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December 2009-January 2010

# The Lookout

The newsletter for the Schenectady Chapter of the Adirondack Mountain Club

## Dinner a success; Stoklosa receives award

Seventy eight people attended the chapter's annual dinner meeting, held on October 29 at the Schenectady County Community College.

After a social hour and a great dinner prepared by the SCCC culinary arts program, Chair Horst deLorenzi introduced ADK Main Club guests Neil and Holly Woodworth, Deb Zack and Laurie Schweighardt. Horst also reviewed the 2009 chapter highlights, reported elsewhere in this issue.

Maria Beurmann conducted a raffle

for two prizes. Horst deLorenzi won a gift certificate to the Glen Sanders Mansion, while Susan and Roy Keats won a weekend-for-two at Adirondack Loj. Ticket sales of \$339 will help support a scholarship for a high school senior pursuing a career in environmental sciences.



**STOKLOSA**

Stan Stoklosa was presented with the chapter's Outstanding Volunteer Award for long and distin-

guished service to the chapter and ADK. Text of the proclamation can be read on page 10.

Neil Woodworth reviewed some key ADK successes, including APA affirmation of a floatplane ban on Lows Lake after 2011, addition of Lows Lake and surrounding forest to the Five Ponds Wilderness, and relocation of a road section of the N-P Trail onto a new trail in the Blue Ridge Wilderness.

Guest speaker Dr. Ward Stone, state

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## Chapter Loj Winter Weekend

The chapter will hold its annual weekend at the Adirondack Loj on Feb 26-28.

Come join us for winter fun at ADK's rustic Adirondack Loj on scenic Heart Lake. This year's late February date means longer days to hike and ski the club property or to explore the backcountry. All private rooms this year! Call Stan Stoklosa at 383-3066 for details.

## New and reinstated members

Robert Baran	Ravidra and
Christopher and	Deepa Tetambe
Zeek Hughes	Roman Cleveland
Neal Shapiro	Miriam and Ted
Clark Hayward	Lichtenfeld
Patti McCall and	Scott McMillan
Michael	Jeanne Michela
McNamara	Andy Trimmer
John and Michelle	and Ashley
McGlone	Lucente
Janet L. Michell	Larry Denham
Mario Scarpace	Susan Jubrey
	Stephen VanHoesen

## Hey, teens! Go to camp... free!

The Schenectady chapter of the Adirondack Mountain Club will again be sponsoring two teenagers for a week at a DEC summer camp. Those selected will have the opportunity to enjoy a blend of learning and recreation. Activities may include hiking, backpacking, water sports and environmental workshops.

There are four camps available: camps Colby, DeBruce, and Rushford are for teen's ages 12-14. Pack Forest Camp is for teens 12-14 or 15-17 depending on the session. Camp sessions are for one week in July and August.

Pack Forest, located in the southern Adirondacks, is the DEC's newest camp, opening for the first time in 1998 and conducting a high school level program in environmental studies. It is located on 2,500 acres of woodlands with an 85-acre lake and countless miles of trails leading to mountain vistas and the banks of the Hudson River.

The Lake Colby Environmental

Education Camp is on a lake just outside the Village of Saranac Lake. Camp DeBruce is located on 300 acres of land adjoining the Catskill Forest Preserve. Camp Rushford is in the Genesee River Valley in Allegany County.

If you, or anyone you know is interested in nature and outdoor activities and would like to go to camp for free next summer (Schenectady ADK pays the \$325 fee) please apply now. This experience is available to the public with preference given to those with affiliation in ADK.

On a separate sheet of paper, tell us why you feel you should be sponsored by the Schenectady Chapter of ADK to stay at a DEC camp for a week this coming summer. This may include any outdoor skills or educational pursuits as well as past and present interests and/or experiences, expectations, future plans, environmental concerns and/or anything else considered rele-

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# Innings and Outings

## How do I sign up for a hike?

For further details or to sign up for a hike, call the trip leader. Try to call at least two days in advance, as leaders may cancel on the day before an outing if there is insufficient interest. Leaders reserve the right to refuse participants for any reason, including lack of experience and/or lack of physical fitness. All equipment and supplies are the sole responsibility of the trip participants.

## What do I need to bring?

The trip leader will let you know if any special equipment (crampons, snowshoes, etc.) will be needed. In general, you should always carry food, water, rain gear, map, compass, headlamp, first aid kit and extra clothing, including hat and gloves in case temperatures drop. Clothing for wet or cold weather should not be made of cotton — use a synthetic fleece or wool. If in doubt, ask the leader.

## What if I don't have snowshoes/crampons?

The chapter has hi-tech snowshoes and one pair of universal fit crampons available for rental at \$5/trip. Contact Stan Stoklosa at 383-3066 to arrange for pick up from his convenient location in Clifton Park. Gear is also available to rent at local retailers..

## Should I reimburse drivers for gas?

Yes! Each rider should pay their driver four to five cents per mile, depending on the current cost of gasoline. With gas at \$2 per gallon, four cents per mile should be used and at \$2.50 per gallon, five cents should be used (\$3/gallon – six cents, etc).

## The kind of hikes I'd like to do aren't listed here — what can I do?

Trip leaders may be willing to plan trips based on member suggestions. If there's a specific trip you'd like to do, contact Herb Terns at 372-8478 and let him know.

## Wilderness First Aid Course

The Schenectady Chapter Board agreed to provide partial (\$150) tuition refund for outings leaders who take Wilderness First Aid courses. The program is modeled after the 46ers current program so people who are both 46ers and Schenectady trip leaders can get a total of \$200 reimbursement. Call Larry Woods (271-0270) or Herb Terns (372-8478) for further information.

### HIKE CLASSIFICATIONS

<u>Distance</u>	<u>Leader's Pace</u>	<u>Terrain</u>	<u>Examples</u>
A+ 13 Miles or More	1. Fast	A Very Difficult	A+1A Most Difficult Trip
A 8-12 Miles	2. Moderate	B Strenuous	B2C Moderate Trip
B 5-8 Miles	3. Slow	C Average	C3D Easy Trip
C Under 5 Miles		D Easy	

### Sat 5 Dec

#### Windham High Peak

Class B2C

Phil Fountain 371-8585 or

[pfounta1@nycap.rr.com](mailto:pfounta1@nycap.rr.com)

The route up to the summit from Route 23 follows a section of The Escarpment Trail. The grade varies from gradual

**CATSKILL  
3500**

to moderate, making it a nice climb and a great introduction to hiking a Catskill high peak. We will meet in Delmar at the Elm

Avenue Park and Ride, please contact Phil for the meeting time. Length: 6,6 miles round-trip, ascent of 1785 feet. Road distance: About 80 miles round-trip.

### Sat 12 Dec

#### Whiteface Mountain Memorial

Highway (Ski Tour), Class A2B

Roy Keats, 370-0399

This is a beautiful ski tour up a road with great scenery all the way up (and down). It is approximately an 11 mile round trip including a quarter mile stair climb from the end of the road to the top.

**HIGH  
PEAK**

There is a total of approximately 2500 feet of vertical ascent. A fairly constant 8 or 9 percent grade makes for a continuous downhill run out. Everyone should come layered (no cotton) because the long uphill will warm you up, and the long downhill will cool you off. This is rated as a novice to intermediate trip.

## Innings and Outings, cont.

**Sat 19 Dec**  
**Indian Meadows, Town of Glenville**  
**Class C3C**  
**Ruth Schottman, 399-5728**

This will be a stroll through and around Indian Meadows, Town of Glenville in the morning. Some of the walk will be on wide, smooth trails (though they may be wet, so waterproof boots would be good) some on narrow woods trails. There can be shorter and longer loops, depending on wishes of participants. Maximum time in the park would be 2 and 1/2 hours. There is a nice playground and picnic area where we begin and end.

**Sat 19 Dec**  
**Hopkins and Spread Eagle mountains,**  
**Class A2A**  
**Herb Terns 372-8478 or**  
**[trailhed@verizon.net](mailto:trailhed@verizon.net)**

These two peaks in the High Peaks region should both offer a good prep for anyone with more ambitious goals this winter. We'll probably take the Mossy Cascade trail up to Hopkins — where the views are terrific — before heading over to Spread Eagle. Pie and coffee afterwards at the Noonmark Diner. Round trip is 7 miles with approx 3000 feet of gain.

**Sun 27 Dec**  
**West Kill Mountain in the Catskills**  
**Class B2B**  
**Mary MacDonald, 371-1293 or**  
**[mmacdonald003@nycap.rr.com](mailto:mmacdonald003@nycap.rr.com)**

Ascent 1500 ft. Summit elevation 3880 ft. Hike from Spruceton Road. Round trip 6 miles. Gradual climb along a stream with great views just below summit. Winter gear required with snowshoes and crampons.

**Mon 28 Dec**  
**Hunter Mountain**  
**Class B2B**  
**Phil Fountain, 371-8585 or**  
**[pfounta1@nycap.rr.com](mailto:pfounta1@nycap.rr.com)**

We will hike the Becker Hollow Trail to the second highest peak in the Catskill Mountains. Be prepared with gear for winter conditions. We will meet at the Elm Avenue Park and Ride in Delmar, please contact Phil for meeting time. Length: 2200 feet of ascent over 2.08 miles distance to summit.

**FIRE TOWER  
 CHALLENGE**

**Tues 29 Dec**  
**Hunter & Southwest Hunter**  
**Class A2B**  
**John Susko, 383-1284**

Hunter has a fire tower that provides excellent views. Southwest Hunter is one of the trailless peaks in the Catskills and is known as one of the more difficult to find the canister that marks the top. We'll bushwack over to Southwest Hunter first to find the canister and then head up Hunter to enjoy the views. Hunter is #2 and SW Hunter is #15 on the list of Catskill 3500 peaks. The distance is ~10 miles with 2000 to 2500 feet of ascent. At this time of year snowshoes, crampons or other traction devices may be needed.

**CATSKILL  
 3500**

**Thu 31 Dec**  
**Last hike 09; first hike 2010 up Beebe Hill, Class C2B**  
**Herb Terns 372-8478 or**  
**[trailhed@verizon.net](mailto:trailhed@verizon.net)**

Some people celebrate New Year's in tuxedos while sipping champagne. We celebrate ours in fleece and Gore-tex while sipping hot chocolate on top of this small peak in northern Columbia County. We'll meet ahead of time for (an optional) dinner near East Greenbush then carpool over to the trailhead. We'll aim to get to the top at midnight to ring in the New Year under the stars. Round trip is 2 miles with less than 500 feet of gain.

**Sat 2 Jan**  
**Fir Mountain, Class B2B**  
**John Susko 383-1284**

This is one of the trailless peaks in the Catskills so it's for anyone are interested bagging a peak, helping to find the canister or just going for a walk in the woods. The distance is ~7 miles, half of which is off trail, with ~1500 feet of ascent. At this time of year snowshoes, crampons or other traction devices may be needed.

**CATSKILL  
 3500**

**Sun 3 Jan**  
**Blackhead, Class B2A**  
**Elie Bijou [adironacks@verizon.net](mailto:adironacks@verizon.net)**  
**(718) 377-2990 (3 p.m. – 9 p.m.)**

This 3993 ft. mountain is a required winter peak for the 3500 foot patch. It will be done as a loop. Ascent is 2000 feet. Distance: 7 miles. Joint trip with ADK-NoJRamapo and ADK-LI.

**CATSKILL  
 3500**

## Innings and Outings, cont.

(Continued from page 3)

### Sat 9 Jan Taconic Crest Trail Winter Section Hike Class B2B

**Rich Vertigan, 381-9319**

This will be another section hike in pursuit of the winter TCT patch offered by the Taconic Hiking Club. The exact section will be determined by conditions, signups, and needs, but will involve a distance of 7-10 miles and total elevation gain of 1500-2000 feet. Full winter gear required.

### Wed 13 Jan Slide Mountain, Class B2C Phil Fountain, 371-8585 or [pfounta1@nycap.rr.com](mailto:pfounta1@nycap.rr.com)

This one of my favorite winter hikes in the Catskills. We will meet at the Elm Avenue Park and Ride in Delmar, please contact Phil for meeting time. Length: About 5.5 miles round-trip, ascent of 1700 feet. Road distance: About 200 miles round-trip.

### Sat 16 Jan X-C Skiing, Cole Hill State Forest Class: Intermediate Rich Vertigan, 381-9319

Cole Hill State Forest is just south of Berne, and usually has good snow. I'm calling this intermediate because there are some hills, and the area is ungroomed. We'll do this as an afternoon trip from Schenectady, less than an hour drive each way. Expect to spend a couple of hours skiing 4-5 miles.

### Sat 16 Jan Kaaterskill High Peak, Class A2A Elie Bijou, [adirondacks@verizon.net](mailto:adirondacks@verizon.net) (718) 377-2990 (3 p.m. – 9 p.m.)

From the east, Kaaterskill High Peak (3655 ft.) stands alone from other mountains, making it appear loftier. We will hike this mountain by a combination of routes and ascent the oldest trail still in use in the Catskills. Ascent about 1800 feet; distance approx. 8 miles.

### Sat 23 Jan Buck Mt. from Shelving Rock Rd. Class C3C Ken & Nilde Marcinowski, 885-9400 or [Nildekens@msn.com](mailto:Nildekens@msn.com)

Join us on our "traditional" winter snowshoe/hike to this popular Lake George Peak with great views of Lake George and beyond. A perfect outing for beginner snowshoers who

want to get off the "flatlands" and try something a little more interesting. Round trip is 4.6 miles with 1,100 feet of ascent. Snowshoes with crampons and winter gear is required. Please call or e-mail by Thursday evening prior to the trip. Rain will cancel.

### Sat 23 Jan Botheration Pond Ski Tour Class A2C Roy Keats, 370-0399

This ski starts at the end of Old Farm Clearing Road. It is about an 8 mile loop trip. The trail goes by two small ponds, and has nice views of Gore Mountain. This is a newly improved trail in the Siamese Ponds Wilderness and has some excellent skiing possibilities. This is rated as an intermediate trip.

### Jan 24-30 (Sun - Sat) Moonlight Snowshoe, Featherstonehaugh SF Class C3D Rich Vertigan, 381-9319

In the days before the full moon every month, the moon is at 70-80% of its brightness, and also rises early enough to light up the winter woods in the early evening. This will be a 1-2 hour moonlit walk (snowshoes only, please) through Featherstonehaugh SF, near Mariaville. Exact date, time, and route will depend on snow, temperatures, sky conditions, status of logging operations, and my schedule. Please call a week or so in advance and let me know which nights you are/aren't available, and I'll coordinate the details as the weather evolves. Cancelled if no snow or cloudy all week. Kids welcome with parents. Snowshoes required, as are flexibility and a sense of adventure.

### Sun 24 Jan Giant and Rocky Peak Ridge, A2A Herb Terns, 372-8478 or [trailhed@verizon.net](mailto:trailhed@verizon.net)

At under 8 miles this isn't the longest winter high peak but with we'll likely have to earn every step. We'll try to climb these two high peaks, both of which offer great views. Full winter gear will be required. 7.7 miles round trip with 4400 feet of gain.

### Sat 30 Jan Acra Point Loop Class B2B Norm Kuchar, 399-6243 [nkuchar@nycap.rr.com](mailto:nkuchar@nycap.rr.com)

Acra Point lies on the northern escarpment of the Cats-

(Continued on page 5)

# Trip tails and paddling parables

## Sleeping Beauty & Fish Brook Pond — 7/25/09

Somehow we were gifted to have one of the few dry days of this past July. The trail up Sleeping Beauty was a bit muddy, but it was a pleasant hike to the summit which, unfortunately, did not offer its wonderful views as the fog was still lifting from Lake George. We had a leisurely snack on the summit and then continued on down to Fish Brook Pond where we enjoyed lunch while watching a lone loon dive for fish. We had two guests from afar; Adeline Potie from Paris, France and Joshua Marcinowski from Lynnfield, MA. Local participants were: Stafford Davis, Fred & Micki Lieber, Bernard Mansbach and Doris Weber. Thanks to all for helping to make it such an enjoyable day, Ken & Nilde Marcinowski.



On Sept. 15, chapter members, along with staff from the Niskayuna Eastern Mountain Sports store and the Friends of the Mohawk-Hudson Bike-Hike Trail, conducted trail maintenance along the bike-hike trail in Rotterdam. The group cleared brush that completely hid an old limestone bridge abutment near historic Lock 23. The abutment once supported a 70-foot iron bridge that provided farmers with access to their fields.

## Northville-Placid Backpack — 9/19-20/09

We had great company and great weather on this backpack through the Silver Lake Wilderness area. Our intention was to pack from Upper Benson into Silver Lake to camp Saturday night, then pack to Whitehouse the next day where we spotted two cars. Plans were complicated slightly by trying to fit seven people, one dog and seven mighty backpacks

into two small cars, but we found a way to make it happen.

Most of our early hiking on Saturday was fairly flat or rolling with no steep sections; great news for people carrying a full backpack. We made great time into Rock Lake where we were able to relax and enjoy lunch in the sunshine. One of the nice things we found about this section of trail was that just about the time you felt you wanted to take a break, you came across either a brook or a small pond. Meco Lake was one of those

places. A beauty of a small pond made even better by the changing leaves and the small shrubby vegetation that circles the pond was turning red. After a break at Meco Lake, it seemed like no time before we arrived at Silver Lake. We debated a bit about where to camp but found some good tent sites that were level and comfortable. There were some through-hikers camped and later some section hikers came in, but it was nice and quiet in this

*(Continued on page 6)*

*(Continued from page 4)*

kills. We'll begin this trail hike at the east end of Big Hollow Road near Maplecrest. We'll then take the Black Dome and Batavia Kill trails to the Escarpment trail. This trail then follows a narrow ridgeline, with several viewpoints, north to Acra Point. There is a good view of the Hudson Valley from Acra Point, followed by a great view south to the Blackhead Range from an open ledge. A connector trail leads back to the starting point. Snowshoes required. Distance is about 5.1 miles, with about 1050 ft of climb.

**Mon 1 Feb**  
**X-C Ski Saratoga State Park, Class B3D**  
**Phil Fountain, 371-8585 or**  
**[pfounta1@nycap.rr.com](mailto:pfounta1@nycap.rr.com)**

We will meet at the warming hut on the golf course, just to

the left side off the Avenue of the Pines Road. There are no groomed ski trails here but it is a fun novice area. Contact Phil for meeting time. Length: Varies according to your endurance.

**Sat 6 Feb**  
**Sherrill Mt.**  
**Class B2A**  
**Elie Bijou, [adirondacks@verizon.net](mailto:adirondacks@verizon.net)**  
**(718) 377-2990, 3 p.m. — 9 p.m.**

A favorite of this leader, in its entirety it is a bushwhack to a canister (at 3540 ft.). While it is usually hiked with North Dome, hiking it alone allows for slower hikers to join in. Ascent 2040 ft. 5.5 miles. Please bring full winter gear, lunch, extra water. No car shuttle required. Joint trip with ADK-NoJRamapo and ADK-LI

## Trip tales, cont.

*(Continued from page 5)*

scenic spot. We had dinner and then went down to watch the sun setting on Silver Lake. Since the sun set so early and the temps were headed down into the 30s, we all watched as Carolyn built a nice, toasty fire. Without the fire, I'm pretty sure we all would have retreated to our sleeping bags by 7 p.m.. Instead, we enjoyed sitting around and chatting in the lean-to the Schenectady Chapter helped build.

Early morning blue jays, nature's alarm clock, woke most of us up the next day. We had a hot breakfast and then packed up our tents, bound for Whitehouse. We passed through a fantastically beautiful marshy area around Silver Lake Outlet. It was a tall grassy area with a stream flowing through it and many of the leaves had changed color to a bright red. A great spot. We took a rest a little further on at Canary Pond and reconsidered our camping spot from the night before. Canary Pond is really pretty and had a couple terrific tent sites overlooking the water.

We had a long pull through a section of trail by Moose Mountain. We were all ready for lunch by the time we got to the lean-to at Mud Pond. The food was good for our rumbling stomachs and we got some good news about the trail from Neil and Jackie, our NP trail guides — we had a long, gradual descent in our hiking future on the way to Whitehouse.

We explored the area around Mud Pond a bit and saw a loon out on the water. Then we put on our packs to enjoy the long downhill. The Sacandaga River was a vision when we reached it in early afternoon. The water was lit in bright sunshine and the trees that line it had changed to yellows, oranges and reds. We got great views of it as we crossed the bridge over the river, the ending to a really enjoyable trip. We shuttled everyone back to Upper Benson then several of us stopped for ice cream in Northville on the way home.

Backpackers were: Carolyn Cyr, Sharon Getman, Neil and Jackie Parker, Gillian Scott, John Susko and the leader (Herb Terns)



Photo by  
Gillian Scott

An October trip up Hunter Mountain in the Catskills gave an ADK group a sneak peek at the new John Robb lean-to.

### **Panther Mountain — 9/24/09**

There were no sign-ups for this hike. Jay Summerson and Walt Addicks.

### **Spruce Mountain — 10/10/09**

A group of seven hikers bushwhacked to the top of Spruce Mountain, which lies to the west of Hadley Mountain. Beginning at the outlet of Middle Flow, we crossed Paul Creek and then headed up the southwest flank of the mountain to an open ledge with great views south and west to Middle Flow and Livingston Lake. We then hiked a short distance to the summit, with its views east and north to Hadley and the mountains near Lake George. Foliage was near peak color, though subdued a bit by clouds in the morning. On the return, we followed a narrow ridge south from the summit before turning west back to our cars. We encountered only small ledges and the normal amount of blowdown on the trip. A highlight of the hike was being surprised by a large bear which scrambled down an oak tree only about 40 feet in front of us, followed by two cubs. The trio streaked away, leaving us with wide eyes and open mouths. Hikers were Charlie Beach, Emil Klymkow, Dave Loux, Ken and Nilde Marcinowski, Bonnie Whitman and the leader (Norm Kuchar).

### **Black Mountain — 10/20/09**

Ascent to this inaccessible tower peak was from the east from Huletts Landing road on a fine fall day with some color remaining. Atop, we viewed Pharaoh Mtn to the north, but the High Peaks were hidden in the haze. A short bushwack to a ledge provided views to the east. We returned via the trail around Black Mountain and Lapland Ponds. Hiking were Linda Kolnick and co-leaders Jay Summerson and Walt Addicks.

### **Pharoah Mountain — 10/22/09**

On Oct. 22, we had a wonderfully warm day for our ascent of Pharaoh Mountain via the Mill Brook Trail from Pharaoh Lake and the lean-tos on the west shore of Pharaoh Lake and began the steep ascent of the mountain. Our arrival was timely at about 12:30 and we enjoyed the clear views with our lunches. We then toured some of the top of the mountain before descending by the same route. The 14 miles made a long day for the group, but we were out shortly after 4:30 and on our way home. Happy hikers were Marcia Hanson, Rich Vertigan, John Susko, Judy Brandow, Walt Addicks, Nilde Marcinowski, Karen McKenney and the leader, Mary MacDonald.

### **Hunter Mt. — 10/25/09**

There were a lot of unexpected devel-

## Trip tales, cont.

opments on this trip. The first was a pair of trail runners we met at Stewart's on our way up. They were going to go in the same way we did except they were (a) running, not hiking and (B) they were running over to Westkill then around the Devil's Path to Devil's Kitchen, over the summit and back down to Taylor Hollow where they started. Probably a ten mile trip. I asked if anyone wanted to leave our group and join them but there were no takers.

The Taylor Hollow route we went up is on private property and isn't often hiked anymore. It's the way I used to ride up when I was a kid when my mother and my grandfather were the observers at the Hunter Mt. We started up along an old road that runs along the shoulder of Rusk Mt. When we got to the intersection with the Spruceton Rd. about halfway up we found a bunch of cars parked there. None of us had ever seen cars up there before and we were wondering how they got around the barrier down below. Several members of the group were outraged that people would so blatantly disregard the rules. Further on we came across tire tracks that demonstrated people had driven even further up the road. By now we were wondering what the heck was going on. Our questions were answered when we got to the old John Robb lean-to site and found even more cars and a forest ranger truck. Volunteers from the Catskill 3500 Club and the New York-New Jersey Trail Conference were working to rebuild the John Robb lean-to. We found them hard at work putting the roof on. It's great news that the lean-to is being rebuilt — the better news is where they are rebuilding it. Instead of the original spot, they've found a much better area on the other side of the road. It's closer to the spring and has an outstanding view just a few steps from the lean-to. This is sure to quickly become one of the most popular lean-to in the Catskills.

After chatting with the volunteers we headed back on to the summit. The fall colors were a bit muted but we still got very good views from the tower. We met a very nice couple including a fairly pregnant woman who managed her way up



Photo by  
Ken Marcinowski

A trip to Moreau Lake State Park in November drew ten hikers.

the much tougher Becker Hollow trail - there should be some kind of a patch for that! After some lunch we took an easy stroll over to the other end of the summit ridge and enjoyed the views from the ledge there. We had an easy trip down. When we got back to the cars parked in a small meadow we found the day had one more surprise for us. As we were changing out of our hiking boots a bald eagle flew out of a tree at the other end of the meadow. He circled a few times before taking off. It was a super parting gift for several people in our group who had never seen one before. A quick stop at Stewart's on the way out for ice cream and coffee on the way home. Hikers and eagle viewers were: Bernie Mansbach, Jim Hussey, Cliff Prenwicki, Gillian Scott, Dan Van Uithuizen Cindy and Rocky the hiking dogs and the leader (Herb Terns)

### Stockade-athon — 11/8/09

We didn't have enough runners for a team this year but we had enough to have a really good time. We all enjoyed a pasta dinner and some good company at our house the night before the race. Then we went out and ran 9.3 miles in brilliant sunshine and warm temps. Special thanks for Kathy, Ben and Andy for volunteering during the race and offering water and encouragement on top of the Bradley St. hill. Also thanks to Gillian who made the trek down to Vale Park Cemetery to en-

courage us through what is usually a long, lonely mile. Partiers and Stockade-athoners were: Peter, Kathy, Ben and Andy Butryn, Gillian Scott and Herb Terns.

### Moreau Lake State Park — 11/10/09

Ten of us enjoyed a beautiful, cloudless Indian Summer Day. The trail up to the ridge lookout was a bit slippery due to a heavy covering of dry leaves, but everyone negotiated it successfully and we took time for a well deserved short break and snack at the top. We explored several trails on our way down to the lake where we walked around to an area on the shore and stopped at a picnic table to eat lunch while admiring the lake. It was entertaining to watch several horse back riders crossing the bridge on the lake only to have one horse reluctant to follow the others.

One rider finally had to go back to accompany the shy horse. Thanks to: Paul Dean, Chandra Geremick, Shannon Gustella, Fred & Micki Lieber, Robert & Dorothy Ann Todd, Karen Wilson for joining us to help make it a fun day. Your leaders, Ken & Nilde Marcinowski.

### Kaaterskill High Peak — 11/17/09

Trip cancelled, despite it being a very nice day. Leader "under the weather."

## DINNER: Stoklosa honored

*(Continued from page 1)*

wildlife pathologist, then talked about his long-term efforts to find and eliminate environmental toxins including mercury and PCBs from New York's rivers and lands. Often working with minimum resources and little official support, he has achieved many successes due to personal determination. Dr. Stone encouraged ADK to monitor the effects of climate change on the Adirondacks.

— *Submitted by Norm Kuchar, Project Coordinator*

**PROCLAMATION  
SCHENECTADY CHAPTER  
ADIRONDACK MOUNTAIN CLUB  
OCTOBER 29, 2009**

Whereas, Stan Stoklosa has served in the Schenectady Chapter of the ADK for many years in myriad capacities, such as Chapter Chair, Vice-Chair, Secretary, Director, Project Manager and Trails Chair. He has also served on Nominating Committees.

Whereas, Stan Stoklosa has exhibited outstanding service to the Chapter by organizing the annual bike path clean up, by spearheading the Chapter's representation in the annual Outdoor Show held at the Empire State Plaza and by coordinating the annual January Loj Weekend.

Whereas, Stan Stoklosa has avidly promoted the Chapter through his many accomplishments. He has demonstrated dedication, determination and devotion to the principles that ADK espouses.

Therefore, for his deep sincerity, his commitment and quiet enthusiasm, the Schenectady Chapter proudly recognizes **STAN STOKLOSA** as a **FELLOW OF THE CHAPTER.**

## Chapter officers elected

The following candidate slate of officers has been elected to serve on the 2010 Schenectady ADK Chapter Board:  
**Chair — Stan Stoklosa**  
**Vice Chair — no candidate**

**Treasurer — Gisele Sum**  
**Secretary — Michelle Garrah**  
**Director — Norm Kuchar**  
**Project Coordinator — Kendra Pratt**  
**Project Coordinator — Jackie Parker**

## Wilderness first aid class offered in Menands

On Saturday and Sunday December 5 and 6, 2009, the Adirondack Mountain Club Winter Mountaineering School is offering a certified Wilderness First Aid Course in Menands. It will be taught by Wilderness Medical Associates (WMA).

In 16 hours, this course covers topics including patient assessment, fractures, hypothermia, hyperthermia and heat illness, fractures, dislocations, and backcountry medicine. Classroom lectures and discussions are supplemented by practical work and problem solving exercises. WMA instructors have extensive outdoor experi-

ence, and have been selected for their expertise in emergency medicine, as well as their teaching skills.

The fee for this course is \$185 and includes materials and certification fees. Participants will earn a First Aid certification card upon successful completion of this course. This card is accepted by NYS if you are seeking to become a New York State licensed guide.

Wilderness Medical Associates has a web site at [www.wildmed.com](http://www.wildmed.com). For additional information, and to reserve a spot in the class call Carl at (518) 274-8410.

## CAMP: Scholarships available

*(Continued from page 1)*

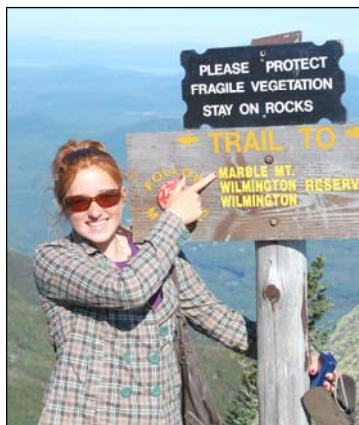
vant in helping us make our decision during our selection process. (Print or Type)

Send the above with your signature and signature of a parent/ guardian by Jan. 7 to:  
DEC Camp Project Coordinator

Schenectady ADK  
P.O. Box 733

Schenectady, New York 12301-0733

For more information, visit  
[www.dec.state.ny.us](http://www.dec.state.ny.us) (keywords: summer camps).



Emma VanDerlinder poses with a trail sign atop Whiteface Mountain. She worked on the Marble Mt. trail as part of a teen trail crew last summer.

## Teen says 'thanks!'

The chapter received a thank you note from Emma VanDerlinder, one of three teens sponsored for a teen trail crew last summer. She wrote to project coordinator Jackie Parker:

Thank you so much for getting me involved with the ADK Volunteer Teen Trail Crew. I had such a fun time! I really appreciate it because if it weren't for you I wouldn't have had this wonderful experience.

The trail building was very hard work, but that is what made it so rewarding. I know that I will never look at a trail the same way again now that I know what kind of work goes into building it! I made new friends that I still keep in touch with. I had so much fun that I would like to volunteer for another week next summer!