

COLD RIVER CURRENTS

January 2021 The Newsletter of the Cold River Chapter of the Adirondack Mountain Club

Chapter Co-Chairs' Report

Dear CRC Members,

Fall has come and gone along with the year-end holidays. Time has passed under the cloud of the coronavirus, and the past few months have been unusual in just about every way. The Chapter continues to have regular outings, and many members have stepped up to lead multiple groups on hikes, flat water kayaking, snowshoeing and cross-county skiing.

Most outings have been full (10 person limit) and remain popular. Many thanks to the Outing Committee for the work and effort they've contributed in keeping the outings agenda full and interesting for a large number of our members. We have had a number of other ADK Chapter members join our outings which has kept everyone busy adhering to the COVID-19 protocols for outdoor activities. Outings leaders are still needed, so please volunteer if you have a favorite winter location that you would like to share with other members.

As everyone has noted in their everyday lives, COVID dictates virtually all of our activities, and our Chapter functions are no exception. The Executive Committee met via Zoom on January 6th to administer the Chapter business, but because we are not having potluck monthly meetings or holiday gatherings, our agenda was not as full as usual. Some members of the Executive Committee will be stepping down this calendar year because their terms of service are expiring; they are looking for replacements. If you are inclined to volunteer for opening positions, we encourage you to consider stepping into a leadership role in the Chapter.

Other than outings, the normal Chapter functions are generally on hold as we all wait to see how the vaccinations affect the spread of the virus that will allow for more normal activities. We will keep everyone posted on the resumption of more normal activities as we follow the State guidelines for staying safe and healthy.

We look forward to a more normal time, as spring and summer hopefully will allow us all to resume the numerous activities that we share as members of this Chapter.

Stay well, wear a mask, wash your hands, and social distance.

Sincerely,

Rose Cooper, Chair
Steve Mullins, Co-Chair

2020-2021 CRC Executive Committee

Rose Cooper, (Chair)
Steve Mullins (Co-Chair)
Ken Shea (Director)
Harold Stackhouse (Alternate Director)
Anne Bernat (Secretary)
Nancy Haggerty (Treasurer)
Gail Gabriels, Tom Riley (Outings Co-Chairs)
Ellen Collins (Membership Chair)
Linda Hales (Newsletter Chair)
Maria Rinella, Rich Salz (Members-at-large)

Upcoming CRC Positions

This year Rose Cooper, Chair; Nancy Haggerty, Treasurer; and Ken Shea, CRC Director will be stepping down from their positions. The CRC Director position will become the CRC Member of the ADK Advisory Council. Please consider serving in one of these very important positions. Contact Rose Cooper, Nancy Haggerty or Ken Shea for more information or to let them know of your interest.

Director's Report and Chapter News

Director's Report--January 5, 2021
Ken Shea

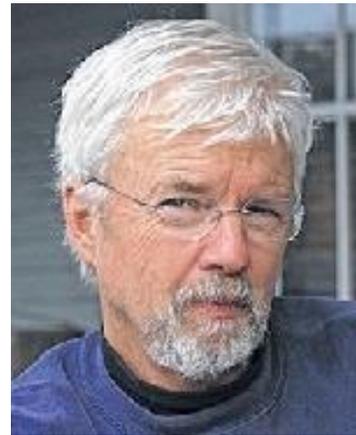


1. The new ADK bylaws were approved by 79% of the voting ADK members.
2. The ADK 2021 budget was approved by the ADK Board of Directors.
3. A resolution was approved for a one-time 2020 Chapter Dues Share change (ADK suspended chapter share dues from February 2020-August 2020; these past dues will not be paid to the chapters.)
4. A new Development Director was appointed on 1/4/21--Karim Becker (Karim has 15 years of fundraising experience.)

Peter Hornbeck Tribute

There has been a huge outpouring of dismay all over the Adirondacks that Peter Hornbeck died suddenly of a heart attack at age 77 on December 26. He was well-known for his light-weight boats, his generosity for giving them away, his strong environmental stands and his delightful story telling.

But he was also special to our Cold River Chapter. There was a string of July potlucks at the Hornbeck's a few years back. Every July as many as 80 CRC members attended wonderful potlucks on the lawns of Ann and Peter. He would invite 5-6 Cold River members to help him make a canoe in the early afternoon before the potluck. Needless to say, so many wanted to, that he had to randomly select the few. Then the owner of the finished boat would be chosen by random selection from a basket of those interested. It was a highlight of our always busy year.



Peter is also an artist. Many of us are lucky to have a landscape or portrait of his. Ann, also his daughter Leigh, a reporter at the Albany Times Union, and son-in-law Josh, who has taken over the boat business, and his two grandsons are all coping. A commemoration of Peter's life will probably be held in August in Minerva at "Hornbeckistan."

Be Careful on the Ice!

(borrowed from *Adirondack Life*, February 2021:63)

1. Never stand on ice less than 4 inches thick. Even thicker ice, covered in snow, can be compromised.
2. Avoid moving water and slushy ice. Stay clear of boathouse bubblers and be aware that shorelines often melt first.
3. Do not rely on other people's tracks.
4. Wear layers of moisture-wicking clothing and carry ice picks in case you fall through the ice
5. Should you fall in, don't panic. Maneuver yourself into a horizontal position and swim onto the ice shelf. Then roll, don't stand, to safety.
6. Once you are safely out of the water, call for help, find a heat source, remove wet clothing, and warm yourself on the inside with a hot drink.

Bear in mind, as ice thaws and refreezes it becomes weaker, snow can insulate ice causing it to warm more quickly, and warmer spring temperatures weaken ice structure.



Where in the World?

Theodore Roosevelt National Park

By Samuel Vona

Theodore Roosevelt National Park in Medora, North Dakota is the one park of the 30 or so National Parks/Monuments I've been to that I have returned to three times. The park doesn't get much attention compared to the big-named ones like Yellowstone, Glacier Mountain, and Yosemite. As a result, I had almost no expectations prior to my first visit. But, the very first sight of those spring green covered badlands sitting below an enormous blue sky with some lazy white puffy clouds floating above, from the Route 94 visitor center on my first visit in June 2015 instantly captured my imagination.

In my three visits to the park I have been fortunate to see an amazing array of animals including: buffalo, elk, white-tailed deer, mule deer, prairie dogs, and feral horses. On two occasions I got to see animals hunting. One time it was a badger stalking prairie dogs on the edge of one of their towns. A second time I saw a coyote leap and catch what appeared to be a prairie chicken!

Uncomfortable with the notion of flying during the pandemic, I spent a day cooking and freezing all the meals I would need to drive from the Central Hudson Valley to Idaho at the end of May. I loaded it all into a rental pickup and started driving on May 24th with my ultimate destination of a spring bear hunt in Riggins, Idaho. The distasteful notion of driving across Iowa and Nebraska, plus the potential joy of visiting Medora had me break northwest from Chicago towards Fargo on my long drive.

The morning of May 28th found me pulling into the Northern Unit of the park and quickly driving to the terminus of the park road where I laced up my boots and followed game trails down into the badlands toward the oxbow in the Little Missouri River for a half hour just to stretch my legs and re-acquaint myself with the terrain.



It was a slow drive back to the CCC hut where I unpacked my lunch for the day. As I sat in the cool shade of the stone hut, I imagined those escaping the depression in 1934 to work in this amazing setting, so someone like me could appreciate it more than 80 years later.

Where in the World?



Two more short hikes ended my visit to the northern unit before heading into the town of Medora to check into the Rough Riders Hotel. I fogged my room with Lysol spray and wiped down all the surfaces with Clorox wipes before taking a quick nap. I looked forward to exploring the amazing library of old regional books found in the main lobby hall when there is no pandemic.



About two hours before sunset, I broke my nap and headed up to one of my favorite places on the planet to watch and photograph the sunset. I was welcomed to the park by a small group of buffalo and was lucky enough to grab a snap of one with a bird riding on its shoulder.

Where in the World?

The Wind Canyon Overlook is so named for the ever-narrowing canyon that funnels wind up from the Little Missouri River. At the top of the canyon are formations shaped by wind that have eroded and changed noticeably since my first visit 5 years ago. While these are beautiful and it's interesting to consider wind's ability to shape rock, my real affinity for this look-out is the view of the bend of the Little Missouri River.

I spent one lazy late afternoon sitting at the overlook watching and listening to a herd of 37 buffalo approach, wade, and swim across the river before wandering on for the night. And on this evening, a trio of white-tail did the same.

Theodore Roosevelt wrote very fondly about the area and the significance of his time there on the trajectory of his life. As the sun slipped behind the horizon at about 8:30 pm, I had to agree with him when he wrote, "Nothing could be more lonely and nothing more beautiful than the view at nightfall across the prairies to these huge hill masses, when the lengthening shadows had at last merged into one and the faint-afterglow of the red sunset filled the west."



Do you have an adventure to share? We would love to hear about your trip (even in past years). Sharing enables us to learn about other places, vicariously enjoy your experiences, and plan our own trips. Please contact Linda Hales at l_hales@hotmail.com and keep this section of the newsletter thriving.

Thanks!



Outings

Outing participation has been very good. Many leaders have had to offer two groups for an outing.

A big THANK YOU to new outing leaders: Gary Schiavi, Sam Vona, and Nanette Shovea.

Should you have a favorite outing in your area that you would like to share with others and are interested in being a leader or co-leader, please let the outings chairpersons know. We are always looking for new ideas and new leaders!

IF YOU ARE NOT RECEIVING THE OUTINGS EMAILS AND WANT TO, OR IF YOU WANT TO STOP THEM, PLEASE SEND YOUR EMAIL ADDRESS AND REQUEST TO OUR CHAPTER AT ColdRiverADKChapter@adk.org

October 1: Spruce Mountain Hike Leaders: Richard and Karen Wang

Eight CRC folks welcomed October by hiking the well-designed trail up Spruce Mountain. We took our time on the way up to savor the beautiful forest the trail meanders through. Surprisingly, despite the name of the mountain which would imply lots of conifers, the forest was mostly beech and very large oak trees. Once at the top we took turns climbing the fire tower to take in views of the vibrant fall colors. With the sunshine and relative warmth, we couldn't have asked for a better day!
~Karen Wang



Spruce Mountain

October 1: Paddle Garnet Lake and Hike Lizard Pond

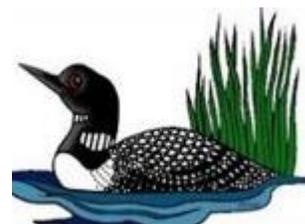
Leader: Anne Bernat

Thank you, Anne, for stepping up for Judy Thomson who had a last-minute conflict and couldn't lead this outing. It was a beautiful autumn day and the colors on Garnet Lake were peak. We had 8 paddlers meet at the boat launch, and we started out with a strong headwind as we paddled toward the Lizard Pond trailhead. It was about a 1.3 mile hike to Lizard Pond, up the leaf-covered trail, over a stream, through the beautiful woods to a lean-to. We stopped there to talk and eat chocolate, then headed back down to Garnet Lake. We paddled to the bay at the end of the lake over numerous tree stumps and downed trees in the shallow water. There were still loons on the lake, and we got surprisingly close to one before its disappearing plunge to get away from us. The sun was out, the sky was blue, and the leaves were gorgeous. As we paddled next to an occupied campsite along the shore, we greeted its camper. Then we paddled back to the boat launch while a few of us continued on with Anne, who launched from her home on the northern part of the lake. It was a wonderful afternoon on a beautiful, quiet, peaceful lake.

~Tracey Donaldson



Garnet Lake



Outings

October 1: NCNST from Dirgylot Trail head above Schroon Lake to Big Pond Leaders: Marti Townley and Ken Shea

A colorful fall hike! The proposed North Country National Scenic Trail runs from North Dakota to Crown Point in Vermont. A section of it tracks through the Adirondacks using many existing trails. Much of it has not been completed yet. We were lucky enough to follow a tagged 7.2 mile (but not yet completed) section from above Schroon Lake village to the the Big Pond trailhead off of Hoffman Rd. below Schroon Lake village. The apex was Jones Hill with wonderful views of Gore, Hoffman Mountain and the Dix Range. Eight members completed this interesting trail that not many people have found yet!

~Marti Townley



Jones Hill on the North Country National Scenic Trail

October 8: Bartonville Mountain Hike Leaders: Karen and Richard Wang

Once again, Thursday was a beautiful day for a walk in the woods, so 10 CRC folks headed out for a hike up Bartonville Mountain from The Hub in Brant Lake. We went at a leisurely pace to fully enjoy the well-laid-out hiking trail up to the view of Brant Lake in full autumn foliage. After taking a break there to take in the view, we continued up the bike trail, Rick's Run, and then turned back down the mountain on Stairway to Heaven for a nice three mile loop through some beautiful rock and moss-lined woods. The trails at Bartonville have been professionally designed which makes hiking here very pleasant at any time of the year. ~Karen Wang



Bartonville Mountain

October 9: Paddle Bog River and Hike Low's Ridge Leader: Gail Gabriels

Because of windy conditions the day before, on Friday, October 9th, five intrepid paddlers ventured out on a 32 degree morning onto the Bog River for a 3-mile paddle to Low's Dam. Here we beached our boats and hiked 1.25 miles up Low's Ridge. The ridge offered beautiful views of the valley with the Bog River and the high peaks in the distance. Thankfully the wind held off in the morning and was at our backs for the paddle back down the river. The scenery and company was lovely and all decided that this was an outing worth returning to. Thank you, Gail, for taking us to this special place! ~Anne Bernat



Low's Ridge

Outings

October 8: Hike the Schaefer Trail to Gore Mt. Summit

Leader: Greg Schaefer

It turned out to be a beautiful fall day despite gusty winds and cool temperatures. We hiked the Schaefer Trail starting at the Ski Bowl. The waterfalls were lovely along the way. Greg imparted many interesting bits of history about the area as we hiked, which is always a treat. At the top we took a side trip to see the Colvin (an important figure in Adirondack history) Bolts on top of Gore. We were lucky to have John and Lynn along so that they took us on the Side Winder trail down to the Twister Cliffs, with fantastic views. Then Ken led us through the Barkeater Glades to the Pipeline and then down the Peaceful Valley Trail back to the Ski Bowl. 10.5 miles round trip. Yahoo! ~Marti Townley



Top of Gore

October 15: Paddle Hudson from Big Boom to Feeder Dam

Leader: Sue Sliva

The clear, fall morning greeted us warmly as 8 paddlers set off from Big Boom launch on the Hudson River Park in Queensbury. Wispy clouds, low hanging branches and a darting kingfisher added to the autumn ambience on the river. As we maneuvered past the several stone piers which previously held chains used to hold back the lumber in the boom, we couldn't help but recall the logging history of this area. Next came a long island, which we rounded just as the Feeder Dam came into view. Then the winds picked up. Hunkering down, paddling hard along the south shore we made it to our previously designed lunch spot at a launch on Nolan Road

in South Glens Falls. After regaining our land-legs and enjoying lunch, most of us faced the current and opposing 22-30 mph wind gusts, to cross the river and return to our original launch site. Two paddlers stayed behind not venturing back onto the river with their light crafts. Within an hour they were "rescued" and everyone returned home safely with fond memories of their adventure on the Hudson. ~Linda Hales



Big Boom on the Hudson River

October 15: Cat Mountain Hike Leaders: Lynn Butterworth & John Rendinaro

On October 14th, nine hikers were led up Cat Mt. in Bolton Landing by Lynn Butterworth and John Rendinaro. It was a gorgeous day with mild temperatures, abundant sun and colorful leaves. We took the red trail up and the blue trail back down for a round trip of 5 miles and 1000 feet of elevation gain. The views from the summit gave us stunning 270 degree views of Lake George to the east and Crane Mt. and Gore to the south and west. What a beautiful way to spend a day with CRC comrades! ~Anne Bernat



Outings



Cat Mountain

October 22: Clay Meadows to Montcalm Pt. Hike

Leader: Gail Gabriels

We had an unusually warm day to hike the very pleasant 5.4-mile trail along the shore of Northwest Bay. This woods walk has a little bit of everything. A little mud in the beginning, but then lots of views of Lake George with wonderful resting spots, especially at the end point. If we had our bathing suits we could have taken a swim! ~Marti Townley



Clay Meadows

October 22: Blue Ledges Hike **Leaders: Tracey Donaldson and Linda Hales**

What a great day! The end of fall colors reflecting on Huntley Pond was a pretty special way to begin our hike on the 2 ½-mile trail to get to the Hudson's Blue Ledges. No one was there to bother us as we enjoyed the spectacular beauty of the cliffs and the quiet waters of the Hudson. Thanks, Linda and Tracey.

~Bob Singley



Blue Ledges



Outings

November 5: Hammond Pond Hike

Leader: Noelle McCrum

We began our hike heading to Hammond Pond, but when the creek was deemed too risky to cross, we backtracked to the fork at the trail head and changed plans. Noelle then led our group of ten to the Berrymill Flow. We were glad to have packed micro spikes as there were sections of ice and snow. It was a wonderful trail leading to a beautiful view of the sun glistening on the water. The best part of the hike was being with other CRC members and catching up on what we have been doing since the spring. ~Rose Cooper



Hammond Pond/Berrymill Flow

November 5: Moxham Mountain Hike

Leaders: Lynn Butterworth & John Rendinaro

Moxham has become a local favorite for good reason. Its rolling terrain over 4-5 humps offers great views and perfect resting rocks to stop, chat, and enjoy. Ten of us certainly appreciated the 60-degree day to ramble through the forest and be with nature during these troubling times. Our rolling conversations and comraderies just felt good. ~Marti Townley



Moxham Mountain



November 7: Fifth Peak Lean-to Hike

Leader: Rich and Miok Salz

Thank goodness, the trail was not wet! Ten hikers, led by Rich and Miok Salz, hiked the trail from Clay Meadows to the lean-to atop Fifth Peak. Everyone enjoyed a beautiful, surprisingly warm day for the first week of November. We made it to the top at noon, just in time to enjoy the sunny weather and lunch al fresco. We enjoyed beautiful views of The Narrows on Lake George as well as views of Buck, Erebus, and Black Mountains across the lake. It was a 5.6-mile up and back hike. The back was a little slick coming down due to leaves covering every inch of the trail. It would have been treacherous if they had been wet. We stepped slowly and carefully, and made our way down the mountain with no mishaps. Many thanks to Rich and Miok for organizing this wonderful, Saturday hike.

~Lynn Butterworth



Fifth Peak

Outings

November 10: Pond Circuit at Putnam Pond Hike

Leader: Sue Sliva

Nine hikers started the 6-mile hike from Putnam Pond State Campground, headed north to Heart Pond, stopping only to identify its heart shape. At Heart Pond the view was lovely with some pines along the shore. Then the group continued to North Pond, the long and narrow bay of Putnam Pond. On the gently rolling trail we went over the ridge to Rock Pond and crossed the bridge to Little Rock Pond. The hikers lunched at the Little Rock Pond lean-to, which was in good condition with a recently replaced roof. The bridge between Rock Pond and Little Rock Pond, just beyond the lean-to, provided remarkable views of both ponds, the mountains, and colorful bogs. Although we had planned on a 3.5 mile hike, the actual mileage was closer to 6 miles, so we finished the hike tired but satisfied. It was a great day with good weather and camaraderie. ~Peggy Carrol



Putnam Pond



November 12: Gull Pond Hike

Leader: Tracey Donaldson

We met in the parking lot on the east side of Schroon Lake at 10 a.m. Eight of us introduced ourselves, went through the Covid procedures, and headed up the trail. It is a relatively flat, short well-used trail to the pond with mostly hardwoods, so it was open at this time of the year. We didn't meet anyone else on the trail that day, although it is considered a popular one. We came to a fork in the trail, and went to the right as Tracey, our leader, gave us the option to circumvent the pond which included a short climb. Everyone was game. The trail was flat and before we knew it, we had reached the pond. Across the pond we saw the ledges that we were heading for. It was an overcast day, but the reflection of the ledges in the water was beautiful, and the starkness of the white birch trees against the rocks accentuated the grayness of the rocks. They seemed like steps rising up from the water as an altar. We bushwhacked along the shore until we reached the rocks. It was a short, steep climb to the top, and then we walked until we found a nice vantage point where we were able to spread out to eat our snacks. We had a good view of distant mountains, including Hoffman and some High Peaks. The relatively easy descent down the other side, led to bushwhacking around the pond until we found a trail. We ended up at the fork again and were back at the parking lot shortly. It was a good short hike, with a bit of climbing, but if you want to avoid the climb, it's a good trail with a beautiful destination of the pond. Swimming would be nice there in the summer, and it's short enough for a canoe carry. Thanks to Tracey for leading. ~Ger Cox



Gull Pond

Outings

November 12: Hurricane Mountain Leader: Marti Townley

After a mild spell of Indian Summer, temperatures dipped just in time for a brisk CRC trek up Hurricane Mountain, a classic summit featuring 360° views and a recently restored fire tower. Our jolly group of 10 prepared for a chilly climb from the Rt. 9 trailhead near Keene that, we were warned, might require micro-spikes. Fortunately, they weren't needed. Much of the 7-mile (or so) route follows switchbacks as it climbs about 1700 feet, crossing several bridges over beaver swamps and offering several views until reaching a final short scramble. The notoriously windy summit, 3694 feet elevation, was surprisingly calm. We had prime choices of lunch spots to enjoy great views of the High Peaks, Champlain Valley, Jay Range and Whiteface, plus a distant Gore Mountain, southwest of the Ausable Lakes. Trail conditions were good, with just a bit of ice at the top, and spirits remained high throughout. Thanks to Marti and everyone for a memorable day! ~Sara Mullins



Hurricane Mountain



November 19: Inman Pond Hike Leader: Maria Rinella

On a windy, cold morning we started out for Inman Pond, a new hike for almost everyone in the group. The well- marked and well-traveled trail had interesting rock cliffs on one side for a long distance. Before arriving at the pond we followed a very pretty, marshy waterway. The lovely pond, itself, was surrounded by pine trees. As always, it was great talking with old friends, and we also enjoyed making some new friends. Once again, we enjoyed another great adventure with our awesome leaders, Vinnie and Maria, who always follow up their trips by email with data and pictures! ~Sharon Kendall



Inman Pond

December 10: Amy's Park Hike Leaders: Lynn Butterworth & John Rendinero

This hike was so popular that Lynn and John had two groups 20 minutes apart. I had the pleasure of being in Lynn's group. We followed the yellow trail across Trout Falls Road up the Red Stripe Trail. We passed an active beaver lodge, saw footprints in the newly fallen snow, and had beautiful views of Lake George and beyond on the ledge on High Nopit. With milder temperatures and good company, it was a lovely walk in the woods. ~Gail Gabriels

Outings



Amy's Park--Lynn's group



December 26: Stony Pond Micro-spike

Leader: Rich Salz

Ten Covid-weary hikers wearing micro-spikes turned out for the 2.2 mile trek to Stony Pond on a cold, gray Sunday morning, the trail freshened by new snow. Heavy rains that washed away the snow forced a one-day delay of the outing so that plunging temperatures could freeze some of the water on the trail and turn the mud into hard ground. As the trail was recently improved by DEC for snowmobile use, we saw some new bridges with the excess planks converted to mini-boardwalks across the frequent large puddles. Along the way, we were impressed by a Verrazano-length beaver dam and the rushing waters of Stony Pond Brook.

Arriving at the pond, some members chose to have lunch at the lean-to while others found a comfortable spot on the canoe and rowboat drydocked on the shore. After the group enjoyed homemade Mozart truffles for dessert it was time to head back to the trailhead, our spirits lifted by the camaraderie of new and old friends temporarily suspending the isolation of this pandemic holiday season. ~Rich Salz



Amy's Park-- John's group

December 17: Ledge Mountain

Leader: Tom Riley

This gorgeous bushwhack hike was about 2 miles RT. We met at Sawyer Mt Trailhead and began our hike just across the road, micro-spiked through the woods that had about 8-10 " of brand new snow, and arrived at the summit in an hour. We were rewarded with a snowy view! The sun was coming out as we hiked back out. Thank you, Tom Riley, for a good morning adventure!
~Jeanne Tommell



Stony Pond

Outings

2020 Outings Data (submitted by Maria Rinella)

There were 53 weeks (Thursdays) in 2020 of which 20 were cancelled due to COVID-19.

Total number of outings scheduled: 81

Average number of outings/week: 2.45

Total cancelled: 18

Reasons for cancelled outings:

low interest – 6

trail conditions – 5

weather – 5

leader availability – 1

conflict (annual meeting) – 1

Total outings offered: 63

Number of different leaders: 43

Number of New leaders: 3 – Gary Schiavi, Nanette Shovea, and Samuel Vona

The leader with the greatest number of outings scheduled:
Marti Townley - 11



CRC Membership and Connections

Membership

Membership Chair, Ellen C. Collins

IF YOUR MAILING ADDRESS, PHONE NUMBER OR EMAIL ADDRESS HAVE CHANGED, PLEASE CONTACT ADK HEADQUARTERS MEMBERSHIP AT 1-800-395--8080. WE WANT TO KEEP YOU INFORMED.

As of November 2020:

Total Households: 285

Total Members: 494

Total Affiliates: 23



Gary Cagwin Boonville, NY
Sheila Curry Washington DC
Glenn and Alison Sullivan Great Meadows, NJ
Annalisa Berns Big Bear City, CA
Jennifer DeRegt and Daniel Pelligra North Creek, NY
Peter Gibson Potomac, MD
Eric and Ellen Hanson Bristol, VT
Donald Oakes Schroon Lake, NY
Lynne Ballou-Gentry Victor, NY
Lucretia Humphrey Clinton, NY
Shirley Poppel Saratoga Springs, NY
Cynthia Stilwell Warrensburg, NY

Our CRC web address is: <https://www.adk.org/adk-chapter/cold-river/>

ADK Cold River Chapter
January 2021 Newsletter
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