pasta Primavera with Cheese Tortellini in a Vodka Cream Sauce
 \$26 (V)
- Chicken Francaise served with rice \$26 (C)
- Grilled Salmon with Cucumber Dill Relish served with rice \$28 (F)
- NY Strip Steak with Maitre D'Butter served with mashed potatoes \$32 (B)

Reservation Instructions

- 1. All reservations must be PREPAID and RECEIVED BY Sunday, OCTOBER 20
- 2. Sorry, phone reservations cannot be accepted use mail-in form below.
- 3. Please make checks payable to: GLENS FALLS-SARATOGA CHAPTER ADK
- 4. Mail reservation form (below or @ www.adk-gfs.com) 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



ADK Fire Tower Challenge by Kathi Noble



Congratulations to the following people who have recently completed the Adirondack Mountain Club Fire Tower Challenge.

Roger Meunier Brockville Ontario, Canada Lisa Seigle Cold Brook, NY John Seigle Cold Brook, NY Nancy Morrill Gabriels, NY Sarah Steele Eaton, NY Jeffery Steele Eaton, NY John Ehntholt Granville, NY Maureen Georgia Granville, NY Doug Duncan Elmira, NY Danell Russell Horseheads, NY Daisy McPeak Horseheads, NY Liz Schou Troy, NY Sarah Rodman Clifton Park, NY Judith Carson Cherry Valley, NY Sheila Barnhart Forestport, NY Paul Winke Montclair, NJ Bruce Dudley Rome, NY Sarah Lejeunesse Ballston Spa, NY Zachary Hanmer Whitesboro, NY Robert Kuba Philadelphia, NY Marty Ford Indian Lake, NY Edward Ford Indian Lake, NY James Gray Clifton Park, NY Patricia Gray Clifton Park, NY Melissa France Utica, NY Rebecca Mason Greenfield Center, NY Erica Facteau Dannemora, NY

Gregory Chouffi Latham, NY Lori Pizer Mechanicville, NY Bill Pizer Mechanicville NY Frederick Knauf Spencerport NY Colin Carelli Grafton, NY Paul Wilson Auburn, NY Kristin Cimmino Glenville, NY

Some fun information and quotes from finishers:

Danell Russell had started the challenge at the age of 71 then broke her pelvis at age 76. She was able to complete the challenge at age 78! Amazing!!!

Becca Mason wrote about her rainy hike up Gore. She said, "Let it rain, let it pour, don't forget to explore!" This is going to be a new favorite saying of mine that I will follow!



Blue Mountain Fire Tower—May 2019

Bear Canisters for Rent to Chapter Members!



These bear-proof canisters are required in the Central High Peaks Zone and are essential to use on any backcountry overnight adventure to any backpacking or canoe camping destination. 8.8" dia. X 12" long, weight 2.7 lbs. Designed to slip into your backpack. *Backpackers'* Cache (Garcia Manufacturing) and Bear Keg (Counter Assault) are the only two bear resistant food containers approved for use in the Central High Peaks Zone.

Rental Rates (we have the best rental prices!):
1-3 nights \$5.00 4-7 nights \$10.00
Call Jim Schneider at 518-421-4975 to reserve your canister rental.

Note: Next year the new High Peaks Unit Management Plan Amendment will go into effect expanding the current zone. As a result, DEC approved bears cans will be required from May through October in what is now the Dix Mt. Wilderness and the Western High Peaks zone.

) c.f.	D		utings and Programs Calendar Sept		D-4!
	Day tembe	Type r 2019	Destination	Leader(s)	Ratir
sep I	Sun		Mt. Van Hovenberg Photo hike	Jack Whitney	В
ļ			Executive Committee Meeting	Kathi Noble	NR
	Sat	Bushwack	Cheney Cobble	Nick Ringelberg	A+
0		Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
4	Sat	Hike	Hike to Gothics via the Orebed Trail	Joe Babcock, Jim Zwynenburg	Α
4	Sat	Hike	Table Top Mtn. and Indian Falls	Andrew Meunier	Α
- 5		Hike	Wolf Pond Photo Hike	Jack Whitney	B-
6			Monday Monthly Geocache	Sarah King	NR
7	Tue	Hike	Tuesday Outing - Hopkins	Maureen Coutant	В
9	Thu	Other	YM Social- Northway Brewing Co.	Megan McLaughlin	NR
1	Sat	Hike	Mount Mansfield, Vermont	Wayne Richter, Jen Ferriss	A+
:1	Sat	Hike	Mt. Colden Loop from ADK Loj	Jeff Mans	A+
: 1 !1	Sat	Hike	Saranac 6er Mackenzie and Haystack	Amanda Gomez	В.
4	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
4	Tue	Program	Rambles to Remarkable Rocks- An Explorer's Hiking Guide	Sarah King	NR
8	Sat	Camp/Hike	Overnight Backpacking Outing: Elk Lake-Marcy Trail to Panther Gorge	Andrew Meunier, Jeff Mans	A++
8	Sat	Hike	Marshall Peak and plane crash site "The Patata Hike"	Mike Fuller	A+
8	Sat	Hike	Poke-O-Moonshine	Reg Prouty	B-
8	Sat	Hike	Blackwell Stillwater, Hudson River	Rich Crammond	B-
9		Hike	Cascade and Stevens Ponds	Bill Schwarz	В
9	Sun		YM: Wakely Fire Tower	Megan McLaughlin	C+
	ober 20		Tim. Wakely Fire Fewer	Wogan Wozaagiiiii	0.
2		Meeting	Executive Committee Meeting	Kathi Noble	NR
·)	Sat	Hike	Rocky Peak Ridge to Giant and Down Giant Mtn Trail via Owl's Head	Joe Babcock, Jim Zwynenburg	A+
5	Sat	Hike	Yard and Big Slide from South Meadow	Jeff Mans	A+
5	Sat	Hike	Chester Challenge-Mead, Beckman, and Kipp Mountains	Reg Prouty	B+
,	Mon	Geocache	Monday Monthly Geocache	Sarah King	NR
3	Tue	Paddle	Tuesday Outing - evening picnic	Maureen Coutant	NR
2	Sat	Hike/	Mount Adams Fire Tower	Rich Crammond	B+
		Snowshoe			
2	Sat	Hike	2nd Annual Jay Mountain Range	Amanda Gomez	В
2	Sat	Paddle/Camp	Massawepie Lake overnight	Steve Mackey, Tammara Van Ryn	В
3	Sun	Hike	Moose Mtn. Pond/Bass Lake	Bill Schwarz	В
3	Sun	Hike	Peaked Mountain	William T Bechtel	B+
5	Tue	Hike	Roostercomb	Maureen Coutant	В
7	Thu	Other	YM Social- Artisanal Brewery	Megan McLaughlin	NR
9	Sat	Walk	Gerald B.H. Solomon Saratoga National Cemetery	Rich Crammond	C-
0.	Sun	Hike	Pisgah Mountains	William T Bechtel	B+
2	Tue	Paddle	Tuesday Outing - Paddle	Maureen Coutant	NR
25	Fri	Program	Annual Dinner - Carl Heilman Program	Anne Paolano	NR
6	Sat	Bushwack	TR Mtn	Nick Ringelberg	Α
26	Sat	Other	ADK HQ workday	Maureen Coutant	NR
lov	ember	2019			
	Sat	Hike	Hiking Pitchoff Mountain and Balancing Rocks	Joe Babcock, Wayne Richter	A-
	Sat	Hike	Porter and Cascade via Blueberry Mtn.	Eric Kimmelman, Akane Suzuki	A+
	Sat	Hike	Hackensack Loop or Traverse	Reg Prouty	В
	Sat	Hike	YM Halloween Hike- Pole Hill Pond	Megan McLaughlin	C+
		Geocache	Monday Monthly Geocache	Sarah King	NR
6		Meeting	Executive Committee Meeting	Kathi Noble	NR
6	Sat	Hike	Catskills- Peekamoose and Table	Amanda Gomez	В
U				Rich Crammond	

Outings and Programs 1 of 4

MT. VAN HOVENBERG PHOTO HIKE

Sun, Sep 1, 2019, 8:30 am, Rating: B

Jack Whitney - 518-793-9210, jackwhitney1758@gmail.com - A classic hike in the heart of the Adirondacks. Great views of the high peaks and lower mountains from this summit. We will start from South Meadows and hike to the summit. From there, we will hike down the old trail to the bobsled runs where we have spotted a car. About five miles with an ascent of 740 feet.

EXECUTIVE COMMITTEE MEETING

Wed, Sep 4, 2019, 7:00 pm, Rating: NR

Kathi Noble - 518-222-3101, knoble2@nycap.rr.com

 Monthly meeting of the Executive Committee. Chapter Members welcome. Community Room in the basement, Crandall Public Library, Glens Falls, NY

CHENEY COBBLE - [Bushwack]

Sat, Sep 7, 2019, 5:00 am, Rating: A+

Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com

- #74 of the top 100 ADK peaks, we will approach via a 3 mile hike (bike ride preferable) on the road to Boreas Ponds followed by 2.5 miles of old logging road and then a 2 mile bushwhack. About 15 miles, 4 of it bushwhack; 2200 feet elevation gain. We did this last year and got fogged in, so we hope for better weather this year for the "unique and awe inspiring views" as rated by Morrissey.

TUESDAY OUTING - PADDLE

Tue, Sep 10, 2019, 9:00 am, Rating: NR

Maureen Coutant - 518-745-7834, mojim@roadrunner.com

 I'm thinking we might give Jabe Pond a try. I've avoided it since in the past the road has been difficult to travel without having a vehicle with high clearance, but I heard the road is in better shape at the moment. Stay tuned since if this changes, we may have to go else-

HIKE TO GOTHICS VIA THE OREBED TRAIL

Sat, Sep 14, 2019, 5:00 am, Rating: A

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

Colead: Jim Zwynenburg - 518-290-6804 or jim@testplastic.com

- Taking a hike to Gothics on a trail I have passed by, but never taken. We will meet at the Panera Bread parking lot at 5 am and head up to the Garden or South Meadow depending on the status of the bridge repairs on the road to the Garden. The hike will be a full day either way. Looking forward to a nice day in the Park. See you down the

TABLE TOP MTN. AND INDIAN FALLS - [Hike]

Sat, Sep 14, 2019, time TBD, Rating: A

Andrew Meunier - 518-376-2470, andrew.m.meunier@gmail.com - This 10 mile out and back hike will take us to the summit of Table Top Mountain (19th highest in NY). We'll also take a side trip to the picturesque Indian Falls, which offer classic views of the MacIntyre Range.

WOLF POND PHOTO HIKE

Sun, Sep 15, 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. Should be some photo ops along the trail and we can take some photos. Rain might cancel.

MONDAY MONTHLY GEOCACHE

Mon, Sep 16, 2019, time TBD, Rating: NR

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

- Join us on our monthly trip to find 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 - HOPKINS - [Hike]

Tue, Sep 17, 2019, 8:15 am, Rating: B Maureen Coutant - 518-745-7834, <u>mojim@roadrunner.com</u>

- Hopkins is one of my favorite hikes and I haven't been there in a while. We'll head up there midweek to avoid the crowds. It's about 5.5 miles round trip with 2,200 feet of elevation gain. Great views of the high peaks, especially over to Sawteeth Mountain. Call or email to sign up.

YM SOCIAL- NORTHWAY BREWING CO. - [Other]

Thu, Sep 19, 2019, 7:00 pm, Rating: NR

Megan McLaughlin - 631-365-3934, megan@adk.org

- Join other members in their 20s and 30s (ish, all are welcome) at Northway Brewing Co. in Queensbury to meet new people, support a local business and help plan upcoming young members outings!

MOUNT MANSFIELD, VERMONT - [Hike]

Sat, Sep 21, 2019, 5:00 am, Rating: A+

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

Colead: Jen Ferriss - 518-584-5229 or ferrissi@gmail.com

- Mount Mansfield is Vermont's highest mountain at 4,393 feet. We'll take a circuitous route to the summit to enjoy some of the many trails up and along the mountain before reaching the summit. We'll return by the Sunset Ridge Trail. This trail, my favorite when I hiked Mansfield a few years back, is completely open near the summit and affords wonderful views that include our own Adirondacks. Expect around a dozen miles and 3,000 to 4,000 feet of elevation change. And, of course, we'll find a good place to stop for ice cream on our way home. Vermont parks charges a day use fee of \$4 per person.

MT. COLDEN LOOP FROM ADK LOi - [Hike]

Sat, Sep 21, 2019, 7:15 am, Rating: A+

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

- Mt. Colden loop via Avalanche Pass trail to Lake Colden, and returning via the Lake Arnold trail. About 14 miles and 3,800' elevation gain. Eleventh highest peak at 4,714 feet. Steep up to summit from Lake Colden along open rock ledges. Great views both ways. Meet up at Schroon Lake Tops, ADK Loj or TBD.

SARANAC 6ER MACKENZIE AND HAYSTACK - [Hike]

Sat, Sep 21, 2019, time TBD, Rating: B

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

- These will be my finishing peaks for the 6er so come one, come all! Please call for me for gear and carpool info.

TUESDAY OUTING - PADDLE

Tue, Sep 24, 2019, time TBD, Rating: NR

Maureen Coutant - 518-745-7834, mojim@roadrunner.com

- This week we may paddle around Bolton Landing to Huddle Bay section of Lake George. The boat traffic should have died down by this time of year. We'll paddle around and then find somewhere nearby for lunch.

RAMBLES TO REMARKABLE ROCKS- AN EXPLORER'S HIKING **GUIDE TO AMAZING BOULDERS AND ROCK FORMATIONS**

WITH RUSSELL DUNN - [Program]

Tue, Sep 24, 2019, 7:00 pm, Rating: NR

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

- This program will be held at Saratoga Springs Public Library. Join Russell Dunn, a former New York State licensed hiking guide, as he shares wonderful hiking destinations with amazing boulders and natural rock formations. Dunn is the author of nine regional waterfall guidebooks, four regional paddling guidebooks, eight regional hiking guidebooks, and eleven 3D photobooks of stereographic images.

OVERNIGHT BACKPACKING OUTING: ELK LAKE-MARCY TRAIL **TO PANTHER GORGE** - [Camp/Hike]

Sat, Sep 28, 2019, time TBD, Rating: A++

Andrew Meunier - 518-376-2470, andrew.m.meunier@gmail.com Colead: Jeff Mans - 518-265-4135 or adkhighlander@aol.com

- There's nothing like backpacking in the fall - fewer bugs, cool nights,

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and you get to carry more layers! We'll park at the Elk Lake parking area and hike the Elk Lake-Marcy Trail to the Panther Gorge Lean-to (about 9 miles with loaded packs). We'll drop our overnight gear and climb the steep trail up to the summit of Haystack. If the group is in agreement and time permits, a visit to the summit of Skylight and/or Marcy is also a possibility. We'll camp at the Panther Gorge lean-to on Saturday night and break camp on Sunday morning. This trip will require proper overnight gear for cool-weather camping. Even though we will try to stay at the lean-to, a tent will be required in case space is limited in the lean-to. A bear canister is also required for this hike (see page 6 for bear can rental details).

MARSHALL PEAK AND PLANE CRASH SITE "THE PATATA HIKE"

Sat, Sep 28, 2019, 5:00 am, Rating: A+

Mike Fuller - 802-254-3314, farmallboy55@hotmail.com

- I didn't lead this last year because I was away on the AT and didn't get a crop planted, so this year they're in the ground and doing great. We'll go to Marshall, then to the crash site. It's 16 miles and 2600 feet of up. I go rain or shine, but shine is better. We meet at Panera Queensbury at 5:00 or Upper Works at 7:00.

POKE-O-MOONSHINE - [Hike]

Sat, Sep 28, 2019, 8:00 am, Rating: B-

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

- Poke-O-Moonshine is a fire tower mountain on Route 9 between Exits 32 and 33 of the Adirondack Northway, and has commanding views of both the Adirondacks and the Green Mountains of Vermont. It is short, about 2 miles round trip, but has some steep spots.

BLACKWELL STILLWATER, HUDSON RIVER - [Hike]

Sat, Sep 28, 2019, 9:00 am, Rating: B-Rich Crammond - 518-584-2380

- Approximately 5.3 miles round trip with not much elevation change on dirt roads most of the way. We will hike to the river, then back to the parking lot. Drive Goodnow Flow Road from Route 28N, Newcomb, to Woodys Road then bear left, drive across one lane bridge over Goodnow River to DEC sign, then up Essex Chain Road to the parking lot not much farther to the meeting place. Look for my black Ford F-150 pickup. See you there, hiking buds.

CASCADE AND STEVENS PONDS - [Hike]

Sun, Sep 29, 2019, 8:00 am, Rating: B

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

- Walk to two separate ponds near Lake Durant, in Blue Mountain. 8-mile round trip, but easy going. Rain cancels.

YM: WAKELY FIRE TOWER - [Hike]

Sun, Sep 29, 2019, 8:00 am, Rating: C+

Megan McLaughlin - 631-365-3934, megan@adk.org

- Attempt two for Wakely; hopefully, no freak snowstorms will block the road this early in September. Moderately rated trail, about 6 miles round trip, with an easy 2 mile start followed by a more challenging last mile gaining more than 1,000 feet of elevation. Email megan@adk.org or text to sign up and get exact meet-up location/ time.

EXECUTIVE COMMITTEE MEETING

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

Kathi Noble - 518-222-3101, knoble2@nycap.rr.com

- Monthly meeting of the Executive Committee. Chapter Members welcome. Wesley Health Care Center meeting room Saratoga Springs, NY.

ROCKY PEAK RIDGE TO GIANT AND DOWN GIANT MOUNTAIN TRAIL VIA OWL'S HEAD LOOKOUT - [Hike]

Sat, Oct 5, 2019, 5:00 am, Rating: A+

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

Colead: Jim Zwynenburg - 518-683-2413 or <u>iim@testplastic.com</u>

- We will plan on meeting at the Panera Bread parking lot in Queensbury at 5 am to car pool and travel north. We will start off the

hike from the New Russia trailhead after spotting a car at the Owl's Head/Giant trailhead on Route 9N. We will make our way up to Rocky Peak Ridge, enjoying the many opportunities for views and vistas. From Rocky Peak Ridge, we will make our way over to Giant for some more scenery fitting for a fall day in the park. After enjoying both of these fine peaks, we will make our way down the back or north trail that will lead us to an opportunity to check out Owl's Head Lookout before heading out to the parking area on 9N for our finish. Hope to have a great day of fall hiking. See you there.

YARD AND BIG SLIDE FROM SOUTH MEADOW - [Hike]

Sat, Oct 5, 2019, 7:30 am, Rating: A+

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

- Yard and Big Slide from South Meadow along the Klondike Trail. About 13 miles and 3,300' elevation gain. Meet up at Schroon Lake Tops, South Meadow Klondike trailhead, or TBD.

<u>CHESTER CHALLENGE-MEAD, BECKMAN, AND KIPP MOUNTAINS</u> - [Hike]

Sat, Oct 5, 2019, 8:00 am, Rating: B+

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

- If you complete 5 of the 8 easy hikes in the Chestertown-Loon Lake area you can earn a pin or patch. These three mountains afford good vistas of Loon Lake and mountains to the south. There are a few steep spots but not for long. Fall foliage should be at peak by then. Total mileage is a little less than 8 miles.

MONDAY MONTHLY GEOCACHE

Mon, Oct 7, 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 - EVENING PICNIC - [Paddle]

Tue, Oct 8, 2019, 4:30 pm, Rating: NR

Maureen Coutant - 518-745-7834, mojim@roadrunner.com

- This week we'll paddle on a section of the Hudson River near Glens Falls...check in the weekend before to find out where.

MOUNT ADAMS FIRE TOWER - [Hike/Snowshoe]

Sat, Oct 12, 2019, 8:30 am, Rating: B+

Rich Crammond - 518-584-2380

- This will be a hike from the Upper Works Mt. Adams trailhead, Tahawus area. Approximately 4.8 miles round trip with about 1,700 feet of elevation gain. Please dress for mountain weather. Bring snowshoes and microspikes just in case of snow and ice. Eeks! Call leader for details and directions. See you there, hiker buds.

2ND ANNUAL JAY MOUNTAIN RANGE - [Hike]

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

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

- Join me for this 2nd annual hike with wide open ridgeline hiking. I am hoping for great fall colors again this year.

MASSAWEPIE LAKE OVERNIGHT - [Paddle/Camp]

Sat, Oct 12, 2019, 8:00 am, Rating: B

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

Colead: Tammara Van Ryn - tvanryn99@gmail.com

- Tammara, Chris, Licia, and I all participated in the National Trails Day weekend at Cranberry Lake this past June with ADK. On the way home, we stopped at Massawepie Lake to check it out. Massawepie Lake is a gem west of the Village of Tupper Lake. The lake is owned by the Boy Scouts who run a large camp during the summer. The Boy Scout properties are under a conservation easement with the state, meaning that the general public is permitted to paddle and hike on their property after camp season ends. There are several lakes, ponds and trails around Massawepie Lake. This is a first-time trip to

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the area for the leaders. Campsites are first-come/first-served so the leaders will hope for the best in finding a campsite on this almost-full-moon holiday weekend. Come howl and explore with us.

MOOSE MTN. POND/BASS LAKE - [Hike]

Sun, Oct 13, 2019, 8:00 am, Rating: B

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

- From North Hudson, 3 miles to this remote waterbody, with a cliff to view the pond and surrounding mountains. Trail parallels a stream and marsh. Then, after lunch, a side hike of 3 miles roundtrip to rock ledges overlooking the lake. Total: 9 miles, relatively easy. Rain cancels.

PEAKED MOUNTAIN - [Hike]

Sun, Oct 13, 2019, 9:00 am, Rating: B+

William T Bechtel - 518-399-1206, wtbechtel2@nycap.rr.com

- Peaked Mountain is partially bare on top with views toward the northeast to southeast with Gore Mountain directly to the east. The trailhead is at the parking lot for public access to Thirteenth Lake just southwest of the hamlet of North River. Following the lake for about one mile, the trail turns northwest and follows the Peaked Mountain Pond drainage for two miles to the pond. This is along a beautiful stream and wetlands. After reaching the pond there is a final 675 foot climb over 0.4 miles to the peak. Overall ascent is 1245 feet with a round trip distance of 7.2 miles. (This hike was cancelled in May due to weather.)

ROOSTERCOMB - [Hike]

Tue, Oct 15, 2019, 8:15 am, Rating: B

Maureen Coutant - 518-745-7834, mojim@roadrunner.com

- I haven't been to Roostercomb in a little while. I've seen photos from others showing new(ish?) trail work, so I thought I'd go check it out. Plus, it's a great hike and a great time to be up there. It's a little over 5 miles with ~1800 feet of elevation gain. Stop at the Noonmark for ice cream or pie after??

YM SOCIAL- ARTISANAL BREWERY - [Other]

Thu, Oct 17, 2019, 6:30 pm, Rating: NR

Megan McLaughlin - 631-365-3934, megan@adk.org

- Join other members in their 20s and 30s (ish, all are welcome) at Artisanal Brewery in Saratoga to meet new people, support a local business and help plan upcoming young members outings!

GERALD B.H. SOLOMON SARATOGA NATIONAL CEMETERY

[Walk]

Sat, Oct 19, 2019, 9:00 am, Rating: C-

Rich Crammond - 518-584-2380

- This will be a walk to help bring awareness and appreciation for this well kept and directed landscape. Approximately 1 mile of walking. Bring water and rain gear. Address: 200 Duell Road, Schuylerville. Meet at the public information center, the first building in from the main entrance stone wall along Duell Road.

PISGAH MOUNTAINS - [Hike]

Sun, Oct 20, 2019, 9:00 am, Rating: B+

William T Bechtel - 518-399-1206, wtbechtel2@nycap.rr.com

- The Pisgahs, Upper and Lower are located northeast of the village of Indian Lake off the extension of Chain Lakes Road. The hike begins at the Outer Gooley Club building. This is only a 4.4 mile loop, with bushwhacking for 3 miles. It is planned to provide everyone with a detailed description of the hike along with a map. We shall proceed on the hike by the consensus of the group and use our map and compass skills to navigate from the Lower to Upper Pisgah and then from Upper Pisgah back to our cars. It is desired that everyone bring a compass. The bushwhacking through mature forest is relatively easy. The peaks are beautiful. The lower peak has very limited views, but the upper peak has several overlooks to the west and south. This is a fun hike. Overall ascent is approximately 750 feet. (This hike was cancelled in May due to weather.)

TUESDAY OUTING - PADDLE

Tue, Oct 22, 2019, 9:00 am, Rating: NR

Maureen Coutant - 518-745-7834, mojim@roadrunner.com

- This will be the last paddle of the season. Send me your suggestion for where to go and then check the website the Sunday before!

ANNUAL DINNER - CARL HEILMAN PROGRAM

Fri, Oct 25, 2019, 6:00 pm, Rating: NR

Anne Paolano - 518-798-3055, paolano@roadrunner.com

- Join us to meet fellow chapter members, have a great meal, vote in next year's officers, and enjoy a program from Carl Heilman who will be curating a show just for us. See the newsletter article for more details.

TR MTN - [Bushwack]

Sat, Oct 26, 2019, 6:00 am, Rating: A

Nick Ringelberg - 518-522-6863, <u>nickringelberg@yahoo.com</u>

- Named for Teddy Roosevelt, this is a short hike to one of the top 100 ADK highest: #61. Four miles and 1,600 feet elevation gain on the trail towards Marcy, then a 1/4 mile bushwhack with another 400 feet of gain.

ADK HQ WORKDAY - [Other]

Sat, Oct 26, 2019, 9:00 am, Rating: NR

Maureen Coutant - 518-745-7834, mojim@roadrunner.com

- Come join us for an hour, the morning, or stay for lunch! We'll be putting away the screens and the picnic table, raking, and doing anything else that needs to get done for a fall cleanup at the ADK HQ building. Many hands makes light work! So please stop by for any time you can spare. Thank you!

HIKING PITCHOFF MOUNTAIN AND BALANCING ROCKS

Sat, Nov 2, 2019, 5:00 am, Rating: A-

Joe Babcock - 518-791-9395, <u>jababcock19@gmail.com</u>

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

- We will meet at the Panera Bread parking lot off Exit 19 of the Northway to get this adventure started. Hiking Pitchoff, we will start from the trail near the Cascade trailhead and hike out to and along the ridge to the last open area on top, then hike the same trail back. I look forward to this hike and the potential for some nice views along the way. Join us for a nice hike in the later fall hiking season.

PORTER AND CASCADE VIA BLUEBERRY MTN. - [Hike]

Sat, Nov 2, 2019, 5:00 am, Rating: A+

Eric Kimmelman - 518-866-8521, ejkimmelman@gmail.com

Colead: Akane Suzuki - akaneadk@gmail.com

- Let's climb Porter and Cascade the quiet and fun way! We'll start from Marcy Field, and head up for Blueberry Mountain. After enjoying the view from its bold summit, we'll head to Porter, then Cascade. This route is more challenging and rewarding than climbing from Cascade Lake at Route 73. Total 11 miles, 4200 ft elevation gain. We'll meet at Exit 19 at 5am. Prepare for early November conditions. Bring enough layers and microspikes!

HACKENSACK LOOP OR TRAVERSE - [Hike]

Sat, Nov 2, 2019, 9:00 am, Rating: B

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

- Hackensack in Warrensburg has a selection of newly marked loops of varying length and difficulty. The length and difficulty will depend upon the group dynamics and whether we do a traverse or loop returning to the same parking area. Our pace will not be too fast and we will take ample time for a relaxing lunch on the overlooks that afford rooftop views of the village of Warrensburg and the confluence of the Hudson and Schroon Rivers.

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YM HALLOWEEN HIKE- POLE HILL POND

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

Megan McLaughlin - 631-365-3934, megan@adk.org

- Join our Young Members on a Halloween loop hike at Pole Hill Pond. This hike in Bolton offers views of Lake George. 6 miles round trip. A really nice hike, with a steady uphill and no technical challenges. Perfect for wearing costumes, because, yes, costumes are encouraged. Prizes will be given. Open to members in their 20s, 30s and the young at heart.

MONDAY MONTHLY GEOCACHE

Mon, Nov 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!

EXECUTIVE COMMITTEE MEETING

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

Kathi Noble - 518-222-3101, knoble2@nycap.rr.com

- Monthly meeting of the Executive Committee. Chapter Members welcome. Crandall Public Library, Glens Falls, NY

CATSKILLS- PEEKAMOOSE AND TABLE - [Hike]

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

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

- Fall is my favorite time of year so let's get out there and enjoy the nice cool weather after a long hot summer. We will hike about 10 miles for the 10th and 11th highest peaks in the Catskills with about 3,000 feet of accent. Please call me for gear list and carpool info.

TURKEY TROT #21, SARATOGA BATTLEFIELD - [Hike]

Thu, Nov 28, 2019, 8:00 am, Rating: C+ Rich Crammond - 518-584-2380

- Let's work up that old holiday hunger again this year with a nice hike of 4 to 5 miles through this great history park. Little elevation change. Meet at the visitors parking lot off Route 32, Stillwater. Please dress for "cold" weather. Happy Thanksgiving hiker buds.

Trip Reviews 1 of 4

Monthly Monday Geocache Mon, Jun 3, 2019, Sarah King

- Today we travelled to John Boyd Thacher Park and Thompson Lake State Park. Our goal was to find the 11 caches placed at Thacher and 6 at Thompson that were part of the SaraCap Geocaching Challenge. We started at Thacher, parking at the Carrick Road parking to access the Fred Schroeder Memorial (red) Trail. It was unseasonably cool for an early June day. The trail was very muddy in spots but nothing we couldn't get around. We did the Red Trail loop and then drove one car around to another parking area off Olde Stage Road. We then walked the Perimeter (yellow) Trail to find the remaining 5 caches there. We then headed to Thompson Lake, where we had a bite to eat and off to the trails to find the 6 caches there. The campground is open so we visited the bathrooms after lunch. We had a new cacher, Susie, join us. She loaded the free geocaching app to her smartphone, which is a nice option for people who want to try out geocaching. All in all a good day. We were on the road headed home by 2:30 pm to beat the Northway traffic. Participants: Sarah King, Mo Coutant, Licia Mackey, Ed Kopf, Susie Imgruth.

Tuesday Outing - Paddle Tue, Jun 4, 2019, Maureen Coutant - We had a perfect day to paddle on Lake George preseason! There was a chance of rain...but it didn't come until later. I thought there'd be wind, but it was perfectly calm! The temperature was comfortable and the bugs weren't bad! Amazing! All that would be enough for a great day, but add in paddling on beautiful Lake George from Shelving Rock all the way to Paradise Bay. You can't get better than that!! Participants: Gwen Bizal, Mo Coutant, Bill Glendenning, Jim Jordan, Mary Knutson, Beverly Lavick, Licia Mackey, Rich Myette, Dave Roeger,

Donna & Mitch Zimmer.



YM Sunset Hike- Shelving Rock Tue, Jun 4, 2019, Megan McLaughlin

- Good sunset, a large cloud unfortunately stayed directly in front of the sun, but a good time was had by all. Participants: Rich Rogers, Emily Litwin, Dave Kelley, Isaiah Shaw, Beau Bessen, Megan McLaughlin, Liya Yaroslavovna, and friend.

Sewards Black Fly Blood Drive Sat, Jun 8, 2019, Mike Fuller - The first thing is we had perfect weather and great trail conditions. We were on the trail by 7:30. After a short break at Calkins Brook, our climb started. Reaching the spot where the shoulder of Seward comes

Trip Reviews 2 of 4

into view means we're almost on the ridge, and then to Donaldson. Off to Emmons where we met lots of hikers and one aggressive dog. NOTE: That dog should have been leashed. Lunch on Emmons and hardly any blood donations. Where are the Black Flies? We arrived at the Seward herd path to find someone in a hammock stretched across the trail, talking on his cell. The rock scramble up Seward and its views are my favorite. Ah Seward!! The last peak of the day. John had overnight gear to do Seymour on Sunday so we showed him how to get to the Ward Brook Lean-to. On our way back we met a hiker resting, but something caught my eye sticking out of his pack. It was an AR-15. He said he was new to hiking and didn't know what to expect. Note: Join a hiking club, Rambo. The rest of our way out was great with sunlight to spare. Four blood donors: Wayne Richter, Kimberly Labrecque, John Acacia, and Mike Fuller.

Balm of Gilead, Hooper Mine, and Elizabeth Point Lunch Break Sat, Jun 8, 2019, Rich Crammond

- This hike was, for the most part, very enjoyable with blue skies and great views from Balm of Gilead summit and the Hooper Mine. Just a nice day in the 'dacks and nice people to hike along with. Highlights of this outing were a brown snake, red efts, green landscape, and orange spray top of my Off insect repellent - "glad I had it." Our lunch break at E point was a great place with our own picnic table. Real close to didn't get no better. Participants: Mitch Zimmer, Donna Zimmer, Rich Crammond.

Tuesday Outing Wed, Jun 12, 2019, Maureen Coutant

- This week we hiked along the Gill Brook trail to Indian Head and

Fish Hawk Cliffs (FHC). The brook trail was amazing. So many waterfalls that were really flowing with all the rain we've been getting this year! Lots of great trail improvements near the top where it gets steeper...steps and ladders that weren't there a couple of years ago. The views from Indian Head and FHC were just as amazing as I remembered. One of the best hikes in the Adirondacks in my opinion. Most of us ventured over to FHC and after gathering up everyone, we headed down to Lower Ausable Lake. We had an amazing day of beautiful blue sky and a light breeze that mostly kept the bugs away.



After again regrouping, I turned over the trip to the Mackeys who continued on to Rainbow Falls, which I heard had a spectacular rainbow above the falls. Three others who needed to get back sooner hiked out at a quick pace and everyone got to their evening engagements. Check the photo gallery for pictures. Participants: Scott Anderson, Chris Bessen, Gwen Bizal, Kim Brown, Nancy Burke, Mo Coutant, Ed Kopf, Licia & Steve Mackey, Sancy Mence, Joy Muller-McCoola, Jim Ralston, Jerry White, Donna & Mitch Zimmer.

Three Lakes Bike Loop Sat, Jun 15, 2019, Andrew Meunier and Patrick Reilly

- Sprinkles of rain on the drive north didn't deter our group, as the forecast called for clearing skies. We parked at the Hub and rode along the western shore of Brant Lake. Vehicle traffic was light and we enjoyed beautiful views of the lake and its islands. Before turning onto Beaver Pond Road, we paused at an old cemetery and took turns racing around on Licia's e-bike which left us all jealous of her turbo mode! Our next stop was the Adirondack General Store where we got snacks to enjoy near the nearby creek. The rest of the loop took us along the shores of Schroon and Loon Lakes. Refreshments at the Hub capped off a great ride. With Steve Mackey, Licia Mackey, Laura Fiske, Jeff Merrill, Brad Looman, Carrie Agne, Pat Reilly, and Andrew Meunier.

Tuesday Evening Paddle Tue, Jun 18, 2019, Maureen Coutant - We had a great evening paddle to NW Bay on Lake George. The temperature was perfect (low 70s), blue skies with some clouds, and

just a little chop on the lake that wasn't too much for the boats or boaters. We only saw one motor boat! One! On Lake George! On our way to the bay, Mary saw a beaver and later Steve saw it and s/he slapped its tail for him. We saw a few baby ducks resting on a stump in the channel, kingfishers swooping along the shore, a turtle chilling on a log, and as we were heading off the lake we could hear a loon in the distance saying goodbye. Such a beautiful evening! Participants: Mo Coutant, Carma DeCicco & Paula Dietershagen, Bill Glendenning, Karen Hayes, Mary Knutson, Julie Leonelli, Licia & Steve Mackey, Joy Muller-McCoola & Gary McCoola, Gwenne Rippon, Dave Roeger.

YM Sunset Hike- French Mt. Tue, Jun 18, 2019, Megan McLaughlin

- Good sunset, cookies enjoyed on top. Participants: Rich Rogers, Steve Tenerowics, Emily Maher Cmaylo, Jeff Newsome, and Megan McLaughlin.

Shelving Rock sunset hike Tue, Jun 25, 2019, Maureen Coutant

- This was our last trip of my weekly hike season (Nov-June), so we did a special evening hike to see the sunset while dining on top of Shelving Rock Mountain. This is an ideal spot for an evening hike due to the wide trail that was once an old carriage road. For some, this was the first time exploring this mountain, so we showed them the path to the spectacular views of the lake, both to the south and north. It was a quiet evening on the lake, the bugs weren't too bad, and the weather was nice also! Couldn't ask for a better conclusion to the "weekly season." Thanks everyone who came out during the year! Participants: Mo Coutant, Ed Kopf, Licia Mackey, Megan McLaughlin, Joy Muller-McCoola, Kathi Noble, JoAnne Pederson, Karen Provencher, Brooke Witham.

Hiking Colvin and Blake Sat, Jun 29, 2019, Joe Babcock and Patrick Reilly

- The day started with rain that I was not sure would let up any time soon. We had some hikers back out of the hike due to a forecast of possible thunderstorms. After checking the weather forecast several times. I made the decision to hike. We started with clouds, but the rain let up early. We were making our way up to Colvin and actually were greeted by some partial views of the summits. It was a day that would continue to give us improving conditions. Overall it was a great hike. It may have been at a slower pace than some would like, but I say if you head out to hike, make a day of it. There is seldom time to do much else with the remainder of the day once you finish a hike, so why rush through the experience. It may have taken a bit longer, but everyone enjoyed the hike. There were some great views from the shoulder of Blake that I took advantage of on the way up and on the way down. We also took the path along Gill Brook on our return trip and enjoyed cooling ourselves off. I know that was unexpected as it was supposed to be a washout of a hiking day. Great day on Colvin and Blake. Participants: The Great Dave White, Jack DiLorenzo, Erin Roberts, Anne Mania, Karen Provencher, Mark Seymour, Mary Dabulas, Sunny Martinson, Nicole Durocher and Joe Babcock. A thank you goes out to Mark and Dave for their willingness to assist the other hikers on this hike and make sure we all made it back to the trail-

Indian Pass Sat, Jun 29, 2019, Reg Prouty

- After getting an early start at 6AM we found quite a few empty parking spots at the Upper Works parking area. It was very wet from the previous day's rain so we had to be very careful, especially in negotiating the boulder field the last mile or so. Since the two Canadian ladies were faster, as they were much younger than the rest of us, they reached summit rock first and stuck around long enough for Reg to play their national anthem, "O Canada," on his trumpet. We had a relaxing lunch and headed back to the parking lot to find there were still empty spots. Since there were 7 of us, I nick-named us the Magnificent Seven after the movie. 7 hikers: Reg Prouty, Jayne Bouder, Jeff Levitt, Mitch Zimmer, Donna Zimmer, Tara McCallum, and Danielle Nichols.

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YM Sunset Hike- Sleeping Beauty Tue, Jul 2, 2019, Megan McLaughlin

- Good sunset, decent color but again a cloud stayed directly in front of the sun. Cupcakes, strawberries and zucchini muffins were enjoyed. Participants: Emily Litwin, Jen Natyzak, Megan McLaughlin, Jocelyn Sobieraj, Tori Becker & Robin.

Dix and Noonmark Sat, Jul 6, 2019, Andrew Meunier and Patrick Reilly

- Extremely humid conditions with heavy rain and thunderstorms were predicted for Saturday so we opted to hike on Sunday instead with a slightly smaller group. We arrived at the Ausable Club hiker lot at 6:30 - it was far from empty and filling up steadily. Could we have slept a few extra minutes and still gotten a spot? Hard to say but not worth the risk! Benefits of an early start included morning temperatures in the high 50s and the trail to the Noonmark all to ourselves. None of our party had taken this approach before and we were all impressed with the many views along the way to the summit. Some of us enjoyed a morning snack at the summit as we took in 360 degree views of the surrounding high peaks. We continued on to Dix, following the Boquet River and its various tributaries. The trail crossed numerous tumbling streams and we caught many glimpses of rocky river beaches through the trees. We found ourselves at the base of one of Dix's large slides around 11:30 and began the climb to the summit. Exceptional clarity allowed us to identify peaks up to 70 miles away. Participants: Jen Ferriss, Jared Desrochers, Rashna Meunier, and Andrew Meunier.



Camp Santanoni Bike/Paddle Tue, Jul 9, 2019, Maureen Coutant

- This week we had to bike 5 miles to get to the paddle portion of the trip. I finally led a trip into Camp Santanoni again after about 20 years (or more). A lot has changed since then! The barn has burnt down, the boathouse has been restored, and many other areas of the main house are in much better shape. The bike ride in requires a mountain bike or hybrid and it is mostly uphill but not too steep. Most in the group had no trouble at all, but it was nice to stop every now and again. Definitely stop at the farm and check out the displays in the buildings. Very informative and interesting. Once we got to the Great Camp, the two interns working on this year's projects took a break and gave us a tour and the history of the Camp. Again very interesting! Afterwards, we ate and headed out on the lake! It was a hot day, so when the second boat was attacked by pirates (Steve & Doug) in a rogue canoe and sprayed mercilessly with water...no one minded! Great fun trip! Participants: Mo Coutant, Mark Janey, Jim Jordan, Mary Harrill, Julie Leonelli, Licia & Steve Mackey, Kathi Noble, Dave Roeger, Jim Schneider.

Seward Range (overnight) Sat, Jul 13, 2019, Andrew Meunier and Ben St. Andrews

- We set out from the Seward parking lot around 7:30 with a cloud of mosquitoes in our wake. Skies were cloudy but showed signs of clearing. We made good time despite some boggy conditions and were lucky to score enough space for our whole 8-person group (some people used designated tent sides in the vicinity of Blueberry Leanto). After quickly setting up camp, we headed down the trail towards

the start of the herd path up Seward. On the way up the extremely rugged path to the Seward summit, we naturally split into a two groups with a faster group eventually waiting at the lookout near the summit of Seward. The skies were clear and we had beautiful views of the entire range. We regrouped again briefly at the Donaldson and Emmons summits, after which the faster group headed back to camp. The slower group found its way down in the dark using headlamps. In the morning, some of the group opted to sign out of the hike and head back to the cars without climbing Seymour. The group that summited Seymour spent ample time enjoying the ledge near Seymour's summit as morning mist framed lovely views of the Sewards and Ampersand Lake. With Donna Ruppel, Alix Shepard, Richard Pine, Cheryl Agris, Victoria DiLorenzo, Jack DiLorenzo, Rashna Meunier, and Andrew Meunier.

Cliff and Redfield Hike Sat, Jul 13, 2019, Joe Babcock and Jim Zwynenburg

- We met at the usual Panera parking lot and were close to full at 14 hikers. We loaded up in the vehicles and headed up to Upper Works to get the hike started. Interestingly, the day started with cloudy skies on a day that forecast clear skies. That is the 'DACKS for you.' Slowly the skies cleared. We were at Flowed Lands for a break and could make out all but the summit of Colden. We encountered a frog that was quite photogenic. I think everyone got a picture and a star was discovered! As we hiked on and approached Colden Dam, the skies cleared and we had great views. We made our way up the trail along the Opalescent River and the water was flowing well, providing great scenery. Once we arrived at Uphill Lean-to, we took a quick break to fuel up for the climb to Redfield. The views were clear now, and made the hike up the trail enjoyable. It is a good climb up to Redfield, but everyone made it to the summit for a lunch with a view. Wayne and I climbed up on the big rock just past the summit for a picnic. We were joined by 3 or 4 more folks to test how many hikers we could get on one big rock. After a good visit on Redfield, we headed back down the trail so we could continue on to Cliff. The views were great on the way back down the trail as well. The start of Cliff was MUDDY, and it should not be any other way. If there is no mud, you are not headed to Cliff (or it is winter). The climb up was challenging for some, but we made it up with great assistance from Jim, who led the charge up Cliffy. Both Jim and Wayne were very helpful in getting everyone up the steep sections. We made the summit and took another brief break to enjoy the second peak of the day. I was surprised that most of the first time hikers on this trip enjoyed Cliff more and actually said it was a fun challenge. We made our way back down the trail, taking the time to get down safe. The hike was a long day in the park, but with the size of the group and the nice weather, I don't think it mattered that much. Another Great Day in the Park! We did use headlamps at the end and we had a bit of rain for the parking lot to cool us off. Participants: Erin Roberts, Jen Ferriss, John Acacia, Corry Wood, Anne Mania, Wayne Richter, Chip Kilduff, Mike and Maryanne Badagliacca, Scott Springer, Cherie Bellamy, Javier Martinez, co-pilot Jim Zwynenburg and Joe Babcock. Thanks for a great hike!



Trip Reviews 4 of 4

Phelps Peak Sat, Jul 13, 2019, Reg Prouty

- We were very lucky after seeing several miles of cars parked over half way down ADK Loj road to find open parking spots for three vehicles down at the dead end where the Klondike Notch Trail starts. It was a real hot day even up there but due to the fact that a lot of this approach to Phelps is in the understory on the north side of the peak, it was bearable. Congratulations to Connor for climbing his first high peak. We took time to re-hydrate and eat lunch atop the summit and made our way back to the lean-to and the Klondike Brook for a refreshing break near the brook. Two of us actually had a brief wade or swim in the cold brook. Arriving back at the parking lot by late afternoon we were off to Stewarts in Keene for ice cream and refreshments. We all had a good day despite the warm weather. 7 Hikers: Reg Prouty, Scott Anderson, Kim Brown, Mitch Zimmer, Donna Zimmer, Glenna Redmond, and Connor Ross.

Montcalm POINT Hike and Swim Sat, Jul 13, 2019, Neal Van Dorsten

- A perfect day for a hike and lots of excitement as we were able to view a large Eastern Timber Rattlesnake. He was after a small garter snake and we interrupted him. Good spotting by Rick Leonelli! Then a refreshing swim to a little island in the Lake and a crowded boat ride back to shore. Wonderful day! Participants: Julie and Rick Leonelli, Marcia Hanson, Sue Booth, Lorraine Plauth, Mimi Brueniger, Steve and Licia Mackey, Mark and Shelly Janey.

Rabbit Pond, North Creek Reservoir Sat, Jul 13, 2019, Rich Crammond

- This was a hot day for a hike in the 'dacks, but we has lots of shade from the forest trees. It was real nice to spend some time with an ol' hiking bud whom I've been with when she was hike leader for Allen Mountain, plus many more including my 46er up to Gray Peak, back in October of 1999. "How time flies." Highlights for this outing were a nice little pond to have lunch by and some orchids along the trail, plus some red efts and one large pile of bear scat. Eeks!, wouldn't want to see that guy. (Almost forgot: hike leader should look at his map more, Rich.) Great day in the forest. Didn't get no better. Participants: Jean Holcomb, Rich Crammond.

Tuesday Outing - Paddle Tue, Jul 16, 2019, Maureen Coutant - This week the trip was to the Spiers Falls section of the Hudson Riv-

er. For many locals this is a favorite section with the undisturbed mountains on either side of the river as you head downstream to the bend and then the little bays tucked in behind the island. We had a big group with it breaking up into a smaller group to do a little swimming after jumping from one of the big rocks, another group exploring the island, but most getting out to stretch our backs and enjoy a snack on the biggest rock outcropping in the area. It was as beautiful as ever and great to get out! Participants: Mo & Jim Coutant, Dan D'Angelico, Paul Dietershagen, Al & Cavan Hicks, Julie Leonelli, Licia & Steve Mackey, Kay Mentz, Andrew & Anne Paolano, Jim Ralston, Patrick Reilly, Gwenne Rippon, John Schneider, Suzanne von Eck, Laurie Williams, Donna & Mitch Zimmer, Barb & Rich Zuccaro.

YM Sunset Hike-Cat Mt. Tue, Jul 16, 2019, Megan McLaughlin - Beautiful sunset. The red trail is still on the newer side and not yet worn, but markers and paint slashes help avoid confusion. Cookies were enjoyed. Participants: Alana Gerus, Tori Beckes, Emily Litwin, Eric Woodruff, Jill Eaton, Babette Furman, Steve Tenerowics, Brian Coville, Rich Rogers, Megan McLaughlin, Jessica Kane and her son Brautigan.

Gray Peak and Mt. Skylight Sat, Jul 20, 2019, Benjamin St. Andrews and Andrew Meunier

- 18 miles, 13 hours. Ascents up Gray, Skylight and over Marcy to make it a loop. Sunny day with temperatures in the 70s made for great views. A welcome escape from the heat wave back down south. Heavy rain in the afternoon, but only for an hour. Flexible, friendly and fit group dynamic made it an easy day to be an outings leader. I hope everyone else enjoyed the day as much as I did. Participants: Jennifer Ferriss, Wayne Richter, Joe Valaitis, Alix and Donna Shepard, Chip Kilduff, Jeff Wells, Andrew and Rashna Meunier, Jared Desrochers, Benjamin St. Andrews.



One more issues to go!

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

The last printed issue and general mailing of Chepontuc Footnotes will be the Nov. 2019 – Jan. 2020 issue.

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.

Consider leaving less of a trace on our environment, 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.

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 NORTH-WAY PLAZA. Then take a left at the four-way stop, and park in front of Panera Bread.

Travel Information/Car Pools

We encourage carpooling to trailheads for both environmental and practical reasons (limited trailhead parking) and may alter meeting locations due to destination or participants. If you are able, it's helpful to 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 $\check{\text{HQ}}$. 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 I	Elevation Gain (feet)	Miles	Time (hours)				
A+ Very Strenuous	4,000+	10+	10+				
A Strenuous	3,000+	8-12	8-10				
B+ Moderately Strenuc	ous 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 NON-PROFIT ORG. U.S. POSTAGE PAID PERMIT #76 SARATOGA SPRINGS, NY 12866

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

Website: ADK-GFS.ORG



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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!