



Foot – Loose!

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

Volume 27, Number 1

January 2015

WHOSE WATER IS IT ANYWAY?

Dr. Claire Beetelstone

Dr. Beetelstone is a medical doctor who presented her concerns about water to a CCAL class on Nov.17th. Erika-Baker Heinegg asked her to share the message with us in an article for our newsletter.

The hydrologic cycle, which we learned in school, no longer applies. The earth is running out of accessible clean water, pollution is increasing, the population is growing, food is being grown using non-sustainable techniques. Water, once used, is no longer being returned to the cycle.

The six megacities are near the oceans. Fresh water used by these millions of people eventually goes into the sea and becomes saline. This water is not being returned to the ground. (This is one cause of the rising sea levels.)

Desertification is occurring throughout the world. This is not so much the result of drought, rather the fact that water is running out.

China, Africa, The Middle Eastern cities and villages are being abandoned (4000 in China alone), because the water is running out.

By 2030 the demand for water will outstrip supply by 40%.

So the giant conglomerates like Pepsi and Nestle's are speculating in water. Corporations, hedge funds, wealthy individuals and even countries are not only buying water but

also the arable land surrounding it, preventing use by the local people. Water is seen as the next big money maker. Water has become commodified.

Human beings and all life forms cannot live without water. Every 30 seconds a baby dies ultimately due to water scarcity.

Ecological degradation and loss of species is occurring as you read this article. Something has to change. There are no non-radical solutions. Legal protections must be put in place, through the UN, each nation, each state and each county.

WATER IS A SACRED COMMON IN PUBLIC TRUST; it belongs to all living things. WE human beings must ensure this at our own peril. **WATER IS A FUNDAMENTAL HUMAN RIGHT.**

WATER HAS RIGHTS TOO. IT SHOULD BE GRANTED PERSONHOOD (as have corporations). It may not be abused, degraded or enslaved. What can you do to ensure this happening?

Think about it. Talk about it. Follow the web site: www.foodandwaterwatch.org/ where good information is to be had.

Winter Meetings - 3rd Wednesdays

January 21 - Annual business meeting and Linda Seifried's photo program, "Many Moods of Lake George".

The chapter nominating committee has nominated the following for the offices listed:

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 – "Soup and Chili Supper!" Linda has many easels on which she displays photos of her trip. Soup and Chili dinner. Please let Jean and Joe Seroka know what you will be bringing to this dinner, soup, chili, bread, or dessert. Contact Jean or Joe at 988-7007 or by e-mail: jjqilawe3@yahoo.com. Don't forget to bring a soup bowl as well as your utensils and beverage cup. Linda Hall will present "Peanut butter and Jelly run, my year of discovery of America and myself."

March 18 – Our annual "Corned Beef & Cabbage Dinner" provided by the chapter. Volunteers willing to cook the beef and a few willing to bring dessert are needed. Please contact Aleda Koehn at 267-4586 or by e-mail: akoehn40@hotmail.com. David Green will present "Indian Adventure"- featuring photos of northern India compiled during two long visits. Our story will give a hint of the pleasures of traveling inexpensively in this foreign and ancient land.

April 15 - Robert Titus, geology

May 20: Scott Lauffer and Kathy Cronin-topic to be decided.

Wilson Pond Reviewed

The October 2014 Foot-Loose included a review of a Wilson Pond Maintenance hike led by Al Martel with assistance from George Siatos. Subsequently George provided the following:

Upon receiving the October, 2014 issue of Foot-Loose I did the usual. I read about upcoming hikes and tossed it aside. A few days later Bob Ciganac (ck spelling) called to tell me about the Wilson Pond article and suggested that I take my turn. I didn't know if I should send a Letter to the Editor or sue for libel.

Firstly, I thought that Al and I had a confidentiality agreement. And secondly, I'm guilty on all counts. But there were some interesting tidbits omitted. For example, Al tried to allay my concerns about bears by saying that a charging bear will usually stop twelve feet from you if you stand your ground. He also opined that there were exceptions to the rule. My advice is to be faster than the other trail dude. In so far as mousification is concerned I thought all along that my French-kissing was the result of an erotic dream with the mythical succubus of Wilson Pond.

This was my first time sleeping in a lean-to and the first time I drank water from a pond. Being that we were the only occupants

in the lean-to, it made the experience all the more memorable. Before departing the next morning we read the journal in the lean-to and added our own entry. We read that there are brook trout in the pond for those inclined to bring along a pack rod. One enterprising hiker/fisherman had lugged in a canoe for future use. And there was an outhouse close-by, sans door, but still private.

The capstone of the trip was a visit to the Adirondack Museum near the village of Blue Mountain Lake where the four of us had a well-earned lunch overlooking the lake.

P.S. I still can't figure out how the tenth mouse evaded Al's trap, kissed me on the lips, gnawed a hole through the back pack and opened the zip lock bag to get the peanuts leaving me with the M&Ms. Thank you Al!

George Siatos, Assistant DTD emeritus

Glossary: Succubus – A demon assuming female form to have sexual intercourse with men in their sleep.

Winter Outing At The Loj

Our annual Susquehanna Winter Outing to the Loj is in limbo. Any members interested are encouraged to contact Aleda Koehn who reports, "We always have lots of fun snow or no snow. (And most of the times we have had snow enough to ski.) Monday through Wednesday, February 2-4 there are many spaces in the Loft and one private room, so far." Please contact Aleda Koehn for more information. [607-267-4586](tel:607-267-4586) or akoehn40@hotmail.com

Aleda reports there are plenty of beds available for the nights of February 1, Sunday, through February 4, Wednesday. That does not mean we have to go on Sunday. In the past we have stayed Monday and Tuesday nights, and returned on Wednesday. Last year, and another year, we arrived on Monday and left on Thursday morning. Because this is a last minute trip we can be flexible and decide on the day or days depending on weather and snow conditions in the area. We will not have to go if the weather that week makes driving a problem or if there is not enough snow for those who want to ski and snowshoe.

Cost is \$59.00 per night for a bed in the Loft and breakfast. Downstairs bunk rooms and private rooms are more. If you buy dinner the price is \$19.00.

For those who are interested:

Call me to see if some of us are planning to go to the Loj that week.

Make your own reservations.

Call me about car pooling and rides, and other information about what you need.

New and Rejoining Members

Recently, the Executive Committee agreed not to publish street names, phone numbers and e-mail of our new and rejoining members. But, we're encouraged to look up new members at meetings and introduce ourselves.

Pamela Peters & Walter Putryez

Linda and Robert Reese

Adam Schoonmaker and Tamie Leslie

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:

January-Lucille

February-Moira

March-Linda

April-Muffy

May Julie

Please clip and post

SUSQUEHANNA CHAPTER Winter 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
January 6	Rod & Sally Hebbard	829-5811	Franklin
13	Julie Smith	432-8642	Fortin Park
20	Carol Saggese	432-8010	Gilbert Lake State Park
27	Jim Austin	437-5734	Lower Riddell State Park
February 3	Erika Heinegg	832-4204	Cooperstown Golf Course
10	Virginia & Currie Marr	432-5434	Gilbert Lake State Park
17	Norma Lee Havens	432-3154	SUNY College Camp
24	Linda Pearce	432-8969	Goodyear Lake
March 3	Bob Ciganek	263-5375	Otsdawa
10	Lucille Wiggin	432-1022	Crumhorn Trails
17	Irv & Monica Peters	315 858-0261	Greenwood Conservancy
24	Maureen Willis	286-9821	Crumhorn Roads
31	Brenda & George Bogren	267-4595	Clark Tower, Cooperstown

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.

Remember, if schools are delayed or closed, the hike is also cancelled.

Sally Hebbard's Ultimate Chocolate Brownies

chocolate cookie recipe, from Ruth Schaeffer

3/4 cup Hershey's cocoa

1/2 tsp. baking soda

2/3 cup butter or marg. melted, divided

1/2 cup boiling water

2 cups sugar

2 eggs

1 1/3 cups all-purpose flour

1 tsp. vanilla extract

1/4 tsp. salt

1 cup hershey semi-sweet choc. chips or mini chips

Heat oven to 350 degrees. Grease pan - 13x9x2

Combine cocoa/ baking soda. Blend in 1/3 cup butter and boiling water

Stir - stir in sugar, eggs remaining butter. Stir until smooth. Add flour, vanilla, salt, blend completely. Stir in Choc. chips - bake. 35 - 40 min. or until brownies pull away from the pan. Frost with one bowl butter cream frosting (below).

One bowl butter cream frosting:

6 tablespoons butter

1/2 cup hershey cocoa

2 2/3 cups confectionery sugar

1/3 cup milk

1 tsp. vanilla extract

Cream butter, add cocoa & conf. sugar, alternately with milk. Beat to spreading consistency. Additional milk may be needed. Blend in vanilla. Makes about 2 cups. Frost brownies.

Thank you Sally!!! They were delicious!!

The Public Trust Principle

The Public Trust Doctrine, based on English Common Law, states that when a state government owns lands that are preserved for public use, then the government must protect and maintain such lands for the public to use. The government is not free to sell off such lands; in fact, to remove parkland from its public use [known as Parkland Alienation], the state legislature itself would have to take up the matter and vote in favor of the removal.

Why does this matter? It appears that a development company has a plan to develop an enormous casino complex in close proximity to Sterling Forest, and the plan [if approved] includes using state parkland to create a special new exit off the Thruway. Neil Woodworth, ADK's Executive Director and Counsel, was readying a letter to send to the development company to address their proposal, and here is where things get interesting. In his research and review of case law, Neil discovered a recent case with the following erroneous statement: "...there is no case law

in New York applying the "public trust" principle to state parks. The cases apply only to municipal parks."

That's a very bad error! If that were to stand, then any state park would be more vulnerable to losing land to developers [example: Allegany State Park may face a fuel gas company wanting to expand its existing commercial underground storage facility].

Neil's research found that there are, in fact, four State Supreme Court cases that do apply the principle to state parks. So ADK has submitted legal arguments to ask for correction of this matter. Once again, my appreciation for what environmental lawyers like Neil are doing has grown! It's another example of how ADK takes action to preserve our precious public lands. Of course, an huge casino complex with enormous hotel and parking facilities would have other major impacts on the very rural area around Sterling Forest. Neil will have more to say on this subject in the next issue of Adirondac Magazine.

Submitted by: Linda Seifried, Director

Fall 2014 Trip Reports

Hike/Bike Trip from Pine Lake – September 23

Four bikers and eleven hikers enjoyed a beautiful morning on the first day of autumn, Sept. 23. Fran Darrah was leader on the trails at the Pine Lake Environmental Campus. The bikers traveled 6 miles on the Charlotte Creek Road returning along the wide shoulder on Rt. 23--a total of 11 miles. A few had lunch at the Pine Lake Campus.

Julie Smith

Brookfield Horse Trail September 30

A perfectly beautiful Fall day and woods full of color gave us everything we hoped for on our morning at the Brookfield Horse Trails in Columbus. Fifteen of us made it, but we missed a few folks along the way (Monica, Irv and Alex), and I am truly sorry about that. We walked for three miles in a loop that took us around the Lean-to and the Horse Barns. The hike was longer than the scale of miles showed on the map, which made us late for our 12:30 PM Tour of Golden Artists Paints in New Berlin. We got there about 12:50 PM and were given an informative description of what Golden does, how the company is structured (Employee Owned) and how meticulously the paint samples and labels are hand done. Golden, we learned, is also completely environmentally conscious. Emma Golden was our able Guide and Mark Golden informed us that there are two hiking trails on the grounds - one for a fifteen minute walk and one for a forty five minute walk. Ain't that grand!

Rita Salo

Grand Gorge Trail – October 7

Twenty-six hikers, including a few first-timers, enjoyed a nice autumn day walking on the rail-trail between Grand Gorge and Roxbury. Along the three mile walk we encountered the woody-look of ferns and mosses, as well as outcroppings of boulders. A large rock at the side of the trail had a memorial plaque for a local resident who had a special fondness for the area. Following the hike, many of us stopped at Sundae's Restaurant for lunch and ice cream. We had a great day!



Photo by Currie Marr

Vroman's Nose – October 14

The hike was scheduled near the end of "fall color" for 2014. It was a challenging day from warm and sunny to foggy and misty. Thirty-five hikers were attracted. Many were new participants. Vroman's Nose is a popular NYS hikers' scenic destination, and also, it has Revolutionary War relevance. We invited a resident historian whose connection with the Middleburg area went back to 1710. Because hikers scurried to the top and assembled in two separate locations, some missed the historian's interesting presentation, and later, the visit to Timothy Murphy's gravesite in Middleburg Cemetery. Timothy is credited by some as the sharpshooter who turned the tide of the Revolutionary War by killing the popular British General Frazier at the Second Battle of Saratoga. Murphy's gravesite was near the "Colored Plot" which stimulated a discussion of Slavery in Upstate NY. It was a great day.

Jack Ewen





Photo by Jack Ewen

Arnold Lake Trail – October 28

The hike to Arnold's Lake trail was enjoyed by 30 participants. It was a warm summer like day for this time of year. We walked about 2.7 miles on the truck road. *Carol Saggese*



Photo by Fred Johnson

Betty & Wilber Davis Park – November 4

Sixteen ADKers enjoyed a 2.8 mile hike along Andy's Trail at Betty and Wilber Davis State Park. Tuesday was cool/partly sunny and a perfect day for the walk. We spotted beaver activity near the wetlands, a stand on "Margret's tree"(she climbed the ladder on her last visit to the park), and a huge layered fungus at the base of a tall tree. What a fun surprise to come upon the carved bear along the trail near the picnic area. A number had never seen it before. All seemed to have a great morning.

Julie Smith



Photo by Julie Smith

Hicks State Park – November 11

Thirty three hikers enjoyed a great outing at Hicks State Forest this last Tuesday. The temperature was very comfortable with partly sunny skies. Jeff O'Handly, Program Director with OCCA, led the group on the three mile walk along leaf covered paths. He had much to tell us about the surrounding area. We saw wood ducks, beaver activity, a beaver skull, and a tree-tumor, identified by Linda Melchionne, as the "Tinder Box Fungus". The fungus inside the rotten-looking bark makes excellent tinder for fire-starting, hence the name. We agreed that this State Forest is another of the amazing places in Otsego County to get out and enjoy a hike. *Julie Smith and Jeff O'Handly*



Photo by Fred Johnson

Gilbert Lake St Park – December 2

On a sunny, frigid day 16 ADKers hiked around Gilbert Lake and through a cabin colony area. According to our tracker, Jim Austin, the distance was 3.3 miles in 1 ½ hours. Fortunately the snow-ice conditions present 3 days before had melted providing safe footing. In December 2011 ADKers discovered along the lake trail a small, scraggly spruce decorated with red Christmas ornaments. They named it the "Charlie Brown" tree. Again, the following year, the tree was resplendent with even more decorations. On checking this time only one ornament was found, a Goose. Perhaps, this was emblematic of the lone goose spotted on Gilbert Lake. When finished, hikers seemed invigorated and inspired to return home to decorate their trees.

Currie Marr



Charlie Brown's a/k/a Currie Marr's Christmas tree

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.

Susquehanna Chapter Officers and Committee Chairs

Chair: Erika Heinegg
432-0405 eheinegg21@gmail.com

Vice-Chairs: Muffy McDowell and
Harry Barnes
829-5307 muffymcdowell@yahoo.com
brckbns@yahoo.com

Secretary: Aleda Koehn
267-4586 akoehn40@hotmail.com

Treasurer: Virginia Marr
432-5434 cmarr@stny.rr.com

Director, ADK: Linda Seifried
265-3780 sseifried@mkl.com
Conservation: Erika Heinegg
432-0405 eheinegg21@gmail.com

Hospitality: Jean & Joe Seroka
988-7007 jjwilser3@yahoo.com

Membership: Lucille Wiggin
432-1022 lucillew@stny.rr.com

Newsletter editor: Fred Johnson
783-2567 jfred212@gmail.com

Outings: Julie Smith 432-8642
smithj3@hartwick.edu &
Ruth Schaeffer 988-7036
rwschaeff88@yahoo.com

Publicity: Moira Beach
433-2832 susqadk@yahoo.com

Trails: Al Martel

Website: Currie Marr
432-5434 cmarr@stny.rr.com

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