



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

THE RIVER BEFORE HENRY: FIRST NATIONS, LAST ELEPHANTS

Thursday November 17, 2022

7 PM, In-Person, Saratoga Springs Public Library



The indigenous peoples of the Hudson Valley lost their sense of innocence 413 years ago when Europeans "discovered" the Hudson Valley. The Munsee, Mohicans, Lenape, Haudenosaunee, and others did not realize they were missing. Europeans had little regard for the tribal people they met; after all they lacked a written language, a recognizable religion, and they allowed females too much autonomy. Yet, these tribal people could trace their ancestry back 415 generations. Since 1609, the Hudson Valley has seen less than seventeen.

This is the story of their ancestors across millennia, during which time they created homelands, developed new technologies, connected with neighbors near and far, and expanded trade routes, while cultivating a rich cultural heritage and an oral tradition back to the time of the First Nations and Last Elephants.

Tom Lake is a naturalist and educator for NYSDEC's Hudson River Estuary Program, editor of the weekly natural history journal *The Hudson River Almanac* and has taught Anthropology at SUNY Dutchess County Community College. He is also an archaeologist and for 20 years commercially fished for American shad until low stocks required that fishing for shad be ended.

THE BEARS OF KATMAI

Wednesday January 18, 2023
7 pm, Zoom-Only



Katmai National Park is a spectacular four million acre national park and preserve located on the Alaska Peninsula in southwest Alaska. Katmai is famous for its geology, salmon, and the world's largest protected population of brown bears, estimated at 2,200 individuals. Most visitors come to Katmai National Park to see and photograph the large numbers of brown bears that congregate at Brooks Falls to feed on the abundant spawning salmon. Katmai became a national monument in 1918 following the eruption of the Novarupta Volcano in 1912. Katmai National Park has 15 active volcanoes and its eruption was the world's largest in the 20th Century.

David Govatski will share every thing you need to know about traveling to Alaska to see the bears, including bear behavior, safety and general travel tips.

David retired from the US Forest Service after a 33-year career and currently works as a naturalist. He works as an expedition ship naturalist in Alaska in the summer and has visited and studied brown bears at Katmai, Lake Clark, Glacier Bay and Denali National Parks and elsewhere.

Registration is through the Saratoga Springs Public Library website: <https://sspl.libcal.com/calendar/>

Chapter Chair Report ~ Brian Coville



Many thanks to Anne Paolano for organizing the 2022 Annual Dinner. It is always a huge effort, and this year was no exception. The Annual Dinner certainly would not have happened without Anne, and I am incredibly grateful for all her efforts.

Thank you to the new and returning Executive Committee members. We have an excellent group of volunteers this year and I am looking forward to Jeff Mans and Thomas Khairallah joining us in 2023.

Here are the highlights of 2022:

- The addition of Swede Mountain to the Fire Tower Challenge
- Launching the Buck Mountain Trailhead Steward Program
- Donating updated ADK publications to local libraries

We are looking for volunteers for the positions of 2nd Vice Chair, Membership Committee Chair, and Young Members Committee Chair so if you want to join in similar efforts, please reach out to one of the Executive Committee members to volunteer.

ADK Saratoga - Glens Falls Chapter Committee Officers and Chairs

| Executive Committee Officers | Committee Chairs | Committee Chairs |
|--|--|---|
| Chapter Chair Brian Coville 518-350-4117 chapterchair@adk-gfs.org | Conservation Aimee Viens Rutledge 401-529-5034 conservation@adk-gfs.org Co-Chair Paul Dietershagen | Trails Tom Ellis 518-638-6139 trails@adk-gfs.org Co-Chair Jim Schneider |
| First Vice Chair Kim Brown 908-304-8357 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 | Young Members Vacant ymg@adk-gfs.org |
| Secretary John Caffry 518-798-0624 secretary@adk-gfs.org | Membership Vacant membership@adk-gfs.org | Fire Tower Tim Noble 518-668-3046 firetower@adk-gfs.org |
| Treasurer Steve Mackey 518-793-6484 treasurer@adk-gfs.org | Newsletter Editor Jennifer Ferriss 518-290-0703 newsletter@adk-gfs.org | Annual Dinner Anne Paolano 518-798-3055 annualdinner@adk-gfs.org |
| Past Chapter Chair Kathi Noble 518-668-3046 pastchair@adk-gfs.org | Outings Wayne Richter 518-893-7895 outings@adk-gfs.org | Publicity Stephanie Gaudons publicity@adk-gfs.org |
| Trustee Mo Coutant Alternate Trustee: Vacant | Programs Anne Paolano 518-798-3055 programs@adk-gfs.org | Banff Film Festival Mo Coutant banff@adk-gfs.org |
| Members at Large Maureen Coutant Kathi Noble Vacant | Learn More: adk-gfs.org | Get social Instagram: @adkglensfallssaratoga Facebook: facebook.com/adkgfs or facebook.com/SaratogaYMG |

Outings and Programs Calendar - November 2022

| Date | Day | Type | Destination | Leader(s) | Rating |
|------------------------|-----|---------------|--|------------------------------|--------|
| * November 2022 | | | | | |
| 4 | Fri | Camp/Hike | Boreas Ponds Camp/Hike/Bushwhack | Jeff Mans, Jim Zwynenburg | A+ |
| 17 | Thu | Program | November Program Dutcher Room Saratoga Springs Library | Anne Paolano | NR |
| 19 | Sat | Hike/Snowshoe | What's Up Saturday? | Kim Brown | B |
| 24 | Thu | Hike | Turkey Trot #24, Saratoga Battlefield | Rich Crammond | C+ |
| * December 2022 | | | | | |
| 2 | Fri | Camp/Hike | Friday to Sunday Camp and Hike - location TBD | Jeff Mans, Jim Zwynenburg | A |
| 10 | Sat | Hike/Snowshoe | Wilton Wildlife Park | Rich Crammond | C+ |
| 10 | Sat | Hike/Snowshoe | What's Up Saturday? | Kim Brown | B |
| 21 | Wed | Hike/Snowshoe | First Day of Winter Hike: RPR from New Russia | Jen Ferriss | A+ |
| 21 | Wed | Hike/Snowshoe | Phelps | Jeff Mans | A- |
| * January 2023 | | | | | |
| 7 | Sat | Hike/Snowshoe | Hike/Snowshoe | Kim Brown | B |

Membership Update

NEW MEMBERS—July 2022

James Thompson, Saratoga Springs
 Dan Hubbs, Queensbury
 Emily Szelest, Queensbury
 Laura Dodge, Cambridge
 David Stauber, Clifton Park
 Luidmila & Anastasia Kazberuk, Queensbury
 Liza Filipova, Queensbury

REJOINED MEMBERS

Lorraine, Carl and Faith Miller, Stillwater
 Sheri Shevy, Salem
 Denis Mault, Inverness, FL
 Dan, Sara, Sophia, Mattea Rice, Glens Falls

NEW MEMBERS —August 2022

Steve Durek, Leland, NC
 Leanne, Rich, Ella and Evan Lofink, Gansevoort
 Beth Post, Saratoga Springs
 Matthew Carbognin, Lake George
 Anne Kiernan, Hudson Falls
 Luke Snyder, South Glastonbury, CT
 Alex and Katharine Rusate, Gansevoort
 Tracey Clothier, Lake George
 Josephine Burgess, Queensbury

REJOINED MEMBERS

Ian Hamelin and Danielle Papa, Schaghticoke
 Malina and Michael Stawarz, Wilton
 Steven, Michelle, Ian and Samuel Frey, Saratoga Springs
 David Katzenstein and Ellen Shaby, Bolton Landing
 Jeffrey Pearl, Queensbury
 Sharon and Nicholas Likourgou, Pompano Beach, FL
 Chris, Jim, Ben, Andy and Peter Thatcher, Queensbury
 James and Janice Bornheim, Ballston Spa
 Jason, Tanya, Bradley and Natalie Mallette, Moreau

NEW MEMBERS—September 2022

Natalie Whiting, Argyle
 Jake Costello, Corinth
 Jim and Lori Murphy, Clifton Park
 Jenifer Monger, Troy
 Harriet Santisi, Glens Falls
 Christian Rufner, Fort Edward

REJOINED MEMBERS

Jay Austin, S Glens Falls
 Wayne Erb, Lake Hopatcong, NJ
 Megan Mulford, Westtown, PA
 Richard Leach and Candace Bosworth, Corinth

Outings and Programs - November 2022

BOREAS PONDS CAMP/HIKE/BUSHWHACK CHENEY COBBLE/N. RIVER MTS

Fri, Nov 4, 2022, 3:00 pm, Rating: A+
Jeff Mans - 518-265-4135, adkhighlander@aol.com
Colead: Jim Zwynenburg - 518-683-2413 or testplastic@gmail.com
- On Friday afternoon we'll hike about 3.7 miles from the Fly Pond Parking Area on Gulf Brook Road to the Boreas Ponds dam and scout the area to set up camp for overnight. On Saturday morning we'll follow the old logging roads about 4 miles towards Slide Brook and the base of Cheney Cobble and then bushwhack about 1.5 miles to Cheney Cobble, and depending on time/progress, continue about 1.5 miles to the highest peak of North River Mountains (both highest 100 in ADKs), and then return to camp for overnight. On Sunday morning we'll break camp and return to Fly Pond parking area so we can all make it home for Halloween the next day. Bring a tent/shelter, appropriate overnight and cooking gear for the season, and some extra trick or treat candies. Option to join us on Saturday morning, 11/5, if coordinated in advance, possibly at the Boreas Ponds Dam. Meet-up at Schroon Lake Tops at 3 pm, or Fly Pond parking area at 3:30 pm.

NOVEMBER PROGRAM DUTCHER ROOM SARATOGA SPRINGS PUBLIC LIBRARY SARATOGA SPRINGS NY 12866

Thu, Nov 17, 2022, 7:00 pm, Rating: NR
Anne Paolano - 518-744-6359, annepaolano@yahoo.com
- The River Before Henry: presented by Tom Lake. First Nations, Last Elephants • The River is Hudson, the Henry is also Hudson, the elephants are extinct. The indigenous peoples of the Hudson Valley lost their sense of innocence 413 years ago when Europeans "discovered" the Hudson Valley. The Munsee, Mohicans, Lenape, Haudenosaunee, and others did not realize they were missing. Europeans had little regard for the tribal people they met; after all they lacked a written language, a recognizable religion, and they allowed females too much autonomy. Yet, these tribal people could trace their ancestry back 415 generations. Since 1609, the Hudson Valley has seen less than seventeen. This is the story of their ancestors across millennia, during which time they created homelands, developed new technologies, connected with neighbors near and far, and expanded trade routes, while cultivating a rich cultural heritage and an oral tradition back to the time of the First Nations and Last Elephants. Tom Lake is employed as a naturalist and educator for NYSDEC's Hudson River Estuary Program. He is editor of the weekly natural history journal "The Hudson River Almanac", has taught Anthropology for 12 years at SUNY and is a long time commercial shad fisherman.

WHAT'S UP SATURDAY? - [Hike/Snowshoe]

Sat, Nov 19, 2022, time TBD, Rating: B
Kim Brown - 908-305-8357, kim137@me.com
- What's Up Saturday? Geared for those new to hiking and those coming back to the outdoors! Generally B hikes, the pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/Southern Adirondack Region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet.

TURKEY TROT #24, SARATOGA BATTLEFIELD - [Hike]

Thu, Nov 24, 2022, 8:00 am, Rating: C+
Rich Crammond - 518-584-2380
- Four to five miles of hiking to work up that old holiday hunger. Little elevation change. Meet at the visitors parking lot off Route 32, Stillwater. Please dress for cold weather. Happy Thanksgiving, hiker buds.

FRIDAY TO SUNDAY CAMP AND HIKE - LOCATION TBD

Fri, Dec 2, 2022, 3:00 pm, Rating: A
Jeff Mans - 518-265-4135, adkhighlander@aol.com
Colead: Jim Zwynenburg - 518-683-2413 or testplastic@gmail.com
- We'll plan a Friday afternoon to Sunday morning camp and hike to a destination TBD near a lake/pond/stream to explore an interesting area in the ADKs, and get ready for winter camping. We have a few possible destinations in mind that do not involve climbing any high peaks, such as the Pharaoh Lake Wilderness, Lake George area, Cheney Pond/Minerva Stream, Hoffman Notch Wilderness Area. Also open to suggestions. Final details TBD. Bring a tent/shelter, appropriate overnight and cooking gear for the season, your favorite camp food, and a sense of adventure.

WILTON WILDLIFE PARK - [Hike/Snowshoe]

Sat, Dec 10, 2022, 9:00 am, Rating: C+
Rich Crammond - 518-584-2380
- Meet at the main parking lot across the road from the flag pole, off Scout Road. Dress for cold weather. Around three miles of hiking or snowshoeing. Very little elevation change. Bring microspikes, also, for ice. See you there, hiker buds. Merry Christmas to all from Rich.

WHAT'S UP SATURDAY? - [Hike/Snowshoe]

Sat, Dec 10, 2022, time TBD, Rating: B
Kim Brown - 908-305-8357, kim137@me.com
- What's Up Saturday? Geared for those new to hiking and those coming back to the outdoors! Generally B hikes, the pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/Southern Adirondack Region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet.

FIRST DAY OF WINTER HIKE: RPR FROM NEW RUSSIA

Wed, Dec 21, 2022, 5:00 am, Rating: A+
Jen Ferriss - ferrissj@gmail.com
- Ever so slowly I am trying to finish my W46. Please join me on this mid-week hike to RPR from New Russia. We will do an out and back starting and ending at the US 9 trailhead, going up and over Blueberry Cobbles, Bald Peak, Rocky Peak and then along the open ridge to the summit. Approximately 13.5 miles RT with an ascent of over 5000'. This route has a lot of exposure and is best enjoyed on a clear (and calm) day. If conditions are less than ideal, I may choose a different peak on my to do list. Snowshoes, microspikes and perhaps crampons needed.

PHELPS - [Hike/Snowshoe]

Wed, Dec 21, 2022, 8:00 am, Rating: A-
Jeff Mans - 518-265-4135, adkhighlander@aol.com
- We'll mark the first day of winter with a hike/snowshoe to Phelps and hopefully enjoy the views of the nearby snow-covered high peaks! Round trip from the HPIC/ADK Loj is about 8 miles with 1900 feet elevation gain. Meet up at Schroon Lake Tops at 8 am, or at the ADK HPIC at 9 am.

HIKE/SNOWSHOE

Sat, Jan 7, 2023, time TBD, Rating: B
Kim Brown - 908-305-8357, kim137@me.com
- What's Up Saturday? Geared for those new to hiking/snowshoe and those coming back to the outdoors! Pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/Southern Adirondack Region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet.

ADK Fire Tower Challenge by Kathi Noble



Congratulations on completing the challenge:

Michael Mundt, Gettysburg, PA
Colleen Brown, Ticonderoga
Laura Hollander, Loudonville
Denis Thibodeau, Newcomb
Cara & John Nelson, East Syracuse
Amanda Schenkel, Latham
Debra & Lou Berrios, Oneonta
Alan Miller, Rome
Karen & Gary Burns, Watertown
Barbara Traver, Troy
Heather Link, Chittengo
Brenner & Julianna Fahrenz, North Syracuse
Marcia Dekalb, Queensbury
Bill Triebel, Hyde Park
Nolan Snyder, Saranac Lake
Judith Powers, North River
Mary Lake, The Villages, FL
Doug Welch, Ballston Spa
Stacy Dering, Beacon

Connie Young, Liverpool
Mike Siudy, New Paltz
Tom & Will (age 15) Seacord, Boise, ID
Lani Dake, Fort Edward
Susan Vidal, Bedford Hills
Valerie & Zachary Bezner, North Syracuse
Jackie & Jeff Passetti, Manlius
LeAnne King, New Russia
Andrew Mucica, Little Falls
Daniel Tette, Rochester
Denis Mault, Inverness, FL
Greg Billus, Queensbury
Paul Blejwas, Oswego
Dawn Rauch, Hatfield, PA
Andrea Saunders, Schenevus

Where are We Going Wednesday? Wed, Jul 13, 2022, Jen Ferriss

- *Where Are We Going Wednesday? Hackensack Mountain. The mosquitos greeted us in full force in the parking lot, but as we stepped onto the trail they were nowhere to be seen. Using intuition and a bit of luck (perhaps a glance at GPS) we found our way to the marked trail after a brief tour of some old ski trails and the old lift mechanics. We went up the steep way from the south and enjoyed nice views at all of the overlooks near the summit. We circled around the back side to the lot in short order on a well marked trail. Hikers included Dan Hubbs, Liz DaBramo, Cathy Angelo, Jean Williamson and hike leader, Jen Ferriss.*

Dix Mountain Loop from Elk Lake via Hunters Pass and Beckhorn Trails Sat, Jul 30, 2022, Jeff Mans and Anthony Szmul

- *As Anthony said more than once, "Wow-eeee!" The trail to Hunter's Pass to the Dix Trail is a bucket list must do. The route to Dix is about as spectacular as any climb in the High Peaks. Dix keeps you coming back over and over again because it's so lovely. Spectacular views of the Great Range, as well as the Beckhorn, the Dix Range, and the best view of the double peaked ears of Macomb there is, as well as the slides of Hough and views of Grace Peak (East Dix) and South Dix! Lillian Brook provided us a soaking spot for some tired dogs or a total submersion if you are so inclined. Wow-eeee! Visit to Elk Lake at the end was the cherry on top. Participants: Jeff Mans (leader), Anthony Szmul. (co-lead), Karen P., Sonja S., Elizabeth D., and Chris S. Great group.*

What's Up Saturday? Sat, Aug 6, 2022, Kim Brown

- *Our hike was up to the Black Mountain Firetower. We did an in/out from the Hulets/Clemons trailhead. Unfortunately, I did not know enough people with boats to do the lake side trailhead! Even though the weather was variable with rain/thunderstorms expected in the afternoon, our group of 7 was up for the hike. For several of our hikers it was the first time up the trail. Temperatures were very warm 80's, but it was not too humid starting out. Luckily the tree-covered trail provided needed shade on the way up, and we had no bugs. Once on the summit, it was MUCH hotter with little or no breeze. The dragonflies were out, and the annoying deer flies and gnats were up to their usual. Consequently, we had a short lunch and took in the views from both the summit and lower level lookout. If you have not been there in a while, it's amazing to see how much the brush/ bushes have grown in. The trail was hardly visible near the lower level summit. Being friendly ADK-ers, our group accommodated a few other groups wanting some pictures, and then we did our own. After that it was down the trail to get away from the buggies and beat the heat back to the parking lot. By 2 pm we were back to the cars after our 5 hour hike up the 6.4 mile and 1,212 feet elevation gain hike. On an enjoyable day our hiking group included: Margie L., Jim M., Anthony B., Adrienne Z., David C., Cathy F., and leader Kim B.*

The Crows, Nun-Da-Ga-O Range, and Hurricane Sat, Aug 13, 2022, Andrew Meunier and Joe Babcock

- *We couldn't have asked for better weather for this hike and we luxuriated in temperatures in the low 50s when we got on the trail. We climbed up Big Crow and enjoyed spectacular views of the high peaks for comparatively little effort. As we*

made our way around the range, we took many breaks at the various ledges and lookouts, snacking on the occasional raspberry and commenting on the evolving views of some of our favorite mountains. The hike up Hurricane from the north was new to most of us, but the final push was well worth it for the spectacular vistas that this peak is known for. Ice cream on the way home closed out an excellent day in the mountains. With Jim Maher, Jen Ferriss, Erin Roberts, Joe Babcock, and Andrew Meunier.

Grace Peak via Fri, Aug 19, 2022, Doug Fish

- *Wow, what a perfect day weather-wise for this hike up Grace Peak (and added South Dix). But more important, what a great group of people to share this experience with. Thank you Karen P., Erin R., John D., John H., Nancy H., and Marc J. for joining me. We kept a great pace as a group, and there was great conversation the whole way. We summited South Dix first, taking in a snack and the views. We then headed over to Grace and the Great Slide Lookout, where we spent a fair amount of time taking in the views, snacking some more, and snapping some group photos. On the way out, John D. and myself took a quick dip in the "Swimming Hole." The chill of the water took our breath away, but I never let an opportunity slip away for an experience. I think everyone left with a smile on their face, which is the most important part. Till next time.*

What's Up Saturday? Sat, Aug 20, 2022, Kim Brown

- *Sleeping Beauty was our destination via Bumps Pond for a loop hike. Our group was able to depart from Dacy Clearing, so we did a little over five miles with about 950 feet of elevation gain. We started our hike at the civilized hour of 9am with temperatures in the 70s with afternoon 80s. As we made our way up the trail, Scott pointed out all the interesting old rock walls still in place along the carriage road. We made our way over to Bumps Pond where we took pictures and found a piece of old towel, then cleaned out a campfire ring that had some cans and small pieces of refuse. A young family was camping nearby and they pointed out a very tall old stone fireplace that we were able to see from the trail. Then we made our way over the bridge at the intersection that goes on to Fishbrook Pond and Black. The terrain was much too dry (although nice to have no mud), and water in the pond was very low. Up to the summit where we took more pictures and had a relaxing lunch (and cookies from Cathy) until the insects started to bug us. Adrienne helped us navigate our way successfully back down the trail to beat the heat and get to the cars by 2:00 pm. Attendees: David Colomb, Cathy Fleming, Adreinne Zuerner, Scott Anderson, and our newest member Rob Sannasardo! Leader: Kim Brown.*

Lower Wolf Jaw via Bennie's Brook Slide Sun, Aug 28, 2022, Jeff Mans and Anthony Szmul

- *Add a cool and clear August day to Bennies Brook Slide en route to Lower Wolf Jaw, mix thoroughly with a fun group, and you have the recipe for a most delightful day in the High Peaks. The climb up Bennies Brook Slide is just a spectacular climb that opens up the entire Johns Brook Valley and beyond, and provides a scenic backdrop to stop along the way to marvel and identify the many peaks that rise near and far. Jumping off the slide and onto the White Trail and the Wolf's Chin for a short steep climb to the summit of LWJ to hog some views and nourish the body and soul. The trip back down towards Upper Wolf Jaw provided many fine views*

Trip Reviews - November 2022

and inspiration to continue our journey, but alas, it must await another dawn and new day. Great group who knows how to work the Garden Parking lot! Participants and companions: Jeff Mans (leader), Anthony Szmul (co-lead), Mike Badagliacca and Maryanne Mullany (M&M), Kimberly Labrecque, Binshan Shi (Ben), and Christopher Scarallo.

Santanoni Range Mon, Aug 29, 2022, Doug Fish

- Only two other participants on this adventure, but it was very enjoyable nonetheless. Thank you Karen P. and Marc J. for joining me. We hit Panther Mountain first, but were socked in with the clouds with no view. Couchie's bog was extremely easy to navigate across for all three of us. And by the time we reached Sanatanoni, the sun was out. Just your typical long, muddy, and awesome hike in the high peaks.

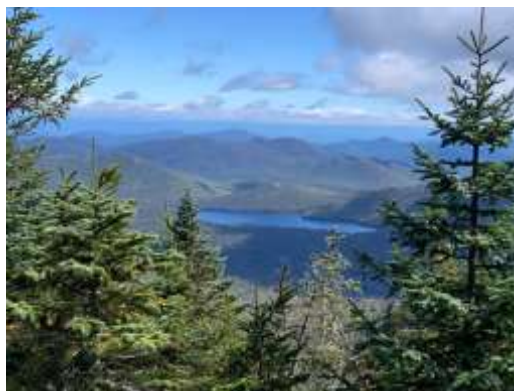
What's Up Saturday? Sun, Sep 18, 2022, Kim Brown

- A short hike of 1.5 mile with ~1000 foot gain up to the Spruce Mountain Firetower. The weather wasn't bad - though a little muggy as we continued up the trail. We had a few cancellations, so only a couple of folks joined our hike. Everyone was happy they had a nice workout and had the rest of the day to do other fun or chores! Participants: Kim Brown (leader), Cathy F., and Anthony B.

Boreas Mountain from The Branch Thu, Sep 22, 2022, Jeff Mans

- A rainy forecast temporarily delayed our celebration of the arrival of autumn by one day, to September 23rd, but what a difference a day can make. Following along the existing old lumber roads leading from the Branch Road/Hoffman Notch parking area just off Blue Ridge Road, we followed along The Branch river as it twisted and flowed over rock slabs, boulders, historic campsites, the Bruce Anderson memorial, and the ephemeral campfires and memories that linger long past our imagination and worldly existence, to the existing Boreas Mountain Trail and public easement granted by Elk Lake as part of the 2012 Conservation Easement. At the site of the former fire tower observer's cabin, a small grassy field with some nearby scavenged artifacts was all that remained to remind us of the storied past of this venerable mountain, namesake of the Greek god of Winter, and the start of the traditional trail to the summit of Boreas Mountain. We followed the steep, sheltered and verdant forest trail, and emerged on the crown of the mountain where we were startled by white frosted balsams that stood sentry to reach the open ledges and site of the former fire tower. Laid out before us like the Greek gods on Mt. Olympus were Elk Lake and the Dix Range to the northeast; Haystack, Skylight, Marcy, Basin, Saddle-

back, Gothics and the Great Range to the north; Boreas Ponds to the west; and snow throughout the Upper Great Range. Winter had arrived in the High Peaks! The hardest part of the day was leaving one of the finest pano-



ramic views of the high peaks of the Adirondacks. Participants and companions: Jeff Mans (leader), Karen Burka, and Walter Collins O'Kane, source and inspiration, in mind and spirit.

Fall Outing: Giant and RPR from the North Trail Sat, Sep 24, 2022, Joe Babcock, Jen Ferriss

- A beautiful day in the mountains, with lots of choices. I went into this hike hoping that I could keep up with everyone to Owls Head Lookout and felt so good I had to restrain myself from joining the group to High Banks. Thankfully Joe was able to lead the group to Giant and optional Rocky Peak Ridge, while I continued to "rest" and recover from my NPT backpacking trip. Jane was on a quest for 2 handstands on 2 peaks that day. Hiking with seasoned 46ers, she convinced most to join her for the extra miles. Participants: John Aca-cia, Donna Olsen, Jane LaBombard, Jim Zwynenburg, Joe Babcock, Jen Ferriss.



Wolf Pond Fall Color Hike Sat, Sep 24, 2022, Rich Crammond

- Just a fine mountain day for a hike to a neat pond up in the 'Dacks. It was great to hike with long time hike leaders Reg Prouty and Bob Aspholm. Hopefully, Jenifer Monger, who is new to ADK, will find some good hiking buds to help her finish the 46 High Peaks. Highlights of this outing were fall colors and looking at moose tracks. How could it get any better? P.S. It was a special day for this old hiking dude to get out there with folks who enjoy the mountains as much as myself. Participants: Peter Bishop, Jenifer Monger, Reg Prouty, Bob Aspholm, Rich Crammond.

Moxham Mountain hike Sat, Oct 8, 2022, Andrew Meunier

- We had a tiny group due to some cancellations (maybe I'll choose a later start time in the future!). But the cool weather was perfect and the foliage was near its peak with vivid oranges and reds painting the surrounding hills and mountains. We spent plenty of time enjoying the several excellent viewpoints and enjoying Cathy's spice bread. We had the mountain mostly to ourselves on the way up, but passed a parade of hikers — and their friendly dogs — on the way down. With Cathy Fleming, Rashna Meunier, and Andrew Meunier.

Sign Up

Contact the Outing Leader at least two days (preferably a week), before the activity so he/she can explain the capabilities required and to determine the number attending. Failure to email 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 can be cancelled if minimums are not met**, thereby affecting all parties. For safety, the MINIMUM number for Outings is: 3 people, including the leader (4 in winter). Exit 19 Panera Bread is the meeting spot unless otherwise noted in the trip description. Be there and ready to depart at the posted time.

Travel Information/Car Pools

We encourage carpooling to trailheads for both environmental and practical reasons (limited trailhead parking) and may alter meeting locations due to destination or participants. If you are able, it’s helpful to offer to drive your vehicle. If you are a passenger, consider current fuel prices, travel miles and number of passengers when contributing your fair share to the driver.

Participation Guidelines

Leaders are responsible to evaluate interested parties’ fitness for that outing, review specific guidelines, and lead the trip. They are not paid guides, but volunteers. Participants are asked to cooperate and respect their authority and decisions. *Is this the right Outing for you? For those not experienced in strenuous trips, it is best to begin with something easier and work your way up. The Leader will assist in evaluating skill level and suggest alternative outings if more appropriate. **For the safety and comfort of all, the Leader has the discretion to deny participation if he/she feels someone is not a good match for that trip.** Based on the expectations and skills of the entire group, Leaders may have more flexibility for some trips, so definitely talk with them. **DO NOT TRY STRENUOUS OUTINGS UNLESS YOU HAVE DONE THAT ACTIVITY REGULARLY (and recently and are in good shape as necessary for that outing.)** An ADK Liability Waiver must be provided by the Leader and signed by all participants before the trip begins. This is a requirement by ADK HQ. Parents must sign for minors. *No Pets allowed on outings except where designated in the description.



Dogs

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

Hiking Needs/Preparation/Equipment

Bring trail food and plenty of water on ALL hikes! Clothing made of Polyester blends, polarguard or wool are recommended as they retain warmth even when wet. Please do not wear 100% cotton clothing! It is also wise to bring raingear. Other pack essentials: compass and map, headlamp/flashlight, first aid kit, hat, gloves, and extra socks. Adirondack weather can and does change suddenly. Don’t trust the forecast or the sky based on the start of the day. Be prepared!

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 snowshoes 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. Vent-ed Shell pants, jackets and mittens are commonly used with warm layers beneath.

Ratings

| Rating Effort | Level | Elevation Gain (feet) | Miles | Time (hours) |
|---------------|--------------------|-----------------------|---------|--------------|
| A+ | Very Strenuous | 4000+ | 10+ | 10+ |
| A | Strenuous | 3000+ | 8-12 | 8-10 |
| B+ | Moderate Strenuous | 2,000+ | 5-10 | 6-8 |
| B | Moderate | 1000+ | 5-8 | 5-6 |
| C+ | Fairly Easy | 1000+ | 5-8 | 4-6 |
| C | Easy | Under 1000 | Under 5 | Under 5 |

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 Chair on page 3 for more information.



Chepontuc Footnotes

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Glens Falls, New York 12801

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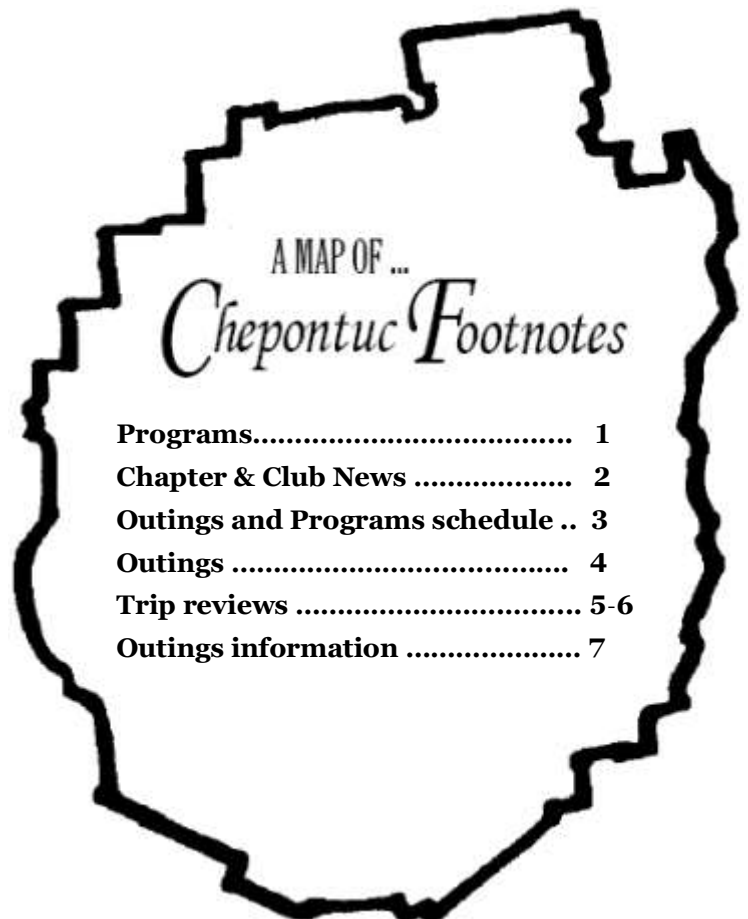
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Are you moving?

*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!***