



# Foot - Loose!

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

Volume 19, Number 1

January 2007

## ...from the Secretary

“Sure, I know about ADK,” said the kind brewery rep who was bagging items for me. The items were being donated for this year’s Chapter basket, which would soon be full of other items given by local merchants and Chapter members and on its way to Saratoga’s Hall of Springs for the annual Harvest Moon Madness silent and live auction. “I’m happy to support this club’s activities,” he added.

He is far from alone in his appreciation for ADK, I’m happy to report. In November, I represented our Chapter at this annual ADK fundraiser auction. There, in the ornate ballroom of the venerable Hall of Springs, were many tables piled with sportswear, gear, home furnishings, jewelry, artwork, and tickets to events and vacation getaways. All had been contributed by merchants and artisans, to benefit ADK.

As members from all over the state arrived and trays of hors d’oeuvres circulated, we checked out the chapter baskets and other goods, met artists and photographers, enjoyed wine and beer-tasting, admired the beautiful canoe, kayak, and home-made quilt that were to be raffled off, entered our bids for the silent-auction items, then sat down for a fine dinner. Over coffee and dessert trays, we watched the live auction begin. It was exciting to watch the proceedings, especially when it came to our own chapter basket, which was won by a couple from Albany (who love coming to Cooperstown).

This event is superbly organized and very enjoyable to attend. I hope more members of our chapter will consider going next year!

Meanwhile, ADK staff in Albany and at headquarters are carrying on many projects that benefit members. These projects and programs include conservation and advocacy, education, trails stewardship, and publications, plus maintenance of the Club properties such as Adirondack Loj and campground. Some of our membership fee goes to cover these services but dues alone cannot fund all the activities that ADK is prepared and eager to do (about one-third of dues are returned to chapters for local use). Grants and donations are also needed to fund these projects. Local business establishments have been generous; likewise each of us can consider making a donation, and view it as an investment in a remarkable organization!

*continued on page 6*

## CHAPTER CHANGES AND NEWS YOU CAN USE

### Slate of Officers Selected

The annual election of Susquehanna Chapter officers will take place during our next monthly business meeting, Wednesday, January 17, 2007, 7pm at Elm Park Methodist Church, 401 Chestnut St., Oneonta.

The Nominating Committee presents the following slate of candidates for elected chapter office:

Erika Heinegg	Chair
Lucille Wiggin	Vice-Chair
Joe Hart	Secretary

Nina Hart will continue to serve as Treasurer, an officer appointed by the Executive Committee. Aleda Koehn, chapter director on the ADK Board of Directors, will continue serving until her term expires at the end of 2008.

*Danny Birnbaum*

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### Membership News

Please welcome the following new members to the Susquehanna Chapter:

September new members:

Wayne Clinton, 962 County Highway 26, Cooperstown, NY 13337 547-5266

Sheila Kelly, 26 Harsch Rd., Andes, NY 13731 (845) 676-3898

October new member:

Della Noveck, 13 Division St., Apt. 1, Oneonta, NY 13820 437-9883

*Rita Salo, Membership*

### New Publicity Chair

Effective mid-January, Moira Beach will become chair of the Publicity Committee. She can be reached at 433-2832 and beachmj@oneonta.edu.

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### E-mail and Web site

USING E-MAIL TO CONTACT MEMBERS has become an important tool for your chapter officers and committee chairs to send notification about important events and last minute changes. If you wish to be included in this network please send me your current e-mail address. I have attempted to contact members by telephone when I repeatedly receive a message that the address is no longer valid. If I receive no reply I eventually remove your name from the group. Although you may have included your email address when you became a member or when you renewed your membership, please remember to contact us if you change your e-mail address.

*Jo Koenig, Moira Beach and Danny Birnbaum*

### HAVE YOU CHECKED OUR WEB SITE RECENTLY?

The address is [www.susqadk.org](http://www.susqadk.org). On the "What's New" page recent photos of activities can be found. I am always looking for outdoor and chapter news, and pictures, and the more material I receive, the more frequently I can change the page.

*Jo Koenig*

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### Thank You

I want to give a hearty "thank you" to all my ADK friends who have been so willing to help with table set up and decorations, dinner music and clean up at our pot-luck dinners. You have made my "job" easy and pleasant.

*Jean Seroka*

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### Bev's Pumpkin Delight

I made this dessert for the November covered dish pot-luck dinner and many people wanted the recipe.

1 – 16 oz can pumpkin

1 – 12 oz can evaporated milk

1 ¼ cups sugar

3 eggs

3 tsp. pumpkin pie spice

½ tsp. salt

1 box moist yellow cake mix

1 cup chopped walnuts

1 cup melted margarine or butter

Mix the first six ingredients in a large bowl and pour into a 13" x 9" pan.

Sprinkle the cake mix evenly over the mixture.

Sprinkle with nuts and pour the melted margarine over the top.

Bake at 350° for 50 to 55 minutes.

*Bev Hensle*

## SUSQUEHANNA ADK CHAPTER WINTER 2007 SCHEDULE

### Outings and Meetings

**Always call leaders for details.**

All area codes are 607 unless indicated.

**Riders should contribute a fair share toward gas.**

**It is the responsibility of each trip's leader to have all participants sign a release form.**

Tuesday leaders contact Barbara Means for forms; weekend leaders contact Ernie Mahlke or Steve Herrmann.

Tuesday outings are rated C or C+. For Tuesday hikes meeting time and place call leader or Barb Means.

**See [www.susqadk.org](http://www.susqadk.org) for changes.**

1/2 Tuesday Lucille Wiggin 432-1022 Crumhorn Mountain Boy Scout camp.

1/3 Wednesday Steve Herrmann 432-2157 Moonlight snowshoe walk at Gilbert Lake State Park. Meet at first parking lot at 6pm. We will walk between one and two hours depending on what the group wants to do. Dress in warm layers. Bring snowshoes, poles, water. Call leader a day or two in advance as the best clear night might not be on the actual full moon night. Snowshoes available for use, call ahead. Rated C+.

1/9 Tuesday Jo Koenig 432-4975 Arnold Lake.

1/13 Saturday Joe Hart 829-8358 Snowshoe or hike West Branch Preserve.

1/16 Tuesday Irv and Monica Peters (315) 858-0261 Hartwick State Forest.

1/17 Wednesday Annual meeting Elm Park Methodist Church, 401 Chestnut St., Oneonta 6pm potluck dinner followed by 7pm election of chapter officers.

1/20 Saturday Jo Koenig 432-4975 Hike, ski or snowshoe Arnold Lake Trail. Inclement weather alternative is Sunday, 1/21.

1/23 Tuesday Nuala MacCabe 547-9501 Clark Tower, Cooperstown.

1/27 Saturday Harry Barnes and Muffy McDowell 829-5307 Hike, ski, snowshoe and soup at Long Acre Farm near Treadwell.

2/2 Friday Steve Herrmann 432-2157 Moonlight snow shoe walk at Gilbert Lake State Park. See January 3 for details.

2/3 Saturday Ernest and Heide Mahlke 432-2583 Hike or snowshoe Finger Lakes Trail from to Shear Road to Getter Road, south of Masonville. Rated B. Inclement weather alternative is Sunday, 2/4.

2/6 Tuesday Kathy Allen 547-8030 Basswood Pond State Forest.

2/13 Tuesday Norma Lee Havens 432-3154 Gilbert Lake State Park.

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- 2/20 Tuesday Nina and Jo Hart 829-8358 Texas School House State Forest.
- 2/21 Wednesday Monthly meeting Elm Park Methodist Church, 401 Chestnut St., Oneonta 6pm potluck dinner followed by 7pm program, "Tibet and Everest Base Camp," with Charles and Su Hartley.
- 2/24 Saturday Rita Salo 432-3656 Cross country ski at Basswood Pond State Forest.
- 2/27 Tuesday Barb & Jack Meeks 263-2406 Gilbert Lake State Park.
- 3/3 Saturday Steve Herrmann 432-2157 Moonlight snow shoe walk at Gilbert Lake State Park. See January 3 for details.
- 3/6 Tuesday Erika Heinegg 832-4204 Bovina Woods, see maple syrup making in action.
- 3/7 Wednesday Executive Committee quarterly meeting 7pm at Elm Park Methodist Church. Contact Erika Heinegg at 832-4204 with questions and concerns.
- 3/10 Saturday Foot-Loose deadline Contact Danny Birnbaum with articles, trip reports and photographs. susquehannaadk@aol.com, 746-7059
- 3/13 Tuesday Julie Smith 432-8642 TBA.
- 3/20 Tuesday Barb Means 432-4903 Van Hornsville Gorge or the Oneonta Greenway.
- 3/21 Wednesday Monthly meeting Elm Park Methodist Church, 401 Chestnut St., Oneonta 6pm potluck dinner followed by 7pm program, "Paddling Hitchens Pond in the Adirondacks," with Irwin Gooen.
- 3/24 Saturday Ernest and Heide Mahlke 432-2583 Hike or snowshoe entire Arnold Lake circuit, starting and ending at Joe Cornell Road. Approximately 6 miles. Inclement weather postpones outing until Sunday, 3/25.
- 3/27 Tuesday Rita Salo 432-3656 Basswood Pond State Forest.



Tuesday Hikers at Hooker Mountain, Town of Maryland. *Photograph by Doug Fielder*



**President Curt Miller** said that ADK is holding on, but balancing the budget depends on donations. Dues only pay for about 20% of our operations.

**Executive Director Neil Woodworth** and Marisa Tedesco attended the argument of the Duke Energy case in front of the US Supreme Court, the first Clean Air Act case to be heard by the court. The issue is whether or not utilities that built coal burning plants were required by the Clean Air Act to install new gas scrubbers and other pollution control technologies. Chesapeake Bay Foundation underwrote ADK's legal expenses. The hearing generated much interest on talk shows and in the news. The December 8 issue of *The New Yorker* had a page about this in the "Talk of the Town" section.

*Adirondac* has been upgraded with new content and heavier stock and color. The new look should be well received by members. Our web site also has a new design.

**Finances:** A resolution for an increase in membership dues was passed. Publications is still losing money. We need to make ends meet. The sale of Lot #2 is still pending but it appears that the sale will finally take place in the near future. ADK will receive \$85,000 for this parcel.

**Education and Programs:** Five interns finished the summer program at Heart Lake. The interns are paid with money from the \$180,000 Lillian M. Slater Charitable Trust Fund. Education Director Jen Kretser and Summit Steward Julia Goren have returned from a three week international exchange program in Siberia. They presented *Leave No Trace*, interpretive, and exhibit design workshops and training. Guided hikes to trailless

peaks have been very popular. This program will be continued for winter hikes. (*While our group was at the Loj in September we watched a group getting set to hike to Marshall.*)

**Development:** Harvest Moon Madness was a great success, bringing in \$51,000 with another \$9,000-\$10,000 generated by the on-line auction. Although fewer members attended the dinner, the event brought in over \$6,000 more than last year. Membership showed a decrease of 825 households compared to October 2005. ADK is not alone as other outdoor organizations are also having membership retention problems. Donations: Appeals for contributions to ADK have been sent out. Only 14% of members donate over and above dues. As only 20% of our budget is funded by dues, money must come from other sources. (*Susquehanna members, please consider an end of year donation.*)

**North Country:** Progress has been made with the state on planning for the Visitor Service Facility to be built on the edge of the Loj property. DEC would lease land from ADK. Discussions are on hold until appointments have been made by our new governor. The Loj was closed for a week in early December in order to completely remodel the women's bathroom. Tom Andrews and his crew of skilled volunteers are working on this huge undertaking. (*Hopefully, everything will be finished by the time we have our Winter Weekend at the end of January.*) In preparation for the winter season, volunteer work weekends at the Loj and JBL were very successful.

The December 2006 issue of *Backpacker* magazine has a great article about the ADK trails crew.

*Aleda Koehn*

### Susquehanna Chapter Member is Art Prize Winner

In a competition of the national magazine *American Artist*, Carol Saggese won first prize for her casein painting entitled "Last Light." Following are excerpts from the magazine.

" 'Although I've always had an interest in art, I'm a nurse by profession,' says First-Place winner, New York artist Carol Saggese...Saggese has exhibited her watermedia paintings in numerous local, regional, and national juried exhibitions and won an award in the Adirondack National Exhibition of American Watercolors. She is a signature member of the Central New York Watercolor Society and is represented by the Artisans Guild, in Oneonta, New York."

Carol started painting after she joined our chapter. She does many of her sketches in the Catskills and Adirondacks. Some are done while hiking or canoeing with our groups. Anyone with internet capability can see this painting and others by entering "Carol Saggese" in a Google search.

*Jo Koenig*

## Fighting for Clean Air

In the fall of 2004, The Environmental Protection Agency approved an administrative rule weakening the New Source Review (NSR) provision of the Clean Air Act. NSR requires power plants to install scrubbers or other pollution controls if the facilities are modified to extend the life of the plant, and an increase in acid depositions, mercury, and smog result. The NSR provision has been the underpinning of New York Attorney General Eliot Spitzer's lawsuits against coal burning power plants operating illegally without modern pollution control devices such as scrubbers. Approximately sixty coal-burning power plants upwind of New York State are operating without scrubbers or other pollution control technology.

A number of court cases involving the Clean Air Act are making their way through the court systems, and ADK is part of the process. Both Neil Woodworth and Marisa Tedesco, ADK's Conservation Director, were present for oral arguments before the Supreme Court this November. In this case (*Environmental Defense v. Duke Energy*) Duke argued that, even though its massive rebuilding projects caused yearly emissions increases, its hourly rate remains within EPA's limits (it just operates for longer hours!). It claims it has no obligation to install cleaners. Clean air advocates countered that Congress, in enacting the Clean Air Act, intended to significantly reduce the actual amounts of air pollution.

A decision on this case is expected in 60 to 90 days.

In an earlier case, ADK was granted intervention along with other national environmental organizations in a lawsuit brought by the attorneys general of 13 states against EPA. The DC Circuit Court of Appeals ruled against EPA, finding that the agency has little legal leeway to grant polluters exceptions and waivers that would frustrate the goal of reducing acid rain, smog and mercury emissions. EPA's and the coal lobby's legal options on gutting the NSR rule are now exhausted in the D.C. Circuit. Their final chance lies in an appeal to the United States Supreme Court. ADK is prepared for this eventuality.

The specter of the planet rapidly and disastrously heating up, and the question of what to do about it, hang over the argument in *Massachusetts, et al., v. Environmental Protection Agency, et al.* EPA contends that it not only lacks the authority to regulate carbon dioxide, a major source of "global warming," but also that it would not do so even if it could. The appeal by Massachusetts and its allies raises two issues: whether EPA may decline to issue emission standards for new cars and trucks based on policy considerations not spelled out in the Clean Air Act, and whether Congress gave the EPA administrator authority to regulate carbon dioxide and other air pollutants associated with climate change.

*Linda Seifried*

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## Adirondack Loj Winter Weekend

Twelve Susquehanna Chapter members are signed up for what we hope will be a skiing and snowshoeing weekend, January 26<sup>th</sup> to 28<sup>th</sup>. The North Country in winter is a wonder to see. We always have a great time, outside in the cold or inside by the fire. If you are interested you may call the Loj directly at (518)523-3441 to see if any places are still available. And please let me know if you want to go as we can share rides.

*Aleda Koehn 432-8870*

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*From the Secretary, continued from first page*

The Susquehanna Chapter would like to extend special thanks to this year's contributors to our basket: Daylilly Dreams Bed & Breakfast of Cooperstown; Brewery Ommegang; The Fenimore Art and Farmers' Museums of Cooperstown; The National Soccer Hall of Fame; Sewell's Home Brewery; Soap Rocks of Oneonta; McCoy's Honey; and B. Kratzenstein, artist. Thanks also to the Cooperstown Brewery, which supplies drinks for the beer-tasting at the fundraiser auction. We appreciate it!

*Linda Seifried, Secretary*

## Trip Reports

On October 3, a perfect fall day found 14 hikers climbing Overlook Mountain, subject of one of Alf Evers' Catskill history books. We had great views of the Hudson Valley and explored the old Mountain House ruins, and some of us climbed the fire tower. The easy trail, approximately 5 miles round trip, is accessed from Route 212 near Woodstock with parking/trailhead across from the monastery. *Gerri & Christie Scheele*

Tuesday, October 31. *Doug and Scott Fielder* led a hike on state land on Hooker Mountain, the highest point in the Town of Maryland. The weather was beautiful, partly cloudy and in the 60's. Thirty six people participated and were stared at by a curious chipmunk in a tree. Following the hike, the group ate lunch on the Fielder's deck with apple cider provided.

There were 23 of us that hiked the Goeypond Road in Milford on November 14th. It was an easy walk on a seasonal road and no one seemed to mind the light drizzle. One point of interest along the way was the newly-rebuilt Chlorinator Road and bridge that was completely washed out in the June flood. I supplied a picture of the waterfall that covered the road the morning of the flood. Afterward, every one enjoyed a nice warm dry lunch at Jackie's. *Bev Hensle*

Tuesday, December 5. Sixteen people met at Pine Lake for a very enjoyable hike to Mud Lake and back. One person stayed close to the lodge and walked some of the lower property. It was a cold but sunny day with about an inch of snow on the ground. With the exception of one high water creek crossing--and with help getting over it from the guys--the path was very pleasant. We all ate our lunch inside the lodge where it was quite warm. *Julie Smith*

December 12. Thirty-two Tuesday Hikers gathered at Tom Salo's Christmas Tree Farm for what has become an annual Christmas Season tradition. We walked among the evergreens and the woods, and stopped for a while at the pond and the old cemetery. Hot spiced cider and five kinds of soup were served, along with a wonderful array of snacks and goodies brought along by the hikers. Thanks to Barb Meeks, Monica Peters and Bev Hensle for the delicious soups they contributed. Also, thanks to those early arrivals who helped Tom carry his tree baler down to the barn for repairs and to those who helped carry it back afterwards. *Rita Salo*

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## Trails Report

Arnold Lake trails are the ones we frequently use in winter. They are in good shape. Nina and I have gone over them this fall and there are no blowdowns that we know of. Hick State Forest is unavailable to us again this winter because of logging, but Bear Swamp may be ready. We missed the opportunity to clear our trail down to the pond there before rifle season but we'll get up there after the tenth of December and go over it. We went over the railroad bed on the West Branch of the Delaware east of Walton in early December and took out the blowdowns there. For some reason, this old Ontario and Western railroad bed generates a prodigious crop of blowdown, so this trail carries a short warranty after clearing. The floods in June had one positive effect: they brought down a large amount of gravel in the streambed that cuts a deep channel across the trail, filling it enough so that skiers should be able to get across easily.

There's good news from DEC concerning the Blue Ridge Wilderness Area. They anticipate clearing the cross-over trail from Cascade Lake to the spring on the Wilson Pond trail in the summer of 2007. This abandoned 19th century road, which was first explored by Johanna Koenig and Bill Walling for the chapter in 2000, will then be available as a marked trail from Stephens Pond through to the Wilson Pond trailhead on Route 28. We will be able to help with this work as we did before on the Wilson Pond trail. When I get dates in the coming months I'll be advertising this golden opportunity to sweat, cuss and exhaust yourself in beautiful surroundings.

*Joe Hart, Trails Chair*

## Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

c/o Danny Birnbaum, Editor  
315 Sal Bren Road  
Delhi NY 13753

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.susqadk.org](http://www.susqadk.org).

### Susquehanna Chapter Officers and Committee Chairs

<b>Chair:</b> Lucille Wiggin 432-1022 wiggin@stny.rr.com	<b>Outings:</b> <b>Weekend:</b> Ernie Mahlke 432-2583 mahlkeed@yahoo.com	<b>Publicity:</b> Moira Beach 433-2832 beachmj@oneonta.edu
<b>Vice-Chair:</b> Ernie Mahlke 432-2583 mahlkeed@yahoo.com	<b>Mid-Week:</b> Barb Means 432-4903 meansbar@oecblue.com	<b>Newsletter:</b> <b>Editor:</b> Danny Birnbaum 746-7059 susquehannaadk@aol.com
<b>Secretary:</b> Linda Seifried 265-3780 sseifried@mkl.com	<b>Trails:</b> Joe Hart 829-8358 ninajoe@frontiernet.net	<b>Mailing:</b> Rita Salo 432-3656 jrsalo@dmcom.net
<b>Treasurer:</b> Nina Hart 829-8358 ninajoe@frontiernet.net	<b>Blue Ridge:</b> Joe Hart 829-8358 ninajoe@frontiernet.net	<b>Web site:</b> Johanna Koenig 432-4975 jkoenig@stny.rr.com
<b>Director:</b> Aleda Koehn 432-8870 akoehn40@hotmail.com	<b>Conservation:</b> Linda Seifried 265-3780 sseifried@mkl.com	<b>Refreshments:</b> Jean Seroka 988-7007
<b>Membership:</b> Rita Salo 432-3656 jrsalo@dmcom.net		

Chapter meetings are held the third Wednesday of the month at the Elm Park Methodist Church, 401 Chestnut Street, Oneonta (except where noted). Members and the public are invited to our early evening potluck supper at 6:00 p.m. (please bring your own table service and mug or cup); programs begin at 7:00 p.m., followed by a short business meeting.

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
- Adirondack Magazine six times a year
- invitations to member only outings and extended trips
- discounts on ADK merchandise
- 20% discount on ADK trail guides, canoe guides, maps, books and calendars
- reduced rates at ADK facilities: lodges, leantos, cabins and campground
- membership in one of ADK's 27 chapters throughout the Northeast
- a FREE copy of the book *An Adirondack Sampler - Hikes for All Seasons* by Bruce Wadsworth

For more information go to [www.adk.org](http://www.adk.org) or call (800) 395-8080