



Foot – Loose!

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

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Don't Tell Anybody

by Harry Barnes

“Hi, my name is Harry and I’m a snowbird.” Never thought I’d admit that, but surprise, surprise, warm, sunny days spent paddling crystal clear rivers teeming with wildlife beats icy roads and snow shovel blisters all to heck and back.

My wife, Muffy and I do winter “walk abouts” in our 20’ Chinook camper, towing our Honda CRV with solo canoes topside. We often spend a few months in Florida and have been asked to tell about some of our favorite places. I’ll write mostly about rural, northern Florida – the eastern Panhandle, the Big Bend region, the Forgotten Coast, and especially the Apalachicola and Ocala National Forests.

Here’s the deal. You can’t tell anybody else, OK? You know what happens to special places when too many people discover them. Right. Tourists come. Oh, Lordy! On the other hand, without tourism most of these places would not exist, so ya’ll come, ya hear...just don’t tell anybody else.

We begin in the Ocala National Forest located along the west side on Lake George and just east of Ocala. The ONF has about a dozen campgrounds within its bounds. There are lots of hiking trails, a maze of back country forest roads, several crystal clear spring fed rivers, and Lake George, second largest lake in Florida. Egrets, alligators, armadillos, and other wildlife are common, as are monkeys, if you know where to find them. Promise you won’t tell.

They live in Silver River State Park on the outskirts of Ocala. Escapees from a Tarzan movie, they have thrived there since the 1950s. We drift our canoes in close to shore and, bracing in the current, sit transfixed and fascinated, us amused by them, and them even more so by us, wondering perhaps how evolution had been so unkind to us. There are often as many as 50 in a group. They are amazingly human-like, but just as we begin to feel accepted into their tribe, the current pushes us too close to a big alligator and we paddle back mid-stream and continue our journey, wending our way between anhinga, egrets, and cooter turtles.

In the ONF we also discovered the rural community of Salt Springs where for \$16 per night you can camp for up to 6 months, with full hook-ups for your camper, and a Laundromat that does your laundry, and drops it at the post office next door for you to pick up if you are not back by 2 PM.

Reasons for being late picking up your laundry might include: being on Juniper Spring River too long, or maybe at the annual River Keepers Festival on Ocklawaha River, or at the Mountain Man Rendezvous at Silver River State park, or maybe you were hiking the Yearling Trail, or wading waist deep in Salt Spring Run feeding water lettuce to the manatee, then again perhaps you were fishing or crabbing in the run or out in Lake George, or maybe you just napped too long after Yoga class at the community center. At any rate, it will be dinner time soon, after we pick up the laundry, let’s see what’s for seafood at Bass Champion. Oh, and they price your dinner at Bass Champ based on the time you arrive - beginning at 4 PM dinners are \$4, at 5 PM you pay \$5, and so on, so don’t be late.

The Itchtucknee River, about an hour southeast of Ocala, is another favorite of ours. The diversity of habitat along the meandering river, including its’ many springs, and the abundance of wildlife make it a lovely paddle. You can also snorkel or dive in most of the springs, which is true of all the numerous, spring fed rivers flowing into the Santa Fe and Suwannee River. Unless, of course, the spring is restricted to protect an endangered species or is in some other way an environmentally sensitive spring.

The Wakulla Spring, south of Tallahassee is such a spring. It is protected and canoeing is not permitted, however you can swim and snorkel, and with a guide even dive down 100 ‘ then into the labyrinth consisting of miles of limestone tunnels, which have yielded ancient fossils including mastodon skulls.

There is a magnificent turn-of-the-century Spanish style lodge and fine restaurant in Wakulla Spring State Park adjacent to the spring. Muffy and I usually splurge and spend a night or 2 there and take at least one hour-long interpretive boat tour with the ranger and see lots of wildlife- egrets, wood ducks, gators, gallinules, night herons, coots, grebes, mergansers, vultures, you name it. We even took 2 boat tours in one day this past winter, as it is such an enjoyable trip.

St. Joseph Peninsula State Park, near Apalachicola and Port St. Joe, along the Gulf coast, is another one of our favorites because it is on a fairly undeveloped peninsula and the park is protected wilderness for 7-miles out to the end of the peninsula. The park offers Gulf Coast surf and beach combing as well as calm water paddling, fishing, and exploring in St. Joe Bay. The St. Vincent National Wildlife Refuge, Indian Pass Campground, and other

hiking, biking, and canoeing areas outside the park are also nearby.

The historic towns of Apalachicola and Port St. Joe both offer cultural amenities –community theaters, fresh seafood, historic sites. You can eat dock-side at Boss Oyster overlooking Apalachicola River, knowing your oysters were harvested that same morning. Too stuffed to travel far after dinner? Get a room next door at Apalachicola River Inn, where all rooms face the water; in the morning you can walk next door for breakfast at Caroline’s and watch the oyster boats chug out into the bay.

We have also enjoyed several plays and musical events at the delightful Dixie Theatre in Apalachicola, as well as at the East Side Community theatre across the Apalachicola Bay bridge in Eastpoint. This past winter there was a story telling program at the little Port St. Joe Community College.

A few years ago we took the road north out of Apalachicola camping along the Apalachicola River in the Apalachicola

National Forest. I think we paid \$5 a night at the ANF campgrounds, which usually have pit toilets, and maybe water, but not always. If you like primitive and a chance to meet both homeless people and local “sportsmen” you’ll love it. Often the campground host was not there, and the dog pen on the back of their 4-wheel drive truck was empty, probably out huntin’ wild boar.

Well, I could go on and on, but all journeys must end, so let me finish these snow bird tales by mentioning the Stephen Foster Cultural State Park in White Springs, along the upper reaches of the Suwannee River, a few miles down river from the roiling black waters of Big Shoals. The campground is pleasant and the park has a crafts village and gift shop with on-going workshops nearly year round, and in their fine cultural center you will find a magnificent 100’ carillon that plays Stephen Foster tunes on the hour.

Well, that’s it for now. Happy trails. And remember....don’t tell, just go.

Winter Outing At The Loj

Our annual Susquehanna Winter Outing to the Loj is set for Monday February 3 and Tuesday February 4, leaving on Wednesday February 5. We have reserved 6 bed in the Loft and two private rooms, #5 and #8. The cost for bed and breakfast for the Loft is \$59 per night, and the cost for a private room is \$169 per night for two people.

We always have lots of fun snow or no snow. (And most of the times we have had snow enough to ski.) Please contact Aleda Koehn for reservations or more information. 607-267-4586 or akoehn40@hotmail.com

New and Rejoining Members

Marieanne Coursen	346 Mumbulo Rd., Edmeston, NY 13335	965-2349	mcoursen@oecblue.com
Dana Fleming	1416 St Hwy 80 Smyrna, NY 13464		lumberjack78@gmail.com
David & Kathleen Jones	7 Ceperley Ave. Oneonta, NY 13820	432-9015	jonesy07@verizon.net
Marissa Joseph--	PO Box 582 Milford, NY. 13807	286-4146	jsph_mari@yahoo.com
Paul Sauter	18 Central Ave. Oneonta. 13820	267-4188	katiniapottery@aol.com
Marcia Ertola	19 Bruce Latourrette Rd., Walton, NY 13856-3334	865-8036	mertola1@gmail.com

Fall Meetings - 3rd Wednesdays

In September we returned to Elm Park Methodist Church, 401 Chestnut St. Oneonta, for 6 pm potluck dinners followed by 7 pm programs.

October 16 - Amy Liberman on her trip to New Zealand

November 20 - Helena Garan on Honduras

December 18 – Potluck and photo sharing and possibly a short program

January 15 –Annual business meeting and possibly a short program

Editor Needed

Foot-Loose needs a new editor for our quarterly publication. Fred will be happy to discuss the production process with anyone willing to consider the project. His address, phone and e-mail appear on the last page.

Please clip and post

SUSQUEHANNA CHAPTER Fall 2013 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.

Ernie Mahlke, 432-2583, will be happy to hear from people who want to hike on weekends and include them in any plans he and Heide may have. For bikers looking for group rides, please call Leon and Lucille Wiggin, 432-1022, and Frank and Jean Oakley, 263-5832.

<u>Dates</u>	<u>Leaders</u>	<u>Phones</u>	<u>Destinations</u>
October 1	Fran Darrah	286-3301	Grand Gorge to Roxbury Rail Trail
8	Julie Smith	432-8642	Bike Charlotte Creek Rd. from Pine Lake
15	Maureen Willis	286-9821	Goey Pond
22	Mary Dunkle	547-2162	Land Trust Hike
29	Linda Pearce	432-8969	Betty and Wilber Davis Park
November 5	Virginia & Currie Marr	432-5434	Oneonta College Camp
12	Monica and Irv Peters	(315) 858-0261	Land Trust Hike
19	Kay & Ted Kantorowski	547-5528	Clark Tower area
26		"HAPPY THANKSGIVING"	
December 3	Erica Baker-Heinegg	432-0405	Snowshoe or ski
10	Lucille Wiggin	432-1022	Crumhorn
17	Ruth Schaeffer	988-7036	Greenway
24		" CHRISTMAS EVE"	

A BETTER WAY OF RECEIVING FOOT-LOOSE

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.

Summer 2013 Trip Reports

Greenwood Conservancy Hike - Tuesday, June 11, 2013

Eleven somewhat "waterproof" hikers showed up to travel the yellow trail at Greenwood's Conservancy in the Town of Hartwick. At the outset meeting, there was sun and blue sky. That disappeared on the short trip to the trailhead, being replaced by drenching rain throughout the hike. Dr. Peterson stopped and said hello and was amazed by the number of hikers present. Setting off we were surrounded by lush greenery all around - the stream was flowing mightily under the ever so slippery bridge

(but all were surefooted) - and the large beaver pond (the only one surviving dam breaching) was a delight as always. Those who were very lucky (and quiet) saw a heron nest and offspring upon approach to the pond. On our way up the muddy and slippery start to the hill climb more nests were spotted as well. The leader challenged (actually bribed) the group if they continued up the steep hillside and made it to the top - they would get a homemade brownie. I'm proud to say all joined in and enjoyed the treat. We then walked on to intersect with the

green trail - onto Cranberry Bog Road and the Bog itself and again were met by Dr. Peterson who was even more amazed that such hardy souls had weathered (the word of the day) the conditions and not thrown in the umbrella. We observed many trees torn up by the roots and the beaver engineers' destruction



photo – Doug Fielder

along the way as well. How does one enjoy the beaver's "dam" projects and resulting ponds ... and yet bemoan the demise of so many trees?

Anyway, according to all reports, the group enjoyed the beauty in spite of the inclemency, and a good though wet time was had by all. Some even felt this rainy hike topped previous wet adventures. This remains to be seen. *Monica and Irv Peters*

Betty & Wilber Davis State Park Hike - Tuesday, June 18, 2013

Nineteen hikers participated in the walk, led by Fran Darrah, at Betty and Wilber Davis State Park. Those who came to the park for the first time were amazed at the quality of the cabins, pavilion and restroom facilities. Although cloudy, the temperature was perfect for walking through the freshly washed woods. We enjoyed a gorp-break along the babbling brook, rushing from the recent rains. There were a few wildflowers to



photo – Doug Fielder

observe, including the delicate pink Herb Robert of the geranium family. We finished the hike with a walk by Willow Pond. A few ate their lunch at the pavilion. A good time was had by all.

Linda Pearce

Goodyear Lake Hike - Tuesday, June 25, 2013

On a warm and sunny morning, twenty people gathered to walk from our house at Goodyear Lake to the Collier's Dam. Starting out along the RR tracks, we then followed easy trails through a lovely wooded area (some State land and some private) to the dam. Due to the recent heavy rains, an abundance of water was roaring over the dam. It was a very impressive



photo – Scott Fielder

sight from the base of the dam. We returned to our backyard after the 3 mi. hike where we enjoyed eating our lunch and having ice cream. Many were entertained by the backyard bird activity, especially the numerous Baltimore Orioles. We all had an enjoyable outing.

Canoe/Kayak Trip on Goodyear Lake -- Thursday, July 11, 2013

Six hardy people took on Goodyear Lake tonight. It was a perfect night for a paddle, especially after all the crazy weather we have been having. We set out from the NYS fishing access on Silliman cove. We explored the cove which was new to most of us and then paddled up the side of the lake. The lake was beautiful and calm with hardly any wind and only a couple of boats. We stopped for a snack break and decided that was a good spot to turn around. On our way back we saw an eagle floating above us, just as we were floating on the lake. *Ruth Shaeffer*

Audubon Hike - Tuesday, July 16, 2013

It was a hot and humid day when twelve hardy ADK hikers walked out of the woods up at the Audubon Center, to hear Linda Melchione singing Brad Paisley's song: "I'd like to walk you through a field of wildflowers, And I'd like to check you for tics." It was all downhill from there. *Jack Ewen*

Susquehanna River Paddle - Thursday, July 18, 2013

We lucked out with the weather and had a beautiful paddle from Portlandville up the Susq. river. I had heard a forecast of severe thunderstorms from 5:00-6:00, but by the time we got to the canoe/kayak store in Portlandville, there was nothing on the radar screen, so we got the go ahead. There were eight paddlers this week. Right after we started out, a nice breeze came and we had shade all most the whole way. It was a very calm and peaceful paddle. We saw two different blue herons.

Ruth Schaeffer

New Island Hike - Tuesday, July 30, 2013

Report by Lucille Wiggin - New Island hike July 30, started at the new kiosk in the Cattella Park section of Neahwa Park with the gathering of twenty-four ADK members and four interested

people, all curious about the now official access to New Island. The (no longer really an island) is also not new. The area was once cut off from Oneonta by Electric Lake which was filled in for I-88. It was named in honor of Dr. John New, a beloved SUNY Oneonta biology prof., chair of that Dept. for many years and founder of today's Oneonta Environmental Board. He was Mr. Environmentalist back in the 1960s, long before saving the environment was such an urgent cause.



photo – Doug & Scott Fielder

The 3.5 mi. walk is quite flat and takes one thru the newly installed gate at the corner of the I-88 west bound off ramp and Lettis Hwy., under I-88, across the east bound on ramp and onto the trail. From there it is mowed, marked and maintained by a group of students put together by Al Sosa, retired SUNY Oneonta Physical Education Dept. It passes the South Side Dam and fishing sites, crosses a couple of foot bridges, follows the old RR bed to a former bridge site and loops back to the siding used to turn the trains around for their return run to Stamford. The Ulster and Delaware RR ran from Kingston thru Stamford to Oneonta; the depot is now the Depot Restaurant on Railroad Ave. Some of us remember leaving that depot, maybe 40 years ago, with our children's school groups for a train ride on the first DO Line operation. Afraid some of us are becoming parts of the area history ourselves.

Lucille Wiggin

Gilbert Lake State Park Hike - Tuesday, August 6, 2013

Fifteen ADK Hikers enjoyed a beautiful summer morning at



Gilbert Lake State Park on Tuesday, August 6. The weather was clear and 72 degrees F. We are so fortunate to have such a lovely park this close to Oneonta.

Julie Smith

Milford State Forest Hike - Tuesday, August 20, 2013

There were 15 of us who hiked the trails of Milford State Forest on a beautiful August morning. Even though the grass

was still wet from the dew, I think we avoided most of the bugs by going early. They were just starting to come out as we finished. It is always nice to have Currie with us to identify the many different plants we find along the way. The hike took us an hour and a half and a good time was had by all. The three wildflower photographs taken by Currie are 1) Field Milkwort, 2) Bonset, and its relative, 3) Joe-Pye-weed. *Bev Hensle*

Wilber Park Hike – Tuesday, August 27, 2013

There are two bike trails on the forested-hillside between Wilber Park and Wilber Park Apartments. The screwball red trail has more than 20 curves and repeatedly crosses rivulets; whereas, the connecting blue trail is a rollercoaster with long downward and upward sweeps. Fourteen participants were up to this challenge.



photo – Doug Fielder

As we walked through mixed hardwood, Red Pine, and European Larch forests, observations of wildlife were noted. These included: red berries of “Jack-in-the-Pulpit,” an abundance of mushrooms, Ash Trees marked for Borer control, a Garter Snake, and Toad. Conditions for hiking were excellent with a temperature of 70+ degrees, no mosquitoes, and a clean forest refreshed by overnight rain.

Currie Marr

GREAT HIKE AT GILBERT LAKE - Tuesday, September 3, 2013

A little rain the night before, (and the night before that, ..and the night before that...) did not stop 10 enthusiastic ADKers from walking about a 4 mile trek through the woods of Gilbert Lake. The sun was shining as we started out walking around the east side of the lake and then across to the cabin colony and the trail toward Ice Pond. Up to that point the trail was wet but not too bad. We decided to go up the hill to Spring Pond. We walked on one side of the trail as water flowed down the depression on the other side. When we got to Ice Pond we saw that the water was up to the embankment and overflowing down the slope. We bravely checked it out and found that we could walk through the 4-6 inches of water. Seems that in addition to rain, beavers had started to dam the stream outlet. With some carefully placed rocks (thanks to Linda M.) and the use of walking sticks, we got across the outlet. The trail through the woods was wet and a few more spots required some maneuvering. At Lake of the Twin Fawns, we stopped to see and hear the tremendous roar of the rushing of water as it poured through the narrow stone chute of the dam into the brook below the bridge. We also noted a very large tree root and stump on one side of the dam. How did it get there? Was this something new? In spite of the water, or because of the water, we all enjoyed our end of the summer hike.

Aleda Koehn

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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 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