
The Newsletter of the Hurricane Mountain Chapter of ADK



Good Tidings



November 2016 – February 2017

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their freshness into you and the storms their energy, while cares will drop off like autumn leaves." John Muir (1838-1914)

Chair Words

A message from Chapter Chair, Christine Barnes

By way of introduction as your new chapter chair, let me tell you how I came to be here...

My first exposure to the Adirondacks was just after high school graduation when I came by train from Long Island to work at Camp Jeanne d'Arc in Merrill NY. I had never seen mountains and I didn't really have any outdoor skills. I was just happy they hired me as a tutor and nanny for the summer. Before long, I was hooked! My favorite task became helping campers prepare for overnight hikes. Then, I lived in Syracuse where encouraged by IBM colleagues, I took frequent canoe trips to the Adirondacks and finally agreed to join friends on hiking trips. Before I knew it, despite moving to Boston – I was a 46er! Now many years later, my husband and I have recently retired to Wilmington. I never would have guessed it!

But the point is, we all got connected here in different ways. Some of our families spend lots of time here, some grew up here, some followed a friend, spouse, job or dream! Maybe it was a stop on a longer trip. But for all of us, there is now a call to the wilderness, whether it is an occasional weekend, a vacation, or a place to call home. ADK is here to help us nurture that call, and we need to nurture ADK.

How can you do that? Continue to recreate in our wonderful park and enjoy this great part of the outdoors; share your love of the wilderness with others and encourage them to respect and protect it; do your part to support conservation and education; As a chapter, as much as we do these things together we can increase our effectiveness. Don't hesitate to get involved.

Our upcoming season can present some weather challenges. Remember to plan carefully, pack carefully, walk carefully, but most of all...remember to 'Get out and enjoy!' and please contact me with any suggestions for improving our effectiveness as a Chapter.

Wishing you safe journeys,

Chris Barnes

christinelbarnes@gmail.com

The Chapter sends out email reminders of the potlucks each month. Additional emails of important information are sent out periodically. If you are not receiving these emails, please contact me at christinelbarnes@gmail.com and let me know so we can get you on the email list.

OUTINGS

Guidelines for Participating in Hurricane Mountain Chapter Outings

- **MUST CALL trip leader 24 hours in advance to register unless otherwise designated.**
- **Be willing to sign the liability form (required by ADK)**
- **Total participants including trip leader(s) is 15 for day hikes. (DEC/ADK standards)**
- **Check distance and ascent in the hike description, or check with leader.**
- **Check hike rating. Know your capabilities.**
- **Wear appropriate clothing and footwear.**
- **Take an extra water bottle.**

Guide to Hurricane Mt. Chapter Hike Ratings

- A+** Very Strenuous: Rugged terrain, steep climbing (over 2500' elevation gain) and/or long distances (over 12 miles). Participants should be experienced and in excellent condition.
- A** Strenuous: Possible steep ascents (1500-2500' gain) and/or distances of 10-15 miles. Can be demanding. Expect faster rate of travel. Participants should be experienced and in excellent condition.
- B** Moderate: Elevation gains 1000'-1500' and approximately 5-9 miles distance. Expect rolling hills and short steep climbing. Participants should be in good physical condition.
- C** Easy: Hiking/walking under 5 miles with very gradual or no climbing

PARTICIPANTS PLEASE NOTE: New York Northern Zone Regular hunting season (deer and bear) is from October 22 to December 4, 2016. Please use caution, stay on marked trails, wear blaze orange or bright-colored clothing, and avoid areas where hunters may be present. Fall and winter weather is unpredictable. Please come to hikes with clothing and gear suitable for the weather, and bring sufficient food/water for the duration of the outing. Skis, snowshoes, crampons, or other foot traction aids may be required. If you are unsure of what to bring, consult the leader about possible conditions and necessary clothing/gear/food.

Thursday, November 3

Route 73 Roadside Clean-up

The Chapter has adopted a section of Rt 73 in the vicinity of Marcy Field in Keene to pick up roadside trash. Meet at 10:00 a.m. at the parking area next to the river opposite Airport Road.

Leader: Wesley Krawiec

518-946-1295

wesley.krawiec@gmail.com

Saturday, January 14

Lost Pond & Biesemeyer Lean-to

We will snowshoe to this familiar location, explore the frozen pond, and maybe check the views from Weston Mountain. Then we will light up a campfire to warm up at the lean-to. Bring your favorite beverage--cold, hot, spiced, spirited or not. We will get some hot water boiling and maybe even have marshmallow or weenie roasts.

Level C, 2 miles

Leaders: Tom & Leslie Fine

914-588-9551

tom.fine@gmail.com

Saturday, February 18

Nun-da-ga-o Ridge

This familiar trip is a lot different with (hopefully) deep snow, but it is always a beautiful place to visit.

Level B, 6 miles, 1600 ft ascent

Leader: Joe Bogardus

518-576-9739

joe.adks@gmail.com

*******POTLUCK RECIPE*******

Spinach and Matzoh Pie*

Yield: Makes 8 (main course) servings

Active time: 30 minutes

Total Time: 1 ½ hours

*1 medium onion, finely chopped
3 tablespoons olive oil
2 (10-oz.) packages frozen chopped spinach, thawed
1/3 cup plus 2 tablespoons chopped dill, divided
1 (16 ounce) container cottage cheese
2 cups whole milk
3 large eggs
¼ tsp grated nutmeg
6 oz. feta, crumbled (1 ½ cups), divided
6 matzos (about 6 inches square)*

Preheat oven to 400°F with rack in middle.

Cook onion in oil in a large heavy skillet over medium heat, stirring occasionally, until golden, 12 to 15 minutes.

Meanwhile, put spinach in a sieve and press out as much liquid as possible. Add spinach to onion and cook, stirring occasionally, 5 minutes. Remove from heat and stir in 1/3 cup dill, ¾ teaspoon salt, and ½ teaspoon pepper.

Puree cottage cheese in a blender with milk, eggs, nutmeg and ½ teaspoon each of salt and pepper until smooth. Reserve 2 cups in a bowl and stir remainder into spinach with 1 cup feta.

Stack matzos in a deep dish and pour reserved cottage cheese mixture over them. Let stand 15 minutes to soften.

Arrange 2 soaked matzos side by side in a generously oiled 13x9x2 inch (3 quart shallow) baking dish. Pour in half of spinach filling. Cover with 2 more matzos, then pour in remaining filling. Put remaining 2 matzos on top and pour any remaining cottage cheese mixture over them. Sprinkle with remaining ½ cup feta.

Bake, uncovered, until golden and set, 30 to 35 minutes. Cool 10 minutes, then serve sprinkled with remaining 2 tablespoons dill.

Cooks' note: Pie can be assembled (but not baked) 1 day ahead and chilled, covered.

**Linda Bogardus brought this delicious dish to the September potluck.*

Go Green! Receive Good Tidings by email

In the interest of saving paper, money and the planet, we would like to encourage members and affiliates to sign up to have Good Tidings sent by email rather than U.S. mail. If you would like to receive your copy by email, please send an email to: adkhurricaneletter@gmail.com. Please include your current mailing address so that we can accurately make the transition.

Adirondack Mountain Club
Dedicated to the Preservation, Protection and Enjoyment of the Adirondack Preserve

Chapter Chair – Christine Barnes
Vice Chair – Bill Harral
Secretary - Maureen Deighan
Treasurer - Bill Peabody
Director - Bert Yost
Alternate Director - Joe Bogardus

Executive Committee:
(appointed by the Chapter Chair)

Conservation – Dean Melville
Education - Judith Peabody
Membership - Nancy Kohlbecker
Hospitality - Monique Weston
Outings - Joe Bogardus
Trails - Joe Bogardus
Newsletter and Publications -
Leslie Shipps

Member at Large:
Deb Brown
Peter Beatty



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Outings and potluck schedule for
November 2016 – February 2017