

**Black River Currents**  
**A Publication of the**  
**ADK/Black River Chapter**



Adirondack  
**ADK**  
Mountain Club

**SPRING 2024**  
**TRAIL MAINTENANCE GUIDE AND**  
**NEWSLETTER**  
**Volume 33 Issue 1**

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Rich Ross

**Vice Chair**  
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Linda Burns  
Caryn Clements  
Rich Ross

**Email:**  
[blackriveradk@gmail.com](mailto:blackriveradk@gmail.com)

**Instagram:**  
@blackriveradk

## In this Issue

About Us & Membership	. p2	Backtracks	....p16
From the Editor / Chair.	. . . .p3	Other ADK Events	.p19
New Outdoor Leaders	..p3	Event Calendar	. . . .p20
45 Years Ago 1979-2024.	.. .p4		
History of Our Logo/Patch	...p5		
Meet Two New Members	...p6		
Coming Soon, Member Survey	...p6		
Committee Reports	...p7		
Trail Maintenance Guide	...p9		
Chapter Events-2024	.... ...p12		



## About Us

The Black River Chapter of the Adirondack Mountain Club is composed of members primarily in Jefferson and Lewis Counties. The region includes Eastern Lake Ontario shoreline, the Northern portion of Tug Hill, the Black River Valley, and the Western edge of the Adirondack Mountains.

The chapter offers something for everyone, from active support for conservation to a variety of outdoor activities and social events. Outings include hiking, canoeing, cross country skiing, and other outdoor activities. We also have social events such as chapter picnics and dinners. You do not have to be a triathlete or drive long distances to enjoy many of our activities. Hikes range from short, easy walks to more difficult high peaks climb. Many activities are local and do not all require a long drive to the Adirondacks.

FOR MORE INFORMATION, See us on Facebook at: **Black River Chapter of the Adirondack Mountain Club**, or Email us at: [blackriveradk@gmail.com](mailto:blackriveradk@gmail.com)

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December 2023 MEMBERSHIP*			
Adult	51	Student	1
Family	36	Staff	0
Senior	47	Total Households	169
Senior Family	31	Spouses/Partners	69
Life	1	Total Voting	238
Life Family	2	Children	20
Affiliate	6	Total Members	258
*Does not include	members	at large	

Front Cover ADK website & Back Cover: Chapter Photos

Next newsletter deadline May 1st, 2024

# From the Editor/Chair



**Welcome 2024 and change is coming.** Hopefully all for the better and more in tune with newer and more efficient technologies.

This will be our first time distributing the bulk of our newsletters via email and reducing our USPS mailings to all our members. There are 41 folks still receiving hard copy by request.

We welcome two new members who now cover the duties of Secretary and Education, Conservation, and Trails. Dave & Caryn Clements have been accepted by the executive committee and we look forward to their skills and energy the Black River chapter.

ADK is getting a new computer system called iMIS. You'll begin to hear more and more about this as it rolls out throughout the organization. For years, they've struggled with a number of software programs that either had limitations or couldn't work with each other. Each chapter will be able to update data, host a webpage and manage various events.

It's our **45th anniversary year!** Last issue on page 7 you saw the first bulletin from February 1979 for the chapter. In this issue you see March and April bulletin which includes some of the events and people who were involved. It's a very enjoyable read.

In celebration of the 45th anniversary year, plans are being made for an exceptional Annual Meeting at the end of this year. If you'd like to help, please let us know via email: [blackriveradk@gmail.com](mailto:blackriveradk@gmail.com).

I recently spoke to Don Hoffman, NC, a charter member, and he expressed how much he enjoyed the last issue.

So our efforts this year is largely focused on membership drives and offering great programs. We have a number of affiliations with key personal at various venues and will be

engaged to offer training and events that you will enjoy. And on top of that, you might meet some new faces and friends you haven't seen in awhile.

We're adding an additional Road Clean-up project along Route 3A this year and acquiring more VSA (Volunteer Stewardship Agreements) for additional trail maintenance in the region.

And this year's Annual Potluck will include a guided hike, lunch and dual presenters afterwards. It's the same day as Cinco de Mayo, so I'm sure many of the dishes will be in line with the theme of Cinco de Mayo. OBI Land Trust will be our hosts which the Black River Chapter has been involved with many years ago, and are excited to see us once again.

This newsletter contains some much needed information on Trail Maintenance. It covers a lot of detail of what to expect, the tools used and tools that cannot be used as well as provides a great reference on what Trail Cleanup really is. I encourage you to read this and check out the link at: The NY/NJ Trail Conference, Trail Maintenance Manual 8.2 Edition, July 2022, [<https://www.nynjtc.com/document/trail-maintenance-manual>]

We will be cleaning up the John Young Trail. This is a great wheelchair accessible trail and cleans up really nicely in the spring. Hope to see you there.

If you're free, there will be a Spring Work Weekend at the ADK LOJ in Lake Placid. This is a great time to meet like minded folks from all over New York State.

We'll be making appearances on Earth Day, ADK Expos and WEC (Winter Environment Conference) and hopefully a television spot on the History of the Black River Chapter.

As we grow and move forward, we look forward to seeing you at an event or two. Have fun.

This is a great chapter and thank you for being a great member.

## BLACK RIVER CHAPTER CONGRATULATES THE NEW OUTDOOR LEADERS

To date, the following members have completed their training for: (more are pending)

Caryn Clements, Cynthia Stewart, Dave Clements, Doreen Hanson, Linda Burns, Lindsey Smith- Level 3, Ray Spahn, and Richard Ross- Level 3

### POTENTIAL LEADERS

To support the roll out of our new outing and trip leader requirements, we are offering a Volunteer Training Symposium at the Heart Lake Program Center during 2024. Go to: [ADK.ORG/skills-workshops](http://ADK.ORG/skills-workshops) for times and locations. As a part of the event, lodging and meals are available to registered participants for free. Please call 518-523-3441 ext. 1 or email [loj@adk.org](mailto:loj@adk.org) for details. ADK will not provide reimbursements for alternate lodging or meal arrangements.



# 45 Years Ago March-April 1979 Newsletter

## BULLETIN

### Adirondack Mountain Club - Black River Chapter

#### March-April, 1979

##### Cancellation of trips

If local trips are to be cancelled the leader will notify WNNY or WOTT two or three hours before trip and for lengthier trips, those signed up will be called.

##### Public Meeting - May 10, [1979]

Chapter meeting, open to public, at 7:30 in the State Office Building, Conference Room #1. Ben Coe, Director of the Tug Hill Commission, will be the speaker.

##### Report of Feb. 11, [1979] trip to Jefferson 3

Two skiers and four snowshoers braved below zero temperatures for a most enjoyable tour of the area which included a peek at Inman Gulf. Arriving at "Times Square", the trip "split" into "two groups: the first heading back to the cars and the Barnes Corners Hotel; the second completing the remaining 2-1/2-mile loop trail. Later, the hardy, but somewhat bedraggled, second group joined the first at the hotel for quick refreshment before all headed for home.

## OUTINGS

##### March 18, [1979] - Sunday - North trails

Snowshoe and X-C skiing trip. Have lunch in a lean-to. Meet at 1:00 P.M. at Worth town hall on Route 178. 3.25 miles - D. Larrabee.

##### March 31, [1979] - Saturday - Whetstone Gulf Rim Trail

Join your leader, Tom Stanwood, for this moderate day hike (5-6 miles) on the edge of Tug Hill. We will meet at the entrance of Whetstone Gulf State Park at 11:00 A.M. Bring your snowshoes, lunch and camera. If you want further information, please call Tom at ~~252-2102~~ (Adams) after 6:00 P.M.

##### April, [1979] - Sunday - Lakeview (Southwick Beach)

Canoeing - Meet 1:00 P.M. - 0.9 mile south from Southwick Beach State Park entrance on Route 3, -- to-Pierrepont Place then turn right to boat launch site. Bring life jackets and lunch if you wish. Leader, J. Dawson.

##### April 14, [1979] - Ampersand Mountain - Saturday

This moderate climb (approximately 1800 feet) with a total distance of 5-1/2 miles provides excellent views of the Seward Range and Saranac Lakes Region. Even though the season says "Spring," there is apt to be plenty of snow still on the ground, so come prepared with snowshoes, boot crampons if you have them and proper winter clothing. For additional details and sign-ups, call Tom Stanwood at ~~232-2102~~ (Adams) after 6:00 P.M.

##### April 29, [1979] - Sunday - Watertown Sportsman Club

Nature walk - Meet at Club on Dry Hill Road at 1:00 P.M. - J. Tinney.

##### May 5, [1979] ~ Saturday - Inman Gulf

Camping - overnight on rim of Gulf near Barnes Corners. Bring tent, sleeping bag, own food, water, flashlight, rain gear (dinner, breakfast, lunch). Meet 1:00 P.M. at corner of Routes 177 and 178. Leaders: D. Larrabee, D. Hoffman, G. Ludwig.

Anyone interested in mountain hikes during mid-week March or April call Don Hoffman at ~~773-4182~~

**Note: Editor struck out phone numbers and addresses.**

# 45 Years Ago March-April 1979 Newsletter

From the Membership Chairman. Don Hoffman, [1979]

The cards you received with this bulletin are your official chapter membership cards for 1979. If you have received a card in the mail from main club, please destroy it.

## OUTDOOR INTERESTS, [1979]

To get a better idea of the members' interests, please tear along dotted line and mail to Al Velto, ~~726 Holcomb Street, Watertown, New York, 13601~~

Under "equipment" - if you have skis or a canoe, it is assumed you have poles or paddles.

Under "other" - you might have ideas of other trips; i.e., charter boat excursion down St. Lawrence River or Erie Canal, cookout at Southwick Beach, bicycling to Wolf Island and return,

Best liked, first choice

Summer	Equipment you have	Beginner	Experienced
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1

2

3

4

Winter

1

2

3

4

Other trips (or comments):

What trip would you like to lead?

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_



## History of Our Chapter Logo/Patch

It was the Fall of 1983 when the Bulletin reported:

**Special Logo Contest** - Many chapters already have a Chapter logo in the form of a patch the same size as the ADK shoulder patch. Our chapter should have its own distinctive logo too. It should in some manner identify us as The Black River Chapter. If you look back at the Dec. 1982 issue of Adirondack Magazine, you can get some ideas what other chapters have done. Your entry (or entries) should be done in color, if possible. Limit the logo to three colors.

Entries should be submitted to Chapter Chairman, Don Hoffman, no later than Oct 10th. The chairman and two other board members, not submitting entries, will be the judges.

Winning prize 2 free reservations to the Annual Dinner on Nov. 5th [1983]. or 2 free ADK T-shirts.

The winner was reported in the 1983-84 Winter Bulletin.

**LOGO CONTEST WINNER** ~Marge Wendell of Henderson Harbor is our Logo Contest winner. Congratulations to her and big thank you to all the people who submitted entries. Marge won two ADK T-shirts for her prize. (We'll let her and hubby, Roger, hold off until warm spring weather before modelling them!!). The Chapter has ordered 300 shoulder patches made up from the new logo. In case you did not see the large sample, we had at the annual dinner/meeting and did not place an order, you can do so now. The patches will sell for \$2.00 each and we will mail them to you free. We are expecting delivery about Dec. 15th. (would make for nice Christmas stocking stuffers!). Order enough because when this supply of patches is gone, it will be a while before we will order again. You may find it convenient to mail in your order right along with your ADK membership renewal.

## Meet Two New Members

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**Caryn Clements** and her husband, joined the Black River Chapter last year and liked what they saw and did with the chapter. She is offered and has been selected as our acting Chapter Secretary for this year. She provided a brief summary of her background and looks forward to helping us out.

*In my role as Office Coordinator for Save The River in Clayton, I am responsible for recording Board of Directors meeting minutes, document and database management, certification tracking, volunteer and event coordination, and managing the storefront merchandise (both in procurement and sales). I have been working in the administrative environment for over 20-years in small business and corporate settings, so I am used to having to wear many hats to keep operations rolling. I have also been involved in the development of websites, marketing campaigns, policies and procedures and operations checklists. All with a smile!*



Caryn has also offered to lead our Education Committee and manage our Facebook account. She has been posting not only the events but also great information that you will find very useful.

**David Clements** has been selected as our ADK Advisory Council Trustee and also leads the Conservation and Trail Committee. He is very excited to help grow the Black River Chapter and extend our reach offering additional events and opportunities.

*I would like to bring my 20-years of experience being the Vice President of national commercial construction companies to ADK and Black River Chapter. One of my major responsibilities during this period was the implementation of construction management software to a company that did not have any computer-based systems. I also assisted with the development of a policy and procedure system that helped all our team members stay on track. I am very comfortable in the group meeting setting and feel I will work well with others to share ideas and bring a positive attitude to the organization. I have recent and current volunteer involvement with several other north country organizations (SLELO, The NY ZOO at Thompson Park, NY State Parks, The Wild Center, Antique Boat Museum, Tug Hill Tomorrow) and can use these experiences to share the good and the bad of each to promote our growth. After attending - as a guest - the December meeting of the Advisory Council, I was able to observe the dynamics of the group and see that they have strong leadership that will keep the group on track. I feel I have something to offer to make the Club stronger while being a good representative for the Black River Chapter.*



Dave has also taking an active role in Adopt-a-Highway Program working closely with DOT. You ll find one of his events in May. He also sees the need to increase our membership offering assistance in both a survey and mentorship program. See his report later in the newsletter.

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## Coming Soon: 2024 Member Survey

We need your feedback to improve our club and its activities. We have not done a survey for several years, and we want to hear from you.

The survey will cover several areas, such as: Why you joined the club and if you are satisfied with your membership. What types of ADK sports you enjoy and want to see more of. Conservation and trails activities, such as trail work, road clean-ups, beach-shoreline clean-ups, etc. Education programs, such as leadership training, pollinator garden programs, kids programs and activities, etc.

Social events, such as pot-luck dinners, meetings and events, etc. Service opportunities, such as being on a committee, chairing a committee, or being a board member, etc.

Your feedback will help us plan and organize activities and events that you would like to participate in. There are no wrong answers here. This is your club, so feel free to speak up and help us grow. The survey will be sent to you soon by email. Please take a few minutes to complete it and return it to us. We appreciate your input and cooperation.

# Committee Reports

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## Education

Plans are in the works for a number of educational events for the year. We have been meeting with many like-minded partner organizations exploring ways we can provide informative and fun events for Chapter members. In addition to hosting stand alone events, there are many opportunities available to work jointly with associations as well as attend partner events as a group. And, to respect our members' valuable time, we are working on including a small educational component to our various outings.

Topics of interest that have been looked at include guided hikes, citizen science initiatives like invasive species identification and monitoring, paddling safety training, map and compass, and more. If you have any suggestions for topics, or would like to participate in planning events, please contact Caryn at [caryn.clements@gmail.com](mailto:caryn.clements@gmail.com) or 404-213-5592.

OLG training - One of the unique benefits of being a member of ADK is its Outings and Trip Leaders training program. Despite its intimidating name, certification is quite easy. Level 1 Certification couldn't be simpler and can be done online. And, it's free! We really encourage our members to level up and gain skills to create safe, enjoyable and environmentally sound trips (and it looks good on your resume).  
By Caryn Clements

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## Conservation

The Conservation/Trails Committee has been busy this winter working towards finalizing several opportunities that were in progress. In order to give everyone a chance to participate in our ongoing stewardship efforts we are going to use the second Saturday of the month as our regular Conservation Day. There are numbers scheduled and detailed within this newsletter. Be sure to plan on attending as many as you'd like. There will be a number of additional events scheduled throughout the year and details in the next newsletter.

We've taken on a second Adopt-A-Highway project. Matt Carney started the paperwork for a section of NYS RT 3 near the intersection of NYS RT 3A. That makes our goal 4 miles to clean up. Currently ADK has signed this agreement and it is back in the hands of DOT for their signature. See the details for this event in this newsletter. This is a highly visible corridor to the Adirondacks and we need the support of members and friends to get this started strong!

Barnes Corner Ski Trail System Volunteer Service Agreement (VSA). Picking up on Dave Larrabee's work, we are in the process of finalizing a new VSA with DEC to provide assistance in maintaining this system that also includes the April 6th John Young Trail cleanup.

Wellesley Island State Park. We will be scheduling a trail work day this summer. They are in need of both regular trail maintenance items but also some bridge repair and painting. We are also going to provide assistance in locating and tracking Emerald Ash Borer that has been discovered in the park. Please watch your email and Facebook for scheduled dates.

Whetstone Gulf State Park. Dave and Dr. Vora will be discussing with the park manager opportunities similar to Wellesley Island SP for our Chapter to assist in helping with the trail system.

SLELO PRISM/Nature Conservancy. They have received a new 5-year contract and funding for several invasive species, eDNA and restoration projects that they have requested our assistance. More information can be found in the Winter Environmental Conference article in the newsletter. Dates are TBD.

Current Conservation Opportunities include: Baker Woods Preserve on 4/15, Adopt-A-Highway NYS RT 177 on 5/4, the Traverse Trail (details to follow), Earth Day at the Zoo (TBD) and Lakeview WMA Cleanup on 5/18. Please stay tuned for more updates. Now that's a lot of options!!!

We are looking to run 45 events, outings and social events this year for our Chapter Anniversary. Our environment is under immense challenges and needs our help. In keeping in line with ADK Mountain Club's mission statement to "work to protect New York State wild lands and waters," our goal is to increase our Chapter's involvement in a growing stewardship community. We know you can't attend all but are hopeful you will make this the year to get outside and involved in our Chapter.  
By Dave Clements

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# Committee Reports

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## Membership

The Membership Committee is looking for volunteers who would like to be Mentors to our new members. Mentoring is a great way to help new members feel welcome, engaged, and involved in the club. It is also a rewarding and enjoyable experience for the Mentors.

Being a Mentor does not require a lot of time or effort. You will be assigned to a new member when they receive their welcome package. We will try to match you based on your interests and preferences. If you and your mentee are not compatible, you can request a change.

Your role as a Mentor is to communicate with your mentee through emails, phone calls, and meetings. You will introduce them to the club's activities, events, and outings, and invite them to join you. You will also listen to their questions and feedback, and connect them with the right people or resources. We will provide you with a detailed guide on how to be a successful Mentor.

If you are interested in becoming a Mentor, please contact Dave Clements for more information or to sign up. We appreciate your willingness to help our new members.

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## Public Relations Committee

If you need any information about our events, please look at Facebook first, which has most all the updates and details about our events. Changes in venue or cancellations will be posted there. If you don't have Facebook, no worry, look for us on the 7NEWS Community Calendar at: [7NEWS Community Calendar \(www.nytv.com\)](http://www.nytv.com) or North Country Public Radio Community Calendar at: [NCPR Community Calendar \(northcountrypublicradio.org\)](http://northcountrypublicradio.org), or Flack Broadcasting Calendar at: [Flack Broadcasting - Calendar](#) or InformNNY's Community Calendar at: [Watertown News & Weather | Watertown, NY | WWTI - InformNNY.com](http://Watertown News & Weather | Watertown, NY | WWTI - InformNNY.com) and search for ADK or Black River Chapter. If have questions or you don't see anything, feel free to email us at [blackriveradk@gmail.com](mailto:blackriveradk@gmail.com). We're doing our best to keep you informed and up to date.

By Linda Burns

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## NEWSLETTER

Get your articles and events in early, shortly after your event so you don't forget the details. If possibly send them in a Georgia-10pt font. The photos can be high resolution, taken by your phone or camera. Send them to the chapter email: [blackriveradk@gmail.com](mailto:blackriveradk@gmail.com).

By Rich ross

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## 45th Anniversary Celebration

The 45th Celebration Committee is already starting to plan a great event. That is to have it at the Elks Club in Carthage during our Annual Meeting. While the date is being determined, the menu being selected, program figured out and celebratory gifts are being selected, we'd love to have you on our committee. Please email the chapter at [blackriveradk@gmail.com](mailto:blackriveradk@gmail.com) if you're interested in helping out.

By Linda Burns

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## Outings

There is an outstanding amount of energy and effort going into this year's events. We'd love to increase our membership through what we offer and do. All the events that you see in this newsletter, have been presented and coordinated with our leaders. It's easy to subscribe to our calendar, so you can get notifications of our events. Just visit our website at [<https://adk.org/chapter/black-river/>] and click "subscribe".

Should you have any questions about what to wear, bring or know about any of the events, feel free to contact the trip leader or send an email to: [blackriveradk@gmail.com](mailto:blackriveradk@gmail.com). Be safe and we'll see you on the trail.

PS. If you are interested in leading a hike, please consider getting your training for Level 1, 2 or 3. You can go to the following website for training details. [<https://adk.org/outing-guide-resources/>]

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# Trail Maintenance Guide

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Many times, we talk about doing road clean-up, trail clean-up and beach clean-up. If you've recently joined the Black River Chapter, or never been involved in a clean-up event, I thought it would help if I could share with you what you might expect and detail some of the official trail maintenance guidelines. Firstly, it's a lot of fun. Secondly, it's not that hard as we are limited to the type of maintenance we can do. And finally, it improves the trail for everyone.

Next, we want to be safe, we have first aid kits, and have gloves and necessary gear to protect us as volunteers. And we just don't do any maintenance without letting the local regulators know and that the trip organizer has the proper paperwork in order to do the work.

There are many groups who do this and there is a lot of information published. In our region, it's largely managed by NYS-DEC Region 6.

Historically, the Black River Chapter and several of its Charter members have been involved in a lot of the local trails since their inception. Trails were developed in the Tug Hill area, Winnona Forest area and others. These include and are not limited to:

- the Rodman-Barnes Corner Trails in the Tug Hill Forest, highlighted by the well-known 13.2 miles of Barnes Corners Cross-country Ski Trail System,
- the Black River Trail which is a paved scenic trail, converted from the New York Central Railroad, and a small portion of the Black River's 114-plus miles,
- the Carpenter Road Trail System which is an area with heavier snowfall than any other part of the United States east of the Rocky Mountains. It offers 8 miles of scenic pathways for skiers in the winter and for hikers and bikers during the summer season.
- the newest Traverse Trail, still in progress across the Tug Hill Forest.

The Black River Chapter has a lot of history and there is some work to keep everything as nice as it can be. But what is involved? What do they do to maintain these trails?

As mentioned earlier, the first step is to get regulatory approval or approval from the DEC or local preserve. There are certain times of the year and animals might be at a time they cannot be disturbed or they'd leave the area. There are times when there is a moratorium on any trail activity or there is a directive to focus on specific trails that need attention. But, regardless, in our case DEC needs to be aware and that we have all the documentation and approvals in order.

There are limits to what can be done. Most all of the work the Black River Chapter conducts is raking, light pruning and removing debris off the trail. Debris can be fallen limbs, trash or material that obstructs the trail. Without approval and necessary training, no powered saws are allowed.

In fiscally difficult times, public agencies may be forced to defer routine maintenance. Backlogs can develop quickly and can lead to unsightly or unsafe conditions.

The appearance of the trail, such as the presence of litter and dumping, can influence a person's willingness to use a trail.



# Trail Maintenance Guide

Controlling undergrowth and overgrowth is a basic maintenance issue. Undergrowth can reduce the clearance width of a trail significantly if not kept pruned back or mowed. Overgrowth can obstruct uses of a trail if it lowers the vertical clearance.

Weather will continually impact trail conditions as signs fade, trail surfaces soften, and wooden structures decay. Weather events such as severe thunderstorms, hurricanes, heavy snowstorms, and ice storms can be highly destructive as they wash out trails, bring down trees, or create other dangerous conditions.

The NY/NJ Trail Conference, Trail Maintenance Manual 8.2 Edition, July 2022, [<https://www.nynjtc.com/document/trail-maintenance-manual>] provides some great information regarding a suggested the following:

**TRAIL MAINTENANCE ANNUAL CYCLE** *The diagram indicates the typical annual cycle of maintenance activities performed by a trail maintainer. Four trips per year to your trail is preferable, with visits in the early spring, mid-summer, late fall, and winter (conditions permitting). You should report problems immediately to your trail the DEC. We also encourage you to report your activities to the DEC soon after you visit your trail. The hours you work and information on the work done must be submitted to the DEC at least twice a year, as described later in this document. Of course, more visits may be required, depending on the trail conditions.*



## HOW OFTEN AND WHEN

As indicated in the Annual Cycle diagram:

- Inspect as soon as possible in the spring and after the leaves are down in the fall.
- Develop a plan and schedule to return to the trail to take care of problems that you are not able to resolve on your visit. If you are working alone, you may find that it is difficult to lop, clear blowdowns, blaze, and pick up litter all on one trip. Gradually, you will develop a method that suits you. For a start, carry your loppers, folding or bow saw, and litter bag on every trip.
- Inspect in mid-summer, when trimming of spring growth may be needed, especially if your trail has sections of high grass, brambles, or heavy undergrowth. Trails open to the sun will require more maintenance than those in mature forests with high canopies. Paths through open meadows and swamps need late summer clearing. Check for blazes obscured by foliage.
- Inspect more frequently if heavy use and litter are problems, or if the trail is on private land (see below). Shelters attract litter.
- Inspect as soon as possible after severe storms, fires, or periods of heavy use.

## EQUIPMENT LIST

Select the equipment you will need for a specific outing from this list (see illustrations below). You are expected to provide all equipment that you bring on a maintenance trip.

**Basic hiking gear:** Pack for carrying gear lunch or snacks and water as appropriate sunscreen and bug spray appropriate footwear and clothing for the weather.

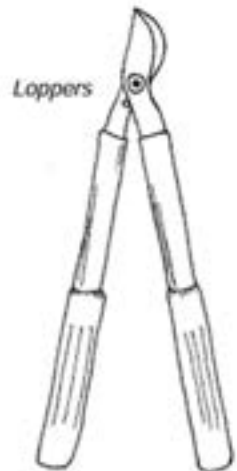
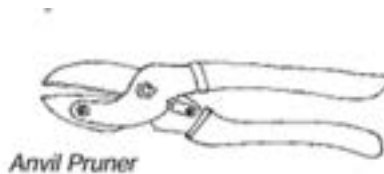
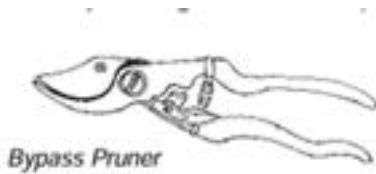
**Work gloves:** Should have at least a leather palm for comfort and durability.

**Eye protection:** Safety glasses or goggles preferred ordinary eyeglasses are acceptable.

**Individual first-aid kit:** See [Outdoor Activity Safety Guidelines | New York-New Jersey Trail Conference \(nynjtc.org\)](https://www.nynjtc.org) for suggested contents. Additional safety equipment may be required for power tools as listed in that document.

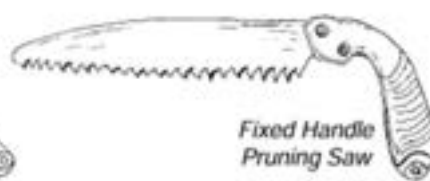
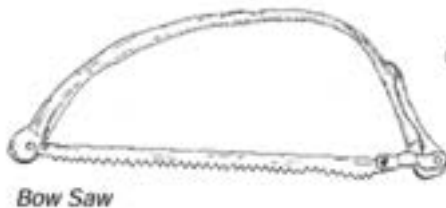
**Hand pruning shears:** Keep them handy for thin branches, stalks, and vines.

# Trail Maintenance Guide



**Long-handled lopping shears:** Pruning shears, or loppers, for limbs over 1/2 inch diameter. 24-inch handles are lighter and suitable for most tasks. 30-inch handles provide more leverage and require less bending.

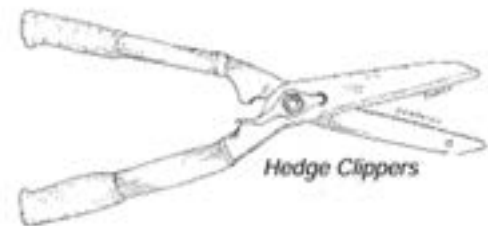
**Hand saw:** A hand saw is used for cutting away branches that intrude onto the trail or for small blowdowns. These come in a variety of forms. Folding saws, where the blade folds into the handle, are very popular because they are so compact. Fixed handle and bow saws may also be used. They can typically handle somewhat larger blowdowns than the folding saw, but if you use these be sure to have a guard for saw teeth to prevent injuries. Depending on the hand saw, you can generally handle



branches or logs of up to 6 to 10 inches in diameter.

**Hedge clippers:** Hand-held hedge clippers are good for clearing away thick vegetation that is intruding onto the trail.

**Weed whip:** Long-handled, scythe-like tool with 12-inch serrated blade, to be swung through vegetation at ground level before using, replace nuts with locknuts, or use Loctite or a similar compound. You must always keep two hands firmly on the handle and swing rhythmically back and forth. Strong swings will prevent the blade from bouncing off springy growth. Leave plenty of space between yourself and other people while using this tool.



**Trenching shovel or mini pick:** These compact tools easily fit within a backpack and are used for cleaning waterbars. Wedge: A small plastic wedge is often useful for keeping the two sides of a trunk or branch apart while you are sawing through it, or for propping a branch up off the ground so you can saw under it.

**Hatchet:** Good for starting or finishing saw cuts or for use where chainsaws are not permitted.

**Plastic bags:** Used for litter heavy duty is best.

**Surveyor's tape:** This is plastic flagging tape commonly used by surveyors and used by maintainers for emergency, temporary blazes due to blowdowns. Axes are not generally recommended for routine trail maintenance however, you may use one if you are experienced and skilled in its use. If you are unsure, consult the DEC

Keep your tools in good condition cutting tools are more effective, less tiring, and much safer if they are kept sharp.

**Power Tools:** You are encouraged to use primarily hand tools whenever possible. However, lightweight power tools such as weed whackers, power brush cutters, or battery-powered hedge trimmers (**but NOT chainsaws, not even a battery-powered chainsaw**) may be used by maintainers at their discretion **if the land manager per-**



# Trail Maintenance Guide

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*mits their use.*

*For example, a power hedge trimmer may be appropriate to thin back larger areas of heavily overgrown vegetation intruding onto the trail. Leaf blowers should not be used except possibly on long boardwalks and flights of stairs. Power tools are most useful for trails through open meadows or with long stretches of bushes or shrubs. To cut down on noise pollution, try to limit the amount of time the tool is powered on. Do NOT operate these tools when other users are nearby. The DEC can help you understand whether a power tool is appropriate and permitted. The **maintainer is responsible for purchasing and maintaining these power tools and for knowing and adhering to associated Trail Conference and manufacturers safety guidelines (see link below)**. If you use power tools, we encourage you not to work alone. When using battery-powered tools, it is useful to bring an extra, fully charged battery.*

**Chainsaws may NOT be used by individual maintainers.** *If you are interested in volunteering as a chainsawyer, consult with the DEC about receiving the required additional training and certification. When doing trail maintenance including use of hand or power tools, always use common sense and follow Trail Conference safety guidelines, which may be found on the Trail Conference website: [www.nynjtc.org/document/outdoor-activity-safety-guidelines](http://www.nynjtc.org/document/outdoor-activity-safety-guidelines). When using power tools, be sure to wear gloves, eye protection, and long pants and bring along a personal first-aid kit. Ear protection should also be used if the power tool is very noisy, as is the case with most gas-powered tools.*

These guidelines should answer a lot of questions you might have and provide insight as to what can and cannot be done to properly and safely maintain our local trails. Our Trails Committee Chair David Clements can be a valuable resource as well as other documentation we have received from the DEC.

## CHAPTER EVENTS-2024

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### MARCH

#### WINONA FOREST SKI WITH CINDY

**March 2nd, Saturday 1:00 p.m.** Winona Forest has so much to offer for winter activities. The groomed cross country ski trails are wonderful. We can plan on skiing up to 8 miles, but have the option to change to 5.5 miles. There are not many hills, but the pace will be for intermediate level skiers or established beginners. Plan on meeting at the CCC camp parking on County Road 90 at 1:00 pm. Contact [cindykaystewart@yahoo.com](mailto:cindykaystewart@yahoo.com) or 315-405-2195.



#### CHAPTER MEETING - March 7th Thursday 7:00 PM-TBD

#### HOPKINS MOUNTAIN HIKE WITH CINDY

**March 30th, Saturday.** Would you like to hike a mountain, but hesitant about doing a high peak? The solution is Hopkins Mountain. Hopkins has everything, a brook, a waterfall, a charming forest trail covered in fragrant pine needles, beautiful plants and mosses, and incredible sweeping views with its wide-open summit. A reasonable distance of 5.6 miles round trip. Elevation 3,183 ft. Ascent 2,140 ft. (We like a little vertical, right?) Hike Rating B+ (Moderately Strenuous). You won't want to miss this one. Register with Cindy at 315-405-2195 or [cindykaystewart@yahoo.com](mailto:cindykaystewart@yahoo.com).



#### EASTER March 31st, Sunday, ALL DAY

Photo by: Gary Cederstrom 11/25/2023



# CHAPTER EVENTS-2024



## APRIL

### JOHN YOUNG CLEANUP WITH HIKE

**April 6th, Saturday 10:00 am-1:00 pm.** Explore this 2.2-mile loop trail near Rodman, New York. Generally considered a moderately challenging route, it takes an average of 49 min to complete. This is a popular trail for birding, hiking, and running, but you can still enjoy some solitude during quieter times of day. The best times to visit this trail are April through October. Dogs are welcome, but must be on a leash. Remember to bring your gloves, boots, trash grabbers, water, sunscreen, and bug repellent. Some hand tools will be available. Level C. Meet at trail head at **10:00 AM**. Leader Rich, please RSP ross97@gmail.com .

### TOTAL ECLIPSE

**Monday, April 8, 2024**, total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. From the website: [Eclipses visible in City of Watertown, New York, USA Apr 8, 2024 Solar Eclipse \(timeanddate.com\)](https://www.timeanddate.com) the following time table provides the timing details.



The total solar eclipse will begin over the South Pacific Ocean. Weather permitting, the first location in continental North America that will experience totality is Mexico's Pacific coast at around 11:07 a.m. PDT.

It will pass through New York at various times and be highly visible in the Adirondack Region.

Phase	Time	Event	Direction	Altitude
	14:10:07 Mon, Apr 8	<b>Partial eclipse begins</b> The moment the edge of the Moon touches the edge of the Sun is called first contact.	✓ 206°	↗ 85.9°
	15:22:34 Mon, Apr 8	<b>Totally begins</b> The moment the edge of the Moon covers all of the Sun is called second contact.	✓ 220°	↗ 43.0°
	15:24:24 Mon, Apr 8	<b>Maximum eclipse</b> The deepest point of the eclipse, with the Sun at its most hidden.	✓ 220°	↗ 42.3°
	15:26:13 Mon, Apr 8	<b>Totally ends</b> The moment the edge of the Moon exposes the Sun is called third contact.	✓ 221°	↗ 42.4°
	16:35:01 Mon, Apr 8	<b>Partial eclipse ends</b> The moment the edge of the Moon leaves the edge of the Sun is called fourth contact.	✓ 248°	↗ 21.7°

\* Timings for the beginning & end of partial eclipse, the beginning & end of totality, and maximum eclipse are accurate to within a few seconds. This calculation uses a Daily T value of 48.23 seconds. Timings for other events are approximate—they are included here as a rough guide to features that might be observable. The icons show the position of the Moon against the Sun at each stage, but they do not show the correct position of the diamond ring and daily's beads.

### ATTENTION: POTENTIAL BLACK RIVER CHAPTER LEADERS

**April 19-21st, Weekend** Save the date! We have scheduled our first 2024 Volunteer Training Symposium at the Heart Lake Program Center in Lake Placid, NY. Here are three things to know about the event:

1. It will offer courses that fulfill certification requirements for Levels 1, 2, and 3 of our outing and trip leader requirements.
2. Courses will be led by ADK's professional staff.
3. Lodging and meals will be available to registered participants for free. ADK will not provide reimbursements for alternate lodging or meal arrangements.

More specifics about the event, including registration links, will be provided later this winter. If you have any questions about the symposium or our outing and trip leader requirements, please contact us at [info@adk.org](mailto:info@adk.org)

### BAKER WOODS CLEAN UP WITH LINDA

**April 13, Saturday, 10:00 AM - 12:00 PM.** 4114 Factory Road, Natural Bridge, NY 13665.

A perfect way to start spring with helping get Baker Woods ready for hikers! We will be doing a variety of tasks, getting the garden ready for new plants, sign staining, walkway maintenance, trail trimming, possibly on both sides of the river. Bagels and muffins will be provided to start our day! Definitely bring water, snacks and afterwards, you can hike the trails if you choose. Level C. Leader Linda, please RSVP 516-662-5020 or lindaburns1008@gmail.com



# CHAPTER EVENTS-2024

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## ADK HEART LAKE SPRING WORK WEEKEND

**April 25-27, Weekend**, This has been an annual event whereby ADK members across the state get together at Heart Lake (the LOJ) to begin preparing it for the upcoming season. Volunteers get to stay on-site and enjoy the meals prepared by the cooks. Typically the routine work includes and is not limited to: setting up canvas cabins, clean up the campsites and lean-tos and look for treasures, rake up the leaves and put them back into the woods where they came from, take down storm windows put up the screens, take Adirondack chairs out of storage, also check for any repairs needed, splitting and staking wood, oil hinges on all doors in the Loj, check all chairs for chair pads on feet in great room, there are new felt strips available and if needed weigh all fly-in supplies for JBL and load the truck. Weather can vary from good to bad, but a good time is almost guaranteed. They even planted several gardens. Exact details to follow.

If you are interested, **please send an email to: [blackriveradk@gmail.com](mailto:blackriveradk@gmail.com) or [trand6863@outlook.com](mailto:trand6863@outlook.com)** expressing your interest in helping out.

**PS. This will be a Level 1 event and you ll need to take LNT and Sexual Harassment Prevention training.**



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## MAY

**CHAPTER MEETING- May 2nd Thursday 7:00 PM TBD**

### **ADOPT-A-HIGHWAY CLEANUP PROGRAM CHAPTER HISTORY**

*The Black River Chapter embarked on a public service project in May 1992, inspired by New York State's successful Adopt-A-Highway program. Under this initiative, participants adopt a two-mile stretch of highway, committing to four annual clean-ups. Our chosen highway is Route 177, located approximately one mile east and west of the cross-country skiing parking lot between Barnes Corners and Rodman. Most of our section lies in Jefferson County, with a half-mile in Lewis County. As part of our participation, the New York State DOT erected signs at both ends of our designated two-mile stretch, recognizing our chapter's efforts. This project not only provides positive public exposure for our chapter but also offers an opportunity for those unable to participate in other activities. We eagerly anticipate your involvement. The very first effort was originally led by Phil Ashwood and Clara Bingham was the Chapter Chair. This year we have two sections of highway clean up as noted below.*





# CHAPTER EVENTS-2024

## 1) ADOPT-A-HIGHWAY (RT-177) CLEANUP WITH CINDY

**May 4th, Saturday, 9:30 - noon.** Join us at the X-C ski trails parking lot on Route 177 at 9:30. Our first chosen highway is on Route 177, east and west of the cross-country ski trails parking lot between Barnes Corners and Rodman. Let's make a difference together. Bring gloves, trash grabbers, water, sunscreen and bug repellent. Meet at Rodman-Barnes Corners ski trails parking lot, 25841 NYS Route 177, Rodman. Contact Cindy at 315-405-2195.



## 2) ADOPT-A-HIGHWAY (RT-3) CLEANUP WITH DAVE

**May 11th, Saturday, from 9:30am to 12:30 pm** Join us on for a new project area in the northern section of our chapter's reach. Similar to the Rt 177 event, this project focuses on a section of NYS RT 3 from the intersection of NYS RT 3A (Fargo), heading northeast 2 miles to Filbert Rd (Cowan Corner). Our goal is to clean up 4 miles of this highly visible corridor for travelers to and from the Adirondacks. We need the support of our members and friends to kick off this initiative! During the morning, we'll be picking up trash along our adopted stretch of highway. Remember to bring your gloves, boots, trash grabbers, water, sunscreen, and bug repellent. The meeting place is TBD at this time. For more information, please contact Dave at 404-569-3122. Let's make a positive impact together!



## ADK/BLACK RIVER POTLUCK (CINCO de MAYO)

**May 5th, Sunday, from 9:30am 2:30pm.** The Black River Chapter's Annual POTLUCK will be in three parts this year. Part 1 meet for hike at the Downybrook Nature Preserve let by OBI personnel, Part 2 lunch at Alexander Copley House (aka Lyme Community Foundation, 12030 NYS-12E, Chaumont, New York 13622 ) for our pot luck lunch with OBI staff and Part 3 dual presentation after lunch. Tracey Valentine to discuss history of the trail and Lee Ellsworth to discuss nature aspect. Plan to drop your pot luck off prior to the hike and join the hike. (Theme: Cinco de Mayo). 24353 Perch Lake Road, Brownville, NY.

**RSVP & Dish to pass IS REQUIRED!** Contact Rich Ross at email: blackriveradk@gmail.com or call 267-218-0921 to save your spot.



## May 12th, Sunday, Mothers Day

### LAKEVIEW WMA CLEANUP WITH WENDY

**May 18th, Saturday, 10:00 am.** Come and pitch in for the environment! Meet at 10:00 AM in the Southwick's Beach State Park parking lot and we'll collect man-made debris from the beaches just south of the park in the Lakeview Wildlife Management Area. Plastic bags will be provided. A gift certificate to a local restaurant will be raffled off after the clean-up event. All those who participate can enter to win. In past year's events we collected well over a truckload of trash, with the local campers joining in the effort to help clean up the shore line. For more information, contact Wendy at: wendynewell@aim.com or call 315-782-3015.



# Upcoming Chapter Outings-2024

## TUPPER LAKE TRIAD WITH LINDSEY

**May 19th, Sunday.** Would you like to hike three mountains in a day? Come hike the family-friendly Tupper Lake Triad with us! The Tupper Lake Triad consists of three mountains, boasting outstanding views of the surrounding area. They are reached via well-maintained and well-marked trails. The mountains include Mount Arab (1.9 miles), Coney Mountain (2.1 miles) and Goodman Mountain (3 miles). Upon completion, you are eligible to file for a Tupper Lake Trial Patch. Visit: [<https://www.tupperlake.com/tupper-lake-hiking-triad>] for more information on how to receive a patch. Total for the day is ~7 miles. Rating Level B+. RSVP: For meeting place and time, contact lindsmitt22@yahoo.com or 315-480-4999.



## JUNE

### CHAUMONT BARRENS PRESERVE HIKE WITH DOREEN.

Keep **Saturday June 1st**, rain date **Sunday June 2nd** open for our 11th annual hike to Chaumont Barrens to catch the Prairie smoke in bloom and look for porcupines in fissures. Per DEC website [[Chaumont Barrens Preserve - NY-DEC](#)]: The Chaumont Barrens offers one of the finest examples of alvar grasslands in the world. Alvars are broad, flat, naturally open habitats with only a thin veneer soil over a base of limestone or dolostone. Here you can see rare plants, including wildflowers like prairie smoke, found nowhere else in the Northeast.

This is roughly a 2-mile trip one way. Join us for some great sites and comradery. For more details call Doreen 315 778-6895.



## Backtracks-December 2023

**WASHINGTON PARK HIKE** **December 10th, Sunday 1:00 PM** The rainy day was kind enough to give us a break so we could hike without getting wet. 6 ADK members and 6 non-members walked the trails covered with fallen leaves through this forest of tall trees. Several hikers shared memories of girl scout "Camp Trefoil" week in this park and memories of church picnics and playing on the swings. It was great to stretch our legs before the snow settles in.





# Backtracks-2024

## JANUARY-2024

### FIRST DAY HIKES

**January 1st, Monday**, For the last twelve years, Black River Chapter members have been joining New York's State Parks for their first day hikes. These hikes are a great way to start the new year with some fresh air and exercise. At each location that hosts a hike, the State Parks handed out a first day bandanas and a chance to win an Empire State Park yearly pass. This year the 9 Black River Chapter members attended three locations. Wehle State Park, Sacket's Harbor State Park and Mina Anthony Nature Preserve. All were extremely well attended by people from all over the area. There were about 13 people that joined the Black River Chapter group at the Sacket's Harbor hike, two at Wehle State Park and four chapter members that were on the Mina Anthony hike. PS, this event was sponsored by NYS Parks & DEC.



In response, NY State Parks provided the following: *Thank you to everyone who celebrated the New Year outdoors with a 2024 First Day Hike! Thousands of New Yorkers attended events at DEC lands, State Parks and historic sites, wildlife areas, Forest Preserve trails, canal trails and towpaths, and environmental education centers across New York State, marking 2024 as a record-breaking year for First Day Hikes. A big thank you to all our partners and staff who helped make this year so successful, and who make this program possible.*

### ROBERT WEHLE STATE PARK HIKE

It was a beautiful day at Wehle this morning. There was a slight change to the original plan, but it turned out to be a great day. Our feet got a little wet, but that couldn't stop us from exploring the Snakefoot Trail and beyond. There were no waves and the water was very still. The ice formations along the cliffs were beautiful and impressive. We saw lots of waterfowl, including five swans. We could venture far out onto the rocks and could see the light-



house in the distance. Thank you to everyone who joined us today. We hope to see everyone on our next adventure!

By Lindsey Smith



# Backtracks

## SAVE THE RIVER - 35TH WINTER ENVIRONMENTAL CONFERENCE

On **January 27th**, Dave Clements and three other members attended this year's Conference which was held at the 1000 Islands Harbor Hotel in Clayton, NY. We set up our chapter information table at this event and engaged 50+/- attendees about ADK and our chapter. We had 13 people sign up to receive more information about ADK and our events. Topics discussed at the conference were very scientific but were presented in a down to earth way. All speakers were professors, scientists and professionals in their specialties. The American Eel, Contaminates Impacting the Great Lakes, AFOs and CAFOs, Wetlands Vegetation, Aquatic Focused Invasives- Restoration and Resiliency, \*Legacy Chemical Contaminants and Advocacy for Blind Bay. Links to these presentations will be posted on Save The Rivers YouTube channel when made available for those that want to take a deep dive. This was a very interesting conference and would recommend anyone interested in what professionals do behind the scenes to protect our environment plan on attending next year.



In addition to the presenters, several like-minded organizations participated with information tables- Tug Hill Tomorrow, Indian River Lakes Conservancy, NYS Parks, DEC, SLELO PRISM/ Nature Conservancy to name a few.

SLELO PRISM/The Nature Conservancy has reached out and asked for some assistance. They have recently received a new 5-year contract and funding for several interesting and critical projects. These projects include.

\* Focus on the Blue Ridge to The Boreal Region in our area. Projects will include removal of invasive species and planting native plants. Water quality research and improvements.

\*Continuation of eDNA water sampling program including adding additional tributary sites.

\*May-July 2024. Plant identification workshops with the goal of getting volunteers to help identify and track invasive plants using the iMap invasives app on your smartphone. These workshops include Virtual Plant ID, Hands-on Plant ID, Paddle Surveys.

We will be providing more information on these opportunities when dates are set. If you are interested in helping the Chapter select some of these opportunities and be a member of the Conservation Committee, please contact Dave at Dclements30143@gmail.com.

By Dave Clements





## Other ADK Events

### ADK Announces 42nd Annual Paddle Outing



**January 18, 2024**

Paddle in, and adjacent to the St. Regis Canoe Area – the largest wilderness canoe area in the East, covering 18,400 acres and over fifty ponds. The area is noted for its clear spring-fed ponds, short carries, and tranquil beauty.

The outing, which takes place from **July 15-25, 2024**, is based at Paul Smith's College. There are over forty different opportunities for day trips. Each morning begins with optional stretching exercises, followed by breakfast in the college dining hall. After breakfast, select the items for your bag lunch, prepare your gear, get to the point of embarkation, and you're off! Trips are led by other outing participants and vary in length and difficulty. Some trips may involve carries. You select the trip that meets your interest and skill level.

Following each day's trip, return to the dorm and enjoy a hot shower (laundry facilities are also in the dorm) and relax, then enjoy the fellowship of other paddlers in the lounge. After dinner, the group meets to hear about the day's trips and plan trips for the following day. Evenings offer the possibilities of walks, reading, and games. Cost includes lodging and three daily meals – dinner on the first day through a box lunch on the last day. Price does not include canoes, kayaks, or transportation of your boat.

Accommodations are in double occupancy dormitory rooms with roommates assigned for solo attendees. A few truly single rooms are available each session to allow as many as possible to participate in this popular event.

Registration is **by mail only**. Send \$110 per person non-refundable deposit to Dave Tanner – 25 Taylor St – Cortland, NY 13045 – 607-423-1714 – [DLTanner@twc.com](mailto:DLTanner@twc.com). Prices are subject to change.

Please include contact information (email AND phone number) with your registration. Registration opens, and no checks received prior to January 16, 2024.

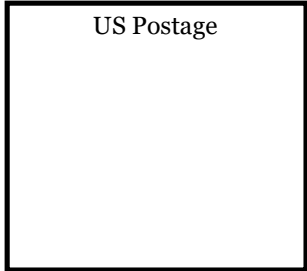
Checks should be made out to: ADK. ADK Membership Required.

**OPTION 1:** July 15-20, \$595 shared room, \$750 single room

**OPTION 2:** July 20-25, \$595 shared room, \$750 single room

**OPTION 3:** July 15-25, \$1090 shared, \$1400 single room

\*All rates are per person. \*All rates are per person.



Please email the editor any questions, comments, and/or suggestions at: [blackriveradk@gmail.com](mailto:blackriveradk@gmail.com)

Mail to:



Remembering the cleanup days. Do you know any of these folks?

## Upcoming Events

3-02-24, Sat	1pm	ski	Winona Forest ski
3-07-24, Thu	7pm	meeting	Chapter meeting
3-30-24, Sat		hike	Hopkins Mountain
4-06-24, Sat	10am - 1pm	cleanup	John Young Trail
4-13-24, Sat	10am - 12pm	clean up	Baker Woods Preserve
4-19 to 4-21		training	OLG training for chapter volunteers
4-25 to 4-27		cleanup	ADK LOJ work weekend
5-02-24, Thu	7pm	meeting	Chapter meeting
5-04-24, Sat	9:30- noon	cleanup	Adopt-A-Highway Rt 177
5-05-24, Sun	9:30 2:00	hike/lunch	Annual Pot Luck (Cinco de Mayo)
5-11-24, Sat	9:30- 12:30	cleanup	Adopt-A-Highway Rt 3
5-18-24, Sat		cleanup	Lakeview Wildlife Management Area DEC
5-19-24, Sun		hike	Tupper Lake Triad (Coney, Goodman & Mt Arab)
6-01-24, Sat		hike	Chaumont Barrens hike

Follow us on **FACEBOOK** for additional events and updates. Please make sure your address and email information is up to date. Send any updates to our email address: [blackriveradk@gmail.com](mailto:blackriveradk@gmail.com)