



Foot – Loose!

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

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A Bit of His Story

By Dianne Benko, Susquehanna Chapter Chair

Now that I've been on the Susquehanna Chapter ADK ski trip to the Loj in Lake Placid three times, I thought I would investigate the history of the building itself and Heart Lake. Immediately Aleda Koehn said she had the greatest book to loan me called The Finest Square Mile by Sandra Weber. All information in this article is taken from that book. It's a fascinating history telling how Mount Jo and Heart Lake came to be named and how the Loj had its first beginnings.

In the late 1800's city people started coming to the Adirondacks in order to get away from the bustle of the metropolitan areas and to get back to nature. In the summer of 1877 as the legend goes a tourist group which included Mr. Henry Van Hoesenberg and Miss Josephine Schofield hiked up Mt. Marcy and apparently fell in the love with the area and each other. They searched the vista for the perfect spot to build a new home and selected a sparkling little lake that appeared to be in the shape of a heart resulting in its present name. They decided that this area must be "the finest square mile in which to get closest to Nature."

Henry Van Hoesenberg, electrician and inventor, assumed the wedding would take place, but Josephine Schofield "died a sudden and untimely death." Some say that she committed suicide by jumping off Niagara Falls, that she was engaged to another man from NYC and perhaps one from Canada, or that her father did not approve of Henry as a good enough suitor. Henry, who met Josephine in the Adirondacks, was never able to forget her nor the place they met. He remained a bachelor. He spent years building a memorial to her, the first Adirondack Lodge, and he lived the rest of his life near the quiet mountain beside the peaceful lake he called Mount Jo.

In the fall of 1878 Henry purchased a third of a parcel of land totaling 640 acres and in the following year he purchased the remaining two-thirds of acreage which came out to be about a dollar an acre. The parcel included Heart Lake and Mount Jo. Construction began almost immediately after the purchase of the first parcel. It was the intent of the newly married couple to build a home that would be welcoming to friends and guests. It was Henry's dream to build something spectacular that would be in keeping with the peaceful area and also retain aspects of the rustic surroundings. He built the lodge from plans that he had designed and did some of the work himself. Wood was in abundant supply but other materials such as nails, tools, bricks etc. had to be brought in by wagon from the Ausable Forks railroad station. The lodge was built to face the lake with the lowest point of the heart at the extreme opposite of the building. Both the lake and the edifice were surrounded by forest thus evoking the 'Heart of the Adirondacks' as a place for quiet rest,

comfort, and hospitality.

On the first floor the lodge housed men's and ladies' indoor bathrooms, large brick fireplaces in the spacious parlor, an office area and a dining room with a billiard room in the rear of the building. There were fifteen bedrooms, five fireplaces, two bathrooms and a library on the second floor. The top floor had seventeen bedrooms, four with fireplaces and some rooms had a lake view. In addition to the building itself there was a 10 ft. wide porch that extended around the front and wrapped around the south side of the house. Near the lodge Henry (known by his friends as Mr. Van) built a seven-story tower with the intent to attract guests to this exotic spot in the mountains. The tower had four closed stories and three open stories and was approximately seventy feet high. At the very top a telescope was mounted to provide the best view of the vast forest and wilderness ever seen. The lodge opened for business in 1890.



For the first few years Mr. Van's bucolic retreat attracted many visitors from the city. However there were several years in which he was unable to pay his mortgage and the lodge changed hands several times and was finally purchased by the Lake Placid Club led by Melvil Dewey of the Dewey Decimal Classification System fame. In the spring of 1903 the Adirondack Forest was highly flammable and the lodge was consumed in a catastrophic fire that swept Essex County on June 3, 1903. It was replaced by the present structure, designed by Saranac Lake architect William G. Distin, in 1927.

Thus this brief history ends. However it doesn't end the countless number of times you can visit this wilderness area and stay at the Adirondack Loj located on the shore of Heart Lake and at the trailhead of the most popular trails to Mount Marcy and Algonquin Peak, the two highest peaks in the Adirondacks and the state as well. In early February fourteen ADK'ers went on that special trip to the Loj for a three-day cross country ski



The Loj

extravaganza. We reminisced about the past, enjoyed each other's company, and basked in the hospitality as guests of the Adirondak Loj.



Photo by Carol Saggese

JBL Bunk Named Honoring Johanna Koenig

The renovated Johns Brook Lodge will have bunks named after the 46 High Peaks. The plaque noting our Susquehanna Chapter's \$650 contribution will read

"Lower Wolf Jaw Mountain with fond memories of Johanna Koenig by ADK Susquehanna Chapter."

Tim Mallory, Friend of ADK Hikers

Timothy J. Mallory, 59, died February 19, at home, after a long illness. He worked for 20 years as an information technology professional for Wilber Bank. He was the historian of the Catskill Mountain Keepers and served on the board of the Mountain Top Historical Society. He is survived by seven brothers and sisters and many nieces and nephews.

This notice in the **Star** caught my attention. Although I had not seen Tim in many years, several of us older ADK members remember Tim as an avid hiker, especially in the White Mountains of New Hampshire. I found my scrapbook from 1985 with pictures of the Susquehanna Chapter hikers that joined Tim's four day backpacking trip to the Whites. The group included Jo Koenig, Ernie Malke, Dave Diener, Barbara Dubner Marsala, my sister Karin, and myself, Aleda. Tim had planned out the entire trip, starting with a stay at Crawford Notch Hostel, hike up to and stay Madison Hut, a hike from Madison up Mount Washington and down a bit to spend a night at Lake-of-the-Clouds-Hut. We were above the treeline much of the time and experienced all kinds of wind and weather as we hiked from one place to another. Tim was a knowledgeable and patient leader, and this was a trip to remember!



The Susquehanna Chapter of ADK, especially those who knew Tim, extend our sympathy to family and friends.

Memorial Day Options

Again this year, the Serokas invite ADKers to join them at their Otego Seroka Park to watch the canoe races on Sunday May 26 or Monday May 27. Please let them know if you're planning to come and if you'd like to revive the Brooks BBQ chicken/pot luck picnic that was popular a few years ago. Just call (607 988-7007) or e-mail Jean (jjwilser3@yahoo.com) if you're interested in having this meal on Monday afternoon at 2 p.m. As Jean observes, "most of the leading canoeists have gone through by then, and we could eat in or near the pavilion without fear of missing the leaders as they pass through beautiful downtown Otego."

Welcome New & Rejoining ADKers

Dave & Tina Boggs	447 Evening Inn Rd.,	Oneonta, NY. 13820.	432-2953	campdavidboggs@gmail.com
Lorraine Hughes	179 Sparrowhawk Lake Rd.	Schenevus, NY 12155	638-5150	hugs2plus5@gmail.com
Theodore Koven, Jr.	3211 Main St.	Springtown, Pa. 18081	610 346-7986	tkoven2@gmail.com
Catherine Lafontaine	35 S. Belmont Cir.	Oneonta, NY 13820	431-1125	clafontaine@stny.rr.com
Elizabeth & John Peterson	51 Bartlett Hollow	Franklin, NY 13775	829-8703	1peterson00@yahoo.com
Margaret Triolo	3680 St Hwy 28	Milford, NY 13807-1108	286-3325	
Martha Yager	1719 Cty Rt 31, PO Box 85	Cooperstown, NY 13326	264-3686	marthayager@gmail.com

We'll see you at meetings and on the trails

Please clip and post

SUSQUEHANNA CHAPTER Spring 2013 SCHEDULE

ALWAYS CALL LEADERS FOR DETAILS

Area codes are 607 unless otherwise noted

Riders should contribute a fair share toward gas. Each trip's leader must have all participants sign the liability release form, which may be downloaded from our website: www.susqadk.org.

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

<u>Dates</u>	<u>Leaders</u>	<u>Destinations</u>	<u>Phones</u>
April 2	Currie and Virginia Marr	College Camp	607 432-5434
April 9	Dick Breuninger	Hill off of Chestnut St.	607 432-2234
April 16	Maureen Willis	Greenway	607 286-9821
April 23	Julie Smith	Mud Lake from Pine Lake	607 432-8642
April 30	Rod & Sally Hebbard	Our property	607 829-5811
May 7	Charlene and Jim Higgins	Their property in Stamford	607 432-7012
May 14	Ruth Schaeffer	Unadilla, NY hike	607 988-7036
May 21	Mary Dunkle	Land Trust Property	607 547-2162
May 28	Aleda Koehn	Pine Lake Trail	607 267-4586
June 4	Peter and Aviva Regan	Hike on Regan property	607 847-6109
June 11	Monica and Irv Peters	Greenwood Conservancy	315 858-0261
June 18	Diane Benko	Delhi Delaware River Hike	607 829-5218
Sat. June 22	Justin Thalheimer	Intro to the High Peaks	chessman100@hotmail.com
June 25	Linda Pearce	Goodyear Lake	607 432-8969

Spring Meetings - 3rd Wednesdays

Elm Park Methodist Church, 401 Chestnut St. Oneonta, for 6 pm potluck dinners followed by programs at 7 pm.

Reminder: The church allows only the Serokas to use the kitchen. Suggestion: bring plastic bags for dirty dishes and silverware to eliminate the need to wash them in the church kitchen. Jean and Joe thank everyone for bringing such wonderful food for the potluck dinners each month and to those helpful people who so willingly assist in the set-up and clean up for our dinners. A special thank you to Aleda for chairing and doing the shopping for the March Irish meal.

Apr. 17 Apr 17, Wednesday Meeting - The Chapter Meeting at 401 Chestnut St. in Oneonta. Following a 6 p.m. potluck supper, the 7 p.m. program will be a Storyteller's Journey through New Zealand's North Island. Claire Beetlestone will share stories based on her trekking, bicycling, kayaking, snorkeling, parasailing, and bushwacking adventure. Her program will include slides and song.

May 15 "Trekking around Mount Blanc" Helen Garan. Come enjoy lively tales and photos by world traveler and veteran long-distance trekker, Helena Gran, this time about her September 2010 Tour du Mont Blanc adventure, a 120 mile trek over one of the most popular long distance hiking trails in Europe. It circumnavigates the Mont Blanc massif, passing through France, Italy, and Switzerland.

June 19 Picnic, 5 – 8 pm at Briggs Pavilion, Gilbert Lake State Park. Check the website and your e-mail for details.

Introduction to The High Peaks

Justin Thalheimer will lead a hike to be called "Introduction to the High Peaks," on Saturday, June 22nd: **Cascade** (4098 ft) and **Porter** (4059 ft). The hike has an A+ rating. He will take six people who must be physically fit and able to hike uphill for four miles. Hikers must be ADK members. Susquehanna chapter

members or members of other ADK affiliates will get priority. This trip is one of two prerequisite trips (you need only one) for a **Marcy** (5344 ft) and **Haystack** (4960 ft) two night trip in early fall. Interested? Contact Justin by e-mail: chessman100@hotmail.com

Whole Wheat Bread

Lucille Wiggins's whole wheat bread delighted so many at Joe and Jean Seroka's annual "March Corned Beef Dinner" that she agreed to provide the recipe:

1-7/8 c water	2 T dry milk	2/3 c raisins or walnuts
5 c whole wheat flour	1-1/2 t. salt	5 T wheat gluten
3 T honey	2 T olive oil	2 t. dry yeast

Use directions in your cook book. Here are my additions—We buy the wheat berries from Green Earth (gluten also available there) and grind them on a course setting at home. The bread at the ADK dinner was 4 c w.w. and 1 c white flour, so it was lighter than our bread usually turns out. Dry milk --I just dump it in up to about 1/4 cup as it is nutritious. I prefer raisins. Bake 45 min. @ 375 degrees.

Winter LOJ Trip - February 4-6, 2013

Fourteen Susquehanna Chapter members enjoyed our stay at the Adirondack Loj. The day we arrived it was very cold and windy, the snow was blowing about but we did take a hike into the woods along the Old Marcy Dam Trail starting from the outlet of Heart Lake. Once in the woods we were sheltered from the wind. There was only a thin layer of snow on the ground with a few icy patches along the way. The warm weather and rain we had in Oneonta the week before had also been the case here. Our plan was to make a circuit and return to the Loj by way of the main trail that leads to the public parking lot. We got to the last stream just below the junction but found that the bridge was gone!! This may have been rather recent as it was there in the fall after Irene. There was no way over the icy rocks and flowing water so we retraced our steps back to the Loj.

The next day was clear and cold. The snow shone like millions of tiny diamonds. Since skiing was not good, about eight of us decided to hike up to Marcy Dam. This time we knew we had to take the Marcy Dam Trail by the large parking lot. We set out with some stopping to take photos on a "picture perfect" winter day. Along the trail we saw a ruffed grouse displaying tail and neck feathers. For us?? We did not see another grouse. We reached Marcy Dam. Most had not seen the dam, or more correctly, **the missing dam**, since before the rains of Irene destroyed the dam and the lake emptied. Since the lake bed was covered with snow, we could not see that the stream meanders across mud and sand that was once the lake bottom. Just below the dam, we walked on the new bridge that had been constructed by ADK to allow hikers to safely cross the stream and continue on to Marcy, Wright, Avalanche Pass, and all the other destinations on the other side.

Two of us decided to continue on to Avalanche Lake, about a 10 mile round trip. In our younger days we use to ski all the way. Then we would ski part way and snowshoe the rest. And now,



Sunset photo from the Loj Road by Julie Smith

only two of us wanted to hike, and we did not need snowshoes. The sheer rock cliffs near the lake were draped in icefalls of brown, yellow, white, and clear ice. The trees were covered with snow. It was a lovely sight. The Loj meals were very good. A steak with mushroom sauce the first night and roast capon the second. Plus all the trimmings and desert too!! Mel was cooking and we all appreciate the effort she puts into making a great dinner. Evenings were spent in the great room around the fire under the baleful eyes of Moose. Some read and some worked on a thousand piece bird puzzle. Even though this year was without skiing, all had fun doing whatever activity they chose to do. Wednesday morning, after some walks along the Loj trails, we packed up and were on our way back to Oneonta. *Aleda Koehn*

Director's Report

How will new state lands be used?

"The largest addition to the Forest Preserve in a hundred years" is how Neil Woodworth described New York's newest land acquisition. Speaking of the large tract of land (formerly owned by the Finch Pruyn paper company, located just south of the High Peaks and mostly west of the Hudson River), Neil remarked, "It isn't every day that ADK gets to have a voice in the land use plans of one of the biggest land acquisitions in state history".

ADK's 'voice' will be very important in determining how these lands will be used. If they are classified as Wilderness, then all motorized use is prohibited. If they become Wild Forest lands, the public is allowed to drive vehicles, snowmobiles, and floatplanes wherever DEC facilitates it. Some of the land in question is remote and undeveloped, and would make a good addition to neighboring Wilderness areas. In fact, the Adirondack Park Agency favors classifying all the new land as

Wilderness. By contrast, the Towns want it all to become Wild Forest and wide open to heavy public use. DEC has proposed a plan that leans in that direction, and would allow floatplane use of several areas.

ADK's position is a well-thought-out 'middle ground' in which much of the remote land would become Wilderness, except for some areas that are already used and developed by the private clubs that have been using these lands for many years [such as some of the lakes of the Essex Chain]. And the paddling public would benefit greatly if there were some take-out points along the Hudson River below Newcomb but above the dangerous rapids known as The Gooley Steps. ADK will advocate for these. For more details, check the latest issue of 'Adirondac' magazine or contact Linda.

Linda Seifried, Director

Winter 2013 Trip Reports

Snowshoeing in Gilbert Lake State Park - Tuesday, January 22, 2013

The temperature was 9 degrees Fahrenheit, there was some wind, but the sun shone brightly on a fresh layer of sparkling snow. Six intrepid snowshoers, Currie, Virginia, Claire, Pam, Jim, and Aleda, met at the Gilbert Lake parking lot, amazed that anyone at all came out on such a cold morning. After strapping on our snowshoes, adjusting the handwarmers in our mitts, we started up the hill by the lake, hooked on to the Red Pine Trail and went through field and woods toward the north end of the lake. We walked down to the little bridge. By this time the group was warmed up and enjoying the day, so we decided to take the longer route and follow the Deer Run Trail which winds its way around the eastern boundary of the park before coming to the large campground. Two photos were taken by Pam Lea in the open area below the hilltop pavilion. Back by the cars, Jim informed us we had snowshoed 3.3 miles in one hour and 40 minutes. We all were so glad to have been out on this gorgeous day.

Aleda Koehn



Photo by Pam Lea

Fortin Park Hike - Tuesday, January 29, 2013

On a balmy 46 degree, cloudy, winter day, 17 ADKers hiked the 2 mile perimeter of Fortin Park. What a weather contrast to the chilly 9 degree day of the Gilbert Lake hike led by Aleda Koehn



Photo by Doug Fielder

the week before. The starting point for the Fortin hike was the little used hillside behind Mrs. Fortin's house. Due to a lack of snow-base everyone walked, but snowshoeing or skiing a figure eight several times on this hill can provide an invigorating workout. After the hill, we crossed the road and walked along the Susquehanna River to the junction with Charlotte Creek where a group photograph was taken. Along Charlotte Creek a point of particular interest was a major reconstruction project to stop erosion.

In July of 2012 an ever enlarging creek-bend was entirely filled in with dirt and planted with Bur Oak saplings. Bur Oak trees tolerate moist to dry, poor soils. At the end of the hike we enjoyed the gorp that was meant to be distributed at the mid-point.

Currie Marr

Audubon Sanctuary Winter Hike - Tuesday, February 12, 2013

On a cloudy 30 degrees Feb. 12 morning with wind gusts up to 33 mph, 14 ADKers snowshoed or hiked the Audubon property. The trails led us up and over hills, through woods and the



Photo by Carol Saggese

enchanted forest, past a bear cave, and along a beaver pond. We saw many animal tracks, but no animals.

Everyone seemed to enjoy the outing.

Julie Smith

Henderson Res.-Crumhorn Mt. Boy Scout Camp -Tuesday, February 19, 2013

About fourteen of us hiked on 2" of snow thru the Henderson Res.-Crumhorn Mt. Boy Scout Camp, down to the water falls and on around the lake past the cottages, back to the parking lot. Six or eight of us then went to Jackie's Rest. in Milford for lunch.

At the Boy Scout Camp we were met by Scott Brady, former troop organizer and current resident overseer. He explained that the Camp was founded in 1948, has 630 acres and about 2/3 of the lake's shore line. There are about 700 boys attending in the summer, with an equal amount on week-end camp-outs during the rest of the year. There are 14 miles of trails and several fishing access spots open to the public year round. No call ahead needed, just use the large parking lot we did or road side by a fishing access. A canoe, kayak or row boat may be used on the lake — No Motors.

Leatherstocking Golf Course Outing - Tuesday, February 26, 2013

Twelve Believers showed up at the Leatherstocking Golf Course in Cooperstown for a variety of activities. This perfect morning was sunny, warm, windless and wonderful. Some skied, some snowshoed, and the rest walked. Where the grass was showing the ground was well frozen. Where the snow was showing there was great skiing and snowshoeing. It was a great feeling to go along the lakeside, enjoying the beauty of the day and our lovely area. A good time was had by all. *Rita Salo*

Gilbert Lake Snowshoe - Tuesday, March 5, 2013

ADKers were amazed to see the amount of snow at Gilbert Lake on the hike of Tuesday, March 5th. As we drove up to the Park from Oneonta there was virtually no snow on the surrounding fields and along the road but upon turning into the Park it was a winter wonderland. Never underestimate the possibility of good snow at Gilbert Lake State Park. It's in the Snow Belt. All but one person used snowshoes and that person seemed to have a great time on cross country skis. From the perimeter park road we turned left onto the trail ascending to the Hill Top campsites and then descended to meet the Twin Fawns Trail. Trekking the "pond loop" in reverse, we reached "Twin Fawns Pond" first and "Ice Pond" second. After passing the cabins and taking the eastside lake trail to the parking lot we finished a snowshoe outing about 2 ½ hours and more than 3 miles long. Definitely it was a vigorous workout. The sun, blessing the event, came out just as we left the parking lot. There is a new map available at the ranger's office that is printed on white paper and easier to read.

For those interested in downloading the map, go to <http://susqadk.org/files/nysparks-GilbertLakeTrailMap.pdf>.

Norma Lee Havens

Pine Lake Trek - Tuesday, March 12, 2013

Not even a steady mist/light shower kept seven ADK hikers from a 2 to 3 mile trek at Pine Lake on Tues., 3/12. I was sure that a dry room with hot chocolate would win out over the walk-----but no! Observed at one point from the Ridge Trail, an adult bald eagle was spotted fishing over the Charlotte Creek. One does not get a "birds eye view" of such a majestic species very often. What a treat! All seemed to enjoy the morning.

Julie Smith



Winter Meeting Reviews

Jan 16 Our annual meeting saw all candidates approved by the membership. The only changes are Outings chair being shared by Julie Smith and Ruth Schaeffer. Joe & Melanie Castine resigned as Trails co-chairs. A volunteer replacement is needed. Joe shared his experiences on the Texas "Big Bend" with slides.

Feb 20 Julie Smith shared her South African safari trip including the elephants pictured here.



Mar 20 Kathy Mario took us along the John Muir Trail, the oldest, long distance trail in the U.S. For 22 days she backpacked the 211 mile trail which runs roughly from San Francisco to Los Angeles and partially parallels the Pacific Crest Trail at 10,000 feet. She demonstrated her gear and provided a picturesque review of her hike.

Looking Back

Following is part of an edited article by Aleda Koehn, "A Walk on the Wild Side or Alpine Flora in the Presidential's". Participants included Tim Mallery whose untimely passing is noted elsewhere in this edition.

On a bright and sunny afternoon, June 7, five ADKers, Barbara Dubner, Aleda Koehn, Dave Diener, Ernie Mahlke, and Tim Mallery left Oneonta for a hiking weekend in the White Mountains of New Hampshire. Our knowledgeable leader, Tim Mallery, had taken care to caution us as to the changeable and sometimes treacherous weather conditions in the White Mountain range. (The most severe weather in the U.S. is recorded on the top of Mt. Washington.) Following his directions we had clothing suitable for summer heat and winter cold, and frame packs in which to carry it.

After an overnight and breakfast at Crawford Notch Hostel, we drove to the trailhead near the Cog Railroad. We took the Jewel Trail and climbed along a ridge which somewhat paralleled the ridge on which the railroad ran. As we gained elevation we had views of Mt Washington. Across the valley we could see a smoky plume as the engine slowly pushed its way up the slope.

It was about lunchtime when we got above the tree line. Here we stopped to eat and enjoy magnificent views of the valley and mountains. Patches of alpine wildflowers dotted the mountain sides with splashes of white and pink.

A series of switchbacks led to the top of the ridge where the Jewel Trail joins the Gulfside Trail (part of the Appalachian Trail). As we finally reached the junction, it became apparent to our leader that we were not making the time that we should. Dark clouds and a few rumblings in the distance would soon bring rain our way. Lightning on the open ridge is a life threatening situation and Tim informed us of various escape routes that could be taken if such weather were to occur. We decided to go ahead with our planned route to Madison Hut, but we knew we would have to pick up the pace.

A gentle rain began and we stopped to put on our rain gear. Luckily there was no wind or lightning and the air was a comfortable temperature. We crossed a snow field which remained in Edmond's Col. Our views down into the Great Gulf were now often foggy and obscured.

As we made our way up the side of Mt. Jefferson, it was late afternoon. Our goal at this point was to make it to the hut in time for dinner at 6 o'clock. Those of us who were not in such great condition wondered if we could make it before dark. The trail, marked by cairns, was a series of angular rocks, upon which each foot had to be carefully placed. Just when some of us felt we could not balance on another rock, we came to an area that seemed like a sidewalk by comparison. Tim informed us that a man, J. Raymer Edmonds, had placed these rocks many years ago so as to make an easier trail. We really did appreciate all his work!

By the time this section ended we were almost in view of Madison Hut. The .4 miles down to the hut nestled in the col

between Mt. Adams and Mt. Madison led to FOOD AND REST! We arrived just in time.

This was the first night of the hut season and the staff put on a super meal. The last of our group slid into our places just as steaming bowls of homemade soup and pieces of homemade bread were being passed down the tables. This was followed by the salad course, and then sliced turkey, rice, vegetable, and a variety of teas and coffee. Cake was a just dessert.

The latter part of the evening was spent relaxing, talking with other hikers, and planning the next day's hike. A bit of red on the western horizon gave a promise of a clear day ahead. As it grew darker, the gas lamps in the dining area were lighted by the crew. (There is no electricity in the huts.) Some people played cards; some read.

The next day was clear and crisp. A hearty breakfast was followed by a skit put on by the hut crew. The moral of the skit was that good things happen to those hikers who correctly fold their blankets. With that in mind, we packed our gear, carefully folded our blankets, and started our day.

Some of our group wondered if it would be wise to hike the entire 7 plus miles to Lake-of-the-Clouds Hut. As it turned out, we had talked to a hiker that evening who was planning to go down trail from Madison and then drive up to Mt. Washington before he ended his hiking vacation. He offered to drive us to the top of Washington. From there it would only be a short 2 mile walk down to the Lakes hut. Aleda, Barbara, and Karin decided to take advantage of this opportunity and give their legs and feet a break. Jo, Ernie, Dave, and Tim, the more stalwart of the group, set out on the AT for Mt. Washington and "Lakes" hut.

We started down the 3.5 mile trail to the Randolph parking lot. Fred, the hiker whom we met, accompanied us as we hiked down the mountain. We enjoyed the hike, much of it through wooded areas. We arrived at the parking lot around noon. We piled our gear and ourselves into Fred's van and headed for the toll road to the top of Mt. Washington. The cost (\$10 for vehicle and driver, \$3 for each passenger) was hefty, but we concluded, it was certainly cheaper than a helicopter rescue.

The ride up the twisting turning road was an adventure in itself. One car sat at the roadside with white clouds of steam or smoke coming from the front end. A bit higher up a car had gone into a side ditch and was being rescued by a tow truck. The scenery, however, was breathtaking. We finally got to the parking lot just below the summit. We thanked Fred and donned our packs for the climb up the stairs to the summit and observation building. We decided we felt a bit like Rosie, the N.Y.C. marathon runner who was caught coming out of the subway during the race.

(to be continued)

Tips to Prevent Chronic Lyme Disease

A pamphlet shared at our March 20th meeting aroused interest and concern for hiking ADKers. The International Lyme and Associated Diseases Society (ILADS) published the pamphlet with the following sub-headings: 1 Know Lyme disease is a nation-wide problem, 2. Check your tick facts, 3. "Wait and See" approach may be risky, 4. Show your doctor every rash,

5. Don't assume that you can't have Lyme disease if you don't have a rash, 6. Do not rely on test results, 7. Know your treatment options, 8. Be aware of similar conditions, 9. Don't be afraid to get a second opinion, and 10. Expect success. For detailed information, go to <http://www.ilads.org/>.

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.

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Chapter meetings are held the third Wednesday of the month, September through May, at the Elm Park Methodist Church, 401 Chestnut Street, Oneonta (except where noted). Members and the public are invited to our early evening potluck supper at 6pm (please bring a dish to pass, your own table service and mug or cup); programs begin at 7pm, followed by a short business meeting.

Adirondack Mountain Club annual membership dues are \$50 for individuals and \$60 for families (other membership levels are available, including seniors and students). Benefits of membership include:

- discounts on ADK workshops and programs
- discounts on ADK merchandise
- invitations to member only outings and extended trips
- reduced rates at ADK facilities: lodges, lean-tos, cabins, and campgrounds
- 20% discount on ADK trail guides, canoe guides, maps books and calendars
- membership in one of ADK's 27 chapters throughout the Northeast

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