

## Footprints

Newsletter of the Adirondack Mountain Club  
Foothills Chapter

### Notes from the Foothills Chapter Vice-Chair

After our delicious dish to pass at our December meeting we will have the election of officers to fill available positions. A hike leader from the fall outing and I were discussing the need for volunteers from our chapters, and he sent me an appeal that he thought was especially well written by his Genesee Valley Chapter chair, Bill Lindenfelser. Here are some excerpts:

#### Why Volunteer?

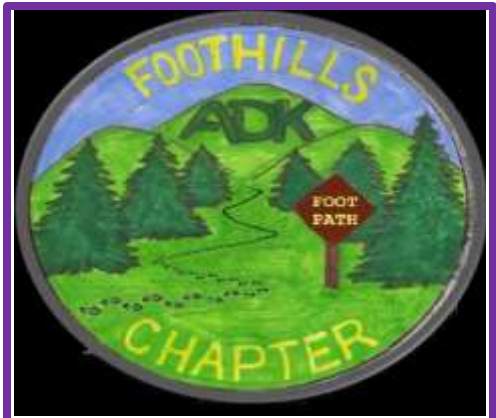
**"First, it will make you feel good that you are doing your part. That's the warm sense of satisfaction that you have a part in something that you must think is important. Give something back. Help make the future of an organization that has... been responsible for creating...vibrant outdoor experiences." Bill also referenced a report by a young Frenchman who was sent here to study the American prison system. But he wound up " identifying one of the key pieces to what makes this country of ours tick: the voluntary association of its inhabitants into associations, organizations and clubs. And here is ADK, with its mission of conservation, environmental advocacy, responsible recreation, education, and stewardship. The kind of outfit you want to support. So--get involved and volunteer!"**

Please think about bringing food donations for the senior center. They especially appreciate nutritious meal replacements like Ensure, canned goods with pop off tops like ravioli, individual portions of fruit, anything that is non-perishable and easy to prepare. Also the senior center is collecting new and gently used coats for seniors.

Outings opportunities abound for you to get out and explore new territory: First, the Heart Lake Winter Outing, Jan. 11-13 hosted by the Iroquois Chapter; the Tug Hill Winter Outing, Jan. 18-20 also hosted by the Iroquois Chapter; the ADK Long Island last chance for winter hiking in the Catskills Tannersville area March 15-17. See me for more details if you are interested! We already have a contingent signed up for Tug Hill.

Marie Naple will report on our DEC camper who will receive the Jody Rothmeyer scholarship award for a week at one of the three DEC camps this summer. See you in December!

*Gail Livingston,*  
Vice-Chair



### Upcoming Events

**Wednesday Dec.12, 2018**  
**ADK Foothills Christmas Dinner/Meeting 6:00pm**

**Tuesday, December 18, 2018**  
Mt. Francisco- Hike/snowshoe bushwhack

**Saturday, December 22, 2018**  
FULL MOON EVENT

**Thursday, December. 27, 2018**  
Godwin and Pole Hill Preserves

**Saturday, January 5, 2019**  
Hackensack Mt

**Wednesday, January 9, 2018**  
Potash Mt

**Fri-Sun, January 11-13, 2019**  
Heart Lake Winter Wkend

**Monday, January 14, 2019**  
Waters Mill Pond --hike/snowshoe/ski

**Fri-Sun, January 18-20, 2019**  
ADK Winter Outing, at Tug Hill

**Saturday, January 26, 2019**  
Goose Pond and Crane Pond Rd.

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## Events Details

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**Wednesday Dec.12, 2018**

**ADK Foothills Dinner/Meeting 6:00 pm at the Gloversville Senior Citizens Center.** -please bring dish to share, your own place setting, non-perishable food item for the food pantry. Chapter will provide beverages.

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**Tuesday, December 18, 2018**

**Mt. Francisco- Hike/snowshoe bushwhack**



Short days favor short drives and short hikes. Don't let the 3 miles RT distance of this one fool you. In spite of the short distance it will be a good work out especially if we have to break trail. It is not a loop hike so at least we will only be breaking trail on our way to the summit. The summit has views south toward Hamilton Mt. We will also visit the rock quarry near the start of the route. The quarry is used by rock climbers as a training wall. This is off of route 8 in Piseco.

**Notice: This hike is open to the first three friendly trail dogs whose humans contact me to sign them up.**

Rated: C+

Leader: Kathy Miles [kdmiles@frontier.com](mailto:kdmiles@frontier.com) 518.568.5372

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**Saturday December 22, 2018**

**FULL MOON EVENT**



Let's celebrate the beginning of winter and the December full moon! We will begin with eats. at Nick Stoner's 19th hole. Once nourished, we will proceed down the road to Irving Pond. Skis, snowshoes, spikes, hiking boots are all an option. Headlights required. Round trip distance about 3.5 miles depending when we turn around. Only doing dinner or the trail is an option. Contact

Leader: Sharon Getman [gogimpygo@yahoo.com](mailto:gogimpygo@yahoo.com).

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**Thursday, Dec. 27, 2018**

**Godwin and Pole Hill Preserves**



The Godwin Preserve is part of the Lake George Conservancy near the head of Lake George's Northwest Bay. The land was purchased in June, 2016, and trails officially opened in July, 2016. We'll start from the trailhead at Padanarum Road and continue to a view of Pole Hill Pond (an adjoining preserve) and then climb (steeply) to Walnut Ridge for "spectacular views of lake George." Returning to the trailhead we'll decide whether or not we want to add another mile or two to Amy's Park. Minimum, 4 miles, maximum, 6. To sign up, contact the leader.

Rating: C+

Leader: Gail Livingston [pepperjack@frontiernet.net](mailto:pepperjack@frontiernet.net) or 518-725-6202

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**Saturday January 5, 2019**  
**Hackensack Mt**



You have definitely noticed this small mountain with a flag as you approach Warrensburg on the Northway. This is an easy hike of 580' elevation change. There are many trails around, beyond, up and over. The hike will begin on the back street of Warrensburg, ascending on an old road and circling clockwise. Depending on conditions

This hike will be 2 to 3 miles. Following the hike we will check out the Cooper Cave Brewery.

Rated C

Leader: Sharon Getman [gogimpygo@yahoo.com](mailto:gogimpygo@yahoo.com) or 518-673-5216

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**Wednesday, January 9, 2018**  
**Potash Mt**



Potash Mt in Lake Luzerne is one of those peaks that catches your eye as you approach it and has an absolute incredible rock face on its south side. Each side has magnificent views and the fun is in wandering around the summit looking out in all directions. A short but steep climb offers generous rewards. 2.8 mi. roundtrip with 1033' gain.

Leader: Jan MacLauchlin [janmac48@yahoo.com](mailto:janmac48@yahoo.com) 518-993-4255

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**Monday, January 14, 2019**

**Waters Mill Pond -Hike/snowshoe/ski**

Our starting point will depend on conditions, either from the end of Hall Rd. or Avery Rd. If conditions are good this is a lovely rolling ski on a snowmobile trail that is seldom used during the week. The round trip distance will be 6 or 7 miles depending on the starting point.

**Notice: This hike is open to the first three friendly trail dogs whose humans contact me to sign them up.**



Rated: C+

Leader: Kathy Miles [kdmiles@frontier.com](mailto:kdmiles@frontier.com) 518.568.5372

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**Saturday January 26, 2019**

**Goose Pond and Crane Pond Rd.**



The Pharoah Lake Wilderness area lies east of Schroon Lake. It contains many ponds, lakes, mountains and extensive trails. This hike will begin a little NE of the village at a large PA. We will walk an unplowed road for about a mile then break South for about a mile to scenic Goose Pond. We will be able to view impressive Pharoah Mt across the way. We will return to the road and if conditions are good continue on to view gorgeous Crane Pond. The road should be good for skiing. Plan on full winter gear. Total distance 4 to 7 miles.

Rated C+

Leader: Sharon Getman [gogimpygo@yahoo.com](mailto:gogimpygo@yahoo.com) or call 518-673-5216

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### **Adopt-A-Hwy Cleanup Rte 30 Wells**

Sunday, October 14, 2018



Our Fall Cleanup for ADK Foothills' section of NYS Adopt-A-Highway was abruptly changed to Sunday, October 14<sup>th</sup> to take advantage of an ideal weather day but caused our loyal Arlo and Jane to miss some football cheering! Also Linda Novak and Gail Livingston headed to a hike and decided to come and help clean our highway section. Thank you to Kathy Miles, Gail Livingston, Linda Novak, Jane Riley, Arlo Klinetob, Thora Blackwood and Leader Marie Naple for making the roadway look so great! A double thank you goes to Thora for providing delicious cider and cookies and to Arlo who brought our favorite Kitchen Sink Cookies. Thank you, thank you loyal cleaner uppers!

You too can be part of this elite group next spring 2019. We schedule a cleanup twice a year, spring and fall, and welcome all volunteer help. The State Highway Department picks up all roadside bags and debris for us and all deposit cans and bottles collected are donated to the Wells Volunteer Ambulance Corps. Our section is located on Rte 30 just below Wells NY and past the Sacandaga (Wells) Campsite area. There are state road signs designating our club as the adoptee of this section. They are located near St Ann's Church in Wells heading south and also just north of the Alpine Grill heading north on Rte 30-check 'em out!

### **Irishtown Trailwork**

October 21, 2018

The weatherman tried to intimidate us with low temps and wind chill, but we refused to be, and as usual he was wrong and it was a good day to be in the woods. Only having one vehicle we did an in and out from the Irishtown trailhead which added 1.8 miles to our original planned 6 from the Stony Pond end. Doesn't sound like a lot, but prompted Sharon to ask, "Is this trail ALL uphill?" The fallen leaves were thick, but the blowdowns were few, and mostly we tossed sticks and branches with some side-cutting in between. We ended the day at Stewarts with cookies and hot coffee with an Irish flavor. A BIG thank you to my crew of 2 and a half: Arlo, Sharon, and Piper who did her share of carrying a stick or two. Leader: Gail Livingston



## Bearpen Mountain

Thursday, Oct. 25, 2018

The Catskills in October: Because of a date change, trying to get the best weather-day, four hearty ADKers set out for Bearpen Mountain on Thursday, Oct. 25, 2018. On the drive down to the Catskills, we saw snow on the summits! We spotted a car on Heisinger Road and drove about 1 mile up (and I do mean up!) Ski Run Road. The trail was covered with wet leaves and a layer of fresh snow. The trees were varied and interesting. Some had no leaves, some had leaves that were still green while on others they were golden in color. We took a brief side trip to Roundtop Mountain and then

proceeded across Bearpen's ridge trail. As we approached the summit we began to see other footprints in the snow. We were surprised at the first viewpoint to see 2 men



sitting in chairs (that they had carried up), enjoying the view with a 'brewski' in hand! We moved on to explore the other viewpoints, but were chased off the rock outcroppings by the 40-mph wind.

After lunch, out of the wind, we hiked down to Heisinger Road where we enjoyed Apple Squares and a bit of 'communion.' Our distance for the day was about 7.2 miles. It is interesting to note that because of starting UP on Ski Run Road, we actually hiked more downhill than uphill. Participants: Bob Buckley and Jan MacLauchlin with leaders: Nance Buckley and Kathy Miles.



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## ADK Fall Outing Watkins Glen

October 26-28, 2018

Finally, after a 3 year hiatus, Fall Outing was back! Not even the rainy forecast "dampened" my enthusiasm because I always enjoy hiking new areas of our state led by people who know their parks and trails the best. My first hike was Robert Treman State Park right on my way to the lodge where I'd be staying. Road construction and the side-swiping of a car in the parking lot (unfortunately owned by one of our hikers) got us off to a late start. The weather was perfect and we knew we'd better appreciate it since it would be the last of the sun and dry weather for the week-end. The steps leading up to the rim walk were long and steep and had my heart rate right up there. But oh! the gorge and the several waterfalls took what little breath I had left away. It was 5 pm by the time I got to the lodge and found that my Sat. hike had been cancelled. Knowing we were in for a full day of rain I signed up for a shorter hike at the Tanglewood Nature Center. At our cabin Sharon and Kevin had a crockpot of hot soup going to sustain us until the wine tasting event at a local winery that evening. The next day at Tanglewood we hiked a three mile loop and saw several deer, including a nice buck. Outside the building we checked out the rehabilitated raptors, and inside more live animals and many natural exhibits. Then back to the lodge for a hot shower and dry clothes. The President's dinner that evening

was at the Harbour Hotel where Charlie, Thora and I enjoyed some beverages and a fine meal. Neil Woodworth told us that the next two Fall Outings were already in the works (yay!): Harriman, Sept. 8-10, 2019, and Old Forge Sept. 18-20, 2020. Sunday I hiked Taughannock State Park and was again awed by the gorge and waterfalls.

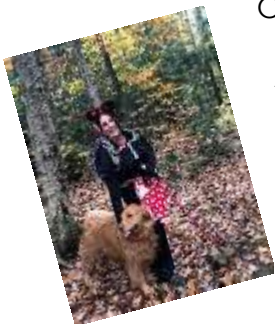
Heading home, thinking about the people I'd met, and the wonders I'd seen, I couldn't help but look forward to next year's outing. Give it a try; you'll be hooked just like I am!



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## Chase Lake lean to

October 31, 2018



A cool cloudy day nestled among many rainy fall days allowed 7 members to enjoy the outdoors. Several hikers donned nifty outfits for fun. There was Minnie Mouse, an Easter rabbit, PJ's plus racoon, and a tutu. 3 members participated in the biannual Hemlock Woolly Adelgid survey. Fortunately among 320 observations none were sighted! Although we have done this local hike many times at least 2 lessons were learned. Hikers were Marty and Nancy K, Thora, Jan, Gail, Kevin and Sharon G, Max and Piper.



## Spectacle Lake from route 10

Black Friday, November 23, 2018



This hike replaced the scheduled hike to Clockmill Pond and Rock Lake. Due to the early arrival of winter weather the Powley Rd. was not drive-able to access the trailhead for that hike. We started our hike with a temperature around zero degrees and ended with a temperature of about 22 degrees. In between it was all deep blue sky, sunshine, sparkling snow and no wind (except some lake breeze). The trail from route 10 to Good Luck Lake was well broken out. From Good Luck to Spectacle Lake it

appeared that one person had recently shod it making it easy for us to follow. We used snowshoes for the entire trip. Spectacle Lake looked very solidly frozen and it held Arlo close to the shore but we didn't venture out farther. It was so good to get out after several days of gloom.



Participants; Arlo, Gail L., Jan Mac, Trisa and leader Kathy M.

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## Prospect Mt Trail

November 29, 2018

We did not have much information on ascending Prospect Mt from the Lake George Recreation Lands but were willing to learn. An ADK member provided us with gps tracks and we spoke to a local who seemed to be knowledgeable. We successfully maneuvered the rec lands, through the logging area, but erred a short time later resulting in circling back. But we corrected and enjoyed this gorgeous trail along a gurgling brook and under a canopy of hemlocks. The shades of gray, blue, and white and various trail observations made a great 4.5 mile hike for Jan M. Gary Wilcox and Sharon and Piper.



## **ADK Foothills Meeting 7:00 pm at the Gloversville Senior Citizens Center**

Wednesday Oct. 10. 2018

Our guest speaker Richard Nielsen was introduced by Education Chairperson, Jane Riley. He presented a very interesting fact based program on how we are controlling the black fly population in our area...

The Black Fly Control program was started in 1994. We have 5 experts in our area for approx.30 streams, which include Caroga Lake, West lake, Pine lake, Green lake, Indian lake outlet, Pecks lake, and Caroga Creek.

Richard explained how each expert is trained by NYS, 30 hour course, credentialed and closely monitored, with annual certification.

In March , streams are checked for larvae. Once larvae are found, the biological larvicide VetroBac 12AS is released which kills the larvae before they hatch. Amount released is determined by flow rate, size of stream and other factors. Streams will then be monitored weekly after release.

The treatment starts in March and ends in July.

On the other end of the spectrum, Richard is a photographer, poet, and fiction writer with several published books to his name. His latest book is a beautiful coffee table book called "Caroga: Four Seasons", a collection of photos he has taken in the Caroga area over a period of several years. His books are available locally at the Canada Lake Store and Mysteries on Main St., online at [lulu.com](http://lulu.com) and at [amazon.com](http://amazon.com).

His wife, Kathryn, is as multi-talented as her husband and has published two books entitled "In Kathryn's Korner and "Training Wheels".

After delicious refreshments by Thora our business meeting was called to order by Gail Livingston, acting Chairperson

Secretary report from August meeting was reviewed

Treasurer's report -Valarie Levine

August Balance \$2053.78

No disbursements

Dues \$158.75

Balance forward. \$2212.53

Outings report-

Marie Naples route 30 clean-up Monday October 15, NP trail maintenance scheduled for October 17 Irishtown clean-up October 21. See newsletter for details

Board of directors Report -Walt Lane discussed Neil Woolworths retirement, ADK headquarters will be recruiting an attorney who will shadow Mr. Woodworth for a year and then take over the position. Neil will continue as a consultant.

Other topics of discussion were WiFi for emergency vehicles, showers, and other heart lake information.

Old business

-Erie Canal bike trail is now up and running from Amsterdam to Schoharie Crossing and on to Little Falls ...also from Amsterdam to Pattersonville. Highly recommended by members.

-Update on DEC campership from Marie will expand search to area schools and p-tech programs.

-Lean to has been completed on the Benson side of NP trail

New Business

Member Sandy Lane has published another book titled "Trail of the Wildflower". Book signing will be at Mysteries on Main St. Johnstown October 20, 1-3. Sandy's first book was wonderful. Looking forward to seeing this one. Congratulations!

December Meeting /Dinner Dec. 12 at 6pm -please bring

Dish to share, place setting, non-perishable food item for the food pantry. Chapter will provide beverages.

Motion to adjourn meeting by Walt, seconded by Valarie.

Submitted by

Nancy Kested

ADK foothills Chapter Secretary



<b>Trip Ratings</b>				
<b>Hikers Rating</b>	<b>Effort Level</b>	<b>Elevation Gain (ft)</b>	<b>Miles</b>	<b>Time (hours)</b>
<b>A+</b>	<b>Very Strenuous</b>	<b>4000+</b>	<b>10+</b>	<b>10+</b>
<b>A</b>	<b>Strenuous</b>	<b>3000+</b>	<b>5-10</b>	<b>8-10</b>
<b>B+</b>	<b>Moderately strenuous</b>	<b>2000+</b>	<b>5-10</b>	<b>6-8</b>
<b>B</b>	<b>Moderate</b>	<b>1000+</b>	<b>4-8</b>	<b>5-7</b>
<b>C+</b>	<b>Fairly easy</b>	<b>1000+-</b>	<b>2-6</b>	<b>3-5</b>
<b>C</b>	<b>Easy</b>	<b>&lt;1000</b>	<b>&lt;5</b>	<b>&lt;5</b>

These are general guidelines. Not all trips will fit exactly into one of these categories. Address questions to outing leader.

**Foothills-ADK Chapter  
Executive Committee**

**Chairperson: xxxxx**

**Vice-Chairperson: Gail Livingston ([pepperjack@frontiernet.net](mailto:pepperjack@frontiernet.net))**

**Board Director: Walt Lane ([wlane937@nycap.rr.com](mailto:wlane937@nycap.rr.com))**

**Membership: xxxxx**

**Treasurer: Valerie Levine ([envelip@yahoo.com](mailto:envelip@yahoo.com))**

**Secretary: Nancy Kested ([nancykested@gmail.com](mailto:nancykested@gmail.com))**

**Outings Chair: Sharon Getman ([getman@frontiernet.net](mailto:getman@frontiernet.net))**

**Education Chair: Jane Riley**

**Conservation Chair: xxxxxx**

**Publicity: Marie Naple ([marie.naple@usa.net](mailto:marie.naple@usa.net))**

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**Newsletter: Jan MacLauchlin ([janmac48@yahoo.com](mailto:janmac48@yahoo.com))**