



Foot – Loose!

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

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EARLY SUMMER ALONG THE GREENWAY TRAIL

By Aleda Koehn

On a recent sunny afternoon I took a short walk along the Greenway trail near the river.



What a great change in appearance from a few weeks prior when I went to look for spring flowers. Perhaps the big spurt in growth was due, in part, to the above-average temperatures we have had this spring. Ferns, grasses, and vines made a jungle of green on either side of the path, which in some places forms a tunnel under the overhanging trees.

As I write this in early June, the dominant colors are the lovely pink, lavender, and white blossoms of Dame's



Rocket, *Hesperis matronalis*, which is found along the trail and in the woods. Some people mistakenly think that it is a phlox. A closer look will reveal four

petals, a good indication that it is in the



Mustard family, *Cruciferae*, "cross bearers." As the petals fall, very long, thin seedpods stick out along the top of the stalk. Another name is Mother of the Evening—perhaps, I have read, because the flower develops a very sweet smell in the evening. The Genus name *Hesperis* means "evening star." Dame's Rocket is not native, but has spread widely and is a colorful addition to the riverbanks.

Although the trail is mowed, bright yellow buttercups manage to produce flowers on abbreviated stalks. I spotted the single white flower of Canada Anemone, *Anemone canadensis*, in one



patch along the path. It is also in the buttercup family (*Ranunculaceae*).

In a shaded spot nearer to the river, in full bloom, was Tall Meadow Rue, *Thalictrum polygamum*. The



creamy white flower has a fuzzy appearance. Look at the close-up photo and you will see many starry bursts of



white, thread-like stamens but no petals. The many stamens and divided leaves indicate another member of the buttercup family.

In large colonies along the riverbank are the leaf-wrapped stalks of False Hellebore, *Veratrum viride*, now three to four feet tall. In early spring the bright green leaves of this plant push up in swamps and damp places along with

the leaves of Skunk Cabbage, with which it is often confused. Even a quick look at the leaves will show deeply ribbed parallel veins typical of the lily family, to which Hellebore belongs. Besides, it does not have the "skunky" smell of its rounder-leafed neighbor.



In early summer some of the stalks will flower. I saw several in bud, crawling with lots of insects, and I found a few in flower. In the close photo you may be able to see six yellow-green petals of each individual flower clustered together near the top of the plant.



Other names are White Hellebore and Indian Poke. Why the "false" I was not able to find. Is there a "true" some-

where?

A few weeks ago I was seeing colonies of May Apples, *Podophylum peltatum*, with a waxy white flower beneath the two spreading



umbrella leaves. Now the petals have fallen, and a tiny oval yellowish fruit is beginning to develop on a few of the plants. This will be the "apple" of May-Apple. The fruit is said to be edible, but I do not think it looks very appetizing, especially when one book said the seeds and other parts are poisonous. May-Apples are in the barberry family along with the Japanese Barberry that has spines and little oval red fruits.

Another interesting plant with inconspicuous flowers found in drier woods near the picnic pavilion is Wild Sarsaparilla, *Aralia nudicaulis*. A large leaf divided into three parts and divided again shields the flower stem, which may have three rounded fuzzy clusters of greenish white flowers. I saw many plants with leaves but only a few with



flowers. This plant is in the ginseng family.

The flower that became the most challenging is shown in the photo. The white umbrella of blossoms is similar to Queen Anne's Lace, but the leaves are

not the same, although both are in the parsley family. I searched through



my flower books and thought it most resembled Water Hemlock, but the leaves did not quite match. I Googled "water hemlock" and found that several of these plants are extremely poisonous. (Remember Socrates and the hemlock drink? Not the conifer hemlock.) Luckily I was able to visit with Donna Vogler, Assistant Professor of Biology at SUCO and an ADK member. She looked in her books and nothing really matched my sample. "Let's look in the herbarium," she suggested. Donna took out a folder of pressed and carefully labeled plants. We decided that it was not the Water Hemlock, *Cicuta maculata*, or Bulb-bearing Water Hemlock, *Cicuta bulbifera*, although Donna said she has seen both near the Greenway. We found that the sample best matched *Aegopodium podagraria*, Goutweed. My mystery plant was an escaped and naturalized variety of the garden plant Snow on the Mountain. You may recall this low-growing cover plant with variegated leaves. In the wild the plant becomes all green, grows much taller, and produces a delicate umbel of flowers. Native to Asia and Europe, at one time it was used to treat gout. It is not poisonous.

There is so much more to see at the ever-changing Greenway. These are only a sample of the many different species seen on one walk. Take your flower book and have fun.

Many thanks to Julie Smith for her photo tips.

Spring 2009-10 Trip Reports

Todd-Stevens Road Hike -

Tuesday, April 6. Eight hearty hikers met to walk Todd-Stevens Road. In spite of on-and-off showers we had a nice four mile walk on a seasonal road. We stopped briefly at Lippett Cemetery to check out the very old gravestones dating back to the 1800's. We were joined about halfway by a very friendly Golden Retriever named Comet. He stayed with us to the end of the hike and looked puzzled when we all got in our cars to leave. We were reluctant to leave him so far from home and tried to get him to follow our cars back. He soon lost interest and disappeared into the woods. We all hope he got home okay and think he really wanted to join ADK. Report by Bev Hensle

Pine Lake

Tuesday, April 13. A beautiful day brought out about 14 hikers to the Pine Lake side of what is now Robert V. Riddell State Park. We hiked up the trail as far as Mud Lake. Some of us went to see the lake and the surrounding vegetation. We saw pitcher plants growing in the spongy spagnum moss. Others had their lunch at the junction. Shadbush was in bloom in the open woods and we saw some lovely, sweet smelling patches of trailing arbutus growing right in the trail. report by Aleda Koehn

Hike to The Brookfield Horse Trails

Tuesday, April 27. Our "Spring" walk became a "Winter" walk. The temperature was 36 degrees the entire time, with strong winds, snow showers and about 30 seconds of sun before each shower. We were fortunate to see many Spring flowers and ferns. They were, however, all cuddled up against the cold - just like us hikers. All 19 made the four mile walk without any trouble. We did walk a little fast in order to keep warm. After "years" of searching, we found the Woodland Pond. It was a lovely area with a picnic table, a lean-to and hitching posts for horses. There were geese nesting on the pond. Susquehanna ADK Hikers are really good sports. Report by Rita Salo

- photo by Scott Fielder



Red trillium

Franklin Mountain Hike

Tuesday, May 4. The hike at Hebbard's turned out partly cloudy after an early morning shower. It was an easy circle hike from the house through meadows and woods. Special highlights included views of the surrounding hills, a nesting female goose, and a peaceful creek-mossy glen. We ended with sack lunches,

Sally's cookies and ice cream. Great time was had by 19 of us, missed all who didn't make it.



report by Sally & Rod Hebbard – photo by Currie Marr

Cooper Conservancy & Red Creek Hike

Tuesday, May 11. Twenty-five ADKer's gathered at Clark Sports Center to proceed to County Rt. 52 for a walk on the Cooper Conservancy and along Red Creek. It had been several years since the last "hike" in the area, and there was noticeable beaver



activity.....complete with huge downed trees and several new ponds. One or two of the wooden benches have survived, and there are 2 new plank bridges over streams. The chilly early morning temperature (37 degrees) warmed to the low 50's, the wind had finally subsided, and the bugs were non-existent! Hooray!!! Our modest pace brought us back to the parking spot in just over 2 hours. One car of walkers even had enough energy to stop at the Ice Cream Scoop shop as they exited Cooperstown! A lovely morning seemed to be had by all.

report by Julie Smith

Gilbert Lake State Park Hike/Photo Shoot

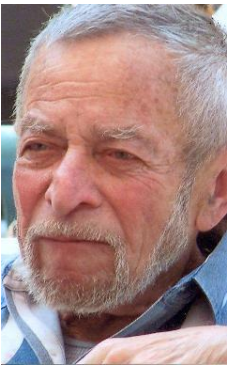
Tuesday, May 18. We had a great turnout for the hike/photo shoot morning at Gilbert Lake State Park in spite of the chance of rain. Fran Darrah led 15 hikers from the hill top section of the park, while I took 10 photographers to the lower cabin area. Three hikers walked around the lake. It was a fun outing for all.

Report by Julie Smith

Gilbert Lake Park Photos by Carol Saggese



Long time ADK member, Irwin Gooen



Irwin Gooen, 85, a long time member and early Susquehanna Chapter organizer, passed away on Friday, May 28, 2010. The following obituary appeared in the Oneonta Daily Star.

“Irwin was a photographer, writer, outdoor educator, environmental and peace activist, community volunteer, movie buff, canoeist, actor, rock critic, latke maker, road man, and gadfly. Stoner and jailbird. Jewish Taoist: The last of the Cosmic Cowboys.

“To be buried on the Shoggi Boghi property which he stewarded, and which has been put into a Wildlife Land Trust.

“A farewell party to be held somewhere down the line.”

Friends gathered at the Unitarian Universalist Society of Oneonta on Tuesday, June 15 to share memories and to celebrate Irwin’s life.

Spring 2010 Meeting Reviews

Wednesday, April 21. Neil Woodworth, executive director of ADK, and Deb Zack, membership and development director, presented an evening program at our April meeting. Their talks covered two topics.

Neil described the natural gas drilling process in Marcellus and Utica shale, which underlie central NYS from the Catskills to the western Mohawk Valley. He outlined problems associated with the use of “fracking” to free the gas from the deeply buried rock. Fracking is essentially an underground explosion that uses a great deal of water and various chemicals. This material returns to the surface where it must be collected and safely disposed of.

The two main environmental risks associated with the fracking process are the drilling platforms, major construction sites with a good deal of disruption; and leakage of the toxic chemicals which can pollute wells and surface water.

The Catskill Mountains that comprise the Delaware River watershed and are underlain by the largest shale beds supply drinking water to millions of people through the NYC water system. To the northwest, cities along the Mohawk use reservoirs. These are surface water systems. The rest of us use wells. Essentially, then, all our water sources are vulnerable.

The ADK has taken the position that the present drilling process is not safe enough to use in our densely populated areas.

Deb Zack showed a well-illustrated video describing our club—its activities, its funding sources, its educational programs, its lodges—and the beautiful mountains we call home. She provided a copy for us to use in contacts with our community.

Wednesday, May 19. Ernie and Heide Mahlke shared their bicycle trip through Germany. Supported by a powerpoint slide presentation, they shared trails and views seen on trails that took them through Dresden, Meissen and Pirna along the Elbe River.

Wednesday, June 16. Members and guests enjoyed another picnic at Gilbert Lake State Park’s Briggs Pavilion.

Meetings Ahead, 3rd Wednesdays

Summer meetings depart from the standard meetings for chapter members and guests at the Elm Park Methodist Church for 6 p.m. pot luck dinners followed by programs at 7 p.m.

July 21 - Picnic, 5:30-8:00, at the former YMCA Day Camp, West Laurens. Bring dish to pass, table service, and beverage. Meet at Ames, 5:15, to carpool to the Y. Park or drive from Ames at Chestnut to Rt. 23 West 6.4 miles. Look for an ADK sign. Turn left onto YMCA Road and follow about 1 mile to the entrance on right. Any questions call Moira Beach at 433 2832.

August 17 - Swim, boat, converse and picnic at Wiggin's Crumhorn Lake camp. Come after 3:00 for swimming, boating, and good fun. Bring your folding chairs, table service and a dish to pass for the 6 p.m. picnic.

September 15 - We return to our monthly meeting format at Elm Park United Methodist Church, 401 Chestnut St. Oneonta. 6 p.m. potluck dinner followed by 7 p.m. program.

Barb and Bill Harmon will present "Hiking the John Muir Trail: 19 Days, 226 Miles, a Thru Hike in the California High Sierras from Yosemite Park to Mt. Whitney." The Harmons will share photos and stories of what is arguably some of the most remote and beautiful alpine territory in the United States. From glaciers to alpine lakes, towering mountains to beautiful valleys, the Harmons look forward to sharing their experiences - the ups, the downs, the blisters, the bears, the trials, the tribulations and finally the elation as they finish their thru hike on Mt Whitney (14, 496), the tallest mountain in the contiguous United States. They completed their unguided adventure in September of 2008; they look forward to sharing not only the beauty of the Sierras, but the emotions, the techniques, the plans, the what to do's and the what not to do's for any interested in the entire hike or just segments of the beautiful John Muir Trail.



THE ROBERT V. RIDDELL STATE PARK Sunday, October 24 at 1:30 p.m.

Patricia Riddell Kent and Steve Kent, who donated the land for this park, will guide a 4-hour walk on the 800-acre portion of The Robert V. Riddell State Park. Participants should meet at the Pine Lake Campus of Hartwick College. From there, they will carpool to The Robert V. Riddell State Park and proceed 4.5 miles through the park, to Mud Lake, and back to Pine Lake parking lot. If time permits, walkers will take a detour to a beautiful waterfall. Bring sufficient water and a snack.

DIRECTIONS: From I-88 exit 16 or State Hwy. 7, take County Hwy. 47 east to West Davenport, 2.8 miles. Turn left on Charlotte Creek Rd. The entrance to Pine Lake is on the right, at 1.8 miles. Drive in the main entrance and park on the left, opposite the Robertson Center. From the traffic signal at Pindars Corners on State Hwy. 23, turn north on County Hwy. 11 and turn right on Charlotte Creek Rd. Continue 1.8 miles to the Pine Lake Campus and follow the directions above. For information, contact OCCA director@ occainfo.org or 547-4488.

UPDATE ON THE MOUNTAIN TRAIL ON THE WEST SIDE OF RIDDELL STATE PARK

A short conversation with Ed Winslow, manager of our area state parks, brings the following update. Working on his Eagle Scout badge, Nick DiBartolomeo, is ready to mark the trail up the hillside by Exit 17, as far as Pine Lake and also a trail to the falls. Ed has signed all the paper work, the project has been approved, and the signs are made and ready to go.

Looking Back

Our Susquehanna Chapter has been around for about 30 years. To get an idea of how we've come to where we are, it's sometimes fun to take a look at where we've been. With that thought and with thanks to Joe and Nina Hart, who "looked back" at their collection of "Foot-Loose," we share a report from Winter 1992. "Canoe Campout: Long Lake Village to Axton Landing"

Ten of us in four canoes and two kayaks were gifted with a warm fall weekend with no bugs and very few other people out. A stiff southerly breeze blew us down (northwards) the lake and in to the Raquette River. We found the lean-to at the junction of Calkins Creek and Cold River unoccupied and sturdy enough to hold up to our laughter (jokes # 1-100). On Sunday we paddled the Raquette in occasional warm rain and portaged the 1 ½ miles around the falls. Then we went on to Axton, after lunch at the base of the falls. Total distance, including side trip up the Cold River, about 25 miles. It was a really great trip! Leader: Steve Hatfield

SUSQUEHANNA CHAPTER SUMMER 2010 SCHEDULE

Outings

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.

Ernie Mahlke, 432-2583, will be happy to hear from people who want to hike on week-ends 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. Both Wiggins and Oakleys will again be riding as much as possible this season.

<u>Dates</u>	<u>Leaders</u>	<u>Phones</u>	<u>Destinations</u>
July 6	Connie Reed	431-9419	Garrettsville
July 13	Bev Hensle	286-9126	Mt.Otsego in Pierstown*
July 20	Joe Hart	829-8358	Bear Swamp meet at Price Chopper at 9:30 or Milford at 9:45
July 27	Rod&sally Hebbard	829-5811	Hebbards property in Franklin
Aug.3	Fran Darrah	286-3301	Rail Trail Bloomville to S.Kortright
Aug 10	Rita Salo	432-3656	Hicks St. Forest in Roseboom
Aug. 17	Barb Means	432-4903	canoe-Nine Mile Swamp
Aug.24	Ivan & Gerda Gy	239-947-0491	Gyori's Property in Worcester
Aug.31	Currie & Virginia Marr	432-5434	Milford State Forest
Sept.7	Irv & Monica Peter s	315-858-0261	Hartwick St. Forest
Sept.14	Doug & Scott Fielder	432-2727	TBA
Sept.21	Mary Dunkle	547-2162	TBA
Sept.28	Linda Melchionne	315-858-0359	Vanhornsville Gorge

* Mount Otsego in Pierstown is a former commercial ski slope and home to one of the first rope tows in New York. Owner Susan Burdsall has protected the property with a conservation easement in partnership with Otsego Land Trust. Otsego Land Trust representatives will lead the moderately strenuous hike that traverses fields, slopes, and woodland trails. Starting location is at 379 Wedderspoon Hollow Road, 2 miles north of Cooperstown.

Your executive committee, wishing to reduce our carbon footprint, encourages members from outside Oneonta to carpool to meetings and activities.

Welcome New & Renewing ADKers

Kristin Janke	22 Meredith St. Apt A.	Delhi, 13753
Carole & Eugene Marner	1245 Oak Hill Rd.	Franklin, NY 13775-3137
Leon & Beverly Pearsall	4 Scott St.	Bainbridge NY 13733-1014

We'll see you at meetings and on the trails

Thinking Green

If you're reading a mailed, 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, and save trees and the club postage.

A Request from Public Relations

Dear members,

Weekly, I forward messages from hike leaders with detailed information regarding each hike. As received, I forward [ADK Today](#) and [Conservation Updates](#) from headquarters. If you would like to receive this information, please submit your email address to susqadk@yahoo.com. This is a good way to keep informed! Also, Currie Marr maintains our website at www.susqadk.org. Please check this website for updates and further information about ADK and the Susquehanna Chapter.

If you have questions about these email messages, please DO NOT REPLY to me. Instead contact trip leader and/or ADK staff. This information is always included in the email message.

Thank you, Moira Beach, Public Relations

Other ADK Chapters – What’s Happening

Albany - The Albany Chapter Banquet was a huge success with 140 participants attending and a fabulous speaker, Jon Bowermaster, a National Geographic writer and producer. Visit his website for a review of his work and videos www.jonbowermaster.com. *Phil Seward, chapter chair.*

Binghamton - *Why I Adopted a Lean-to* "One of my most cherished memories of time spent with my son during his teen years was hiking the Northville-Placid trail together. At the end of each day we looked forward to resting at our destination lean-to, and really appreciated those lean-tos that were well cared for. Our Northville-Placid hike gave us a rich experience, which moved us to adopt a lean-to and help provide a better experience to future hikers. I've been a lean-to adopter for over 10 years and always enjoy my trips to Silver Lake Lean-to, preparing it for a season of new Northville-Placid hikers that will stop at 'my' lean-to!" *Ken Jackson*

Black River - *"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."* ~ James Dent

One weekend that had absolutely perfect weather was the last weekend in April. Five dogs and 18 humans took advantage of the good weather for our Wehle State Park Dog Hike. This was fitting as the park had been used as an area to train dogs when it was in private hands. Our entourage of dogs, humans and baby strollers hiked in to the picnic area to enjoy hot dogs and s'mores while admiring the spectacular Lake Ontario shoreline. For less than a 4 mile round trip (What's that in doggie miles?), this was a great local hike for a Saturday morning. I mention this particular outing because this is what ADK is about – getting outside and enjoying nature. And we get a little exercise in the process. It is also about wanting to share a special place with others so that they might enjoy a hike that they might not ever have found on their own. *Ron Fillhart, chapter chair*

Genesee Valley - *Rubber Duck Race during Fairport Canal Days – June 4.* Join us as we assist in the annual Rubber duck race during canal days. For the last number of years we have assisted the people from Birdcor in their annual rubber duck race during canal days. This year there are a number of changes but mostly double the amount of rubber ducks and \$25,000 in prize money. The event is still based upon giving to good causes. We are being asked for definitive commitments from people who are going to assist me in guiding the ducks and then picking them up afterwards. I am looking for around 4 to five paddlers who can devote from around 12:30 PM until around 4:30 PM on Sunday June 6th to this event. It has always been a fun time so if you can please volunteer to assist me. *Charlie Helman, contact*

Glens Falls Saratoga - *Join in the first treasure hunt* Have you joined the Hunt? As mentioned in the previous newsletter, a mischievous Adirondack Gnome has stolen some treasure and hidden clues. If you answer all of the riddles and questions, you might win a part of the treasure! It's fun and it's easy, with over \$200 worth of prizes to be awarded to the first three people to finish! One question is released each week, with a total of ten being asked, so it's not too late to start. Visit our Chapter website for more information. Good luck and happy hunting!

Laurentian - Local botanists Nancy Eldblom & Anne Johnson have just published *Plants of St. Lawrence County, NY - An Annotated Checklist of Vascular Flora*. Their book contains descriptions of more than 1,300 plants found wild in the county, including such information as where in the county it grows, how common it is, when it blooms, and whether it is rare or invasive. "With its concise and detailed yet plainly worded entries, this book will help us all to better appreciate the plants in our woods and meadows and also those right outside our doors. I truly wish it had been available years ago at the start of my plant observing" ---*Martha Grow, Certified Naturalist*

Long Island - *33rd Annual ADK-LI Columbus Day Weekend Adirondack High Peaks at the ADK Loj* Friday, October 8th to Monday, October 11th, 2010. Join fellow ADKers for the best-ever, fun-filled weekend of hiking and exploring in the scenic Adirondack High Peaks! Our popular weekend isn't just for extreme hikers. There's plenty to do besides scaling high peaks, such as moderate hiking and walking, paddling, shopping, antiquing, visiting the Lake Placid Olympic Center, the Adirondack Museum and other attractions. Or come just to enjoy the Fall foliage and soak up the unique Adirondack atmosphere.

Foot-Loose!

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. 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.

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Chapter meetings are held the third Wednesday of the month, September through May, at the Elm Park United 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