

The **Lookout**

AUGUST-SEPTEMBER 2016



Adirondack Mountain Club — Schenectady Chapter

Dedicated to the preservation, protection and
enjoyment of the Forest Preserve

<http://www.adk-schenectady.org>

Adirondack Mountain Club — Schenectady Chapter Board

ELECTED OFFICERS

CHAIR:

Stan Stoklosa
8 Archer Drive, Clifton Park NY 12065
chair@adk-schenectady.org

VICE-CHAIR:

Vacant

SECRETARY:

Sally Dewes
518-346-1761
secretary@adk-schenectady.org

TREASURER:

Mike Brun
4001 Jockey Street, Ballston Lake NY 12019
518-399-1021
treasurer@adk-schenectady.org

DIRECTOR:

Dustin Wright
4 Oak Street, Schenectady NY 12306
603-953-8782
director@adk-schenectady.org

PROJECT COORDINATORS:

Horst DeLorenzi
34 Saint Judes Lane, Scotia NY 12302
518-399-4615
projcoord@adk-schenectady.org

Jacque McGinn
79 Kenaware Avenue, Delmar NY 12054
518-438-0557
projcoord@adk-schenectady.org

YOUNG MEMBERS GROUP:

Dustin Wright
ymg@adk-schenectady.org

APPOINTED MEMBERS:

CONSERVATION:

Mal Provost
93 Kingsbury Road, Burnt Hills NY 12027
518-399-1565
conservation@adk-schenectady.org

LOOKOUT EDITOR:

Sally Dewes & Mal Provost
lookout@adk-schenectady.org

MEMBERSHIP:

Dustin Wright
membership@adk-schenectady.org

NORTHVILLE PLACID TRAIL:

Mary MacDonald
27 Woodside Drive, Clifton Park NY 12065
518-371-1293
nptrail@adk-schenectady.org

OUTINGS:

Larry Woods
1120 7th Avenue, Watervliet NY 12189
518-810-7552
outings@adk-schenectady.org

PRINTING/MAILING:

Karen McKenney
518-399-6606
mailing@adk-schenectady.org

PUBLICITY:

Roy Keats
1913 Baker Avenue, Schenectady NY 12309
518-370-0399
publicity@adk-schenectady.org

TRAILS:

Norm Kuchar
60 Fredericks Road, Glenville NY 12302
518-399-6243
trails@adk-schenectady.org

SILVER LAKE:

Vacant

WEB MASTER:

Rich Vertigan
1804 Van Cortland Street, Rotterdam NY 12303
518-381-9319
webmaster@adk-schenectady.org

WHITewater:

Ralph Pascale
50 Johnston Avenue, Cohoes NY 12047
518-235-1614
whitewater@adk-schenectady.org



*Saranac Lake,
Photo courtesy of Sally Dewes*

Inside this issue:		AUGUST- SEPTEMBER 2016
Outings	4	THE LOOKOUT
Whitewater Schedule	5	
Conservation report	6	
		The newsletter for the Schenectady Chapter of the Adirondack Mountain Club

New Young Members sought for Schenectady ADK

New blood is a welcome sight for traditional organizations, and happily that is coming on strong for the Schenectady Chapter and the Adirondack Mountain Club overall.

The effort follows recognition by local and state leaders that the club clearly is graying rapidly, with membership surveys showing age profiles in the 50s and 60s plus, but little gain in groups decades younger. This has been talked about for years and also reflects the national demographic trend, but talk didn't solve anything.

The Schenectady Chapter caught a break with the recruitment of Dustin Wright, pastor of Messiah Lutheran Church in Schenectady, to the Board of Directors in 2015. Dustin quickly took on the job of developing the Young Members Group, which is active and growing.

Dustin writes: "Our chapter is taking the lead in ADK-wide efforts to build a new generation of leaders striving to protect our natural resources and promote responsible recreation! In recent months the Young Members Committee has moved into a strong rhythm of organizing one outing and one social event per month.



New Member Chair Dustin Wright and Willy Bear

Continued on Page 11

Save These Dates!

**SCHENECTADY ADK
ANNUAL DINNER**
Tuesday October 18, 2016
SCCC

**SCHENECTADY-ALBANY
JOINT PICNIC**
Sunday August 14, 2016
3:00-7:00pm

More info on page 8

More info on page 10

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 Larry Woods at 518-810-7552 and let him know.

Wilderness First Aid Course

The Schenectady Chapter Board agreed to provide partial 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 seek reimbursement. For further information, call Larry Woods at 518-810-7552.

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	

Tuesday, August 2

Treadway Mountain

Class B2B

Mary MacDonald 371-1293 or

mmacdonald@nycap.rr.com

Wonderful views of the Eastern Adirondacks are available from the summit of this mountain in the Pharaoh Lake Wilderness area. We will begin and end at Putnam Pond. Miles 7.8 with elevation gain 830 ft. Lunch on the summit. To reserve a place on this trip, please call or email Mary MacDonald.

Friday, August 12

Bloody Mountain bushwhack scouting

Class B2B

Walt Hayes, 399-7482

The approved North Country National Scenic Trail - Adirondack plan calls for the trail to go over Bloody Mountain. Norm Kuchar and I have experience with a good bushwhack route over the mountain but we would like to find a gentler route for the Trail. We will try a couple of different routes to and from the summit ridge on this scouting trip to help DEC in the establishment of an exact route for the Trail. You can help work on the route

of the NCNST. Total distance will be under eight miles with ascent of about 1200 feet. Estimated meeting time will be 7 AM with a target return time of 5 PM.



Photo Courtesy of Roy Keats

Saturday, August 13
Young Member Outing: Wright, Algonquin & Iroquois High Peaks
Class A2A
Dustin Wright, dustingwright@gmail.com or 603.953.8782

Join our young member group for an incredibly hike along the three highest peaks of the MacIntyre Range! Standing apart from all surrounding peaks, the MacIntyres stand above Avalanche Pass and offer amazing views. Round trip distance is 11.6 miles.

Thursday, August 18th from 7:00pm – 9:00pm
Young Member Social: Centre Street Public House & Beer Garden
Dustin Wright, dustingwright@gmail.com or 603.953.8782

If you're roughly 18 – 35 and looking to build some community with other likeminded young adults in the Schenectady area, join us for a good food, delicious brews and great conversation! We'll spend an evening in one of Schenectady's top beer gardens discussing the many opportunities available through the ADK for young adults and brainstorming about future events. All are welcome, members and prospective members alike!

Saturday, Aug 20
Doubletop & Graham Mtns.
Class A2B
John Susko 383-1284 or jsusko@netzero.net

Doubletop is one of the trail less peaks in the Catskills. Graham has an unmarked trail to the summit; but, we won't be using it. For this hike we will start on the Seager-Big Indian trail before bushwhacking up the ridge to the summit of Doubletop and the canister. We'll then bushwhack over to the summit of Graham before bushwhacking back down to the S-BI trail. There is a view point near the summit of Graham. The distance is ~ 7 miles, most of it off-trail, with ~3000 feet of ascent.

Friday, August 26
Henderson Lake Paddle
Class B3C
Roy Keats 370-0399 or royskipaddle@gmail.com
 We will start at the Upper Works parking area outside of Newcomb. There is an easy quarter mile carry to the lake. The lake has interesting cliffs, swampy areas and inlets along with great views of Indian Pass, Santanoni and Mt. Colden. Including along of the shoreline and inlets we could paddle about 6.5 miles total at a leisurely pace.

Saturday, Aug 27
Mt Gilligan Trail Maintenance
Class C3B
Norm Kuchar, 399-6243 or nkuchar@nycap.rr.com

Mt Gilligan is a low peak rising above the Boquet River south of Elizabethtown, but its short trail leads to ledges that have great views of the Boquet Valley, Rocky Peak Ridge and the Dix Range. Our chapter was involved with building the Mt Gilligan trail in the 1940s, when the nearby Bouquet River Lodge was used as an outings base, and we have maintained the trail ever since. On this stewardship trip, we will do side cutting and light blowdown removal, using hand clippers, loppers and hand saws. This should be an easy introduction to trail maintenance, with lunch at a scenic ledge. Round trip distance is under 3 miles, with an ascent of about 750 ft. Approx. meeting time 8:30 AM.

Wednesday, September 7
Lake George Carriage Road Class B2B
Walt Hayes, 399-7482

According to Bill Ingersoll and Barbara McMartin "There may not be a more pleasant level walk in the world than this one." There is one little problem in starting this level

walk - a 500 foot climb and then descent from parking area. The walk along Lake George is easy on an old carriage road built by George Knapp in the 19th century. The round trip distance will be under 10 miles with total ascent of about 1000 feet. Varied beautiful views along the way of water, islands, peninsulas, rock ledges, dark woods, mountains and sky. Estimated meeting time will be 8 AM with target return time of 5:30 PM.

Saturday September 17

Kaaterskill High Peak

Class A2B

John Susko 383-1284 or jpsusko@netzero.net

Kaaterskill High Peak is one of Catskill 3500' peaks. We'll hike in from the Platte Clove Road trailhead along old woods roads, snowmobile trails & herd paths. The summit of Kaaterskill has no views; but, there are good views to the south from Hurricane Ledge near the summit. The distance is 9 - 10 miles with

Thursday, September 22nd from 7:00pm – 9:00pm

Young Member Social: Wolff's Biergarten in Schenectady

Dustin Wright, dustingwright@gmail.com or 603.953.8782

Come get an early start on celebrating Oktoberfest with ADK Schenectady's Young Member Group! Delicious brats and brews + fantastic conversation about all the many opportunities available through the ADK for young adults await! Members and prospective members are welcome!

Friday, September 23

Essex Chain Lakes Paddle

Class A2B

Roy Keats 370-0399 or royskipaddle@gmail.com

We did this paddle two years ago when the area first opened to the public, so it is time for a redo. It will require a quarter mile portage to Deer Pond, a short paddle, and then a half mile portage to Third Lake, after which we should be able to paddle from Third all the way through to Seventh with a return to our start by retracing our steps. But if everyone still has energy, we can continue on to Second and First Ponds with a little paddle down the beautiful outlet stream. There will be 7 to 10 miles of paddling with a total of 1.5 to 2 miles of portages, mostly on old roads, depending on whether we do all ponds.

Tuesday, Sep 27

No. 8 Hill

Class A2B

Norm Kuchar, 399-6243 or nkuchar@nycap.rr.com

No. 8 Hill, in the Pharaoh Lake Wilderness, is only 1877 ft high, but the views from the open ledges on its summit are superb. They include Pharaoh and Hoffman Mountains, Schroon and Brant Lakes, the wetlands along Desolate Brook, and even the eastern High Peaks. We'll use the relatively easy Sucker Brook trail for most of the hike, passing stone walls and foundations of a long-abandoned settlement. But, reaching the summit from the trail requires a half-mile bushwhack with a 425-ft climb. We'll try to visit both the summit and another great lookout on the hill's eastern shoulder. Total distance is about 9.2 miles, with about 1000 feet of climb. Approx. meeting time 7:30 AM.



Platte Kill Clove, Sally Dewes

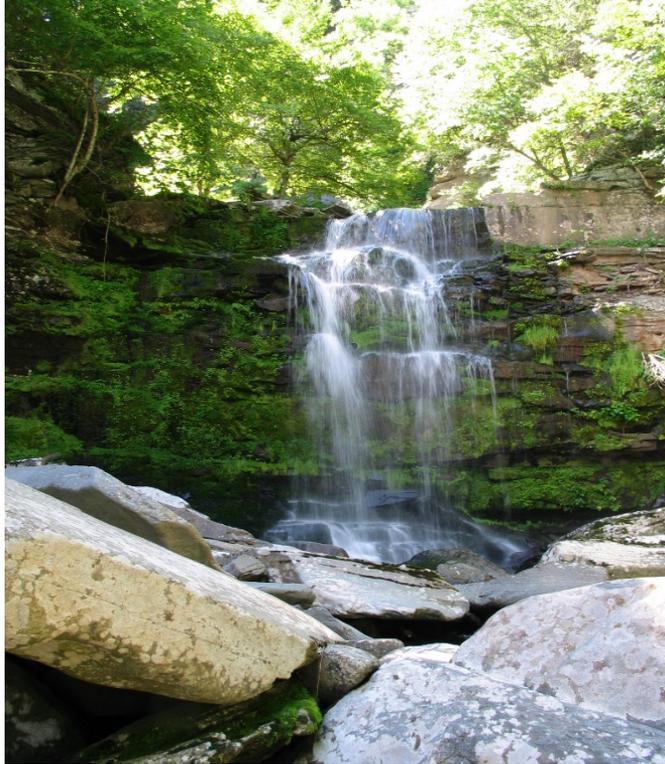
Saturday, October 1

Young Member Outing: Giant Mountain & Rocky Peak Ridge

Class A2B

Dustin Wright, dustingwright@gmail.com or 603.953.8782

Join our young member group for a hike over two high peaks that includes some of the best views in the Adirondacks! While both summits are quite open, Rocky Peak Ridge provides unobstructed 360 degree views from the highpoint and many lookouts along the ridgeline due to a major forest fire that took place in 1913. Round trip distance is 10 miles.



Platte Kill Clove, Sally Dewes

Note to Readers

Both the Schenectady Chapter of the ADK and Lookout are undergoing changes as we bring in new members and leadership roles shift. (Please see the current article on our young member activities.)

In this edition of Lookout you will see some different elements, as the publication is being assembled by a new team consisting of Horst deLorenzi, Rich Vertigan, Sally Dewes, and Mal Provost. Nicole Weinstein elected to leave the position of editor after years of service. One element we will try to stress will be use of member photos.

Many of you have responded already to our request for photos from ADK events and outings. These will help Lookout to reflect activities and interests of our readers and make it a more engaging publication.

So to make these photos as useful as possible, please consider a few guidelines: **Identify the individuals in a photo and try to avoid group shots for the most part (in the news biz they call these 'firing squad' shots). Similarly, identify the date and location of all shots, whether they are scenic or activity photos. Also include information about the nature or importance of the activity shown. Please send photos to Sally Dewes at lookout@adk-schenectady.org.**

Be as timely as possible, and use current shots, not something from a couple years back.

CHAPTER AWARDS

Further, for the chapter overall, we are trying to recognize those who have contributed significantly to the ADK. To start, we are looking for persons interested in helping to research and discuss chapter awards. Please contact Norm Kuchar at trails@adk-schenectady.org or Mary MacDonald at nptrail@adk-schenectady.org

Thank you for your interest in the chapter and help with Lookout. *The Editors*

Whitewater Schedule

Date	Day	Event	Level	Contact	Phone
7/20/2016- 8/10/16	Wednesdays	Cohoes Outdoor Pool Sessions	--	Ralph Pascale	339-4810
8/6/2016	Saturday	Leaders Choice	II/III	Ed Cunningham	885-7444
8/7/2016	Sunday	Fife Brook Deerfield	II/III	Ed Martuscello	843-5581
8/13/2016	Saturday	Sac Release, Picnic, Gear swap/sale & Introduction to	III	Bob Wright and Mike Raley	279-1428 797-3547
8/14/2016	Sunday	Hudson River Gorge	III	Mal Provost	399-1565
8/20/2016	Saturday	Hudson River Gorge	III+	Horst DeLorenzi	399-4615
8/21/2016	Sunday	Leaders Choice	II/III	Ed Cunningham	885-7444
8/27/2016	Saturday	Esopus	II	Larry Woods	810-7552
9/3/2016	Saturday	Hudson River Gorge	III	Mal Provost	399-1565
9/10/2016	Saturday	Hudson River Gorge	III+	Rick Gonzales	461-2718
9/11/2016	Sunday	Sacandaga- Stewarts Dam to the Hudson	II/III	Ed Martuscello	843-5581
9/17/2016	Saturday	Hudson River Gorge	III+	Nelson Miller	813-0546
9/24/2016	Saturday	West River Release	III+	Ralph Pascale	339-4810
10/1/2016	Saturday	Fall Foliage Hudson River Gorge	III	Bob Wright	279-1428
10/2/2016	Sunday	Esopus	III	Marty Plante	321-8277
10/8/2016	Saturday	Leaders Choice	II/III	Clark Darlington	370-2144
10/14/2016- 10/16/2016	Friday - Sunday	The Moose	III+	Horst DeLorenzi	399-4615
10/22/2016	Saturday	The Farmington	III+	Larry Woods	810-7552
11/05/2016- 11/06/2016	Saturday Sunday	The Tohican	III+	Horst DeLorenzi	399-4615

Trip Tales

Northville-Placid Trail Steward Trip

April 30, 2016

We had a great day clearing drainages and removing minor blowdowns on the way from Lake Durant Campground to Stephens Pond. We enjoyed our lunch at the pond while watching a loon diving for its lunch. Participants were Mike Brun, Paul Henry, Tom Miller and Roy Keats (the leader).

Homestead County Forest

May 18, 2016

An interesting bushwhack along the south bank of Cadman Creek in this Town of Providence county forest. Mostly nice easy walking in open woods. A few climbs where the bank was too high and steep. An old beaver dam was breached but there were a few recent beaver chews in the area of the former beaver pond. We visited two 19th century sawmill sites but found very little remains that we had not seen previously from the trail along the north side of Cadman Creek. We did find an old road that was an access to a dam site. Kraig Armstrong, Mark Klein, Norm Kuchar, Roman Laba, John Maguire, Rick Robinson and the leader. (Walt Hayes)

Lake Abanakee Paddle

May 21, 2016

We started at the town beach on Abenakee, and headed up the lake. The conditions were beautiful, and relatively calm. We paddled past Big Brook Bridge and under a second bridge bringing us into a big bay dotted with islands and two inlet streams. We paddled up Round Pond Creek until it got narrow and fast, then turned around and had lunch on our return down the stream. We saw 2 loons, an osprey nesting on a nest on the Big Brook causeway, and a great blue heron. Participants were Mary MacDonald, Jan and Marc Limeri, Susan Ford, Karen and Richard Wang, Christiane Mulvihill, Susan and Roy Keats (the leaders).



Photo Courtesy of Roy Keats

Partridge Run Ponds

May 24, 2016

We made a 6.5-mile loop through the central section of the 4500-acre Partridge Run Wildlife Management Area (WMA) in western Albany County. This section contains eight man-made ponds, and our route passed by all of them. We passed several cellar holes, old foundations, stone walls and blooming lilacs and apple trees, all indicators that the area was once the home for generations of farmers. Most of the hike used WMA roads, snowmobile trail and was enjoyable walking.

But a short, seemingly easy bushwhack back to our car led us through some very dense thickets, adding a bit of unexpected excitement to the hike. Hikers were Judy Brandow, Walt Hayes, Mary MacDonald and the leader (Norm Kuchar).

Continued on page 12

Schenectady ADK Annual Dinner

Tuesday October 18, 2016

Once again the club will be holding our annual dinner at the Schenectady County Community College fine culinary school. There will be a happy hour with hors d'oeuvres, wonderful dinner, and a club meeting including election of officers and voting on bylaws, plus an entertaining presentation to be announced.



Raquette River, Sally Dewes

Chapter Board elections **Nominees Needed!**

The Schenectady Chapter needs your help. Please volunteer to be on the board as a project coordinator or member of a committee and help one of the oldest chapters in the ADK

keep fulfilling its mission. The following candidate slate has been selected for the 2017 Schenectady Chapter Board:

Chair: Stan Stoklosa

Vice Chair: Nominee needed

Secretary: Sally Dewes

Treasurer: Mike Brun

Director: Dustin Wright

Project coordinator: Horst deLorenzi

Project coordinator: Jacque McGinn

Project coordinator: Nominee needed

Project coordinator: Nominee needed

The Chair, Vice Chair, Treasurer and secretary serve one year terms. Project Coordinators and directors serve two year terms

Additional nominations may be emailed to the following address before September 1: Stan Stoklosa at Chair@adk-schenectady.org.

The ballot will be included in the October/November issue of the Lookout. Votes will be tallied at the annual meeting in October.

Proposed Changes to By-Laws

The Schenectady ADK Board is proposing new amendments to the Chapter By-Laws to bring them up to our current vision for the chapter. The changes are spread throughout the by-laws and the proposed changes are listed below. A complete copy of the proposed changes is available on our webpage. The link <http://www.adk-schenectady.org/home/SchdyChapADKBylaws-2016proposal.pdf?attredirects=0&d=1> can be found on the Chapter's home page.

The amendments will be voted on at the annual dinner on October 18. If you intend to be at the annual dinner ballots will be available at the front desk. If you prefer to email your vote before October 18, please email delorenzih@msn.com whether you approve or disapprove of the changes. It is enough to type either 'Yes to By-Law changes' or 'No to By-Law changes' in the heading. Please let us know who you are so that we may confirm that you are a chapter member.

Proposed changes to the By-laws

Article 1 and 2 - Name and Organization:

Minor grammatical changes, no change in language or meaning.

Article 3 – Objectives:

The Catskill Mountains have been added to the area of interest for club activities. The word "Innings" has been clarified. The wording under Education has been changed slightly with no change to the meaning.

Old Articles 4, 5 and 6 (New Article 4) - Membership:

The three articles have been combined into one. There are slight grammatical changes and the wording has been changed slightly.

Old Article 7 (New Article 5) – Officers:

The duties of the vice-chair have been clarified. Reference to the Program Committee has been eliminated. The duties of the secretary have been better defined. The wording about the chapter directors has been rearranged. Section H has been moved to Article 8 (new Article 6).

Old Article 8 – (New Article 6) – Administration:

The language in section A. has been made more compact. The number of project coordinators has been changed from 4 to 2-4 since we have had difficulty filling all the positions. Section H from old Article 7 has been moved here, it is a better fit.

Old Articles 9 and 10 (New Articles 7 and 8)

No changes.

Old Article 11 (New Article 9) – Committees:

The Program, Education and Silver Lake committees have been eliminated since most of those responsibilities have been taken over by other committees. Young Members and Northville-Placid have been added to the standing committees. Some committee names have been changed to conform with daily use.

Old Article 12 (New Article 10) – Amendments:

The title has been changed to make it more specific. The wording has been changed to clarify the voting process.

Schenectady-Albany Joint Picnic

Sunday August 14, 2016 3-7 p.m.

Once again, the Schenectady and Albany Chapters are joining forces to provide a great social event right here in the Capital Region! This time, we will be gathering in the Schenectady area. Come join us for an informal picnic at the Mabee Farm Historic Site, enjoy the nature walks, meet fellow ADK members, and *mabee*, learn a little bit about our local history.

The Mabee Farm was originally established in 1671 when Daniel Janse Van Antwerpen purchased the property from the Mohawk Indians. Part of this property was then sold to the Mabees around 1705. The Mabees' original stone house and other structures still stand to this day. The stone house is considered to be the oldest standing structure in the Mohawk Valley and

possibly, New York State.

Bring a picnic item to share. Hamburgers/veggie burgers and rolls, plates, cups, utensils, grill and ice will all be provided. The picnic will be held rain or shine. There is no stated fee, but a donation jar will be available for those who would like to help defray costs. Members from other chapters are also welcome to attend.

We have reserved the pavilion for the event and have limited space, so please contact us for reservations. Hike leaders are: Deb Reif at adirondackhiker@hotmail.com, 944-3369 and Stan & Teresa Stoklosa at chair@adk-schenectady.org, 383-3066. Hope to see you there!

Conservation Report

The trails and creeks in the Adirondacks and Catskills are bustling with activity in the heart of the summer. Hikers are all over the peaks and paddlers are running the Hudson Gorge – or wherever they can find water in this dry period. That is an advantage that flat water folks have, as the lakes offer respite despite dry times. Then there are cyclists getting ready for the Ididaride July 31 and campers pitching tents. It's a fun time.

There is also a lot of work under way and a load of action to assess from the legislative session that adjourned June 18. The legislative session will be covered extensively in the September-October edition of Adirondac.

But one of the most compelling issues is the status of the newly state-acquired Boreas Ponds Tract, which as we go to press is unresolved. On the positive side the 20,758-acre tract is now public land and a hike along about 6 miles of Gulf Brook Road will bring you to the LaBiere Flow, the southern terminus of the ponds; it's a further hike around that to the ponds proper. One can even carry a light canoe past the locked vehicle barrier and up the road to explore the ponds and enjoy the unique view of the Great Range of the High Peaks.

Less positive – though clearly necessary – will be

contentious hearings about the classification given this tract, which will determine whether motor sports are allowed on or near them. No hearing schedule was available in late July but it is likely these will take considerable time. Further, there was no interim plan established by the Department of Environmental Conservation, so for the present it's a long walk. Eventually it is expected that vehicles will be allowed at least to a parking area at LaBiere flow.

Even more immediate is the continued effort by ADK volunteers and staffers to identify and control invasive species on land and water. The Hemlock Woolly Adelgid (HWA) is one of the highest priority targets as it threatens this tree, one of the most common and important in our woodlands. ADK has conducted workshops so that hikers in the Catskills and Adirondacks can recognize and report occurrences of HWA. Similar education work has been done for volunteers assessing remote water bodies for invasives such as Eurasian water milfoil, water chestnut and curly leaf pondweed. There will be a two-day instruction July 30-31 at Heart Lake for aquatic invasives; contact Paul Gallery at the Albany office, 339-5590.

— *Mal Provost*

New Members

Continued from Page 1

"A couple weeks back (*early summer*) we had more than 15 folks, mostly prospective members, show up at a social event at the Van Dyck Lounge in the Stockade and we recently maxed out an outing up Overlook Mountain in the Catskills as well.

"We've been working hard to get up to speed in how we communicate to our members as well -- whether it's paid advertising of outings and events on Facebook or our new MailChimp email platform, we've upgraded nearly all the ways we spread the word about what we do as a chapter. Due to these efforts we welcomed in six new young member households in the months of April and May alone, with many more on the way!" (*Please see list of late-summer events for young members.*)



Young Members Group led by Dustin Wright

Our local push is under the umbrella of the main club, which also has made major steps. Early in 2015 the club created the position of young adult outreach coordinator and hired Stephanie Gaudons for that role; she had worked on a volunteer basis with the Albany Chapter prior to that. She is now working out of the Lake George Headquarters, has met with the Schenectady and other chapters and is coordinating and leading efforts overall.

ADK Development Director Catherine Forbes provided an outline of Stephanie's work and that of the club for this article.

Upcoming projects for Stephanie include:

- Add a young-member Johns Brook Lodge weekend, hoping to attract 28 members, plus another fall college weekend.
- Continue to convene the young-member working group, a meeting of the young member chairs and other young members in

leadership roles in ADK. The purpose of the meetings is to allow people to exchange ideas and support each other.

- Compile or create sample materials and best-practices to share with young leaders and chapter leaders interested in starting a young-member group.
- Schenectady, Albany and Glens Falls-Saratoga young member groups teamed up to offer joint outings and market their outings throughout the region. Stephanie will work with them to grow the number and types of outings offered.

Catherine also cited progress over the past year:

- ADK set a multi-year goal to increase young membership by 300. To date (*early summer*) we added 482 new young-members. We retained another 66 young- members.
- We increased the number of colleges with which we partner for educational outings as well as the number of outings offered for this target audience throughout the year.
- We continue to make progress on the millennial marketing plan. We launched a new blog, began work on a new mobile-responsive website and increased participation on all our platforms.
- We launched the all-ADK on-line calendar, using a special symbol to let young adults know which outings were created with them in mind.
- Stephanie contacts all new young members, typically within a month of their joining, making a personal connection with each.
- She works with chapters to create or revitalize three new young- member committees and works with all five to ensure ADK offers engaging programming tailored to the interests of younger members and parents with young children.

--Mal Provost

Trip Tales

Continued from Page 7

Sacandaga River

May 28, 2016

The Sacandaga release trip May 28 featured one of the larger groups we've had, with 23 boaters on the water. The group's size and varied interests -- surfers and straight river-runners -- meant we split into three groups. This was decided for standard safety protocol also, requiring smaller groups to keep an eye on each other. Two groups running the river-left side were honchoed by Clarke Darlington and Sally Dewes. There were a couple minor swims but the day was hot and bright and all was well. The boaters included 21 in kayaks, one tandem ducky and one OC!. Leader Mal Provost.



Sunset over Schroon Lake, Michael Adler

Esopus Creek

June 5, 2016

14 paddlers in assorted kayaks and inflatables converged onto Boiceville in the Catskills to paddle the mighty, mighty, Esopus. Among the paddlers were a few first timers to the Esopus. We had a very pleasant spring day to enjoy the outdoors and the release proved to be exciting for many of the participants. We started at the tubing put-in as advised by a DEC bulletin due to a strainer above stream and we stopped for lunch at Elmer's elbow. We took out at the state parking pull off a few miles below Elmer's where several of our participants enjoyed hot dogs and refreshments after a hearty day on the water. The next DEC release is in July and I suspect we will be there once again to enjoy the "Washington Irving" countryside. Trip Leader Robert Wright

Sacandaga River

June 11, 2016

The June 11 trip provided reminders of a couple basics of Adirondack outings: dress properly and don't try to outguess the weather. When paddlers arrived at the Sacandaga Outdoor Center the weather was in the 50s with a cold, soaking rain. Very inauspicious, even for a short run. But eight boaters decided to make a quick day of it and loaded up for the put-in. Fortunately all had rain gear and wet suits in some cases. Even better, as we worked through the top section of rapids the rain stopped, the sky brightened a bit and the day calmed. The rest of the run was a good workout under very acceptable conditions. Kayakers: Bob Wright, Clarke Darlington, Rick Gonzales, Ed Martuscello, Norm Labbe, Ed Cunningham and Robert Fulsang; OC1 Mal Provost, leader.

Wilderness First Aid and White Water Rescue Class

June 12, 2016

Rick Morse held a Wilderness First Aid and White Water Rescue Class for members of the Schenectady Chapter of the ADK this past Sunday. It was broken up into two sections. The morning was classroom training and the afternoon was spent on the water learning and practicing rescue skills. We discussed trip liability and how it pertains to ADK Trip Leaders and Members. The Wilderness First Aid Class was a paired down version of Rick's normal class. A review of First Aid kits was a great opportunity to determine if we were carrying the appropriate material for our trips. Large vs Small kits and how they could be carried was very eye opening. Rick provided Wilderness First Aid Bandannas that had basic rules of first aid as well as simple easy to read direction for common injuries. The first topic of discussion was about assessing the scene/person. We all agreed that this was very important and the scene can look different from different perspectives. Gretchen provided a great demonstration of CPR and we all realized how important it is and the need to practice and refresh our skills was very important. And indeed one of our group was witness to CPR event the next day! Scene assessment and a period of CPR was administered so we could all see how it feels to do CPR for a prolonged period of time. Prior to moving to the water a discussion about shoulder dislocation's and ways to put a shoulder back into place as well as how to immobilize the shoulder. Scenarios of securing and moving injured people were covered as well.

White Water Rescue

The group reviewed several White Water Rescue topics and how we have reacted to them. On the water we practiced ferrying skills, appropriate strokes, and boat recovery. Several of the participants participated in white water swimming skills while others practiced and reviewed rescue rope throwing skills. We even had at least one deep water reentry after a swim. Throughout the day several side discussions occurred about equipment setup and even the correct use of a dry suit. Participants had hard boats, a canoe, a duckie and even one packable inflatable kayak.

A full range of topics was covered and everyone had input. A very helpful and important part of our paddling season!!

Participants included Pam and Ed, Clarke and Kathy, Ed and Allison, Charlie Murphy (winner of longest drive), Jim Mienke, Eric, George and Sarah. Rick and Anne were our gracious hosts.

Springhill Ponds

June 14, 2016

As we parked our cars and prepared for the hike a woman stopped in her car to warn us of a wild horse in the area. We did not see the horse but we did find many moose tracks near the ponds. It was just about perfect late spring weather. At the ponds we found shoreline varying from swampy with pitcher plants and sundew to high and dry with red pines, bunchberry, corydalis and lady's slippers. There was a pair of loons on the pond as we had lunch at a cliff top camp site.

A great day in the woods for Serena Benson, Nancy Buckley, Norm Kuchar, Kathy Miles and the leader. (Walt Hayes)

Middle Saranac Lake Paddle June 17, 2016

We put our boats in at the South Creek access after leaving some cars at the Second Pond boat launch. The weather was fantastic - blue sky and fluffy white clouds. We paddled directly across Middle Saranac Lake to Weller Pond. On the connecting stream going into Weller, the Pitcher Plants were in full bloom across the bogs. We then paddled out past Windy Point, Norway Island and onto the sand bar near the outlet for lunch. After lunch, one boat took the shortcut over the sand spit into the Saranac River (portage of about 20 feet), while the rest paddled about 300 feet to the main river channel outlet. We



Middle Saranac, Courtesy of Roy Keats

then paddled down the winding river to the lock, passed through that and continued on to Lower Saranac Lake and then on to the Second Pond take out. The total distance was about 11 miles. We had no problems with inconsiderate boaters until approaching the bridge by the take out when two party barges deliberately went by us making maximum waves by greatly exceeding the posted speed limit. Fortunately we all came through without taking on any water. Participants were Ron and Carol Karpfen, Karen and Richard Wang, and Susan and Roy Keats (the leaders).

Kayak Class June 18 & 19, 2016

On June 18 and 19 we held the annual novice/intermediate kayaker class on the Deerfield River in western Massachusetts. Our three goals were SAFETY, LEARNING, and FUN. I think we succeeded with all. The weather was beautiful and the releases happened as scheduled. Saturday morning everyone went to the Sherman Reservoir and practiced various kayaking strokes. Students varied from novice to intermediate and much lively practice and discussion took place. We had lunch by the water and had lots more kayak and safety talk. This conversation was aided with the fabulous diorama!

The students, instructors, and chaperones paddled Fife Brook in the afternoon. Many skills were practiced along the way. The cool water was refreshing with the blazing sun. The culmination of the day was running Zoar Gap! Everyone who ran the Gap aced it! And one student completed his first combat roll! It was awesome!

Many participants then had a really good dinner at a local brew pub in Greenfield MA (People's Pint) and camped overnight nearby. On Sunday the group reconvened at Fife Brook and ran the river again. Eddy turns, peel outs, ferrying, back ferrying, surfing, shooting rapids, and some goofing around were enjoyed by all. Again, the end of the day was topped off by scouting and paddling Zoar Gap. Everyone who took the challenge succeeded with flying colors. What a great weekend. Thanks to everyone who helped make it a great success and kudos to the enthusiastic students!

Instructors: Sally Dewes & Anthony Lamanno; Chaperones: Steve & Tim; Students: Bill, Don, Rhea, and Ike.

Moreau Lake State Park

June 18, 2016

This trip was postponed by a week because of heavy rain and predictions of severe thunderstorms on the original date. Also, new trails opened on the recently-added McGregor parcel two weeks prior to the hike, and we used these new trails to alter the planned route and do a thru-hike from the new parking area on



Sam's Point Preserve, Sally Dewes

Corinth Mountain Rd to the existing parking area on Spier Falls Rd. The new trails allowed us to explore the shoreline of Lake Bonita and to go from Lake Bonita to Lake Ann without bushwhacking. We arrived at the viewpoint above the Hudson River in time for a pleasant lunch with a view of the river directly below and the Kaydeross Range on the horizon. Enjoying a beautiful day in the woods were Margaret Bartyzel, Beth Baumert, Mary MacDonald, Nilde Marcinowski, Kathy Miles and the leader (Norm Kuchar).

Buck Mountain

June 25, 2016

Eight of us enjoyed a warm summer day with low humidity. The trail through the woods, from Shelving Rock Rd., to the summit was well shaded and exceptionally dry, making for a pleasant hike. We had our lunch on the summit while taking in great views of Lake George and beyond to the High Peaks. Participants were Margaret Bartyzel, Sue Ann Creech, Bruce Goodale, Robert Goodale, Ginny Laing, Joan Xu and leaders (Ken & Nilde Marcinowski).

Bike Ride Report

July 5, 2016

Bike ride from Lyons Park, Niskayuna Train Station, to Peebles Island/Waterford on 07-05-2016. The ride began about 9:30 a.m. We had 8 cyclists: Charlie Beach, Kendra Pratt, Laura Fiske, Claire Gregoire, Karen Lydon, Doris Bindl, Jackie Hill and myself, Mary MacDonald. The day was warm and sunny. We completed more than 26 miles, heading east on the bike path to Cohoes, then across 787 and along the Black Bridge Trail to Peebles Island. We saw an eagle enjoying a meal near the Hudson River. At Peebles Island we had our lunches followed by a short stop at the Visitor's Center in Waterford and a walk up to Lock 2. Our return trip was along the same route and uneventful – back to our cars about 2:30 p.m. Sharon Bonk joined us riding back to the Black Bridge. Everyone agreed this ride is a good one!

Schenectady ADK
P.O. Box 733 Schenectady NY 12301-0733
<http://www.adk-schenectady.org>



CHAPTER BOARD MEETINGS: Are held regularly on the second Tuesday of the month. No meetings are held in July or August. Any concerns members have may be expressed to any board member listed on the inside front cover, or attend the meetings which are open to the membership. Call a board member for date, time & directions.

CHAPTER DISCLAIMER: People who attend outings are reminded that such activities entail a certain degree of danger; and persons participating do so at their own risk. This disclaimer is for both whitewater and regular outings of the chapter.

SCHENECTADY CHAPTER PATCH: This lovely patch (shown at right) can be purchased by mailing a check (payable to Schenectady Chapter ADK) to Mary MacDonald, 27 Woodside Drive, Clifton Park NY 12065. The cost is \$3 per patch, which includes the mailing cost.

TRIP LEADERS: If you do not want your trip listed in the local newspapers, call Publicity Chair Roy Keats at 518-370-0399, or roysueski@yahoo.com. This newsletter goes out over the Internet.

EQUIPMENT RENTAL: The chapter has hi-tech snowshoes and one pair of universal fit crampons available to rent at \$5/trip. Call Stan Stoklosa at 383-3066 to arrange for pick-up.

WEBSITE: <http://www.adk-schenectady.org> — All of the latest information will be posted on the Web, i.e. any changes or corrections. Please review our website and related Internet resources Acceptable Use Policy.

CHANGE OF ADDRESS: If you move, you must inform the ADK in order to continue receiving The Lookout. The Lookout is sent via bulk mail, which the Postal Service will not forward. Send changes of address to the Main Club to ensure uninterrupted delivery.

Membership Application

To join the Schenectady Chapter, send this form with payment to:

Adirondack Mountain Club 814 Goggins Road, Lake George, NY 12845 or drop it off at Adirondack Loj or Headquarters.

Check Membership Level:

- Family Life \$1950
- Individual Life \$1300
- Adult \$50
- Family \$60
- Senior (65+) \$40
- Senior Family 65+ \$50
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List spouse & children under 18 and birth dates

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the Lookout

Schenectady Chapter
Adirondack Mountain Club
PO Box 733
Schenectady, NY 12301

