



# Foot - Loose!

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

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## ...from the Chair

Greetings from the Chair - of the Conservation Committee, that is. Summer is upon us and many of us will be scattering to various parts of the earth, enjoying the out-of-doors. As you pass through beautiful places, try asking yourself how it happens that they are still beautiful. Has it been by chance, or in the past have people taken some sort of action to preserve the beauty? Do you find that the answer depends somewhat on the amount of “development pressure” in an area?

For an example I look at the rolling hills that rise on either side of I-88, still mostly unbroken forest above farm fields—a lovely sight, in my opinion. Until recently, there has been little pressure or desire to build structures on these slopes. Chance has favored us, so far. If you drive through the Pocono Mountains you will likely notice that the situation is far different there: development has reached the tops of the mountains. What will the future bring to our hills, I wonder? Is it time to think about “smart growth” and who will be in charge of that?

The journal *Riverkeeper* comments that “throughout New York State, untouched landscapes are becoming an endangered species of sorts...as sprawl development is occurring at an alarming rate.” But at a recent meeting of the ADK Conservation Committee, Neil Woodworth reported that an effort is underway to give local communities “tools to help preserve their remaining undeveloped land.” Called the “Community Preservation Act,” this newly proposed legislation would allow a community to raise funds for protecting undeveloped lands and resources. Details have been reported in *The Daily Star*. Contact your New York State Senator or Assembly Member and ask him or her to support this plan.

The ADK Advocacy Office remains very active in the effort to preserve undeveloped land. There are various ways that this can be accomplished. The state can purchase these lands outright and then open them to the public, or it can acquire the right for the public to cross these lands in order to access other state land for recreational purposes. ADK works with the state government on these issues for the benefit of our members and the public.

So, while you enjoy your summer time in the out-of-doors, remember two things: most recreational lands are available due to the efforts of conservation-minded folks; and through your membership in ADK you are making a contribution to this effort!

*Linda Seifried*

## CHAPTER CHANGES AND NEWS YOU CAN USE

### Our Very Own Web Site!

[www.susqadk.org](http://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](http://www.adk.org)) by going to Membership, then ADK Chapters, then choosing Susquehanna. Or just go directly to [www.susqadk.org](http://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 ready to distribute Foot-Loose via e-mail to those members who are able to open an Adobe Reader .pdf file. Distributing the newsletter via e-mail will save postage and printing costs and will allow 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](mailto: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 [jkoenig@dmcom.net](mailto:jkoenig@dmcom.net) and [susquehannaadk@aol.com](mailto:susquehannaadk@aol.com). Thank you.

*Danny Birnbaum*

### Membership News

Some of you have been asking me for new membership lists. I have not received an updated membership list since September 2004. It's not that I don't keep asking ADK Headquarters for one, for I do. As soon as I get a new list, I will let you all know. Our total membership is 201.

Each month I receive a list of overdue memberships. I know there are some of you active members who must have forgotten that your membership is due. I would rather not send post cards to overdue members. Please send in your dues as soon as possible.

We have eight new members and one transfer from another chapter:

Kristin Bateman Waller, 205 Main St., Cooperstown, NY 13326

Catherine Bellino, 15 Emmons Farm Road, Oneonta, NY 13820

Jeremiah Brooks, 831 Co. Hwy. 45, Milford, NY 13807

Barbara Cusumano, 50 Hubbard Lane Unit 37, Southampton, NY 11968

George Damasevitz, 4232 Marietta Drive, Vestal, NY 13850

Jean Finch, 226 Co. Hwy. 26, Cooperstown, NY 13326

Gerald & Jane Hebbard, 500 Otego Road, Franklin, NY 13775

Faith Houston, PO Box 279, Morris, NY 13808

Dan Taranto, 59 Rexford St., Norwich, NY 13815 (transfer)

*Rita Salo, Membership Chair*

### Newsletter Mailing Address Change

Please note my new mailing address and telephone number:

Danny Birnbaum

315 Sal Bren Road

Delhi, NY 13753

(607) 746-7059

## COME TO LAKE GEORGE! Fall Outing 2005 September 23 - 25

Want to spend a wonderful weekend with your family or friends ?

Enjoy the autumn foliage in the Adirondacks on a weekend alive with activity. THIRTY (30) trips are scheduled, including some High Peaks, low peaks, and everything in between, paddling, fishing, photography, and four fire towers. Non-hikers in your family? Bring them along! They can explore Revolutionary War history, art museums, Hot Air Balloon Fest, Lake George by steamboat, Blues festival, the Great Escape amusement park, outlet shopping, horseback riding, birding, tennis, foliage train rides and Great Camps. We'll have slides of the Adirondacks by Curt Miller on Friday and dancing to the Stony Creek Band on Saturday.

Headquarters is at the beautiful Roaring Brook Ranch Resort off exit 21 of the Northway (I-87). It has a Modified American Plan (breakfast and dinner), swimming pools, sauna, tennis, riding. Registration begins on Friday afternoon. Early arrivals have a choice of short hikes or paddles, a walking tour of Lake George, or the launching of the hot air balloons and, of course, the facilities at Roaring Brook.

**BRING YOUR FRIENDS** – Introduce them to ADK ! They don't have to be ADK members to enjoy Fall Outing, and they are sure to like it!

Enquiries to Marge Karowe at : [ADKfallouting@aol.com](mailto:ADKfallouting@aol.com), or 813 Londonderry Road, Schenectady, N.Y. 12309, or (518) 377-8901

**HOPE TO SEE YOU THERE !**

## CHAPTER CHANGES AND NEWS YOU CAN USE

### September Meeting and Dinner Location and Time Change

This summer the Boy Scouts at the Henderson Scout Reservation on Crumhorn Mountain will be using GPS to create an accurate map and spot canisters around the camp. Afterward, they plan to open the trails to the public.

Scott Brady, Camp Director, has invited us to have our September monthly meeting and pot luck supper at the camp, preceded by a program which will explain the project. Scott will give us updated maps and take us on a brief tour of the buildings. The program will begin at 4:30pm, followed by a 6pm picnic potluck supper (please bring a dish to pass, beverage and table service including a cup) and a business meeting. Electrical outlets will be available.

From Oneonta, take state route 28 to Portlandville. Make a right turn on county route 35A. Follow 35A for about a half mile and make a left turn on county route 35. Follow route 35 for about a half mile and make a right on Hill Road and follow for about one mile. Make a left turn on Boy Scout Road and follow for about three miles to the reservation parking area on the south edge of the camp buildings. Good weather will find us in the pavilion diagonally across the road from this parking lot. Iffy weather will find us in the dining hall two buildings north along the road. For information call Lucille Wiggin at 432-1022.

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#### Thanks for the Good Times

Thank you to all the Susquehanna Chapter members and friends for the great response to our monthly potluck dinners. The food has been wonderful and it is fun having dinner once a month with such congenial friends. Our attendance has been increasing, so I guess we will keep doing this. I also extend a special thank you to all those who have been so helpful setting up the tables, getting our “stuff” out, and cleaning up.

*Jean Seroka*

#### Hikes in Chenango County

The Chenango Bullthistle Hikers, the Norwich-based chapter of the Finger Lakes Trail Conference, has an extensive schedule of summer hikes. For more information please contact Ed Sidote at (607) 334-3872 or see the “What’s New” section of our website, [www.susqadk.org](http://www.susqadk.org).

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### 2005 General Clinton Canoe Regatta Co-Ed Relay Race

Everyone who watched the relay event knew who we were by the “ADK” signs on both sides of our boat. We did well—we finished, four other racing teams came in after us, and no one tipped over!

John Salo and Jean Seroka led off on the first leg, followed by Kay and Sue Sanford for the second, with Jack and Barb Meeks on the third. Jack and Barb handed off to Tracy Verma and Joe Storey, and Stefan and Linda Seifried finished the event. Everyone paddled hard but at his or her own pace, and each canoeist finished their section with a smile of accomplishment.

Our distinctive orange hats with the club logo on the front identified our teams as they came down the river, and helped chapter members gather at each transfer point. Joe Hart and Jack Meeks waded into the river to catch each incoming canoe, steadied the team as they got out of the boat, and pushed the new team to begin the next leg.

Barb and Chalmers Means hosted the post-race party. It was relaxing for team members and spectators to wind down with Brook’s chicken and the variety of foods brought by chapter members.

Our chapter is planning to enter as a relay team again next year. Any member who would like to paddle a leg should contact Jo Koenig at 432-4975. The only requirement is that each section is paddled by a mixed-gender team. We are doing this as an ADK activity for fun—we are not racing, we just want to finish.

*Jack Meeks*

# SUSQUEHANNA ADK CHAPTER SUMMER 2005 SCHEDULE

## Outings and Meetings

### ALWAYS CALL LEADERS FOR DETAILS

All area codes are 607 unless otherwise noted

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

- 7/5, Tuesday Jo Koenig 286-9898 or 432-4975 Bicycle Cherry Valley back road.
- 7/9, Saturday Ernie and Heide Mahlke 432-2583 Fire tower hike to Hunter Mountain from Spruceton Road in the Catskills. 6.8 miles roundtrip with a 1950-foot elevation gain. Rating B+. Rain date Sunday, July 10.
- 7/12, Tuesday Joe & Nina Hart 829-8358 Clip, clop waggles walk, Relay Forest.
- 7/19, Tuesday Fran Darrah 286-3301 Bicycle or walk Rail Trail, Stamford to Mans Pond.
- 7/20, Wednesday No monthly meeting but we will have a pot luck supper at the Wiggins' camp on Crumhorn Mountain. Call Lucille Wiggin at 432-1022 for details and directions. Bring a dish to pass, drinks for yourself, and table service including a cup.
- 7/26, Tuesday Erica Baker-Heinegg 832-4204 Walk in Delancy area on private estate.
- 8/2, Tuesday Irvin & Monica Peters (315) 858-0261 Canoe Canadarago outlet or lake. Bring a canoe, plan to fish or just hang out.
- 8/6 Saturday Ernie and Heide Mahlke 432-2583 Hike to Overlook Mountain fire tower from Meads near Woodstock in the Catskills. 5 miles roundtrip with a 1400-foot elevation gain. Rating B. Rain date Sunday, August 7. A bonus on this hike is to see the extensive ruins of Overlook Mountain House Hotel.
- 8/9, Tuesday Ernie & Heide Mahlke 432-2583 TBA (see web site at [www.susqadk.org](http://www.susqadk.org)).
- 8/16, Tuesday Lucille Wiggin 432-1022 Hike or swim at Crumhorn.
- 8/17, Wednesday Annual August potluck supper, location TBA (possibility Fortin Park, Emmons). Call Lucille Wiggin at 432-1022 for details.
- 8/23, Tuesday Jo Koenig 286-9898 or 432-4975 Canoe or hike Glimmerglass, Cooperstown.
- 8/30, Tuesday Barb Means 432-4903 Canoe Nine Mile Swamp near Sherburne.
- 9/6, Tuesday Barb & Jack Meeks 783-2924 TBA (see web site at [www.susqadk.org](http://www.susqadk.org)).
- 9/7, Wednesday Executive Committee meeting, 7pm, at Rita Salo's house, 432-3656. Call Lucille Wiggin, 432-1022, to submit agenda items.
- 9/8, Thursday Deadline for fall issue of Foot-Loose. Submit trip reports, articles, announcements and schedule items to Danny Birnbaum at [susquehannaadk@aol.com](mailto:susquehannaadk@aol.com) or 315 Sal Bren Road, Delhi, NY 13753.
- 9/10, Saturday Jo Koenig 432-4975 This two to three-hour hike over rough trails and through mixed open and wooded terrain of long-abandoned farmland will include moderate climbing. Mixed flora and avifauna, beaver-modified marshes and remains of 150-year-old farmsteads will be encountered. The hike will begin at the home of John and Jean Davis on Ottaway Road in the Town of Middlefield about 6 miles northeast of Cooperstown.
- 9/13, Tuesday Bill Kratzenstein 988-9039 TBA (see web site at [www.susqadk.org](http://www.susqadk.org)).
- 9/20, Tuesday Carol Saggese 432-8010 TBA (see web site at [www.susqadk.org](http://www.susqadk.org)).
- 9/20, Wednesday Monthly meeting and potluck picnic dinner. **New location and time for this one meeting only!** Crumhorn Boy Scout Camp, courtesy of Scott Brady, Camp director. Afternoon program at 4:30, dinner at 6. See article on page 3 for details.
- 9/27, Tuesday Rita Salo 432-3656 Hike behind my house on snowmobile trails, approximately 3.5 miles.

## Trip Reports

Arnold Lake workday, Saturday, May 7. Seven ADK members and about nine college students came to the bridge building workday. Not all of us could drive nails so Fran and Johanna led some of the students in trail clearing. Ivan displayed his astonishing ability to rapidly divide fractional measurements by two in his head and Jerry made up for the leader's having forgotten the bubble stick and square by using his good eye to keep the bridge from going whopper-jawed.

*Joe Hart*

Ernie and Heide Mahlke, Julie Smith, Barb Means and Joe Hart climbed Windham High Peak on May 8. We climbed steadily except when interesting conversations emerged on wide-ranging subjects. The weather was moist and a little cool. Views of Blackhead and Thomas Cole from the summit were excellent. The view to the north was pretty good although we did not see the Capitol towers in Albany as Ernie said we could on a clear day. (Some thought that at our age it would take more people to look that far).

*Joe Hart*

May 11, Saturday. Hot, humid weather did not deter five hikers from scrambling up and down Indian Head Mountain in the Catskills. Lunch on the "head" was cut short as dark clouds blew over us and we got down the steepest trail quickly. Rain drops were light at first but soon compelled us to stop under an overhanging ledge. Wet and muddy but pleased with our accomplishment, we returned to the car at 4pm.

*Barb Means*

On May 21 six hikers went on a convoluted trail to the Mt. Tremper fire tower. Everybody climbed the fire tower for a very clear view of the mountains along the Devil's Path and the highlight of this hike was Jo Koenig's ascent of the 2000-foot peak. The last part of the hike was done in the rain, which did not diminish the pleasure of this wonderful venue.

*Ernie and Heide Mahlke*

Tuesday, May 24. Audubon Sanctuary Wild Flower Walk was enjoyed by eleven hardy walkers in spite of the showery weather. Two of us inspected the area for flowers on Monday and were disappointed to see only about a half dozen different varieties. However, with an overnight rain and nine additional searchers we found 14 different wild flowers including Violets, Wild Strawberry, Low-bush Blueberry, Yellow Cinquefoil, Winter Cress, one Painted Trillium, carpets of Canada Mayflower, Star Flower, Round Leaf Orchis, Fringed Polygala or Gaywings, Wild Oats, Gold Thread, and Golden Alexander. We also saw and heard that "flying flower," the Baltimore Oriole. We actually enjoyed lunch on the benches overlooking the misty changing view of Oneonta.

*Lucille Wiggin*

Hick Forest workday, Tuesday, May 31. Seventeen people lugged tools over the trail to carry out a minimum of work. The trail was in good shape. Our work was mainly clipping back and a little signage. The leader used the chainsaw once to cut an overhanging blow-down after dismantling the saw to turn the chain around – having installed it backwards the night before. Other than that, a good time was had by all.

*Joe Hart*

June 7, Tuesday. Twenty-one ADK members met to enjoy the day trekking down the Van Hornesville Gorge. The falls there are spectacular and the large limestone caves quite mysterious to behold. The trails provided a chance for the plant lovers to do some identifications. We later headed south to enjoy our lunches near Otsego Lake on the grounds of Glimmerglass Opera, followed by a walk down the adjacent path to the Goodyear Sanctuary. A short wander through the woods brought us to the boardwalk along the lake and many more seasonal plants in bloom. This was an easy day with perfect weather.

*Mary Dunkle*



Susquehanna Chapter members and Hartwick College volunteers with our newly-constructed bridge in Arnold Lake State Forest, May 7, 2005. *Photo by Danny Birnbaum*

## 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](http://www.susqadk.org).

### Susquehanna Chapter Officers and Committee Chairs

<b>Chair:</b> Lucille Wiggin 432-1022 wiggin@stny.rr.com	<b>Outings:</b> <b>Weekend:</b> Steve Herrmann 432-2157 sherrmann@stny.rr.com <b>or:</b> Ernie Mahlke 432-2583 mahlkeed@yahoo.com <b>Mid-Week:</b> Barb Means 432-4903 meansbar@dmcom.net	<b>Publicity:</b> Johanna Koenig 432-4975 jokoening@dmcom.net
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<b>Director:</b> Aleda Koehn 432-8870 akoehn40@hotmail.com		<b>Refreshments:</b> Jean Seroka 988-7007
<b>Membership:</b> 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](http://www.adk.org) or call (800) 395-8080