



Foot - Loose!

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

Volume 18, Number 3

July 2006

...from the Conservation Chair

Wilderness in NY State

Wild and scenic, remote and quiet...when you consider what's at the other end of the spectrum (developed, blighted, congested, noisy), it's no wonder many yearn to experience wilderness occasionally, or at least to feel secure in the knowledge that such places exist and are accessible to them. Fortunately for us, New York State is well-endowed with areas that are truly "forever wild."

Of course, valuing wilderness does not mean that we are anti-development. We simply understand the need for balance between the two. And when development or misuse threatens to obliterate the last remaining areas of wilderness, we feel compelled to preserve these wild areas, with all their wondrous diversity of plant and animal life.

Sometimes this requires expenditures of money. But once in a while, an opportunity arises to preserve wilderness simply by making the choice to do so - or persuading authorities to make that choice. Two cases in point:

- The New York State Canal Corporation announced last October that it will transfer 719 acres of former reservoir land to the DEC, to await classification by the Adirondack Park Agency. ADK could support proposals to classify these acres, plus approximately 25,000 surrounding acres of the Black River Wild Forest, as Wilderness, since the land meets the standards for wilderness. ADK members who already hike here report that the land has "outstanding opportunities for solitude" despite its proximity to the Utica area, and deserves protection before overuse occurs. Let us hope the authorities choose Wilderness as the designation.

- In Keene Valley, a Temporary Revocable Permit has been granted by DEC, for the second year in a row, authorizing an organized competitive trail running event in which runners will pass along trails in the Giant Wilderness area. Many people question the advisability of such an event taking place in a Wilderness Area, considering this to be a misuse of wilderness lands. Vigilance is required to protect what we have. Stay tuned for developments.

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CHAPTER CHANGES AND NEWS YOU CAN USE

Membership News

Following is the Membership Report from November 2005 through May 2006. It is nice to be able to report that our membership numbers are the highest since I took over this job. The number of households in our Susquehanna Chapter has climbed to 225. Below, our newest members are listed by the month they joined. Please join me in welcoming them. Keep their information with your existing membership list.

Rita Salo

November

Bill Kalimeras, 20 Cedar Street, Saugerties, NY 12477
(845)417-3078
Thomas Lamphere, 181 Riverside Drive, Johnson City, NY 13790
(607)797-3915
April Leggett, 116 Afton Lake Road, Afton, NY 13730
(607)435-1493
Nancy MacNeill, 716 Imperial Woods Drive, Vestal, NY 13850
(607)748-1026

December

Kim Gwozdz, P.O. Box 283, Cooperstown, NY 13326
(607)267-2485
Bruce Kramer, Laura Kilty and Family, 27 Estli Avenue,
Cooperstown, NY 13326 (607)547-9225
Suzanne & John Schoonover & Family, RR5, Box 5719, Towanda,
PA 18848 (570)265-8752

January

John and Marleen Babiec, 1647 Yardley Drive, West Chester, PA
19380 (610)918-1550
Lydia Cunningham, 347 Gatewater Court #202, Glen Burnie, MD
21060 (410)787-0831
Charles Durfee, P.O. Box 583, Mount Vision, NY 13810
(607)433-1030
Robert and Michele Langevin and Family, 10 Ritchie Road,
Binghamton, NY 13901 (607)217-4435
Currie & Virginia Marr, 121 Park Dr., Oneonta, NY 13820
(607)432-5434

February

Harry Barnes & Mary McDowell, 14-3 Warner Hill Road,
East Meredith, NY 13757 (607)829-5307

February (continued)

Jim Bouton, 1085 Scott Greene Road, Roxbury, NY 12474
(607)326-4033
Carleen and Ceylon Holbrook and Family, 275 Baker Hill Road,
Otego, NY 13825 (607)436-9931
David Wawro, 1088 Dry Brook Road, Delhi, NY 13753
(212)880-6288

March

Dwight Hughes, 166 Jackson Hill Road, Chenango Forks, NY
13746 (607)648-8304
Ken Quarty, 1194 County Highway 35, Maryland, NY 12116
(607)760-7386
Rosemary and Glen Whitaker, 298 State Highway 28 South,
Oneonta, NY 13820 (607)432-3747

April

Lani King, 8129 State Highway 28, Richfield Springs, NY 13439
(315)858-9451
Charles King and Denise Michelson, 310 Chestnut Street, Oneonta,
NY 13820 (607)432-0528
Linda Pearce, 101 Lincoln Circle, Maryland, NY 12116
(607)432-8969

May

Mary Howes, 585 Evening Inn Road, Oneonta, NY 13820
(607)432-1407
Kurt and Ramona Schafstack and Family, 469 Barringer Road,
Cherry Valley, NY 13320 (607)264-3767
Daniel and Jeanne Swift, 122 Circle Drive, Otego, NY 13825
(607)988-9710
Anthony Uhl, 430 County Highway 58, Oneonta, NY 13820
(607)432-0424
Kenneth Williams, 959 County Highway 33, Cooperstown, NY
13326 (607)547-27011

**Go to www.susqadk.org
to get the latest on Susquehanna
Chapter news and outings.**

**Send an e-mail to
susquehannaadk@aol.com
to receive Foot-Loose by e-mail.**

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In the National Parks as well as in New York Forest Preserve, there is pressure from competing user groups. Many want to see the Wild Forests opened to some form of motorized use. Land managers must choose between preservation through strict regulations, or loosening restrictions to allow new uses, which may be noisy and polluting.

Personally, I sure hope they choose to preserve and carefully protect the wild land we still have.

Linda Seifried

SUSQUEHANNA ADK CHAPTER SUMMER 2006 SCHEDULE

Outings and Meetings

Always call leaders for details.

All area codes are 607.

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+. See www.susqadk.org for changes.

7/4 Tuesday No hike planned.

7/9 Sunday Steve Herrmann 432-2157 Mountain bike ride at Brookfield State Forest. 2-3 hours of riding some of the best trails in the area. Bring water, lunch, helmet. Will probably start around 10:30am. Rated B+

7/11 Tuesday Doug and Scott Fielder 638-5436 Hike on Hooker Mountain, Schenevus.

7/18 Tuesday Joe Hart 829-8358 Relay State Park, Hobart, NY. This will be a Clip Clop Waggle Walk. Bring trail-clearing hand tools as well as lunch and water.

7/19 Wednesday Pot luck supper at the Wiggins' camp on Crumhorn Mountain. Call Lucille Wiggin at 432-1022 for details and directions. Bring a dish to pass, drinks for yourself, and table service including a cup.

7/25 Tuesday Erika Heinegg 832-4204 Hike near Delhi, followed by lunch at a local restaurant.

8/1 Tuesday Irv and Monica Peters 858-0261 This will be a canoe trip plus picnic.

8/4-8/6 Friday-Sunday Nina and Joe Hart 829-8358 Weekend outing in Blue Ridge Wilderness Area, near Indian Lake and Blue Mountain Lake, Adirondacks. See article on page 5 of this newsletter.

8/8 Tuesday Irwin Gooen 432-4861 Keep cool with a walk through Shoggi Boghi Creek in Emmons, NY where we'll often be IN water up to mid-calf. Appropriate footwear (and a change of footwear at end of trip needed), plus a hiking staff recommended for this 95% downhill, 1 ½ – 2 mile trip.

8/12 Saturday Jo Koenig 286-9898 Arnold Lake circuit and swim, about 6 miles. Rated B

8/15 Tuesday Doug and Scott Fielder 638-5436 Hike South Hill in Maryland.

8/16 Wednesday Potluck picnic at Fortin Park, Town of Oneonta, 5:30pm. County Route 47, Emmons, near I-88 exit 16. Bring a dish to pass, drinks for yourself, and table service including a cup.

8/22 Tuesday Jo Koenig 432-4975 Bushwhack to waterfalls and swim.

8/27 Sunday Steve Herrmann 432-2157 Mountain bike local trails in Oneonta area. 2-3 hours of riding. Bring water, lunch, helmet. Will probably start around 10:30am. Rated B+

8/29 Tuesday Lucille Wiggin 432-1022 Canoe Nine Mile Swamp, near Hamilton, NY.

9/5 Tuesday Julie Smith 432-8642 Robert V. Riddell State Park hike, near I-88 exit 17.

9/6 Wednesday Executive Committee quarterly meeting 7pm at Joe and Nina Hart's home, Franklin. Contact Lucille Wiggin at 432-1022 with questions and concerns.

continued on next page

summer schedule, continued from previous page

9/9 Saturday Foot-Loose deadline Contact Danny Birnbaum with articles, trip reports and photographs.
susquehannaadk@aol.com, 746-7059

9/12 Tuesday Erika Heinegg 832-4204 Hike near Delhi, followed by lunch at a local restaurant.

9/16 Saturday Jo Koenig 432-4975 Circuit of Bald Mt., Stamford, about 5 miles. Rated B

9/19 Tuesday Rita Salo 432-3656 Basswood Pond State Forest, near Burlington, NY.

9/20 Wednesday Monthly meeting Elm Park Methodist Church, 401 Chestnut St., Oneonta 6pm potluck dinner followed by program to be announced.

9/26 Tuesday Barb and Jack Meeks 783-2924 TBA

Board of Directors Meeting Report for March 11, 2006

The Board of Directors meeting was held on March 11 at ADK headquarters in Lake George. As has become the tradition in recent years, the club's annual meeting was held from 9am until 10am. This short meeting was immediately followed by the Board of Directors meeting. This report combines information from the two meetings. Another director's meeting is scheduled for June 24, so by the time this is published we will have had another meeting.

We were addressed by Curt Miller, ADK's President. Curt did the best he could but he has been having a great deal of difficulty speaking as he is suffering from myasthenia gravis, a chronic autoimmune neuromuscular disease. He had available a handout that answered some general questions about myasthenia gravis. In the May-June Adirondac Curt writes about his values and beliefs and, briefly, how these relate to his life with this condition.

Finances: Our previously elected treasurer, Mike Durant, has moved to Florida; Tom Wheeler, our former president, has taken over this position. In 2005 ADK had a \$98,000 operating loss, however, the club actually ended up \$105,000 in the black because of the \$180,000 Slater Charitable Trust donation which will provide funding for educational programs. Progress has been made in paying down the debt so the financial picture is much stronger as we go through 2006.

Executive Director: Neil Woodworth spoke about his visits to various chapters during the past year. He was encouraged by the vitality of chapter activities and especially the chapter outings. The individual chapters are extremely important in retaining old members and gaining new members. ADK will work on a Forest Preserve grant to inventory forest preserve land. One objective of this project is to produce digital maps of forest areas.

Neil spoke with pride about ADK's participation in the Clean Air Act lawsuit brought against the EPA and the roles that he and Conservation Director Marisa Tedesco have played in the suit.

DEC and ADK continue to talk about the proposed Visitor Service Facility (VSF), to be built on the edge of the Heart Lake property. Recalling six years of VSF plans/no plans and another very complete Master Plan approved in 1992, I asked, "Is this actually going to happen?" "50/50," answered Neil. We await further developments.

Membership: Director Joe Silberlicht reported that the membership has increased this year from 16,000 to 17,000. The renewal rate has also been improved; we are retaining four out of five members.

ADK Loj: The former 18-person bunk room is now the 12-person "LOFT." The new beds are great, each with a box spring and mattress. During this past end-of-March work weekend, shelves for small items were put by each bed. The other major improvement was in the downstairs four/six person bunk rooms, where slanted wide-step ladders now make the climb to the top bunks very easy. The cook situation remains excellent with two cooks, Mel and Susie, competing to put out great meals. Not only do they cook, but they also joined all the volunteers after dinner to sing. Susie has been a professional country singer and Mel sings and plays the guitar.

President's Dinner: The President's Award was presented to Tom Andrews, chair of the Heart Lake Property Committee. Tom truly deserves this award for all the work he has done for both the Loj and JBL. He has organized work weekends for the past 15 years or more, and his enthusiasm, knowledge, and organization have drawn many talented workers to the volunteer weekends held twice a year. He also has organized and worked on special projects like the replacement of the sill plate on the Loj.

I urge everyone to visit or stay in one of our wonderful North Country facilities.
Aleda Koehn, Director

Trails Report

Trail work this year can be summed up as SMOOTH. Plenty of people turned out. Twenty-one at Arnold Lake and 16 at Walton. Tools were sharp and dexterously applied. Chain saw started promptly and only threw the chain once. Some one has been helping at Arnold Lake. We saw evidence of cleanup by other (unknown) parties (may their tribe increase). The only cloud in this sun-filled sky is the west end of the railroad bed trail on the beautiful West Branch which is still a user-designated dump site. An annoying fact is the proximity of the Delaware County landfill only a stone's throw away. Scheesh!

Joe Hart, Trails Chair

Outings Past, Outings Future

Trip reports

Saturday, May 6 Barbara Meeks and I led one of the two hikes scheduled as part of activities for the Earth Day festival. Our 1:30pm hike at Arnold Lake State Forest consisted of four people. Our focus was on spring wildflowers. Luckily, we had an active, inquisitive four-year-old along. He made our walk lively and interesting. *Rita Salo*

Tuesday, May 9 through Thursday, May 11 Nine people ventured to our camp at Beaver River on Stillwater Reservoir. We arrived in Stillwater around 11am, unloaded our gear and took the Water Taxi as far as Loon Lake. At Loon Lake, seven of us went ashore. When Rusty, our taxi driver, and John Salo and Charlie Koenig tried to start off for the camp, the motor wouldn't start. They had to call for a tow. Meanwhile, the rest of us ate our lunch in an open area overlooking the lake. We walked the three miles to camp, where John and Charlie had already settled in.

Our Wednesday hike was "The Red Horse" trail, which starts at Trout Pond on the reservoir and goes for five miles to Salmon, Witchopple, and Clear Lakes. Monica and Irv Peters walked the farthest. We cooked hot dogs and ate lunch at a lean-to by Trout Pond, which is cared for by ADK lean-to adopters. Rusty picked us up with the boat. We all went out on Thursday on the "River Boat" which was due to be inspected that day by the Coast Guard. Lots of good fun. *Rita Salo*

The May 16th ADK outing at Rod and Sally Hebbard's had 33 hikers. It was rainy but we hiked about three miles and saw many wild flowers going through meadows. We had beautiful but foggy views of the mountains. We will have everyone back on a clear day. The hike ended at our wonderful pond and we ate lunch in our home, where the hosts served cookies and ice cream. We all had a great day. *Sally & Rod Hebbard*

The Tuesday after Memorial Day saw 20 people assembled in Neahwa Park, curious about how to access New Island. The area was named in honor of the late SUCO Biology professor Dr. New, who was a long-time environmental activist. The area was an island when Oneonta was creating electricity from water stored in a reservoir between the Susquehanna River and the town. Now it remains cut off from ready access by I-88. We parked at one of the three semi-legal access areas and hiked the two and a half mile round trip rail trail now maintained by physical education Professor Al Sosa and his mountain biking classes. We lunched in a lovely picnic spot by the river near the missing railroad bridge. This bridge will have to be replaced if this section of the proposed Greenway is ever to be connected to Fortin Park, another mile or so out into the town. *Lucille Wiggin*

Blue Ridge Week-end August 4-6, 2006

Joe and Nina Hart will lead a weekend of activities in the Blue Ridge Wilderness Area August 4 to 6, 2006. We have reserved two campsites at Lake Durant Campground for the nights of Friday the 4th and Saturday the 5th. Each campsite will hold a maximum of six people and two vehicles; additional vehicles may be parked in the public parking area. One campsite will accommodate a 30-foot camper, but there are no hook-ups. The sites are close to restrooms and showers. Campers will be responsible for their own meals or sharing meal preparation.

Another choice for participants is to stay at a bed-and-breakfast in Indian Lake or Blue Mountain Lake. All participants will convene at the campground on Friday evening and make plans for each day's hikes and paddles. The possibilities range from easy to more challenging, so everyone can be accommodated; see *Enjoying the Blue Ridge Wilderness* (if you don't have a copy, send a self-addressed stamped envelope to Nina at P.O. Box 111, Franklin, NY 13775).

Campground costs will be between \$10 and \$20 per person for the weekend, depending on the number of participants. Campers must register with Joe and Nina with a \$10 deposit per person by Friday, July 21. Preference will be given to campers planning to spend both nights; if there are unfilled places, reservations for one night may be accepted.

Come and explore this beautiful wilderness area and see first-hand how our chapter's adoption of it has contributed to the state's plans for it. *Joe and Nina Hart 829-8358*

Winter Weekends Past and Future at Adirondack Loj

Twelve Susquehanna ADKers had a wonderful time at the Loj the last weekend in January. There was enough snow for some of the group to ski up to Marcy Dam and beyond on Saturday; others went to Van Hoevenberg to use the groomed trails there. The weather had turned warm so by Sunday we decided to snowshoe. The group had a wonderful walk through the woods to Marcy Dam. One of us, not wanting to break with tradition, went all the way to Avalanche Lake. Great meals, great company!

I invite new members to check out ADK's premier North Country facility. I know you will enjoy the experience. We used to go every September for a weekend of hiking and hanging out in the late summer woods of the High Peaks. By this time most of the insects are gone, the weather is not too hot or cold and the smell of early fall is in the air. I would like to set this up if I can get some interested participants.

I was considering September 8-10, 2006, but the following weekend might also be a possibility. And I have 16 places reserved for January 26-28, 2007. Please call me if you are at all interested. *Aleda Koehn 432-8870*

Odds and Ends from the Chair

EARTH DAY was a big success with about 500 people visiting the first effort in several years and held at Milford Central School as a central Otsego County location. Susan O'Handley of Wildlife Learning Company spearheaded the operation with major help from Otsego County Conservation Association's Martha Clarvoe, Amy P. of Cooperstown Middle School, as well as our own ADKers Rae Consigli of Daylily Dreams B&B and new member Sally Goddard. At least a dozen members helped Rita Salo and I staff our display and lead the wildflower hikes conducted by Rita, Jo Koenig and Barb Meeks. The hikes were not well attended due to the rain and afternoon temperatures dropping to 45 degrees. Everyone who helped also had a great time exploring the other displays. Most fascinating of these were the two fish tanks, one with local fish and one with marine invertebrates. Also of great interest were the local raptors, so up close and personal. Thanks to all who came.

HARVEST MOON MADNESS is an all-club fund raiser held for the last in several years in early November in Saratoga. Each year our Chapter contributes a basket of local items which is then auctioned off to benefit club projects. We wish to belatedly thank our contributors Bob and Rea Consigli for a weekend at their Day Lilly Dreams B & B in Cooperstown, Soap Rocks of Oneonta for their innovative soaps, and the Farmers Museum of Cooperstown for a year of passes. And only recently known to us, chapter member Stan Hall of Milford has sponsored the evening by supplying his Cooperstown Brewing Company beer to the event. We thank him for his contributions and invite him to our meetings.

A NUMBER OF NEW MEMBERS have recently volunteered to lead hikes. We thank them for jobs well done and we encourage encores.

WALKS AND PADDLES, our very popular guide to local hiking and paddling locations co-authored with Otsego County Conservation Association, is in need of a reprint. Our chapter board voted to contribute \$500 to that good cause.

WE ALSO VOTED \$300 for the ongoing maintenance of the Adirondack Loj at Heart Lake. Depending on our finances, later in the year we may decide to contribute more to ADK.

Lucille Wiggin

Email and Website

USING EMAIL TO CONTACT MEMBERS has become an important tool for your chapter officers and committee chairs to send notification about important issues, events and last minute changes. If you wish to be included in this network please be sure to send me your current email address. My new email address is jokoening@stny.rr.com. I have attempted to contact members by telephone when I repeatedly receive the 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, the list sent to us from the ADK main office contains unreadable incomplete information. We have repeatedly attempted to have them correct this with no success. So, it is up to you to make sure you are getting the chapter information by sending me your email address.

HAVE YOU CHECKED OUR WEBSITE RECENTLY? The address is 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

IF YOU WISH TO RECEIVE YOUR FOOT-LOOSE NEWSLETTERS BY EMAIL and at the same time help the chapter save printing and postage costs, please send an email to susquehannaadk@aol.com.

Danny Birnbaum



Waterfall at Robert V. Riddell State Park



ADIRONDACK MOUNTAIN CLUB



10th Annual Silent & Live Auction Gala

To Benefit ADK's Programs in Conservation, Education & Recreation

HARVEST MOON MADNESS

November 4, 2006

5:30 pm - 9:30 pm

The Hall of Springs, Saratoga Springs, NY



Bid on: Outdoor Gear and Apparel, Artwork,
Jewelry, Chapter Baskets, and Weekend Getaways

Featuring Works Donated by ADK member Artists and Artisans

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.

Susquehanna Chapter Officers and Committee Chairs

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| Membership: 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 6:00pm (please bring your own table service and mug or cup); programs begin at 7:00pm, 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
- invitations to member only outings and extended trips
- 20% discount on ADK trail guides, canoe guides, maps, books and calendars
- membership in one of ADK's 27 chapters throughout the Northeast
- Adirondack Magazine six times a year
- discounts on ADK merchandise
- reduced rates at ADK facilities: lodges, lean-tos, cabins and campground
- a FREE copy of the book *An Adirondack Sampler - Day Hikes for All Seasons* by Bruce Wadsworth

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