



Foot - Loose!

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

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January 2006

...from the Publicity Chair

Our chapter chair, Lucille Wiggin, has given each officer and committee chair the opportunity to express their thoughts to you, our members, on any appropriate topic. Here are some thoughts of mine:

Are you satisfied with your Susquehanna Chapter? I know that many of you are members because you support what ADK stands for—conservation, advocacy and education—and look for the fellowship of like-minded people, while others want the opportunity to go on self-propelled outings near and far. Maybe some of you have thought recently, “Let’s see what the chapter is offering for an outing this weekend.” And when you looked at the schedule, there was no weekend outing offered. What happened? Our weekend outings schedule used to be full, while our regular Tuesday outings now draw between ten and thirty participants.

Well, I think this might be the answer: it takes work to put together an outing schedule and it takes work for a leader to prepare for an outing. Weekend leaders became discouraged when they received no takers for outings, so now they just go themselves with friends. As for putting together a schedule, we depend on a volunteer outings chair. Having done that job myself for a number of years, I know the amount of telephoning and suggestion making it takes to put together the quarterly schedule. And those who are now doing it have been on this job for years. We sure could use some help doing this and other volunteer jobs for the chapter!

So, the moral of this tale is, should the chapter chair or a committee chair call or speak to **YOU** about a task for the chapter, please consider a donation of time and effort to keep this wonderful group going. We could be doing so much more for ourselves and for others, such as programs for young people and developing area trails! In this vein, I have asked, and now have, an assistant. She is Prue Stelling, pbstelling@stny.rr.com. If I am unavailable and you want an item put on the website or sent out by e-mail, please contact her. If you don’t use e-mail, her telephone number is 433-1272.

By the time you read this, I will have finished the grueling series of intravenous chemotherapy treatments that have kept me, since August, away from my usual activities. My doctor and I feel that it has successfully put my chronic leukemia in remission. After time to recover, I expect to be an active participant again. This is a **THANK YOU** to all of you who knew about my treatment for everything you have done—your thoughts and prayers, your notes and cards, your visits and phone calls, and for food when I wasn’t cooking. It really helps to know that I have friends who care! Thanks, thanks, thanks!

Johanna Koenig

CHAPTER CHANGES AND NEWS YOU CAN USE

Membership News

Our membership in the Adirondack Mountain Club is evidence of a shared love of the outdoors and interest in the environment. This interest creates a bond among our members that is evident to me each time we get together for a hike, a Waggle Walk, trail clearing or membership meetings. There seems to be a good, warm, welcoming feeling, whatever we are doing. I encourage all of our Susquehanna Chapter members to attend one or more of our activities. You will enjoy yourself.

There are fifteen new memberships from September and October. Please add the following names and information to your current list. Remember, this information is for ADK members only and is not to be shared. Hopefully, we will get to meet these new members soon.

Rita Salo, Membership Chair

September 2005

Joe & Lya Christie, PO Box 12, 846 Post Rd., Franklin, NY 13775
(607)829-5126

Paul Donnelly, PO Box 448, Cooperstown, NY 13326 (607)547-5762
Currie & Virginia Marr, 121 Park Dr., Oneonta, NY 13820
(607)432-5434

Lynda & Tom Selover, 2296 Cty. Hwy. 33, Cooperstown, NY 13326
(607)547-8192

October 2005

Georgia Couden, 409A Main St., Otego, NY 13825 (607)988-9270

James & Theresa Foran, Bowbell Rd., Greene, NY 13778
(607)656-4706

David & Mary Beth Joseph & Family, 460 Main St. #2, Oneonta, NY 13820

Lucinda Knox & Jonathan Herron & Family, 363 12th St., Brooklyn, NY 11215

James Marrone, 308 E. German St., Herkimer, NY 13350 (315)866-1773

Terri & James McCue & Family, 41 Cedar St., Oneonta, NY 13820
(607)431-9612

Dan Palm, 645 Decker Rd., Stamford, NY 12167 (607)538-1305

Elizabeth & John Peterson & Family, 51 Merrick Rd. Spur, Franklin, NY 13775 (607)829-8703

John & Kathy Ritter, 45 Clark Ave., Binghamton, NY 13901
(607)648-3358

Susan Rodd, 272 Goose St., Fly Creek, NY 13337 (607)547-8900

Lynn Wichern & David Wolfson & Family, 175 W. 92nd St. Apt. 1E,
New York, NY 10025 (607)829-2777

**Go to www.susqadk.org
to get the latest on Susquehanna
Chapter news and outings.**

**Send an e-mail to
susquehannaadk@aol.com
to receive Foot-Loose by e-mail.**

ADK Executive Director Neil Woodworth Speaks at Susquehanna Chapter Annual Dinner

This year, the annual chapter dinner took the form of a gala potluck. It was organized by members and attended by our speaker, ADK Director Neil Woodworth, and Joe Silberlicht, ADK's new Director of Membership and Development.

Neil presented a program on ADK and what it offers. He stated that ADK is the second-largest organization of its kind, and the only one that is member-directed. We are also the only environmental group that advocates for the state forests, and we have helped add 900,000 acres to state lands open for public recreation. Notable was the fact that ADK has joined with two national environmental groups—National Resources Defense Council and Environmental Defense—to pursue a lawsuit involving the Clean Air Act. ADK volunteers combed through 400,000 pages of congressional records to determine the original intent of Congress when this act was passed in the 1970's. A photo showed Marissa Tedesco, who has assumed much of the advocacy work formerly handled by Neil, outside the Capitol in Washington.

The chapter was also updated on progress of the ADK/ New York State Visitor Center, to be built near the Heart Lake property, where the main High Peaks hiker traffic will go in the future. The state will also assume liability for those hikers. In all these areas and many others, ADK maintains its presence as a force for conservation in New York State. *Linda Seifried*

Trails Report, Fall 2005

Arnold Lake On Tuesday, October 11, Mary Lou, Nina, Julie, Fran, Mary, Virginia, Barb, Currie, Lucille, Tracy, Jack, and Joe made the Clip Clop Waggle Walk at Arnold Lake. The western section needed a lot of clipping back and the small bridge over Arnold Lake outlet proved to be slippery. The eastern sections presented few problems although there is a timber sale scheduled on the state lot directly north of Arnold Lake on the "expert" trail. I asked about the sale and was told the work probably won't start this winter

Hick State Forest On Tuesday, October 25, Jackie, Scott, Nina, and Joe cleaned light blowdown out of the trail. The day was snowy and wet and we left replacing markers and other nonessentials for another day. There is a logging job now west of the pond which may interfere with skiing La Fleure Road and the trail section west of La Fleure Road this winter.

Joe Hart

SUSQUEHANNA ADK CHAPTER WINTER 2006 SCHEDULE
Outings and Meetings

Always call leaders for details.

All area codes are 607.

Riders should contribute a fair share toward gas.

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 or Steve Herrmann.

Tuesday outings are rated C or C+. See www.susqadk.org for changes.

- 1/3, Tuesday Mary Dunkle 547-2162 Meet at the Farmers' Museum parking lot for Cooperstown area outing. Soup and bread afterwards at Mary's house.
- 1/7, Saturday Steve Herrmann 432-2157 sherrmann@stny.rr.com Introduction to snowshoeing. See page 3 for details.
- 1/10, Tuesday Norma Lee Havens 432-3154 Ski or snowshoe at Gilbert Lake State Park.
- 1/13, Friday Steve Herrmann 432-2157 sherrmann@stny.rr.com Full moon snowshoe at Gilbert Lake State Park. Leisurely outing on the park trails. Meet at the first parking lot on left as you enter the park. Bring snowshoes, small water bottle, ski poles, headlamp and ambition. Meet at 6:00pm. Rated C+.
- 1/17, Tuesday Nuala MacCabe 547-9501 Ski or snowshoe to Clark Tower, Cooperstown.
- 1/18, Wednesday Monthly meeting Elm Park Methodist Church, 401 Chestnut St., Oneonta 6:00pm potluck dinner followed by the annual election of chapter officers.
- 1/21, Saturday Sue Sanford 278-5868 or Rita Salo 432-3656 Ski, snowshoe or walk ski trails across from DEC Headquarters in Stamford. Choose from various levels of difficulty, from C to A.
- 1/24, Tuesday Kathy Allen 547-8030 Ski or snowshoe in Cooperstown area.
- 1/29, Sunday Steve Herrmann 432-2157 sherrmann@stny.rr.com New moon snowshoe at Gilbert Lake State Park. Same details as the full moon walk, but without the full moon; I'm hoping for some good stargazing. Meet at the first parking lot on the left at 6:00pm. Rated C+.
- 2/4, Saturday Linda Seifried 265-3780 Ski or hike our newly cleared trail along the West Branch of the Delaware. We will meet at 10:00am for a nearly level ski or hike with nice views of the river and hills. The trail begins near Hamden.
- 2/7, Tuesday Rita Salo 432-3656 Walk or ski at the Cooperstown golf course.
- 2/11, Saturday Ernie and Heide Mahlke 432-2583 Finger Lakes Trail and Oquaga Side Trail, approximately 6 miles roundtrip. Bring snowshoes and hiking boots. Trail not suitable for skiing.
- 2/13, Monday Steve Herrmann 432-2157 sherrmann@stny.rr.com Full moon snowshoe. Same details as January outing.
- 2/14, Tuesday Joe Hart 829-8358 Ski or snowshoe at Texas School House State Forest.
- 2/15, Wednesday Monthly meeting Elm Park Methodist Church, 401 Chestnut St., Oneonta 6:00pm potluck dinner followed by Joe and Nina Hart talking about the chapter's adopted Blue Ridge Wilderness in the Adirondacks.
- 2/19, Sunday Lucille Wiggin 432-1022 Ski, snowshoe or hike at the Wiggin Crumhorn Cottage, depending on conditions. Supper plans to be announced.
- 2/21, Tuesday Nuala MacCabe 547-9501 Ski or snowshoe to Star Field, Cooperstown.

continued on page 4

winter schedule, continued from page 3

2/28, Tuesday Julie Smith 432-8642 Ski or snowshoe at Pine Lake. Bring lunch.

2/28, Tuesday Steve Herrmann 432-2157 sherrmann@stny.rr.com New moon snowshoe walk. Same details as January outing.

3/7, Tuesday Lucille Wiggin 432-1022 TBA.

3/8, Wednesday Deadline for submission of items for Foot-Loose Danny Birnbaum 746-7059 susquehannaadk@aol.com.

3/11, Saturday Ernie and Heide Mahlke 432-2583 Finger Lakes Trail west of Bainbridge approximately 3.8 miles. Hike, snowshoe or ski, depending on conditions. Really bad weather will move the outing to Sunday, 3/12.

3/15, Wednesday Monthly meeting Elm Park Methodist Church, 401 Chestnut St., Oneonta 6:00pm potluck dinner followed by Jean Seroka presenting a program on helping with Katrina clean up in hard-hit Mississippi.

Board of Directors Meeting Report for December 3, 2005

President ADK President Tom Wheeler ended his two year term with a short farewell, thanking everyone for their support and help during his tenure. Curt Miller's term will start at the next board meeting.

Executive Director Neil Woodworth spoke about the following priorities for the coming year: 1. Build on the 500-member increase that resulted from the fall mailing. 2. Expand gifts from and donations by those who support the ADK mission. 3. Reinvest in our internal business.

Membership There has been a 3% increase over last year for a total of 16,918 households. Local chapters are very important in the retention of members. New plastic membership cards are in the making to replace those wrinkled pieces of paper we have had in the past. The staff has developed membership reports that are available to each chapter as e-mails.

Development The Harvest Moon Madness at the Canfield Casino in Saratoga netted \$45,000 for ADK. I heard the bid on our basket for \$175, and subsequently found out that Charles and Barbara Manning, from the Albany Chapter, were the lucky winners. In other news from Development, donations are within reach of this year's goal, and 19 chapters have given over \$35,000 back to the club.

Treasurer An operating budget shortfall is expected this year because of weaknesses in dues, publications, and other merchandise. Management has worked to curtail expenses and has delayed filling some staff vacancies. On the brighter side, the mortgage was renegotiated with improved terms and, thanks to a favorable insurance audit, ADK was able to renew insurance coverage for all risks at a \$10,000 savings over last year. DEC has paid ADK \$130,000 for the 2005 trails contract.

North Country Tom Andrews and John Million are working on the Heart Lake Master Plan. Unfortunately, finances are not always there to support hopeful plans. Those of you who visit the North Country properties will appreciate the hard work done by staff and volunteers to keep the facilities functioning and create a pleasant place for members and non-members to visit and enjoy. The October work weekend saw over a foot of snow around the Loj, but that did

not stop the determined volunteers. Most of the projects were completed. There are now not one, but two excellent cooks employed at the Loj! The Loj also has resumed the selling of wine and beer just before and at dinner. I wish more of our chapter members could see just how dedicated the staff and members are. If you have not yet experienced the North Country please contact me and we can set up an introductory stay for both new and old members.

Aleda Koehn, Director

Trip Reports

The 26th of September was rainy, dark and blah, but the 27th was a walking day for ADK so it was a cool, sunny, no-bugs perfect day. Eighteen walkers trustfully walked single file after Fran who luckily didn't miss any turns and was able to show Arnold Lake and some of the nearby trails. We had lunch in an open spot then went on to another loop to finish a perfect fall outing. *Frances Darrah*

Tuesday, November 1, with temperatures in the 60's and a beautiful blue sky above, brought out 29 Tuesday Hikers for a walk from Blend Hill Road to Herrick Hill Road along the Winney Hill Ridge in Oneonta. The trail is part of a snowmobile trail that extends all the way to Utica. We arrived back at our house to sit in the sun, eat our lunches and enjoy the company and fine weather. *Rita Salo*

Tuesday, November 29 threatened rain but the precipitation held off and 14 hikers went on three new loop trails at Rogers Environmental Center near Sherburne. Barbara and Jack Meeks were the capable leaders. We saw a golden crowned Kinglet, a ruffed Grouse, a few Canada Geese, and Mallard ducks swimming in the pond. The winds were fierce, and we heard several trees falling. After lunch at a lean-to, one of us saw a tree being uprooted by the wind. All agreed it was wonderful to be out on a Tuesday without rain, and the optimists won again: the snow that was forecast never materialized!

Barb and Jack Meeks, and Barb Means

Trip report for Tuesday, December 6. Cabin fever, due to bad weather for the last four hikes, caused 29 desperate souls to come out for the Gilbert Lake State Park hike. We enjoyed a beautiful morning walk in about three inches of new snow on the Red Pine snowmobile trail. We were shocked at the storm damage, but pleased that the trail has reopened. After tailgate lunches some heartier members enjoyed more hiking. *Lucille Wiggin*

HERE'S HOW TO GET OUTSIDE THIS WINTER!

Introduction to Snowshoeing

On Saturday, January 7, learn to enjoy the winter months by keeping your hiking season going. At my West Oneonta home we will discuss clothing for winter, then go for a short snowshoe outing up the hill behind my house. Bring snowshoes, ski poles, water bottle and small daypack. I have extra gear to lend if anyone needs it. All abilities and all ages welcome. Meet at 10:00am. Rated C. Contact me at 432-2157 or sherrmann@stny.rr.com for directions and details.

Steve Herrmann

Events at SUNY Oneonta College Camp

WINTERFEST - Saturday, February 18

Join us for some old-fashioned wintertime fun. Throughout the day there will be horse-drawn sleigh rides, workshops on telemark skiing & snow shelter construction, a naturalist-guided snowshoe walk, free refreshments and a roaring fire to relax by in the lodge. All activities are free and everyone is welcome.

GPS Workshop - Saturday, March 25

The College Camp will be hosting an all-day workshop on the use of GPS units. If you're interested in learning about these navigational aids then join us for this hands-on opportunity. The workshop will take place on the SUNY Oneonta College Camp grounds and will be a mix of inside and outside sessions beginning at 9 AM and ending by 4 PM. Cost for the workshop is only \$5.00 for SUNY Oneonta students and \$10.00 for all others.

For more information call Snapper Petta at 436-3455.

ADK Winter Mountaineering School

A winter tradition, ADK Winter Mountaineering School is now in its 52nd year of continuous operation. The Winter Mountaineering School was originally started in the early 1950's to fill the need for a winter education program for the many people who were just starting to venture into the high peaks during the winter season. As the first winter education program in the East, ADK Winter Mountaineering School over the years has had many influential and respected winter mountaineers involved with the program and has served as a springboard for some to pursue more ambitious alpine mountaineering in the western US, Canada, and beyond.

Today, the school is widely recognized as the most comprehensive winter educational program in the East. Staffed and managed by an experienced, enthusiastic group of volunteers, the school offers instruction covering winter day hiking, backpacking and mountaineering. This winter, the school will be offering three sections: Weekend Day Hikes, Weekend Backpacking, and Week Long Combination Day Hikes/Backpacking.

For more information about ADK Winter Mountaineering School programs, including photos from past Winter School trips, our comprehensive student handbook and gear list, and an application package, check out our Web site at <http://www.winterschool.org>. Or call 518-523-3441 to speak to ADK staff.

Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

c/o Danny Birnbaum, Editor
315 Sal Bren Road
Delhi NY 13753

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: Lucille Wiggin 432-1022 wiggin@stny.rr.com	Outings: Weekend: Steve Herrmann 432-2157 sherrmann@stny.rr.com or: Ernie Mahlke 432-2583 mahlkeed@yahoo.com Mid-Week: Barb Means 432-4903 meansbar@dmcom.net	Publicity: Johanna Koenig 432-4975 jokoening@dmcom.net
Vice-Chair: Ernie Mahlke 432-2583 mahlkeed@yahoo.com		Newsletter: Editor: Danny Birnbaum 746-7059 susquehannaadk@aol.com
Secretary: Linda Seifried 265-3780 sseifried@mkl.com	Trails: Joe Hart 829-8358 ninajoe@frontiernet.net	Mailing: Rita Salo 432-3656 jrsalo@dmcom.net
Treasurer: Nina Hart 829-8358 ninajoe@frontiernet.net	Blue Ridge: Joe Hart 829-8358 ninajoe@frontiernet.net	Website: Johanna Koenig 432-4975 jokoening@dmcom.net
Director: Aleda Koehn 432-8870 akoehn40@hotmail.com	Conservation: Linda Seifried 265-3780 sseifried@mkl.com	Refreshments: 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 6:00pm (please bring your own table service and mug or cup); programs begin at 7:00pm, followed by a short business meeting.

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
- 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
- Adirondac 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