



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 2015

Message from the Chair

Linda Seifried

Greetings, fellow Susquehanna Chapter members, from your new Chapter Chair. Those who have been members longer than six years know that I have held this post before – but this time around, I have a new perspective. Having spent the last six years serving as Director and attending state-wide meetings, I return with a greater appreciation for the Club and how it actually operates. Frankly, it's amazing what gets accomplished. ADK's paid staff is diligent, frugal, and so enthusiastic over the programs they run and the [treasured] facilities they operate. Yet they always point out the work done by the many volunteers. So much time and energy is donated toward keeping up what we have, while also aiming for new growth.

Now, having chaired over the first Executive Committee meeting of our own Chapter, I realize that the same is true right here. Various members are working behind the scenes, doing what needs to be done so that our funds are

managed, our hikes have trip leaders, publicity is sent out, our newsletter is compiled, printed and mailed out, our membership list is kept up-to-date, hospitality [including coffee!] is provided for us at our monthly meetings, and more. ADK is a member-driven organization, and once again, I can only express appreciation for all those who step forward and volunteer to make it happen.

And now, a most welcome announcement: a vacant, very vital position has just been filled by another volunteer. The post of Treasurer, held for years by Ginny Marr, opened up. We expressed our deep appreciation to Ginny for the expertise she brought to that job – and began a search for a replacement. I am happy to report that Stef Seifried has agreed to take up these duties, and we welcome him and sincerely thank him for volunteering. I will now sleep better, and our Chapter will continue to function!

Winter Meeting Reviews

January 21 - Linda Seifried's "Many Moods of Lake George" focused on family kayaking and canoeing on the lake. Linda's pictures captured the extremes of the lake from absolute calm to wild wind as well as the ever changing light from dark to bright, misty to clear, and sun up to sun set.

Members present supported the chapter nominating committee's recommendations:

Chair – Linda Seifried

Vice Chairs (programs) – Muffy McDowell and Aleda Koehn

Secretary – Barbara Means

Director – Al Martel (chapter representative to the ADK board of directors)

February 18 – Following the "Soup and Chili" dinner, Linda Hall presented "Peanut butter and Jelly run, my year of discovery of America and myself." Linda had many easels on which she displayed photos of her trip.

March 18 – Our annual "Corned Beef & Cabbage Dinner" provided by the chapter. Volunteers were thanked for cooking the beef and preparing desserts are needed. David Green presented "Indian Adventure"- featuring photos of northern India compiled during two long visits. His story hinted of the pleasures of traveling inexpensively in this foreign and ancient land.

Spring Meetings - 3rd Wednesdays

April 15 - Robert Titus, Catskill Geology

May 20: Scott Lauffer and Kathy Cronin. Kathy Cronin and Scott Lauffer. Join Scott and Kathy as they explore the other worldly terrain of southern Utah's public lands with a few stops beyond thrown in for good measure.

June 17 – Picnic 5-8 pm at Briggs Pavilion, Gilbert Lake State Park. Check the website and your e-mail for details.

Meet our new Director, Al Martel

Linda suggested that I write an introduction as the new Director, for those who don't attend the monthly meetings and therefore haven't met me. So:

I'm Al Martel, newly elected Director for our ADK Chapter. I live outside of Grand Gorge in Delaware County, which is somewhat distant from our chapter center but I thought it worthwhile to travel the distance since my interests overlap with ADK's.

I was born in the Adirondacks (Tupper Lake) and attended Paul Smith's College there getting a degree in Forestry. While there (and after) I frequently hiked into the High Peaks to visit and assist my Uncle Clarence, who was a caretaker at the Ranger Station in the Duck Hole. Sadly, none of those places exist anymore. Policy changes dictated the demolition of the Ranger Station and maintenance of the dam that formed the Duck Hole on the Cold River. Anyone who remembers that site, which was featured on the cover of 'Adirondack Life' and numerous articles in the 'Conservationist' will agree that it was a giant step backwards. The trails in that vicinity have deteriorated to the extent that a hiker was lost there last year. Fortunately, he was located. Anyhow, I feel that there be an understanding of the distinction between 'conservation' (the wise use of our natural resources) and 'preservation' (the protection of resources from loss due to use).

I retired from a career in conservation from the New York State Department of Environmental Conservation in 2005. I worked briefly in Forestry, then transferred to Fish and Wildlife where I was a Principal F&W Technician. I spent 25 years in Wildlife and finished working for Fisheries with responsibilities involving purchasing permanent public fishing rights and access sites and Article 15, which is stream protection. I can still pronounce 'fluvial geomorphology'!

My interests are obviously outdoor/conservation related. I may be in a minority in our club in that I not only fish but love to hunt. I view the meat as a natural resource, superior to domestically raised meats which are 'enhanced' with steroids, antibiotics, steroids and GMO feed.

I also shoot in competition, mostly with muzzleloaders (see attached*). I am the president of the Stamford Rod and Gun Club, on the Sporting Advisory Committee (involves access for ALL uses including hiking) on NYC Watershed properties in the Catskills) and a longtime shooting instructor for the Becoming an Outdoor Woman program.

So.... that's me in a coconut shell. I'm happy to serve our chapter. If you feel that the above may negatively impact our interests, keep in mind two things: 1) I work for free and am worth every penny, and 2) elections are just nine months away!

**Editor's note. The attached, detached. Look for it subsequently*

Winter Outing At The Loj

Four Susquehanna adventurers, Dianne Benko, Kathy Kenny, Aleda Koehn, and George Siatos decided to go to the Adirondack Loj, February 3-5. We were able to make our reservations just a few days before our planned arrival, but even so, we could not leave on Monday because of yet another snow storm. Tuesday morning, however, was sunny and cold. Dianne Benko picked up me and George and we were off. There was plenty of snow in the high peaks, and we enjoyed three days of skiing. Dianne and I skied the Meadow road and part way up the Marcy Dam road the afternoon we arrived. Kathy stopped at Van Hoevenberg for an afternoon ski. We spent the next day

at the Ski Center with its wonderfully groomed trails on fresh snow. The sun, blue sky, and snow laden trees, made a perfect ski day.

We all thought that the two dinners were exceptionally good. It was fun meeting and talking with the other guests. George really enjoyed the give and take of animated discussions. Although it was about 5 degrees on Thursday morning, we had a good ski on fresh snow on the Easy Side trail before returning to Oneonta, (with a stop at Trader Joe's in Albany) on a sunny day with clear roads. The trip was lots of fun, and I look forward to continuing this great winter break.

Aleda Koehn

Elm Park meeting close-up schedule

Thanks to the volunteers who've agreed to accept responsibility for closing the Elm Park Church meeting room following our monthly meetings: April – Muffy May - Julie

Memorial Day Options

Again this year, the Serokas invite ADKers to join them at their "Otego Seroka Park" to watch the canoe races on Monday, May 25. For information, contact Jean at 988-7007 or e-mail (jjwilser3@yahoo.com).

As Jean says, "It's the usual potluck. Bring a dish to pass,

tableware, and lawn chairs. Canoers begin arriving around noon and we eat around 2:00."

For those who've not previously visited Seroka Park, in Otego turn toward the river, cross the railroad tracks, and take the first right turn.

New Chapter e-mail address

To make disseminating information to the membership via email address more efficient, we have changed our email address to adksusq@gmail.com. We ask that you use this address in the future, so we can better serve you. This replaces the former address of susqadk@yahoo.com.

If you are not currently receiving email messages from the Susquehanna Chapter of ADK and would like to, please send your email address to adksusq@gmail.com. We send weekly hike notices and updates, reminders of upcoming meetings and guest speakers, and other information of interest to members of ADK.

Always check the website at susqadk.org for complete and up-to-date information.

Please clip and post

SUSQUEHANNA CHAPTER Spring 2015 OUTING 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.

Email: HYPERLINK "mailto:smithj3@hartwick.edu"smithj3@hartwick.edu to sign up for a hike. Do not hit return.

Trip leaders must have all participants sign a liability release form, which may be downloaded from our website: HYPERLINK "http://www.susqadk.org/"www.susqadk.org. It is the hiker's responsibility to check with the leader to see if a hike is cancelled.

Dates	Leaders	Phones	Destinations
April 7	Erika Heinegg	432-0405	Greenway
14	Ruth Schaeffer	988-7036	Lower Riddell
21	Julie Smith & Pam Lea	432-8642	Schenevus area
28	Aleda Koehn	267-4586	New Island Flower Walk
May 5	Rod and Sally Hebbard	829-5811	Franklin Mt. Area
12	Norma Lee Havens	432-3154	SUNY College Camp
19	Aleda Koehn	267-4586	Mud Lake
26	Bob Ciganek	263-5375	Top of the Otsdawa Rd
June 2	Irv and Monica Peters	(315) 858-0261	Greenwood Conservancy
9	Maureen Willis	286-9821	Milford
16	Bev Hensle	286-9126	Chlorinator Road in Milford
23	Linda Pearce	432-8969	Goodyear Lake
30	Rita Salo	267-4595	Lower Riddell Park

Phone numbers are in area code 607 unless shown otherwise

If you have any questions regarding a hike, including CANCELLATION:

- 1) CONTACT THE TRIP LEADER
- 2) Check the website
- 3) Check email messages.

Publicity Committee Named

A note of appreciation to the members who take the extra time and effort to keep us informed of activities and opportunities:

Moira Beach, Chair
Currie Marr, Web Master

Jann and Jack Ewen, Poster Distributors
Margret Mukai, Substitute Poster Distributor

New and Rejoining Members

Valerie Bush

A BETTER WAY TO RECEIVE "FOOT-LOOSE"

If you're reading a printed, black & white, version of Foot-Loose and have e-mail service, please contact the editor and request to be added to the e-mail recipient list. You'll get Foot-Loose more quickly, see pictures in color, save the club postage, and save trees.

Winter 2014-15 Trip Reports

Strawberry Field Hike - December 16, 2014

It was a gray day but the hike was good. Twelve of us, (thirteen when Fred finally caught up), started out from the Binder Gym parking lot on the Hartwick Campus. The road to the top of the ridge had been plowed, but once we got to the top, the rest of the hike was in/on snow. As I emailed, conditions would have been OK for snowshoes but not necessary. The snow was soft and wet in places and walking was not as easy as on a clear trail. Snow was still on the tree branches but as the temperature rose we would occasionally be hit by clumps of falling snow. We admired the view from Strawberry Fields, although the distance hills were dark and hidden. We crossed the field and followed the trail into the woods. We came to some barricades which apparently mark the end of Hartwick's property and were then,



Photo by Julie Smith

presumably on state or city land. The trail eventually goes by the city water tanks and then down the hill by the Health Department building above Job Corp. At the edge of the parking lot was a relatively new sign showing trails through the woods where we just walked. The sign referred to the area as Homer Folks State Park. That was a surprise! No one in our group had known about this. Al Sosa's name appeared near the bottom of the sign and the trails are bike trails. We know that Al has been instrumental in developing bike trails, but Homer Folks State Park???? I am planning to call him and ask how the park came about. We continued past the bunker built many years ago as a "safe place" for NYS government officials. More woods, more ups and downs, and finally back to the cars. Jim said we went 3.6 miles and several said they certainly felt it. All in all a good trip.

Aleda Koehn

Franklin Mountain Hike - January 6, 2015

Despite sub-freezing temperatures 13 brave hikers rang in the New Year by hiking 2 miles on meadow paths near Rod and Sally's home on Franklin Mountain. Along the way Rod pointed out where a proposed gas pipeline would cross property near them. After the hike we all entered the warmth of the Hebbard's lovely home thoroughly enjoying their 12 foot Christmas tree, 5 different soups, confections, and ice cream. The outing was a

delightful and energizing "Yin-Yang" experience. Thank you Sally and Rod for such a fine introduction to 2015. *Currie Marr*



Photo by Pam Lea

Fortin Park Hike - January 13, 2015

On one of the coldest Tuesday mornings so far this season, nine hardy ADKers arrived at Fortin Park to ski and walk. The temperature was in the low single digits, but the sun was bright in a near cloudless blue sky. We all agreed that it was a most beautiful day. The walk was short due to some with cold toes. The skiers stayed longer and toured the lower part of the park. All seemed to enjoy the outing.



Photo by Julie Smith

Arnold Lake Trails Hike - January 20, 2015

Carol Saggese led this hike starting from the parking lot on Joe Cornell road. Cathy LaFontaine noted that it was a nice morning for the 15 participants. On the trail the group split into a smaller and larger group.



Photo by Cathy LaFontaine

Fortin Park Ski/Snowshoe Hike –February 10, 2015

“Let it snow, Let it snow, Let it snow!” It did just that the day before the hike adding 6 inches of new snow to the existing 18” base. With an attitude of “Let’s have fun,” 21 participants turned out to snowshoe or ski. As a single group we broke trail from the parking lot around the first metal building and headed towards the Fortin house. At this point a subgroup chose the hill behind the house and everyone else followed a perimeter route marked by the Susquehanna River, Charlotte Creek, Pavilion and back to the parking lot. Along this route of particular interest was the fishing dock corner of the park where Charlotte Creek flows into the Susquehanna. On this wintery day the “No Swimming” sign



amused us, but tempted no one. When finished we were warm on the outside and some were energized and warmed on the inside at the “Underground Eggplant”. It was a morning of fun!

Currie Marr



Photos by Scott and Doug Fielder

Lower Riddell Snowshoe & Ski - March 3, 2015

On Tuesday morning, March 3, 15 hardy ADKers enjoyed a brisk 11 degree hike on Lower Riddell Park. Despite a few snowshoe malfunctions, nothing would deter anyone. The cross country skiers in the group slid the 1 1/2 mile course most rhythmically.

Bob Ciganek



Photo by Julie Smith

Crumhorn Mountain Hike – March 10, 2015

March 10 was a beautiful sunny day with 35 degrees in the AM when 12 of us met at Crumhorn Lake. Since there were 18 inches of mushy snow in the woods and the dirt roads around the lake past the Boy Scout Camp were in such good condition, we enjoyed a 2.7 mi. walk there. And nine of us further enjoyed a lunch together at former member Jackie’s Restaurant in Milford.

Lucille Wiggin

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Newsletter of the Susquehanna Chapter ADK

www.susqadk.org

c/o Lucille Wiggin

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Subscription to this newsletter is included in membership in the Susquehanna Chapter of the Adirondack Mountain Club Contact Barbara Means at (607) 432-4903 for more information. Portions of this newsletter are also available online at www.susqadk.org.

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akoehn40@stny.rr.com &

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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.adksusq@gmail.com or call 1 800 395 8080