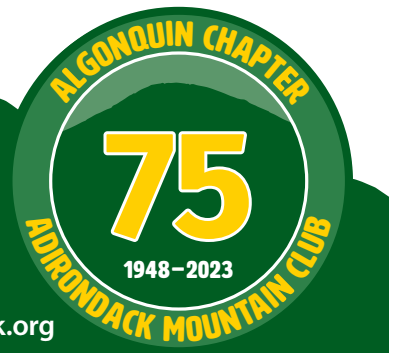




LET IT  
Snow

# MOUNTAIN TOPICS

Volume 51 Issue 4 ■ NOV 2023 - JAN 2024 ■ facebook.com/adk.plattsburgh ■ adk.org



## Chapter Program & Business Meeting

Friday, November 3rd at 7pm

### Don Lee, Trout Unlimited Outreach Instructor



Held at old Clinton County Courthouse (2nd floor auditorium).

Mr. Lee is the founding member of the Lake Champlain Trout Unlimited Chapter which is celebrating its 40th Anniversary. The chapter is very active in promoting youth participation in fishing. Don is actively involved in the "Adopt a Salmon Program" which involves the local youth in raising and protecting local salmon.

Mr. Lee's program begins at 7 p.m. followed by a Chapter business meeting at 8 p.m. Both are free and open to the public.

Friday, January 5th at 7pm

### The Sherpas of Nepal Over 60 Years: A Talk and Slide Show



Held at old Clinton County Courthouse (2nd floor auditorium).

Bruce Kokernot and his wife Wendy Gilchrist, both physicians, have seen many changes in Nepal and it's people ever since Sir Edmund Hillary, who together with Tenzing Norgay completed a climb to the summit of Mount Everest in 1953.

Sir Edmund, a philanthropist, built schools and hospitals for the Sherpas beginning in 1963.

It was those hospitals which brought Bruce and Wendy to Nepal to volunteer in local Nepalese and Indian hospitals for extended periods of time from 1985 to 1997. They have returned to Nepal and northern India 5 times to hike and visit friends and family. Because of their work and travel, they have what Bruce calls "a long perspective of the changes that have been happening to the Himalayan people"

Mr. Kokernot's program begins at 7 p.m. followed by a Chapter business meeting at 8 p.m. Both are free and open to the public.

**Please Note:** For security reasons, the only access to the Old Clinton County Courthouse meeting room at night will be via the handicapped entrance. This is the ramp on the south (Court Street) side of the old building. All other doors will be locked. The handicapped entrance will be locked at 8 p.m.

## Holiday Potluck Supper

Friday, December 1st at 5:30pm

Chapter Potluck Supper and Meeting held to be held at St. Peter's Church in the Emmaus Room.

Bring your own Place Setting and a dish or dessert to share. Use parking lot entrance to access the church.

Justin Schultz is presenting a slide show of the High Peaks.

## LEAVE NO TRACE THE 7 PRINCIPLES

### 1. PLAN AHEAD AND PREPARE

- Know the regulations and special considerations for the area you'll be visiting.
- Prepare for extreme weather, hazards, and emergencies.
- Always leave your itinerary with someone at home.
- Travel in small groups to minimize impacts.

### 3. DISPOSE OF WASTE PROPERLY

- Pack out all trash (including toilet paper), leftover food, and litter.
- Use existing privies or dig a 6-8 inch deep cathole at least 150 feet from water.
- Wash yourself and dishes at least 150 feet from water. If needed, use only small amounts of biodegradable soap.

### 2. TRAVEL AND CAMP ON DURABLE SURFACES

- Hike in the middle of the trail; walk through (not around) puddles/mud.
- Stay off of vegetation; walk on rocks where possible.
- Camp in designated sites where possible.
- In other areas, don't camp within 150 feet of water, trail, or a road.

### 4. LEAVE WHAT YOU FIND

- Leave rocks, plants, and other natural objects as you find them.
- Let photos, drawings, or journals help capture your memories.
- Do not build structures or furniture or dig trenches.

*Continued on back page...*

**CHECK OUT FACEBOOK: ADKPLATTSBURGH & ADK.ORG FOR MORE OUTDOOR ADVENTURING INFO!**



## A NOTE FROM THE CHAIR

The 75th Anniversary celebration of the Algonquin chapter was a complete success. Thanks to the many club members for contributing in many different ways to bring it all together. Anne Bailey deserves a special thanks for all of her efforts in providing text and photos, as well as coordinating the whole event. The 55 plus people that attended and shared the MHAB space, were treated to excellent dinner. Our speaker,

Neal Burdick, gave a talk at times funny, sometimes serious, sometimes reflective, but always informative about the ADK Club and the Adirondac magazine. It was a special evening.

It was a little strange to have 70 degree weather on October 26, but Happy Fall to all.

*Ray Johnson*

## 75 and Counting...

by Anne Bailey

What a wonderful birthday party we had on October 13, celebrating the anniversary of our chapter! Many members pitched in to help with the arrangements, and the staff at MHAB prepared a beautiful and tasty array of appetizers, followed by a bountiful buffet. Tiffanie Peters, the kitchen manager, and chief cook, deserves a lot of credit for the menu and the service.



During the social hour and dinner, we pulled a set of vintage ADK photos which Kimberly Smith projected on the large screen. It was fun to see images of members, enjoying a wide array of all season outings, projects, and picnics which evoked memories of good times in the past. A souvenir menu provided a peek at past chapter leaders and their accomplishments, and adventures. We can be proud of our legacy of conservation efforts, education, and stewardship.



Our dinner speaker Neal Burdick, long time ADK member, reminded us of challenges ahead. The ADK is committed to maintaining two lodges, the new information center on Route 73 near Lake Placid, member outreach through publications and the magazine, and broad outreach to all who enjoy the Adirondacks. As we unfurled our banner at Point au Roche on January 1, 2023, we launched a great anniversary year, and we invite all of our members to join in our outings and activities. Come to the program/meeting in November and the potluck in December to raise one more toast to our #75!



## TOWN OF PLATTSBURGH PARKS & REC

### Titus Mountain

The Town of Plattsburgh Parks and Recreation Dept is teaming up again with Titus Mountain to offer Ski/Snowboarding for ages 8 and older. They will be offering five days starting January 6, 2024.

### Fall Adventures

This free program is open to all adults and senior citizens. If you need a boost to get started walking or hiking we have many new locations in our schedule! You must preregister (by the Monday before) for each session by calling. Check online for the hiking schedule.

**Call 518-562-6860**  
[plattsburghny.myrec.com](http://plattsburghny.myrec.com)

## thank you

Since 1964 I have been a member of the Adirondack Mountain Club (ADK), mostly Algonquin Chapter during that time. I have enjoyed leading outings of all kinds—some to museums, hikes up mountains, walks about town, etc. It has been such fun to enjoy our beautiful Adirondacks in so many ways. I have so enjoyed being an outings leader for many, many years, but now it is time for me to retire my outings cap. Thank you for allowing me the privilege of being a leader of outings and a big thank you to all who showed up for my outings, because, if you hadn't come, there would not have been any! After all outings are the main focus of our organization!

—Lynn Valenti



# NOV 2023–JAN 2024 OUTING SCHEDULE

## FRI, NOVEMBER 3, 7PM

**Program and Business Meeting**, at Old Clinton County Courthouse (2nd floor auditorium). See cover for details.

## FRI, NOVEMBER 10

Walk the Town of Keene trails. Easy woodland hike, 3 to 4 miles, hilly terrain. Optional lunch at the Noonmark afterwards. Leader: Anne Bailey, 518-563-4794. Call by 11/8.

## SAT, NOVEMBER 11

**Veterans Day Hike in Collaboration with Team RWB: Poke-O-Moonshine Ranger's Trail**, Height: 2180', 3.8 miles (2-3 hours) roundtrip, Elevation Gain: 1292', Moderate. Bring lunch/snacks. Learn about Team RWB! Leader: Kimberly Smith, 518-645-0447. Call by 11/10.

## SUN, NOVEMBER 26

**Mount Jo**, 2876', 2.6 miles round trip. Elevation Gain: 708', Moderate. Bring lunch/snacks. Leader: Kimberly Smith, 518-645-0447. Call by 11/24. Parking fee at Adk Loj.

## FRI, DECEMBER 1, 5:30PM

**Holiday Potluck Supper** at St. Peter's Church in the Emmaus Room. See cover for details.

## SUN, DECEMBER 3

**Hike Rooster Comb** in Keene, Height: 2592', 4.2 miles (3 hours) round trip. Elevation Gain: 1556', Moderate. Bring lunch/snacks. Leader: Kimberly Smith, 518-645-0447. Call by 12/1.

## SUN, DECEMBER 17

**Hiking Mt. Van Hoevenberg** in Lake Placid. Height: 2940', 4.4 miles (4-5 hours) round trip, Elevation Gain: 787', Easy. Bring lunch/snacks. Leader: Kimberly Smith, 518-645-0447. Call by 12/15.

All outings and meetings are open to the public, unless otherwise noted.

### Participants must:

- ◆ Respect the group and be fair in estimating their abilities.
- ◆ Call the trip leader two days in advance of the outing.
- ◆ Wear appropriate clothing, with extra layers, and bring adequate food and liquid for their own needs.
- ◆ Sign the liability form, provided by the trip leader.
- ◆ Contribute to the cost of gasoline, if carpooling.

## FRI, JANUARY 5, 2024 7PM

**Program and Business Meeting**, at Old Clinton County Courthouse (2nd floor auditorium). See cover for details.

## SUN, JANUARY 14, 2024

**Beginner Winter Hike/Snowshoe at Point au Roche** in Plattsburgh. Flat terrain. Welcome families and children! Bring microspikes and snowshoes. Snowshoes can be loaned from nature center. Leader: Kimberly Smith, 518-645-0447. Call by 1/12.

## SUN, JANUARY 28, 2024

**Snowshoe to Avalanche Lake** between Mt. Colden & Algonquin. 8-10 miles (5-6 hours) round trip, Elevation Gain: 1335', Moderate. Bring lunch/snacks. Parking fee at Adk Loj. Bring microspikes/snowshoes and lunch. *Microspikes/snowshoes can be rented at the ADK Loj.* Leader: Kimberly Smith, 518-645-0447. Call by 1/26.



Ice Traction for Winter Hiking



# ADK Skills Workshops

## Winter Survival 101

ONLINE

Sat, December 9

## The Winter 46 High Peaks at Education Yurt Village at Loj

Sun, December 10

Sun, January 7

## Map & Compass Fundamentals at Education Yurt Village at Loj

Sat, December 16

Sat, January 20

## Winter Hiking 101

ONLINE

Sun, December 17

Sun, February 18

## Winter Survival

at Education Yurt Village at Loj

Sat, January 13

Sun, January 21

## Intro to Cross Country Skiing at Cascade Welcome Center

Sat, January 20

Sat, January 27

Sat, February 3

## Backcountry Snowshoeing for Beginners at Education Yurt Village at Loj

Sat, February 3

## Visit [adk.org](http://adk.org) Outdoor Programs...

Skills Workshops

10% Discount

for ADK members

For more information contact:

Mary Glynn,

Education Programs Manager

Adirondack Mountain Club

Phone: (518) 523-3441

[loj@adk.org](mailto:loj@adk.org)

CHECK OUT FACEBOOK: [ADKPLATTSBURGH](https://www.facebook.com/ADKPLATTSBURGH) & [ADK.ORG](http://ADK.ORG) FOR MORE OUTDOOR ADVENTURING INFO!





Adirondack  
**ADK**  
Mountain Club  
**ALGONQUIN**  
**CHAPTER**  
P.O. Box 329  
Chazy, NY 12921

# Champlain Area Trails NORTHERN PATHWAYS CHALLENGE!

Hike three Clinton County trails that we are featuring in this challenge.

## Registration

You can register in advance or after completing your hike of choice. Registration is \$5 per person.

**Go to: [champlainareatrails.com](http://champlainareatrails.com).**

Each registrant will receive a CATS Northern Pathways Challenge patch!



**VOLUNTEERS  
NEEDED**



**Be trained for free to lead outings for our Chapter!**

Walk, hike, paddle, bike, museum tour... whatever adventure you would like to lead a group for and whenever! For more info e-mail Kimberly at [adk46er12087@gmail.com](mailto:adk46er12087@gmail.com).



## THE 7 PRINCIPLES

*Con't from page 1*

### 5. MINIMIZE CAMPFIRE IMPACTS

- Use a portable stove to avoid the lasting impact of a fire.
- Where fires are permitted, use existing fire rings and collect only downed wood.
- Burn all fires to ash, put out campfires completely, and hide traces of fire

### 6. RESPECT WILDLIFE

- Observe wildlife from a distance.
- Avoid wildlife during mating, nesting, and other sensitive times.
- Control pets at all times, and clean up after them.

### 7. BE CONSIDERATE OF OTHERS

- Respect others and protect the quality of their experience.
- Let natural sounds prevail; avoid loud sounds and voices.
- Be courteous and yield to other users; take breaks to one side of the trail.



## Wildlife Spotlight

The **Wood Duck (*Aix sponsa*)** is one of the most stunningly pretty of all waterfowl. Males are iridescent chestnut and green, with ornate patterns on nearly every feather; the elegant females have a distinctive profile and delicate white pattern around the eye. These birds live in wooded swamps, where they nest in holes in trees or in nest boxes put up around lake margins. They are one of the few duck species equipped with strong claws that can grip bark and perch on branches. The Wood Duck is the only North American duck that regularly produces two broods in one year.



## ALGONQUIN CHAPTER LEADERSHIP 2023-24

### ELECTED

#### Chair

Ray Johnson 518-846-8234

#### Secretary

Mark DuBrey 518-846-7514

#### Treasurer

Kay Washbourne 518-569-7780

#### Director

Steve Baker 518-834-5414

### APPOINTED

#### Membership

Marilyn Smith 518-561-3167

#### Program & Publicity

Alix Heuston 518-569-2386

#### Editor

Kimberly Smith 518-645-0447

**OPEN POSITIONS: Archives, Conservation, and Outings**

**All inquires can be emailed to:**  
[adk46er12087@gmail.com](mailto:adk46er12087@gmail.com)