



## On the Western Slope

### Chapter Chair



Happy Holidays to all!  
2018 was a very good year for us.

We have a couple of events planned for 2019. To begin, on January 5<sup>th</sup>, the chapter will be hosting a winter potluck luncheon and volunteer recognition at the Five Rivers Environmental Education Center in Delmar, NY. After the luncheon, the chapter plans to have a hike/snowshoe and, if there's enough snow, a cross-country ski for beginners. Later in the month, we will have a Planning Meeting at the East Greenbush Community Library. We will be planning for 2019 and beyond.

Thanks to our members. Thanks to the Executive Committee.

Be safe and look forward to seeing you next year!

### Kevin Cox



October 2018 Shaker Museum, Mt Lebanon

### Winter Social, Meeting & Outing

Please join us on January 5, 2019 for our winter social at the Five Rivers Environmental Education Center in Delmar, NY.

We will start with a potluck luncheon at 11:45 a.m. Please bring a hot or cold lunch dish to share and plan to arrive a few minutes early to set up for the luncheon. A chapter meeting will immediately follow lunch; and then we will recognize our volunteers for their work on behalf of the chapter.

Depending on the snow cover, Kevin Cox will lead a hike or snowshoe, and we may have a cross-country ski session. Please have appropriate footwear, including winter traction devices. FYI, snowshoes are available to rent at Five Rivers.

See also the **Sat 1/5/2019 Winter Social/Chapter Meeting/Hike or Snowshoe** on pages 2 and 3 for details about the luncheon and outings.

*If you plan to attend the luncheon/meeting/outing and/or have questions about the event:* Please contact Kevin Cox at [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com) or 518-279-4839.

*For directions to Five Rivers Environmental Education Center:* <http://www.dec.ny.gov/education/54990.html>.

*For the 2019 Winter Program Guide for information about snowshoe rentals and all winter activities:* [http://www.dec.ny.gov/docs/regions\\_pdf/5riv2019\\_winter.pdf](http://www.dec.ny.gov/docs/regions_pdf/5riv2019_winter.pdf).

### Dates to note:

Jan 5	Social, Meeting & Outing, Five Rivers, Delmar, NY
Jan 14	EComm Meeting, EGCL 6:45 p.m.
Jan 26	143 <sup>rd</sup> Annual AMC Summit, Norwood, MA
Jan 29	Chapter Planning Meeting, EGTL, 5 p.m.
Mar 11	EComm Meeting, EGCL 6:45 p.m.

### Save the date!

Apr 27	<i>Tentative Date</i> – Spring Social, Meeting & Outing
May 13	EComm Meeting, EGCL 6:45 p.m.

## AMC Mohawk Hudson Chapter Executive Committee:

Kevin Cox, Chapter Chair, Outings Chair  
518-279-4839 [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com)

Deborah D. Richards, Vice Chair  
518-281-3024 [debdrichards@gmail.com](mailto:debdrichards@gmail.com)

Martha Waldman, Treasurer  
518-869-5109 [martha829r@aol.com](mailto:martha829r@aol.com)

Conor Gillis, Secretary, [Conor.gillis32@gmail.com](mailto:Conor.gillis32@gmail.com)

Sharon Foster, AMC Central Regional Director  
[sharon\\_foster2@yahoo.com](mailto:sharon_foster2@yahoo.com)

Justin Bailey, AMC Regional Program Manager  
[jbailey@outdoors.org](mailto:jbailey@outdoors.org)

John Tifft, Trails Chair and Conservation Chair  
518-439-5686 [jtifft2@nycap.rr.com](mailto:jtifft2@nycap.rr.com)

Mary O'Connell, Membership Chair  
518-330-6838, [moconn5@nycap.rr.com](mailto:moconn5@nycap.rr.com)

Marielle Postava-Davignon, Young Members Chair  
[marielle.pd@gmail.com](mailto:marielle.pd@gmail.com)

Kimberly Berg, Program Chair  
[bergkimberly@gmail.com](mailto:bergkimberly@gmail.com)

David Esmond, Webmaster  
[david.esmond1@gmail.com](mailto:david.esmond1@gmail.com)

Christine Boucher, Newsletter Editor  
518-322-0296; [csimson@hotmail.com](mailto:csimson@hotmail.com)

### Mohawk Hudson Chapter Website:

<http://www.amcmohawkhudson.org>

## “Like Us” on Facebook



Ctrl + click the “facebook” image at left to view the Mohawk Hudson AMC chapter Facebook page.



Once there, click the “Like” image (shown at left) to “like” our page: if you have a Facebook account, log in; else, you’ll have to set one up to “like” our page. We’re up to 239 “likes” on Facebook, and 415 “enthusiasts” on [Meetup](#).

## Chapter Outings

### January / February / March 2019

Listings below are as of the December 28<sup>th</sup> newsletter distribution date. Leaders may post e-mail updates for their trips (published in the newsletter or not) via the AMC calendar of events which is available via the [chapter website](#). Leaders may also post updates via the chapter Yahoo group. Please join our [Yahoo group](#) (it’s free!) to see the updates and connect to others.

**All activities require advance registration:** Please contact the Leader for information about hike difficulty, meeting time and place, carpooling, and hike updates due to weather or trail conditions. If you leave a message, please include a phone number where you can be reached in case hike plans must be changed.

## January

**Tues 1/1/2019 Berlin Mountain B-3-B (Snowshoeing)**  
Let’s start the new year with a local hike, up the highest point in Rensselaer County. It has great views to the east. We will meet a little later in the morning, starting at Petersburg Pass and continuing to Berlin Mountain. The distance is 5.6 miles RT and ascent about 750 feet. Hopefully, it will not be as cold as last year. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.)  
[mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com).

**Sat 1/5/2019 Winter Social/Chapter Meeting/Hike or Snowshoe (Social Events)** Mohawk Hudson Chapter will hold its Winter Social and Quarterly Meeting at the Five Rivers Environmental Education Center in Delmar, NY.

The potluck luncheon will begin at 11:45 a.m. Please bring a hot or cold dish to share, and plan to arrive with your food at least a few minutes early to set up. Those bringing hot food in a crock pot can arrive as much as an hour earlier if they wish. The Center has a small microwave for some last-minute heating, but there is no kitchen or stove.

### Page 3 *On the Western Slope – Winter 2019*

A brief chapter meeting and recognition of chapter volunteers will follow the luncheon. We will then have either a group hike or snowshoe on the grounds at Five Rivers. Estimated start time is about 1:45 p.m. Five Rivers has snowshoes available to rent for a \$5 fee. If snow conditions permit, we will provide instruction to cross-country skiing. You may participate in any part of the event. Good for new members and first timers in an activity. Leader: Kevin Cox 518-279-4839 (NCA 9 PM) [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com).

**Wed 1/9 Cherry Plain State Park Snowshoe C-3-C (Snowshoeing)** The Friends of Cherry Plain State Park have been working hard on improving and expanding the trail system in the park and wildlife management area. We will do North by Northwest Trail, approximately 3.5-mile loop, with the Waterfall Trail as an optional addition depending on conditions and group interest. Leader: Sharon Bonk 917-864-7437 (NCA 9 p.m.) [sboqc@mindspring.com](mailto:sboqc@mindspring.com).

**Sat 1/12 Harvey Mountain Snowshoe/Hike C-3-B (Snowshoeing)** We will go up the forest trail (400' elevation gain) to the top and the MA/NY border marker. We will descend via the park road. Winter foot gear a must. No picnic area. Plan to snack at the top. Optional return via Blueberry Hill Cafe in New Lebanon for hot chocolate or more Leader: Sharon Bonk 917-864-7437 (NCA 9 p.m.) [sboqc@mindspring.com](mailto:sboqc@mindspring.com).

**Fri 1/18 to Mon 1/21 MLK Weekend in Vermont (Skiing - Cross-Country (Nordic))** X-country skiing and snowshoeing. We will be staying at the Colonial House Inn and Motel. Lodging and 9 meals \$336 to \$404 ppdo. \$433. to \$471 ppso. Contact Randy MacDonald at [randy04415@yahoo.com](mailto:randy04415@yahoo.com) or call 518-766-7675 before 9 p.m.

**Sat 1/19 Whiteface & Esther Mountains A-3-A (Snowshoeing)** Let's start from the Atmospheric Sciences Research Center trailhead and climb up the old T-bar trail to the Wilmington trail to Whiteface. We will return on the same trail and follow the herd path to Esther. Hopefully, it will be a clear day. Distance is 10.4 miles and the ascent is about 4000 feet. Have a headlamp and expect winter conditions. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com).

**Sat 1/19 Kalabus-Perry Preserve, Wilton C-3-C (Snowshoeing)** We will explore the Preserve's 3.5 mile groomed ski/bike/snowmobile main figure-eight loop by snowshoe( or possibly micro-spikes, depending on

snow conditions) with a detour climb by trail to Kendrick Hill & Benchmark. An option exists to stop for hot chocolate at the Wilton Mall's Healthy Living Market & Cafe. Leader: Jean Laverdure 518-709-2990 [jalz111er@yahoo.com](mailto:jalz111er@yahoo.com).

**Mon 1/28 Planning Meeting (Meetings)** The Mohawk Hudson Chapter needs your help. Join the Chapter Executive Committee for a planning meeting to explore and establish priorities for our Chapter in 2019. We very much want the input of our members in this process. Experienced AMC staff will facilitate the meeting. When and where: Monday, January 28<sup>th</sup>, from 5:00 to 8:30 p.m., at the East Greenbush Public Library, 10 Community Way, East Greenbush, NY 12061. Dinner provided. Leader: Kevin Cox 518-279-4839 (NCA 9PM) [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com).

## February

**Sat 2/9 Table Top Mountain A-3-A (Snowshoeing)** We will follow the Van Hoevenburg trail to the junction of the trail to Table Top. The distance is about 10.8 miles. This is the 19th highest peak of the 46 peaks. Have a headlamp and winter gear. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com).

**Sat 2/16 Codfish Point B-3-C (Snowshoeing)** The Long Path will make a perfect snowshoe from good winter parking. A stream crossing to start on a replica king-post bridge once used by carriages, a Nature Trail going right above Platte Clove, Devil's Kitchen lean-to beyond, a double track easily rising to an old bluestone quarry's outlook east and all in less than a 5-mile RT with 700' elevation gain. Leader: Jean Laverdure 518-709-2990 (NCA 9 PM) [jalz111er@yahoo.com](mailto:jalz111er@yahoo.com).

**Sat 2/16 Dial and Nippletop A-3-A (Snowshoeing)** We will start at the Au Sable Club Public Parking Lot to Lake Road and go up via the Leach Trail. Following the trail to Bear Den to Dial Mt. From there, we will follow the ridge to Nippletop. Hopefully, we will be able to see Dix Mountain and Colvin range from the summit of Nippletop. Distance is about 12 miles and the ascent is 4000 feet. Bring winter gear, including crampons. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com).

**Wed 2/20 Snowshoe/Cross-Country Ski at Schenectady County Forest (Skiing - Cross-Country (Nordic) - Snowshoeing)** This is an easy cross-country ski, mostly level but a couple of short gentle slopes. Meet at trailhead parking lot at 10 a.m. Bring water, and a way to carry your jacket if you get too warm.

After the skiing/hike we can go to our nearby house for some hot soup, bread and cookies. Leader: Nancy Crowther 518-698-0531 [nancy@crowther.org](mailto:nancy@crowther.org)

## March

**Sun 3/3 Panther and Couchsachraga AA-3-A (Snowshoeing)** We will follow the trail to the turn-off at the beaver dam and ascend to Times Square. Go to Couch and then to Panther. If there is anyone who needs to hike Santanoni, it can be included. The distance is 15 miles and ascent is 4500 feet. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com).

**Sun 3/17 Haystack Mountain AA-3-A (Snowshoeing)** We will follow the Van Hoesenberg trail to the junction of Mount Marcy. We will descend 700 feet and ascend to the summit of Haystack. Hopefully, it will be a clear day. Bring a headlamp and winter gear. The distance will 16.5 miles and ascent of 3570 feet. What better way to celebrate St Patrick's Day? Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com).

**Wed 3/20 Snowshoe/Ski/Hike at Ann Lee Pond C-3-C (Hiking/Skiing - Cross-Country (Nordic) | Snowshoeing)** Join us on Wednesday March 20 for an easy snowshoe/ski/hike on the trails near Ann Lee Pond in Colonie. This area is called the Ann Lee Pond Nature and Historic Preserve. Named after Mother Ann Lee, the founder and leader of the Shakers, the preserve was established by Albany County. The area is wooded, and the lovely trails are mostly flat with some views of Ann Lee Pond. We will do a loop of approximately four miles and try to find a picnic table for lunch. Wear boots, bring water, bring a lunch if you wish, and binoculars for seeing birds if you wish. Leader: Will Crowther 518-698-0531 [nancy@crowther.org](mailto:nancy@crowther.org).

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The MH chapter also has an additional weekday offering:

- The *Hiking at a Relaxed Pace (HARP)* group hikes on Thursdays or Fridays. To join our e-mail list, contact Frank or Dee Wind at 518-458-1781, or [deewindtells@gmail.com](mailto:deewindtells@gmail.com).
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## 2019 Chapter Officers

The election of Mohawk Hudson officers for 2019 was held during the chapter annual banquet and meeting on Nov 3, 2018 at The Century House in Latham. Officers for 2019 are:

Chapter Chair: **Kevin Cox**  
Vice Chair: **Deborah D. Richards**  
Treasurer: **Martha Waldman**  
Secretary: **Conor Gillis**

Congratulations to all and thanks to everyone who participated in the process and attended the annual meeting. Thanks to Rich Guthrie for an entertaining presentation about local birds.

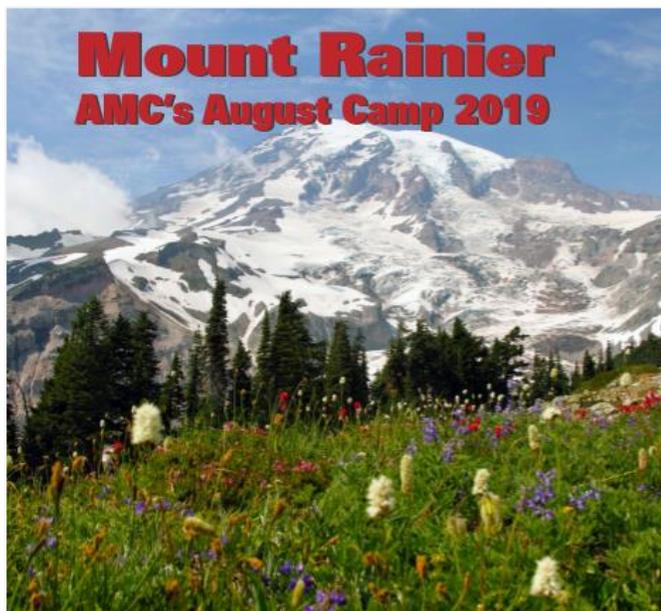
## Volunteer News & Opportunities

**Conservation Programs & Activities (Conservation) Volunteer(s)** Here's a fun volunteer opportunity for anyone with an interest or background in conservation. We're looking for a person or persons, young, old, or in between to join with us to help brainstorm, organize, and present some conservation programs and or activities for our membership and concerned citizens. For the students among you, this would be a great opportunity to enhance your resume. As you already know, the Appalachian Mountain Club's main mission is to further the protection, enjoyment, and understanding of our mountains, waters, and forests, of the Northeast and the Mid Atlantic region. And what better way to do our part as a chapter than promote conservation for our area. For more Info contact John 518-439-5686 (NCA 9 PM) [jtiff2@nycap.rr.com](mailto:jtiff2@nycap.rr.com).

**Webmaster and Content Editor Volunteer(s)** – We are looking for a volunteer interested in using his/her technical skills to migrate existing web content to a new template and manage the new website's structure. We plan to use Wordpress to add and update new site content. If you can help us out, please contact Dave Esmond at [David.Esmond1@gmail.com](mailto:David.Esmond1@gmail.com).

**Nominating Committee Volunteers** – This three-person committee identifies candidates for the chapter's four leadership positions and fills vacancies that may arise during the year. If interested, please contact Kevin Cox at 518-279-4839 (NCA 9 p.m.) or [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com).

## August Camp 2019



Experience magnificent Mount Rainier National Park! See stunning waterfalls, alpine meadows carpeted with wildflowers and grand scenic vistas on dozens of easy-to-challenging hikes led by trained AMC volunteers. Visit Mount St. Helens. Trek across the shoulders of one of the highest and most dramatic peaks in the lower 48 states. (Photo credit: Kathy Kelly-Borowski)

Camp in the small former lumbering town of Packwood, WA, adjacent to the park. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

**July 13 through August 10.** Attend one week or two. Detailed information and registration will be posted at [augustcamp.org](http://augustcamp.org) by early December. Camp filled by mid-January last year, so don't miss out! Registration opens January 2, 2019 at <https://augustcamp.org/>:

Week 1: July 13 – July 20

Week 2: July 20 – July 27

Week 3: July 27 – Aug. 3

Week 4: Aug 3 – Aug. 10

**One Week:** \$975 members; \$1150 non-members.

Applications are accepted beginning January 2, 2019 in the order in which they are received. Get sign-up information after December 1 at our web site, [augustcamp.org](http://augustcamp.org). **Questions?** Please contact Lois Rothenberger at [ACregistrar@comcast.net](mailto:ACregistrar@comcast.net).

## Join Us at AMC's 2019 Annual Summit



January 26, 2019 – [Four Points by Sheraton, Norwood MA](http://FourPointsbySheraton.com)

Please join AMC in kicking off another year in the outdoors! The 143<sup>rd</sup> Annual Summit has something for everyone. The Annual Summit will connect both newcomers and lifelong members with valuable resources and provide opportunities for meeting people with similar interests and passions.

Annual Summit is AMC's thank you to our dedicated volunteers and members! We welcome you to sign up for a combination of workshops, trainings, and meetings that match your interests. This event will feature:

- Interactive workshops led by AMC experts and outdoor pros
- Organization-wide committee meetings
- A delicious buffet luncheon with AMC President, John Judge
- AMC's annual volunteer service awards
- 143<sup>rd</sup> Annual Business Meeting
- Early evening reception, with complimentary drink and hors d'oeuvres
- Updates on AMC's work in conservation, recreation, and education

Conference pricing is \$45 per person. For those interested in staying over Friday and/or Saturday night at the Four Points by Sheraton, AMC has arranged special group rates. To register for the Annual Summit, get hotel pricing and reservation information, and peruse the schedule of meetings, workshops, and presentations, visit: [www.outdoors.org/AnnualSummit](http://www.outdoors.org/AnnualSummit).



October 2018 AMC Fall Gathering, Woodstock, CT

## Local Options to Get Out in January 2019!

**Grafton Lakes State Park:** To register or get more info, call 518-279-1155.

**Jan. 1** – First Day Hike, Shaver Pond Trail, 1 p.m.

**Jan. 26** – Annual Winter Festival, 10 a.m. - 4 p.m.

**Five Rivers Environmental Education Center:** For info, call 518-475-0291 or email [5Rivers@dc.ny.gov](mailto:5Rivers@dc.ny.gov).

**Every other Thurs thru March** – Winter Raptor Survey.

## Volunteer at AMC's lodges, huts, campsites, and more!

**Our volunteers** are passionate about helping people enjoy the outdoors and learn about the natural world. The AMC has a variety of volunteer opportunities based at our Outdoor Program Centers, including **Information Volunteers, Volunteer Naturalists, Program Volunteers,** and **Volunteer Alpine Stewards.**

**Information Volunteers** welcome hikers and overnight guests, orient them to the facility, and offer advice about nearby hiking trails, outdoor gear, and activity programming. Depending on location, Information Volunteers may also lead nature walks and evening programs, assist with retail sales, or help guests with boats and paddling equipment.

**Volunteer Naturalists** provide outreach through self-designed presentations, activities, and nature walks. Naturalists can offer a variety of programs over a few days or focus on just one or two topics; they can gear their programs toward kids, adults, or both.

**Program Volunteers** lead short guided hikes or nature walks and interact with guests using hands-on educational displays. These "Walk-on Programs" are free and open to the public; participants often include novice hikers and families with children.

**Volunteer Alpine Stewards** provide outreach education to help protect the fragile alpine ecosystem on Franconia Ridge and Mt. Washington. Stewards engage with hikers about Leave No Trace principles, alpine ecology, trail conditions, and backcountry safety. Stewards also collect data for AMC's Mountain Watch and perform light trail maintenance.

For more information about any of these volunteer roles, or to request an application, please contact Kyra Salancy, AMC's Outdoor Program Centers Volunteer Coordinator, at [amcvolservices@outdoors.org](mailto:amcvolservices@outdoors.org).



November 2018 Wolf Creek Falls Preserve



December 2018 – Indian Kill Nature Preserve

**Not getting email messages from Mohawk Hudson?**

For assistance, call AMC Membership at:

1-800-372-1758