



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

Chepontuc Footnotes

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

Hiking Hadrian's Wall, England

November 18, 2020
Zoom, 7 pm



ADK members Lenore and Jack Reber will share a photo-program of their June 2019 trip to England with the Sierra Club. Built by Roman emperor Hadrian in AD 122, the path extends for 84 miles near the border with Scotland. Ruins of the wall and Roman fortifications highlighted their 120 mile, 13 day walk with excellent weather and accommodations.

To register: <https://sspl.libcal.com/event/6868886>

Morocco-Trekking, Medinas, and Mint Tea with John Schneider

January 21, 2021
Zoom, 7 pm

Join John on a visual and oral journey as he reminisces about his 10-day trip to Morocco in 2018. Beginning in Marrakech and ending in Fes with a three-day hiking trek in the Atlas Mountains right in the middle, you won't want to miss out on his "adventure of a lifetime."

In each city they stayed in hotels in the old section (medina), where cars are not allowed due to extremely narrow "streets." Even though they had been given maps of the medinas, navigating these narrow, very crooked and maze-like lanes was quite the experience. Fes has one of the largest medinas and one of the largest car-free urban areas in the world.



Save the Date: Registration link will be posted in January

Modern Threats to Age-Old Adirondack Waterways Your Time, Your Place

Did you miss the last ADK Glens Falls-Saratoga Chapter program? Watch Dan Kelting's Modern Threats to Age-Old Adirondack Waterways on YouTube: <https://youtu.be/Bje3DIIQncs>

Chapter Chair Report ~ Kathi Noble



My three years as Chapter Chair are coming to an end. To be honest, I was really nervous and worried about the position and whether or not I could do it. As I look back on my time being the Chairwoman, it turned out to be less intimidating than I imagined. The hardest part was remembering to ask for a vote when needed and to get a second on a motion. The members of the Executive Committee are very forgiving and easy to work with. Trying new things and taking risks are good things, even for a 60 plus year old.

The Chapter is currently looking to fill a few positions on the Executive Committee. Please take a look at the job descriptions in this newsletter on the next page. Being on the Committee is an awesome way to learn more about outdoor spaces and how you can help protect and respect them. One of the best parts is that you will meet new people, some will become your friends that you will be able to share adventures with. So don't be nervous or worried. Connect with me or one of the Committee members to see how you can help the Chapter grow.

ADK Saratoga - Glens Falls Chapter Committee Officers and Chairs

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 518-396-9579 Paul Dietershagen conservation@adk-gfs.org	Trails Tom Ellis 518-638-6139 trails@adk-gfs.org
First Vice Chair Laurie Williams 518-396-8108 vicechair@adk-gfs.org	Education Kim Brown 908-305-8357 education@adk-gfs.org	Web site George Sammons 518-743-9692 webmaster@adk-gfs.org
2nd Vice Chair vacant vicechair@adk-gfs.org	Hospitality Gretchen Steen 518-638-6139 hospitality@adk-gfs.org	Wilderness Jim Schneider 518-421-4975 wilderness@adk-gfs.org
Secretary John Caffry 518-798-0624 secretary@adk-gfs.org	Membership Pat Desbien 518-813-7946 membership@adk-gfs.org	Young Members Megan McLaughlin ymg@adk-gfs.org
Treasurer Steve Mackey 518-793-6484 treasurer@adk-gfs.org	Newsletter Editor Jennifer Ferriss 518-290-0703 newsletter@adk-gfs.org	Fire Tower Tim Noble 518-668-3046 firetower@adk-gfs.org
Directors Brian Coville Emily 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 Anne Paolano programs@adk-gfs.org	Alternate Directors Maureen Coutant Charlene Kane Laurie Williams
Learn more: adk-gfs.org	Publicity vacant publicity@adk-gfs.org	Visit us at: , facebook.com/adkgfs or facebook.com/SaratogaYMG

VACANCY: *Committee Chair Positions*

Your Chapter is looking to fill a couple of positions on the executive committee. Committee chairs are expected to attend monthly meetings along with the duties that are described below. The executive committee meets monthly from September to June; meeting locations alternate between Glens Falls and Saratoga. Currently we are holding all meetings via ZOOM. Chairpersons may appoint people to help them on their committees. For further information see the chapter by-laws at <https://www.adk-gfs.org/Documents/bylaws.2019.pdf>

Membership Committee - The Membership Committee works to encourage new memberships by having a presence at Chapter meetings, vendor special events and other functions, as requested by the Club. If you'd like more information please contact Pat at membership@adk-gfs.org

Publicity Committee - This committee disseminates information on Chapter activities to local media outlets and other venues. If you'd like more information please contact Jen at publicity@adk-gfs.org

Membership Update ~ by Pat Desbiens

GLENS FALLS - SARATOGA CHAPTER

JULY 2020

New Members

Steven Bianconi, Ballston Lake
Genevieve Claverie, Saratoga Springs
Evan Donegan, Cleverdale
Bobbi Fitzgerald & Amaya Hillard, Middle Grove
Kristina & Todd Gunter, Schuylerville
Julie Johnson, Greensboro, North Carolina
Heather, Darryl & Morgan Leggieri, Ballston Spa
Jenny Pfaffenbach-Hicks, Steven, Calvin, Freddy & Everett
Hicks, Clifton Park
Kyle Phelix, Saratoga Springs
Alison Radliff, Stillwater
Jonathan Roche, Wilton
Lori, Garth, Colin, Gavin & Clare Russell, Montclair, NJ
Kimberly Stevens, Saratoga Springs
Tara Westervelt, Greenfield Center

Rejoined Members

Peter & Dianne Bly, Fort Ann
James & Jack Veirs, Mechanicville
Elaine Winslow, Lake Luzerne
Matthew Zembo, Kathryn Weller, Alex & Ella Weller-Zembo

AUGUST 2020

New Members

Christopher Bischoff, Cambridge
Canaan Cassano, Cambridge
Allison Goulet, Saratoga Springs
Nicholas Keenan, Boston, Massachusetts
Harry, Llarra, Jacob & Alex Miller, Clifton Park
Kyler Mitchell, Schuylerville
Frederick Overbay, Greenfield Center
Ronald Piracci, Saratoga Springs

Marion Slater, Queensbury
Lisa, Scott, Jack & Cooper Woods, Guilford, Connecticut
Allen, Rebecca, Cady & Rebecca Zoracki, Ballston Spa

Rejoined Members

Ellen Sheehan, Harold, Anna, Casey & Chris Card, Saratoga Springs
Denise Freihofer, Stuart, Florida
John Harvey, Queensbury
Christine & John Hubbard, Salem
Phyllis Manziano, Schenectady
Lauren Rabideau, Ballston Spa
Kevin Tyler, Naples, Florida

New Affiliate

Andrew Crowder, Saratoga Springs

Welcome

Be sure to check out our website:
<https://www.adk-gfs.org/> for the most up to date information about our outings and programs.

Previous newsletters and a photo gallery of recent hikes are also available for your perusal.

If you have any questions about your membership or want to be more involved with the Chapter, please don't hesitate to contact us. Details are on the website or on page 2 of this newsletter.

Thank you for joining (or rejoining) the Chapter.

ADK Fire Tower Challenge by Kathi Noble



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

Jacob Mutton, Fairport age 15
Katie Mutton, Fairport age 13
Chris Mutton, Fairport
Amy Mutton, Fairport
Jessica Stevener, Utica
Samson Minnich, Westborough, MA
Cecilia Minnich, Westborough, MA
Jonathan Tario, Clifton
Joseph Wolff, Boiceville
Andrew Kulikowski, Wilmington
Jessica Vetter, Utica
Gregory Sanderson, Delmar
George Schmit, Cazenovia
Sharon Schmit, Cazenovia
Jessica Ferris, Binghamton
Jeff Jones, Syracuse
Lynn Jones, Syracuse
Judy Dooley, Saratoga Springs
Sandy Watson, Stony Creek
Sharon Charbonneau, Queensbury
Ralph Coy, Watkins Glen
David Acquavella, Saratoga Springs
Brendan Hickey, Rocky Point
Ashley Pagano, Rocky Point
Nakita Scott, Schenectady age 10
Carol Thiel, Pittsford
Peter Collinge, Pittsford
Grayson Weil, Schenectady
Brittany Weil, Schenectady
Sam Pendergrast, Rome
Abrianna Follos, Halfmoon
Neil Grant, Halfmoon
Brian Twardy, Easton, PA
Brittany Bowman, Easton, PA
Lance Montross, Tunkhannock, PA
Mathew Tuper, Red Hook
Cheri Rice, Auburn
Todd George, Massena
Tiffany Lynch, Newport
Kerry Davis, Richmond, VT
Linda Grace, Thendara
Eli Verbanic, Malta age 7
Joe Verbanic, Malta
Henry Silberger, Stratford, CT age 10
Madelyn Silberger, Stratford, CT age 15

Marcella Silberger, Stratford, CT age 17
Matt Silberger, Stratford, CT
Jennifer Silberger, Stratford, CT
Robert Ansaldi, Penfield
Margaret Ansaldi, Penfield
Patrick Teora, Albany
Amanda Carpenter, Albany
Crystal Norton, Saratoga Springs
Jason Norton, Saratoga Springs
Chloe Norton, Saratoga Springs
London Norton, Saratoga Springs
Scott Weber, Getzville
Katelyn Zatwarnicki, Liverpool
Robert Malachowski, Rexford
Zachary Wilbur, Argyle
Justin Martin, Ballston Lake
Kayleigh Quell, Ballston Lake
Allison Defibaugh, Ballston Lake
Jim Allott, Wilton
April Sheppard, Mayfield
Rebecca Nold, Glenville
John Burnham, Lancaster
Steven Lynch, Duanesburg
Deann Lynch, Duanesburg
Robert Keane, Westmoreland
Emily Keane, Westmoreland
Keith Ward, Ballston Lake
Brittany Steele, Ballston Lake
Joe Felice, Ballston Spa
Glenn Hayner, Gansevoort
Wendy Hayner, Gansevoort
Samantha Anderson, Troy
Alicia Anderson, Johnsonville
Heather Lester, New Hartford
Peter Stec, Queensbury
Brian Bradley, Averill Park
Jackie Tremont, Averill Park
Stephanie Collins, Binghamton
Richard Carr, Rosendale
Dennis Babin, Cobleskill

Trail closures

By arrangement between private landowners and New York State, these trails are closed during hunting season. Hikes to these fire tower mountains will be disallowed for the ADK Fire Tower Challenge during these closure periods. Please respect private property.

Stillwater Mountain closed October 13 - December 20, inclusive. Reopening December 21.

Spruce Mountain closed October 24 - December 6 inclusive. Reopening December 7.



Youth Camps Update

DEC overnight summer camps were not held for 2020 due to COVID-19. What the decision will be for 2021 is unknown at this time. If 2021 summer camp is held, the families who were awarded camp sponsorships for 2020 will take priority.

Families who may be interested in either the DEC or ADK Teen Trails program are encouraged to apply and be put on our waiting list. Please check our ADK Chapter website for the most current information.

The Glens Falls-Saratoga Chapter of the Adirondack Mountain Club pays the \$350 fee for the selected youths (ages 11 to 17) to spend a week at either of the DEC's environmental camps, Camp Colby near Saranac Lake or Pack Forest just above Warrensburg. For those in the older 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 others.

BANFF CENTRE MOUNTAIN FILM FESTIVAL

Virtual Festival

Mark your calendar to check the Chapter website on

November 15th for ticket information

www.adk-gfs.org

or

facebook.com/ADKGFS

or

email: banff@adk-gfs.org

Our Chapter will receive a portion of the revenue if you use our link to access the festival.

We appreciate your continued support from the comfort of your own home.



ELECTION RESULTS

The Chapter's 2020 Annual Meeting was held on November 4th via ZOOM. 31 members participated in person and 26 voted by absentee ballot. The following slate was approved unanimously:

- Chair: Jen Shepherd
- 1st Vice Chair: Laurie Williams
- 2nd Vice Chair: Brian Coville
- Treasurer: Steve Mackey
- Secretary: John Caffry
- Director (2021-2023 Term): Emily Kane

Thank you for participating in the vote. We hope to resume holding the meeting at the Annual Dinner next year.

SNOWSHOES FOR RENT

Need Snowshoes?

Pick up Location: Luzerne Market

12 Main St in Lake Luzerne

8:30 AM - 8:30 PM

518-696-4234



We have 2 pairs of Men's, Women's and Children's \$10/day

Call the store to confirm availability and hours.

Outings November and December 2020

Date	Day	Type	Destination	Leader(s)	Rating
November 2020					
8	Sun	Hike	Intro to Hiking - Beginner's trek series Sleeping Beauty	Jen Shepherd	C+
14	Sat	Hike	Okay Slip Falls	Steve Mackey	B-
18	Wed	Program	Hiking Hadrian Wall, England by Lenore and Jack Reber	Sarah King	NR
26	Thu	Hike	Turkey Trot #22	Rich Crammond	C+
December 2020					
6	Sun	Hike/Snowshoe	YM - Moreau Lake State Park SW Loop	Megan McLaughlin	C+
19	Sat	Hike/Snowshoe	Wilton Wildlife Preserve & Park	Rich Crammond	C+

INTRO TO HIKING - BEGINNER'S TREK SERIES SLEEPING BEAUTY

Sun, Nov 8, 2020, 9:00 am, Rating: C+
 Jen Shepherd - 518-555-0000, jlynnne.adk@gmail.com
 - Trying something new out. Are you interested in hiking or know someone that is but hesitant to venture out on your own? Want to learn how to be adequately prepared to tackle bigger days on the trails? Join me for a fun day on the trails learning about and soaking in the nature! Group will meet at the Dacy Clearing trailhead at 9am. Hike is roughly 5 miles round trip. Pace will be moderate with plenty of rest stops. Carpooling will be up to hikers themselves to ride with friends and/or family also joining the hike. Covid measures will be taken. All hikers will be asked questions at time of hike sign up, group size will be limited, each individual must carry a mask and sanitizer. Pack plenty of water, food/snacks, and warm layers. Heavy rain, bad weather, or changes in Covid will cancel. Email hike leader to sign up no later than Friday before the hike (11/6). This is a dog friendly hike. Be sure your furry friend is social among strangers and other dogs. Plan to pack plenty of extra water and food for your pup too.

OKAY SLIP FALLS - [Hike]

Sat, Nov 14, 2020, 9:00 am, Rating: B-
 Steve Mackey - 518-793-6484, smackey33@verizon.net
 - I was just in there yesterday, and cleared all the blowdown. There wasn't a lot of water going over the falls, but it was still spectacular. Round trip is around 6 miles. Elevation gain/loss isn't significant. Nice open woods with lots of hardwoods. Will be nice to lead a hike again. This is a good trip for new hikers. Will answer any questions you have about winter clothing and/or equipment.

HIKING HADRIAN'S WALL, ENGLAND PRESENTED BY LENORE AND JACK REBER - [Zoom]

Wed, Nov 18, 2020, 7:00 pm, Rating: NR
 Sarah King - 518-744-9348, scubakings@roadrunner.com
 - This program will be held on Zoom. Link to register --- spsl.libcal.com/event/6868886

TURKEY TROT # 22 - [Hike]

Thu, Nov 26, 2020, 8:00 am, Rating: C+
 Rich Crammond - 518-584-2380
 - Once again, let's work up that old holiday hunger with a good hike through the national park. Around five miles at an easy pace. Bring warm gear, rain gear, and low gear for ups and downs. Let's get 'er done. See you there, hiking buds. Meeting place: Visitor parking lot, Saratoga Battlefield, Route 32, Stillwater. Happy Thanksgiving to all from Rich.

YM- MOREAU LAKE STATE PARK SW LOOP - [Hike/Snowshoe]

Sun, Dec 6, 2020, time TBD, Rating: C+
 Megan McLaughlin - 631-365-3934, megan@adk.org
 - Join the GF-S Young Members on a nice loop around the southwest end of Moreau Lake State Park starting from Lake Bonita. One of the wonderful things about Moreau is you have options. We will be doing about a 7 mile loop, but there are options to shorten or lengthen this depending on conditions. We will walk along Lake Bonita and head up the Lake Ann Trail to the ridge line. It is here we can decide how far up the ridge we want to walk. At the minimum we

will hit the Hudson River overlook, or if we are ambitious we could also include the lake overlook. The nice thing is since you are on the ridge line there is little elevation change, so only mileage is being added. We will then loop back down via the Waterfall Trail to Lake Bonita. This is a dog friendly hike; leader will probably bring small, fluffy dog. Group size will be limited to 8, so please contact the leader ASAP if you are interested. I will also keep a wait list. Liability forms are required, as are masks that will be worn if social distancing is not an option, and we will not be organizing carpools. Contact leader for meeting time and other details.

WILTON WILDLIFE PARK - [Hike/Snowshoe]

Sat, Dec 19, 2020, 9:00 am, Rating: C+
 Rich Crammond - 518-584-2380
 - Let's hike or snowshoe through a nice park with a fire tower to go with it. Around three miles at an easy pace. Please bring winter gear. Meeting place: Parking lot at old Boy Scouts camp, Wilton, off Scout Road. See you there hiking buds. Happy Holidays from Rich.

PYRAMID AND GOTHICS - [Hike/Ski]

Sun, Jan 24, 2021, 6:00 am, Rating: A+
 Steve Mackey - 518-793-6484, smackey33@verizon.net
 - I try and lead this every year. It's not necessarily a good trip if you are trying to get winter peaks, because Gothics is more logical from the other way. We will ski up the Ausable Road until we reach Upper Ausable Lake. We will switch to snowshoes, do the climb, come back out the same route, put our skis back on, and glide out. The distance is 6.6 miles one way, with roughly half of it being the ski part. The ski in, is almost all uphill on the way in, and obviously almost all down on the way out. Last year, I didn't get any takers, so we skied in and checked out Rainbow Falls. That is a possibility again, but we will initially plan on the climbs.

YM: PROSPECT MT LOOP VIA LAKE GEORGE REC CENTER, AKA THE BETTER WAY - [Hike/Snowshoe]

Sat, Jan 30, 2021, time TBD, Rating: C+
 Megan McLaughlin - 631-365-3934, megan@adk.org
 - Join the Young Members and the young at heart going up Prospect Mountain the better way. Yes, you will not get to walk over the Northway bridge, but it is for the best, since that trail is terrible. The "back way" up Prospect starts at the Lake George Recreation Center Cross-Country Ski Trails. This is a lovely section of trail along West Brook. From there we will follow older, unofficial trails to the summit. We will then take the road down so we can appreciate some of the overlooks, using the snowmobile trail to cut back over to the Rec Center. Trip is about 6 miles. Hopefully this will be a snowshoe. If you are interested in starting to snowshoe, this is a good starter hike, plus I and the chapter have extra snowshoes, just ask. This is a dog friendly hike; leader will probably bring small, fluffy dog. Group size will be limited to 8, so please contact the leader ASAP if you are interested. I will also keep a wait list. Liability forms are required, as are masks that will be worn if social distancing is not an option, and we will not be organizing carpools. The Rec Center is very easy to get to, close to Northway exit 21.

CTK - The best kept secret in Greenwich until now hike Sun, Sept 13, 2020, Jen Shepherd, Warren Wright-Sedam

-We ended up having perfect weather for the adventure. Tricia, Jake & Benji (Bernese Mtn Dog), Warren & Biscuit (Whippet), and I enjoyed meandering the nature trails at Christ the King Center. Our hike began leisurely as the dogs got warmed up for walking. We looped around a couple of trails discussing various things, then took a break at the gazebo on the hill to take in the views. On a clear day you can see Vermont mountains in the distance and vast stretches of woods and farmland in the foreground. As it was still a bit early, we decided to loop the trails back around to the lake where we took a longer break to enjoy snacks. Benji trotted into the water to cool off while Biscuit hung back safe on the shore to watch and try to scam chocolate chip cookies from the trip leader. No chocolate for dogs though! We wrapped up our lake stop with a walk back to the cars just as the clouds began blowing in. It was a nice, relaxing day on the trails with great company!

Scenic Trail to Sawteeth Sun Oct 4, 2020, Jeff Mans

-Forecasted rain and cloud cover on Saturday delayed our outing until Sunday to enjoy the cool but pleasant autumn weather, and enough sun and blue skies to appreciate the views and seasonal colors. The Scenic Trail to Sawteeth awaited us after we managed to drop off everyone at the full parking lot, and have the driver park a few miles away in a legal spot and bike back to start the traditional route along Lake Road to Lower Ausable Lake to admire the bright colors and saw teeth that awaited our climb along the scenic route. Initially following the lake with views of the Ausable Club boat-house and Indian Head, we came across two rather curious people who appeared like fish out of water, having just gone for a morning swim. Never would have thought October was swimming season, unless it's one of the Ausable Club's privileges or secret initiations perhaps. No doubt membership has its rewards, like this GFS-ADK hike to Sawteeth! Climbing over and around the lake strewn boulders, we started to climb away from the lake, navigating several steep pitches and ladders, while enjoying several numbered outlooks and Marble Point. Each offered spectacular views of walls, cliffs, peopled Indian Head, Colvin and Blake, Dial and Nippletop, Lower Ausable Lake and islands way down below, Upper Ausable Lake with the Boreas Ponds in the distance, and eventually Giant, Allen and a wave of peaks. Plodding, picking and pulling our way up and over Cougar Gulch to the top of the southeast peak of Sawteeth, with the true summit of Sawteeth standing in the near distance. Down into the col and past the intersection of the south trail coming from the Wardens Camp and Upper Ausable Lake, we reached the summit rock, and inspiring views of Pyramid, Gothics, Saddleback, Basin, Marcy, Haystack, and the lower Great Range, each displaying its

own unique array of massive cliffs, slides, forms and profiles, and dressed in crimson seasonal robes. We had the entire summit, like most of the entire hike, all to ourselves. After hogging the views and enjoying lunch, we returned on the traditional Weld trail towards Cascade Brook and Rainbow Falls lookout; no one dropped out. Back out on Lake Road and the fastest 3.5 miles at the end of a hike you can find. The Scenic Trail is a must if you've never taken it before. Good autumn weather, good trails, great day, and especially great group. Participants: Jeff Mans, Karen Provencher, Jen Ferriss, Joe Babcock, and Jeff 'the trailblazer' Nastke.



YM: Crane Mt Loop Sun, Oct 11, 2020, Megan McLaughlin

- It was a beautiful day for an autumn hike. We took the trail directly up to the summit, taking our time and enjoying the views as you get near the top. Foliage was just barely past peak, so the colors were great. After spending some time on the summit we headed down the trail to Crane Pond, often stopping at the many overlooks on the way. We then took another break at the pond before looping around back to the trailhead. Participants: Megan McLaughlin, Rich Rogers, Jen Shepherd, Alana Gerus, Davey Kelley, Emily Litwin, Kyle Walsh, and d'Artagnan.

Haystack, Marcy and Skylight Loop Hike from Panther Gorge Camp - 2 Overnights on Fri & Sat. Fri, Oct 16, 2020, Jeff Mans

- On 10/8 DEC announced the closure of the Elk Lake Marcy Trail on 10/16 for the big game hunting season. As a result, this outing scheduled for 10/16-18 must be cancelled. It is usually closed for the regular big game season in the Northern Zone, which doesn't actually start until October 24th, so I thought I could get this one in on the weekend before the season started. From DEC: "The two trails on the Elk Lake Conservation Easement Tract which provide access to the Dix Mountain, Marcy Mountain, and the Colvin Range will close to public use on October 16 and will remain closed through Northern Zone Big Game Hunting Season. (10/8)"