



The Cloudsplitter

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The Cloudsplitter

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Many thanks to Gail Carr for her cover sketch of Sunburst Through the Trees and for her continued support of the Chapter with her time and talent!

Business meetings are the 1st Wednesday of each month at 6 p.m. at Little's Lake in Menands. Chapter members are encouraged to attend. Call Cliff Prewencki at (518) 768-2907.

Submission deadline for the Summer 2019 issue (July - September) is May 15, 2019.

Message from the Chair

One of the more challenging aspects of this column is the lag between the time I write it and when it appears in *The Cloudsplitter*. As I look out my living-room window, my evergreen bush struggles against the accumulating load of snow that weighs it down.

This reminds me of a similar experience Martha and I had during a recent stroll through the Huyck Preserve. It was one of those days when none of our equipment choices seemed appropriate for the existing trail conditions. A modest amount of snow—about four or five inches—was topped by a heavy glaze of ice. On the one hand, the ice was not strong enough to support one's weight; on the other hand, the layer beneath the ice was insufficient to make using snowshoes really worthwhile. So we plunged through the preserve's three lovely loops, stomping with authority to break trail—to shatter its plate glass cover—both for ourselves and for those who would eventually follow. With our synchronized, microspiked march, we battled our way through nature's icing with thoughts that were far from spring. But just now, gazing once again through my window, I see that the flurries have ceased, the sun has returned, and, with the release of its burden, the evergreen resumes its original shape. It *springs*.

And it is of spring that I wish to write. A sampling of the Chapter's calendar reveals a range of activities fit for the season that will soon be upon us. On April 6, Dave Pisaneschi is leading a group to do some spring cleaning on the Taconic Crest Trail (TCT), from Robinson Hollow to Madden Road. The TCT is one of Albany's adopted trails, so a good turnout supports both the trail and the Chapter. And besides, it's a lot of fun, too!

Spring is also in the air in the sense of renewal and growth, which brings me to the Spring 2019 ADK Open House on April 16. As of this writing, the number of Chapter members is at an all-time high (about 2171) due in no small part to the skills of our membership chair, Doug Rosenberry. If you ever wanted to learn more about paddling and hiking in our neck of the woods, here's your chance to talk to the leaders in person.

I hope you will enjoy these and the other springtime activities on our calendar. You might even come to agree with Thoreau's view of the season: "We are affected like the earth, and yield to the elemental tenderness."

Cliff Prewencki,
Albany Chapter Chair

EDITOR'S NOTE: Due to technical difficulties, Echoes from the Trail does not appear in this issue.

Combined Activities Schedule

<u>Month</u>	<u>Day</u>	<u>Destination or Event</u>	<u>Leader</u>	<u>Rating</u>
Apr	4	Kaaterskill Falls to Inspiration Point	Schwebler	C+
	5	Pharaoh Lake Wilderness Ponds	Antonio	B
	6	Taconic Crest Trail (TCT) Trail Work	Pisaneschi	B
	7	Race Mountain	Sheehan	B
	9	MONTHLY MEETING		
	9	Ashuwillticook Bike Ride	Traver	C+
	16	Spring 2019 ADK Open House	Rosenberry	
	18	Poet's Ledge & Rainbow Falls	Schwebler	B
	25	Pine Cobble & Eph's Lookout	Susko	B
	27	Spring Paddling Leaders Choice	Siegard/ Siegard	B
	27	ADK Canal Clean Sweepers	Luchsinger/Pusatere	C
	27 - May 5	Buffalo River Paddle	Pisaneschi	B
	30	Evening Paddle -Lions Park	Bentien/Fisher	C+
May	1	Weekly Paddle	McGuire	B
	2	Zadee Bower & Rock Rift	Schwebler	C+
	3	Schoharie Creek Paddle	Beach	A
	4	Big Indian & Eagle	Susko	A
	4	Alcove Reservoir Bike	Siegard	B
	4	I Love My Park Day	Schaller	C+
	5	South Central Triple	Priest	B
	7	Evening Paddle-Waterford	Orr	C
	8	Weekly Paddle	McGuire	B
	10	Ashuwillticook Rail Trail	Beach	B
	11	Spruce Mountain	Sheppard	C+
	14	CHAPTER BANQUET		
	15	Weekly Paddle	McGuire	B
	15	Evening Paddle - Ballston Lake	Luchsinger	C
	15	John Pond/Clear Pond Loop	Sheehan	C+
	16	March Cataract	Schwebler	C+
	18	Folded Rock Trail	Seward	B
	18	Mongaup Mtn & Hodge Pond Peak	Siegard/Siegard	A -
	18	Schodack Island Paddle	Pisaneschi	B
	21	Evening Paddle - Bethlehem	McGuire	C+
	22	Bromley Mt	Traver	B
	22	Weekly Paddle	McGuire	B
	24	Battenkill River Paddle 1	Beach	B
	29	Evening Paddle - Flight Lock Rd Lock #6	Zoske/Cherkosly	C
	29	Weekly Paddle	McGuire	B
	30	Hoosac Range	Ross/McCarron	B
Jun	1	National Trails Day	Schaller	C+
	1	Berlin Mt Loop	Sheppard	B
	1	Warren County Bike	Zoske	B-
	2	Hurricane Mountain	Priest	B+
	4	Evening Paddle -Round Lake	Dewes	C
	5	Weekly Paddle	McGuire	B
	6	Awosting, Peterskill & Sheldon Falls	Schwebler	C+

7	Battenkill River Padddle 2	Beach	B
8	Kaaterskill High Peak	Susko	A
9	Moxham Mountain	Sheehan	C+
11	MONTHLY MEETING - Member Potpourri		
12	Evening Paddle - Freeman's Bridge	Esmond	C
12	Three Brothers	Traver	B+
12	Weekly Paddle	McGuire	B
18	Evening Paddle -Ingalls Ave	Bentien/Cherkosly	C
19	Weekly Paddle	McGuire	B
20	Mattison Hollow & Krum Falls	Schwebler	C+
22	Sawteeth	Priest	A
22	Whitewater Kayak Instructional	Dewes	
25	Evening Paddle-Kiwanis Park	Orr	C
26	Weekly Paddle	McGuire	B
29	Black Mountain Loop	Seward	B

***Monthly Chapter meetings are held at the West Albany Firehouse Station #1), 113 Sand Creek Road, Albany starting at 6:30 pm with refreshments served.**

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.


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	LEVEL OF EFFORT	FEET OF ELEVATION GAIN	MILES	TIME (HOURS)
	A+	Very strenuous	4,000+	10+	10+
	A	Strenuous	3,000+	5-10	8-10
	B+	Moderately Strenuous	2,000+	5-10	6-8
	B	Moderate	1,000+	8-10	5-7
	C+	Fairly Easy	1,000+	5-8	4-6
	C	Easy	Under 1,000	Under 5	Under 5

PADDLING 	RATING	MILES	PORTAGES	WATER CLASS
	A	12+	Long (1/2 mile+)	II - Whitewater
	B	6-12	Short	I - Moving
	C	Under 6	None	Flat

BIKING 	RATING	MILES	TERRAIN
	A	30+	Moderate to steep
	B	15-30	Moderate
	C	Under 15	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 carpooling site before the stated departure time. Please pay the driver to offset the costs of driving. 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 re-assemble. 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)	Sturdy Boots	Extra Socks	Extra Food
Waterproof Matches	Headlamp	Hat/Gloves	Ski Pole or Ice Axe
Map & Compass	Emergency Blanket	Food	Skis or Snowshoes
Sunglasses/Sunscreen	First Aid Kit		Crampons
Layered Clothing (NO cotton)	Wind and rain shell		Warm Liquids
Extra Sweater or Jacket			Extra Layers

ACTIVITIES DESCRIPTIONS

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 deep-water 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/shes your responsibility and must adhere to all of the Evening Paddle Guidelines.

Apr 4 (Thu) KAATERSKILL FALLS TO INSPIRATION POINT (C+)

We will meet at the Catskill Thruway Exit 21 Park & Ride. The hike will start on the lower trail to Kaaterskill Falls. Then we will climb up to the escarpment trail and hike to Inspiration Point for a panoramic view. This trip will be 6.4 miles with 757' of elevation gain. Leader: Brad Schwebler, (518) 248-5522, feketitsch@yahoo.com.

Apr 5 (Fri) PHARAOH LAKE WILDERNESS PONDS (B)

Though they likely will still be iced (as in no paddling today), the four ponds we visit on this trip are certainly worth the effort. Passing Alder Pond, Crane Pond, and Glidden Marsh, we will eventually arrive at our lunch destination, the Oxshoe Pond lean-to. This is a scenic seven-mile round-trip of delightful hiking. Traction devices or possibly snowshoes could still be needed to navigate safely at this time of year. Meet 7:30 a.m. at the Northway Exit 9 Park & Ride. Leader: John Antonio, (518) 462-2765.

Apr (Sat) 6 TACONIC CREST TRAIL (TCT) TRAIL WORK (B)

We'll cover the section of the TCT from Robinson Hollow to Madden Road. This will involve blow-down removal and drainage work. This trip will involve an overall elevation gain of about 1,000' and about an 8-mile round-trip, depending on what

needs to be done. If more trail work is needed, the overall distance will be reduced. Regardless, we'll plan to be back at the trailhead by 4:00 p.m. Bad weather postpones to the following day or weekend. Leader: David Pisaneschi, (518) 459-5969, dapack@gmail.com.

Apr 7 (Sun) RACE MOUNTAIN (B)

Race Mountain is the southernmost peak in Massachusetts, along the Appalachian Trail. I would not expect any through-hikers this time of year, but the big attraction should be Race Brook Falls about halfway up the mountain. In April, the spring run-off should make the falls a spectacular sight. This hike is 6 miles round-trip with about 1500' of elevation gain. We will meet at 8:00 a.m. at the Defeestville Park & Ride. Leader: John Sheehan, jgsheehan01@yahoo.com, (518) 674-8121.

Apr 9 (Tue) ASHUWILLTICOOK BIKE RIDE (C+)

We tried for the Ashuwillticook in nearby Massachusetts last year and were rained out. Let's try again! My regular participants know that I always offer a bike ride in April when hiking is muddy and unpredictable. I rotate the ride annually from place to place, choosing one of our nearby designated bike trails. The Ashuwillticook (also known as the Berkshire Bike Path) is a scenic 22-mile ride with little elevation change from Lanesborough to Adams. Email contact preferred. Leader: Virginia Boyle Traver, (518) 322-0950, virginiabt28@gmail.com.

April 16 (Tue) SPRING 2019 ADK OPEN HOUSE

This is a public event for new members and others who want to know more about membership in the Adirondack Mountain Club. Attendees will have the opportunity to meet experienced hike leaders, paddlers and outdoor enthusiasts to learn more about the Club's efforts to promote conservation, advocacy, recreation, education, and stewardship of the state's wilderness areas. Food and other refreshments will be provided. Leader: Doug Rosenberry, (518) 265-6018, adk.albanymember@gmail.com.

Apr 18 (Thu) POET'S LEDGE & RAINBOW FALLS (B)

We will meet at the Catskill Thruway Exit 21 Park & Ride. This hike will start on Malden Avenue in Palenville and head on a trail to Poet's Ledge, continuing on to Rainbow Falls, then back to

Malden Avenue. This trail is a steady climb but not steep. The distance is 8.8 miles with 2201' of elevation gain. Leader: Brad Schwebler, (518) 248-5522, Feketitsch@yahoo.com.

Apr 25 (Thu) PINE COBBLE & EPH'S LOOKOUT (B)

This hike provides great views of the Williamstown and Mt. Greylock area with an option to hike up to the Vermont state line. We will go up the '98 trail and return via the Pine Cobble trail. The distance is 6 to 8 miles, with approximately 2000' of ascent. Leader: John Susko, jpsusko@nycap.rr.com, (518) 383-1284.

Apr 27 (Sat) SPRING PADDLING LEADERS CHOICE (B)

The last Saturday of April has been a great day for paddling the last few years, with water levels high enough to go almost anywhere. We hope for warm water and weather as well. We will do something moderate like the Kunjemuk. Leaders: Steve and Leslie Siegard, ssiegard@gmail.com, (518) 788-8920.

Apr 27 (Sat) ADK CANAL CLEAN SWEEPERS (C)

The ADK Albany Chapter is joining the NYS Canal Corporation and Parks & Trails New York, hosts of the 14th Annual Canal Clean Sweep, in celebrating Earth Day. We will meet at 9:00 a.m. at Lions Park, Rosendale Road, Niskayuna, to pick up litter in the boat launch area and along the bike path. A few folks with their bikes could help extend the "clean sweep" by biking along the path to pick up litter. Contact the leader by email for sign up. Leaders: Ellen Luchsinger, (518) 308-9488, kayaker1@yahoo.com; and Marilyn Pusatere, (518) 588-5953, canoeahn@aol.com.

Apr 27 - May 5 BUFFALO RIVER PADDLE (B)

Located in Arkansas, the Buffalo is America's first wild and scenic river! Our plan is to paddle the entire 150 miles from Ponca to the confluence of the White River near Buffalo City. We will avoid all the developed campsites and instead make our camps deep in the backcountry. When we aren't paddling, we can take time to explore caves, waterfalls, go swimming, or just chill out in camp listening for elks and watching the river flow by.

The rest of the week will find us paddling past places like Skull Rock, Loafers Glory, the Nars, Skull Bluff, and numerous old homesteads. On our last day, we will make it to the confluence of the White River where our outfitters will pick us up and return us to our original campsite at Ponca. The

next morning, Sunday, May 5th, everyone will be driven to the Little Rock Airport by 11 a.m. Our first and last day will be the Steel Creek Campground by the river near Ponca. The rest of the trip we will be primitive camping on the banks of the river. The cost will be \$950 per person. All meals on the water will be provided, prepared, and served by your guides. Included: Airport transfers, guides, permits, canoes, meals on the water, any needed camping gear, and shuttles. Leader: David Pisaneschi, (518) 459-5969, dapadk@gmail.com.

Apr 30 (Tue) EVENING PADDLE - LIONS PARK (C+)

Be on the water before 6:00 p.m. at Lions Park by the old train station in Niskayuna. We will paddle for about two hours, going around the islands and possibly upstream to Lock 7 or up the creek under Ferry Road, conditions permitting. This is a cold-water paddle so cold-water gear is recommended. Absolutely no cotton clothing! From the Northway, drive west for 3.1 miles and take a right on Rosendale Road which goes downhill and then curves left. Soon after that, turn right into the parking area. No need to sign up, just show up. You must wear a securely fastened PFD and have a white light and whistle. See General Paddling info for Paddling trips. Leaders: Pamela Bentien, auntmayor@aol.com, (518) 421-7247; Austin Fisher, netvbc@gmail.com, (518) 222-7878.

May 1 (Wed) WEEKLY PADDLE (B)

I will be leading a weekly mid-week paddle this season. It will be either on Wednesday or Thursday, depending on which day has the better weather. Last season we averaged 11-1/2 miles per trip, with about 5 hours on the water. We paddle at a fairly relaxed pace, but these are "all day trips" so bring a lunch and plenty of water. We could be paddling anywhere on the Mohawk, Hudson, or one of the many streams that are in the region or the southern Adirondacks. I will decide on a location and day the weekend before each trip. I will also attempt to have the destination listed on the Chapter website as soon as possible. Contact me by e-mail for more information and to be put on the Paddler's E-mail list for future trips. As with all Chapter Paddling Trips, you must wear your properly fastened PFD, and bring a whistle and a white light. If I'm not able to lead a particular trip, a qualified substitute leader will be assigned. The paddle will go on. Leader: Tom McGuire, (518) 391-0508, TomMcG1@gmail.com.

May 2 (Thu) ZADEE BOWER & ROCK RIFT (C+)

We will meet at the Catskill Thruway Exit 21 Park

& Ride. The hike will start at the Spring Farm Parking lot of Mohonk Preserve. We will hike down Chapel Trail and Undivided Lot Trail to Zadee Bower and Rock Rift on Mohonk Mountain House grounds. Overall this hike is easy except that it involves rock scrambles in the places mentioned above. We will hike 7.6 miles, with 875' of elevation gain. Leader: Brad Schwebler, (518) 248-5522, feketitsch@yahoo.com.

May 3 (Fri) SCHOHARIE CREEK PADDLE (A)

Paddle the scenic Schoharie Creek from Middleburgh to the Central Bridge area. This stream has flowing water with several class 1 rapids along the route. Expect tree debris in places. Paddlers must be able to read the water and maneuver their boats to avoid obstacles in the stream. This trip will be about 15 miles. A properly-fastened PFD is required. As it is hard to predict water levels and weather conditions, the trip location may be changed or cancelled. Leader: Charlie Beach, cjnqu7@outlook.com, (518) 459-9127.

May 4 (Sat) BIG INDIAN & EAGLE (A)

Big Indian is considered one of the trailless peaks in the Catskills and has a canister even though the bushwhack is short. We'll hike in from the Seager trailhead along one of the more scenic trails in the Catskills. Big Indian is #19 and Eagle is #29 on the list of Catskill 3500 peaks. The distance is approximately 12 miles (mostly on trail) with 2000' to 2500' of ascent. Leader: John Susko, (518) 383-1284, jpsusko@nycap.rr.com.

May 4 (Sat) ALCOVE RESERVOIR (B)

This is a great get-in-shape bike ride in Southern Albany County. In about 20-25 miles, we will circumnavigate the Alcovse reservoir, enjoying great views of the Catskills as well as the reservoir. Except for a short time on Route 32, we will travel on lightly trafficked roads. There are some hills, but we can take our time with them. Leader: Leslie Siegard, (518) 577-3468, lsiegard2@gmail.com.

May 4 (Sat) I LOVE MY PARK DAY (C+)

"I Love My Park Day" will again have activities in John Boyd Thacher Park. General clean-up of the picnic areas, flower gardens, and roadsides, as well as other special projects will be determined. Meet at 8:30 a.m. at the Pear Orchard Pavilion near the main entrance of the Park. A picnic lunch will be provided. Bring work gloves and bug dope if possible. For this event, please also register at PTNY.org (Parks & Trails NY website). Leader: Jim Schaller (ADK coordinator), (518) 861-7452.

May 5 (Sun) SOUTH CENTRAL TRIPLE (B)

I led this trip last fall but there was thick fog all day long. I'm hoping for better visibility on this return to the triple hikes of Echo Cliffs, Jockeybush Lake, and Kane Mountain. There are some gorgeous overlooks. We will start by climbing to Echo Cliffs on the Panther Mountain trail. The cliffs overlook Piseco Lake. Then we will ride down Route 10 to the Jockeybush Lake trail. There is a long but narrow lake at the end of the trail, providing a good spot for a picnic lunch. We will finish on Kane Mountain. If we are ambitious, we could take the longer north trail down from Kane. We will do some climbing to Echo Cliffs and Kane. The Jockeybush trail is flat. The total ascent will be 1200' and the total distance is 4 miles. Leader: Robert Priest, RPriest001@nycapp.rr.

May 7 (Tue) EVENING PADDLE-WATERFORD (C)

One Tugboat Alley, Waterford, NY 12188. Be on the water at the Waterford boat launch BEFORE 6:00 p.m. We will paddle upstream on the Hudson to Campbell Island or explore the shores and waterfalls of Peebles Island. In Waterford, turn from Broad St. south onto First St. and drive to the boat launch at its end. Or you can launch from Lansingburgh at the end of 123rd St. off of Second Ave./Rt.4 and meet the rest of the group on the Waterford side. No need to sign up, just show up. You must wear a securely fastened PFD and have a white light and whistle. See General Paddling info for Paddling trips. Leader: Don Orr, (518) 421-3389, orrd@nycap.rr.com.

May 8 (Wed) WEEKLY PADDLE (B)
See May 1 for description.

May 10 (Fri) ASHUWILLTICOOK RAIL TRAIL (B)

The Ashuwillticook is a pleasant paved trail between the Berkshire Mall in Lanesborough and Adams, Massachusetts. Hopefully spring flora and some fauna will be seen along the trail. The round-trip distance is approximately 25 miles with about 150' elevation change. Leader: Charlie Beach, (518) 459-9127, cjnqu7@outlook.com.

May 11 (Sat) SPRUCE MOUNTAIN (C+)

Spruce Mountain, near Moreau Lake, should be a good warm-up hike for the season. At about 1000' of elevation gain and 3 miles round-trip, it's more fun than a Stair Master! Leader: Kathy Sheppard, (518) 312-2199, rzantshep@gmail.com.

May 15 (Wed) WEEKLY PADDLE (B)
See May 1 for description.

May 15 (Wed) EVENING PADDLE - BALLSTON LAKE (C)

We will launch from Villago's on Lake Road. Take Northway Exit 11 and go west 3 miles. Turn right at Lakeside Farms, onto Lake Road. Launch is about a mile up on the left. No need to sign up, just show up. You must wear a securely fastened PFD and have a white light and a whistle per General Paddling info for Paddling trips. Leaders: Alison Zoske, (518) 899-4031, saville1127@gmail.com; Ellen Luchsinger, kayakerl@yahoo.com.

May 15 (Wed) JOHN POND/CLEAR POND LOOP (C+)

We tried this hike in the winter, but 24" of unbroken snow did not allow us to finish. I have done John Pond many times and bushwhacked over the hill to Clear Pond once. This is a new trail cut by DEC about a year ago. Let's see if we can hit that sweet spot between mud season and black fly season and explore it together. This loop is 5 miles with minimal elevation gain. Meet at 8:00 a.m. at the Northway Exit 9 Park & Ride. Leader: John Sheehan, jgsheehan01@yahoo.com, (518) 674-8121.

May 16 (Thu) MARCH CATARACT (C+)

The hike will start at the top of Mt. Greylock. We will hike the trails from this point to March Cataract, a waterfall, and return to the parking lot, passing the Appalachian Trail. The trip will be 4.2 miles with 472' of elevation gain. We will meet at the Defreestville Park & Ride. Leader: Brad Schwebler, feketitsch@yahoo.com, (518) 248-5522.

May 18 (Sat) FOLDED ROCK TRAIL (B)

The Folded Rock Trail is located in the Battenkill State Forest and the Goose Egg State Forest, northeast of Cambridge, NY. The roundtrip distance is 5.1 miles with 1,581' of elevation gain. The trail ends at a viewpoint of the Battenkill River Valley, Elridge Swamp, with the Adirondacks in the distance. Contact leader via email only and provide your latest experience. Leader: Phil Seward, (518) 527-1851, flipsbliss17@yahoo.com.

May 18 (Sat) MONGAUP MTN & HODGE POND PEAK (A-)

This hike includes two of the easier mountains of the Hundred Highest in the Catskills. All but .75 miles and 200 feet of trail at the top of Mongaup Mtn. is on the Flynn Trail, part of the Beech Mtn. Preserve. The Flynn Trail is an old woods road

known for its wildflowers, including trillium, spring beauties, and trout lilies. If there is time and interest, we may also do a short, steep bushwhack to Beech Mtn., the high point for Sullivan County. Views from Mongaup include Sand Pond, Willowemoc Mtn. (100 highest), Graham, Beech Mtn., and Double Top (Catskill 3500). The route up Mongaup has a very interesting, narrow ridge that is only a few feet wide in places. On the way back, we will make our way down to Hodge Pond, at the heart of the trails in the Beech Mtn. Preserve, and then we will climb Hodge Pond Mtn., the lowest of the 100 highest. Hodge Pond Mtn. is .3 miles and 300 feet off the Quick Lake Trail starting from Hodge Pond and continuing to Fridge Pond. It doesn't have views, but it is known for wide swaths of wildflowers, and it passes an interesting collection of old antique wheels at Iron Wheel Junction as it climbs up through open hardwoods. The trail along the ponds is supposed to have great views. Total mileage for the day may be about 12+ miles and 1800' of elevation gain, if we do all three mountains. This hike is in the Southern Catskills, so it is a bit of a drive--about 2 1/4 hours, but that is still closer than the Adirondack High Peaks. This hike is something different and interesting, and it will get you to places you may never have been before. Description based on the book by Alan Via, The Catskill 67. Leaders: Steve and Leslie Siegard, (518) 788-8920, ssiegard@gmail.com.

**May 18 (Sat) SCHODACK ISLAND
PADDLE (B)**

Meet at the river side at Schodack Island State Park. Plan to be in the water and ready to go by 9:30 a.m. Low tide will be at 11:44 a.m. and a high tide at 4:55 p.m. We'll have plenty of time to explore the back sets on Schodack Creek in high water and still ride the tide both ways. This trip is best for touring kayaks, but strong canoeists are welcome. Leader: David Pisaneschi, (518) 459-5969, dapack@gmail.com.

**May 21 (Tue) EVENING PADDLE -
BETHLEHEM (C+)**

With the high tide at 7:40 p.m., we will have plenty of time to explore the streams around the Henry Hudson Launch in Bethlehem. We will go up the Papscaene, Moordener Kill and Vloman Kill. We will be launching at 6:00 p.m. sharp, so be there early. The park is on Barent Winne Road, off Rte. 144. As with all Chapter Paddling Trips, you must wear your properly fastened PFD, bring a whistle and a white light. Leader: Tom McGuire, (518) 391-0508, TomMcG1@gmail.com.

May 22 (Wed) BROMLEY MT (B)

We will take the Appalachian Trail/Long Trail to Bromley's summit. This approach "follows a rocky course through a mixed northern hardwood forest. From the summit there are excellent views in all directions," according to the USDA Forest Service. We will hike 5.5 miles with about 1500' of elevation gain. This is a new hike for me. Let's discover this popular peak together! Email contact preferred. Leader: Virginia Boyle Traver, (518) 322-0950, virginiaabt28@gmail.com.

May 22 (Wed) WEEKLY PADDLE (B)

See May 1 for description.

**May 24 (Fri) BATTENKILL RIVER
PADDLE 1 (B)**

The Battenkill River is a pleasant scenic river between Arlington, Vermont, and Battenville, New York. I expect to paddle a 14-mile section on this day as well as on June 7. The upper section down to Shushan is mostly flowing with some riffes and obstructions. requiring maneuvering. On the lower section from Shushan to Battenville, the stream is slower but may have more log obstructions to avoid. PFDs are required and must be properly-fastened. If the water level is adequate, I expect to paddle both sections. Paddlers must have experience maneuvering their boats such as back paddling and eddy turning. Leader: Charlie Beach, (518) 459-9127, cjqnu7@outlook.com.

**May 29 (Wed) EVENING PADDLE - FLIGHT
LOCK RD/LOCK 6 (C)**

Be on the water BEFORE 6:00 p.m. From Waterford, drive west on Rt. 97 and take a left onto Flight Road. Drive past Lock 6 to the boat launch at Canal Park at road's end. We will paddle upstream and around the islands. Rentals will be available through Upstate Kayak Rentals. Contact them if you need to rent a kayak. No need to sign up, just show up. Must wear a securely fastened PFD and have a white light and whistle. See General Paddling info for Paddling trips. Leaders: Alison Zoske, saville1127@gmail.com (518) 899-4031, and Neil Cherkosly, upstatenc@aol.com.

May 29 (Wed) WEEKLY PADDLE (B)

See May 1 for description.

May 30 (Thu) HOOSAC RANGE (B)

The Hoosac Range trail starts at the top of Rt. 2 and is 4.5 miles east of North Adams. It extends along a ridge for 3 miles on Berkshire Natural Resources Council (BNRC) property to a fine view at Spruce Hill. From here views extend over to Mt. Greylock and down to North Adams. At one point

we will be directly over the Hoosac Tunnel far below. We will go out and back for a total of 6 miles and 700' of vertical. Leaders: Karen Ross, (518) 794-7474, kcoyross@aol.com; and Lori McCarron, mmccarr2@nycap.rr.com, (518) 587-1957.

Jun 1 (Sat) NATIONAL TRAILS DAY (C+)

National Trails Day will again have activities planned in John Boyd Thacher State Park. Various trail projects will be planned including some lopping, trimming, or light cutting back of branches and downed branches. Trail walking requires good boots. Bring work gloves, bug dope, and any cutting tools you can -- or they will be provided. A picnic lunch will be provided. Meet at 8:30 a.m. at the Nature Center's main parking Lot (off Ketchum Rd). Registration is at picnic tables under a canopy nearby. Call the Park Headquarters with any questions at (518) 872-1237. Leader: Jim Schaller, (518) 861-7452, jims2999@yahoo.com.

Jun 1 (Sat) BERLIN MT LOOP (B)

According to the Appalachian Mountain Club, the Berlin Mtn. Loop is one of the best day hikes in the Berkshires. Come explore it with me. We'll do the "Class of 33" loop which will be 5 miles with 1700' of elevation gain. Leader: Kathy Sheppard, (518) 312-2199, rzantshep@gmail.com.

Jun 1 (Sat) WARREN COUNTY BIKE (B-)

This will be an afternoon bike ride along the Warren County Bikeway. This is a beautiful paved bike path with some gradual hills, a moderate ride, and 19 miles round-trip. We will start in Glens Falls and ride north to Lake George Village. We will have time to walk around the village and have an ice cream cone. It's also Elvis impersonation weekend! The return ride will follow the same bike path and we will have an opportunity to have another cone at Sprinkles! Then we will continue on the bike path to Cooper's Cave with the opportunity for dinner and more ice cream! Leader: Alison Zoske, (518) 899-4031, saville1127@gmail.com.

Jun 2 (Sun) HURRICANE MOUNTAIN (B+)

The last time I hiked this mountain, the day after an ice storm, there were chunks of ice falling from the pine trees, and there was so much ice on the tower that it wasn't safe to climb. We shouldn't have to worry about that in June. The trail starts out steep with a half-mile climb to a ledge that looks almost straight down at the road. It mellows out for the next mile. Then it gradually gets steep again. We will see the tower from a ledge after our third mile. We will go through a narrow passage

with a cliff to our right and a wall of rock to our left. The last quarter-mile is wide open. We will see the entire High Peaks region from the tower. The total round-trip distance is 6.8 miles with 2000' of ascent. Leader: Robert Priest, (518) 489-7472, RPriest001@nycap.rr.com.

Jun 4 (Tue) EVENING PADDLE - ROUND LAKE (C)

Be on the water BEFORE 6 p.m. From Northway Exit 10, go right on Usher's Road to the traffic light. Go left on Route 9. The DEC boat launch is on the right about 1.5 miles up. We will paddle across the lake and explore the Anthony Kill. No need to sign up, just show up. You must wear a securely fastened PFD and have a white light and whistle. See General Paddling info for Paddling trips. Leaders: Sally Dewes, (518) 346-1761, stanger01@gmail.com; Bill Smollen.

Jun 5 (Wed) WEEKLY PADDLE (B)

See May 1 for description.

Jun 6 (Thu) AWOSTING, PETERSKILL & SHELDON FALLS (C+)

We will meet at the Thruway Exit 21 Park & Ride. This hike starts in the Awosting Falls parking lot in Minnewaska State Park. We will hike down to Awosting Falls, continue to cross over to the Peterskill area, and hike to Peterskill Falls and Sheldon Falls. There will be some hills, crossing over water, and scrambling up rocks. Mountain laurel and rhododendron should be in bloom. This hike will be about 4 miles, with 300' of elevation gain. Leader: Brad Schwebler, (518) 248-5522, feketitsch@yahoo.com.

June 7(Fri) BATTENKILL RIVER PADDLE 2 (B)

See May 24 for description.

June 8 (Sat) KAATERSKILL HIGH PEAK (A)

Kaaterskill High Peak is one of the Catskills 3500' peaks. We'll hike in from the Platte Clove Road trailhead along old woods roads, snowmobile trails and herd paths. The summit of Kaaterskill has no views, but there are good views from Hurricane Ledge near the summit. The distance is 9-10 miles, with about 2000' of ascent. Sign up from May 28 to June 6, 2019. Leader: John Susko, (518) 383-1284, jpsusko@nycap.rr.com.

Jun 9 (Sun) MOXHAM MOUNTAIN (C+)

Moxham Mtn. is one of my favorites in the central Adirondacks. With only 4.6 miles round-trip and 960' of elevation gain, it is one of those great-views-for-moderate-effort hikes. The rock outcrops

at the summit offer views while we enjoy a lunch break. We will meet 8:00 a.m. at the Northway Exit 9 Park & Ride. Leader: John Sheehan, (518) 674-8121, jgsheehan01@yahoo.com.

**Jun 12 (Wed) EVENING PADDLE --
FREEMAN'S BRIDGE (C)**

Be on the water BEFORE 6:00 p.m. From Erie Boulevard in Schenectady, drive across Freeman's Bridge and take a right into the DEC Fishing Access Launch on the Glenville side of the bridge. We will go up or downstream depending on the conditions. We may explore the Alplaus Kill. No need to sign up, just show up. You must wear a securely fastened PFD and have a white light and whistle. See General Paddling info for Paddling trips. Leaders: Tom Esmond, (518) 852-3876, tomesmond8@gmail.com; Pat Roslund.

Jun 12 (Wed) THREE BROTHERS (B+)

Leaving from the Garden parking lot in Keene Valley, the trail over the Three Brothers offers spectacular views along open rock ridges and outcroppings. With 2200' of elevation gain and 5.5 miles round-trip, the trail has some rugged sections, but rewards are bountiful. This hike is highly weather dependent, with a high temperature not over 75 degrees and good visibility. Email contact preferred. Leader: Virginia Boyle Traver, (518) 322-0950, virginiaabt28@gmail.com.

Jun 12 (Wed) WEEKLY PADDLE (B)

See May 1 for description.

**Jun 18 (Tue) EVENING PADDLE -
INGALLS AVE (C)**

Be on the water by 6:00 p.m. This will be our first official paddle at the NEW launch! Collar City Ramble participants will have some familiarity with the location and be dazzled by the transformation. We will be launching below the Federal Dam so we will explore downstream along the waterfront of Troy and among the islands. If coming across the Green Island Bridge into Troy, turn left at the light on the east end of the bridge onto King Street. Follow King Street north 2 blocks to merge with River Street. Go 8 blocks north on River St. to Ingalls Avenue and turn left after Bella Napoli Bakery toward the launch. The put-in is down the ramp, with parking at the top. If coming across the 112th St. Bridge, turn right at the light at the east end of the bridge onto 2nd Avenue. Continue south on 2nd (which turns into River Street at 101st Street) until you reach Ingalls Avenue (before Bella Napoli Bakery). Turn right onto Ingalls and the launch is at the bottom. No need to sign up, just show up. Must wear a securely fastened PFD and

have a white light and whistle. See General Paddling info for Paddling trips. Leaders: Pamela Bontien, (518) 421-7247, auntmayor@aol.com; Neil Cherkosly, UpstateNC@aol.com, (518)383-7800.

Jun 19 (Wed) WEEKLY PADDLE (B)

See May 1 for description.

**Jun 20 (Thu) MATTISON HOLLOW &
KRUM FALLS (C+)**

We will hike in Mattison Hollow near Cherry Plain. The hike up to the Falls is easy, but becomes steeper as we continue up to the Taconic Crest Trail. This hike is about 5.4 miles round trip, with 1217' of elevation gain. We will meet at the Defreestville Park & Ride. Leader: Brad Schwebler, feketitsch@yahoo.com, (518) 248-5522.

Jun 22 (Sat) SAWTEETH (A)

We will start at the Ausable Club. From there we will walk 3 miles to Lower Ausable Lake. We will take the shorter trail to the summit, passing Rainbow Falls on the way. The rest of the ascent is steep. There is a spot near the summit offering great views in all directions. If we are ambitious, we can take the scenic trail down. The scenic trail is a bit more strenuous, as it goes up in several places. It offers great views of the lake below. The distance is about 15 miles with 3000' of ascent. Leader: Robert Priest, RPriest001@nycap.rr.com, (518) 489-7472.

**Jun 22 and 23 WHITEWATER KAYAK
(Sat/Sun) INSTRUCTIONAL**

Schenectady ADK is offering this two-day clinic designed for boaters who have had some previous experience but still need more work to perfect the basic strokes and maneuvers. Students should have paddled Class 1 or 2 whitewater five or more times and be able to perform eddy turns, peel-outs, and ferries on Class 1 water. They should be able to paddle in a straight line, identify river features including eddies, waves, and holes, and self-rescue in Class 1 and 2 water. Kayakers must be comfortable with wet exits. We will start on flat water to refine paddling techniques as well as rolls. On the river, we will work on performing crisp reliable eddy turns, peel-outs, angle control on ferries, and gaining overall experience. Instruction will start at 8:00 a.m. at a location to be determined later and be over each day by late afternoon. Students must provide their own equipment including the boat. Cost for the two days of instruction is \$40. For more information contact instructor Sally Dewes. Last day to sign up is

Saturday Jun 15. Leader: Sally Dewes, (518) 346-1761, stanger01@gmail.com.

Jun 25 (Tue) EVENING PADDLE-KIWANIS PARK (C)

Be on the water BEFORE 6:00 p.m. Take Exit 1A off I-890 to Rt. 5S in Rotterdam, then take a right into Kiwanis Park soon after leaving the highway ramp. We will paddle up or downstream depending on the conditions. No need to sign up, just show up. Everyone must wear a securely fastened PFD and have a white light and whistle. See General Paddling info for Paddling trips. Leader: Don Orr, (518) 421-3389, orrd@nycap.rr.com.

June 26 (Wed) WEEKLY PADDLE (B)
See May 1 for description.

Jun 29 (Sat) BLACK MOUNTAIN LOOP (B)

This is a 7.5-mile loop hike starting with an ascent of Black Mtn. on the eastside of Lake George with an elevation gain of 1,046 feet. The view from the summit at the north end of the lake is spectacular. We will then descend on the southwest side enjoying the views of the Lake to the south. The trail continues mostly flat to pristine Black Mtn. Pond and then Lapland Pond that lie south and east of the summit before returning to the parking area. Contact leader via email only for details and provide your most recent hiking experience. Leader: Phil Seward, (518) 527-1851, flipsbliss17@yahoo.com.

CONSERVATION NOTES

THE MOHAWK HUDSON BIKE - HIKE TRAIL NEEDS REPAIRS

Those of you who bike on the section of the Mohawk Hudson Bike-Hike Trail north of the Corning Preserve cannot help but notice the poor condition of the bike trail. This is a dangerous situation and must be repaired before someone is seriously injured. I have discussed this issue with the Commissioner of the County Department of Public Works (DPW) and her staff to no avail. I was given assurances last spring/summer that this section would skim coated. I was also told that removing the trees which are causing the root problem would not be popular. This is a poor excuse. I was also told by the DPW Commissioner that the County is only responsible for cutting the grass and trash removal along the trail, and that actual maintenance of the trail surface is the responsibility of the NYS Office of Parks, Recreation and Historic Preservation (OPRHP). I contacted the Commissioner of OPRHP, who referred my correspondence to Andy Beers, the Director of the Empire State Trail. Mr. Beers advised me that OPRHP has no involvement in this trail section. Mr. Beers further stated that even though the MHBHT Trail north of the Corning Preserve is largely on land owned by NYSDOT (part of the larger I-787 corridor), the County is responsible for maintaining this section of trail.

If you have questions or want to know more about this issue, please contact David Pisaneschi at: dapadk@gmail.com or (518) 459-5969. For updates on conservation issues of concern to ADK members, please visit the chapter website at: <http://albany.adk.org/conservation-notes/>. If you want to draw attention to the bike trail's need for repair, take a minute and write a letter to the Times Union at Box 15000, Albany, NY 12212 or send an email to tuleters@timesunion.com.

Here is sample language for your letter or email:

I am writing to express my displeasure regarding the County's maintenance of the Mohawk Hudson Bike-Hike Trail north of the Corning Preserve. Within the limits of the City of Albany, which is the stretch from the Corning Preserve to about the I-90 bridge, the trail is maintained by the City. North of the City line (roughly from the I-90 bridge to the trail terminus in Watervliet), the trail is maintained by Albany County. The section of the MHBHT between the Corning Preserve and Watervliet is experiencing significant tree root issues. This section is deteriorating and must be resurfaced. This is a dangerous situation and must be repaired before someone is seriously injured. Dan McCoy, the Albany County Executive, must direct the County Department of Public Works staff to resurface this section of the bike trail.



Albany ADK Members Annual Photo Contest

Some of the most beautiful images of our natural world are captured through the camera lenses of Albany ADK Chapter members. We invite you to submit your photos in any of the following four categories:

- 1. Scenic Nature
- 2. People Outdoors
- 3. Wildlife
- 4. Wildflowers/Fungi

Only current Albany Chapter Members are eligible to enter the contest. You may submit up to three photos in each category. Prizes will be presented at the Annual Banquet on May 14, 2019. You do not need to be present to receive your award. **The deadline for submission of photos is April 12, 2019.** Submitted photos must have been taken in the Northeast. We want ADK members to be able to visit and enjoy the general areas where the photos were taken. Some of the most dramatic and inspirational moments from nature can be captured in the Adirondacks, the Catskills, nature preserves, and other wilderness areas of the Northeastern states.

Photo Contest Prizes: The winners in each of the four categories (total of 12 prizes) will be chosen by an impartial judge. Each winner will receive one of the following prizes:

1st Place \$50 2nd Place \$25 gift certificate 3rd Place \$15 gift certificate

Please refer to the **NEW** Albany Chapter website at <http://albany.adk.org/annual-photo-contest/> for further details about the contest.

ALBANY CHAPTER - OFFICERS and COMMITTEE CHAIRPERSONS

Chairperson	Cliff Prewencki	518-768-2907	cprewencki@aol.com
Vice Chairperson	Ralph Keating	518-487-8901	ralfieboyk@yahoo.com
Treasurer	Jim Coward	518-915-1924	jkcoward@umich.edu
Recording Secretary	Gerry Magnes	518-810-7000	gmagnes1@gmail.com
Corresponding Secretary	Vacant		
Members at Large	Carl Klinowski	518-274-8410	cklinowski@nycap.rr.com
	James Slavin	518-225-7703	jaslavin1@gmail.com
Representatives to the Board	John Sheehan	518-674-8121	jgsheehan01@yahoo.com
	Kathleen Gansfuss	518-461-5263	kvg0219@gmail.com
	John Gansfuss	518-461-2085	jgansfuss@gmail.com
Finance	Jim Gedney	518-383-2958	jgedney@nycap.rr.com
Audio Video	Jake Bortscheller	518-724-4452	jbortsch@nycap.rr.com
Banquet	Ann Burns	518-506-9475	Ann.burns65@yahoo.com
Cloudsplitter	Kathryn Behuniak	518-265-3689	adkcloudeditor1@gmail.com
	Ann Burns	518-506-9475	adkcloudeditor2@gmail.com
Conservation	David Pisaneschi	518-459-5969	dapadk@gmail.com
Education/ Programs	Vacant		
Membership	Doug Rosenberry	518-265-6018	ADK.albanymember@gmail.com
Nominations	Mark Janey	518-925-4989	markjaney@gmail.com
Outings	Virginia Boyle Traver	518-322-0950	virginiabt28@hotmail.com
Paddlers	Pamela Bentien	518 270-0008	auntmayor@aol.com
	Alison Zoske	518-257-0680	Saville1127@gmail.com
Refreshments	Ellen Luchsinger	518-308-9488	kayakerL@yahoo.com
Trails	Gene Reilly	518-281-7796	genehikes46@gmail.com
Ways and Means	Sue Jordan	518-487-4698	suej9999@yahoo.com
	Martha Waldman	518-869-5109	martha829r@aol.com
Webmaster	Brandon Finucan		brandon.finucan@gmail.com
Wilderness	David Pisaneschi	518-459-5969	dapadk@gmail.com
Young Adults	Charlie Pensabene	917-575-7543	cpensabeneals@gmail.com



ADIRONDACK MOUNTAIN CLUB
ALBANY CHAPTER ANNUAL BANQUET
 6:00 PM TO 9:30 PM, TUESDAY, MAY 14, 2019
 CENTURY HOUSE
 997 NEW LOUDON ROAD
 LATHAM, NEW YORK 12110

COME FOR A GREAT MEAL AND THE OPPORTUNITY TO MINGLE WITH FELLOW ADK SUPPORTERS!
WINNERS IN OUR PHOTO CONTEST WILL BE ANNOUNCED AT THE BANQUET. FOR INFORMATION, GO TO THE CHAPTER WEBSITE . ENTER THE RAFFLE FOR A CHANCE TO WIN THE STUNNING CARL HEILMAN PHOTOGRAPH OF INDIAN HEAD!



KEYNOTE SPEAKER—TYLER SOCASH — ADK OUTDOORS SKILL COORDINATOR

Tyler Socash is the Adirondack Mountain Club’s Outdoor Skills Coordinator. He believes in fostering a personal connection with our public lands through exposure, education, and stewardship. The day after completing his master’s degree at the University of Rochester, Socash embarked on a 7,000-mile thru-hiking journey across the Pacific Crest Trail, Te Araroa in New Zealand, and the Appalachian Trail. This grand immersion into wilderness inspired him to defend rare wildlife habitats in New York State's Adirondack Park. He joined the Adirondack Wilderness Advocates as an activist to promote the intangibles of wildness and their benefits to humanity. In an effort to meld humor with conservation efforts, Socash also co-created and co-hosts Foot Stuff Podcast, spotlighting outdoor adventure and activism around the country.

BUFFET DINNER MENU

VEGETABLE CRUDITÉ AND DIP

SEASONAL GREENS WITH TOMATOES, CUCUMBERS, CARROTS AND BASIL VINAIGRETTE
MODERN CHICKEN CORDON BLEU, SEAFOOD SCAMPI, AND BEEF TIPS MAÎTRE D’ BUTTER
SERVED WITH WILD RICE AND CHEF’S SEASONAL VEGETABLES
ROLLS AND BUTTER SEASONAL COBBLER COFFEE AND TEA

ADK ALBANY CHAPTER 2019 BANQUET REGISTRATION

RESERVATION DEADLINE IS MAY 7, 2019

COST IS \$40 FOR MEMBERS/\$50 FOR NON-MEMBERS

NAME(S) _____ PHONE _____

ADDRESS _____ EMAIL _____

COMMENTS : _____

NUMBER OF REGISTRATION _____ @ \$40 _____ @ \$50 TOTAL \$ _____

RAFFLE TICKETS @ \$5 EACH/3 FOR \$10/7 FOR \$20 TOTAL \$ _____

(CARL HEILMAN FRAMED PRINT WILL BE DISPLAYED AT THE MARCH AND APRIL MEETINGS)
 CHAPTER DONATION TOTAL \$ _____

GRAND TOTAL \$ _____

**PLEASE MAKE CHECKS PAYABLE TO “ALBANY CHAPTER ADK,” AND MAIL WITH THIS RESERVATION FORM TO:
 ADK BANQUET, PO BOX 2116, EMPIRE STATE PLAZA STATION, ALBANY, NY 12220**

FOR MORE INFORMATION, PLEASE VISIT <http://albany.adk.org>

Albany Chapter

Adirondack Mountain Club
P.O. Box 2116 Esp. Sta.
Albany, NY 12220

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