



Foot – Loose!

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

Volume 21, Number 2

April 2009

Skiing at Gilbert Lake Park

By Aleda Koehn

Although spring may (or may not) have arrived by the time you read this, we have had a great winter for skiing and snowshoeing. January had the coldest temperatures in many years and, in spite of a few warm spells, and even rain, we had many, many days with skiable snow. Our favorite winter place has been Gilbert Lake State Park, not just because of the many wonderful trails, but because the trails were groomed!!

groomer is an interesting contraption that is pulled by a snowmobile. The groomer has spikes that can be lowered to breakup hard snow or ice on the trail. The 3.5 foot wide end piece flattens and smoothes the snow. The groomer has been modified from a larger machine. Brian Gregory, a park employee, actually made and assembled this groomer to suit the capabilities of the snowmobile and needs of the park.



I was curious to learn more about the grooming, so I visited with Ed Winslow, the Park superintendent. His office is just past the park entrance and Ed, with his staff of five and a part time secretary, oversees Gilbert Lake, Hunt's Pond, and the new Riddell State Park. Ed explained that the trails have been groomed for the past six years. State budget problems had curtailed grooming at times in the past. At present grooming is seen as a safety issue, allowing obstructions to be removed as well as providing a good surface for winter activities. The



Tom Brownell does much of the grooming usually when six or more inches of snow have accumulated. It takes two to three hours to run over about nine miles of trails. The woodland trails, such as Deer Run and Red Pine, need only one pass. The loop that starts and ends at the cabin colony, connecting the three ponds, gets two or three parallel passes to make a wider trail for skate skiers. Grooming the trail forms a base that does not melt as quickly as the loose snow. When more snow falls, you have a base with fresh snow on the top-ideal for skiing and snowshoeing.

(continued on page 2)

(Skiing Gilbert Lake State Park continued)

Some trails are open to both skiers and recreational snowmobilers. This year, at least when I was there, I saw no evidence of snowmobilers on the woodland trails. Apparently most used the corridor trail that runs along the park border and connects trails beyond the park boundary.

Park employees are busy all winter doing maintenance,

repairing equipment, cutting and bundling firewood from fallen trees or trees cut for safety reasons. When it snows, roads and parking lots must be plowed and the trails groomed.

We are fortunate to live near this lovely park that we enjoy in all seasons of the year. We thank those whose work and care make Gilbert Lake State Park such a great place.

Looking Back

Our Susquehanna Chapter has been around for about 30 years. To get an idea of how we've come to where we are, it's sometimes fun to take a look at where we've been. With that thought and with thanks to Joe and Nina Hart, who "looked back" at their collection of "Foot-Loose," we share a report from Spring 1999.

Tuesday, Mar. 2. Six people not only hiked but mapped the trail on Sleeping Lion in Glimmerglass State Park. Bill Kratzenstein was the instrument man, Joe Hart was the chain crew, and the rest of us were rodpersons (if I have the terminology right). We then adjourned to Kathy Allen's house for potato soup. Bill later drew the map, which will appear in the forthcoming Otsego County hiking map.

Nina Gunzenhauser

Officers Elected

At the Annual Meeting on Wednesday, January 21, 2009 the following officers were elected: Chair – Aleda Koehn, Vice-Chair – Julie Smith, and Secretary – Linda Wilcox. Each officer will serve a two-year term.

Winter Trip Reports

Note: Photos mentioned in trip reports can be seen on our website, www.susqadk.org as well as the reports themselves. Webmaster Currie Marr has added "Trip Reports" to the website.

Gilbert Lake

Tuesday, Dec. 30. Nine brave souls burned off some holiday calories with a 2 mile walk around the lake on the hard road. The snow was blowing and wind whipping so we decided to stay out of the woods for fear of branches breaking.

**"8 feet a tromping
9 hikers hiking
many branches breaking
snow flakes a falling
several turkeys tracking
boot grippers gripping
strong wind a whipping
12 rum balls waiting.....
9 leki poles."**

Sorry, I couldn't help it .

Carol Saggese

First ADK Trip for 2009

Tuesday, Jan. 6. The first Susquehanna Chapter ADK hike of 2009 took place in the lower Robert V. Riddell State Park. Eighteen participants walked familiar trails and a newly developed loop that went through a White Pine forest. Despite freezing temperatures initially, the morning was sunny and the exercise warmed us. What delighted everyone was the decorated vegetation along Schenevus Creek with lovely ice crystal jewels.

Currie Marr

Pine Lake: Ski, Snowshoe & Hike

Tuesday, Jan. 13. A group of 22 hardy ADKers met at the Pine Lake Campus on a cold and partly sunny day. We had eleven

skiers, seven snowshoers, and four walkers. Everyone seemed to have a great time. After a morning of exercise which included climbing up and down banks and scrambling over and under a fallen tree, we returned to the Lodge for our lunch. *Julie Smith*

Goodyear Lake Snowshoe Outing

Tuesday, Jan. 27. Twelve hardy ADKers traversed the icy trails of Gilbert Lake State Park on snowshoes. *Aleda Koehn*

Goodyear Lake Hike

Tuesday, Feb 3. Seventeen people joined in to ski, snowshoe or walk along the railroad tracks from our house at Goodyear Lake. Where the tracks run parallel to the Susquehanna River, we observed a lot of recent beaver activity. We were happy to welcome two first-timers to our group. We returned to the house to enjoy hot soup and good fellowship. *Linda Pearce*

Greenway Hike

Tuesday, Feb 10. Surprisingly, eighteen people showed up for a walk on the Oneonta Greenway. We had to cancel our trip to Hick State Forest/ Roseboom Nordic Ski Trails because of icy conditions. The Greenway had some icy spots as well, but all were prepared with crampons and/or snowshoes, so everyone made it. The walking was a bit of a challenge. The Susquehanna River water was high for February, probably due to melting snow. A brand new member, Serina Bangilan, was along. She wants to learn about hiking spots in our area. It was a pleasure to

have her with us. Eight of us had lunch together at The Golden Guernsey restaurant afterwards. I am planning another hike at Hicks for the Spring.

Rita Salo

Gilbert Lake State Park

Tuesday, Feb 17. Under a cloudless cerulean blue sky, 18 walkers (some with snowshoes) enjoyed the hard-packed wide, snowy loop trail though mostly wooded land. It was a great day to be outside, no wind nor bugs!

Currie Marr

Farmers' Museum Trail Hike

Tuesday, Feb 24. Eleven people gathered at the Farmer's Museum and proceeded to the trailhead for Moe Pond above the village of Cooperstown. The sun was bright, the sky blue and even though it was a bit chilly, the snow was perfect for our snowshoes! The trails above the Farmer's Museum provide a lovely woods walk, with several openings that overlook Otsego Lake. We stopped at the lean-to above the Museum parking lot, then took pictures at the Seneca Lodge House before returning to

our cars. Another eight or so members decided to cross-country ski on the Golf Course.

Kay and Ted Kantorowski

Hawk Circle Hike

Tuesday March 10. Sixteen hikers traveled to Hawk Circle near Cherry Valley. We were led on a tour through the grounds by Rick Sierra who founded Hawk Circle about twelve years ago. This is a nature center that teaches wilderness skills and living close to nature. He pointed out various kinds of trees and a shelter that the students had built from leaves and branches. After our walk we were treated to a delicious lunch of hot soup and homemade bread hot from the oven. All of this while sitting around a nice cozy wood fire where we all enjoyed more interesting conversation. This was a truly interesting and educational experience. We hope to go back again in the summer or fall for those who missed it. For more info on Hawk Circle go to www.hawkcircle.com.

Bev Hensle

Johns Brook Lodge Work Weekend

Friday-Sunday, May 8-10. Yes, this is indeed Mother's Day weekend, but it is socially acceptable to bring Mom along. We can use every conceivable skill. Carpenters, trail workers, decorators, landscapers, domestics and laborers will all be put to work. The event includes a 3.5 mile (750 foot elevation gain) hike from the Garden in Keene Valley to JBL, and participants

will carry in a share of the food. A bunk with two wool blankets will be provided, but you should bring a three-season sleeping bag as well. We cannot control the weather, so bring long johns, shorts, rain gear and bug dope. Advance notice is required by Monday, May 4. Contact Bob Grimm at (518) 842-7436 evenings after 7 pm.

Anyone for Whale Watching?

Muffy [McDowell] and I are going on a Whale Watch tour and thought other ADK members might like to join us. The tour is led by naturalists and was recommended by a friend that works

with whale research and went with this tour group last year. More details are available at www.ezphotography.net/eric/baja/index.html.

Harry Barnes

Boat Needs Home & TLC

Ron Wilcox built a two person wooden "folbot" in 1968. Now considered an "antique" this "heavy relic" with paddles needs a

new home. Free to ADKers. Interested? Contact Linda Wilcox: 433-2985 wilcox1@hartwick.edu

ADK's "Black Fly Affair: A Hikers Ball"

ADK has moved its annual benefit gala event from November to May, named it the "Black Fly Affair: A Hikers Ball", and will be holding it in Lake George at the Fort William Henry Resort. On Saturday, May 30, from 7 pm to midnight, there will be lots of action, with live bands playing music from the 40's, 50's, 60's and 70's. There will be food and drink vendors providing goodies, and the traditional Silent and Live Auctions. Sus Chapter members with items to contribute to the auction basket should contact Lucille Wiggin.

It's a "dress up but wear comfy hiking shoes" affair,

which should be rather humorous to see! Square and round dancing sound like fun.

This change in location offers a real chance for a good time, since it is being held in Lake George. An overnight stay would provide a chance to sightsee in the Village next morning, perhaps taking a ride on one of the classic tour boats that give magnificent views of the lake and mountains. It is possible to climb Prospect Mountain, or drive to the summit for the excellent view. Above all, it's a chance to support our club in a way that benefits both ADK and ourselves!

ADK Loj Winter Outing

Twelve Susquehanna chapter ADKer's enjoyed three wonderful days in the North Country, February 2 - 4. They had excellent snow and perfect weather for skiing as well as for driving. It takes a bit less than four hours to get to the Loj, - up the Northway and then Rt 73, toward Lake Placid. The high peaks tower above the valley on the entrance road to the Loj.



(road to the Loj with high peaks centered)

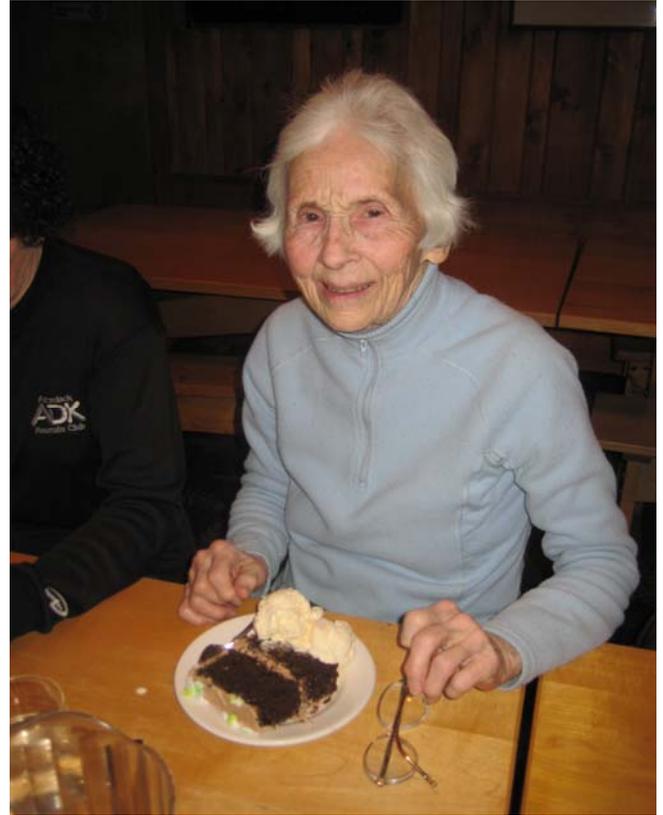
As you drive the 5 miles to the Loj the amount of snow cover increases, probably due to the gain in elevation. We had a good half day of skiing and snowshoeing on trails around the Heart Lake property. After dinner folks sat around the big stone fireplace under the moose head and read, talked, or played games.

The next morning was clear and cold, and most opted to drive over to Van Hoevenberg Ski Center to try the groomed trails. The trails are wide, smooth, tracked for skiers, and marked for various abilities. Also, anyone over 70 skis for free!! Later in the afternoon some went to Lake Placid to look for bargains at EMS. Others skied some more around the property. It was mainly our group at dinner that night and the food was delicious.



(left to right: Nuela McCabe, Barb Means, Jack Havens, Norma Lee Havens, Julie Smith, and Aleda Koehn)

Mel, the cook made a birthday cake for Mary Lou Austin. We all sang as the cake was presented to Mary Lou in honor of her recent 90th birthday. Mary Lou is always the first to sign up for any Loj outing, winter or fall. What a great place to celebrate her birthday!



(Mary Lou Austin celebrates her 90th birthday)

Wednesday was extremely cold, with the early temperature at about zero. "It is not cold once you get moving," I said, urging folks to take advantage of the sun and brilliant blue sky. Well, some did go out and sure enough, in about twenty minutes of vigorous skiing we were warm. The trick of swinging the arms around like a windmill seems to help with the fingers and thumbs, apparently the body parts that take the longest to warm. We all had a great time,. We are planning a similar weekday outing next year. Do think about joining the group for a chance to see the North Country in the beauty of winter and to relax and enjoy our unique Adirondack Loj.

Welcome new ADKers

Serina Bangilan 120 River Street,
Oneonta, NY 13820 267-9373
Jim and Kay Pasternak 12 Jackson Avenue
Oneonta, NY 13820 433-1048

We'll see you at meetings and on the trails

SUSQUEHANNA CHAPTER SPRING 2009 SCHEDULE

Outings

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 week-ends 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. Both Wiggins and Oakleys will again be riding as much as possible this season.

<u>Date</u>	<u>Leaders</u>	<u>Phone</u>	<u>Destination</u>
Tues April 7	Ernie & Heide Mahlke	432-2583	Milford Forest-meet at Joe Cornell Rd. at 10:00
Tues April 14	Irv & Monica Peters	315-858-0261	Sleeping Lion meet at Glimmerglass at 10:00
Tues April 21	Bev Hensle	286-9126	Todd.Rd.-4 mi.loop on a seasonal Rd. Lunch at Jackie's in Milford
Tues May 5	Lucille Wiggin	432-1022	Audubon Property
Tues May12	Carol Saggese	432-8010	Wildflower Photo Op
Tues May19	Mary Dunckle	547-2162	Van Hornesville
Tues May 26	Julie Smith	432-8642	TBA
Tues June2	Currie & Virginia Marr	432-5434	TBA
Tues June9	Rita Salo	432-3656	Hicks State Forest
Tues June16	Ernie & Heide Mahlke	432-2583	Pine Lake at 9:30
Tues June23	Linda Pearce	432-8969	Goodyear Lake
Tues June30	Kay & Ted Kantorowski	547-5528	TBA

SUSQUEHANNA CHAPTER SPRING 2009 SCHEDULE

Meetings

Wed. April 15 . Monthly meeting at Elm Park United Methodist Church,401 Chestnut St., Oneonta.
6 pm potluck dinner followed by 7pm program. Gary Graver will present a program, "Trapping In the 21st Century". He will explain best management practices in regards to animal welfare. Gary will also demonstrate and explain about new and revised equipment used in trapping both fur bearers and nuisance wildlife.

Wed. May 20. Monthly meeting at Elm Park United Methodist Church, 401 Chestnut St., Oneonta.
6 pm potluck dinner followed by 7 pm program. Dr. Francis Nolan will present a program about his experiences hiking the Adirondack High Peaks.

Wed. June 17. Annual picnic, 5-8 pm at the Briggs Pavilion, Gilbert Lake State Park.

Your executive committee, wishing to reduce our carbon footprint, encourages members from outside Oneonta to carpool to meetings and activities.

Blue Ridge Week-end: July 31 – August 3, 2009

It's time to make reservations for our annual week-end of trail work, hiking, canoeing, and fireside fellowship in and around the Blue Ridge Wilderness Area.

Camping reservations at Lake Durant campgrounds can be made online at www.ReserveAmerica.com. Another option is to stay in a nearby bed & breakfast. Our aged truck-camper has developed more problems than we care to deal with, so we are going to sleep at the 1870 House in Indian Lake, but otherwise we plan to hang out with the campers at Lake Durant.

Plan to arrive Friday, July 31, to be ready for an early start Saturday morning. Weather permitting, we will do our maintenance work on the Wilson Pond trail that day. In view of last year's experience of working in the rain, however, we are

leaving open the option of doing the trail work on Sunday. We urge you to stay at least until Monday the 3rd.

For those members who have never been there, this is a good opportunity to get acquainted with the Blue Ridge Wilderness, which we adopted about ten years ago. The area offers many opportunities for hiking and canoeing and less strenuous activities as well. Some possibilities are described in our chapter's self-published *Enjoying the Blue Ridge Wilderness*. To get a copy, send a self-addressed stamped envelope to Nina at P.O. Box 111, Franklin, NY 13775.

If you'd like more information about this trip, call us at 829-8358.
Joe and Nina Hart

ADK Sus Exec. Committee Meeting

At its February 19th meeting held at Oneonta's Atonement Lutheran Church the Executive Committee agreed on the following:

1. Distribution of membership lists will be available on request to members
2. Susquehanna Chapter will notify the State DEC Environmental Board that our chapter will no longer maintain the Relay Forest Trail
3. The Susquehanna Chapter will not take part in this year's Earth Festival

The next meeting will held on June 4 at 9:30 am at the Atonement Lutheran Church.

2008 ADK, SUSQUEHANNA CHAPTER FINANCIAL REPORT

<u>ACCOUNT BALANCES</u>	12/31/2007		
Savings	2,043.91	Conservation Committee	25.00
Checking	681.53	Hospitality Comm: Dinners	113.70
Chapter Deposit Note (est.)	1,897.29	Hospitality Comm: Supplies	39.57
TOTAL	\$ 4,622.73	Membership Committee	39.60
		Newsletter: Printing	483.20
		Newsletter: Postage	348.80
<u>INCOME</u>		Outings Comm: Midweek	-
Dues share	3,027.40	Outings Comm: Weekend	-
Newsletter	5.00	Publicity Committee	90.00
Interest	85.01	Trails Committee	-
Loj outings	800.00	Blue Ridge Committee	-
Dinners	127.00	Education Committee	-
Other	3,615.00 *	Other	3,703.78 *
TOTAL INCOME	\$ 7,659.41	TOTAL EXPENSES	8,042.45
		NET GAIN/(LOSS)	(383.04)
<u>EXPENSES</u>		<u>ACCOUNT BALANCES</u>	12/31/2008
Loj outings	800.00	Savings	1,443.87
Director (governor) expenses	340.00	Checking	819.04
Rent	220.00	Chapter Deposit Note (est.)	1,976.78
Special projects	300.00	TOTAL	\$ 4,239.69
Programs	-		
Exec. Committee expenses	138.80		
Donations	1,400.00 **		

"The Undiscovered Island Revisited" June 26-28, 2009

Four Susquehanna Chapter members plan to join the Long Island Chapter's weekend exploring the diversity and scenic beauty of the Island through a creative schedule of hikes, beach walks, paddles, biking, sailing, cultural activities and more. Other

interested members may contact Lucille Wiggin for details and agendas. Additional information is available from Sue Stricker, 69 Thadford St., East Northport, NY 11731, (631) 368-5167; or visit adkli.org.

ADK Board of Directors Meeting, March 14, 2009 Report

President Curt Miller conducted the meeting. In his report, he was delighted to announce that the club produced an operating excess of \$75,000 of revenue over expenses. Overall, the planned deficit was less than had been projected, due to this good performance. Given the state of the economy, such a result was heartening and commendable, reflecting the work of staff and volunteers to curb costs and increase profitability at every opportunity.

On the other hand, ADK's investment portfolio showed a loss of \$223,000, due to economic conditions. While sobering news, it was recognized that ADK's endowment funds fared better than many other portfolios, and for this, Bob Goodwin was thanked. President Miller stated that ADK is "well-positioned to produce another good year, both in terms of finances and in terms of value to our members and community".

Executive Director Neil Woodworth spoke enthusiastically about the ongoing task of keeping ADK members up to date with the latest news, volunteer activities, and recreational opportunities. One of his priorities was improving our *Adirondack* magazine, which for the first time is now in full color. And all are pleased with the creation of our new electronic newsletter called *ADK Today*, compiled by our

Communications Director Paul Ertelt, available online bi-weekly. Neil also discussed matters involving the state budget, of critical importance this year. Vital funding for our ADK Professional Trails Crews and our Summit Stewardship Programs comes from the Environmental Protection Fund (EPF), and very unfortunate changes in this funding have been proposed. Neil explains these in detail in the latest *Adirondack* magazine.

A matter of key importance - membership - came up several times at this meeting, summarized by Deb Zack, our very dynamic Director of Membership and Development. To Deb falls the challenge of acquiring new members and holding on to present ones. Our Club membership stands at 15,913 member households, with a total of 3,134 new members joining in '08. However, the renewal rate has averaged only 80%. ADK has done better than similar organizations, but this is still a huge challenge for our club. I was greatly impressed by Deb's efforts, for example, fundraising events like the up-coming Black Fly Affair, which of course need support from all of us. I look forward to sharing some of her ideas with our chapter.

Submitted by: Linda Seifried, Director

MEMORIAL DAY WEEKEND CANOE RELAY RACE - SUNDAY, MAY 24, 2009

It looks like we have a full team for the Grand Prix Relay Race on Sunday, May 24, 2009. We are looking for a backup team or two just in case. Contact Rita Salo at 432-3656 if you are interested in being a backup. During the day, all are welcome to watch the river races from Seroka's Riverside Park in Otego. Rita will take orders for Brooks Chicken (halves or quarters) to be enjoyed with your "Pot Luck" contributions. You are also welcome at Seroka's on Monday, May 25th, to watch the 70 Miler. Any questions just call me. *Rita Salo*

"The Undiscovered Island Revisited" June 26-28, 2009

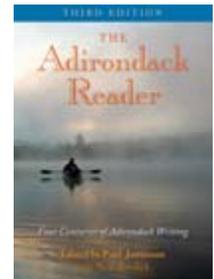
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NEW: Adirondack Reader!

Editors: Paul Jamieson and Neal Burdick

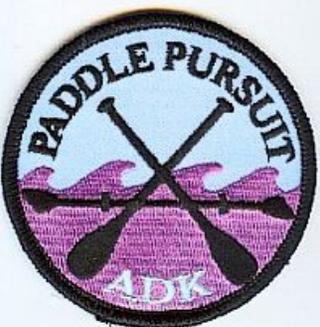
This Adirondack classic features writers of the past 400 years reflecting on the changing attitudes toward Wilderness and the development of wild lands in the Adirondack Mountains. The new edition includes many classic entries from earlier editions plus many new and fascinating entries. ADK member price through the ADK website (www.adk.org) is \$31.96.



Adirondack Paddle Pursuit

The ADK "Cold River" Chapter sponsors a patch program called the "Adirondack Paddle Pursuit." It involves paddling on 48 large lakes, ponds and rivers or streams. There is a suggested list, but your favorites may be added. The brochure describing the program is available at area outfitters and at the ADK Members Service Center in Lake George or by writing Anya Bickford at P.O. Box 274, Indian Lake, NY, 12842. Keep a log and send it to the above address when finish and you'll be awarded your patch.

The Cold River Chapter is based in Long Lake and serves an area from Inlet to North Creek.



Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

www.susqadk.org

c/o Lucille Wiggin

80 Chestnut Street

Oneonta, NY 13820

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.

Susquehanna Chapter Officers and Committee Chairs

President: Aleda Koehn
432 8870 akoehn40@hotmail.com

Vice-President: Julia Smith
432-8642 smithj3@hartwick.com

Secretary: Linda Wilcox
433-2985 wilcox1@hartwick.edu

Treasurer: Nina Hart
829 8358 ninajoe@frontiernet.net

Director, ADK: Aleda Koehn
432 8870 akoehn40@hotmail.com

Conservation: Linda Seifried
265 3780 sseifried@mkl.com

Hospitality: Jean & Joe Seroka
988 7007 (no e-mail)

Membership: Lucille Wiggin
432 1022 lucillew@stny.rr.com

Newsletter editor: Fred Johnson
783 2567 jfred212@frontiernet.net

Newsletter mailing: Barbara Meeks
783 2924 (no e-mail)

Outings: Beverly Hensle
286 9126 hensle@peoplepc.com

Publicity: Moira Beach
433 2832 susqadk@yahoo.com

Chapter meetings are held the third Wednesday of the month, September through May, at the Elm Park United 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, leantos, 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
- Adirondac Magazine six times a year

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