



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

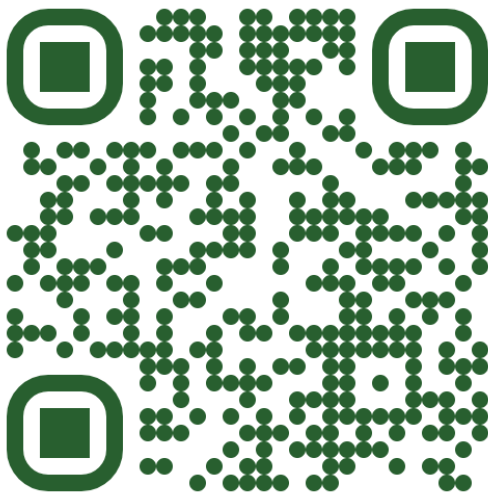
# Chepontuc Footnotes

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



## The Banff Centre Mountain Film Festival World Tour Friday – Sunday, February 2-4, 2023 7pm (different films each night)

The Banff Centre Mountain Film Festival World Tour showcases the best mountain films from the annual Festival in Banff, Canada, held each October. This year, we are returning to the Charles R. Wood Theater for 3 nights. Come each night to see all the great films.



The doors open at 6 pm so you can view the Mountain Art show featuring local artists and enjoy some refreshments by Common Roots Brewery while you peruse the raffle items that benefit ADK's Summit Steward Program. The early bird door prize raffle is from 6-6:30 pm each night. Parking can be challenging, so arrive early.

We're grateful for our local sponsors which enable us to keep the ticket price affordable. Please thank them for their support. Our sponsors are: RockSport, Fountain Square Outfitters, the law office of Meyer, Fuller & Stockwell, Nemer Ford and Nemer Chrysler, Hudson Headwaters Health Network, Rick's Bike Shop, Common Roots Brewery and Foundation, Local Motion PT, and Adirondack Sports magazine. Check out the trailer by scanning the QR code with your phone or heading to : <https://vimeo.com/886604051>  
See you in February! Get your tickets today, they are going fast: [http://](http://adk-gfs.org/QR.Banff.php)

[adk-gfs.org/QR.Banff.php](http://adk-gfs.org/QR.Banff.php) for details.

**BACKPACKING WITH LLAMAS IN UTAH**  
**Wednesday January 17, 2023**  
**7 PM, Saratoga Springs Public Library**



Come hear from Lenore and Jack Reber about their time joining the Sierra Club for a camping trip in the backcountry of Grand Staircase-Escalante National Monument! They each led a llama that carried their gear to a water-hole campsite, last occupied 10,000 years ago! Jack and Lenore will share the story of their week spent hiking among the multi-colored formations and in and along the Escalante River.

Lenore and Jack are retired teachers who travel, hike, paddle and snowshoe and are presenting their third ADK program. They divide their time between Saratoga Springs and Indian Lake.

No registration required.

**FAMILY ADVENTURES IN THE WILDERNESS: BUILDING A  
FRAMEWORK FOR LIFE**  
**Wednesday March 20, 2023**  
**7 PM, Saratoga Springs Public Library**



In the winter of 2009 Kris Walker was on the path to living out his dreams in the mountains. But, that year, just before the birth of his first son, he also lost a friend in a fire fighting accident. Simultaneously becoming a father and reckoning with the precarious nature of life brought a quick end to his budding dreams as an alpinist. Fourteen years later, after he had hung up his crampons, seemingly forever, he was back on Rainier. This time with his 14 year old son.

Getting to that point was a process. It was a long process which often felt too short. It was deliberate yet mostly serendipitous. Kris would like to share that process with you, along with his endearing relationship with the Adirondacks, and how it has helped form a framework for life, both in and out of the mountains.

There will be some hard skills to take home for winter mountaineering, as well as mindset insights, tips, tricks, and lessons learned adventuring with a young family in the mountains.

No registration required.



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ADK Voices

<https://www.adkvoices.org/>



## ADK Fire Tower Challenge by Kathi Noble



### **Congratulations to the latest completers of the Adirondack Mountain Club Fire Tower Challenge:**

Jennifer Bleaux, Plattsburgh  
 Dale Haas, Red Creek  
 George Kushner, Bridgewater  
 Anne and Greg Beall, Advance, NC  
 Wanda O'Connell, Plattsburgh  
 Melodie and Jon Mortensen, Fitzroy Harbour, Ontario  
 Christina Ruhland, North Chili  
 Arakal Cassella, Glens Falls  
 Richard Leach, Corinth

Paula Bentz, Berkely, CA  
 Jessica Padula, Schenectady  
 Susan Hare, Ballston Spa  
 Sue Ellen and Thomas Machuga, Parish  
 Marie Keith, Ganesvoort  
 Kathleen Henry, Dansville  
 Sheila Young, Tupper Lake  
 Acadia Jane, Winooski, VT  
 Don Simpson, Whitesboro  
 Lauri Pritchard, Greenfield Center  
 Abigail Sardino, Albany  
 Connie and Paul Tedesco, Hartwick  
 Liana Williams, Albany  
 Jane Tedesco, Schenectady  
 Quincy and Samuel Bonville, Schenectady

Carolyn Koestner, Saranac Lake  
 Becca Halter, Saranac Lake  
 Phil Mound, Rome  
 Francine and CJ Fowler, Mexico



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

Executive Committee Officers		Committee Chairs		Committee Chairs	
<b>Chapter Chair</b> 908-305-8357 chapterchair@adk-gfs.org	Kim Brown	<b>Conservation</b> 401-529-5034 conservation@adk-gfs.org Co-Chair	Aimee Viens Rutledge Paul Dietershagen	<b>Trails</b> 518-638-6139 trails@adk-gfs.org Co-Chair	Tom Ellis Jim Schneider
<b>First Vice Chair</b> vicechair@adk-gfs.org	Laura Fiske	<b>Education</b> education@adk-gfs.org	Vacant	<b>Web site</b> 518-832-7437 webmaster@adk-gfs.org	George Sammons
<b>2nd Vice Chair</b> vicechair@adk-gfs.org	Jess Krause	<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	Vacant	<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> 518-350-4117 pastchair@adk-gfs.org	Brian Coville	<b>Outings</b> 518-893-7895 outings@adk-gfs.org	Wayne Richter	<b>Publicity</b> publicity@adk-gfs.org	Stephanie Graudons
<b>Trustee</b> 518-708-0096	Maureen Coutant	<b>Programs</b> 518-798-3055 programs@adk-gfs.org	Anne Paolano	<b>Banff Film Festival</b> Mo Coutant 518-708-0096 banff@adk-gfs.org	
Alternate Trustee:	Vacant				
<b>Members at Large</b> Thomas Khairallah Jeff Mans Kathi Noble		<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	

# Outings and Programs Calendar

Date	Day	Type	Destination	Leader(s)	Rating
<b>* January 2024</b>					
3	Wed	Meeting	Executive Committee	Kim Brown	NR
6	Sat	Hike/Snowshoe	What's Up Saturday? Southern Adirondacks	Kim Brown	B
13	Sat	Hike/Snowshoe	Cat and Thomas	Andrew Meunier	B+
17	Wed	Program	Dutcher Community Room at Saratoga Springs Public Library.	Anne Paolano	NR
27	Sat	Hike/Snowshoe	Jay Mountain	Anthony Szmul	A-
<b>* February 2024</b>					
2-4	Fri-Sun	Program	Banff Mountain Film Festival World Tour	Mo Coutant	NR
7	Wed	Meeting	Executive Committee	Kim Brown	NR
10	Sat	Hike/Snowshoe	What's Up Saturday? Southern Adirondacks	Kim Brown	B
10	Sat	Ski	Cross country skiing in Cole's woods	Anthony Szmul	C
<b>* March 2024</b>					
2	Sat	Hike/Snowshoe	What's Up Saturday? Southern Adirondacks	Kim Brown	B
3	Sun	Ski	Brookhaven XC Ski	Jen Ferriss	C+
6	Wed	Meeting	Executive Committee	Kim Brown	NR

Check the Calendar on [adk-gfs.org](http://adk-gfs.org) for up latest content

## Membership Update

### New Members—Fall 2023

Alyssa Talanker, Albany  
 Kaia Alderson, Queensbury  
 Russell Matteson, Fort Edward  
 Zachary and Marissa Madding, Hudson Falls  
 Jon Tamburrino, Saratoga Springs  
 Josh Lazarus, Saratoga Springs  
 Amanda Dow and Michael Dumas,  
 Saratoga Springs  
 Jessica Billings and Drew Viddivo, Schuylerville  
 Laura Pratt, Paoli, PA

### Rejoined Members—Fall 2023

Jef Martin and Erica Halbbrook, Amsterdam  
 Mark Klompas, Ballston Lake  
 Brad and Deanna Sargent, Ballston Spa  
 Nancy Bunting, Ballston Spa  
 Thomas Fox, Ballston Spa  
 Danielle Kelley, Clifton Park  
 Tom and Nanci Hoffman, Slingerlands  
 James Swart, Queensbury

Michael Homenick, Queensbury  
 Patrick Younis, Corinth  
 Jason and Suzanne Finn, Gansevoort  
 Donald and Irene Marshall, Hudson Falls  
 Dan D'Angelico, Hudson Falls  
 Chandra Geremick, Lake Luzerne  
 Sue and Tim Hunsicker, Lake George  
 AJ Rendo, Middle Grove  
 Susan and Mitchell Cohen, Saratoga Springs  
 Daniel Berheide, Saratoga Springs  
 Eric Ucci and Christina Carton, Saratoga Springs  
 Joseph Tamburrino, Saratoga Springs  
 Lance and Susan Elliott, Canajoharie

# Outings and Programs

## **EXECUTIVE COMMITTEE** - [ Meeting ]

Wed, Jan 3, 2024, 7:00 pm, Rating: NR

Kim Brown - 908-305-8357, [kim137@me.com](mailto:kim137@me.com)

- The meeting will be a virtual meeting via Zoom. All chapter members are welcome at the meeting. Please email [chapter-chair@adk-gfs.org](mailto:chapter-chair@adk-gfs.org) for the Zoom information if you would like to attend. The Zoom link will also be provided to the Executive Committee in the meeting agenda.

## **WHAT'S UP SATURDAY? SOUTHERN ADIRON- DACKS** - [ Hike/Snowshoe ]

Sat, Jan 6, 2024, time TBD, Rating: B

Kim Brown - 908-305-8357, [kim137@me.com](mailto:kim137@me.com)

- Geared for those new to hiking/snowshoeing 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 the Monday or Tuesday of that week.

## **CAT AND THOMAS** - [ Hike/Snowshoe ]

Sat, Jan 13, 2024, time TBD, Rating: B+

Andrew Meunier - 518-376-2470,

[andrew.m.meunier@gmail.com](mailto:andrew.m.meunier@gmail.com)

- This hike has nice views from both peaks. Distance is 6.5 miles with about 1100 feet of elevation gain. This is a good hike for those who would like to ease themselves into the winter hiking season with a moderate, local trip (or for those who are relatively new to winter hiking). Proper winter gear is required, including snowshoes and microspikes.

## **DUTCHER COMMUNITY ROOM AT SARATOGA SPRINGS PUBLIC LIBRARY.** - [ Program ]

Wed, Jan 17, 2024, 7:00 pm, Rating: NR

Anne Paolano - 518-798-3055, [annepaolano@yahoo.com](mailto:annepaolano@yahoo.com)

- Backpacking with Llamas in Utah, a photographic presentation. Lenore and Jack Reber joined the Sierra Club in April 2015 for a camping trip in the backcountry of Grand Staircase-Escalante National Monument because they love red rock country. They each led a llama that carried our gear to a water-hole campsite, last occupied 10,000 years ago! Lenore and Jack are retired teachers who travel, hike, paddle and snowshoe and are presenting their third ADK program. They divide their time between Saratoga Springs and Indian Lake.

## **JAY MOUNTAIN** - [ Hike/Snowshoe ]

Sat, Jan 27, 2024, 5:30 am, Rating: A-

Anthony Szmul - 518-796-7921, [aszmul@roadrunner.com](mailto:aszmul@roadrunner.com)

- Let's enjoy an 8.7 mile hike, round trip, along Jay Mountain with some spectacular winter views if we're lucky! You may want to consider crampons on some sections that could be very icy, but the main things to pack are snowshoes and microspikes. If I see that the weather is bad, I will postpone the hike to Sunday, January 28. We will meet at the Exit 18 park and ride by the EMS building at 5:30am or approximately 7:15am at the trailhead. Any questions, just call, text or email me!

## **EXECUTIVE COMMITTEE** - [ Meeting ]

Wed, Feb 7, 2024, 7:00 pm, Rating: NR

Kim Brown - 908-305-8357, [kim137@me.com](mailto:kim137@me.com)

- The meeting will be a virtual meeting via Zoom. All chapter members are welcome at the meeting. Please email [chapter-chair@adk-gfs.org](mailto:chapter-chair@adk-gfs.org) for the Zoom information if you would like to attend. The Zoom link will also be provided to the Executive Committee in the meeting agenda.

## **WHAT'S UP SATURDAY? SOUTHERN ADIRON- DACKS** - [ Hike/Snowshoe ]

Sat, Feb 10, 2024, time TBD, Rating: B

Kim Brown - 908-305-8357, [kim137@me.com](mailto:kim137@me.com)

- Geared to 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 the Monday or Tuesday of that week.

## **CROSS COUNTRY SKIING IN COLE'S WOODS**

Sat, Feb 10, 2024, 10:00 am, Rating: C

Anthony Szmul - 518-796-7921, [aszmul@roadrunner.com](mailto:aszmul@roadrunner.com)

- I'm looking for people interested in doing some cross-country skiing with me in Cole's woods! By then, based on the Farmers Almanac, there should be enough snow; we can only hope! We will plan on being out in the woods doing loops around the 2 mile trail for at least 2 hours. People can stay as long as they want. We will park at the back entrance of the Glens Falls YMCA at 10am. Classic or combo skis are doable, but they must be in good condition. Pack plenty of water and snacks that you may keep in your cars and we will take some breaks by our cars when we need to.

## **WHAT'S UP SATURDAY? SOUTHERN ADIRON- DACKS** - [ Hike/Snowshoe ]

Sat, Mar 2, 2024, time TBD, Rating: B

Kim Brown - 908-305-8357, [kim137@me.com](mailto:kim137@me.com)

- Geared to those coming back or new 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 the Monday or Tuesday of that week.

## **BROOKHAVEN XC SKI**

Sun, Mar 3, 2024, 8:00 am, Rating: C+

Jen Ferriss - [ferrissj@gmail.com](mailto:ferrissj@gmail.com)

- Let's hope for some snow - March can be temperamental. You should be comfortable going down hills and turns in the woods, but if there is less snow, we will stick to the golf course. Contact me for more information as we get closer to the date.

## **EXECUTIVE COMMITTEE** - [ Meeting ]

Wed, Mar 6, 2024, 7:00 pm, Rating: NR

Kim Brown - 908-305-8357, [kim137@me.com](mailto:kim137@me.com)

- The meeting will be a virtual meeting via Zoom. All chapter members are welcome at the meeting. Please email [chapter-chair@adk-gfs.org](mailto:chapter-chair@adk-gfs.org) for the Zoom information if you would like to attend. The Zoom link will also be provided to the Executive Committee in the meeting agenda.

## Trip Reviews

### **Stony and Center Ponds Fall Color Hike Sat, Sep 30, 2023, Rich Crammond**

- What a great day for a fall hike in the 'dacks. I got to hike with long-time outings leaders Reg and Bob, and also with good hiking buds Ray and Peter. We hiked to Stony for a snack at the lean-to, then across the outlet and to the center pond, then back to the lean-to for lunch. Then back out. "Great fall colors," cool breeze, and blue sky most of the day. Cherished memories never fade. Just didn't get no better. Participants: Peter Bishop, Reg Prouty, Bob Aspholm, Ray Boucher, Rich Crammond.

### **Thomas Mountain Sat, Sep 30, 2023, Kim Brown**

- We did a short hike up Thomas Mountain in Bolton Landing from the Valley Woods Road trailhead for an in and out on the same trail, approximately 3 miles and 780 feet of elevation gain. The day was cloudy and on the cooler side - low 60's. We made it up to the summit, enjoyed our snacks, took pictures, then headed back to the cars. All in all, it was a nice day for those who wanted to spend a quick morning out on the trail. We had a couple of new people to the club and also first timers for Thomas Mountain. Hike leader Kim Brown and 10 participants: Kathy G, Beth P, Laura F, Sue A, Tony D, Anthony B, Dave C, Jim M, Chandra G, and last but not least our sweep Virginia Touhey and a well behaved 4 legged friend Jake.

### **Blue Ridge Mountain Bushwack in Hoffman Wilderness Sat, Oct 14, 2023, Jeff Mans and Anthony Szmul**

- The weather was better than expected and we even managed to see some blue skies for a while. Blue Ridge Mountain in the Hoffman Wilderness is not easily accessible and requires a long bushwhack through some dense spruce and lots of blowdown as you leave Hoffman Notch Brook. There is some interest out there by people looking to complete the highest 100. Having scouted it out and climbed it before, I decided to keep in Hoffman Notch Brook and its many waterfalls and slides as much as possible on the way up, and we were not disappointed. It's one of the most spectacular waterfall routes out there and worth an outing in its own right, especially since the roundtrip is more like 18 miles instead of 12 - my bad - but I knew from prior experience that if you get back to the Hoffman Notch Trail and Big Marsh before nightfall and have headlamps that work well, you're in good shape. Long day of about 13 hours in total, but now there are 2 new members of the BRM Club. Participants: Jeff Mans (leader), Anthony Szmul (co-lead), and Tom "headlamp" Penders.

### **Workout Wednesday Wed, Oct 25, 2023, Chandra Geremick**

- We had a great time hiking at Moreau Lake State Park in the trails that wind around the park. Unfortunately, the trails were not well maintained and we dealt with some ticks. It was still an unusually warm and very enjoyable trip with attendees as follows: Chandra G., Kaia A., Hassan C., Joe B., Kathy G., and Karen P.

### **Spooktacular Halloween Hike Sat, Oct 28, 2023, Chandra Geremick**

- What a great hike! This was a very fun event that I hope to hold annually. We met at the Harris Land Preserve parking lot and enjoyed some time judging costumes and eating

goodies before heading up the mountain. There were 6 categories for costumes and everyone won a prize! We had a pirate, Little Red Riding Hood, a princess, Batman, several hikers (LOL), a magic 8 ball, a trail runner, and a woodland nymph. It was a sweaty hike in costume, but we all made it to the top minus one, due to his dog not enjoying the nearby shooting range sounds. The colors were beautiful and the breeze at the top was welcome. Cider and donuts were the prize for making it up. Attendees were as follows: Chandra G., Joe B., Neal V., Paul G., Jarrod F., Prachi O., Christian P., Sarah R., Shannon G., Dave C., and Sarah L.

### **Pilot Knob Sat, Nov 4, 2023, Kim Brown**

- Pilot Knob Lower Summit - A cloudy, but nice dry morning for a hike. We left the Buck Mountain/Pilot Knob trailhead and went up the trail, taking the first turnoff towards Inman. A short ways in, we left the Inman trail for the unmarked, sometimes blazed trail up toward Pilot Knob Lower Summit. Although a short hike, the trail is a good workout because of the degree of the slope/incline for much of the way. On the way we enjoyed stepping over, or for some of us, sitting over the large downed trees, as well as climbing up and over boulders/rocks. We passed the rock that looks like a dinosaur head, complete with teeth and eye. After that we were able to enjoy the multiple vistas of Lake George and surrounding mountains from the various ledges. After lunch at the lower summit we returned the way we came in for a 4.6 mile round trip with 1,670 feet of elevation gain. Thanks to all for a great day! Leader Kim Brown and six participants: Margie L, Meagan B, Debbie V, Alan C, Laura F, and Scott A.

### **Workout Wednesday Wed, Nov 8, 2023, Chandra Geremick**

- We met at the Rush Pond parking lot for a quick but refreshing walk. It was a nice way to break up the week, discuss hiking plans, and get our workout in. We did an out and back to stay within daylight hours and reached the parking lot just in time as the sun went down. Attendees as follows: Chandra G., Joe B., Sarah L., and Kaia A.

### **Workout Wednesday Wed, Nov 22, 2023, Chandra Geremick**

- Halfway Brook Trail in Queensbury that was rescheduled: This was a refreshing but short cardio clip. We were careful to watch the sunset time as the trail requires hikers to be off before the sun goes down. All agreed it was nice to get outside. The Queensbury trail system is fantastic for weekday workouts. One hiker rode her bike to the trail, and one met us halfway through. I love the accessibility! We hiked 30 minutes out before turning around to get back in time. I'm definitely going to utilize these trails all year. Attendees as follows: Chandra G., Kaia A., Brooke W., Mark B., Sarah L.

### **Turkey Trot # 25, Saratoga Battlefield Thu, Nov 23, 2023, Rich Crammond**

- For this hike we walked the two miles to the Neilson House for a water break, then headed back to the starting point via the Wilkinson Trail. We didn't see much other than a hawk, one deer, and a half-eaten poor little rabbit along the trail - looked like bad coyote manners to me. I guess the highlight of this outing was hiking along with some real nice people like Wayne Richter and others. We really had a good day in the great outdoors. Didn't get no better for sure. Participants: Peter Bishop, Susan DeFair, Bill Schwarz, Kaia Alderson,



## Trip Reviews

*Cynthia Tiogar, Kim Wood, Sharon Gavitt, Wayne Richter, Chandra Geremik, Laura Fiske, Rich Crammond.*

### **Godwin Preserve Sat, Nov 25, 2023, Kim Brown**

*- Lake George Land Conservancy Bolton Area hike at the Godwin Preserve: Our group did a 4 mile round trip with about 1,000 feet of overall elevation gain. As we drove into the trailhead that had a bit of snow, I'm thinking, "Wow great reminder! I better start thinking about whether these trailheads are going to be plowed in time for a scheduled outing!" We all geared up, some with microspikes and some not. Snow was hit or miss but the spikes also helped on the slippery leaves. We made our way to the first small overlook looking west towards Amy's Preserve area. It was in the high 20s, brisk but with sun peaking in through the trees. Eventually it warmed up a tad to the low 30's. Luckily, we had no wind. After the view we headed toward Pole Pond where everyone enjoyed a quick snack. We then went on up to Walnut Ridge, which included a couple of steep sections leading to several overlooks, and then had lunch. After a quick lunch in the sun overlooking Northwest Bay and the Tongue Mountain Range, we headed back down the way we came. It was a great day and many thanks to my unofficial co-leads, Scott, Anthony, Laura and my sweep, the cookie lady Cathy. 14 attendees including me (Kim hike leader), Margie L, Scott A, Mark B, Cathy F, Don H, Anthony B, Jim and Anne W, Mia E, Trevor H, Sue A, Laura F, and Dave C.*

**Editor's Note:** I wanted to take the time to thank everyone for reading the newsletter under my editing skills for the past 4+ years. I don't add much to the content, I just get to proof read and fiddle around with the format. I am moving on to more outdoor time and less computer time after the March issue. If you like to fiddle around with words and pictures using software, please reach you to me or another Chapter Committee member in order to keep the newsletter going. It doesn't take up too much time—about 8 hours every 2 months. If you do this as a hobby or for work, you might be more efficient.

Now that I have your attention and the space to write I wanted to share my learning journey as I become a level 3 outings leader for the Chapter. The first weekend of December I headed up to the new Cascade Welcome Center to take Outdoor Leadership 101. I try hard to take one lesson away from any educational opportunity that I listen to—this time it was hard, but I managed. My one takeaway was a reminder that a group hike is not about what I want to accomplish (hitting a pace or getting to a summit) it is about what is best for the group. Likewise this means that the group has to be aware of the goal through clear communication and also know that plans may change and the destination may not be achieved. Ultimately my goal is to be comfortable with the unexpected and prepared to just enjoy the outdoors and to get home safely.

After the Friday session, I drove to the Heart Lake property for 2 days of Wilderness First Aid in the Wiezel Cabin and some great company and meals at the Loj. I can't say enough about the kitchen staff at the Loj—welcoming, accommodating (who the heck creates specific meals for every food allergy/preference? - They do!), and talented in many ways. The next

2 days I learned so much that I'm afraid I won't recall it all and I hope to never have to use what I learned. At some points in the training, I was questioning whether it was worth leading a group hike—my pack just got heavier with the thought of adding a sleeping bag, tent, food for all allergy types, splints, a tourniquet and all the stuff in my first aid kit I never thought I would use like the syringe. After my anxiety waned, I became empowered. We all left with the tools we need to potentially save someone's life, keep them stable, warm and as comfortable as possible as we walk out of the woods together or wait for the Rangers. The training is intense, graphic and a wonderful team building experience that I will never forget. If you are a leader on the fence about leveling up your training—it is worth it. To members who want to go on a group hike, realize that we are just volunteers trying to do our best to give you a good experience in the outdoors. It is team work. Great attitudes, knowing your true ability and good communication goes a long way. —Jen Ferriss



Head Injury training, Photo by S. Connolly



Singalong by the fire, ADK Loj, photo J. Ferriss



## Chepontuc Footnotes

Glens Falls - Saratoga Chapter Adirondack Mountain Club  
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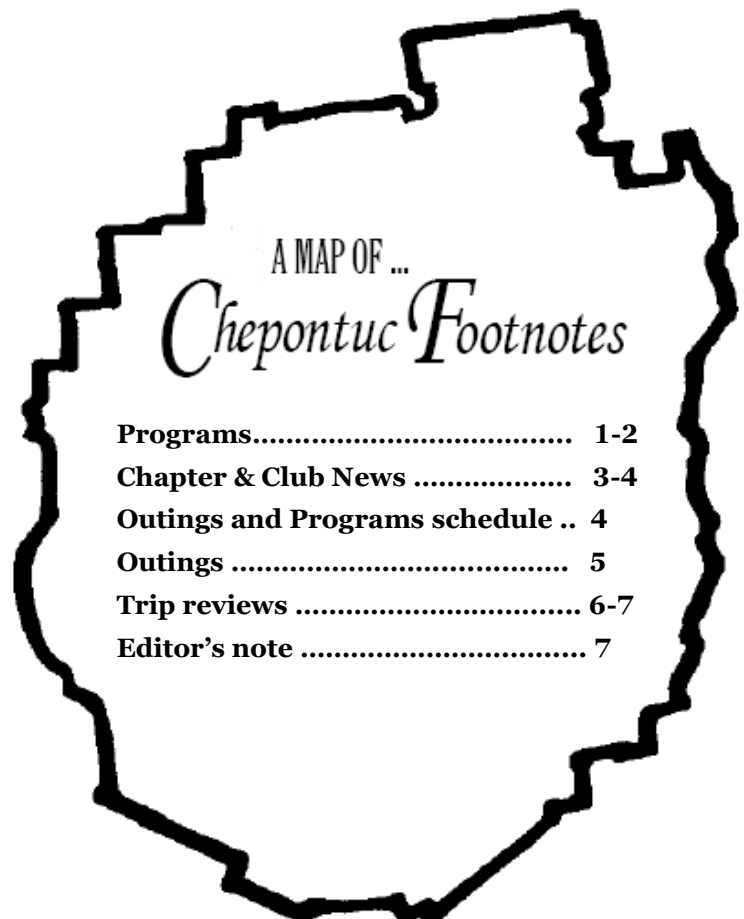
Website: ADK-GFS.ORG

### ***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*

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