



Schenectady Wintersports Club

Northern New York Paddlers

Mohawk Valley Hiking Club

Newsletters

October 2023

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News From the Clubhouse

House Reservation Tips and Rules

By Rick Cobello

The SWC has a new process for house reservations. We include the house rules and responsibilities with the reservation confirmation email sent to you.

We thought it would be appropriate to send same through the newsletter... Tips and Rules for SWC Clubhouse:

Sign in at the podium

The silver fridge by the spiral staircase is for members use. There are two plugs located there - one for the fridge, the other is for the WIFI router. DO NOT Unplug these!

If you have excess items or muddy boots, you can store them downstairs. The door in the entryway leads to the basement. If it is needed, turn on the main heat in the kitchen. It is located on the beam near the toaster. Touch the Nest dial and then turn to control heat. Uncover the vents in the dining room and stairway. Prop open the door to the fireplace room.

No smoking or candles

Open the flue completely if you are starting a fire.

Breakfast items are available and included in the nightly rate (eggs, sausage, hash browns, oatmeal, pancake mix and coffee).

Cleanup the kitchen and dining area after every use.

Turn on the electric heat in the bedroom if needed and uncover the vents.

Sometimes if you just turn it on for a little bit before bed, that is enough. Store your personal items in your room.

The wifi is swchouse, password is swskihouse1932

Upon leaving:

Turn off the electric heat in your room and cover the vents.

Make sure the windows are shut and locked.

Empty the trash in your room, the bathrooms, the fireplace room, dining room and kitchen. The trash must be in bags and placed in the bin by the woodshed.

Recycling must be loose in the bin.

Give the bathrooms a quick cleaning.

Sweep the dining area and kitchen.

Clean the counters and put away all dishes and pots.

Take your leftover food home. If you have unopened food, you may leave it for others.

Turn down the main heat and close the flue.

Make sure the all the doors are closed and locked.

Thanks for helping us maintain the SWC Clubhouse!

Fall Work Weekend Nov 2 to 5

By Bill Kornrumpf

While we call it a Work Weekend, we schedule it so that we can do some recreation in the afternoons after completing the tasks in the morning. So far, we have 22 members signed up and the only beds left are in the attic dorms. I am not looking for more workers right now. I want to thank all of you who are donating your time to helping make the Clubhouse a more inviting place to stay and meet friends.

If you need more information or would like to get on the waiting list, email me at wkornrum@nycap.rr.com or call on 518-209-3244. Bring old work cloths and rags (the Clubhouse seems to eat rags) for some painting.

I plan t remove the old chimney on the north end of the house. It is the original 1860's chimney and the mortar has failed allowing rainwater to enter the attic causing damage to the room 21 ceiling. That means ceiling and wall repair is in the plan.

There is a list of yearly maintenance jobs to be done as well as cleaning and reorganizing all the materials that have migrated about the house since last fall. We also have plumbing to do in the bathrooms and painting in some of the bedrooms. The house is almost 160 years old so there are lots of opportunities to spruce it up and make it a more comfortable place to stay. If all goes well, we may be installing a new propane fireplace insert in the fireplace room.

Total Eclipse Weekend at Stowe

by Ellen Bidell

On Monday, April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. The Burlington/Stowe area is in the path of totality, which means for about 5 minutes in the early afternoon, the area will be in total darkness. The partial eclipse will last for several hours.

Skiing is still great in the area in early April, so put on your calendar to join us for the weekend as John and I host a Total Eclipse party at the SWC Clubhouse. May involve a bonfire, Blue Moon beer and some Bonnie Raitt, but will definitely be a good time!

In and Around the Clubhouse

A Fall Covered Bridge Adventure

Submitted by Bill Kornrumpf

The fall is a beautiful time in northern Vermont. Even when the trees have dropped their leaves the countryside is still rural and scenic. It is a good time to just go for a ride in the country and find hidden gems of scenery and history.

There are 13 Covered bridges within a 35-mile radius of the SWC Clubhouse. It can be a relaxing ride to find the bridges generally north of Stowe. The map shows one route that would take you to all 13 as well as passing by several rest stops such as the Lost Nation & Rock Art Breweries in Morrisville, 158 Main Restaurant & Bakery in Jeffersonville, Two Sons Bakehouse in Hyde Park, and other small delis and general stores along the way.

The map shows one way to circle around the area to all 13 bridges. The easiest way to find them all is to use Google maps and just input the names as a destination as you leave one and start toward the next. The first bridge is Emily's Bridge who it is said still haunts the bridge and who can be seen in the early evening hours. It is on Gold Brook Road just south of Stowe Village off Rt 100. The Brookdale Bridge is on Rt 108 (Mountain Rd to Stowe Ski area) it crosses the Little River before the famous Matterhorn après ski restaurant. Continuing on Rt 108 will take you past Stowe Mt Resort (zip line, rope course, hiking, gondola ride) to the famous Smugglers Notch where early settlers brought goods from Canada into Vt past the customs house in Burlington. The far side of 108 comes to Jeffersonville and the Grist Mill & Cambridge Junction bridges. There are 5 bridges north along Rt 109 (Church Street Bridge, Montgomery Covered bridge, Jaynes Bridge, Mill bridge & Morgan bridge) between Waterville and Belvidere. Looping back along 109 to Jeffersonville and taking Rt 15 east brings you to the Scribner and Powerhouse Bridges in Johnson and more places to find good food and beverages. You can stop and shop in the Johnson Woolen Mills shop for woolens. Following Rt 15 brings you to Morrisville with its many opportunities for liquid and solid refreshments and the Red Bridge on Cole Hill Road. The largest of the bridges is the famous Fisher Bridge that was used by the Lamoille Valley railroad to cross the Lamoille River. It is an extra sturdy bridge to bear the weight of steam locomotives and now is used by the Lamoille Valley rail trail. That is the end of the covered bridge trail, and you can return to the Clubhouse via Rt 100 from Morrisville (95 miles total round trip) Morrisville (95 miles total round trip).



Ski Trips and Packages

2023 SWC

Early Season Ski & Snowboard Clinic

Thursday to Sunday

December 7-10



Operated in Partnership with the Stowe Ski School
Student to Instructor Ratio Approximately 9 to 1
Ski and Snowboard Instruction at All Levels,
First Timers Too!

There is still time to register for an extended weekend of skiing fun with friends!
Thursday Night: Welcome Party at Stowe Motel. Come have a drink and snacks, catch up with friends and meet new ones.

Friday Morning ½ Day Free Skiing-Warm up & Afternoon ½ Day Instruction

Saturday All Day Instruction

Sunday Morning ½ Day Instruction and possible Optional Race & Afternoon Free skiing

Lodging is becoming tight at the Schenectady Wintersports Club Clubhouse (limited space) and the Stowe Motel on the Mountain Road. All lodging is only available through the Clinic. Do not contact SWC or Stowe Motel directly.

All must be SWC members, you need to renew membership for the '23-'24 season!

Pricing:

Lift Tickets are the responsibility of each participant. Those without Epic Passes can purchase the Epic 3 Day Pass online for \$233 (prices will go up as ski season gets closer).

Lessons are Optional. Early Season Clinic reduced price for all three days is \$330.

Lodging – Clinic Special Prices, all rooms are per person, double occupancy for 3 nights.

\$120 SWC Lodge: Room only per person for 3 nights, breakfast included. \$195

Stowe Motel Value: small room, 2 Queen Beds

\$210 Stowe Motel Superior: medium room, 2 Queen Beds

\$230 Stowe Motel Superior Efficiency King: larger room, 1 King (very limited) & Kitchenette

\$225 Stowe Motel Deluxe Efficiency: 2 Queens, Fireplace & Kitchenette \$245 Stowe

Motel Deluxe Fireplace Efficiency: 2 Queens, Fireplace & Kitchenette

Two-Bedroom suites at Stowe Motel for groups and families. Call/email Bill for quote.

If you have questions about the rates, lessons, tickets, rooms, and special room requests email Bill Kornrumpf at wkornrum@nycap.rr.com or call him at 518-209-3244.

Registration and Payment Instructions:

1. Go to the SWC home page www.swcweb.org
2. On the Home page, there is a "Early Season Ski Clinic @ Stowe" announcement with a "Information and Registration" or Register button, click on it.
3. To register push the blue "Register" button in the upper left corner.
4. Fill the form with your specific requests for Lodging, Lessons, and other information. This information is used to assign the available rooms in the order of deposit payment.
5. Register a guest who will be attending with you. Only you will receive an invoice for the balance due.
6. When finished with the form, push the NEXT button (lower right)
7. Pay the \$60 deposit. The \$60 deposit is fully refundable until Oct 28. The registration is not complete till the \$60 deposit is paid.
8. Congratulations, you now have completed your registration and deposit. You will receive an invoice summarizing your registration.
A separate invoice for the balance due will follow later. The balance due can be paid online or by check using USPS.
9. Full Payment is Due by Saturday, October 28, 2023
10. Deposits and Payments are fully refundable until Oct. 28, partial refunds will be issued until Nov 15.

SKI TRIP TO TELLURIDE

JAN 20 - 27, 2024



Our trip to Telluride is full!

Ski resorts want money in the bank. Our planning is now out almost 2 years.

So...here is the question....

As we start to look at trips for 2025, what are your top 3 choices? Your help is greatly appreciated!

Send a note to Rick@Cobello.com

ANNUAL SWC WINTERSPORTS WEEKEND

FEBRUARY 2-5, 2024



ONLY ONE SPOT LEFT FOR A FEMALE IN A SHARED ROOM. If interested contact Margie directly: Margie Litwin 518-928-0600 (cell/text) or mhlitwin@nycap.rr.com

JOIN THE FUN!!! In the warmth of summer the Adirondacks are great for hiking and paddling, and NOW is the time to plan to head there for winter sports. The gracious Rock & River Lodge in Keene, NY will host our annual stay. Take a look: <https://rockandriver.com/lodging/>

Our co-ed group of 25 has been renting the entire two well appointed lodges for a long weekend for over 30 years. It is located right at the southern end of the Jack Rabbit trail and ideal for x-c skiing out the door, at Mt Van Hoevenberg, Cascade or countless other area destinations including backcountry. Downhill skiing at Whiteface is a half hour drive. Snowshoeing /winter hiking or visiting nearby Lake Placid and Saranac Lake-so many choices! We bring and share breakfasts, and potluck dinners using the full kitchens and inviting dining room and spend evenings by the large fireplace, in the beautiful living room area (games, puzzles) or downstairs for ping pong and foosball. High speed internet throughout. All linens provided.

We have private rooms available with a queen-sized bed or some spaces for women in a shared lovely spacious and bright room with its own full bathrooms. Suite spaces may be possible as well. Some of our usual attendees are taking advantage of an international trip and will not be with us this time so space has opened up. The cost depends a bit on the number of attendees as we have a contracted price for the full stay. It is approximately \$ 80 per person per night including tip and tax for queen bed rooms (less for other shared spaces). A \$50 deposit per person holds the space. Many of us stay 3 nights until Monday, but the minimum is Friday to Sunday.

Participation requires a yearly membership in the Schenectady Wintersports Club (\$25 single, \$35 family). This would also entitle you to book lodging any time of year at the large clubhouse in Waterbury VT near Stowe for very low rates (under \$40 per person per night) or participate in other club events. So convenient and affordable to ski, hike, paddle, explore! <https://www.swcweb.org>

For any questions, more details and reservations contact Margie Litwin 518-928-0600 (cell/text) or mhlitwin@nycap.rr.com. We always enjoy a fabulous time!



SKI TRIP TO BIG SKY

MARCH 9 - 16

Sponsored by
Albany Ski Club



The Albany Ski Club still has room for the trip in March.

<https://www.sportsamerica.com/onlinedev/albanybigsky24>

The link above outlines all the details..

If you need any information, please let me know...

Rick Cobello

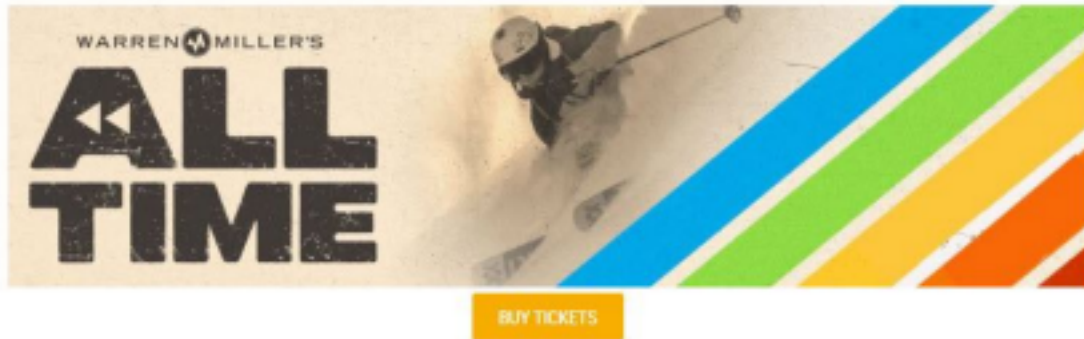
Rick@cobello.com

WARREN MILLER'S ALL TIME

click on image to get your
discounted tickets
or

Copy/Paste below link into your browser

<https://www.eventbrite.com/e/albany-ny-warren-millers-all-time-730pm-tickets-698474133937?discount=SWC23>



Buy here to take advantage of a SPECIAL SWC Discount on ALL TIME
Friday, November 3 @ 7:30 PM, The Egg
Check back for more information on Prizes and giveaways

Warren Miller's ALL TIME - 74 Years Reimagined

Get ready to go deep into the stuff of which snowy dreams are made with Warren Miller's ALL TIME. Celebrate the birth of ski towns like Sun Valley and Aspen, icons and innovators like the original hotdoggers, and the most outlandish locations ever skied. Then, catch up with Maine's finest athlete of today, Donny Pelletier, and meet the next generation at Woodward Park City. Through it all, Jonny Moseley and special guests will share their own stories to bring us to this moment.

Don't miss out—visit warrenmiller.com for more.

Warren Miller is back! Volunteers Needed!

Warren Miller is back to Albany at the Egg on November 3rd. We were able to secure a link through the club's website for discount tickets. We are working on swag for the intermission and could use volunteers to help with our informational table.

Contact johnbidell@yahoo.com if you are interested in helping. We also will be helping out at the showing of the film at Spruce peak in Stowe November 25th. The crew will be staying at the house and with it being the final night of the tour, it is fitting the club hosts the end of tour party. Contact johnbidell@yahoo.com if you are interested in attending.

Insights from the SWC Admins

From the Membership Desk...

Privacy Policy and Text Message Policy

In order to better serve the membership, SWC has updated our Privacy Policy online, and also published a Text Messaging policy, both of which can be reviewed from the Home page (links are at the bottom of the Home page). The privacy policy is important for information storage and email communication; text messaging is a new feature available on our website that could be used instead of email communication about events.

The reasons for having these policies are simple - - above all, to educate members on how their online information is stored and shared, how they are responsible for their information, and how to make updates to their personal profiles. On the Privacy Policy web page, there is a link to a Help document related to Logging into the website and making profile changes where your personal information is stored.

When we first launched the SWC website, we did not have confirmation questions on the membership form related to reading the Privacy Policy or the Text Message Policy. These questions have been added to your Profile, and it is important that we collect your agreement in order to stay in good

is important that we collect your agreement in order to stay in good communication with you (e.g. sending newsletters, updates on events, etc).

This weekend we will be sending two (2) emails to all members: 1. Privacy Policy update needed, and 2. Text Message option. The emails themselves contain more detailed information about the process, and have a direct link to your Personal Profile for you to review and acknowledge the policies.

If you have any questions or comments, please send an email to swcchatter@gmail.com that I monitor for questions.

Best Regards,

Brenda Streed

Membership Secretary

EXCERPT FROM THE PRIVACY POLICY....

Collection, use and disclosure of personal information

SWC collects personal information in the form of Name, Email address, Physical address, Phone number and Date of Birth.

Here are the reasons we collect this type of information:

1. Name - To identify who you are as a member.
2. Email address - To be able to send membership renewal notices, and other communication such as events, club notices, newsletters, or forum information. Members may choose to opt out or not subscribe to all of these types of communication EXCEPT membership renewals.
3. Physical address - We collect the physical address as a backup means of communication, should there be a problem with email, or for any required mailings.
4. Phone number - We collect the phone number as a backup means of communication, should there be a problem with email, or for immediate communication. SWC may send a text message related to events if you opt to be included (see Text Messaging Policy).

5. Date of Birth - We collect this information to understand the age group of our members, and because it is required for some ski mountain events that may be sponsored by the club. Only SWC web administrators can view this information. How your information may be used (more description below):

Member directory

Event attendance listings

Demographic information

Surveys and polls

Member Directory - SWC provides a listing of members on our Home page that includes membership ID, first and last name, and email address. This is a service for members only to be able to stay in contact with each other, and is not visible to the general public. Membership ID (the User ID field) is required when booking a reservation at the SWC Clubhouse.

Event Attendance Listings - SWC promotes events and activities which members voluntarily sign up to attend or participate in. When you sign up for an event, your name is listed under Attendees of the event.

Demographic information - SWC collects date of birth for demographic purposes, and this information is never shared with other members or any outside parties. Demographic information helps the club to promote specific advertising on our site. For example, in the future we might use information about the age groups of our members to help us sell advertising on our website.

Surveys and polls - SWC may send out a survey or a poll to gather member opinions. The poll will indicate if it is an anonymous poll, or whether the member name is collected. If the member name is collected, the poll will explain the reason for collecting the member name.

Members are responsible for maintaining and updating their personal information through the use of Profiles on the SWC website. Parents or guardians of minor children under the age of 18 are responsible to update and manage the child's profile.

Good to Know

What is the 'Ski Binding Indemnification List' and how does it affect you?

By Bill Romania

You are getting ready for the season and take your favorite pair of skis to the shop. To your surprise, the staff tells you they can't adjust your bindings because they are too old. Of course, they suggest a new pair of bindings, maybe even new skis. Is their refusal to adjust your bindings a selling tool, a concern for your safety or covering their legal butts? Actually, a bit of all three.

Back in the 1970's the major binding manufacturers were involved in liability law suits to the tune of over 400 each year. When a skier was injured and thought their bindings were at fault, they would first sue the ski shop and either add the binding manufacturer to the suit or the shop would engage the manufacturer. While these lawsuits were rarely, if ever, won by the skier, they were a costly administrative nightmare for the manufacturers. The lawsuits could be ruinous for ski shops, even if they won, because many of which were small and operated on razor thin margins already and the cost of an attorney could eat up a year's profit. One manufacturer, Salomon, saw an opportunity to both manage this mess and possibly create a market advantage. In the late '70s Salomon instituted a policy that they would indemnify those ski shops that sold or worked only on their bindings that were included in a specific list, the aforementioned ski binding indemnification list.

Indemnification meant that the ski shop would have no legal or financial liability as long as they met Salomon's criteria: The shop was obligated to use Salomon

mounting templates, the mounting technician had to be trained on the correct mounting and adjustment of Salomon bindings and follow Salomon recommendations for mounting, adjusting and maintaining the bindings. The indemnification only applied to the bindings Salomon listed on the now infamous 'Indemnification list.' Ironically, at this time Salomon was marketing some of the worst bindings, the 444 and 555, that could become dangerous after only a few weeks of use. Yet some shops, most notably Goldstock's where I worked at the time, bought the whole Salomon line to the exclusion of all other bindings. While I'm sure they got favorable pricing, the big draw was the indemnification. As you can imagine, the other binding manufacturers followed Salomon's lead quickly.

The consumer benefit of the list, supposedly, was that the manufacturers would be better able to test the retention and release abilities of bindings than the local ski shop. While this is likely true, the manufacturers did tend to err rather excessively on the side of caution. Any testing protocol is only as good as the assumptions for it makes about average use and abuse of the binding. If a skier bought high quality bindings, used them at a relatively low setting, took great care of their bindings, releasing the tension on the springs in the off season, keeping them away from salt, regularly lubricating and cleaning both the mechanism and the anti-friction pads, a pair of binding could last well past their tenure on the list. When I went to graduate school, I knew I wouldn't be able to afford new skis and bindings for a while. Thus I searched out the simplest and most durable bindings I could find which at that time were the Look Nevada toe and turntable heel. Look Nevada bindings at that time were an all-metal construction design that depended upon a single, easy to replace an all metal construction design that depended upon a single, easy to replace and readily available spring. I safely skied those bindings for over ten years, well after they were off the list. Of course, I religiously cleaned and lubricated them, tested them manually and skied them at a relatively low setting for added caution. I may have even replaced the toe piece springs at one point. The far more likely scenario was when bindings became unsafe well before their tenure on the list was over, usually due to abuse, neglect or simply being inappropriate for the skier weight and ability. It was the ski shop staff's responsibility to catch these bindings before they could do damage to a skier.

As manufacturers began to replace metal with plastic to lower weight and cost, the issue of deterioration due to exposure to salt and ultraviolet light took a toll on many bindings. Bindings used at higher elevations out West, where UV rays were far stronger, would deteriorate faster than those used back East.

Complicating all this was the adoption of the DIN standard. The DIN standard simplified and codified the boot-binding interface as well as retention settings. Gone were the days of skiing a 6 setting on Salomon but a 4 on Look. Now if you were a 6, you were a 6 in every new binding. However, ski boots that predated the DIN standard would not work with DIN standard bindings. Thus, a skier who needed new bindings would also need to replace their ski boots. This did not sit well with many skiers. Ironically, we are going thru a similar compatibility issue now with Grip Walk ski boot soles that do not work with pre Grip Walk or racing bindings.

Thankfully, pre-Grip Walk boots work just fine with Grip Walk bindings.

If like me you have a few pairs of skis of different vintages, you may have a pair of bindings that shops will not adjust because they are no longer on the indemnification list. So, what do you do? If you want to be safe, replace them. You can't go wrong with new bindings. But what if you can't or won't replace them?

When a binding falls off the indemnification list, that means that binding model, under average use circumstances, no longer tests within the acceptable range of retention and release. While that is not a guarantee that your binding is going to fail,

it certainly means your binding is far more likely to fail in the future than a new binding. The question then is how high is that risk and are you willing to take it? When my local ski shop refused to adjust a pair of mid-level bindings on my well-used rock skis, I simply threw them away. Neither ski nor binding was worth the risk or the cost of replacement. I also threw away a pair of Salomon GS skis and bindings that were fourteen years old that still worked but had been skied hard and often. I'm holding onto a pair of beer league slalom skis with a non-indemnified binding because they have fewer than twenty days on them, are in like-new condition, have been perfectly maintained and I use them maybe once or twice a season after adjusting and testing them myself. That brings my risk down to an acceptable level for me.

Bottom line, you can't go wrong replacing an old, off the list binding with a new binding. The challenge then is deciding which one. I can't help you there but any reputable shop can.

A Little Bit of SWC History

Gore Mountain: Before and After

By Bill Schaefer

The first photo of Gore Mountain was taken from Pine Ridge in the early 1960's before construction began.

The Pete Gay knoll is easily spotted in both images as a prominent hump left of center.



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Nov 25 2023 Warren Miller Crew at Clubhouse

December 7-10 2023 Early Season Ski and Snowboard Clinic

February 2- 5 2024 SWC Wintersports Weekend at Rock and River Lodge

March 4 2024 is the 90th Anniversary of the first Snow Train to North Creek, an SWC excursion that jump started modern skiing as we know it. Activities in North Creek are being planned around this date. More details to follow as they develop.

April 8 2024 Hosted Weekend at the Clubhouse to experience the total solar eclipse.



The Northern New York Paddlers

The President's Column

Voices In My Head

By Ed Greiner

Even when paddling my C1, I am not alone in the boat. I can't hear what's going on around me because I've left my hearing aids on dry land. I can hear, in my mind, all of the people who have tried to make a proper paddler out of me over the years. First would be Bob, who introduced me to the sport of canoe racing. His encouragement and instruction in the basics got me to go out on the water week after week, telling me about the eddies and to hug the shore going upstream. He also cautioned me to avoid the "dead water" going downstream to maximize my speed.

Then there was Alec telling me to enter my paddle from the side and bury the blade before applying power. His whole approach, stressing the importance of good technique, is what I try to teach new paddlers. Joan exhorting me to REACH when planting my paddle. Also to stop bobbing, because that rocks the boat. Jim advised me to train at my own pace, not someone else's. I was trying to keep up with the big dogs, exhausting myself and letting my technique fall apart.

Later, there was Marc who gave seminars at several NYMCRA races. He demonstrated proper paddling technique for both canoe and kayak, using training machines (ERGs) set up for each. He emphasized using the torso muscles, abs, oblique abs and lats rather than paddling strictly with your arms. "Your arms are connecting rods from your torso to the paddle". He also organized a pro-am series one year so we amateurs could paddle with various pros. The most important thing I learned from the pros was "no fear". Paddling with Al on the Susquehanna River, we had to navigate some squirrely water.

The eddies throughout the river from the bottom effect made the boat twist and rock. He told me to lean farther forward and keep the power on. We made it through those squirrely stretches with no problems. I was also fortunate to paddle with Bruce on Mirror Lake. The water was a little rough, but he told me to lean forward from the hips and keep the power on.

Peter's seminar on wake riding at the Electric City Regatta was also informative. Who would've thought that it is easier to jump the wake on the outside than in the middle? The waves are higher in the middle and decrease in height over distance. I also learned that you need to sprint briefly when jumping on someone's wake, otherwise you will fall off.

All of these people and more are with me in the boat. You'd think it would become too heavy to paddle, but quite the contrary. If you can keep those people sorted out, it makes the boat go faster and smoother.

Stewardship of Our Waterways

By Kim Greiner

For many years, Ed and I, as well as others, have picked up trash while we were paddling along the Mohawk River. If there was a waste can available, we used it. If not, we brought it home to dispose of it. We may not have cleaned up the whole 450-mi of the Erie Canal, but we tried to make a difference, however small.

While hosting the SWC and NYPRA tables at the ADK Sports Expo a few years ago, we met the program manager of the Erie Canalway National Heritage Corridor. We signed up to be waterway stewards with Sue and Mike Strangia. For the past couple of years, we have cleaned up the river, shoreline, and parks from Freeman's Bridge Road to Lock 9. As stewards, we received training in boating safety, identifying invasive species, acting as ambassadors to others using the river and parks, as well as kits with literature to hand out, trash bags, and other clean up equipment. We also receive some cool SWAG each year (the jacket is my favorite so far).

If you are interested in becoming an Erie Canalway water trail steward, go to www.eriecanalway.org/watertrail or facebook.com/groups/NYSCanalwayWaterTrail or contact one of us. What an opportunity to assist with improving our environment!





Mohawk Valley Hiking Club

News from the MVHC

The Colors are Here!

By John Bidell

Spent the last weekend of September camping at Fish Creek up by Saranac Lake. Great spot with many open sites. There are a number of short hikes located in the campground, but with the bikes we kept to the park and scouted for the perfect campsite. Rollins pond, the closed adjacent campground, has incredible sites with most on the water.

Coming back down to Bolton Landing, we got off exit 24 and headed east to 9n. Heading north on 9n you will find Pole Hill Pond in 2.8 miles on the left. This is a 1300 hundred acre tract managed by the Like George Land Conservancy. The yellow trail is a 1 mile loop back to the blue trail which is a 5.75 mile loop.

After the hike, head down to the village of Bolton Landing for a stop at the Bolton Landing Brewery. Nice beers and nice staff.

See you on the trail

Articles for the Newsletter

Do you have a story to tell? Have a favorite sport you want to write about? What about your favorite things to do in the Capital Region and Waterbury Center? The Newsletter comes out at the beginning of each month - articles are due mid-month. Send them to SWCChatter@gmail.com.

Upcoming Events

See swcweb.org EVENTS for more details

11/2 - 5 Work Weekend at the Clubhouse

11/3 Warren Miller's TIME OUT at the Egg

11/25 Warren Miller crew at clubhouse

12/7 thru 12/10 Early Season Ski Clinic at Stowe 1/20-27 2024 Telluride Ski Trip

2/5 - 7 SWC Wintersports Weekend at Rock and River Lodge 3/4 90th anniversary
the Snow Trains in North Creek

4/8 Solar Eclipse at the Clubhouse