



Foot – Loose!

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

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April 2014

Are we ready for Cleaner Energy?

by Erika Baker-Heinegg

The Clean Energy revolution is also at OUR door. The latest reminder came March 1st with the Sustainability Summit on SUNY Oneonta Campus . There was a lot of enthusiasm expressed at ideas of expanding bicycle and walking paths. Ideas that were talked about for years Jo Koenig, the Founder of our ADK sq. region group, felt that 10 years ago enough funds had been accumulated to start putting the idea of adding to the Greenway expansion.

Why should one be encouraged by multiple Energy Saving Forums? To educate the public, to clean up the environment of the many abuses we have all owed to happen, to halt the wasteful use of our resources, to save the earth for future generations, and to halt global warming are only a few reasons. You add your responses. There are voices that feel that some of these measures are an invasion of privacy. Do we have alternatives?

Now that there is renewed interest to generate enthusiasm for expansion such as trails to be used for low impact sports. Talked about at the Sustainability Summit on March 1st were energy audits of buildings to assess energy efficiency . NYSERDA (New York State Energy Research and Development Company) with an office here in Oneonta alerts

homeowners of the many energy efficient alternatives. The audits are free. Funding is available through the State to lower energy costs for the public and reduce the impact on the State Grid. Names of local vendors are offered. Job creation is brought into the county through alternative fuels, electricity sources such as wind and solar energy. And state funds are made available with the possibility of implementation.

OCCA (Otsego County Conservation Association) is adding its list of sustainability alternatives: composting of organic waste to create fertile soil, separating plastics, and recycling of materials to lower the impact on the environment, are only a few.

At the Kopernicus Observatory 2013 I attended the "Climate Conference," a fascinating series of lectures given by Meteorologists and Educators from our area. It led me to explore the impact on the environment on our area on Otsego Lake and the Country Club Golf course (see Footloose Jan 2014 issue).

" Energy in the 21st Century " is the title of a conference to be held in East Syracuse on April 4th. It's an opportunity for providers and the public to explore critical energy issues with experts. I attended last year's conference with members from OCCA and hope to do so again this year.

ADK Member Survey

A reminder to all members with computers: ADK has invested money in conducting a survey of current members. An e-mail invitation has been mailed to each member with an e-mail address, with a link to the survey site. It takes about 10 minutes to complete, and responses will be used to help ADK determine

what directions to move in, in order to attract and keep members. Please help out by completing your survey! If you need the link re-sent to you, please call Linda Seifert or any Sus Chapter officer.

Monica Peters' Famous Leon Cake

Monica's Famous Leon Cake is served every summer with lunch at their home after the canoe outings on Canadarago Lake. This recipe is shared by request of fans with the provision that it not be brought to an ADK event as Monica will most likely bring it herself. Thank you Monica.....

1 box lemon cake mix
also prepare: 1/2 c Fresh Lemon Juice
1 box lemon Jell-O
1 1/2 c confectionery sugar
4 eggs
3/4 c. oil
3/4 c. water

zest of 1 lemon
beat together. 15 min.
Pour into 11 by 17 pan and bake at 350 for 25-30 min.
Let set 5 min. and poke holes in cake.
Pour the 1/2 c fresh lemon juice over the cake and cool completely.
Then sprinkle w/ 1 1/2 c conf. sugar.

Please clip and post

SUSQUEHANNA CHAPTER Spring 2014 SCHEDULE

ALWAYS CALL LEADERS FOR DETAILS

Area codes are 607 unless otherwise noted

Riders should contribute a fair share toward gas. Each trip's leader must have all participants sign the liability release form, which may be downloaded from our website: www.susqadk.org.

Ernie Mahlke, 432-2583, will be happy to hear from people who want to hike on weekends and include them in any plans he and Heide may have. For bikers looking for group rides, please call Leon and Lucille Wiggin, 432-1022, and Frank and Jean Oakley, 263-5832.

<u>Dates</u>	<u>Leaders</u>	<u>Phones</u>	<u>Destinations</u>
April 1	Virginia and Currie Marr	432-5434	Hike at Wilber Park
8	Julie Smith	432-8642	Milford State Forest
15	Norma Lee Havens	432-3154	Betty and Wilber State Park
22	Ruth Schaeffer	988-7036	Valley View Trail
29	Jim Austin	437-5734	Gilbert Lake State Park
May 6	Rita Salo	432-3656	Basswood Pond State Forest
13	Pam Lea	315-858-0086	Hike on private property
20	Carol Saggese & Julie Smith	432-8010/432-8642	Gilbert Lake wildflower photo/hike
27	Aleda Koehn	432-8870	Mud Lake from Pine Lake
June 3	Mary Dunkle	547-2162	Otsego Land Trust
10	Peter Regan and Aviva Schneider	847-6109	Hike on property
17	Lucille Wiggin	432-1022	Hike Crumhorn
24	Linda Pearce	432-8969	Hike Goodyear Lake area

It is the hikers responsibility to check with the leader to see if a hike is cancelled.

Spring Meetings - 3rd Wednesdays

Elm Park Methodist Church, 401 Chestnut St. Oneonta, for 6 pm potluck dinners followed by 7 pm programs.

April 16 The Whooping Crane: The Most Famous and Endangered Bird in America. Eleanor Moriarty, Board member, program and publicity chair for Delaware-Otsego Audubon Society will present this timely program. Since 1967, through the cooperation of Canadians and Americans, the Whooping Crane has been successfully brought back from the brink of extinction. Eleanor will discuss the recovery efforts made by the Federal, State, and non-profit agencies, as well as breeding and nesting, and the amazing migratory routes taken each year by this magnificent bird.

May 21 Andy Mason of the Delaware-Otsego Audubon Society (DOAS) will present a program on returning spring birds. May is the prime month for migrating birds to arrive in our area, with a wide variety of species returning from the tropics. Andy Mason is co-president of DOAS, past chair of the Audubon Council of NY State, and past president of the NY State Ornithological Assoc. He currently serves as conservation chair of DOAS and of NYSOA. He has been an active birder for over 30 years, participated in the NY State Breeding Bird Atlas, and has lead bird workshops for the Appalachian Mountain Club. Andy will be leading a spring bird walk at the DOAS Sanctuary on Franklin Mountain on May 11. For further information visit the DOAS web site, www.doas.us.

June 18 Picnic. 5 – 8 p.m. Briggs Pavilion at Gilbert Lake State Park. Check the website and your e-mail for details.

Memorial Day at Serokas

Jean and Joe Seroka are delighted to host a Memorial Day picnic at their riverfront park in Otego on Monday, May 26. The first of the 70 miler canoeists begin arriving in Otego about 11:30. Bring noise makers for added fun and to cheer the racers.

Bring a dish to pass, your table service, your preferred beverage and lawn chairs. We will again order Brooks BBQ chicken. Prices are dependent on how many and when we order, but last year we paid \$5.20 per half. You may pay ahead for the chicken when you come to the picnic. We will eat

at 2:00, so be sure to provide refrigeration for your food if you come early. It is fine if you just want to come to watch the races. If you want to order chicken or need directions, call 988 7007 or email Jean and Joe no later than Friday, May 23.

To reach "Seroka Park" turn off Main Street onto River Street (across from the Otego Elementary School). Cross the railroad tracks and look for a "private drive" sign on the right. If you pass a large white apartment house, turn around. You've gone too far. Follow the private drive to the Serokas' picnic area beside the river.

2014 Winter Loj Outing - February 3-6, 2014

Our 2014 winter Loj outing was the best in years! Monday, the 3rd of February, was sunny and dry, a perfect day for the drive to the North Country. We had been warned that there was little snow and were given ideas for alternate activities in the area. However, that weekend, about 4 inches of snow had fallen, at least in the Loj area. I have noticed that as one drives the five

miles to the Loj, the amount of snow cover increases, perhaps because of the gain in altitude. That afternoon I was able to ski trails in the woods around the Loj where the snow cover was even deeper. Tuesday was a bright and sunny and some of the group were off to Van Hoevenberg Ski Center for skiing on the groomed trails. Wednesday morning brought clouds, and then

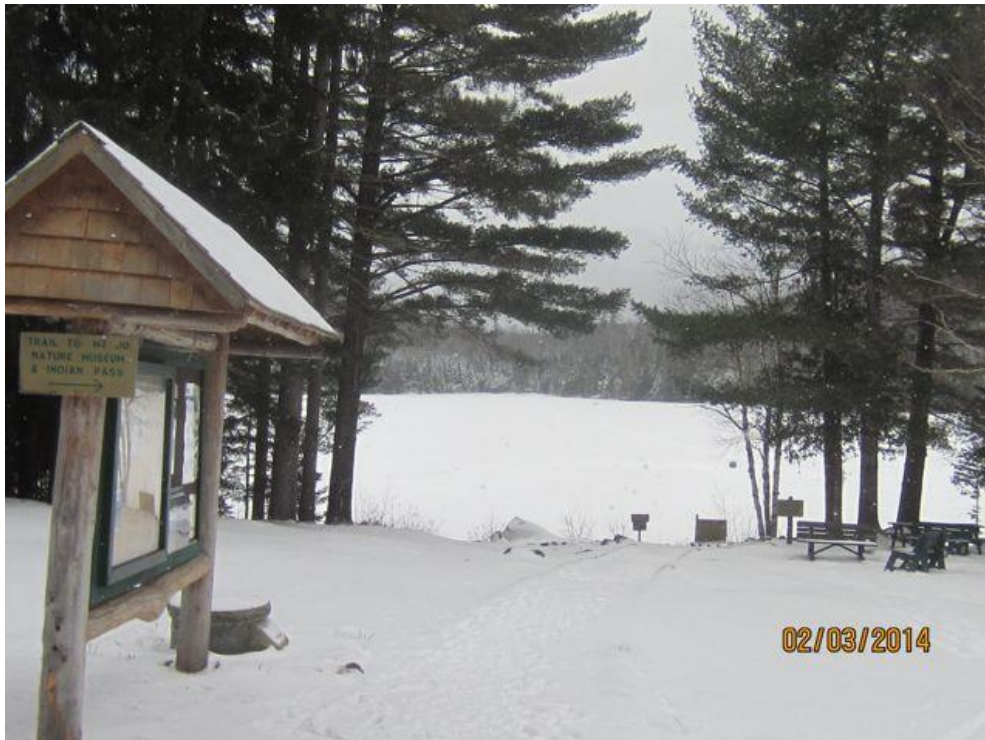


Photo by Barbara Means

snow which increased in intensity as the day progressed. We were aware of the coming Northeaster and had made plans to stay until Thursday. Some of our group snow-shoed and others went again to the Ski Center for a perfect day of skiing in the falling snow. After our various activities, we all gathered in the Great Room, by the fireplace and under the moose, as the snow swirled around outside. Although our group was only six, there were about ten other guests, all interesting to talk with and share adventures. Also the food, prepared by the new cook, was

especially good and, as usual, we ate more than we should. The snow ended during the night, and by morning the sun shone through the snow laden trees and the sparkling snow crunched under foot. We packed up, brushed off the cars, and left the Loj. But we just had to spend the morning skiing at Van Hoevenberg! All the vehicles were out grooming the fresh snow on the miles of trails and conditions were ideal. Clear, dry roads for the return. A perfect ending to what turned out to be a perfect trip.

Aleda Koehn

Winter 2014 Trip Reports

Greenway Hike - December 17, 2013

The hike was at the Greenway in Oneonta. Six brave people showed up. Since the roads were bad we decided we'd better not even go for coffee. Then four others showed up so five of us gave it a try! Three people started just walking, one was on cross-country skis and the fifth had snow-shoes on. We had to break a trail. It was about 2 degrees and still snowing a lot. We didn't get very far when the group decided to go back and go for coffee. But at least we gave it the ADK try!! Really a winter day.

Ruth Schaeffer

Susquehanna Greenway Hike - January 14, 2014

On January 14, 2014, six ADK members hiked the Susquehanna Greenway Trail on a drizzly day. It was redemption for the December 17, 2013 hike that was aborted after 300 yards due to snow. The trail has a host of new interpretive signs explaining natural wonders such as "Succession" and the formation of an "Oxbow." The highlight was a small bird's nest



Photo by Julie Smith

built just inches off the trail in the fork of a tree. After consulting with several members of the Audubon club, they reached a consensus that it was an American Redstart's nest.

George Siatos

Note. Mary Lou Austin's New Residence
Room 123
Chestnut Park Home
330 Chestnut St.
Oneonta, NY 13820

Gilbert Lake State Park Snowshoe – March 4, 2014

Seven hikers braved the single digit cold weather to walk/snowshoe around Gilbert Lake State Park.. Fortunately, we



Photo by Pam Lea

didn't have the wind to contend with today. The hike was uneventful. We just wish it could have been a warmer day so that we could have hiked further.

Jim Higgins

Lower Riddell State Park Hike - February 4, 2014

After several outings in recent weeks have been cancelled due to severe weather conditions, we were all pleased to have a nice morning to hike the lower area of Riddell State Park. The cloud cover mostly disappeared and we enjoyed the sunshine as thirteen of us looped through the park, including a newer trail that meanders along the Schenevus Creek and comes out near



Photo by Carol Saggese

the parking lot. Several of us ended our morning with lunch at Pondo's Restaurant in Colliersville. *Linda Pearce*

Leatherstocking Golf Course, February 11, 2014

It was really cold today – 8 degrees as I drove to Cooperstown. It was a pleasant surprise to have three people show up for the Ski/Snowshoe at The Leatherstocking Golf Course. When we started out, there was no wind, but as we came around to the lakeside it started to blow. It was not steady, only short gusts and then a break. Three of us skied and Brenda, one of our newest members, kept up with us on her new snowshoes for the entire distance. What a woman! The snow was absolutely perfect. The sun shone most of the time. We had a perfect Winter experience.

Rita Salo

Al Martel's Report on the Sus Chapter Trail Maintenance Project

John Dropp and I spoke several times on the phone and scheduled a meeting, where he explained the requirements to volunteer (?) to maintain the section of the Wilson Pond Trail that our chapter adopted in the Blue Ridge Wilderness near Blue Mountain Lake. He gave me forms and contact info and the adventure began. Since I am a retired DEC employee, I am too familiar with State bureaucracy but ADK was right there in the competition. I am scheduled for a mandatory training session on May 10 at Mt. Arab, about 4 miles west of my birthplace in Tupper Lake. Several forms were completed and submitted to Herb Coles, the Trail Steward Coordinator (NOT to be confused with the Head Trail Steward at ADK headquarters). All parties made it very clear that I may not utilize a chainsaw to facilitate my volunteer work unless completing 4, (count 'em: 4) courses including The Game of Logging, First Aid in the wilderness, Bloodborn Pathogens (!), and one other. Since I'm about 'hooped out', I elect to use hand tools. Obviously, there are no

potentials for injury with my razor sharp axe. (Remind me to relate the tale of my waltzing into the Stamford Clinic and requesting someone "to sew up my axe hole".) Sooooo, I've submitted forms to ADK, will stop in the DEC office to submit further volunteer forms, am scheduled to make a 400 mile round trip to become 'certifiable' and should be okayed to do the trail work this late spring or early summer.

Strange, when Prattsville had its' flood damage a couple years back, I just showed up and was directed to the houses that needed help. As the kids would say: "What's up with that!?"

All of the above were gladly endured in memory of my late Uncle Clarence, who foolishly allowed me to assist him with trail maintenance in the late '70's and 80s when he was caretaker at the ranger station in the Duck Hole in the center of the High Peaks. I'll be stopping off at his grave when I take the Trail Maintenance course and relating all the above. I can hear him chuckle now as he hears "Ode to Uncle Clarence". *Al Martel*

Information for Hike Trip Leaders

ADK carries Liability Insurance for Chapter outings that are officially sanctioned - that is, they are approved by the Outings Chair and are published in the Chapter Newsletter beforehand. This insurance covers trip leaders, as well as the Club itself. Protection is provided by using ADK's Liability Release Form, available on the Chapter website for trip leaders to print out.

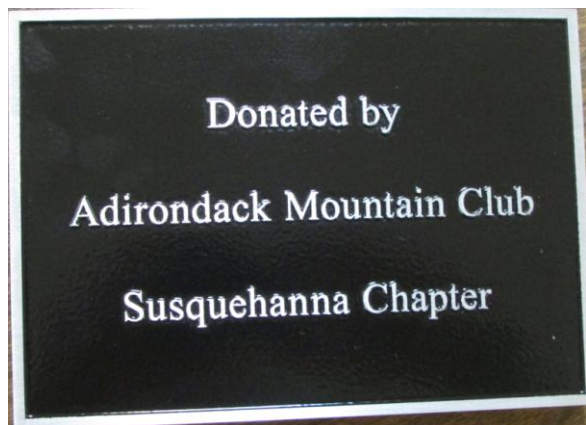
Reminder for Trip Leaders:

- 1 - Every person joining an outing should sign this release form.
- 2 - Turn in these forms after each outing you lead. The form must be retained for 3 years, so trip leaders should turn in the

form to the Outings Chair. Forms will be collected and sent to ADK for long-term retention.

3 - Accident Report Forms: If an accident [one requiring the attention of a doctor] should occur on an outing, ADK must be notified quickly. A special Accident Report form is available on our Chapter website. After completing this form, please fax and/or mail the original to Headquarters as soon as possible, along with the Liability Release form. Note: that's two different forms and BOTH are extremely important if an accident occurs. If anyone has questions on these forms, please contact me for further info.!

Linda Seifried, Director



Chapter Plaque

This plaque will be placed on a bench on the upper part of the trail at The Plains. The bench will be installed sometime in April. The bench will be dedicated as a memorial and a thank you to the leaders and friends who were instrumental in the organization and work that resulted in the founding of the Susquehanna Chapter of the Adirondack Mountain Club in 1977.

Other Chapter's Activities

The Iroquois Chapter based in the Utica, NY area has a project known as "The Saranac Six" which refers to six mountains between Saranac Lake and Lake Placid: McKenzie 3822 ft., Ampersand 3353ft., Scarface 3054 ft., St. Regis 2874 ft., Haystack 2864 ft., and Baker 2452 ft. Each (or even two) may be done in a moderate to fairly easy day trip. Three of the Saranac Lake 6er's, McKenzie, Haystack, and Baker are located in the 37,000 acre McKenzie Mountain Wilderness. There are 300 acres of old growth forest in the wilderness and along the ridges and

false summits of McKenzie, with boreal forest dominating. From the summit of McKenzie, hikers can enjoy the scent of balsam fir while taking in views of the thriving neighboring communities of Saranac Lake and Lake Placid from the two lookouts. We plan to do three Saturday hikes on June 7th, 14th, and 21st in which we might complete at least four of the six. When you complete all six, and pay \$10, you get a real nice Saranac 6er badge. For more information contact leader, Chuck LaMendola at clamendola2@juno.com or by phone at 315-896-2846.

A Triple Event

National Trails Day, June 7th, will be special this year. Two other notable events will occur on the same day: ADK will observe the 90th year Anniversary of the opening of the Northville-Placid Trail; and a new opening section of the NP Trail will be completed.

One of the Adirondack Mountain Club's first major projects was the construction of the approximately 132 mile long Northville-Placid Trail, completed and opened by 1924. While "officially" the Northville-Placid Trail starts off NY 30 near Northville and ends in Lake Placid, unofficially most through hikers begin off road in Upper Benson, to avoid walking on roadway. This will now change, as the trail is being re-routed. Portions of the re-route will be finished by June, and ADK plans to celebrate both the new starting location and the 90th Anniversary at the same time, with a festive weekend in Northville, NY.

Here's what's planned: from 10 a.m. on Saturday and running all day, Northville will be hosting a Craft Fair with vendors, craftsmen demonstrating their work, and local authors and musicians. A food court will be open all day at Waterfront Park, and there will be tours of the new sections of the Trail. At 3 p.m. the official sign for the entrance of the NP Trail will be moved to its new location, officiated by DEC personnel and other notables.

Because this is National Trails Day, volunteer trail workers will be spending the day actually doing trail work. Anyone interested in participating will arrive Friday for volunteer training, work on Saturday, and be honored at a 5 p.m. dinner.

ADK's new Northville-Placid Trail Chapter is working hard with the Town of Northville to plan this event, and support will be greatly appreciated. Sounds like a day of fun to me!

Linda Seifert, Director

ADK Offers Training

High Peaks Day Hikes. Whether you are working on your 46, uncomfortable approaching the High Peaks on your own, or just looking for a great hike in the mountains, these one-day guided trips are for you. We'll discuss safe low-impact travel, route selection, off trail navigation, and the rich natural history of the Adirondacks. All hikes are strenuous and will require a full day of hiking. Cost: \$72 (Members receive 10% discount), includes guide and instruction.

Beginner Backpacking - July 11-13

Enjoy learning the tips and tricks of backpacking and low-impact camping with a NYS Licensed Guide. Three days and two nights will be spent in the High Peaks Wilderness covering topics such as proper gear, food planning and preparation, safety considerations, map reading, camp set-up, low-impact techniques, water treatment, waste management and stove use.

Cost: \$193 (Members receive 10% discount); includes instruction, meals, and use of group gear.

Johns Brook Valley Teen Adventure - July 28-31

This four-day, three-night camping adventure is for teens ages 14 to 17. Explore Johns Brook Valley's mountains, streams and lean-tos while we build friendship, camaraderie and outdoor skills in the Adirondack backcountry. Participants will experience hiking high peaks and learning the skills to become a proficient backpacker.

Cost: \$300 (Members receive 10% discount); includes instruction, transportation during the course, all meals, and use of group equipment (tents, stoves, cook sets, etc.).

Trailless Peak Backpacking

These trips are designed for those who have experience hiking and backpacking and who are looking for guided backcountry experience in pursuit of climbing the summits of the High Peaks. The group will hike into a base camp from which they'll be guided up the "trailless" peaks. These courses will be a cooperative group camping experience led by a NYS licensed guide with the shared responsibility of camp chores, cooking, and decision-making.

Cost: \$193 (Members receive 10% discount); includes instruction, meals, and use of group gear.

For more information go to <http://www.adk.org/page.php?pname=workshops-guided-hikes#Q3>

Black Fly Affair - Save the Date, Saturday, May 31st



And we're off! Plans are well underway for this year's *Black Fly Affair*. A Hiker's Ball, as we Trek to the Track ADK Style. Proceeds support C.A.R.E.S. 'across the board' - wilderness protection initiatives that advocate for greater public access to spectacular recreational resources while protecting them for those that follow. Don't be 'shut out'. Whether you attend or not,

this is your opportunity to stand out from the 'rest of the field'. Place your 'wager' on ADK's largest annual fundraiser by joining the [Honorary Committee](#) or by becoming a [corporate sponsor today](#). 'General admission' opened March 17th. See you in the 'Winner's Circle'!

APA RESCHEDULED PUBLIC HEARING FOR HURRICANE AND ST. REGIS FIRE TOWERS

RAY BROOK, NY - The Proposed Final Drafts of the Hurricane Mountain and St. Regis Mountain Fire Tower Historic Area Unit Management Plans (UMPs) were presented by New York State Department of Environmental Conservation (DEC) staff to the Adirondack Park Agency (APA) Board at their monthly meeting on February 14, 2014. Pursuant to the Adirondack Park State Land Master Plan (SLMP) requirements for Historic Areas, the Agency will hold a public hearing on Wednesday, April 2, 2014 to solicit public comments related to the proposed UMPs' conformity with the provisions of the SLMP.

The hearing will begin at 6:00 PM at APA Headquarters located in the NYS Office Building Complex in Ray Brook, NY. The public is invited to attend starting at 5:00 PM to review relevant documents. APA will also accept written comment on SLMP conformance for the proposals contained in the final draft UMPs until April 16, 2014.

The Hurricane Mountain Fire Tower Historic Area is located on the Summit of Hurricane Mountain in the Town of Keene, Essex County. The St. Regis Mountain Fire Tower Historic Area is located on the summit of St. Regis Mountain in the Town of Santa Clara, Franklin County.

Some of the proposed management actions in the draft UMPs include:

- Maintain the fire towers in a manner that complies with the State Historic Preservation Act;
- Make necessary structural improvements to the fire towers to allow for safe public access;
- Maximize the fire towers' interpretive and educational potential;
- Install a radio repeater and solar panels on the Hurricane Mountain fire tower to strengthen emergency communications for NYS Forest Rangers and Environmental Conservation Officers.

UMPs are required by the Adirondack Park State Land Master Plan for each unit of State land in the Adirondack Park. The plans integrate the goals and objectives of the State Land Master Plan, related legislation, and resource and visitor use information into a single document.

The UMP is available for viewing or downloading from the Adirondack Park Agency website at:
http://www.apa.ny.gov/State_Land/index.html

Please address all written comments pertaining to State Land Master Plan compliance to: Kathy Regan, Senior Natural Resource Planner, NYS Adirondack Park Agency, P.O. Box 99, Ray Brook, NY 12977, apa_slmp@gw.dec.state.ny.us

All written comments must be received by April 16, 2014.

Information from our Adirondack Mountain Club "ADK" website

You can stay at JBL during Spring Caretaker Season (May 18th - June 26th) for as little as \$35 per night. Enjoy the backcountry without sharing a lean-to with a thousand black flies! More info here >> <http://ow.ly/tIbNZ>



ADK Wants You for Our Membership Survey!

ADK is administering a new membership survey. We want all of you to participate! Your responses will help us determine who we are now, where we want to go, and help the organization grow even stronger and more sustainable. Go to adk.org and [login](#) to complete the survey. We strongly encourage folks to

complete the survey online for easier processing and reduced postage costs. However, if you prefer to receive a survey by mail, please call the Membership Department at 1-800-395-8080 or email membership@adk.org.

ADK Books, Maps, and Gear

Did you know...when you shop your Adirondack Mountain Club's catalog, profits from your purchases support our three-fold mission of conservation, education, and recreation! ADK

members receive a 20% discount on ADK publications and a 10% discount on ADK logo wear and gear. Browse your ADK Online Store at: www.adk.org for great guide books like these:

Ski and Snowshoe Trails in the Adirondacks
Adirondack Mountain Club : High Peaks Trails
Adirondack Paddling: 60 Great Flatwater Adventures

Editor's note. If you've received Foot-Loose by US Mail and are seeing black & white photos, we encourage you to switch to the e-mail version. You'll see color photos, and save trees, paper, and postage. To request the e-mail edition, contact Fred Johnson at jfred212@gmail.com.

Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

www.susqadk.org

c/o Lucille Wiggin

80 Chestnut Street

Oneonta, NY 13820

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 Barbara Meeks at (607) 783-2924 for more information. Portions of this newsletter are also available online at www.susqadk.org.

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Chapter meetings are held the third Wednesday of the month, September through May, 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 6pm (please bring a dish to pass, your own table service and mug or cup); programs begin at 7pm, 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
- discounts on ADK merchandise
- invitations to member only outings and extended trips
- reduced rates at ADK facilities: lodges, lean-tos, cabins, and campgrounds
- 20% discount on ADK trail guides, canoe guides, maps books and calendars
- membership in one of ADK's 27 chapters throughout the Northeast

For more information please go to www.susqadk.org or call 1 800 395 8080