



Chepontuc Footnotes

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

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

GLEN FALLS-SARATOGA CHAPTER ADIRONDACK MOUNTAIN CLUB

Annual Dinner

Friday, October 12, 2007

The Queensbury Hotel, 88 Ridge St., Glens Falls, NY
Cash Bar 5:30 p.m. • Dinner 7:00 p.m.

Registrations
must be received by
Friday, October 5



Featuring Adirondack singer/ songwriter Dan Berggren

Join fellow friends of wild places for a warm and friendly evening in the finest Adirondack tradition. We are honored to welcome fellow ADKer Dan Berggren, one of the Adirondack's great masters of original music. Dan will be doing songs and stories about the people and places that make the Adirondacks what they are — music that's old and new.

While "Jamcrackers" is the brand new trio album (Dan Duggan, Peggy Lynn and Dan Berggren's self-titled CD), "Fresh Territory" is Berggren's latest. Also, this past year he produced an album for the Association for the Protection of the Adirondacks. "Shepherd of the Wilderness" is a tribute to Paul Schafer and is available only through the Association.

In 1992 the New York State Outdoor Education Association presented Dan with its Art and Literary Award. He was recognized in 2001 by the Association for the Protection of the Adirondacks with its Heritage Award and most recently, he was the recipient of the Adirondack Mountain Club's Education Award. We are truly honored to have one of the icons of Adirondack folk music help us celebrate the bond of adventure, history and friendship we share with the land and waters we love.

Please visit Dan's website at www.berggrenfolk.com for more information about his music, tour schedule and upcoming CD release concerts.

The Queensbury Hotel serves up fine food and has plenty of room for our growing membership. We welcome non-members to attend the dinner and invite you to consider joining ADK while you enjoy good company and fine music. Please mail the reservation form on the next page right away to guarantee your place at the table!

Glens Falls-Saratoga Chapter ADK Annual Dinner 2007

Hors d'oeuvres: Cocktail Hour

Vegetable Crudite, International Cheese and Fruit



Soups (self serve): Minestrone, Cream of Broccoli, Sweet Potato Cream
California Mesclun Salad with Choice of Dressings

Entrees: Choice of One

Pan Broiled Salmon with Traditional Hollandaise Sauce (\$22)

Roasted Prime Rib of Beef with Natural Au Jus (\$34)

Sautéed Chicken Breast with Marsala Wine Mushroom Sauce (\$21)

Grilled Vegetable Brochettes with Lemon-Thyme Glaze over Rice Pilaf (Vegetarian) (\$20)

Red Bliss Parsley Potatoes

Savory Fresh Vegetables of the Season



French Vanilla Cheesecake with Raspberry Coulis

Coffee, Tea, Decaf

1. All reservations MUST BE PREPAID and RECEIVED BY **FRIDAY, OCTOBER 5 (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) and check to:

JOHN SCHNEIDER, 6 NONCHALANT DR., SARATOGA SPRINGS, NY 12866

5. We do not mail confirmations back to you. Your meal ticket will be waiting for you at the registration table.

6. For more information contact **SUSAN HAMLIN (518) 587-5456**

e-mail: adkdinner@yahoo.com website: www.adk-gfs.org (pdf form online)

7. Please reserve early as space is limited. Sorry, we cannot accommodate telephone reservations or reservations received after October 5. Thank you for participation in the ADK community.

Directions to Queensbury Hotel: 792-1121; Online at www.queensburyhotel.com

Reservations/Directions

RESERVATION FORM

For more information, contact Susan Hamlin at (518) 587-5456.

Your Contact Phone Number _____ **DINNER SELECTION (PLEASE CHECK ONE)**

NAME (please PRINT CLEARLY for your name tag)	Chicken \$21	Beef \$34	Fish \$22	Veggie \$20
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1. _____	_____	_____	_____	_____
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2. _____	_____	_____	_____	_____
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3. _____	_____	_____	_____	_____
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**Checks payable to: Glens Falls Saratoga Chapter ADK. Please enclose payment and mail to:
JOHN SCHNEIDER, 6 Nonchalant Dr., Saratoga Springs NY 12866**

Ask and you may receive

BY JIM SCHNEIDER

With approaching autumn and local elections in Saratoga Springs and other area communities, the August 2007 issue of *Outside* magazine comes to mind. The cover story "Where to Live Now ... 30 Best Towns in America" got me thinking about what does Saratoga Springs not have in common with the 30 towns listed (Burlington, VT, Portland, ME, Asheville, NC, etc.). What would it take to get Saratoga Springs, Glens Falls, Lake George or any other area town on the *Outside* magazine list?

This election season will undoubtedly have candidates knocking on doors, calling phones, shaking hands at the supermarket asking for your vote. It's a wonderful phenomenon; politicians come to us for something and we have their undivided, albeit brief, attention (we should have elections every month!). So when the moment strikes here are some talking points for you to consider:

Saratoga Springs:

- Why isn't there a bike trail connecting the city with other bike trails in the area (Warren County Bike Path, for example)?

- **Whatever happened to the Spring Run Trail?** "The Spring Run Trail Plan was rolled out to city officials and the community through two public planning meetings in 1998, attended by hundreds of people. The plan has met with widespread community support, and Mayor O'Connell listed the development of this trail as one of the top ten priorities for the city in his January 1999 State of the City address." (http://www.saratogaplan.org/trail_spring-run.html)

- It looks like the city's new rec-

reation center will be built out at Weibel Avenue. **Will families be able to ride bikes or walk to the new recreation center on safe, dedicated bike paths or will they be forced to drive?**

CHAPTER CHAIR Report

Questions for local politicians.

Saratoga County cities and towns:

- As a candidate for office in a town in Saratoga County, **How do you plan to implement the Green Infrastructure Plan for Saratoga County locally in our town/city?** It seems that much initia-

tive will need to come from the local level. (<http://www.behanplanning.com/bpafiles/SCGIP.html>)

- **As a candidate for office, what will you do to make the Green Infrastructure Plan for Saratoga County a priority?**

Here's an interesting idea; "Complete Streets":

"A growing number of states and local governments are rejecting a half-century of transportation practice and demanding that streets accommodate all types of travel, not just automobiles. The concept of "complete streets" — with bike lanes, sidewalks and room for mass transit — has attracted a diverse national alliance of supporters, including advocates for senior citizens and the disabled." Ritter, John. "Complete Streets Program Gives More Room for Pedestrians, Cyclists." USA Today 30 July 2007. 30 July 2007 http://www.usatoday.com/news/nation/2007-07-29-complete-streets_N.htm.

Maybe our cities and towns won't be sold to the highest bidding developer. Maybe politicians and planners will recognize the economic value of outdoor recreation. Maybe one of our area cities or towns will be on a future "Best Cities" list in *Outside* magazine. Just maybe.

Chepontuc Footnotes

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Glens Falls-Saratoga Chapter
ADIRONDACK MOUNTAIN CLUB

P.O. Box 2314 Glens Falls, NY 12801 • www.adk-gfs.org

EXECUTIVE COMMITTEE

Officers:

Chair *Jim Schneider*

30 Elizabeth Lane, Saratoga Springs, NY 12866
Phone: 581-9367

First Vice Chair *Maureen Coutant*

22 Pinion Pine Lane., Queensbury, NY 12804
Phone: 745-7834 • E-mail: mojim@adelphia.net

Second Vice Chair *Heidi teReile Karkoski*

25 Black Point Road, Ticonderoga, NY 12883
Phone: NA

Third Vice Chair *Jean Holcomb*

30 Schuyler Drive, Saratoga Springs, NY 12866
Phone: 583-0658 • E-mail: jchhiker@localnet.com

Secretary *John Caffry*

25 Wing St., Glens Falls, NY 12801
Phone: 798-0624 • E-mail: jcaffry@caffrylawoffice.com

Treasurer *John Schneider*

6 Nonchalant Dr., Saratoga Springs, NY 12866
Phone: 584-8527 • E-mail: jschnei7@nycap.rr.com

Directors

John Schneider

See Treasurer contact information above

Laura Fiske

16 Barber St., Ballston Spa, NY 12020
Phone: 884-0345 • E-mail: lheacox@nycap.rr.com

Barbara Bave

4 Foxglove Way, Ballston Spa, NY 12020
Phone: 885-3604 • E-mail: barbbave@gmail.com

Past Chapter Chair *Barbara Bave*

See Director contact information above

Committee Chairs:

Annual Dinner *Susan Hamlin*

44 Wright Street, Saratoga Springs, NY 12866
Phone: 587-5456

Conservation *Jacki Bave*

14 Round Table Rd., Saratoga Springs, NY 12866
Phone: 587-3754 • E-mail: jackibave@verizon.net

Education *Linda Ranado*

18 Pine Ridge Road, Hadley, NY 12835
E-mail: lrando@hotmail.com

Hospitality *Gretchen Steen*

2217 County Route 46, Fort Edward, NY 12828
Phone: 638-6139 • E-mail: hola@hughes.net

Membership *Pat Desbiens*

16A Rovanten Park, Ballston Lake, NY 12019
Phone: 899-9688 • E-mail: pdesbien@nycap.rr.com

Newsletter/Editor *Jim Schneider*

30 Elizabeth Lane, Saratoga Springs, NY 12866
Phone: 581-9367

Outings *Patti Schwankert*

2A Woodcliff Dr., Clifton Park, NY 12065
Phone: 371-5510 • E-mail: pjschwank@aol.com

Program *Jean Holcomb*

30 Schuyler Dr., Saratoga Springs, NY 12866
Phone: 583-0658 • E-mail: jchhiker@localnet.com

Publicity *Bill Bechtel*

15 Olde Coach Road, Scotia, NY 12302
Phone: 399-1206 • E-mail: william.bechtelt@ge.com

Trails *Tom Ellis*

2217 County Route 46, Fort Edward, NY 12828
Phone: 638-6139 • E-mail: hola@hughes.net

Web site *Eric Freeman*

7 Fairmount Drive, Gansevoort, NY 12831
Phone: 581-9279 • E-mail: adkexp@yahoo.com

Wilderness *Dan D'Angelico*

3258 State Route 4, Hudson Falls, NY 12839
Phone: 747-0700 • E-mail: ddroadwarrior@adelphia.net

Young Members Group *Jonathan Lane*

15 Adirondack Circle Apt. D, Gansevoort, NY 12831
Phone: 744-4594 • E-mail: saratogahiker@infogorp.com

Board meeting minutes

Minutes from the Board of Directors meeting, June 23, 2007

- Curt Miller introduced Jeff Lacy, the new treasurer to succeed Tom Wheeler.
- Jim Covey presented a slide show of the JBL gray water system 2007 remediation effort that was completed as part of the spring work weekend. 600 hours were spent on the leach field system. The work included the installation of meters to measure water inflow and outflow and the replacement of water infiltration units.
- The ADK Fall Outing is scheduled for September 28th through 30th in the Buffalo area. 31 outings are planned for the weekend including a yoga class.
- Curt Miller, ADK President, talked about the organization being in a time of transition. There has been great improvement in ADK's financial position over the past 4 years. Over the past 4 years, the budget has been met by cutting expenses. The opportunities for further cuts are diminishing. The focus now needs to be on growing revenue. Membership continues to be a concern. By the end of the year, a revised business plan for the organization will be presented to the Board of Directors. This will be a long term plan.
- Neil Woodworth, ADK Executive Director, reported on a successful legislative session in Albany. ADK had 2 big wins. The EPA fund was expanded to \$300 million in the SFY 2008-09 budget. This is the chief way to buy land. The trail supporter program was created.
- An embroidered patch can be purchased for \$5.00 with all funds from the sale of the patch dedicated to hiking trail maintenance. Check the ADK website for more information on when the patch will be available and where it can be purchased.
- The Forest Preserve Project's focus is on what land to purchase. The immediate focus is to review land recently sold by Finch Pruyn to the Open Space Institute. This is being headed up by Stuart Messinger.
- Interviews are being held for the open Development Director position.
- The club is interested in feedback from members on the redesigned *Adirondack Magazine*. Forward feedback to Neil Woodworth.
- Membership continues to be a concern. Compared to last year, the number of households is down almost 10 percent. A cost-benefit analysis of past direct mail campaigns was completed. Based on that analysis the leadership team is planning a direct mail campaign for September. This will also provide feedback to the organization on why people join the ADK. Recent demographics suggest members are more interested in supporting advocacy, conservation and education rather than joining the ADK for hiking activities.
- Donations have been strong to date. ADK has received

some good grants so far in 2007. A grant from Tourism Cares and a \$4,000 grant to complete an alpine vegetation research project.

- John Million, Deputy Executive Director, thanked all the committee chairs for getting the facilities in top shape for the busy summer season.
- Be sure to check out the ADK website. New features continue to be added. The latest feature is a web cam at Heart Lake that shows current conditions at the Adirondack Loj.
- The nominating committee presented the slate of officers for 2008. They are as follows:
 - President - Curt Miller
 - Vice President - Jim Bird
 - Assoc. Vice President - Tom Andrews
 - Assoc. Vice President - Noel Davis
 - Assoc. Vice President - Rex Brown
 - Director, Member-at-Large - Stephanie Smith
 - Director, Member-at-Large - Jim Covey
 - Director, Member-at-Large - Robert Manning
- Through May 2007, the financial position of the club is better than budget by \$50,000. This is mainly driven by curtailment and deferral of expenses and timing. Expenses will pick up as ADK enters the busy summer season.
- Planning is underway for ADK's 11th annual live and silent auction gala. A Wilderness Affair (formerly known as Harvest Moon Madness) is scheduled for November 3. The event will be held at the Saratoga Hotel. ADK is hoping to increase corporate sponsorship with a redesign of this fundraising event. Some of the changes are food stations available throughout the evening and a raffle of 3 items (a quilt, hand-made canoe and camping package). The committee is seeking volunteers. Contact headquarters if you are interested in helping out.
- John Million presented the board with a conceptual document, ADK Blueprint for the Future. This is the starting point for ensuring ADK remains a vital and growing organization in the future and builds upon Curt Miller's discussion of ADK in transition. It outlined the challenges ADK is facing (changing demographics, financial challenges, declining membership) and some initial ideas for meeting these challenges. John, Curt and Neil stressed that the challenges ADK is facing are not unique to our organization. Other outdoor organizations and many not-for-profits are facing similar challenges in regards to growing the organization and fulfilling their missions. Over the next 6 months the leadership team will be formalizing a business plan to present to the board.

— Submitted by Laura Fiske,
Director ADK Glens Falls-Saratoga Chapter



Conservation News

By Jacki Bave

Governor, Legislature Provide Additional Funding for Environmental Protection Fund (EPF)

— Legislation to increase funding for the EPF, passed by the Senate and Assembly in June, has been signed into law by Governor Spitzer. The EPF Enhancement Act increases the fund to \$250 million for this year and next, and increases it to \$300 million for 2009-2010.

The EPF supplies money for open space protection and stewardship of state lands. The additional money for this important fund will come from the Real Estate Transfer Tax, which has seen an increase in revenues due to increases in development. ADK feels

that it is good public policy to balance rapid development with protection of natural resources, and advocated for the passage of the bill. Passage of the EPF Enhancement Act was even more important because the legislature did not act on the Bigger Better Bottle Bill, which would have provided increased funds for the EPF from unclaimed bottle deposits.

Thanks to all chapter members who responded to the Club's Action Alert and contacted their Senators, Assemblymembers and Governor Spitzer about this important legislation. Please continue to check the chapter's website for Action Alert updates. Should you wish to receive ADK Action Alerts directly, sign up at adkadvocacy@nycap.rr.com.

New members

GF-S CHAPTER

The Glens Falls/Saratoga Chapter welcomed the following new members:

MAY

- George and Debbie Armstrong, Saratoga Springs
- Matthew Armstrong, Hudson Falls
- Michael, Carolyn, Ryan, Meghan and Sarah Bailey, Hudson Falls
- Ken Burl, Corinth
- Matthew Cappola, Mechanicville
- Robert Cross, Glens Falls
- Donald Dean, Lake George
- Mary, Gary, Matthew and Maria DiSanto-Rose, Gloversville
- Michael, Desiree and Adrianna Drindak, Ballston Spa
- Karen Duffy, Ballston Spa
- Bonnie Duhamel, Saratoga Springs
- Ken Galloway, Queensbury
- William Greenleaf, Saratoga Springs
- Mary Kuykendall, Middle Grove
- David, Tina, Maximus and Alexis Lau, Gansevoort
- Colleen LeSoine, Middle Grove
- Richard, Julia, Jessica and Jacob Loyst, Queensbury
- Richard, Carrie and Jake Nardone, Gansevoort
- Cassandra Pietryk, Cohoes
- Craig Stephenson, Queensbury
- Frank Tucceri, Warrensburg

JUNE

- Ted Beckman, Neptune, New Jersey
- Laura Breakenridge, Bolton Landing
- Barbara and Richard Britton, Gansevoort
- Robert Gatman, Wilton
- Jeanine Gomez, Neptune City, New Jersey
- Megan Green, Glens Falls
- Pradeep Gupta, Clifton Park
- Joseph Hutchins, Edinburg
- Paul Kippel and Shirley Laplante, Mechanicville
- Daniel Larson and Victoria Wirth, Queensbury
- Christopher Messitt, Glens Falls
- Jonathan Morehouse, Lake Luzerne
- Christopher Nelson, Queensbury
- Meg O'Leary, Saratoga Springs
- Suzanne Pierce, Queensbury
- Richard and Helen Quadomine, Hadley
- Kathleen Taylor and Donald Pompliano, Lake George
- Wendy, Peter, Tim, Jack and Nevin Voorhis, Queensbury
- Mary Ellen Williams, Greenwich
- Ralph and Janet Wilson, Queensbury

Younger Members Group (YMG) Q&A

Over the past few months I have heard various questions and assumptions made concerning the YMG. Hopefully I can answer some of these questions here.

What is the YMG?

The Younger Members Group is a subgroup aimed toward younger adults in their 20s and 30s. The main goals of the YMG are to increase participation by providing appealing activities, to help grow membership in the Glens Falls-Saratoga Chapter, to share the knowledge on ADK opportunities, and to provide opportunities to meet like-minded people in the same age-range.

Am I too old to go on a YMG outing?

Not at all! YMG outings are geared toward members in their 20s and 30s, but

not limited to them. Having a range of ages leads to an increase in knowledge and levels of experiences, which in turn can lead to a more well-rounded hiking experience.

Are YMG hikes faster paced than non-YMG hikes?

No, that is merely a myth. YMG hikes have people of all ages and varying fitness levels on them, similar to a regular chapter hike. Age does not directly correlate to a person's hiking ability.

Hopefully now you won't have any excuses for not signing up for a YMG event. So let's get out there and have some fun! You don't have to be young, just young at heart!

— Jonathan Lane, YMG Chair



GF-S Chapter Winter Weekend at Heart Lake

The Chapter's 2008 Winter Weekend at the Wiesel Trails Cabin at Heart Lake will be held during the Martin Luther King Weekend from Friday, January 18 to Monday, January 21, 2008.

From the Cabin we will be able to cross-country ski and snowshoe into many areas of the High Peaks. This is a good opportunity to for those of you who may be working toward your Winter 46. Algonquin, Iroquois, Wright, Phelps, Tabletop, Marcy and many more High Peaks await the snowshoe. 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 Mount Jo might be all you want to do. The Loj property also has excellent ski trails. We never rule out possible shopping in Lake Placid. Breakfast and dinners are included in the price. The Wiesel Trails cabin, with electricity, a kitchen, and showers, sleeps 16 persons in four four-person bunk rooms.

The rate for the weekend should be no more than \$100 per person, if all 16 spaces are filled.

If we do not get an appropriate number of attendees, we will need to cancel our reservation at least 60 days (October 18) before our arrival date. Do not wait until the last minute to make your reservations.

To reserve your spot, send your deposit of \$100 per person as soon as possible to John Schneider, 6 Nonchalant Drive, Saratoga Springs, NY 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.

Exploring New Zealand on foot and by kayak

Our first program of the new season will be at 7 p.m., September 20 at the Saratoga Springs Public Library Community Room. We are privileged to have our chapter's Education Chair, Linda Ranado share her fantastic six-week trek through New Zealand.

Linda Ranado:

A number of years ago I decided it was payback time. I had long reaped the benefits of the Adirondack Mountain Club's guide-books, trail maintenance and environmental advocacy and protective actions and it was time

to give back. Thus, I joined the Glens Falls-Saratoga Chapter of ADK, began to participate in its outings and became a member of the Education Committee, of which I presently chair ... an appropriate position, I suppose, for a, now-retired, 32-year veteran teacher of secondary English.

My love of hiking was re-energized at Amsterdam High School when some of my colleagues and I formed the "Hikettes," beginning with short after-school hikes and leading to, with the

encouragement of our fellow colleague, 46'er historian Tony Solomon, six of us being introduced to the High Peaks. Interspersed with a multitude of hikes throughout the Adirondacks and Catskills, three of us — Barb Bilins, Nancy Buckley and myself — completed the 46 in July of 2005. It was this camaraderie that arose from our mutual love of being out on the trail that led to our decision to tramp about New Zealand for more than six weeks upon my retirement. (Barb and Nancy did Australia upon their retirement a few years prior which was added incentive.)

Our time in New Zealand was amazing! South Island highlights began with excursions on and off the Banks and Otago Peninsulas observing dolphins, seals, albatross and penguins. Ensuing travels found us tramping through the 33 ½ miles of rainforest and alpine of the Milford Track. Highlights of the North Island found us walking through Kauri forests, sailing in the Bay of Islands, and side-tripping to the sparsely populated Great Barrier Island and its natural hot springs, extensive beaches, and forests. All culminated to a return to the mainland and a trek through the volcanic/desert regions of the Tongararo Northern Circuit with side trips into the depths of the Red Crater and over to Mt. Ruapeho and its Crater Lake whose lahar break had cut off traffic a mere three days before.

The land, the people, the flowers, the birds ... all made for a most memorable "kiwi" experience.

Program

'NEW ZEALAND:
ON FOOT AND BY KAYAK'

WHEN: 7 P.M.
SEPTEMBER 20

WHAT: TALK WITH
LINDA RANADO

WHERE:
SARATOGA SPRINGS
PUBLIC LIBRARY
COMMUNITY ROOM

ADK Headquarters lecture series returns

What: Lectures at 7 p.m., Tuesdays

Where: Adirondack Mountain Club

814 Goggins Rd.,

Lake George, NY 12845

Reservations required; Call 518-668-4447

September 11, 2007

• **Bear Problems & Solutions**

Ed Reed

• **No Place I'd Rather Be – Lean-to Stories**

Stu Messenger

Join Ed Reed, Department of Environmental Conservation Wildlife Biologist who will be speaking about bears in the Adirondacks, and on a lighter note, author Stu Messenger, will entertain us with hilarious stories from lean-to journals, including those about bears and hikers.



Chapter officers announced for '08

Chapter members will be asked to vote at our annual meeting / dinner Friday, October 12, 2007, at the Queensbury Hotel on the following:

The Executive Committee of the Glens Falls-Saratoga Chapter recommends the following slate of officers for 2008-2009:

Chairperson	Jean Holcomb
1st Vice Chair	Heidi Karkoski
2nd Vice Chair	Maureen Coutant
Secretary	John Caffry
Treasurer	John Schneider

Directors (continuing — no terms expired in 2007):

Barb Bave, Laura Fiske, John Schneider
Special Thanks go to Maureen Coutant and the chapter Nominating Committee for preparing the slate of officers!

Nominee Biographies:

Jean Holcomb, Nominee for Chapter Chair:

ADK member since 1980. I have been an outings leader since 1987 and Programs Committee Chair since 2000. I have continued in that position regularly attending executive committee meetings, and becoming familiar with all chapter committees. My progression to chapter chair seems a natural course. ADK has been a powerful force in my life. I have made many lasting friendships and have grown to love the Adirondacks like no other place in the world. I look forward to serving the club and helping others.

Heidi Karkoski, Nominee for First Vice Chair:

I joined ADK because I was interested in hiking in the High Peaks. I became a 46er in December of 2006 and a winter 46er in January of 2007. I wanted to "give back" to the club that has given me so much, which led to joining the chapter executive committee a few years ago. It is the people that I have met since joining ADK that have made this journey so wonderful. I look forward to meeting more friends either on the trails or through other chapter activities and initiatives.

Maureen Coutant, Nominee for Second Vice Chair:

ADK member for more than 15 years.

I formerly served as Chapter Chair after serving in Vice Chair positions. I've chaired the Nominating Committee several times and also served as one of the Directors for our Chapter on ADK's Board of Directors. I have worked on ADK's major annual fundraiser Harvest Moon Madness and I am the Chairperson for ADK's headquarters building at Exit 21. After I became involved with the Chapter I learned all the other great things that ADK does for the community besides maintaining trails and providing hiking opportunities.

John Caffry, Nominee for Secretary (re-election):

ADK experience: ADK member since 1985. Current member of Chapter Executive Committee; former Chapter Publicity Committee Chair and Second Vice Chair; Chapter Secretary since 2006. Former member of ADK Board of Governors, Executive Committee and Headquarters Committee. Current member, and former chair, of ADK Conservation Committee. Lean-to adopter since 2003.

John Schneider, Nominee for Treasurer (re-election):

Served the chapter in many, if not all capacities for more than twenty years: hike leader, executive committee member, newsletter editor, Director on the ADK Board of Directors (currently representing our chapter). At the club level active on the Trails Committee and organizer of ADK's Adopt-A-Lean-To program. Organizer of our chapter's annual "winter camp" at Heart Lake.

As per chapter bylaws, Article I, "additional nominations, in writing, may be submitted by any member entitled to vote to the chair of the Nominating Committee (Maureen Coutant) not later than two weeks prior to the annual meeting. Such nominations must be signed by no fewer than twelve voting members. 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 date".

Proposed Chapter By-Law changes Amendment to Glens Falls-Saratoga

Chapter of the Adirondack Mountain Club Constitution & Bylaws and Job Descriptions:

Page 2 Article V – Officers. On line two delete "Third Vice-Chair"

Page 3 Bylaws, paragraph 5, line 1&2 delete "Third Vice-Chair"

Page 4 Bylaws cont. delete first paragraph beginning "The Third Vice-Chair..."

On index page under officers delete the third line "Third Vice-Chair ... 5"

Under Job titles delete all of page 5 beginning "Job Title: Third Vice-Chair"

New chapter standing committee: Young Member's Group

Position Title: Young Member's Group Chair

Committee Objectives:

The Younger Members Group is a sub-group aimed towards younger adults in their 20s and 30s. The main goals of the YMG are to increase participation by providing appealing activities, to help grow membership in the Glens Falls-Saratoga Chapter, to share the knowledge of ADK opportunities, and to provide opportunities to meet like-minded people in the same age-range.

Committee Organization: Committee Chair (Chair) and as many other members as are needed to fulfill committee objectives. Committee members are to be recruited by the Committee Chair.

The Chair is appointed by the Chapter Chair, and shall report to the Chapter First Vice Chair. The First Vice Chair is encouraged to attend the committee meetings, and should receive meeting invitations along with other committee members.

Suggested Committee Procedure: The Chair shall attend all monthly EC meetings, and shall have voting rights at such meetings. The Chair shall also make an oral report at such meetings. In the event that the Chair cannot attend a meeting, a brief report should be sent to the EC via the appropriate Vice Chair.



Education Corner

As of this writing, we have enjoyed one Hike & Learn activity where we were joined by Emily Blanchard, Rebecca Abreu, and their dads, Bob and Peter. En route to Thomas Mountain, the girls learned safety tips for packing and about "Leave No Trace." Frogs, toads, salamanders, unusual spiders, woodland flowers, birdsong and some delicious raspberries greeted us along the way. A nice rest at the cabin with beautiful views of Lake George and Crane Mountain were enjoyed by all as we lunched upon the summit. Thanks to Barb Bilins for helping Nancy and myself out.

Our 2007 camp sponsorships ran into a snag this summer as three of the six sponsored became no-shows. However, Sarah Larsen, Benjamin Uris and Ralph Farrell did partake in the Teen Trails program, learning through firsthand experience about trail maintenance and crew camaraderie. This brings us to our annual search for new applicants (for Summer 2008) to sponsor for week long stays at DEC Camp Colby and Pack Forest and for the four- and five-day high school project camperships as part of ADK's Teen Trails program. In each case, our Glens Falls-Saratoga Chapter will continue to sponsor interested youth by paying the \$250 cost of attendance.

Camp Colby, on the western shore of Lake Colby outside Saranac Lake, is for youth from 12 to 14 years old. Past participants enjoyed the "discovery groups that worked together in lessons and group activities throughout the whole week that promoted teamwork and understanding of the environment about us" as well as a variety of activities from "day-long canoe trips" to hunter safety lessons," fishing or archery. Games such as "Oh Deer" (teaching about deer habitat) and "Bat Eats Moth" added to the overall appre-

ciation of nature along with loon sightings, bug and plant identification and salamander and butterfly catching. **DEC's Pack Forest** program hones individual and group skills for 15 to 17 year olds who participate in activities which focus on environmental concerns such as forestry, aquatic biology, wildlife management and field ecology. Hiking, camping, canoeing, yoga meditation, swimming, fishing, baking and tie-dyeing are among the many options to experience. One past participant noted how he "learned to tell the difference between a male and a female frog" while another enjoyed the overnight "Eco-Challenge" and, yet another, the campfire songs and skits. Each year participants in both DEC programs have complimented the "home cooking" and the humor and expertise of the counselors. Feedback also emphasized the fun of making many new friends from different places as they all shared in a fun learning environment.

The **Teen Trails Program** run by ADK offers interested teens from 14 to 17 the opportunity to participate in projects which are "inherently educational and include not only trail maintenance and reconstruction techniques, but also low-impact camping and natural history" with the chance to "ultimately, complete a quality trail project that will protect the natural resources for years. Experienced leadership, group camping gear, tools and food are provided as "crew" members learn such skills as how to install water bars, harvest trees with a crosscut saw and axe and/or to move boulders with a steel bar. Past participants noted the "hard, but rewarding work," the helpful leadership and the good times with new people. You can't be afraid to get dirty and exert some energy for this one!

Application forms for all of these sponsorships may be downloaded from our chapter website and, when completed (including essay), sent to: Linda Ranado, 18 Pine Ridge Road, Hadley, NY 12835

Applications must be received by January 7. If you have any questions, you may call me at 696-7265 or e-mail me at lrando@hotmail.com.

— Linda Ranado, Education Chair

All welcome to join in to spruce up ADK headquarters property

ADK Lake George Property (headquarters) Workdays
Saturday, October 20

9:00 a.m. to approximately 2:00 p.m.

Join fellow ADKers and friends to spruce up ADK headquarters property off Exit 21 of the Northway.

During the fall, volunteers help ADK get ready for the big freeze. The lawn is raked, screens taken down, gutters cleaned, garden cleaned up, and other projects are done to maintain the property. This year we've also been staining part of the building. So if the weather cooperates, we'll also wrap up any loose ends on that project. It's fun to meet new people and take part in a community project. You don't have to bring anything other than work gloves — if you have them. Bring a friend along also to make it more fun! Scones, coffee and lunch (including Jim's famous workday cookies) will be provided!

"Many hands makes light work" — please check your calendar and see if you can spare the day or part of it!

Call Maureen Coutant for more information and to sign up at 745-7834 or e-mail: mojim@adelphia.net (If you can come a different day to do a project, let me know.)

On membership

Mother Nature cooperated this year for our 2nd Annual Membership Barbecue held on June 9 at Moreau State Park. It was a great day for a nature walk, a hike, a paddle or just relaxing on the beach and the 40 people who came took full advantage of all the opportunities. Many thanks have to be extended to GF/S Chapter members Steve and Licia Mackey — Steve for supplying the food (as well as doing most of the cooking) and Licia for taking the lead in setting up for the meal — all efforts greatly appreciated and rave reviews from all present. Thanks also to Barbara Bave and Bill Schwartz for leading the hikes and to Mo Coutant for leading the paddle. This barbecue is a wonderful opportunity to meet fellow Glens Falls-Saratoga Chapter members, to find new friends and hiking/paddling companions or to just relax and talk with others who share similar interests. Keep an eye open for next year's date and hope you will consider joining in.

— Pat Desbiens, Membership Chair



Outings and programs schedule

DIRECTIONS FOR OUTINGS, PROGRAMS & MEETINGS are on inside rear cover. OUTINGS DETAILS & CONTACT INFORMATION are found in the "Outings" section. Changes or additions made after publication can be seen on our web page: www.adk-gfs.org

Programs held at 7 p.m., on a THURSDAY of each month (except July and August) and alternate between the Glens Falls Presbyterian Church and the Saratoga Library.

Executive Committee Meetings held at 7 p.m., on the first WEDNESDAY of the month (except July and August) and alternate between Glens Falls National Bank Community Room and Saratoga Library.

Outings Committee Meetings held the 3rd/4th WEDNESDAY, alternating months at 7:00 p.m. and alternate between Glens Falls National Bank Community Room and Saratoga Starbucks (Broadway). Future meetings: September 26, November 28

YMG = Younger Members Group. **OMG = Older members Group.

September		Outing Type	Destination	Leader/Contact	Rating
1	SAT	Hike	Hoffman Notch	Lane	B+
1	SAT	Hike	Allen Mountain	Whitney/Carpenter	A+
2	SUN	Hike/Climb	Trap Dike/Colden/SE Slide	Lombard	A++
3	MON		** LABOR DAY **		
5	WED	Meeting	Executive Committee Meeting	Schneider	—
7-9	FRI-SUN	Camping	Ouluska Pass	Crammond/ Boudier	
8	SAT	Hike	*Firetower* — Azure (or Arab?) and the Wild Center	Gottung	C
9	SUN	Hike	*ADK 100 Highest* — Morgan Mountain and Wilmington Peak	Whitney	B
11	TUE	Canoe/Kayak	Evening Paddle — Warren/Saratoga Counties	Coutant	C/D
12	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
15	SAT	Hike	Tabletop and Phelps	Carpenter	A+
15	SAT	Hike	Nippletop Slide	Lombard	A+
16	SUN	Hike	*Fire Tower Challenge* — Goodnow Mountain	Desbiens	C+
19	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
20	THUR	Program	New Zealand with Linda Ranado — Saratoga Library	Holcomb	
22	SAT	Hike & Bike	Hadley and Great Sacandaga Hike & Bike	Lester	B
22	SAT	Hike	Santanoni and Panther Peaks	McLean	A+
23	SUN	Hike	Sawteeth	Holcomb	A
24	MON	Canoe/Kayak	Evening Paddle — Warren/Saratoga Counties	Coutant	C/D
26	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
26	WED	Meeting	Outings Leaders Meeting — GLENS FALLS Bank	Schwankert	
29	SAT	Hike	Tongue Mountain to Fifth Peak Lean-To	Desbiens	B
30	SUN	Hike	Wyman Mountain	Holcomb/ Boudier	A
30	SUN	Hike	*Fire Tower Challenge* — Black Mountain (Lake George)	Desbiens	B
October					
3	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
3	WED	Meeting	Executive Committee Meeting	Schneider	—
6	SAT	Hike	Whortleberry, Big Bad Luck, and Ross Ponds	Crammond	B
7	SUN	Hike	Dix Mountain	Whitney/Carpenter	A
9	TUE	Paddle	Evening Paddle — Warren / Saratoga Counties	Coutant	C/D
10	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
12	FRI	DINNER	Chapter Annual Dinner — Queensbury Hotel	Hamlin	
13	SAT	Hike	*Fire Tower Challenge* — Gore	Holcomb	B
14	SUN	Hike	Hoffman Bushwhack	Aspholm/Boudier	A
17	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
20	SAT	Hike	Basin and Saddleback	Lester	A+
20	SAT	Hike	Upper and Lower Wolf Jaws	Carpenter	A+
21	SUN	Hike	Pharoah Mountain	Whitney/Carpenter	A
23	TUE	Paddle	Evening Paddle — Warren / Saratoga Counties	Coutant	C/D
24	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
27	SAT	Hike	Full Moon Hike — Saratoga Battlefield	Ganett	C
28	SUN	Hike	Niagra and Nippletop — Bushwhack	Aspholm/Boudier	A
28	SUN	Hike	Thomas Cole and Black Dome — Catskills	Bechtel/Desbiens	B+
31	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
November					
4	SUN	Hike	MacNaughton	Holcomb/Boudier	A+
6	TUE	Paddle	Evening Paddle — Warren / Saratoga Counties	Coutant	C/D
7	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
7	WED	Meeting	Executive Committee Meeting	Schneider	—
12	MON	Hike	VETERANS DAY — Lower Wolf Jaw via Bennie's Brook Slide	McLean	A
13	TUE	Paddle	Evening Paddle — Warren / Saratoga Counties	Coutant	C/D
14	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
21	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D
22	THU	Hike	Saratoga Battlefield Turkey Trot #9	Crammond	C+
28	WED	Walk	Glens Falls Area Wednesday Morning Walk	Coutant	C/D



PLEASE NOTE: Designated hikes (family, new member, etc.) are geared for a special purpose, but are not exclusive. If you would like to attend any outing, please call the trip leader. Also, please be sure to refer to the outing instructions at the back of the newsletter to be prepared for the outing.

***YMG* — *ADIRONDACK QUEST* — HOFFMAN NOTCH**

Saturday, September 1

Time: 7:00 a.m.

Rating: B+

Jonathan Lane 744-4594 or saratoghiker@infogorp.com

This hike is geared toward hikers in their 20s and 30s, but is open to anyone who is young at heart. I've heard that this is a beautiful area, so let's check it out for ourselves! Depending on the group, weather, etc., we can spot cars on one end of the trail and hike about 7 miles end-to-end or retrace our steps for a 14 miler. If some people want to hike 7 miles and others want to hike the 14 miles, that's fine, too! The pace will be moderate and elevation gain is minimal.

ALLEN MOUNTAIN

Sunday, September 2

Time: 5:00 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

Jack Whitney 793-9210 or jack1758@adelphia.net

A long day is to be expected with hiking on dirt roads, herd paths and wet slippery rocks! Anyone working on the 46 or if you would like to revisit this mountain for the views, please feel free to join us.

TRAP DIKE/MOUNT COLDEN/SE SLIDE

Sunday, September 2

Time: 6:00 a.m.

Rating: A+++

Alex Lombard 854-9088

Starting from the Adirondack Loj, we will travel to Avalanche Lake and the start of the Trap Dike. This was the route used on the first Mount Colden climb back in the 1800s. We will follow the Dike up for a while and then exit onto Colden's magnificent open slides. These slides are steep and exposed, but will offer us safe passage to the summit. Once on top, we have three options for a descent. The standard route to Lake Arnold, out toward Lake Colden and then back through Avalanche Pass, or more interestingly, down the SE Slide. We will make the call depending on the day and conditions. Remember folks, this is a class three climb! For safety reasons more stringent pre-trip screening is necessary. Call trip leader for more details and to sign up.

IMPORTANT NOTICE! New Outings Meeting Location

Unless otherwise noted, effective immediately the meeting location for Chapter Outings is as follows. (The former location, Brueggers has closed.)

PANERA BREAD

Northway Plaza, 820 Route 9,

Queensbury NY 761-6957/3

Hours: Mon-Thurs: 6:30 a.m.-9:00 p.m.;

Fri-Sat 6:30 a.m.-10:00 p.m.;

Sun: 7:30 a.m.-8:00p.m.

• From NORTHWAY (I-87)

Take Exit 19 and go east on AVIATION/QUAKER ROAD, follow .5 miles to ROUTE 9/GLEN ST.

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.

OULUSKA PASS CAMPING

Friday-Sunday, September 7-9

Time: 7:00 a.m.

Rating: A

Rich Crammond 584-2380 or Jayne Boudier 793-3770

This adventure is to look for a barringer brake and a plane crash site near Seward Mountain. We'll camp at Ward Brook or up in the pass. 17+ miles (11 on a logging road, the rest unmarked or bushwhacking), 3,500+ ft. ascent, moderate pace.

***FIRETOWER* — AZURE (OR ARAB?) & WILD CENTER**

Saturday, September 8

Time: 8 a.m.

Meeting: Panera-Queensbury

Rating: C

Jessica Gottung 725-3859

We will go to the wild center first and check out all the exhibits.

There is a fee for the Wild Center; leader will obtain details. Then it's off to the mountain for this short climb to a fire tower. Could be a great family outing! Bring your lunch. Rain will cancel.

***ADK 100 HIGHEST* — MORGAN MOUNTAIN AND WILMINGTON PEAK**

Sunday, September 9

Time: 6:30 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@adelphia.net

Just a little bit north of the North Pole, let's go and see what these two mountains hold in store for us. Between the two mountains is Copper Kiln Pond — maybe a good stop for lunch at the shelter located there. This is a trail to Copper Kiln Pond, with short bushwhacks to Morgan Mountain and Wilmington Peak. Round trip distance about 6.5 to 7 miles.



WARREN/SARATOGA COUNTY PADDLES

Tuesday evening, September 11

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojom@adelphia.net

I have a Precision "Swiftly" kayak — slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flatwater somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, September 12

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojom@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

TABLETOP AND PHELPS

Saturday, September 15

Time: 5:30 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

We will start from the Heart Lake trailhead and go out to Marcy Dam. We will then take the Van Hovenberg trail up to the herd path junction and up to Tabletop. On the way back about a mile before Marcy Dam we will take the trail up to Phelps. Should be just right for the great fall scenery!

NIPPLETOP SLIDE

Saturday, September 15

Time: 6:00 a.m.

Rating: A+

Alex Lombard 854-9088

We will begin our day the Ausable Club parking lot and then travel to Elk Pass. From there we will take the short bushwhack to the base of Nippletop's slide. Following the slide to the summit, we will enjoy perfect views of the Great Range. For descent, we can either travel back down to Elk Pass or go over Dial Mountain. Call trip leader for more details and to sign up.

FIRE TOWER HIKE — GOODNOW MOUNTAIN

Sunday, September 16

Time: 8:00 a.m.

Rating: C+

Pat Desbiens 899-9688 or pdesbien@nycap.rr.com

A 3.8-mile roundtrip hike to one of the peaks on the firetower challenge list. Great views. Slightly more than 1,000 ft. elevation gain. The trail is also a self-guided nature hike trail. Easy pace and if the group wants, we can stop at the Visitor Interpretative Center at Newcomb after the hike. After 6:00 p.m. on Friday, September 14, please call 316-1244.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, September 19

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojom@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

HADLEY MOUNTAIN/GREAT SACANDAGA HIKE & BIKE

Saturday, September 22

Time: 8:00 a.m. at Hadley Mountain Trailhead

Rating: B

Ron Lester 899-4187 or muleskinner46er@hotmail.com

Let's start with the 4-mile round trip up to the fine fire tower views at an easy pace. Then drive 10 minutes to the Conklinville Dam and take off around 12:30 for the 31-mile "spin" around Great Sacandaga with some small rolling hills. This is a favorite ride of mine. Join us for either or both.

SANTANONI AND PANTHER PEAKS

Saturday, September 22

Time: 6:30 a.m. at TRAILHEAD!

Rating: A+

Mike Mclean (315) 262-2564 or mpmclean@twcny.rr.com

We will leave the Santanoni Bradley Pond Trail head at 6:30 a.m. with Santanoni being the first objective via the old trail that was illegal and closed and now is legal and still easily followed though occasionally quite thick going ... then over the standard herd path to climb Panther ... and then down to Bradley Pond. If there is enough interest and daylight, we may also throw in Couchsachagra. Estimate: 10 +/- miles.

SAWTEETH

Sunday, September 23

Time: 6:30 a.m.

Rating: A

Jean Holcomb 583-0658 or jchhiker@loclnet.com

Jayne Boudier 793-3770

We will do the loop going up the Scenic Trail and coming down via the Weld Trail. About 3,000 feet elevation gain and 13 miles, half on the Ausable Club road. This was a fantastic hike the last two years. The Scenic Trail is stunning in fall. Just hope for a beautiful day. We will leave from Panera Bread parking lot, Northway Exit 19, Queensbury. 14 hiker limit.



Outings

WARREN/SARATOGA COUNTY PADDLES

Monday evening, September 24 (note: this week only, we will paddle on Monday)

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojom@adelphia.net

I have a Precision "Swiftly" kayak — slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flatwater somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, September 26

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojom@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

TONGUE MOUNTAIN TO FIFTH PEAK LEAN-TO

Saturday, September 29

Time: 9:00 a.m.

Rating: B

Pat Desbiens 518-899-9688 or pdesbien@nycap.rr.com

We will be joined on this hike by members of the New Jersey Chapter of the ADK who will be at Roaring Brook Lodge this weekend for their fall outing. This is about a 5-mile round trip up to Fifth Peak Lean-to on Tongue Mountain. There are good views to the South and West and of Lake George to the East. The hike entails about 1,200 ft. of elevation gain. The pace will be slow to moderate with time for stops to appreciate the area. Lunch and hopefully some fall colors will be enjoyed at the lean-to. Please call or e-mail the leader for specifics on meeting place. If calling after 6:00 p.m. on Friday, September 28, please call (518) 316-1244 (cell phone).

WYMAN MOUNTAIN BUSHWHACK

Sunday, September 30

Time: 6:00 a.m.

Rating: A

Jean Holcomb 583-0658

Jayne Boudier 793-3770

This unfamiliar 3,300 ft. peak has great views of the Dix Mountain Wilderness. 10-mile loop (5 miles are trailless), 2,500 ft. ascent, at a moderate pace.

FIRE TOWER — BLACK MOUNTAIN (LAKE GEORGE)

Sunday, September 30

Time: 7:30 a.m.

Rating: B

Pat Desbiens 899-9688 or pdesbien@nycap.rr.com

We will approach Black Mountain from the East. If the weather cooperates and it is a nice day we will make this a loop trip by ascending by the Pike Brook Trail to the summit, then descending via the trail coming up from Black Mountain Point to the Black Mountain Ponds Trail and finally to the Lapland Pond Trail back to the trailhead. Total distance will be about 6 miles with 1,046 ft. of elevation gain. Pace will be slow to moderate, allowing for time to enjoy the views of Lake George from the summit and the beautiful ponds on the way down.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, October 3

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojom@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

WHORTLEBERRY, BIG BAD LUCK AND ROSS PONDS

Saturday, October 6

Time: 8:00 a.m. at Grand Union, North Creek Village

Rating: B

Rich Crammond 584-2380

Three nice ponds to visit on a fall day in the Adirondacks. What more could you ask for? Approximately 8.2 round trip miles, with not too much elevation change. Dress for the weather. Plan for most of the day for this hike. No dogs please.

DIX MOUNTAIN

Sunday, October 7

Time: 5:30 a.m.

Rating: A+

Bill Carpenter 793-5506 or pcarp@verizon.net

Jack Whitney 793-9210 or jack1758@adelphia.net

We will hike in from the Round Pond trailhead on Route 73.

Hopefully there will still be fall colors. Great views from this classic mountain.

WARREN/SARATOGA COUNTY PADDLES

Tuesday evening, October 9

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojom@adelphia.net

I have a Precision "Swiftly" kayak — slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flatwater somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.

Your outings leaders
are waiting for your call!



GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, October 10

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojom@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

FIRE TOWER — GORE MOUNTAIN

Saturday, October 13

Time: 7:00 a.m.

Rating: B

Jean Holcomb 583-0658 or jchhiker@localnet.com

This is a hike that begins at a town recreation area and ends on a ski slope and has the world's ugliest fire tower. However, in between there is a lovely climb with a charming lean-to and overlook lunch spot and a beautiful glacial cirque with dramatic rock walls. If they are once again doing construction on the mountain we can go down the road to 13th Lake and do the Peaked Pond/Mountain trail which is also charming. About 6 miles and 2,000 feet of elevation. Pace moderate.

HOFFMAN MOUNTAIN BUSHWHACK

Sunday, October 14

Time: 5:00 a.m.

Rating: A

Jayne Boudier 793-3770

Bob Aspholm 798-8599

From Big Pond, we'll start north up a nice hardwood ridge (with views east) toward Hoffman's thick, spruce, viewless summit. But 5 minutes north of there is a neat view of Elk Lake and the Peaks, only partially obscured by sticky spruce. Total of 11 miles (8 trail-less), and 2,400 ft. ascent. This is the 3700 ft. peak NW of Schroon Lake that we pass on the Northway. Pace will be moderate, with time to stop.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, October 17

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojom@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

BASIN AND SADDLEBACK MOUNTAINS

Saturday, October 20

Time: 6:00 a.m.

Rating: A+

Ron Lester 899-4187 or muleskinner46er@hotmail.com

Approximately 15 miles at a moderate pace. This is a great hike with some rugged climbs up both peaks. Basin has one of the best views in all of the High Peaks. The rock scramble up Saddleback is a fun piece of trail. Should be a blast! Bring headlamp, shell jacket with a warm top, gloves and warm hat ... and cookies or brownies, the leader likes either ... or both.

UPPER AND LOWER WOLF JAWS

Saturday, October 20

Time: 5:45 a.m.

Rating: A+

Bill Carpenter 793-5506 pcarp@verizon.net

We will hike these mountains from the the Ausable Club. Going up the W.A. White trail and over to Lower Wolf Jaw first and then on to Upper Wolf Jaw. Join us for some great Adirondack views!

PHARAOH MOUNTAIN

Sunday, October 21

Time: 7:30 a.m.

Rating: B

Jack Whitney 793-9210 or jack1758@adelphia.net

We will start from Crane Pond and hike past Glidden Marsh and up to this majestic mountain. Come experience the Pharaoh Wilderness area and I guarantee that you will want to return!

WARREN/SARATOGA COUNTY PADDLES

Tuesday evenings, October 23

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojom@adelphia.net

I have a Precision "Swiftly" kayak — slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flatwater somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, October 24

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojom@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.



***FULL MOONER HIKE* — SARATOGA BATTLEFIELD**

Saturday, October 27

Time: TBD

Rating: C

Aileen Genett at 482-9101 or solice212@yahoo.com

This is a multi-group outing, monthly event and a rare opportunity to enjoy this National Park during the off-hours. Come one; come all to the full moon walk through the Saratoga Battlefield. We'll walk 4 miles along the Tour Road. Dress appropriately in layers, walking shoes, gloves, hat, and flashlight, etc. Please call for details no later than 9 p.m., Friday, October 26. Please note: in the event of rain, we will do an alternate indoor activity in Clifton Park.

NIAGRA AND NIPPLETOP BUSHWHACK

Sunday, October 28

Time: 6:00 a.m.

Rating: A

Jayne Boudier 793-3770

Bob Aspholm 798-8599

These two 3,000-foot mountains lie SW of North Hudson, and are accessible from Route 9 by a pedestrian tunnel under the Northway. Nine miles (4 trail-less) and 2,800 feet of ascent will give us 360-degree views (including Marcy, and the Green Mountains), and a nice old logging road along Walker Brook to follow in and out. Pace will be moderate, with time to stop.

THOMAS COLE AND BLACK DOME, CATSKILL MOUNTAINS

Sunday, October 28

Time: 7:30 a.m., Fire Road Commuter Parking Lot — East of Northway Exit 9

Rating: B+

Bill Bechtel 399-1206 or william.bechteltel@ge.com

Pat Desbiens 899-9688 pdesbien@nycap.rr.com

This is one of the prettier Catskill Mountain hikes, with beautiful forest and views at this time of year. Hike begins on Barnum Road just outside of Maplecrest, NY. Round trip distance, is 6.5 miles with 2,080' of ascent. If time permits, those interested can tackle Blackhead, which is on the ridge beyond Black Dome and is another 2.4 miles and 1,000 feet of ascent. For further information and to sign up contact the leaders.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, October 31

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

MACNAUGHTON

Sunday, November 4

Time 6:00 a.m.

Rating A+

Jean Holcomb 583-0658, Jayne Boudier 793-3770

MacNaughton Mountain is over 4,000 feet but somehow didn't make the cut when the 46 were being identified. A case of poor surveying back in the day! Should be climbed by anyone who calls himself/herself a 46er. I don't know why Jayne and I decided to do this in November but the bottom line is, this is a peak bagger special not a nice day in the woods. Coming in from Upper Works there is about six miles round trip of marked road on the Duck Hole trail and the rest is pure bushwhack which could be anything from difficult and exhausting to really awful depending on the latest blow-down situation and weather conditions. Probably 3,000-foot elevation gain and another 4 or 5 miles in and out depending on how much zigging and zagging we do. Only the fit and determined need apply.

WARREN/SARATOGA COUNTY PADDLES

Tuesday evening, November 6

Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojim@adelphia.net

I have a Precision "Swifty" kayak — slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flatwater somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, November 7

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojim@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

LOWER WOLF JAW VIA BENNIE'S BROOK SLIDE

Monday, November 12 (Veteran's Day)

Time: 7:00 a.m. at TRAILHEAD!

Rating: A

Mike McLean (315) 262-2564 mpmclean@twcny.rr.com

We will leave the garden at 7:00 a.m. and make our way over and up the South Side trail to Bennies Brook, where an established herd path takes us to the slide. The slide is a combination of rock and loose dirt/debris in which we should easily be able to make our way up. Below freezing temperatures may dictate the use of full crampons. We will hit the trail near the top of the slide and then make our way up the final bump to the top. Return via the Wolf Jaws Trail. Estimate 8 or so miles of hiking.



Chapter rents bear-proof food storage containers



Have everything packed and ready before you leave home!

Backpackers' Cache
8.8" dia. X 12" long, weight 2.7 lbs.
Designed to slip into your backpack.

These bear-proof canisters are required in the Eastern High Peaks Zone and are important to use on any backcountry overnight adventure to any 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 canister rental. Rentals are available exclusively to ADK Glens Falls-Saratoga Chapter members.

WARREN/SARATOGA COUNTY PADDLES

Tuesday evenings, November 13
Time: TBD ~ 4:00 p.m.

Rating: Easy

Maureen 745-7834 or mojom@adelphia.net

I have a Precision "Swiftly" kayak — slow and stable and that's the clue to the type of trip I'll be doing. We'll be meandering on some flat water somewhere near Exit 19 of the Northway. Call or e-mail a couple of days prior to get more info. Group size limited to 8, so call in advance if interested.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, November 14

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojom@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, November 21

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojom@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

SARATOGA BATTLEFIELD TURKEY TROT #9

Thursday, November 22

Time: 8:00 a.m. ,Visitors Parking Lot off Rte 32N

Rating: C+

Rich Crammond 584-2380

Let's work up that old holiday hunger again this year. Wildlife viewing along the way. Distance is around 5 miles. Bring your binoculars. Dress for the weather. No dogs please. Happy Thanksgiving!

GLENS FALLS AREA WEDNESDAY MORNING WALK

Wednesday, November 28

Time: 9-Noon(ish)

Rating: B or C (depending on the trip)

Maureen 745-7834 or mojom@adelphia.net

Join me on a variety of walks or short hikes in Glens Falls or surrounding area. Possible trips include: Sections of the Feeder Canal, trails in Moreau State Park, Pilot Knob Preserve, Prospect, sections of the bike trail. Call or e-mail to find out where the trip will be that week and when to meet.

Invite your friends to join

ADK



Second Pond, May 6, Jack Whitney and Jonathan Lane, 19 participants

- An enthusiastic group trekked into a nice isolated pond in the Southern Adirondacks on a beautiful spring day. There was still a little bit of snow on the ground at the pond. We ate lunch at the pond and enjoyed the views. After starting to get chilled by the wind coming off the pond, we began our trip back to our cars. A great way to spend a day. Participants: Ann Mundy, Linda Czech, Charlie Czech, Jim Brown, Bill Carpenter, Jonathan Lane, Terry Peek, Donna Weston, Sandy Yellen, Carmelita DeCicco, John Whitney, Linda Muller, Paul Dietershagen, Lorraine MacKenzie, Jean Rich, Terry Hawthorne, Ely Fuller, Mary Ann Moran, Jack Whitney.

Jay Range, May 13, Jack Whitney, 11 participants

- Blue skies and the wildflowers in bloom — a nice day to be on the trail. Great views along the ridge walk over to Jay. Thanks to Herb for identifying the wildflowers for us. The wildflower, spring beauty, carpeted the mountain along the trail along with many trout lilies, trillium and dutchman britches. We finally found the three benchmarks on the furthest bump on the Jay. Congratulations to Terry and John for going the distance. Participants: John Susko, Bob VanBuren, Herb Hudnut, Randy Caldwell, Barb Northrup, Jim Brown, Sandy Yellen, Bill Carpenter, Terry Peek, John Whitney, Jack Whitney.

Dix Range, May 26, Jack Whitney, Jean Holcomb, 19 participants

- It was a good day in the Dixes — great weather. There were 19 of us altogether — 5 went with Jean and climbed Dix and Hough and the remaining 14 went with me up the Macomb slide to Macomb with great views of Elk Lake from the slide, then it was on to South Dix, followed by a ridge walk over to East Dix, back to South Dix and over to Pough where we took a break in the col, then it was on to Hough where we met up with the 5 others who had climbed Dix and then Hough. From there it was back to the col and down the Lillian Brook Trail back to our cars. A great day and nice “walk in the woods”. JEAN: “Our little group of five made slow progress up the very steep track to Dix via the Beckhorn trail. After some struggle up the rock face we were greeted by a spectacular view of the Great Range, Elk Lake, Giant and most of the High Peaks. We then bushwhacked to Hough and miraculously met Jack and company within fifteen minutes of arrival. Super day, great companions!” Participants: Norm Kuchar, David Pratt, Kendra Pratt, Ann Mundy, Jonathan Lane, Hank Lenney, Ray Boucher, Bill Carpenter, Donna Bruschi, Sandy Yellen, Carolyn Cyr, Mark Libertucci, Michael Libertucci, Meghan P. McCarthy, David Remillard, Elizabeth Trachte, Diane Williams, Jean Holcomb, Jack Whitney.

Moose and MacKenzie, June 3, Pat Desbiens, 7 participants

- We decided to climb MacKenzie first (Lorraine was anxious to get her picture taken by the sign). We all worked up a sweat going up the steep pitches but reached the summit in good humor, enjoyed a brief lunch and then headed over to Moose. We just arrived at the summit of Moose and in came the rain and away went the views — but we were on our way out anyway! All in all, a most enjoyable day in terrific company. Participants: Jack Whitney, John Whitney, Ed Hanlon, Bill Carpenter, Sandy Yellen, Lorraine MacKenzie, Pat Desbiens.

Wednesday Morning Walk — Feeder Canal Trail, June 6, Maureen Coutant, 5 participants

- The group checked out the 5 Combines, some of us saw a heron take off from the side of the canal and all of us enjoyed the most picturesque sections of the trail. Participants: Joanne Armstrong, Mace Comora, Mo Coutant, Albina Ientile, Bill Schwarz.

Marshall, June 10, Jack Whitney, 12 participants

- Starting from Upper Works we hiked the Calamity Brook trail to Flowed Lands. We regrouped at the Henderson Monument and reflected on the circumstances that occurred that day. On to the Herbert Brook path leading to the summit of Marshall. Great views were had on the backside of Marshall and after rejuvenating ourselves with lunch we retraced our steps back to the trailhead. Participants: Pat Desbiens, Stephanie Krzysik, Ann Mundy, Bob VanBuren, Josiah Vincek, Jonathan Lane, Bill Carpenter, Alison Darbee, Carolyn Cyr, Bill Morse, Melody Hoffmann, Jack Whitney.

Tuesday Evening Paddle — Spier Falls, Hudson River, June 12, Maureen Coutant, 8 participants

- As soon as we got into the kayaks and canoe it started to sprinkle. We weren't going to let that stop us, but when the distant thunder became not so distant — the trip turned into the shortest paddle of the season. It was long enough for Renee to get hooked on kayaking! Participants: Mo Coutant, Renee Lombard, Licia Mackey, Jim and Ruth Ralston, Alison Saville, Fred and Sandra Songallo.

Wednesday Morning Walk — Feeder Canal Trail, June 13, Maureen Coutant, 4 participants

- The trail was barely passable to the bridge, but we made it. We couldn't stay and enjoy the view though since the mosquitoes were vicious! They made for a quick pace. The walk through the neighborhood was more enjoyable! Participants: Joanne Armstrong, Mace Comora, Mo Coutant, Bill Schwarz.



Mount Colden, June 24, Lorraine MacKenzie (Group #1) 14 participants and Jack Whitney (Group #2), 13 participants

- Two groups, one mile and twenty minutes apart climbed Mount Colden on this day. Going out from Heart Lake the views at Marcy Dam are spectacular of the MacIntyre Range and on the left Colden, from the huge erratic that you actually go underneath and on to the summit of Colden the views only get better. A great hike enjoyed by a great group of people. Participants: David Pratt, Kendra Pratt, Sharon Getman, Kevin Getman, Heidi Cavert, Hank Lenney, Laurie Hughes, Stephanie Krzysik, Dan Pekrol, John Susko, Diane Williams, Kathy Quoi, Lorraine MacKenzie, Bill Carpenter, Jonathan Lane, John Whitney, Pat Desbiens, Charlie Czech, Eberhardt Burkowski, Jack Whitney, Peter Lee, Alison Darbee, Kim Cirulo, Joe Spain, Raymond Boucher, Sterling Salter, Ambrose Schaffer.

Tuesday Evening Paddle — Spier Falls, Hudson River, June 26, Maureen Coutant, 8 participants

- This was a do-over from the last attempt. The weather cooperated this time and we had a nice trip along this beautiful section of the river. Ralph got to try out someone else's kayak to help his comparison shopping and we all helped Roseanne learn to kayak. Participants: Mo Coutant, Charlie Czech, Ralph DeCristofaro, Roseanne Ientile, Licia and Steve Mackey, George Sammond, Marty Tucker.

Wednesday Morning Walk — Queensbury XC Trail, June 27, Maureen Coutant, 4 participants.

- This was the last walk of the season and it was a hot one. We stuck to the shade and explored the trails behind the Queensbury Elementary School. Participants: Joanne Armstrong, Mace Comora, Mo Coutant, Margaret Curtis.

Seward Range, June 30, Jack Whitney, 16 participants

- Prepared for a long day, we hiked up to the Calkins Brook Trail (a great trail now thanks to some work by the 46ers) to Donaldson — onward to Emmons — back to Donaldson and to end the day over to Seward where a vote for taken and Neal broke the tie so we headed down to the Blueberry Lean-to on the Ward Brook Truck Trail (not the best decision of the day). All worked out well and we made it back to the cars under a light rain. Congratulations to everyone — three more mountains in one of the toughest ranges in the Adirondacks. Participants: Hank Lenney, Johnathan Lane, Neal Andrews, Ann Mundy, Bill Carpenter, Alison Darbee, Sandy Yellen, Linda Ranado, Lorraine MacKenzie, Jack Whitney, Carolyn Cyr, Kendra Pratt, David Pratt, Norm Kuchar, Jerry Perregaux, Bill Morse.

Thomas Mountain, July 1, Reg Prouty, Jack Whitney, 16 participants

- An energetic group of new hikers along with some seasoned salts made quick work of Thomas Mountain's newly restored trail. For some it was their first hike and for others a warm up for more challenging hikes later this summer. In either case it was great to have such a mixed group of all levels of age and experience. The weather felt more like late September but it was ideal for hiking and the views from the cabin near Thomas' summit stretched all the way from Lake George and its islands to the outline of Crane Mountain and the western Adirondacks in the background. An interesting discovery about halfway up was some strange vertical tubes that we actually discovered contained saplings of various species of trees that were being protected from browsing by woodland creatures such as deer and voles. Participants: Jack Whitney, Reg Prouty, Terry Peek, Irene Sammons, George Sammons, Linda Czech, Charlie Czech, John Dudla, Chloe Dudla, Courtney Dudla, Kellie Dudla, Patti Schwankert, Pat Desbiens, Sterling Salter, Armand Catelli, Betty Catelli.

Santanoni Range, July 7, Jack Whitney, 13 participants

- We started off under cloudy skies and the weather man had predicted only possible scattered showers for late afternoon — all was well and we were making good time climbing up to Times Square and on out to Couchie (although the trail was very wet and muddy due to previous days of rain). Halfway back to Times Square from Couchie the "scattered showers" in the form of steady rain came in. Back at Times Square most of the group decided they had had enough fun for one day and headed back to the cars. A small subgroup made a quick trip up to Panther where they encountered wind, rain and no views. Since Sandy only needed Santanoni toward her 46er goals (having previously done Couchie and Panther) she and Pat headed over to Santanoni after arriving at Times Square, getting very wet but rewarded with occasional views on the way over as the wind blew the clouds away. Everyone arrived safely back at the cars very muddy, very wet but happy with accomplishing something on this dreary day. Participants: Charlie Czech, Jonathan Lane, Pat Desbiens, Stephanie Krzysik, Ann Mundy, Bill Carpenter, Lorraine MacKenzie, John Whitney, Sandy Yellen, Bill Morse, Carolyn Cyr, Dan Perkol, Jack Whitney.

Wallface Mountain, July 8, Neal Andrews, 6 participants

- The day's forecast changed from 90s to rain. By the time we reached the ADK Loj it was raining. But we climbed to Summit Rock in Indian Pass to look at the cliffs of Wallface which no one in the group had seen before. From under the huge boulders was a cold breeze. It didn't take Peter long to find big pieces of ice still under these rocks. We wondered if the ice lasts all year. The bushwhack up was made easier by a phone call from a friend who had been before. The summit was a fern meadow but by walking out to the top of the cliffs great views could be had of the surrounding countryside, even though it was a bit cloudy. Half the group returned to ADK Loj and half went over Algonquin Pass and hiked out through Avalanche Pass. Participants: Bruce Allard, Neal Andrews, Brian Barilea, Steve Barlow, Josiah Vincek, Peter Vlastra.



Trip reviews

Tuesday Evening Paddle — Glen Lake, July 10, Maureen Coutant, 8 participants

- As usual the weather was a bit threatening, but we had time to paddle into the wetland area before we heard thunder or was it a rollercoaster at the Great Escape? We made a speedy retreat to The Docksider and enjoyed everyone's company and dinner while watching the storm. Then we had an unexpected fishing adventure to retrieve keys that had slipped between a crack in the deck! Participants: Gen, Jim and Mo Coutant, Rene Clarke, Ralph DeCristofaro, Licia and Steve Mackey, Charlotte Smith.

Black Mountain Loop, July 11, Neal Van Dorsten and Reg Prouty, 4 participants

- It was a warm and humid day but 4 hardy hikers set out to do this counter-clockwise loop going up the east side of Black Mountain to its fire towered summit. There was so much haze over the lake that we did not have any good views until later when we paused at some overlooks of the Black Mountain Ponds. We had a lunch break at the Black Mountain Pond lean-to and continued down past Lapland Pond to the original road we came in on. We saw some fresh Moose tracks in the mud on the way out. Just as we signed out at the trailhead register the rain started. What timing! Participants: Reg Prouty, Neal Van Dorsten, Kathy Quoi, and Carl Sobeck.

Hunter Mountain, July 14, Jessica Gottung, 5 participants

- Conditions don't get much better than this. Comfortable temperatures, a nice breeze, and few bugs — not to forget the clear skies. Our group took the old jeep road from the Spruceton Road trailhead to the summit and back. An easy pace allowed us to take in some of this trail's features like the gushing spring and what used to be the John Robb lean-to (burned down). We spotted a couple of snakes along the trail and a big toad. This hike was picture perfect. Participants: Kim Ciraulo, Randolph Franklin, Jessica Gottung, Joe Spain, Kathy Quoi.

Pyramid, Gothics, and Armstrong, July 15, Bob Aspholm and Reg Prouty, 6 participants

- Even though rain was predicted for the morning and later in the afternoon we only had a few showers as we suited up at the parking lot. The skies cleared and two hikers added two more High Peaks toward their 46. By the time we made Pyramid the visibility was limitless and we were rewarded with some of the best views of the Great Range in all the Adirondacks. Participants: Bob Aspholm, Reg Prouty, Bill Carpenter, Jim Dickson, Bob Van Buren, Dan Yutkowitz.

Pillsbury Mountain, July 22, Jonathan Lane, 3 participants

- What a great day for a hike! The sun was warm, the birds were chirping, and the curious chipmunk on the peak was super cute. We had a great time! Participants: Susanne Bischoff, Elizabeth Fuller, Jonathan Lane.

ADK Winter Mountaineering School



Are you a three-season hiker who's tired of watching your gear gather dust for five months out of the year? The Winter Mountaineering School may be just what you're looking for. Our dedicated, all-volunteer group of instructors have been helping hikers enjoy the mountains in winter for over 50 snow and ice filled years. This year's program will be based out of the ADK Loj. Check out our website for program details, gear lists, photos, and more. Come join the fun!

Weekend Day Hikes: Jan. 4-7; \$310.00
Weekend Backpacking: Jan. 4-7; \$275.00
Combo Section (Day Hikes & 3-night Backpack): Jan. 4-10; \$375.00

www.winterschool.org

or call 518-523-3441



Outing instructions

For more detailed information on Chapter Outings, see the "Glens Falls-Saratoga Chapter Handbook."

SIGN UP INFORMATION

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 MINIMUM number for Outings is: 3 people, including the leader (4 in winter) Bruegger's unless otherwise noted in the trip description. Be there and ready to depart at the posted time.

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 .5 mile 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 the 'regulars' 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.**

*ADK Liability Waiver must be provided by 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.

RATINGS

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

*Descriptions are only typical and can vary.

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. — NOT 100% Cotton clothing! It is also wise to bring raingear. Other pack essentials: compass and map, headlamp/flashlight, first aid kit, hat, gloves, and extra socks. Adirondack weather can and does change suddenly. Don't trust the forecast or the sky based on the start of the day. Be prepared!

SPECIAL WINTER NEEDS

In addition to the preparation/equipment mentioned above, winter requires some EXTRA planning. Look for special notes in the Outing description and discuss with the Leader. Depending on conditions, participants will 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.

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 their personal favorite destinations. Contact Outings Chair for more information. (Contact info: Pg. 3 of newsletter)

Program 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 under "Programs" on the Chapter Web page: www.adk-gfs.org

SARATOGA SPRINGS PUBLIC LIBRARY

Henry St., Saratoga Springs, NY 12866, 584-7860

• From NORTHWAY (I-87)

Take Exit 14 onto Route 9P north (UNION AVE). Proceed 1.5 miles, past three traffic lights to a T-junction. RIGHT onto CIRCULAR ST. to the first traffic light. LEFT onto SPRING ST. 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 into downtown, up to the main street (BROADWAY). Turn onto SPRING ST. (right from South/left from North) at the corner of Congress Park. LEFT on the first street onto Putnam. (Parking as described above)

FIRST PRESBYTERIAN CHURCH OF GLENS FALLS

400 Glen St., Glens Falls, NY 12801, 793-2521

• From NORTHWAY (I-87)

Take Exit 18 and go east on CORINTH RD., MAIN ST., BROAD ST. (Name changes in town) Follow 2.7 miles through town, passing 5-6 lights, CVS, Stewarts on RIGHT... Road turns to SOUTH ST. You come to a "T" and a LIGHT at the monument and library ahead. Make a LEFT on GLEN ST. Pass light (at Stewarts) and make next LEFT onto NOTRE DAME (church is on corner) Park in rear.



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.



A MAP OF ...
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Chepontuc Footnotes

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