



Foot - Loose!

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

Volume 17, Number 1

January 2005

...from the Chair

The winter season is upon us. Many people who otherwise enjoy hiking and camping avoid the winter season. Something to do with the COLD. I urge these folks to give it a shot (or another shot), because they are really missing out. Winter activities are about as low impact as you can get. After all, your feet never even touch the ground. The dazzling views and snowscapes are spectacular. And the we winged ones have been grounded till warmer weather comes.

Attitude is one of the most important factors in staying comfortable on a winter outing. If you think you will be cold, you probably will be. And it's a positive attitude that helps get you out of an uncomfortable or dangerous situation in ANY weather. However, "thinking warm" is not going to keep you comfortable if you don't have the right equipment or techniques. Keep moving. When you move, you warm up, and when you stop, you cool down. Keep moving even when you get to the lunch "stop" or campsite. Set up camp. Walk around and check out the area. Take a short hike after supper and before bed. Just be careful not to exhaust yourself. Keep energy levels up with food and WARM water. Pace yourself. Don't start out fast, overheat, stop, and get chilled. Match the effort level to the comfort level and terrain.

When hiking, adjust temperature levels as much as you can with hats. Carry several hats, from ear bands to watch caps to windproof hoods. Before you start to overheat you can take off one or more hats without having to stop. If you start to cool down you can put them back on.

When it comes to crawling into the tent (or snow shelter) for the night, make sure you are warm first. If you start out cold, you will stay cold for some time. Make sure you have enough insulation under you. A sleeping pad or two (one full length, one $\frac{3}{4}$ length) will do fine. Also, think hot water bottle. Boil two liters of water and fill a couple of water bottles (make SURE they don't leak). Put the bottles in insulated jackets or wrap in a towel or piece of clothes and tie or tape so they won't unwrap. Put them in your bag a few minutes before you climb in. An added benefit is hot water to drink during the night and to start breakfast in the morning.

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CHAPTER CHANGES AND NEWS YOU CAN USE

From the Chair

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There are many other tips on staying warm, and a good way to pick some up is to go on a few Tuesday or weekend hikes offered by our chapter. Check some out and give them a try. I'm betting you won't regret it.

January is also a time to thank the many members of our chapter who work hard to keep the organization running smoothly. I would especially like to thank Linda Seifried for taking on the duties of Chapter Chair. She did a great job. I would also like to thank all the members of the executive committee and all those members who volunteered their time to help with chapter and club projects. Keep up the good work!
Jim Vogler

Chapter Elections To Be Held at January Meeting

Julie Smith, Nominating Committee Chair, presents the following slate of officers to be voted on by chapter members at the January 19 meeting:

Chair - Lucille Wiggin

Vice-Chair - Ernie Mahlke

Secretary - Linda Seifried

Treasurer - Nina Hart

Director - Aleda Koehn

Chapter Member Doings

Congratulations to Susquehanna Chapter member Diann Zeigler. In October 2004 she finished climbing the 46 highest Adirondack peaks over 4000 feet and has become a "46r." Well done!

Ernie and Heide Mahlke are looking at a possible return trip in early February to the hostel in Val David. The area offered great skiing and snow shoeing opportunities, although we are not sure about the facilities since they were converted to a youth hostel. Call 432-2583 by mid-January if you have any interest in joining us.

Membership News

Our Susquehanna membership is at 202 households as of September 30, 2004. That is up from 198 in July. Following are the names of our newest Chapter Members:

Douglas & Dorothy Fielder, 112 Stevens Road, Maryland, NY 12116, 638-5436

Nora Furey, 4 Old Schoolhouse Court, Cooperstown, NY 13326, 547-9501

Edward Harvilla, 104 Palance Ave., Hazleton, PA 18202, (570)455-5533

Nancy Jennings, 310 Townline Rd., Kirkwood, NY 13795, 775-2845
Doug & Michele Kadow, 407 Van Wormer Road, Roxbury, NY 12474 326-7317

Kevin Tombs, 219 Bevier St., Binghamton, NY 13901, 724-0224

Brandon Zicha, 10 Riverside Drive, Apt. 1, Binghamton, NY 13905, 237-3170

Please add these new members to your list. We welcome all of you to our group and hope to see you on the trail or at a meeting soon.

Rita Salo, Membership Chair

Thank You, Jackie and Danny

A big Susquehanna ADK "thank you" to chapter member Jackie Folts for the excellent meal she provided for our Annual Dinner in October. It was a lovely evening at Jackie's Restaurant, with plenty of food and good company.

Our esteemed editor, Danny Birnbaum, showed slides of his recent trip to Benin, Africa. Danny educated and informed us about Benin and its people. Some of the slides were prizewinners, especially the little child sitting in a large, colorful pot. Thanks, Danny. We enjoyed your presentation.
Rita Salo

Meetings You Want to Attend

Pot Luck Dinner!

Our January meeting will be preceded by our annual pot-luck dinner, starting at 6:00 p.m. Please bring table service and a dish to pass. At 7:30 we will hear 2004 year-end committee reports and elect officers for 2005.

Soup's On!

Your executive committee has cooked up something new for our February meeting. Come at 6:00 p.m. and enjoy an assortment of hot soups, breads, and spreads (all provided). Bring a place setting consisting of a bowl and spoon, and a dessert to share if you like. Coffee and tea will be provided.

At 7:00, we will begin our program, entitled "Great Tuesday Hiking Places." Call Lucille Wiggin at 432-1022 if you want to share a tale about your favorite hiking trail. If you are not able to come for supper please note the earlier starting time for the meeting.
Linda Seifried

ADK SUSQUEHANNA CHAPTER

Budget 2005

Acct No.	Acct Name	Budget 2004	Actual 2004 (projected)	Budget 2005
INCOME				
110	Dues Share	3,300.00	2,600.00	2,600.00
120	Newsletter	0.00	5.00	0.00
130	Interest	65.00	53.00	55.00
140	Loj outing deposits	1,200.00	1,003.00	1,000.00
150	Dinner	600.00	602.00	600.00
160	Other	0.00	0.00	0.00
		\$5,165.00	\$4,263.00	\$4,255.00
EXPENSES				
210	Loj outing deposits	1,200.00	482.00	600.00
220	Director (governor) expenses	300.00	300.00	300.00
230	Rent	200.00	200.00	200.00
240	Special projects	200.00	161.00	200.00
250	Programs	150.00	140.00	150.00
290	Exec. Committee expenses	130.00	100.00	130.00
270	Donations	500.00	500.00	500.00
310	Conservation Committee	20.00	0.00	20.00
321	Hospitality Comm: Dinners	1,000.00	602.00	600.00
322	Hospitality Comm: Supplies	50.00	30.00	30.00
330	Membership Comm.	25.00	13.50	25.00
341	Newsletter: Printing	550.00	500.00	550.00
342	Newsletter: Postage	450.00	382.00	400.00
351	Outings Comm: Midweek	20.00	0.00	20.00
352	Outings Comm: Weekend	20.00	0.00	20.00
360	Publicity Committee	35.00	0.00	135.00
370	Trails Committee	200.00	0.00	200.00
380	Blue Ridge Committee	40.00	0.00	40.00
390	Education Committee	25.00	0.00	25.00
400	Other	50.00	0.00	50.00
	TOTAL EXPENSES	\$5,165.00	\$3,413.50	\$4,195

Trip Reports

September 7, Tuesday Nine of us met in Unadilla and drove to the Village of Unadilla's Martin Brook Park. There we found three main trails and hiked on all of them. We ended with lunch, eaten under the new pavilion on the bank of Martin Brook.

Bill Kratzenstein

September 22, Tuesday The usual Tuesday group assembled with clippers to walk and trim the parts of the Arnold Lake Ski Trail that had become overgrown. This trail is always a beautiful walk in the woods. However, walking progressed slowly with clipping and clearing. Instead of walking the entire loop, we took a short cut back on the Arnold Lake road.

Jo Koenig

September 25, Saturday It was a beautiful late summer day for a hike on the Old Overlook Road. The group of ten, several of them new to our hiking club, left early for the one-and-a-half hour drive to Plattekill Clove to start the hike on this historic roadway. After viewing the ample water rushing over the waterfalls in the gorge, we trekked up the rocky roadway. The grade upward is gradual and then almost flattens out as it goes around Plattekill Mountain. The leader offered several opportunities to stop and turn back, but the walkers were intent on reaching the goal of Echo Lake for lunch. And we did! And there were the first people we saw. It was warm enough to swim, but we didn't. The walk back seemed endless - everyone now understands how long eight miles is! A long beautiful day - and it was worth it!

Jo Koenig

October 5, Tuesday A beautiful day dawned for the fall hike in the Cooperstown area. Nineteen people gathered at the Clark Sport Center, then proceeded up to the Fernleigh Farm yard to park. We began a lovely walk out the wood road to Van Yahres Road,

then east and "up" along the woods roads, finally breaking out into Star Field from the north. Lunch was in the sunny field, with a return to the parking area, a trip of about four miles. A great day!

Kay Kantorowski

October 16, Saturday A beautiful stretch of Finger Lakes Trail from Steam Mill Rd. to Shears Rd. in Delaware County was enjoyed by all three participants, including one non-member. A nice bridge, some fine rock and several brisk climbs were noted and we finished in a bit of rain in the last quarter mile.

Ernest and Heide Mahlke

October 26, Tuesday A pleasing, only partially sunny cool day, saw us at Hunts Pond in Chenango County. The 18 participants enjoyed this outing to an area unknown by many. Highlights included lake views, a visit to a well functioning Clivus Multrum composting toilet and longing looks at the many wild apples still hanging on trees.

Ernest and Heide Mahlke

October 30, Saturday Threatened rain which never materialized kept all but the two hike leaders away from this hike on the Finger Lakes Trail. We explored a new trail section from Shears Rd. to a side trail leading to Oquaga Lake State Park. After lunch in the park we discovered sites for possible Tuesday hikes in the future.

Ernest and Heide Mahlke

November 16, Tuesday *David Truscott* led a group of 26 hikers along the abandoned O&W railroad in the Town of Hamden. They had a pleasant walk next to the Delaware River shuffling through the fallen leaves. Afterward several joined David for the first picnic ever at the new River Walk Park in Delhi.



Hike to Echo Lake on September 25, 2004. From left: Joan Lehn, David Diener, Dick Burnett, Minnie Burnett, James Baker, Nancy Burnett, Dale Bellino, Carol Baker, Cathy Bellino. *Photo by Johanna Koenig*

SUSQUEHANNA ADK CHAPTER FALL 2004 SCHEDULE
Outings and Meetings

ALWAYS CALL LEADERS FOR DETAILS

All area codes are 607 unless otherwise noted

Participants must have a level of fitness appropriate for the type of activity and must bring proper clothing and gear. As the season turns colder, drink enough water to stay hydrated.

It is the responsibility of each trip's leader to have all participants sign a release form.
Tuesday leaders contact Erika Heinegg for forms; weekend leaders contact Ernie Mahlke.

- January 4, Tuesday Jo Koenig 432-4975 Ski or walk at Arnold Lake State Forest.
- January 8 Saturday Ernest and Heide Mahlke 432-2583 Hike, ski or snowshoe on the Finger Lakes Trail near Bainbridge (depending on snow conditions and your available equipment). Moderate elevation gain. Distance up to 6.2 miles round trip.
- January 11, Tuesday Barb Means 432-4903 Ski or hike to be announced.
- January 18, Tuesday Joe Hart 829-8358 Cross-country ski mild grades at Texas School House State Forest.
- Jan. 21, Wednesday Susquehanna Chapter meeting 7:30 p.m., Elm Park Methodist Church, 404 Chestnut Street, Oneonta. Annual pot-luck dinner at 6:00 p.m., followed by election of officers and year-end reports from committees. Bring table service and a dish to pass.
- Jan. 25, Tuesday Julie Smith 432 8642 Ski or hike to be announced.
- Jan. 25, Tuesday Steve Herrmann 432-2157 sherrmann@stny.rr.com Full moon walk at Gilbert Lake State Park. Snowshoes required if conditions are right. Call ahead as dates and times will vary with the moonrise time and weather conditions. Plan to walk between one and two hours, depending on the group's abilities and ambition.
- February 1, Tuesday Erika Baker-Heinegg 743-3125 Delhi Golf Course.
- February 5, Saturday Ernest and Heide Mahlke 432-2583 Snowshoe hike in the Van Hornesville Gorge. Approximately 4 miles round trip. Gentle down hill into the gorge and then up on return trip. Interesting scenic area.
- February 8, Tuesday Nuala MacCabe 547-9501 Ski Moe Pond or Clark Tower.
- February 15, Tuesday Kay Kantorowski 547-5528 Ski or hike locally, then eat lunch at Jackie's Restaurant.
- February 16, Wednesday Soups, breads and spreads supper at 6:00 p.m. . Susquehanna Chapter Monthly Meeting starts at 7:00 p.m. (**Please note the early starting time**). Elm Park Methodist Church, 404 Chestnut St., Oneonta. Program will be, "Great Tuesday Hiking Places." Regular (and irregular) Tuesday hike participants will describe favorite trails and adventures.
- February 22, Tuesday Rita Salo 432-3656 Ski or walk Cooperstown Golf Course.
- February 24, Thurs. Steve Herrmann 432-2157 sherrmann@stny.rr.com Full moon walk at Gilbert Lake State Park. See January 25 description.
- March 1, Tuesday Lucille Wiggin 432-1022 Ski or hike Crumhorn Lake.

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SUSQUEHANNA ADK CHAPTER FALL 2004 SCHEDULE
Outings and Meetings

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- March 7, Monday Susquehanna Chapter Executive Committee meeting. Contact Lucille Wiggin at 432-1022 with agenda items or concerns.
- March 8, Tuesday Erika Baker-Heinegg 743-3125 Ski Hamden area.
- March 9, Wednesday Danny Birnbaum 278-5259 susquehannaadk@aol.com Deadline for submission of articles, photographs and trip reports for April/May/June issue of Foot-Loose.
- March 12, Saturday Ernie and Heide Mahlke 432-2583 Snowshoe or ski at Gilbert Lake State Park. Likely distance of six miles, mostly on trails.
- March 15, Tuesday Jack Meeks 783-2924 Ski, snowshoe or walk at Waupaunaucau State Forest.
- March 16, Wednesday Susquehanna Chapter Meeting 7:30 p.m., Elm Park Methodist Church, 404 Chestnut Street, Oneonta. Program to be announced.
- March 22, Tuesday Kathy Allen 547-8030 To be announced.
- March 29, Tuesday Bev Hensle 286-9126 To be announced.

FLT Bullthistle Hikers

New Hiking Club forms in Chenango County

Several months ago a survey of Finger Lakes Trail Members in Chenango County was undertaken by Ed Sidote and Marie Inglee to try to determine if there was sufficient interest in forming a county chapter. The response was over-whelming in favor of forming a club, so our first meeting was held at the local YMCA on July 21st, 2004. Approximately 40 hikers showed up and many of them joined that same night. A simple hike schedule was distributed to those present, officers and board members were elected, and numerous items on the agenda were discussed.

At the present time we have approximately 78 members with more arriving every week. We have held several hikes and the weather has been favorable to date on these hikes. We have prepared a hike schedule through March 2005; a copy can be secured by emailing

Marie Inglee at lightgirl54@yahoo.com or by contacting Ed Sidote at 5 Clinton St., Norwich, NY 13815, 334-3872, ejsidote@ghsfcu.net.

Susquehanna Chapter members are welcome to participate in our hikes (our 2005 hike schedule follows this announcement) and are also welcome to join our club so that you can receive our newsletter and our hike schedule. Membership minutes are emailed or snail mailed monthly as our meeting is held on the first Tuesday of each month at 7:00 p.m. at the Norwich YMCA.

Please contact me for further information.

HAPPYHIKING
Ed Sidote

-
- January 8, Saturday Phil Metzger 334-2407 Strenuous. Road walking FLT map #28. 8.8 miles.
- January 22, Saturday Warren Johnsen 859-2695 Moderate. Full moon snowshoe in Gilbert Lake State Park 2-3 miles.
- February 6, Saturday Don Windsor 336-4628 Moderate. Walk on seasonal/abandoned roads. 3 miles.
- February 12, Saturday Warren Johnsen 859-2695 Strenuous. Road walking FLT maps #29 & 30. 9.4 miles.
- February 19, Saturday Dave Conner 334-6448 Easy. Snowshoe hike. Approximately 3 miles.
- March 5, Saturday Dave Conner 334-6448 Moderate. Snowshoe hike. Approximately 6 miles.
- March 12, Saturday Fred Gee 336-1486 Easy. Erie Canal Trail. Approximately 6 miles.
- March 20, Sunday Don Windsor 336-4628 Moderate. Walk on seasonal/abandoned roads. 5 miles.

News from the Board of Directors December 2004

1. Karmel DeStanfano, ADK Development Director, has resigned to take a position in a health-related field. The search for a replacement continues.

2. Bob Rudolf, ADK Director of Finance, and President Tom Wheeler have been able to obtain a comprehensive insurance package for \$8,000 less than last year's premium.

3. Treasurer Michael R. Durante reported that there has been a decrease in operating income due to lower membership revenue, fewer individual member donations and less money in the NYS DEC contract for trail work. North Country lodging revenue is close to budget. The decision to increase publications has paid off with an increase in revenue of \$12,000 over budget. Outing revenues are also up this year. The overall financial picture is good and ADK expects to show a surplus over budget by the end of the year.

4. As of September, club-wide membership is down compared to 2003. We see that same trend in our own chapter. Total membership for 2004 was 31,640 as compared to 32,979 in 2003.

5. Harvest Moon Madness fundraiser was a success with a sold-out crowd of over 300. About \$40,000 dollars was taken in. Our donated Susquehanna basket was auctioned off to Jack Freeman, long-time ADKer and author of *Views from on High: Fire Tower Trails in the Adirondacks and Catskills*.

6. Janet Morgan has been promoted to Administrative Coordinator for the North Country operations team. She will oversee programs, reservations, and recruitment of new employees.

7. Many successful programs have taken place with school outreach, community outreach, and college programs. Lecture series continues with programs at Heart Lake and Lake George.

8. The sale of Lot #2, part of the Lake George property, is pending. It is believed that the sale will go through.

SOME ACTION ITEMS

• Passed. The 2005 budget was passed without dissent. It is a break-even budget that is based on realistic income projections.

• Passed. Club will delay payment of one-half of each monthly share amount for first six months and make up the shortfall in July-September.

• Passed. Chapter share of dues will have been adjusted to 30% as of January 2005.
Aleda Koehn, Director

Conservation Notes December 2004

"Locked within two cores of ancient ice is evidence of unprecedented swings in Earth's climate throughout the ages. These icy archives tell us that large, rapid, global change is more the norm for the Earth's climate than is stasis."

Earth in Space, Vol. 9, No.2, October 1996, pp. 12-13. American Geophysical Union.

Two cores of ice, three kilometers deep, were taken in the Greenland ice sheet in the early 1990s. They provide a record of 110,000 years of Earth's climate. What stands out to me in the description of these records is the rapidity of change. Major differences in temperature have occurred in only one lifetime. It had been my impression for most of my life that climate change was a gradual thing. It took centuries for any significant changes. Twenty years ago, climatologists led us to believe that the warming stage that followed the last ice age was about at an end and that a gradually cooling Earth was the next step. Now, increased methane and carbon dioxide in the Earth's atmosphere and ice core data from the past appear to have changed our predictions of both the direction of temperature changes and the speed at which they will take place.

Over the last few weeks, the Nunatsiaq News, a weekly published in the old Frobisher Bay, has described the reports which grew out of a conference of arctic nations. In short, there are many indications of warmer temperatures in the arctic. Trees are flowering earlier, southern birds are moving north, ice is retreating, buildings are sinking into the permafrost and so forth.

I have two thoughts on the matter. The first is that it's exciting to actually witness something this powerful. The second is that when temperatures change, they only have two directions they can go – up or down. Me, I'm for up.
Joe Hart



Joe Hart clearing trail in Arnold Lake State Forest, October 23, 2004. Photo by Danny Binnbaum

Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

c/o Danny Birnbaum, Editor
5735 County Highway 10
East Meredith NY 13757

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.adk.org then follow the links to our chapter.

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Refreshments: Open

Chapter meetings are held the third Wednesday of every month at the Elm Park Methodist Church, 404 Chestnut Street, Oneonta (except where noted). Programs begin at 7:30pm, followed by a short business meeting.

The public is invited.

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 ADK traveler's mug for new members
- membership in one of ADK's 26 chapters throughout the Northeast

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