



Foot - Loose!

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

Volume 17, Number 4

October 2005

...from the Chair

It has been an unbelievably wonderful southern-type summer with lots of excuses for swimming. We have enjoyed that even though we are not from the south and really prefer winter and skiing. Actually, we are looking forward to the fall outing schedule, so join us one and all. As we car pool out to events we need to remember to offer our drivers enough compensation to cover the cost of their gas.

Another subject that arises periodically is a difficulty rating for our outings. You can rest assured that all of the Tuesday hikes are a C or C+. Weekend participants should call their hike leader if they have any questions not covered in the listing.

Part of the Chair's job is to receive newsletters from all of the other chapters. I am overwhelmed at times, as I like to skim them for ideas. A couple of chapters have formed committees geared toward their younger members. If anyone is interested in starting a group for 20- to 30-year olds in our chapter, I would be glad to share the information from other chapters.

An Earth Day 2006 interest meeting will be held in late September in Cooperstown. At the initial meeting we will brainstorm possible locations and ways that people can participate. Our chapter Executive Committee has committed us to get involved. Anyone with ideas and interest can contact me at 432-1022.

Harvest Moon Madness, ADK's biggest fund-raising event of the year, takes place on November 5. Last year, our basket of local goodies was a big hit (see the "thank you" on page 3 of this issue). Please offer to help Linda Seifried (265-3780) with gathering items for our basket to be auctioned off at the gala, or contribute outdoor gear and apparel, artwork, crafts, jewelry, gift baskets or weekend giveaways.

The proposed Robert V. Riddell State Park sign recently pictured in The Daily Star, with a photo that included Governor Pataki and Senator Seward, is mysteriously absent near the intersection of I-88 and Route 28 (exit 17, Cooperstown). Consultation with Johanna Koenig, who attended the dedication, reveals that the sign is hidden in the first driveway on Route 28 after crossing the Susquehanna River, coming from the interstate. A small green sign says "Riddell" and leads 25 yards to a gate and parking/turn around area. The park sign is in there somewhere; someday this may be the entrance to our 1,000-acre state park.

Lucille Wiggin

CHAPTER CHANGES AND NEWS YOU CAN USE

Our Very Own Web Site!

www.susqadk.org

After thinking about it for at least two years and finally getting to work, we are now ON THE WEB. Yes, we did have a web site before this, but it was hosted and maintained through the ADK main club. With this change of control we hope to have a more attractive site with many local pictures, be able to make changes as quickly as they come along, and reach out both to fellow ADKers and other interested people. The page can be accessed as before via the ADK web page (www.adk.org) by going to Membership, then ADK Chapters, then choosing Susquehanna. Or just go directly to www.susqadk.org. So far, the site includes links to our schedule of outings, contact persons, a "What's New" section, and a previously hidden chapter "treasure," our reference library. Please browse the site and give me your feedback.

Jo Koenig

Foot-Loose via E-mail

Following in the footsteps of Jo's work in getting our web site up and running, I am distributing Foot-Loose via e-mail to those members who are able to open an Adobe Reader .pdf file. Distributing the newsletter via e-mail saves postage and printing costs and allows for faster delivery. After opening the file you can read the newsletter on your screen or print your own copy. If you want to receive Foot-Loose in this way, please send me an e-mail at susquehannaadk@aol.com. If you are interested but are not sure that your computer can do this, please contact me and we will try to work out the process.

Additionally, Jo and I maintain a list of chapter members' e-mail addresses. If your e-mail address changes or if you are not sure that we have your correct address, please contact each of us at jokoenig@dmcom.net and susquehannaadk@aol.com. Thank you.

Danny Birnbaum

Membership News

After a long wait we have received an updated chapter membership list. Copies will be available for those who request them from me. Please remember—the information on the list is for your personal use only and is not to be shared with anyone outside of the chapter.

We have 12 new members since publication of the last Foot-Loose. They are:

Frank & Sarah Aloise & Family, 600 West Allens Lane, Philadelphia, PA 19119 (215)753-1281

Aaron Bennett & Jeanne Bourke, 915 Oliverea Road, Big Indian, NY 12410 (845)254-4380

Rodney & Sally Hebbard, 526 Bissell Road, Franklin, NY 13775 (607)829-5811

William & Laura Bliss Lamb, 1836 Cty. Hwy. 33, Cooperstown, NY 13326 (607)547-4468

Ralph & Judy Lazina, 2155 Scotch Hill Rd., Bloomville, NY 13739 (607)746-3028

Sandy Mattice, 1853 Southside Drive, Oneonta, NY 13820 (607)432-6706

Tony McDonald, PO Box 651, Middleburgh, NY 12122 (518)284-3500

Terry Morley, 662 Winney Hill Road, Oneonta, NY 13820 (607)432-8104

Walter Owens, 88 Plymouth St., Norwich, NY 13815 (607)336-4405

Danielle & Kenneth Palmer & Family, 283 Robinson St., Binghamton, NY 13904 (607)723-5092

Constance Reed, 81 Clinton St., Oneonta, NY 13820 (607)431-9419

Alan & June Sorensen & Family, 37 Nottingham Gate Rd., Rock Hill, NY 12775 (845)796-1137

Please add this information to your membership list. These names will not be included on the newest list. *Rita Salo, Membership*

Annual Susquehanna Chapter Dinner to Feature ADK Executive Director Neil Woodworth October 19, 2005

6:00 p.m. Pot-Luck Dinner

Bring a dish to pass and join other chapter members in our once-a-year big dinner.

7:00 p.m. Presentation by Neil Woodworth

Neil will share the activities, opportunities and daily operations of ADK. An Albany Law School graduate, Neil has over 16 years experience working with ADK. He is an avid outdoorsman and enjoys hiking, backpacking, canoeing, birdwatching and backcountry skiing.

Join us to share a meal and learn about "Today's ADK."

CHAPTER CHANGES AND NEWS YOU CAN USE

ADK Loj Winter Weekend, January 27–29, 2006

Sign up now for a great weekend of skiing, snowshoeing, walking, or just relaxing by the fire. This has always been a fun-filled time to enjoy the cold crisp air, brilliant blue skies, frost and snow of winter in the North Country. I have reserved two private rooms with four beds in each room. I need a deposit of \$50.00 for the two nights. Your room includes a buffet breakfast. Dinner is an additional \$14.00. To reserve your space or for more information please contact me as soon as possible.

Aleda Koehn 432-8870

Thanks from Jack Freeman

Long time ADK staffer, volunteer and author Jack Freeman thanks the Susquehanna Chapter for the basket he won at last year's Harvest Moon Madness auction. Jack writes that he and friends thoroughly enjoyed their stay at Consigli's B&B and their "free" visits to Cooperstown museums and other attractions. He hopes that the Susquehanna Chapter will offer another great basket to auction off at the November 2005 fundraiser.

Betrayed at the Outset, Trail Crews Sweep to Victory

On Tuesday, July 12, Fran, Nina, Joe, Barb, Jack, Monica, Connie and Lucille tried to meet in Oneonta for a Clip Clop Waggle Walk at Relay State Forest on Old Clump Mountain near Roxbury. The leader, however, had provided two different meeting times and as a result, Lucille and Connie found themselves detached from the main party. They decided to clear three miles of trail at Crumhorn Lake on their own. Meanwhile, six members went to Relay Forest and cleared two miles for an unexpected total of five miles. The day was hot, there were lots of blackberries and a disappointingly large number of blowdowns. We were beset by houseflies that were apparently a long way from home. They seemed to cluster on Jack's arm which was bleeding from thorn cuts. We decided to give them a Latin name: Homohemo suckularis.

Joe Hart

Newsletter Editor Mailing Address Change

Please note my new mailing address and telephone number:
Danny Birnbaum
315 Sal Bren Road
Delhi, NY 13753
(607)746-7059

Bullthistle Hikers Hosting FLTC

The Finger Lakes Trail - Bullthistle Hikers Club is hosting the Finger Lakes Trail Spring Outing on May 5, 6 and 7 in Norwich, N.Y. Registration, meals, hikes, programs and non-hiker events will all originate at The American Legion Hall on Sheldon St., Norwich. There will be numerous hikes, a lean-to dedication on the FLT in the South Otselic area, and a buffet and programs on Friday and Saturday nights. We also have tentative plans for a Chain Saw Course. There will also be events for non-hikers, such as a visit to our Classic North East Car Museum. For additional information contact Ed Sidote at (607)334-3872 or ejsidote@cnyconnect.net.

Blue Ridge Wilderness, August 6 & 7, 2005

Nina and I spent the first weekend of August in and around the Blue Ridge Wilderness, our adopted forest preserve unit. We worked one day on trail maintenance on the Wilson Pond trail, mostly clipping back and removing a couple of small blowdowns. The trail is pretty dry this year. The beaver are gone in the marsh area so that's easily crossable. We were astonished to count 20 people using the trail!

We took the canoe in to Sprague Pond, a loon-nesting site, and found both adult loons with two chicks. It was such a lovely pond! And it seems to produce loons year after year.

I contacted DEC to inquire about progress on the Unit Management Plan for Blue Ridge. (Several years ago we attended the scoping session and submitted our comments). Rick Fenton, the supervising forester, completed the plan and has forwarded it. It's now at the Adirondack Park Agency for comments and Rick hopes the draft plan will be out in the next few months. It will almost certainly include the Northville-Placid trail relocation, taking the trail off the Cedar River road. Several of us—Aleda, Linda, Bill W., Ivan and Gerda, and Cynthia—helped identify possible routes; we're expecting that the clearing and marking of the old road between Cascade Pond and the Wilson Pond trail will be included (Johanna and Bill Walling located that section). All this seems slow but, then again, the High Peaks Wilderness plan took some fifteen years.

Joe Hart

Trail on the Delaware

Six members spent Saturday, July 23, on our newly adopted trail along the West Branch of the Delaware River. Linda, Steph, Jackie, Jerry, Nina and Joe cleaned up discarded appliances and automobile tires, clipped back, mowed, and built a set of stone steps to ease the crossing of a washed out stream bed. We didn't tackle the signage and we averted our eyes from a couple of overhanging blowdowns.

This trail, an abandoned railroad bed, goes along the West Branch from the East River Road on the east to near the Delaware County land fill on the west. It crosses land owned by The Nature Conservancy, has lovely sections with views of the river, and is nearly all shaded. It should be a good ski, too.

Joe Hart

Hikes in New York's Southern Tier

The Triple Cities Hiking Club (TCHC), named after Binghamton, Johnson City and Endicott, has an extensive year-round schedule of hikes. These outings range from various sections of the Finger Lakes Trail, to Catskill peaks and weekends in the Adirondacks. To view the TCHC hike schedule, go to <http://www.tier.net/~tchc/>.

The TCHC is also a member of the Finger Lakes Trail Conference and a proud maintainer of a section of the FLT in eastern Chenango County. The TCHC will be hosting the fall, 2006 FLTC annual campout.

Larry Blumberg (607)797-0912

SUSQUEHANNA ADK CHAPTER FALL 2005 SCHEDULE

Outings and Meetings

ALWAYS CALL LEADERS FOR DETAILS

All area codes are 607 unless otherwise noted

Riders should contribute a fair share toward gas.

Please call trip leaders for hike details and to car pool.

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 TBA weekend outings.

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|------------------|--|--|--|
| 10/4, Tuesday | Dave Truscott | 746-2826 | Walk in Delhi area. |
| 10/11, Tuesday | Joe Hart | 829-8358 | Clip Clop Waggle Walk (trail clearing), Arnold Lake. |
| 10/18, Tuesday | Lucille Wiggin | 432-1022 | Walk Crumhorn Mt. Area. |
| 10/19, Wednesday | Annual Chapter Dinner | Elm Park Methodist Church, 401 Chestnut St., Oneonta. | 6:00 p.m. pot-luck dinner, 7:00 p.m. presentation by ADK Executive Director Neil Woodworth. See page 2 of this issue for more information. |
| 10/25, Tuesday | Joe Hart | 829-8358 | Clip Clop Waggle Walk, Hick State Forest. |
| 11/1, Tuesday | Rita Salo | 432-3656 | Hike near Burlington Flats. |
| 11/8, Tuesday | Nuala MacCabe | 547-9501 | Easy walk in area of Mow Pond. |
| 11/15, Tuesday | Bev Hensle | 286-9126 | TBA (see web site at www.susqadk.org). |
| 11/16, Wednesday | Monthly meeting | Elm Park Methodist Church, 401 Chestnut St., Oneonta. | 6:00 p.m. pot-luck dinner, 7:00 p.m. slide presentation by Ernie and Heide Mahlke of their summer trip to Iceland, followed by short business meeting. |
| 11/22, Tuesday | Barb & Jack Meeks | 783-2924 | Walk in Waupaunaucau State Forest. |
| 11/29, Tuesday | Barb Means | 432-4903 | Walk farm in Otego (soup afterwards). |
| 12/5, Monday | Susquehanna Chapter Executive Committee meeting. | | |
| 12/6, Tuesday | Lucille Wiggin | 432-1022 | Walk in Gilbert Lake State Park. |
| 12/8, Thursday | Danny Birnbaum | 746-7059, susquehannaadk@aol.com . | Deadline for submission of items for winter Foot-Loose. |
| 12/13, Tuesday | Fran Darrah | 286-3301 | Walk in Relay State Forest. |
| 12/20, Tuesday | Rita Salo | 432-3656 | Annual Christmas tree farm walk. |
| 12/21, Wednesday | Monthly meeting | Elm Park Methodist Church, 401 Chestnut St., Oneonta. | Annual share-your-photos-and-dessert party. 6:00 p.m. pot-luck dinner, 7:00 p.m. pot-luck dessert and slides. |

Notes from the Board of Directors Meeting September 10, 2005

I want to give some space to what I thought was an inspiring part of the recent BoD meeting. Most of our chapter members have little contact with our main club; only a few use the North Country facilities, or even go to the all-club programs. I really would like you to know that ADK is a great organization on all levels, and I am proud to be a member of our club. But I also realize that we need to give more support to ADK beyond our local chapter. When Neil Woodworth comes to speak at our October meeting I think you will get a better sense of how ADK carries out its mission.

The meeting opened with a presentation by Jen Kretser, ADK Education Director. She showed slides and spoke of the progress that has been made in all areas of our North Country educational programs. Jen has been with ADK for about five years and has done a great job enhancing and expanding the educational mission of the club. There are thousands of visitors and guests that cross the Heart Lake property every year. Five years ago, 15% of these visitors had some contact with an educational aspect of ADK; today the number is 80%. Much of the credit for this improvement goes to the Summer Naturalist Intern Program, funded through the Lillian M. Slater Charitable Trust. Interns and staff have completed an interpretive trail for the 14,000 people that climb Mt. Jo, made a nature activity book for children, improved exhibits at the nature museum, conducted evening fireside programs, led guided hikes, and educated the public in responsible recreation. ADK has been able to attract excellent candidates, with 150 applicants vying for the four summer positions. Two administrators of the Slater Trust fund were at the September 10 meeting. They spoke of two sisters from Schenectady who loved the Adirondacks and wanted to bequeath some money to ADK. One of the gentlemen then presented ADK with a check for \$180,000. I am sure the picture of this presentation will be in the next issue of the Adirondac.

The club is in much better financial shape than two years ago; the debt has been reduced and reporting is now in place so that there will be no financial surprises. Because membership is down, there has been a decrease in income and to date we are below budget. How the high gas prices will affect the North Country operations is unknown. Donations are up and the gift from the Slater Trust fund means that ADK will be well in the black for 2005. However, an increase in membership is needed to move income into the black.

Discussions with the state regarding a new Visitor's Service Facility at the Heart Lake property have resumed. The plans are much more modest than those of a few years ago.

The upstairs bunkroom in the Loj may become a more user-friendly place as plans for remodeling will eliminate upper bunks and provide a layout for 12 twin beds. The decrease in the number of beds will cause a slight decrease in revenue, but a new rate structure of \$40 per bunkroom bed may make up the difference. Staff and volunteers led by Loj Chair Tom Andrews will be involved in this project. Thanks to the efforts of Tom Andrews and a volunteer crew that managed to save ADK thousands of dollars, a new sill is in place under the dining room. You may recall that our chapter donated \$300 toward the expense.

Bob Grimm, Chair of the JBL committee, said that this summer's crew did a great job. Although occupancy was down somewhat for July,

the vehicle count at the Garden parking lot is markedly down indicating fewer hikers. Weather, the cost of gas and other unknowns can bring about these increases and decreases in revenue.

For more information see the next issue of *ADIRONDAC* or contact Aleda Koehn

Trip Reports

On June 21 Betty K. stayed at Pine Lake to sketch while 12 ADKers hiked to Mud Lake. All agreed to go through the woods to Mud Lake itself knowing they might get wet feet. Jo K. identified the unusual bog plants, including pitcher plant in blossom, bog rosemary, sheep laurel, and sundew and stunted tamarack trees. After lunch in the gazebo, Dan, assistant director of programs for Pine Lake, took us into the straw bale house and cob house. He described the construction of each so we could (almost) visualize living there. A good day, a good walk, good fellowship.

Barb and Jack Meeks

ADK Long Path report, June 28. Nine people left Oneonta with high hopes of doing a longer section of the Long Path than before. Rain on the way and rain when we arrived at Looking Glass Pond. By a vote we decided to the shorter walk we had done before. When it stopped raining we returned to the pond, had lunch, then most of us did the path around the pond. Ice cream on the way home made the day complete.

Frances Darrah, leader

ADK Susquehanna Region outing report July 31. Six hikers met at the Great American parking lot on Delhi on the 26 of July. We hiked and swam on the estate of Johana Arnold and Kim Paterson. Although the day was forecast as the hottest yet, we started by 10:30 a.m. and were fortunate to walk entirely through woodland. By 1:00 p.m. our walk was ended and those with swim gear enjoyed the cool mountain waters in the pristine pond. We had our lunch by the shore. We thanked our gracious hosts for their hospitality sharing the beautiful place with us.

Erika Baker-Heinegg

Trip report for Tuesday August 2. Fourteen members and one guest met at the south end of Canadarago Lake on Route 22 for a canoe/kayak to the north/western end of the lake to the home of Irv and Monica Peters. It was a beautiful hot day and the lake was calm. The trip through the outlet was lovely with wild flowers and water lilies in abundance. The whole route took about two hours to the Peters' home. Many members of the group enjoyed a swim after a picnic lunch and others relaxed in the sun. A delicious dessert was provided by the hosts and enjoyed by all. It was a great day and the weather was perfect!

Irv and Monica Peters

On August 16 at 7:00 p.m., 12 people started walking on a road that is also a ski trail. After we conquered part of a long hill, we had to climb over a tree that had fallen across the road. About halfway, we took a loop trail off the road that has Lady Slippers in spring. Everyone carried a flashlight but we got back to the cars without using them. A beautiful moon showed us the way home.

Frances Darrah, leader

August 26, Friday. Nine Mile Swamp. Due to a conflict, the Tuesday canoe/kayak trip to Nine Mile Swamp was changed to Friday. Five of us drove to the put-in under the bridge on Wickwire Road near Hubbardsville. We enjoyed the flat-water paddle in the late summer sunshine.

Barb Means

Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

c/o Danny Birnbaum, Editor
315 Sal Bren Road
East Meredith 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 6pm (please bring 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 \$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
- discounts on ADK merchandise
- invitations to member only outings and extended trips
- reduced rates at ADK facilities: lodges, leantos, cabins and campground
- 20% discount on ADK trail guides, canoe guides, maps, books and calendars
- a FREE copy of the book *An Adirondack Passage: The Cruise of the Canoe Sairy Gamp*
- membership in one of ADK's 27 chapters throughout the Northeast

For more information go to www.adk.org or call (800) 395-8080