



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

## ANNUAL DINNER AND BUSINESS MEETING Friday, October 21, 2022– 6 pm Great Escape Lodge, Queensbury



Join us for our annual meeting on October 21st and listen to our featured speaker, Jackie Donnelly, a nature writer and photographer who has spent nearly 30 years exploring the upper Hudson River in her small lightweight canoe.

In her illustrated talk, "Mother Nature's Waterside Garden: Wildflowers of the Upper Hudson," Jackie will explore several distinct areas of this magnificent river, stretching from the Ice Meadows north of Warrensburg, downstream through the forested mountains at Moreau, to the quiet backwaters above Glens Falls. Through numerous colorful photographs and informed commentary she will reveal the amazing abundance and

diversity of beautiful plants and a few of the fascinating creatures that thrive in this riverbank habitat.

The registration form is on page 7; space is limited so please register early.

We look forward to seeing you!

## Vote for Chapter Officers at the 2022 Annual Meeting

At the annual meeting, chapter members will be invited to vote for the new officers.

<b><u>Chapter Chair:</u></b>	<b>Brian Coville</b>
<b><u>1st Vice Chair:</u></b>	<b>Kim Brown</b>
<b><u>2nd Vice Chair:</u></b>	<b>Vacant</b>
<b><u>Treasurer:</u></b>	<b>Steve Mackey</b>
<b><u>Secretary:</u></b>	<b>John Caffry</b>
<b><u>Members-at-large:</u></b>	<b>Maureen Coutant Jeffrey Mans Kathi Noble</b>
<b><u>Trustee</u></b>	<b>Thomas Khairallah</b>

**Additional nominations**, in writing, may be submitted by any member entitled to vote to Pat Desbiens, chair of the Nominating Committee, by close of business,

**October 1, 2022.** Such nominations must be signed by no fewer than twelve voting members.

**Send nominations to: [nominating@adk-gfs.org](mailto:nominating@adk-gfs.org) or to the Chapter PO Box.**

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 members-at-large. The successful candidate for each position shall be determined by a simple majority of the votes cast.

# Biographies

**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 in 2015, I began working as an internal auditor at Pioneer Bank and now work as a Financial Services Specialist in the Cybersecurity Division of NYS DFS. I have previously volunteered with the Chapter as Young Members Committee Chair, Nominating Committee Chair, Director, 2<sup>nd</sup> Vice Chair and currently as Chapter Chair. I currently volunteer at the club-level as a member of the Audit Committee. I also volunteer with the Information Systems Audit and Control Association (ISACA) Hudson Valley Chapter on the Board of Directors and with Saratoga PLAN as a steward of the Orra Phelps Trail.

**Kim Brown** I have been a member of the ADK Glens Falls - Saratoga Chapter since 2012. Over the years I've been fortunate to make new friends and learn from many who have taken the time to share their outdoor experiences with me. Looking to give back, I became more actively involved with our Chapter upon my retirement in 2018. Currently I serve as both Education Chair First Vice Chair earlier this year I became a hike leader. I also enjoy volunteering as a trail and summit steward so that others can learn to enjoy the outdoors safely and with care for the environment.

**Steve Mackey** I have been an active member with the ADK Glens Falls - Saratoga Chapter since the early 80s and I've already served as the Chapter Treasurer for 7 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. We have always maintained the trail into Ward Brook Lean-to, so a couple of years ago, I made it official and adopted the 5 miles of trail. I've been busy improving the trail up Potash Mountain in Lake Luzerne the past few summers, as well as the new trail up Swede Mountain. If you have never been up either, make it a point to put them on your hiking schedule. I lead hikes regularly and do a lot of trail work with the 46'ers trail crew. I am retired now, but I spent my career as the owner/operator of the Luzerne Market which has been operating for 42 years.

**John Caffry** I have been an ADK member since 1985 and have served the Club 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; and former chair of the ADK Conservation Committee; and participated in the Adopt-a-Lean-to program for 10 years. Occasionally, I find time for hiking, paddling, and all varieties of skiing.

**Maureen Coutant** I've been an active member of ADK Glens Falls - Saratoga Chapter since the early 1990s. I've led hikes, chaired the nominating committee, served in the Vice Chair positions, and as the Chapter Chair twice. Currently I help out the Banff Film Festival Committee to bring the festival to the Glens Falls area every February. I've helped with other nonprofits and know that it's hard to find volunteers, so I'm always willing to help when I can.

**Jeffrey Mans** My first Adirondack adventure was a canoe and camping trip from Old Forge to Blue Mountain Lake along the Fulton Chain of Lakes in my teens, and I was smitten by the beauty of the Adirondacks. After graduating from Albany Law School, I settled in the Albany area and began my long term relationship with the Adirondacks, becoming a 46er in 2006, and more recently a winter 46er. During this time I had the good fortune of meeting and joining members of the ADK Glens Falls - Saratoga Chapter on outings that introduced me to a variety of activities and like-minded individuals. I have been an ADK member for a number of years, and became an Outings Leader in 2019, and since that time have continued to regularly lead outings to explore, camp and hike the Adirondacks year-round. My initial sense of wonder, enthusiasm, and inspiration are still present today each time I enter the Adirondacks to experience the land I love best.

**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 in the past as the chapter's chairperson and secretary. 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 as a ski instructor at the Double H Winter Adaptive Ski Program and as a trailhead steward at HPIC.

**Thomas Khairallah** During the pandemic, my wife Kellie and I moved to the Saratoga area where Kellie's roots are and where I fell in love with the nature in the area and the mountains north of it. I currently work remotely for a software company called Servy where I enjoy the innovation of an e-commerce product while still having the ability to go and meet with my team and my company's clients around the country and globe. I have always enjoyed volunteering for local clubs and causes and it all started in Lebanon where I was constantly volunteering with various charitable organizations, blood drive organizations, and others. I have become very attached to the Adirondacks even before settling in the Saratoga region as I'd visit with friends and family. The nature and the mountains remind me so much of my home country where I was constantly hiking, climbing, skiing and have always found myself attracted to the mountains.

# Chapter Chair Report ~ Brian Coville



Thank you to Pat Desbiens, Nominating Committee Chair, and the Nominating Committee members (Margie Litwin, Mo Coutant, and Laura Fiske) for proposing a great slate of Executive Committee candidates, myself excluded of course. Thank you to all the candidates for volunteering to serve on the Executive Committee next year. If elected by members at the Annual Meeting, Jeff Mans and Thomas Khairallah will be new to the Executive Committee; I am confident that they will both be great additions and I am looking forward to volunteering with both of them.

The recent heatwaves have provided inspiration for me to explore the more heavily wooded and shorter local trails near Saratoga this summer; especially trails with water sources for my dogs. Fortunately there are many great options, including the Orra Phelps trail which is one of my favorites. Saratoga Plan and the Lake George Land Conservancy both maintain excellent trails so I would certainly recommend checking those out. The amount and variety of land maintained for public use near the Capital Region is certainly impressive and something to both enjoy and appreciate, especially as concerns about overuse in the High Peaks region continue.

## ADK Saratoga - Glens Falls Chapter Committee Officers and Chairs

Executive Committee Officers	Committee Chairs	Committee Chairs
<b>Chapter Chair</b> chapterchair@adk-gfs.org Brian Coville	<b>Conservation</b> 401-529-5034 conservation@adk-gfs.org Co-Chair Paul Dietershagen	<b>Trails</b> 518-638-6139 trails@adk-gfs.org Co-Chair Jim Schneider Tom Ellis
<b>First Vice Chair</b> 908-304-8357 vicechair@adk-gfs.org Kim Brown	<b>Education</b> 908-305-8357 education@adk-gfs.org Kim Brown	<b>Web site</b> 518-743-9692 webmaster@adk-gfs.org George Sammons
<b>2nd Vice Chair</b> vicechair@adk-gfs.org Vacant	<b>Hospitality</b> 518-638-6139 hospitality@adk-gfs.org Gretchen Steen	<b>Young Members</b> ymg@adk-gfs.org Vacant
<b>Secretary</b> 518-798-0624 secretary@adk-gfs.org John Caffry	<b>Membership</b> membership@adk-gfs.org Bobbi Fitzgerald	<b>Fire Tower</b> 518-668-3046 firetower@adk-gfs.org Tim Noble
<b>Treasurer</b> 518-793-6484 treasurer@adk-gfs.org Steve Mackey	<b>Newsletter Editor</b> 518-290-0703 newsletter@adk-gfs.org Jennifer Ferriss	<b>Annual Dinner</b> 518-798-3055 annualdinner@adk-gfs.org Anne Paolano
<b>Past Chapter Chair</b> 518-668-3046 pastchair@adk-gfs.org Vacant	<b>Outings</b> 518-893-7895 outings@adk-gfs.org Wayne Richter	<b>Publicity</b> publicity@adk-gfs.org Stephanie Gaudons
<b>Trustee</b> Vacant Alternate Trustee: Vacant	<b>Programs</b> 518-798-3055 programs@adk-gfs.org Anne Paolano	<b>Banff</b> banff@adk-gfs.org Mo Coutant
<b>Members at Large</b> Maureen Coutant Kathi Noble Vacant	<b>Learn More:</b> <a href="http://adk-gfs.org">adk-gfs.org</a>	<b>Get social</b> <b>Instagram:</b> @adkglensfallssaratoga <b>Facebook:</b> facebook.com/adkgfs or facebook.com/SaratogaYMG

**ADK Fire Tower Challenge**  
by Kathi Noble



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

- Liam Jones, Watertown age 10
- Nicholas Jones, Watertown age 11
- Heather Jones, Watertown
- Christopher Shorkey, Mirabel, Quebec
- Doug Fish, Clifton Park
- Mary Dickson, New Woodstock
- Anthony Sirianni, Clinton
- Bob Trouskie, Rochester
- Chris Kenyon, Queensbury
- Genevieve Bruneau, Carignan, Quebec
- Charles Pierce, Carthage
- Melinda Pierce, Carthage
- Cameron Pierce, Carthage age 13
- Easten Pierce, Carthage age 10
- Sylvia Ryan, Hudson Falls
- Douglas Ryan, Hudson Falls
- Aussa Bachand, Syracuse
- Jacqueline Grant, Clemons
- Corey Dufel, Fort Johnson
- Richard Armstrong, Hudson Falls
- Brigitte Armstrong, Hudson Falls

**Membership Update**  
by Bobbi Fitzgerald

**NEW MEMBERS—June & July 2022**

- Myra, Eden, Ivy & Elodie, Kattskill Bay
- Mark & Noelle Hucks, Ballston Spa
- Michelle Iturrate, Greenfield Center
- James, Susan & Sophie Maher, Chatham, NJ
- William Rounds, Clifton Park
- Courtney, Jonathan & Liberty Hill, Clifton Park
- Carsyn Bonesteel, Glenville
- Adrienne Zuerner, Ballston Spa
- Sara Kery, Ballston Lake
- Maureen & Ken Provost, Saratoga Springs
- James Thompson, Saratoga Spring
- Madeleine & Peter Gionet, Greenwich



**Thursday Nov. 17th**  
Saratoga Springs Public Library  
7 PM—In person

The River Before Henry: First Nations, Last Elephants, presented by Tom Lake  
The *River* is Hudson, the *Henry* is also Hudson, the elephants are extinct.  
Check out our website for more info.

**Outings and Programs Calendar September 2022**

Date	Day	Type	Destination	Leader(s)	Rating
<b>* September 2022</b>					
7	Wed	Meeting	September Executive Committee Meeting	Brian Coville	NR
15	Thu	Program	Monthly program: Saratoga Springs Public Library	Anne Paolano	NR
18	Sun	Hike	What's Up Saturday? (switched to Sunday this month)	Kim Brown	B-
22	Thu	Hike	Boreas Mountain from The Branch	Jeff Mans	A
24	Sat	Hike	Fall Outing Centennial Celebration: Giant and RPR	Jen Ferriss, Joe Babcock	A+
24	Sat	Hike	Wolf Pond Fall Color Hike	Rich Crammond	B-
<b>* October 2022</b>					
8	Sat	Hike	Moxham Mountain hike	Andrew Meunier	C+
15	Sat	Hike	Blueberry, Porter and Cascade Mountains	Jen Ferriss, Joe Babcock	A+
15	Sat	Walk	Gerald B.H. Solomon Saratoga National Cemetery	Rich Crammond	C-
22	Sat	Hike	What's Up Saturday?	Kim Brown	B
<b>* November 2022</b>					
19	Sat	Hike/Snowshoe	What's Up Saturday?	Kim Brown	B
24	Thu	Hike	Turkey Trot #24, Saratoga Battlefield	Rich Crammond	C+

# Outings and Programs - September 2022

## SEPTEMBER MONTHLY PROGRAM AT SARATOGA SPRINGS PUBLIC LIBRARY

Thu, Sep 15, 2022, 7:00 pm, Rating: NR  
Anne Paolano - 518-744-6359, [annepaolano@yahoo.com](mailto:annepaolano@yahoo.com)  
- A Photographic Tour of the Pacific Northwest Join Mo & Jim Coutant, photographers and longtime chapter members, for a brief recap of the Pacific Northwest portion of their cross-country trip last year. The couple explored the scenery while trying to avoid the smoke from the wildfires. See the great scenery of the National Parks and coastline and learn how the Coutants travelled across the county with no reservations or real plan! Co-sponsored by the Saratoga Springs Public Library. Registration may be required. Program is in person in the Dutcher Room at Saratoga Springs Public Library. Register below: [sspl.libcal.com/event/8437254](https://sspl.libcal.com/event/8437254)

## WHAT'S UP SATURDAY? - [ Hike ]

Sun, Sep 18, 2022, time TBD, Rating: B-  
Kim Brown - 908-305-8357, [kim137@me.com](mailto:kim137@me.com)  
- What's Up Saturday? Geared for those new to hiking 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 (trailhead). SATURDAY SEPTEMBER 17th HAS BEEN MOVED TO NEXT DAY, SUNDAY SEPTEMBER 18TH DUE TO MOREAU NATURE FEST.

## BOREAS MOUNTAIN FROM THE BRANCH - [ Hike ]

Thu, Sep 22, 2022, 8:30 am, Rating: A  
Jeff Mans - 518-265-4135, [adkhighlander@aol.com](mailto:adkhighlander@aol.com)  
- We'll visit Boreas Mountain to celebrate the first day of Autumn and arrival of fall colors in the Adirondacks. This hike starts from the Branch Road/Hoffman Notch parking area just off Blue Ridge Road, and follows the Branch Road/trail north along The Branch River to the existing Boreas Trail (road) and former firetower cabin site, with the last mile or so on a traditional trail steeply climbing to the summit of Boreas Mountain along the 2012 Elk Lake Public Recreational Easement. Total round trip is a little over 12 miles. Very easy going along the existing roads. Although not a High Peak, at 3776 feet it is the 64th highest Adirondack peak, and offers spectacular views of the High Peaks. Meetup at the Schroom Lake Tops parking lot at 8:30 am, or the Branch Parking Area at 8:45 am.

## WOLF POND FALL COLOR HIKE

Sat, Sep 24, 2022, 9:00 am, Rating: B-  
Rich Crammond - 518-584-2380  
- I'd like to make this around 6 miles round trip for exploring purposes. It will be a little slower pace to enjoy the fall colors along the trail markers. Dress for the weather, and bring rain gear, warm coat, good boots, and lunch. Not much elevation change and some "muddy spots" EEKS! Meet at the DEC trailhead along Blue Ridge Road, Route 84, North Hudson area. I'll bring the map and compass unless I have a senior moment and forget them! "NOT." Look for my black Chevy pickup.

## MOXHAM MOUNTAIN HIKE

Sat, Oct 8, 2022, 7:00 am, Rating: C+  
Andrew Meunier - 518-376-2470, [andrew.m.meunier@gmail.com](mailto:andrew.m.meunier@gmail.com)  
- We'll hope for some nice foliage on this mid/late autumn outing. There are many overlooks on the way up and great views from the 2,418 foot summit. The hike is 5.5 miles out and back with about 1,300 feet of elevation gain.

## BLUEBERRY, PORTER AND CASCADE MOUNTAINS - [ Hike ]

Sat, Oct 15, 2022, 5:30 am, Rating: A+  
Jen Ferriss - [ferrissj@gmail.com](mailto:ferrissj@gmail.com)  
Colead: Joe Babcock - [jababcock19@gmail.com](mailto:jababcock19@gmail.com)  
- Since I am always seeking an alternative ascent, I thought I would finally check out Blueberry Mountain from Marcy Field. This challenging route is approximately 9.5 miles round trip and 4,000 ft of elevation gain. The hike up to Blueberry is steep with rewarding views and an 8 foot erratic that sits atop the summit. We will meet at 5:30 am at the Exit 18 park and ride. Space is limited. Conditions this time of year can vary; we may need microspikes.

## GERALD B.H. SOLOMON SARATOGA NATIONAL CEMETERY - [ Walk ]

Sat, Oct 15, 2022, 9:00 am, Rating: C-  
Rich Crammond - 518-584-2380  
- Approximately one mile of walking in a well-kept landscape. Bring water and rain gear. Meet at the public information center, the first building in from the main entrance stone wall off 200 Duell Road, Schuylerville.

## WHAT'S UP SATURDAY? - [ Hike ]

Sat, Oct 22, 2022, time TBD, Rating: B  
Kim Brown - 908-305-8357, [kim137@me.com](mailto: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 be 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 (trailhead). Planned dates for Q4: October 22, November 19 and December 10.

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

Sat, Nov 19, 2022, time TBD, Rating: B  
Kim Brown - 908-305-8357, [kim137@me.com](mailto: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 be 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 (trailhead). Planned dates for Q3: October 22, November 19 and December 10.

## 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 the weather.

# June Trip Reports

## **Hadley Mt Firetower-Sunset Hike Tue, Jun 7, 2022, Doug Fish**

- The plan was to catch the sunset atop Hadley Mt, but the weather didn't cooperate. Joe Babcock shadowed me, as this was my first hike as an outings leader. And we were joined by Matt Miczek. It wasn't a complete washout, just drizzling most of the time. After a brief stop at the caretaker's cabin, we climbed the firetower. Heavy winds were at the summit. After we got our fill, we made our way back down, not needing our headlamps at all.

## **What's Up Saturday? Sat, Jun 11, 2022, Kim Brown**

- A fun and delightful day. We started out at 8 am, meandering down to the lean-to and up the west side of West Brook to the ski loop. Across the wooden bridge and then keeping the brook on our left up the Prospect unmarked but well used trail to the first intersection where we took the newer trail to the right instead of back across the brook on the older trail. Then eventually to the steeper section, stopping along the way to identify birds with the help of Lou and his Merlin birding app! We got up to the parking area before the motorcycles (Americade week) and took pictures on top, then had a leisurely lunch. Cathy brought wonderful cookies to share. To top it all off, the weather was a delight - 60s and partly sunny with light winds keeping away the bugs for the most part. The trail was in good condition - just a small bit of mud. We did some trail clean up with the help of Lou and Jim transporting a long 6 foot piece of a torn piece of rubber tire and a large glass broken jar back down to the parking area. We did encounter some spongy moths (caterpillars) along the way - brushing them off and trying not to take them back to the car with us! We returned to the car by 1:00 pm, leaving the afternoon to still enjoy! Thank you to all for a lovely day. Group size 5: Kim (leader), Brigitte and Lou Priem, Cathy Fleming, and Jim Maher. Mileage was 6.3 with 1,367 feet elevation gain.

## **What's Up Saturday Sat, Jun 18, 2022, Kim Brown**

- WUS - While Brian was leading Buck Mountain from Pilot Knob (the harder side), I was leading our small group from Shelving Rock's easier trail. It was about 5 miles round trip with 1,400 feet of elevation gain. The weather was the coolest of the week, with temperatures in the high 50s, and cloudy. We left the Shelving Rock trailhead parking area at 8:30 am and there was only one car in the lot. The trail and lot appeared to be in good shape with no garbage or micro-trash. The trail up this side is cushy with needles underfoot until you reach the upper one-third section. This had more rock underfoot while we crisscrossed the waterless brook. I have never seen this side of the mountain this dry. Once we reached the summit it was VERY cool - winds gusting 25 mph. We got our hats and mittens or gloves on and took pictures, and then decided to bring one of our party who has never been up Buck to the false summit area with the southern lake view and less wind. We had our lunch, then made our way back down to the trailhead. On the way I used my new bird identification app - Merlin. It identified several birds by sound, including blue-headed vireo, hermit thrush, scarlet tanager and ovenbird. It was a great day and fun to introduce the Buck Mountain view to someone new. When we got down at 12:40, the parking lot was full. On the way out I noticed there was a table with hiker information at the large parking lot (intersection to Dacy Clearing/Shelving Rock Road. This will be in place 5 days a week (over weekends). I stopped and

spoke to the young woman who told me she had several people stop by and thank her for being there and appreciated on-site access to information, directions, etc. I told her about our new Lake George Buck and Pilot Knob trailhead pilot program in July and August. Leader: Kim Brown with participants Scott Anderson and Jim Maher.

## **Dial and Nippletop from Round Pond (via Gravestone Brook bushwhack) Sat, Jun 25, 2022, Jeff Mans**

- Still no dogs allowed, but who cares when you have Gravestone Brook to get to the Leach Trail. The Round Pond trail along the Dix Trail was pleasant and offers a unique view back from the NB Boquet River to Rooster Comb, if you care to explore the route and find out. Gravestone Brook was a very interesting and exciting flow over rocks, falls and channels that eventually led us up to the flats of "No-man's Land" just before the final jump up to the Leach Trail col, and fortunately a lot of flagging to assist if we took out time to look and route find, which is the key to following Gravestone up on high. From there it's a nice climb up the final summit approach to Dial. A hop up onto the summit boulder and we were living the dream! Majority rule nixed Nippletop with almost no regrets. As General Douglas MacArthur once said, "I shall return." Participants: Jeff Mans (leader), Karen P., Kimberly L., Mike and Maryann B. (M&M), Karen D., and Matt "No Name."

## **What's Up Saturday? Sat, Jun 25, 2022, Kim Brown**

- WUS? Today was the Hadley firetower (3.6 miles round trip and 1,400 feet of elevation gain). The weather was very warm and mostly sunny, as expected. We were glad we had the tree canopy to help keep us cool. With this trail, which starts out going up and up, you can't help but break a sweat. We took our time, hydrating and snacking along the way. As we worked our way to the plateau area before the last section, we started to get a nice breeze. When we got to the summit, we enjoyed seeing two of our group enjoy Hadley for the first time! The top was windy and it was cooler in the shade of the tower where we enjoyed lunch and cookies thanks to our "cookie lady" Cathy. Thanks again to my unofficial co-lead, long time ADK member Margie, who shared all kinds of hiking tips with some of our new and returning-to-hiking attendees. We then returned to our cars and had the rest of the day to enjoy! Lead: Kim Brown. Participants: David Colomb, Margie Litwin, Mary Kane, and Cathy Fleming.

## **Jay Mountain Sun, Jun 26, 2022, Andrew Meunier**

- Despite a few cancellations, we still had a nice-sized group when we hit the trail at 8:30 AM. We enjoyed the pleasant trail to the ridge that utilized numerous switchbacks - an Adirondack rarity! After enjoying excellent views at the first lookout, we hiked about a mile down the ridge towards the actual Jay Mountain summit. Some highlights were views of the high peaks to the west and a healthy crop of wildflowers - including some late-blooming pink lady slippers. The temperature was climbing and the sun was intense, so we opted to turn back at the large cairn (although a few dashed over to the second-to-last false summit for a quick look). An ice cream stop on the way home closed out a satisfying hike. Participants: Joyce Rambo, Gina Martin, Larry Clute, Kim Brown, Joe Babcock, Rashna Meunier, Andrew Meunier.

**Glens Falls – Saratoga Chapter ADK Annual Dinner 2022**

**Friday, October 21 @ Great Escape Lodge, Queensbury**

**89 Six Flags Drive**

**Queensbury, NY 12804**

**6:00 pm Cash-free Bar\* (except tips) and appetizers, 7:00 pm Dinner**

- Tossed Salad
- Rolls and butter
- Seasonal sides
- Apple Crisp a la Mode
- Coffee and Tea

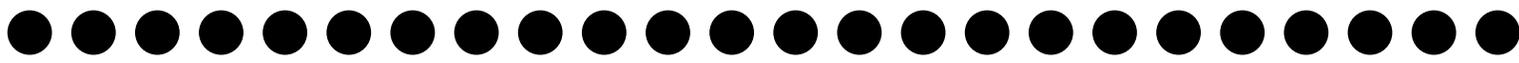
**Entrees**

- Eggplant Parmesan Stacker with Fresh Basil and Mozzarella (V)
- Grilled Herb Chicken in a Thyme Demi (C)
- Grilled Salmon with a Lemon Chive Beurre Blanc (F)
- Sliced Sirloin Steak in a Thyme Demi (B)

**\*Please bring a credit or debit card**

**Reservation Instructions**

1. All reservations must be PREPAID and RECEIVED BY **Friday October 14th**—price is \$38/pp
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 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](mailto:annualdinner@adk-gfs.org) or call Anne Paolano 518-744-6359



<b>ANNUAL DINNER RESERVATION</b>	<b>NAME(s) (please print clearly for your name tag)</b>
_____	1. _____
Your Phone _____	<b>dinner choice (circle one) V, C, F, B</b>
_____	2. _____
Your Email _____	<b>dinner choice (circle one) V, C, F, B</b>
\$ _____	3. _____
Total Amount (\$38/pp)	<b>dinner choice (circle one) V, C, F, B</b>
Please make checks payable to: GLENS FALLS-SARATOGA CHAPTER ADK	4. _____
	<b>dinner choice (circle one) V, C, F, B</b>



## 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.



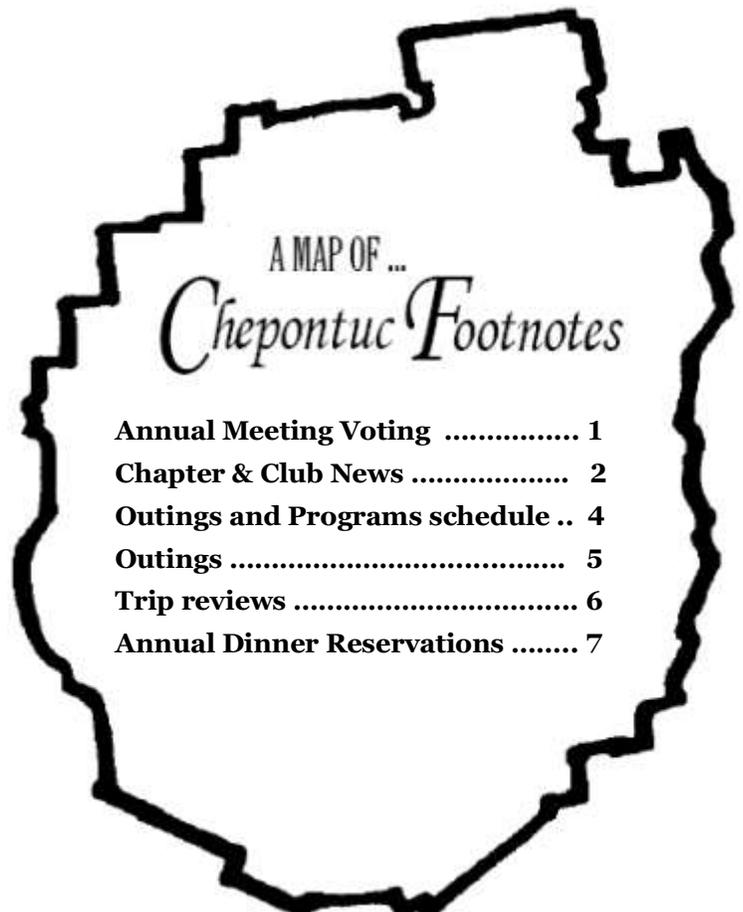
Website: ADK-GFS.ORG

### ***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!*



A MAP OF ...  
*Chepontuc Footnotes*

<b>Annual Meeting Voting .....</b>	<b>1</b>
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<b>Outings .....</b>	<b>5</b>
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***Reminder: Please include your  
e-mail address when renewing  
membership!***