



Foot - Loose!

Newsletter of the Susquehanna Chapter of the Adirondack Mountain Club (ADK), published quarterly – January, April, July, October

Volume 16, Number 1

January 2004

...from the Chair

Thanks to ADK Members

As I complete my first year as co-Chair of the Susquehanna Chapter, I want to thank a lot of people!

First of all, I thank all who have joined ADK. Simply by joining this organization, you have provided support for ADK's many programs, enabling us to accomplish much in the area of outdoor recreation. *Adirondack* magazine keeps you up-to-date on the year's successes, such as the acquisition of the Tahawus - Upper Works parcel in the southern High Peaks, a high-priority item for hikers. Our membership is our strength, enabling us to be a "voice" that is heard.

And then there are the members that work on our many chapter committees, or hold offices that enable the chapter to function effectively. Yes, time and effort are involved, but we do have enjoyable times! This is, of course, because we do our "work" with fellow members, who very quickly become our friends. When I attended a meeting for chapter chairs and listened to reports from other chapters (many of which are much larger than ours), I realized that we are quite successful in many of the things that we do. We have a strong mid-week hiking schedule, we offer several two-day chapter outings, we publish a newsletter that really describes our activities, and we have a full and varied meeting schedule, with five "fellowship" (read: GOOD FOOD) meetings and eight meetings that include a program. In fact, some meetings have both! In addition, we have adopted a Wilderness area in the Adirondacks, and maintain a number of local hiking trails. All this and more - all possible through our committee members!

Some of our members deserve much thanks this year - Barb and Jack Meeks, for their efforts in the Canoe Regatta, and Molly and Bill Swain, who took responsibility for acquiring items for our chapter basket donated to the club Harvest Moon Madness Auction. This bountiful basket fetched \$350! Chapter members Rae and Bob Consigli, Bed-and-Breakfast proprietors, contributed to the basket, as did artist member Carol Saggese. And another round of applause, please, for Horst and Astrid Neumann, who put a huge effort into arranging our fine dinner meeting at Delhi in October!

I hope more of our members will be able to join us in our adventures and good times in this coming year.

Linda Seifried

CHAPTER CHANGES AND NEWS YOU CAN USE

Membership News

About one-third of ADK members joined because they heard about us from a friend. Many of our Susquehanna Chapter members learned about ADK from you, the current members. I want to encourage you to keep letting people know about our Susquehanna ADK Chapter, our involvement with nature and environmental issues, and the great outings that we enjoy. Let's spread the good times around.

We have five new memberships.
August, 2003

Jeffrey Sabol, 12 Highland Ave., Binghamton, NY 13905

September, 2003

Margaret Fuoco, 5535 Fairway Dr. North, Reading, PA 19606
Harrison & Maureen White, 205-A Garrett Rd., Windsor, NY 13865

October, 2003

June Close, PO Box 882, Oneonta, NY 13820, (607) 432-4564
Philip Ward, 1040 Co Hwy 10, Laurens, NY 13796 (607) 434-6942

Rita Salo

NEWS FLASH – BLAST FROM THE PAST

Barb Means will return as guest editor for the spring issue of Foot-Loose. Submissions for the spring issue should be sent to me until February 27. Between February 27 and March 9, send items to Barb at meansbar@dmcom.net, or to 236 Bert Washburn Rd, Otego NY, 13825. Barb can also be contacted at 432-4903.

I have set the following deadlines for submission of articles, photographs and trip reports to Foot-Loose. I welcome and encourage chapter members to share their ideas with me.

Issue	Publication Date	Deadline
Spring	April 1, 2004	March 9, 2004
Summer	July 1, 2004	June 8, 2004
Fall	October 1, 2004	September 8, 2004
Winter	January 1, 2005	December 9, 2004

Danny Birnbaum

January Fun, January Seriousness

Please come to the January meeting, share a dish to pass, and get involved in YOUR chapter. The executive committee has prepared the following slate of officers who wish to serve the chapter for 2004. An election will be held after dinner.

Co-Chairs	Linda Seifried and Jim Vogler
Vice-Chair	Joe Hart
Secretary	Julie Smith
Treasurer	Nina Hart

In addition, the following members will continue to volunteer their time in the coming year:

Aleda Koehn	Director
Rita Salo	Membership
Outings — weekends	Steve Herrmann
Outings — Tuesdays	Jane Ford-Richards and George Richards
Trails, Blue Ridge & Conservation	Joe Hart
Publicity	Johanna Koenig
Newsletter — editor	Danny Birnbaum
Newsletter — mailing	Rita Salo
Website	Ken Jackson
Refreshments	Astrid and Horst Neumann

Email Info about Catskills and Adirondacks

Do you want to keep up with hikes as well as trail and conservation issues in the Catskills or Adirondacks? Members with computer access can join listservs--automatic email lists--maintained by the Catskill 3500 Club and the Adirondack Forty-Sixers. When list subscribers send an email to the list's host, the email is automatically sent to every other subscriber to the list. Responses are also posted to the list, resulting in an ongoing email discussion. Viewing options include reception of each individual email or a single email that includes all messages from each day. Please contact me for more information or instructions.

Danny Birnbaum (susquehannaadk@aol.com or 278-5259)

Get Outdoors, Get Healthy, Have Fun, Join ADK!

That's the name of a new challenge to all chapters from the ADK Membership Committee.

ADK knows the value of attracting new members. New members are important because they ensure continuation of ADK as a strong and viable conservation organization. They also revitalize our commitment to public service and stewardship. Not to be overlooked is the fact that our future leaders and volunteers all start out as new members!

A membership survey shows that one-third of our new members hear about ADK for the first time from a friend or family member. Networking works! As you enjoy the outdoors with others, do you mention the benefits of membership in ADK? If the conversation "on the job" turns to conservation or environmental protection, do you point out that ADK is a force for change in these areas, and that joining ADK supports the effort? We hope that you do!

Support our efforts to tell others about ADK!

Linda Seifried

2003 - What a Year It's Been

THANK YOU!

Linda Seifried for attending Chapter Chair meetings

Every single chapter member who led an outing or activity (and every member who attended an outing or activity)

Donna Vogler and her son for restoring the boardwalk at Emmons Bog

OUR CHAPTER OFFICERS AND COMMITTEE CHAIRS

Aleda Koehn for all her work as our Director and all the time it takes to drive to the meetings

Everyone involved in our monthly programs: Joe Hart for coordinating, and all the presenters

Molly and Bill Swain for soliciting donations for the Harvest Moon Madness basket

Jim Vogler for his work on the ADK Education Committee

Marjorie Rogers and Jo Koenig for the Greenway Self Guided Nature Brochure

Joe Hart for so much trail work: Emmons Bog, Lordsland Preserve, BOCES project at Arnold Lake State Forest, Relay State Forest, etc, etc, etc.

Astrid and Horst Neumann for putting together a fabulous annual meeting dinner

Jim Vogler and Linda Seifried for running three 5th grade outdoor safety programs at Glimmerglass and Gilbert Lake State Parks

Lucille Wiggin and the League of Women Voters for organizing the highway cleanup

Jack Meeks for organizing our canoe regatta team

Aleda Koehn for attending Loj work weekends

Rae and Bob Consigli of Daylily Dreams B&B and Carol Saggese for their generous contributions to the Harvest Moon basket

--Danny Birnbaum for the Susquehanna Chapter board of directors.
I apologize if I forgot anyone.

TRIP REPORTS

September 26-28, Friday-Sunday. Our main weekend at Blue Ridge Wilderness Area in August was cancelled because of the weather so work this year consisted only of trail maintenance on the Wilson Pond trail. The trail was cleared twice, once in June and once in September. We removed small blowdown, clipped back and did some drainage. The trail is clear and in good shape now except for one large yellow birch down across the trail which was too big for us. It can be stepped over or walked around. *Joe Hart*

August 29, Friday. It was one of our rare warm and dry summer days. A pleasant two-hour walk in Arnold Lake State Forest on trails known to the leader was enjoyed by 11 walkers and ended at the Koenig's camp for lunch and a swim. *Jo Koenig*

September 6, Saturday. Not the usual weekend strenuous outing! Five of us piled into one car and headed for Roxbury to visit John Burrough's birthplace and summer residence. By chance it was open house day so we had a tour of the house, Woodchuck Lodge, guided by John Lutz, Burrough's grandnephew. Then we briefly visited boyhood rock and the gravesite. It was a beautiful day! We drove on to Gilboa and hiked down to view Minekill Falls with abundant water rushing through the flume and over the cascade. Wow, what a sight! The last walk of the day was the shortest but most rewarding climb to Vroman's Nose. It was a day that will be long remembered by all. *Jo Koenig*

September 16, Tuesday. An unscheduled, end of summer canoe excursion from Portlandville through Goodyear Lake to lunch at the undeveloped State Forest near the dam. Five canoes and a kayak made this trip as the clouds unfolded into a beautiful sunny day. Our lunch spot was cool and breezy so we took a warm-up walk to explore the area. Then some boats explored a hidden cove nearby, returning against the rising wind. The return trip to Portlandville was a strenuous paddle against the wind. We had lots of bird sightings. Now we are ready to let summer go and enjoy what autumn and winter has to offer. *Jo Koenig*

October 21, Tuesday. Eleven courageous souls came to Delhi and then to my house in Bovina. There had been threatening weather but once we were ready to go the sun came out. We walked two and a half miles to the Bovina Museum where we were met by Charles LaFever, the Bovina "historian," and Gary Simmons, owner of the

Mountain Brook Inn. Charles and Gary graciously gave their time to open the doors, tell us about the history of Bovina and prepare a place for us to sit down for lunch. We admired a lovingly-restored fire engine that was pulled by men to be used in extinguishing fires. In the window of the General Store we viewed an antique coffee grinder and other items of historical significance. Unfortunately, the store is no longer in operation. The hike seems to have been a success as expressed by the participants. *Erika Baker-Heinegg*

October 28, Tuesday. The Audubon Sanctuary on Franklin Mt. provided 14 of us access to the power line/snowmobile trail maintained by the O-T-GO SNO-GOERS. We enjoyed a long walk to a unique hunting stand and intersection of trails marked "to Franklin" and "to Delhi." On the way back we ate lunch with the "hawk watchers" and learned more about their operation. *Lucille Wiggin*

Nov. 1, Saturday. The climb up Bearpen Mountain, one of the "Catskill 3500," is more like a long woods walk. There is no marked trail. We approached the ridge by a woods road near Prattsville which climbed gradually overlooking the valley to the saddle between Roundtop and Bearpen Mountains. There were occasional steep parts. Continuing on a well defined jeep trail, we walked up the nearly-level ridge. We chose a lunch spot without a view before turning back. It was a lovely day hike for the 10 participants. Because the leaves were mostly gone, there were extensive views off both sides of the ridge. *Jo Koenig*

Nov. 4, Tuesday. Twenty walkers enjoyed three roads (including a seasonal road) near Beaver Valley Campground. We walked near a swamp and explored an old cemetery. Because it was a bit cold for eating lunch on a log, most walkers visited a restaurant. *Frances Darrah*

Dec. 2, Tuesday. Twenty-one people assembled at Georgia Schadt's house to wander over to Table Rocks. It was so chilly, we started in mittens. The weather was brilliant and beautiful, warming so that we enjoyed our lunch on the rocks. We had an adventure trying to cross the Winney Hill Commons development, and the creek was pretty high too. After that start all went well. We were delighted with the day, the views were perfect. Really a fine time. Thanks to all who joined me. *Georgia Schadt*

Tuesday hikers at Emmons Bog, November 25, 2003.



Pictured from left: Bill Kratzenstein, Fran Darrah, Bev Hensle, Mary Lou Austin, Jane Ford-Richards, Rita Salo, Lucille Wiggin, George Richards.

Photo by Johanna Koenig

SUSQUEHANNA ADK CHAPTER WINTER 2004 SCHEDULE

Outings and Meetings

ALWAYS CALL LEADERS FOR DETAILS

All area codes are 607 unless noted otherwise

To ensure that you have a safe winter, dress appropriately and drink plenty of fluids. STAY DRY AND HYDRATE = WARM. Enjoy your outings and be sure to call your leader well in advance for proper equipment needs and any last minute changes. Have a great winter!

Dec. 28, Sun. Jim Vogler 436-9234 voglerd@oneonta.edu Snowshoe/Ski/Hike at Emmons Bog. Whatever the weather we will be sure to enjoy this local outing. Easy paced walk. Call leader to sign up. Meet at 1pm at Hannaford to carpool. Rated C.

Dec. 30, Tues. Jo Koenig 432-4975 jkoenig@dmcom.net Ski/snowshoe/walk (depending on conditions) in the Arnold Lake State Forest near Milford. Lunch afterward (optional) at a nearby restaurant. Rated C.

Jan. 3, Sat. Jo Koenig 432-4975 jkoenig@dmcom.net X-C skiing for beginners. Learn the basics in this two-hour afternoon session on mostly on level terrain. Participants must have their own equipment. Rated C.

Jan. 6, Tues. Jo Koenig 432-4975 jkoenig@dmcom.net X-C ski outing for beginners on level ground. Participants must have their own equipment. Rated C.

Jan. 7, Wed. Steve Herrmann 432-2157 sherrmann@stny.rr.com Full moon snowshoe. Enjoy a two-hour snowshoe walk at Gilbert Lake State Park under the glow of the full moon. Call leader in advance as the date can change due to weather. Dress in warm layers and bring water. Meet at 6pm. Rated C.

Jan. 10, Sat. Steve Herrmann 432-2157 sherrmann@stny.rr.com Snowshoeing for beginners. Learn the basics of hiking in winter. Techniques and how to dress will be discussed. Some snowshoes will be available for use. Start at about 11am in West Oneonta. Call for meeting place and directions. Rated C.

Jan. 13, Tues. Nina and Joe Hart 829-8358 ninajoe@frontiernet.net Ski outing at Arnold Lake.

Jan. 18, Sun. Ernest & Heide Mahlke 432-2583 Snowshoe or ski at Gilbert Lake State Park. Approximately 4 to 6 miles on the backcountry trails. Maybe some bushwhacking! Call leaders for time and meeting place. Rated C+/B-.

Jan. 20, Tues. Irv and Monica Peters (315) 858-0261 Ski outing on Canadarago Lake (if frozen). Lunch at the Peters' home afterwards.

Jan. 21, Wed. Susquehanna Chapter meeting 7:30pm, Elm Park Methodist Church, 404 Chestnut Street, Oneonta. Annual pot-luck dinner at 6:00, followed by election of officers and year-end reports from committees. Bring table service and a dish to pass.

Jan. 24, Sat. Nina and Joe Hart 829-8358 ninajoe@frontiernet.net Snowshoe/Ski to Texas Schoolhouse State Forest in the town of New Lisbon. Easy paced walk through mostly flat trails. Some plantation, some hardwoods. Meet at Hannaford at 10am. Call leaders to sign up and get details. Rated C.

Jan. 27, Tues. Rita Salo 432-3656 Ski/hike from Blend Hill to Herrick Hill in the town of Oneonta. Warm up afterwards at the Salo's home with your own lunch.

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SUSQUEHANNA ADK CHAPTER WINTER 2004 SCHEDULE
Outings and Meetings

Continued from page 5

- Jan. 25, Sun. Joe Seroka 988-7007 X-C ski on local trails, either Arnold Lake area or trails in Otego. Rated C+.
- Feb. 3, Tues. Lucille Wiggin 432-1022 Ski outing at Crumhorn.
- Feb. 6, Fri. Steve Herrmann 432-2157 sherrmann@stny.rr.com Full moon snowshoe. See Jan. 7 outing for details. Rated C.
- Feb. 8, Sun. Jim Vogler 436-9234 voglerd@oneonta.edu Snowshoe/Ski/Hike at Emmons Bog. Enjoyable area at a leisurely pace. Probably will meet at Hannaford parking lot at 1pm. Call leader to sign up. Rated 'C'
- Feb. 10, Tues. Barb Means 432-4903 Ski or walk. Location to be decided.
- Feb. 17, Tues. Rita Salo and Jane Ford-Richards Ski with Rita (432-3656) or hike with Jane (643-0123) at Gilbert Lake State Park.
- Feb. 18, Wed. Susquehanna Chapter program and meeting 7:30pm. Elm Park Methodist Church, 404 Chestnut Street, Oneonta. Annual participatory forum meeting to discuss issues of importance to ADK, the Susquehanna Chapter, and our members.
- Feb. 21, Sat. Ernest and Heide Mahlke 432-2583 Snowshoe in the Catskills. A repeat of the Fall outing up Thomas Cole Mt., except on snow! Approximately 6 miles with an elevation gain of 2200'. Rated B.
- Feb. 24, Tues. Nuala MacCabe 547-9501 Ski outing. Location to be decided.
- Feb. 29, Sun. Ernest and Heide Mahlke 432-2583 X-C ski the Catskill Scenic Rail Trail, Bloomville to South Kortright section. Roughly 5.5 miles of level terrain. Ideally we can spot cars for a one way trip. Rated C.
- *Some Tuesdays in March (2, 9 and 16) are available for leaders to plan an outing. Call Jane Ford-Richards or George Richards, 643-0123 if you are interested.
- Mar. 1, Mon. Susquehanna chapter quarterly executive committee meeting. Call Linda Seifried prior to meeting with concerns.
- Mar. 6, Sat. Joe Seroka 988-7007 X-C ski. If the snow holds up we will travel to Cherry Valley or the Southern Adirondacks. Plan on an all day trip. Easy to moderate skiing. Rated C+.
- Mar. 9, Tues. Barb Means 432-4903 meansbar@dmcom.net Deadline for submission of articles, photographs and trip reports for April/May/June issue of Foot-Loose. **Submit items to the coming issue's guest editor.**
- Mar. 17, Wed. Susquehanna Chapter program and meeting 7:30pm. Elm Park Methodist Church, 404 Chestnut Street, Oneonta. Allen White will present a program about invasive species.
- Mar. 21, Sun. Ernest and Heide Mahlke 432-2583 Snowshoe a 5.15-mile section of the Finger Lakes trail. We'll spot cars for a one way trip from Butts Rd. to Rt. 206 near Bainbridge. Rated C+.
- Mar. 23, Tues. Joe and Nina Hart 829-8358 Hike on the Escarpment Trail in the Catskills
- Mar. 30, Tues. Bill Kratzenstein 988-9039 Tentative hike in Sam's Point area.

NEWS FROM THE NORTH COUNTRY

Board of Directors Meeting

December 6, 2003

Because of the massive snowstorm on December 6, I was not able to attend the BoD meeting as planned. But, by looking over pre-meeting handouts and talking to Executive Committee member Noel Davis, I can bring you this report.

1. **ADK President Tom Wheeler** states that we continue to make steady progress on financial issues.
2. **Executive Director, Jo Benton**, introduced Bob Rudolph, who has been hired as ADK's Director of Finance as of December 1. Bob had worked on our finances as a consultant since May. All are pleased to have him at headquarters full time.
3. **Finance and Budget**
The 2004 budget was presented and approved. Two resolutions were discussed and passed as follows:
 - a. To help with cash flow, one-half of chapter dues share will be deferred for the first six months of the year. Repayment will be in July, August, and September. (This is what was done in 2003.)
 - b. Again, to help with cash flow, this resolution gives the club the ability to take an internal loan of no more than \$100,000 from board designated funds. This amount will be paid back at the end of 2004. Although insurance costs continue to increase, there will NOT be a chapter assessment as we had last year.
4. **Conservation Committee** presented six resolutions, all of which were approved. The following were included:
 - a. A revised policy on Siting of Wind Energy Facilities. This had been tabled in September.
 - b. A policy on control of invasive plant species on NYS.
 - c. Support of additional legal protection for Zoar Valley in Western NY.
 - d. Opposition to the Belleayre Resort project in the Catskills.
5. **Publications**
Adirondac magazine will be restored to six issues a year.
Canoe and Kayak Guide: East-Central NYS, a new title that is a current best seller.
The 2004 Calendar is bringing in much revenue for ADK.
6. **North Country**
Both the Loj (Heart Lake Property) and JBL had fall work weekends that resulted in over a hundred volunteers putting in many hundreds of hours to spruce up and maintain our North Country facilities.
A Program Center model rather than a "bed and breakfast" model will be implemented for our facilities.
Four of the five ADK staff members involved in the mid-September auto accident on the Loj Road is back at work. Norm Karp, Lodges Manager continues in rehab, but hopes to be released in December. Everyone, staff and management, and volunteers, have pitched in doing all types of jobs this fall to keep the Loj running as smoothly as possible.

Trails: ADK has yet to be paid by NYS for trail work done this summer. The volunteers trail project will be reinstated with JBL as a base for workers.

Development: The Charitable Gift Annuity Program is in

place. If you have some money you would like to give to ADK and still have an annuity payment, call headquarters for more information.

Harvest Moon Madness was a great success this year raising about \$30,000. Our chapter contributed a basket of goodies for the auction.

Please contact me with any questions.

Aleda Koehn

Susquehanna Chapter Director

Ski and Snowshoe Trips featured in ADK's newest winter guide!

The Adirondack Mountain Club (ADK) has just released its newest winter guide, *Ski and Snowshoe Trails in the Adirondacks*. This 160-page softcover book describes 50 trips ranging from short trips for novices to ascents of peaks, including Mount Marcy, for the experienced. All of the ski tours can be done on snowshoes as well, but this guide also includes 11 trips whose slopes are too steep or whose trails are too narrow for skiing. These trips are excellent introductions to the possibilities for snowshoeing in each region. From mountains to meadows to woodlands, the trips that comprise this new guide provide opportunities for skiers and snowshoers of all skill levels. They include mileages, safety tips, difficulty ratings, considerations unique to winter travel on trails, and page maps.

Ski and Snowshoe Trails in the Adirondacks is available online at www.adk.org, by calling ADK at 800-395-8080, at ADK Centers in Lake George and Lake Placid, or at local booksellers and outdoor retail stores. Cost is \$12.95. *Ski and Snowshoe Trails in the Adirondacks* author Tony Goodwin has included introductions for each region along with information on the type of terrain, a list of cross-country ski centers (most of which now welcome snowshoers as well), and sources of information on snow conditions.

A resident of Keene, N.Y., Goodwin is an active member of ADK, an Adirondack Forty-Sixer, and editor of ADK's authoritative *Adirondack Trails: High Peaks Region* and accompanying map. The High Peaks guide is due to be released in a new edition soon. In addition, Goodwin served on the High Peaks Wilderness Citizen's Advisory Committee, which provided ideas for that region's Unit Management Plan. He has long filled an informal role as an educator-spokesperson on recreational issues confronting the High Peaks. Goodwin is author of two previous ADK ski touring guides, *Northern Adirondack Ski Tours* (1982) and *Classic Adirondack Ski Tours* (1994), and of numerous articles for *Adirondack Life*, *Adirondack Explorer*, and *Adirondac*.

On behalf of the ADK Board of Directors, staff and volunteers, Executive Director Jo Benton has acknowledged our \$300 gift to the Trails Program. Ask Linda Seifried if you would like to see the letter.

Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

c/o Danny Birnbaum, Editor
5735 County Highway 10
East Meredith NY 13757

A subscription to this newsletter is included in membership in the Susquehanna Chapter of the Adirondack Mountain Club. It is available to the public and to non-chapter members for \$5 per year. Contact Rita Salo at 607 432-3656 for more information. Portions of this newsletter are also available online; go to www.adk.org then follow the links to our chapter.

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Chapter meetings are held the third Wednesday of every month at the Elm Park Methodist Church, 404 Chestnut Street, Oneonta (except where noted). Programs begin at 7:30pm, followed by a short business meeting.

The public is invited.

Adirondack Mountain Club annual membership dues are \$45 for individuals and \$55 for families (other membership levels are available, including seniors and students). Benefits of membership include:

- discounts on ADK workshops and programs
- discounts on ADK merchandise
- invitations to member only outings and extended trips
- reduced rates at ADK facilities: lodges, leantos, cabins and campground
- 20% discount on ADK trail guides, canoe guides, maps, books and calendars
- a FREE ADK traveler's mug for new members
- membership in one of ADK's 26 chapters throughout the Northeast

For more information go to www.adk.org or call 800 395-8080