



Foot - Loose!

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

Volume 19, Number 5

October 2007

At the Loj

by Aleda Koehn, Susquehanna Chapter Director

Drive 100 miles up the Northway to exit 30 and route 73; past Giant waterfall, visible from the road; through Saint Huberts and Keene Valley; past trails to Cascade and Porter; carefully on the narrow road along Cascade Lake; finally turn onto Loj road. Stop for a moment to view the High Peaks, their dark, massive shapes against the colors of the fading sunset. Cutting two wedges into the mountains are Indian Pass and Avalanche Pass. The upper elevations are white with hoar frost and snow. Continue on the Loj road; pass the entrance booth and under the welcome sign. Approaching the Loj, the first lights seen are from the kitchen bustling with dinner preparations, then the dining hall with tables set and finally the walkway to the front door. The wind sighs in the high pines, the last color of the evening sky fades over Heart Lake as stars appear in the sky. Arrived at last!

Enter the rustic building with its welcoming great room. A fire burns in the large stone fireplace and guests sit around laughing and talking, waiting for the dinner bell. Dinner is served by the staff, family style, on long tables in the dining room. Conversations may include: Where did you hike today? What will you do tomorrow? How is the skiing up to Marcy Dam? Friends are made over these shared interests and stories. Cares of the world are very quickly given up to the relaxing atmosphere of this unique place.

During any season of the year, a stay at the Adirondack Mountain Club's Adirondack Loj is a memorable experience. The building sits on about a square mile of land, the closest one can get by vehicle to the heart of the High Peaks. On the property is a campground with lean-tos and tent sites. Heart Lake serves as the gateway for thousands of hikers who start their treks from the trailheads on Loj property. Staff and volunteers carry out the ADK mission to educate the public, to protect and promote responsible recreational use, and to serve the membership. Questions about weather, trail conditions, bears, equipment, and much, much more are helpfully answered. Useful items are sold at the High Peaks Information Center. Educational and recreational programs for children and adults are scheduled throughout the year. There is a Nature Center staffed by interns, a nature trail, Saturday evening speakers, campfire programs, and hiking and skiing trails right on the property. Probably the best loved

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30 Years of the Susquehanna Chapter!

At our October 17th meeting and pot luck dinner, we will celebrate the 30th anniversary of the founding of the Susquehanna Chapter of the Adirondack Mountain Club. A special program is being prepared by our three founding members: Jo Koenig, Ernie Mahlke and Bill Swain.

For this dinner we are changing our routine. The chapter will provide pork roast, gravy and potatoes, along with vegetable lasagna, as the basis of the meal. These dishes will be catered by Jackie Folts, one of our members. We would like to take a little of the “luck” out of the pot luck dinner; at the September 19th monthly meeting, we asked people to sign up to bring salads, bread or a vegetable. If you were not at the September meeting and plan to attend the celebration, please contact either Jean Seroka at 988-7007 or Rita Salo at 432-3656 for suggestions on what to bring.

We will have a special celebratory cake, with home made ice cream provided by Jean and Joe Seroka. Punch will be served. As usual, please bring your own table setting.

Many people have supported our activities over the years; we are inviting some of those “friends” so we can thank them in person.

Jean Seroka and Rita Salo

An Appreciation

The Wildlife Learning Company and Cornell Cooperative Extension joined in thanking our Susquehanna Chapter for again supporting the Otsego County Fair Recycling Initiative. They wrote, “Partner and Bin Sponsorship funds were used to purchase additional items such as gloves, bags and cleaning supplies, and helped repair and replace damaged equipment. In addition, your donation also helped fund our monthly planning meetings as well as our educational field trips for the youth participants. Each sponsor was recognized with signs on a recycling bin and on fliers distributed to vendors reminding them of their obligation to recycle. Everyone responded positively and helped prevent more than 2,000 pounds of plastic, metal, glass and cardboard from being sent to the landfill.”

Lucille Wiggin

Membership News

In his “Letter from the President” on page 8 of the September/October issue of Adirondac, ADK President Curt Miller gives an account of why ADK membership, like the membership of every organization such as ours, is going down. Miller says that people today can access hiking and outdoor activities online. He claims that the advocacy work that ADK does to protect the outdoors and our wilderness is now the reason why many people become members. Miller describes the extent of ADK advocacy in his letter.

I think he is correct. We have 186 households with 278 voting members in our Susquehanna Chapter. There is a core group that attend hikes and monthly meetings regularly, but most of our membership does not. They do support ADK and renew year after year. It must be that they like what ADK stands for and want to support the advocacy that our dues make possible. Thank you folks!

Rita Salo, Membership Chair

We have five new memberships to report. They are:

June: Elliott Cook, 64 Sweetland Hill Road, Chenango Forks, NY 13746

July: Sara Baron, PO Box 246, Morris, NY 13808 (607) 263-5162
Clifford & Marilyn Reiter, 818 Paxinose Ave., Easton, PA 18042 (610) 253-4197
Nancy & Donald Webster, 14 Wisteria Ave., Oneonta, NY 13820 (607) 432-8019

August: Michael & Cathy Jeanette, 20 Spring St., Gilbertsville, NY 13776 (607) 783-2703

SUSQUEHANNA ADK CHAPTER FALL 2007 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.

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.

If anyone would like to lead a weekend hike "out of the blue," contact Moira with some details and a bit of lead time; we might come up with some extra weekend outings.
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Alert: Southern region (Catskills) hunting season begins November 17 and ends December 9!

- 10/2 Tuesday Norma Lee Havens 432-3154 College Camp.
- 10/9 Tuesday Joe Hart 829-8358 Clip clop waggles walk at Arnold Lake from Joe Cornell parking lot.
- 10/9--10/11 Tuesday--Thursday Aleda Koehn 432-8870 Overnight at Adirondack Loj, spectacular fall hiking.
- 10/14 Sunday Jackie Folts 286-7843 Riddell State Park.
- 10/16 Tuesday Sonia DeFrances 829-8762 Hike at the Scotch Valley trails, Stamford.
- 10/17 Wednesday Susquehanna Chapter 30th Anniversary Celebration. Partially catered with assigned pot luck dinner followed by program presented by some of our founding fathers and mothers. See page 2 for details.
- 10/20 Saturday Ernest and Heide Mahlke 432-2583 Acra Point in the Catskills. 6.15 miles, a circular hike. At the discretion of the group, we could add 2.5 miles and do Burnt Knob. Rated B. Rain date Sunday 10/21.
- 10/23 Tuesday Norma Havens 432-3154 Harmony Hill hike (at last!).
- 10/30 Tuesday Rita Salo 432-3656 Hike a section of the Finger Lakes Trail.
- 11/3 Saturday Julie Smith 432-8642 Hike TBA. Rain date Sunday 11/4.
- 11/13 Tuesday Ernie and Mahlke 432-2483 Hike in the Gilbertsville area. Meet 9:30am, Old Ames parking lot.
- 11/14. Wednesday Monthly meeting Elm Park Methodist Church, 401 Chestnut St., Oneonta
6pm potluck dinner followed by 7pm program. ADK President Neil Woodworth will present slides of his ADK Extended Outing Trip to Switzerland. He will also answer any questions on the current state of the Club. **(Note the date change: the 3rd Wednesday of November is Thanksgiving eve so this month's meeting is on the 2nd Wednesday.)**
- 11/17 Saturday Joe Hart 829-8358 Hike to The Nature Conservancy's West Branch Preserve near Walton. Leave Hannaford parking lot at 10am. Bring lunch. This hike was chosen to avoid interrupting deer hunting activities as The Nature Conservancy does not allow hunting. Rain date Sunday 11/18.
- 11/27 Tuesday Barbara Meeks 783-2924 Big Island, Susquehanna River.
- 12/4 Tuesday Lucille Wiggin 432-1022 Walk Crumhorn Mt. Area.
- 12/5 Wednesday Chapter Executive committee meeting. Place TBA.
- 12/8 Saturday Ernest and Heide Mahlke 432-2583 Various trails at Gilbert Lake State Park, well known and otherwise, totaling 7 miles.

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12/8 Saturday Danny Birnbaum 746-7059, susquehannaadk@aol.com Deadline for submission of trip reports, photos and articles for winter Foot-Loose.

12/11 Tuesday Rita Salo 432-3656 Christmas tree farm hike with soup.

12/18 Tuesday Barb Means 432-4903 Walk Otego area.

12/19 Wednesday Monthly meeting Elm Park Methodist Church, 401 Chestnut St., Oneonta Annual share-your-photos-and-dessert party. 6pm pot-luck dinner, 7pm pot-luck dessert and slides.

Fall Mid-Week at Adirondack Loj - October, 2007

If anyone is interested in a short-notice, mid-week excursion to Adirondack Loj, they have openings for October 9, 10 and 11. There are two private rooms with twin beds, and places in the loft are available with 12 new, single beds and no bunks. Costs are \$45 per person in the loft and \$73 per person in the private rooms (double occupancy). Dinners are \$16 if you choose to eat at the Loj. A midweek special is available at \$165 per person in the loft and this includes all meals and trail lunches for the three days. The midweek special for the private room with all meals is \$460 for two people.

If you want to be part of this trip, please call or email me right away.

Aleda Koehn

Annual Loj Winter Weekend February 1-3, 2008

It's not too soon to be thinking about winter in the North Country, skiing, and snowshoeing. I have reserved seven spaces in the loft at Adirondack Loj, a private room with twin beds and a private room with one queen bed. Costs are \$45 per person in the loft and \$73 per person in the private rooms (double occupancy). Dinners are \$16 if you choose to eat at the Loj. By November 30 I will need to cancel any unreserved spaces; if you are interested in a wonderful time with friendly companions, good meals, a warm fire and the beauty of winter in the Adirondacks, please call or email me as soon as possible.

Aleda Koehn 432-8870 or akoehn40@hotmail.com

Susquehanna Chapter Supports Oneonta High School Student on Trail Work Project

Ryan Graig, son of Ken and Kerri Graig of Oneonta, is currently a sophomore at Oneonta High School. Ryan was an excellent student in my 9th grade Earth Science class, and he occasionally told me about his hiking in the Adirondacks. When I read about the high school volunteer trail program in Adirondac and the Backpacker article about the ADK professional trail crew, I gave Ryan the information and asked if he would be interested. After reading over the materials, Ryan indicated that he definitely would like to participate.

Our chapter executive committee meeting recently decided to partially sponsor a local high school student for the program, and I thought that Ryan would be the perfect choice. The cost of volunteering was \$250; our chapter contributed \$100. Ryan picked the Prospect Mountain work week project. After the project ended I spoke with Ryan's mother and she said her son really enjoyed the week; next summer he would like to work on trails in the High Peaks. Following is the note that Ryan sent to our chapter.

Aleda Koehn

Dear Mrs. Koehn and Local ADK Chapter:

Thank you for the suggestion to participate in the ADK trail repair program. I also thank you for the sponsorship money given to me by the local chapter. Our group consisted of five kids; three girls, ages 15, 17 and 17, and two boys, ages 14 and 15. We also had two leaders who were really fun to work with during the week-long program. Our group constructed a water drainage system on a section of the Prospect Mt. trail. We moved large boulders to form the rock bar and created steps as well. We also dug out and rock tiled a ditch to carry the water off the trail.

We had a lot of fun working on this project. We hope that our hard work will prolong the life of the trail. I hope to participate in a similar program next year and gain another memorable experience.

From, Ryan Graig

Board of Directors Meeting, September 15, 2007

Curt Miller continues as President. One of the vice presidents is Noel Davis, former Susquehanna Chapter vice-chair and Director.

New Faces: Deb Zack has been hired as Development Director. She has worked for ADK in the past and during that time did a good job increasing membership. Although membership is down from 2006, the numbers have stabilized. ADK hopes to turn this around under Deb's leadership. Direct mailings to good lists have worked well. An extended membership is being considered. Individual and corporate donations are up \$60,000 over last year at this time. John Kettlewell returns from two years sailing the Caribbean as Publishing and Marketing Director.

New volunteer committee chairs: Stan Hall, owner of Cooperstown Brewery, is Development Chair. He brings an amazing amount of background in public relations to this position. Allen Mapes will take over as Education Chair.

Leaving: Susie LeClair, our excellent Loj cook, has resigned due to her doctor's recommendation. Mel Uhlik will continue as food operations supervisor (i.e., head cook).

Marilyn Gillespie announced that she will no longer continue as ADK Executive Secretary. She has contributed a huge amount of time and effort to ADK. Marilyn told me that she drives 40,000 miles a year, mainly on ADK business.

Conservation: The Belleayre development in the Catskills will be downsized and clustered into 250 acres instead of 600. Zoar Valley Gorge in Western New York has been given "forever wild" designation, primarily because of ADK advocacy.

Finances: As of August, ADK is \$76,000 better than last year, mainly because expenses have been lower and there are some unfilled positions. Revenue, however, is down \$62,000 and this is of concern. The only categories that will increase income significantly are membership and development, and ADK will concentrate on these areas.

Public Relations: The board approved the creation of a Public Relations position to put ADK and its activities in the public eye, with a goal to help the financial health of ADK. Neil asked that we hire a potential candidate as of October 1. The person he has in mind has worked as a public relations director for NYS, has many contacts, and can be hired at a price we can afford.

Education: A successful season with popular programs, summer interns, talks and guided hikes was coordinated by Educational Director Jen Kretser. Jen will be part of a group of outdoor educators attending a conference with Richard Louv, author of *Last Child in the Woods*. The focus will be on the lack of outdoor and nature activities in many children's lives. Jen has also been invited back to the Altai region of Siberia in 2008, to continue training of park officials in "Leave No Trace" land use.

Heart Lake Property: Meetings continue with NYS officials concerning the Visitor Services Facility to be built on the edge of the property. Betsy Lowe, the new DEC Regional Director for Region 5, has an expanded vision for the facility. She says that she can raise the necessary funds through private donations, foundations and from the state. This December, Tom Andrews and his "extreme team" plan to renovate the men's bathroom at the Loj. They finished the women's bathroom last year. Guests at the Loj have been very satisfied and have written many complimentary letters about their stay at Heart Lake.

Note: The September 9 travel section of the New York Times featured an article on the Adirondacks, mentioning ADK and our facilities. Also: John Million stood with a PBS crew on the shore of Heart Lake as they filmed a segment for a future program. As the cameras rolled a heron landed, walked around, caught and swallowed a fish. Then a loon swam by. Wow! Typical day at Heart Lake.

At the board meeting the Distinguished Volunteer Service Award was given to Noel Davis. Noel, an Associate Vice-president and chair of the finance committee. We congratulate Noel and thank him for his continued service to ADK.
Aleda Koehn, Director

Trip Reports

June 26 brought out 28 people to walk at Whaupau-naucou State Forest. The temperature was in the high 80s. Most of the hike was in the woods where there were some bugs and flies, but luckily at the leanto where we had lunch, it was breezy and fairly bug-free. Everyone seemed to have a good time, and we had three new people join us, as well.

Kay Kantorowski

Canadarago Lake Paddle Tuesday, August 14. Fourteen paddlers, some with canoes and some with kayaks, met hosts Irv and Monica Peters at the outlet of Canadarago Lake for a paddle to their home on the northwest side of the lake. This was a perfect summer day with a light breeze, but not enough to cause any paddlers to bail out before completing the trip. After the canoe, lunch and some swimming, dessert was provided by the leaders. The outing had been rescheduled due to previous inclement weather. A good time was had by all and we were happy the trip had been rescheduled.

Irv and Monica Peters

August 21 Stamford to Pine Island hike on the Rail Trail. Some of the walkers enjoyed a beautiful boardwalk while the shuttle cars were parked. Eighteen people braved a cloudy day; the weather was fine to the island, though some light rain fell on those who chose to walk back. We had lunch under a beautiful tree overlooking the pond, then continued on the trail to an old railroad depot.

Frances Darrah

Seroka's "Riverside Park" and Paddle. We had a perfect day on August 28 for our kayak and canoe trip on the Susquehanna River. Sixteen people with 13 canoes or kayaks put in the river at Jean and Joe Seroka's land in Otego. We paddled down to the Wells Bridge fishing access where we turned around and headed back to Seroka's. A few of the paddlers went in for lunch and the rest headed toward Oneonta to the rock cliff. About half way through our trip we were rewarded with a sighting of a bald eagle in flight, circling lazily above us. We worked hard going against the "rapids" but had a great time paddling back down to our starting point.

A huge THANK YOU goes to Jean and Joe for the use of their land for the day! It was a lovely spot for a paddle on the river and a beautiful setting for our picnic.

Ruth Schaeffer

Tuesday September 4, 2007 Seven hikers and six bikers met in Stamford for a hike/bike on the rail trail to Hobart -- and beyond for the bikers. The day was clear and there were goldenrod, asters and other flowers of early fall along the trail and in the adjacent fields. We ate our lunch at the picnic tables by the pond in Hobart. All enjoyed the outing.

Aleda Koehn

Blue Ridge Weekend Report

A baker's dozen of ADKers convened at Lake Durant State Campground August 3-5 for our 10th annual Blue Ridge Wilderness weekend -- the largest group we've ever had. After a terrific rainstorm just as some of us were arriving Friday, the weather was perfect. Most of the group spent Saturday clearing the Wilson Pond trail (see Joe's report below), while the rest kept the (figurative) campfires burning. Sunday a flotilla of kayaks and canoes explored Lake Durant and Rock Pond from end to end. We sighted loons with a chick, numerous great blue herons, an osprey carrying a snake, a variety of ducks, and Canada geese. The campground on Lake Durant has proved an ideal base for trips to Blue Ridge, and some of us have already picked the campsites we plan to try for next year.

Nina and Joe Hart

Wilson Pond Trail Crew Had Their Work Cut Out For Them

Ernie, Heide, Julie, Tony, Ivan, Aleda, Harry, Muffy and Joe spent August 4 clearing blowdown on the Wilson Pond trail in the Blue Ridge Wilderness Area (our adopted unit) near Blue Mountain Lake during our annual Blue Ridge Wilderness weekend. There had evidently been considerable wind (or ice) over the winter and some blowdown had already been cleared by DEC, but much remained. The day was lovely; sunny and cool; perfect sawing weather. Although we worked later than expected, the trail is now clear. We ate lunch at Wilson Pond. One crew member swam while others soaked their sweaty feet nearby in a successful effort to repel leeches.

The "crossover trail" using a nineteenth century carriage road to connect the Cascade Pond trail with the Wilson Pond trail has been flagged by DEC and probably will be cleared and marked soon. This trail has been explored by Jo Koenig, Bill Walling, Ivan Gyori and Joe Hart.

Joe Hart

hike is to Mt. Jo on the one-mile trail with a 700-foot elevation gain. This lovely mountain looks down on Heart Lake and has a view of many of the high peaks including Marcy, Cascade and Algonquin. Mt. Jo is often a youngster's first climb of an Adirondack mountain.

The present Adirondack Loj was originally built for the Lake Placid Club in 1927, which makes 2007 the 80th birthday of the Loj. I have been going to the Loj since the 1980s and have seen many changes over the years. Much of the credit for more recent improvements goes to Tom Andrews, the dedicated volunteer chair of the Heart Lake Property Committee. The goal of the committee is to work with staff to constantly improve the property and to promote services and amenities which contribute to the unique pleasure of a stay at the Loj. Tom, along with his talented volunteers, have done many of the jobs needed to maintain an 80-year old structure. Recent projects include renovation of the women's bathroom, replacement of the sill under the dining room, turning the 18-person bunkroom into a very comfortable 12-person "loft," better ladders for the downstairs bunks, a beautiful new front door, new signs, landscaping around the building, and much more. The Loj Work Weekends in the spring and fall are a wonderful mix of work and fun for the many volunteers who contribute thousands of dollars worth of work to support a place they love.

Most of us do not own property in the Adirondacks, but I see Heart Lake and John's Brook Lodge as my small share (along with 27,000 other ADK members) in a magnificent property that is available for my enjoyment. Because of my "vested interest," I am concerned about North Country issues such as land use, land acquisition, trail work and conservation. As a member of ADK I support the club's mission, but I know I am also supporting my favorite place, the Loj.

So, Susquehanna members, why not visit and enjoy the best benefit ADK has to offer?
You will be glad that you did!

Aleda Koehn



Adirondack Loj. Photograph by John D. Million, ADK Deputy Executive Director

Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

c/o Rita Salo
698 Winney Hill Road
Oneonta, NY 13820

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: Erika Heinegg 832-4204 ehinegg@delhi.net	Outings: Weekend: Ernie Mahlke 432-2583 mahlkeed@yahoo.com Mid-Week: Barb Means 432-4903 meansbar@oecblue.com	Publicity: Moira Beach 433-2832 susqadk@yahoo.com Newsletter: Editor: Danny Birnbaum 746-7059 susquehannaadk@aol.com Mailing: Rita Salo 432-3656 jrsalo@dmcom.net Web site: Johanna Koenig 432-4975 jkoenig@stny.rr.com Hospitality: Jean Seroka 988-7007
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Treasurer: Nina Hart 829-8358 ninajoe@frontiernet.net	Conservation: Linda Seifried 265-3780 sseifried@mkl.com	
Director: Aleda Koehn 432-8870 akoehn40@hotmail.com		
Membership: Rita Salo 432-3656 jrsalo@dmcom.net		

Chapter meetings are held the third Wednesday of the month at the Elm Park Methodist Church, 401 Chestnut Street, Oneonta (except where noted). Members and the public are invited to our early evening potluck supper at 6:00 p.m. (please bring your own table service and mug or cup); programs begin at 7:00 p.m., 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
- invitations to member only outings and extended trips
- 20% discount on ADK trail guides, canoe guides, maps, books and calendars
- membership in one of ADK's 27 chapters throughout the Northeast
- Adirondack Magazine six times a year
- discounts on ADK merchandise
- reduced rates at ADK facilities: lodges, leantos, cabins and campground
- a FREE copy of the book *An Adirondack Sampler - Day Hikes for All Seasons* by Bruce Wadsworth

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