

COLD RIVER CURRENTS

October 2021

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

Chapter Chairs' Report

Dear CRC Members,

As summer is transitioning to autumn, we're seeing another surge in COVID-19 restrictions associated with both indoor and outdoor activities. ADK Mountain Club headquarters has published new/updated guidelines for ADK-sponsored events and activities (see below). The CRC Outings Committee is up-to-date on all guidelines and will be adhering to those safety precautions as we move into the fall and winter months for our group outings.

2021-2022 CRC Executive Committee

Steve Mullins (Chapter Chair)
Susan Atwell (Co-Chair)
Rich Salz (ADK Advisory Council Trustee)
Rose Cooper (ADK Advisor Council Alternate Trustee)
Ken Shea (Director)
Anne Bernat (Secretary)
John Rendinaro (Treasurer)
Tom Riley, Lynn Butterworth (Outings Co-Chairs)
Ellen Collins (Membership Chair)
Linda Hales (Newsletter Chair)
Maria Rinella, Rich Salz (Members-at-large)

We can anticipate fewer in-person gatherings through the winter months due to the COVID-driven restrictions. However, we are still planning to hold the annual CRC Holiday Party on December 16th, if at all possible. We will follow all ADK, CDC and State of NY recommendations and guidelines to ensure that the CRC members who plan to attend can do so with a relative degree of confidence in the protocols and processes established to keep everyone as safe as possible. Given the daily changes in infections, hospitalizations and deaths related to the virus and its variants, we will not make a final decision on the Holiday Party until mid-November. So, stay tuned and we will make an announcement as soon as we can determine if a gathering of this size is feasible and advisable.

The CRC Outings Committee has been very successful in organizing a full schedule of outings during the summer months, with an equally full schedule projected through November. We are thankful not only for the Outings Committee's persistence in organizing and executing a robust outings schedule, but also for the many outings leaders who have stepped up to organize and lead specific activities throughout the constrained operating environment of a pandemic. It takes a lot more time, energy and effort to coordinate and implement these activities under these conditions. So, please remember to thank the Outings Committee members and outings leaders for their continuing efforts to provide a full outings venue during these not-so-normal times.

The insurance issue pertaining to ADK-sponsored biking activities has yet to be resolved, but we are hoping that we can resume group biking activities in the spring of 2022. Many CRC biking members have found other organizations that satisfy their biking interests and needs, but ADK has a sincere interest in returning Club-sponsored biking opportunities to the members.

CRC is hosting and organizing the 2022 ADK 100th Anniversary Fall Outing. The event will be held at the Silver Bay YMCA on Lake George in September of next year. We are excited and honored to be hosting this special 100th anniversary outing. More information will be distributed

Chapter News

by various means over the next several months, and registration for the event will begin in February of 2022. If you have never visited the Silver Bay YMCA, it will both surprise and please you in many ways. Its location on Lake George provides for spectacular views and access to the Lake as well as the mountainous terrain to the west of the facility. The “Y” has 700 acres of property with marked trails that connect to other marked trails on Land Conservancy and Lake George Park properties. We will have updates in the Newsletter with more information on the event and how to participate. This is open to all ADK Chapters, so please invite your friends and acquaintances in other ADK Chapters to join in the celebration of 100 years of continuous Club operations.

Michael Barrett, ADK’s Executive Director, was the guest speaker at the annual CRC member meeting and catered event. He provided a positive snapshot of ADK’s finances, membership growth, and vision for the Club’s future. We will keep CRC members informed about coming changes to the Club, as they are provided to the CRC’s leadership team. As an organization, we believe the Club is poised to bring a 21st century set of experiences to members while maintaining our strong ties to the natural environment that attracts us all to the Adirondacks.

CRC welcomes three new members to the Executive Committee as of August of 2021. Sue Atwell is the new Co-chair, John Rendinaro has assumed the position of Treasurer, and Lynn Butterworth has accepted the position of Outings Co-chair. Our outgoing Chair, Rose Cooper, will be greatly missed, but she will remain active in Chapter activities, and her expertise, experience and organizational skills will be greatly valued. Steve Mullins has assumed leadership. Thanks to Nancy Haggerty and Gail Gabriels for their two years of service as Treasurer and Outings Co-chair, respectively. Although not part of the Outings Committee, Gail has remained continuously active as an outings leader extraordinaire.

Sincerely,

Steve Mullins and Susan Atwell



New Covid Guidelines for ADK for Programs and Chapters

***Program participants must be vaccinated and show proof upon arrival, unless there is proof of a valid medical exemption. Program medical forms will also be updated to ask for COVID-19 vaccination information.**

***If the program is indoors, masks are required. If it is outdoors, masks are not required unless social distancing is not possible.**

Chapter News

Director's Report--October 2021

Ken Shea



1. Publication has two new guidebooks available by early 2022:
 - A. *Peaks and Ponds*-- guidebook of day-hikes featuring 37 classic and lesser known trails, high and low
 - B. *Ski and Snowshoe Trails in ADK*, revised by Tony Goodwin, a totally updated winter guide. Forty-eight trails are rated for skiing and snowshoe.
2. ADK Education Department ran two new programs this summer
 - A. High School Outdoor Adventure for high school girls
 - B. Successfully ran the first "Intro to Rock Climbing" course in more than two decades
3. Three Pro Trail Crews worked 10 weeks during the summer. Trails worked on were Mt. Jo--Long Trail, Phelps Trail, Iroquois Peak, Avalanche Pass, Jones Hill, and Poke-O-Moonshine.
4. Virtual Iditaride raised \$6500.00

Advisory Council Report—October 2021

Rich Salz, Trustee

The Advisory Council held Zoom meetings on July 29 and September 30, 2021. Here are the highlights:

- Michael Barrett advised that the Board has approved the purchase of the Cascade Cross-Country Ski Center in Keene, and negotiations are underway on the terms of the contract. The current owner and staff will remain for the coming ski season. Also, the Lake George property is for sale.
- ADK has applied for a \$500,000 grant from NY State to be applied to the purchase price. In exchange, ADK will allow public access to the property.
- Michael is working on a solution to the bicycle outing insurance issue by purchasing a special rider to the current policy.
- ADK Member Services is working on an online registration system for Club outings, which will be accessible through the ADK website. Eventually this feature will be extended to Chapter outings.
- Deadline for Chapters to nominate candidates for open Board positions is November 1, 2021.
- Membership Committee is working on a toolbox for Chapters to use to increase membership.
- Chapter Development Committee has drafted a template for Chapter bylaws which is now being reviewed by ADK staff.
- Outings - Meetings Committee has started work on drafting standardized guidelines for outings and leadership training materials.

Newly Appointed Advisory Council Alternate Trustee

In October 2021, **Rose Cooper** graciously accepted an appointment by the CRC Executive Board as an Alternate Trustee on the ADK Advisory Council. Rich Salz is the Trustee. Rose will fill in for Rich if he is unavailable to attend an Advisory Council meeting. We are so happy to have Rose on the Executive Board again!

Chapter News

Proposed 2022 Budget

Below is the proposed 2022 budget for the Cold River Chapter. This budget has been approved by the Executive Committee and is being presented by John Rendinaro, Treasurer. Voting for the budget's approval by chapter members will take place at the CRC meeting at the Holiday Dinner, December 16, 2021. Should it be cancelled, we will send out information for an online vote.



ADK Cold River Chapter Budget January-December 2022													
	January	February	March	April	May	June	July	August	September	October	November	December	Total
Revenue:													
Dues from ADK	\$250.00	\$325.00	\$225.00	\$300.00	\$420.00	\$410.00	\$440.00	\$385.00	\$300.00	\$325.00	\$325.00	\$360.00	\$4,065.00
Contributions													\$0.00
Interest						\$100.00							\$100.00
Events													\$0.00
Holiday Party												\$3,150.00	\$3,150.00
Picnic								\$325.00					\$325.00
Other - ADK Fall Outing													\$0.00
Shirts													\$0.00
Patches													\$0.00
Total Revenue	\$250.00	\$325.00	\$225.00	\$300.00	\$420.00	\$510.00	\$440.00	\$710.00	\$300.00	\$325.00	\$325.00	\$3,510.00	\$7,640.00
Expenditures:													
Supplies/Training													\$0.00
CRC Shirts													\$0.00
Training													\$0.00
Patches/Supplies	\$50.00			\$200.00							\$200.00		\$450.00
Wilderness First Aid		\$300.00								\$175.00			\$475.00
IT software subscriptions			\$100.00										\$100.00
Postage	\$10.00					\$70.00			\$10.00			\$70.00	\$160.00
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
Trail Sponsorship		\$300.00			\$300.00								\$600.00
ADK Endowment Fund										\$1,000.00			\$1,000.00
ADK General Fund													\$0.00
Events Expense													\$0.00
Holiday Party				\$500.00								\$3,150.00	\$3,650.00
Picnic								\$909.22					\$909.22
Other - ADK Fall Outing	\$500.00		\$500.00	\$500.00		\$500.00	\$500.00						\$2,500.00
Other/Miscellaneous													\$0.00
Video Expenses	\$50.00												\$50.00
Gifts to Officers								\$100.00					\$100.00
Total Expenses	\$610.00	\$700.00	\$600.00	\$1,300.00	\$300.00	\$570.00	\$600.00	\$1,009.22	\$10.00	\$1,275.00	\$200.00	\$3,320.00	\$10,494.22
Net Surplus (Deficit)	-\$360.00	-\$375.00	-\$375.00	\$1,000.00	\$120.00	-\$60.00	-\$160.00	-\$299.22	\$290.00	-\$950.00	\$125.00	\$190.00	-\$2,854.22
Beginning Cash 1/1/2022	\$7,200.00												
Ending Cash	\$6,840.00	\$6,465.00	\$6,090.00	\$5,090.00	\$5,210.00	\$5,150.00	\$4,990.00	\$4,690.78	\$4,980.78	\$4,030.78	\$4,155.78	\$4,345.78	\$4,345.78

Chapter News



Rose Cooper, Chair

With Gratitude

2020 and 2021 will be remembered by the global pandemic that changed the way we go about our daily lives and interact with our acquaintances, friends and family. Everything that was normal and routine became foreign. We saw so many events cancelled and put on hold indefinitely, and we collectively wondered how we might manage so many disruptions that affected us in fundamental ways.

ADK was no exception to the disruptions and changes requiring us to accommodate and to adapt. We are fortunate and thankful that the Cold River Chapter had a Chair that was up to the challenge of navigating the ever-changing landscape of constraints, guidelines and directives from ADK Headquarters (HQ). Rose Cooper assimilated constantly changing information from HQ, effectively managed the CRC's business through the most troubled periods of the pandemic, and coordinated administrative efforts with the CRC Executive Committee (EC) to ensure that we were all informed and able to fully participate in decisions needed to keep the Chapter functioning during the constant upheaval of the past two years.



Rose is remarkably well-organized, and she was able to translate those attributes to the CRC business activities so that the Chapter never “skipped a beat.” Our EC meetings were not always possible to hold in person because of COVID-19 constraints, so she made sure we had ample electronic communications, and we met often via Zoom. We all had documents assembled and distributed by Rose to make the best use of our meeting times, and we were all informed when the meetings occurred.

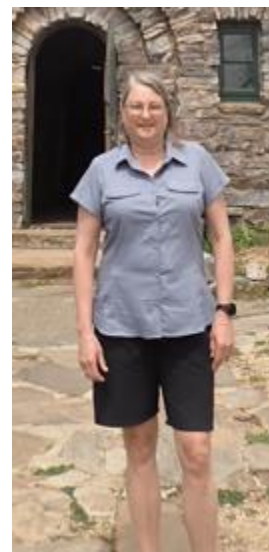
The CRC is both thankful and grateful for Rose's leadership and steady hand during her past two years of service administering to the business activities of the Chapter. Her two year service ended in August, and we will miss her leadership as we transition to a new leadership team.

Thank you, Rose, for all your contributions to the Chapter. A Rose by any other name is definitely not Rose Cooper. ~Steve Mullins

Chapter News

Nancy Haggerty, Treasurer

We would like to thank Nancy for her time and dedication as our Treasurer. She has done a superb job keeping our budget on track and has always been available to answer questions, offer recommendations, and provide our chapter with monthly and annual reports. Her financial expertise has put the Cold River Chapter in great financial standing. CRC has truly benefited from her service. ~Rose Cooper



Gail Gabriels, Outings Co-chair



Thank you Gail!

Two and a half years ago, Gail Gabriels invited me to join her as co-chair of the CRC Outings Committee, and I am glad I accepted. Every one of our frequent interactions has been a pleasure. As a former first grade teacher, Gail has the skill set necessary to deal with me. I (really the entire chapter) owe Gail a debt of gratitude for her thoughtfulness and patience as she rides off into the co-chair sunset. There is no need to worry though, she will still be an active member and leading hikes. Meanwhile, please join me in welcoming Lynn Butterworth, our new co-chair, as she zips in on her red scooter!

~Tom Riley



In Memoriam

Mery Seeman Sokal

Mery Seeman-Sokal passed away July 9, 2021. Many of us may remember enjoying time with her on outings. She loved the Adirondack Mountains, where she hiked, camped, canoed and snowshoed. Mery met her husband, Steven Sokal through the Adirondack Mountain Club Singles group. She shared her love of wilderness by serving on the ADK Adventure Outings Committee for many years, leading several of their trips. She also supported the ADK Trails Committee, doing trail work and cooking for the crews. Mery will truly be missed.



Chapter News

Loon Rescue on Trout Lake

By Lynn Butterworth

Monday evening, September 13, 2021 John and I were kayaking around Trout Lake, and we came upon a juvenile loon. Because Trout Lake is small, we only have one pair of adult loons on the lake. This pair had two chicks the first week of June, and the loon we came across was one of their chicks. It was just about full grown, but its feathers were still more brown than black.

We immediately thought there was something odd about this loon. We were able to get very close to it; it did not dive or swim away from us. In fact, its feet were doing a kind of flutter on the top of the water, something I had never seen a loon do before. Because its feet were in the water, though, and because it was facing us, we could not get a good glimpse of what was really going on with its feet. We both agreed, though, that there was something not right about this loon.

We got home, and I emailed Dr. Nina Schoch, executive director of the Adirondack Center for Loon Conservation. I had met Nina a few times over the years, attending talks she gave about loons. My description of the loon's actions were ineffective--I really did not know how to describe the rudder-like splashing the loon was doing, so Nina supposed that perhaps the loon was merely resting or had a full belly. She suggested that I send photos of the loon if I was able to spot it again.

The next day, I headed out in my kayak around 4:00 pm in search of the loon. I heard a hoot to my left as I left the shore, but, instead of going directly toward the hoot, I went back to the spot we had seen the loon the day before. The loon was not there, and I felt happy, thinking that the loon must have been fine, after all, and we had perhaps just witnessed activity we had never seen before.

Before heading home, though, I decided to paddle in the direction of the hoot I had heard. As I approached a floating foam mat, buoyed offshore, I saw what I at first thought was a duck sitting on the mat. As I got closer, I realized it was the loon lying on the mat. This was very distressing, as loons should only be out of the water if they are flying or sitting on nests, so I knew right away that something was terribly wrong with this loon. As I circled around the back of the mat, I saw what the problem was: the loon had both feet impaled on a fishing lure, a deep diving plug. The fishing lure acted, literally, as handcuffs, immobilizing the loon's legs behind its body.

I took some photos and raced home. I emailed the photos to Nina; I called the Adirondack Center for Loon Conservation; I called North Country Wildlife Rehabilitators; I called two wildlife rehabilitators who live in the town of Bolton. Everyone asked the same question, "Do you have the bird?" My response to everyone was, "Hold up a sec! How the heck are we (because, of course, I immediately enlisted my husband for help) supposed to catch a loon? And don't they stab, using their beaks? What are the odds this bird is going to attack us?" They gave us very little loon-capture advice: wear leather work gloves and protective goggles. We left the house with these, plus a beach towel to cover the bird, a fishing net, some bungee cords, and two laundry baskets--one in which to put the loon and one to place on top as a lid. In the meantime, Nina Schoch's associate, Ellie George, a long-time field staff member of the ACLC, and her husband, Cal, left their house on Paradox Lake and headed to Trout Lake to meet us, hopefully with the captured loon.



Chapter News

I kayaked back across the lake to the floating mat while John drove our car around the lake. He was able to find the driveway of the owners of the foam mat. These neighbors were not home, but luckily, they own a sit-upon, fishing kayak, which John promptly commandeered and met me out on the lake. The loon seemed lethargic—we had no idea how long the fishing lure had been contorting this poor bird. I supposed that John would be able to lay the towel over the loon and then scoop it right onto the kayak. But the floating mat was moving, and our kayaks were moving, and the loon began to get agitated. As we were struggling to keep our kayaks in place, the loon started trying to get to the water. Its feet were completely ineffective, but it still tried desperately to inch its body into the water. I was happy to see that the loon was lively and strong enough to try to flee. Just as it made its way into the lake, I screamed, “Use the net! Use the net!” John is really good at following directions, and he promptly scooped the bird into the fishing net. But now he was using both hands to hold a surprisingly heavy bird, and he had no way to paddle his kayak back to shore. I quickly attached a bungee cord to connect our two boats and paddled the two of us to shore, moving in an annoyingly slow zig-zag course due to the elastic bungee cord between us. We placed the loon, fishing net and all, into a laundry basket and bungeed the other basket on top to secure the bird. John drove back to our house, and I paddled back to meet him.

Ten minutes later, Ellie and Cal showed up at our house. The cavalry had arrived!



Ellie directed John to hold the loon's neck, and she held onto its body while Cal, a retired orthodontist who, thankfully, brought all the right tools, proceeded to extract the fishing lure from the bird's feet. The left foot sustained the most damage because all three prongs of the barbed lure were stuck in the foot. One toe was broken, and one hook from the lure left a hole through the webbing of its foot. The right foot only had one barb that needed removing. As soon as Cal had successfully removed the lure, the loon relaxed a bit, as its feet were back on either side of it where they belonged.

Ellie then informed us of the rest of the plan: Nina was driving from Saranac Lake to Paradox Lake in order to examine the loon and administer medical treatment. John and I were to follow Ellie and Cal to their house on Paradox Lake, and if Nina determined that the loon was

healthy enough to return to the lake, we would then drive it back to Trout Lake and release the bird later that night.

Our loon-rescue caravan took off, and Nina met us at Paradox Lake about 40 minutes after we arrived. Cal took us to a very well-lit workroom in which to treat the bird. Nina asked, “Who is going to hold the loon?” to which I immediately and enthusiastically responded, “Me!” because, truly, when else would I ever have an opportunity to hold a loon? We then found out that protective gear is unnecessary when handling a loon. Like cats, loons love having their necks rubbed; it relaxes them. In addition, the feathers on a loon's neck are ridiculously soft, so it is enjoyable for both the loon and the human who is stroking its neck.

As the loon started to relax, I snuggled the bird in my right arm and held its neck in place with my left elbow, and Nina got to work. She cleaned the wounds and administered antibiotic ointment as well as an antibiotic injection. She gave the bird two injections of fluids for hydration. She then took two feather samples to test for mercury levels, and she measured and weighed the bird. Lastly, Nina tagged the loon with color-specific bands that identifies each individual bird. This loon has a green band as well as a metal USFWS band on its left leg and a blue band plus a blue band with a white dot on its right leg. We wanted to know the sex of this bird so that we could name it (either Lou or Lucy), but even knowing its age and its weight, Nina was unable to determine the sex. John and I made an executive decision, deciding the bird was a girl and named her Lucy.



Chapter News

Nina completed her examination and medical treatment and deemed Lucy healthy enough for the return to Trout Lake. She gave us specific instructions on how to return her to the water. Everyone happily thanked everyone else for each other's assistance with this rescue, and John and I returned home around 9:45 Tuesday night.

John donned a headlamp, and I grabbed some lanterns as we headed down to the lake with Lucy. I stroked Lucy's neck one last time, then followed Nina's instructions and gently placed the loon into the water. I expected Lucy to dart away as soon as we released her, but she slowly paddled around, seeming to get her bearings. She stretched her wings a couple of times. She preened herself a bit and still she hung around, actually swimming back towards us. After one more wing flapping and a little more preening, she slowly turned toward the dark lake. She gave a short peep and then one long hoot and headed out into the darkness.

We are so lucky to have loons in the Adirondacks! To learn more about these amazing birds and all of the wonderful work being done on behalf of loons, visit www.adkloon.org, and please consider making a donation. The Adirondack Center for Loon Conservation is located at 75 Main St, Saranac Lake, NY 12983. Here is the link for the ACLC blog report of the rescue: <https://www.adkloon.org/adk-loon-blog>.

Update: Over the past week, John & I have spotted Lucy twice. Each time, she has been staying close by one of the adult loons. At first she was a bit annoyed with her new jewelry (the tags), but within a week she seems to be taking them in stride and is successfully paddling all around the lake. She seems to be healing, and we are hopeful that she will make it to ocean before the lake freezes over.



HELP PROTECT LOONS AND OTHER WILDLIFE... PLEASE RECYCLE FISHING LINE!



If you are out on a lake, and find fishing line along the shoreline, under water (*snorkeling is a great way to find line under water*), or stuck in trees, logs, or other places, **Please pick it up and recycle it!** When it comes to picking up abandoned fishing line, a small action can make a big difference!

An ACLC field staff person checks a fishing line recycling container.

To help you recycle abandoned fishing line, the Adirondack Center for Loon Conservation offers fishing line recycling containers to interested community groups (*Note - there is no charge for a fishing line recycling container, but [donations are always welcome](#) to enable us to make more*).

Volunteers maintain these containers and recycle any line that is discarded in them. The line from these containers is mailed to [Berkley Recycling](#), a fishing line recycling facility in Iowa, to help keep Adirondack lakes safe for loons and other wildlife. (source: <https://www.adkloon.org/fishing-line-recycling-program>.)

Where in the World?

Appalachian Trail Hike Report #3

by Barbara Kearns

“I want to see the beginning and the end,” was my proffered suggestion for our next Appalachian Trail segments shortly after finishing New York. In late June we were headed for Baxter Park, Maine to conquer Katahdin. As the locals would say, “It was a wicked good” 11-hour hike up 4,168 feet within 5.2 miles on the Hunt Trail. Like stone paper in a filing cabinet, talus slabs leaned on each other as we headed toward a false summit with another incline ahead. The return was equally challenging, yet with the protection of spotter Chris Gabriels, we were able to grasp foot and handholds.

Through-hikers stay primarily on the Appalachian Trail; section-hikers need to scope out valley trailheads and lodging if they choose to carry day packs rather than full packs. By mid-August our team was ready to make a day trip to check Connecticut trails for our upcoming September crossing of the state. While there, we hiked Mt. Everett, at 2,608 feet the highest point in the South Taconic mountains of Massachusetts. As we continued we met a through-walker, who perhaps misjudging us, suggested we walk around Bear Mountain which lay ahead with steep slippery wet stones. When the time came, we couldn’t find the detour trail but upon questioning a relaxed urban hiking woman she commented, “I’ve done Bear Mountain several times. You women look well prepared. You can do that mountain!” Of course we could. At 2,354 feet we faced a huge rock cairn with an 1885 plaque confirming the highest point in Connecticut.

A generous home offer from Beaner’s friends, Agassi and Swagatha, made our four September days more comfortable. Since we had driven two vehicles from the Adirondacks to daily place one at trail’s end we left early each morning, as that placement could take up to two hours. The benefit was we became familiar with the friendly valley communities and people. Section-hiking also presents a daily trail option to either go north to south or south to north. On our first morning we left Beaner’s truck on River Road and drove to Hoyt’s Clearing. This was the NY/Conn site where in May, Shay Shay (aka Marti) and Ken dropped us off to return back to our cars in New York on a north-to-south track. Now we were ready on this hot, humid day to hike north for 16.2 miles.

Much of the Connecticut section is close to the wide and active Housatonic River. The volunteer trail maintainers have kept the section well-marked and trimmed. We were fortunate to only have day packs as we made our final decent down a long, steep and narrow Devil’s Stairway. It had been a hot, humid day, and after 16.2 miles we stepped out on River Road with a feeling of success but wondering in which direction was Beaner’s truck? The elderly man pedaling by stopped and “thought” he’d seen the black truck. He slowly pedaled back with us for a couple miles, when we came to the conclusion we had been going the wrong direction. Beaner turned her keys over to Dan the Bicycle Man to head back and get the truck. We sat on the ground until we began to worry if something happened to him. When “Jeep Lady” pulled into our sitting area, Woody convinced her to drive Beaner down to the Bicycle Man’s direction. It wasn’t long before both vehicles returned with smiling Dan driving the truck with his bicycle riding on top of the truck bed cover. The final days in Connecticut are memories of walking along the river trails or looking down to the valleys from mountain ridges.

Where in the World?

As I write this today, we are planning our October 5-8 start of the Massachusetts Section. We are especially looking forward to Shay Shay joining us again. It will be the first time the five of us will be together to start off with our pep song and dance, “Doin’ the Appalachian Trail Walk.”



Katahdin



Oh, the things we meet...



Would you be willing to share one of your adventures for the “Where in the World” section for our next newsletter?

If so, please contact Linda at l_hales@hotmail.com . Thanks!

Outings

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

IF YOU ARE A **MEMBER OF CRC** AND 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

July 15: South Pond Paddle

Leader: Hester McCarthy

Sunshine miraculously welcomed our group of eight paddlers at South Pond.

After taking our boats down the hill to the lake, we began by paddling to the historic house at the outlet to the Raquette River. Owned since the 1920s by the Hosley family, the house is near the site for Arthur Fitzwilliams Tate's painting, "Autumn Morning on Raquette Lake." Before and since Tate, South Pond has been somewhat of a guarded secret, with intentional misnaming.

The history of the four rustic camps on the lake, which were built in 1902, 1904, 1914 and 1952 was described, and we visited all of them, plus the cove where Blue Mountain Club has a recreational lease. The high water level allowed us to paddle a ways up the Salmon River, too.

We joyfully found the ospreys' new nest occupied and saw loons. We also noticed two illegal campsites where forest fires were created last summer. Then we visited the little beach and identified the 4-island and 2-mainland DEC campsites. The outing lasted 4 hours due to the spirited curiosity and perseverance of this fine group.

~Hester McCarthy



South Pond

July 15: Owl's Head Mountain – Long Lake

Leader: Gail Gabriels

This was a refreshing day in more ways than one. Finally, a gorgeous day without rain came along after lots of wet and rather gloomy weather, the kind that causes powdery mildew to develop where it has never been before. It is always a pleasure to be doing something with friends and this hike was no exception. In fact, we even picked up a new friend, Amy, at the top of the mountain, making us 13 instead of 12 for the hike down. We hope to see more of her on other adventures! After our 6+ mile hike the plan was to take a refreshing dip in Long Lake before the potluck but most of us ran out of time and showed up *au-hiking-naturele*. What fun it was to enjoy our first modified "potluck" together in many months in the beautiful pavilion overlooking Long Lake, hosted by Jackie Mallory. Many thanks to both Gail and Jackie!

~Jan McCann



Owl's Head



Outings

July 22: Black Hole Hike **Leader: Brendan Hanley**

Brendan Hanley was a superb leader for five of us women exploring new territory near the Black Hole on Mill Creek in Weavertown. The Black Hole was famous in the past for a rope swing people jumped off of into a swimming hole in the creek. The rope is gone, but one can still cool off there.

With a deluge the day before, Brendan checked water levels and adjusted the route as needed.

We bushwhacked off Riverside Station Road to the Hudson, walked along the railroad tracks and then took an unmarked trail back along the northern side of the creek and returned via road to the cars left at the Black Hole.

I think some cooled off in the creek, but I had left by that time. We saw many kinds of mushrooms in addition to the lovely creek and river views.

~Sue McMeekin- Davis



July 22: Hike to Second Pond **Leaders: Bob and Sharon Eberhard**

Ten CRC hikers had a beautiful day to hike the lovely trail through a hardwood forest to secluded Second Pond in the Wilcox Lake Wild Forest. The heavy rains of the last couple of weeks made for lots of that quintessential Adirondack black mud, but that same black mud enabled us to see the footprints of a moose who had also decided to take a walk on the trail. We hoped to see that moose enjoying himself (or herself) at Second Pond, but sadly, that did not happen. Eating our lunches on the shore of the pristine pond gave us the chance to fully appreciate the serenity of the spot. Many thanks to our leaders, Sharon and Bob Eberhard!

~ Karen Wang



Second Pond

July 29: Henderson Lake Paddle **Leaders: Tracey Donaldson & Ger Cox**

After arriving at the new parking lot, just below the MacNaughton House, 11 CRC members met at the trailhead with our canoes and kayaks. As soon as we completed the fifteen-minute walk in, we climbed into our boats and began exploring beautiful Lake Henderson. Individuals paddled at-will, inspecting inlets and taking in the gorgeous surroundings with views of Mt. Colden, Wallface, and Santanoni. Six loons congregated together before dispersing throughout the lake. A few of us beached our boats for lunch in the lean-to near the waterfall; the rest of us opted to stay in our boats as rain was threatening. Most of us made it back to the cars and strapped on our boats, wrapping up our lovely outing before the forecasted rain began in earnest.

~Linda Hales



Lake Henderson

Outings

July 29: Hike to Slim Pond

Leader: Tom Riley

The weather was not very promising, but our group of six started out on this six-mile hike, new to most of us, over gently rolling hills, through a conifer forest to Slim Pond. On the way we encountered signs of moose and mud. This is a secluded area, very peaceful and quiet. We crossed over streams and log bridges. When we reached our destination, we found a beautiful pond, which is known for its trout fishing, and a row boat. After stopping for a snack, we headed back, as it had started to sprinkle. Fortunately, we made it back just as the rain came. It was a great day to be in a beautiful forest with our hiking buddies. ~Peggy Knowles



Slim Pond



August 5: Cook Mountain Preserve

Leader: Sara Mullins

Thirteen CRC hikers joined the Cook Mountain hike, which seemed like a fitting celebration of the first week in August, and the first week in a long time without significant rainfall. The weather, in fact, was bright and grew quite warm by the time that we got back to our cars. The trail is on Lake George Land Conservancy property and is located between Ticonderoga and Hague on Baldwin Road. From the trailhead the terrain is level and well-travelled but soon rises fairly steeply for the remainder of the ascent. The wooded area on this stretch of the hike had been visibly, but temporarily, altered by the gypsy moth infestation that has occurred in the region this year. Egg clusters were evident on the bark of many of the trees, and the abundant light entering the trail gave the feeling of another time of the year when the new leaves appear. At the summit we circled to a lookout with views of Lake George and Vermont. After lunch at the lookout and a group photo, we headed back on the mile-and-a-half return trip. Several of us gathered at the Hub in Brant Lake to reward ourselves with an ice cream or a beer...but not both, of course.

~Steve Thomson



Cook Mountain

Outings

August 5: Hike on the Schaefer Trail to the first bridge

Leaders: Bob and Sharon Eberhard

Bob and Sharon Eberhard lead two others up the Schaefer Trail to the first Bridge. This is one of the Johnsburg Jaunts. The weather was very nice and the hike was enjoyable.

~Bob Eberhard



Schaefer Trail

August 5: Bushwhack Hike to Little Blue Lookout

Leader: Andy Coney

The description: Little Blue Mountain is a truly trail-less peak northwest of oft-climbed Castle Rock. While not a long hike, some may find the off-trail conditions challenging--a long portion of the route is a diagonal, cross-slope traverse through variable undergrowth.

Five tough CRC hikers signed up for this memorable trip. Much of the ascent was up steep banks through dense interlocked branches. It was often easier to crawl under the branches rather than force through. Occasionally deer paths would appear, only to fade out after a few yards. But still we pressed upward. Barbara asked if we could descend via a nicer route and we all agreed to try. Finally, we arrived at the promised lookout rock to find trees obscuring the once spectacular westward view. All tired out, we dropped down to sit for lunch, looking at the trees instead of the formerly lovely vista. One hiker brought a GPS with a track log from last year, and after lunch we followed it to a stellar southward view that will now be the new

objective, (if we ever go again). Our descent was down, down, down steep, but semi-open slopes without so many branches to avoid. To everyone's delight, we hit the Sargent Pond trail squarely and walked out with light hearts.

"Definitely got whacked by the bush! I will look at Little Blue in my travels and think of all of you." -Gail

"Bushwhack was a definitive label for yesterday's outing and has set a memorable standard to be remembered." -Barbara

"Great workout!!!.. a crazy good time with everyone!!" -Jeanne

"It was a great hike and a stellar group. I hope to see and hike with you all again." -Sara

~Andy Coney



Blue Mountain Lake

August 12: Cedar River Flow Paddle

Leaders: Judy and Steve Thomson

Despite encountering strong winds and white caps, a flexible group of 15 enjoyed a lovely day of paddling. We enjoyed exploring some of the calmer bays and shorelines that most of us had bypassed previously in our quest to head directly toward the flow and lean to. ~ Judy Thomson

Outings



Cedar River Flow

August 12: Hurricane Mountain Fire Tower **Leaders: Lynn Butterworth & John Rendinaro**

The day was hot for our Hurricane Mountain outing, but some cloud cover kept us from being overwhelmed by the heat. We climbed 1,900 feet over a 3.1-mile route. From the rocky top, we were rewarded with stunning views of the High Peaks and Lake Champlain to the east. The view was even better--365 degrees--if you climbed the fire tower. A highly recommended hike! Thank you L&J for leading 😊 ~Anne Bernat



Hurricane Mountain

August 26: Palmer Pond Trail Hike **Leaders: Tracey Donaldson**

On a hot muggy day five CRC hikers rambled the Palmer Pond loop, guided by Tracey Donaldson and Steven Sokal. On the loop, they discovered many kinds of mushrooms that were the result of the recent rainy weather. Along the trail, the group spied several red efts. Many of them were turning brown to help hide them on the forest floor in their adult phase. The pond was a hazy green colored algae, but that didn't seem to bother the two graceful loons that were spied swimming and feeding. Rose hips graced the sunny areas of the trail. After the hike, Steven invited the group to his cabin in the woods to have some tasty treats of sweet breads and cookies. The thirsty hikers discovered that watermelon juice tastes mighty good on a hot humid day! ~Noelle McCrum



Palmer Pond

August 26: Moxham Mountain Hike **Leaders: Lynn Butterworth & John Rendinaro**

Thirteen hikers set out on a hot, sunny day to climb Moxham. Fortunately, the slope was gradual (with some ups and downs) and mostly in the shade. There was very little mud despite our wet summer. We had a nice view from the mostly open summit, although shade could be found for eating lunch. The most interesting interim view was of the summit ahead. Thanks to Lynn and John for leading us 5.3 miles round trip. ~Meredith Todd

Outings



Moxham Mountain

September 2: Goose Pond Leader: Peggy Carrol

This was a lovely woods walk of 3.4 miles RT in the Pharaoh Lake Wilderness. The trail was soft underfoot with large pine trees and a few large rock formations along the way. We found a charming campsite to sit for a snack while we gazed at the pond and a loon with its chick. We had sunshine and perfect temperatures!
~ Marti Townley



Goose Pond

September 2: Palmer Pond to the Hudson River Leader: Brendan Hanley

After spotting a car near the Hudson River we met the three other adventure seekers at the trail-head of Palmer Pond. We were all quite intrigued with this through hike. Crossing the outlet of Palmer Pond challenged us to keep our footing or

start the hike with a splash! We hiked on old logging roads most of the way making sure we were on Red, Blue, or Yellow Blazes or was that Red, Yellow, Blue, Red/Yellow Blaze? Luckily we had Brendan leading the way. We took a side trip up an unnamed rock peak for a nice view of Crane Mt. and then another side trip to the Hudson River for lunch. Thank you, Brendan, for leading the group on a new ADK adventure.
~Ken Shea



View from unnamed mountain

September 2: Hopkins Mt. via Mossy Brook Trail Leader: Gail Gabriels

We had the pleasure of hiking in pleasantly cooler, bugless weather as we tackled 3,100 plus foot Hopkins Mountain this early September day. After hiking along a beautiful brook complete with falls, the trail steepened on our 2120-foot ascent. The biggest challenge seemed to be near the top when hiking the rocky ravine between Hopkins and Giant, but the effort was well rewarded at the top with lunch and stunning views of the Great Range and beyond from the open summit. We all thank Gail for a beautiful outing with like-minded friends. ~Jan McCann



Hopkins Mountain

Outings

September 9: Hike to Big Pond **Leader: Marti Townley**

It was a cloudy, gloomy day but a perfect day to go for a walk in the woods with 18 CRC members. The 1.8 mile trail into Big Pond in the Hoffman Notch Wilderness is wide and gentle with just a little mud. We arrived at a nice little spot at the edge of the pond to enjoy our lunch and conversation. The most surprising thing was to watch not a loon, but a **duck** swimming across the pond! It was a very pleasant morning jaunt.
~ Marti Townley



Big Pond

September 16: Through hike from Stony Pond to Irishtown **Leader: Jan McCann**

Fall was in the air when 15 of us began our 6-mile stroll through the woods. We had splashes of color and sunshine that made the ponds shimmer. We took a break at Stony Pond to enjoy the sunshine. We then moved on to Little Sherman Pond and Sherman Pond where we sat for lunch. We were treated to a heartwarming story by Lynn B. and John about how they rescued an injured loon. Lynn actually held the loon in her arms! They were assisted by the Adirondack Center for Loon Conservation. There was a happy ending to her story and a happy ending to our day! ~ Marti Townley



Stony Pond to Irishtown

September 23: Paddle Garnet Lake and Hike to Lizard Pond **Leaders: Judy and Steve Thomson**

Bald eagle eating fish
A welcome to Garnet Lake
Exciting paddlers

Trail to Lizard Pond
Full of colorful mushrooms
Many shapes and types

Garnet Lake tree stumps
Driftwood in various shapes
With gardens on top

Many loons swimming
Eerie calls, hoots and fishing
Preparing to leave

~Judy Thomson



Lizard Pond

Outings

September 30: Crab Pond hike Leaders: Karen and Richard Wang

Fifteen CRC folks ventured out on a cloudy, chilly day to explore the trail to Crab Pond in the southern part of the Pharaoh Lake Wilderness area. Our first mile was on the old road that leads from the Pharaoh Lake trailhead parking lot to Pharaoh Lake, and, as almost always, it provided us with a series of large, deep puddles to avoid. We turned towards Crab Pond just before the bridge over Mill Brook, and then followed the rolling trail along the brook for another two miles to the picturesque ridge above the pretty crab-shaped pond. There we had lunch and looked at the colored leaves just starting to take over the forest. En route we encountered a bit of an obstacle in the form of a large stump complete with a hollow root system that we had to carefully climb over in order cross a wet area. All of the recent rains contributed to a sizable waterfall formed by the outlet of the pond which was a special bonus feature. It was a good day to be out in the woods! ~Karen Wang



Crab Pond

September 30: Ski Bowl, Rabbit Pond, Gore Reservoir Loop Leader: Brendan Hanley

Our hike started at the North Creek Ski Bowl. The first stop was the peaceful Rabbit Pond, then onto the reservoir for lunch. Joe helped us identify all the interesting mushrooms along the way. We took the Schaefer Trail with its many waterfalls back to the Ski Bowl. This 3.5-mile hike is a

perfect little jaunt. Little did we know we were hiking on some of the original ski trails from the 1930's. Although it was partly cloudy, we had many beautiful views of the changing colors.
~Marti Townley



Rabbit Pond



ADK 2021 Fall Outing in Old Forge September 24-26 Onondaga Chapter of ADK

Several members of our chapter enjoyed hiking the variety of outings offered at this year's Fall Outing. It also gave us an opportunity to meet like-minded people from other chapters. We look forward to our Fall Outing at Silver Bay on Lake George in 2022!



The Vista Trail

Announcements

ADK Cold River Holiday Dinner Party 2021

When: Thursday, December 16, 2021

Where: Garnet Hill Lodge

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

Meeting - 6:00 - 6:15 PM

Dinner - 6:15 PM



Buffet Menu

Crudites / Cheese and Crackers / Hot Appetizer

Pumpkin Bisque

Mix Green Salad with Maple Balsamic Dressing / Assorted Rolls, Creamy Whipped Butter

Red Wine & Thyme Braised Beef Tips

Honey Marinated Chicken with Cranberry Compote

Buttery Mashed Potatoes

Roasted Root Vegetables

Ice Cream Sundaes & Pie

30 % off your room with CRC reservation, at Garnet Hill Lodge! Check out the rooms on-line and reserve at (518) 251-2444, Includes breakfast and trail passes. RSVP by December 1st.

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

Cost: \$35.00 per person

I/We wish to make a reservation for _____ individual(s) at \$35.00 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 Noelle McCrum (518) 494-5193

Holiday Dinner Chairperson

PO Box 689

Chestertown, NY 12817

Announcements

Holiday Dinner- December 16, 2021

We are moving forward with the holiday dinner, so please consider registering for it by printing the above application. To ensure that we have a safe and healthy event in which everyone can feel comfortable participating, we will follow these Covid-19 protocols:

- All guests must bring proof of vaccination.
- All Garnet Hill Lodge servers will wear masks.
- The buffet will be served by the Garnet Hill staff.
- All CRC guests will wear masks when not drinking or eating.

The dinner attendees will be limited this year to avoid crowding. SO BOOK EARLY!!!!!!



SAVE THE DATE—Fall Outing 2022

CRC is hosting the 2022 Fall Outing Centennial Celebration on September 23 - 25, 2022 at the Silver Bay YMCA Conference & Family Retreat Center in Silver Bay, NY (near Hague). If you haven't been to any other Fall Outing, this is the one you shouldn't miss. The YMCA is on Lake George with spectacular views of the lake and mountains. It also has boats, tennis courts, hiking trails and a gym. If you don't want to stay at the hotel, you can come on Saturday just for the day and join us for a barbecue dinner. There will be numerous outings on all



three days, musical entertainment on Friday night by Dan Berggren and Jamcrackers, and a special guest speaker on Saturday night - noted environmentalist and Johnsbury resident, Bill McKibben. More details will be available in the coming months.

2022 Fall Outing volunteers:

The 2022 Fall Outing/ADK Centennial Committee needs two or three volunteers to assist with guest registration at the Silver Bay YMCA on Friday and Saturday afternoon, September 23 and 24, 2022. Please contact Rich Salz at richsalz10@gmail.com or Julie Milner (juliemilner07@gmail.com) for more information.



Membership News

Membership Chair, Ellen C. Collins

As of August 2021:

Total Households: 312

Total Members: 531

Total Affiliates: 26



Patrick Teague and Fran Bonham Cross River, NY
Diane and John Burgess Pittstown, NJ
Judith Harris North Creek, NY
Donna and James Parr Skaneateles, NY
Eddy and Jennifer Rivera Holmdel, NJ
Melissa Wilde and Steve Vissicci Old Forge, NY

New Affiliate Members

Amy Marsh Johnstown, NY
Caron Schemerhorn, Lake George, NY

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

ADK Cold River Chapter
October 2021 Newsletter
Linda Hales (editor)
l_hales@hotmail.com