



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 2014

Friday, October 24
Wishing Well Restaurant
745 Saratoga Road, Wilton New York 12831
Cash Bar: 6:00 p.m. Dinner: 7:00 p.m.
\$28 per person

Featuring James Bruchac –Storyteller, Animal Tracker, and Beyond!



James Bruchac is an award winning author, storyteller, tracking expert, wilderness instructor and guide. Raised in the Adirondack foothills town of Greenfield Center, Bruchac is the eldest son of World renowned Abenaki Indian storyteller and author Joseph Bruchac III. Of Abenaki and Slovak descent, Bruchac grew up immersed in the outdoors and the art of storytelling. Due to their combined efforts to educate others about the natural world, Bruchac and his father were awarded a Conservation Achievement Award from the National Wildlife Federation in March of 2005.

As a storyteller, Bruchac has spoken at storytelling festivals around the United States, including the Smithsonian Discovery Theater in Washington DC, the Corn Island Storytelling Festival in Kentucky, the Noble Tales Festival in Indiana, and at both the Indian Summer and Riverbend Festivals in Wisconsin. Additionally, he has spoken at the John F. Kennedy Library and Museum in Boston, the Connor Prairie Museum in Indiana and The Adirondack Museum in Blue Mountain Lake. Along with having published a number of picture books of traditional Na-

tive stories including the classic How Chipmunk Got His Stripes and The Girl Who Helped Thunder, Bruchac has been featured on the PBS special Adirondack Storytellers (WMHT/PBS). Bruchac has also co-authored several Falcon field guides on tracking: Scats & Tracks Of The Northeast, Scats & Tracks Of The Southeast and Scats & Tracks of The Mid-Atlantic.

As the Director of The Ndinna Education Center and the Northeast Mammal Trackers Training Center in Greenfield Center, Bruchac educates and trains people of all ages and levels of expertise about native culture, myths and stories; tracking; survival skills; and wonder for our natural world.

Information and photo obtained from jamesbruchac.com

Glens Falls– Saratoga Chapter ADK Annual Dinner 2014

Cocktail Hour/Cash Bar



Tossed Garden Salad with Home Baked Breads

Entrees: Choice of One

Slow Roasted Prime Rib of Beef au Jus

Chicken Marsala with sautéed mushrooms

Grilled Atlantic Salmon with cucumber dill relish

Vegetarian: Mediterranean Pasta



Vanilla Cheesecake with raspberry sauces

Coffee and Tea

Reservation Instructions

1. All reservations must be PREPAID and RECEIVED BY SATURDAY, OCTOBER 10 (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 (below or @ www.adk-gfs.com) 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 mojom@roadrunner.com

ANNUAL DINNER RESERVATION

Your Phone # _____

Your Email _____

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

Dinner Selection (Please Check one)

Beef Chicken Fish Veggie

1. _____

2. _____

3. _____

4. _____

The Change of Seasons!

By Laura Fiske, Chapter Chair

It is hard to believe fall is right around the corner. Even though summer is waning, that does not mean there is not a lot to take advantage of in the great outdoors. We continue to have plenty of trips for all interests. Hopefully the fall colors will be spectacular!

In addition to our chapter activities, ADK will once again be participating in the Ragnar Relay as the official 2014 charity. This is an overnight running race that takes place from Sara-



"Be sure to send in your registration form for the annual dinner on October 24!"

toga Springs to Lake Placid. The course begins in Saratoga Springs, goes along the Hudson River, passes through Lake George, the southern side of Lake Champlain and finishes in Lake Placid. The relay is September 26th and 27th. Ragnar will pay the ADK \$100 for each volunteer we provide, which will be split 50/50 with the ADK chapters that provide volunteers. This is a win-win for the club and the chapter. If you would like to

participate please contact the main club to sign up. Additional information is available on Ragnar relay website and by contacting the main club.

Please be sure to send in your registration form for the annual dinner on October 24th at the Wishing Well restaurant. In addition to a plated dinner, we will elect officers for 2015 (we still have openings), vote on by-law amendments and enjoy a program by storyteller Jim Bruchac.

Please review the slate of officers and by-law amendments in this newsletter.

In closing, I remind everyone that we could use some help on the standing committees that are listed on this page of the newsletter.

Many of the committee chairs operate with only one person and some committees have no members. Please consider volunteering. We need your help to continue to be a vibrant and growing chapter.

I hope to see many of you at the annual dinner in October. As always, if you have any questions, concerns or ideas please let me know.

Chepontuc Footnotes

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

Executive Committee Officers:

Chapter Chair Laura Fiske

Phone: 884-0345 chapterchair@adk-gfs.org

First Vice Chair Kerri Healy

vicechair1@adk-gfs.org

Second Vice Chair vacant

Secretary John Caffry

Phone: 798-0624 secretary@adk-gfs.org

Treasurer Steve Mackey

Phone: 793-6484 treasurer@adk-gfs.org

Directors:

Jonathan Lane, Bill Bechtel, Linda Ranado
Email for all directors: director@adk-gfs.org

Past Chapter Chair:

Maureen Coutant

Phone: 745-7834 pastchair@adk-gfs.org

Committee Chairs:

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 Wayne Richter

Phone: 893-7895 outings@adk-gfs.org

Programs Sarah King

Phone: 798-0615 programs@adk-gfs.org

Annual Dinner Anne Paolano
annualdinner@adk-gfs.org

Publicity vacant

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

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 back-country 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.

VISIT ICELAND!

Join ADK Schenectady Chapter Chair Rich Vertigan and Holly Hawkes as they present their program, "Visit Iceland."

This presentation follows them as they drive around the entire island. Enjoy stunning landscapes, huge waterfalls, active geysers, glaciers, volcanoes, and rocky coastlines. Here's a country where you can have one foot in North America while the other foot is in Europe. Don't miss it!



Program

Visit Iceland
With Rich Vertigan and Holly Hawkes

When: 7pm Sept. 17
What: Presentation

Where: Saratoga
Library

Vote for Chapter Officers at Annual Dinner on October 24, 2014!

Chapter members will vote at the Wishing Well Restaurant in Wilton, Friday, October 24, 2014 for the following slate of 2014 officers as presented by the nominating committee:

Chapter Chair: Laura Fiske (re-election)
Secretary: John Caffry (re-election)
Treasurer: Steve Mackey (re-election)

Please note we have vacancies for chair positions (2) and directors (3). If you are interested please contact Kerri Healy to learn more about the duties and responsibilities for these positions.

Please see the chapter website for biographies for these nominees. **Additional nominations, in writing, may be submitted by any member entitled to vote to the chair of the Nominating Committee, Kerri Healy, by close of business, Friday, October 10, 2014. 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.

For chapter members that are unable to attend the annual meeting in person, an absentee ballot will be furnished to voting members upon written request to the Secretary and shall be counted if received by the Chapter Secretary prior to the annual meeting.

Proposed Chapter By-Law Changes

Amendment to Glens Falls-Saratoga Chapter of the Adirondack Mountain Club Constitution & By-Laws

The following sentence shall be added at the end of the second paragraph of Article III, Meetings (Page 4) - Meetings of the Executive Committee may be conducted by conference call or other electronic means which allow all of the participants to hear and speak to each other at the same time.

Page 4 - Article IV – Committees. Delete "Annual Dinner"

The following sentence shall be added as the second sentence of Article V – Quorum and Voting (Page 5) - Vacant positions shall not be counted in determining the necessary number of persons required to be present for a quorum.

The following paragraph shall be added to Article V – Quorum and Voting (Page 5) - The Executive Committee may also take action on urgent matters, which in the judgment of the Chapter Chair should be acted on before the next meeting, by a vote conducted by e-mail or other such electronic means. The Chapter Chair shall initiate such a vote by sending to all members of the Executive Committee an e-mail or other such electronic message which contains the proposed resolution. The resolution will be deemed approved if two-thirds of all of the members of the Executive Committee respond affirmatively. The results of the vote shall be set forth in the minutes of the next meeting.

**Fire Tower Challenge News
By Kathi and Tim Noble**

The spring and early summer has seen the list of FTC finishers grow by six. The new members are Dan Monroe (Winter Rocker), Mike Broomberg, Eva Freeman, Gail Tremblay, Rick Molongoski and Venus Webb.

Hopefully this is a good sign that more people are getting and completing the Challenge. We have noticed an increase in the amount of finishers who state they have mentioned how much they enjoyed doing the Challenge to friends and colleagues. Word of mouth is the best advertisement and the word is getting around. Enjoy the rest of summer!

ADK is one of the charitable organizations in Amazon's Smile program, where Amazon donates 0.5% of the price of your eligible Amazon-Smile purchases to the charitable organization of your choice.

A little here, a little there - it all adds up!

<http://smile.amazon.com/>

Come participate!

Upcoming Executive Committee meetings are:

Sep 3 @7p @ Carl Rs, Glens Falls

Oct 1 @7p @ Wesley, Saratoga

Nov 5 @7p @ Carl Rs, Glens Falls

New Chapter Policy Regarding Dogs on Chapter Outings

Some members have inquired about having dogs on chapter outings. The chapter executive committee has discussed this issue over the last several months and has approved a chapter policy regarding dogs on outings. The executive committee feels this policy codifies current practice and the intent of previous discussions. The policy is effective immediately and is intended to ensure that every chapter member can enjoy chapter outings.

Adirondack Mountain Club, Glens Falls – Saratoga Chapter

Policy for Bringing Dogs on Chapter Outings

Participants in Chapter outings will be allowed to bring their dogs on outings in the following circumstances:

- Any participant may bring a dog on an outing that has been designated by the outing leader as a “dog outing” and which has been publicized as such.
- An outing leader may bring the leader’s dog on an outing led by that leader, that has not been designated as a “dog outing,” if the notice of the outing discloses that the leader will be doing so.

All dogs on Chapter outings will be kept on a leash at all times.

Revised by the Executive Committee on June 18, 2014

**G/F SARATOGA CHAPTER
NEW MEMBERS - MAY 2014**

Sharon Barr, Philadelphia, Pennsylvania
Carrie Bean, Schuylerville
Paul Brady, Slingerlands
Samuel Corp, Glenville
Oksana Dessingue, Clifton Park
Robert Ellis, Glens Falls
Elaine Greenstein, Newton, Massachusetts
Erin Haataja, Manchester, Connecticut
Elizabeth Hurley, Clifton Park
Margaret & Donald Jones, Kattskill Bay
Linda Petteys, Queensbury
Margaret & Christopher Stein, Glens Falls

REJOINED MEMBERS - MAY 2014

James Carney, Hagaman
Constance Pennisi, Alfred Station, New York
Kevin Smith, Waterford
Scott St. George, Mechanicville
Saralee Tiedi, Austin, Texas

NEW AFFILIATES - MAY 2014

Rebecca Krohmal, Saratoga Springs
Edward Wojcik, Jr., Witherbee, New York

NEW MEMBERS - JUNE 2014

Raymond Anthony, North Chesterfield, Virginia
Perry Bantis, Amsterdam
Beau Bessen, Queensbury
Nicole Blanchette, Clifton Park
Elizabeth Dailey, Corinth
Daniel Dirzuweit, Saratoga Springs
Ethan Green, Charlton
Chad Harrison, No address available
Leah Hill, Ballston Lake
Mindy Hull, South Boston, Massachusetts
Robert Juttras, Hopkinton, Massachusetts
Nrec, Arbresha, Annabella, Adriana & Albertina Lleshaj, Spring Valley, New York
Richard Nozell, Jr., Chester, New York
Barbara & Frank Racioppi, Essex Fells, New Jersey
John Racioppi, Essex Fells, New Jersey
Mike Rocque, Saratoga Springs
T J Roode, Queensbury
Greg Schwake, Queensbury
John Sikorak, Queensbury
Ethan Swim, Gansevoort

REJOINED MEMBERS - JUNE 2014

Christopher Coons & Janice Weber-Coons, Johnsonville, New York
Lorraine Del Rosso, Saratoga Springs
Bret & Susan Fischer, Bernardsville, New Jersey
David Freeman, Gansevoort
Wendy & Wayne Hull, Salem
James McElroy, Saratoga Springs
James Napoli & Charlotte Forrest, Glen Ridge, New Jersey
William & Constance Nealon, Glens Falls
Kathy Povey, Hadley
Faith Turner, Watervliet

NEW AFFILIATE, JUNE 2014

Joshua Baker, Albany

Save the Date!

The Pacific Crest Trail With Steve Mackey

**When: 7pm Nov.20
What: Presentation**

Where: Crandall Library

Receive Chepontuc via email!

Log on to
www.adk-gfs.org

2015 Chapter Winter Weekend Heart Lake

We are again renting the Wiesel cabin for the Glens Falls – Saratoga Chapter of ADK for our winter weekend 2015! We have reserved it for the weekend of February 20-22. The three night stay cost is \$110 per person and includes the cabin costs and dinners for Saturday and Sunday nights. [Note: If costs come in below this estimate, we will distribute refunds accordingly.]

The cabin is located near Adirondack LOJ, with the High Peaks at our doorstep! The cabin has heat, lights, and running water; it includes a full kitchen, two bathrooms, and sleeping arrangements for 16. I will begin accepting reservations, with payment, from members ASAP. A waiting list will be maintained. Please send checks made payable to Steve Mackey to:

Steve Mackey
21 MacArthur Dr
Glens Falls, NY 12801-2317

Please email any questions to: smackey33@verizon.net

Outings and Programs Schedule

[See adk-gfs.org website for latest calendar]

Date	Day	Type	Destination	Leader(s)	Rating
September					
2	Tue	Paddle	Tuesday Paddle	Mo Coutant	NR
3	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
6	Sat	Hike	Redfield and Cliff	Wayne Richter, Chris Greco	A+
6	Sat	Hike	Pharaoh Mountain	Jen Shepherd	B+
7	Sun	Hike	Black Bear Mt.	Jack Whitney	B-
8	Mon	Hike	Monthly Monday Geocache	Sarah King, Mo Coutant	NR
9	Tue	Hike	Pitchoff Mtn	Maureen Coutant	B
13	Sat	Hike	Mt. Colden	Bill Morse	A+
13	Sat	Hike	OK Slip Falls and Blue Ledge Overlook	Nick Ringelberg	B+
13	Sat	Hike	Kings Flow, Humphrey Mt. trail (unmaintained)	Rich Crammond, Jayne Boudier	B
14	Sun	Hike	Hurricane Mountain	Jack Whitney	B
15	Mon	Paddle	MONDAY paddle	Maureen Coutant	NR
17	Wed	Program	Visit Iceland by Rich Vertigan and Holly Hawkes	Sarah King	NR
20	Sat	Hike	Giant of the Valley Mountain from the North	Reg Prouty	A+
21	Sun	Hike	Haystack Mt (Saranac 6)	Lorraine MacKenzie	B
27	Sat	Hike	Giant / Rocky Peak Ridge Traverse	Mike Fuller	A+
28	Sun	Paddle	Cedarlands Paddle/Hike	Jayne Boudier	A
30	Tue	Paddle	Tuesday Paddle	Mo Coutant	NR
October					
1	Wed	Other	Executive Committee monthly meeting.	Laura Fiske	NR
4	Sat	Hike	Marshall Peak and plane crash site	Mike Fuller	A+
4	Sat	Hike	Phelps from Klondike Notch Trail	Reg Prouty	A
5	Sun	Hike	Jay Range	Wayne Richter, Chris Greco	B+
6	Mon	Geocache	Monthly Monday Geocache	Sarah King, *Maureen Coutant	NR
7	Tue	Hike	Hopkins via Mossy Cascade Trail	Maureen Coutant	B
11	Sat	Hike	Botheration and William Blake Ponds	Rich Crammond	B
12	Sun	Bushwack	Lost Gorge Rock Scramble	Jayne Boudier	A
14	Tue	Paddle	Tuesday Paddle	Maureen Coutant	NR
18	Sat	Hike	Colvin & Blake	Bill Morse	A+
18	Sat	Hike	Walk around Putnam Pond	Bill Schwarz	B
18	Sat	Other	ADK HQ Workday	Mo Coutant	NR
26	Sun	Hike	Baker Mt	Lorraine MacKenzie	C
28	Tue	Paddle	Tuesday Paddle	Maureen Coutant	NR
November					
2	Sun	Bushwack	Vista Trail to Erebus	Jayne Boudier	A
3	Mon	Geocache	Monthly Monday Geocache	Sarah King, Maureen Coutant	NR
5	Wed	Other	Executive Committee monthly meeting	Laura Fiske	NR
8	Sat	Hike	Van Deusen and Hudson Pointe Preserves	Reg Prouty	C+
9	Sun	Hike	Walk around Thirteenth Lake	Bill Schwarz	B
18	Tue	Hike	Black Mountain loop trail	Maureen Coutant	B
20	Thu	Program	The Pacific Crest Trail with Steve Mackey	Sarah King	NR
27	Thu	Hike	Turkey Trot #16 Saratoga Battlefield Hike	Rich Crammond	C+

Outings Detail

TUESDAY PADDLE

Tue, Sep 2, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- The paddle trips will usually be in the evening, but every now and again I might switch it up to a day paddle if the weather forecast is better or if I want to do something a little longer. Send an email or call on Sunday or Monday to find out the where and when! We will usually be on flat water somewhere within a half hour of Glens Falls, but not always!

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Sep 3, 2014, 7:00 pm, Rating: NR
Laura Fiske - 888-888-8888, lheacox@nycap.rr.com
- Board Meeting- Carl R's Exit 18

REDFIELD AND CLIFF - [Hike]

Sat, Sep 6, 2014, 5:30 am, Rating: A+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
Colead: Chris Greco - insaratoga@gmail.com
- It's been a while since we've had a chapter hike to Redfield and Cliff. Redfield is a greatly under-rated peak with an enjoyable climb along the stream and a great summit view. Cliff is, well, Cliff, especially if you like a challenging climb. We'll start at Heart Lake and go over the Lake Arnold pass before heading up the herd path. If time and energy allow, we may return via Avalanche Pass.

PHARAOH MOUNTAIN - [Hike]

Sat, Sep 6, 2014, 7:00 am, Rating: B+
Jen Shepherd - 518-312-0133, jshpherd501@gmail.com
- Pharaoh Mountain will be another new peak for me to explore. It is 9.3 miles round trip with 1,257 ft of elevation gain. On the summit we'll find views, survey markers, and the remnants of the old fire tower. We'll keep a steady laid back pace to enjoy the day and each other's company. Pack plenty of food/fluids/proper layers. We'll plan to have lunch on the summit so long as the weather is cooperative and linger until we feel like heading back down. Email hike leader for more info or to sign up, no phone calls after 7pm for those that don't have email. Rain will cancel.

BLACK BEAR MT. - [Hike]

Sun, Sep 7, 2014, 7:15 am, Rating: B-
Jack Whitney - 793-9210, jack1758@roadrunner.com
- This mountain is located in the Moose River Plains wild forest area. This is about a 5 mile round trip with only 532 ft of elevation gain but affords great views from the summit. Call or e-mail leader for details.

MONTHLY MONDAY GEOCACHE - [Hike]

Mon, Sep 8, 2014, time TBD, Rating: NR
Sarah King - 744-9348, scubakings@roadrunner.com
Colead: Mo Coutant
- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. If they aren't too recent, then Sarah has probably already found them! So we leave it up to Sarah to plan where we go each month. You don't have to know anything about geocaching to come. It's just another excuse to get out in the woods. Call or email a few days before to find out the plan!

PITCHOFF MTN - [Hike]

Tue, Sep 9, 2014, 8:00 am, Rating: B
Maureen Coutant - 745-7834, mojim@roadrunner.com
- This is a ridge hike with views down to the Cascade Lakes and over to the High Peaks. Just across Rt 73 from Cascade and Porter. It's been ages since I've done this hike. We'll visit the balanced rocks at 1.6 miles and the summit at 2 miles then continue along the ridge and return to RT 73 where we will have left some cars. Approx 5 mile RT, Ascent 1,440.

MT. GOLDEN - [Hike]

Sat, Sep 13, 2014, 6:30 am, Rating: A+
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- We will hike from The ADK Lodge and return the same way. Round trip is 12.6 miles. Pace will be moderate to fast. Leader may bring dog on this hike. No other dogs allowed. Meeting at 6:30 AM at Exit 29. Those that want to meet at Panera can do that and I will try to get people connected.

OK SLIP FALLS AND BLUE LEDGE OVERLOOK - [Hike]

Sat, Sep 13, 2014, 7:00 am, Rating: B+
Nick Ringelberg - 518-522-6863, nickringelberg@yahoo.com
- We'll do a loop hike to OK Slip Falls and Blue Ledge Overlook with stops at Carter's Landing on the Hudson River (where the disappearing stream, Carter Brook, goes underground for 1/4 mile then bubbles back up near the Hudson River) and Tippecanoe Landing on the Hudson River (below the Blue Ledge). About 1/3 trail and 2/3 bushwack to this newly opened Hudson River remote and seldom explored area. Eleven miles and 1,500 feet elevation gain.

KINGS FLOW, HUMPHREY MT. TRAIL (UNMAINTAINED) - [Hike]

Sat, Sep 13, 2014, 8:00 am, Rating: B
Rich Crammond - 518-584-2380
Colead: Jayne Boudier - 518-793-3770 or boudier@verizon.net
- Approximately 8.6 miles round trip, about 1,184 feet of elevation change, and around 0.5 miles of bushwhacking to the summit if we go that far. We'll have an old lumber camp area and garnet mine tailings along the way. We will car pool from the Tops supermarket, North Creek village, Main Street meeting place. Please dress for fall weather and think adventure. See you there!

HURRICANE MOUNTAIN - [Hike]

Sun, Sep 14, 2014, 8:00 am, Rating: B
Jack Whitney - 518-793-9210, jack1758@roadrunner.com
- We will be hiking Hurricane from the East. It is a 2.7 mile hike to the summit with 1,700 ft. of elevation gain. Starting off, we will be walking on the old road leading to the site of the former Observer's cabin. Once past this site, the real climbing begins to the summit and the firetower and spectacular views all around.

MONDAY PADDLE

Mon, Sep 15, 2014, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- Due to school open house night on Tuesday, I'm doing the paddle trip on Monday evening instead. Email or call Sunday to find out the where and when.

VISIT ICELAND PRESENTED BY RICH VERTIGAN AND HOLLY HAWKES - [Program]

Wed, Sep 17, 2014, 7:00 pm, Rating: NR
Sarah King - 518-798-0615, programs@adk-gfs.org
- Join ADK Schenectady Chapter Chair Rich Vertigan and Holly Hawkes as they present their program, "Visit Iceland." This presentation follows them as they drive around the entire island. Enjoy stunning landscapes, huge waterfalls, active geysers, glaciers, volcanoes, and rocky coastlines. Here's a country where you can have one foot in North America while the other foot is in Europe. Don't miss it! This presentation will be held at Saratoga Public Library.

GIANT OF THE VALLEY MTN FROM THE NORTH - [Hike]

Sat, Sep 20, 2014, 7:00 am, Rating: A+
Reg Prouty - 518-747-9736
- This lesser used trail to Giant affords a stop at Owl Head Lookout as it approaches Giant at a more gradual approach than some of the other trails. Round trip is 14.4 miles with an ascent of 3324 ft. If enough sign up we may do a return via the Hopkins trail by spotting

Outings Detail

a couple of cars on route 73. The foliage should be near peak by then. So lets turn out for a beautiful fall bug-free hike. Pace will not be as fast as some High Peak hikes

HAYSTACK MT (SARANAC 6) - [Hike]

Sun, Sep 21, 2014, 7:00 am, Rating: B
Lorraine MacKenzie - 518-791-9794, otczone@aol.com
- This Haystack Mt is not to be confused with Mount Haystack, the 3rd highest peak in NY. This Haystack has an elevation of 2,864 ft with the total ascent being 1,302 ft. The distance is 6.6 miles round trip. We will enjoy 180 degree views of Whiteface, the High Peaks, and the Saranac Lake chain at the summit. Rain cancels.

GIANT / ROCKY PEAK RIDGE TRAVERSE - [Hike]

Sat, Sep 27, 2014, 6:00 am, Rating: A+
Mike Fuller - 802-254-3314, farmallboy55@hotmail.com
- This is my fall classic. We'll spot cars at New Russia Trailhead and start at Chapel Pond. Let's hope for a clear day and good color. It's around 12 miles and some great vertical. Meet at Panera Bread at 6:00 or trailhead at 7:30.

CEDARLANDS PADDLE/HIKE

Sun, Sep 28, 2014, 7:00 am, Rating: A
Jayne Boudier - 793-3770, boudier@verizon.net
- Phil Brown says Cedarlands is best left for late summer-early fall (because he got bug-eaten alive in early July). He went on to say 'they'd discovered one of the best short paddle/hike excursions in the Adirondacks!' Most of this 5,500 acre Boy Scout Reservation has been open to the public for 10 months of the year, for several years, but hasn't made it to the guidebooks yet. Start with a 7/10 mile carry to Mud Pond on a good road - and add another couple of tenths to get to McRorie Lake. The hike up Mud Pond Mountain is a mile round trip, with 700 ft ascent, and gives a 180 degree view of where you've been. So expect 9/10 miles of carrying, one mile of hiking, and 7-8 miles of paddling. I've got canoe wheels, and a 12 ft canoe, to lend. See <http://blog.timesunion.com/explore/outdoors-fall-is-the-best-time-to-paddle-and-hike-this-adirondack-gem/970/>

TUESDAY PADDLE

Tue, Sep 30, 2014, time TBD, Rating: NR
Mo Coutant - 745-7834, mojim@roadrunner.com
- The paddle trips will usually be in the evening, but every now and again I might switch it up to a day paddle if the weather forecast is better or if I want to do something a little longer. Send an email or call on Sunday or Monday to find out the where and when! We will usually be on flat water somewhere within a half hour of Glens Falls, but not always!

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Oct 1, 2014, 7:00 pm, Rating: NR
Laura Fiske - 888-888-8888, lheacox@nycap.rr.com
- Board Meeting-Saratoga-Wesley Health Center

MARSHALL PEAK AND PLANE CRASH SITE - [Hike]

Sat, Oct 4, 2014, 5:30 am, Rating: A+
Mike Fuller - 802-254-3314, farmallboy55@hotmail.com
- I've led this hike the past two years and everybody always has a great time. The plane is only 100ft off the trail and intact. It's 16+ miles and 2,600ft of vertical. Meet at Panera Bread at 5:30 or trailhead at 7:00

PHELPS FROM KLONDIKE NOTCH TRAIL - [Hike]

Sat, Oct 4, 2014, 7:00 am, Rating: A
Reg Prouty - 518-747-9736
- This approach to Phelps, even though a High Peak is much easier than climbing from Marcy Dam. Total distance is less than 9 miles round trip with only a few hundred feet of easy ascent. Views of the other High Peaks from Phelps are fabulous.

JAY RANGE - [Hike]

Sun, Oct 5, 2014, time TBD, Rating: B+
Wayne Richter - 518-893-7895, wrichter@nycap.rr.com
Colead: Chris Greco - insaratoga@gmail.com
- This was such a great hike last October that we'll do it again, this time early enough in the season for fall foliage. We'll hike about 2.7 miles to the ridge of the Jay Range with its stunning views of many our favorite High Peaks once we get above the trees. We then follow up and down the mostly open ridge for about 1.5 miles with abundant views all around. Then it's back the way we came. About 2,500 feet of elevation change and eight miles in and out. The ridge is exposed so be prepared with proper clothing for wind and weather.

MONTHLY MONDAY GEOCACHE

Mon, Oct 6, 2014, time TBD, Rating: NR
Sarah King - 518-798-0615, scubakings@roadrunner.com
Colead: *Maureen Coutant - *518-745-7834 or *mojim@roadrunner.com
- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. If they aren't too recent, then Sarah has probably already found them! So we leave it up to Sarah to plan where we go each month. You don't have to know anything about geocaching to come. It's just another excuse to get out in the woods. Call or email a few days before to find out the plan!

HOPKINS VIA MOSSY CASCADE TRAIL - [Hike]

Tue, Oct 7, 2014, 8:00 am, Rating: B
Maureen Coutant - 745-7834, mojim@roadrunner.com
- Come join me for a hike up Hopkins and enjoy the fall foliage from a great rocky outcrop. Hopkins has a great view of the Great Range, particularly Sawteeth. It was from here that Rev. Erastus Hopkins suggested the names 'Resagone' meaning the 'king's great saw' for the mountain we call Sawteeth ... from the ADK guidebook. 6.2 miles round trip, 2,120 ft ascent, elevation 3,183 ft. Call to sign up.

BOTHERATION AND WILLIAM BLAKE PONDS - [Hike]

Sat, Oct 11, 2014, 8:30 am, Rating: B
Rich Crammond - 518-584-2380
- We had so much fun hiking this area back in June that we're going to do it again in the fall; we'll get 'er done again, hiking buds. Around 7 to 8 miles of hiking with not much elevation change. Dress for fall weather. Meeting place: Tops on Main Street in North Creek.

LOST GORGE ROCK SCRAMBLE - [Bushwack]

Sun, Oct 12, 2014, 8:00 am, Rating: A
Jayne Boudier - 793-3770, boudier@verizon.net
- The gorge is full of user friendly rocks, crystal pools, and waterfalls of all sizes. Afterwards, in the woods, is a long, smooth rock with great views. 7 miles (half trail-less) 1100 ft. ascent, at a moderate pace. The A Rating stands for 'all day' hike. North Fork, Boquet River, Dix Mountain Wilderness.

TUESDAY PADDLE

Tue, Oct 14, 2014, time TBD, Rating: NR
Maureen Coutant - 745-7834, mojim@roadrunner.com
- See September 30.

COLVIN & BLAKE - [Hike]

Sat, Oct 18, 2014, 6:30 am, Rating: A+
Bill Morse - 518-585-9153, fishermanpike@yahoo.com
- Hiking in via the Ausable Club. Round trip is 14.8 miles. No dogs allowed on this hike. Meeting at Exit 29, 6:30AM. For those that want to meet at Panera I will try to connect hikers to meet there.

WALK AROUND PUTNAM POND - [Hike]

Outings Detail

Sat, Oct 18, 2014, 8:00 am, Rating: B

Bill Schwarz - 307-6091, bschwarz@nycap.rr.com

- Eight miles of undulating terrain as we circle the pond and some of its smaller neighbor pools. We can explore several mining sites and have lunch on rocks overlooking the water. Meet at Panera's for carpooling to the campground area, where we'll start. Rain cancels.

ADK HQ WORKDAY - [Other]

Sat, Oct 18, 2014, 9:00 am, Rating: NR

Mo Coutant - 745-7834, mojim@roadrunner.com

- Come join me to do some fall cleanup work at ADK Headquarters - just off Exit 21 of the Northway. Many hands make light work...and we feed you! I'll be there at 9 and we're usually done around 2. Come for an hour or stay the whole time, I appreciate any time you can help! Call or email with questions!

BAKER MT - [Hike]

Sun, Oct 26, 2014, 8:00 am, Rating: C

Lorraine MacKenzie - 518-791-9794, otczone@aol.com

- For all of you who took part in all the Saranac 6 hikes this season, this will be the final peak. The round trip mileage is 1.8 miles with an ascent of 884ft. We should be able to finish the hike with enough time to 'Ring the Bell' in Berkeley Green in the heart of the village and celebrate! Rain cancels.

TUESDAY PADDLE

Tue, Oct 28, 2014, time TBD, Rating: NR

Maureen Coutant - 745-7834, mojim@roadrunner.com

- The paddle trips will usually be in the late afternoon or evening, but every now and again I might switch it up to a day paddle if the weather forecast is better or if I want to do something a little longer. Send an email or call on Sunday or Monday to find out the where and when! We will usually be on flat water somewhere within a half hour of Glens Falls, but not always!

VISTA TRAIL TO EREBUS

Sun, Nov 2, 2014, 7:30 am, Rating: A

Jayne Boudier - 793-3770, boudier@verizon.net

- Starting at Shelving Rock, we'll zig zag our way up the ridge toward Erebus. There are nice views along the way, a short, steep bushwack to the Erebus ridge, and a great view of the Narrows from the top (when I can find it). The trip is 8 miles, with 2,200 ft ascent. The A rating means an 'all day hike', at a moderate to leisurely pace.

MONTHLY MONDAY GEOCACHE

Mon, Nov 3, 2014, time TBD, Rating: NR

Sarah King - 518-798-0615, scubakings@roadrunner.com

Colead: Maureen Coutant - *518-745-7834 or mojim@roadrunner.com

- During the school year, we go out every month for a walk or hike with the purpose of finding geocaches that have been hidden lately. If they aren't too recent, then Sarah has probably already found them! So we leave it up to Sarah to plan where we go each month. You don't have to know anything about geocaching to come. It's just another excuse to get out in the woods. Call or email a few days before to find out the plan!

EXECUTIVE COMMITTEE MONTHLY MEETING - [Other]

Wed, Nov 5, 2014, 7:00 pm, Rating: NR

Laura Fiske - 888-888-8888, lhacox@nycap.rr.com

- Board Meeting-Carl R's Exit 18

VAN DEUSEN AND HUDSON POINTE PRESERVES - [Hike]

Sat, Nov 8, 2014, 9:00 am, Rating: C+

Reg Prouty - 518-747-9736

- These two short hikes with only a little elevation change are easy to do in the same morning close together in Queensbury. Hudson

Pointe is down by the Hudson River off Corinth Road and Van-Deusen is off West Mtn. Road. About 4.5 miles total.

WALK AROUND THIRTEENTH LAKE - [Hike]

Sun, Nov 9, 2014, 8:00 am, Rating: B

Bill Schwarz - 307-6091, bschwarz@nycap.rr.com

- This excursion includes parts of the Hour Pond and Siamese Pond trails--it's a complete circuit of the lake, returning via Old Farm Clearing. The eight-mile length provides flat stretches as well as some climbs, with a mile of dirt-road walking at the end. Bring lunch and a sense of adventure. Rain (or other precip.) cancels; we may stop in North Creek for snacks on the return.

BLACK MTN LOOP TRAIL - [Hike]

Tue, Nov 18, 2014, 8:30 am, Rating: B

Maureen Coutant - 745-7834, mojim@roadrunner.com

- I recently did this hike and was reminded of how nice it is. We'll hike 2.5 miles to the summit with an approx ascent of 1,000 ft. From there we'll continue down the lake side trail for a mile before turning off to the pond trail that will bring us by the Black Mountain ponds and Lapland pond and returning to the parking area. Round trip distance approximately 6.5 miles. Call or email to sign up.

THE PACIFIC CREST TRAIL WITH STEVE MACKEY - [Program]

Thu, Nov 20, 2014, 7:00 pm, Rating: NR

Sarah King - 518-798-0615, scubakings@roadrunner.com

- Join Steve Mackey as he shares his recent trip on the Pacific Crest Trail.

TURKEY TROT #16 SARATOGA BATTLEFIELD HIKE

Thu, Nov 27, 2014, 8:00 am, Rating: C+

Rich Crammond - 518-584-2380

- Let's work up another holiday hunger with around 5 miles of hiking for this morning hike. Cameras, field glasses, and warm clothing will be good have with you. Meeting place: Visitors parking lot off Rt. 32, Stillwater. Happy Thanksgiving to all my hiking buds.

RAGNAR RELAY, the overnight running race, is coming to the Adirondacks! The relay is September 26-27th and 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 Laura Fiske know if you'd like to volunteer for the Glens Falls-Saratoga Chapter @ chapterchair@adk-gfs.org

For more information, visit

<http://www.ragnarrelay.com/race/adirondacks>.

Trip Reviews

Monthly Monday Geocache Mon, Jun 2, 2014, Sarah King and Mo Coutant

- Today we headed to Dacy Clearing parking lot to start our geocaching adventure. Luckily, the road to Dacy Clearing was open and Mo had her Rav 4 so we drove in to start our hike. Our destination was a seldom used hiking/snowmobile trail, marked as the Erebus Mountain trail. It was really more of a marked bushwhack, but Sarah had a previous geocacher's track log on her GPS which made staying on 'the trail' a lot easier. We began by hiking to Bumps Pond, where we spotted the well hidden Erebus Mountain sign on a trail to our left. The trail was very muddy, lots of blow down, with occasional faded, old trail markers but also lots of geocaches to be found! We followed the trail along the base of the mountain, in a clockwise direction to Fishbrook, where we found a pleasant rock to enjoy our lunch and of course homemade goodies from Licia. We headed back to Bumps Pond and then back to Dacy Clearing. We hiked for 6 hours, did 7 miles and found 14 caches. A great day as usual. 4 Participants: Mo Coutant, Sarah King, Licia Mackey, and Don Thorn.

Tuesday Paddle - LG Eagle trip Thu, Jun 5, 2014, Mo Coutant

- After moving the trip to Thursday to get a better day, Tuesday turned out to be fine! But luckily so did Thursday with blue skies, water as smooth as glass streaked with yellow pine pollen, and a comfortable temperature! We paddled out to the island and were treated with seeing an eagle posing for us on a branch of a pine. He didn't seem bothered at all by us as we tried to get photos and then hung around trying to see if we could spot anyone in the nest. Some said they did see movement. We paddled around the island and returned to find that he was still hanging out. We bid him farewell and finished our paddle and a wonderful outing! Thanks Eric! 9 Participants: Bill Bechtel, Mo Coutant, Charlie Czech, Bill Glendenning, Eric Krantz, Laurie LaFond, Licia Mackey, Andrew Paolano, and Laurie Williams.

Balm of Gilead Mountain Sat, Jun 7, 2014, Rich Crammond

- Due to unreadable trail signs at William Blake Pond we had to play it safe and cut this hike short, but we went to a real nice place on 13th Lake for lunch. Reg played a few tunes on his pocket horn so it was all good for a day in the woods. Some bugs but not too bad over all. 5 Participants: Reg Prouty, Bill Glendenning, Neal VanDorsten, Ania Galuine, and Rich Crammond.

Wakley Mt. Sun, Jun 8, 2014, Jack Whitney

- Nice sunny day, warm temperatures, great views. Only one downer - those darned black flies which chased us off the summit. Down lower, they weren't as bad so we took a break and hiked out to the beaver meadow with great views of the fire tower and watched lots of salamanders and tadpoles in the remains of the beaver pond. A great day was had by all. 8 Participants: Leo Demers, Kathy McAuley, Daniel Kemp, Bill Carpenter, Sandy Yellen, Ania Gaguine, Karen Burka, and Jack Whitney.

Tuesday PADDLE Tue, Jun 10, 2014, Mo Coutant

- This was our first evening paddle of the season. We've done a few other paddles during the day due to forecast or scheduling conflicts. Traditionally, we start the season with a trip from Lake Luzerne upstream to 2nd Lake or as far as we can make it. We're about a month later than normal which had an advantage of giving us more daylight which was appreciated when we got out at 8:30 after almost 3 hours on our adventure. And...it was an adventure. We didn't have 3 hours of paddling as we had some down time trying to figure out how to get by obstacles. The beaver dams were mostly broken apart, so we could paddle through those. The illegal dam built by a homeowner along the stream was also partially broken down but made the water too forceful to paddle against, so we had to drag our boats there and at another spot where the water was moving too fast and it was too shallow to really dig in. But our main challenge was how to get around a big pine that was blocking the stream. You could just barely get under and between a few

branches if you did the limbo in your boat. Some boats were more accommodating than others and the resulting attempts were quite humorous. I still can't believe George made it and that Charlotte didn't fall in the water! Amazingly none of us went swimming here! Thanks go out to Joy who pulled out a wire saw and managed to cut off one of the branches hanging in the water to make a wider opening which was helpful for the wider boats. Not our ordinary flat water trip, but lots of fun, and we did make it to 2nd Lake! 10 Participants: Mo Coutant, Charlie Czech, Bill Glendenning, Licia Mackey, Joy Munrow, Andrew and Anne Paolano, Maria Rawson, George Sammons, and Charlotte Smith.

Tuesday Trek Tue, Jun 17, 2014, Mo Coutant

- We hadn't done a hike in awhile, so we headed to a favorite - Sleeping Beauty on the east side of Lake George. We were able to drive into the Dacy Clearing parking lot, which saved us a few miles and hiking time. We did the loop trail heading straight to the peak and then down to Bumps Pond and back the other side of the mountain. The trail wasn't very muddy, the bugs weren't bad, and the temperature was perfect with a slight breeze on top to keep us comfortable. We saw some frogs, toads, red efts, and a few pink lady slippers on top. Great hike and company as usual. We got back in time for a lunch at Panera before going our separate ways. 7 Participants: Jim Brown, Mo Coutant, Susan Howard, Mark Janey, Licia Mackey, George Sammons, and Bill Schwarz.

Saranac Lakes Canoe Sat, Jun 21, 2014, Jayne Boudier

- This day trip was cancelled and replaced with a Lake George paddle/camp at the last minute. Bill and Mark were game to launch from Hueletts Landing with me and chipped in for a prime site on Duran Island, with a cove and a view of the Black Mountain fire-tower. We explored the Mother Bunch Islands, enjoyed distant fireworks on the year's shortest night, and went swimming and sunning after a half mile hike up the Five Mile Point trail. Blue sky, white clouds towering over tall mountains, light winds whipping up the surf, and the sound of wavelets all night long- the place was our pleasure for the whole 28 hours! Wished it could have been 48. 4 Participants: Jayne Boudier, Bill Glendenning, Mark Janey, and 'Thank-you' Neil.

Tuesday PADDLE Tue, Jun 24, 2014, Mo Coutant

- This week we returned to Round Lake after avoiding the lake for many years due to a lack of parking. But this spring a new parking area along Rt. 9 was completed that allowed us to launch and park. The heron rookery has been abandoned, but we saw plenty of herons so they must not have moved too far away. We also saw plenty of milfoil or a milfoil look-a-like. It was 20-30 yards from the shore in places. Be sure to clean off your boat if you paddle here. We were able to paddle further along the Anthony Kill than we usually can due to the beaver dam being removed earlier in the season. Afterwards, most of us had dinner or snacks outside at the Mill. It was a gorgeous night to sit outside! 10 Participants: Mo Coutant, Tina Crook, Charlie and Linda Czech, Paul Dietershagen, Bill Glendenning, Mark Janey, Licia Mackey, Andrew Paolano, and Charlotte Smith.

Whiteface from Lake Placid - The Trail Less Taken Sun, Jun 29, 2014, Wayne Richter

- We had a fine summer day for our less traveled route to Whiteface. After a brief mosquito-rich start, we took the short detour to Whiteface Landing on lake Placid to contemplate the dock and our swim on the way back. From there, we headed up on our ascent. Somewhere about 4,000 feet, the black flies made an impressive appearance, and stayed with us all the way to the summit. We had some great views looking back and enjoyed the open climb to the tourist-laden peak. After looking out for a few minutes, we took the elevator down to the restaurant level where Rose ordered lunch and the rest of us joined her out of black fly range (it does seem a bit like cheating). We walked up the arête and headed down, eventually getting below black fly elevation. We reached Whiteface

Trip Reviews

Landing and went off in different directions to change before enjoying a swim in the clear waters of Lake Placid and a sunning on the dock. Congratulations to Rose on her first High Peak. 4 Participants: Nicole Durocher Beaulne, Rosemarie Pilon and Wayne Richter.

Scarface Mt. Sun, Jun 29, 2014, Lorraine MacKenzie

- Our path led us to an interesting wooden bridge built over the multiple beaver dams of Ray Brook. A short distance further, we encountered railroad tracks equipped with well maintained railroad crossing signs. Next we literally almost stumbled upon a Luna Moth taking a nap right in the middle of the path. After relocating it to safety, we continued our journey to the summit and found the views to be indeed limited. We retreated to a large rock outcropping that afforded beautiful southwesterly views of the Seward Range. As always, it was a great day out in the woods! 8 participants: Bill Carpenter, April Fiacco, Laura Fiske, Margie Litwin, Klaus Sommalatte, Sharon Zaccarri, Cindy Zicker and Lorraine MacKenzie.

Cranberry Lake 50 Fri, Jul 4, 2014, Jack Whitney

- On the way north we ran into rain showers, so we stopped in Tupper Lake for a huge breakfast before striking out on our overnight camping trip. Starting at Burntbridge Pond trailhead, we traveled the Burntbridge to Dog Pond loop, following the trail along the edge of Cranberry Lake and then the trail headed east and we were without views of the lake for a couple of hours. Hiking past Curtis and Dog Ponds then hitting the junction, we were traveling on an old road. We stopped just before Cranberry Lake on the Otter Brook Trail to pump some of the best tasting water I've had out of a small stream. There were already several campers at Chair Rock Flow, so we traveled on further to the next campsite which was about a half mile to the lake, so we decided to take the 1.1 miles to Olmstead Pond to spend the night at the lean to which made about 20 miles for our first day. Rising early, with fog coming off Olmstead Pond, we ate breakfast and then hit the trail at 7:00 a.m., and hiked the Six Mile Creek Trail to Cowhorn Junction and Pond. Hiked the Cowhorn Junction Trail which for the three of us was the completion of the Cranberry Lake 50 challenge. We still had about 3.5 miles left to go to get back to our cars and stories of our journey to tell for years. 3 Participants: Rich Holm, Dan Monroe, and Jack Whitney.

Tuesday Paddle Tue, Jul 8, 2014, Mo Coutant

- The forecast was for evening storms and my daughter was at a friend's camp during the day, so we did this trip in the morning. Since we had extra time, we headed to Lake Abanakee which has been on our wish list for quite awhile. The trip was perfect: great company, good weather (we heard a rumble of thunder just as we were packing up), and a beautiful location. We saw a couple of loons and some osprey nests. Afterwards, some of us headed into North Creek for a pizza. Great morning out! 15 Participants: Mo Coutant, Tina Crook, Carolyn Curren, Charlie and Linda Czech, Dee Demetriou, Bill Glendenning, Mark Janey, Sharon Kendall, Stuart Leinoff, Licia Mackey, Jim Ralston, Gwenne Rippon, George Sammons, and Charlotte Smith.

Santanoni, Couch, and Panther Sat, Jul 12, 2014, Mike Fuller

- Ahh! The rugged Santanoni and a beautiful summer day. Our enthusiastic group started out as I told stories about the first time I led this hike three years ago. The trail was surprisingly dry considering all the rain we've had. We made the turn for Bradley Pond, then came the up. Before we knew it we were at Panther trailhead. We dropped our packs and soon were on the summit. Everyone was taking pictures and taking in the view. I pointed out Couch to first timers. "We have to go way down there?" "Yes!" The hike to Couch was good, just a little mud at the swamp. Lunch at the summit then back to Times Square where we fueled for Santanoni. The usual mud but still good going. Soon we heard cheers; Jesse Cole had finished his 46er quest on Santanoni. I gave him his 46er patch, stickers and button, then the champagne toast and pictures.

We took the old new trail back out and we were out by 8. A great day with a great group and a 46er finish! 15 participants: JP Martin, David Acquavella, Judy Beers, Erica Holbrook, Jesse Cole, Wayne Ritcher, Colleen Downing, Patrick Reilly, Maryanne MacKenzie, Ramus Preda, Joe Babcock, Thomas Cole, Joan Scibetta, Elizabeth McLanahan and Mike Fuller.

Cat and Thomas Mountains Sat, Jul 12, 2014, Reg Prouty

- We started on the trailhead at Valley Woods Road and followed the blue trail to Thomas for a short break and then on to Cat for the best views and lunch. Weather was great for seeing Lake George, Tongue Mountain, Trout Lake and Edgecomb Pond below. A mini-concert was provided by Reg during lunch. Dropping down to the gravel road we returned to the trailhead happy that it was such a rewarding day. 7 Participants: Reg Prouty, Robert Garabedian, Mary Shami, Fahima Abdul Hammed, Kendra Pratt, Rich Crammond, and Marianne Hines.

Mother Bunch Islands Sat, Jul 12, 2014, Jayne Boudier

- This place is gorgeous- only have to be careful of the wind. We were well armed with two battle-axe Grummans and a sit on top, unsinkable kayak. Got the last campsite available, and the four adjoining sites emptied in the face of the second storm forecast that week. The first must have been unnerving- lots of trees came down, but we were lucky for just an hour of soaking rain at bedtime. Tim and Mary's boat led our morning excursion to Black Mountain Ponds Outlet in the teeth of an increasing, tiring wind. But it gentled down in time to give us an easy ride back to the town beach at Huletts for a late lunch. Beautiful Place! 6 Participants: Jayne Boudier, Nate June, and Charlotte Smith, and Tim and Mary Ward.

Buck Mountain Sun, Jul 20, 2014, Lorraine MacKenzie

- The trek up Buck Mountain is always invigorating and the diverse terrain keeps the route interesting. This day was unusually cool for July but with some humidity. Everyone managed to reach the summit in a short period of time. We were expecting the blueberry plants to be bursting with berries. Unfortunately, only a few bushes had ripened fruit - enough to get a taste. As always, it was a great day out in the woods! 8 participants: Shelly Burke, Carol Conolly, John Good, Susan Howard, Susan Keely, Klaus Sommalatte, Sandy Yellen and Lorraine MacKenzie.

Tuesday Paddle Tue, Jul 22, 2014, Mo Coutant

- This week we paddled the South Glens Falls dam to Feeder Canal dam section of the Hudson River. It was a warm evening, so some of the group took a quick dip before getting into their boats. At first we headed upstream against the current and wind! At the power pole near the Feeder Canal we saw the osprey nest and the osprey hanging out. We headed back and saw a Great Blue Heron and many geese! Once we got back, some of the group headed over to the park and heard the last part of Bobby Dick and Suzie Q's show. Nice night out as usual! 11 Participants: Joanne Armstrong, Stewart Brown, Mo Coutant, Tina Crook, Anne Hunt, Mark Janey, Licia Mackey, George Sammons, Charlotte Smith, Donna and Mitch Zimmer.

Skylight and Marcy Sat, Jul 26, 2014, Wayne Richter

- An early start saw us on the trail out of Heart Lake just after 7:30. We made a short stop for the views at Marcy dam, then continued on to Lake Arnold for a longer break. Detouring just a bit off our route to the lake shore, we were treated to a solid patch of sunshine in what had been a largely cloudy morning. It was so pretty and pleasant that it was hard to get going again, but we soon cleared the divide and headed down to cross the gorgeous swamp just before Feldspar Brook. The long climb to Lake Tear of the Clouds went well and we were treated to yet another sun patch upon our arrival. The leader being massively outvoted and not too averse, seven of us went up Gray, six for the first time. Gray turned out to be an enjoyable challenge with better views than remembered, especially as the balance of sun and clouds began to tilt

more to sun. Then it was on to Skylight, straight up the trail. Skylight was spectacular as usual, and a bit cool with the wind. We had lunch, and Wayne finally got rid of all those brownies he was carrying. After a good long time on the summit, we headed back down to Four Corners, then up, up to Marcy. Once out of the trees, the open rock and views were just mind-blowing. We met Jen, the summit steward, then settled down to enjoy the summit. The clouds held off and we had fine vistas all around. By the time we left a bit before 5:00, we had been the only ones there for a while. Imagine Marcy to yourself on a great day! We made a final long stop at Indian Falls before heading down to finish just before needing headlamps. Congratulations to Lauren on her first High Peaks and welcome back to Intaba. 8 Participants: Lauren Crehan, Will Groff, Rachel Lane, Michael Letzring, Intaba Liff-Anderson, Wayne Richter, Mark Rye, and Joan Scibetta.

Additional reviews can be found on our chapter web site at adk-gfs.org by clicking on "Reviews" in the Chapter Links.

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 email your report to: metadataajim@gmail.com

Or, please mail your report to:
 Pharaoh Lake Wilderness Area
 Glens Falls-Saratoga Chapter ADK
 P.O. Box 2314
 Glens Falls, NY 12801

Executive Committee Meeting Minutes

Minutes from May 7, 2014

Treasurer Report presented by Mo Coutant was for the months of January to April 2014, referencing that dues were received from the club with a balance of \$9,716. During the time-frame that Treasurer Steve Mackey is away hiking the Pacific Crest Trail, Mo will cover for him in his absence.

Chapter Chair Laura Fiske reported that she participated in a conference call with ADK Club President John Gilewicz and other chapter chairs. Gilewicz discussed his goals, which include uniting the main Club and the chapters, increasing membership numbers, diversity, and increasing membership and participation among young people.

Annual Dinner Chair Anne Paolano reported that the Annual Dinner will be held at the Wishing Well Restaurant in Wilton.

Membership Chair Pat Desbiens reported that in the Chapter has 1,356 families and 2,271 total members. She also reported that EMS will no longer allow its stores to allow non-profits to have tables at its Club Days events.

Trails Committee Chair Tom Ellis reported that the trailwork on Tongue Mountain has been done, but that he will have to go back later to finish it. He handed out old trail markers that he had removed from a recently closed trail.

Education Chair Linda Ranado reported that, as authorized at the prior meeting, the Chapter has sponsored an additional camper from DEC's waiting list. The total for 2014 is 8 campers. She will present at the Moreau Lake State Park Conservation Day in May.

Vice Chair Kerri Healy reported that she will post the new mobile app for the Chapter Website on the Chapter's social media pages.

Wilderness Chair Jim Schneider reported that he has submitted his report to the Club for its annual Adopt-a-Wildlands report, which John Caffry has sent to the Ex. Comm. members.

The Firetower Challenge book update is being held up at the Club level due to a lack of staff. He got all of the old completer letters from Jack Freeman and will work on archiving them.

Website Chair George Sammons reported that he has updated the website to make it more mobile-friendly.

Conservation Chair Jacki Bave reported that she went to the Earth Day Lobby Day at the state Capitol with ADK and other groups. The City of Saratoga Springs and local groups have proposed a 24 mile "Saratoga Greenbelt Trail" around the city. It would connect to other trails in the area.

Start thinking about Winter with ADK!

The **ADK Winter Mountaineering School** is non-profit group that has been sponsored for 61 years by the Adirondack Mountain Club (ADK). The purpose of the program is to promote enjoyable and successful winter mountaineering and camping through a learn-by-doing approach. Our program is held in the Adirondack Mountains of New York.

Past participants have included three season hikers and backpackers looking to expand their skills to include winter hiking, backpacking and mountaineering, as well as more experienced skiers, trip leaders and winter mountaineers who are wishing to refine their skills or are looking for some excitement and adventure. Our friendly, experienced, all-volunteer staff; low student-instructor ratio; and pricing make the ADK Winter Mountaineering School the best value in the Northeast for learning winter skills. We offer day trip, weekend backpacking, and weeklong backpacking options.

Weekend and week-long sections will run from **January 29 through February 4, 2015**.

The following areas are typically covered in our programs. Although we try to cover all topics every year, it is not always possible – much depends on the snow conditions at the time of the program and the interests of our students:

- Winter backpacking skills
- Snowshoe, crampon and ice axe techniques
- Proper clothing and temperature management
- Steep snow and ice travel
- Safe above-treeline travel under winter conditions
- On- and off-trail navigation; map and compass review
- Trip planning
- How to pack a winter backpack
- Group gear review
- Hydration and nutrition
- Constructing snow shelters and a winter backcountry kitchen
- Wilderness first aid
- Avalanche awareness
- Decision making and risk management
- Winter "Leave No Trace" principals

To learn more about ADK's Winter Mountaineering School go to the website! **www.winterschool.org**

Outings Instructions: For more information see "Chapter Handbook" on our website's Chapter Links

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.

Dogs

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

Hiking Needs/Preparation/Equipment

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

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

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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POSTMASTER: CONTAINS DATED MATERIAL.
PLEASE DELIVER PROMPTLY. THANK YOU.

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!

