



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

Chepontuc Footnotes

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

SAVE THE DATE - ANNUAL DINNER AND MEETING October 21, 2022 In-Person, Great Escape Lodge, Queensbury



Please save the date for our annual meeting on October 21st. More information on how to register will be on our website and in the September Chepontuc newsletter.

Our featured speaker will be Jackie Donnelly, a nature writer and photographer who has spent nearly 30 years exploring the upper Hudson River in her small lightweight canoe.

In her illustrated talk, "Mother Nature's Waterside Garden: Wildflowers of the Upper Hudson," Jackie will explore several distinct areas of this magnificent river, stretching from the Ice Meadows north of Warrensburg, downstream through the forested mountains at Moreau, to the quiet backwaters above Glens Falls. Through numerous colorful photographs and informed commentary she will reveal the amazing abundance and diversity of beautiful plants (and a few of the fascinating creatures, too!) that thrive in this riverbank habitat.

A BRIEF TOUR OF THE PACIFIC NW: OREGON COAST, OLYMPIC & NORTH CASCADES NATIONAL PARKS Thursday September 15, 2022, 7 PM In-person, Saratoga Springs Public Library



Join Mo & Jim Coutant on a photographic tour of their cross-country trip last year as they explored the scenery while trying to avoid the smoke from the wildfires. As most of the country seemed to be in the smoke zone, exploring the coast was the best option; on their way home they checked off a couple of National Parks. Come see the great scenery of the National Parks and coastline and learn how they travelled across the country with no reservations or real plan!

Jim and Mo Coutant are long time ADK members who are active with the Glens Falls-Saratoga Chapter of ADK. They've led many outings for the Chapter with Mo leading weekly trips during the years when their daughter was in school. Jim retired from NYS DEC as an Air Pollution Engineer just prior to this trip.

Registration required. Please check the Saratoga Springs Public Library calendar of events and the Chapter website for more details.

Chapter Chair Report ~ Brian Coville



The Chapter has been organizing a trailhead steward program at the Pilot Knob trailhead to Buck Mountain this summer. Kayla White, ADK Stewardship Manager, as well as Tammara Van Ryn and NYS DEC, provided the volunteer stewards with an outstanding training in late May. Tammara had an excellent presentation about invasive species affecting the Lake George area. Thank you, Kayla, Tammara and the other presenters for your time and informative presentations. Thank you, Jim Schneider, for organizing the training and for all your work launching this program.

Megan McLaughlin and Jen Shephard stepped down from their respective roles as Young Members Committee Chair and Outings Committee Co-Chair recently so I want to take this opportunity to thank them for all their work with the Chapter. Megan organized and led almost all of the hikes and socials I have attended the past few years; the sunset hikes Megan led have been the best part of the past few summers. Thank you, Megan.

Jen did a great job as Outings Committee Co-Chair and as the Chapter Chair before that. Jen consistently encourages potential outings leaders and shares her extensive knowledge of the eastern Adirondacks. Jen recently led a hike up Black Mountain that brought together a great group of people and reminded me of all the great things about ADK. Thank you, Jen.

I was fortunate to participate in the National Trails Day effort at Tirrell Pond near Lake Durant this year. It was an outstanding group. We accomplished a lot, clearing the trail of overgrowth, unclogging water bars, and removing downed trees from the trail. Hard work, but a worthwhile experience. I am looking forward to next year and encourage anyone that might be interested to volunteer. There are a good variety of projects each year. Thank you to Charlotte Staats, ADK Trails Manager, and ADK for organizing it.

While this might not be the right platform for this, I want to congratulate my brother Robbie and his wife Naomi on their marriage in mid-June!

ADK Voices ~ Jim Schneider

The Adirondack Mountain Club is nothing if not for the stories of members; we are our stories. ADK at 100 years has lost so many stories; more are being lost each year. It is ironic that this storied organization does not have a formal history program, a commitment via human and financial resources or at least a mention in its guiding strategic plan.

Recognizing the need to capture Adirondack Mountain Club oral history - a dedicated group of passionate volunteers from throughout organization has banded together to make this a reality. Funding has been provided by generous donations from ADK chapters.

What is ADK Voices?

We are a group of ADKers from across New York State and New Jersey working in collaboration with OurStoryBridge, a nation-wide platform, resource and toolkit for producing a crowdsourced community story project emphasizing audio history and sharing. Using OurStoryBridge we are recording short stories (five minutes or less) of ADK chapter folks, ADK staff - past and present, stories of the past and stories of the present for use as historical record. The recorded stories will be publicly accessible on a website we are currently building with the expectation the ADK administration will link ADK Voices to adk.org. Our group is proud and excited to bring this member-directed, chapter-driven project to reality.

Do you have a story to tell? Send me an email with a summary: trails@adk-gfs.org.

Look for the full website launch later this summer.





Thank you Bobbi Fitzgerald, Membership Chair, for getting out in the community and talking about the Chapter and membership. From Hiker Happy Hour meet ups to the Saratoga Springs Farmer's Market. If you are looking to volunteer at the Farmer's Market, contact Bobbi.

ADK Saratoga - Glens Falls Chapter Committee Officers and Chairs

Executive Committee Officers	Committee Chairs	Committee Chairs
Chapter Chair chapterchair@adk-gfs.org Brian Coville	Conservation 401-529-5034 conservation@adk-gfs.org Co-Chair Paul Dietershagen	Trails 518-638-6139 trails@adk-gfs.org Co-Chair Tom Ellis Jim Schneider
First Vice Chair 518-396-8108 vicechair@adk-gfs.org Kim Brown	Education 908-305-8357 education@adk-gfs.org Kim Brown	Web site 518-743-9692 webmaster@adk-gfs.org George Sammons
2nd Vice Chair vicechair@adk-gfs.org Vacant	Hospitality 518-638-6139 hospitality@adk-gfs.org Gretchen Steen	Young Members ymg@adk-gfs.org Vacant
Secretary 518-798-0624 secretary@adk-gfs.org John Caffry	Membership membership@adk-gfs.org Bobbi Fitzgerald	Fire Tower 518-668-3046 firetower@adk-gfs.org Tim Noble
Treasurer 518-793-6484 treasurer@adk-gfs.org Steve Mackey	Newsletter Editor 518-290-0703 newsletter@adk-gfs.org Jennifer Ferriss	Annual Dinner 518-798-3055 annualdinner@adk-gfs.org Anne Paolano
Past Chapter Chair 518-668-3046 pastchair@adk-gfs.org Vacant	Outings 518-893-7895 outings@adk-gfs.org Wayne Richter	Publicity publicity@adk-gfs.org Stephanie Graudons
Trustee Alternate Trustee: Vacant Vacant	Programs 518-798-3055 programs@adk-gfs.org Anne Paolano	Banff banff@adk-gfs.org Mo Coutant
Members at Large Maureen Coutant Kathi Noble Vacant	Learn More: adk-gfs.org	Get social Instagram: @adkglensfallssaratoga Facebook: facebook.com/adkgfs or facebook.com/SaratogaYMG

Membership Update by Bobbi Fitzgerald

March 2022 New Members

Charys Wright, Glens Falls
Todd Campbell, Ballston Spa
Holly McCormack, South Glens Falls
Elizabeth Bracken & Stephen Bodie, Hudson Falls
Kandis Paolone, Saratoga Springs
Glen & Darcie Rundell, Clifton Park
Anna Fitzgerald, Gansevoort
Bryan & Jessica Woliner, Scotia
Thomas & Lor Chera, Hadley
Aaron Fallon, Halfmoon
Scott Traver, Chestertown

March 2022 Rejoined Members

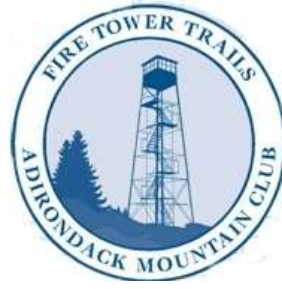
Theresa Blanchard, Indian Lake
John & Debbie Gaddy, Bolton Landing
Eric & Nicole Robinson, Ballston Spa
Kelly & Deanna Lozier, Ballston Spa
Michael & Colleen Wolff, Mechanicville
Lawrence Novik & Beth Sabo Novik, Saratoga Springs
Paul & Antoinette O'Donnell, Gansevoort
Christian Johnson, Albany
Colleen Cremen, Saratoga Springs
Brian & Mary Anne Doyle, Saratoga Springs
Gray Stephens, Monroe, LA
Philip Griffith, Wilton

April 2022 New Members

Kent Theobald, Saratoga Springs
James & Victoria Twomey, Ballston Spa
William Farber, Hoffmeister
Terry Hynes, Saratoga Springs
Lynne & Paul Jenkins, Saratoga Springs
Natalie Moore & Nick LaRose, Ballston Spa
Steven & Suzanne Zeikowitz, Commack
David & Lucille Mastrianni, Saratoga Springs
Zoe Nousiainen, Saratoga Springs
Douglas Welch, Ballston Spa
Linda Austin, Hartford
Laura Caplan, Cambridge MA
Tim Perry, Eagle Bridge
Christopher Van Buren, Clifton Park
Russell Weeden, Saratoga Springs
Duane & Julia Moulton, Lake Luzerne
Daniel Gerber, Clifton Park
Diane Lewis, Ballston Spa

April 2022 Rejoined Members

Timothy & Cortney Ray, Wilton
Carl & Eileen Bangert, West Chester PA
Kenneth Madej, Ballston Lake
Joel & Jeanne Ditton, Wappingers
David Colcomb, Lake George
David Normoyle, Saratoga Springs
Jim & Anne Waring, Corinth
Margaret Jones, Kattskill Bay
Marion Slater, Queensbury
Joseph Fuerst, Lake Luzerne
Dave & Meghan Aabo, Ballston Spa
Timothy Collins, Queensbury
Laura Sieme-Giordano, Cambridge



Congratulations to the following people who have recently finished the Adirondack Mountain Club Fire Tower Challenge:

Francis Farge, Montreal, QC
Adrienne Scivolette, Walden
Joseph Cotazino III, Vooreville
Diane Selin, Round Lake
Mary Sue Michon, Troy
Thomas Michon, Troy
Susan Sattler, Rising Sun, IN
John Sattler III Rising Sun, IN
Jean Rautio, Phoenix
James Rautio, Phoenix
David Grzeszczuk, Canastota
Lorie Donahue, Canastota
Dave Ashline, Johnstown
Stephaine Potter, Hudson Falls
Mike Gagnier, Morrisonville
Doreen Curtin, Morrisonville
Mark Petrie, Vestal

A special congratulations to Michael Cady of Elmira for earning his Winter Fire Tower Challenge Rocker.



Hadley Sunset Hike, without the view. Photo, Joe Babcock

Nominating Committee ~ Pat Desbiens

Chapter Officers Needed for 2023

Your Chapter needs you! At the annual October meeting, chapter officers are elected to serve the chapter for the fiscal year.

Please keep in mind that there are no prerequisites required for any of the positions listed below; only the willingness to serve as a leader for the chapter.

We will have vacancies for the following four positions:

Treasurer - serves as the chief financial officer of the chapter. Approximate time commitment: Varies, however, a couple of hours each month to prepare report for Executive Committee meetings; pay chapter bills, balance checkbook and at end of year prepare a chapter budget.

2nd Vice-Chair - this person oversees and coordinates the activities of the chapter committees designated by the Chair and in the absence of the Chair and 1st Vice-Chair shall conduct the monthly Executive Committee meetings. Approximate time commitment: should be able to devote approximately two hours/monthly to attend chapter Executive Committee meetings.

Trustee - this is a new position as of 1/1/2022 and replaces the former Directors of the chapter. The Trustee serves both the Club and the Chapter. The Trustee shall represent the Chapter on the Club Advisory Council, serve as an elected member of the Chapter Executive Committee and perform all duties assigned under the Club Bylaws and Chapter Constitution and Bylaws. Approximate time commitment: Attend monthly chapter Executive Committee meetings; attend Club Advisory Council meetings (at least 4 times/year); file written reports on Advisory Council and club activities for Chapter newsletter (6 times/year).

Member-At-Large - Members-At-Large serve as Executive Committee members without portfolio, providing their expertise and assistance to the Executive Committee and are encouraged to participate in standing and special committees. Approximate time commitment: Attend monthly Executive Committee meetings.

The previous are abbreviated job descriptions for each position. Anyone expressing interest in any of the positions will be provided with the full job descriptions. These positions have one year terms and nominations are due August 1, 2022. Nominations and officer biographies will be published in the September through November newsletter.

Please contact me directly with any questions or nominations. Thank you in advance for considering volunteering for one of the positions listed above.

Pat Desbiens
Chair, Glens Falls - Saratoga Chapter Nominating Committee
pdesbien@nycap.rr.com



Outings and Programs Calendar - July 2022

Date	Day	Type	Destination	Leader(s)	Rating
* July 2022					
13	Wed	Hike	Where are We Going Wednesday?	Jen Ferriss	C
16	Sat	Hike	Montcalm Point Hike and Swim	Neal Van Dorsten	C+
27	Wed	Hike	Where are We Going Wednesday?	Jen Ferriss	C
30	Sat	Hike	Dix Mountain Loop from Elk Lake via Hunters Pass and Beckhorn Trails	Jeff Mans	A+
* August 2022					
6	Sat	Hike	What's Up Saturday?	Kim Brown	B-
13	Sat	Hike	The Crows, Nun-Da-Ga-O Range, and Hurricane	Andrew Meunier	A-
14	Sun	Hike	Montcalm Point Hike and Swim	Neal Van Dorsten	C+
20	Sat	Hike	What's Up Saturday?	Kim Brown	B-
* September 2022					
7	Wed	Meeting	September Executive Committee Meeting	Brian Coville	NR
17	Sat	Hike	What's Up Saturday?	Kim Brown	B-
22	Thu	Hike	Boreas Mountain from The Branch	Jeff Mans	A
24	Sat	Hike	Fall Outing Centennial Celebration: Giant and RPR	Jen Ferriss, Joe Babcock	A+
24	Sat	Hike	Wolf Pond Fall Color Hike	Rich Crammond	B-

BANFF CENTER MOUNTAIN FILM FESTIVAL WORLD TOUR VIRTUAL



Stuck inside on a rainy day or perhaps a heat wave? Enjoy a bit of the outdoors from the comfort of your favorite chair of couch.

The VIRTUAL programs for the Banff Film Festival 2021-2022, Encore-Classic Film Series of past Award Winners and the

Award Winners Monthly Series will be available through October 2022.

The links below will be unavailable while the Banff website is transitioning to a new online platform. The videos should be available for rent/viewing once the new platform is live by the end of June.

Our Chapter website (<https://adk-gfs.org>) will be updated with any future changes.

Use our links to rent please:

[Encore-Classic Series](#)

[Award Winners Monthly Series](#)

BANFF CENTER MOUNTAIN FILM FESTIVAL WORLD TOUR DONATIONS

Thanks to a surprisingly good turn out for the live show in February 2022 and our generous sponsors, the film festival had another successful year. This year we donated \$5000 to the ADK Summit Stewardship Program. This festival is a celebration of mountain culture so we wanted to support a program that protects our local mountains. The Stewardship Program was developed to educate the public about the alpine ecosystems, maintain trails above tree-line and perform scientific research. The program is in partnership between ADK, The Adirondack Chapter of the Nature Conservancy (TNC) and the New York State Department of Environmental Conservation (NYSDEC)

Save the dates for next year: February 3-5, 2023

Outings and Programs - July 2022

Where are We Going Wednesday? [Hike]

Wed, Jul 13, 2022, 8:00 am, Rating: C
Leader: Jen Ferriss

- Let's get outside and greet the morning with a local hike in the Southern Adirondack region. Hikes will be around 5 miles with or without elevation. Get some miles in for the ADK 100 mile Challenge. Email Jen Ferriss, ferrissj@gmail.com, if you would like to be on the email list. Destination will be determined and confirmed a few days prior. Start time depends on the difficulty of the hike, typically 8 am and finished by 11 am the latest. Upcoming dates are: May 11, May 18, June 8, June 15, July 13, July 27.

Montcalm Point Hike and Swim [Hike]

Sat, Jul 16, 2022, 9:00 am, Rating: C+
Leader: Neal Van Dorsten 518-644-7034

- Meet at the public parking next to the Bolton Brewery in Bolton Landing for this beautiful hike along the shores of Lake George! We will do a leisurely pace with a few stops along the lake. There is some up and down, but mostly flat. We will take a swim at the end of the hike and then be transported back to Bolton by boat. The trip is about 5.5 miles total. Plan about 4 hours or so. This is unique hike with limited space, so reserve early.

Where are We Going Wednesday? [Hike]

Wed, Jul 27, 2022, 8:00 am, Rating: C
Leader: Jen Ferriss

- Let's get outside and greet the morning with a local hike in the Southern Adirondack region. Hikes will be around 5 miles with or without elevation. Get some miles in for the ADK 100 mile Challenge. Email Jen Ferriss, ferrissj@gmail.com, if you would like to be on the email list. Destination will be determined and confirmed a few days prior. Start time depends on the difficulty of the hike, typically 8 am and finished by 11 am the latest. Upcoming dates are: May 11, May 18, June 8, June 15, July 13, July 27.

Dix Mountain Loop from Elk Lake via Hunters Pass and Beckhorn Trails [Hike]

Sat, Jul 30, 2022, 8:00 am, Rating: A+
Leader: Jeff Mans 518-265-4135

- We'll climb Dix from the south by taking the Hunters Pass Trail from Elk Lake to Hunters Pass, and then to the summit of Dix, and returning by the Beckhorn Trail loop to Elk Lake. Dix Mountain is the sixth highest peak in New York State at 4857 feet. About 14 miles and 3100 feet of elevation gain. If the gate is closed or the parking lot full, I'll shuttle to the trailhead and bring a bike to peddle back on Elk Lake Road from the lower parking lot. Meetup at the Schroon Lake Tops parking lot at 8 am since the trailhead parking lot has limited spaces, especially in summer.

What's Up Saturday? [Hike]

Sat, Aug 6, 2022, time TBD, Rating: B-
Leader: Kim Brown 908-305-8357

- What's Up Saturday? Geared for those new to hiking and those coming back to the outdoors! Pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/ Southern Adirondack Region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet (trailhead). Planned dates will be June 11, June 18, June 25, None in July, August 6, August 20, September 17.

The Crows, Nun-Da-Ga-O Range, and Hurricane [Hike]

Sat, Aug 13, 2022, time TBD, Rating: A-
Leader: Andrew Meunier 518-376-2470

- We'll do the loop clockwise, summiting both Big Crow and Little Crow Mountains first. Then we'll follow the range trail until it meets the trail to Hurricane Mountain. We'll cap off our day with some great views from the fire tower. This loop has lovely vistas throughout if the conditions are good and a few nice lean-tos for snack breaks. The hike will be about 11 miles with about 3,500 feet of climbing.

Montcalm Point Hike and Swim [Hike]

Sun, Aug 14, 2022, 9:00 am, Rating: C+
Leader: Neal Van Dorsten 518-644-7034

- MONTCALM POINT HIKE AND SWIM REVISITED. For those that missed the first hike, see description from July 16th hike and swim. We will hike one way to Montcalm Point and be transported back by boat. This is a unique hike with limited space, so reserve early. Meeting at the public parking area adjacent to the Bolton Brewery in Bolton Landing.

What's Up Saturday? [Hike]

Sat, Aug 20, 2022, time TBD, Rating: B-
Leader: Kim Brown 908-305-8357

- What's Up Saturday? Geared for those new to hiking and those coming back to the outdoors! Pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/ Southern Adirondack Region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet (trailhead). Planned dates will be June 11, June 18, June 25, None in July, August 6, August 20, September 17.

September Executive Committee Meeting [Meeting]

Wed, Sep 7, 2022, 7:00 pm, Rating: NR
Leader: Brian Coville 518-350-4117

- The meeting will be a hybrid with the option to participate via Zoom and an in-person at a location to be determined. All chapter members are welcome at the meeting. Please let the organizer know if you plan to attend in-person. The Zoom

Outings and Programs - July 2022

meeting information is available at the following link: https://1drv.ms/f/s!AoWpjNifugqhgRaK1dkW_KiTNS89w Email chapter-chair@adk-gfs.org for the password. The Zoom link will also be provided in the meeting agenda.

What's Up Saturday? [Hike]

Sat, Sep 17, 2022, time TBD, Rating: B-
Leader: Kim Brown 908-305-8357

- What's Up Saturday? Geared for those new to hiking and those coming back to the outdoors! Pace will be slow to moderate with distance between 4-8 miles. Hikes will be primarily in the Lake George/ Southern Adirondack Region. Let me know if you want to be on my email list and I'll share what we are doing and where to meet (trailhead). Planned dates will be June 11, June 18, June 25, None in July, August 6, August 20, September 17.

Boreas Mountain from The Branch [Hike]

Thu, Sep 22, 2022, 8:30 am, Rating: A
Leader: Jeff Mans 518-265-4135

- We'll visit Boreas Mountain to celebrate the first day of Autumn and arrival of fall colors in the Adirondacks. This hike starts from the Branch Road/Hoffman Notch parking area just off Blue Ridge Road, and follows the Branch Road/trail north along The Branch River to the existing Boreas Trail (road) and former firetower cabin site, with the last mile or so on a traditional trail steeply climbing to the summit of Boreas Mountain along the 2012 Elk Lake Public Recreational Easement. The Easement specifically provides that the existing Boreas Trail shall be available for Public Recreational Uses permitted by the Conservation Easement at all times during the calendar year and located along the existing woods road and trail to Boreas Mountain. Total round trip is a little over 12 miles. Very easy going along the existing roads. Although not a High Peak, at 3776 feet it is the 64th highest Adirondack peak, and offers spectacular views of the High Peaks. Meetup at the Schroon Lake Tops parking lot at 8:30 am, or the Branch Parking Area at 8:45 am.

Fall Outing Centennial Celebration: Giant and RPR [Hike]

Sat, Sep 24, 2022, 6:00 am, Rating: A+
Leader: Jen Ferriss
Colead: Joe Babcock

- This is a point to point hike of Giant and Rocky Peak Ridge. We will summit Owl Head Lookout, Giant and hopefully Rocky Peak Ridge beginning at the North Trailhead and descend the Ridge trail where we will park a car. The hike is approximately 15 miles and over 3300 feet of elevation gain. We will move at a moderately steady pace so that we can enjoy the sights along the way — there are several overlooks to enjoy the splendor of the valley in fall colors. Meeting Place/Time: We will meet at the Frontiertown parking lot, exit 29 off of 87N, at 6 am and make our way in short order to get parking spots. We love dogs but they need to stay home. In order to participate in this hike you will need to sign up for the Fall Outing: <https://adk.org/event/centennial-fall-outing>. The hike is free

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but the Fall Outing is \$35 for ADK members and \$45 for non-members. The deadline to register is September 1st.

Wolf Pond Fall Color Hike [Hike]

Sat, Sep 24, 2022, 9:00 am, Rating: B-
Leader: Rich Crammond 518-584-2380

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

New Buck Mountain Trailhead Stewardship Program

Look for your fellow Glens Falls-Saratoga Chapter ADKers at the Pilot Knob Buck Mountain Trailhead July and August weekend mornings. We'll be there to help hikers have a safe and enjoyable outing while discussing Leave No Trace Principles and the basic essentials to take along for a successful 6.6 mile round trip, 2,000' ascent to the Buck Mountain summit. We will share information about how to minimize unavoidable impacts and prevent avoidable impacts. In other words, we'll be growing the army of stewardship advocates that go forth and protect the resource.

This exciting trial program has been supported enthusiastically through training and material provided by Kayla White - ADK Stewardship Manager, Rebecca Terry - NYSDEC Forester, Brandon Poulton - NYSDEC Forest Ranger, Tammara Van Ryn - Adirondack Park Invasive Plant Program Manager.

If you are interested in learning more about this program or think you might be interested in being a trailhead steward, please send an email to: trails@adk-gfs.org. We'd love to have you come out and help. Training is available and there are some shifts open for August weekend mornings. See you on the trail!

Jim Schneider, ADK Glens Falls-Saratoga Chapter, Trails Committee



Hoffman Mountain, Mossy Dome

Trip Reviews - July 2022

Where Are We Going Wednesday? Wed, Mar 30, 2022, Jen Ferriss

- WAWGW? French Mountain. I thought this time around we would at least be a group of 4, but Bill and I were the last two standing as we made our way down the Warren County Bicycle Path and up to French Mountain. We started on Glen Lake Road because I just did not feel like dealing with the traffic at the outlets and it was a nice warm up. We were the only two on the path except for some workers who were clearing the leaves next to the path. I'm glad that Bill remembered that the short rock scramble was after the graffiti because I would have scrambled right up the big rocks with trepidation. At the top we had a filtered view of the lake from the public land, but a nice view of the mountains to our west. On the way out I played "what animal is that?" Ahead on the trail was a large dark animal weaving in and out. My first guess was a fox, then a coyote, then a loose dog and finally a fisher. I was finally able to catch its profile and I believe it was a turkey. There was no trace of the creature as we made our way to Route 149. Great conversation was had by hikers Jen Ferriss and Bill Schwarz.

Overnight Camp and Hike to Boreas Mountain from The Branch (Sat & Sun) Sat, Apr 2, 2022, Jeff Mans and Jim Zwynenburg

- What a fantastic weekend camp and hike to Boreas Mountain. Our outing was covered by Monica Sandreczki, North Country Public Radio, and aired as part of NCPR's Northern Lights program. On Saturday morning we hiked from The Branch parking area on Blue Ridge Road and hiked up the road following the Branch River, and set up camp on a ridge overlooking a pond on state land about 1/2 mile from the Elk Lake property. We decided to climb Boreas Mountain Saturday, instead of Sunday, because the weather was excellent, with blue skies and sunshine all day with temperatures in the high thirties. What a treat was in store for us — a full panoramic view of the High Peaks, the Giant of the Valley, and Dix Range, including Cliff and Redfield, Skylight, Marcy, Haystack, Basin, Saddleback, Gothics and Pyramid, the Pinnacle Ridge to Blake and Colvin, Nippletop, Dix, Hough and Macomb, and Elk Lake and Clear Pond. Although the old road leading up to the former fire tower observer's cabin increasingly become snow covered, the trail covering the last mile to the summit found ourselves in waist-deep snow several times as we steadily climbed the last steep ridge to the crest of Boreas Mountain, where we were rewarded with arguably one of the nicest summit views in the entire Adirondacks. On Sunday morning we broke camp and bushwhacked a short distance to the Branch River before leaving and returning to civilization. Although not a High Peak, at 3776 feet and the 64th highest Adirondack peak, the summit approach to Boreas was much harder than Gothics undertaken two weeks earlier because of all of the deep unpacked snow on the protected ridge still in its natural state in early April. Snowshoes would be a word to the wise, but as they say, stupid is what stupid does, and although posting such a strong opinion would be enough to get kicked-off Adirondack Trail Conditions (at least concerning mud season antics), we're not so narrow or bereft of humor to learn from our own experiences! Overall, there were so many people involved in the success of this outing, both named and unnamed, and expectedly unsurprising, that made it a classic outing for all times, and hopefully one that more people come to experience for themselves. One of the most beautiful vistas in the whole ADKs. Participants: Anthony "Trail Breaker" Szmul, Chris "The Pump" Lovett, Jim "The Wizard" Zwynenburg (co-leader), and Jeff "Don't Give Up the Ship" Mans (leader).

Where Are We Going Wednesday? Wed, Apr 13, 2022, Jen Ferriss

- WAWGW? Amy's Park! Rain was in the forecast but a small group of hikers enjoyed the varied terrain around the pond and up to the

scenic view above the cliffs. I think we walked on just about every trail in the park. If you have never been to Amy's Park, go check it out. Hikers: Jen Ferriss, Kim Brown, Dan Hubbs, Matt Miczek, Kathy Murray, Karen Provencher and Salem.

Where Are We Going Wednesday? Wed, Apr 20, 2022, Jen Ferriss

- WAWGW? Spruce Mountain! The day after a Spring snow storm, we were not surprised to find snow on the trail; 6+ inches in bare boots made the hike more fun. The woods were beautiful with clean white snow against a blue sky. I have hiked Spruce twice before and never climbed the tower until today. The storm capped the hills and mountains with layers of white. On the way down we met some families that were a bit more optimistic with their shoe and sock choice, but we made a perfect trench to get to the top without getting cold or wet ankles. Hikers: Jen Ferriss, Kim Brown, Sue Hermitage, Dan Hubbs, Matt Miczek and Katherine Scharff.

The Tip of the Tongue - A counter clock-wise approach Sat, Apr 23, 2022, Jen Ferriss

- I have hiked the Southern range multiple times, but always with a clockwise approach. Wanting a different point of view and the elevation mid-hike rather than right from the parking lot, we started with the Northwest Bay trail. Immediately our first challenge presented itself with a washed out bridge and swift wide crossing due to the recent snowfall melt. The trip to the tip was met with more stream crossings, the call of the loons and beautiful places to stop and look at the lake. After a brief rest we were ready to climb up the ridge. To say the least, it was challenging to climb the "elevator shaft" on the way to First Peak — but Anthony's strong arm and Kimberly's rock climbing experience helped with unsure footing and hand holds to get everyone up safely. The view of the Narrows and the unpopulated lake this time of year is spectacular, plus there are no snakes! The loons continued to call, our legs continued to do what they were supposed to and Laura was able to finish her Lake George 12ster at the summit of French Mountain. We wearily made it back to the cars enjoying the waterfall and our efforts. Also of note: We knew that the GF-SAR Chapter trail crew was cleaning up the Northern trail, so many of us did our part clearing trees and branches for most of the hike - we could have used Steve Mackey at times, but we made great progress. Martha's Dandee Crem was a well deserved finish to a day with a little more elevation than climbing Mt. Marcy - all in our backyard. Hikers: Jen Ferriss, Joe Babcock, Pamela DelSignore, Laura Fiske, Kimberly Labrecque, Beth Post, Maureen Roberts and Anthony Szmul.

Hoffman Mountain Sat, May 7, 2022, Jeff Mans and Doug Fish

- For those who know me, this may come as a surprise, but there is a time to keep quiet, look, listen, and reflect. Unfortunately, it is exceedingly difficult for me when around other people and enjoying myself to the limit, like this bushwhack to Hoffman Mountain. Almost as surprising as the odds that Jen would find her Gore hat lost years ago on one of the misleading upper ridges that seemed to side-track us on occasion because it does get thick in places up there, along with some hidden remnants of the long winter's snow and ice, or having a Hoffman climbing Hoffman Mountain. But these things are not surprising on Hoffman considering the varied terrain, open forest areas, ridge walks, alien portal on the rock dome, sections of dense spruce forest and blowdown, and amazing views of the high peaks on the north ridge of the summit. So strong are the forces of nature there, that some lose all sense of direction and familiarity with the well-known mountains, lakes and ridges laid out before us like glistening jewels that dazzle the eyes and stoke the imagination. Participants: Jeff Mans (leader), Doug Fish (co-lead), Jen Ferriss, Amy

Trip Reviews - July 2022

Burket, Anthony Szmul, John Acacia, Brian Hoffman, Joe Babcock, Karen Provencher and Kathleen Wiley. And while I could not find my copy of Thomas Coles' poem and ode to Schroon Mountain to read upon the summit, I place it here for all to read, imagine, dream, or ignore, which are of course done best upon quiet reflection. SONG OF A SPIRIT by Thomas Cole. An awful privilege it is to wear a spirit's form, and solitary live for aye on this vast mountain peak; To watch, afar beneath my feet, the darkly-heaving storm, and see its cloudy billows over the craggy ramparts break; To hear the hurrying blast torment the groaning woods, O'er precipices cast the desolating floods; To mark in wreathed fire the crackling pines expire; To list the earthquake and the thunder's voice round and beneath my everlasting throne; Meanwhile, unscathed, untouched, I still rejoice, and sing my hymn of gladness, all alone. First to salute the sun, when he breaks through the night, I gaze upon him still when earth has lost her light. When silence is most death-like, and darkness deepest cast; The streamlet's music breath-like, and dew is settling fast; Far through the azure depth above is heard my clarion sound, like tones of winds, and waves, and woods, and voices of the ground. I spread my shadeless pinions wide o'er this my calm domain: A solitary realm it is; but here I love to reign.

Where are We Going Wednesday? Wed, May 11, 2022, Jen Ferriss, co-lead Doug Fish

- WAWGW? Lake Bonita/Lake Ann Loop in Moreau State Park. Some of us made it to the trailhead before the road was closed for maintenance; Dan, Matt and Bill were not so lucky. Cell service was available and Matt and Dan were able to follow each other to the Western Ridge trailhead and meet us somewhere along the route. Bill decided that it was just best to go home and ride his bike. I was a bit bummed that with all the research I do for trips, road work was not on my radar; I kind of pay attention now. We went around Bonita clockwise and then went down the Waterfall Trail where we met up with Matt and Dan while staring at the wet rocks of the non-existent waterfall. When we got to the unmarked trail that avoids losing elevation to get to the Western Ridge Overlook, there was a folk art sign showing us the way to the right instead of down to the left. This was a good choice because I was unsure how everyone would do with the elevation. The black flies greeted us at the high point of our hike, so we took a few pictures, had a quick snack, and off we went to finish the loop. Matt and Dan continued on with us to the lean-to at Lake Ann and then we said our goodbyes. Moreau is always a favorite for me and I was glad to share the trail with those new to our local gem. Jen Ferriss and Doug Fish were joined by Peter Bishop, Cathy Fleming and Larry Handy. Unofficially Matt Miczek and Dan Hubbs; in spirit Bill Schwarz.

Where are We Going Wednesday? Wed, May 18, 2022, Jen Ferriss, co-lead Doug Fish

- WAWGW? The Harris Preserve in Lake Luzerne. We welcomed Liz to our group this week and made our way to Potash Mountain first. Salem caught up with us in no time and off we went in two groups to the overlooks to let our heart rates settle and to catch the views to the south and west. The back of the pack decided to head back down the way we all ascended and the lead took the loop from the summit. We all joined up again at the Nature Trail and enjoyed the gentle stroll back to the car. Doug Fish and Jen Ferriss were joined by Liz DaBramo, Larry Handy, Dan Hubbs and Matt Miczek with guest appearance by Karen Provencher and Salem.

100 Mile Challenge Kickoff Hike: Black Mountain Fire Tower Sun, May 29, 2022, Jen Shepherd

- We couldn't have asked for a better weather day for this trip, especially considering my last couple trips got rained out. Everyone met at the trailhead. The group was a mix of younger faster hikers, middle

of the road pace, and slower but steady. Trail conditions were excellent for Black Mountain. Minimal mud. We spent a significant amount of time on the summit chatting, taking photos and fueling up for the walk down. The group opted to hike the loop; Augi the dog enjoyed a nice swim because of this. Those of us fortunate enough to be sitting near him enjoyed the after spray when he shook water off his coat a few times. On the way out we spotted a grove of lady slippers. Great time had by all. Total group size was 11 people: Steph G., Ted L., Davey K., Alana G., Jason S., Brian C. (w/ Augi), Laura F., Kathleen R., Gina M., Jen N., & Jen S. (trip leader).

New Schumann Preserve at Pilot Knob Wed, Jun 1, 2022, Kim Brown

Although initially it looked like rain in the morning, the weather cooperated and our group made it up to the gazebo in under an hour, just as the drizzle was starting to come in. There was a little bit of trail work along the way with small amount of trash clean up and downed branches getting picked up. Several different birds were calling out and Licia used her app to identify them. The tiny orange flowers (Columbine) were in bloom. After a quick snack the group made it back to the car. Participants: Kim Brown (leader), Malcolm Brown, David Colomb, Mo and Jim Coutant, Steve and Licia Mackey.



Tip of the Tongue (above) and Potash (below) pictures Jen Ferriss



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 email 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 can 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). Exit 19 Panera Bread is the meeting spot unless otherwise noted in the trip description. Be there and ready to depart at the posted time.

Travel Information/Car Pools

Typically 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 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 do-

ing 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!

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 snowshoes 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.

Ratings

Rating Effort	Level	Elevation Gain (feet)	Miles	Time (hours)
A+	Very Strenuous	4000+	10+	10+
A	Strenuous	3000+	8-12	8-10
B+	Moderate Strenuous	2,000+	5-10	6-8
B	Moderate	1000+	5-8	5-6
C+	Fairly Easy	1000+	5-8	4-6
C	Easy	Under 1000	Under 5	Under 5

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 Chair on page 3 for more information.



Chepontuc Footnotes

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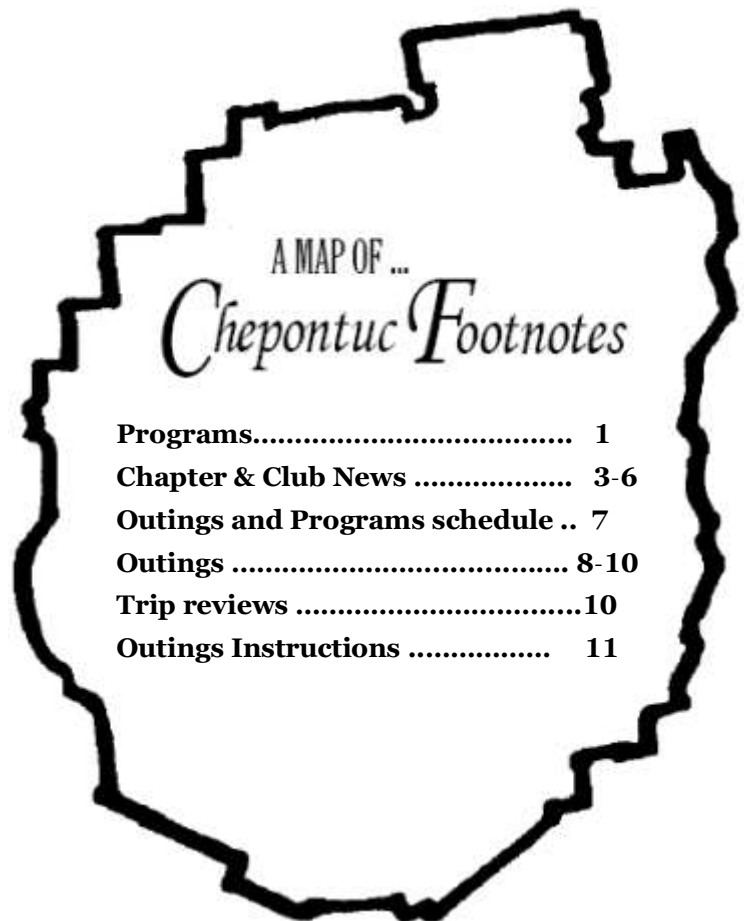


Are you moving?

*If you are moving, You may call
Headquarters at 518-668-4447.*

*The Chapter receives all its mailing
labels and membership lists from the
Club.*

*Therefore, any change of address
need NOT be sent to the Chapter .
One call to the Club is all you need!*



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