

## Footprints

Newsletter of the Adirondack Mountain Club  
Foothills Chapter

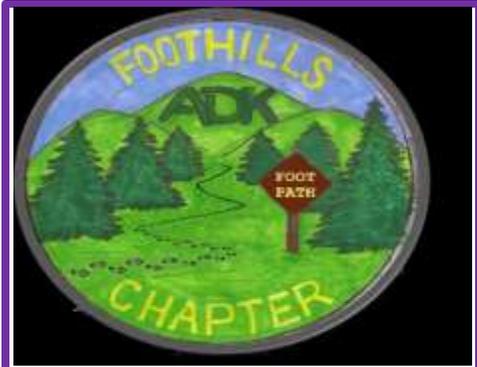
### Notes from the Foothills Chapter Chair

Snowshoeing in mid November? It seemed kind of early, even for the Adirondacks, but my friends and I strapped them on as we started out on the Upper and Lower Sargent Ponds Loop. The temperature was only 15 but the sun was shining and the sky was blue, just a perfect "winter" day. The snow was light and fluffy, making the trail easy to navigate, and the two ponds were sparkling, one completely covered with ice, and the other with ice and open water. By the time we finished the mile and a half road walk back to our car we were tired but so glad we had the opportunity to enjoy this great day in the woods. But the best was yet to come. As we started to drive out, a bald eagle swooped down and flew right in front of our car for a few yards, and then landed in a tree right at the edge of the road. One of my passengers remarked, "well now we know she brakes for eagles" as I brought the car to a quick stop. We got some great photos as the eagle posed on the branch, and then flew back and forth a couples of times, landing close to the road each time. As we finally drove right under him on our way out, he looked down at us, studying us every bit as much as we had studied him. Just another special day in our beautiful Adirondacks.

Our December meeting is packed with great things you won't want to miss: our annual dish to pass, the gear and sporting equipment auction, and our guest speakers will be the two boy scouts we sponsored to the DEC camps this past summer. I'm really looking forward to hearing about their experiences and impressions. Following that we will have a short meeting with election of officers for the open positions of Chair and Secretary. The Chair, a two year position, is the chief official and spokesperson for the club and conducts the meetings. The Secretary, a three year position, keeps in the record book a record of all meetings of the chapter and conducts any correspondence necessary. Our chapter can only continue through the volunteers needed to fill positions as they become vacant, and I hope all of our members will do what they can to keep our chapter going.

See you on December 11! If you have items for the gear sale, we'll be setting up for that at 5:30, before the dinner at 6:00.

*Gail Livingston,*  
Foothills Chapter Chair



### Upcoming Events

**Wednesday, December 9, 2019**  
**ADK Foothills Dinner, Gear Sale**

**Saturday, December 14, 2019**  
Ice Glen and Laura's Tower

**Saturday, December 21, 2019**  
Rock River

**Friday, December 27, 2019**  
Wolf Pond Lean to

**Saturday, January 11, 2020**  
Foxy Brown Ski Loop

**Tuesday, January 14, 2020**  
Mt Van Hoevenburg

**Wednesday, January 15, 2020**  
Featherstonhaugh State Forest

**Saturday, February 1, 2020**  
The Vly and Botheration Pond

**Saturday, February 15, 2020**  
Lily and Round Ponds

**Add'l** activities from other chapters may be found on the ADK calendar at [adk.org](http://adk.org)

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## Events Details



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### **ADK Foothills Chapter Holiday Dinner & Used Gear Sale**

**Wednesday, December 9, 2019** at 5:30 PM at the Gloversville Senior Center, Gloversville NY

**Chapter Gear Sale - set up at 5:30. Set your own starting price for your items. (Interested bidders will write name & \$ offer next to item).**

**Dinner at 6:00 pm followed by gear sales until 7:00.**

There will also be a table for "Free or free-will donation" items.

Donate 10% of your sales to the club.

**7:15 Comments from our club-sponsored students from their week at Camp Colby with business meeting to follow.**

Bring a dish to pass and your own table settings. Club will provide beverage.

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**Saturday December 14, 2019**

**Ice Glen and Laura's Tower**



Let's head to Stockbridge Massachusetts to this Western Berkshire destination. This trail will feature 300 year old hemlock and cabin sized boulders on the Ice Glen trail. Of interest will be native stone steps placed by renowned trail builder Peter Jensen. Narrow crevices and twists and turns will be enjoyed. A gradual ascent will bring us to the 30' Tower named for the daughter in law of the donor, David Dudley Field. A short side path on the return will take us to a steel suspension bridge to view the Housatonic River. The Total hike will be 2 miles and 580' climb. Following the hike, we can stroll the quaint village Rated C and reconvene at Widow Bingham's or the Lions Den located within the Red Lion Inn for lunch, \$\$.

Contact Sharon Getman at 518.673.5216 or [gogimpygo@yahoo.com](mailto:gogimpygo@yahoo.com)

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**Saturday, December 21, 2019**

**Rock River**



Parts of this trail follow a snowmobile route, so if by chance there is enough snow for the machines to use it, I may change the destination. The first 2 miles was once part of the stagecoach route from North Creek to Blue Mountain Lake. The trail passes through maple and hemlock. A short bushwhack will bring us to the sandy shore of Rock Lake where we may have views of Blue Mountain and Dun Brook mountain. The remaining distance to the river is on mainly level ground. Contact leader to sign up.

Round trip distance: 6 miles.

Rating: C+

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

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**Friday, December 27, 2019**  
**Wolf Pond Lean to**



Wolf Pond is a scenic remote pond located off Boreas Road in the Vanderwhacker Mountain Wild Forest of the central Adirondacks. The gently rolling and easy to navigate trail, located in the [Vanderwhacker Mountain Wild Forest](#), crosses Wolf Pond Brook and proceeds northeast. The trail ends at the outlet of Wolf Pond and the new lean-to is located up a short spur trail on the southwestern side of the pond. Wolf Pond provides scenic views of the High Peaks and surrounding mountains,

Rating: C+

Distance: 4.6 round trip

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

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**Sat Jan 11, 2020**  
**Foxy Brown Ski Loop**



Let's try Foxy Brown Ski Loop – This is a six-mile-long designated ski trail near Piseco Airport. This is not groomed but we will hope for fresh snow.

Contact Marie Naple 619-518-3655, [marie.naple@usa.net](mailto:marie.naple@usa.net)

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**Tues Jan 14, 2020**  
**Mt Van Hoevenburg**



Lets ski midweek Mt Van Hoevenburg Ski Center.

Contact Marie Naple 619-518-3655, [marie.naple@usa.net](mailto:marie.naple@usa.net)

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**Wednesday January 15, 2020**  
**Featherstonhaugh State Forest**



This will be an easy activity in Schenectady County outside Mariaville. The forest features 3.7 miles of designated trails and two ponds. Snow here is unreliable so this could be a hike, a spike, cross-country ski or snowshoe!

Rated C

Please contact Sharon Getman : [gogimpygo@yahoo.com](mailto:gogimpygo@yahoo.com) or 518.673.5216.

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**Saturday February 1, 2020**  
**The Vly and Botheration Pond**



This will be a scenic destination in the South central Adirondacks with a distance under 7 miles. The hike starts level taking us to a short side trail to a scenic campsite on the northwest corner of the vly with views of Gore Mountain. We will continue along a North facing hillside and some descent to the western edge of Botheration Pond.  
Rated B for winter conditions

Contact Sharon Getman [gogimpygo@yahoo.com](mailto:gogimpygo@yahoo.com) or call 518.673.5216

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**Saturday February 15, 2020**  
**Lily and Round Ponds**



This will be an easy trek on a road/snowmobile trail to 2 handsome ponds with many campsites. Located close to Northway exit 25, Brant Lake will offer much on this holiday weekend! The first stop after a climb of 380', will be the hemlock covered SE corner of Lily Pond at a primitive campsite. Round pond will be an additional 1.4 miles. This is known as a very wet trail in better weather! Total trip 5.2 miles. I do think we will encounter snow mobiles. Following the hike we will go to Jimbo's on the Point on Brant Lake where this is a winter festival happening. Maybe we can put together a team to enter a competition. There will be food and music in the festive atmosphere. Please let me know if you want to compete.

<https://www.visitlakegeorge.com/events/brant-lake-winter-carnival>

Rated C  
Contact Sharon Getman [gogimpygo@yahoo.com](mailto:gogimpygo@yahoo.com) or call 518.673.5216

## NPT trail maintenance.

October 18, 2019



Six hardy volunteers and two rambunctious dogs showed up at the Collins-Gifford Valley Road at 8:30AM on a perfectly gorgeous fall day. Al Morse brought two new bow saws which were purchased for the Foothills Chapter. The saws were distributed to Al and Kevin. Marty and Arlo brought their own Fiskers 3X geared long handled loppers while Nancy and Sharon carried loppers supplied by the Chapter. With Marty and Kevin in the speed lead we headed up the switchbacks tossing aside branches, which Max the dog enjoyed chasing and returning to the trail, and stopping for the occasional blowdown. The new

bow saws worked very well causing increased enthusiasm for Al and Kevin as they challenged themselves with some of the larger blow downs. A good deal of side cutting occurred on the trail along the shore of Mud Lake with dazzling fall colors reflected on the the water. As we continued on there was evidence that a DEC crew had been in to clear out several of the largest blow downs we had reported to DEC Jonathan DeSantis following our spring maintenance. At the four mile point where a log bridge crosses a stream we settled down to enjoy our lunches. We decided not to finish the remaining two miles of trail to the West Branch Stony Creek so we packed up our tools and began the 4 mile return run to the trail head. Thanks to Arlo Klinetob and Marty Kested (trail stewards), Al Morse, Nancy Kested, Sharon and Kevin Getman for their work, and to Max for entrainment and to Piper for just being so darn cute.



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## Irishtown Trail Maintenance

October 19, 2019

This was one of the many beautiful Fall days, perfect for trailwork. The previous day's rain, however, had us squishing and slogging in many places along the trail. The good news was, the rain also made Falls Brook and the large waterfall at the Irishtown end all the more spectacular. Even though the ten blowdowns had Al working up a sweat sawing away, we all agreed that this was one of the easiest trail maintenance days we've had. Lending their muscle and good company were my helpers:



Al Morse, Arlo Klinetob and Chuck Hagelgans. Leader- Gail Livingston



## East Mill Flow

October 20, 2019

When is a hike twice as much fun? When you combine the ADK Foothillers with the Mohawk Valley Alpiners. On the other hand when you've got twelve people lined up to use the bathroom at Stewart's... After one false start at the campground, the trail itself was very pleasant to walk on, starting as an old road with a soft colorful carpet of fall leaves that paralleled the Schroon River. The uphill portions warmed us up after the cool temp at the parking lot. On our way to the Flow we met four hikers who'd started at the opposite end. We exchanged our affiliation info, but theirs was a less formal group starting with "the four rednecks from..." We crossed a few small bridges, finally arriving at the Flow where a longer log bridge spanned the stream. A little bushwhacking ensued to find the best lunch spot, with some opting for rocks with a view of the Flow, and others on the trail. On the way back we were entertained and educated by Lucy's musical walking stick and mushroom and fungus identification. Then, of course, the group picture with much laughing jockeying for position, and inadvertent shots taken during the camera and tripod set-up. Back at the car, jumbos and oatmeal raisin cookies were enjoyed.

Participants: Foothillers Paul and Valerie Levine, Thora Blackwood, Sue Ringanese, Kathy Miles, Bob and Nancy Buckley, Cherie Watkins, the leader Gail Livingston, and Alpiners Laura Sandwick, Marilyn Willems, and our musician Lucy Laurie.



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## Overlook Mountain

Tuesday October 22, 2019

The day, October 24, was as beautiful as an October day could be. It was lovely to be outdoors, decked out in our tie-dyed shirts, beads, colorful leg wear, and 50 year old clothing, surrounded by gorgeous fall colors. The Beach Boys and BeeGees were represented on pins from the day and a boyhood compass was carried. The carriage road enabled a quick hour ascent to the Overlook Mountain house ruins and the fire tower. The vast Catskill park including high peaks Wittenburgh, Cornell and Slide were visible. From our rocky ledge lunch spot we could easily see Ashoken Reservoir and the Hudson. Some of us walked in the Village of Woodstock. We saw either old hippies or young yuppies.



Peacing out were: Nancy and Bob Buckley, Kathy Miles, Marty and Nancy Kested, Jan MacLauchlin, and Kevin, Sharon and Piper Getman.

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## Grizzle Ocean

October 26, 2019

Okay, so there are a couple of strange things about Grizzle Ocean. First of all, shouldn't it be at sea level? So how come we kept climbing uphill on the rock-strewn trail? A side trail led us to a lovely view of Putnam Pond and site of our group picture. Next we crossed a few burbling brooks



and then began our circuit of Grizzle Ocean. Crossing the slippery, long wooden walkway over the water was a little tricky, but fortunately no one went overboard. We were impressed with the variety of terrain from the tall grass near the water to narrow paths on emerald green moss through small evergreens to open hard woods.

And then there was the lean-to. Definitely the second strange

thing and somewhat of a mystery. First Marie rang the doorbell to see if anyone was home. Then Kathy flipped the light switch, but that didn't shed any "light" on the subject. Next Thora discovered that the former occupant must have left in such a hurry that she forgot her purple bra. At least no one in our group laid claim to it, although there was one suggestion that it should be tried on to see who it fit... But, in any case, if you go to Grizzle Ocean, perhaps you'll be lucky enough to find the occupant at home and solve the mystery. Enjoying this beautiful, fun day in the woods: Kathy Schlotzhauer, Bob and Nancy Buckley, Kathy Miles, Marie Naple, Thora Blackwood, Chuck Hagelgans, and the leader, Gail Livingston.



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## Lapland Pond & Millman Pond

November 2, 2019

Was it Yogi Berra who said "it's deja vu all over again?" The last time I led a hike to the Back Mountain trailhead it was the day after a terrific storm that caused widespread power outages, downed telephone lines, and trees that blocked numerous roads, resulting in a write-up entitled, "The Longest Day." The day before the hike this year had all of the above plus flooding...Never-the-less, Chuck and I had a great day, and here's his guest write-up:

A hop, skip, and a jump. That was what was needed to cross the streams to get to our two objectives of Lapland Pond and Millman Pond. However, the rocks were wet and hopping and skipping would not be safe, so we had to settle for walking very carefully on what rocks we could find. There had been a lot of rain a couple of days before, so there was plenty of water in the streams and on the trail. With all the rock-stepping, our progress was slow - It took us almost five hours to cover the five-mile total out-and-back over otherwise relatively easy terrain. At several points along the trail, we could hear the water rushing over the rocks in the distance. The trail was further flooded by a pond formed by recent beaver activity. Those eager-beaver guys had created a dam and a lodge. Both of these were close to the trail, so it was easy to get a good look at the impressive engineering skill involved.

The weather was perfect with temps in the 30s and the sun peeking through once in a while. We had lunch on the big rock on the edge of Lapland Pond. It was Chuck's first time on the rock, and he was impressed with the view. Gail looked for moose and eagles, but none were to be seen.



After Lapland Pond we took the trail toward Millman Pond. The blocky four-foot cascade waterfall was running well due to all the recent rain, and that made the whole trip worth it. Having been treated to that, and with time running short, we skipped Millman Pond and turned back toward the parking lot. We were a small group of two, but the constant nearby water activity made its presence known as though it were a third companion.



Chuck Hagelgans and Gail Livingston, the leader.

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## ADK Foothills Chapter Meeting & Program

October 13, 2019

Mike Feldman and Jody Dixon gave a wonderful presentation about TATR  
The Adirondack Trail Ride

This rugged self supported 600 mile mountain bike race that begins and ends in Northville. Importance of Shelter, Water and Food discussed along with equipment. Race take 3-11 days with bragging rights being the winners award!

Business meeting was called to order by Chairperson Gail Livingston  
Minutes of our August meeting were read and accepted.

Committees

**Treasurer** Valerie L. Balance forward \$2077.78  
Disbursements Picnic supplies \$37.00  
Direct Deposits 8/30 \$71.10  
9/27 \$93.00

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Balance \$2204.88

**Outing chair** - Sharon G encouraged everyone to consider leading or co-leading hikes.

**Educational Chair** - Jane R organized our wonderful program earlier this evening..and has some other programs for future meeting. She encouraged members to make her aware of possible speakers.

**Membership Chair** - Walt L. Working on member emails and local membership

**Publicity Chair** - Marie N. Sponsored Boy Scouts will be visiting in December. One scout said " I learned more in one week than I have in my whole life " Motion to sponsor another camper was made by Kathy S. Seconded by Jan M.  
Highway Maintenance Done and Successful.

**Board of Directors Chair** - Walt L.

Spoke of Neil Woolworth's replacement, Michael Barrett. High peaks visitation center is up and running -encouraged members to visit ADK lodge at Heart Lake

### **New Business**

Library is happy and accepting of our adult/child hiking backpack idea. Sue, Paul and Gail getting together to fill bags for borrowing.

Al M. Purchased our new trail maintenance saws, blades and lopers. In need of pickers ..motion set to purchase and not to exceed \$100 for 4 .

Dave N accepted the motion ,Nancy K. Seconded

Gail Livingston spoke of up-coming elections,

Gail expressed her desire to step down, we thank her for all she has done to inspire our love of hiking and adventure.

Chairperson & Secretary will be needed

Nominating committee will be headed by Thora

9:15/Meeting adjourned , accepted by Dave N. , seconded by Jane R

### **December meeting - Chapter Gear Sale ! set up at 5:30**

Camping , Hiking, Sporting Goods !

Please price your item.

After the sale ...donate 10% of the money to the club. We'll also have a "free" or best offer table.

### **Holiday Dinner will follow !**

### **Bring Dish to Pass, and your place setting**

ADK will supply beverages

Set up 5:30 pm

Sale 6:00 pm, followed by dinner and our sponsored scout visit

Submitted by

Nancy Kested

ADK Secretary Foothills Chapter

**Foothills-ADK Chapter  
Executive Committee**

**Chairperson:** Gail Livingston ([pepperjack@frontiernet.net](mailto:pepperjack@frontiernet.net))  
**Vice-Chairperson:** Sharon Getman ([getman@frontiernet.net](mailto:getman@frontiernet.net))  
**Board Director:** Walt Lane ([wlane937@gmail.com](mailto:wlane937@gmail.com))  
**Membership:** Walt Lane ([wlane937@gmail.com](mailto:wlane937@gmail.com))  
**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 ([janeriley1@mac.com](mailto:janeriley1@mac.com))  
**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))

### Trip Ratings

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

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