



On the Western Slope

Chapter Chair



Season's Greetings to Everyone!

I look forward to seeing our members at the Winter Potluck on January 4th at the Five Rivers Environmental Education Center. We are planning a hike after the lunch. Please check the weather and prepare accordingly for conditions on that day.

AMC is planning to go big with multi-media chapter celebrations of the 50th anniversary of Earth Day on April 22, 2020. Currently, our chapter is exploring options (including partnering with another organization on an event) and seeking member input. On January 14th, the Executive Committee will discuss this topic and members are encouraged to attend and bring their ideas. If you can't attend the meeting, you can always contact me with your ideas.

2020 looks to be even busier than 2019. As you may know, the Executive Committee has many open opportunities (pages 4-5) and we need your participation! If you can assist in any way, please contact me at mmcloug1@nycap.rr.com. Your help will be very much appreciated!

Our outings leaders are offering a variety of cross-country skiing and snowshoeing activities this winter. I plan to catch some seasonal outdoor activities and hope see you out there too. Be safe and enjoy!

Kevin Cox

Chapter Social, Meeting, Hike / Snowshoe

Five Rivers Visitor Center, Delmar, N.Y.

January 4, 2020 from 10:30 a.m. to 3:00 p.m.

We are again hosting our popular winter event at Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar. Please bring a dish to share and arrive a little before 11:00 a.m. to allow for setup. The Visitor Center at Five Rivers has a small kitchen/prep area with a sink and a small microwave for some last-minute heating up; there is no stove. Crock pots can also be used to keep food hot.

After lunch, we will lead a discussion related to our Chapter and AMC. At around 1:30 p.m., an AMC hike leader will lead a hike on snowshoes or not, depending on snow cover. Please dress for the weather and wear appropriate footwear, including winter-traction cleats, if needed. Snowshoe rentals are \$5 per pair

Directions to Five Rivers Environmental Education Center: <https://www.dec.ny.gov/education/54990.html>.

Chapter Election Results

Congratulations to our chapter's officers who were re-elected at the October 17th annual dinner and meeting: Kevin Cox, Chapter Chair; Deborah Richards, Vice Chair; Martha Waldman, Treasurer.

The turnout at the Troy Brew Pub that evening was great and Joellen Lampman's presentation about ticks was informative and passionate! If you missed it, see the [Don't Get Ticked New York](#) blog for the facts.

Dates to note:

- Jan 4 Winter Social, Fiver Rivers, Delmar, NY
- Jan 13 EComm Meeting, EGTL 6:45 p.m.
- Jan 17-20 MLK Vermont Winter Weekend, Weston, VT
- Jan 25 AMC Summit for Volunteers, Norwood, MA
- Mar 9 EComm Meeting, EGCL 6:45 p.m.

Save the date:

- April TBA Quarterly Social and Meeting
- April 22 Earth Day 50th Anniversary Celebration
- May 11 EComm Meeting, EGTL 6:45 p.m.

AMC Mohawk Hudson Chapter Executive Committee:

Kevin Cox, Chapter Chair, Outings Chair
518-279-4839 mmcloug1@nycap.rr.com

Deborah D. Richards, Vice Chair
518-281-3024 debdrichards@gmail.com

Martha Waldman, Treasurer
518-869-5109 martha829r@aol.com

Chapter Secretary, *vacancy*

Charlie Arsenault, AMC Central Regional Director
ceaqqq@gmail.com

Justin Bailey, AMC Regional Program Manager
jbailey@outdoors.org

20s & 30s Chair, *vacancy*

Communications Chair, *vacancy*

Conservation Chair, *vacancy*

Membership Chair, *vacancy*

Program Chair, *vacancy*

Trails Chair, *vacancy*

David Esmond, Webmaster
david.esmond1@gmail.com

Christine Boucher, Newsletter Editor
518-322-0296; 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 group 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’ve got 243 “likes” on Facebook.

Chapter Outings

January / February / March 2020

Listings below are as of the December 27th 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 2020

Wed 1/1/2020 Berlin Mountain (Snowshoeing); Rating: Moderate. We will be starting from the Petersburg Pass trail head and follow the trail to the summit. The first part of the trail is steep, then levels off until a half mile before the summit. The distance is 5.4 miles and the ascent 1263 feet. Hopefully, it will be a good day to start the new year. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) mmcloug1@nycap.rr.com.

Sat 1/4 AMC Mohawk-Hudson Chapter Winter Potluck & Outing at 5 Rivers Environmental Center (Social Events) We are again hosting our popular winter event from 10:30 a.m. to 3:00 p.m. at Five Rivers Visitor Center, 56 Game Farm Road, Delmar. Please arrive with a dish to share a little before 11:00 to allow for setup. After lunch, we will lead a discussion related to our Chapter and AMC. An AMC hike leader will lead a hike on snowshoes or not depending on snow cover. The hike should start around 1:30 p.m.. Please dress for the weather and wear appropriate footwear, including

winter-traction cleats, if needed. Snowshoe rentals are \$5 per pair. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) mmcloug1@nycap.rr.com.

Sat 1/11 Glenville Greenway (Skiing - Cross-Country (Nordic)); Rating: Easy to Moderate. A cross-country ski or snowshoe of 3.5 to 5.0 mi. / 150' gain depending on conditions and interest, exploring the Town of Glenville's Greenway from the YMCA, and crossing into Indian Meadows Park to Andersen Park along a groomed double-track trail. Leader: Jean André Laverdure 518-709-2990 (NCA 9 p.m.) jalz111er@yahoo.com.

Mon 1/13 Executive Committee Meeting (Meetings)
The Executive Committee plans for upcoming events and situations that require action. The public is invited to attend. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) mmcloug1@nycap.rr.com.

Fri-Mon 1/17 to 1/20 MLK Vermont Winter Weekend X-country Ski & Snowshoe (Skiing - Cross-Country (Nordic)) *Wait Listed* Join us in Vermont for a 3-night MLK winter weekend January 17 - 20, 2020, cross-country skiing and snowshoeing. Lodging and 9 meals \$330 to \$407 ppdo. \$420. to \$533 ppso. Leader: Randy MacDonald 518-766-7675 (NCA 9 p.m.) randy04415@yahoo.com.

Sat 1/18 Black Mountain Loop (Snowshoeing); Rating: Moderate. We will start at the Pike Brook Road trail head and follow the red blazed trail markers to the summit. From there, we will go down to the Black Mt. Pond trail and follow Lapland Pond trail. We will proceed to the junction back to the red blazed trail back to the trail head. the distance is 6.6 miles and the ascent 1046 feet. Hopefully, it will be a clear day. Bring winter gear with you. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) mmcloug1@nycap.rr.com.

Thurs 1/23 Kinderhook Preserve Snowshoe or Hike (Snowshoeing); Rating: Easy This Rensselaer Land Conservancy creek-side preserve has 4 miles of trail including one very steep ascent/descent. Trail conditions will decide whether we include this section. Snowshoes or traction devices a must if we have snow or ice on the ground. Bring snacks, hot liquid, water. We may have to eat our snacks/lunch standing. Contact leader for carpool info and starting time. Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.) scbonk@gmail.com.

New Activity Ratings System for 2020

Appalachian Mountain Club (AMC) has updated the ratings system for 2020. Activities are rated using a scale of six levels: Accessible, Relaxed, Easy, Moderate, Vigorous, and Strenuous. Consult the participant information or activity posting for details including the intended group pace and equipment requirements.

Refer to <https://www.outdoors.org/outdoor-activities/difficulty-ratings> for general descriptions, rating tables by specific type of activity (e.g., based on miles, speed, elevation gain), and much more info.

Sat 1/25, AMC Summit Meeting, Norwood, MA AMC's 144th Annual Summit for volunteers. Early-bird registration by December 31, 2019. For much more info, please visit, <https://www.outdoors.org/annualsummit>.

Tues 1/28 Snowshoe Hike or Cross-Country Ski (Skiing - Cross-Country (Nordic) | Snowshoeing); Rating: Easy. This is an easy snowshoe hike, or you can cross-country ski. (We will be on skis). Located on Lake Road in Schenectady County, it is mostly level but has a couple of short gentle slopes. This is not a commercial ski area, so no fee and the trails are not groomed, but probably already tracked by other skiers. Bring water, and a way to carry your jacket if you should get too warm. After the outing we can go to our nearby house for some hot soup, bread and cookies. Please reply to let us know you're coming. Leader: Will Crowther 518-698-0531 nancy@crowther.org. Co-Leader: Nancy Crowther.

February 2020

Sat 2/1 Snowy Mountain (Snowshoeing); Rating: Vigorous. We will follow the red blazed trail to the summit. The trail has a very steep climb before reaching a scenic area. From there, it is a half mile to the summit. The distance is 7.8 miles and the ascent 2106 feet. On a clear day, you have a great view of Indian lake, Siamese Pond Wilderness Area and a hint of the High Peaks. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) mmcloug1@nycap.rr.com.

Fri 2/7 Dyken Pond Environmental Center Snowshoe or Hike (Snowshoeing); Rating: Easy This will be a 4- to 5-mile snowshoe or hike on relatively flat terrain. Where we begin will be depend on whether the western most parking lot (preferred) is cleared. Loop hike through the woods and to and around ponds. Temperatures are usually a few degrees cooler there than in 'town'. Bring snowshoes and micro-spikes, hot liquid, water, and lunch which we will eat in the lean-to.

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Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.)
scbonk@gmail.com.

Sat 2/8 Whiteface and Esther Mountains, (Snowshoeing); Rating: Strenuous. We will start at the Atmospheric Sciences Research Center trail head and follow the trail to the old T-bar path up to the Wilmington Trail. Follow that trail to the summit of Whiteface Mountain. Then, we will return to the junction of Esther Mountain and follow the herd path to the summit. The distance is 10 miles, ascent about 3000 feet. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.)
mmcloug1@nycap.rr.com.

Tues 2/18 Snowshoe Hike/Ski Wolf Creek Falls (Skiing - Cross-Country (Nordic) | Snowshoeing); Rating: Moderate. This moderate snowshoe hike or cross-country ski trip in Mohawk Hudson Land Conservancy's Wolf Creek Falls Preserve in Knox features several trails with waterfalls, streams, and stone walls. Bring lunch and water, and a way to carry your jacket if you get too warm. Leader: Will Crowther 518-698-0531 or
nancy@crowther.org.

Sat 2/22 Lisha Kill Natural Area to Mohawk River State Park (Snowshoeing); Rating: Easy to Moderate. A snowshoe of 3.5 to 5.0 mi. / 250' gain depending on conditions and interest, exploring the numerous trails radiating from Lock 7 Park into Mohawk River State Park. Leader: Jean Laverdure 518-709-2990 (NCA 9 p.m.)
jalz111er@yahoo.com.

March 2020

Sat 3/7 Grafton Lakes State Park Snowshoe or Hike Moderate (Snowshoeing); Rating: Moderate This will be a loop snowshoe or hike from Mill Pond Parking Lot over rolling forested terrain: Spruce Bog Trail-Chet Bell-Long Pond Rd-NIMO-Cut Over-Mill Pond. Bring water, hot liquid, lunch. Bring snowshoes and micro-spikes. Be aware there are no places to sit other than perhaps snow-covered logs so be prepared for standup breaks. Contact leader for car-pool info and starting time. Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.)
scbonk@gmail.com.

Sat 3/21 Peaked Mountain (Snowshoeing); Rating: Moderate. We will be following the red markers trail from which a variety of scenery is offered. The distance is 7.2 miles and the ascent 1245 feet. After the pond, the ascent is 669 feet to the summit. From the summit, one can see the Green Mountains, the High Peaks and

surrounding mountains. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.)
mmcloug1@nycap.rr.com.



October 2019: Stissing Mountain & Thompson Pond

Mohawk Hudson Needs You!

We need volunteers for key chapter positions and committees across the board. If you are interested in any of the following opportunities, please contact Kevin Cox 518-279-4839 (NCA 9 p.m.)
mmcloug1@nycap.rr.com for more information.

Chapter Secretary – The Mohawk-Hudson Chapter is looking for an enthusiastic member to be their Secretary. This is a wonderful opportunity to get more involved with the AMC and a great way to meet like-minded people and fellow Mohawk-Hudson Chapter members. We meet six times a year (every other month) at the East Greenbush Community Library for a one- to two-hour meeting.

Membership Chair – Our chapter is looking for an enthusiastic, welcoming member with good communications skills to volunteer as Membership Chair. The position's focus is on initiating social events to bring together new and existing members.

Communications Chair Volunteer – This person is a creative and enthusiastic member of their chapter with good communications skills. They are well-organized and capable of managing multiple tasks at once. The Chair may work as an individual or recruit a volunteer team of their own to break up their various responsibilities into different roles.

Chair is responsible for managing all aspects of the chapter's digital and printed communications both internally among volunteers as well as externally to members and potential members. The Chair works closely with AMC staff to ensure all chapter communications are following current guidelines and best practices.

Conservation Committee Chair – The focus is on bringing conservation awareness, messaging, and activities to our local membership and communities. Chair role may include:

- Planning chapter conservation activities, such as a workshop or educational program, or partnering with local conservation groups in community activities.
- An opportunity to serve on the club-wide Conservation Committee and assist in applying for Special Project Funds.
- Connecting with AMC's Conservation Action Network (CAN) at www.outdoors.org/conservation for workshops, news, and reports that will inform chapter members on regional and local conservation issues.

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.

Trails Committee Chair – The MoHud chapter volunteers as a maintenance entity for the New York-New Jersey Trail Conference (NYNJTC). As such, we plan and lead trail maintenance activities primarily to control vegetation and update trail markers on several local trails to keep them passable for the hiking public. Chair duties include:

- Leading trail maintenance outings and scheduling them AMC's Activities database.
- Cultivating/maintaining a list of current trail maintenance volunteers.
- Overseeing maintenance of Long Path sections 33 and 34 in John Boyd Thacher State Park.

Webmaster/Editor Volunteer – We are looking for a volunteer interested in using his/her technical skills to maintain our current website. If you're interested, please contact Dave Esmond at David.Esmond1@gmail.com.

20s & 30s Committee Chair Opportunity

AMC supports and encourages 20s & 30s groups across all chapters, aiming to empower the next generation of environmental stewards and advocates through *community, leadership, and fun*. The groups bring together young people interested in learning about and participating in outdoor activities in their local areas. Getting involved is a great way to meet like-minded people in the chapter and across the club's regions.

What is the role of the 20s & 30s Chair?

- Recruit 20s & 30s members to the MoHud chapter and coordinate their activities.
- Network! Be an advocate for the group, get the word out, and encourage more people to get involved.
- Qualifications: Be friendly, welcoming, and capable of working with a diverse group of individuals. Be organized and a good communicator.

Being 20s & 30s Chair does not mean you have to be the most intense hiker, rock climber, etc. It is simply a great leadership opportunity, resumé builder, and offers many ways to have fun. AMC 20s & 30s Chairs also have a lot of support, both from designated AMC Staff and from the Mohawk-Hudson Chapter leadership.

Reach out if you are interested in the MoHud 20s & 30s leadership role or AMC 20s & 30s activities in general – we would love to talk with you! Contact Deb Richards, 518-281-3024 debdrichards@gmail.com.



October 2019: Harrier Hill to Greenport

Mountains & Sea

AMC's August Camp 2020

Olympic National Park

Enjoy both mountains and ocean at magnificent Olympic National Park. Hike, bike, paddle and more, visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers.



This million-acre park protects a vast wilderness, thousands of years of human history and several distinctly different ecosystems. These include glacier-capped mountains, old-growth temperate rain forests and more than 70 miles of wild coastline.



Photos by Janine Brancale and Lennie Steinmetz, August Camp 2016

Camp just outside the park in Quilcene, WA. Arrive and enjoy the activities and camaraderie. Everything's provided: tents; hearty, delicious meals prepared by our staff; plus, local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 18 through August 15. Apply to attend for one of the four weeks. Detailed information, pricing and registration are available at augustcamp.org. Last year, August Camp filled by mid-January, so don't miss out!

Online registration opens January 6, 2020 at 9 a.m. All applications received between then and midnight on January 15 will be treated equally by random selection.

Week 1: July 18 — July 25

Week 2: July 25 — Aug. 1

Week 3: Aug. 1 — Aug. 8

Week 4: Aug. 8 — Aug. 15

Each week: \$975 for members, \$1175 for non-members

Questions: Please visit augustcamp.org.



October 2019: Erie Canal Trail, Pattersonville to Schoharie Crossing

Not getting email messages from AMC/MoHud?
For help, call AMC Membership at: **1-800-372-1758**



December 2019: Snow Hike at Thacher Park