



Foot - Loose!

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

Volume 16, Number 3

July 2004

...from the Chair

Have You Seen the Catskills?

This year we celebrate the 100th anniversary of the creation of the Catskill Park. Many of you are no doubt far more familiar with the Catskills than I, a relative newcomer to New York. However, I would like to share with you some of my favorite places in the Catskills in hopes of luring you into the park this year to celebrate its centennial.

Flowing water has always held a certain fascination with me. Perhaps this fascination stems from an incident of which I have no recollection. Apparently, a parent had to pluck a diaper-clad me out of the rushing waters of Jim Creek (pronounced crick) as I floated face down with the current. I don't know, maybe I was trying to see where a dipper went. At any rate, the Catskills are full of flowing water.

Everyone should see Kaaterskill Falls at least once. The falls are awesome and so is the impact of visitors. This site always reminds me that we must work to reduce the damage we cause in high traffic areas. If you visit on a hot day, the spray is very refreshing. Buttermilk and Wildcat Falls are two high waterfalls that are worth seeing. The views across the Hudson River and down into Kaaterskill Clove are very nice, and it's a long way down. Although not nearly as high, another of my favorite falls is located on private land about 0.9 miles up the Seager Trail. Something about this falls really appeals to me but I can't quite put my finger on it.

Warner Creek is located along a newly opened section of trail connecting Tremper Mountain with NY 214. I have only been there once but it seems like a good area to explore further. One of my favorite creeks is the upper East Branch of the Neversink River. It runs through a beautiful little valley that I never tire of but I always seem to be tired when I hike into it. Echo Lake is an easy hike to a beautiful little pond in a nice setting. It's a great place to eat lunch when the bugs aren't too bad. Another short trip to a good lunch spot is the Huckleberry Point Trail. The hike is easy and the view into Plattekill Clove is spectacular.

As far as peaks go, among my favorites are the four bushwhack peaks between Table Mountain and Cornell Mountain. These include Lone, Rocky, Balsam Cap, and Friday. A long but enjoyable hike follows the Delaware-Hudson divide over these peaks as far as time will allow.

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CHAPTER CHANGES AND NEWS YOU CAN USE

Membership News

New members from February, March and April 2004:

Elizabeth Austin - 164 Glen Dr. Apt. B, Oneonta, NY 13820
Charles & Judith Collier - 241 Kilkenny Rd., Unadilla, NY 13849, (607)369-9561
Lee Farrara - 22 Center St., Oneonta, NY 13820, (607)432-8913
Joel Fox - 477 Cty. Hwy. 42, Maryland, NY 12116, (607)638-9390
Inez Hymers - 268 Cty. Hwy. 47, Oneonta, NY 13820, (607)432-9256
Elaine King - 8129 St. Hwy. 28, Richfield Springs, NY 13439, (315)858-9451
Bruce McFee - 906 Cty. Rd. 35, Guilford, NY 13780, (607)843-5111
Frank & Cindy Waterman - 470 Heritage Hill Rd., Oneonta, NY 13820, (607)433-2161

Welcome to all of you! We hope to be giving you your Chapter Patches at a meeting in the near future. Although we gained eight new memberships, seven old members did not renew. That leaves us with a grand total of 212 households.

Rita Salo, Membership Chair

We Will Be (at the) Grand and Glorious

This year's Grand and Glorious Garage Sale, the Catskill Choral Society's annual fund-raiser, will be held on Main Street, Oneonta, on September 11. As a chapter, we have decided to rent a table in order to raise awareness of ADK. Jean Seroka will coordinate our presence at the "garage" sale. We will, of course, have ADK and Susquehanna Chapter information available. As well, we are asking members if they have any good, used outdoor equipment they are willing to part with, to make a donation to the chapter by making these items available for sale at the event. Final details remain to be worked out, but Jo Koenig will store items for the sale and will hold unsold items until members pick them up after. Volunteers are needed to staff the table.

Please contact *Jean* at 988-7007 for more information.

Chapter Nominating Committee Call for Volunteers

By the end of 2004, several members of our chapter's executive committee will have served their maximum terms. We will need to elect a new chairperson (or two co-chairs), a vice-chair, and a secretary.

In preparation for choosing candidates we have begun to form a nominating committee, which will have until fall to propose candidates. The committee will consist of three chapter members, one of whom must be a member of the executive committee. Julie Smith, our current secretary, has volunteered to be on this committee. Can you help out with this? Help will be available from the executive committee, and all that is required is to enjoy speaking with fellow members!

Linda Seifried

Susquehanna Chapter Loj Weekends

FALL WEEKEND AT ADIRONDACK LOJ SEPTEMBER 10-12, 2004
We have reservations for one private room and six places in the upstairs bunkroom. Join fellow ADKers for a pleasant late summer visit to the North Country. By this time most of the bugs are gone and the air has that wonderful smell of coming fall. We need to have a commitment by early August or I will have to cancel.

WINTER WEEKEND AT ADIRONDACK LOJ JANUARY 28-30, 2005.

With summer here, can winter be far behind? We have reservations for two private rooms, one four-person downstairs bunkroom, and four beds in the upstairs bunkroom. We all had such a great time last winter, be sure to reserve early and join the fun.

For more information or to reserve a place for either trip please contact *Aleda Koehn* at 432-8870 or akoehn40@hotmail.com.

New Otsego County Trail Guide Published

A new trail guide, *Otsego Walks and Paddles*, has recently been published by the Otsego County Conservation Association (OCCA). Originally planned as a revision of the Otsego Trail Map published several years ago, the project morphed into a wholly new publication, a 40-page booklet with maps and descriptions on facing pages. Included are a dozen hikes and short walks in and around Otsego County and an introduction to canoeing the Susquehanna River.

The guide was prepared by a working team consisting of Bill Brosseau, Joe Hart, Nina Gunzenhauser Hart, and Teresa Winchester. The cartography was done by Therese Brosseau, and the booklet was designed by Cynthia Dunne of Blue Farm Design. Irwin Gooen gave advice on the canoeing section, and a number of ADK members helped by checking maps and trail descriptions for accuracy and clarity.

The guide is free, thanks to donations by a number of local sponsors, including the Susquehanna Chapter of ADK, which contributed \$200. Copies are being distributed at our chapter meetings, the OCCA office (101 Main St., Cooperstown) and the Otsego County Tourism Office (242 Main St., Oneonta) and will also be available at various sporting goods stores, chambers of commerce, town and village offices, public libraries, and other venues.

Nina Gunzenhauser Hart

Susquehanna Chapter at 2004 General Clinton Canoe Regatta Better and Better!

ADK was back in the General Clinton Canoe Regatta mixed relay race this year. “Better and better” could describe the team’s performance time (we shaved 20 minutes off our paddling time from 2002, the first year of participation, finishing in just under 5 hours). Or it could refer to the good time had by members, both the paddlers and the supporters who watched the teams set off in the swift-moving river.

“It was a blast!” said John Salo, summing up the feeling of all 5 teams.

The mixed teams of paddlers were John and Rita Salo for the first lap; Cindy and Frank Waterman for the second lap and Sue and Kaye Sanford for the third, both teams paddling for the first time as new members of our chapter; Monica Peters and Bill Kratzenstein in the fourth lap, and Stef and Linda Seifried for the final lap.

These five teams had the fun of actually paddling in the race, but they are only half the story (or, half the effort). Making it all happen were other members of ADK. Jack and Barb Meeks were there from the start of the race to the finish, keeping things organized and, well, “flowing.” Paddlers had the luxury of standing knee-deep in the river while Jack, ably assisted by Joe Hart, splashed out further to retrieve the arriving canoe and swing it to shore so that one team could hop out quickly and pass the paddles to the next team. (Yes, Jack and Joe **did** get wet, and yes, the water was **cold**!) At the finish in Bainbridge, these two hauled the canoe out of the river and cartopped it for its return to the Salos’ home.

Jack was quick to point out that much credit this year goes to Rita Salo for taking care of all the paperwork that goes with this event. In addition, Rita, with the help of Nina Hart and other friends, acquired a set of handsome orange caps to make our team more visible and then created the ADK logo in felt for the front of the cap. We felt quite proud running about in these caps! After all this, plus paddling in the race, Rita and John hosted a jovial picnic supper afterwards, in their spacious back yard. Here, stories were exchanged and paddlers planned new strategies for next year; for example, Monica wants to try putting the “power paddler” in the front of the canoe (it works for Serge!).

Many thanks go from the paddlers to the supporting club members who were cheering us on from the shore and the bridges, and especially to those who enabled this event to take place.

Linda Seifried



2004 relay team: Back row — Stef Seifried, Frank and Cindy Waterman, Kaye and Sue Sanford, Monica Peters, Bill Kratzenstein, John Salo; Front Row — Linda Seifried, Jack and Barb Meeks, Rita Salo

Photo by Johanna Koenig

THANK YOU

(The Delhi and Walton areas were hit last year with heavy winds, which caused extensive blowdowns in several areas of the valley.)

Mr. Dave Truscott, Steward
West Branch Preserve, The Nature Conservancy

June, 2004

Dear Dave,

Here's a thank you note to you and your helpers from the Susquehanna Chapter of the Adirondack Mountain Club for the clearing job you did on the West Branch Preserve after the extensive blowdowns last year. The West Branch is one of our favorite hikes and on our trip there this spring we were astonished at the number of trees you cut out of the trail. What a job! You are an inspiration for us all!

Signed,
Executive Committee on behalf of the Chapter

AN UPDATE ON THE LOST SANDWICH BOX

Here is an update on the lost sandwich box for those who were present on a hike more than 2 years ago when Heide Seaman-Mahlke's sandwich box lid slid down a deep crack on Twin Mountain during our lunch stop. Rest assured, said tin was recovered several Sundays ago, when we hiked up the mountain armed with a specially fashioned 3.5-foot metal hook. After some assiduous probing along the 12-foot crack, we located the tin, which had rested there for more than 2 years out of sight and reach of anyone, especially porcupines, since the tin was made of aluminum. We're happy that our box is complete again, keeping our hiking sandwiches cool and together. Who said, "little things mean a lot"?

Ernie Mahlke

BOARD OF DIRECTORS REPORT

Jo Benton has resigned as Executive Director of ADK, effective June 30, 2004. At the board of directors meeting on June 12, 2004, a resolution was unanimously passed, appointing Neil Woodworth to a one-year contract as the new Executive Director. Neil has been an active member of the club since 1979 and has most recently served as Deputy Executive Director and Counsel, doing an excellent job advocating ADK's interests in Albany.

Neil will continue to do the high-level advocacy part of his previous job – meeting with the Governor, DEC officials and legislators – but will turn over the Albany office's routine work to Legislative Associate Marisa Iannacite and Legislative Intern Renee Shurm. As part of his set of responsibilities, Neil will have to make sure that his work as Legal Counsel is still covered. This will probably mean that at least some of the legal work will be contracted out to other attorneys.

Everyone on the board thanked Jo Benton for her leadership during the past 10 years. Neil added that Jo has done much to facilitate the transition to new leadership. The board welcomed Neil Woodworth as the new Executive Director of the Adirondack Mountain Club and held a retirement dinner for Jo Benton in the evening of the board meeting.

Aleda Koehn

ALL-CLUB FALL OUTING

ADK's Fall Outing will be held September 17-19, sponsored by the Genesee Valley and Niagara Frontier Chapters. It will be centered near Rochester, with easy access to Letchworth State Park, the Finger Lakes, and western New York.

Come enjoy the hills, gorges, wildlife, waterfalls and wine country of the region. Activities include hiking, biking, canoeing, kayaking, nature and historic walks, and winery tours. Call Linda for details, or go to ADK's website, www.adk.org, click on Recreation, then Seasonal Outings.

Linda Seifried

Tuesday hikers at Cooper Family Preserve.



Pictured from left:
Erica Baker-Heinegg,
Ted Kantarowski,
Gladys Rayher,
Barb Meeks,
Kay Kantarowski,
Rae Consigli,
Mary Dunkle,
Mary Lou Austin,
Jack Meeks

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

Participants must have a level of fitness appropriate for the type of activity and must bring proper clothing and gear. Bring enough water to stay hydrated, especially in our hot and humid summer season.

It is the responsibility of each trip's leader to make sure all participants sign a release form. Tuesday leaders contact Lucille Wiggin for forms; weekend leaders contact Steve Herrmann.

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|----------------------|--|----------------------|--|
| July 6, Tuesday | Joe and Nina Hart | 829-8358 | Hike Masonville section of the Finger Lakes Trail. |
| July 13, Tuesday | Ernie Mahlke | 432-2583 | Hike in Texas Hollow State Forest. |
| July 20, Tuesday | Irvin and Monica Peters | (315)858-0261 | Canoe or hike depending on weather. |
| July 21, Wednesday | No monthly meeting, but we will have our annual July pot-luck picnic at the large pavilion in the upper level of Wilber Park, Oneonta, off the east end of Center Street. 6pm. Bring a dish to pass, drinks for yourself, and table service. | | |
| July 24, Saturday | Ernie & Heide Mahlke | 432-2583 | Hike Finger Lakes Trail going south from Hogan Road to Buckley Hollow corners in Oxford. Need to spot a car for this linear hike which is 6.9 miles over very moderate terrain and going downhill more than uphill. There will be a 1.25 mile road walk. |
| July 27, Tuesday | Lucille Wiggin | 432-1022 | Crumhorn Mountain. Hike 2 miles and swim afterward for those who wish. |
| August 3, Tuesday | Irvin and Monica Peters | (315) 858-0261 | Canoe or hike TBA. |
| August 10, Tuesday | Ivan and Gerda Gyori | 397-8883 | Hike Bear Swamp, about 4 miles. |
| August 17, Tuesday | Jo Koenig | 432-4975 | Canoe on Goodyear Lake. |
| August 18, Wednesday | No monthly meeting, but we will have an evening picnic at Barb and Chalmers Means's house. 6pm. Come early and swim in lovely pond. 236 Bert Washburn Road (off County Route 8), Otego. 432-4903 Bring a dish to pass, drinks for yourself, and table service. | | |
| August 21, Saturday | Jo Koenig | 432-4975 or 286-9898 | Canoe on the Susquehanna. Exact location to be decided by water level. Note: Canoes and kayaks are now available for rent in Portlandville at the Paddle Shack. Call in advance for details and to reserve boats if needed. Rated C. |
| August 24, Tuesday | Julie Smith | 432-8642 | Bike or hike Stamford Rail Trail. Rated C. |
| August 31, Tuesday | Fran Darrah | 286-3301 | TBA. |
| September 7, Tuesday | Bill Kratzenstein | 988-9039 | TBA. |

SUSQUEHANNA ADK CHAPTER WINTER 2004 SCHEDULE
Outings and Meetings

Continued from page 5

September 8, Wednesday Chapter Executive Committee meeting. Contact Linda Seifried with concerns, issues or agenda items. 265-3780 sseifried@mkl.com

September 8, Wednesday Deadline for submission to Danny Birnbaum of articles, trip reports and schedules for fall issue of Foot-Loose. 278-5259 susquehannaadk@aol.com

September 12, Sunday Steve Herrmann 432-2157 Mountain bike in Norwich at Whaupanaucou Forest. I can't pronounce it but I know it will be fun! Intermediate trails with some good hills. Approximately 7 mile loop. Must have mountain bike, helmet, water, lunch. Call for further details. Rated B.

September 14, Tuesday Erika Baker-Heinegg 746-2600 Walk to Lake Delaware Episcopal Church. 4 mile round trip.

September 15, Wednesday Susquehanna Chapter monthly program and meeting 7:30pm, Elm Park Methodist Church, 404 Chestnut Street, Oneonta. Program to be announced.

September 18, Saturday Ernest & Heide Mahlke 432-2583 Hike North Point from North Lake Beach in Catskills. Lovely views of North and South Lakes, the Hudson Valley, and the Catskill Mountain House site if the weather cooperates. 2.5 miles to North Point and return via the same route or slightly longer route via Mary's Glen Falls. The latter would include a 2/3-mile road walk. Call for further details. Rated. C.

September 21, Tuesday Jo Koenig 432-4975 or 286-9898 Hike in the Catskills TBA.

September 25, Saturday Jo Koenig 432-4975 or 286-9898 Hike on Old Overlook Road to Echo Lake and return. Eight miles round trip on graded road. Call for details. Rated C+.

September 28, Tuesday Mary Dunkle 547-2162 Hike to Van Hornesville Falls and Glimmerglass Wetlands. Between 2 and 3 miles. Rated C.



Catskill Escarpment: from left - Betty Smith, Frances Darrah, Gladys Rayher *Photo by Johanna Koenig*

TRIP REPORTS

March 30, Tuesday Twenty-six hikers took advantage of a brilliant spring day to hike up to Mud Lake at Hartwick College's Pine Lake. On the way we took a detour on a poorly marked new trail which eventually brought us back to the main trail. After admiring the frozen pond and surrounding quaking bog we ate lunch on the trail and took the easier main trail back to the parking lot.
Bill Kratzenstein

April 6, Tuesday With a strong tail wind at our back, 12 walkers set off at a good pace on the Rail Trail from Bloomville to South Kortright. We stopped to watch a Canada goose setting on her nest while her faithful partner tried to get our attention away from her. We enjoyed lunch where there was a bench, rocks and a bubbling stream. On the outskirts of South Kortright an old barn had its front door ajar, allowing chickens of all sizes and colors to run free. A peacock was with them but refused to spread his beautiful tail. We had a good time; we hope they did, too.
Frances Darrah

April 13, Tuesday On a dreary and gloomy day with the potential of rain, 14 hikers had quite a pleasant time going through the woods from Chicken Farm Field to Star Field overlooking Otsego Lake. We were all glad we had braved the elements.
Nuala MacCabe

May 4, Tuesday We walked from Blend Hill Road to Herrick Hill Road along the skimobile trail that follows the ridge. Our very kind neighbors gave permission for us to hike all over the hills behind our house. The highlight of the day was a four-day-old colt at Fred Volpe's place on Upper West Street. We walked over the hill to the back of our house and ate lunch on our back deck. There were 21 hikers in all.
Rita and John Salo

May 11, Tuesday Our hike to Landis Arboretum in Esperance attracted 34 ADKers. On this perfect Spring day we enjoyed the gardens, birds, wild flowers, exotic plant specimens, trees of every sort, and each other.
Jane Ford-Richards and George Richards

May 15-16, Saturday-Sunday Although only one other ADK member (Alan Steinberg of Afton) had signed up for the Adirondack canoe-camping trip, our campsite on Hitchins Pond, gateway to Lows Lake, hosted quite a number of other, uninvited guests: hordes of mosquitoes and blackflies. Despite this invasion of biting insects, relieved only by occasional breezes or by being out on the water, the paddling was fun, the food superb, and the companionship par excellence. The on/off drizzle ended on a cool overnight, and Sunday AM opened for a clear, sunny day. A good time was had by all; er...that is, both.
Irwin Gooen

May 18, Tuesday Wildflower Walk: The Tuesday group gathered at the upper parking lot at Gilbert Lake State Park on May 18th. We all wore raincoats and some carried umbrellas as we questioned whether we really wanted to walk in the rain. Just as 19 of us started out, the rain stopped and the sun came out! It was a beautiful day for a walk; the vegetation was especially green after the rain and the red efts lent a spot of color to the forest floor. We

saw a plethora of wild flowers including dwarf ginseng, the last of the painted trillium and the first of the toothworts. It took two different flower books for us to identify rare twisted stalk, a new flower for many of us. Lunch at a picnic table under a blue sky with the view of the lake was enjoyable for everyone.

Barb and Jack Meeks

May 25, Tuesday Escarpment Trail: We did it all! On a cloudy day—but no rain—a dozen walkers made their way to the Catskill Mountain House site. We scrambled up and down the Escarpment Trail for views across the Hudson Valley via the Boulder and Split Rock Loop, followed by another mile level loop through a wildflower-filled woods. We ended the day with a half-mile walk to view Ashley Falls. All felt that the Catskill trails and views were worth the long drive!
Jo Koenig

June 1, Tuesday A group of 12 hikers gathered at the Kantorowski home on County Highway 52. Skies were cloudy and the forecast was for rain and thunderstorms, but as the group left the driveway and proceeded up the path by the front lawn into the woods, the skies brightened and the sun finally broke through. The hike was a loop along the Red Creek and through conservancy property where several wild plants were identified by the experts, as well as delightful bird serenades. The rain didn't arrive until lunch at the house was finished! A great morning!
Kay Kantorowski

June 5, Saturday It was a perfect morning for a bike ride on the Rail Trail from Grand Gorge to Stamford and back. Along the pathway, patches of pink and white Dame's Rocket stood out against the bright fresh greenery of late spring. Every so often we pedaled through pockets of a sweet smell that we later saw came from locust trees in bloom. We ended with lunch in Grand Gorge and returned before the rain started.
Aleda Koehn

...from the Chair (continued from Page 1)

Be sure to catch the east faces of Balsam Cap and Friday if you can. When time runs short, bail out into the Neversink Valley and enjoy the hike out. No wonder I'm always tired when I get to this valley.

The Blackhead Range is also a nice area. There are several short hikes in the area or one could hike the entire range. I especially like the Blackhead Range in winter. Hunter Mountain offers a variety of routes to the summit from easy (up the chairlift and a little walking on the Colonel's Chair trail) to the unrelenting (Becker Hollow Trail). However you get to the top, the fire tower is one of the highlights, giving a 360° view of the area. Don't forget the overlook near the site of the old fire tower. The chairlift operators at the ski area probably still talk about the end of one of my Hunter Mountain trips, but that's a story for another time.

I hope my ramblings have sharpened your appetite for a trip to the Catskills sometime this year. Either a hike I've mentioned, one of your favorites, or an exploration of new territory would be a wonderful way to celebrate the Catskill Park's 100th anniversary and come to better appreciate one of our truly amazing natural areas.

Jim Vogler

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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Refreshments: Open

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, lean-tos, 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