

COLD RIVER CURRENTS

January 2024 The Newsletter of the Cold River Chapter of the Adirondack Mountain Club

Chapter Co-Chairs' Report

by Steve Mullins and Susan Atwell

In 2023 the CRC resumed in-person potluck events, speaking events at the Tannery, our annual catered picnic and a well-attended Holiday Party at Garnet Hill Lodge. After three years of suspending nearly all in-person gatherings due to COVID, it was gratifying to see familiar faces and welcome new members to the Chapter in 2023. Responses from Chapter members have been overwhelmingly positive about the resumption of the in-person events, and we have another

potluck scheduled for February to continue our tradition of bringing Chapter members together during all seasons of the year. Thanks to our many volunteers for coordinating the event spaces and arranging for all the logistics required to make these gatherings both successful and enjoyable for everyone who participates.

The Chapter elected a new slate of officers on December 14th during our Holiday Meeting and Party. All the current Executive Committee (EC) members served extended terms due to COVID upheavals, and most have opted to serve one or two more years for continuity of the administrative body governing the workings of the Chapter. Ellen Collins has served as Membership Chair for 15 years, and has turned over her duties to Susan Schuler. John Rendaro served as Treasurer for 3 ½ year, and his role has been assumed by Ger Cox. Linda Hale faithfully prepared and distributed the CRC Newsletter for 5 years, and has handed over those duties to Kathy Herold. Steve Mullins served as Co-Chair for one year and Chair for 3 ½ years, but no one stepped forward to take his place, although he has relinquished his role as Chapter Chair. Sue Atwell will continue for only one more year as Co-Chair (acting Chair) while the Chapter tries to identify a new Chair and Co-Chair. Rich Salz's term as ADK Trustee and CRC EC member expired December 31, 2023, and Rose Cooper has moved into this 3-year Trustee/EC position (she was formerly the Alternate Trustee). Mary Redfield is the new Alternate Trustee. All EC members typically serve 2-year terms apart from the Trustee. Anne Bernat, Lynn Butterworth and Marti Townley will serve one more year as Secretary, Outings Co-Chair and Member-at-Large respectively. Tom Riley will serve another two-year term as Outing Co-Chair.

The CRC is a mid-sized Chapter (523 members at the end of November 2023) within the ADK Mountain Club umbrella. However, it is one of the most active Chapters with outings numbers that rival Chapters that are 4-5 times larger. It takes a lot of volunteers, time and effort to maintain such an active year-round calendar. If you or anyone you know is interested in volunteering as an EC member, as an outings leader, as a pot-luck host or organizing other events sponsored by the CRC, please step up to provide your experience and services to keep our Chapter vibrant and active 12 months a year. The Club's health and Chapter's active calendar depend on all of us to pitch in when and where possible.

2023 CRC Executive Committee

Susan Atwell (Acting Chapter Chair)
Rose Cooper (ADK Advisory Council Trustee)
Mary Redfield (ADK Advisory Council Alternate Trustee)
Anne Bernat (Secretary)
Ger Cox (Treasurer)
Tom Riley, Lynn Butterworth (Outings Co-Chairs)
Susan Schuler (Membership Chair)
Kathleen Herold (Newsletter Chair)
Marti Townley (Members-at-large)

Chapter News

TRUSTEE'S REPORT

by Rich Salz, ADK Advisory Council Trustee

- At the December meeting, the Advisory Council approved four modifications to the Outings Leaders Guide (OLG), which are subject to ratification by the Board:
 - ✚ The OLG's initial sexual harassment training requirement should not be required annually. ADK should instead implement an improved SH prevention program tailored to outdoor recreation activities.
 - ✚ Eliminate the Level 3 Leader requirement of taking a two-day Leave No Trace (LNT) Trainer Course, and instead encourage each Chapter to have a person trained as a Level 1 LNT instructor (or higher) to provide education for Chapter trip leaders.
 - ✚ An exception/waiver process should be developed for experienced leaders who can demonstrate their proficiency in map and compass. Similarly, longtime leaders should be exempted from Leadership 101 training. All waivers would need final approval from Club staff.
 - ✚ Allow flexibility in assigning Trip/Leader ratings where an outing does not fit precisely into criteria such as mileage, elevation gain or time.
- The Board has approved the following new officers: Paul Rooney (President), Chad Kilbourne (Vice President) and Micky Orta (Second Vice President). Tom Andrews, who has served as President since 2020, retired at the end of the year.
- On a personal note, after serving as CRC's Trustee for three years, and Member-at-Large for two years, my term has expired. During my service, CRC hosted the Centennial Fall Outing and the Advisory Council Outings Committee drafted the OLG. It has been a pleasure working with the dedicated and knowledgeable members of CRC's Executive Committee as well as my fellow Trustees on the Advisory Council. Rose Cooper will take over as CRC's Trustee, and this Chapter could not be in more capable hands.

Chapter News

\$\$ Outings Leadership Guide Certification Reimbursements \$\$

Everyone should be familiar with first aid, and ADK is willing to assist with this! As an outing leader, did you know that ADK will reimburse you for the cost of a Level 2 Outings Leader First Aid class and / or a Level 3 Outings Leader Wilderness First Aid class?

All you need to do to get your certification paid for by ADK is to complete the Level 1 Outings Leader certification (an on-line sexual harassment prevention seminar and an on-line Leave No Trace seminar) and lead a Level 1 outing. After that, you can take an ADK-approved First Aid class or an ADK-approved Wilderness First Aid class. Pay up front, and upon successful completion of the class, you can submit your expense to the CRC treasurer for reimbursement. The treasurer is Ger Cox: ger526@msn.com.

If you have any questions, contact Lynn Butterworth: tlynnbutterworth@gmail.com.



Chapter News

Packing a First Aid Kit

According to “Wilderness First Aid Field Guide,” A first aid kit’s supplies should be customized according to conditions to include those items which are typically used on a regular basis.

Each person should be responsible for deciding whether to take medications brought by others, as well as decisions about their own treatment during an outing. Some suggested items to pack include:

- Alcohol hand sanitizer gel - clean area around wounds
- Antibiotic ointment - prevent skin infections
- Triangular bandage - stabilize broken and dislocated bones
- Moleskin - Prevents and pads blisters
- Irrigation syringe (or plastic water bottle with a nozzle)
- Band-Aids of various sizes, and Steri-Strips - cover wounds
- Sterile gauze pads (2” x 2” and 4” x 4”) - cover small wounds
- Self-adhering roller bandage (2” to 4” wide) - hold dressings
- Sterile trauma pad (5” x 9”, 8” x 10”) - cover large wounds
- Adhesive tape and/or duct tape (very small roll) - secure dressings.
- Elastic Bandage (4” wide) or a cling wrap - secure dressings
- Safety pins (2” long) - drain blisters if necessary and secure slings
- Pain and anti-inflammatory medication: use acetaminophen (Tylenol) for children, aspirin, or ibuprofen (Advil) for adults
- Antihistamine (e.g., Benadryl) - Relieves allergy symptoms
- Hydrocortisone cream (1%) - Soothes skin irritations
- Commercial sport drink packets (e.g., Gatorade) – dehydration
- Antacid tablets - Treat heartburn
- Antidiarrheal tablets and Anti Constipation tablets
- Scissors - Cut dressings, bandages, & Clothing
- Tweezers (angled tip) - Removes splinters and ticks
- SAM splint - Stabilize broken bones and dislocations

- Medical exam gloves - Protects against infection
- Mouth-to-mouth barrier device - Protects against infection
- Small notebook and SOAP Note and pencil or pen – information

Note: The people on outings should review the list and customize the list for specific outings conditions. Hike leaders should verify that they are carrying the appropriate first aid items for their specific outing conditions.

Chapter News

One need only to peruse the pictures in the Outings Section of the Newsletter to see the variety of activities led and attended by so many members of the Cold River Chapter . The list was tracked by Maria Rinella.

- Outings Scheduled - **105**

- Outings Cancelled – 21
Reasons for Cancellation:

low interest - 9
weather - 2
leader availability - 2
trail conditions-1
trail access (road closed) - 1



- Outings offered – **84**

- Total number of Participants – **638**

Average number of participants/outing - **7.6**



- Activity

XC Skiing - 18
Snowshoeing – 17
Hiking - 50
Paddling – 17
Fishing - 2
Caving - 1
Birding – 1



WOW! Thanks to all who make this chapter amazing!!!!

Chapter News

Do you have a favorite Adirondack story?

ADKvoices.org celebrates the legacy of ADK and the Adirondacks by recording short oral stories and posting a few photos shared by ADK members. Currently, there are 8 categories: People, Outings, Nature, ADK events, Chapter Projects, Staff and Stewards, Conservation, and History. With CRC's rich history of outings, countless stories need to be told! Do you have a 1-5 minute story you could share? Don't be shy. It's easy—you just retell your story—probably one you've already told dozens of times. Reach out to Linda Hales for assistance in recording your experience (lindashales@gmail.com or 518-681-1117). I hope to hear from you soon!



Check out the stories that have already been shared at adkvoices.org.



Where in the World?

Bike and Barge North Holland

By Steve Thomson

Eight Adirondackers, six of whom are active in the CRC, departed for Amsterdam (Netherlands) on April 19th for a week of cycling amongst vast blooming tulip fields, quaint and tidy old Dutch villages, and along the dikes and waterways creatively built to keep the North Sea from drowning a unique European culture. Arriving on a Thursday, the group had an opportunity to experience the city of Amsterdam for two days before our Saturday midday departure for sites along an old lake called IJsselmeer. While six of the group joined a rainy walking tour just after arrival, the other two were guided on rented bikes by a somewhat free-spirited guide who casually worked us through the seemingly chaotic modes of transportation, dominated, of course, by THE BICYCLE. It is really not true chaos as the rules of the road are clearly understood by the Dutch who are weaned on cycling and who themselves only have to be concerned about we tourists who are easily identified by helmets, bright clothing, and confused and terrified facial expressions.



Day two was spent on a visit to the Keukenhof Gardens, the glorious display landscape for an infinite variety of 7 million flowering tulips and other bulbs. This is a huge tourist attraction open only for 8 weeks each year, and we were wise to avail ourselves of a mid-morning arrival to be able to wander relatively freely until the rush that was to come a few hours later. Incredibly, each of the 7 million are planted anew by hand each year in the autumn.

Where in the World?



From our Amsterdam Hotel we schlepped our luggage on Saturday morning to the Oosterdok where our barge craft (The Flora) was moored. As we could not board until late morning, we had a nice breakfast on the fifth floor of a magnificent modern library which overlooked the Oosterdok and we then proceeded to the boat to change into biking attire and mount our bikes to ride out of the city.

Meanwhile, the crew of the Flora would raise anchor to meet us later in the day at our first biking destination in the town of Spakenburg. One had a feeling of escape from the busy crossroads full of cyclists and humanity in the city, and soon we were on the dikes in the countryside amongst sheep and birds and open air. Huge swans were seen along the waterways, along with a variety of ducks and other waterfowl. It was about this time that the weather began to sour and a misty, cold rain foretold what was to be a rather grim stretch of North Sea weather for the week.



Where in the World?

Nevertheless, we cycled about 25 or 30 miles, stopping at a Medieval Castle for an hour or so along the route. Arrival for our first meal aboard the Flora was welcomed as was a hot shower and liquid libations. Accommodations onboard were clean and the three-person crew was delightful and hardworking. Passengers were challenged to be creative in the tight berths in order to dry biking clothing at the end of the day and to keep belongings in some kind of order.

The 20 cyclists on the tour were led by three guides, Suzy and Roger Knable from Maryland and Sietse Huizingh, a Netherlands native who also operates his own tour business but enabled the larger group to be divided into groups of 10. We Adirondackers hooked up with Sietse whose familiarity with Dutch history and culture, and unbounded enthusiasm enriched our days. He seemed to know all the little shops, eateries, and premier photo ops along the way and had a wealth of vignettes and stories to relate. We often took alternate routes due to his deep knowledge of the area, logging a few extra miles in the process. After dinner, he was always willing to take folks on walks through the various villages, where we were anchored for the night, schooling them in the ways of the Dutch both past and present.



We all had a deep appreciation and admiration for the extraordinary efforts in coordinating and managing these trips and dealing with the problems that inevitably arise from weather, to customer service, and the like. In addition, pulling a group together and coordinating planning for the group from the Adirondacks was handled deftly by Anne Bernat and Lynn Butterworth. Thanks and kudos to that team! Rather than post a day-by-day summary, let's just say that our days were packed with activities, mostly cycling but a lot of sightseeing and absorbing the flavors and atmosphere of this very unique region.

We visited or passed through many small towns and villages, bucolic agricultural areas, and gardens both large and small. One could only be impressed with the care that the people in the region devote to the upkeep of their homes and properties on an almost universal level. Trash was rarely to be seen. The dikes that surround the polders (settlements created by pumping water out of previously flooded ground) are a testament to the centuries of labor devoted to making the uninhabitable, habitable.

Where in the World?

Among towns visited were Kampen, Urk, Enkhuizen (home of the Zuiderzeemuseum depicting the closed off sea with an enormous dike), and Hoorn where we celebrated Kings Day, a national holiday featuring ubiquitous orange attire and celebrations around the city. We made memorable stops at a windmill that was being meticulously restored to its original design after a fire severely damaged the structure, at a wooden shoe making shop, a cheese making operation, and a bulb production and research facility where we learned a lot of information about the botany of bulbs and their production and international marketing.



Our daily rides were generally between 25-35 miles on terrain that was relatively flat. Surfaces were varied from cobbled and brick streets, cinder byways, and paved terrain all of which were quite manageable with the Trek hybrid upright bikes provided. The crew and guides kept both the manual and e-bikes in top condition throughout the week. Mishaps were few and minor.

Where in the World?

Despite the raw weather, we all agreed that this was a great trip and an up-close and personal way to experience this region of the world. At the end of our tour, the Bernats, Butterworth-Rendinaros, and Beers tacked on a couple of days to visit Belgium while the Thomsons took three days to visit Steve's niece who is a cooperative farmer near the Burgundy region in rural eastern France. Upon our return to the Adirondacks, we were informed that we did not miss one sunny spring weather day in our absence. Apparently, it was as good a time as any to be away. But alas, blackfly season was just around the corner! Arghh!



Tour participants: Cindy and Paul Beer, Anne and Joe Bernat, Lynn Butterworth and John Rendinero, Judy and Steve Thomson.

Outings Reports

A special thanks to those who led each activity, as well as Lynn Butterworth, Tom Riley, and the CRC Outings Committee.

IF YOU ARE NOT RECEIVING THE OUTINGS EMAILS AND WANT TO, OR IF YOU WANT TO STOP THEM, PLEASE SEND YOUR EMAIL ADDRESS AND REQUEST TO OUR CHAPTER AT ColdRiverADKChapter@adk.org

Tuesday, October 3: 7th Lake to 8th Lake Paddle, Inlet **Leader: Jocelen Pearson**

Four paddling enthusiasts enjoyed a summer day on 7th Lake ... in October! The weather could not have been better for this outing and the fall foliage in the Inlet area was at its peak. The group explored the bays between 7th and 8th Lake in the Fulton Chain and took a lunch break at the 8th Lake Campground. Leaving our canoes and kayaks behind, we walked the portage between the two lakes for a nice stretch of the legs. A little refreshing breeze picked up after lunch, but otherwise it was a beautifully calm paddle. ~Jocelen Pearson



7th to 8th Lake, Inlet

Thursday, October 5: **Leader: Walt Nelson** **Henderson Lake Paddle, Newcomb**

Nine excited paddlers arrived at the Upper Works parking lot and attached wheels (most of us anyway) and walked the 0.3 miles to the launch. Several were making a first visit, and for others it was a return visit. Deciduous foliage color was past peak but still enjoyed. The loons had moved on to another lake, preparing for their fall migration. The water level was low as it was two weeks since the last rainfall. Summertime temperatures in October were enjoyed by all. Being in proximity to the nearby mountains makes this lake a treat for any paddler, any time the year. ~Walt Nelson



Henderson Lake



Outings Reports

October 5: Goodnow Fire Tower, Newcomb Leader: Barbara Kearns

Six of us, and a dog named Jack, climbed up the trail on one of this year's unusually warm sunny October days. There was some shock as the trail crossed over a barren segment of the winter logging done by the Environment College. The university is beginning to test climate change effects on lumber harvesting. More information will be provided at the February Potluck when the Campus Forester will present a program at their Visitor Building. The view at the fire tower summit provided one of the last "peeks" of autumn. ~Barbara Kearns



Goodnow Fire Tower

October 5: The Saddles State Forest Loop Hike, Whitehall, NY

Leaders: Gail and Chuck Helfer

The Saddles State Forest near Whitehall was recently acquired by New York State. There are several loops, but of course we hiked the hardest 8.6 miles to get the most out of it! We climbed one mountain, then hiked down to the shores of South Bay (part of Lake Champlain). We had a lovely lunch on the shore. Then we climbed back up another mountain, then back down to our cars. This was such an interesting hike with soft moss at times, views of the backside of the Lake George Mountains, interesting rock structures, caves, and pleasant woods while walking. We thank Gail and Chuck for sharing these new trails with us. ~Marti Townley



The Saddles State Forest Loop

Wednesday, October 11: Tannery Pond Community Center, North Creek Presenter: Holly Ahern, Associate Professor of Microbiology

About 30 people were treated to an informative presentation by Holly Ahern, Assistant Professor of Microbiology at SUNY Adirondack. An impassioned advocate and expert/participant of ongoing research on Lyme's Disease, she offered us the science of this seemingly undefeatable epidemic. More research is needed as diagnosis remains challenging, as does timely and effective treatment. Making it clear that Long Term Lyme's is a reality, the need for more attention from the medical community, including funding, needs to be ongoing. She answered the many questions raised by the engaged audience. She assured us research is progressing, albeit slowly. Her final slide shared the websites with further information, and Ahern suggested the 2022 documentary, *The Silent Epidemic*.for more information. ~Kathy Herold



Outings Reports

Wednesday, October 11: Bennington Battlefield Hike, Walloomsac

Leader: Brendan Hanley

A small group of CRC members made the drive to the hamlet of Walloomsac, NY to explore the trail system at the Bennington Battlefield State Historic Site. This system consists of two separate one-mile loops joined by a half mile connector trail. We parked at the top of a prominent hill, the focal point of the initial stage of the August 16, 1777 battle.

The hill had been hastily fortified by German regulars who were part of a modest force dispatched by Gen. John Burgoyne from the main British army then advancing towards Saratoga. The dispatched force had been ordered to seize provisions and livestock from colonial storage facilities in Bennington, but their advance halted a few miles west of Bennington awaiting better weather and the anticipated arrival of reinforcements from Burgoyne.

The first loop we hiked (The Battlefield Loop) was of more historical interest than the second loop (The Valley Loop) since it included terrain to the west and downhill from the German fortifications. This was the same terrain that the men of the left wing of Gen. John Stark's New Hampshire militia traversed as they, in conjunction with other units, approaching from the north and east, sought to surround the German hilltop fortifications

. We, however, were strolling downhill through the woods away from the German position while the colonials were marching uphill towards that position. The Battlefield Loop also included terrain over which German/British units retreated after the hilltop fortifications were overrun.

The Valley Loop, although not rich in historic interest, was by far the more attractive loop.

A significant portion of the trail was cut through open, mountainside fields with expansive, pastoral views across the valley of the Walloomsac River. Early fall foliage enhanced those views. In addition to an eagle sighting, we also observed a lone deer bounding through one of the open fields. Between leaps, the deer disappeared almost entirely in the tall grasses/brambles only to re-appear on each leap. If you are in the area, the short (but steep) hike along the Valley Loop is well worth the effort. ~Brendan Hanley

October 12: Lost Pond, Pharaoh Lake Wilderness Leader: Meredith Todd

Eleven hikers ventured out, on what turned out to be a beautiful October day, with blue skies prevailing and a gentle breeze. We hiked the 1.4 miles to the pond and then hiked around it, with changing terrain from rocky back into beautiful forest. We had lunch with a pretty view of Lost Pond. Several adventurous hikers ventured into what appeared to be a cave, before completing our 4-mile hike back to the parking area. A great afternoon for walking and views around a "lost" pond in the woods. ~Kathy Herold



Lost Pond

October 12: Jay Range Leader: Marti Townley

Oh what a day! We started on a carpet of colored leaves with gentle light filtering through the trees. After a couple miles, we reached the first peak with 360 views of surrounding peaks. We then began the ridge walk with views of passing clouds and a splattering of fall colors over the mountains. A touch of rain brought a moment for a rainbow. A fall day to remember shared with friends. ~Marti Townley



Jay Range

Outings Reports

October 19: Inman Pond Trail Hike, Kattskill Bay

Leader: Peggy Carrol

As has often been the case this year, when twelve of us arrived at the Inman Pond trailhead, the sunny day which had been forecast did not look too likely. Nevertheless, we happily set out on the trail to explore this gem of a pond. After walking in on what looked like it had been an old road, we explored the north side of the pond on a trail that led almost to the inlet. From that shore we could see a gigantic rock formation on the other side that Peggy assured us would give a great view down the pond. We retraced our steps and hiked along the south shore of the pond where we were able to climb to the top of the rock formation. Miraculously, blue sky appeared and the sun lit up the colored leaves on the trees across the pond. It was a wonderful place to rest, take in the view and enjoy lunch. Once again we were reminded of the beauty that is all around us in the Adirondacks. ~Karen Wang



Inman Pond



Richard Wang

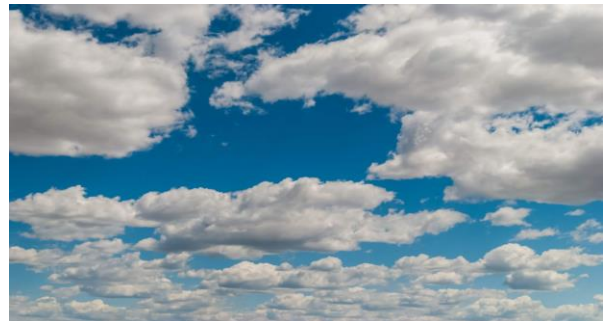
October 19: Peaked Mountain Hike, North River

Leaders: Lynn Butterworth and John Rendinero

Lynn & John led 9 hikers the 8 mile round trip hike up Peaked Mt. for some incredible views of the fall foliage. The first 3 miles were rolling hills with numerous water crossings to get to Peaked Mt. Pond. Then the trail gets steeper for the last mile to the top but we were rewarded with gorgeous views south, west and north toward the great ranges. We started out under some clouds, but the sun came out at the top and for the hike back down the mountain making for a spectacular day for all! ~Anne Bernat



Peaked Mt.



Outings Reports

October 26: Raymond Brook Ski Trail Hike, North River **Leader: Brendan Hanley**

The drizzle ended just as we convened at the Ski Bowl. A one-way in hike, we spotted cars and then drove to the Barton Mines Ski Trail. The orange colors were especially brilliant as we followed the Raymond Brook and experienced changing terrain underfoot. We crossed streams while we balanced on logs, Peggy being particularly brave and adept, as we tromped through mud, swished through leaves and hiked along peaceful wooded areas, while the brook stayed lively beside us. A lovely nearly 5-mile hike, chatting and enjoying the company of fellow hikers. ~Kathy Herold



Raymond Brook Trail



October 26: Owl Head Lookout, Keene **Leader: Sara Mullins**

A 3-car convoy of fifteen people left Pottersville for the drive up to the trailhead. The leaves were still on the trees on the lower portions of the mountains, making the scenic drive pretty and colorful. Meeting up with friends at the trailhead, we hoped the skies would clear.

The initial water crossings have sturdy bridges, and the path is well marked, even with downed leaves covering much of the trail. We followed the Slide Brook initially and passed through a hemlock forest that looked a little spooky in the dim light.

The elevation gain for the 2.6 mile hike was a little over 1300 feet and the summit is at 2530 feet. There are incredible views from the top, including Giant, the Green Mountains of Vermont, Hurricane, and all the valleys in between.

On the hike down we took a little detour to see why the mountain was named Owl Head and agreed that with a little imagination, one rock outcropping could resemble the rounded head of a barred or a screech owl. The little detour added a bit to our hike, making the total trip 5.6 miles.

No rain, injuries, or mishaps today, but we did get a little muddy. A big thank you goes to Sara Mullins for leading the way and introducing most of us to this wonderful trail. Many agree that this hike is worth doing again.



Owl Head Lookout

Outings Reports

November 2: Pole Hill Pond Loop, Bolton Leader: Gail Gabriels

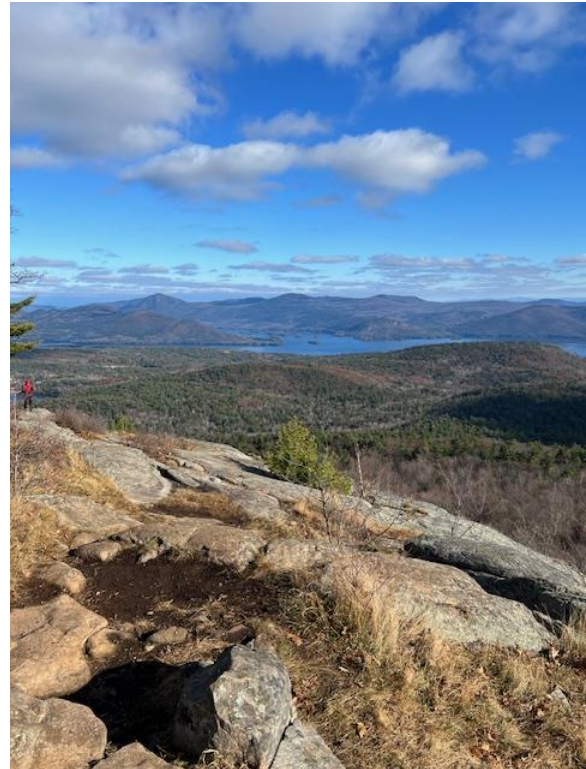
Can 18 people walk quietly through the woods? Yes, they can with a little bit of chatting and laughing! We were lucky to spot the red head of a Pileated Woodpecker pecking away. This 6 mile hike took us to the top of Walnut Ridge, looking south to a splendid view of Lake George. Continuing, we came to the very peaceful Pole Hill Pond. Then a few more miles to finish the loop on a cool fall day. ~Marti Townley



Pole Hill Pond Loop

November 9: Cat Mountain Blue Trail Hike, Bolton Leader: Ger Cox

This hike was rescheduled, after our first taste of winter arrived the night before. We met at the trailhead on Valley Woods Road and planned to follow the Blue Trail to Cat Mountain lookout. It was brisk and sunny, with light winds and although a Sunday, few were on the trail. Starting on an old woods road, we stayed left at the junction for the circular route to Cat and Thomas. There were a few wet spots, but manageable, including crossing the outlet to the beaver pond. The trail was covered in a heavy coat of leaves in spots, but markings were good on this popular trail. After reaching the summit of Cat, we enjoyed a leisurely lunch sheltered from the wind behind rocks, with wonderful views of Lake George and Black Mountain. With increasing winds, we started our descent, but first walked around to look west and southwest and admire Crane Mountain in the distance. We returned by the same route. It was a fun hike and we were glad we got to climb. ~Ger Cox



Cat Mountain

November 9: Fifth Peak Lean-to Hike, Bolton Leader: Rich Salz

Although it was a chilly start, we warmed up quickly as we climbed the 2.5 miles to the top. This peak is part of the Tongue Mt. Range on Lake George. We had just enough sun to make the water sparkle as we viewed the lake. This view is always a treat. But the biggest treat was the Chocolate Mozart Balls, specially made by Miok. Indescribably delicious!!! All 11 of us enjoyed the treat and the day. ~ Marti Townley



Fifth Peak

Outings Reports

November 16: Mt. Van Hovenberg East Trail, North Elba Leader: Meredith Todd

Eleven enthusiastic hikers climbed the trail with many stone steps on a bluebird day. We were rewarded with spectacular views to the south and west from the summit ledges. We had nice views of peaks to the north and east through the bare trees, especially on the descent. We were equipped to contend with recent snow accumulation, which had not occurred further south or at lower elevations. ~Meredith Todd



Mt VanHovenberg East Trail

November 16: Northville Lake Placid Trail Hike along Long Lake Leader: Marti Townley

Marti led 14 of us along the NPT which brought us along the eastern shore of Long Lake. It was a mild day for November with lunch on Kelly's Point where foundations and stairs exist from Kelly's Cottages. Marti and Alex Paul gave us history lessons about the trail and the organization of ADK. A lovely walk in the woods with friends. ~Gail Gabriels



Northville Lake Placid Trail

November 30: Wolf Pond Snowshoe Hike, Vanderwacker Wild Forest Leader: Ger Cox

What a wonderful winter wonderland! Comfortable temperatures, powdery snow, snow laden trees, and enough sun to make things sparkle. We all felt in awe of the silence of the woods and the beauty. 11 of us snowshoed 2.5 miles in to a lovely lean to on Wolf Pond for lunch. We all left with smiles on our faces. ~Marti Townley



Wolf Pond



Outings Reports

November 30: Moxham Mountain Hike, Microspike or Snowshoe, Minerva Leader: Judy and Steve Thomson

On a cloudy Thursday morning that promised to break into sun, 14 of us met to hike up Moxham. Some chose snowshoes, others spikes, the former being the better choice as the trail was not broken just past the first stream. Several lookouts offered moments to pause and take in the views, as we continued to the summit with views of Crane and Gore. The wind drove us into a huddle to eat lunch and chat. We headed down a much more packed trail, with spectacular blue skies and the sun-exposed rocks giving us a spot to shake off clumps of sticky snow. A lovely hike filled with conversation and accomplishment as we finished our 5.5-miles, for most of us, the first snowy hike of the season. ~Kathy Herold



Moxham Mt.



Moxham Mt.

December 7: John Pond / Clear Pond Hike, Snowshoe or Micro-spike, Indian Lake Leader: Shannon Andersen

Outstanding first time leading a hike of 8, 6 on snowshoes and 2 on microspikes, Shannon started by sharing a brief history of the Siamese Pond Wilderness, home to a logging camp, referred to as Little Canada, as many of the loggers came from the north, making the former logging roads an easy-to-follow trail. We did a clockwise loop from the Clear Pond trailhead to the pond about a mile into the woods. We followed the Clear Pond shoreline for a bit then headed over to Johns Pond, named after John MacKenzie, who immigrated to the area around the Civil War. We had a lunch break at the lean-to overlooking Johns Pond, then headed back towards the trailhead for Johns Pond.

The area seems wet and more fit for a winter snowshoe or ski than a summer hike, marshy with lots of small water crossings. We took a detour up to the gravesite of 2 children, Peter Savarie and Eliza King, who both died on the same night from diphtheria in 1897 at the logging camp. Well maintained, the graves are a reminder of the difficult times of another epidemic 126 years ago. We ended with a total of about 5 miles, with about 600 feet of elevation gain. It was a good way to keep warm on a cold, winter morning. Thank you to Shannon Andersen for leading the way and giving us all an appreciation of the history of this special place. ~Tracy Donaldson



John Pond/Clear Pond

Outings Reports

December 7: X-Country Ski at Santanoni Leader: Gail Gabriels

Skiing into Great Camp Santanoni is our old reliable ski, and we are never disappointed! There was not enough snow at Paul Smiths, but Newcomb came through for us. We had plenty of snow to ski and snow on the trees to remind us winter was here. We were lucky to have lunch sitting in the boathouse with peaceful views of the Lake, then a fun ski out. ~Marti Townley



Santanoni



Santanoni

Saturday, December 9: Whiteface Toll Road Ski

Leader: Marti Townley

The day before was blue sky, gentle temperatures, and more than enough snow to make the classic toll road ski a great first memory for some, an added memory for others.

With the next day's forecast, of a slow front moving in, warming temperatures, but still enough snow, Marti said it was a go. The ascent offered changing views with shifting blue-grey skies. At the top, a surprisingly, easy windless lunch. Coming down we would run into brief macadam black slush at the lower open turns, even a short bare section, but the end was a snow-covered finish to a wonderful day. ~ Chris Gabriels

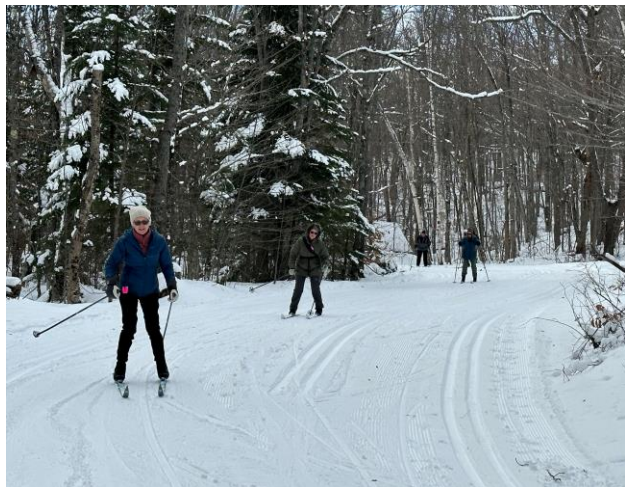


Whiteface Toll Road

Outings Reports

December 14: Garnet Hill Cross Country Ski Lesson, North River Leader: Shannon Andersen

Eleven of us had a wonderful day for a cross country ski lesson at Garnet Hill Lodge in North River, NY. It was cool and had recently snowed the days prior so the conditions were great. Two Garnet Hill instructors worked with us to help us improve our cross country skiing technique as well as explain the difference between downhill and cross country skiing. Participants learned the basics of cross country skiing, turning, getting up from a fall and climbing hills. Some of the participants did a loop on Old Faithful trail which was wonderful. Our lesson got done in time for us to get ready and join the holiday party inside the beautiful lodge. ~Shannon Andersen



Ski lessons at Garnet Hill



December 14: Garnet Hill Lodge X – C Ski, North River Leaders: Lynn Butterworth and John Rendinaro

How lucky were we? Seven lucky skiers got to enjoy great snow conditions at Garnet Hill the day of the CRC holiday party. We met at the Outdoor Center at 11:00 and started the day with skiing around Old Faithful, a one-mile green (easy) trail that takes you through beautiful woodlands. After checking out a few more trails, we took a short lunch break and then headed back out, with the Sugar House as the afternoon destination. Various green and blue (moderate) trails took us mainly downhill, and past a gorgeous, swampy, stream area that was half way covered with ice. The snow on all the trees just added to the beauty. Getting back to the Outdoor Center was a mainly uphill ski that burned many calories, so everyone enjoyed the holiday dinner hors d'oeuvres and meal with no guilt. We skied a total of 10 miles. ~Lynn Butterworth



Garnet Hill Trails



Outings Reports

December 28: Old Farm Road Snowshoe, Micro-spike or Hike, North River Leader: Shannon Andersen

Despite the rainy forecast, we decided to do the hike since we would be in the woods and there was not much climbing. A great decision, as the rain stopped just as we began hiking into the Siamese Pond Wilderness, just over 2 miles to the east branch of the Sacandaga River. Shannon was correct in advising us to wear waterproof boots, as it was wet and muddy. Part of the trail was a stream at points, and we hiked in the woods to safely navigate the ice and running water. There were several water crossings which we managed without too much difficulty. Most of the snow that was left after the rain was packed down, and the woods were beautiful. The portion we hiked has been named a North Country National Scenic Trail. We met 3 hunters training their beagles in search of snowshoe hares. One of the hounds followed us for a bit and only returned after a shock from his collar. We passed them again on the return trip. Towards the end, we took a detour down a spur to Elizabeth Point, which overlooks 13th Lake. We stopped there to enjoy the view and a snack before returning. Just shy of 5 miles and a great day in the woods on an overcast day. Thank you, Shannon, for leading us and showing us this great trail. ~Tracey Donaldson



Old Farm Road



Announcements

More Events to look forward to:

Thursday, February 8th

The Elaine Schwartz Annual Memorial Outing and Potluck



Lost Pond/Wang

“Climate Change in the Adirondacks”

Presented by NYS Forest Manager Michael Federice

If anyone is interested in hosting a pot luck for March or would like more information please contact Rose Cooper RoseCooper2@gmail.com or Maria Rinellium Rinellium@frontiernet.net



Membership News

WELCOME NEW MEMBERS AND AFFILIATES AND WE LOOK FORWARD TO SEEING YOU ON OUTINGS.

Membership Chair, Ellen C. Collins

As of November, 2023

Total Households: 315

Total Members: 523

Total Affiliates: 21



New Members:

Tim and Nancy Lynch	Newcomb, NY
Anne Buckelew	Reston, VA
Sally Wheeler	Okatie, SC
David Detoro & Angela Touhill	Pittstown, NJ
Pam Ireland	Schroon Lake, NY
Ralph & Lillian Ratto	Schroon Lake, NY
Matthew & Judy Dunn	Syracuse, NY
Ellen Santasiero	Queensbury, NY
Kathrene Thiel & Eric King	Latham, NY

New Affiliate:

Cheryl Garcia	Saratoga, NY
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