



# Foot – Loose!

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

Volume 26, Number 1

January 2014

## Good News for Otsego

by Erika Baker-Heinegg

### Otsego County is seeing results of ecologic diligence.

ADKsq. in association with OCCA (Otsego County Conservation Association) organized a hike of the Leatherstocking Golf Course recently with the golf course superintendent Bernie Banas guiding the tour. The attraction of the excursion was the pride with which the superintendent pointed out the efforts his 30 year diligence conditioning the greens to ecologic compliance and conservation. For example ditches and lagoons were built to catch run-off from salt on snow and icy streets along the lake adjacent to the golf course. He does not have to have "perfect" greens. There is no pressure to comply with professional course conditions. So fertilizers and weed control products are used sparingly and as he points out the grass makes a good filter for chemicals that have in the past gone directly into the lake water. His years of attention to the course have resulted in the status of: "Certified Audubon Cooperative Bird Sanctuary" by Audubon International.

**Otsego Lake Report.** We took a trip on Otsego on the RV *Anodontoides* with Dr. Bill Harman. He directs the Biology Field Station, is a Certified Lake Manager, holds the Thayer Otsego Lake Research Chair and is a SUNY Distinguished Service Professor.

There was great news! Otsego lake water quality is similar to that of the 1980s before the alewives were illegally introduced. Walleye stocking to control those populations has succeeded. All the indicators of water quality that the BSF uses are the best seen in years. Several Otsego bass (whitefish) were caught in recent DEC gill netting surveys. The young healthy fish were the first seen in numbers in over 20 years. Water clarity is equal to the best ever seen and can be attributed to both the reduction of the alewives and introduction of zebra mussels. Bad news: Bottom living algae and rooted aquatic plants that used to be of concern back when the lake water was less impacted by pollutants are again proliferating. More good news: Eurasian milfoil, our most problematic exotic plant, is now being controlled by four different aquatic insect species that graze heavily on the growing tips keeping most plants well below the surface.

In the meantime efforts to reduce runoff of phosphorous from the watershed, a compound that enhances the growth of algae and aquatic plants, are also beginning to take effect. Those actions include septic tank inspections along the lake and the implementation of agricultural best management practices by lake friendly farmers.

All in all things look good for Otsego Lake

## Winterfest

Linda Seifried, ADK Director

On January 11, 2014, approximately 11,000 participants in 100 locations will get out on the snow this year in the 19th annual Winter Trails Day event. Winter Trails Day is a nationwide event, allowing children and adults the opportunity to try snowshoeing and cross country skiing for free, with the goal of helping participants discover these winter sports and their many benefits.

In 2014, ADK plans to host Winterfest at its Heart Lake Program Center in Lake Placid. It is planned as a family-friendly day, welcoming the local community to the HLP Center in an open-house format designed to introduce people to the

wide variety of outdoor recreation available during winter season. This event aligns with ADK's mission of promoting protection and responsible recreational use of the New York State wild lands and waters vital to our members and chapters. ADK has participated in Winter Trails Day events in the past, and has hosted similar family snowshoe day events on its property.

Volunteers are needed to assist at this full day of fun, food, music, activities, a heated tent, demos, with vendors on hand. For more information, or to volunteer or pre-register, please check the front page of the Club's website [www.adk.org](http://www.adk.org).

## Winter & Spring Meetings - 3<sup>rd</sup> Wednesdays

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

- |             |   |
|-------------|---|
| January 15  | Annual business meeting and possibly a short program    |
| February 19 | Doug and Scott Fielder "The Galapagos Islands"          |
| March 19    | Jay Fleisher "Cyclic changes and the human environment" |
| April 16    | Eleanor Moriarty "Whooping Cranes"                      |
| May 21      | Andy Mason "Spring birds"                               |

Please clip and post

## SUSQUEHANNA CHAPTER Winter 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](http://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>                     |
|--------------|------------------------|---------------|---|
| January 7    | Kay & Ted Kantorowski  | 547-5528      | Clark Tower or golf course, Cooperstown |
| 14           | George Siatos          | 432-2131      | Greenway, Oneonta                       |
| 21           | Carol Sageese          | 432-8010      | Arnold's Lake                           |
| 28           | Currie & Virginia Marr | 432-5434      | Forton Park, snowshoe or ski            |
| February 4   | Linda Pearce           | 432-8969      | Goodyear Lake, ski or shoeshoe          |
| 11           | Rita Salo              | 432-3656      | Coop. Golf course – ski or snowshoe     |
| 18           | Julie Smith            | 432-8642      | Pine Lake – ski or showshoe             |
| 25           | Norma Lee Havens       | 432-3154      | Gilbert Lake St. Park                   |
| March 4      | Charlene & Jim Higgins | 432-7012      | Gilbert Lake St. Park                   |
| 11           | Erika Heinegg          | 432-0405      | Lower Riddle St. Park                   |
| 18           | Lucille Wiggin         | 432-1022      | Crumhorn Mt.                            |
| 25           | Dick Breuninger        | 432-2234      | TBA                                     |

### Jack Meeks

Many ADK members joined the Meeks' family and friends at Oneonta's Unitarian Universalist Society on August 10, 2013 to celebrate and remember the life of Jack Meeks, Jr. who passed away on August 5 at age 87.

From the Oneonta Daily Star, "Jack had a lifelong passion for the outdoors, especially archery hunting, but also hiking, camping, fishing, cross country skiing and anything that kept him in the woods. He thrived on competition particularly archery, canoeing, triathlons and track. He competed for three decades in the NYS Empire State Senior Games, qualified for the National Senior Games in several events and won a national

title in the 800 meter run. For many years he and Barb volunteered at the Buffalo Museum of Science prehistoric archaeological dig in Byron. He was a member of the Unitarian Universalist Society of Oneonta, Nature Conservancy, Adirondack Mountain Club, Doubleday Square Dancers and "Hurley's Heroes" cadre of master athletes."

Many will recall admiring and envying Jack's agility, and skill with a crosscut saw as he helped with the Susquehanna Chapter's annual Wilson Pond trail maintenance project near Blue Mountain Lake.

### New and Rejoining Members

|                             |                              |                       |              |                         |
|-----------------------------|------------------------------|-----------------------|--------------|-------------------------|
| Joseph & Martha Forgiano    | 15 College Park Dr.          | Oneonta, NY 13820     | 607 433-2390 | forgiano@fmail.com      |
| Robert and Susan Silvernail | 11067 Co. Hwy. 20            | Bainbridge, NY 13733  | 607 265-3425 | campnatty2013@gmail.com |
| Martha Robinson             | 1 Union St.                  | Oneonta, NY 13820     | 607 432 6649 | marthar@stny.rr.com     |
| Brenda Bogren               | 391 Gifford Hill Rd.         | Oneonta, NY 13820     | 607 267 4595 | brendab@stny.rr.com     |
| Nancy Lentner,              | 163 Heritage Circle, Apt 323 | Oneonta, NY 13820     | 914 276 3199 | nancylentner@gmail.com  |
| Alan Martel                 | PO Box 58                    | Grand Gorge NY 124341 | 607 588 6945 | almartel@wildblue.net   |

### Winter & Spring Meetings - 3<sup>rd</sup> Wednesdays

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## Catskill Mountain Club

Rick Roberts, incoming president of the Catskill Mountain Club, spoke briefly at our November meeting. Rick noted various events and two new trails they have created in the NY City Pepacton Reservoir area. For information click on the CMC website: [www.catskillmountainclub.org](http://www.catskillmountainclub.org).

### Director Reports

#### How Can ADK Best Reduce Our Carbon Footprint?

ADK is poised to begin a new initiative aimed at reducing the carbon footprint of the Club's facilities. Certainly the property managers have kept energy efficiency in mind as they remodel, repair and maintain the Loj at Heart Lake, JBL, HPIC [the High Peaks Information Center], and the Headquarters building in Lake George. But no concerted effort has been made to install such devices as solar panels to further address the problem of fossil fuels use. Because we are a member-directed organization, such a move - which would involve expenditure of Club funds, of course - must begin with ADK members themselves.

The issue came to the forefront at the last meeting of the Board of Directors [which I attend as our Chapter Director]. Board member Bert Yost introduced a resolution calling for ADK to divest itself from all fossil fuels investments [a move that is being spearheaded by [350.org](http://350.org); in fact, Bert had been in touch with Bill McKibben himself, and provided us with facts such as: In 2011, the US spent \$500 million for fossil energy research and development; while worldwide, subsidies like this outweigh the support to developing countries to reduce their greenhouse gas emissions by seven to one].

All of us Board members could agree that divesting was a worthwhile goal, since apparently every person present understood the direness of the situation of carbon dioxide buildup in our atmosphere. However, the chair of ADK's highly successful Investment Committee, Bob Goodwin, had done a great deal of research into what divestiture would involve. He presented his conclusions to us: since ADK's investments were

in mutual funds, and it was not possible to determine what percent were in fossil fuel [probably around 4%]; attempting to construct a portfolio out of the few funds available that did not invest in fossil fuels was not feasible and would increase risk. Fiduciary responsibility requires ADK to be prudent with funds, minimizing risk and maximizing yield. He stated, "In the light of that fiduciary duty, we must recommend that the resolution not be passed. ...[it would have] no detectable effect on the fuel companies' operations or share prices. On the other hand, the divestment would create serious problems for ADK while actually reducing our capacity to take actions that could help solve the problem."

As a Board member, I too have a fiduciary responsibility, and concluded that I would need to vote against the proposal; and indeed, it was voted down almost unanimously [with two abstentions and no votes in favor]. It was distressing to have to vote that way - but from this proposal came a strong determination to do SOMETHING positive. President Jim Bird expressed our thanks to Bert for "raising our awareness and prompting us to review our strategic plan for ADK...we should be taking steps as an organization to reduce our carbon footprint while setting an example for businesses and others in our communities as to what is possible...We are proposing to convene a group to prepare a list of tangible, measurable projects and actions we can take to do our part". So, fellow ADK members - stay tuned!

Linda Seifried, Director, Susquehanna Chapter

#### Why ADK Supported Proposition 5

New York voters recently approved Proposition 5, in which an Adirondack mineral company asked the state to let it expand its Essex County pit mine onto 200 acres of state-owned land in exchange for 1,500 acres elsewhere. The company, NYCO Minerals Inc. will restore and then return all 200 acres to the state in about 10 years, after it mines the wollastonite, a mineral used in ceramics, plastics and paints. The company will also give the state at least \$1 million worth of land to add to the Forest Preserve.

Proposition 5 had strong support locally, where the company employs about 100 people, but it split environmental groups.

ADK, along with the Adirondack Council, supported the mining proposition, saying the 1,500 acres are worth far more ecologically and recreationally than the 200 acres.

Neil Woodworth, executive director of ADK, said the state would obtain, among other things, a pair of trout streams and new access to Jay Mountain, where a long, rocky ridgeline provides spectacular views of the Adirondack High Peaks, Lake Champlain and Vermont's Green Mountains. He regarded the proposition as advantageous to both the local community and the people of New York State.

Linda Seifried, Director, Susquehanna Chapter

### Fall 2013 Trip Reports

#### Valley View Hiking Trails - September 17

We started out about 9:30 and it was very brisk and foggy. I was afraid we wouldn't get the beautiful view of the valley, but by the time we started on the hike, the sun had come out and the fog was burning off. There were 22 hikers with a guest from TheOtsego County Conservation Organization. We started out by hiking past the stream and then up the hill. I was surprised by the water on the trail itself. We hiked past "Fort Watchum". Once we got up to the highest point we had a wonderful view of the valley and warm sun on our faces. As we continued on around

the perimeter trail we ran into more streams and a sign that said, "The Mud" .. We thought it was referring to the small stream, but just a ways on we really saw the mud and decided to go back and take the trail in the middle. This also brought us back down to the parking lot. A few of us had our lunch around the pond. It was a very nice fall day. *Ruth Schaeffer*

#### Herrick Hill Hike - September 24

Sometimes it's nice to walk on a nice even dirt road. You can just walk and look around without constantly watching your footing. And sometimes it's nice to get into the woods and have



*Photo - Scott Fielder*

to really watch the trail because you are searching for the best way to go over rugged ground or around obstacles. We had just a little bit of a “bush-whacking” feeling on our hike along the ridge of Herrick Hill on Tuesday. A few people told me that they really enjoyed that feeling. The day was bright and sunny with perfect temperatures for hiking. Twenty seven of us walked from Herrick Hill to Airport Road in Oneonta. On our way back from Airport Road we stopped at the home of Elaine Nahman to have our lunch. Elaine’s place is high up with a wonderful view to the west. The property is loaded with flowers. The deck was quite comfortable and big enough for all of us. The great view and beautiful grounds were our reward after the hike. Thank you Elaine!  
*Rita Salo*

### **Grand Gorge and Roxbury Rail-to-Trails - October 1**

Twenty-one ADKers traveled to Delaware County on a beautiful day to walk on the “Rail-to-Trails” between Grand Gorge and Roxbury. We split up and walked from each end passing car keys when we met. The people receiving the keys drove the cars



back to where they started. We saw three paper wasp hives, several spider webs in the top of trees, and some giant boulders with unusual white areas. The birds loved one bush that had a strong smell. On the way home we stopped at Sundaes and put on all the pounds we had lost walking.  
*Frances Darrah*

### **Pine Lake Center Outing - October 8, 2013**

Thirteen ADKers met at the Pine Lake Center on Tuesday, Oct. 8 for an outing. Four biked along the Charlotte Creek Rd., Seven hiked around Pine Lake, and Two hiked to Mud Lake and back.



*photo – Currie Marr*

Everyone seemed to really enjoy the beautiful fall day--warm and sunny. Currie reported that when they reached Mud Lake, the serenity, fall colors, and bog flowers were greatly enjoyed. For one person, the water-bed behavior of the sphagnum was a new experience.  
*Julie Smith*

### **Hike to Goeypond - October 15, 2013**

There was a nice group of 20 that hiked to Goeypond in Milford on Tuesday Oct. 15. It was a beautiful sunny Fall Day and there were still a lot of pretty fall leaves. They looked especially pretty around the pond in the reflection of the water. We saw a very artistic looking tree stump with a large hole and moss growing on it. Pam Lee, our photographer for the day, snapped a picture of our leader, Maureen, peering through the hole. There were



*photo – Pam Lea*

cars at the end to take people back to their cars. Several people enjoyed lunch at Jackie’s in Milford.  
*Maureen Willis*

### **Betty & Wilbur Davis State Park Hike - October 29**

Even though the temperature was hovering around freezing, the sun shone brightly, making it a pleasant morning to hike at the Betty and Wilbur Davis State Park and to shuffle through the dry, rustling leaves. Seventeen of us hiked the entire Andy’s



photo – Currie Marr

Trail, taking us through woods and fields. Along the way, one of our brave hikers climbed up the tree stand "in search of deer." For some, it was their first time there and they were very impressed with the facilities and enjoyed "peeking in" the windows of the cabins. On the final leg of the trail we encountered a "bear" (really, a wood carving in a stump). We all enjoyed the outing.

*Linda Pearce*

#### **SUNY Oneonta College Camp Hike - November 5**

November 5th was a sunny, cool, fall day that invited you to hike and 23 people did exactly that at SUNY Oneonta College Camp. From the ridge west of the Lodge, we hike the purple-tagged trail on the western slope from crest to crest. In open places the West Street Extension Road came into view. Four times the trail crossed the gas pipeline and in one place men were actively repairing the line. In the final stretch of the hike we walk down what was once a ski slope to a former swimming pool, now a drained ditch. Nostalgia aside, everyone seemed to enjoy the 2.4 mile outing, any excuse to be outdoors.

*Currie Marr*

#### **Clark Tower Hike, Cooperstown - November 19**

Sixteen hikers arrived at Beaver Meadow Road on Tuesday (November 19) and walked for about 2 hours. Beginning at the gate, we toured around the beaver ponds, going south, then on to the switchback bike paths, gaining elevation toward the top of the hill. Again turning west and up, and continuing south at the



photo – Doug Fielder

top. The return was back north and parallel to the Beaver Meadow area. There was just a dusting of snow on the leaves, but the trail is well marked and used, so is easily followed. The view of Otsego Lake at the end is always a treat!

*Kay Kantorowski*

#### **Crumhorn Mountain Hike – Tuesday, December 10**

Snow started to fall as 20 hardy ADKers gathered at the Crumhorn Mtn. Boy Scout Camp, now called Henderson Scout Reservation after a very major donor. Scott Brady, the resident care taker and in charge guy greeted us and said again that we are welcome to walk the trails, fish from the access points and launch motherless water craft any time. However, not to use the water front when the camp is session. There are 640 acres and many miles of trails to explore. I have a "relatively" accurate map created several years ago. But be sure to have a compass with you.

We walked the major dirt road thru camp past the approximately 10 units with tent platforms, no tents of course, and service buildings. The newly improved cell phone, Verizon, etc. tower visible as you travel Rt. 28 thru Milford is at the northern end of this complex. The road away from the tower meets Boy Scout Rd. at the Lake outlet, a good place to launch your canoe, etc. From there we proceeded on around the Lake to Hall Rd., past the 15 cottages on the east side and then again into the woods, onto the old carriage road across the south end of the Lake and back to the Scout parking lot. Probably a total of 2.5 very cold miles. Afterward, three of us enjoyed hot soup at Jackie's Restaurant in Milford.

*Lucille Wiggin*

## 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](http://www.susqadk.org).

### Susquehanna Chapter Officers and Committee Chairs

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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](http://www.susqadk.org) or call 1 800 395 8080