



# Chepontuc Footnotes

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

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

## GLENS FALLS - SARATOGA CHAPTER ADIRONDACK MOUNTAIN CLUB Annual Dinner 2012

Friday, October 26

**Lillian's**

408 Broadway

Saratoga Springs, New York 12866

Cash Bar: 6:00 p.m. Buffet dinner: 7:00 p.m.

\$25 per person

**Award winning Adirondack singer, songwriter and educator PEGGY LYNN will entertain us! Only 130 spots available to enjoy her alto voice ranging from folk to blues. She is known for bringing to light the important role women played in shaping the history of New York. With Sandra Weber, she is the author of *Breaking Trail: Remarkable Women of the Adirondacks*.**

**Her CD "Bio Songs ~ Signs of Life" and "Close to the Sun" contain songs to demystify nature as science for children of all ages. In 1996, Lynn was selected as the *Adirondack Woman of the Year* by the Adirondack Business & Professional Women's Association. The Adirondack Girl Scout Council recognized Lynn in 1998 as an *Adirondack Woman of Distinction*. In 2005, ADK awarded her the Arthur E. Newkirk Education award. Lynn has recorded four solo CD's and another four with either or both Dan Duggan and Dan Berggren.**



Photo courtesy of Quercus music

This year our buffet menu features: garden salad, pasta station, prime rib au jus, chicken with lemon caper sauce, salmon fillet with cucumber dill sauce, rice pilaf, tea, desert and more! Vegetarian and gluten-free options are available upon request!

### Reservation Instructions

1. All reservations must be PREPAID and RECEIVED BY SATURDAY, OCTOBER 12 (no exceptions)
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: **MAUREEN COUTANT, 22 PINION PINE LANE, QUEENSBURY, NY 12804**
5. We do not mail confirmations back to you. For more information contact [chapterchair@adk.org](mailto:chapterchair@adk.org)

ANNUAL DINNER RESERVATION

NAME(S) (please print clearly for your name tag)

Your Phone # \_\_\_\_\_

Your Email \_\_\_\_\_

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

# Fall, a time for the next big thing!

By Maureen Coutant

Don't summers always go by too fast? But the great thing about living in this area is that fall is a fantastic time to hike. The only downfall is the ever decreasing daylight. Jim and I have two more 46ers to finish up, but at my current pace, it may be difficult to finish them during the daylight hours. But then again, that's why we have head lamps, right? If we don't hike those last two (Skylight and Gray), there are plenty of shorter hikes to do in the High Peaks or locally that will be spectacular with the fall foliage. So, check out the trip calendar and be sure to get out and enjoy this season!

A few ADKers have contacted us to volunteer for the Ragnar Relay at the end of September. ADK was chosen as the nonprofit organization that assists with the Relay, starting in Saratoga on Friday and finishing in Lake Placid on Saturday. The Relay team switches running members

throughout the night. The Relay will pay ADK for each volunteer and the money gets split between the main Club and the Chapter. The Chapter will provide volunteers with a thank you gift. I'm really looking forward to helping out Friday night. Please join me! It's a fun way to help ADK! See additional info in the newsletter and save the date: Friday, Sept 28<sup>th</sup> – Sat, Sept 29<sup>th</sup> (4 hour volunteer shifts).

The next big thing for the Chapter is our Annual Dinner on Friday, October 26<sup>th</sup>. We're very excited to have the dinner in the upstairs room at Lillian's on Broadway. This year we're having a buffet-style dinner with carving stations and many delicious options including vegetarian and gluten free! Entertainment is by Adirondack singer/songwriter Peggy Lynn, who has always been a true ADK friend.

At the Annual Dinner we'll vote on the slate of officers for next year. We still have openings ... we need you! Let me know!



## CHAPTER CHAIR REPORT

*"We still have openings ... we need you!"*

### Bear-proof storage containers available!

- ◆ 8.8" dia. X 12" long, weight 2.7 lbs. Designed to slip into your backpack.
- ◆ Required in the Eastern High Peaks Zone and important for any backcountry overnight adventure, backpacking or canoe camping destination.
- ◆ Rental Rates: 1-3 days \$5.00 4-7 days \$10.00

Call *Jim Schneider* 518-581-9367 to reserve your rental.

Rentals are available exclusively to ADK Glens Falls-Saratoga Chapter members.

## Chepontuc Footnotes

Published Bimonthly  
Glens Falls Saratoga ADK Chapter  
Adirondack Mountain Club  
PO Box 2314, Glens Falls, NY, 12801

### Executive Committee Officers:

**Chapter Chair Maureen Coutant**  
Phone: 745-7834 chapterchair@adk-gfs.org

**First Vice Chair Tricia Lockwood**  
Phone: 275-6054 vicechair1@adk-gfs.org

**Second Vice Chair Laura Fiske**  
Phone: 884-0345 vicechair2@adk-gfs.org

**Secretary John Caffry**  
Phone: 798-0624 secretary@adk-gfs.org

**Treasurer John Schneider**  
Phone: 584-8527 treasurer@adk-gfs.org

**Directors**  
Jonathan Lane, Laura Fiske, Linda Ranado  
Email for all directors: director@adk-gfs.org

**Past Chapter Chair Heidi teRiele Karkowski**  
Phone: 585-7206 pastchair@adk-gfs.org

### Committee Chairs:

**Annual Dinner:** vacant

**Conservation Jacki Bave**  
Phone: 587-3754 conservation@adk-gfs.org

**Education Linda Ranado**  
education@adk-gfs.org

**Hospitality Gretchen Steen**  
Phone: 638-6139 hospitality@adk-gfs.org

**Membership Pat Desbiens**  
Phone: 899-9688 membership@adk-gfs.org

**Newsletter/Editor Jill Gruben**  
newsletter@adk-gfs.org

**Outings Alison Darbee  
and Madeline Kowalik-Bova**  
outings@adk-gfs.org

**Programs Sarah King**  
Phone: 798-0615 programs@adk-gfs.org

**Publicity Jen Shepherd**  
publicity@adk-gfs.org

**Trails Tom Ellis**  
Phone: 638-6139 trails@adk-gfs.org

**Web site George Sammons**  
Phone: 743-9692 webmaster@adk-gfs.org

**Wilderness Jim Schneider**  
Phone: 581-9367 wilderness@adk-gfs.org

**Young Members Group Jonathan Lane**  
Phone: 744-4594 ymg@adk-gfs.org

## Voting For Chapter Officers at our Annual Meeting/Dinner

Chapter members will be asked to vote at Lillian's in Saratoga Springs, Friday, October 26, 2012. The nominating committee has presented the following slate of officers for 2013.

1st Vice Chair: Laura Fiske

Secretary: John Caffry

Treasurer: John Schneider

Director: William Bechtel

Please see the biographies below for these nominees. **Additional nominations, in writing, may be submitted by any member entitled to vote to Laura Fiske, chair of the Nominating Committee, by close of business, Friday, October 12, 2012. Such nominations must be signed by no fewer than twelve voting members.** In the event that there is more than one candidate for any given office, at the annual meeting the Secretary shall furnish a ballot containing the names of all nominees, arranged in alphabetical order, as candidates for each office. This ballot shall be the exclusive means of voting for officers and Directors. The successful candidate for each position shall be determined by a simple majority of the votes cast.

**Please note there is still a vacancy for Chapter Chair and 2<sup>nd</sup> Vice Chair. Please consider helping out your local chapter by sending candidate information to Laura Fiske.**

### Laura Fiske

I have been a member of the ADK and the Glens Falls/Saratoga chapter for many years. I am currently a Director and the 2nd Vice Chair. In addition to my role in the chapter, I am a member of the club Finance and Audit Committee. In addition to hiking I have become involved in cycling and running. I look forward to moving into the role of 1<sup>st</sup> Vice Chair in the upcoming year.

### John Caffry

I have been an ADK member since 1985. Since that time, I have served ADK in many capacities, such as: Member of Chapter Executive Committee since 1987; former Chapter Publicity Committee Chair and Second Vice Chair; Chapter

Secretary since 2006; former member of ADK Board of Governors and Executive Committee; former chair of ADK Headquarters Committee; current member (since 1988), and former chair, of ADK Conservation Committee. I have participated in the Adopt a Lean-to program since 2003. I am a native of Glens Falls, currently living there with my wife, Ellen, and our two daughters. I am a member of the Caffry & Flower law firm in Glens Falls. Occasionally, I can find time for hiking, paddling and all varieties of skiing.

### John Schneider

I have been chapter treasurer since 2001. For the past 30 years, I have served the chapter in many capacities, including: chapter chair, membership chair, newsletter editor, treasurer, and chapter representative on the ADK Board of Directors. At the club level, I have been active on the Trails Committee and for 20 years coordinated the ADK Adopt a Lean-to Program in partnership with New York State Department of Environmental Conservation. I have led many chapter outings including an annual Spring Flower hike on Tongue Mountain; many Whiteface sled-ski-snowshoe hikes; more than a few "Buck by Moonlight" hikes; and an annual 3-4 day canoe trips into Low's Lake. I currently coordinate the chapter's annual "Winter Camp" at Heart Lake.

### William Bechtel

I have been a member of the Glens Falls / Saratoga Chapter of ADK since 2005 and before that was a member at large. In 2006, I assumed the Chair of the Chapter Publicity Committee, having notices of our Outings, Programs and Special Events placed in local newspapers and websites. I was the Publicity Chair for four years and in the past two years filled in when the Chapter was recruiting a new chair for this committee. In 2010, I revised the Chapter Handbook and put it in electronic form. It is now available from the Chapter website. For the past five years I have donated a watercolor painting for the silent auction at the Club "Black Fly Affair". I have been an Alternate Director for the past several years. I have led or co-led a number of hikes during my tenure in the Chapter. I have been an active outdoors person all my life and being a member of the ADK brings me in touch with so many nice people with the same objective in life.

## Fire Tower Challenge News

By: Kathi and Tim Noble

Fire Tower Patches have been sent out to the following people:

F. William Walker, Altamont, NY

Kelly Cowan, Chateaugay, NY

Simon Roberge, St. Constant Quebec Canada

Robin Westbrook, Herkimer, NY

We've only received four Fire Tower Challenge completions since May, most likely due to prime-time trail-time being other than late winter/early spring. We hope to receive many more with summer coming to a close, and even more from those completing the Challenge and taking advantage of the wonderful fall colors and "Views from on High!"

## New Zealand: Day Tramps, Paddles and other Adventures!



Long-time ADK member Judy Halstead will give a photo presentation and talk on the three-week-plus trip she and her husband, Jonathan Feinberg, took recently to New Zealand. Their many day hikes included the Tongariro Alpine Crossing (Tongariro National Park) where they encountered epic views of volcanic mountains Mt Tongariro and Mt Ngāuruhoe, which, together, played Mt Doom in *Return of the King: Lord of the*

*Rings*. Unique sights on this world-renowned trek include Red Crater and various lava formations. On other hikes, known as “tramps” in New Zealand, they travelled through rainforests to glaciers, waterfalls or lakes.

Judy and Jonathan’s paddling trips included the spectacular secluded beaches and islands of *Abel Tasman* National Park and views of vineyards and mountains from Lake Wanaka, New Zealand’s fourth largest lake. The largest and most isolated of the 14 national parks in New Zealand, Fiordland National Park, a World Heritage Site, has truly stunning scenery. Unique fauna, such as the threatened Fiordland crested penguin, inhabit the fiords, rocky coasts and towering cliffs of Fiordland National Park. Jonathan’s favorite part of the trip was paddling amongst the waterfalls, islands and clouds of mist in Doubtful Sound. Judy will also share photos of New Zealand’s tallest mountain, Aoraki Mount Cook (on a rare clear day!) and report on the status of Christchurch a year after the February 2011 6.3 earthquake.



Judy, an ADK member since 1980, is Professor of Chemistry at Skidmore College. In addition to chemistry, Judy also teaches environmental studies courses. She and her research students recently concluding the study, *A Statistical Analysis of Water Chemistry Parameters, Land Use Patterns and Geology in the Kayaderosseras Creek Watershed*.

### Program

New Zealand: Day Tramps,  
Paddles and other Adventures

When: 7pm Sept. 20  
What: Presentation

Where: Saratoga Springs  
Library

## Reflections Off the Beaten Track: David Avigdor's Photography in the Wilderness and in Cuba

David Avigdor, Chapter member since 1986, is an avid hiker, backpacker and paddler who will discuss his trips and share with us his slides and how the images were taken. About five years ago, Avigdor added a digital camera to his outdoor gear, and has been creating both 'travel' and fine art images of his ventures. He most enjoys photographing water; his images include whitewater rivers, waterfalls, the ocean, as well as peaceful Adirondack waters such as Cedar River Flow and Paul Smiths area paddles.



### Program

Reflections Off the Beaten-  
Track  
When: 7pm Nov. 29  
What: Presentation

Where: Saratoga Springs  
Library

Recently, Avigdor spent 12 days in Cuba at a photography workshop, which qualified as a legal visit to that country as a "people-to-people exchange." He will include images of Havana, the colonial village of Trinidad, the tobacco growing region of Viñales, and of the people of this Caribbean country. Also, Avigdor will share his impressions of being in a Communist country, and the Cuban culture.

Avigdor has photographed the Adirondacks, Acadia National Park in Maine, the New Jersey coast, Nova Scotia, the Caribbean island of St. Lucia, and the wilds of Manhattan and Brooklyn. He recently spent a weekend in Rickett's Glen State Park in Pennsylvania, which is home to more than

30 magnificent waterfalls, many of which he photographed. Avigdor paddles flatwater with the Chapter, as well as whitewater with the Schenectady Chapter. He practices law ([www.adirondacklaw.com](http://www.adirondacklaw.com)) in the Adirondack Park, in Lake Luzerne.

### Seek the Peak proposal-thon!

By: Bill Barton

ADK members participated in the 12<sup>th</sup> annual "Seek the Peak" hike-a-thon July 20 and 21st. Calling themselves "The Adirondack Mooseketeers," Jonathan Lane, Bill Barton,



Erica Halbrook, Kiki Kelly, Rachel Luch, Drew Rose, Jen Shepherd, and Lavinia Smith raised over \$1,800 to maintain the famous weather station on the summit of Mount Washington, NH. The weather station collects data, performs research, and educates the public about the science of climate and weather. The event appeals to hikers of all ages and abilities from around the world who challenge themselves to the rugged, windswept trails of the highest peak in the Northeast (6,288 ft.).

The ascent was beautiful. "The Adirondack Mooseketeers" took a trail that cut through Tuckerman's Ravine. The crowd looked more like a line of colorful ants than fellow hikers. The final stretch of the ascent was a boulder field that had to be navigated carefully. Once on top, "The Adirondack Mooseketeers" were treated to a tour of the observatory and of the living quarters that the scientists use to escape the often brutal weather conditions on the summit. The group also had their picture taken on top of the observatory (the highest point of the mountain). Jonathan Lane and his girlfriend, Rachel Luch, wanted to have a picture of the two of them taken from this spot as well. As their friends looked on, Jonathan proposed marriage to Rachel. It was a touching moment in an amazing place.

The descent was just as memorable as the ascent. Taking the Boott Spur Trail, we crossed a ridge showcasing the surrounding mountains and the fragile alpine landscape. With the mid-day sun high above us, the views were simply awe-inspiring. It was a long hike, grueling at times, but well worth the effort. It was an incredible day that none of this group of close friends will ever forget. And in case you're wondering - Rachel said "Yes!"

Make sure to check our web site

@

[www.adk-gfs.org](http://www.adk-gfs.org)

To find out when EMS will have its club day, which means discounts on clothes and gear!

**RAGNAR RELAY**, the overnight running race, is coming to the Adirondacks! The relay starts at the Saratoga Spa State Park, skirts along the Hudson River, passes through the Lake George region, up the southern side of Lake Champlain and ends in Lake Placid. GREAT NEWS ~ ADK has been selected as the "Charity of Choice!" Organizers estimate 100 volunteers are needed. **RAGNAR will pay ADK \$100 for every volunteer we provide, which will be split 50/50 with the ADK Chapter who provides the volunteers.** Please let Maureen Coutant know if you'd like to volunteer for the Glens Falls-Saratoga Chapter @ [chapterchair@adk-gfs.org](mailto:chapterchair@adk-gfs.org)

For more information, visit <http://www.ragnarrelay.com/race/adirondacks>.

# 2013 Chapter Winter Weekend at Heart Lake

The Chapter will hold its 2013 Winter Weekend at the Wiezel Trails Cabin at Heart Lake from Friday, March 15, 2013 to Monday, March 18, 2013.

From the cabin, we will be able to cross-country ski and snowshoe to many area High Peaks. This is a good opportunity for those of you working toward your Winter 46. Algonquin, Iroquois, Wright, Phelps, Tabletop, Marcy and many more High Peaks await your snowshoes. A ski or snowshoe trip into Avalanche Lake and Lake Colden could also beckon. Indian Pass would be a nice trip. Perhaps sunrise or sunset from Mt. Jo might be all you want to do. The Heart Lake property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Saturday and Sunday Dinners and breakfast coffee are included in the price. The Wiezel Trails Cabin, with electricity, a kitchen, bathrooms and showers, sleeps 16 persons in four four-person bunkrooms.

In many of our past years, we have had one or more persons finishing their Winter 46 during this weekend. We may possibly have another finish that quest!

The rate for the weekend should be no more than \$110 per person, if we fill all 16 spaces.

To reserve your spot, send your deposit of \$110 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, New York 12866. Call 518-584-8527 for more details. Reservations are on a first-

come, first-serve basis. If we fill all 16 spots, we will maintain a short waiting list. The past four years, some persons have dropped out and wait-listed persons have enjoyed their weekend with us.

Becky Mosher, our executive chef for more than 20 years of Chapter Winter Weekends, retired after the 2010 Winter Weekend. Although she still plans on attending, we must find new volunteers to plan and execute dinners. The kitchen is quite small, and if all of us made our own dinners, this would cause quite a bottleneck. Thus, we are looking for volunteers to handle this important part of the Weekend.

Do not wait until the last minute to make your reservations. The past few years, we had a number of persons who thought they were registering early enough, only to find out that the reservations were full, and they had to be wait-listed.

Enjoy your summer, but think of the Chapter Winter Weekend 2013.

Finally, this will be the last time John Schneider will be coordinating this event, having done this for the past 23 years. It is time to turn this over to another Chapter member who wished to continue this rich tradition of a Glens Falls-Saratoga Chapter Winter Weekend in the Adirondacks. Let me know if you have an interest in taking this on.

## *Executive Committee Meeting Minutes Synopsis*

### *Minutes from May 2, 2012*

**Linda Ranado reported** that the **Friends of Hadley Mountain Firetower Committee**, of which she is a member, is looking for new members.

**Conservation Chair Jacki Bave reported** on the DEC bobcat management plan and the City of Saratoga Springs' plan for cyclists and pedestrians.

**Trails Chair Tom Ellis reported** that on the recently completed annual trail-work on Tongue Mountain there were five participants, who were joined by two people that they met on the trail. Among other work, 8 blow-down trees were cleared. A lot of signs are missing.

**Outings Chair Alison Darbee reported** that she will update the outings leaders on the new Club guidelines. She also discussed problems that have occurred with outings participants not following the rules, such as going on hikes that are too hard for them. The Committee discussed ideas for dealing with this problem.

## NEW MEMBERS

GF/S Chapter

### MAY 2012

Glen Cavi, Queensbury  
Debie, Mike & Mike Croghan, Ballston Spa  
Chris Frederick, Ballston Lake  
Ania Gaguine, North Creek  
Jamie Hayes, Johnsburg  
Kelly, Sam & Clara Leone, Charlton  
Rob Crist, Erin & Leland Marshall, Ballston Spa  
Thomas McGuire, Clifton Park  
Wayne Moffitt, Fort Edward  
Faye Rees, Clifton Park  
Deborah, Stephen & Alexandra Ricci, Mechanicville  
Dan Ruede, Rensselaer  
Yan Ny Tan, Malta  
Sergey Weiss, Ballston Lake  
Katlin Wenzel, Saratoga Springs  
Vernon Wetmore, Auburn, New York  
Kerry & Alex Whitemore & Jack Pacanowsky, Saratoga Springs

### REJOINED MEMBERS - MAY 2012

David & Kathy Boyce, Holly Springs, North Carolina  
Michelle LaGoy, Queensbury  
Donna Marshall, Ballston Spa  
Philip, Andrea & Zoe McGuire, Clifton Park  
Bill, Lisa & Morgan Powers, Queensbury

Jeffrey Reale, Gansevoort  
Matthew, Amy, Alex, Ireland & Tanner Sirni, Hurley, New York  
Patricia Stephens, Corinth  
John Turco, Saratoga Springs  
Joseph, Marian, Colin & Pete Walsh, Saratoga Springs

### NEW MEMBERS - JUNE 2012

Dean Beaver, Glens Falls  
Jeannie Cahill, Lake George  
Tenee Casaccio, Diamond Point  
Elizabeth Craft, Ballston Lake  
David, Michelle, Jacob & Andrew Crawmer, Clifton Park  
Patrick, Carole, Katie & Ryan Geruso, Queensbury  
Lindsey Gonzalez, Corinth  
Jeremy & Lisa Grabbe, Glens Falls  
Jerry Hicks & Renee Gordon, Queensbury  
Lori Higley, Queensbury  
Eric Kimmelman, Amsterdam  
Linda Layer, Hudson Falls  
Jacques & Lorinda Marchand, Quakertown, Pennsylvania  
Majde Takieddin, Albany

### REJOINED MEMBERS - JUNE 2012

Robert Aspholm, Lake George  
A.J. Glaude, Rexford  
Roy Hoffmann, Fair Haven, Vermont  
Gene Ireland, Lake Luzerne

Receive Chepontuc via email!

Log on to

[www.adk-gfs.org](http://www.adk-gfs.org)

## **Pharaoh Lake**

### **Wilderness Area News:**

Have you hiked in the Pharaoh Wilderness Area?

If you haven't what you will find are beautiful lakes and ponds, quiet solitude, great backpacking, easy walking, and delightful swimming. And when you come back, let us know what you found. We are particularly interested in flowers, animals, trail and lean-to conditions, and just about anything notable either good or bad. Your Glens Falls-Saratoga ADK Chapter has adopted the entire Pharaoh Lake Wilderness Area.

Use this simple form as a guide to report back to us:

Unusual animals: \_\_\_\_\_

Unusual plants: \_\_\_\_\_

Trail conditions (blow-down, beaver activity, signs missing or incorrect, etc.): \_\_\_\_\_

Lean-to conditions: \_\_\_\_\_

Other: \_\_\_\_\_

Please mail your report to:

Pharaoh Lake Wilderness Area

Glens Falls-Saratoga Chapter ADK

P.O. Box 2314

Glens Falls, NY 12801

## Outings and Programs Schedule [ updated calendar on web site ]

Date	Day	Type	Destination	Leader(s)	Rating
<b>September</b>					
2	Sun	Hike	Sawteeth and Gothics	Wayne Richter	A+
4	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
5	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
9	Sun	Hike	Dix and Hough	Cole Hickland	A
9	Sun	Hike	Whiteface and Esther High Peaks	Bill Carpenter	A
10	Mon	Geocache	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
15	Sat	Hike	Arnold, Lily Pad, Rock, Bear (eek!), and Clear Pond	Rich Crammond	B
18	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
20	Thu	Program	New Zealand: Day Tramps, Paddles and Adventures	Sarah King	NR
22	Sat	Hike	Giant and Rocky Peak Ridge Traverse	Mike Fuller	A+
23	Sun	Hike	Hoffman Mountain	Jayne Boudier	A
23	Sun	Hike	Colden Loop	Wayne Richter	A+
23	Sun	Hike	Hoffman Notch	Jayne Boudier	A-
23	Sun	Hike	Hopkins Mountain	Sandy Yellen, Lorraine MacKenzie	B
25	Tue	Hike	Roostercomb	Maureen Coutant	B
28	Fri	Other	Ragnar Relay Volunteers	Maureen Coutant	D/C
29	Sat	Bike	North Hudson Trails	Steve Mackey	B
29	Sat	Hike	Mt. Marshall	Jen Shepherd, Mike Fuller	A+
29	Sat	Hike	Poke O'Moonshine	Reg Prouty	B-
30	Sun	Hike	Moreau Lake Park's Two Ridges	Bill Schwarz	B
<b>October</b>					
2	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
3	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
6	Sat	Hike	Bailey and Marion Ponds (Hoffman Notch Area)	Rich Crammond	B
7	Sun	Bike	Bike ride around Whiteface Mt	Steve Mackey	A
7	Sun	Hike	Nun-da-ga-o Ridge	Lorraine MacKenzie	B
13	Sat	Hike	Overlook Fire Tower & Hotel Ruins Mystery	Jen Shepherd	B
14	Sun	Hike	French Point Mountain	Sandy Yellen	B+
15	Mon	Geocache	ADK Monthly Monday Geocache trip	Sarah King, Maureen Coutant	NR
16	Tue	Paddle	Evening Paddle	Maureen Coutant	NR
20	Sat	Hike	Sleeping Beauty-Bump's Pond Loop	Reg Prouty	B
23	Tue	Hike	Cat & Thomas	Maureen Coutant	B
26	Fri	Program	Saratoga-Glens Falls ADK Annual Dinner	Mo Coutant	NR
30	Tue	Paddle	Late afternoon paddle	Maureen Coutant	NR
<b>November</b>					
5	Mon	Geocache	ADK Monthly Monday Geocache trip	Sarah King, Maureen Coutant	NR
7	Wed	Meeting	Executive Committee Meeting	Maureen Coutant	NR
17	Sat	Hike	Hoffman Notch	Jayne Boudier	A-
17	Sat	Hike	Wilton Wildlife Preserve and Fire Tower	Reg Prouty	C
22	Thu	Hike	Turkey Trot #14 (Saratoga Battlefield)	Rich Crammond	C+

# Outings Schedule

## **SAWTEETH AND GOTHICS** - [ Hike ]

Sun, Sep 2, 2012, 6:00 am, Rating: A+

Leader: Wayne Richter - 893-7895, [devnull42@nycap.rr.com](mailto:devnull42@nycap.rr.com)

- We'll walk the length of the Lake Road to pick up the Scenic Trail at the Lower Ausable Lake dam. From there, it will be up and down the teeth to Sawteeth's summit. We'll continue over the summit and drop down to meet the Weld Trail to Gothics. From the junction, it will be over and down Pyramid and then on to Gothics. We'll descend the Beaver Meadow Trail to the Lake Road and walk out on the Lake Road. We'll have 7.4 miles on the trail plus 6.3 miles on the road with a total elevation change of about 3,400 feet. We'll hike at a good pace but take time to enjoy the views. Contact hike leader by Thursday before the hike. Bad weather will cancel.

## **EVENING PADDLE**

Tue, Sep 4, 2012, 5:15 pm, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- We generally paddle on rivers and lakes within 45 minutes of Glens Falls. The evening trips are scheduled to allow people to join us after work and enjoy the beauty at the end of the day. I try to go every other week, but with the start of the school year some scheduling changes might happen, so email or call for the latest info. Also check the weather forecast since I'll reschedule if the forecast is threatening storms. NOTE: This year life jackets must be worn on all ADK trips. This is a new requirement from our insurance carrier.

## **EXECUTIVE COMMITTEE MEETING**

Wed, Sep 5, 2012, 7:00 pm, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- Executive Committee meeting at Carl R's in Queensbury

## **DIX AND HOUGH** - [ Hike ]

Sun, Sep 9, 2012, 5:30 am, Rating: A

Leader: Cole Hickland - 884-9332, [Auditorquy@yahoo.com](mailto:Auditorquy@yahoo.com)

- A chance to get a couple of mountains in the Dix Range. We will get a good early start to get in to Dix, take the herd path over to Hough and back to Dix and out. A good long hike and a dent in the Dix range but still manageable at a steady pace without the need to hustle up to get the entire range. Bad weather will cancel.

## **WHITEFACE AND ESTHER HIGH PEAKS** - [ Hike ]

Sun, Sep 9, 2012, 6:30 am, Rating: A

Leader: Bill Carpenter - 793-5506

- If you are working on your High Peaks why do Whiteface without Esther? Why do Whiteface? Your friends or your spouse or family can drive up and join us for lunch that they will happily bring and enjoy. Good views and a good time. Just remember if you're working on your 46, you can't ride back down. Approximately 12+ miles and about nine hours depending on how long we take for lunch. Rain will cancel.

## **MONTHLY MONDAY GEOCACHE**

Mon, Sep 10, 2012, time TBD, Rating: NR

Leader: Sarah King - 744-9348, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)

Colead: Mo Coutant - 745-7834 or [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- Come join us on a trip to a preserve or mountain to look for the hidden caches that you can find by using a handheld GPS. If you don't have one, but want to help us look ... come along. The more the merrier! We generally stay within an hour of Glens Falls. Call or email Sarah for more details!

## **ARNOLD, LILY PAD, ROCK, BEAR (EEK!), AND CLEAR POND**

- [ Hike ]

Sat, Sep 15, 2012, 8:30 am, Rating: B

Leader: Rich Crammond - 584-2380

- This hike will be approximately 11 miles with little elevation change. We will do a loop hike and there could also be some muddy areas. Meeting place: Severance Hill Trailhead parking area, Rt.9, Schroon Lake, Exit 28. Please call leader to sign up. See you there!

## **EVENING PADDLE**

Tue, Sep 18, 2012, 5:15 pm, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)

- See Sept 4th

## **NEW ZEALAND: DAY TRAMPS, PADDLES AND OTHER ADVENTURES** - [ Program ]

Thu, Sep 20, 2012, 7:00 pm, Rating: NR

Leader: Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)

- Program to be held at Saratoga Public Library. Long-time ADK member Judy Halstead will give a photo presentation and talk on the three-week-plus trip she and her husband, Jonathan Feinberg, took recently to New Zealand. See page 4 for more information.

## **GIANT AND ROCKY PEAK RIDGE TRAVERSE** - [ Hike ]

Sat, Sep 22, 2012, 6:00 am, Rating: A+

Leader: Mike Fuller - 802-254-3314, [farmallboy55@hotmail.com](mailto:farmallboy55@hotmail.com)

- Hike to Giant and Rocky Peak Ridge traverse. This was my first Adirondack hike, and a favorite of mine. We'll spot cars in New Russia and Chapel Pond. The hike is about 12 miles. Bring plenty of food and water. Let's hope the leaves have some color in them and it's a clear day. Meet at Panera Bread at 6am. Please contact leader by the Thursday before the hike for more information and to sign up!

## **HOFFMAN MOUNTAIN** - [ Hike ]

Sun, Sep 23, 2012, 5:00 am, Rating: A

Leader: Jayne Boudier - 793-3770

- From Big Pond we'll head north up a nice hard-wooded ridge (with views east) toward Hoffman's thick spruce, viewless summit. But a few minutes farther is an excellent peak at Elk Lake and the High Peaks. The hike is 11 miles (8 trail-less), with a 2,500 ft. ascent, going at a moderate 'let's take all day' pace.

## **COLDEN LOOP** - [ Hike ]

Sun, Sep 23, 2012, 5:30 am, Rating: A+

Leader: Wayne Richter - 893-7895, [devnull42@nycap.rr.com](mailto:devnull42@nycap.rr.com)

- We'll head out from Adirondack Loj to Marcy Dam then take the trail through Avalanche Pass to Lake Colden. We'll ascend from the lake up the steep, but rewarding, trail to the summit of Colden. Our descent will take us over Colden's lower northern summit with its fine views on our way to Lake Arnold. Then its back to Marcy Dam and the Loj. Distance is 13.6 miles with about 2,600 feet of elevation change. A (moderately) early start will maximize our daylight. Contact hike leader by Thursday before the hike. Bad weather will cancel.

## **HOFFMAN NOTCH** - [ Hike ]

Sun, Sep 23, 2012, 7:30 am, Rating: A-

Leader: Jayne Boudier - 793-3770

- Let's spend all day in a wild mountain pass! The hike is nine miles, with barely 500 ft. of ascent. The pace will be moderate to leisurely, with lots of stops.

# Outings Schedule

## **HOPKINS MOUNTAIN** - [ Hike ]

Sun, Sep 23, 2012, 8:30 am, Rating: B

Leader: Sandy Yellen - 584-2763

Colead: Lorraine MacKenzie - 791-9794 or [otczone@aol.com](mailto:otczone@aol.com)

- Hopkins Mountain is in the High Peaks area with a gorgeous view of many peaks without all the work of climbing a High Peak. Distance is 5.4 miles and elevation gain is 2,140 ft. Call leader for details and to sign up.

## **ROOSTERCOMB** - [ Hike ]

Tue, Sep 25, 2012, 8:00 am, Rating: B

Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- Roostercomb is one of my favorite short hikes in the Adirondacks. The trail has been rerouted with other improvements made over the past 10 years or so. The round trip distance is about five miles with just less than a 2,800 elevation change. Call me for more info and to sign up!

## **RAGNAR RELAY VOLUNTEERS** - [ Other ]

Fri, Sep 28, 2012, time TBD, Rating: D/C

Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- Come support ADK by volunteering to help with the Ragnar Relay starting in Saratoga Friday and ending in Lake Placid Saturday! Four hour volunteer shifts are available. See newsletter article and website for more information.

## **NORTH HUDSON TRAILS** - [ Bike ]

Sat, Sep 29, 2012, 9:00 am, Rating: B

Leader: Steve Mackey - 793-6484, [smackey33@verizon.net](mailto:smackey33@verizon.net)

- The latest issue of Adirondack Explorer had an article on some new trails that North Hudson created near the old Frontier Town. They are suitable for Mountain Biking, so I thought we could explore them together. 'The trail network winds about eight-and-a-half miles on the east side of the Schroon and on both sides of Route 9, with nice short ups-and-downs, and spaghetti-like twists and turns.'

## **MT. MARSHALL** - [ Hike ]

Sat, Sep 29, 2012, 5:30 am, Rating: A+

Leader: Jen Shepherd - 518-312-0133, [jshepherd501@gmail.com](mailto:jshepherd501@gmail.com)

Colead: Mike Fuller

- Here's an opportunity to grab another High Peak with a group. This hike is roughly 14 miles round-trip with 2,575ft elevation gain. The pace will be steady and moderate. Be prepared to stay with the group. Bring plenty of food, water and dress in layers. We'll meet at Panera Bread at 5:30 am and carpool from there. Space is limited. Call hike leader by the Thursday before the hike to sign up. No phone calls after 8pm please. Rain will cancel.

## **POKE O'MOONSHINE** - [ Hike ]

Sat, Sep 29, 2012, 8:00 am, Rating: B-

Leader: Reg Prouty - 518-747-9736, [reginaldprouty@yahoo.com](mailto:reginaldprouty@yahoo.com)

- We will carpool from the Exit 19 Panera Bread, meeting inside at 8 am. Poke O'Moonshine has a fire tower and is located between Exits 32 and 33 of the Northway. The views of the Eastern Adirondack area are great. Round trip distance is 4.2 miles with 1,280 feet of ascent.

## **MOREAU LAKE PARK'S TWO RIDGES** - [ Hike ]

Sun, Sep 30, 2012, 8:00 am, Rating: B

Leader: Bill Schwarz - 307-6091, [bschwarz@nycap.rr.com](mailto:bschwarz@nycap.rr.com)

- The state park's ridge trails above the Hudson River give nice views of the Spier Falls dam, and the river bend at the south end of the trail system. But first, we get eastward overlooks above the

lake. There are plenty of elevation changes on this approximately 10 mile trek, so bring water, lunch, snacks, and a sense of adventure. Rain cancels; and please call or email to sign up by Friday night, 10 pm. Expect to carpool from Panera, as we may start at the pass at Spier Falls Road.

## **EVENING PADDLE**

Tue, Oct 2, 2012, time TBD, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- See Sept 4th

## **EXECUTIVE COMMITTEE MEETING**

Wed, Oct 3, 2012, 7:00 pm, Rating: NR

Leader: Maureen Coutant - 745-7834, [mojom@roadrunner.com](mailto:mojom@roadrunner.com)

- Executive Committee meeting at the Wesley Community Room in Saratoga.

## **BAILEY AND MARION PONDS (HOFFMAN NOTCH AREA) -**

[ Hike ]

Sat, Oct 6, 2012, 9:00 am, Rating: B

Leader: Rich Crammond - 584-2380

- We will meet at the parking area at the end of Lock Muller road. Approximately six miles of hiking with about 180' of elevation change. The trail to Bailey Pond is marked. The trail to Marion pond is not, so we will do some bushwhacking along the Marion streams to the pond. Please wear some red, orange or lime green if you can! Call leader for details and to sign up. See you there!

## **BIKE RIDE AROUND WHITEFACE MT**

Sun, Oct 7, 2012, 8:00 am, Rating: A

Leader: Steve Mackey - 793-6484, [smackey33@verizon.net](mailto:smackey33@verizon.net)

- I led this trip last year on Columbus Day weekend and it was a great trip with beautiful weather. We also get to do a little leaf peeping. Distance is around 45 miles, the only big climb is up Whiteface, (but you also get a lot of great downhill after). There are several stores along the way so we will stop a few times for snacks. Don't be put off by the distance, it isn't that bad.

## **NUN-DA-GA-O RIDGE** - [ Hike ]

Sun, Oct 7, 2012, 8:00 am, Rating: B

Leader: Lorraine MacKenzie - 791-9794, [otczone@aol.com](mailto:otczone@aol.com)

- This is a beautiful eight mile hike through the mountains north of the great range. The colors should be brilliant and the temperature on the cool side. We will be summiting Big Crow mountain to take in the views. Elevation gain is around 2,500 ft, so it's a bit strenuous. Rain cancels.

## **OVERLOOK FIRE TOWER & HOTEL RUINS MYSTERY -**

[ Hike ]

Sat, Oct 13, 2012, 7:00 am, Rating: B

Leader: Jen Shepherd - 518-312-0133, [jshepherd501@gmail.com](mailto:jshepherd501@gmail.com)

- Let's grab another fire tower and have some pre-Halloween fun. The hike is five miles round-trip with 1,400ft of elevation change. Pace is moderate, we'll be stopping by the old Overlook hotel ruins on the way to the fire tower for photos and a quick break. Those that are willing, will be participants in a clue-style mystery game as we hike. More details to follow on that later. Plan for lunch and some exploration on the summit; there are some truly beautiful views! When everyone is ready we'll head back down. This is a YMG group hike but all are welcome. Contact hike leader by the Thursday before the trip to sign up or for more details. Meet location is the Exit 12 park and ride. No phone calls after 8pm please.

# Outings Schedule

## **FRENCH POINT MOUNTAIN** - [ Hike ]

Sun, Oct 14, 2012, 8:00 am, Rating: B+  
Leader: Sandy Yellen - 584-2763

- This hike is on the Tongue Mountain Range overlooking Lake George. I expect beautiful Fall foliage views. We will start from Clay Meadows, hike over 5th peak first then head to French Pt. Mountain and return the same way. Distance is 8.6 miles and about 1,370 feet of elevation gain. Call leader for details and to sign up.

## **ADK MONTHLY MONDAY GEOCACHE TRIP**

Mon, Oct 15, 2012, 9:00 am, Rating: NR  
Leader: Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
Colead: Maureen Coutant - 745-7834 or [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See Sept 10th

## **EVENING PADDLE**

Tue, Oct 16, 2012, time TBD, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See Sept 4th

## **SLEEPING BEAUTY-BUMP'S POND LOOP** - [ Hike ]

Sat, Oct 20, 2012, 8:00 am, Rating: B  
Leader: Reg Prouty - 518-747-9736  
- We will hike a six mile round-trip counterclockwise loop of Sleeping Beauty and return via Bump's Pond, pausing to have lunch overlooking Lake George. There may be good foliage views that weekend. We will allow all day for this hike, as we will hike at a comfortable pace so as to take time to smell the roses.

## **CAT & THOMAS** - [ Hike ]

Tue, Oct 23, 2012, 8:30 am, Rating: B  
Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- At the end of October this hike should be a beautiful hike. The mountains surrounding Lake George should still be sporting their fall colors! We'll spot cars and hike the ridge between Cat and Thomas Mountains. We did this as a geocache hike this past spring and found the trail to be in great shape. We also saw signs of a moose...so we'll be on the lookout! Trip will be <5 miles. Call leader for more info and to sign up.

## **SARATOGA-GLENS FALLS ADK ANNUAL DINNER** -

[ Program ]  
Fri, Oct 26, 2012, 6:00 pm, Rating: NR  
Leader: Mo Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- Dinner and program will be held at Lillian's Restaurant in Saratoga Springs NY. Entertainment and program by singer/songwriter/educator Peggy Lynn.

## **LATE AFTERNOON PADDLE**

Tue, Oct 30, 2012, time TBD, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- Since we'll be short on daylight, we'll try to start in the late afternoon and maybe finish up with a potluck dinner at the Mackey's camp on Glen Lake. This will be my last paddle of the season!

## **ADK MONTHLY MONDAY GEOCACHE TRIP**

Mon, Nov 5, 2012, 9:00 am, Rating: NR  
Leader: Sarah King - 798-0615, [scubakings@roadrunner.com](mailto:scubakings@roadrunner.com)  
Colead: Maureen Coutant - 745-7834 or [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- See Sept 10th

## **EXECUTIVE COMMITTEE MEETING**

Wed, Nov 7, 2012, 7:00 pm, Rating: NR  
Leader: Maureen Coutant - 745-7834, [mojim@roadrunner.com](mailto:mojim@roadrunner.com)  
- Executive Committee meeting at Carl R's in Queensbury

## **HOFFMAN NOTCH** - [ Hike ]

Sat, Nov 17, 2012, 8:00 am, Rating: A-  
Leader: Jayne Boudier - 793-3770  
- Let's spend all day in a wild mountain pass! The hike is nine miles, with barely 500 ft. of ascent. The pace will be moderate to leisurely, with lots of stops.

## **WILTON WILDLIFE PRESERVE AND FIRE TOWER** - [ Hike ]

Sat, Nov 17, 2012, 9:00 am, Rating: C  
Leader: Reg Prouty - 518-747-9736  
- We will explore some of the loops in the Wilton Wildlife Preserve on both sides of Scout Road in the Town of Wilton. If the fire tower is open we can climb it also. The fire tower was relocated from the Luther Forest and beautifully restored. We might also hike around the lake itself. Distance will be less than 5 miles. Meeting place will be the parking lot on the North side of Scout Road.

## **TURKEY TROT #14 (SARATOGA BATTLEFIELD)** - [ Hike ]

Thu, Nov 22, 2012, 8:00 am, Rating: C+  
Leader: Rich Crammond - 584-2380  
- Meeting Place: Visitors Parking lot off of Route 32. Lets work up another holiday hunger! Around five miles of hiking for this morning outing. Cameras, field glasses, and warm clothing will be good to have! Please call leader for details and to sign up. See you there and have a Happy Thanksgiving!

## **DID YOU HEAR THE GREAT NEWS?**

Governor Cuomo announced on August 5th that the State's acquired 69,000 acres of the former Finch Pruyn and other Nature Conservancy lands throughout the Adirondacks. This acquisition is the largest single addition to the Adirondack State Forest Preserve in more than a century.

"Adding these properties to the Forest Preserve protects the incomparable and breathtaking natural resources of this region and preserves a significant portion of the Upper Hudson River watershed," Governor Cuomo said. "Today's agreement will make the Adirondack Park one of the most sought after destinations for paddlers, hikers, hunters, sportspeople and snowmobilers. Opening these lands to public use and enjoyment for the first time in 150 years will provide extraordinary new outdoor recreational opportunities, increase the number of visitors to the North Country and generate additional tourism revenue."

### **Saddleback and Basin Sat, Jun 2, 2012, Cole Hickland**

- We had to reschedule this trip because of rain and lightning in the forecast. Our new date of June 30 had six hikers that wanted to get Haystack, Saddleback and Basin. Several hikers had tickets for the Jazz fest and couldn't make the new date. We got an early start and headed in to JBL and then on to Haystack. The winds on top were amazing, we could lean in to the wind and it would hold us up. It was a very cool day. When we got down to the short cut trail, two hikers opted to head to JBL and wait for us and the other four continued on over the very steep trail to get the other two and head down the Ore bed trail. We were amazed to see the trail work on the new slide on the trail. If you haven't hiked it for a while you should go see the stairs going up the side of the slide. We got down to JBL and met our other two hikers and all headed out to the cars and made it just before dusk. Amazing views from all three mountains but Haystack sets a high bar. It was a great day for a beautiful hike, smiles all around at the trailhead and a stop for milkshakes on the way home punctuated the day. 6 Participants: Cole Hickland, Glen Cavi Jr, Larry Handy, Hugh Davis, Joanne Conley, Richard Staley

### **Tuesday Outing Tue, Jun 5, 2012, Maureen Coutant**

- I changed the scheduled event to a walk along the Feeder Canal since the weather was iffy. The storm did hold off until early afternoon, so the planning worked out. We walked along the canal from Hudson Falls to Fort Edward and its great birding habitat. We had 2.5 birders in the group, so they were able to id a scarlett tanager, black throated somethings, yellow something elses, and many other birds ... that I would have called 'birds' or maybe robin. I didn't count myself as a birder or even the .5 birder! 5 Participants: Andrea Chartier, Mo Coutant, Eric Krantz, Licia Mackey, and George Sammons.

### **Macomb, E Dix, S Dix, Hough, Dix Sat, Jun 9, 2012, Steve Mackey and Mike Fuller**

- We had lots of cancellations and/or additions at the last minute, but ended up with a strong and enthusiastic group. We also had great weather and hardly any bugs. I haven't been in the Dix's in a few years and I was surprised how good the herd paths are. In the old days we use to always go with somebody that had been there before, so we knew where to begin the herd paths and where all the turns were, but I don't think that is necessary any more. I don't think I even got any scratches. After Dix, we mentioned that Neal Andrews once did this hike and then added Nippletop and Dial. Nobody thought that was a good idea. 8 Participants: Skip Strobell, David Crouse, Mike Fuller, Will Seyse, James Mackey, Rebecca Smith, Seth Dunn, and Steve Mackey.

### **Blue Mountain Fire Tower Hike Sat, Jun 9, 2012, Rich Crammond**

- If I had to come up with one word for this outing it would be...different. But we all came back to the trailhead safely from a wet trail. Highlights of this trip were the great views from the tower cab, meeting two participants half way up the trail, getting a note from the good doctor back at North Creek and feeling very humble at the end of the day from this outing. Thanks to all for hiking along on this great day in the Adirondacks. It just doesn't get any better. 8 Participants: Margie Litwin, Lynn Mayack, Reg Prouty, Bill Glendening, David Spingar, David Wemple, Robert Fear, and Rich Crammond.

### **Birding Field Trip - Washington County Grasslands Sat, Jun 9, 2012, Laurie LaFond and Rich Speidel**

- Our combined walk and drive around the Fort Edward Grasslands delivered a wide variety of birds throughout the day.

They ranged from the small and agile (willow flycatcher, American redstart, nesting cliff swallows), to medium size songbirds (orchard oriole, bobolink, meadowlark), to the raptors (red-tailed hawk, northern harrier, kestrel). Seeing these larger birds on the hunt over open country is always a thrill. Other common sightings included savannah sparrow, yellow warbler, yellowthroat, bluebird, and mockingbird. Following the grasslands circuit, we had afternoon "bonus birding" at a nearby field and woodland where we heard the flutelike songs of hermit and wood thrushes. This added about a dozen species to our fine morning list, and we concluded a great day afield with 54 species identified. 13 participants: Doug Bishop, Stu Brown, Jim Campinell, Cathy Corrigan, Holly Green, Denis Green, Rupert Harris, Mark Janey, Lynne Oddo, Madeline Rooney, Edna Van Dorsten, Laurie LaFond, and Rich Speidel.

### **Monthly Geocache Mon, Jun 11, 2012, Sarah King and Maureen Coutant**

- During the summer months we sometimes do our geocaching from kayaks. That's what we did this month with an exploratory mission down the Kayderosseraustrikerotops(that might as well be it's name!). We put in at Rt 9 and had to work our way over two different sections of blowdown, but after that it was smooth sailing. We found eight caches along the way with one other that we couldn't find before calling it a day and heading across Saratoga Lake. Once we got to the lake, the wind and waves had us surfing! There weren't too many motor boats out on a Monday, so there were no troubles getting to the launch. 5 Participants: Mo Coutant, Sarah King, Licia Mackey, Marjory and Tom Moeller.

### **Tuesday outing Tue, Jun 12, 2012, Maureen Coutant**

- This week we did a Saratoga Hodge Podge. We started at the Hemlock Trail which is part of Saratoga State Park, but on the east side of Route 9 and not nearly as well used as the main park. We found bridges in disrepair and almost dangerous - good scout project potential! Ironically, on a side trail that was very overgrown we found a new bridge that was amazing. From there we went over to Yaddo and walked through the gardens. The roses were blooming and the volunteers were working, but we didn't stop to help! We continued on to the Spring Run Trail which is just off Route 50 near the beverage center and hot dog stand. Just a short trail but really nice. We decided it would be a great rollerblading spot! Nice day out to explore some new places! 6 Participants: Stewart Brown, Patty Campbell, Andrea Chartier, Mo Coutant, Licia and Steve Mackey.

### **Evening Paddle Thu, Jun 14, 2012, Maureen Coutant**

- This week we went to the Spier Falls section of the Hudson River. It's always a favorite and we had a beautiful evening out. We paddled down to the coves and some of us got out to have a picnic dinner on the rocks while others ate while floating. We had some first timers with the group who we hope to see in the future! 15 Participants: Stewart Brown, Andrea and Ken Chartier, Genevieve and Mo Coutant, Charlie and Linda Czech, Paul Dietershagen, Makenzie and Stacy Ellis, Licia and Steve Mackey, Joy Muller-McCoola, Joy Munro, and George Sammons.

### **Buck Mountain Sun, Jun 17, 2012, Lorraine MacKenzie**

- Buck Mountain is always a worthwhile climb. This time was no exception. It was overcast and cool for the ascent and the clouds burned off while on the summit making the lake and the islands appear before our eyes. The group was great. 10 Participants: Ania Gaguine, Margie Litwin, Roy Hoffman, Susan Atwell, Neil VanDorsten, Dan Archer, Kelly Belenchia, Nancy Swete, Jeanette Sabatini, and Lorraine MacKenzie.

### **Tuesday Outing Tue, Jun 19, 2012, Maureen Coutant**

- We got this trip in right before the heat wave hit! There we just a few of us, but we were glad to get out and enjoy the nice almost-officially-summer day. This is the end of the midweek hikes/walks for me for the season, since school ends and my daughter will be keeping me even busier than ADK! Plus, I'd rather paddle during the summer! Thanks to all that have come out on the trips during the past season. We've all shared our talents, contacts, and info with each other and I even learned to identify a couple of birds despite my ineptitude! It's doubtful that I'll remember them in a year though! Enjoy the summer and I'll see you on a paddle! 3 Participants: Stewart Brown, Mo Coutant, and Licia Mackey.

### **Prospect Mountain Wed, Jun 20, 2012, Steve Mackey**

- This turned out to be a very hot day so we ended up with only two of us. The temperature was quite a bit better in the shade, so in actuality it wasn't too bad. We saw a few other hikers, but pretty much had the mountain to ourselves. We were a little late getting out, but the kayaking group waited for us in the park, so we were all able to have dinner together. 2 Participants: Patty Campbell and Steve Mackey.

### **Longest Day Evening Paddle & Picnic Wed, Jun 20, 2012, Maureen Coutant**

- Five or six people cancelled on the day of the outing due to the extreme heat and I can't say that I blamed them. I was actually wondering if I should postpone, but how can you postpone the longest day? So, I went up to the Lake and was surprised to be joined by 11 other paddlers! By 5:30, the weather really wasn't too hot. I soaked my life jacket, Joy went for a dip, and everyone else at least waded in with their boats. So we were somewhat cooled off. Then we paddled North along the shore and it was just marvelous. There were hardly any motor boats, the water was as flat as I've ever seen it, and the view of the mountains up the lake were just breathtaking. The sun on Mark's boat made it look like it was glowing. It was truly a wonderful night. Then I felt bad for those 5 or 6 who cancelled. We all went down to Shepards Park and enjoyed the rest of the evening eating beside the lake. 11 Participants: Mo Coutant, John Davis, Kassie and Paul Dietershagen, Bill Glendenninng, Mark Janey, Eric Krantz, Licia Mackey, Gary McCoola, Joy Muller-McCoola, and Don Thorn.

### **Pharaoh Mountain Sat, Jun 23, 2012, Reg Prouty**

- We dodged the storm bullet as there was quite a bit of thunder and lightning on the approach to the summit. The rain held off, however, until the return trip down. We had great views and a relaxing lunch atop all of the summits. 7 Participants: Reg Prouty, Kim Wood, Marsha Noble, Patrick Reilly, Ana Abguine, Charlie Czech, and Jodi Balsam.

### **YMG - Hadley Fire Tower & Summit Guide Welcome Sat, Jul 7, 2012, Jen Shepherd**

- The weather wasn't sunny and nice for our adventure, but it was still a great day. We had a little light rain off and on but it didn't stop us from making our food and water delivery to Steve, the new summer summit guide. It was an easy, leisurely pace to the summit where we became a black fly buffet. All seven of us plus

Steve crowded on various levels of the fire tower to eat lunch and escape the swarms. There was an educational chat on the history of the fire tower in the cab and Steve was even nice enough to give us a quick tour of the cabin before we headed out. Between us all we delivered almost five gallons of water, apples, bananas, a bag of oranges, peanut butter, Scooby snacks, backpacker's pantry meals and a few other things. The delivery was greatly appreciated. Despite a little rain and a few bug bites, we had a few laughs and enjoyed a great day with great people. 7 Participants: Ravi Verma, Pallavi Kahai, Erica Halbrook, Tom Stanley, Bill Barton, Laura Golas and Jen Shepherd.

### **Street & Nye Sun, Jul 8, 2012, Lorraine MacKenzie**

- This hike was originally overbooked, but turns out 13 of us actually made it to the trailhead. The actual summits do not have views but we managed to wander just a few yards to find some. It was a beautiful day and a few added two more to their quest for the 46. 13 Participants: Klaus Sommalatte, Ravi Verma, Joanne Walczak, Jaime Newton, Mark Rye, Dan Archer, Ed Newell, Sandy Yellen, Reginald Beatty, Susan Atwell, Wayne MacFarran, Spud Perkins, and Lorraine MacKenzie.

### **Monthly Geocache Mon, Jul 9, 2012, Sarah King and Maureen Coutant**

- For our geocache outing this month, we stayed close to home and set out to find a couple of caches at the Lake George Rec Center. We were happy to have an aspiring geocacher, Pam King -Hall join the group. We set out from the parking lot to search for two caches here that Sarah hadn't found yet, helping Pam to get the hang of using a gps. We stopped at a previously found 'micro' at the start of the trail to Berry Pond to show Pam the trail and what a 'micro' looked like. On to the first cache we had marked, which we found easily. Off to find #2. Mo, who was running late, caught up to the group at our second stop, 'Babbling Gage Brook.' It was early so we decided to search for another close-by cache to show Pam another hide and then a stop on the way back at another cache near the waterfall. 4 Participants: Sarah King, Mo Coutant, Licia Mackey, and Pam King-Hall.

### **Evening Paddle Tue, Jul 10, 2012, Maureen Coutant**

- This week a rain storm hit just before we headed out, which kept the boat traffic down at the Stewart Dam Reservoir. We went out to see if we could spot the bald eagles that we frequently hear are in the area. Luck was on our side and we saw the family. After watching them for awhile we continued our paddle. At the boat launch area we witnessed a high dive (jump) show from one of the many rope swings in the area. Better than us! I heard the rope swings were all cut down a few days later! 12 Participants: Dave Avigdor, Mo Coutant, Charlie Czech, Makenzie and Stacy Ellis, Bill Glendenninng, Mark Janey, Lyndsey Lange, Licia and Steve Mackey, Terry Peek, and Jim Ralston.

## Trip Reviews

**Santanoni, Couch, and Panther Sat, Jul 14, 2012, Mike Fuller**  
- Wow. What a day! Hot. Humid. But, that didn't stop our group. The parking lots was full and 80+ hikers had signed in. To comply with group size limitations, we spread out into smaller groups. We took the traditional route of Bradley Pond to Panther. There were great views from Panther, but Couch was calling us in the distance. You know you're with your kind of people when everyone is showing off their best scratches. We regrouped at time square, then were off to Santanoni. We took the Old new trail or New old trail back. The trail had plenty of duff to soften the hike down. We managed to get out without lamps. Special thanks to Cole Hickland for helping me co-lead this hike. Congrats to everyone who got peaks. 20 Participants: Paul Strobell, Nick Lanzillo, Devan Tracy, Jen Shepard, Cole Hickland, Joanne Conley, David Crouse, Colleen Dowing, Erica Halbrook, Bill Barton, Sue Thompson, Klaus Sommerlotte, Ravi Verma, Karen and Joe Burka, MaryJo Minton, Katherine Bannigan, Rebecca Schmoyer, Brian Baston, and Mike Fuller.

**Evening Paddle Tue, Jul 24, 2012, Maureen Coutant**  
- This week we paddled upstream on the Hudson River from the Feeder Canal dam almost to the remnants of the logging booms. The wind was at our back making for an easy float, but the wind seemed to be picking up and making white caps, so we cut the trip a little short and turned back before reaching the booms. It was probably a good idea since it was definitely a work out to go against the wind. My request for the wind to turn off must not have been received! George commented that this trip was an adventure! 12 Participants: Dave Avigdor, Andrea and Ken Chartier, Mo Coutant, Makenzie and Stacy Ellis, Mike George, Terry Peek, George Sammons, Charlotte Smith, Kim and Scott Sopczyk.

**Giant Via Ridge Trail Sat, Jul 28, 2012, Reg Prouty**  
- Seven of us dodged the bad weather that was both to the north and to the south of Giant and we were able to spend an hour for lunch and a mini pocket trumpet concert on the summit. We could see some of the Schroon-Lake and Lake George region and the Dix Range and Great Range to the south. We were back at Route 73 by Chapel Pond by 4:30. 7 Participants: Reg Prouty, Alan Gutman, Rupert(Bo)Harris, Frank Reilly, Dan Archer, Patrick Reilly, and Yu-K-Stanley.

**Phelps Mountain Sun, Jul 29, 2012, Lorraine MacKenzie**  
- We decided to embark on the less traveled route to the top of Phelps via South Meadows. We were in the deep woods right up until we emerged onto the summit. The coolness of the forest kept the heat from overtaking us and the beauty of the almost untouched terrain made for a different High Peak climbing experience. The forecast for the weekend kept many away but there were only blue skies overhead. 7 Participants: Ravi Verma, Klaus Sommalatte, Jacques Roeth, Maureen Roeth, Dan Monroe, Spud Perkins, and Lorraine MacKenzie.

## ADK's St. Regis Canoe Outing – The Best Way to Explore Our Northern Waterways

By John Schneider

This is the third year that I have participated in ADK's St. Regis Canoe Outing. My wife and I were part of the second half of the outing from July 28 – August 2. Other ADK members participated from July 23 -28 or for the whole 11 days. We canoed in the St. Regis Canoe Wilderness and surrounding waterways. Each day, ADK members would volunteer to lead day trips of approximately 5-6 hours and be back for showering and dressing in time for the customary social hour at 4:30 pm each day. This gave the participants a chance to meet ADK members from around New York and neighboring states. Every night after dinner, the group got together to recap the day's trips and hear the offerings for the next day. This was followed by more socializing, games and cards. This year, the Olympics were watched by quite a number of participants.

My trips were on the upper St. Regis River; a six ponds paddle starting at Hoel Pond, through Turtle, Slang, Long, Pink and Little Pink Ponds; the middle Branch of the St Regis River; and Osgood Pond and the Upper Osgood River – this last trip we did on our own. The length of these trips ranged from six to 10 miles of paddling. If none of the trips offered interest you, you can paddle on your own on any day.

We stayed at a Paul Smiths College on Lower St. Regis Lake in Paul Smiths, New York and were provided with breakfast, dinner and fixings for our lunches.

This year the Outing celebrated its 30<sup>th</sup> anniversary and plans to continue for the foreseeable future. Although there were a large number of participants, there was room for more, especially during the second session. If you have ever wanted to paddle in the northern Adirondacks, this outing is made for you. Day trips from the Glens Falls – Saratoga area can take up to three hours of one-way driving. From Paul Smiths, most travel times are less than 30 minutes, with a few trips actually starting right outside the dormitory on Lower St. Regis Lake. The low - or no - travel time makes for real enjoyable days of water paddling.

Next year's dates are July 15 – 25. Come join us. More information will be contained in the November/December issue of our *Adirondac* Magazine.

## Outings Instructions: For more information see "Glens Falls-Saratoga Chapter Handbook"

### Sign Up

Contact the Outing Leader at least two days (preferably a week), before the activity so he/she can explain the capabilities required and to determine the number attending. Failure to call may result in not knowing about cancellations, rescheduled departures, etc. Guests are always welcome, but must also register! **PLEASE** be considerate when signing up for a trip. Advise the leader if you cannot make a trip so as not to impact others' plans. **Trips WILL BE CANCELLED if minimums are not met**, thereby affecting all parties. For safety, the MINI MUM number for Outings is: 3 people, including the leader (4 in winter). Panera Bread is the meeting spot unless otherwise noted in the trip description. Be there and ready to depart at the posted time (directions below).

### Meeting Place Information - Panera Bread

Northway Plaza, 820 Route 9, Queensbury, NY 761-6957/3  
• From **NORTHWAY (I-87)** Take Exit 19 and go east on AVIATION / QUAKER Road. Follow 0.5 miles to ROUTE 9/GLEN STREET. Turn North (LEFT) onto ROUTE 9, then right at the light into the NORTHWAY PLAZA. Then take a left at the four-way stop, and park in front of Panera Bread.

### Travel Information/Car Pools

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

### Participation Guidelines

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

### Hiking Needs/Preparation/Equipment

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

### Ratings

#### Special Winter Needs

In addition to the preparation/equipment mentioned above, winter requires some EXTRA planning. Look for special notes in the Outing description and discuss with the Leader. Depending on conditions, participants can expect to bring Snow Shoes and Crampons. Bring lots of Water. Dehydration comes easier in the winter and we feel its effects later ... usually AFTER the fact. Be wise with Emergency Clothing. Bring an extra wool/polypro hat, mittens and socks. Vented Shell pants, jackets and mittens are commonly used with warm layers beneath.

Rating	Effort Level	Elevation Gain (feet)	Miles	Time (hours)
A+	Very Strenuous	4,000+	10+	10+
A	Strenuous	3,000+	8-12	8-10
B+	Moderately Strenuous	2,000+	5-10	6-8
B	Moderate	1,000+	5-8	5-6
C+	Fairly Easy	1,000+	5-8	4-6
C	Easy	Under 1,000	Under 5	Under 5

\*Descriptions are only typical and can vary.

### Become an Outings Leader

Ask any Chapter Leader for details. Offer to Co-lead to get the experience! We're always looking for new leaders to help share the fun while filling in the calendar. New faces offer more varied outings while sharing personal favorite destinations. Contact the Outings Chairs on page 2 for more information.

## Programs and Meeting Directions

Chapter Programs and Meetings are held monthly, alternating facilities between Glens Falls and Saratoga Springs. Brief directions are below. More detailed information and maps can be found on the Chapter Web page: [www.adk-gfs.org](http://www.adk-gfs.org)

**Wesley Health Care Center** 131 Lawrence Street, Saratoga Springs, NY 12866, 587-3600.

**From the South: Route 9 North.** LEFT onto CHURCH STREET. RIGHT onto LAWRENCE. • **From the North:** EXIT 15 off of the Northway. RIGHT onto ROUTE 50 South. Continue onto VAN DAM STREET, RIGHT onto LAWRENCE STREET.

**Carl R's Café Restaurant and Bar,** Main Street and Interstate 87, Glens Falls, Main Street and Interstate 87, Glens Falls, NY 12804, 793-7676.

• EXIT 18 of the Northway. Turn EAST onto MAIN STREET. Carl R's is on the RIGHT.

**Lake George ADK Headquarters:** EXIT 21 of the Northway. Turn WEST onto ROUTE 9N South. ADK is on the LEFT.

**Saratoga Springs Public Library:** Henry Street., Saratoga Springs, NY 12866, 584-7860.

• **From Northway (I-87),** Take Exit 14 onto Route 9P North (Union Avenue). Proceed 1.5 miles, past three traffic lights to T-junction, RIGHT onto CIRCULAR STREET to the first,

traffic light. LEFT onto SPRING STREET for two blocks., RIGHT onto Putnam Street for 1.5 blocks. (There is public parking here also!) The library parking lot is on the right. There is a two-hour parking limit.

#### • From Route 9 and Route 50

Route 9 and Route 50 converge to become the main street (Broadway) in downtown Saratoga Springs. Follow in to downtown, up to the main street. Turn onto SPRING STREET (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. Parking as described above.



# Chepontuc Footnotes

Glens Falls - Saratoga Chapter Adirondack Mountain Club  
P.O. Box 2314,  
Glens Falls, New York 12801

www.adk-gfs.org

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## Are you moving?

*If you are moving, please forward your change of address, including new phone number, to*

*Adirondack Mountain Club,  
814 Goggins Road,  
Lake George, New York 12845.*

*You may call Headquarters at 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 form or one call to the Club is all you need!*

### **Reminder:**

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

