

The **Lookout**

October-November 2016



Adirondack Mountain Club — Schenectady Chapter

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

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

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On the
cover

*Larry Woods mountain biking at Ski Bowl Trails North
Creek. Photo by Shelly Nevard.*

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OCTOBER - NOVEMBER 2016

The Lookout

The newsletter for the Schenectady Chapter of the Adirondack Mountain Club

Women Build Roles As Paddling Leaders

Whitewater paddling has for decades been one of the benchmarks of the Schenectady Chapter, a spirit and tradition that has drawn in new members and been recognized throughout the Adirondack Mountain Club.

The paddling season now closing – except for the very warm-blooded – has been a bit restricted by near-drought conditions. But there were plenty of trips – the Sacandaga, Hudson Gorge and Deerfield courtesy of dam releases -- and plenty of enthusiastic people in kayaks, canoes and inflatable kayaks known as duckies.



Allison St. Pierre



Sally Dewes

Enthusiasm is essential. First you have to get out and do it, spend the time and effort. And at least equally important is the drive to help develop and guide newer paddlers. That has been part of the tradition of the Schenectady Chapter going back to Kathy Armstrong and the late Betty Lou Bailey, and now enhanced by the training skills of Sally Dewes, plus others such as Horst DeLorenzi, Anthony Lamanno (Albany Chapter) and Whitewater Chairman Ralph Pascale.

But to be successful, these folks need the new blood, younger paddlers willing to listen, work and begin to take on leadership roles themselves. And it's really cool if they are women.

So let's talk about two of our developing paddlers: Pam Martuscello and Allison St. Pierre. Pam has been paddling whitewater about five years – kayak and ducky – and like Allison has taken Sally's annual skills course. Allison has paddled about 10 years, also kayak and ducky. Both are developing as leaders; both are enthusiastic about Hudson Gorge runs and whitewater paddling generally.



Pam Martuscello

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Dinner Date!
Schenectady ADK Annual Dinner
Tuesday October 18, 2016 at SCCC (More info on page 5)

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 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	

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 high point and many lookouts along the ridgeline due to a major forest fire that took place in 1913. Round trip distance is 10 miles.

Friday, October 7

Fall Foliage Mtn. Bike Class B2C

Larry Woods, 518-810-7552 or cboater1@yahoo.com

Now that the State has allowed bikes on the roads in the newly opened Boreas Ponds, I would like to explore the area. Plan on riding all dirt roads in various conditions. The trip should be suitable for all mountain bikes, gravel grinders and probably hybrids/comfort bikes. Helmets required. It will be about a 2 hour drive, so we should meet at Northway Exit 9 by 6:30 a.m.

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Innings and Outings

Continued from Page 2

Thursday, October 13

**Young Member Outing: Stockade Ghost Walk
Class C3D**

**Dustin Wright, dustingwright@gmail.com or
603.953.8782**

Mary Zawacki, curator of the local Schenectady County Historical Society and a recently joined Young Member of ADK Schenectady will lead our group on a walking tour of the Stockade, one of the oldest neighborhoods in the United States! Come join fellow young members and young members at heart for a fantastic evening learning about over 300 years of Schenectady's haunted history!

Saturday, October 15

**Huyck Preserve and Biological Research Station
Class B3C**

Walt Hayes, 399-7482

A visit to the northern trails in this Albany County preserve in the Towns of Berne and Rensselaerville. Under six miles of hiking with lots of ups and downs but no significant elevation gain. The leader has not been on these trails so consider this an explore (but not a bushwhack).

Friday, October 21

**Cougar Nature Trails
B2C**

**Mary MacDonald 518-371-1293
or mmacdonald003@nycap.rr.com**

Cougar Nature Trails lead to the top of Cougar Hill. The trails are near the North Warren Central Schools. Wear your orange vest. Hunting season begins the next day. Hopefully we will have a warm, bright day to walk in this area which is part of the Chester Challenge. Don't forget your lunch.

Thursday, November 3 from 7-9 p.m.

**Young Member Social: Van Dyke Restaurant and
Lounge**

**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 at the Stockade's top meeting spot discussing the many opportunities available through the ADK for younger members and help us brainstorm about how to increase our young member programming. All are welcome, members and prospective members alike!

Thursday, November 3

State Mountain

Class B2B

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

State Mountain is the unofficial name of a 1340 ft. summit lying north of the upper end of Northwest Bay on Lake George and east of Pole Hill Pond. It makes up for its lack of height by having cliffs that provide extensive views over the southern end of the lake. We'll follow the marked trail toward Walnut Ridge, which we climbed last fall, and then bushwhack less than a mile to the top of the cliffs.

We'll probably return by bushwhacking to the marked trail between Middle Mountain and Walnut Ridge. Distance is about 5 miles, with about 1250 ft. of elevation gain. Approx. meeting time 8:30 a.m.



Bob Wright and Don Orr at Paddlers' Picnic.

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Innings and Outings

Continued from Page 3

Friday, November 11

**Wittenberg & Cornell Mountains, Class A2B+
John Susko 383-1284 or jpsusko@netzero.net**

We'll take the trail from Woodland Valley along the Burrows Range to these two Catskill peaks. The summit of Wittenberg has possibly the best views in the Catskills. The trail to Cornell includes an interesting V-notch on the way to good views of Wittenberg. The distance is 9-10 miles with 3000 feet of ascent. At this time of year crampons or other traction devices may be needed.

Saturday, November 12

Vischer Ferry Nature & Historical Preserve "Hiking Through History"

Class B3

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

This trip combines an easy hike with some interesting local history, as we'll walk along the towpaths of the original (1825) and the enlarged (1842) Erie Canals. We'll pass an abandoned lock, the site of a 1728 ferry across the Mohawk, an old dry dock, and other 19th century structures related to the canal. Along the way, we'll go through an interesting riparian forest, and there's always a chance to spot waterfowl and other wildlife in the ponds and marshes. Distance is about 6 miles, with no elevation gain. Approx. meeting time 9 a.m.



Paddlers take a lunch break below The Narrows on the Hudson Gorge

Annual Dinner set for October 18 at SCCC

The annual dinner will again be held at the Schenectady County Community College’s Van Curler room, beginning at 5:30 p.m. with a social hour featuring cheese, crackers, vegetable and dip together with wine and non-alcoholic punch. Dinner will be served at 6:30 and includes a choice of sirloin, Cornish game hen or vegetarian plus a salad and dessert. The dinner will be prepared by the SCCC Culinary Arts Program.



Peter Fedorick at Grand Tetons

Join us, reconnect with hiking and paddling companions and learn about Chapter activities. The Chapter is defraying part of the expense so the cost is only \$24.

This year the speaker will be Peter Fedorick, a Glens Falls Chapter member. He is a long time resident of Saratoga County and a retired municipal auditor for the Office of the State Comptroller. Some of his hobbies are hiking, mountain climbing, paddling and biking. Throughout his many years of outdoor activities, he has had the opportunity to visit Europe, South America and much of North America.

As wonderful as these experiences have been, his true love is the Adirondacks and he will take us on a pictorial journey to some of the gems he enjoys visiting. His presentation is entitled “Adventures in and Around the Adirondacks.” Most would agree that the High Peaks of the

Adirondacks enjoy the spotlight when it comes to discussions among lovers of the outdoors from our area, but Peter will share with us images of often-overlooked venues of paddling, hiking and biking in our backyard. Paddling Jabe Pond, hiking to Barton High Cliffs, and biking the back roads around Brant Lake are just a few of the places we will visit.

Please make reservations for the Annual Dinner by filling out the reservation form and mailing it to Stan Stoklosa, 8 Archer Drive, Clifton Park, NY 12065. The deadline for mailing the form and check is Saturday October 8. Please call Stan at 383-3066 if you have any questions.

Dinner choices:

- Garlic herb roasted New York sirloin with horseradish demi-glaze
- Roast Cornish game hen with maple mustard glaze
- Rigatoni pasta served with roasted red peppers, wild mushrooms and Fontina cheese

All choices include baby kale salad with raisins, toasted almonds and carrots and a pecan cranberry tart for dessert.

Annual Dinner Reservation Form

Tuesday October 18 at SCCC

Please check off the number of dinners @ \$24 per person:

_____ New York Sirloin
 _____ Cornish Game Hen
 _____ Rigatoni Pasta

Name(s): _____

Phone: _____

Mail this form and your check made out to Schenectady Chapter ADK to:

Stan Stoklosa
 8 Archer Drive, Clifton Park, NY 12065
 by Saturday, October 8

Women Build Roles As Paddling Leaders

Continued from Page 1

Pam: "I practiced my way up to being able to act as a guide in my ducky on the Hudson River Gorge. It was not my original intention to act as a guide but I do enjoy it and it has been beneficial to many people in many different ways. "I don't see myself as a leader there so much I see myself as a "stepping stone." I am pleased and proud to be able to assist others in reaching their goals.

"I think I may play the role of a "stepping stone" for other women who are looking at the sport too. They see me in a ducky and they see me in my hard boat. I play the middle ground. It's not too overwhelming so a "never-ever" might see me and think "hey, I can see myself doing that ." "Watching experienced kayakers can be intimidating. Sally is sooooo good. A true leader in the sport and an excellent teacher. But, sometimes to watch her I just think " OMG, I could never be that good.

"I do not aspire to do the HRG in my hard boat. I participate because I love to be outside. The rivers are beautiful. I see breathtaking scenery that some people never will never be able to see. I love to be able to spend time with my husband (kayaker and ducky pilot Ed Martuscello) and partake in something that he enjoys. I love to watch his (and others) progress and celebrate the successes. I love the companionship and camaraderie of being with old friends, new friends and the friends that I'm going to meet by doing this.

I also love doing something that challenges me. It's physical, mental and emotional. I can be safely outside of my comfort zone due to the excellent network of support that we have. I can really challenge myself if I want to or I can simply enjoy the experience of paddling."



Sally Dewes runs the Middle Branch of the Sacandaga

skills and ability, you can also always rely on your fellow paddlers to pass on their knowledge, help you learn, and perfect your skills, and be there for the needed rescue on those days you swim.

"I am still learning and working on skills every time I go out. I try to help others on the river and share my knowledge. I have not taken on a true leader's role, as in leading trips, or taking on skill training, but I will help guide someone down a rapid or river when asked. I always feel proud when someone thinks that I can offer them a safe line. It is my way of giving back what others have done for me. I feel very privileged.

"Kayaking is a challenging and exhilarating sport. To quote my instructor "how often in life do you get to test your courage?" As a woman I have never felt inferior; this sport welcomes everyone. I love the camaraderie of the group, I love spending time and sharing these experiences with my boyfriend, I love being outside and appreciating the great outdoors, and I love the feeling of accomplishment of navigating a river, reading the lines, and safely getting down a river."

Pam's specialty is taking newbies down the Gorge to get them oriented before they solo the 17 miles of class 3 rapids in kayaks. She does it all with a smile.

Allison: "I was fortunate to have wonderful and patient instructors; my words of advice to anyone getting into the sport is to take lessons!

"As a woman kayaker I wouldn't say my experience is unique or different, I will say that every trip challenges you both mentally and physically. Each day out is a different experience, there are days on the water where I feel like such an accomplished boater, to days where I can't seem to master the roll and end up swimming the rapid. What makes this sport so great is, as much as you are relying on your own

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For the few club members who are not familiar with Sally, she has run the Grand Canyon six times – in kayak after an introduction via raft. She has run close to 50 rivers class III and above in New York State and more than 100 in the U.S., Canada and Central America. Her instruction programs have been a highlight of the Schenectady Chapter since the late 1990s, when Chuck Wilkison asked her to assume that role.

“These women are leading by example and inspiring others to participate...”

~Sally Dewes

Sally: "When you're teaching it's wonderful to see a student understand a concept or skill; it's so much fun to see it click in their minds, or their eyes or smile. It's also very interesting seeing the sport evolve and teaching methods evolve over time. In the decades before I started kayaking,

people were paddling in 11 foot rounded boats. Now the boats are 6 feet long with flat bottoms. All the gear was made for medium to big men then. Now paddles, boats, helmets, skirts, life vests, everything, is designed for women and kids as well as men.

"It's awesome to realize that many club members, including amazing women like Allison and Pam, have taken the class and gone on to have rich paddling adventures, within the club and without, and now they are introducing more people to the sport. This community is very fortunate there is such an active whitewater group that mentors so many new paddlers through instruction and outings.

"These women are leading by example and inspiring others to participate, demonstrating confidence and winning respect and trust of others. Their's will be a lasting legacy."

--Mal Provost

Whitewater Schedule

Date	Day	Event	Level	Contact	Phone
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

Unnamed Peak (aka Rooney East)

July 12

This trip was planned to include wading the Sacandaga River at the NYS campground in Wells but for the second time the flow was too swift and water level too high for a safe crossing. We used the opportunity to try a new route up the mountain and a new route down. We have now used four different bushwhack routes up or down the mountain. The day was perfect. A bright sun but some cool breezes from time to time. From the car and in the woods we found evidence of the recent search for the woman missing from her Wells camp. The round trip distance was about 3.5 miles with ascent of about 500 feet. Views to the south and west are very open from this rocky ridge top. Nancy Buckley, David Loux, Mary MacDonald, Nate Mack, Kathryn Miles and the leader, Walt Hayes.

New N-P Trail to Mud Lake

July 19

We had a nearly perfect day for hiking, with temperatures only in the 60s and very low humidity. Ten of us gathered at the new N-P trailhead on Gifford Valley Rd near Northville and ascended on the switchbacks to Mud Lake. The lake, with its floating bog mats, was made even more interesting by hundreds of water lilies in bloom. We then bushwhacked to the ridge above the lake's north shore, where we found several large areas of open rock that gave great views to the south and east, over the Great Sacandaga Lake all the way to the Catskills on the horizon 80 miles away. After a pleasant lunch, we made another short bushwhack to another nice viewpoint on nearby Big Oak Hill. Enjoying the day were Margaret Bartyzel, Serena Benson, Walt Hayes, Dave Loux, Mary MacDonald, Kathy Miles, Yves Nollet, John Susko, Karen Wang and the leader, Norm Kuchar.

Cedar River Flow Paddle

July 22

We started out from the Wakely dam going into a pretty good head wind. By keeping to the west shore down the lake, we were able to avoid some of the wind. We had great views under sunny/partly cloudy skies. When we got to the narrowing southern end of the lake, we started paddling across through a lot of weeds until we finally found a channel actually flowing into the lake. We followed the current to its source -- the Cedar River -- and paddled up to

find a beaver dam across our path. This was the first time we ever have been impeded by a dam at this location. The dam was too high and dry to paddle over, too tough to rip out, so we climbed around it with Marc and Jan leading the way and helping pull most of the boats through the grass on the side. We then continued up about a mile to the NP Trail lean-to for lunch. The winding river gave us a different wind direction after every twist. After lunch we paddled out, made much quicker work of the beaver dam, and went out onto the main lake. There we were found a pair of loons calling loudly because of a bald eagle soaring overhead. The wind then gave us a great ride back to our cars. Participants were Ron Phillips, Mary MacDonald, Kathy Armstrong, John Ravas, Marc and Jan Limeri, Karen and Richard Wang, and Susan and Roy Keats, leaders.

Hike to Treadway Mountain

August 3

Alas, no blueberries but a beautiful day (after delaying our trip scheduled for Tuesday) with few hikers on the trail and lots of sunshine. Our four hikers were Judy Brandow, Nilde Marcinowski, Serena Benson and Mary MacDonald, leader. We saw several efts en route as they were absorbing some of the moisture from recent rains. The views from the summit were excellent - High Peaks to Lake Champlain and all in between. Our drive took about 1.5 hours. We missed those who wished to hike but were unable to join us on our delayed day.

Henderson Lake Paddle

August 27, 2016

We delayed the trip by one day and got spectacular weather as a result. We met a young couple doing a video of their trip by inflatable SUPs from Henderson to Duck Hole and then on to Flowed Lands through Avalanche Lake. We were in canoes, and did not carry on to the other ponds. The scenery was perfect with great views of Wall-face Cliffs, MacNaughton, Marshall, Colden, Adams, and Santanoni. We wound our way up Santanoni Brook, saw a few loons, and had a great day. Participants were Gail Cotler, Carol and Dave Furman, and Sue and Roy Keats, leaders.

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Hudson River Gorge

September 3

Many of our whitewater boaters have been running the HRG this summer in kayaks, open canoes and inflatable duckies. Unfortunately, many of the trip reports have been AWOL. The trip this date was smaller than many, six boats, but enjoyed a bright, warm day and a dam release down the Indian River that seemed a bit beefier than over the past couple years. It is possible that the rebuilding of the dam that turns the Indian into Lake Abanakee is affecting the release level, but we have had no confirmation of this. So the initial run was fast and strong but there were no swims, which always is nice. Boaters were Clarke Darlington, Ed Martuscello, Bob Wright, Horst DeLorenzi and Nelson Miller in kayaks and leader Mal Provost in open canoe.

Lake George Carriage Road

September 7

An absolutely perfect day to walk along the shore of Lake George - exploring various points along the way. We got as far north as Red Rock where we had lunch and some enjoyed a cooling swim. The well built carriage road is in great shape after all the years of use. We found a quarry

where some of the rocks to support the road had been blasted from the bedrock. The hike and explore on the carriage road is very easy and pleasant but hikers have to pay for that pleasure by a total of 1300 feet of climbing to get to and from the parking area. We had a relaxed pace and did just under eight miles of walking. We saw no other hikers on the lakeside carriage road. Scott Anderson (Glens Falls-Saratoga Chapter), Norm Kuchar, Ken and Nilde Marciniowski and the leader, Walt Hayes.

Bloody Mountain

September 9, 2016

(rescheduled from a hot rainy day on August 12)

We met Corrie O'Dea (NYS DEC Forester) and John (SCA intern with DEC) at the trailhead to explore for a route up Bloody Mountain for the North Country National Scenic Trail. We had previous issues with the steep approach to the summit ridge. We found a new way up that we all agreed was quite a good one. The views at the top for lunch were as great as usual. It was a hot humid day for September but some breezes eased the pain. We think that this part of the NCNST may have the best view of all 4,600 miles of the trail. A very satisfying day in the woods. Schenectady Chapter hikers were Norm Kuchar, David Loux and the leader, Walt Hayes.

Trails Committee Seeks Volunteers

The Schenectady Chapter's Trails Committee is currently responsible for maintenance of the trail to Mount Gilligan, a small peak with a big view located near Elizabethtown. Our chapter built this trail in the 1940s, when the nearby Bouquet River Lodge was used as a base for our outings, and we have maintained it ever since. Recently we did a maintenance hike to Gilligan.

We also participate in annual maintenance on part of the Mohawk Hudson Bike Hike Trail in Schenectady, as part of the National Trails Day event in June.

And we are also assisting DEC in the extension of the North Country National Scenic Trail (NCNST) through the Adirondacks, focusing on the eastern section from near Thirteenth Lake to Crown Point. This includes exploring potential routes and working with DEC on defining and marking specific routes. In the future, we will also assist DEC trail builders in construction and marking existing and new sections of the NCNST.

If you are interested in helping with any of these projects, please contact the Trails Chair at trails@adk-schenectady.org.

- Norm Kuchar



Walt Hayes works on blow down on Mt. Gilligan Trail.

Vote for your 2017 Chapter Board Officers by October 18

The nomination Committee has prepared the following slate of officers for the 2017 Schenectady ADK Chapter Board. No additional nominations have been made by petition, so the candidates are presented for vote in the form below. Ballots must be received by October 18, 2016 to be valid. They may also be turned in at the annual dinner meeting.

Please cast your vote using the column to the right. Clip the ballot and send it to: Schenectady ADK, Attn: Sally Dewes, Secretary, P.O. Box 733, Schenectady, NY 12301-0733. The new officers will be officially announced in the next issue of The Lookout.

2017 Chapter Board Ballot			
<u>Position</u>	<u>Term Length</u>	<u>Candidate</u>	<u>Your Vote</u>
Chair	1 Year	Stan Stoklosa	_____
Vice Chair	1 Year	No candidate	_____
Treasurer	1 Year	Mike Brun	_____
Secretary	1 Year	Sally Dewes	_____
Director	2 Years	Dustin Wright	_____
Project Coordinator	2 Years	Horst deLorenzi	_____
Project Coordinator	2 Years	Jacque McGinn	_____
Project Coordinator	2 Years	No Candidate	_____

Young Members Update

Wow, things are happening with ADK Schenectady's Young Members group, involving folks roughly ages 18-35. Our monthly socials at various watering holes around Schenectady have been a huge success. We had 11 people join us for our most recent social at Centre Street Pub, a number of which have since joined the ADK.

Here's the thing though: To continue all our awesome growth with new young members, we'll **need to increase our leadership capacity among already involved young members in order to provide increased programming and outreach support.**

With this challenge in mind, I'm in the initial stages of working with Stephanie Graudons and other staff at that main club to organize some sort of ADK Young Member Leadership Weekend to take place early next spring. Be sure to stay tuned for more details on this important effort, and in the meantime, please come out and join us for our outings and socials this fall!

-- Dustin Wright



Dustin Wright with Cheng Yuan-ming, Sarah Keats and Willy Bear on Snowy Mountain.

Conservation Reports

Boreas Ponds

In some ways spending \$14.5 million for the Boreas Ponds Tract – 20,758 acres of spectacular wild country adjacent to the Adirondack High Peaks – was the easy part for New York State, completed this past spring.

Now comes the contentious job of establishing the tract's classification – wilderness, primitive or wild forest in descending order of use limitations – which will pit local economic interests against groups such as ADK seeking to keep the land free of motors and road intrusions. That is a recurrent theme in the Adirondacks and Boreas Ponds are a true jewel to be fought over.

Much has been written about these conflicting needs and philosophies – jobs and access versus the longer view of protecting a unique environment – and there is little need for a rehash here.

But the news coming out of the Adirondack Mountain Club's August session of its Conservation Committee is that the process will involve statewide hearings, possibly in November and December. These are to be conducted in the Adirondacks, Rochester, Albany, Bear Mountain downstate and possibly Long Island, according to Neil Woodworth, ADK executive director. ADK has pushed for hearings across the state, reflecting the importance of the Boreas tract specifically and the value of wilderness generally.

Strong public – ADK and others – attendance at these hearings is important, Woodworth said, to voice opinions on the proper care and use of the Boreas Ponds and surrounding lands. "It really has an impact on the final proposal."

More immediately, there was the question of access to the tract prior to any formal classification decision. That was resolved early in September when DEC announced its interim access plan, making it easier and more convenient to get to the ponds via Gulf Brook Road.

A quick outline follows:

-- 3.2 miles of motor vehicle access on the Gulf Brook Road;

-- 6.7 miles of that roadway open to bicycling from Blue Ridge Road to the Boreas Ponds Dam;

-- and approximately 25 miles of seven roadways open to horse and horse drawn wagons.

Paddlers will be able to access Boreas Pond and other waterways by carrying their canoes and kayaks 2.5 miles from the gate on Gulf Brook Road to LaBier Flow and then another 0.5 mile between the flow and Boreas Pond.

DEC cautioned in its announcement, however, that "the Interim Access Plan does not have any bearing on the future land classification of the tract currently in development and does not prejudice what access and uses will be allowed in the future."

(One of the major points of discussion will be the status of Gulf Brook Road and whether vehicles will be allowed on it under the final, formal classification.)

-- **Mal Provost**

Invasive Species Project Continues

Special effects movies and video games are replete with alien invaders of all sorts, nasty beings that want to do us great harm. Zapping them is big business and fun for the younger set. But let's talk about reality, which is less exciting but far more serious. And the zapping is problematic.

The real thing is an array of bugs and plants that threaten our forests and water bodies with the potential to destroy native species such as hemlock and ash trees and clog or dominate lakes and ponds, destroying much of their recreational potential and environmental health.

More and more we are going to have to be alert and ready to combat these critters and plants, an effort to which the ADK and many other organizations are committed. These efforts are known formally as the Backcountry Water Monitors and Forest Monitors programs; they rely on professional trainers and volunteer "citizen scientists."

The Backcountry Water Monitors Program is a partnership with the Adirondack Park Invasive Plant Program (APIPP), Adirondack Watershed Institute (AWI) of Paul

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Smith's College, the NYstate Natural Heritage Program, The DEC's Invasive Species Coordination Unit, the Lake

Champlain Basin Program and the New England Interstate Water Pollution Control Commission. The Forest Monitors works with these organizations and closely with Cornell University.

Cathy Pedler, government relations director for the ADK in Albany, reports that the Water Monitors Program has trained 55 volunteer citizen scientists in the last two years. Last year 14 ponds were surveyed, including Berrymill Pond, Clements Pond, Chapel Pond, Connery Pond, Dead Creek Pond, Edgecomb Pond, Fish Brook Pond, Giant Washbowl, Heart Lake, Little Jabe, Lost Pond, Owen Pond, Weller Pond, Wing Pond. This year the target is at least 10 ponds. By mid-August, four ponds had been surveyed including, Island Pond, Long Pond, Amy's Pond, and Deer Pond. A big target for September – before cool weather closes the program for the season -- was a five-pond survey in the Sleeping Beauty area of the Lake George Wild Forest.

APIPP's coordinator, Brendan Quirion, explains that these backcountry programs target the more remote and less fre-

quented areas of the Adirondack Park, where forests and waters often show the highest levels of conservation value as well as increased resilience to invasive species. By detecting the new introduction of harmful invasive species in these areas as early as possible, not only do we protect the best of what the Adirondacks has to offer, but also, when invasive species are found our mitigation efforts are more likely to succeed.

For further information on these programs contact Paul Gallery or Cathy Pedler at the Albany office of the ADK, 469-3870, or cathy@adk.org.

--Mal Provost

Mal Provost surveying Long Pond for invasives.

Long Pond, Island Pond

The trip into Long Pond and Island Pond on August 4 offered a "two-fer" for a fairly easy walk as part of the survey effort for aquatic invasive species plants.

The ponds are roughly between Brant Lake and the north-western stretch of Lake George, reachable off Northway Exit 24 and secondary routes north of the road to Bolton Landing.

Right off the rip let me note that the walk of about 1.5 miles in (1.1 from trailhead to Long Pond and about 0.4 to Island Pond from the trail split) was easy due to the hiking experience and GPS skills of Norm Kuchar of the Schenectady Chapter of the ADK.

The route is a state snowmobile trail and is fairly clearly marked as such, beginning at a parking pullout off a dirt section of Padanarum Rd. Spur (National Geographic Map 743). The complicating factor is numerous flooded areas from beaver dams and some areas that have become bogs from off-road vehicle traffic. Also, there are trail markers that end at water's edge, as these would be passable over ice. So navigating around these obstacles involved some

minor bushwhacks and traversing beaver dams, which Norm did with ease, plus periodic checks of his GPS in sometimes dense undergrowth. I struggled along behind with the inflatable pack boat, with its breakdown paddle sticking up like a radio antenna, perfect to grab scrub firs and dead branches.

Both ponds have limited useful shore access, guarded by extensive marshes or fir undergrowth so finding a launch spot for the pack boat took some scouting. We had planned for Norm to do a bit of shore survey – at least along Long Pond which appeared to have better access on our maps – but found that this would have been inefficient at best. The pack boat was the only reasonable way to do the survey.

The survey happily showed no invasives. We saw extensive areas of water lillies and pickerel weed along the shores, but no loosestrife was visible nor were samples of milfoil, water chestnut or other priority invasives found. I used visual observation and photos, plus rake drags on the pond bottoms and came up with nothing suspicious.

--Mal Provost

Ididaride Rolls On!

For bicyclists waking early July 31 to ride in the 11th annual "Ididaride!" the prospect of a long, wet day was grim. In the Capital District a steady rain had developed overnight and the sky offered no indication of a break. Some bagged it right there, rather than drive to North Creek and endure 77 miles of Adirondack hills in a monsoon.

But others – many more – decided to at least get to Gore Mountain and see how things looked. After all, the pavilion on Ski Bowl Road in North Creek has a roof and concrete floor so the sign-up would be dry. And there are free donuts and drinks in the morning.



Catherine Forbes, ADK director of development (left) inks a participant's arm for the Ididaride.

For the many riders heading north from Albany, Schenectady and surrounding areas, things began to look better around Glens Falls. The rain became intermittent and

the sky became mottled and brighter. Around Warrensburg the rain stopped and as vans, pickups and cars with bike racks pulled into the parking field, lo and behold it was bone dry!

And the weather held! It was cool and cloudy with a light breeze at times – fairly humid – but really ideal conditions. (For the past several years the bicycle tour -- a hilly route that loops from the Ski Bowl Road to Peaceful Valley Road to Routes 8 and 30 through Speculator, then to Indian Lake and back down Route 28 to North Creek – has had what might appear to be ideal weather: bright and sunny. That's nice but laboring up the long climb to Speculator and many daunting, shadeless hills before and after Indian Lake in the early afternoon is a slow bake.

Suffice it to say that this major fund raiser for the Adirondack Mountain Club – one of its signature annual events – was a happy success this year. There were 453 riders who had wheels turning, most for the full 77 mile course and a small fraction for a 20-mile jaunt from Indian Lake back to North Creek. Riders come from across the country, including California and Florida and neighboring states. About 75 more were listed as no-shows, according to ADK records.

The effort raised \$44,000 for ADK's trail maintenance and many other projects and programs statewide. The Cold River Chapter hosts the tour, and 42 volunteers and 7 ADK staff members supported the entire event.

-- **Mal Provost**



Both photos courtesy of Alex Parrot. Contact: 668-4470 or rainforestbird1819@gmail.com

Adirondack Notes

Invasive Spiny Waterflea Confirmed in Indian Lake

Spiny waterflea, an invasive zooplankton, continues to spread in the Adirondacks. First discovered in Great Sacandaga Lake in 2008, it has quickly spread into at least eight other lakes in the region.

Most recently, a new population was detected in Indian Lake in Hamilton County. Up until this detection, Indian Lake was considered to be the Adirondack's largest invasive species free lake.

The discovery was reported to the Adirondack Park Invasive Plant Program (APIPP) by a Paul Smith's College Adirondack Watershed Institute (AWI) boat launch steward. An angler, who was fishing in a deeper section of the lake, collected the spiny waterflea on his fishing line. Because of its long spines, it can get easily caught on fishing line, especially on down-rigor lines, that are used to fish in deeper water.

The spiny waterflea, native to Europe and Asia, ranges in size from 1/4 to 5/8 inch long as an adult; about the width of your pinky finger. They feed on other native zooplankton that young fish rely on for food. This can lead to less food that has lower nutritional value for popular Adirondack sport fish such as lake trout and salmon. As a replacement, spiny waterflea are not a good food for young fish. Their long spines make them both difficult to consume and digest.

In addition, spiny waterflea can pose a nuisance to anglers who constantly have to remove them from fishing lines and the clogged eyelets of their fishing rods. Often, this ability to attach to fishing line and boating equipment, is what allows spiny waterflea to hitch a ride to new lakes. The species can also be easily transported in the standing water of boats and bait buckets. Even out of water, spiny waterflea and the small eggs located on its back, can survive for several hours.

There are no known controls for spiny waterflea once they are introduced to a lake, which is why prevention is key for this and numerous other aquatic invasive species affecting the Adirondack region.

To prevent the spread of spiny waterflea and other aquatic invasive species, a recently adopted New York State law requires boaters to clean, drain and dry gear and watercraft between waterways.

Following these simple steps:

Clean: Whenever leaving a waterway, inspect watercraft and gear and remove aquatic plants and animals, including mud and algae and dispose of away from the shoreline.

Drain: Drain all water from live-wells, bait buckets, bilges and other reservoirs.

Dry: Allow boats and equipment to completely dry for at least five days.

Boaters can also visit one of about 25 free boat wash stations that are now available throughout the Adirondacks. These boat wash stations use high pressure and hot water to kill and remove any aquatic invasive species on a boat and its trailer.



Spiny water flea. Photo by J. Gunderson

DEC Ends Essex Chain Campsite Reservation System

Beginning August 15th, campers planning to camp on one of the 11 tent sites on the shores of the Essex Chain Lakes will no longer be required to reserve a site before camping, the New York State Department of Environmental Conservation (DEC) has announced.

While tent sites will be available on a first-come, first-served basis, campers will need to complete self-issued camping permits year-round at the trailhead register at the Deer Pond Parking Area. This will allow DEC to continue to monitor usage levels of the tent sites.



Photo of a paddler on Third Lake by Phil Brown.

Campfires remain prohibited on the 11 waterfront tent sites. Campfires are allowed at the other 19 tent sites in the Essex Chain Lakes Complex. More information can be found at www.dec.ny.gov/lands.

Anyone camping for more than three nights at any of the tent sites or with a group of 10 or more people must obtain a free camping permit from a Forest Ranger.

The camping permit system had been administered by the nearby Adirondack Interpretive Center (AIC), part of the SUNY College of Environmental Science and Forestry, which will continue to administer the Motorized Access Program for People with Disabilities (MAPPWD) in the Essex Chain Lakes Complex.

MAPPWD permit holders need to contact AIC at (518) 582-2000 or aic@esf.edu to reserve a parking space on Fifth Lake. The parking spaces provide access to an accessible tent site and accessible hand launch. AIC operates 10 am to 5 pm everyday but Tuesday between Memorial Day Weekend and Labor Day.

Questions may be directed to the DEC Warrensburg office, (518) 623-1200.

DEC Announces New Hunting Regulations

The New York State Department of Environmental Conservation (DEC) has unveiled new regulations concerning deer and bear hunting.

These regulations increase opportunities for hunters 14 and 15 years old to kill black bears, reduce antler-less kills in the western Adirondacks, clarify when special season tags may be used by bow and muzzleloader hunters, and more.

The new bear hunting regulation now includes the taking of bears in the youth firearms hunt over Columbus Day weekend that was previously a deer-only event.

According to DEC, deer populations in Wildlife Management Units 6F and 6J, in the Western Adirondacks, have been declining, so killing antlerless deer is now prohibited during the early muzzleloader season there. "Winter weather conditions are a primary driver of deer abundance in the northern part of the state, and the winters of 2013 and

2014 were especially harsh," a DEC announcement to the press said. "Coupled with mild conditions this past winter, reducing the harvest of antlerless deer should prevent further population decline and stimulate growth." DEC expects the change to be temporary.

The final regulatory change is a technical correction to clarify that hunters who purchase both the bow and muzzleloader license privileges may use the Bow/Muzzleloader either-sex and Bow/Muzzleloader antlerless-only deer tags in either season or both in one of the seasons with the appropriate implement. This has always been DEC's intent, but ambiguity in the previous wording of the regulation could have led to confusion. Hunters who purchase just one of the special season privileges are still only allowed to use the Bow/Muzzleloader tag during that particular special season.

These Adirondack Notes are courtesy of Adirondack Almanack (AdirondackAlmanack.com), the daily online news journal of the Adirondacks.

Schenectady ADK
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CHAPTER BOARD MEETINGS: Are held regularly on the first 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 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
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