



# Foot - Loose!

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

Volume 16, Number 3

October 2004

## ...from the Chair

### Will You Step Up to the Plate?

Well, nearly two years have sped by, and this will be one of my last messages as co-Chair. As you can well imagine when one chairs a meeting, the quality of the experience depends greatly upon the reaction of those in the audience. I must say that ADK members, being appreciative folks, have made this an enjoyable two years for me! Thank you all for your patience, encouragement and support.

Without hesitation, I can recommend that holding office in an organization such as ours as a positive and very interesting experience. The time has come to encourage others to try this out, because in January our chapter will need to elect a new Chair, Vice Chair, and Secretary. Please take a moment to actually consider if you would enjoy assuming one of these positions. Do not feel that you must be an expert at things in order to succeed; I certainly was no expert when I volunteered four years ago to be Vice Chair. What I found was a group of fellow members who were supportive and who could help me out with any question, and a parent organization that provided materials, training, and wonderful support. Any needed assistance will be there for you.

If you hold one of these offices, you will feel very APPRECIATED! And those in the working world, whose resumes are still in the making, can consider the benefit of holding an elective office. It is a nice accomplishment to list and, at the same time, a worthwhile contribution to make to our local chapter of ADK.

A nominating committee for the upcoming January elections has been formed. The members are Julie Smith (432- 8642), Fran Darrah (286-3301) and Barb Means (432-4903). Anyone willing to hold one of these positions should contact a member of this committee.

*Linda Seifried*

## CHAPTER CHANGES AND NEWS YOU CAN USE

### Membership News

It has been a pretty quiet summer for me. Membership has been on the quiet side too. I sent out several applications for ADK and am hoping to see some new memberships coming up. Following are the new members from May, June and July of 2004.

Helen E. and Christopher Campbell, P.O. Box 9, Cherry Valley, NY 13320, (607)264-8404

Charles Thienpont, 237 County Highway 47, Oneonta, NY 13820, (607)432-6439

Daniel R. Williams, 30 Greenlawn Ave., Bainbridge, NY 13733, (607) 967-8600

Jackie Folts, Jackie's Restaurant, 3688 State Hwy. 28, Milford, NY

Total households for our Chapter for July is 198, down 14 households from April.

*Rita Salo, Membership Chair*

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### Susquehanna Chapter Loj Weekend

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

With autumn 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 please contact *Aleda Koehn* at 432-8870 or [akoehn40@hotmail.com](mailto:akoehn40@hotmail.com).

### Fall Trails Day

On Saturday, October 23, the eleventh annual Fall Trails Day event will take place in the Eastern High Peaks of the Adirondacks. The focus of this day will be to clean fallen leaves and debris from the many waterbars installed in the trails over the years.

Last year, more than 120 dedicated volunteers hit the trails. This fall, groups will work on the trails to Algonquin, Mt. Marcy, Lake Arnold, Avalanche Pass, Rocky Falls, Mt. Jo, Phelps Mt., Amper-sand Mt., Roostercomb Mt., and Marcy Dam. The ADK Trails Committee and Trails Program staff will lead the work hikes.

Call (518) 523-3480 for more information and to register.

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### Unclassifieds

I have a salt and pepper shaker that were left at our picnic meeting at Gilbert Lake in June. If they belong to you please let me know.

*Rita Salo, (607)432-3656*

I will be hanging some of my Adirondack paintings in the Autumn Cafe for the month of October. Please come see them.

*Carol Saggese*

Thanks to all of you who called, sent cards and visited me in June. You are a wonderful group of people. I hope to be back hiking very soon. I am walking about three miles at one time.

*Rita Salo*

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### Harvest Moon Madness

Adirondack Mountain Club has announced that Nathan Farb, preeminent photographer of the Adirondack region, will be the honorary chair of ADK's Eighth Annual Silent and Live Auction Gala, Harvest Moon Madness. This year's event will be held at the Gideon Putnam Hotel in Saratoga Springs, NY. The date is November 13th, 2004, beginning at 6pm.

This auction is an evening of fun and food in an elegant setting. In addition to the auctions and dinner, there will be wine-tasting, art and craft exhibits, and raffles for a canoe, a kayak, and a quilt. The silent auction offers many items for sports and camping, plus tickets to ski areas and vacation packages, and runs from 6:15pm until 8:30pm. The live auction is a lively affair, with items large and small. The Susquehanna Chapter will again this year submit a basket to be auctioned off with other chapter baskets.

Come out if you can to support ADK's largest fund-raising event of the year! Registration forms can be found in the latest edition of *Adirondac* and at ADK's web site, [www.adk.org](http://www.adk.org). *Linda Seifried*

# Susquehanna Chapter ADK Annual Dinner 2004

The Susquehanna Chapter of the Adirondack Mountain Club invites members and non-members to its **Annual Dinner** at 6pm on Wednesday, October 20, 2004 at **Jackie's Restaurant**, 3688 State Highway 28, Milford, NY 13807 (east side of Route 28, one-half mile south of the intersection with Route 166).

## Hors d'oeuvres

Cheese Platter with crackers  
Punch

## Buffet-Style Dinner

Baked Ziti  
Baked Chicken  
Roast Beef  
Coleslaw  
Salt potatoes  
Rolls

## Great Pumpkin Dessert

Ice Tea, Lemonade, Coffee

Jackie's does not serve alcohol; attendees are welcome to bring alcoholic or non-alcoholic beverages.

Following dinner, Danny Birnbaum will talk about and show slides from his recent trip to West Africa.

### Annual Dinner Reservation Form

Reservation and payment must be received by **October 6, 2004**. Thank you.

Please send form and check, payable to ADK Susquehanna Chapter, to:

Rita Salo, 698 Winney Hill Road, Oneonta, NY 13820.

Name(s) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Members and Non-members - \$10.75 per person (includes 10% ADK discount, taxes & gratuity)

Total amount enclosed \$ \_\_\_\_\_

## ADK ACTION ALERT

### NYS DEPARTMENT OF ENVIRONMENTAL CONSERVATION TO HOLD LEGISLATIVE HEARINGS ON PROPOSED ACID DEPOSITION REDUCTION REGULATIONS

The NYS Department of Environmental Conservation (DEC) will be holding public legislative hearings on proposed regulations implementing an Acid Deposition Reduction program. If approved, the proposed regulations would reduce acid deposition emanating from New York by significantly limiting emissions of nitrogen oxide and sulfur dioxide from fossil-fueled electricity generating plants operating in New York.

Acid rain forms in clouds when sulfur dioxide and nitrogen oxide react with water and oxygen. The reaction forms a solution of sulfuric and nitric acid. The acid rain then falls to the earth in the form of precipitation such as rain or snow. The dry form of air pollution is referred to dry deposition. In this case, prevailing winds carry particles and gases released from power plants and the particles are then deposited on the earth's surfaces. These wet and dry mixtures of air pollution are referred to as acid deposition.

The Adirondacks and Catskills have been severely affected by acid deposition. The acid deposition infiltrates water bodies that generally have a limited capacity to neutralize acid. According to DEC, 26 percent of the lakes surveyed in the Adirondacks have completely lost their ability to neutralize acid entering the lakes. Also, DEC reports that over 70 percent of the sensitive lakes in the Adirondacks are at risk of episodic acidification. Acid deposition is also the cause of a steady decline in red spruce above 2,000 feet in elevation. The acid deposition leaches away calcium in the soil and therefore cannot support plant species such as red spruce.

Although much of New York's acid deposition problem is a result of air pollution from old dirty coal-fired power plants in the mid-west, any reduction in sulfur dioxide and nitrogen oxide is critical to the future of our natural resources here in New York. According to the Hubbard Brook Research Foundation, sensitive areas in the Adirondacks need an 80 percent reduction in sulfur dioxide emissions to experience biological recovery in the next 50 years. New

York cannot accomplish this alone, but it is an important step in the right direction.

ADK will continue to lobby for a stronger Clean Air Act on the federal level. However, we need you to voice your support for the NYS Acid Deposition Reduction regulations to reduce air pollution from in-state fossil fueled power plants.

The following is a list of the legislative hearings:

Tuesday, October 12 at 9am at NYSDEC, 625 Broadway, Albany, NY in Public Assembly Rooms 129A and 129B.

Wednesday, October 13 at 11am at NYSDEC Annex, Region 2, 11-15 47th Avenue, Hearing Room 106, Long Island City.

Thursday, October 14 at 11am at NYSDEC Region 5 Conference Room, 1115 NYS Route 86, Ray Brook.

Friday, October 15 at 11am at NYSDEC, Region 8 Conference Room, 6274 East Avon-Lima Road, Avon.

If you cannot attend one of the hearings, written comments will be accepted until 5pm on October 22, 2004. Please address your comments to Michael P. Sheehan, P.E., NYSDEC Division of Air Resources, 625 Broadway, Albany, NY 12233-3251 or email them to [mpsheeha@gw.dec.state.ny.us](mailto:mpsheeha@gw.dec.state.ny.us).

Please feel free to contact me if you have any questions and, as always, please forward a copy of your comments to me.

Marisa Iannacito  
Conservation Director  
Adirondack Mountain Club  
301 Hamilton Street  
Albany, NY 12210  
(518) 449-3870 phone  
(518) 449-3875 fax  
[miannac1@nycap.rr.com](mailto:miannac1@nycap.rr.com)

### Views near Cooperstown



*Photos by Danny Birnbaum*

**SUSQUEHANNA ADK CHAPTER FALL 2004 SCHEDULE**  
**Outings and Meetings**

**ALWAYS CALL LEADERS FOR DETAILS**  
All area codes are 607 unless otherwise noted

Participants must have a level of fitness appropriate for the type of activity and must bring proper clothing and gear. As the season turns colder, drink enough water to stay hydrated.

It is the responsibility of each trip's leader to have all participants sign a release form.  
Tuesday leaders contact Erika Heinegg for forms; weekend leaders contact Ernie Mahlke.

October 5, Tuesday            Kay and Ted Kantorowski    547-5528    Cooperstown Area

**October 6, Wednesday      Deadline for registration for October 20 Susquehanna Chapter Annual Dinner at Jackie's Restaurant, Milford. See page 3 for details.**

October 9, Saturday            Jean or Joe Seroka    988-7007  
Good Luck Cliffs in the Southern Adirondacks. Moderate hike on unmarked trail. Lookout over a spectacular lake and other views. Approximately one and a half-hour drive to trail head. Likely 9am departure.

October 12, Tuesday            Erika Heinegg            832-4204  
Hike at Len and Laura Glassman's in the Delhi area

October 16, Saturday            Ernie and Heide Mahlke    432-2583  
Hike eastward on the Finger Lakes Trail. Buckley Corners to East crossing of Co. Rt. 27. 6.7 miles, includes 1.9 miles of walking on rural road. Features a Chenango River crossing and a scenic stream stretch. This hike continues FLT hikes in Chenango County offered earlier this year.

October 19, Tuesday            Fran Darrah    286-3301

October 20, Wednesday        Susquehanna Chapter Annual Dinner at Jackie's Restaurant, Milford.  
See page 3 for details.

October 26, Tuesday            Ernie and Heide Mahlke    432-2583

October 30, Saturday            Ernie and Heide Mahlke    432-2583  
Hike eastward on Finger Lakes Trail. East crossing of Co. Rt. 27 to Cooper School Rd. 6.8 miles including a .9 mile rural road hike. Largely state forest land, which includes some beautiful stone walls. This is an easterly continuation of the October 16 hike. Moderate grades.

November 2, Tuesday            Stefan Seifried            265-3780

November 9, Tuesday            John and Rita Salo    432-3656

November 16, Tuesday        Dave Truscott 746-2826    Delhi area

*continued on page 6*

**SUSQUEHANNA ADK CHAPTER FALL 2004 SCHEDULE**  
**Outings and Meetings**

*Continued from page 5*

November 17, Wednesday   Susquehanna Chapter monthly meeting, 7:30pm, Elm Park Methodist Church, 401 Chestnut St., Oneonta. Jim Waters, director of Catskill Forest Association, will speak on "Modern Logging."

November 23, Tuesday       Norma Lee Havens   432-3154

November 26, Friday       Steve Herrmann   432-2157   sherrmann@stny.rr.com  
Full Moon Hike at Gilbert Lake State Park. Enjoy a leisurely walk through the park either with boots or snowshoes. You never know. Distance and time will vary. Call leader in advance as the best night for moonlight might not be on that exact day. We will go on the clearest night.

November 30, Tuesday       Joe and Nina Hart   829-8358   Lordsland Preserve

December 6, Monday       Susquehanna Chapter Executive Committee meeting. Call Linda Seifried with agenda items.

December 7, Tuesday       Lucille Wiggin     432-1022   Crumhorn Mountain

December 8, Wednesday   Deadline for submission of articles, photographs, items of interest for January issue of Footloose. **This is also the date by which the nominating committee must have a slate of officers ready for the January Footloose. Please consider becoming involved in leading your chapter. See page 1 of this issue for more details.**

December 14, Tuesday       John and Rita Salo   432-3656

December 15, Wednesday. Annual "Potluck Dessert and Share your Slides or Photographs" meeting. 7:30pm, Elm Park Methodist Church, 404 Chestnut Street, Oneonta

December 19, Sunday       Jean or Joe Seroka   988-7007  
Local afternoon ski tour, depending on snow conditions.

December 21, Tuesday       Mary Dunkle 547-2162   Cooperstown area

December 26, Sunday       Steve Herrmann   432-2157   sherrmann@stny.rr.com  
Full Moon Hike at Gilbert Lake State Park. See November 26 for description.

December 28, Tuesday       Erika Heinegg       832-4204   Ski Delhi Golf Course

January 1, 2005           Happy New Year! All the best for great outings in 2005.

January 28-30, 2005, Friday-Sunday       Winter Weekend at Adirondack Loj  
Contact Aleda Koehn immediately to reserve space. 432-8870 or akoehn40@hotmail.com

## TRIP REPORTS

June 15, Tuesday      It was not as clear as we wished but the view from Sam's Point was still awe-inspiring. We could see from High Point in New Jersey to the Catskills and the Walkill Valley. Ten of us climbed down into the Ice Caves and enjoyed the natural air conditioning. We actually came across several patches of ice. All agreed that it was worth the long trip. *Bill Kratzenstein*

June 22, Tuesday      Our trip to Remsen Orchids turned out to be rainy with more driving than walking. Through the courtesy of the leader's brother-in-law, we drove north of Utica to a remote bog. There, between rain showers, we saw the most lush display of Showy Orchids we had ever seen. In addition, we found two other orchids in bloom. We were all amazed and pleased. Our guide then took us to a sheltered place to eat our lunches at the Erie Canal park at lock #21. The plan was to continue on a walk on the canal pathway to the Utica Marsh to view any wildlife available. Well, it just poured! So 14 people just returned home. At least we were not food for the mosquitoes in the marsh. *Jo Koenig*

August 17, Tuesday      It was a rare beautiful summer day for a canoe trip on the Susquehanna. Three double canoes and three singles had a lovely float on the Susquehanna from Milford to the Crumhorn fishing access, a distance of about six miles. The water was high with lots of current but no dangerous rapids. Since there has been so much rain, the river below the Goodyear Lake dam is treacherous. The leader sends many thanks to everyone for helping her to celebrate her 80th birthday in just the way she wanted to do it! *Jo Koenig*

August 24, Tuesday      Nine hikers and two bikers met at Hartwick College's Pine Lake on a beautiful sunny day. Jo Koenig and Carol Saggese biked to Davenport and back on the Charlotte Creek Road. The rest of us hiked the lower trails looking for mushrooms and listening for birds. Lunch was by the lake. A good time was had by all. *Julie Smith*

August 31, Tuesday      Twelve hikers, with sweatshirts or jackets, headed up the Relay State Forest road. When we reached the trailhead layers started coming off. By the time we reached the top it was a beautiful day. Two artists worked on sketches while we ate our lunches overlooking a beautiful view. This is bear country and we saw signs they had been on the trail. Many blackberries went down the hatch. *Frances Darrah*

September 14, Tuesday      Twelve outdoor enthusiasts gathered at the Great American parking lot in Delhi and drove to my house. The sun broke through the clouds and we happily marched on. The scenery presented a precious valley, changing colors at different heights. We tried to identify deer, soaring red-tailed hawks and flora, and we viewed the Episcopal Church St. James of Lake Delaware on the Little Delaware River. Although we had not made provisions to climb the big hill on our return NO one was ready to give in. We all walked back up and partook of our meal on the balcony overlooking the valley. There were many accolades on the success of the outing. I submit this report with pleasure. *Erika Baker-Heinegg*

## The Future



*Photo by Danny Birnbaum*

## **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](http://www.adk.org) then follow the links to our chapter.

### **Susquehanna Chapter Officers and Committee Chairs**

**Co-Chairs: Linda Seifried**

265-3780 [sseifried@mkl.com](mailto:sseifried@mkl.com)

**Jim Vogler**

436-9234 [jimvogler@hotmail.com](mailto:jimvogler@hotmail.com)

**Vice-Chair: Joe Hart**

829-8358 [ninajoe@frontiernet.net](mailto:ninajoe@frontiernet.net)

**Secretary: Julie Smith**

432-8642 [smithj3@hartwick.edu](mailto:smithj3@hartwick.edu)

**Treasurer: Nina Hart**

829-8358 [ninajoe@frontiernet.net](mailto:ninajoe@frontiernet.net)

**Director: Aleda Koehn**

432-8870 [akoehn40@hotmail.com](mailto:akoehn40@hotmail.com)

**Membership: Rita Salo**

432-3656 [jrsalo@dmcom.net](mailto:jrsalo@dmcom.net)

**Outings:**

**Weekend: Steve Herrmann**

432-2157 [sherrmann@stny.rr.com](mailto:sherrmann@stny.rr.com)

**Mid-Week: Lucille Wiggin**

432-1022

**Trails: Joe Hart**

829-8358 [ninajoe@frontiernet.net](mailto:ninajoe@frontiernet.net)

**Blue Ridge: Joe Hart**

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**Website: Ken Jackson**

797-9130 [kenjny@hotmail.com](mailto:kenjny@hotmail.com)

**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, 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](http://www.adk.org) or call 800 395-8080