Conservation Report
By June Fait

Jet watercraft are in the news these days. The latest issues of Audubon & Adirondack and the NY Times included an article on the problems created by personal watercraft. While a law just passed requires safety training before operating these craft and there are now tougher DWI laws for boaters, this does not address other problems. There is much evidence that shore nesting birds such as loons are facing harassment and habitat destruction from the wake created as these craft zoom close to the shoreline. The ADK has endorsed a resolution calling for studies and legislation regulating jetcraft. Read the article in the August Adirondack if you haven't already.

As you may know, Champion International is planning to sell over 323,000 acres of property which spans the states of Maine, New Hampshire, Vermont and New York. ADK is particularly interested in the Champion lands along Northern Flow River Corridors. The state has begun negotiating for these lands. Please write and let Governor Pataki know you are interested in this purchase and support his efforts.

As ADKers are also interested in how the Federal budget impacts NYS conservation Allocations from the Land and water Conservation Funds can be used for the Northern Forest purchases. Please write to President Clinton and ask him to include money for Northern Forests in his fiscal year '00 budget. Or call 202-456-1111. The preservation of our forests depends on you. Remember, this is an election year don't forget to vote.
IT'S A MATTER OF ATTITUDE... "Thousands of tired nerveshaken over-civilized people are beginning to learn that going to the mountains is going home," are the words of John Muir, 1838-1914, who, though British-born, was an American naturalist who promoted the creation of national parks.

DEDICATED VOLUNTEERS... With thanks to the outgoing officers JERRY LICHT, our president, and ED SLAUGHTER, our NY/NJ Trail Conference rep who have given so generously of their time and effort. We also applaud the executive committee of PETER COWAN-vice president, BUD KADZAN-treasurer, NANCY HODSON-secretary, HERB COLES-government both of their time and effort.

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We wish to cordially invite you to the annual dinner on Saturday, October 20, 2000 at 7:30 pm. The Adirondack Club will be hosting this event in celebration of the 50th anniversary of the club. The dinner will feature a keynote address by Peter Cowan, who will discuss the history and future of the club. Tickets are $50 per person and include a delicious dinner, music, and a silent auction. Please RSVP by September 10th to 516-354-0231 or email us at info@adirondackclub.org.

Barbara D'ELIA, CAROL & DON MANTELL, KATHY & BOB EMMERICH, PETER COWAN, and ROBERT WHITE will be hosting five meetings this year. The months of March, May, and June are still open. To become a host and spend club money, call me at 354 0231 or speak to me at a meeting. Printed guidelines are provided and you're only responsible for the night's juices, sweet treats, fruit, and cheese. Your donation of time and effort allows me to almost retire - I'll continue to do the paper goods, coffee, and tea with no complaints. Current publicity volunteers are divided into two groups and each has been posting flyers three times a year. They desire to retire for their years of dedicated help. CARRIE EHLI has been Rich's support staff of one posting flyers in Bethpage. (They are wished an easy move to Smithtown as they leave the house that was only supposed to be a "starter" house more than two decades ago!) Are you willing to post 3 flyers 3 times a year in your area? I'll be analyzing the zip codes that aren't covered in order to reach new areas and promote our chapter more efficiently. Are you willing to be a publicity volunteer? Just call me at 516 354 0231.

PEEK BAGR - No, it isn't a misspelling - its Peter Cowan's vanity plate. He also finished the '48' 4000 footers in New Hampshire on Sept. 19 when he climbed Passaconaway and Whiteface. Peter and his hiking companions, KATHY MARIO and Margaret Freifeld, enjoyed a mountaintop celebration with champagne, cheese, and crackers. His peak bagging will now focus on the Adirondacks, Vermont and Maine. Mike Vetranio can call himself a Catskill 35er, #1141, since he finished climbing the 35 designated peaks on May 22 and will receive his certificate at the annual dinner next March. (If we have enough Catskill hikers in the cheering section for super snowfalls this winter, Mike and others will enjoy snowshoeing. If you're interested in Catskill 35ers, contact a Catskill Club member who will provide you with the necessary information.)

Looking Back column and watch for her promos next spring for more NH footers in New Hampshire on Sept. 19 when he climbed Passaconaway and Whiteface. Peter and his hiking companions, KATHY MARIO and Margaret Freifeld, enjoyed a mountaintop celebration with champagne, cheese, and crackers. His peak bagging will now focus on the Adirondacks, Vermont and Maine. Mike Vetranio can call himself a Catskill 35er, #1141, since he finished climbing the 35 designated peaks on May 22 and will receive his certificate at the annual dinner next March. (If we have enough Catskill hikers in the cheering section for super snowfalls this winter, Mike and others will enjoy snowshoeing. If you're interested in Catskill 35ers, contact a Catskill Club member who will provide you with the necessary information.)

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HOSPITALITY VOLUNTEERS APPLAUDED... ELLEN KELLY, BARBRA D'ELIA, CAROL & DON MANTELL, KATHY & BOB EMMERICH, PETER COWAN, and ROBERT WHITE will be hosting five meetings this year. The months of March, May, and June are still open. To become a host and spend club money, call me at 354 0231 or speak to me at a meeting. Printed guidelines are provided and you're only responsible for the night's juices, sweet treats, fruit, and cheese. Your donation of time and effort allows me to almost retire - I'll continue to do the paper goods, coffee, and tea with no complaints. Current publicity volunteers are divided into two groups and each has been posting flyers three times a year. They desire to retire for their years of dedicated help. CARRIE EHLI has been Rich's support staff of one posting flyers in Bethpage. (They are wished an easy move to Smithtown as they leave the house that was only supposed to be a 'starter' house more than two decades ago!) Are you willing to post 3 flyers 3 times a year in your area? I'll be analyzing the zip codes that aren't covered in order to reach new areas and promote our chapter more efficiently. Are you willing to be a publicity volunteer? Just call me at 516 354 0231.

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ATTENTION TO ALL HIKE LEADERS! PLEASE SEND YOUR HIKE REPORTS TO ME AT 44 No. Howell’s Pt Rd, Bellport NY, 11713, or email them to rterwill@mson.com

JUNE 7, IRON MINE, HARRIMAN. Partly sunny skies and cool temperatures greeted Louis & Christine Visconti (leaders), Tom Farre, Roger & Elaine Bermas, Joy Salberg, Jean Milspore, Mickey Haller, Naomi Fixman and Walter of Harriman Park. All were so impressed with the mountain laurel in full bloom, nobody seemed to mind the extra mileage. Chris was equally impressed with the 2’ black snake the group came upon.

AUG. 2, HUDSON HIGHLANDS. Trails connecting the Fahnstock and Hubbard-Perkins areas offer easy-going Harriman-type miles. A coin was flipped to ‘scientifically’ select one of 2 options which gave us lots of shade and breezes for this summer outing. Theresa Mauretti, Yoshiko Takeshita, Peggy Geremia, Len Wetzlar, and leader Arlene Scholer snacked on blueberries and blackberries while hiking 5.2 miles. With an early start, we hiked in the coolest hours, finished by 2 and took time for a beverage stop before heading home.

AUG. 16, BREAKNECK RIDGE/MT. TAURUS. Stu Levy led intuitive hikers Carol Mantell, Ellen Kelly, Peggy Geremia, Colleen Zeitler, Charlie Reddick and Yoshiko Takeshita who were able to figure out that the “Mountaineer” put in the wrong telephone number of the hike leader and they were treated to a great day of hiking. Climbing up Breakneck Ridge we met 2 separate sets of mother/daughters who without water or food were confused and about to be lost. We gave them water, shared some food and led them to safety. Upon coming down the notch trail into Surprise Valley, Carol hit the top of her head on a low horizontal tree across the trail causing a nice sized gash. Toshiko, using her nursing skills, cleaned and wrapped the wound. We then continued on to the top of Mt. Taurus. The views were unbelievable as a good time was had by all.

SEPT. 6 CATSKILL EMPOWERMENT HIKE #1. A shaded route of the Huckleberry Loop and Dry Brook Ridge trails made this 8-mile Catskill hike quite comfortable for Tom Farre, Micheline Kagan, Ellen Kelly, Sheila Lipshie, Eric Litsch, John Lynch, Charles Reddick, Yoshiko Takeshita, Len Wetzlar, and Arlene Scholer (L). A large rock outcropping, with western views to the Pepacton Reservoir, exposed us to very strong and cooling breezes besides providing enough space to relax during our one hour lunch. Once again, John Lynch, who so generously shares his jars of honey at meetings, offered home-grown tomatoes and a variety of squashes before we departed. A good day? You bet!!

OCT. 4, TIMP-TORNE TRAIL FROM END TO END. Stu Levy led Rich Ehli, Ellen Kelly, Charlie Reddick, Gail Baas, Leslie Faye and Pauline Lavery on the entire 11 miles of the trail. Carol McHugh started with us but decided to hike only 2 miles of the trail due to prior commitments. Gail and Leslie, being new hikers did remarkably well through the near 2800’ elevation gain as we scaled “The Timp,” “West Mountain,” and “The Torne.” The day was beautiful and the views during the course of the entire day were unparalleled.

The September 19th meeting was another in which the business conducted was mainly administrative, correcting and updating club policies and documents. President Lawrence again stressed the importance of member financial support, renewal and new memberships for the past 3 months were all markedly increased. This indicates that the ADK mission and actions are being favorably noticed by more people.

An explanation was given regarding the ADK becoming an intervenor in a lawsuit by 3 handicapped individuals against NY State. These persons want to be able to access the land and waters of Adirondack park by any technology available. This means that powered vehicles could be used on trails, roads and streams if the lawsuit is successful. An order is supposedly coming from the courts to rescind most of a previous change made to existing law. We must wait for the outcome. I'm sure more information will be available shortly.

A discussion of the ideas used to formulate the 1999 budget took place. The price of Club facilities for non-members will be increased 5% and the member's price will remain the same. "Adirondac" will revert to 6 issues per year. more emphasis will be placed on assisting Chapters with membership retention, educational workshops, and environmental advocacy. The final budget will be voted on at the December meeting.
ADK LI Outing Schedule Nov & Dec 1998


B  Nov 1  SUN  HARRIMAN HIKE. Location to be announced, leader's choice. Register by Thurs., Oct. 29. Leader Lou Visconte, 928-2780, before 9.


A  Nov 6-8  F-S  VERMONT BACKPACK. Short backpack to shelter high on shoulder of Vermont's highest peak; ascend to summit from shelter. Leave LI on Friday afternoon. Camping required. Call Jeff Ritter for details, (718) 279-3431 before 10 PM. REGISTER by THURS., OCT. 29.

A  Nov 7  SAT  NJ BIKE RIDE. Princeton bike ride tour. 52 miles. Begins/ends at Princeton, features Princeton University Campus, Colonial Park, Historic towns, Delaware and Raritan Canal. You may choose to do all or part of this ride. Leader Don Mantell, 598-1015, before 10.

A  Nov 7  SAT  CATSKILLS HIKE. Windham High Point. Leader Stan Grom, 248-0553, before 9:30.


FUN Nov 12 Thu  MEMBERSHIP MEETING 7:30 at St. Elizabeth's in Melville.

B+ Nov 14 SAT  CATSKILLS HIKE. Hunter Mt. (4040'). We will also be stopping to do minor maintenance on the Jon Robb Lean-to. Leader Carol Mantell, 598-1015, before 10.

A  Nov 14  SAT  CATSKILLS HIKE. Van Wyck, Table, Peekamoose Mtns. Leader's favorite Catskill hike. 12-14 m., 3000-3500' total elev. gain. Bushwhack fr. Peekamoose Rd. to Van Wyck, over to Table, return via trail. Excel. views of Table and Peekamoose from Van Wyck. Leader Rich Ehi, 979-5646, bef.10.

B-C Nov 14 SAT  WESTCHESTER HIKE. "Old Croton Aqueduct", new Old Croton Trailway State Pk. Call for details. Leader Diane Bamford, 914-234-6409 (dbamf1128@aol.com) Jt w Knickerbkr Chapt.


A  Nov 14-15 S-S  LEADER'S CHOICE BACKPACK. Overnight backpack, destination to be announced. Register by Tues., Nov 10. Leader John DiGiacomo, 724-8578, before 10.

A  Nov 15 Sun  TACONICS HIKE* Day hike on the AT. Leader Rich Fram, 718-482-4864(w) or 783-6628(h), before 10.


A  Nov 21 SAT  HARRIMAN HIKE. West Mt. Timp Pass, 1777, Doodletown, 1777 to parking lot. Leader Stan Grom, 248-0553, before 9:30.


B+/A*THANKSGIVING WEEKEND BACKPACK/DAY HIKES. Number of days & location TBD, based on grp interests & availability. Either backpack or base camp (car camping a possibility) & day hike. Register by Sat, Nov 21. Leader Jerry Licht, 797-5729.


B  Dec 5  SAT  FAHNSTOCK HIKE. Up & down terrain, 7 miles, more if leader misses turn. Register by Thurs., Dec 3. Leaders Ann McMahon, 265-1288, 6-8, and Phil Bifulco, 669-2326, 6:30-8:30.

B  Dec 6  SUN  MANHATTAN WALK. Penn Station to SOHO, Chinatown, Brooklyn Bridge & Battery Park. Sampling foods, inhaling historic sites of the Big Apple. Leader Ron Engasser, 289-5375.
FUN Dec 10 Thu MEMBERSHIP MEETING Annual Swap -N- Trade. Bring old gear, books for new.

B+ Dec 12 Sat CATSKILLS EMPOWERMENT HIKE #4 Blackhead Mtn., combo of only 4-mi. round-trip with elevation gain of 1740' for final empowerment option. Winter gear may be necessary. Register by noon on Fri., Dec 11 Leader Arlene Scholer, 354-0231.

B Dec 13 Sun HARRIMAN HIKE Popolopen Gorge & the Torne. 8 mile hike past "hell hole" on Gorge, lunch at Turkey Hill La., rock scramble up Torne with 360 degree awesome views. Register by Thurs., Dec 10. Leader Stu Levy, 759-9388, before 10.
B/C Dec 13 Sun HARRIMAN HIKE Start at Bear Mountain Inn. Possible destinations Popolopen Gorge, Dunderberg Mt. Rain cancels. Call for details. Leader Diane Bamford, (914) 234-6409, E-mail dbamf128@aol.com. Int. with Knickerbocker Chapter.

A Dec 19 Sat CATSKILLS HIKE Leader's choice. Register by Dec 17. Leader John White, 654-2016, before 10.

B Dec 19-20 Sat & Sun CATSKILLS BACKPACK. Winter backpack, destination TBD. Full winter gear, clothing & experience required. Register by Mon., Dec 14th. Leader Jerry Licht, 797-5729.
B Dec 20 Sun CATSKILLS HIKE Slide Mt. to Denning Trld, Phoenicia E. Bmeh Tr. Winter Tune-Up. Relatively easy, good time to work out problems Winter gear. Snowshoes & at least in-step crampons required. Register by Thurs., Dec 17, if NOT attending Goddess Weekend. Leader Chuck Brock, 928-4310, 8-10.
A Dec 21 Mon CATSKILLS HIKE Wntr 3500 Bushwhack of Mt. Sherrill. Extend Goddess Weeknd, complete bushwhack of 3540' trail-less peak on first day of Wntr. Full crampons and snowshoes required. Register by Thurs., Dec 17, if NOT attending Goddess’ Weekend. Leader Chuck Brock, 928-4310, 8-10.
A Dec 22 Tues. CATSKILLS HIKE! 3500 Peak. Plateau (3840') end to end OR bushwhack Bearpen (3529) & Vly (3600). Extend fabulous weekend another day, get real jump on Winter peaks. Register by Thurs., Dec 17, if NOT attending the Goddess’ Weekend. Leader Chuck Brock, 928-4310, 8-10.

REGISTRATION FOR ALL OUTINGS IS REQUIRED: Leader may refuse to take anyone who is not registered or prepared. Registered participants are expected to show up or call the leader to cancel.

GROUNDRULES: Minors (younger than 18 years) are required to have an adult guardian. All participants are responsible for their own safety and comfort. Food, snacks, water and extra clothing/rain gear must be carried by the participant. Check with the hike leader to learn of any special requirements for the hike. Hiking boots are recommended for all ADK outings. CARPOOL RATES: Suggested minimums: Harriman $10, Shawagunks $15, Catskills $20, Adirondacks $45, Drivers will set the final rate.

HIKE CLASSIFICATIONS:
A. Strenuous, long distances over rugged terrain with lots of climbing, or more than 35 miles on bike
B. Moderate, shorter distances with less climbing or 10-30 miles on bike.
C. Easy, short distance over flat terrain at a leisurely pace or 10 miles or less on bike. Suitable for beginners.

Hike classifications are subjective. If you are uncertain if you are up to the hike be sure to consult the hike leader.

TAKE NOTICE! HUNTING SCHEDULE!

AS A COURTESY TO HIKE LEADERS: IF YOU HAVE REGISTERED FOR A HIKE AND CANNOT GO, PLEASE CALL THE LEADER TO CANCEL.
MORE
PEOPLES & PERSPECTIVES

state hasn’t had a resident moose pop-
ulation since 1861 when the last
recorded animal was shot. Between
1935 and 1979 about 20 sightings of
strays were reported in NY and now
sightings come in at the rate of a
dozens a week. “Since 1980, 18 moose
have been killed
in collisions on NY’s roads. There have
been no motorist deaths yet, but... one of every 100 accidents in
which a moose is killed can be
expected to result in a human fatality.

Public anxiety about collisions
was why the state abandoned a plan
five years ago to transport more
moose into the Adirondacks, and
opted instead to let them make their
way back on their own.... Motorists
are much more likely to suffer serious
injury colliding with moose than they
are with deer.... Bull moose generally
weigh in the neighborhood of 1,200
pounds, while the cows average
between 800 and 1,000 pounds. By
comparison, the very largest deer top
out under 300 pounds.... But
increased bulk isn’t the only factor. A
car that would strike the body of a
deer head on, directing the force of
the collision into the frame of the
vehicle, may sweep out the legs of a
much-taller moose, scooping the full
weight of the animal into the wind-
shield....”

(ADIRONDACK EXPLORER, Aug. ’98 pp. 4, 27) A
dairy farmer had a moose named
Maybe (from Maybe she’ll stay,
maybe she won’t...) and it stayed for
3 months. “She was a beautiful ani-
mal. She’d lay down in the snow. The
snow would pile up, she’d get up and
shake it off. She looked just like a
snowbank.” As word got around, she
generated fans and even had an audi-
cence of residents in 35 cars that were
lined up for the view.

FYI... From the NY/NJ Trail
Conference: there’s a new toll-free
telephone number for the
Congressional switchboard in
Washington, DC. (800) 504 0031. As
an insulin-dependent diabetic I’ll be
offering a snowshoeing weekend in
the Catskills (Feb. 26-28) for the
International Diabetic Athletes
Association. Call me (354 0231) if
you also balance food and exercise
with either insulin or oral medica-
tions. If membership in the IDAA
interests you, you might want to con-
sider an April trip to the Keys when
the IDAA offers a week of fun in the
sun. I went last year and will certainly
return. I’m making plans to offer a
second IDAA Lake Placid gathering
in September.... Ownership of the
western Catskill peak, Bearpen, has
been finalized with the purchase of
1100 acres of Bearpen, including the
entire summit to Halcott Mountain
Road.... JOHN DiGIACOMO conducted
a survey through our newsletter.
Participants were entered into a lot-
ttery for membership and KATHY
MARIO was the lucky winner... The
DEC Commissioner, John Cahill,
responded to my inquiry about the
dedication of money in the Return a
Gift to Wildlife and the Conservation
of Open Space (Bluebird license plate
fees), “... these revenue sources are
still directed by law to dedicated
funds and accounts which require that
they be used for environmental and
wildlife protection purposes” as they
are deposited in the Environmental
Protection Fund. The EPF has funding
at the highest level ever, $125 million
annually. The easiest route for the
Return a Gift to Wildlife is on your
state income tax statement. The
Conserve Open Space fund can be
reached by calling 1-800-364-
PLATES and your car will have the
bluebirds designed by Roger Tory
Peterson. You can vew the plate on
my car and the cars of GEORGE FORM
and RICHARD FURMAN.... Colorful
chapter patches are available for $1 at
meetings or by sending the money and
a SASE to me at 17 Willow Rd., New
Hyde Park, NY 11040.

NOTES FROM
THE OUTINGS
COORDINATOR

By Martha McDermott
ATTENTION PARENTS AND OTH-
ERS WITH KIDS IN THEIR LIVES!
Challenge yourself and the children in
your life while getting to know the
Adirondacks better! The Laurentian
Chapter of the ADK has developed
KIDS ON THE TRAIL!, a challenge
to encourage hiking with our children.

It’s based on ADK’s new publication,
“Kids on the Trail! Hiking with
Children in the Adirondacks”. It runs
from April 1, 1998 through December

A challenge leaflet is available listing
the six to eight hikes in each area of
the Adirondacks which are included
in the challenge. To receive a chal-
lenge patch, children must complete
at least two hikes listed from each sec-
tion, for a total of 16 hikes. Adults
may participate as long as children are
along on each of the hikes.

If you would like to learn more about
this initiative, John DiGiacomo has
material and information. Call him at
724-8578, 7-10 p.m.. Material will
also be available at meetings. You can
purchase “Kids on the Trail...” from
the ADK by calling them at 1-800-
395-8080. You might like to think
about leading one of the hikes includ-
ed in the challenge and encouraging
members with children to join you.
Let’s get our children involved.
We could have climbed Giant from Rt. 73 by Chapel Pond. But it seemed so short and steep and since part of the fun is backpacking in and camping, we decided to try a different route. Giant Mt. wilderness from Rt. 9N. The guidebook calls it, “the longer approach to Giant, for those who don’t like company.” Sounded perfect for my trip with my friend Annie. This was to be my late birthday present from her, which basically meant that she would lead and bring all the food. I brought my third dog, Thea, the one that I have never really had the time to bond with, the one that came to the family not by choice but by necessity. She’s normally hyper at home so I thought she’d relax a bit in the woods. I though we could bond. Annie and I met in Albany, drove up together, stopped in at Camp Treetops/North Country School, to say hi to old friends, then headed back down after dark to the trailhead. We hiked in with headlamps and Thea on a leash. Those first strides are great, I felt strong and my boots felt comfortable. One short conversation later we hit Slide Brook. I turned my head to the left and lit up a clearing by the brook, flat and perfect for a tent. We got a late start the next day mostly due to the fact that we were in such a nice spot and Thea was having fun playing in the brook. Finally packed up and headed out. We stopped for a water break at the junction to the Owl Head Lookout, and continued on. Here’s where the trail got fantastic. Striped maples, very open forest, valleys and hills, quiet and solitude, sunlight streaming in, turning the leaves every possible shade of green, gentle slopes up and down. Maybe it was our conversation, maybe it was our surroundings, but the ground flew beneath our feet, and although our packs were heavy, we glided above the trail. Thea did the classic trail dog thing, ran 100 feet ahead of us, then turned back to make sure we were ok, then off again.

High Bank was phenomenal. A steep open slope with a few scattered birches, flat space for a tent and a fire ring, plus the highlight- views of the Eagle Slide on Giant, and other High Peaks off to the west. We sat for a bit in this strange spot, wondering why the forest stopped and turned to sandy rocky soil. Then back to the trail towards our next stop, Giant North Lean-to. A bit more pleasant forest hiking, and then we followed a “lean-to” sign laying on the ground. Unfortunately we were not as alone as we hoped. A group of four had already claimed the lean-to, and right behind us, came a couple from Montreal. So we set up camp under the group’s bear line (note- don’t hang your bear line over an obvious campsite), which we would later ask them to relocate. A quick lunch on the edge of the lean-to, swapped big packs for day packs, and off we went in search of my 29th High Peak.

Whoever writes the trail guides really has to leave a lot out. Since the trail is only described in certain spots, we missed the “sharp switchback to the left” and headed up on a herd path to the right. After a half hour of wondering why the trail was so poor, we noticed that we hadn’t seen a trail marker in a while so we figured at the late hour, we better turn back and try to find the trail. Coming from open above, the turn to the left was so obvious. We must have been absorbed in conversation again- one of the drawbacks of hiking with a good friend, you may lose your way and not notice, so we tried to block the wrong way and built a little cairn to mark the right way. We met some more people coming down from the summit who said, “Only 25 minutes or so more.” Don’t ever believe these people on their way down, they’re always inaccurate due to the euphoria of having reached the top. The trail grew steeper, the trees got shorter, and we hit a clearing with a view of the last climb to the top.

Still a bit to go and it was nearing 5:30 PM, so we made a final push, got to the section where the trail follows along on the bare rock, and hit the top, bolts, view, wind, and all. Thea promptly laid down and slept. She must have been wondering why we were there. I was tired and felt a bit worried about the time, and daylight for the way down, but that familiar lightness filled me. How can I put it into words, being up there alone, having traveled miles under my own power, 32 years old and still a kid. This place is mine I thought, the sky, the green carpet of trees all around, the acres of wilderness. Thank you ADK for working to preserve this so I can share it with my kid and her kids someday. I’ve had this magic my whole childhood, and now as an adult, it’s still here for me. Even when I finish climbing all 46, I’ll come back to explore more.

We spent just a short time on top in our euphoria, and then headed back down. We got back to our campsite before dark, but I will never go on a day trip without a headlamp and extra batteries, as it is so easy to lose your way. Another peaceful night in the woods, then a nice few hour hike out to the trailhead, with more conversation, views, birch bark, dry stream beds, Thea playing in every running stream we crossed, and deep breaths filled with pine and clear air. I need these trips, every so often, to remind me that I am strong, and that the world can be beautiful. So I say to myself on the drive home, “Get out there.” And I will. Care to join me?
Hey doc, do I need these antibiotics?

Many people seek care from their Doctors for colds, coughs, etc. Doctors often prescribe antibiotics. To our surprise the cough does not go away. According to the British Medical Journal here is a possible reason why.

A review of nine previous studies found that antibiotics were no better than placebos at improving cough symptoms. (A placebo contains no medication and is given to selected patients to compare results with other patients who are given some form of medication.)

According to this study, if 100 people suffering from acute cough are placed on antibiotics, only nine will report an improvement after 7-11 days, while 84 will not be significantly affected or improved by antibiotic treatment. The remaining seven will not show substantial improvement in symptoms and will experience side effects from antibiotics.

Talk to your doctor about the benefits and side effects of antibiotics and other prescription medications. Zinc lozenges or other natural supplements may do a better job of relieving your cough symptoms than the antibiotics that are commonly prescribed.

President's Weekend at Camp Peggy O'Brien
In the Adirondacks
February 12-15

Camp Peggy O'Brien is a rustic cabin with 12 bunk beds, three and one half miles from the road in Johns Brook Valley. It is heated and has an outhouse on the porch. Johns Brook is the watersource. We will have communal dinners on Sat & Sun. All other meals are your own responsibility. You will have to carry your share of the communal dinners as well as all your gear. You will need a light weight sleeping bag. Full winter gear will be required for this weekend. Hikes will depend on the weather and desires of the group.

Please send a check for $35 made out to ADK-Long Island, by Dec. 1 for the cost of three nights lodging. Money is non refundable. Include your name, address, phone number and SASE. Herb Coles & June Fait, 730 West Broadway #5J, Long Beach, NY 11561

MARTIN LUTHER KING X-C SKI WEEKEND
JANUARY 15-18
GARNET HILL LODGE, NORTH RIVER, NY

Ski and snowshoe in the southern Adirondacks (near Warrensburg) at one of the best cross country ski centers in the Northeast. We will have our own private house with a fully equipped kitchen.

$151.00 includes lodging, trail fees for 2 days, housekeeping, linnen, service, garbage fees (per bag) and taxes.

Mail the completed registration (form below) a check for $151 (payable to LI ADK), and a stamped self addressed envelope to: Vivki King Wojcik, 104-21 68th Drive Apt A53, Forest Hills NY 11375.
Deadline for registration is Nov. 15!!!

IF YOU HAVE ANY QUESTIONS, CALL VICKI WOJCIK AT (718) 997-1774.

Name________________________________________
Address________________________________________
Phone________________________________________

___Yes. Count me in on a buffet dinner on Saturday night. Cost is an additional $16.95.
Get your snowshoes ready, here comes La Nina!

Meetings are held at the Parish Center of St. Elizabeth's Church, 175 Wolf Hill Road, Melville at 8PM on the second Thursday of the month (except for July & August). Parking is available in the rear of the building. To get to the Parish Center take the Northern State Parkway to exit 41 North (Wolf Hill Road), proceed to the Parish Center on the right side of the road just past the athletic field. From Jericho Turnpike, take Rt. 110 south approximately 1 mile to Wolf Hill Road (also known as Schwab Road). Go east on Wolf Hill Road to St. Elizabeth’s on your left. Arrive at 7:30 to socialize and enjoy coffee and snacks.

Thursday November 12 Meet members new and old and find out what is going on.
Thursday December 10 Time for year end cheer. Bring a treat to share with others. Also, pick up some bargains in the annual swap and sell. Bring old gear to sell or trade.

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