

COLD RIVER CURRENTS

October 2018

The Newsletter of the Cold River Chapter of the Adirondack Mountain Club

Chapter Co-chairs' Report

"The more things change...." You know the rest of the line. As we look around our Adirondack Park and the rest of the state, we see constant change. Much of what is happening is for the good. Lands recently purchased by NYS are being opened to the public with access to more hiking and paddling opportunities.

Technology is continually changing to put more information at our fingertips so we can find new destinations to explore. With all of these changes come responsibility. We are proud that ADK CRC members constantly demonstrate responsible use of the beautiful resources we have. We encourage everyone to commit to an ethic of not only being a responsible user but also active members involved in improving the lands and waters where we recreate.

Opportunities abound to maintain trails, clean up neglected stream and lake sides, and educate others to care for our Adirondack Park. Please encourage others to join ADK. Consider contributing to funds that help sustain the Park. And use your leadership skills to educate others, especially public officials, about how important it is to wisely conserve our resources, and tread lightly when using them. We know first-hand how important this is. And when we do this, we follow the path of so many leaders that helped create the Park that we now enjoy.

So, enjoy the outdoors as the seasons change, but consider how you can become involved, and help all of us enjoy the Park well into the future.

Greg and Rose

THANK YOU!

A big "thank you" to Julie Milner for her dedicated service as interim newsletter editor. She has done a thorough and professional job keeping us informed and sharing the outings reports.

The SPTIS Trail Crew Autumn meeting will be on Thursday, **October 11, 5:30 pm**, at Tannery Pond Community Center, lower lobby, in North Creek. There will be complimentary beer, wine, and fruit juice. I will be handing out new SPTIS gear. Also, Greg has an idea for how to more efficiently involve you with trail maintenance, so you don't want to miss that. We will aim to be finished by 6:30, when some of us will go out to dinner. Please let me know if you are coming and what you would like to drink, so I have enough chairs and drinks. Park across the street in the field, to the left of the town hall.

Also, on Saturday, **October 13, 1 pm**, I will be providing CPR and first aid practice for those who are interested. It is at a cut rate of \$10 for both a CPR and a First Aid card, good for 2 years. I will focus on the first aid which is most appropriate for hiking in the woods and doing trail work. Minimum class size of 6, maximum of 10. First come, first served. Let me know ASAP if you want to sign up for this. We will finish by 4 pm. It will also be at Tannery Pond, in the upstairs meeting room, just inside the entrance. Park in the same place.

2017-18 CRC Executive Committee

Greg Schaefer, Rose Cooper (Chapter Co-Chairs)
Judy Thomson, Gail Gabriels (Outings Co-chairs)
Linda Hales (Newsletter Chair)
Ellen Schaefer, Chris Rohner (Members-at-Large)
Nancy Haggerty (Treasurer)
Ken Shea (Director)
Harold Stackhouse (Alternate Director)
Susan Rollings (Secretary)
Ellen Collins (Membership Chair)

Annual Meeting Report

Rose Cooper and Kate McCormick coordinated the annual picnic and business meeting which was held at the Minerva Recreation Area and was attended by 62 members. Ken Shea, Director, and Susan Rollings, Secretary read the notes provided by Greg and Ellen Schaefer, the Co-Chairs. The new slate of officers was approved.

Neil Woodworth, Executive Director of ADK, thanked CRC for its participation in the Iditarde and gave an informative presentation to update us on ADK activities.

1. High peaks area use

55,000 to 70,000 hike annually in the Heart Lake area and there is a \$1,000,000 project to upgrade and reconfigure the property. The High Peaks Information Center was expanded and the wilderness campground enlarged. To alleviate traffic on Route 73 there will be a new trail to Cascade from Mt. Hoevenberg and use of its parking lot. There may be shuttle bus parking in the future. Currently information is being gathered to determine if there should be a permit system.

2. Boreas Ponds Tract

DEC is still working on details of a management plan for the wilderness and wild forest parts of the classification.

3. Federal environmental issues are more pressing for ADK since the change of leadership in Washington, DC

Changes in EPA regulations have resulted in acid rain and mercury issues affecting our wildlife, forests, lakes, and health in New York State.

4. Operation of Gore Mt. and Whiteface Mt. centers

The constitution only allows these centers to operate in the winter. Therefore, some of the activities they have in the summer could be illegal and dangerous.

5. Rail cars

These are removed from the Adirondacks.

6. Trail maintenance

ADK has received a contract to maintain trails and construct new trails that DEC has approved.

Reported by Elaine Schwartz

The Social Committee is collecting donations for the CRC Holiday dinner party. They are looking for Adirondack themed donations. Hand-made/craft items are especially desired. Any hiking, paddling or biking items will be appreciated. Items may be given to Rose Cooper, Noelle McCrum or Ellen Schaefer.

CRC News and Reports



A big “Thank You” for hosting the potlucks goes to:

Dorean Paige, Lisa Eckoff and Diane Corvetti who hosted July 19th at the Piseco Community Hall. The guest speaker was Peter Tobiessen, on the topic of "What's under your canoe and other interesting lake topics."

Approximately 40 members attended.

Bob and Sharon Eberhard who hosted August 23rd at their home. Although there was no speaker, members enjoyed walking through their gardens before and after the meeting. About 35 members attended.

Greg and Ellen Schaefer who hosted September 13th at their home in North River. About 30 members attended.



Upcoming:

October 18- Gore Main Lodge. Hosts: Anne Bernat, Karen Wang, Sue Keats; Guest Speaker: Emily Stanton

November 15 – at McCrums. Hosts: the McCrums and the Coopers

December 13 – Holiday Dinner Party. (See details below.) Noelle McCrum is hard at work on those door prizes!

Potluck social hour begins at 4 PM, Chapter meeting at 5PM, followed by dinner at 5:15 PM.

Please contact Rose Cooper (rosecooper2@gmail.com) or Kathy Duffendack with suggestions or to volunteer for upcoming potlucks.

ANNUAL HOLIDAY PARTY



Thursday, December 13, 2018

The Social Committee is busy organizing our **annual holiday party**. This year it will be at the **Garnet Hill Resort on Thursday, December 13**. They are offering a great 30% room/package discount but would like 60 days' notice! See the reservation form at the end of the newsletter! (Note: to avoid registration confusion, your cancelled check is your confirmed reservation.)

Those fun door prizes are needed!

Giving back to our community...

We are collecting personal care items for the Adirondack Outreach Center in North Creek. Items may be given to Noelle McCrum or brought to the potluck October 18th. If you have question, call Noelle at 518-494-5193. Some suggested donation items:

Cold and flu medications including cold and flu tablets, nasal spray, allergy relief, cough drops, etc.

Stomach and intestinal meds including antacids, fiber anti-diarrheal, laxative

General hygiene such as shaving cream, razors, deodorant, shampoo, hand lotion, soap, toothpaste, dental floss, poligrip, toothbrushes, feminine hygiene pads, Depends, tissues

CRC News and Reports

Proposed 2019 Budget

Please review the budget below. Voting will take place at the holiday party. If you have any questions, please contact Nancy Haggerty (drbintl@yahoo.com).

ADK Cold River Chapter Budget January-December 2019													
	January	February	March	April	May	June	July	August	September	October	November	December	Total
Revenue:													
Dues from ADK	\$210.00	\$275.00	\$450.00	\$310.00	\$400.00	\$410.00	\$350.00	\$330.00	\$150.00	\$325.00	\$425.00	\$425.00	\$4,060.00
Contributions													\$0.00
Interest													\$0.00
Events													\$0.00
Holiday Party												\$3,150.00	\$3,150.00
Picnic								\$310.00					\$310.00
Other													\$0.00
Shirts													\$0.00
Patches													\$0.00
Total Revenue	\$210.00	\$275.00	\$450.00	\$310.00	\$400.00	\$410.00	\$350.00	\$640.00	\$150.00	\$325.00	\$425.00	\$3,575.00	\$7,520.00
Expenditures:													
Supplies/Training													\$0.00
CRC Shirts													\$0.00
Training													\$0.00
Patches/Supplies	\$50.00			\$125.00				\$125.00			\$200.00		\$500.00
Wilderness First Aid	\$300.00			\$125.00						\$175.00			\$600.00
Telephone													\$0.00
Postage	\$10.00						\$35.00		\$10.00			\$35.00	\$90.00
Printing													\$0.00
Newsletter													\$0.00
Travel													\$0.00
Meetings Expense													\$0.00
Potluck		\$100.00		\$100.00			\$100.00			\$100.00		\$100.00	\$500.00
Donations													\$0.00
DEC Camper Sponsorship		\$350.00		\$350.00							\$100.00		\$800.00
ADK Endowment Fund										\$500.00			\$500.00
ADK General Fund										\$500.00			\$500.00
Iditarde Sponsorship/Fall Outing							\$175.00						\$175.00
Grants													\$0.00
Events Expense													\$0.00
Holiday Party				\$500.00								\$3,150.00	\$3,650.00
Picnic					\$175.00			\$1,025.00					\$1,200.00
Officer Stipend													\$0.00
Other/Miscellaneous													\$0.00
Video Expenses			\$50.00										\$50.00
Gifts to Officers								\$100.00					\$100.00
Total Expenses	\$360.00	\$450.00	\$50.00	\$1,200.00	\$175.00	\$35.00	\$275.00	\$1,250.00	\$10.00	\$1,275.00	\$300.00	\$3,285.00	\$8,665.00
Net Surplus (Deficit)	-\$150.00	-\$175.00	\$400.00	-\$890.00	\$225.00	\$375.00	\$75.00	-\$610.00	\$140.00	-\$950.00	\$125.00	\$290.00	-\$1,145.00
Beginning Cash 1/1/2019	\$9,100.00												
Ending Cash	\$8,950.00	\$8,775.00	\$9,175.00	\$8,285.00	\$8,510.00	\$8,885.00	\$8,960.00	\$8,350.00	\$8,490.00	\$7,540.00	\$7,665.00	\$7,955.00	\$7,955.00

CRC News and Reports

Where in the world?

Reykjavik and Southwest Iceland

On our trip with our daughter, son and daughter-in-law, the first day we visited the Kerid crater, the Gullfoss waterfall, and a geyser.



Kerid Crater



Gullfoss waterfall

On the second day, we visited several waterfalls including Seljalandsfoss (walk behind), Gljufrabui (hidden gem) and Skofafoss. We took a zodiac boat ride in the jökulsárlón glacier lagoon to icebergs and the edge of the glacier. We walked on diamond beach where the icebergs break in the ocean waves and land on the black sandy beach.



Jökulsárlón Glacier Lagoon

On the third day, we did a morning hike to a waterfall and visited the Kirkjugolfi National Monument. At the Skaftafell National Park, we took a Glacier walk tour. On day four, we hiked Fjaðrárgljúfur canyon, visited the black sand beach, basalt formations, sea stacks and the arch, a lighthouse and walked around the town of Vík.

CRC News and Reports



Black Sand Beach



Sea Arch

On day five, we took a ferry ride to Vestmannaeyjar island where we hiked the Eldfell volcano, visited the aquarium & natural history museum where we had puffins sit on our shoulders and visited the shops on the island. On day six, we took a hike in the geothermal area to the hot river to sit and relax in the 102-degree river. In the afternoon and the next day we visited the city of Reykjavík.

There are many small communities along the southwestern shore of Iceland. There are mostly smaller hotels outside the city, but there are many campgrounds and other accommodations. Although there are limited restaurants outside the city, the food was excellent. The City of Reykjavik is a walkable city with many shops and restaurants. The best way to get there is by flying into Reykjavik's Keflavik International airport. Rob & Nancy Haggerty

Just for Fun...



Buzz...How many Deer Flies on her hat?
Photo by Richard Wang

CRC News and Reports

New Adirondack Hiking Challenge

We all know about the Adirondack 46 and the Saranac Lake 6ers but did you know there are at least eighteen other Adirondack challenges? (For a list contact CATSKILL549@yahoo.com) Most offer a badge to signify your accomplishment. Many of the towns and villages realize their local mountains have equally beautiful scenery as do the high peaks. The latest is Lake Placid with the 9ers (<https://lakeplacid9er.com>). This challenge started on July 1st 2018 and requires you to hike nine mountains: Cobble Hill, Mt. Jo, Baxter Mountain, Mt. Van Hoevenberg, Big Crow Mountain, Bear Den Mountain (Wilmington), Pitchoff Mountain, Catamount Mountain, and Hurricane Mountain. The organizers recommend you climb them in the order shown. There is no time limit on completion. For the truly adventurous you might consider the ultra and winter challenges.

Dan Nielsen

Director's Report, submitted by Ken Shea.

1. A year ago, Neil Woodworth approached the ADK President and the Executive Committee, expressing a desire to spend more time with his family at his home in Wanakena. To that end, ADK has decided to hire an Executive Director in the winter or spring of 2019 and promote Neil to Chief Executive Officer.

The Executive Director search and hiring process will commence this fall. The successful individual will have a law degree and will work with Neil for the foreseeable future, until such time as Neil and the Executive Committee believe the individual is fully prepared to assume Neil's duties. It is anticipated that this will extend at least until the end of 2019.

At that time, pending negotiations with ADK, Neil will continue to be of counsel to ADK and assist the Executive Director on an ongoing basis to insure the successful transition. This will also afford ADK the benefit of Neil's experience in continuing our Advocacy and Conservation efforts in Albany and across New York State, insuring we continue to build upon the successes achieved during Neil's tenure as ADK Executive Director.

2. Fall Weekend 2018 Hosted by Finger Lakes Chapter is October 26-28
Fall Weekend 2019 Hosted by Mid-Hudson Chapter
Fall Weekend 2020 Hosted by Onondaga Chapter

3. Ididaride Grossed \$ 33,000.. Thanks to all CRC Volunteers

4. ADK on-line Auction begins Mid-October

5. ADK changing Insurance carriers .. New company will be more outdoor recreation oriented..

6. Julia Goren has accepted a position at Adirondack Council .

Outings Reports

Thanks to the CRC Outings Committee, with Gail Gabriels and Judy Thompson as Co-Chairs, who organized and scheduled the outings.

July 5: Hike to Crowfoot Pond Leaders - Nancy & Rob Haggerty

It was a relatively "cool" 85ish morning with the requisite number of bugs as four of us headed for Crowfoot Pond in the Hammond Pond Wild Forest. The trail was soft underfoot as it gently meandered along a brook toward the secluded pond. Returning to the trailhead we extended our adventure by climbing the nearby Belfry fire tower. We were rewarded with cooling winds and surprisingly clear views of the area from Lake Champlain to the High Peaks. Thanks, Rob for taking us to a new destination! Jan McCann



Crowfoot Pond

July 5: Paddle on Lake Everest Leader: Maria Rinella

On a very warm, 90°+ day with lots of humidity, Maria Rinella lead 4 paddlers on a 3-mile journey on Lake Everest in Wilmington. The slight breeze was a welcome respite from an otherwise unbearable day. Off-setting the weather was

a delightful reconnection with some old friends that hadn't been together in a while, followed by a relaxing picnic lunch under the sheltering tall pines.



Lake Everest

July 12: Bear Slide and Hudson River Sites

Leader: Sue Davis

Sue Davis led a group of 7 hikers up a slow ascent to a rock slide with a stream of flowing water that lets out at the Hudson River. We headed down the loop trail, passing campers along the way and ended up on the road, not far from our cars. Crossing the road, we walked down a short access trail to the Hudson River and took time to gaze at the water, and beautiful wild yellow and orange flowers. Can't wait to go back for a winter snow shoe. Rose Cooper



Bear Slide

Outings Reports

July 19: Fall Stream to Vly Lake Leader: Sue Sliva

On July 19th seven of us ventured out on Fall Stream under the leadership of Sue Sliva to begin our paddle and beaver dam adventure. It was a perfect summer day with temperatures in the 70's and a clear, sunny day. And there were beaver dams- 6 of them that challenged us to varying degrees. Some were easy getting over while others snagged a few of us but it was all part of the fun! The stream was pretty as it wound its way to Fall Lake and continued on to Vly Lake with lots of pretty plants along the way- Pickerel Weed, Cardinal Flowers and Wild Roses to name a few. An unusual sighting was the Bryozoa submerged along the banks in many areas of the shoreline. We enjoyed a short lunch break above the Vly Lake shoreline before heading back to our starting point in Piseco. Some of the dams were easier to approach on the return trip. It was a good group of 7 able paddlers and a good time together for 6 hours before dashing over to the Potluck in the afternoon.
By Pam Speer



Vly Lake

July 19: Hike a section of the Northville Lake Placid Trail from the Whitehouse trailhead near Wells to Piseco Leader: Marti Townley

It was the perfect day to do this 6-mile section of the NPT since our potluck was in Piseco. We found 3 volunteers to drop off 15 hikers at the Whitehouse end. Then our drivers went back and hiked in part way with 5 other hikers from the Piseco side. We lucked out with a very pleasant summer day. There were a few deer flies but we scared them away with our fancy sticky deer fly strips! This section of the trail is very mellow with a soft forest floor to hike on. We hit the lean-to exactly at 12 to enjoy our lunch. Several hikers were able to add this to their list of completed sections of the NPT. Others just enjoyed re-visiting the trail.



Whitehouse trailhead

Outings Reports

July 19 Potluck: Piseco Community Hall on Old Piseco

The July meeting and Pot Luck was held at the Piseco Community Hall in the township of Arietta, Hamilton County. About 40 of us enjoyed a Southern BBQ theme with pulled pork, smoked turkey and salads. Greg Schaefer led our business meeting followed by a special presentation about the nature of our lakes by scientist, professor and author, Peter Tobiesen. Peter hopes that learning more about our lakes will inspire everyone to more fully enjoy their aquatic adventures.

Dorean Page



Piseco Community Hall

July 26 Henderson Lake Paddle Leaders: Roy and Sue Keats

After a week of intermittent rain which thwarted outdoor activities, 14 paddlers with canoes or kayaks on wheels or carried by brawn went the .4 miles to the put-in. However, although Roy contended the various weather sites he had consulted claimed minimal rain, we were greeted by a deluge which lasted about 30 minutes. Soaked, but cheered by the appearance of the sun, we launched. We paddled up towards Indian Pass, passing a pair of frolicking loons, and into the channel of water that flowed through the northern

marsh (Indian Pass Brook). The views of the high peaks and the massive bare rock of Wallface Mt. were the perfect Adirondack setting. To add to our enjoyment, as we paddled down towards the Santanoni Brook inlet, was the sighting of a bald eagle. Several of us paddled up Santanoni Brook for a great view of Santanoni, and, after turning around, on our way out of the stream had an impressive view of Mt. Marshall, Golden and Adams. Because the outing was oversubscribed Sue Sliva led a second group ½ hour later. However, 3 had no faith that the rain would stop and went only as far as the parking lot. Only 2 of this group paddled. The rain and the biting flies as we loaded our boats were more than compensated for by the beauty of the day.
By Elaine Schwartz



Henderson Lake

Outings Reports

August 2: Hike Rock Lake **Leader: Rose Cooper**

Rose Cooper led a group of six to Rock Lake. We took a slow, steady pace walking as it was the first hike after knee surgery for one of our hikers. Luckily, there was no need to practice our first aid, or emergency evacuation procedures as we all made it to the lake and back to the cars without incident.



Rock Lake Hike

August 2: Paddle on Glen Lake **(Bomoseen State Park - Castleton, VT)** **Leader: Sharon Kendall**

Sharon Kendall led a paddle to Glen Pond in Bomoseen State Park on August 2nd. This is a pleasant quiet lake with views of the Green Mts. We enjoyed views of loons, herons and plenty of lily pads and dragon flies. It was a pleasant morning, good to see our neighboring states with Ice cream. Thank you, Gail, for such a fun day! Marti



*Glen Lake, Bomoseen State Park,
Vermont*

August 4: Hike to Stony Pond **Co-Leaders Rob & Nancy Haggerty**

On the morning of August 4th, 6 CRC members hiked to Stony Pond, a 4-mile round trip hike. This hike is located in the



Stony Pond Hike

Vanderwhacker Mountain Wild Forest and the trailhead is located on NY 28N, north of Minerva. It was nice to have CRC member of the hike that we had not met before participate. The leisurely pace and beautiful morning made the hike to this pond and lean-to a perfect hike before the CRC picnic.

Outings Reports

August 9: Paddle Moss Lake

Leader: Maria Rinella

It was a perfect day weather-wise and a fun-loving group of 10 joined our leader Maria Rinella on Moss Lake near Inlet for a short paddle through the lake. Loons were spotted and didn't seem to mind any of us being near them or disrupting their fishing agenda. We tried to paddle into an inlet at the end of the lake but it was much too shallow due to the lack of rain. We all had a good time with an easy paddle and good company. Following the paddle, we stopped at the Tamarac Café in Inlet for a nice lunch. Pam Speer



Moss Lake

August 9: White Water Rafting with Square Eddy

Leader: Noelle McCrum

I had an enjoyable trip, as the sole CRC, member down the Hudson Gorge - the classic rafting trip that had always been on my "bucket list" to do. Square Eddy rafting company was great, providing a gourmet lunch with homemade goods, as well as a quick supper. Our guide was a passionate outdoorswoman as well as an accomplished vocalist, regaling us with several lively tunes. I made acquaintance with a British family, who were my rafting partners on the trip. As well as the thrill of the rapids, we also swam at several places, jumped off a high rock into the water, and had several friendly competitive activities. Dan Smith



Hudson River Rafting

August 16: Willsboro Triathlon

Co-Leaders: Rob & Nancy Haggerty

We had the perfect day to explore a new area via foot, bike and kayak! Our pleasant hike up the popular Rattlesnake Mountain offered spectacular views of the Lake Champlain area and beyond, though no rattlesnakes. Then onto our bike tour close to the shores of Willsboro Bay lined with old camps, newer homes and a log cabin first built in 1778. To top off an already perfect day, four of us paddled around Lake Champlain's Willsboro Bay. Special wildlife sightings include an eagle, cormorants, a blue heron with what appeared to be a white heron by its side and a black walnut tree! Many thanks to Nancy and Rob for putting this all together!



Willsboro Triathlon

Outings Reports

August 16: Boreas Ponds Paddle **Co-leaders: Greg Schaefer and Bethany Krawiec**

A small but intrepid group of three set out for the Boreas Ponds on August 16. Outings leader Greg Schaefer with Bethany Krawiec of the Hurricane Chapter, and guest Jim Rucker ignored morning drizzle for the promise of a clearing day, and were amply rewarded with clearing skies, fresh breezes, and breathtaking views while exploring the ponds.

After wheeling our boats in the 3.5-mile road we launched and began our exploration. Besides the wonderful views of the High Peaks, highlights included visiting numerous bays where we explored the many pond flora, watching loons lazily fish for lunch, and gazing at a huge glacial erratic in the middle of the ponds. We especially enjoyed being the only ones on the entire pond. Surely that will change when closer access is permitted in the future. This was a day to treasure.



Boreas Ponds Paddle

August 16: Hike Coney and Goodman Mountains **Leader: Dan Nielsen**

Ten CRCers braved the heat and high humidity to climb Coney Mountain. We were rewarded with clear skies and 360-

degree views. The trailhead parking area's tall trees and boulders provided shade and seats for a pleasant lunch. Eight of us then drove one mile north to the Goodman Mountain trailhead and climbed this second peak of the Tupper Lake Triad. Kathy and Steve Koebrich continued onto Mt. Arab to complete the triad in one day. Dan



Coney Mountain



Goodman Mountain

Outings Reports

August 17: Hewett Eddy Hike **Leader: Kate McCormick**

Getting out early has its benefits. Although there is a huge number of fallen trees in this loop, it was nice to see wild flowers and feel moist moss. The Boreas River looks beautiful with some rushing falls and quiet shallow pools.

Submitted by Kate McCormick



Hewett Eddy

August 23: Paddle Garnet Lake **Co-leaders: Sue Keats & Anne Bernat**

On August 23, we took a spectacular canoe trip on Garnet Lake with Sue Keats as our guide. She introduced us to some bog life on her beach with cranberries, sundews and pitcher plants that have lovely dark red flowers in the spring. Our group of 10 kayakers and canoeists headed out against a gentle wind in our faces hoping to spot some loons. We did see two families of loons, one with a chick.

We paddled a good part of the lake and enjoyed the panorama of surrounding mountains which Sue identified for us. On the way back, she pointed out an island with another bog and an active beaver lodge. Then the wind whipped up and changed direction making for some tough paddling. Mercifully, though it shifted again and helped us home.



Garnet Lake Paddle

August 23: Garnet Lake Paddle and Lizard Pond Hike **Leader: Roy Keats**

Several of us left from the Keats' beach to meet others at the Garnet Lake Boat Access to shorten the trip for the hikers. We paddled past several bogs on the lake taking in beautiful views of Mt. Blue on our way to the Lizard Pond trailhead. We had an uneventful hike to the lean-to on Lizard Pond. It was the driest this trail has been in years. Fortunately, a major blowdown had been cleared out shortly before our hike by a dedicated SPTIS trail crew. There were

Outings Reports

several spots near the pond which had a great variety of mushrooms in spite of the dryness. One variety was taken by some brave souls as potentially edible, but later were safely disposed of as not edible. We saw one loon on the pond, had lunch, took in another nice view of Mt. Blue and Crane Mtn, and headed off to our boats. It was a very nice day.



Garnet Paddle/Lizard Pond Hike

August 23: Hike to Round Pond from South Garnet Lake Rd. to Garnet Lake

This was a perfect day for a hike – cool temperatures, limited bugs and no crowds. Since we were a small group, we made frequent stops to admire and photograph the fantastic mushroom and fungus finds along the way. Early on we met up with Rick Morse (SPITS) and Jake Hagger (DEC) clearing the trails. They showed off their new light weight battery operated chainsaws.

As we approached Round Pond we heard eerie calls and a loon swam fairly close to shore. The photographers in the group were thrilled.

Further along the trail, we heard a ruckus and a Sharp Chin Hawk with a Flicker in its

talons burst through the trees right in front of us. Of course, everyone had their lens caps on. The hawk dropped its over-sized prey with a thud and a few seconds later a frazzled flicker flew away. WOW!

At another point, I spotted some hikers leaning against a semi-hidden rock off the trail. Remembering my Wilderness First Aid training, I asked if they needed help. They replied with an embarrassed “we’re okay”. Apparently the look of exhaustion on the man’s face was actually a look of ecstasy. We all had a hearty laugh and kept on trekking.

Our hike took about four hours (400 feet elevation), with a stop for lunch at Round Pond and a short detour to investigate a clearing logged by beavers. We all enjoyed the leisurely pace, the wow moments and each other’s company. Thanks to Judy and Steve for picking the trail, to Tom Riley for pre-positioning his car and for Greg and Laurie for making it happen.

Submitted by Kathy Koebrich



Round Pond

Outings Reports

August 30: Bike to Low's Upper Dam

Leader: Maria Rinella

After two sweltering days of 90 degrees weather it was a pleasure to take a cool bike trip on August 30 with Maria and Vinnie Rinella through Forest Preserve Primeval woods. We were a group of 8 starting at Low's Lower Dam riding past mixed pines and hardwood along Hitchens Pond ending at Low's Upper Dam where we had lunch. We walked around the ruins of the Low's Estate and flower garden. Along the roadside we spotted fall asters, pearly everlastings, goldenrod and many other wildflowers signaling the fall season ahead. Thanks to Maria and Vinnie we all had a rewarding trip.

Submitted by Jane Smith



Low's Lake

August 30: Bushnell Falls Hike - near

Keene Valley

Leader: Marti Townley

Unfazed by a threat of possible showers, at 8 a.m. a capacity crowd of 15 hikers met in Pottersville and squeezed into three vehicles that fortunately found three of the few remaining spaces in the Garden Parking Lot. The group set forth around 9 a.m. under

overcast skies and hiked 3.5 miles to Johns Brook Lodge for a break and bite to eat. By then the skies had cleared sufficiently to allow occasional sunshine, just in time for the final leg of the journey to Bushnell Falls - an estimated 1.5 – 1.8 miles, depending on which sign was correct. Finally, after a steep, rocky, and sometimes slick descent, everyone arrived safely at the base of Bushnell Falls and found spots to enjoy the cascading waters, scenic surroundings and dappled sunlight. Several intrepid hikers scrambled up the rock ledges to the left of the falls while a few others immersed themselves to varying degrees in Johns Brook, or found seating to take a break and enjoy the views. Several hikers took a short detour to explore a nearby lean-to that turned out to be perfect for a photo op. Upon returning to JBL, everyone stopped for another short break before heading back to the parking lot. The total distance covered was 10 – 11 miles. Many thanks to Marti, our intrepid leader.



Bushnell Falls

Outings Reports

September 6: Hike to North Country View Point near North Elba **Leader: Dan Smith**

Well, it was kind of miserable weather on the ride up to the Pitchoff Mt. trailhead with short bursts of heavy rain and moderate winds, but we did see two rainbows on our journey. Fortunately, while on the trail, it was very pleasant with the trees sheltering us from the few raindrops before a bright sun appeared.

Our 2.3 mile journey began at the trailhead to Pitchoff Mt. a relatively steep beginning, but leader Dan Smith gave us a few rests along the way and the pace was very good. After just a few minutes, our adventure began as Dan went 'off-trail' and took us on a memorable bushwhack over some hills, through a valley, and up towards our destination goal of a rocky ledge overlooking the Mt. Van Hoevenberg valley. Unfortunately, we ran out of steam on the last steep section, and the clouds rolled back in, so we turned around before reaching the ledge.

Along our route, Dan shared his knowledge of the area including the North Country School, navigating by GPS, and his extensive life-long experiences in the woods. It was very entertaining and educational. We passed by seemingly miles of tubing of various sizes attached to several hundred maple trees. In the early spring, the school collects the sap and produces and sells the maple syrup products.



North Elba hike



September 6, 2018: Hike Tongue Mt. Ridge Trail Leader: Gail Gabriels

Wow! What a hike! 10.8 miles over at least 7 mountain tops (many of us would say there were more) on a beautiful day, but in the high 80's and high humidity. 9 of us started off very cheerfully enjoying glimpses of the lake as we sauntered up and over several humps and chattered away. But that last 6.4 miles of up and down took a lot longer than we anticipated. Gail kept filling us with cheerful thoughts and Anne had some Special chocolate Cliff shots. When we realized we had one more mountain to climb at the end we really had to dig our heels in . Gail quickly called Chris to bring us some treats since he was picking us up with a boat at the end of the range. Everyone helped each other out by supplying extra water and encouraging words to say "we can do this!" CRC people have the best attitudes when it comes to these situations. The views of the lake were spectacular and the promise of a boat ride back to our parking area kept us going. And that boat ride was totally rewarding with the awesome breeze and a view of the range we had just hiked.



Tongue Mountain Bridge Trail

Outings Reports

September 13: Paddling – Fish Creek Ponds Loop (Saranac Lake area)

Leader: Roy Keats

Eleven enthusiasts started out on a perfect day for paddling with no wind and warm weather. We started at the Fish Creek boat launch in the Fish Creek Ponds Campsite. After a little over a mile we took a left into Copperas Pond, seeing the unusual greenish water. Next was a portage to Whey Pond, then a short portage to Rollins Pond. We had an idyllic lunch on a vast sandy beach on Rollins before setting off to our last portage into Floodwood Pond. Some opted to walk their boats down the short connecting stream. We then paddled Floodwood to Fish Creek, and entered the creek. It was very exciting wending our way down Fish Creek avoiding logs and rocks to our put in. It was a great day having seen loons on each pond, a bald eagle, a heron, mergansers and mallards.



Fish Creek Ponds Paddle

September 13: Cave Adventure to Lost Pond Caves, near Putnam Pond. Leader: Tom Zelker, Caver with Helderberg/Hudson Grotto and Northeast Cave Conservancy

I had a great time exploring Lost Pond caves, bringing back memories of camping there, as a teenager, with my family. I had

always wanted to explore further, another thing on my "bucket list." Tom was a very patient and prepared guide, helping me check out parts of the cave I had never seen. The walk in was a pleasant stroll along a repaired trail, and sitting by the pond was a pleasure. Time flew by - I thought only an hour had passed, when it was actually 2 1/2 hours! ~Dan Smith



Lost Pond Caves

September 20: Hike to OK Slip Falls Leader: Jan McCann

This is a lovely 3.3 mile jaunt through the woods to one of the highest falls in the Adirondacks near Indian Lake. 14 of us enjoyed our lunch in a peaceful setting with a view of this majestic force of nature. Even with a dry summer the water was still flowing. The hike out went very quickly as we enjoyed each other's company. We noticed many different kinds of mushrooms with the help of Richard and Karen Wang. We also saw some grouse through the keen eyes of Steve and Gail. I even saw a really

Outings Reports

big toad! Amazing what you can find in a walk through the woods.



OK Slip Falls

September 27: Crown Point and Champlain Bridge Leader: Rose Cooper

Thanks to leader Rose Cooper, fourteen CRC folks experienced a bit of history on a beautiful autumn day at a place new to many of us, the Crown Point State Historic Site on Lake Champlain. We watched an introductory video and took in the museum exhibits there before our guide in period costume took us on a walk that included the ruins of two 18th century forts, one French and one British. The massive ruins helped us to imagine a soldier's life there more than 250 years ago. After picnicking on the shore of Lake Champlain we climbed the spiral staircase of the Champlain Memorial Lighthouse nearby for some great views. Our last stop on this adventure was a walk across the Champlain Bridge to Vermont for some much appreciated ice cream at The Bridge Restaurant.

~Karen Wang



Crown Point and Champlain Bridge

September 27: Hike Mt. Adams Fire Tower Leader: Rob Haggerty

It was a lovely day for a hike up the Mount Adams Fire Tower, which has incredible views of the high peaks and the Tahawus mines. We had a group of 6 enjoy the cloudy day with perfect temperatures, peeks of sun here and there, nice views once we got going. Saw no other hikers until the very end hiking out. The trails were in decent shape considering the heavy rain we had for the previous 2 days. Lots of climbing on this short hike with about 1800 feet. Crossed the Hudson River on the suspension bridge, stopped at the previous fire tower observer's cabin for a peek, and started climbing. Watched a pair of mergansers in Lake Jimmy on the way up and down. Enjoyed a rest and snack at the fire tower and took our time climbing back down. No injuries, no complaints, just thanks and compliments to our leader, Rob Haggerty.

Outings Reports



Mt. Adams Fire Tower

September 27: Hike Section of the Northville-Lake Placid Trail from Lake Durant (near Blue Mt. Lake) to Rt. 28N near Long Lake Leader: Marti Townley

The numbers kept changing. Five were signed up and in the end, Marti and I were on an adventure. It had rained two days prior and the woods were rich with color. The hike was mostly a flat walk through every kind of habitat. The trail was soft underfoot and well-marked. We walked along the edge of Tirrell Lake, through beaver meadows, pines, and hardwoods. We climbed to the top of the highest point on the NP trail with ease. Lunch was on two benches at a campsite beside the Salmon River and couldn't have been prettier. Before we knew it, we were greeted by Ken's cheerful smile doing trail work a mile from the end. He escorted us back to the trailhead where we were able to see his handiwork and improvements. A perfect walk in the woods.

~Gail Gabriels



Northville-Lake Placid Trail

Holiday Party Reservation Form – Return with check!

ADK Cold River Holiday Dinner Party 2018

When: Thursday, December 13, 2018

Where: Garnet Hill Lodge

Time: Social Hour - 5:00 - 6:00 PM

Meeting - 6:00 - 6:15 PM

Dinner - 6:15 PM

RSVP by December 3rd.

Buffet Menu

Unlimited / Cheese and Crackers / Hot Appetizer

Soup De Jour

House Salad with Balsamic Dressing / Rolls

Vegetarian Stir Fry over Rice

Chicken Piccata

Top Sirloin with Jack Daniels Bourbon Sauce

Season Vegetable Melody

Mashed Potatoes

Brownies and Carrot Cake

30% off your room with CRC reservation, at Garnet Hill Lodge! Check out the rooms online and reserve at (518) 251-2444! Includes breakfast and trail passes. Rooms must be reserved by Nov. 26, 2018.

-----Cut Off and Return the Bottom Portion-----

Due by December 3rd, 2018

Cost: \$30.00 per person

I/We wish to make a reservation for _____ individual(s) at \$30.00 per person.

Name(s) _____

Address _____

Phone _____ Email _____

Enclosed is a check for \$ _____ payable to ***Cold River Chapter.***

Please return this form with your check to Nancy Haggerty (518) 251-2481

CRC Chapter Treasurer

41 Farmview Road

Johnsburg, New York 12843

CRC Connections

A warm welcome to our new Cold River Chapter members and affiliates. We look forward to seeing you on weekly outings and at our monthly meetings and potlucks and our annual meeting. Encourage your youth to enjoy outdoor recreation and to preserve our environment.

As of August 2018:

Total Households: 287

Total Members: 493

Total Affiliates: 29

New Members: Andrew Murphy Ticonderoga NY Michael and Karen Oot Peachtree City GA CVW Long Lake Public Library, Long Lake NY Francis and Kathleen Bosco Bayport NY Kevin Joslin Canastota NY Shannon Ryan North Creek NY	New Affiliates: John and Connie Clarkson Albany NY
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Our CRC web address is: <https://www.adk.org/adk-chapter/cold-river/>

Stay in touch: Greg Schaefer and Rose Cooper, our co-chairs, may be reached at greg.schaefer@frontier.com or 518-251-5451 and rosecoper2@gmail.com or 914-844-3078.

ADK Cold River Chapter October 2018 Newsletter Linda Hales (Editor) l_hales@hotmail.com 518-681-1117
