



The

Cloudsplitter

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The Cloudsplitter

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Many thanks to Gail Carr for her cover sketch of "Black Bear" and for her continued support of the Chapter with her time and talent!

Business meetings are normally the 3rd Wednesday of each month at 6 p.m. at Little's Lake in Menands. However, during the pandemic executive meetings are being held on Zoom.

Submission deadline for the Summer 2021 issue (July - September 2021) is May 15th.

Welcome to Spring!

from the Paddlers

Welcome back Spring! With the warmer weather we are all looking forward to getting back out on the trails, and onto the water to enjoy our kayaks and canoes. We have many scheduled paddles throughout the wider Capital Region and into the Adirondacks, so we would like to introduce you to our paddling outings.

Albany ADK runs weekly evening paddles, usually Tuesday but sometimes Wednesday, from late April to October, in the Capital District, as well as day paddles throughout the wider region and into the Adirondacks. The outings are open to all levels of paddlers. This is a safe and pleasant atmosphere for beginning paddlers, as more experienced paddlers are happy to coach newcomers. We aim to provide a congenial and supportive experience for all. The group varies in size from a dozen to 30+ on a warm summer evening. We generally break into two groups, a moderately paced group for faster boats with more experienced paddlers, and a more relaxed group geared to slower recreational boats. We follow safety standards that follow current Covid-19 guidelines as recommended by NYS.

On Tuesday evenings we launch from over a dozen locations along the Mohawk and Hudson Rivers from Coxsackie to Rotterdam Junction, as well as a few local lakes. Day paddles usually take us to more distant locations for a full day paddle. You will need to supply your own kayak or canoe, and we have had a few SUPs as well. Some locations have rentals available. Everyone needs to wear a PFD and wear non-cotton clothing. You need to carry a white light and a whistle. We also suggest bringing extra clothing, bug dope, raingear, and water. We generally convene after the paddle for some socializing and to enjoy a meal with old and new friends. Since the pandemic we have chosen to hold picnic style gatherings outside.

We would love to have you come out and join us on the water! Come give it a try; we think you will fall in love with the sport and we would be happy to welcome new faces. Welcome back to all of our regular paddlers, too. Our first paddle of the season is Tuesday April 27.

Alison Zoske
Pam Bentien
ADK Paddle Co-chairs

***Monthly Chapter meetings normally are held at the West Albany Firehouse Station #1, 113 Sand Creek Road, Albany starting at 6:30 pm on the second Tuesday of each month except July, August, and September. During the pandemic until further notice there will be no general monthly meetings.**

To view the Combined Activities Schedule, Activities Descriptions, and Echoes from the Trail, please visit the website for the Albany chapter of the Adirondack Mountain Club.

Rules and Recommendations for ADK Chapter Outings

- Life jackets (PFDs) must be worn on any ADK paddling trip while on the water. (You need to wear AND properly secure your PFD.)
- Participants are expected to have a realistic knowledge of their own ability to select activities within their capabilities and to carry clothing, food and equipment appropriate to the trip.
- Participants must be willing to accept the authority of the trip leader and to cooperate with him or her and other party members to make the trip safe and enjoyable.
- Participants should inform the leader if they feel unduly tired or if the trip is exceeding their capability. Concealing such information to avoid embarrassment or other reasons endangers the safety of all participants.

- Participants must not leave the party at any time without permission of the leader. Participants must not leave the trip area until all party members have safely returned, unless given permission by the trip leader.
- Party Coordination: It is recommended that leaders establish procedures to ensure the cohesiveness of the group. They should explain the concept of having a leader and sweep and stress the importance of maintaining contact within the group
- Safety Considerations: It is recommended that trip leaders and participants observe reasonable safety precautions and that all trip decisions be made with safety as the primary concern.

A leader may curtail further participation by an individual and amend trip objectives if, in the leader's judgment, the safety of the individual or group requires such action. It is recommended that if a trip participant is unable to continue with the trip and must turn back that he or she be accompanied by at least one other person.

Additional rules and precautions that must be abided by during the COVID-19 pandemic.

Leaders will screen participants for symptoms and/or recent contact with an infected person.

Everyone should bring face masks, sanitizer and/or soap.




Avoid hiking or paddling in wilderness and high-use areas, overnight trips to the backcountry, and carpooling (unless members of the same household).

Leaders are advised to keep outings local, local being identified as being within 30 miles.

ACTIVITIES RATINGS

Each outing listed in this issue is rated by the leader for its level of effort. Remember that "level of effort" is not the same as the level of difficulty! A "moderate" hike for a physically fit person may mean a very strenuous hike for a novice or unconditioned person.

It is incumbent on each participant to know their own level of fitness and limitations. The trip leader will ask questions about your experience, fitness, equipment, medical condition, expectations, etc. *Be Honest*

| | | | | | |
|--|--|--|--|---|--|
|  HIKING | RATING A+ A B+ B C+ C | LEVEL OF EFFORT Very strenuous Strenuous Moderately Strenuous Moderate Fairly Easy Easy | FEET OF ELEVATION GAIN 4,000+ 3,000+ 2,000+ 1,000+ 1,000+ Under 1,000 | MILES 10+ 5-10 5-10 8-10 5-8 Under 5 | TIME (HOURS) 10+ 8-10 6-8 5-7 4-6 Under 5 |
| PADDLING  | RATING A B C | MILES 12+ 6-12 Under 6 | PORTAGES Long (1/2 mile+) Short None | WATER CLASS II - Whitewater I - Moving Flat | |
| BIKING  | RATING A B C | MILES 30+ 15-30 Under 15 | TERRAIN Moderate to steep Moderate Flat to Moderate | | |

Not all trips fit cleanly into one of these categories. Whenever you are unclear about a rating for a trip, leaders will be happy to explain what their designated rating means.

Please Note: Unless otherwise stated, please sign up with the leader for all Chapter activities. Do not simply show up at the designated meeting place. Arrive at the designated site before the stated departure time. Remember, no carpooling unless you are members of a family. Do not bring a pet unless the trip leader agrees that it is okay, and bring a leash. Please stay with the group or ask to proceed and stop at the first intersection and wait for the entire group to reassemble. Practice social distancing and don your mask when passing other hikers. You are expected to carry adequate equipment, water and food. If in doubt about what to bring, ask the trip leader!

| Suggested Gear For All Seasons: | | Winter Add-Ons |
|--|------------------------------|-----------------------|
| Water (2-3 quarts) | Food | Extra Food |
| Sturdy Boots | Sunglasses/Sunscreen | Ski Pole or Ice Axe |
| Extra Socks | First Aid Kit | Skis or Snowshoes |
| Waterproof Matches | Crampons | Warm Liquids |
| Headlamp | Layered Clothing (NO cotton) | Extra Layers |
| Map & Compass | Wind and Rain Shell | |
| Emergency Blanket | Extra Sweater or Jacket | |
| Hat/Gloves | | |

General Information for Paddling Trips

On most Tuesday (some Wednesday) evenings from May thru October, the ADK Albany Chapter paddles various waterways in the Capital District area. There are typically 2 groups (Fast and Relaxed). The Relaxed Group goes as slow as the slowest paddler and may be best for short wide boats or less skilled paddlers. The Fast Group is for most everyone else and goes about 3-4 mph. If there are a large number of paddlers, we may form a moderate group. Expect to paddle for about two hours. Scheduled trips launch rain or shine. It is suggested that you obtain a good roadmap of the Capital District or use www.mapquest.com for directions to the launch site locations. It is customary, after the paddle, for the group Leader to pick a nearby restaurant and convene the Paddlers Committee Meeting (PCM) to socialize, plan future trips, and enjoy a meal with old and new friends. Everyone who paddles is automatically a Committee Member and is invited to participate. If new paddlers would like to join the weekly paddling email list, please email Pamela Bentien and Alison Zoske at albany.adk.paddlers@gmail.com.

The following are the Albany Chapter guidelines to participate in the Evening Paddles:

- 1) **Respect Other Users of the Waterways** - Steer clear of fishermen. Don't forget their fishing lines go well out into the water. Stay close to shore when motorboats are out. Red & Green Buoys mark the deepwater channels so stay between the buoys and shore. Paddle in a tight group when crossing large bodies of water.
- 2) **Launch on Time** - Please be in your boats on the water and congregated near shore before the launch time. People launching after start time are not officially with the group. The leaders will conduct a short On-the-Water Meeting with the group to discuss the water, weather conditions and plans for the paddle.
- 3) **Duty of the Paddler** - It is the responsibility of the paddler to stay with the group and know who the leaders are. If you don't know, ask someone.

- 4) **Leaving the Group** - The leaders take a headcount at the On-the-Water Meeting. Therefore, please notify one of the leaders if you need to leave the group for any reason. ADK is not responsible for paddlers who choose not to paddle with the group.
- 5) **Required Gear** - All paddlers must bring along a white light (a headlamp is good), a whistle (a pealess one is best) and must wear a PFD (Personal Floatation Device aka life jacket). Your PFD needs to be securely fastened (zippered and buckled). There are no exceptions to these requirements. It is also a good idea to bring raingear, water, bug-dope (mosquitoes are quite active in summer at dusk) and an extra set of clothes in the car.
- 6) **Clothing** - Other than in July and August, all paddlers should not wear cotton clothing, If you must wear cotton, bring along a full change of clothing in a dry bag. Expect to have your feet in the water when launching. Some of the launch spots are slippery and have underwater debris. Waterproof footwear (most experienced paddlers use neoprene booties or mukluks) is highly recommended in the cooler months.
- 7) **Guests** - You may bring a guest. He/she is your responsibility and must adhere to all of the Evening Paddle Guidelines.

Chapter Calendar

April 13, 2021: Chapter General Meeting (Online) at 7:00 PM. More details will be sent out to all members.

April 21, 2021: Executive Committee Meeting (Online) at 7:00 PM.

May 4, 2021: Hiking 101 Class.

Spring 2021 Falconer Public Lecture Series

The **Spring 2021 Falconer Public Lecture Series**, is being held virtually via Zoom due to the pandemic.

The series kicks-off is on **Tuesday, March 30, 2021 at 7:00pm (EDT)** with a presentation on "Big Solar" by our Center's own, Senior Research Associate Richard Perez, Ph.D. The series continues weekly thereafter for five weeks:

- **April 6, 2021:** "Blame It on the Moon: Plant and Ecosystem Responses to the August 2017 Solar Eclipse." Daniel Beverly, Ph.D., Postdoctoral Fellow, O'Neill School of Public and Environmental Affairs, Indiana University
- **April 13, 2021:** "Electric Bikes, Bikeshare and More." Paul Winkeller, Senior Advisor, Urban Cycling Solutions
- **April 20, 2021:** "Climate Change and Extreme Weather in New York State." Mark Wysocki, Senior Lecturer, Department of Earth and Atmospheric Sciences, Cornell University
- **April 27, 2021:** "Transitioning to Sustainable and Climate-Resilient Food Supply Chains." Xiaobo Romeiko, Ph.D., Assistant Professor, Department of Environmental Health Sciences, School of Public Health, University at Albany
- **May 4, 2021:** "Recreational Impacts and Alpine Stewardship in the Age of COVID-19." Kayla White, Stewardship Manager, Adirondack Mountain Club

All talks are free and open to the public, but registration is required. Visit <http://bit.ly/2OWAxdS> to receive a single personalized link that can be used to access all six lectures.

Please see the attached flyer for further details. We look forward to seeing you online. As a friendly reminder, you can always follow us on Twitter @UAlbanyASRC for the latest Falconer Series updates and ASRC news.

Conservation Notes

Whitney Tract For Sale : Please Contact Governor Cuomo and ask him to acquire it for the Forest Preserve.

For more than 50 years, the 36,000-acre Whitney Park has been the top land protection priority in New York State. The landowner says he's selling for the top price and wants to make a deal soon. This land needs to be purchased by the State of New York and added to the public Forest Preserve. Whitney Park would be a paddling paradise. Whitney Park has 22 lakes and ponds and over 100 miles of undeveloped shorelines. If the state could acquire the Whitney Tract, the Adirondack Park would rival Algonquin Park in Ontario and the Boundary Canoe Waters in Minnesota as a world class paddling destination. The Whitney lands are bordered by the William C. Whitney Wilderness Area on its northern boundary. The majority of Whitney lands border public Forest Preserve on its south and east.

There are two private in holdings totaling over 400 acres with shoreline frontage on Forked Lake and Plumley Pond at the south end of the property. In the 19th century, the lakes and ponds of the Whitney tract were popular as important links in historic canoe routes that were open to the public for decades. Little Forked Lake, Salmon Lake, Moose Pond, Flat Fish Pond, Slim Pond, and Stony Pond, among others, were parts of popular canoe routes documented and written about by George Washington Sears under the pen name "Nessmuk". If purchased for the public Forest Preserve, these canoe trails from Little Tupper Lake to Stony Pond and Slim Pond could once again be opened to the public. Additionally, the historic canoe route from Little Tupper Lake to Rock Lake to Little Salmon Lake to Salmon Lake could be recreated and opened to the public more than 100 years after it was closed off.

If you have questions or want to know more about these issues, please contact David Pisaneschi at: dapadk@gmail.com or 459-5969. For updates on conservation issues of concern to ADK members, please visit the chapter website at: <http://www.adk-albany.org/conservationNotes.php>

From the Archives

A Tribute to Paul VanDyke in 1985

One summer when I had a job as trip leader at Forest Lake Camp, my counselees, having heard of the caves at Pitchoff, urged me to take them there. Well, I didn't feel confident in this unless I could prevail on Paul, the expert, to go along to supply the expertise and moral support.

Well, we had a good trip, and as we loaded the kids into the truck for the trip home, Paul suggested that we might pull into the Ausable Club and get the view of Giant Mountain from the golf course. This is always inspiring, and the kids agreed. As we stopped the truck on the club road, I understood that the kids would view the mountain from the open sides of the truck, and we would move on. I didn't realize that Paul

jumped down and was pointing out features of Giant Mountain to the group. After the appropriate length of time I threw the truck in gear and drove on. As we approached the Northway entrance, somebody pounded on the cab of the truck and said, "He ain't here." I said, "Who ain't here?" The reply, "Paul." "You left him back at the Club."

I quickly turned around and headed back and on the road hiking toward home was Paul with his thumb out. As I apologized profusely, Paul said, again in his quiet way with that twinkle in his eye, "I expect I'd have gotten home sooner or later."

Reflections from the Trail

by Brad Schwebler

As much as I enjoy sitting in my warm cozy home, doing the indoor activities I enjoy (reading, writing, typing, drawing, painting), after a while I am stiff. I need to get up and move. I look forward to getting out and hiking again. I dread the cold, but on a clear sunny winter day I must admit, it is pretty. And even though I am not thrilled about going down the same trails I've been on before, hiking down these same paths in a different season, it appears to be a different world. Snow draped evergreen limbs, ice covered waterfalls with hues of blue and green.

And with the winter months come different challenges and concerns with a snowy and icy terrain which require special equipment including microspikes, crampons, snowshoes, and skis. The potential for danger also makes the need to hike in the company of others, having a means to communicate either by cellphone or a Garmin, and navigating tools with map and compass, AllTrails, or Gaia. Still, by exercising caution these adventures can be fun and challenging.

Now I see the welcoming signs of Spring. I hear the red-wing blackbirds and see robins returning, Canadian geese are pairing up to mate, buds are on the trees, the green shoots of flowers are sprouting. I even saw some stoneflies on top of the Torne and sprouting skunk cabbage in John Burroughs Sanctuary. I look forward to the warmer, longer days full of flora and fauna.

Gallery



On top of Hadley Mtn.



On top of Pharaoh Mtn.



Klondike Notch



Leonard Hill Fire Tower



Frozen Ashley Falls



Frozen Awosting Falls



Canadian geese on the frozen Hudson



Climbing up the Torne



On top of High Point



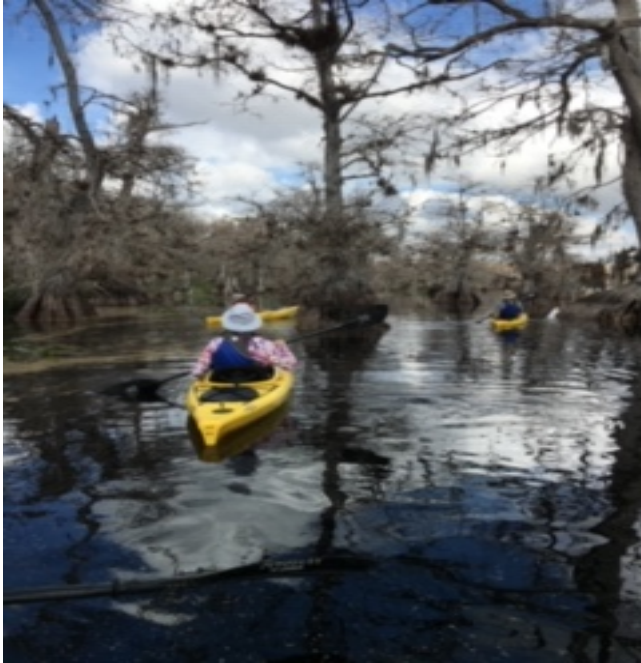
Indian Rock



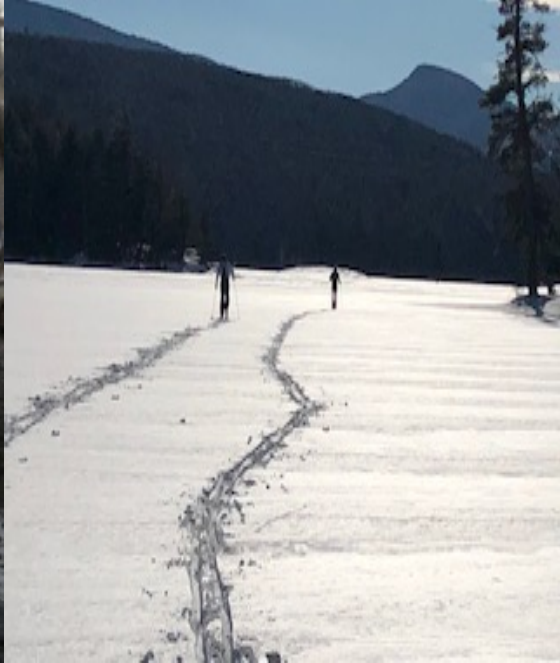
On top of the Torne



Frozen Rynex Falls



Paddle on Lake Norris



Skiing on North Lake



Memorial on the Torne



Paddle in Florida



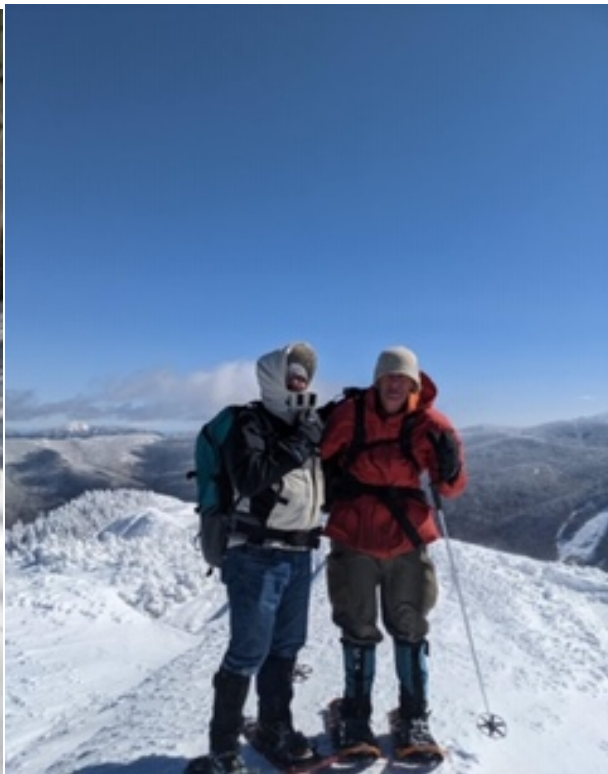
Pushing Patterson Rock



Snowshoeing at North Lake



Monitoring the Hemlock Woolly Adelgid



On top of Wright's Peak

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