



# Foot – Loose!

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

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## Message from the Chair

Linda Seifried

While no speaker with a longer program is ever scheduled for the January meeting, we do like to have a short presentation of some sort, with pictures, of course, to round out our evening. This year we took a little tour of the Idaho Panhandle, down through the Palouse region of Idaho and Washington, and on through the arid parts of Washington once covered by hundreds of successive flows of basalt. This stark topography extends westward to the Cascade Range (the cause of the 'rain shadow'); then our tour continued through the Columbia Gorge with its many splendid waterfalls. [If you are wondering why you didn't hear about this talk ahead of time, the fault is mine, since I didn't decide on the title in time to give it any publicity, and for that I apologize.]

Of particular interest to our hiking community was the report on a new national hiking trail that is being developed in the Pacific Northwest. When finalized, it will run from the Olympic Peninsula east to the Idaho Panhandle, through the North Cascades and other spectacular scenery. The US Forest Service is in charge of planning and executing this national trail, and

they do a thorough job of it. In fact, that's why Stef and I were in Idaho to begin with: our daughter was at a Forest Service conference, representing the National Park Service, which manages much of the lands the new trail will cross. There were many other stakeholders as well, from private landholders to native Americans. The Pend Oreille Tribe still inhabits the Idaho Panhandle; their ancestral land extends well into Canada too, and they must approve any plans that would affect their land. We listened to an elderly member of that Tribe, speaking with passion about the importance of caring for all land, be it rugged mountains or fertile valley. It was moving to hear. Out there, the tribal members up and down the West Coast have become very active in the wise stewardship of their lands, often spearheading clean-up of toxic mine wastes and other pollution long ignored. All of us are the beneficiaries.

So perhaps some day you may get to hike a new national trail, like the Appalachian Trail except running in an east-west direction. In the meantime – enjoy your Spring hiking season in our own great region of New York!

## Your ADK Providing Services

Since 1986 thousands of volunteers have worked with trained ADK trail crew leaders to complete trail maintenance and reconstruction projects all over the Adirondacks and Catskills. Volunteers are provided with the unique opportunity to "give something back" to the trails that they use. Trail work is demanding so volunteers should expect to be challenged both physically and mentally. Through the course of a trail project, volunteers will share the experience with other participants forming new friendships and memories. Ultimately, a quality trail project is completed by volunteer trail crews that will protect the natural resource for many years. A fun and rewarding experience is guaranteed. ADK provides leadership, group camping gear, tools, transportation from base camp, and food for multi-day projects. ADK's volunteer base camp serves as the staging area for the four and five day trail projects. It is located at the Adirondack Loj campground adjacent to Heart Lake. Project information including an equipment list will be sent to all volunteers upon registration. For more information visit the website: <http://www.adk.org/page.php?pname=volunteer-trails-schedule>.

The Adopt a Lean-to Program, created in 1985, continues to

be a great success. Adopters visit their respective lean-tos at least twice a season to perform basic maintenance and clean-up duties, maintain registers, and note major repairs needed. Many adopters also assist DEC staff in completing more intensive projects such as roof replacement, privy relocation, and structural work. For more information about this program, please contact Hilary Moynihan, ADK Adopt-a-Lean-to Coordinator, at [adkleanto@gmail.com](mailto:adkleanto@gmail.com).

Adopt a Wildland. With 3 million acres of public land within the "Blue Line," there are a lot of special spots that don't always get the attention they need. Wildland adopters are folks who can take time to visit some of these less-traveled areas and report back on their condition.

Wildland adopters are the eyes on the ground where DEC staff seldom gets to visit. Several chapters have adopted large areas and make regular visits to note their condition. The one "work" aspect of wildland adoption has been the successful location and removal of dumpsites and other littered areas. For more information and to get involved, contact Matt Dunn, [mgdunn@mac.com](mailto:mgdunn@mac.com), Coordinator, 117 Middle Rd, Lake George, NY 12845.

Please clip and post

## SUSQUEHANNA CHAPTER Spring 2016 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](http://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.

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.

Dates	Leaders	Phones	Destinations	
April	5	OCCA, Julie Smith	432-8642	Hick State Forrest
	12	Julie Smith	432-8642	Wilber Park Trails
	19	Monica & Irv Peters	315 858-0261	Greenwood Conservancy
	26	Cathy Carey & Carolyn Austin	432-5134	Gilbert Lake
May	3	Bob Ciganek	432-1022	Mt. Utsayantha
	10	Erika Heinegg	432-0405	Greenway
	17	Lucille Wiggin	432-1022	Crumhorn Lake Trails
	24	Aleda Koehn	267-4586	Mud Lake
	31	Maureen Willis	432-3154	Milford Area
June	7	Currie & Virginia Marr	432-5434	SUCO Camp
	14	Bev Hensle	286-9126	Chlorinator Rd.
	21	Linda Pearce	432-8969	Goodyear Lake
	28	John Skinner	315 868-1625	Star Field & k-9 demo

Phone numbers are in area code 607 unless shown otherwise

### Programs Ahead - 3<sup>rd</sup> Wednesdays

April 20 **"The Geology Behind Significant Historic Events: From Noah's Flood to Causes of the Civil War."**  
P. Jay Fleisher will present this interesting and informative program.

May 18 **The 88 Temple Pilgrimage** Helena Goran takes us along on another of her marvelous adventures.  
"The 88 Temple Pilgrimage is Japan's most famous pilgrimage route. The circuit loops around the entire island of Shikoku, the 4th largest island of Japan. While most modern-day pilgrims, (about 100,00 yearly), travel by tour bus, a small minority still walks the 800 miles on foot. And I was one of them!" Helena Goran

June 15 **Gilbert Lake State Park Annual Picnic at the first pavilion.** Bring a dish to pass. You may come to the park anytime but we will begin to eat at 6 PM. If you are over 62, even if you are in a car of youngsters, and you are not the driver,- your driver's license is your free passport into the park. (Weekdays only) Otherwise \$7 per car. (The park may not be charging anyone during this one.

July 20 **Picnic at Wiggins' Crumhorn Lake Camp** Arrive anytime after 3. **Swimming and boating available.** Bring a dish to

pass, drinks, and table service. We will eat at 6 PM. For more information call Lucille 432-1022 or email [lucillew@stny.rr.com](mailto:lucillew@stny.rr.com)

August 17 **Noon Time Picnic at Joe and Jean Serok's Riverfront Park in Otego.** Bring a dish to pass, (in a cooler if necessary), table

service, lawn chairs. You could canoe or kayak in the river, hike on a 1/2 mile loop and check wildflowers. For more information or directions call Jean or Joe at 988-7007, or email [jjwilser3@yahoo.com](mailto:jjwilser3@yahoo.com).

## Memorial Day, May 30 General Clinton Canoe Regatta

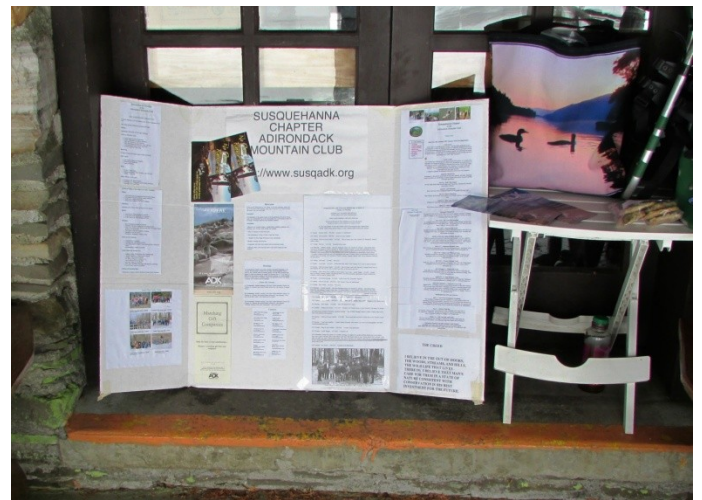
Jean and Joe Seroka are hosting a Memorial Day picnic at their Riverfront Park in Otego on Monday May 30.

General Clinton river racers probably will arrive in Otego around noon. Bring noise makers to cheer the racers. We will have a potluck dinner around 2:00. For those planning to stay

for the dinner, bring a dish to pass, your beverage choice, tableware and lawn chairs. If you bring something that needs refrigeration, it would be a good idea to bring a cooler with ice to keep your food from spoiling. For directions to the park, e-mail [jjwilser@yahoo.com](mailto:jjwilser@yahoo.com), or call Jean and Joe at 988-7007.

## MidWinter Fun at Cabin Fever Winterfest

On January 30<sup>th</sup>, our chapter set up a small ADK exhibit at Gilbert Lake, on the front porch of the Briggs Pavillion. The event was the first Cabin Fever Winterfest, sponsored in a grand way by Five Star Subaru of Oneonta. We were invited to partner with them for this very enjoyable gathering. Warm fires were burning, there were hot dogs for toasting, sleds and skis and snowshoes to try out, and activities for young and old – and just enough snow on the ground to have some fun! Al Martel was there giving demonstrations on fire-starting, and I led a small group on a nature hike around the lake, joined by several from our Chapter who came to support the activity. If you missed the fun this year, perhaps you'll get there next year, since we all hope this will become an annual event in our community. And we extend out thanks to the Guenther family for their generosity in hosting this Winterfest.  
*Linda Seifried*



## EARTH FESTIVAL & SPRING GARDEN DAY SET FOR APRIL 9

Earth Festival enters its second decade this year and will be held on Saturday, April 9 at Milford Central School in conjunction with Spring Garden Day. **The traditional information and vendor fair will take place from 11 a.m. to 3 p.m. in the gymnasium – kicking off the day will be the Delaware-Otsego Audubon Society's popular pre-festival bird walk.**

Master Gardeners of Cornell Cooperative Extension Schoharie and Otsego Counties will return with Spring Garden Day, featuring classes on a wide variety of gardening topics suitable for those both new and experienced to gardening. Barbara Melera, president and CEO of the D. Landreth Seed Company – the oldest seed house in America – will speak at 1 p.m. Her presentation, titled "Sustaining Plant Biodiversity with Heritage and Native Species," is free and open to the public.

Again this year, in keeping with the earth-friendly theme, event organizers invite attendees to drop off Styrofoam (clean, white only), bubble wrap, empty inkjet cartridges, cell phones, eyeglasses, reusable shoes, tennis balls, natural cork, and used

nylon monofilament fishing line and more. Empire Recycling will return with the free Confidata Shredder service and pellet bags will be collected for recycling. The EcoArt/Trendy Trash Contest and expanded children's activities will also be featured and the TREP\$ Marketplace – a unique, flea-market style event comprised exclusively of Milford Central School eighth-grade vendors who will launch their own "Go Green" businesses for the day – will return as well.

Earth Festival is an environmentally-focused, interactive event featuring exhibits, activities, vendors and entertainment, all with a fun, earth-friendly twist. Financial contributions are most welcome, and an open invitation to earth-friendly exhibitors, food, and retail vendors is extended. Earth Festival 2016 is presented by Otsego County Conservation Association and Central NY Mobile Marketing in collaboration with the Otsego County Chamber of Commerce.

**To sign up or donate, use the registration form at <http://occainfo.org/wp-content/uploads/2016/02/EarthFestivalFebruaryMailing2016-3.pdf>.** Call (607) 547-4488 or e-mail [admin@occainfo.org](mailto:admin@occainfo.org) to learn more.

## 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.

### Smaller "Foot-Loose"

This edition of Foot-Loose has been reduced to four pages from the usual six or eight, primarily by the omission of Tuesday hike reports and pictures. The page reduction saves your club significant printing costs. The best way to learn or review the hiking experiences is to visit the website and click on <http://www.susqadk.org>. Many ADKers do this already.

#### Foot-Loose!

Newsletter of the Susquehanna Chapter ADK  
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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 6 p.m.

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