

Footprints

Newsletter of the Adirondack Mountain Club
Foothills Chapter

Notes from the Foothills Chapter Chair

ADK has recently released a revised version of the Membership Services Guide for Chapters that was sent to each Chapter Chair. There is also an electronic version that can be downloaded on the Chapter Volunteer webpage at www.adk.org/chapter-volunteers (password:cv18). I'll have my copy at the meeting so you can decide if you want your own copy. In it, for instance, is a list of the contents of the New Member Packet which is sent from Headquarters within two to three weeks of joining the club:

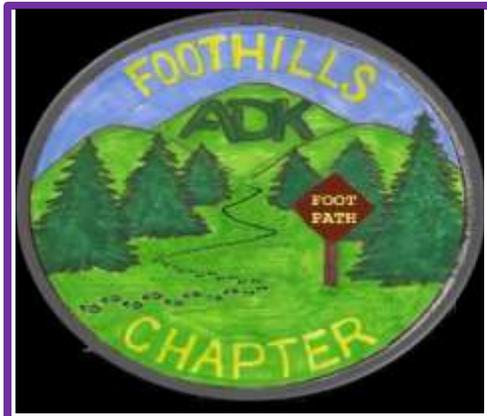
- Welcome letter from the Membership Director, Who We Are and What We Do/FAQ sheet
- Membership Card(s), Chapter Map and Contact Sheet
- ADK car window decal and ADK patch
- Current ADK magazine, Lodging and Facilities Sheet
- \$25 voucher for ADK lodging facilities
- Volunteer Opportunities sheet and Volunteer Application

We'd like to welcome these **new members** who joined our chapter in December: Cheryl Blask, Herkimer; Zachary and Marissa Gordon, Johnstown; and Michele Van Wormer, Broadalbin; and a welcome back to Eleanor Brown and family, Gloversville. We hope to see and meet you at our February meeting when the new members can pick up their Foothills patch.

Thanks to an anonymous donor, Foothills Chapter is now sending two youngsters from a local Boy Scout group to a DEC camp this summer. Both boys have applied to and been accepted at the camp of their choice. We look forward to hearing about their adventures and what they learned at a future meeting.

One last thing, the Foothills Chapter got ahead of the curve when we went to an electronic newsletter. Several chapters are still sending mailed copies and those paper copies take a large share of their budget in some cases. So check out those outings and jot them down on your calendar since we're saving money on the paper! Happy hiking!

Gail Livingston,
Foothills Chapter Chair



Upcoming Events

Friday February 8, 2019
Lizard Pond Trail

Saturday February 9, 2019
Godwin Preserve

Wednesday Feb. 13, 2019
ADK Foothills Program & Meeting 7:00pm

Saturday February 16, 2019
Santanoni Open House –

Monday February 25, 2019
South Meadow Nordic Ski

Tuesday February 26, 2019
Bear Den Mountain

Wednesday February 27, 2019
Whiteface Club and Resort

Sunday, March 10, 2019
Cabin Fever Sundays
Sprague Pond & Death Falls

Thursday, March 14, 2019
Moreau State Park: Palmertown Ridge

Wednesday, March 20, 2019
Dippikill Mountain

May 6-12, 2019
Virginia's Appalachian Trail Backpack

Events Details

Friday, February 8, 2019
Lizard Pond Trail



Lizard Pond is an attractive destination with a lean to and campsite near Garnet Lake in the Wilcox SF. We will start our snowshoe from the Garnet Lake boat launch. After crossing the lake-(ice conditions permitting) there is a short ascent of 3/4 mile but after that the trail levels out and reaches Lizard Pond with a lean-to and campsite, where we'll have our lunch.

Distance: 4 mi RT

Difficulty: Ski-intermediate. Snowshoe-novice.

Contact Jan MacLauchlin: janmac48@yahoo.com 518-993-4255

Saturday February 9, 2019
Godwin Preserve



This hike had to be postponed in December because of family illness, so let's try again. 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 the trail's official opening was in July of 2016. We'll start from the trailhead on Pandarum Road and continue to a view of Pole Hill Pond on an adjoining preserve. Then we'll climb (steeply) to Walnut Ridge for "spectacular views of Lake George." Returning to the trailhead we'll decide if we want to add another mile or two to Amy's Park.

Minimum 4 mi., maximum 6 mi.

Rating: C+

Leader: Gail Livingston pepperjack@frontiernet.net or 518-725-6202

Wednesday February 13, 2019

ADK Foothills Program and Meeting 7:00 at the Sr Center, Gloversville**

****Attracting Birds (and Butterflies!) to Your Backyard**

We don't have to travel far and wide to enjoy birds, butterflies, and other interesting wildlife. In this slide-illustrated program, we cover the basics of creating a wildlife habitat right in our own backyards by providing food, water, and shelter using both man-made structures and natural plantings. We cover types of feeders and feed, plantings and cover for birds and butterflies. We also answer some common questions such as how to deal with squirrels and hawks. Photographs show many of the common and less common backyard visitors to the northeast. Enjoy the show, and bring your questions!

About the Speakers

The award-winning nature photography of Scott Stoner and Denise Hackert-Stoner of Naturelogues has been exhibited in many galleries throughout New York's Capital region. Their work has appeared in numerous publications including Birder's World, New York State Conservationist, the books, "New York Wildlife Viewing Guide," "In Praise of Poison Ivy by Anita Sanchez," and "Birding the Hudson Valley by Kathryn J Schneider, and the Albany Times Union. They offer natural history slide programs for adults and children as well as sales of their nature photography and note cards. Visit them at naturelogues.com or on Facebook.

Saturday February 16, 2019
Santanoni Open House –or not...



While some may crosscountry ski or snowshoe 5 miles one way into Great Camp Santanoni and enjoy hot drinks and a warm fire in the Artist Studio and Great Camp tours, I would like to explore the annex trail to the Adirondack Interpretive Center and ski or snowshoe the trails around the SUNY-ESF Adirondack Interpretive Center along Rich Lake and Belden Lake. We can park cars at Santanoni parking lot trailhead and take the Santanoni Trail for .5m to the Connector Trail for .5 to connect to the 4 miles of trails at the Visitors Center. There are exhibits, hot drinks and bathrooms at the visitors center. Mileage: Great Camp Santanoni-10mi. round trip. Adirondack Interpretive Center via Connector Trail @6mi.RT. (If we want more, when we return on the Connector Trail we can add 1 mile total if we go to the Santanoni Farm and back.) Contact: Marie Naple, marie.naple@usa.net, 619-518-3655

There will be people going the whole route to Santanoni also, if that's your preference- Contact Leader: Sharon Getman gogimpygo@yahoo.com or 518.673.5216

Please contact Marie if you would like to do **Kings Flow to Puffer Pond, Whortleberry Pond and Ross Pond, and Foxy Brown at Piseco Airport**. We can agree on a date with those interested-the sooner the better!

Marie Naple, marie.naple@usa.net, 619-518-3655.

Monday, February 25, 2019
South Meadow Nordic Ski



This truck road is located off the Adirondack Loj road in the midst of the High Peaks. Skiing the well-traveled wide road will lead to a delightful trail through thick evergreens and northern hardwoods to the south side of March Dam. Here you are somewhat in a bowl with imposing high peaks surrounding you. We will return the same way. 8 miles round trip. rated C Contact Leader Sharon Getman gogimpygo@yahoo.com or 518.673.5216

Tuesday, February 26, 2019
Bear Den Mountain



This lightly visited mountain is located above the Ausable River in the Wilmington wilderness area. It lies within the Whiteface Mountain Ski area but we only use their parking lot. This trail is 2.2 one way with an elevation change of 886' but is still challenging. The summit features amazing views from rocky ledges. Heavy snowfall could alter this trip. Rated C+ Contact Leader Sharon Getman gogimpygo@yahoo.com or 518.673.5216

Wednesday, February 27, 2019
Whiteface Club and Resort



An easy time nordic skiing on gentle, groomed trails. Cost \$8. - \$10. We will also access their backcountry trail and check out the famous jack rabbit trail. Bring a lunch or visit their on site restaurant.

Contact Leader Sharon Getman gogimpygo@yahoo.com or 518.673.5216.

Sunday, March 10 2019
The Adirondack Experience Cabin Fever Sundays
Sprague Pond & Death Falls



1:30 lecture with Elizabeth Folwell and Niki Kourofsky discussing Adirondack's Life's Our Towns-the park's fascinating human landscape of quirky characters and colorful tales.

Before the lecture we will hike into **Sprague Pond** near Indian Lake .6 mi round trip and **Death Falls** aka Secret Falls near Raquette Lake .6 mi round trip and if there is time we can walk through Golden Beach State Park.

Leader: Marie Naple, marie.naple@usa.net, 619-518-3655.

Thursday, March 14, 2019
Moreau State Park: Palmertown Ridge



Moreau State Park has many trails to explore. One of my favorites crosses the Palmertown Ridge. We'll spot cars at each end of the trail so that we hit about 5 viewpoints. The first will be overlooking Moreau Lake. The other viewpoints all overlook the Spier Falls Dam and the Hudson River. Its still winter so we may need snowshoes and/or spikes.

6.2 miles with about 1500' ascent

Leader: Nancy Buckley nancyb@aol.com 518-863-6392 (home) 518-542-1362 (cell)

Wednesday, March 20, 2019
Dippikill Mountain



This is a small but fun mountain in the Wilcox Lake Wild Forest in the Town of Thurman. The area is owned by the SUNY Albany Student Association. We will use the ridge trail to ascend 600' in a clockwise direction. The nondescript summit has a few viewing spots. Views may be had of the High Peaks and the Hudson River and Lake George peaks. We skirt the pretty pond in a coniferous forest then return to a previous trail. The lollipop trip totals

4.2 miles

Rated C

Contact . Leader: Sharon Getman gogimpygo@yahoo.com or 518.673.5216

May 6-12, 2019

Appalachian Trail (AT) in Virginia



Are you interested in hiking Virginia's Triple Crown- Dragons Tooth, McAfee Knob, and Tinker Cliffs on the Appalachian Trail? Sharon Getman and Jan MacLauchlin will be leading a trip there in early May. The plan is to daypack Dragons Tooth and head north on the Sawtooth Ridge to Catawba, spending 2 nights in hostels. We will then backpack 20 miles over McAfee Knob and Tinker Cliffs to our end point at interstate 81 interchange. This event will be at a slow pace. Expect many people especially thru hikers. Limited participation.

Contact Sharon Getman gogimpygo@yahoo.com or 518.673.5216



.....Tracking the Foothillers.....



Mt Francisco (CANCELLED- BUT...)

Tuesday Dec. 18, 2018



Backpacks were ready and sandwiches made so an impromptu thru hike was arranged instead. Four hikers went from Pumpkin Hollow Rd to Creek Rd utilizing the Old Farm Rd. This is a normally wet trail, but for December teen temperatures, spikes worked perfectly. We lunched very briefly at the windy lean to on Murphy Lake. Middle Lake was next and a view of Bennett was had before our descent out. Hikers were Nancy B, Nolan M, Arlo K, Sharon G and Piper.



Full Moon Event- Nick Stoner & Irving Pond

December 22, 2018



The moon did not make an appearance through the clouds and flurries but 17 people had a wonderful time. We began with fruit and beverages, followed by a delicious and plentiful buffet dinner at the Nick Stoner 19th Hole restaurant. In accordance with the season we had several drawings for gifts. A chico bag was especially interesting. 14 hikers decided to venture into the elements for a hike to Irving Pond. Being in the dark, hearing the rushing water, the blasting wind, seeing the bobbing

headlamps and colored lights, all made for a sensory experience. Thanks to all!

Attended by: Betsy B, Sue R, Arlo K, Jane R, Kathy M, Kathy S, Paul and Val L, Jan and Bill M, Dianne K, Rich N, David N, Thora B, Charlie B, Kevin and Sharon G, leader.



Hackensack Mt

January 5, 2019

Was it a bad omen to have rain pelting my window at 7 am? Would I be hiking alone? Of course not! We had a splendid day discovering this little mountain that looms up in the hamlet of Warrensburg. To extend this hike the thought was to sweep south before our ascent but there were many social trails that had us going in circles. We backtracked to a major intersection to climb the steep north side. At times this was a tough go, icy in spots, big steps, and huge rock slabs but fortunately short. The top of Hackensack is fairly flat with views from the "flag" site and the actual summit. It has myriad open rocks with great views. The sun shining, no wind, mackerel clouds, blue sky and great people made for a stellar January day. We descended gently on the north side following an old road. A total of 3.5 miles. While in the area we stopped at the famous Oscars Smokehouse then dined at the Lake George Pub and Brewery. One last gift was the gorgeous pink and blue sky on the drive home. Hikers were Dave Nilsen, Thora Blackwood, Marie Naple, Paul and Val Levine, Jan MacLauchlin, Arlo Klinetob, Kevin and Leader, Sharon Getman with Piper.

Hackensack Mt



Hmm.. where are we...???



Look- It's a bird, it's a plane.....it's...

Potash Mt

January 9, 2019

Potash Mt is one that catches your eye, especially traveling up Rte 9N because it stands out like a big bump in the surrounding landscape. Our climb through newly fallen wet snow was challenging at times. Spikes or snowshoes??- that was the question. With snow consistently balling up under spikes, the change to snowshoes up the steeper section aided in traction. The 2 hr & 1.6 mi climb was worth it, as views from the top are phenomenal! Three hearty hikers braved the (predicted but over-rated) elements to enjoy a beautiful day and fresh air exertion, Marie Naple, Sharon Getman, and Leader-Jan MacLauchlin.



Potash Summit

ADK Winter Outing Mad River Club at Tug Hill Fri-Sun, January 18-20, 2019

Linda Smitas and Marie Naple decided to drive to their first Winter Outing even though the weather forecast described an impossible drive home on Sunday. We decided to stay till the snow started Saturday afternoon. We were the first to arrive @ 2pm to meet our hosts, the Iroquois Chapter with Paul Sirtoli, Glenn Tinker & Norm Landis who were feeding the stoves, warming up chili & setting up the registration table for 60 people. About 30 came to the Mad River Club maybe 10 staying nearby.

Before dinner, Paul, Linda and Marie did a short snowshoe around the property which had many trails. They own property but also lease more for hunting. We met lots of wonderful people. Marie played Scrabble after dinner and jumped when the Jenga tower would fall.

On Saturday, 6 trips were planned; half to xc ski and half to snowshoe. Linda & I went out to Lake Ontario & explored Sandy Island Beach State Park and Selkirk Shores State Park. We then snowshoed at Salmon River Falls and headed home.

We both said we would definitely go back next year!



Salmon River Falls & Trail



Goose Pond and Crane Pond Rd

Saturday, January 26, 2019

Our snowshoe hike began on Crane Pond Rd. This unmaintained and controversial road provides one of the main entries into the Pharoah Lake Wilderness. The ascent was scenic along the ravines and waterfalls of Alder Brook, and made easier by a broken trail. Our turn off came quickly along the shore of Alder Pond. We broke trail, crossed skinny bridges and ascended about a mile to the north shore of Goose Pond.

We refreshed here. The ice covered pond and Pharoah Mountain before us. The group decided we should continue on to Crane Pond.

More ascent through hemlock forest then a final descent to Crane Pond. We could only see a tiny portion of very large Crane Pond. It has many campsites accessible by boat. We checked out waterfalls and natural architecture that began along the trail to Pharoah Mountain. A total of 5.6 miles. Hikers were Marie Naple, Gail Livingston, Jan MacLauchlin, Dorean Page, Sharon Getman and Guest Betsy Earley.



Goose Pond



Crane Pond

ADK Christmas Party, Meeting

December 12, 2018

Our festive club dinner started at 6 pm complete with a champagne toast! Delicious food...camaraderie, and even a hiking slide show rounding off a nice party.

Meeting was called to order by Acting Chairperson, Gail Livingston.

October minutes read and accepted by Valerie Levine

Treasurers Report - Valerie Lavine

\$2212.53 starting balance

Disbursements \$600.00: \$150 Senior Center, \$350.00 DEC Camper sponsorship, \$100.00 October Speaker

+Dues \$229.20

+T-shirt Sales \$85.00

Current Balance \$1926.73

Discussion concerning CD roll-over for another year, motion made by Kathy S. seconded by Marty K

Outings Report - Sharon Getman

Thanks sent to all the volunteers working hard with many different hikes, including 2 coming up in the next 2 weeks

Dec 18 Mt. Francisco and Dec 22 Full moon hike to Irving Pond

Please see previous newsletter or Adk calendar for details or contact Sharon at getman@frontiernet.net

Education chair -Jane Riley

Arranging February speaker -more details to come

Board of Directors Chair - Walt Lane

Discussed recently passed ADK budget adapted Dec.1. Budget chart passed out. including a Summary of Heart Lake Enhancement Program.

Spoke of finalizing the many Heart Lake property improvements such as

Washhouse, concession stand, Yurt building ...making the area a positive and safe hiking experience for all.

Encouraged members to browse ADK website, scrolling down to volunteer link for many areas of interest.

The above reports will be submitted in the Chapters Manual, and available upon request.

Publicity Chair Marie Naple

2019 Camp Sponsorship winner is Gavin Duessler. Boy Scout, from Broadalbin area.

Gavin will visit our chapter in the future to tell of his camp experience. ADK Sling bag will be purchased for camper

Motion to purchase made by Gail L. And seconded by Sandy L.

**Marie requested few photos to be submitted to future Leader Herald Supplement-upload to Marie at

marie.naple@usa.net

Elections resulted in the following:

Valerie L nominated Gail Livingston for Chairperson

Accepted with grace

Sharon Getman accepted nomination for Vice Chairperson

Walt Lane accepted another term as BOD Chair.

Walt Lane accepted offer of Membership Chair

All nominations were motioned for acceptance and seconded by Nancy K, Secretary

8 pm motion for meeting adjournment by Dave N. seconded by Sandy L

Submitted by

Nancy Kested

ADK Foothills Chapter Secretary

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.

**Foothills-ADK Chapter
Executive Committee**

Chairperson: Gail Livingston (pepperjack@frontiernet.net)
Vice-Chairperson: Sharon Getman (getman@frontiernet.net)
Board Director: Walt Lane (wlane937@nycap.rr.com)
Membership: Walt Lane (wlane937@nycap.rr.com)
Treasurer: Valerie Levine (envelip@yahoo.com)
Secretary: Nancy Kested (nancykested@gmail.com)
Outings Chair: Sharon Getman (getman@frontiernet.net)
Education Chair: Jane Riley
Conservation Chair: xxxxxx
Publicity: Marie Naple (marie.naple@usa.net)

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