

The Lookout

June – July 2022



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:

VACANT

chair@adk-schenectady.org

VICE-CHAIR:

Stan Stoklosa

518-383-3066

vicechair@adk-schenectady.org

SECRETARY:

Heather Ipsen

secretary@adk-schenectady.org

TREASURER:

Colin Thomas

treasurer@adk-schenectady.org

DIRECTOR:

VACANT

director@adk-schenectady.org

PROJECT COORDINATORS:

Jacque McGinn

518-438-0557

projcoord@adk-schenectady.org

Sally Dewes

518-346-1761

projcoord@adk-schenectady.org

VACANT

projcoord@adk-schenectady.org

APPOINTED MEMBERS

HISTORIAN:

Norm Kuchar

518-399-6243

CONSERVATION:

Mal Provost

518-399-1565

conservation@adk-schenectady.org

PROGRAMS:

Sally Dewes

518-346-1761

innings@adk-schenectady.org

LOOKOUT EDITOR:

Mal Provost

518-399-1565

lookout@adk-schenectady.org

MEMBERSHIP:

Jeff Newsome

membership@adk-schenectady.org

NORTHVILLE PLACID TRAIL:

Mary MacDonald

518-371-1293

nptrail@adk-schenectady.org

OUTINGS:

Roy Keats

518-466-8544

outings@adk-schenectady.org

PRINTING/MAILING:

Roy Keats

518-466-8544

mailing@adk-schenectady.org

PUBLICITY:

Mary Zawacki

914-373-8733

publicity@adk-schenectady.org

TRAILS:

Mike Brun

518-487-8054

trails@adk-schenectady.org

WEB MASTER:

Mary Zawacki

914-373-8733

webmaster@adk-schenectady.org

WHITewater:

Jason Greene

863-661-8132

whitewater@adk-schenectady.org

YOUNG MEMBERS GROUP:

VACANT

ymg@adk-schenectady.org

On the
cover

*Charlie Beach at the Aqueduct arches on the Mohawk River below the Rexford Bridge. Photo by Roy Keats.
See Trip Tales page 8.*

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June – July 2022

The Lookout

The Newsletter for the Schenectady Chapter of the Adirondack Mountain Club

Schenectady Chapter Announces Scholarship Winners

The Schenectady Chapter of the Adirondack Mountain Club has, since 2008, offered scholarships to local high school seniors who will pursue studies and ultimately careers in the science, engineering and environmental fields. These young leaders have all expressed their desire to maintain the health and beauty of the Adirondacks, as well as the continued health of our planet.

Seven area high schools received invitations to have students submit essays to apply for a scholarship and a one-year membership to the Schenectady Chapter of the ADK. Due to the generosity of the membership at large and to a special \$1,000 anonymous donation by one of our chapter members, this year we are fortunate to be able to award three \$500 scholarships to the students below. We feel that each has shown real commitment to the protection of the environment through both their studies and their actions.

Below are excerpts from each of their essays. We congratulate each of them and wish them well in the future!

-Jacqueline McGinn, Project Coordinator

Zoey Flansburg

Attending: Mohonasen High School/Tech Valley High School

Will be studying: Marine Biology and Geology at a university yet to be determined

I have always been conscious of environmental impacts we have in our everyday lives. My everyday practices have been with the mindset of recycle, reduce, and reuse. When hiking our state and national parks we remained mindful of our impact on the environment and to try to adversely impact it as little as possible. Through my volunteer community service experiences I have participated in church building cleanups as well as community roadside litter removal.

Since I was young, I have always been interested in science, but particularly marine biology and geology. I am very interested in conducting research in any aspect of either of these fields and am interested in studying in other areas of the country and the world. My most exciting and in-depth science experience took place this past February at our New York State Museum. As part of my senior year I-Term project, I interned for a total of 36 hours at the museum, with half of that time designated for me to work with the geology research scientists, collections managers, and curators. I have worked very hard in high school and took advantage of many advanced opportunities available to me. From this I will earn my associate's degree in July. I plan to bring that level of hard work and determination with me to college.

My professional goals are to have a career as a scientist in either or both fields that will involve hands-on work, research, and laboratory studies. My plan is to focus on preserving the environment, particularly the oceans, and promoting ways to help reduce the pollution of Earth's water. I would also like to study climate change and glacier melting so that I can help find solutions to rising water levels and coastal erosion. With the sciences having been at the forefront of my interests for as long as I can remember, I have particularly been committed to protecting animals, especially marine and aquatic life. I recognize that everything is connected on our planet, and to protect them requires also protecting their waters, habitats, and food sources. I hope to be able to contribute on a much larger scale while researching and studying these issues in college, and then I hope to be able to advocate on a greater level for environmental conservation and preservation throughout my career.



Zoey Flansburg

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Schenectady Chapter Announces Scholarship Winners (cont')

Continued from Page 1

Kevin Valenza

Attending: Burnt Hills Ballston Lake High School

Will be studying: Wildlife Management at SUNY Cobleskill

I am interested in helping animals and the environment. I am an Eagle Scout and have completed 46 merit badges during my Boy Scout career. The following merit badges that I completed have helped to build my interest in conservation and wildlife management: Fishing, Mammal Study, Nature, Forestry, Soil and Water Conservation, Fish and Wildlife Management, Geology, Oceanography and Sustainability.

In addition, I have been on many campouts and backpacking trips, where I have enjoyed nature, and I always try to leave the area better than I found it. I have participated in multiple trail and park clean ups, through Boy Scouts and through the NYS "I Love My Park" clean up days. I have also assisted other Scouts in completing their Eagle projects that have helped to preserve and improve parks/trails in Charlton and Ballston Lake. I think it is very important that we preserve the environment to protect the natural resources and habitat for the wildlife.

Learning about climate change and how it affects the world, in my Environmental Science class at school and through Boy Scouts, has made me even more passionate about helping preserve the environment for future generations of animals and people. During my college program, I will have the opportunity to work in the field, as the SUNY Cobleskill program offers hands on courses, as well as internships. I know that I want to work outdoors and help with environmental conservation and management and the preservation of wildlife.



Kevin Valenza

Brody Riordon

Attending: Niskayuna High School

Will be studying: Environmental Science at the University of Albany

Throughout my life I have always been enthralled by nature. I have always loved just being outdoors and taking in all of the natural beauty. Growing up I spent much of my summers in the Adirondacks hiking, fishing, and enjoying the outdoors. I developed a great appreciation and respect for nature. As I grew older I became increasingly aware of the deteriorating conditions of our environment. The more knowledgeable I became on the subject of humanity's impact on the planet, the more it became clear to me what my goal in life is. I know it is my calling to contribute and make a positive change that lessens our impact on the environment so that one day humanity can coexist with nature instead of continuing along our current unsustainable path. I feel that I can't just sit by and enjoy nature while also having the knowledge of what is happening to the environment and having the ability to make a difference.



Brody Riordon

Every day it seems like you can read a new study, report, or news story about the negative impacts humans have or have had on the environment. About two years ago that concern led me to make the decision to become a vegetarian. After reading about the science around the meat industry and all of the negative effects on the environment that it has, I resolved to give up meat so as not to contribute to the problem.

With my church and with community organizations, I have participated in cleanup events in downtown Schenectady to pick up trash and litter. I also volunteer with my family at the regional food bank a couple of times a month. I realized an important change that needs to happen is that we need to decrease the amount of waste we produce. Our goal is to help those in need and to lower the quantity of items that go to landfills. Recently over the past year I became scuba certified. I know that one of the major fronts of conservation is in the water so I figured learning how to scuba dive would be a valuable skill to possess. I hope that I am considered for this scholarship so that I can go on to make a positive impact on the environment.

Busy Whitewater Paddling Season Under Way

The Schenectady Chapter ADK Whitewater season is off to a great start! The weather has been mixed, with the April-May runs alternating between chilly, damp weather and unseasonable warmth. But water levels have been good, with some high flows from heavy rain, which then keep the rivers at good levels for weeks. That nice period is drawing to a close now, with most trips in the summer months dependent upon dam releases, whether the Deerfield, Hudson Gorge or Sacandaga.

Our new whitewater chairman, Jason Greene, is organizing trip signups via the internet and paddlers are getting acclimated to that while they also use the familiar phone tree system to stay current. Check out the trip schedule published here and remember to contact designated leaders to commit to a trip. The trip schedule is updated frequently and can be accessed at <https://bit.ly/ADKWW22>. Schedule information also is available at adk-schenectady.org, also on page 4.

One of the important offerings of each whitewater season is the chapter's training program for novice and intermediate kayakers. That will be under Jason's leadership this year, with certified instruction from Sally Dewes, Ed Martuscello and Anthony Lamanno. The paddling course will be held on the Deerfield River in Charlemont, MA, July 16 and 17. Safety, learning, and fun is the rule! We are looking for students that have spent some time in a kayak and have a grasp of some fundamental skills but want to hone and improve those skills. During the two-day class we work on basic boat control, paddling in a straight line, bracing, ferrying, catching eddies, peeling out, surfing, reading water and safety. Some students choose to camp overnight near the river and make a full weekend of it. It's always a good time and the students usually learn a tremendous amount. What a bargain!

Contact Jason at 863-661-8132 for signup details AT LEAST ONE WEEK BEFORE THE COURSE.



Don Orr on the Schroon River.

And remember the annual picnic and whitewater run on the Sacandaga River below Stewart's Dam (Sacandaga Outdoor Center) on July 9. That is organized by Bob Wright. Contact him at 518-279-1428.

The Zoar Outdoor Demofest is scheduled for Saturday, August 6, at the Charlemont, MA headquarters.

Safe paddling!

Jason Greene, Whitewater Chair

Fatal Rafting Accident Highlights Cold Water Risk

In April, a 45-year-old man died after tumbling out of a commercial raft at the lower end of the Hudson Gorge. The fatal incident reminds us that whitewater paddling is challenging and exciting and requires preparation and care. But even with good planning it remains inherently risky, especially in cold water..

Rick Morse, an ADK member with multiple certifications in rescue and wilderness response, offered the following narrative based on his own information, news and police reports.

"This incident occurred on a minor rapid during the final stretch of the Hudson River Gorge, below Greyhound Bus Stop. This is where paddlers are typically floating toward the take-out, well after all of the big whitewater rapids. The accident victim was an experienced raft guide from western New York. He had on a wetsuit, helmet, and PFD. This was a private trip, although the raft was guided by a licensed and experienced local guide. The raft hit a rock, ejecting the subject and two others. The subject became unconscious while in the water. He was brought back into the raft, and was reported to be unresponsive, no pulse, no respirations. CPR was commenced and 911 was called. The subject was transferred to a Johnsbury EMS ambulance at Barton Mines. An experienced paramedic worked on the subject while transporting him to Glens Falls hospital, but the subject did not recover. The coroner determined that the cause of death was cardiac arrest, probably due to Cold Shock Response from the sudden immersion in the frigid spring run-off. It is not known whether the subject had a pre-existing cardiac condition. No other injuries were reported."

ADK Whitewater Weekend Trip Schedule

	28-May SAT	29-May SUN	4-Jun SAT	5-Jun SUN	11-Jun SAT	12-Jun SUN	18-Jun SAT	19-Jun SUN
Regular	Riparius to Glen - Anthony Cagino - 518-727-1666	Schroon - Nelson Miller - 518-813-0546	SOC - Anthony Cagino 5187271666		Schroon - Tom Flynn - 518-883-5922	Riparius to Glen - Nelson Miller - 518-813-0546		
Alternate	Leader's Choice Anthony Cagino 518-727-1666	Leader's Choice - Nelson Miller - 518-813-0546			Leader's Choice - Tom Flynn - 518-883-5922	Leader's Choice - Nelson Miller - 518-813-0546		
	25-Jun SAT	26-Jun SUN	2-Jul SAT	3-Jul SUN	9-Jul SAT	10-Jul SUN	16-Jul SAT	17-Jul SUN
Regular	HRG - Nelson Miller - 518-813-0546				Fife Brook - Eddie Martuscello - 518-332-1423		Fife Brook - Anthony Cagino 518-727-1666	
Alternate	HRG - Nelson Miller - 518-813-0546							
Event					ADK Whitewater Annual Picnic - Bob Wright - SOC Kayak Center		ADK Whitewater Beginner/Intermediate Paddler Course - Jason Greene 863-661-8132 - Deerfield	ADK Whitewater Beginner/Intermediate Paddler Course - Jason Greene 863-661-8132 - Deerfield
	23-Jul SAT	24-Jul SUN	30-Jul SAT	31-Jul SUN	6-Aug SAT	7-Aug SUN	13-Aug SAT	14-Aug SUN
Regular			SOC Clarke Darlington 518-281-4600					
Event	Maine - Anthony Cagino - 518-727-1666	Maine - Anthony Cagino - 518-727-1666			Fife Brook Zoar Fest - Don Orr - 518-421-3389			
	20-Aug SAT	21-Aug SUN	27-Aug SAT	28-Aug SUN	3-Sep SAT	4-Sep SUN	10-Sep SAT	11-Sep SUN
Regular								
Event			Gatineau River Festival QC Canada, Sally Dewes 518-346-1761	Gatineau River Festival QC Canada, Sally Dewes 518-346-1761				
	17-Sep SAT	18-Sep SUN	24-Sep SAT	25-Sep SUN	1-Oct SAT	2-Oct SUN	8-Oct SAT	9-Oct SUN
Regular	SOC Clarke Darlington 518-281-4600							
Event			Nantahala - Anthony Cagino - 518-727-1666	Nantahala - Anthony Cagino - 518-727-1666	Nantahala - Anthony Cagino - 518-727-1666	Nantahala - Anthony Cagino - 518-727-1666		

Outings

Thursday, June 2 at 7 p.m.

Young Adult Social: Great Flats Brewing

151 Lafayette St., Schenectady

Dustin Wright, pastor@messiahschenectady.org or

603-953-8782

Join the young members of the ADK Schenectady Chapter for an evening of making new friends and reconnecting with folks we've been apart from for so long! Appetizers are free! We got quite the summer of outings planned... join us as we build community around enjoying the great outdoors!

Monday, June 6

Karner Blue Butterfly Hunt - Wilton Wildlife Preserve

Class C3D

Leader: Marc Limeri - wwebbiee@yahoo.com or

text 518-545-6456

The Wilton Wildlife Preserve (aka Saratoga Sandplains) is an important breeding ground for Karner Blue butterflies. Our search will take us on a 1-3/4 mile walk on a sandy trail with some gentle grades. We expect to see some butterflies and lady slippers - bring something to take pictures with!

Thursday, June 23, 6 to 7 p.m.

Summer Solstice walk at Strawberry Fields

Class: C2D - 2.5 miles, easy loop

Leader: Mary Zawacki at 914-373-8733

or zawacki.mm@gmail.com

To celebrate the Summer Solstice, join us for an evening loop at Strawberry Fields! Beloved by botanists and bird-watchers, Strawberry Fields has flat, wide trails through farm fields that

provide ample opportunity for hikers and a wealth of wildflowers to stop and admire. There are also great views of the valley. Afterwards, we'll stop for a pint at Wolf Hollow. Be sure to bring tick repellent. Friendly dogs are welcome.

Saturday, June 25

Acra Point and Burnt Knob Hike

Class B2C

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

Join us for a hike to two Catskill peaks, Acra Point and Burnt Knob from Big Hollow Trailhead. The hike consists of 4.9 miles and 1227 ft. elevation gain. There are a couple of overlooks along the Escarpment Trail. Canines are welcome.

Wednesday, July 6

Schroon River Paddle

Class: A3C

Leader: Marc Limeri - wwebbiee@yahoo.com or

text 518-545-6456

This is a flatwater section of the Schroon River. We'll put in just below Schroon Falls and paddle to Schroon Lake Village. Although the car shuttle is only 4.75 miles, the river trip is a little over twice as long at 9.75 miles (including the last 3/4 mile paddle on Schroon Lake) due to the meanderings of the Schroon River. Thanks to those meanderings there are lots of places to beach the boats and go for a swim - we'll do that.

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.

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.).

Continued on Page 6

Outings

Continued from Page 5

Thursday, July 7

Puffer Pond

Class: C2B

Leader: Steve Maloney

518-429-5671 or Steveamaloney23@gmail.com

Please join us on a moderate to challenging hike to Puffer Pond as we follow the path to the two lean-tos on its northern shore. Starting at the Chimney Mountain parking area this will be a 3.8 mile round trip trek with a \$1 parking fee. Along the way we will see many beaver dams as we travel along some marshes and the Carroll Brook. We plan on having lunch at the lean-tos.

Thursday, July 14

Baldface Mountain

Class: C3C 2 miles round trip paddle/2.2 RT hike

Leader: Steve Maloney, steveamaloney23@gmail.com or

518-372-4509

This Trip is a blast, one of my favorite trips in the Adirondacks! Starting at a marina in Sabael, we will launch our water crafts and paddle across Indian Lake for one mile. Once across the lake we will beach our boats at Norman's Cove and start our easy hike for 1.1 miles up to Baldface Mountain. Once on the peak we will experience outstanding views from the open ledges. After

spending time on the peak we will descend back to the cove and break for lunch as there is an excellent area for a picnic in a sheltered bay. Once satisfied with our meal we will then head back across Indian Lake to the Marina.

Tuesday July 19

Pine Cobble & Eph's Lookout

Class: B2B

Leader: John Susko 518-383-1284 or jpsusko@nycap.rr.com

This hike provides great views of the Williamstown and Mt. Greylock area with an option to hike up to the Vermont state line. We will go up the '98 trail and return via the Pine Cobble trail. The distance is 6 to 8 miles with approximately 2,000 feet of ascent. At this time of the year there should be wild blueberries ripe for the picking along the Pine Cobble trail. Rain date 7/26/22.

Saturday, July 23

Dry Brook Ridge Hike

Class B2C

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

We will be hiking a Catskill Hundred from Ploutz Road Trailhead. The hike is roughly 5.3 miles with 1385 ft of elevation gain. Canines are welcome.

Halstead Donates Important Books On ADK History

Former Schenectady Chapter board member Howard Halstead recently donated copies of two important books to ADK.

With Wilderness at Heart, A Short History of the Adirondack Mountain Club, was written by Schenectady Chapter member Bruce Wadsworth and several other contributors. Bob Grimm, also a Schenectady Chapter member, wrote a chapter on Johns Brook Lodge, while another Schenectady member Eleanor Brown authored a chapter on ADK's conservation policy. The book was published 25 years ago by ADK as part of the celebration of the club's 75th anniversary (1922-1997). The donated copy includes the signatures of Wadsworth, Grimm and Brown, plus that of James Cooper, who wrote a section on ADK trails program.

The second donated book is *The Forest Preserve of New York State, A Handbook for Conservationists*, by Eleanor Brown (1985). This highly acclaimed and often cited book discusses the history of threats, conflicts and issues around the clause in the NYS constitution stating that the Forest Preserve lands in the Adirondacks and Catskills should be kept "forever wild." It is a greatly expanded version of the 1964 ADK booklet *The Forest Preserve of New York State*. It describes the establishment of the Forest Preserve and treats conservation issues and threats such as proposed dams on the Moose and Upper Hudson Rivers, the routing of the Northway (I87), railroads, timber harvesting and recreation management. It also treats ADK's conservation policies up to the time of publication.

Brown's book make it clear how heavily the ADK's conservation policies and actions were influenced by Schenectady Chapter members. John Apperson, Betty Lou Bailey, Eleanor Brown, Almy Coggeshall, P. Schuyler Miller, Dave Newhouse, Art Newkirk, and Bob Ringlee all appear prominently as conservation leaders whose efforts helped keep the Forest Preserves "forever wild." Fellow Schenectadian Paul Schaefer, though not an ADK member, is also mentioned for his conservation work.

In line with Halstead's wishes, the books will be offered to the ADK library at the Lake George offices, but will be retained by the Schenectady Chapter if that library already owns them.

Norm Kuchar, Chapter Historian

Trip Tales

Cheney Pond/Lester Flow Hike

April 14

Three of us experienced a beautiful day in the heart of the Adirondacks. It was a little tricky to locate the parking area as the DEC sign was missing; however, we put our minds together and decided that we were at the correct location. We arrived at the trailhead of Cheney Pond/Lester Flow to 65 degree temperatures, a warm breeze and sun.

Sunglasses were actually needed. At the kiosk there was neither registration log nor any trail markers along either trail. From the trailhead we walked a half mile to Cheney Pond along a dirt road to a campsite with a fire pit. Across from that is a natural boat launch to Cheney Pond which was still three quarters covered in ice. We stayed a few minutes for pictures, and then headed onward to Lester Flow. There was still much snow on the trail which caused us to often posthole and where there was no snow there was mud. We saw some very large birds along the way but none of us could decide what type of fowl we observed. As we approached the river we had to maneuver ourselves over and around two very large beaver dams. However, the effort was worth it as we were awarded with a sunny sky and a very pleasing view of the Boreas River and high peaks. We sat and had a snack along the river before we returned at the parking lot. As soon as we arrived at the car the skies opened up with a torrential downpour. Trip participants included: Hope Cavanaugh, Deb Smith and leader Steve Maloney.

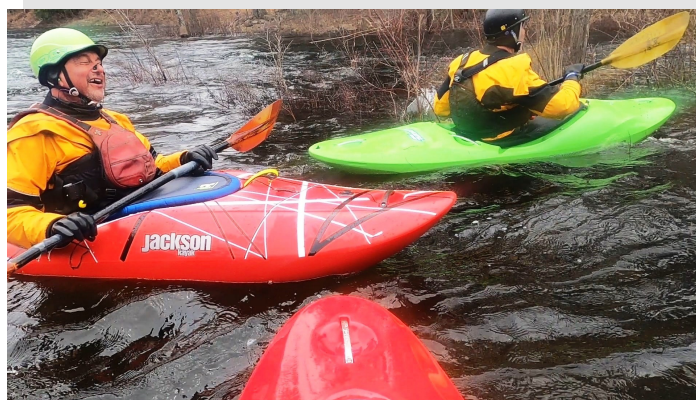


Hope Cavanaugh and Deb Smith at Cheney Pond. Photo by Steve Maloney.

Whitewater trips

Early season

The early weeks of the spring whitewater season saw a lot of use of the Schroon River, one of our go-to runs with reliable water. The levels have ranged from more than 5 feet to just above 3 feet, but one of the nice aspects of the Schroon is that it is workable over that range. The difference is whether it is a fast run without much surfing and playing, or a more moderate run with plenty of practice time. There also have been scheduled trips on the Riparius-Glen section of the Hudson River and freelance trips on the Catskill and Hudson Gorge. So it has been a good opening period for whitewater paddlers, with a load of other trips coming up. (Check the schedule in this issue.) Trip leaders have included Ed Martuscello, Norm Labbe, Rick Gonzales, Sally Dewes, Nelson Miller, Don Orr and Mal Provost. Turnouts for the runs have ranged from a half dozen paddlers to twice that.



Ed Martuscello has a laugh on the Schroon River. Photo by Mal Provost.

Earth Day, Union College

April 22

The Schenectady Chapter took part in Union College's Earth Day event, staffing a table along with other environmental organizations on a bright and breezy day on the lawn and walkways in front of Schaffer Library. The event included representatives of the Environmental Clearinghouse, Kelly Adirondack Center and student organizations such as the Outing Club. We handed out literature about the ADK and spoke to students interested in outdoor recreation and conservation. Board members attending were Colin Thomas, Heather Ipsen and Mal Provost.

Hiking the 5 Mile Trail at Saratoga State Park

April 27

Four Schenectady ADK folks took advantage of a pretty spring morning to explore the 5 Mile Trail at Saratoga State Park. From the parking lot behind the Hall of Springs we meandered counterclockwise around the perimeter of the park to the geyser and two mineral springs (tasty!) which are probably familiar to all who have visited the park. After that the trail continued through the woods to less often seen places including a scenic wetland along Route 50 and some lovely forests with abundant wildflowers just beginning to bloom. The sun was warm and the conversation enjoyable as we took in the great variety of sights in this nearby gem of a park. Participants were: Roger Borgen, Ken Marcinowski, and leaders Richard and Karen Wang.

Trip Tales

Mohawk River Paddle with History

May 6

We did this same paddle last year before the locks were put in place for the season. This enables the remnants of the original canal system to be viewed as you paddle along. We saw a bald eagle flying ahead of us shortly after passing under the Rexford Bridge going toward the yacht club and Lock 7. There were also many nesting birds in the cliffs as we went by, and several more immature eagles as we approached the Lock 7 boat launch. After a short break at the lock, we returned upstream to our cars for a total of about 9 miles of paddling. The participants were Charlie Beach and leader Roy Keats.



Charlie Beach below the cliffs on the Mohawk River, just below the Rexford Bridge. Photo by Roy Keats.

Hoffman Notch Traverse

May 12

On a hot day of 86 degrees two of us enjoyed an easy trek to the halfway point of Hoffman Notch Traverse. We were pleased to notice that there were NO black flies at the trailhead so we placed our mesh netting into our backpacks hoping that we wouldn't need them, and we never did. From the north trailhead starting on Blue Ridge Road we headed south on the path that paralleled the Hoffman Notch Brook. We stopped for lunch near Big Marsh then headed back to the trailhead. Along the way we saw small fish, a toad and a deer up along the cliffs. It was a fun day all around. We stopped for milkshakes at the Frontier Town Gateway. Participants were: Teresa Casullo and Steve Maloney, leader.

Handling Injured Birds Takes Caution, Patience

Adult songbirds can become injured and sick for a multitude of reasons. The most common reasons include getting attacked by house cats, being hit by cars, window strikes, bacterial and viral illnesses contracted at bird feeders, and many more.

Characteristics of adult songbird in need:

On the ground not moving; Does not fly away when approached; Easily picked up; Extremely fluffed up feathers; Eyes closed, squinted, crusty, weepy, swollen, bleeding; Evidence of blood or wounds; Obvious injured limb (dangling leg, drooping/hanging wing, wings not symmetrical); Tries to fly but can't.

If you find an injured bird, carefully put it in a cardboard box with a lid or a towel over the top, and place in a cool, safe place. Birds go into shock very easily when injured, and often die from the shock. If a bird has hit a window and is still alive, it may just need a little time to regain its senses, then may be able to fly away.

Do not try to force feed or give water to the bird. Take the bird outside and open the box every fifteen minutes to see if it is able to fly away. If it is still staying put after a few hours, you can try to find a local wildlife rehabilitator.

-Reprinted courtesy Adirondack Almanack

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@nysenate.gov

Steve Englebright

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

Schenectady ADK

P.O. Box 733 Schenectady NY 12301-0733



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 Mary Zawacki at 914-373-8733 or 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:

- | | |
|--|--------|
| <input type="checkbox"/> Family Life | \$1950 |
| <input type="checkbox"/> Individual Life | \$1300 |
| <input type="checkbox"/> Adult | \$50 |
| <input type="checkbox"/> Family | \$60 |
| <input type="checkbox"/> Senior (65+) | \$40 |
| <input type="checkbox"/> Senior Family (65+) | \$50 |
| <input type="checkbox"/> Student (full time 18+) | \$40 |
| <input type="checkbox"/> School _____ | \$25 |

- ☐ 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 _____

ADDRESS _____

CITY STATE _____ ZIP _____

HOME PHONE _____

EMAIL _____

ADK is a non-profit, tax-exempt organization. Membership fees are tax deductible, as allowed by law. Please allow 6-8 weeks for receipt of first issue of Adirondack.

the Lookout

Schenectady Chapter
Adirondack Mountain Club
PO Box 733
Schenectady, NY 12301