



## On the Western Slope

### News from the Chapter Chair



It has been an eventful year with many changes in the Chapter, including updated by-laws, outings leader guidelines and checklists, new events, and our chapter's face in new venues. After completing his term, Chapter Chair Arthur Fontijn has chosen not to continue for another term. We thank Arthur for his efforts on behalf of our Chapter.

With my election to Chapter Chair, we will carry on. I am very fortunate to have the continued support of a seasoned and proven executive committee, with some new blood and new positions to take us forward. Outings Chair Kevin Cox has stepped up to take the title of Vice Chair, Dave Esmond has newly joined the Committee as Secretary, and Kathleen Helfrich, our former chapter Secretary, has taken the newly-created title of Program Chair.

Our main goals for 2014 will be to increase our membership, in number of members and percentage of active participants, and to increase our offerings to attract these members. We will initiate new projects, not the least of which will be preparation for hosting the entire AMC organization at Fall Gathering in 2015. You will find many opportunities in this newsletter to make the most of your membership, and to take part in increasing the vibrancy of our chapter. You will be glad you did.

As I write this, signs of the first winter storm are outside my window. The Holiday season is upon us, with its joys and its stresses. Take time to get outdoors and relieve that stress. Don't let cold weather deter you. An explorer once wrote: "There is no such thing as bad weather, only bad clothing". (I would add: and "bad equipment.") When we dress in layers, protect exposed skin, and carry appropriate foot equipment for the terrain, we find that being outdoors in winter, even on some of the colder days, can be a refreshing and rewarding experience.

Why not start 2014 off by participating in our annual New Year's Day event? Join us for an easy outing in Schodack Island State Park, followed by a potluck lunch, enjoyable socializing, and our (very brief) quarterly meeting. This is one of our most popular events, and a superb opportunity to meet other members and make some outdoor plans for the year. See below for sign-up information and details.

P.S. Our chapter is present on social media. You can [like us on Facebook](#) or check out our [new page at Meetup.com](#).

Mary Folsom

### Chapter Event on New Year's Day

Please join in the chapter's annual hike/snowshoe, potluck luncheon, and quarterly meeting on Wednesday, January 1, 2014. Dee and Frank Wind have graciously offered their Castleton home for the luncheon and meeting. We plan to meet there at 10 a.m. to drop off food items, then carpool to Schodack Island State Park for a short hike or snowshoe/ski (depending on conditions) led by Art Fontijn. The luncheon will start at 1 p.m., followed by a short business meeting. For just the indoor portion, come around 12:30 p.m. to help set up food.

To register for the outdoors activity, please contact Art Fontijn at (518) 477-7992 or [fontia@verizon.net](mailto:fontia@verizon.net).

For details, directions, and to coordinate the potluck food, please call Co-Leader Dee Wind at (518) 458-1781 or e-mail them at [we\\_tell@verizon.net](mailto:we_tell@verizon.net). See you there!

### Dressing for Success, Hiking Style

Here are some links to articles providing *great information* about dressing appropriately for winter hiking:

- <http://www.amc-ny.org/recreational-activities/hiking/winter>
- <http://www.wikihow.com/Dress-for-Hiking>
- [http://www.sierrapotomac.org/W\\_Needham/Cold\\_Weather\\_Hiking\\_09\\_21\\_03.htm](http://www.sierrapotomac.org/W_Needham/Cold_Weather_Hiking_09_21_03.htm)
- <http://hiking.about.com/od/seasonal-hiking-attractions/a/How-To-Dress-For-Winter-Hikes.htm>

**\* \* \* Season's Greetings! \* \* \***

### Dates to note:

Jan 1	New Year's Chapter Hike/Potluck/Quarterly Meeting
Jan 13	Exec Committee Meeting, EGTL
Jan 25	AMC's 138th Summit (Annual Meeting), Norwood, MA; see <a href="#">AMC Summit</a>
Jan 17-20	Chapter Weekend in Vermont
Feb 7	AMC Volunteers for WAMC Fund Drive, Albany, N.Y.
Mar 10	Exec Committee Meeting, EGTL

### Save the date:

Apr 7	Quarterly Meeting & Potluck Supper
May 12	Exec Committee Meetings, EGTL
Sept 26-28	Fall Outing, Lake Taghkanic State Park

## Mohawk Hudson Chapter Executive Committee

**Mary Folsom, Chapter Chair and Conservation Chair**  
(518) 465-5425; [mfolsom@aol.com](mailto:mfolsom@aol.com)

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

**Sharon Bonk, Treasurer**  
(518) 674-0042; [sboqc@mindspring.com](mailto:sboqc@mindspring.com)

**Dave Esmond, Secretary**  
[david.esmond1@gmail.com](mailto:david.esmond1@gmail.com)

**Henry Schreiber, AMC Mid-Atlantic Regional Director**  
(212) 945-2916; [hfschreiber@pobox.com](mailto:hfschreiber@pobox.com)

**Jeff Carden, Webmaster** (518) 328-7967;  
[webmaster@amcmohawkudson.org](mailto:webmaster@amcmohawkudson.org)

**John Tift, Trails Committee Chair**  
(518) 439-5686; [jtift2@nycap.rr.com](mailto:jtift2@nycap.rr.com)

**Martha Waldman, Membership Committee Chair** (518) 869-5109; [martha829r@aol.com](mailto:martha829r@aol.com)

**Kathleen Helfrich, Program Committee Chair** (518) 279-9621; [kathelf@yahoo.com](mailto:kathelf@yahoo.com)

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



<http://www.amcmohawkudson.org>

Save paper and ink!

- Print only the **Dates to note** and **Chapter Outings** on pages 2 and 3
- Under Print Properties, use print quality of "Draft"

## Mohawk Hudson Chapter Outings January – February – March 2014

**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.

Check out our chapter web site at [www.amcmohawkudson.org](http://www.amcmohawkudson.org) for detailed descriptions and updates of outings. There, join our Yahoo group for e-mail updates on outings, and 'like us' on Facebook.

### January 2014

#### Wed 1/1/2014 New Year's Day Hike and Pot Luck (Hiking/Social Event/Meeting)

Please join in the Mohawk Hudson chapter's annual hike/snowshoe, potluck luncheon and quarterly meeting. Meet at 10 a.m. to drop food items, then carpool to Schodack Island State Park for a short outing led by Art Fontijn. The potluck lunch will start at 1 p.m., followed by a short business meeting. To register for the outing, please contact Leader Art Fontijn at 518-477-7992 (NCA 9 p.m.) or [fontia@verizon.net](mailto:fontia@verizon.net). For details, directions and food coordination, please call Co-Leader Dee Wind at 518-458-1781 (NCA 9 p.m.) or [we\\_tell@verizon.net](mailto:we_tell@verizon.net).

#### Sat 1/11 Hollyhock Hollow Hike or Snowshoe C-3-C (Snowshoeing)

Get out in the fresh crisp air for a walk or snowshoe through the trails at Hollyhock Hollow Sanctuary. We will walk the outer trails, meander past the creek, then go back over the inner trails for a total of about three miles. If you have not gone hiking in winter before, this is a good chance to start. Leader will let participants know about appropriate footwear based on conditions. Leader: Mary Folsom 518-465-5425 (NCA 9 p.m.) [mfolsom@aol.com](mailto:mfolsom@aol.com)

#### Fri to Mon, 1/17 to 1/20 Vermont MLK Weekend (Skiing – Cross-Country)

Join us in Vermont January 17th - 20th 2014 for a 3-night winter weekend X-country skiing and snowshoeing. We will be staying at the Colonial House Inn and Motel. Lodging and 9 meals \$265 to \$319 pp. Contact Leader: Randy MacDonald 518-766-7675 (NCA 9 p.m.) [randy04415@yahoo.com](mailto:randy04415@yahoo.com)

**Sat 1/25 Grafton Lakes State Park 29th Annual Winter Festival and Ice Fishing Contest** Features environmental & recreational workshops and X-Country Ski and Snow Shoe outings, including snow sculpture and snowball-throwing contests for

the kids, horse-drawn sleigh rides, and live animal exhibits. The event is free of charge and main events run from 10 a.m. to 4 p.m. Phone: 518-279-1155 See more at: <http://www.nysparks.com/events/event-results.aspx?pk=53>

**Wed 1/29 Schoharie County X-Country Ski C-3-C (Skiing – Cross-Country)** Join us for an easy cross country ski somewhere in Schoharie or Schenectady County. We will choose the location depending on conditions. These are not commercial ski areas, so the trails are not groomed and there is no admission fee. The two possible areas are: **Schoharie River Center** on Burtonville Road in Esperance. There are lovely wide flat trails near the river. If conditions allow we will go on the riverbank, and if time allows we will go on to the adjacent Schoharie River Preserve. Or, if the snow there is not good enough, we will go to second choice: **Schenectady County Forest** on Lake Road. There is a big loop around a pond, and some side trails. The trails are well marked, and probably already tracked by some other people. Please let us know you are coming, and we will give meeting time (morning) and meeting place. Bring snack, water, and small pad or bag to sit on to eat if you wish. Those interested can come to our nearby house afterwards for hot soup. Bad weather cancels; if no snow we can hike at either location. Leader: Will Crowther 518-698-0531 [nancy@crowther.org](mailto:nancy@crowther.org) Co-Leader: Nancy Crowther

### February 2014

**Sat 2/1 Beginner Snow Shoe Hand Hollow Conservation Area, New Lebanon NY C-3-C (Snowshoeing)** The leader has 2 extra pairs of snowshoes so even if you don't own a pair, please join us on rolling terrain and 3 mile circuit of a Columbia Land Conservancy property. If snow isn't sufficient, another locale will be considered. Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.) [sboqc@mindspring.com](mailto:sboqc@mindspring.com)

**Wed 2/5 X-C Skiing Notchview Reservation (Skiing – Cross-Country)** Warming hut with gear storage space and snacks makes this a nice place to loop back to for lunch. Open field can be toasty or windy and cold. Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.) [sboqc@mindspring.com](mailto:sboqc@mindspring.com)

**Sat 2/8 Thacher State Park C-3-C (Snowshoeing)** This will be a loop hike starting on the Fred Schroeder Trail and connecting to Hang Glider Trail. There are 2 overlooks of the Capital District along the way. (see next page)

**Sat 2/8 Thacher Park Snowshoe, cont'd.**

The round trip is 5 miles and the total elevation gain approximately 400 foot. Leader: Martha Waldman 518-869-5109 (NCA 9 p.m.) [martha829r@aol.com](mailto:martha829r@aol.com)

**Wed 2/12 Dyken Pond Snowshoe C-3-C**

**(Snowshoeing)** There is 'always' snow here. Relatively flat; Long Trail with additional loops for 5 miles RT; animal tracks; no warming hut. Bring hot drinks and warm clothes. Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.) [sboqc@mindspring.com](mailto:sboqc@mindspring.com)

**Sat 2/15 Peebles Island State Park C-3-C**

**(Hiking)** Hike around an urban oasis at the confluence of the Mohawk and Hudson Rivers. A walk of 3.5 miles (or more) with little elevation gain using the island's Perimeter Trail. Snowshoes and crampons required at the trailhead depending on snow conditions. Leader: John Tiff 518-439-5686 (NCA 9 p.m.) [jtiff2@nycap.rr.com](mailto:jtiff2@nycap.rr.com) Co-Leader: Jean Laverdure 518-593-5028 [jalz111er@yahoo.com](mailto:jalz111er@yahoo.com)

**Wed 2/19 X-C Ski or Snowshoe Grafton Lakes State Park (Skiing – Cross-Country)**

The depth of snow determines whether it will be skiable around Long Pond or on the other rocky trails in this park. 4-5 miles. Intermediate level skills. No warming facility on trails. Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.) [sboqc@mindspring.com](mailto:sboqc@mindspring.com)

**Sat 2/22 Cherry Plain State Park Outdoor Day**

Snowshoe outings, animal tracking, and fun activities for the outdoor family! Free refreshments also available around the bonfire. Sponsored by the Friends of Cherry Plain State Park. See more at: <http://nysparks.com/events/event.aspx?e=173-9511.0> Phone: 518-279-1155

**Wed 2/26 Featherstonhaugh State Forest C-3-C (Skiing – Cross-Country)**

Join us for an easy cross country ski in Schenectady County in Featherstonhaugh State Forest. We will do a big loop on both sides of Lake Road, skiing for two to three hours. This is not a commercial ski area, so the trails are not groomed and there is no admission fee. The trails are well marked, and usually tracked by some other people. Please let us know you are coming, and we will give meeting time (morning) and meeting place. Bring snack, water, and small pad or bag to sit on to eat if you wish. Those interested can come to our nearby house afterwards for hot soup. We will cancel if bad weather or not enough snow. Leader: Will Crowther 518-698-0531 [nancy@crowther.org](mailto:nancy@crowther.org) Co-Leader: Nancy Crowther

**March 2014**

**Sat 3/1 Peaked Mt. Trail B-3-B**

**(Snowshoeing)** Wonderful views from the summit! The distance is 7.2 miles, round trip and ascent is 1245 feet Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com)

**Wed 3/5 Shaker Mountain B-3-C**

**(Snowshoeing)** We will leave Route 20 and hike or snowshoe north on West Road and Shaker Trail, up and around Shaker Mountain, around Holy Mount, and descend back to Route 20. About 6.5 miles, elevation gain 790 feet. Leaders: Michelle Filiault, 518-658-3102 or [arthemise29@gmail.com](mailto:arthemise29@gmail.com) and Sharon Bonk, 518-674-0042 (NCA 9 p.m.) or [sboqc@mindspring.com](mailto:sboqc@mindspring.com).

**Sat 3/8 Yokun Ridge South C-3-C (Hiking)**

A pleasant, and during leaf-free seasons, scenic hike from Olivia's Outlook to the top of West Stockbridge Mountain. Rising above Stockbridge Bowl, this fantastic hiking opportunity, climbing up to a ridge of lovely vistas. Snowshoes and microspikes required at the trailhead depending on snow conditions. Leader: John Tiff 518-439-5686 (NCA 9 p.m.) [jtiff2@nycap.rr.com](mailto:jtiff2@nycap.rr.com) Co-Leader: Jean Laverdure 518-593-5028 [jalz111er@yahoo.com](mailto:jalz111er@yahoo.com)

**Sat 3/8 X-C Skiing (Skiing – Cross-Country)**

We will go where there is snow. Possibilities: Prospect Mountain (Woodford, VT) or Pine Ridge (Berlin, NY) or one of the forests or state parks closer to home. Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.) [sboqc@mindspring.com](mailto:sboqc@mindspring.com)

**Sun 3/23 Snowy Mountain B-3-B**

**(Snowshoeing)** We will follow the red marked trail. The distance is 7.8 miles and ascent 2109 ft. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) [mmcloug1@nycap.rr.com](mailto:mmcloug1@nycap.rr.com)

**\*\*\*April 2014\*\*\***

**Sat 4/26 Tomhannock Reservoir Clean Up**

**(Trail Work)** We will be partnering with the Rensselaer Land Trust to help clean up debris from the adjacent land surrounding this important reservoir. Though there's no official word from the Trust yet, this annual event is usually held on the last Saturday in April. For time and place to meet, contact Leader John Tiff 518-439-5686 (NCA 9 p.m.) [jtiff2@nycap.rr.com](mailto:jtiff2@nycap.rr.com). The date should be available by the end of February.

**\*\*\*September 2014\*\*\***

**Tues to Sun, 9/2 – 9/7 Attean Lake Lodge,**

**Maine (Hiking)** Join us at Attean Lake Lodge for a 5 night/ 6 day Hike, paddle, and relaxation on this beautiful island in Maine. Sept. 2nd-7th 2014. Price is \$120.00 per person per day and includes all meals, taxes and gratuities. Leader: Randy MacDonald 518-766-7675 (NCA 9 p.m.) [randy04415@yahoo.com](mailto:randy04415@yahoo.com)

The chapter also offers weekday outings that do not appear in the schedule above.

- *The Midweek Hikers* invite you to hike with them on Wednesdays. For more information about this group and/or to join our e-mail list, contact Gerry Weber at (518) 758-7189 or [gww@fairpoint.net](mailto:gww@fairpoint.net)
- The *Hiking at a Relaxed Pace (HARP)* group hikes on Thursdays or Fridays. For more information and/or to join our e-mail list, please contact Frank or Dee Wind at (518) 458-1781 or [we\\_tell@verizon.net](mailto:we_tell@verizon.net)

Leaders may post e-mail updates for any of their trips (published or not) via the chapter's Yahoo interest group. Please join our [Yahoo group](#) (it's free!) to receive the updates and connect to others.

**Hike Ratings**

**Distance**

- AA = + 13 miles
- A = 9 to 13 miles
- B = 5 to 8 miles
- C = under 5 miles



**Leader's Pace**

- 1 = very fast pace, 2.5 mph or faster
- 2 = fast pace, 2 to 2.5 mph
- 3 = moderate pace, 1.5 to 2 mph

**Terrain**

- A = very strenuous
- B = strenuous
- C = average

**“Like Us” on Facebook**



Click the “facebook” image at left to view the chapter Facebook page.



Once on our Facebook page, click the “Like” image (shown at left) to “like” our page: if you have a Facebook account, you'll be asked to log in. Else, you'll have to set one up in order to “like” our page.

While on our Facebook page, check out energy-saving tips that we can all use.

## Welcome New Members

John Addu	Brenda Bergstrom	Thomas Bronchetti
Mr. and Mrs. Buckley	John Burke	Peter Carpenter
Janie L. Cornell	Edwin Csukas	Robert Davis
Heather Diddel	Patricia DuBois	Priscilla Duskin
Jaimz Edwards	Janet Englund	Richard Fahey
Edward French	Rachel Grimm	Mr. and Mrs. Hershenhart
Django Houston	Sally Hoy	Diana Karsch
Roy Keats	Philomena Kong	Bryan Lacitiva
CC Leslie	Frank Lyons	Stephanie Mason
James M. McElroy	Charles McEwen	Becky Meier
Maia B. Penc	Ms. Quell	Sandra Rohner
Dorothy Russell	John Sherman	Michael Singleton
David Skilbred	Christopher Stanley	Auden Thomas
Christopher Thomas	James Torriani	Mr. Tillman
Rick Touchette	Christopher Tyler	Joseph Vernon
Ronald Webber	Heidi Woolever	

## Volunteer Opportunities

Two of our Chapter’s main objectives for 2014 are to increase our membership numbers and participation in chapter activities. We are very fortunate that some individual members have stepped forward to help with member outreach to make us a more vibrant chapter. People who get involved tend to get a lot more out of their memberships.

**Nancy Crowther** has taken the task of following up on new-member survey responses, helping us to involve those who join the chapter. **Myra Fedyniak** is posting our upcoming activities on the chapter’s Facebook page. **Mary Sue Reed** is posting outings in the Gazette newspaper, and **Roe Tift** will be doing outreach work for husband John’s trail projects, inviting interested members, and following up on communication and recognition of trails volunteers.

We have several outreach opportunities for volunteers. Some of the most significant are:

- Planning and running new-member get-togethers to introduce them to chapter activities,
- helping to “mentor” new members,
- communicating with members who did not renew,
- serving on committees to plan quarterly meetings,
- handling logistics for informal workshop/social activities for leaders to build skills and camaraderie,
- helping to arrange speakers for educational programs,
- helping to post activities on Meetup.

If you would like to participate in any of these activities, or if you have some ideas to put forth, please contact our new program chair, Kathleen Helfrich.

## Spring Chapter Meeting

Save Monday, April 7, 2014 for our Spring Quarterly Meeting & Potluck Supper to be held at Christ Lutheran Church in Albany, N.Y. (across from Stuyvesant Plaza on Western Avenue).

## Meet the 2014 Chapter Officers



MH Chapter Officers: Mary Folsom, Sharon Bonk, Dave Esmond, & Kevin Cox

Mary Folsom was elected to Chapter Chair, Sharon Bonk will continue as Treasurer, and Dave Esmond was elected as Secretary. Post election, Kevin Cox agreed to fill the job of interim Vice Chair. Thank you, Kevin!

Congratulations to all and thank you to the Nominating Committee and everyone who attended the chapter’s annual meeting at Moscatiello’s in Troy on November 13<sup>th</sup> and participated in the vote.

Many thanks also to our speaker geologist and Hartwick College professor, Robert Titus, PhD, whose presentation helped us to visualize the glacier that shaped the Hudson Valley. His talk featured landscape paintings made famous by 19<sup>th</sup> century artists of the Hudson River School juxtaposed with modern day photos of the locales. Robert and his wife, Johanna, have written a new book, *The Hudson Valley in the Ice Age, A Geological History and Tour*, that is quite an interesting read.

## Hollyhock Hollow-eeen Fest

Hollyhock "Hollow-eeen", a free family festival co-hosted by our Chapter and Audubon International, was a huge success! We estimate about 160 children of all ages enjoyed dancing to



wonderful music, live birds of prey, live reptiles, face-painting, pumpkin painting, cookie decorating, scavenger hunting, geo-

caching, healthy refreshments, and were introduced to AMC.



Co-leaders John Tift and Mary Folsom were ably assisted by volunteer members Dave Esmond and Mike Boucher (parking), Jean Laverdure (setup), Betty Nash and Sharon Bonk (food), Roe Tift (crafts), Lorraine McCann and Chris Boucher (face painting), Gerry Weber (AMC table), Ellen Kozlowski (scavenger hunt), Nancy Crowther and “Hillfolk” (live music, festive atmosphere).

## August Camp 2014 Mount Rainier National Park, WA



© Peter Selig

Hike in the shadows of majestic Mount Rainier. In 2014, August Camp experiences the incredible beauty of Mount Rainier National Park. Marvel at spectacular scenery while walking among towering hemlocks, relive the drama of Mt. St. Helens, and hike on the shoulder of one of the tallest peaks in the lower 48. Camp will be set up in the small former lumbering town of Packwood adjacent to the park.

After a day of the activity of your choice, relax around the nightly campfire. This will be the time to listen to ranger talks, hear reports from the day's hikes, learn about the next day's activities, and enjoy singing and conversation.

This full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The designated airport is Seattle-Tacoma International, and the camp fleet of vans provides transport between camp and SeaTac each Saturday.

The Application and Camper information forms, as well as detailed Camp information can found on the August Camp website at <http://www.augustcamp.org/>. Plan your one- or two-week adventure now and be part of one of the AMC's oldest traditions.

Applications will be accepted after January 1, 2014.

- Week 1:** July 19 – July 26
- Week 2:** July 26 – August 2
- Week 3:** August 2 – August 9
- Week 4:** August 9 – August 16

Questions about August Camp? Contact Delaware Valley Chapter member and August Camp leader Lennie Steinmetz at [steinmetz.lennie@gmail.com](mailto:steinmetz.lennie@gmail.com) or by phone at 610-694-8677.

Mohawk Hudson members Myra Fednyiak, Will and Nancy Crowther, and Sharon Bonk have been recent August Camp attendees. Contact them if you want a sense of the experience.

### Don't Burn Money in the Kitchen

Use your kitchen more efficiently when the season turns cold to help save energy and money at home. Check out these tips from Energy.gov for saving energy in your kitchen at: <http://energy.gov/energysaver/articles/energy-efficient-cooking-winter>

### Hike Leader Profile: Kevin Cox



I have been a hike leader for this chapter for seven years. Since I was 10 years old, I have loved hiking in the Adirondacks. When I retired from the NYS Department of Labor, I felt that I had time to start leading hikes.

My advice for potential leaders: Take the leadership training offered by the club. Have fun while you are leading a hike or kayaking. Lead where you like to go hiking in the Catskills, Adirondacks or wherever you want.

You will meet a lot of people that like the same things that you do.

### Special Projects Fund Supports Trail Signs

New "You are here" signs featuring the AMC logo will be going up at Hollyhock Hollow, thanks to a 50% contribution from the AMC special projects fund. The seven signs, which show trail maps created by Jean Laverdure using GPS tracking in 2012, were recently installed at strategic trail sites at the Hollow. They will guide hikers at the Hollow and increase awareness of our presence there.



Dave Esmond & Jean Laverdure

### WAMC Support

On September 26, a group of chapter members enthusiastically represented us answering phones at WAMC. Besides helping the community, we do this to increase community awareness of AMC's presence in the area. This was our third and most successful volunteer night. The Appalachian Mountain Club got at least five on-air mentions, and chapter members got a chance to discuss our activities with other WAMC volunteers. Thanks to volunteers Kevin Sheehan, Myra Fednyiak, Amy MacDonald, and John and Roe Tiffit.

We'll be returning to WAMC on Friday, February 7, from 5 to 7 PM. If you are interested in participating, please contact Mary Folsom ([mfolsom@aol.com](mailto:mfolsom@aol.com)) by January 26.



Cat & Thomas Mountains, November 2013

## Record Year for Trail Work

Trail volunteers from Mohawk Hudson Chapter had a very active 2013. Under the able leadership of trails chair John Tifft, who arranged more than a dozen events, Chapter volunteers gave back to the community by helping to clear and maintain several of the trails we enjoy.

During the year, fifteen of our Chapter members took part in one or more trail maintenance and cleanup projects, working nine months of the year, beginning with the Tomhannock Reservoir cleanup in April with the Rensselaer Land Trust <http://www.renstrust.org/>, and ending in December with clearing work at Dyken Pond Environmental Center <http://dykenpond.org/>, where Director Lisa Hoyt noted that she was very pleased with our work and asked if we would be willing to help again.

John and his volunteers worked in conjunction with Friends of Thacher Park on two occasions: “I Love My Park” Day in May and again in June on Trails Day. They also had multiple trail maintenance sessions at Hollyhock Hollow Sanctuary.

Other trail work venues included Wolf Creek Falls where John’s crew helped create a new trail, and Schoharie Creek Preserve, no longer “trail-less” due to the help of MH volunteers. These projects were done in cooperation with the Mohawk Hudson Land Conservancy, whose representative, Peter Bakal, attended our annual dinner meeting to praise the Chapter’s work. The Wolf Creek Falls work was also teamwork with the Long Path North Hiking Club.

Of additional note, Dave Esmond (third from left in photo below) has been designated by the New York, New Jersey Trail Conference (NYNJTC) as the overall Supervisor, along with the property owners of some of the land used for the LP, for the Albany County sections of the Long Path for some time. John Tifft (second from left in photo below), with the AMC MH chapter, has been designated by NYNJTC as the maintainer of sections 32 and 33 of the Long Path going through Thacher Park.

John has already started working with organizations for 2014, continuing our good relationships and building new ones. In one new adventure, the Chapter will be working with the Underground Railroad History Project, <http://undergroundrailroadhistory.org/>, to create a path at the restoration of the historic home of Underground Railroad “conductors”, Stephen and Harriet Myers. Watch your calendars for the project in May.



Trail Work at Dyken Pond Environmental Center, December 2013

A big shout out to all of the participants who contributed to the chapter’s impressive record of trail work for 2013: John Tifft, Dave Esmond, Kevin Cox, Sharon Bonk, Jean Laverdure, Nancy Crowther, Will Crowther, Myra Feydniak, Caroline Brooks, William Brooks, Annaliese Lawson, Jeff Carden, Mike Boucher, Dave Cedar, Mary Folsom

Watch the calendar in the Spring for opportunities to join them!

## AMC Summit

Registration is still open for The Appalachian Mountain Club’s 138<sup>th</sup> Annual Summit to be held on January 25, 2014 in Norwood, MA.

Activities scheduled for the day include:

- 138th Annual Business Meeting 4-5 p.m.
- Clubwide committee meetings & workshops 8 a.m.-4 p.m.
- Volunteer Leadership Awards Dinner with Guest Speaker, Kristen Kelliher 6 p.m.
- AMC Expo, Doors open at 8 a.m.
- Outdoor destination exhibits
- Chapter information
- Sponsor booths
- Mountain of Fleece

See the AMC website for details:

<http://www.outdoors.org/about/annualsummit/>



Schoharie Crossing/Yankee Lock, December 2013



Harvey Mountain, December 2013