



Foot - Loose!

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

Volume 19, Number 3

July 2007

Susquehanna ADK in the Public Eye

Chapter Helps Lead Step It Up Event

by Harry Barnes

Linda and Stefan Seifried represented the Susquehanna Chapter at the Oneonta Step It Up event on April 14, 2007. Step It Up was a national day of local, community-based rallies to send the message, “Step it up, Congress! Cut Carbon 80% by 2050.” Many people visited our table to ask questions and learn about chapter activities and on-going work sponsoring and supporting legislation to reduce carbon emissions, preserving and protecting wild places, and providing outdoor recreational opportunities.

The Step It Up Oneonta events helped to put our community on the map and we were given recognition by the national Step It Up web site. It was great to see the fair and rally well-attended for such a cold spring day -- we were lucky it wasn't snowing!

The bicycle parade was a colorful expression of Oneonta's desire for a more environmentally friendly way of life. A proclamation by Mayor John Nader declared a commitment to finding community solutions to reduce greenhouse gas emissions. The Mayor has made a commitment to make Oneonta a more “green city” and has declared that we should have Step It Up Oneonta every year. People were inspired by the activities of April 14 and hopefully we can continue to build on this momentum.

continued on page 2

In Good Company at Second Annual Earth Festival

by Linda Seifried

On May 5th, 2007, at Milford Central School, along with 26 other earth-friendly exhibitors, the Susquehanna Chapter set up its table for the second annual Earth Fest. Nina Hart and I set out literature, plus many articles of hiking gear and clothing to promote discussion about what to bring and wear on hikes. Jo Koenig and grandson appeared with a sign-up sheet for a hike that they would lead later in the day. And as the day progressed, other chapter members came to staff the table and visit the many interesting and educational exhibits set up in the gym.

continued on page 2

CHAPTER CHANGES AND NEWS YOU CAN USE

Membership News

Our membership continues to decrease. As of May, the number of family memberships stands at 188. You may want to consider a gift membership for someone you love who likes the things we stand for.

We do have some new members to report. Please add their information to your current membership list.

Rita Salo, Membership Chair

March 2007

Ruth Schaeffer, 146 Main St., Otego, NY 13825

(607) 988-7036

Joan Townsend, 32 Elm St., Delhi, NY 13753

(607) 746-8417

Linda Trimble, PO Box 137, 14 New Berlin Heights,
New Berlin, NY 13411 (607) 847-8615

April 2007

John Schluep & Patricia Kennedy, 349 Upper Dutch Hill Rd.,
Oneonta, NY 13820 (607) 286-9453

May 2007

Thomas & Roberta Austin, 14 Mead St., Walton, NY 13856

Patricia & John Kristofik, 390 County Highway 51, Morris,
NY 13808 (607) 263-5754

Save the Date!

At our annual dinner on October 17th, we will celebrate the Susquehanna Chapter's 30th anniversary with a program presented by at least three of our founders. They say, "Get ready for some fun!"

Save the Date!

At our annual dinner on October 17th, we will celebrate the Susquehanna Chapter's 30th anniversary with a program presented by at least three of our founders. They say, "Get ready for some fun!"

New Publicity Chair and New E-mail Address

I am the new chair of the Publicity Committee. I can be reached at 433-2832 or via our new chapter e-mail address: susqadk@yahoo.com.

Moira Beach

Do I Have Your Correct E-mail Address?

My responsibilities as publicity chair include informing members about monthly outings updates, ADK Action Alerts and other items of importance. It is very important that I have correct e-mail addresses. If you are not receiving e-mails and wish to do so, please contact me. If you have changed your e-mail address or used to receive e-mails from Jo Koenig but are no longer getting messages, please contact me. Thank you.

Moira Beach

433-2832, susqadk@yahoo.com

Have You Checked Our Web Site Recently?

The address is www.susqadk.org. Photos of recent activities can be found on the "What's New" page. I am always looking for pictures as well as outdoor and chapter news; the more material I receive, the more frequently I can change the page.

Jo Koenig

Step It Up, continued from page 1

In the Adirondacks, ADK Executive Director Neil Woodworth, speaking to the members of the club's Conservation Committee, noted that he and some other ADK members had participated in a local Step It Up event by bicycling to the top of Whiteface Mountain. This resulted in some good publicity for ADK, as the story appeared in a local paper. Neil commended other groups, such as our chapter, that participated in local activities.

Earth Fest, continued from page 1

All of this added up to an enjoyable day. There were people at the event who become acquainted with ADK for the first time, and it was fun to meet them and describe our organization's many features and benefits. We hope to be there next year, and hope you'll stop in, too!

SUSQUEHANNA ADK CHAPTER SUMMER 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.

July, August and September weekend bicycling. Call Leon and Lucille Wiggin at 432-1022, or Frank and Jean Oakley at 263-5832, to see if rides are scheduled Saturday, Sunday or sometimes Friday.

7/1 Sunday Ernest and Heide Mahlke 432-2583 Hike a link to the North Country Trail from Cazenovia to Chittenango State Park. Bring a picnic lunch and look at the falls. 4.2 miles one way, or do the round trip for a total of 8.4 miles of easy terrain. Rated C+.

7/3 Tuesday Barb Means 432-4903 Hike followed by a swim at Means' property.

7/10 Tuesday Nina & Joe Hart 829-8358 Walk West Branch Preserve.

7/17 Tuesday Fran Darrah 286-3301 Walk State Land Road between East Street & Dutch Hill Road.

7/18 Wednesday Pot luck supper (no business meeting) at the Wiggins' camp on Crumhorn Lake, 6pm. Swim, paddle, walk or just hang out on the deck overlooking the lake. Bring a dish to pass, drinks for yourself, and table service including a cup. Call 432-1022 for directions and to car pool.

7/24 Tuesday Irv & Monica Peters (315)858-0261 Canoe trip plus picnic on Canadarango Lake.

7/31 Tuesday Kathy Allen 547-8030 Hike to Star Field, Cooperstown.

8/3-8/5 Friday - Sunday Nina and Joe Hart 829-8358 Weekend outing to chapter-adopted Blue Ridge Wilderness with camping at Lake Durant State Park. See page 5 for more information.

8/7 Tuesday Barb Means 432-4903 Canoe the Susquehanna from Milford Bridge to Crumhorn Boat Launch.

8/11 Saturday Ernest and Heide Mahlke 432-2583 Hike the side trail from the Finger Lakes Trail to Oquaga State Park for a picnic lunch and a swim in the lake. 6 miles round trip, suitable for families with children age 10 and older. Rated B.

8/14 Tuesday Lucille Wiggin 432-1022 Walk & swim at Wiggins' camp, Crumhorn Mountain.

8/15 Wednesday Pot luck picnic (again, no business meeting) at Fortin Park, Town of Oneonta, 5:30pm. County Route 47, Emmons, near I-88 exit 16. Bring a dish to pass, drinks for yourself, and table service including a cup.

8/21 Tuesday Fran Darrah 286-3301 Hike or bike Rail Trail, Stamford.

continued on next page

SUSQUEHANNA ADK CHAPTER SUMMER 2007 SCHEDULE

continued from previous page

8/28 Tuesday Ruth Schaeffer 988-7036 Canoe, place to be determined.

9/4 Tuesday Aleda Koehn 432-8870 Hike or bike Stamford Rail Trail.

9/5 Wednesday Executive Committee meeting, 7pm at Nina and Joe Harts' house in Franklin.

9/8 Saturday Deadline for submission of articles and photos for October Foot-Loose. Contact Danny Birnbaum at 746-7059 or susquehannaadk@aol.com.

9/11 Tuesday Erika Heinegg 832-4204 Hike in Bovina.

9/18 Tuesday Pru Stelling 433-1272 Walk the upper part of Riddell State Park.

9/19 Wednesday Monthly meeting Elm Park Methodist Church, 401 Chestnut St., Oneonta 6pm potluck dinner followed by 7pm program, "Hiking the Appalachian Trail by the Numbers: 2,175.6 miles, 181 days, and more," by Hank Nicols.

9/25 Tuesday Bev Hensle 286-9126 TBA.



Tuesday Hikers at Davis State Park, Westford, May 1, 2007. *Photograph by Doug Fielder*

The "Thank You" Section

Please join me in letting Jo Koenig how much know we appreciate her many years of dedicated and able service as the Susquehanna Chapter's Publicity Chair. Thank you, Jo!
Danny Birnbaum

Join in a rousing cheer for our refreshment chairs, Jean and Joe Seroka! We all so much appreciate their faithful service in organizing the covered dish suppers that precede our monthly meetings. Then, as if that wasn't enough, on the Sunday of Memorial Day weekend, they hosted the chapter at their "Riverside Park" in Otego for the Canoe Regatta Relay Race. Three cheers and many thanks!!!

Lucille Wiggin for every member Susquehanna Chapter member

I want to give a hearty "thank you" to all my ADK friends who have been so willing to help with table set up and decorations, dinner music and clean up at our pot-luck dinners. You have made my "job" easy and pleasant.
Jean Seroka

Blue Ridge Week-end, August 3-5, 2007

Joe and Nina Hart will lead a week-end of activities in the Blue Ridge Wilderness Area, August 3 to 5. We will camp at Lake Durant Campground, which has flush toilets and showers. Campers will share meal preparation or be responsible for their own meals.

One objective of the weekend will be trail maintenance on the Wilson Pond trail. Other options for hiking and canoeing will be available; see Enjoying the Blue Ridge Wilderness (if you would like a copy, send a self-addressed stamped envelope to Nina at P.O. Box 111, Franklin, NY 13775).

Campground costs will be between \$10 and \$20 per person for the weekend, depending on the number of participants and campsites reserved. If you are interested in joining us, let us know ASAP at 829-8358 so we can reserve enough campsites.

Come and explore this beautiful wilderness area and see firsthand how our chapter's adoption of it has contributed to the state's plans for it.

Joe and Nina Hart

Survey Results

At our January 17, 2007 annual meeting, an informal survey was taken of the members present. The result were:

Table with 2 columns: Activity and Count. Rows include: Members who only took Tuesday hikes (10), Members who only took weekend hikes (12), Members who took Tuesday and weekend hikes (27), Members who have cross country skis (26), Members who have snowshoes (20), Members who have canoes/kayaks (23), Members who use their canoes/kayaks (17), Members who have bicycles (15), Members who use hiking poles (19), Members who have attended Steve Herrmann's moonlight snowshoe walks (7), Members who have participated in trail maintenance project in the past year (16), Members who have hiked an Adirondack High Peak in the past year (4).

In light of this information, can we offer more or different activities than we do? Please contact me with any ideas. Thank you. Ernie Mahlke, 432-2583

Trip Reports

Tuesday, April 10, hike at Valley View Trails, Sheep Pen Rd., Unadilla. There were 24 hikers and some brisk weather with the sun peeking out a bit. We walked the outside trail and did a second loop towards the inside. After we all pulled up a log at our lunch spot, 16 people ended up at Sprinkles and Cream in Otego for ice cream!

Ruth Schaeffer

On Tuesday, May 1, 34 participants enjoyed a sunny morning walk at Betty & Wilbur Davis State Park. We followed the picturesque Andy's Trail that borders streams and ponds, and traverses hardwoods and coniferous forests. Spring just started to reveal its flora as evidenced by Trout Lily leaves, and flowers of Blue Cohosh, Hepatica, and carpets of Spring Beauty. Newly built log cabins in this developing park were of particular interest to the hikers. Following the excursion, appetites were appeased at Pondos Restaurant on Route 7. *Virginia & Currie Marr*

ADK outing Tuesday, May 8. Thirty-four enthusiastic hikers met in the "medical arts" parking lot in Stamford at 10:00am. The sky was a cloudless blue with light winds. We traveled 1.3 miles by car on Mountain Road to a parking area. From there we hiked the mile to the top. Halfway way up we already had a lovely view, forshadowing vistas to come. We were surprised by early flora as identified by one of our visiting hikers, Dr. Merle Loveless, DVM. We picnicked at the campground on top of the mountain, where some of the more adventurous hikers climbed the fire tower. Mother Nature provided us with beautiful weather, enjoyed by all. *Erika Heinegg*

Vroman's Nose, Mother's Day, May 13, 2007. Four of us, the Marrs and the Harts, traveled to Middleburg in Schoharie County to climb this popular viewpoint over the Schoharie Creek valley. Directly below the summit cliff, we looked down at the site where the Palatine German settlers purchased land from the resident Mohawk Indians in the first decade of the 18th century. It was from this summit that Timothy Murphy, the legendary Indian fighter, leaped to escape an Indian war party. As always in Tim Murphy stories, Tim got away, leaving the astonished Indians cussin' and shakin' their heads. *Joe Hart*

We had a beautiful day for our hike on Tuesday, May 22nd. The Brookfield Trail System has 130 miles of trails on 13,000 acres of State Forest Land located in southeastern Madison County. These horse trails are also used by snowmobilers, hikers and nature lovers. The group of 30 hikers split so that those who wanted to walk faster and farther went with Fran Darrah to the lean-to and back, a distance of about 3.5 miles. Twelve of us went on a shorter route and really stopped to inspect the wildflowers and other wonders of nature. The fast walkers got back to the cars a half hour before the rest of us. *Rita Salo*

On Tuesday, May 29, 29 hikers showed up for a hike of approximately four and a half miles in the private trust area of the Greenwoods Conservancy/NY Biological Field Station tract in the Town of Hartwick. It was a gorgeous spring day. Some hikers saw a pair of Blue Buntings and we heard Red-Eyed Vireos and many other delightful singing birds as we walked around the bogs and beaver ponds. Along the way we met Dr. Earle Petersen, originator of the land trust, who was doing some trail work. He spoke to us about the characteristics of the various flora and fauna of the 1,000 plus acres of the Conservancy, wild life that had been observed there and his desire to keep the area in the best natural state possible.

We enjoyed the bogs and ponds from several vistas, observed up close what master carvers beavers are, and took a short side hike to eat lunch at a lovely beaver pond area where nesting Blue Heron and deer were observed. Since it was Jack Meeks' 81st birthday, we all joined in to wish him many more years to come. One of the leaders, Monica Peters, sang a variation of a song from the Sound of Music which Julie Andrews had sung for an AARP group. There was a short interval where one part of the large group became separated from the other. This caused a minor panic in the hike leaders and brought home to them the importance of keeping a close eye on the group as a whole when entering a new portion of a trail. Everything turned out well and the day was very much enjoyed by all who were lucky enough to attend. *Irv Peters*

Trails Report

The Bear Swamp State Forest is available now for hiking. Logging there has wound down. The trail we made down to the pond will now run on a skid road most of the way. It will need a day's work by several people and I'll schedule one in the fall to get the trail ready for ski season. I've been over the "short trail" at Arnold Lake (north from the quarry to the junction sign, around by the old leanto and back out to the quarry). This trail and the one running east from the Joe Cornell parking lot are both clear and usable. The section of the trail north of Arnold Lake itself is closed for logging; it may or not be open this winter. Milton Hick State Forest is either being logged now or soon will be. None of the trails will be usable this summer. *Joe Hart*

Susquehanna Canoe Relay Team Overcomes Last Minute Changes to Finish Race

May 27, 2007, another exciting day on the Susquehanna River! The brave and glorious Susquehanna ADK team had what it takes to finish the canoe relay race in spite of last minute partner- and route-changes. Jack and Barb Meeks had to pull out a few days before the race. Jack arranged for Monica and Irv Peters to replace them. Monica realized that the second leg, which they had agreed to do, was just too long for her. The problem solving team got to work. Stefan Seifried and Ruth Schaeffer, who were supposed to do the first leg, switched with the Peters. They had not practiced the second leg. Stefan and Ruth did their 9 mile leg bravely. They switched with Jean Seroka and Julius Koenig for the third leg, which was 8 and ¾ miles long. As the support team was waiting with Julie Smith and Tony Uhl for Jean and Julius to arrive, Jo Koenig gave us bad news. Her granddaughter, Dakota, was sick and Jo could not do the last leg with her brother, John Paul.

Julie and Tony did not know what to do. Should they bother to do their leg if we had no team to finish the last leg of the race? The problem solvers went back to work. Could Barbara Meeks, who pulled out because of a hip problem that prevented her from getting in or out of a canoe, be lifted in and then lifted out again? Yes, Barbara said she would be willing, but it was easy to tell she would rather not. And then, Lucille Wiggin came strolling up to

the group. With a single thought everyone looked at Lucille. Would she? Could she? "I had a premonition that I would be paddling in the relay today," said Lucille. And she did! And we finished the race! Besides coming in third from last, two teams quit the race along the way. That is a good showing for us.

Thanks and praise for the paddlers listed below:

Leg 1 - Monica and Irv Peters

Leg 2 - Stefan Seifried and Ruth Schaeffer

Leg 3 - Jean Seroka and Julius Koenig

Leg 4 - Tony Uhl and Julie Smith

Leg 5 - Lucille Wiggin and John Paul Koenig

Thanks to the loyal pit crew of Joe and Nina Hart, Jack and Barb Meeks, Bill Swain, Charlie Koenig and John Salo. You were great! .

As the "Head Honcho," my day turned out to be as exciting as expected. (Maybe a little more than expected.) It all ended well with a picnic at Jean and Joe Seroka's wonderful "Riverside Park." The shelter they constructed was large and sturdy, and the food was great. Thanks to Larry Seider for picking up our Brook's Chicken. The "Rental To Go" worked out well too. Some folks returned to "Seroka Park" the next day to watch the 70-Miler.

Rita Salo

Let's Ask for Public Access

Have you ever gazed from a highway down a bank of tangled undergrowth, wishing there were some easy way to get down to the water--perhaps to launch a canoe or kayak? Or have you wished there were a few public campsites available along the river? Well, now is the time to let ADK know your thoughts!

The ADK Conservation Committee is considering action to promote greater public access to popular rivers such as the Susquehanna. Betty Lou Bailey, ADK's remarkable chair of the Canoe Route Subcommittee, noted that a bridge across the Susquehanna in the town of Windsor was being replaced, and the old bridge was being kept open for pedestrians and cyclists. She has long been interested in seeing a series of public access sites along the Susquehanna, especially if public funding was available for financing sites for things such as fishing access. She asked that access be created for canoes, as well.

Another ADK member (who also works for DEC), John Merriman, became interested, noting that at present, no one in DEC coordinates construction projects with public accessibility. DOT should also get involved, since they regularly do bridge work. Instead of facilitating easy access to the river by boaters (by means of a nice sloping dirt path to the water from the road, for example), DOT often puts up guard rails, preventing parking and easy access.

The Susquehanna River is included in the Open Space Program, but Betty Lou now wants to push for a public access plan as a follow-up. NOW IS THE TIME, she feels, and she has proposed ADK involvement to make this happen. Support from chapter members is vital to support the idea. Please contact me if you have a favorite place which deserves public access.

Linda Seifried, Conservation Committee

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
Vice-Chair: Lucille Wiggin 432-1022 wiggin@stny.rr.com	Trails: Joe Hart 829-8358 ninajoe@frontiernet.net	Newsletter: Editor: Danny Birnbaum 746-7059 susquehannaadk@aol.com
Secretary: Joe Hart 829-8358 ninajoe@frontiernet.net	Blue Ridge: Joe Hart 829-8358 ninajoe@frontiernet.net	Mailing: Rita Salo 432-3656 jrsalo@dmcom.net
Treasurer: Nina Hart 829-8358 ninajoe@frontiernet.net	Conservation: Linda Seifried 265-3780 sseifried@mkl.com	Web site: Johanna Koenig 432-4975 jkoenig@stny.rr.com
Director: Aleda Koehn 432-8870 akoehn40@hotmail.com		Hospitality: 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 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