



Foot - Loose!

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

Volume 19, Number 2

April 2007

...from the Chair

You have chosen me to head the chapter while knowing very little about me. I have been on more than a few hikes, all of which were exceptional in enjoyment. The collegiality of our members participating in these excursions has, from the start, been a wonder to me. I truly feel honored to be amongst you. Thank you.

To say a few words about my background, I grew up in the very picturesque town of Ploen in Ost-Holstein, Germany, surrounded by many big lakes, forests, pastures, a church and a beautiful castle overlooking the little town. The outdoors was my life. After high school I studied farm and home economics for a year and did a year's practicum. This was post-World War Two and Germany was broken. I left to spend a year in Sweden. Contacts from there brought me to England.

Trying to improve my English language skills, I entered the community college in Southend-on-Sea, where I was encouraged to apply for a career in nursing. That was a most fortunate decision. Nurses in England lived on a pedestal. From faculty to patients, we were treated with respect, even reverence—and I a German! Of course I loved it. I loved England and the people and friends I made. In that climate I met a handsome young man who was fun-loving, vivacious, clever. We wanted the same things out of life, to travel and see the world, so I married him.

In 1959 we arrived in America and lived in New City, Rockland County, New York for 11 years. We had two girls. In 1970 we came to Delaware County, my husband to teach Animal Science at SUNY Delhi, I to enter the nursing program at Hartwick College. My youngest daughter entered kindergarten.

After graduation from Hartwick I worked for 10 years as a Public Health Nurse in Delaware County. During that time I was doing graduate work at Russell Sage College in Albany and was approached by the New York State Nurses Association to offer my services on a voluntary basis, promoting nursing in New York state. I was elected by about 30,000 nurses and worked for them for six years: two years heading the nominating committee and four years as director at large. I returned to Delaware

continued on page 2

CHAPTER CHANGES AND NEWS YOU CAN USE

2007 Chapter Officers and Committee Chairs

Chapter officers elected at the January annual meeting are:

Erika Heinegg	Chair
Lucille Wiggin	Vice-chair
Joe Hart	Secretary
Nina Hart	Treasurer

In her role as vice-chair Lucille Wiggin also serves as program coordinator. Aleda Koehn continues as our director—chapter representative on the ADK board of directors—until the end of 2008. Moira Beach is our new publicity chair. All other committee chair assignments remain the same:

Rita Salo	Membership
Ernie Mahlke	Weekend outings
Barb Means	Mid-week outings
Joe Hart	Trails
Joe Hart	Blue Ridge
Linda Seifried	Conservation
Danny Birnbaum	Foot-Loose editor and layout
Rita Salo	Foot-Loose mailings
Johanna Koenig	Web site
Jean Seroka	Hospitality

Danny Birnbaum

Have You Checked Our Web Site Recently?

The address is www.susqadk.org. Photos of recent activities can be found on the “What’s New” page. I am always looking for pictures as well as outdoor and chapter news; the more material I receive, the more frequently I can change the page.

Jo Koenig

New Publicity Chair and New E-mail Address

I am the new chair of the Publicity Committee. I can be reached at 433-2832 or via our new chapter e-mail address: susqadk@yahoo.com. *Moira Beach*

Do I Have Your Correct E-mail Address?

My responsibilities as publicity chair include informing members about monthly outings updates, ADK Action Alerts and other items of importance. It is very important that I have correct e-mail addresses. If you are not receiving e-mails and wish to do so, please contact me. If you have changed your e-mail address or used to receive e-mails from Jo Koenig but are no longer getting messages, please contact me. Thank you.

Moira Beach
433-2832, susqadk@yahoo.com

Membership News

We only have three new memberships to report since our last Foot-Loose, and our total number of household memberships is currently 202. Please add the following new members to your list.

Rita Salo, Membership Chair

January

Karen & Al DiPietro, 249 Shelburn St., Burlington, VT (802)862-8435

Maureen Willis, 784 Konchar Rd., Maryland, NY 12116 (607)286-9821

February

Carolyn and Richard Staley, 16 Walling Blvd., Oneonta, NY 13820 (607)432-6815

Thanks from the Former Chair

I extend a big “thank you” to all of our hard working, co-operative, extra-mile-going board members, hike leaders and pot-luck contributors for a very enjoyable two years. It looks like everyone is staying on to help our long-time friend and new Chair, Erika Baker-Heinegg. Anyone who would like to attend a board meeting is welcome.

Lucille Wiggin

from the chair, continued from page 1

County when my husband fell ill. Soon after, I retired, remarried and was widowed again. I then joined CCAL and ADK. How thankful am I that we have such great groups of people available to continue the quest for ever-new experiences.

Erika Baker-Heinegg

SUSQUEHANNA ADK CHAPTER SPRING 2007 SCHEDULE

Outings and Meetings

ALWAYS CALL LEADERS FOR DETAILS.

All area codes are 607 unless otherwise noted.

Riders should contribute a fair share toward gas.

Mud season has arrived! Wear waterproof boots and walk directly through wet areas in order to preserve the integrity of trails.

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.

4/3 Tuesday Barbara Meeks 783-2924 Location to be determined.

4/10 Tuesday Ruth Schaeffer 988-7036 Sheep Pen Road, Unadilla.

4/14 Saturday Heide and Ernest Mahlke 432-2583 Hike on Finger Lakes Trail, location to be determined. Approximately 6 miles.

4/17 Tuesday Rita Salo 432-3646 Brookfield Horse Trails.

4/18 Wednesday Monthly meeting Elm Park Methodist Church, 401 Chestnut St., Oneonta 6pm potluck dinner followed by 7pm program by Susan O'Handley of Wildlife Learning Company. A power point presentation will introduce Wildlife Learning Company and their services, and will inform you about some of the exciting work that they have undertaken. These include various recycling education efforts and the coordination and sponsorship of Earth Festival – our region's premiere Earth Day event with participation from many of Otsego County's environmental community! As a special treat at the meeting, a few members of Wildlife Learning Company's animal "staff" will be introduced following the presentation!

4/24 Tuesday Julie Smith 432-8642 Pine Lake.

5/1 Tuesday Currie Marr 432-5434 Wilbur-Davis Park. Meet at Price Chopper, 9:15. Lunch at nearby restaurant.

5/5 Saturday Heide and Ernest Mahlke 432-2583 Hike on Finger Lakes Trail, Map M30, Campbell Brook Road to State Highway 206. This will be a hilly, 6.8-mile linear hike; we will need to spot cars.

5/5 Saturday Earth Festival 2007 at Milford Central School, 11am to 4pm Lucille Wiggin 432-1022 Coordinated by Wildlife Learning Company, Susquehanna ADK is one of the presenting organizations. Chapter members can volunteer to staff our table by calling Lucille.

5/8 Tuesday Erika Baker-Heinegg 832-4204 Lunch at top of Mt. Utsayantha, Stamford.

5/13 Sunday Nina and Joe Hart 829-8358 Hike Vroman's Nose near Middleburgh.

5/15 Tuesday Mary Dunkle 547-2162 Eric Canal.

5/16 Wednesday Monthly meeting Elm Park Methodist Church, 401 Chestnut St., Oneonta 6pm potluck dinner followed by 7pm program, "Otsego County Flora," by Connie Tedesco, a SUCO graduate student studying with Donna Vogler, Susquehanna Chapter member and SUCO professor. This will be a wonderful slide presentation on our wild flowers and invasive species.

continued on next page

continued from previous page

5/22 Tuesday Barb Means 432-4903 Woods walk, location to be determined.

5/29 Tuesday Gerry Scheele 432-1215 Hike Overlook Mt. in Catskills. Meet at Price Chopper at 8:45. Bring lunch.

6/2 Saturday Barb Means 432-4903 Hike Van Hornesville Gorge.

6/5 Tuesday Norma Lee Havens 432-3154 Harmony Hill Retreat Center in East Meredith. Call leader for details.

6/6 Wednesday Executive Committee quarterly meeting 7pm at Erika Heinegg's house in Delhi. Contact Erika at 832-4204 with questions and concerns.

6/9 Saturday Heide and Ernest Mahlke 432-2583 Burnt Knob and Acra Point circular hike in the Catskills. Good views.

6/9 Saturday Foot-Loose deadline Contact Danny Birnbaum with articles, trip reports and photographs. 746-7059, susquehannaadk@aol.com.

6/12 Tuesday Doug & Scott Fielder 638-5436 Location to be determined.

6/19 Tuesday Lucille Wiggin 432-1022 Crumhorn Mt.

6/20 Wednesday During the summer our monthly meetings are replaced by outdoor potluck dinners and social gatherings. June's picnic will take place at the Gilbert Lake State Park beach shelter at 6pm. Please unload there and park in the upper lot unless you have a handicapped permit. Free entry to the park now begins at 7pm; one car occupant with a NYS driver's license showing proof of age over 65 allows all the people in the car to enter for free. Bring a dish to pass, table service and a drink.

6/26 Tuesday Bev Hensle 286-9126 Location to be determined.



Tuesday Hikers at Crumhorn Mountain, December 31, 2006. *Photograph by Doug Fielder*

The annual meeting took place at 9am. Last year's minutes were approved at this hour-long meeting, some short reports were given and ADK officers were introduced.

The board of directors meeting began at 10am. President Curt Miller attributed ADK's 2006 surplus revenue to the diligence of staff, efforts of volunteers, some unexpected donations and a favorable stock market. He warned, however, that we cannot continue along our present path without some changes. ADK must be able to provide a more diverse range of services for future members who have a lifestyle very different from the lifestyle to which we older members are accustomed. ADK must also look to what is needed in the near future if we are to maintain our leadership role in outdoor environmental, adventure and educational offerings.

Executive Director Neil Woodworth related some of the accomplishments of 2006.

Deputy Executive Director John Million spoke of the "shining moments of 2006," some of which were also mentioned by Neil.

The independent auditor's report was presented by Jim Amell. According to Marvin and Company, CPAs, our audit went well.

Three directors were elected to the nominating committee. Their job will be to present a slate of candidates for club offices for 2008.

A resolution was passed to dissolve the Greater Boston Chapter of ADK.

A resolution was introduced on the Adirondack High Peaks Visitor Service Facility: This ADK-DEC information center will be located on the edge of the Heart Lake property. The parties are discussing a working partnership to create a shared-use facility. The Board approved the resolution, supporting the concepts presented.

A web cam will be installed at Heart Lake to allow viewing of current weather and ground conditions at the Loj. ADK staff and volunteer Bob Goodwin are working to improve the content of our web site. ADK is looking for club stories and testimonials to be posted on the site. The idea is to let visitors to the site hear from members why it is important to support

ADK and our activities. Your stories may be e-mailed to lorraine@adk.org.

Governor Spitzer has appointed Carol Ash as the commissioner of the Department of Parks, Recreation and Historic Preservation. Ms. Ash and some of Spitzer's other appointees have worked with ADK in the past.

Forest Preserve Project manager Stuart Mesinger has begun work to study, evaluate and make recommendations for the future growth, size, composition and recreational use of the Adirondack and Catskill Forest Preserves. ADK and the Open Space Institute are partnering on this project. ADK is gathering information on trails and forest use which will be used to make a new series of maps using up-to-date technology. A large anonymous donation has made this extensive and needed study possible.

The Education Department continues to work with schools and clubs that visit the Heart Lake program center throughout the year. The lecture series has had excellent attendance. A high school senior is working as a resident intern through April and many applicants are vying for available places in the Summer Naturalists intern program.

Customers have praised the welcoming and helpful staff and the improved facilities at the Loj. The all-new women's bathroom with three showers has been appreciated very much. Tom Andrews' Extreme Team spent about two weeks doing the work.

National Trails day will be held at Heart Lake on June 2nd. It is the 85th anniversary of the N-P Trail and the Marge Tierney Universally Accessible Trail will be dedicated at this time.

Total household memberships are down slightly from December 2006, but are down 1076 households from January 2006. The dues increase seems to not have had any significant impact on renewals.

And finally, after a number of years of "back-and-forth," the lot that was part of the Lake George headquarters property has been sold for \$85,000. Some of the money will probably be used for long overdue repairs and capital projects at ADK properties.

Aleda Koehn, Director

We Need You On Our Team

Sunday, May 27, 2007 is the date for the General Clinton Memorial Weekend Canoe Regatta relay race. We need one man and one woman for each of the five legs of the race. It is great fun! Even if you don't participate in the other activities of the Susquehanna ADK, this one-day team effort provides fun, exercise and excitement. We will probably have a picnic following the race. Please give this some thought and call me if you are interested.

Rita Salo 432-3656

Trip Reports

Tuesday, January 2 was a lovely day while we were still having an unseasonably warm and rainy winter. (Thursday and Saturday that week were in the 50s). Twenty-four forest walkers turned out to do a couple of miles around Crumhorn Lake and through the more level areas of the Boy Scout Camp. We stopped to inspect the sample Indian and early settler structures the boys have created. After completing the circuit we enjoyed a hot lunch at Jackie's Restaurant in Milford.

Lucille Wiggin

Saturday, January 20: Only four of us showed up at the Laurens Quick Stop for a planned hike/ski in the Arnold's Lake Forest. It was a wild day! Prudently we didn't go up the mountain to the state forest but traveled a more level road back to Oneonta and parked at the Country Club, seeing two auto accidents on the way. We walked on a route that the leader likes for skiing, although we cut it a bit short because of the bitter wind. It was an adventure for a little more than an hour! Doesn't that say something about the greying of our members?

Jo Koenig

Tuesday, January 30: It was five degrees above zero this morning with wind chill of minus three! But the sun was shining. Twenty-eight hardy Tuesday walkers showed up to explore along the Schenevus Creek and circle back for about two hours. Then, 20 people went to Pondo's Pizza in Colliersville for fellowship and very good eats. I think Pondo's was a bit overwhelmed when we all walked in.

Jo Koenig

Susquehanna Winter Weekend What a great time 11 Susquehanna members had at the Loj the last weekend in January. The snow was perfect for skiing, the best in the past few years. There was a base, not very deep, and three to four inches of fluffy new snow Friday, and again on Saturday evening. North country woods was winter white perfect. Yes, it was a bit cold, going down to minus 24 on Friday night, but warmed up to the teens the next day. Most of us went to the groomed trails at Mt. Van Hoevenburg on Saturday, saving the Marcy Dam tote road for Sunday. Saturday evening Norma Lee and Jack Havens celebrated their 50th wedding anniversary. Susie, the cook, made a fancy cake as a surprise desert and all in the dining room joined in congratulating the very pleased couple. We sat around the fire reminiscing about trips we had shared

in the past years. A Loj guest said to me, "Your group seems to have so much fun together." That is certainly true.

Aleda Koehn

Tuesday, February 13: Three cross-country skiers and six snowshoers had a bracing time at Gilbert Lake State Park with lots of new snow on the base, starting from and ending at the upper parking lot.

Barb Means

Ski, Snowshoe and Soup on February 17, 14 people spent a sunny, 25-degree day skiing and snowshoeing in 24 inches of powdery snow at Harry Barnes and Muffy McDowell's "Long Acre Farm" near Treadwell. Activities began with a leisurely walk uphill guided by a slow-moving skunk. The uphill country road stroll was followed by about two hours of downhill skiing and snowshoeing, ending with Muffy and Harry serving hot cider and chili at their home. Later, some stayed and skied over to visit a neighbor, bringing the memorable day to a close around 4pm. Joe Hart on his "old time" pickerel snowshoes was lead trail breaker for snowshoers. Kathy Cronin and John Vogel were champion track setters for skiers. Thanks to all for making it such a wonderful day.

Harry Barnes & Muffy McDowell

March 13 Questionable weather kept our group down to 11 people: four x-c skiers, four snowshoers and three hikers. Actually, it was a 50-degree, spring ski day with about a foot of snow pack in the Boy Scout Camp and a dirt road for the hikers. We even enjoyed our snow picnic.

Lucille Wiggin

Tuesday, March 20 outing at Delhi Golf Course After a beautiful snowfall on Friday, 16th of March, nine brave souls were off to another adventure. This time at 10am it was still overcast but the promise of sunshine was in the air. However, temps were around freezing. We had not thought of the wind until we got onto the field. It was biting and strong with at least a 15-degree windchill. Our plans to separate the skiers from the snowshoers were abandoned. We stayed together for safety, barely able to stay upright. We took the shortest route and cut our adventure to about one hour, feeling relieved to be close to our cars. Then we went to my house to recuperate with hot chocolate and our lunches.

Erika Heinegg

Exclusive Opportunity to Groan and Sweat!

The Adirondack Mountain Club offers a program directed to high school students interested in learning trail construction and maintenance. The Club provides several different kinds of trail and campsite experiences lasting five days each and scheduled over the course of the summer. The Susquehanna Chapter will contribute about one half of the cost of one outing for a student during the summer of 2007. Interested students may contact Jo Koenig or Joe Hart. All students are welcome but only the first applicant will receive financial help.

Action Alert — The “BBBB” — Action Alert

The New York State Environmental Protection Fund (EPF) is important to us. Money from this dedicated fund supports ADK’s professional trail program and the Summit Steward program. It is the principal source of money for the state to purchase lands that you and I will later enjoy, as part of the Forest Preserve or as State Park land. Stewardship of public lands, farmland protection and open space preservation are also funded this way.

Governor Spitzer would like to increase the EPF, from \$225 million to \$325 million by 2008-2009, **but this increase will only occur with the passage of the Bigger Better Bottle Bill (or BBBB)**. This bill would update our present bottle-return law, which covers only beer, wine cooler and soda bottles, and exempts non-carbonated drinks (water and soft drinks). Yet consumption of these non-carbonated drinks has increased vastly: two-thirds of the bottles and cans that now litter our landscape are non-deposit containers. BBBB would require a 5-cent refundable deposit on such containers.

How will this provide money for the EPF? Currently, beverage companies are keeping \$85 million from unclaimed deposits from cans and bottles that are not returned. Under BBBB, the beverage companies would transfer all such unclaimed deposits to the EPF. This would, by a conservative estimate, generate \$100 million a year to support the EPF! Note that this is not a tax, since a person who does return all containers will get his deposit money back.

The recycling rate is 80% for containers with deposits, and only 20% for non-deposit containers. Let’s change this - we can cut litter while at the same time raising money for the environment. ADK asks that you contact your State Assemblyperson and Senator, asking them to sponsor the Bigger Better Bottle Bill in the 2007 - 2008 state budget. To search for your Assemblyperson and Senator by zip-code visit: www.assembly.state.ny.us/mem/ and www.senate.state.ny.us/sdlookup.nsf/Public_search?OpenForm. It is important to send a copy of your letter to Senator Joseph Bruno, the Senate Majority Leader, to House Speaker Sheldon Silver, and to ADK’s legislative advocate (addresses below). More information on this bill can be found on the DEC web site.

Linda Seifried

Senator Joseph Bruno, Majority Leader
New York State Senate
Legislative Office Building, Room 909
Albany, NY 12247

Sheldon Silver, Speaker
New York State Assembly
Legislative Office Building, Room 932
Albany, NY 12248

As always, please forward a copy of your letter to:
Marisa Tedesco
Adirondack Mountain Club
301 Hamilton Street
Albany, NY 12210
or e-mail to: marisatedesco@nycap.rr.com

Call for Submissions

Carol and David White are compiling a book of adventures and misadventures in the Adirondack Park in all seasons, and request submissions. Submit your experiences via Word attachments or in e-mails to ccswhite@juno.com, or to 28 Mulberry St., Clinton, NY 13323. Submissions should be two to four double-spaced pages (or more). What tales do you want to tell? Subjects might be: lessons learned in the wild; getting lost; accidents or injuries; the joys and trials of bushwhacking; extreme weather; challenging terrain; long day trips; animal stories; encountering the unexpected; humor; reminiscences; equipment malfunction; appreciation of the natural world; or why you venture into the wild. We have no submission deadline and our planned completion date is sometime in 2007.

The Whites are co-authors, *Catskill Day Hikes for All Seasons* (ADK, 2002); co-editors, *Catskill Trails* (ADK, 2005); author (Carol) *Women with Altitude: Challenging the Adirondack High Peaks in Winter* (North Country Books, 2005); *Catskill Mountain Quests* (tentative title), to be published by Black Dome Press. Dave is a Director of ADK and Membership Chairman of the Catskill 3500 Club. Carol is Vice President of the 46ers Club and Conservation Chair of the 3500 Club.

Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

c/o Rita Salo
698 Winney Hill Road
Oneonta, NY 13820

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

Chair: Erika Heinegg 832-4204 ehinegg@delhi.net	Outings: Weekend: Ernie Mahlke 432-2583 mahlkeed@yahoo.com Mid-Week: Barb Means 432-4903 meansbar@oecblue.com	Publicity: Moira Beach 433-2832 susqadk@yahoo.com
Vice-Chair: Lucille Wiggin 432-1022 wiggin@stny.rr.com	Trails: Joe Hart 829-8358 ninajoe@frontiernet.net	Newsletter: Editor: Danny Birnbaum 746-7059 susquehannaadk@aol.com
Secretary: Joe Hart 829-8358 ninajoe@frontiernet.net	Blue Ridge: Joe Hart 829-8358 ninajoe@frontiernet.net	Mailing: Rita Salo 432-3656 jrsalo@dmcom.net
Treasurer: Nina Hart 829-8358 ninajoe@frontiernet.net	Conservation: Linda Seifried 265-3780 sseifried@mkl.com	Web site: Johanna Koenig 432-4975 jkoenig@stny.rr.com
Director: Aleda Koehn 432-8870 akoehn40@hotmail.com		Hospitality: Jean Seroka 988-7007
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 6:00 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 \$50 for individuals and \$60 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, leantos, 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