

COLD RIVER CURRENTS

April 2018

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

Co-Director's Report – from Greg and Ellen...

Greetings to all CRC members! We hope you are enjoying getting out in the Great Adirondack Outdoors as the change of seasons brings all kinds of weather our way! We know that some adverse weather has cancelled or postponed some outings, but, never fear, many more wonderful adventures are on the way! So, we

encourage you to both **PARTICIPATE** in trips, and **LEAD SOME** if you haven't in the past. We would be remiss if we did not point out the wealth of resources that can be found on the ADK website. If you are interested in workshops to refine outdoor skills, trips to remote locations, information about the "Dacks," positions that ADK has taken on issues, and much, much more, please check out ADK.org.

As spring comes, so does mud season. We would like to remind all hikers that trails are fragile, and we need to help protect them. If you can, avoid hiking in higher elevations during mud season. Hikers are advised to only use trails at lower elevations during the spring mud season to avoid damaging natural resources. Lower trails usually dry soon after snowmelt and are on less erosive soils than the higher peaks. If you can, postpone taking any hikes on trails above 3,000 feet until mid-June, when the trails have dried and hardened. Trails in the Dix, Giant, and High Peaks Wilderness Areas of the northern Adirondacks are particularly vulnerable, so why not try and Adirondack "Low Peak" this spring?

2017-18 CRC Executive Committee

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



Annapolis Wherry

Sharon and Bob Eberhard are hosting a wooden boat-building seminar this summer!

They will hold an information meeting for those interested in participating on Tuesday May 22nd at the Eberhard's house at 2:00 pm. Directions to the Eberhard's will be given in the outings schedule for May.

COLD RIVER CURRENTS



Sign up to build a Chesapeake Light Craft!

Sharon and Bob Eberhard would like to offer a wooden boat-building course this summer. After some study, we would like to build a kit boat from Chesapeake Light Craft. The boat is a 12-foot canoe called the Sassafras. It is a plywood lapstreak boat made using a stitch and glue technique. If you go to the Chesapeake Light Craft website and look under Traditional Canoe Kits in the recreational canoes, you can find many pictures of the boat. Bob and Sharon have built many boats including five Chesapeake Light Craft Kits. This course would be open to build five boats on a first come first serve basis. Two people building a boat would be nice as and extra hand is often nice. Sharon and Bob would help the single builders. Two commitments would need to be made. The first is a financial commitment as the kits cost \$1025 plus shipping. Then there are the supplies (latex gloves, sandpaper, plastic sheets, brushes, clamps, etc.) that need to be added in. They estimate the cost to be \$1300-1400. The second commitment would be time. This will take 8-10 days. The first four or five days will be full days. Then there would be days when resin, paint is applied and nothing can be done until the stuff dries. The plan is to start construction after the Fourth of July and work 2 days a week. If there are any questions/editions please feel free to email us or call us after May 7th. Our email is theeb@frontiernet.net and our phone is (518) 251-3476.

CRC News and Reports



April 19th - dinner and a movie.

Indian Lake Theatre, Hosts: Susan Rollings and Dan Nielsen

4:30-5:30 social hour,

5:30 meeting,

5:45-6:45 dinner,

6:45 cleanup,

7:30 movie

May 17th - luncheon pot luck, 12:00 pm, Ushers Park, Lake George,

Host: Sharon Kendall. Anyone want to volunteer to co-host?

June 21st - The Hub, Brant Lake, Hosts: Bernadette Speech and Jeff Schanzer

We will be purchasing our beverages from the restaurant.

July - Hosts: Doreen Paige, Lisa Eckoff, and location to be determined

August 4th - Annual Meeting and Picnic, Town of Minerva recreation area

Pavilion, beach, trails and paddle put in

August 23rd - Johnsburg home of Bob and Sharon Eberhard

September - home of Ellen and Greg Schaefer

October - Gore Mountain Ski Lodge, Hosts: Anne Bernat, Karen Wang, Sue Keats

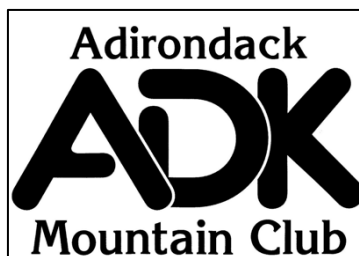
November - Glen Lodge?, Hosts: Sandy Sangster, Anne Morse

December – Holiday Dinner Party for 2018 will be Thursday, December 13th. Noelle McCrum is already hard at work on those door prizes!

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

Directors Meeting 4/7/18

Ken Shea / CRC Director



Annual Meeting

1. Review of 2017 accomplishments. Minutes of the Annual Meeting will be posted on the ADK Website
2. ADK is accepting nominations for Awards and Recognition Program.
Eleanor F. Brown ADK Communications Award, Arthur E. Newkirk ADK Education Award, David L. Newhouse ADK Conservation Award, Marie Lynch Haberl ADK Staff Recognition Award, ADK Trailblazer Award, ADK Presidents Award, and Distinguished Volunteer Award. Please contact Ken Shea with your nominations.
3. ADK Fall Outing is in the Finger Lakes Area 10/26/18-- 10/28/18. Finger Lakes Chapter is hosting along with two other ADK Chapters. Check out the ADK Website

CRC News and Reports

4. BOD approved a Resolution to support fiber optic internet cable installation at Heart Lake Property.
5. Membership Director Laurie Schweighardt retires 4/20/18. Julia (Jules) Grenier has been promoted to be the new ADK's Membership Director.
6. National Trails Day is 6/2/18 with ADK Event in Old Forge area. Free camping @ DEC Nicks Lake Campground. Need to Register (ADK Website)
7. Next BOD Meeting 6/23/18



Time to Volunteer for the Ididaride

CRC provides 30+ volunteers to help staff one of ADK's major fundraisers, the IDIDARIDE bike ride on Sunday July 29th. This year there will be 2 bike ride routes; a 75 mile and a 20 mile route. Both rides start and end at the Ski Bowl in North Creek. If you are available and interested in volunteering, please contact Anne Bernat at annebernat@aol.com or 703-879-8284.



ADK sign-ups for the ride are now open too!

ADK is excited to announce a new 20-mile route for the 13th annual ididaride! in 2018! The new route is ideal for off-road riders, fat-tire bikes, gravel-grinders and overland riders.

For those ididaride! cyclists who prefer being in the woods and a little closer to nature, rather than sharing the pavement and enjoying the expansive views along the traditional 75-mile road course, ADK has replaced the "short" road bike ride from Indian Lake with a 20-mile super-scenic mountain/hybrid bike route tour loop. The ride starts from the Gore Mt. Ski Bowl in North Creek...just like the 75-mile road bike route.

Are you thinking about warmer weather yet?

CRC News and Reports

CRC Members Receive CPR and Wilderness First Aid Certifications

The Five W's and an H submitted by Kathy Koebrich



WHO:

Anne Bernat, Wes Bishop, Tom Riley, Susan Rollings, Steve and Kathy Koebrich
Instructors/Examiners Anne and Rick Morse

WHAT:

Wilderness First Aid and Adult CPR from ESCI (Emergency Care & Safety Institute) Courses.

WHERE:

The Garnet Hill Lodge and XC Trails

WHEN:

Saturday, March 31st 9 am – 5 pm

WHY:

The more CRC members that are WFA qualified the more likely it is that we will have positive outcomes when faced with emergencies. I personally want to thank the chapter for assisting with the course fee.

HOW:

Our reference guide was the coveted, lightweight, red WFA bandana. Rick had us figure out how to use the equipment instead of telling us what to do. This made the training resemble what would happen if we came across a problem in the woods and had to start digging supplies out of our packs. We learned by role playing various scenarios – always starting with analyzing the situation, determining if we could help, identifying ourselves as trained in Wilderness First Aid and asking the injured person if they would like us to help.

Silly me, I just thought we were going to go for a nice snowshoe at the end of the day. That was not the case, our little snowshoe excursion morphed into a test of our newly acquired skills. Rick and Anne provided a challenging scenario for the group, Rick presented with a sprained ankle and Anne with a possible broken leg. We managed to get Rick mobile and evacuated Anne by dragging her on a tarp, over the snow covered ski trails and back to the lodge. It was a beautiful day and we all worked together to bring Anne and Rick safely back to their truck.



CRC News and Reports



IT IS NOT DELIVERANCE!

CANOEING/KAYAKING AT A CONTINUOUS CARE RETIREMENT COMMUNITY (CCRC)

By Elaine Schwartz

As many of you know my
Adirondack home is my

secondary residence. For my primary residence I have recently moved into a CCRC on the east end of Long Island. The concept CCRC means care for life. There is independent living in cottages or apartments, which is my situation now, but there are also various levels of care as needed which include memory, rehabilitation and total care units. My sports equipment including my 12-pound, 9-foot Hornbeck canoe accompanied me. It has a prominent place in my apartment, standing upright in a corner, since no secure storage could be found. When I carry the canoe through the corridors my fellow residents think I am an incarnation of Wonder Woman. Motivated by my canoeing enthusiasm, and the acquisition of two kayaks from another resident, the Fitness Center decided to offer an outing to all 300 independent residents. Eleven intrepid residents signed up although two, besides myself, had never been in a canoe or kayak. After a brief lesson, the signing of a waiver of liability and distress signal orientation of lifting our paddle in a vertical position, we launched. Accompanying us for security were seven employees, including three with EMT training and one with a rope. A drone overhead monitored and chronicled this experience. Only two had to turn back to shore before the end. What enjoyment and thrill for the nine, predominantly neophyte, septuagenarians and octogenarians who paddled! The success of our paddling adventure inspired the Fitness Center to include an outing in their program annually. Fortunately I do not have to wait a year for I have found a group of women who live in nearby towns, are ardent paddlers, launch twice weekly and who have invited me to join their outings. Recently my CCRC hired a public relations firm to update the website. As part of the publicity they decided to add a kayak component and then asked the director of fitness and me to paddle off shore a short distance so they could take photos. For security they wanted to tie a rope from my kayak to shore. Unfortunately, the rope was not long enough. This was incongruous considering the fact I had just kayaked in the Arctic for eight days and previously in January paddled in the Antarctic. I assured personnel I would be safe.

I have found that old age does not mean eliminating previous activities but instead adapting some. While I sometimes chuckle at the security, protection and attention provided, my children and I welcome it and accept the fact this is advisable.

CRC News and Reports

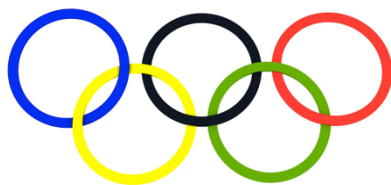
February Potluck Notes

By Steve Thompson

“Squirrely” Potluck at the Adirondack Interpretive Center in Newcomb on February 15

Thirty-six CRCers attended the February 15 potluck at the Adirondack Interpretive Center and most arrived in time to hear a fascinating presentation on Squirrels of the Adirondacks. Charlotte Demers, naturalist extraordinaire, guided us through the life cycles and varied behaviors of six species of squirrels that reside in the Adirondack Park. Her accompanying slides and video showed the unique characteristics of these animals and their shenanigans, much of which occurs out of sight in the underground habitat that provides for food storage and shelter. Charlotte’s knowledge of nature in the Adirondacks is extensive and she is able to enlighten her audience deftly and with a keen sense of humor.

After watching night video of the mysterious Eastern Flying Squirrel, the monthly meeting of the Chapter was held with Greg and Ellen Schaeffer presiding. Among the items discussed: The outings committee seeks ideas for future outings as well as nominations/volunteers to fill the Outings Co-Chair position being vacated by Greg Clark in August. The March Potluck will be at Sporty's in Minerva. Rose Cooper would like some new folks to join the Potluck Committee. Jane Moon reported that 2 campers, picked by the Chapter would be going to Camp Colby. Jane has been coordinating this capably for a long time and would like to have someone take over for her. After the meeting, we were again treated to the diverse culinary creations that make potlucks what they are.



CRC Special Triathlon during the Olympics!

While U.S. Olympians were skiing and jumping in Pyeongchang, six hardy CRC members entered Barbara Kearn’s Newcomb Triathlon. The three events were snowshoeing, cross-country skiing and micro-spiking. The first event was snowshoeing into Woodruff’s Pond behind Newcomb Central School. The six slapped on their snowshoes and hiked into the frozen pond laughing and chattering with glee.

The group then drove to Santanoni for the second event. Things quickly got very serious as the Lake Harris loop trail was icy and hard. The six flew down the trails crossing over icy creeks, wobbly bridges and steep hills. At times, skis were removed to make the traversing of the trails easier. Upon reaching Lake Harris the group explored the lakeside campsites and had a quick snack before starting the second part of the loop.

As a funny aside, Jeanne told us a story about how her family used a hoot owl call to herd in her brothers and sisters. With Jeanne ahead of us we heard the hoot call. Thinking it was her checking in, we returned the hoot. Amazingly, after hearing another answering hoot we discovered it wasn’t Jeanne, but we were conversing with a real owl! (Continued on pg. 8)

CRC News and Reports

Weather in the Adirondacks changes quickly. Barbara spent the week prior checking the trails to make sure they were okay. Over night conditions had changed. The group followed the Lake Harris shoreline to a quickly moving stream where they were supposed to cross over. Just the day before the stream was frozen and covered with snow. The condition forced us to retrace our ski tracks back to the campground. Due to Barbara's good planning the group used her backup plan to return to the cars in Santanoni by way of the Lake Harris campground road. Barbara used her mobile phone to call her loyal friends in Newcomb to meet us at the entrance. Not only did they show up but were on time and came with an extra van for the skis and poles.

We left Lake Harris and headed into Newcomb to the Hoot Owl B and B for the best homemade pizza and salad. After a long day in the wilds the food and hospitality of the proprietor was most appreciated. We sat around a large pub table in the warm kitchen and voted to forego the third event.

Despite skipping the third event, our group deserves a gold medal. We worked well together sharing equipment when poles broke, using our Wilderness First Aid training when a member fell and twisted her knee and encouraged each other when it got tough on the trail. Despite the challenges it was a crazy fun day.



Woodruff Pond



Walk in the Woods

March Potluck at Sporty's

Jean and Paul Donnelly hosted the March Potluck of the CRC at Sporty's in Minerva on 3/15/18. Susan Rollings and Harold Stackhouse conducted the business meeting as the Shaefer's were in Ireland. The bright winter weather brought out more than 40 chapter members, many of whom participated in one of the two chapter outings, or unsponsored alpine skiing on the outstanding snow conditions at Gore Mountain. In honor of the upcoming St. Patrick's Day celebration, Rob Smith led the group in a few Irish tunes. Sporty provided great hospitality by providing a large pot of soup on the potluck table to supplement the many dishes provided by chapter participants. He even cleaned our plates and tableware for us before we left for home. Thanks to Sporty and to the Donnelly's!

Outings Reports

The CRC Outings Committee, with Greg Clark and Judy Thompson as Co-Chairs, organized and scheduled the outings.

January 4

Goose Pond Ski/Snowshoe

With a mixed group of snowshoers and skiers, Dan Smith led an outing of 6 up Crane Pond Rd and through the woods up to Goose Pond in the Pharaoh Wilderness. Dan shared his knowledge of the history and geography of the area, which added to the richness of the day. Sections of backcountry skiing offered a bit of a challenge to some but the support of the group saw us all through successfully. The pinewoods were draped in snow and the trail followed along above some rocky ravines that were smothered in snow. Arriving at the frozen pond rewarded us with a pristine wilderness atmosphere and a chance to explore. Throughout the morning we received enough additional snow to provide a silky dusting for our descent back to the cars. Jane Moon



Goose Pond

January 4

Cross Country Ski on Chain Lakes Road, Indian Lake

Six lovely gals from CRC joined leader Susan Rollings on a 5-mile trip through the woods on Chain Lakes Road. Though a cold day, there was no wind and perfect snow to glide on. After 2 miles the group began

taking turns breaking trail conga-line style for the next 3 miles to the Cedar River. After a snack by the river, the return trip was faster, fun, and full of laughs. Susan



Chain Lakes Road

January 7

Snowshoe to Rock & Cascade Ponds

Rob Haggerty led 2 hikers on a 6-mile snowshoe in Blue Mountain Lake to Rock and Cascade Ponds. The original hike date was postponed due to frigid temps, and now took place on an even colder day. However, the trail was broken previously (kind of, with some blown in snow), and the day sunny, wind free, and beautiful. The terrain rolled a bit but was mostly easy going, thanks to Rob's lead. Lunch was planned at the Cascade lean-to, but was cut short when one hiker broke through the pond's ice and saturated a boot 100 feet from the lean to. **What happened next:** Awkward frozen snowshoe & boot removal, a plastic bag, reapplied wet sock, some duct tape and toe warmers, another wrestling match with wet boot and snowshoe, a couple photos, and the trio was on its merry (if not somewhat quicker) way back out. All was well, and no harm to the submerged foot. **Lessons learned:** Stay

Outings Reports

calm. Always bring spare socks, plastic bags, & warmers. Never trust ice near the outlet to a pond. Be prepared to start a fire if necessary. A good hike, thanks Rob! Susan Rollings

January 11th



Rock and Cascade Ponds

Gurney Lane Recreation Snowshoe Leaders – Maria and Vinnie Rinella

13 members enjoyed a lovely snowshoe in this well maintained recreation area in Queensbury, off exit 20 on the Northway. The facility offers over 150 acres for snowshoeing, cross country skiing, sledding, ice-skating, hiking and mountain biking. It is an all season recreation area. In the summer a 6, 200 square foot pool with diving board is available and is free to all seniors over the age of 60. The snowshoe trail was considered an easy one and everyone was able to complete the 2-2.5 miles of rolling hills throughout a lovely forest. After the snowshoe, everyone headed to the Log Jam for lunch. The place has an AMAZING salad bar. There was a slight discussion about the number of calories burnt on the trip. Vinnie's phone logged over 600 calories burnt while Richard Wang's logged 104 calories burnt. The group voted for Vinnie's numbers!!! All

enjoyed a wonderful outing on such a balmy winter day. - Ann Coberg



Gurney Lane Recreation Area

January 18

Potluck at Tannery Pond

Susan Rollings presented the CRC Annual Video, and ADK representatives presented the request that CRC host the fall gathering of ADK members from across the state in 2019. Then all enjoyed the potluck dinner.

Many thanks to Susan for collecting all the photos, selecting music and creating a lovely record of our activities for the year!



Tannery Pond Community Center

Outings Reports

January 18

Snowshoe the Hooper Mine

Leaders: Rick and Ann Morse

Ten of us enjoyed the snowshoe from Garnet Hill. We hiked up to the Hooper Mine where Anne and Rick shared some history of the operation of the mine and the community that developed around it. We then hiked over to William Blake Pond, and from there down and back to Garnet Hill on the Halfway Brook Trail. Mildred Burns once shared with us that the pond is named after the poet, William Blake, who was much admired by Frank Hooper. Perhaps it was Blake's poem with the lines, "Great things are done when men and mountains meet; This is not done by jostling in the street," that caught his fancy. Rick



Hooper Mine

January 18

XC ski to Botheration Pond

Leader: Greg Schaefer

We had hoped to do the famous Raymond Brook Trail, but conditions were not favorable. A trip to Botheration Pond near 13th Lake was a great alternative! The snow was soft so it was easy to glide and control our speed on the hills. It took a little skill to get around a few rough spots, but we all managed well. The temperature was

moderate and the ski was blue, so it was perfect for the 6.8-mile RT ski into the pond. 3 CRC members led by Greg Schaefer enjoyed the trip. Marti Townley



Botheration Pond

January 20

Cross Country Ski: Camp Santanoni

Leader: Roy Keats

This trip was changed at the last minute to a ski into Camp Santanoni because there were marginal conditions expected for Stephens Pond. Six of us had a great ski into the Great Camp. There were 2 tracks most of the way in with fresh snow. We had to use maxi glide wax a couple of times to keep the skis from getting stuck. We had lunch inside the main lodge to get away from the wind on the porch. We had three different ADK Chapters represented: Schenectady, Cold River, and North Woods.



Camp Santanoni

Outings Reports

January 21

OK Slip Falls Leader: Tom Riley

A group of 3 dedicated, high-spirited snowshoers, led by Tom Riley strolled through the rolling hills on a beautiful warm day to OK Slip Falls. The trail was nicely packed. As expected, the falls was beautiful, mostly frozen, with ice climbing up from the bottom as well. 3 hours, 45 minutes round trip. Tom



OK Slip Falls

January 30

Skating at Glens Falls Recreation Ice

Leader: Kate McCormick

As it turned out I was the only one to sign up for the ice-skating at Glens Falls Rec Ctr. Kate McCormick had graciously picked me up a pair of skates at the Minerva Skating Hut. We decided to go to Crandall Park across the street as they had cleared the pond for ice-skating. Despite the balmy day it was nice to spend time and catch up with Kate!



Crandall Park

February 1

XC Ski along the Upper Hudson to Polaris Bridge Leader: Noelle McCrum

Noelle led ten adventurers on a trip to the Polaris Bridge in Newcomb. Unfortunately, we hadn't gotten any snow since the big rain and the conditions were a little crusty. Half the group skied and the other half went in on micro-spikes. We enjoyed lunch just beyond the bridge and the day was comfortably mild. After the outing we met at the Newcomb House and shared stories and smiles. By Gail Gabriels



Polaris Bridge

Outings Reports

February 8

X-C Ski Vanderwhacker Mountain Leader: Susan Rollings

We had a Bluebird day with at least 6 inches of fresh powder. We cross country skied in 4 miles of challenging terrain to the old ranger cabin with good intentions to snowshoe to the top of the mountain. But we already had such a great day we decided to skip the climb. Well then the equipment problems began. Two of us had binding problems, and others had pole problems. But we were well prepared and with good teamwork we helped each other out. We made it out with laughs and good spirits. The sun was still shining on us at the end of the day. Thank you Susan for leading us on a beautiful ski. By Ken Shea



Vanderwhacker Mountain

February 8

Snowshoe the Heaven Hill Trail System, Lake Placid

Leader: Maria Rinella

The weather and snow conditions were just perfect for a snowshoe of the Heaven Hill Trail System in Lake Placid on February 8, 2018. Maria Rinella lead six through forest and field and 3"-4" of fresh light snow on a blue-sky day. The temperature at the start was 9°, a bit cool, but as we were moving right along, we all got quite warm after a

short while. We traveled just over 2 miles in a little over an hour and then onto Lisa G's in downtown Lake Placid for a very nice lunch. Vincent R.



Heaven Hill

February 8

XC Ski to Botheration Pond Leader - Marti Townley

Two recent big snowfalls and some serious thinking by Marti led to a change of plans on this outing. Rather than the four of us breaking trail all the way to Hour Pond as planned, we headed out to tackle the trail to Botheration Pond, parts of which had been broken out before the last dump of snow. A temporary ice bridge where the other washed out gave us passage and made the ski possible. After a mostly sunny lunch, we enjoyed the fruits of our labor on a fast and mostly downhill ski back. By Jan McCann

Outings Reports



Botheration Pond

February 15

Adirondack Squirrel presentation at Newcomb, CRC meeting and potluck hosted by Elaine Schwartz and Barbara Kearns at AIC (See February Potluck in **Reports**)

February 15

Santanoni XC Ski / Snowshoe

Leader: Barbara Kearns

Everything was planned perfectly for the potluck at the AIC in Newcomb, all the outings were in place and there was a most interesting presentation about squirrels to look forward to. The leader's timing was impeccable, the rain had held off, the snow was soft, everything was in order except..... when we went to put on our skis to ski into the great camp Santanoni, our leader had no skis! Fortunately her house was not far away and she soon returned with skis and our journey began. There were 4 skiers and two snowshoers. Although we lacked sun, it was a lovely warm ski into the Great

Camp. We even had time to relax and enjoy our lunch on the porch as the rich folk did back in the day. Thank you Barbara for an entertaining day in the town of Newcomb. By Ken Shea



Santanoni porch

February 15

Snowshoe on AIC Trails

Leader: Maria Rinella

February 15, 2018 was a warm, 40°+ day, and Maria Rinella lead a group of 18 snowshoers on the trails at the AIC in Newcomb prior to our monthly potluck. Our journey took us to the Rice Lake trail and the Peninsula trail and totaled a little over two miles and took a little under an hour and a half. Lots of layer changes as we all became a bit warm, but a stop for a bit of chocolate along the route gave us a nice break to cool off. Dave Manchester was on his first CRC outing and seemed to be smiling most of the way. By Vincent R.

Outings Reports



AIC Trails

February 17 – 18 Snowshoe Coney and Goodman Mountains, and Mt. Arab – A Tupper Lake Triad

Leader: Dan Nielsen

The ADK Cold River and Long Island Chapters joined forces over Presidents' weekend and seven of us completed the Tupper Lake Triad. Coney and Goodman mountains were climbed on Saturday and Mt. Arab on Sunday. We experienced excellent weather on both days. Our snowshoes were left in the cars but traction aids were needed due to the well-packed and slippery trails. The summits were windy but clear skies with 360-degree views made up for it. Next year: Inlet's Fulton Chain Trifecta. By Dan Nielsen



Tupper Lake Triad

February 22 Snowshoe to Hewitt Eddy

Leader: Maria Rinella

Another fascinating and educational hike in the ADK. Maria and Vinnie led a group of ten snowshoers along the Boreas River, which appeared calm and still at some points, then rushing rapids at other points. Our hike was cut short at one mile, as the trail had been flooded by a section of overflow, and we opted not swim across. On our return trip, we took a few moments to watch a small chunk of ice break away from the shoreline and collide with an ice sheet, then sink below the surface. Rick Morse explained the "yellow" watercolor was due to high levels of tannin from hemlock bark along the river. Lunch at Sporty's was an opportunity to discuss and plan future adventures. By Rose Cooper

Outings Reports



Hewitt Eddy

February 22

Newcomb TRIATHALON

Leader Barbara Kearns

This was such an exciting event that we moved the article to its own page!

March 1

XC Ski Clear Pond/John Pond loop

Leader: Susan Rollings

On March 1 we set aside our plans to ski this beautiful, wooded 5-mile loop and donned our micro spikes. Shortly after we began, the sun came out and temps were mild. The company was fantastic, with good conversations and book recommendations along the way. We visited Clear Pond first and proceeded through rolling terrain to the John Pond lean-to, all the time wishing we had the snow to ski this trail since recent DEC improvements have made it even more ski-friendly. We decided to hike back the way we came (same distance) rather than complete the loop as local knowledge held that the latter portion of the loop would likely be boggy with over a week of mild temps and rain. A fun day with a great group of friends!



Clear Pond

March 15

Potluck at Sporty's in Minerva, see article in reports.

March 15

Cross Country Ski to Boreas Pond

Leader: Susan Rollings

When we arrived at the completely snowed in trailhead, a determined Gail hopped out of the car and hailed down a couple of plows until one kind man agreed to create a parking area for us off the Blue Ridge. Then we were on our way into an untracked winter wonderland, taking turns breaking the deep snow. It snowed lightly all day, adding to the beauty of the wilderness. We were elated when we met two campers headed out. Their tracks ended about a mile from the Ponds, but we knew we didn't have time to break that distance and make it back to the meeting and potluck. We will return and hopefully the next time someone else will have been there before us! Thanks, Susan, for a terrific day! By Jan McCann

Outings Reports



Hour Pond

March 15th

Snowshoe at Minerva Recreation area

Leader – Rose Cooper

8 members enjoyed a lovely snowshoe on newly fallen deep snow through Minerva Recreation Area. The trip was approximately 2.2 miles over hilly terrain. The surrounding woods and streams were beautifully adorned with new snow and ice sculptures. When we stopped on a wooden bridge to take a group picture, we were fortunate to see unusual ice formations on the underside of a tree trunk. The formations looked like crystal ornaments you would hang on a tree. No one in the group had ever seen such formations. A real treat for all! Rose and Vinnie Rinella were great scout leaders ensuring the group returned safely to our starting point. It was a challenge for them both as no trail map was available for the site and the trail makers were few and far between. All had a great snowshoe. By Ann Coberg



Minerva Recreation Area

March 22

Snowshoe at the Warren County Fish Hatchery in Warrensburg

Leader-Maria Rinella

14 ADK members met at the Fish Hatchery sitting on the Hudson River in Warrensburg and headed out on a trail following the river. It was amazing how much snow still covered the path and beautifully visible for most of the walk, were the large ice walls banking the sides of the Hudson River which drew many to pull out a camera. The trail meandered with gentle rolling ups and downs that kept the river in view for most of the journey. The group was halted when the path ended at a meeting of the waters with no way to negotiate safely. The walk was two miles round trip covering an average ascent of approximately 91 feet. The group was then treated with an unexpected private tour of the fish hatcheries by one of the caretakers. He provided a wonderful lecture on how the fish are caught, raised and released while participants were able to view the large tanks of fish at all their different stages of development including the “newborns”. People then walked through the small onsite museum at their own pace. The snowshoe and hatchery tours lasted a total of 2 hours and then 12 hungry souls went on to meet at the Luck-E Star café in Warrensburg for a wonderful lunch

Outings Reports



Warrensburg Fish Hatchery

March 22

XC ski into Lake Andrews

Leader- Marti Townley

Shangri-la Revealed!

Lake Andrew is located in the midst of the 5,770 acre Finch Pruyn parcel purchased by New York State in 2014. Until then access was limited to members of private clubs with lease permits but now forbidden logging roads and trails open new challenges for the general public.

Just beyond the Bradley Pond junction to climb to the Santanoni Range a large gate secured with 5 padlocks may be intimidating but is no longer legitimate. The Do Not Enter sign a little further by the bridge is not threatening either. We ski past small self sufficient camps built about 100 years ago and today's group of 10 under Marti Townley's leadership feels a sense of remorse that these buildings must come down by the end of September this year. It's not only an historical respect but also trail reassurance when we see the Gadsden bright yellow flag with its motto, "Don't Tread of Me", the backhouse where we know we turn left and the "Tree Spirit" features peaking from a window as we near another trail point.

Two hours from the parking lot and we are eating lunch under a blue sky at Lake Andrew; skiing out on the ice to look back at a close view of Santanoni Mountain It only takes only 1 hour 20 min. for the 4.7 mile return.

This was not the first time Lake Andrew was a destination for CRC. A year ago, Marti had successfully led another team in to the high elevation lake, but for me after three seasons of skiing the myriad unmarked trails I finally breached the barrier to this gem.



Lake Andrews

March 29

Hamilton County Waterfall Tour

Leader: Maria Rinella

While this was not a scheduled outing initially, Maria agreed to a request by Cheryl to lead it and the 8 participants benefitted. Waterfalls viewed were: Griffin, East Jimmy Creek, Auger, Austin, Christine, Whiskey Brook, and Squaw Brook. At each waterfall Vinnie reconnoitered and advised as to equipment necessary to trek for optimum viewing – poles, snowshoes, micro-spikes. However, when Vinnie sank to the top of his legs at Whiskey Brook Falls, the group located a more manageable viewing access. While this was about two weeks too early for optimum viewing, each

Outings Reports

waterfall was spectacular and unique as well as the trail to reach it. Austin required crossing a bridge and a hike of 1.5 miles on a snow-covered road. Griffin was an icy trail but micro-spikes made it manageable. Others were roadside or more easily accessible. The Waterfall Tour was an appreciation of the wonder of nature. The scenic formations, ice along the banks, gorges with plunges and cascades, and surging pools drew comments and attempts to capture scenes with cameras. Lunch was at a protected picnic area in Speculator. For those pursuing the Hamilton County Waterfall patch 8 of the required 12 points were completed.

Elaine Schwartz



Hamilton Waterfalls tour

March 29

Jack Rabbit Trail ski

Leader - Rob Haggerty

Cross-country skiing in March is always a tough call, but we found a great spot! Plenty of snow, no open water crossings, a little bit of sun, pleasantly warm weather, and of course the great company of 7 CRC members. The 7 mile round trip section of the Jack Rabbit trail that we skied winds through the forest next to a stream

and passes by several beaver meadows. We also made it up and down some challenging hills without any terrible mishaps! The trail was created in 1986. It follows the path of an old military road from the war of 1812 that leads from Keene to Saranac Lake. We ended this pleasant day with treats on the porch of a local cafe in Keene. Yum! By Marti Townley



Jack Rabbit trail

CRC Connections

Welcome New Member...

Donald Winfield from North River

Welcome Back...

Tracey Donaldson and Michael Tebolt
Dr. Chip Lee and Kathleen Gibbs

Our CRC web address is: <https://www.adk.org/adk-chapter/cold-river/>

Stay in touch: Greg and Ellen Schaefer, our co-chairs may be reached at greg.schaefer@frontier.com and ellen.schaefer@frontier.com or by phone at 518-251-5451

If you have an article that you think CRC members might be interested in, send it in with author permission to Julie Milner at milnerjulie@yahoo.com, and we will try to include it in upcoming newsletters.

ADK Cold River Chapter April 2018 Newsletter Julie Milner, Ellen Schaefer, Editors milnerjulie@yahoo.com 425 Ravine Dr., Highland Park, IL 60035
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In this Issue:

Director's Reports
Where in the World
Outings Reports
And much, much more!