

# The **Lookout**

*February - March 2019*



**Adirondack Mountain Club — Schenectady Chapter**

Dedicated to the preservation, protection and  
enjoyment of the Forest Preserve

<http://www.adk-schenectady.org>

# Adirondack Mountain Club — Schenectady Chapter Board

## ELECTED OFFICERS

### CHAIR:

Stan Stoklosa  
518-383-3066  
[chair@adk-schenectady.org](mailto:chair@adk-schenectady.org)

### VICE-CHAIR:

VACANT

### SECRETARY:

Jacque McGinn  
518-438-0557  
[secretary@adk-schenectady.org](mailto:secretary@adk-schenectady.org)

### TREASURER:

Mike Brun  
518-399-1021  
[treasurer@adk-schenectady.org](mailto:treasurer@adk-schenectady.org)

### DIRECTOR:

Roy Keats  
603-953-8782  
[director@adk-schenectady.org](mailto:director@adk-schenectady.org)

### PROJECT COORDINATORS:

Jacque McGinn  
518-438-0557  
[projcoord@adk-schenectady.org](mailto:projcoord@adk-schenectady.org)

Jason Waters

518-369-5516  
[projcoord@adk-schenectady.org](mailto:projcoord@adk-schenectady.org)

VACANT

[projcoord@adk-schenectady.org](mailto:projcoord@adk-schenectady.org)

## APPOINTED MEMBERS

### CONSERVATION:

Mal Provost  
518-399-1565  
[conservation@adk-schenectady.org](mailto:conservation@adk-schenectady.org)

### INNINGS:

Sally Dewes  
518-346-1761  
[innings@adk-schenedctady.org](mailto:innings@adk-schenedctady.org)

### LOOKOUT EDITOR:

Mal Provost  
518-399-1565  
[lookout@adk-schenectady.org](mailto:lookout@adk-schenectady.org)

### MEMBERSHIP:

Mary Zawacki  
914-373-8733  
[membership@adk-schenectady.org](mailto:membership@adk-schenectady.org)

### NORTHVILLE PLACID TRAIL:

Mary MacDonald  
518-371-1293  
[nptrail@adk-schenectady.org](mailto:nptrail@adk-schenectady.org)

### OUTINGS:

Roy Keats  
518-370-0399  
[outings@adk-schenectady.org](mailto:outings@adk-schenectady.org)

### PRINTING/MAILING:

Mary MacDonald  
518-371-1293  
[mailing@adk-schenectady.org](mailto:mailing@adk-schenectady.org)

### PUBLICITY:

Richard Wang  
518-399-3108  
[publicity@adk-schenectady.org](mailto:publicity@adk-schenectady.org)

### TRAILS:

Norm Kuchar  
518-399-6243  
[trails@adk-schenectady.org](mailto:trails@adk-schenectady.org)

### WEB MASTER:

VACANT  
[webmaster@adk-schenectady.org](mailto:webmaster@adk-schenectady.org)

### WHITEWATER:

Ralph Pascale  
518-235-1614  
[whitewater@adk-schenectady.org](mailto:whitewater@adk-schenectady.org)

### YOUNG MEMBERS GROUP:

Dustin Wright  
603-953-8782  
[ymg@adk-schenectady.org](mailto:ymg@adk-schenectady.org)

On the  
cover

*ONE ICED BURRITO: Students working on first aid skills at an ADK training session in December at the Adirondack Loj roll up a mock victim of a trail accident. Article on page 1.  
Photo by Sally Dewes*

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February - March 2019

# The Lookout

The Newsletter for the Schenectady Chapter of the Adirondack Mountain Club

## ADK First Aid Program Offers Emergency Skills

What would you do if you came upon an unconscious person on the trail in the Adirondacks, or someone howling in pain? The ADK likes to keep its members and trip leaders and other community members educated and hopefully prepared to handle emergencies that may arise in the woods.

To that end, the ADK offers first aid and wilderness responder courses, plus an array of other outdoor skills. In December ADK offered a two day Wilderness First Aid course at the Adirondac Loj property. Wilderness First Aid is an intense two-day workshop that teaches students how to deal with medical emergencies when they are miles from help and dialing 911 is not an option. My husband Bill and I signed up and hoped the weather wouldn't be too cold as we were informed that much of the class would take place outdoors. As part of the package we signed up to stay in the Weizel Cabin on the Loj property and eat the family style meals at the Loj. We knew we'd be well fed! The bags we packed for the weekend were bulging with warm clothes.

The class was full, about 20 people. The students were from New Jersey, New York City, the North Country, Capital Region, Maine and Canada, among other regions. There were Scout leaders, a veterinarian, an insurance agent (some interesting discussions there!), lots of hikers and trip leaders, and a retired police officer. The instructors were two local folks, a seasoned Saranac Lake rescue squad leader and a DEC ranger.

We did some classroom discussions or "talk-chalk" but much of both days we spent outdoors. The class was divided into two groups, victims and would-be rescuers. The groups were separated, victims were moved outdoors and coached on what symptoms to present. They would then go and sit in the snow. Rescuers, as individuals or groups, would find a victim and try to determine what was going on. Sometimes the victims would be coherent, sometimes incoherent. Sometimes our victims would be crumpled in a heap and we'd move them in a safe manner so we could further evaluate them. We also wrapped up people like burritos to keep them warm while lying in the snow and also practiced carrying techniques.

The instructors did a great job and broke down into methodical steps how you can approach the situation, assess the scene, assess the person, and then talk about next steps. Do we run for help? Do we stick around and wait for things to improve on their own? We also talked about what information should be communicated to rescue personal if you're going for help.

Of course a two-day class like this does not prepare you for everything but I left this course more confident to face an emergency. I really hope I never come upon a seriously injured person in the wilderness but if I do, perhaps I'll be better prepared to deal with a crisis. And I must say, it was a pretty darn fun and lively group of participants too!

For course offerings – they range from map and compass basics to GPS to bushwhacking and fly fishing – and costs, check out the main ADK magazine, *Adirondac*, and the website, [adk.org](http://adk.org) for what's coming up.

--Sally Dewes



*Getting a victim to warmth or shelter is an essential part of the first aid process, particularly in cold weather, as shown in this exercise. Photo by Sally Dewes*

# Environmental Scholarship Open to Graduates

In keeping with the Adirondack Mountain Club's dedication to the conservation and preservation of New York State's parks, preserves and wild spaces, the Schenectady Chapter of the ADK will be awarding a \$500 scholarship along with a one-year membership to the ADK Schenectady Chapter to a high school senior in Schenectady and its suburban area who shows an interest in the preservation and protection of the environment. This senior will need to be pursuing, in September of the upcoming academic year, a course of study in a field such as, but not limited to, forestry, marine biology, conservation or environmental science.

Please share this with any and all High School students you know who are showing an interest in studying any of those areas in their college degree program. This is open to all area high school students.

## To apply:

Interested candidates should submit an essay describing their motivation for pursuing their particular course of study, their future goals and any current or past activities that show their commitment to protecting the environment.

**Submissions should include the following information (Please send in either word or pdf format):**

**Name:**

**Address:**

**Contact Number and Email Address:**

**Parent's Name(s):**

**Name of High School:**

**Name of College attending in September:**

**Reference: (Please also include the name, phone number and/or email of a reference we may contact who is able to validate the commitment described. )**

**Send submissions, no later than March 29, to:** jeve3@aol.com (Subject Line: ADK HS Scholarship)

**Questions?** Call Jacqueline McGinn, scholarship project coordinator, at 518-281-3673 or email at jeve3@aol.com.

--Jacque McGinn, Coordinator

# Keep An Eye Out For Teen Trails Scholarship

Each year, the Schenectady Chapter sponsors a local teen who wants to spend a week camping in the back country and experiencing trail work with trained ADK crew leaders. The chapter will cover the fee so the teen can participate at no cost. If you know a student who might be interested, please have them keep an eye out on the ADK main club webpage, below, for the announced high school projects. There is a link on that page to the scholarships available and instructions for applying.

<https://www.adk.org/high-school-projects/>

The deadline for applying will be April 19.

## Contact State Legislative Chairmen

It never hurts to write to political leaders to make your positions known, and there are a ton of topics active this year for sure. Over time these will include budget issues such as how many forest rangers are employed. **Your voice counts.**

Following are the chairmen of environmental conservation committees for 2019 in the state Senate and Assembly.

### Todd Kaminsky

Chair of Senate Environmental Conservation Committee  
Legislative Office Building Room 302  
Albany, NY 12247  
Phone: 518-455-3401  
[kaminsky@nyssenat.gov](mailto:kaminsky@nyssenat.gov)

### Steve Englebright

Chair of Assembly Environmental Conservation Committee  
Legislative Office Building Room 621  
Albany, NY 12248  
Phone: 518-455-4804  
[engles@nyassembly.gov](mailto:engles@nyassembly.gov)



## Whitewater Folks Practice for Spring Season

It's what we do during the cold winter months when the rivers are iced over (or at least too cold for most of us warm blooded creatures.) The pool rolling sessions have begun at the Duanesburg YMCA and will continue every Thursday night at 7:30 p.m. until April. Interested in whitewater paddling? This is a great place to start. Get off on the right foot (OK, or stroke) and learn about equipment, entry, posture, balance, bracing, rolling, strokes, and more strokes. ADK has a great group of paddles eager to share skills and knowledge (and white water stories)! We are there to help! It is what we do and how we build the sport. People can spend a lot of time in the water and never really go anywhere without the proper training. Whitewater can be great fun, exciting and safe when done properly, and what a great way to explore the Adirondacks!

And speaking of the Adirondacks, we will be planning our 2019 season on Friday February 8 at 6 p.m. at Spendwood School of Dance and Gymnastics at 50 Johnston Avenue in Cohoes. All are welcome! Here, trip leaders fill the spring, summer and fall with our adventures. We also plan our whitewater training: rescue, first aid and trip leader skills. There are options also through our chapter for certifications in whitewater and leadership skills at Zoar Outdoor. Check out the web site and calendar <http://www.adk-schenectady.org/whitewater> or contact me directly.



*Pool time is really helpful in keeping skills sharp, with the ADK sessions at the Duanesburg YMCA. Foreground are Sally Dewes, back to camera, and Bill Ports.*

Don't just dream about it, do it! Paddle and connect with the Schenectady Chapter of the Adirondack Mountain Club.

--Ralph Pascale, Whitewater Chairman

## Northville-Placid Hikers Keep On Trekking

The Northville-Placid Trail Committee of the Schenectady Chapter, ADK, reports that in 2018, more than 90 patches for completion of the trail were awarded.

Construction of the NPT was ADK's first project. To date, at least 2,500 hikers have reported finishing the trail. Originally 132 miles long, reroutes and trail changes have extended the NPT to 138.6 miles.

Hiking the trail has been aided by the updated fifth edition of the Northville-Placid Trail Guidebook, part of the ADK's Forest Preserve Series. Edited by Jeff and Donna Case of Mattydale, the volume released in the spring of 2017 has been extensively revised and redesigned, including a return to a smaller, more convenient size. The new edition's arrival was a celebration of another sort as well: the text includes a detailed description of the long-awaited reroute of the NPT's southern approach.

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## *Lookout* Presses For More Digital Subscribers

As *Lookout* enters 2019, we need to ask you to consider reading us in our electronic format, rather than the traditional print copy you have in hand right now. This is a matter both of cost and readership preferences **and it will remain your choice**, but consider the following:

Layout, printing and mailing of about 600 copies of *Lookout* every other month consumes about \$6,000 annually, roughly half the total budget of the Schenectady Chapter of ADK. That's a bundle, and if we can save a chunk of that it will help us accomplish all our other programs – scholarships, educational programs, skills training and trips -- and still keep our heads above water. It also means less paper use. Clearly this is a common theme in personal households, non-profits like the Adirondack Mountain Club and governments. So no surprise.

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And as the ADK has encouraged recruitment of younger members to carry the ADK forward, we have found also that there is a strong preference among them – the 20-, 30- and 40-somethings – to stay up to speed with our activities via Facebook, our Web site and electronic media in general. These are options already, of course, but to a large degree most of our traditional readers are still taking the mailed, hard-copy version of *Lookout*. So we are making this push to have folks select the electronic version. By the way, that will mean also, quicker delivery in full color.

We are still working out the details of continuing the hard-copy option while encouraging choice of the e-edition. In the April-May edition we will have it sorted out and provide the simplest route. In the interim, you will continue to receive *Lookout* in the form you do now. **But, if you wish to convert to the e-edition right away, contact ADK [membership@adk.org](mailto:membership@adk.org)**

Thanks for all you do to support the ADK Schenectady Chapter and for working with us as we transition how we do business in a way that both lowers our environmental impact and allows us to invest in the future!

-- Mal Provost, *Lookout* Editor

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## Young Member Socials and Trips Growing

In our last edition I discussed the need to make sure our rapidly growing group of young members got to know everyone else in the chapter, and without a doubt our all-member Holiday Social at Great Flats Brewery helped us toward that goal. Folks of all ages got to swap stories, have some delicious snacks that Mary Zawacki helped organize, share outdoor skills and even engage in an advocacy action encouraging our state government to hire more forest rangers. We plan on doing these socials twice a year, so be on the lookout for another as summer approaches!

In this edition we are also announcing a new initiative of weekend trips, with our March trip to the Burlington, VT area to hike Camel's Hump. Day trips up to the Adirondacks are often so rushed and we believe an occasional overnight trip will more closely bring folks together.

I'd additionally like to welcome Eric Woodruff and Kristen Cimmino as our two newest trip leaders! With Eric and Kristen leading alongside Jason Waters, Mary Zawacki, David Trestick and myself, we should now be hitting a critical mass of leaders to provide programming most weekends.

Finally, as a goal for the coming months, I'd like to note that we definitely need a couple more folks serving as chapter board leaders as well, particularly in the area of communications. If there's anyone who might like to assist in this area, please let me know!

--Dustin G. Wright, Young Member Chair

# High Peaks Care, Rock Oddities Talk Topics

We have two more interesting talks and slide presentations coming up in February and March at the Schenectady County Historical Society, focused on hiking practices and destinations. The first is about unique and fragile plant life at high elevations and how to protect these, while the second offers some new hikes to unusual rock formations. Both talks begin at 7:30 p.m. on Thursdays, Feb. 21 and March 21, with refreshments provided. The SCHS is at 32 Washington Ave., with parking behind the YWCA Headquarters next door.

## Protecting Our Alpine Ecosystem

The climb is hard and long, the views are breathtaking, and the wind can knock you over. This is what you encounter when you climb the High Peaks. You can look for miles and see only wild places. It is a place where the trees disappear, the trail becomes steep, and the plants are very small. The alpine zone is a special place where, and yet no matter the harsh mountain weather, you will find a summit steward. The ADK Summit Stewardship Program is in its 30<sup>th</sup> year protecting the alpine plants that grow above tree line on New York's tallest mountains. There are only 173 acres of alpine habitat that are spread across 21 summits. Stewards climb to the top of these peaks every day in the heavy traffic season to talk to hikers on the importance of staying on bare rock surfaces and off of the fragile vegetation. The Stewardship Program's mission is to protect alpine habitat through education, trail work and research.



*Kayla White talks to hikers about the fragile alpine environment in the High Peaks.*

Come listen to Kayla White, ADK's summit steward coordinator, talk about the challenges we face in preserving this unique and fragile ecosystem. Kayla has worked for the Adirondack Mountain Club for eight years. She has worked at the Adirondack Loj, John's Brook Lodge and High Peaks Information Center. She enjoys cross country skiing, yoga, swimming, fermenting things and playing with her black Lab Yodel.

## Geologic Oddities

Russell Dunn will talk about wonderful hikes in the Capital Region, Catskills, and Shawangunks -- all with massive boulders, glacial potholes, rock-shelters, and unusual rock formations. The talk is based upon his recent book, *Rambles to Remarkable Rocks: An Explorer's Hiking Guide to Amazing Boulders & Rock Formations of the Greater Capital Region, Catskills & Shawangunks*. Dunn has also written *Boulders Beyond Belief* (featuring the Adirondacks) and *Rockachusetts* (covering the entire state of Massachusetts).

Russell is a former New York State licensed hiking guide and the author of eight waterfall guidebooks, four paddling guidebooks, and five hiking guidebooks. He has also done extensive work in stereography and has published ten regional booklets of 3D images.



*Russell Dunn seeks out unique rock and other geologic formations on Adirondack and Catskill hikes.*

– Sally Dewes, Talks Coordinator

# Outings

## Saturday, February 2

### Young Member Outing: Ampersand Mountain & Saranac Winter Carnival!

#### Class B2B

**Dustin Wright, 603-953-8782 or pastor@messiahschenectady.org**

Join us for one of the best of the Saranac 6! At first the trail is mostly flat, providing an ideal walk in the woods. The second half is steep and rugged while the bald summit offers stunning 360 degree views. Distance is 5.4 miles round trip with 1775 feet of elevation gain. This is a canine friendly hike AND here's what's really exciting: at 7 p.m. will be the incredible opening fireworks of the annual Saranac Lake Winter Carnival for those who want to stick around! Please join us!

## Monday, February 4

### XC Ski Wilton Wildlife Preserve - Camp Saratoga

#### Class C3D+

**Marc Limeri, 518-545-6456 or wwebbiee@yahoo.com**

This is an easy XC tour on mostly wooded trails. The trails are groomed for classic or skating style (but if you're skating, we are very slow!) The distance is just under 4 miles with one moderate hill (you need to go up and down the hill) This date may get moved depending on snow conditions.

## Thursday, February 7, from 7 to 9 p.m.

### Young Member Social: Frog Alley Brewing Company

**Dustin Wright, 603-953-8782 or pastor@messiahschenectady.org**

Come check out Schenectady's newest brewery with us, learn some winter hiking skills, swap stories from the trail and plan out fantastic trips for the months ahead! Appetizers are on the club! Join us friends!

## Friday, February 8

### XC Cole's Woods at Night

#### Class C3C

**Marc Limeri, 518-545-6456 or wwebbiee@yahoo.com**

Cole's Woods is in Queensbury, just off Exit 19 They have a 5k trail that is supposed to be lit at night. However, they're having trouble with the lighting system (run by Glens Falls) and the first half of the trail may not be lit, so a headlamp will be required This tour is for strong intermediate and better skiers since there are some hills and it will be dark The lights they have are on until 10 p.m. and I plan to start around 7, so we should be done by 9. The trail is groomed for classic or skating style (but if you're skating, we are very slow!)

## Saturday, February 9

### Moreau Lake State Park Snowshoe

#### Class C2C

**Norm Kuchar, 399-6243 or nkuchar@nycap.rr.com**

This hike is rescheduled from January. We'll do a loop hike around Moreau Lake and its smaller companion, Mud Pond, using park roads and trails. If conditions allow, we may snowshoe across a portion of the lake. Snowshoes and/or traction aids (e.g., microspikes) as well as winter clothing will probably be needed. Although this is not a full-day hike, bring a lunch; we will plan to eat in the warming hut on the shore of the lake. Distance is 4.3 miles, with about 150 feet of elevation gain.

## Saturday, February 9

### Reschedule: McKenzie and Haystack Mountain

#### Hard 9 Mile Hike with Bushwhacking

**Jason Waters, 518-369-5516 or jwate78@gmail.com**

We will be hiking two of the Saranac 6; McKenzie Mountain (3,861) and Haystack (2,864). This trail starts near the Whiteface Inn Lane in Lake Placid at the trailhead for the Jackrabbit Ski Trail. We will go up to McKenzie first and then back to the junction and up to bushwhack Haystack. McKenzie offers excellent views from both a ledge on the trail and a ledge near the summit. On a clear day, Haystack offers views to the south of the High Peaks. Inexperienced hikers are advised not to join on this hike and snowshoes and crampons will be needed.

## Saturday, February 16

### Stephens Pond Cross Country Ski

#### Class B2B

**Roy Keats, 518 466 8544 or royskipaddle@gmail.com**

This ski starts at the Lake Durant Public Campsite and climbs to Stephens Pond via the Northville Lake Placid Trail. It has a few downhill sections which make it a lower intermediate rating. From Stephens Pond we could ski across the lake, and bushwhack a quarter mile back to the main trail to avoid a steep uphill climb out from the pond. The trip is 6 to 7 miles long depending on pond ice conditions.

## Monday, February 18

### Plateau Mountain,

#### Class B+2B

**John Susko, 518-383-1284 or jpsusko@nycap.rr.com**

We'll take the Warner Creek trail up to the summit of Plateau (one of the Catskill 3500 peaks) and continue on to a good view point, before returning the same way. This route will take us past another four scenic views and is longer; but, less steep than other approaches to Plateau. The distance is 8-9 miles with ~2000 feet of ascent. At this time of year snowshoes and crampons or other traction devices may be needed.

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# Outings

*Continued from Page 6*

**Wednesday, February 20**

**LeVine Preserve**

**Class C2C**

**Norm Kuchar, 399-6243 or nkuchar@nycap.rr.com**

The LeVine Preserve, in the Town of Providence, Saratoga County, is owned by the Saratoga PLAN land trust. The 180-acre preserve was once the site of several farms and a town road, but the land has now reverted to a beautiful forest covering the hills along Joby and Cadman Creeks. We'll snowshoe on a network of trails, passing stone walls, cellar holes and the foundations of an old mill that serve as reminders of former times. Actual route will depend on snow and trail conditions, but is expected to be about 3 miles long, with a total elevation gain of about 250 feet. Snowshoes and winter clothing will be necessary.

**Sunday, February 24**

**Snowshoe Hike: Blackhead, Black Dome, Thomas Cole**

**Hard 8 Mile Hike**

**Jason Waters, 518-369-5516 or jwate78@gmail.com**

Join us for three Catskill 3500s: Blackhead (a winter requirement), Black Dome and Thomas Cole. We will start by going up Batavia Kill Trail to Blackhead, then down the Blackhead Trail toward Black Dome and Thomas Cole. We will loop out on the Black Dome Range Trail for a total of 8.3 miles and ascent of 2,843 feet. Excellent views abound on the trails and summits. Winter gear will be required.

**Saturday, March 2**

**Panther & Giant Ledge**

**Class B2B**

**Dustin Wright, 603-953-8782 or pastor@messiahshenectady.org**

Bag one of the four required winter high peaks for the Catskills 3500 with us! Giant Ledge and Panther Mountain Trail is a 6.3 mile heavily trafficked out and back trail located near Big Indian, New York with about 1900 feet of elevation gain. From Giant Ledge there's FANTASTIC views! Join us!

**Friday, March 8**

**Tongue Mountain Range, North Half**

**Class B2B**

**Roy Keats, 518 466 8544 or royskipaddle@gmail.com**

This hike starts at the Deer Leap Parking area on 9N and ends at the Clay Meadow Parking area. It will go over Brown, Huckleberry and 5 Mile Mountain for a total distance of about 7 miles. There should be good views of Lake George in many locations. These are 3 of the Lake George 12sters challenge. Winter hiking gear, snowshoes, micro spikes and hiking poles will be needed.

**Saturday, March 9**

**Young Member Weekend Trip: Camel's Hump**

**Class B2B**

**Dustin Wright, 603-953-8782 or pastor@messiahshenectady.org**

We'll be trying something new this winter with our first Young Member Winter Weekend trip to Vermont! While a hike up Camel's Hump, one of the best summits in Vermont, will serve as the center-piece of the trip, folks are also invited to join us in Burlington on Friday evening. Camel's Hump is one of the best hiking trails in the Green Mountains and is the third highest peak in the state. At a round trip length of 6 miles and 2500 feet of elevation gain, it's a relatively mellow way to see beautiful views in every direction from the summit! There's even a waterfall! Please join us, even if it's just for the day!

**Sunday, March 10**

**Marshall**

**Class A+1A**

**Mary Zawacki, 914-373-8733**

Enjoy an extra hour of evening daylight as we head up the Calamity Brook and Herbert Brook Trails to Mount Marshall, an ADK 46er. Kick off Daylight Saving Time with a challenging 13.5 mile hike featuring 3,000 feet in elevation gain. We'll be moving at a quick pace, averaging close to 2 mph. Some of this hike involves following herd paths. Winter hiking experience and gear is required, including snowshoes, microspikes, and cold weather clothing.

**Thursday, March 14, from 7 to 9 p.m.**

**Young Member Social: Great Flats Brewing Company**

**Dustin Wright, 603-953-8782 or pastor@messiahshenectady.org**

Good conversation and great friends await as we talk about upcoming trips and how to better protect the places we play in at our March social for outdoorsy minded young adults. All are welcome to join us and we'll definitely have free pizzas to share!

**Saturday, March 16**

**Ski Trip Camp Santanoni Open House**

**Class A2C**

**Roy Keats, 518-466-8544 or royskipaddle@gmail.com**

This ski tour follows a road into Camp Santanoni. There is a gradual uphill from the parking lot to a high point after which there is a nice downhill. The camp is an historic great camp with a lot of interesting buildings. The trip length is about 10 miles round trip. This is an open house weekend when there will be tours of the buildings and hot chocolate in the Artists Camp (bring your own mug).

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# Outings

*Continued from Page 7*

**Saturday, March 16**  
**Hurricane and Big Crow**  
**Class B2B**

**Eric Woodruff, 518-588-5592 or eric@thewoodruffs.us**  
 Hurricane is one of the better situated fire towers in the High Peaks region, with great views of the surroundings; you don't even need to climb the tower to take in the scenery with the bald top! We will be hiking the less traveled northern approach, a 5.6 mile out and back, located near Keene. The hike is a moderate climb with over 1500 feet elevation gain. After that bag Big Crow, a short 1.3 mile out and back with 600 feet elevation gain from the same trailhead clearing. Get a winter fire tower in before the season is over!

**Saturday, March 16**  
**Mt. Sherrill,**  
**Class B2B**

**John Susko, 518-383-1284 or jpsusko@nycap.rr.com**  
 Mt. Sherrill is one of the trailless, 3500 foot peaks in the Catskills and there is a good view near the summit which we will visit. At this time of year snowshoes and/or traction devices might be needed. The distance is ~5 miles all of it off trail and ~2,000 feet of ascent. Sign up from March 10 to 14.

**Sunday, March 17**  
**Loon Lake Mountain Fire Tower.**  
**Class B3B**

**Kristin Cimmino, 518-368-3185 or Cimminok@yahoo.com**  
 Join us for a beautiful hike up Loon Lake Mountain, 5.8 miles round trip. The parking area is on Route 26 right past a sign for Grass Pond Fishing area. The trail follows yellow markers and starts off fairly easy on a logging road but becomes steep towards the summit. This summit offers beautiful views however the tower is missing a few steps and is closed so we will not be going up. Snowshoes and winter hiking gear are needed.

**Sunday, March 31**  
**Wakely Mountain**  
**Class B3B**

**Kristin Cimmino, 518-368-3185 or Cimminok@yahoo.com**  
 Join us for a beautiful hike up Wakely Mountain to the newly reconstructed fire tower that is one of the tallest in NY state. This trailhead is on Cedar River Road. We will follow the red trail markers for a moderate hike until the last 1.2 miles which is a steep incline. The fire tower allows great unblocked views of the West Canada Lakes Wilderness area and also great views of the High Peaks. Winter gear will be required.

## HIKE CLASSIFICATIONS

<u>Distance</u>	<u>Leader's Pace</u>	<u>Terrain</u>	<u>Examples</u>
A+ 13 Miles or More	1. Fast	A Very Difficult	A+1A Most Difficult Trip
A 8-12 Miles	2. Moderate	B Strenuous	B2C Moderate Trip
B 5-8 Miles	3. Slow	C Average	C3D Easy Trip
C Under 5 Miles		D Easy	

**How do I sign up for a hike?**

For further details or to sign up for a hike, call the trip leader. Try to call at least two days in advance, as leaders may cancel on the day before an outing if there is insufficient interest. Leaders reserve the right to refuse participants for any reason, including lack of experience and/or lack of physical fitness. All equipment and supplies are the sole responsibility of the trip participants.

**What do I need to bring?**

The trip leader will let you know if any special equipment (crampons, snowshoes, etc.) will be needed. In general, you should always carry food, water, rain gear, map, compass, headlamp, first aid kit and extra clothing, including hat and gloves in case temperatures drop. Clothing for wet or cold weather should not be made of cotton — use a synthetic fleece or wool. If in doubt, ask the leader.

**What if I don't have snowshoes/crampons?**

The chapter has hi-tech snowshoes and one pair of universal fit crampons available for rental at \$5/trip. Contact Stan Stoklosa at 383-3066 to arrange for pick up from his convenient location in Clifton Park. Gear is also available to rent at local retailers..

**Should I reimburse drivers for gas?**

Yes! Each rider should pay their driver four to five cents per mile, depending on the current cost of gasoline. With gas at \$2 per gallon, four cents per mile should be used and at \$2.50 per gallon, five cents should be used (\$3/gallon – six cents, etc).

**The kind of hikes I'd like to do aren't listed here — what can I do?**

Trip leaders may be willing to plan trips based on member suggestions. If there's a specific trip you'd like to do, contact Roy Keats at 518-370-0399 and let him know.

# Trip Tales

**Dorset, Vermont trails**  
**November 30**

The road to the trailhead parking on Ken's Camp Road was blocked by a recent snowfall so the plan to climb to the Gettysburg Quarry was abandoned in favor of a short hike to The Pinnacle Tower off Pinnacle Road. The stone tower was built on an open hilltop in 1910. The hill is now forest covered with views cut through the trees from the tower. It is a short but worthwhile hike to the little summit. After lunch in the car we decided to try Merck Forest trails. There was plenty of snow at Merck Forest where two days before two feet of new snow had fallen. We snowshoed to the farm area and around a field where there were some broken trails and others completely unbroken. Norm Kuchar, Mary MacDonald and the leader, Walt Hayes, enjoyed this little outing.

**Partridge Run**  
**December 13**

Two inches of fresh, fluffy snow greeted us as we arrived at the Partridge Run Wildlife Management Area in the Town of Berne, Albany County. Only a few remnants of previous snows remained, so snowshoes were not needed. We made an easy 3.5-mile loop through the eastern part, using old roads. Snow-covered evergreens, old stone walls, waterfalls on Partridge Run and the distant croaks of a raven added to the magic of the day. Hikers were Walt Hayes, Florence Parmelee, Miriam Parmelee and the leader Norm Kuchar.



*Partridge Run winter hike led by Norm Kuchar offered some beautiful scenes.  
 Photo by Norm Kuchar*

**North Dome & Sherill Bushwhack**  
**December 1**

A good time was had by all on our wintry foray into the Catskills. While the beginning portion over the Devil's Path was relatively packed down, once we turned off towards the summit of North

Dome we would have probably been postholing up to our waists if it weren't for snowshoes, especially on the col between North Dome and Sherill. There wasn't much in the way of views but plenty of laughs on the summits. The way down went through a particularly beautiful forest and we got the best views of the day heading back on Spruceton Road to our cars. Getting that Catskills 3500 patch is a whole lot of work, but it's a blast! Trip participants included Jason Waters, Jill Moretto, Dan Kemp, Ian Goodbody, Jeff Newsome, David Bonk, and leader, Dustin Wright.



*Hikers approach the top of Gothics on Mary Zawacki's ascent. Pictured are Jordan Angerosa and Scott Birdsey.*

**Gothics and Armstrong**  
**December 22**

What better way to celebrate the darkness of the solstice than by hiking the appropriately themed Gothics mountain? Indeed, three of our young members did just that, kicking off the Winter 46er season. Though the shortest day of the year, we began and ended in daylight. This was a bit of a surprise, considering the rather treacherous conditions. A winter hike? More like a mud season hike! Due to heavy rains the night before, water levels were very high, and the snow was slushy. At lower elevations we slogged our way through mush and puddles, debating if our snowshoes were even necessary. The snowshoes became indispensable at higher elevations, though post-holing was inevitable. Alas, there no views atop Gothics to greet us; just high winds. We decided to orphan Armstrong, and made our way back down the mountain,

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# Trip Tales

*Continued from Page 9*

butt-sliding, post-holing, and enjoying the afternoon. Present: Scott Birdsey, Jordan Angerosa, and Mary Zawacki trip leader.

### **Hennig Preserve Charcoal Pits. December 19**

Snow covered the ground but was consolidated so that snowshoes were not needed on or off the trails. It was a perfect winter day with mild temperatures cool enough to keep the snow firm. We found three of the charcoal pits that probably stopped producing charcoal before the Civil War. It was a great day to be in the woods. We had lunch at the Preserve high point (above 1600 feet). The distance for the day was about four miles enjoyed by Norm Kuchar, Ray Sergott and the leader Walt Hayes.

### **Scarface Mountain December 29**

We had a cloudy but chilly day to hike up Scarface Mountain. The trail was mostly packed snow but got really icy toward the top. The lookout had no view due to it being a cloudy day. All in all it was a good day to get out and hike. The participants were leader Jason Waters, Amanda Gomez, Mike DeSocio, Dustin Wright, Ashley Pasco, Laura Fiske and Hazel the Wonder Dog.



*Scarface hikers mug it up, led by Jason Waters.  
Photo by Jason Waters*

### **Blue Mountain December 30**

It was a beautiful, cold morning for our hike up Blue Mountain. The ascent featured more than the usual amount of blowdown.

After summiting the mountain, we were hoping for a view, but were unable to see much from the fire tower. The hikers were leader Jason Waters, co-leader Kristin Cimmino, Arin Zollinger, Scott Turner, Sonja Rossi, Eli Carlton, James Griffiths and Nora Cummings.



*Blue Mountain Fire Tower hikers with Jason Waters grin and bear it.  
Photo by Jason Waters*

### **Saint Regis Fire Tower January 3**

A perfectly sunny early January day, a beautiful view from the summit and an epic crew of young member adventurers made a WONDERFUL day in the Adirondacks! Rich Rogers, Dustin Wright, Mike DeSocio, Becky Woodruff and Eric Woodruff took part. The whole thing was done in about three hours of moving time and almost an hour at the gorgeous summit. While there was a great deal of snow the trail was well broken, allowing for everyone to primarily use microspikes or crampons. With almost no wind and whole lot of sun at the summit many of the gentlemen engaged in topless yoga to inspire everyone on their Instagram feeds. looking good fellas! Eric Woodruff also served as a co-trip leader (and quiet voice of reason) on this trip and now he's officially another young member trip leader for our chapter! We got done so early that a couple of us decided to drive even farther north and bag the Azure Fire Tower as well.



## Open House Weekends at Camp Santanoni

Two more Winter Weekend events are set at Camp Santanoni in the Adirondacks, sponsored by the Department of Environmental Conservation. The dates are Presidents Day holiday weekend, Feb. 16-18, and the weekend of March 16-17. Cross-country skiers and snowshoers will have access to the historic camp properties located in the town of Newcomb in Essex County to rest, tour the buildings, and view interpretative displays.

The events are being hosted by the Friends of Camp Santanoni and SUNY College of Environmental Science and Forestry's Adirondack Interpretive Center. The Friends of Camp Santanoni is a partnership between DEC, Adirondack Architectural Heritage (AARCH), and the Town of Newcomb.

During those events, cross-country skiers and snowshoers will be able to visit both the Gate Lodge and Main Lodge of Camp Santanoni, view displays about the great camp, and take interpretive tours with AARCH staff. While people may visit Camp Santanoni 365 days a year, the buildings are not typically open to the public during the winter months. The initial weekend this year was on the Martin Luther King holiday.

The wood stove heated Artist's Studio, a log and stone building near the main lodge on the shores of Newcomb Lake, will be open as a warming hut. Visitors are encouraged to bring their own cup to enjoy free coffee, tea, or hot chocolate. The Adirondack Interpretive Center will provide snowshoes at the Gate Lodge for any visitors without their own.

## Purchase Protects French Mountain Acreage

On October 18, the Lake George Land Conservancy (LGLC) closed on the purchase of 317 acres on French Mountain, which lies within the Towns of Lake George and Queensbury, for \$525,000.

The LGLC will sell the property subject to a conservation easement to the Towns of Lake George and Queensbury; these transactions are expected to take place within the following months.

More than 2,000 feet of seasonal streams flow down the steep slopes of the property and join with East Brook. Zoning of the property would have allowed for the development of up to 15 new houses, potentially visible from I-87, Million Dollar Beach, resorts along Lake Shore Drive, and other locations on the lake. In addition, these houses would have contributed to the runoff that flows into East Brook, and then into the south basin of the lake.

The towns plan to create a multi-use trail system on the property, which the LGLC is expected to help maintain. Because of its historical use for logging, the property has skidder trails throughout that could be used for hikers and mountain bikers. Although the trails would be steep, the view from the lookout area includes expansive views of the lake, Lake George Village below, and the surrounding Adirondacks.

The property also provides a link to the neighboring East Brook Preserve, which the McPhillips family sold to the LGLC earlier this year. The Preserve contains wetlands and over 500 feet of the main branch of East Brook. The LGLC plans to develop a trail system and install educational signage at the property to explain how important land protection is to ensuring clean water in Lake George for generations to come.

The East Brook Preserve links with Lake George school property, effectively connecting the Beach Road in Lake George with the lookout from French Mountain.

The French Mt. project is the second time LGLC has partnered with municipalities on land conservation. In 2015 LGLC partnered with the Town of Bolton to protect The Pinnacle.

**--Reprinted Courtesy of Adirondack Almanack**

# Global Warming Talk Set At Union College

As we wade, walk in mud and skate through this winter, one specialist will offer some science on what's going on environmentally with "Hell and High Water: New York's Response to the Challenge of Climate Change," a lecture sponsored by the Kelly Adirondack Center of Union College.

The speaker will be Mark Lowery, conservation policy analyst with the Department of Environmental Conservation. His program will be 1 p.m. Wednesday, Feb. 6 at Reamer Auditorium on the Union Campus, with lunch to be offered before the talk.

This will be one of the late-winter, spring programs sponsored by the Kelly Center, at sites on campus and at the center, 897 St. David's Lane, Niskayuna. Please see list below. KAC can be reached at [union.edu/adirondack](http://union.edu/adirondack).

Lowery will discuss the findings and recommendations of three major reports and describe anticipated effects of climate change on New York's communities, residents, businesses and natural resources. He will describe New York's continuing work to reduce its greenhouse gas emissions, despite the current lack of federal leadership, and programs to identify and mitigate climatic hazards. Finally, he will describe state support for local action through the Climate Smart Communities program and actions individuals can take.

A 30-year veteran of DEC, Lowery has served as a climate policy analyst in its Office of Climate Change since 2007. His principal areas of responsibility have included leading public outreach efforts for the Regional Greenhouse Gas Initiative, Sea Level Rise Task Force and climate action planning. He oversees OCC's adaptation and municipal support program, including the Climate Smart Communities program.

## Other Programs:

**Jan. 30:** "Harnessing Nature: Building the Great Sacandaga," a documentary with film makers Lauren Roberts and Jason Kemper. The showing will be 5:30 p.m. at KAC, with refreshments before.

**Feb. 12:** "Adirondack Place Names: Why Is That Thing Over there Called That?" with author Eric Schlimmer. The program will be 5:30 p.m. at the campus Old Chapel, with refreshments.

**Feb. 16:** Audubon Backyard Bird Count and Breakfast at the KAC with John Loz from Adirondack Audubon, 9 a.m. to noon.

**April 11:** "Adirondack Amphibians and Reptiles," with retired DEC biologist Al Breisch; 5:30 p.m. at Reamer Auditorium, with refreshments.

**May 1:** Lisa Holst, DEC rare fish unit leader from the Bureau of Fisheries, about native fish in the Adirondacks, effects of acidification, invasives and restoration work. Presentation at Reamer Auditorium at 5:30 p.m. with refreshments.

# Lobby Day, Ididaride, On The Horizon

## Environmental Lobby Day

### February 12

Please join ADK, The Nature Conservancy, and other conservation organizations for the We Love NY Campaign's Environmental Protection Fund (EPF) Lobby Day on Feb. 12 in Albany! This is a chance to make eyeball contact with state Senators and Assembly persons to make the case for environmental issues, such as the need for more forest rangers in the upcoming budget. The day includes networking with our conservation-minded colleagues, learn more about the Environmental Protection Fund and all it does and get a good dose of grass roots politicking.

Contact Cathy Pedler at the Albany ADK Headquarters to register at 518-449-3870 or [cathy@adk](mailto:cathy@adk)

## Ididaride!

### July 27

ADK will host the 14th annual Ididaride! cycling tour Saturday, July 27, rolling out of North Creek. There is a 75 mile, hilly road course and a roughly 22-mile dirt and gravel course, which was new and popular last year. Right now, ADK is looking for volunteers to help with planning and day-of support for this important fundraiser. Interested?

Contact Sunday Conine at 518-668-4447, ext. 42 or [Sunday@adk.org](mailto:Sunday@adk.org) to find out how you can make a difference!

**Schenectady ADK**  
**P.O. Box 733 Schenectady NY 12301-0733**  
<https://www.adk-schenectady.org>



**CHAPTER BOARD MEETINGS:** Are held regularly on the 4th Tuesday of the month. No meetings are held in July or August. Any concerns members have may be expressed to any board member listed on the inside front cover, or attend the meetings which are open to the membership. Call a board member for date, time & directions.

**CHAPTER DISCLAIMER:** People who attend outings reminded that such activities entail a certain degree of danger; and persons participating do so at their own risk. This disclaimer is for both whitewater and regular outings of the chapter.

**SCHENECTADY CHAPTER PATCH:** This lovely patch (shown at right) can be purchased by mailing a check (payable to Schenectady Chapter ADK) to Mary MacDonald, 27 Woodside Drive, Clifton Park NY 12065. The cost is \$3 per patch, which includes the mailing cost.

**TRIP LEADERS:** If you do not want your trip listed in the local newspapers, call Publicity Chair Richard Wang at 518-399-3108 or [publicity@adk-schenectady.org](mailto:publicity@adk-schenectady.org). This newsletter goes out over the internet.

**EQUIPMENT RENTAL:** The chapter has hi-tech snowshoes and one pair of universal fit crampons available to rent at \$5/trip. Call Stan Stoklosa at 383-3066 to arrange for pick-up.

**WEBSITE:** <http://www.adk-schenectady.org> — All of the latest information will be posted on the Web, i.e. any changes or corrections. Please review our website and related Internet resources Acceptable Use Policy.

**CHANGE OF ADDRESS:** If you move, you must inform the ADK in order to continue receiving The Lookout. The Lookout is sent via bulk mail, which the Postal Service will not forward. Send changes of address to the Main Club to ensure uninterrupted delivery.

**Membership Application**

To join the Schenectady Chapter, send this form with payment to:

**Adirondack Mountain Club 814 Goggins Road, Lake George, NY 12845** or drop it off at Adirondack Loj or Headquarters.

Check Membership Level:

- Family Life                    \$1950
- Individual Life                \$1300
- Adult                             \$50
- Family                          \$60
- Senior (65+)                  \$40
- Senior Family (65+)        \$50
- Student (full time 18+)    \$25
- School \_\_\_\_\_

Please save paper and postage and **ONLY** receive an electronic version of the Chapter newsletter *The Lookout* via email.

List spouse & children under 18 and birth dates

Spouse \_\_\_\_\_

Child \_\_\_\_\_ birthdate \_\_\_\_\_

Child \_\_\_\_\_ birthdate \_\_\_\_\_

Bill my VISA \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Account # \_\_\_\_\_

NAME \_\_\_\_\_  
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 CITY STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 HOME PHONE \_\_\_\_\_  
 EMAIL \_\_\_\_\_

\_\_\_\_\_  
 Signature (required for charge)

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