



# Foot – Loose!

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

Volume 29, Number 2

April 2017

## Message from the Chair – Linda Seifried

### Getting the Word Out

ADK now runs so many programs, and sponsors so many activities enabling folks to get active outdoors, that it can be challenging for members to keep up with them all. And a related challenge for ADK is getting word out to the general public that these programs are available.

For example, here's one program listed on the ADK website: “**Map & Compass Fundamentals:** Ever wondered how to find your way in the woods? Do you feel comfortable navigating on your own? If not, this is a great refresher course or a good place to learn the basics of map and compass skills. We offer an introduction to the fundamentals of map reading, identification of terrain features, compass use, and triangulation. You'll go home with much more confidence in your ability to use a map and compass when it really counts! Location: Heart Lake Program Center (Lake Placid).”

This program would be a good opportunity for anyone looking for such training, but will they find it? I did a fast computer search without finding ADK; yet our program is a good one. So this is the challenge for ADK – making these resources known. Obviously, word-of-mouth messaging can play a big role, which is why members do well to keep abreast of these programs.

Another excellent program run by ADK is the **Marie L. Haberl School Outreach Program**. The primary goal of this program for school children is “to create significant life experiences” that bring children into contact with nature, and then motivate students to act to protect it. By integrating New York State Education Standards with environmental education through science, language arts, physical education, the arts, math, and history, the school outreach programs make lasting connections between children and the

natural world. After some classroom preparation, the students arrive at the Heart Lake Program Center for a day of adventure and learning.

Believe it or not, although these children live in the Adirondack Park, in many cases no one has ever taken them hiking! So I can't think of a more important effort than bringing local fourth graders to a place where they can experience the Adirondacks in a safe, supportive setting – and become the next generation of caretakers for Wilderness. Six local schools are now involved with the program – but ADK needs the resources to fund this program. To that end, they have invited members to make a special donation towards this (or several other) outdoor education programs. *[See the recent mailing from ADK, or go to the website to contribute].*

Locally, there is much we can do to call the public's attention to ADK and all that it offers. I routinely hear of people who began to hike with our members, and then become members themselves; or they want to support conservation, and someone mentions to them that ADK is very effective in that area, and directs them to the ADK website. And now our Chapter has its own Facebook page (see article), which is another avenue for attracting interest locally.

And then, there is our big project to sponsor a sign that will be placed along the Oneonta Susquehanna Greenway Trail (*see article*). By funding a sign, which will carry the ADK logo, all who hike the trail will be aware that our organization is right here in this community, supporting a hiking/biking trail to help citizens enjoy the outdoors – right in line with ADK's mission: “Connecting people with the natural world... perhaps the single most important action that will lead to a change in human understanding and behavior to protect our planet from over-use and habitat destruction.”

Please clip and post

## ADK SUSQUEHANNA CHAPTER Winter 2017 OUTING SCHEDULE

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

It is the hiker's responsibility to check with the leader to see if a hike is cancelled. If you have any questions regarding a hike, including CANCELLATION:

- 1) CONTACT THE TRIP LEADER
- 2) Check the website
- 3) Check e-mail messages.

Date		Leaders	Phone Number (Area Code 607, unless shown otherwise)	Destination
April	4	Erika Baker-Heinegg	432-0405	The Greenway
	11	Bev Hensle	286-9126	Chlorinator Rd. walk
	18	Betsy Cunningham	437-3758	Jefferson Woodland Walk
	25	Ruth Schaeffer	988-7036	Valley View trail
May	2	Bob Ciganek	263-5375	Crow Hill Rd. walk
	9	Lucille Wiggin	432-1022	Crumhorn hike
	16	Jim Austin	437-5734	Arnold Lake hike
	23	Irv & Monica Peters	315-858-0261	Columbia Rail Trail
	30	Virginia & Currie Marr	432-5434	Wilber Park hike
June	6	Aleda Koehn	267-4586	Mud Lake hike
	13	Maureen Willis	286-9821	Hike Crumhorn area
	20	Roberta Austin	865-6540	Hike Horse Trail - Delhi
	27	Linda Pearce	432-8969	Hike Goodyear Lake area

### **Our Chapter has a Facebook Page!**

A few weeks ago Stephanie Gaudons, from ADK's Youth Outreach program, began working with Jared Stanley, a new member of our Chapter who is going to help us reach out to younger people in our area. Several things are being planned, and one of them is now ready: Jared and Stephanie have created a Facebook page for the local Chapter to have a presence on social media. The idea is to give our Chapter another way to share information about the weekly hikes and Chapter meetings/presentations, as well as group photographs from weekly outings.

Details about how to add material will be provided as we

learn about them, but the page itself is up and running, with ADK also adding material to it. And with Jared's help, I was able to add one entry.

Please visit the page, and give it a "like"! And if you click on "follow", you will see each new post whenever you are on Facebook. Here is the link for the local page:

<https://www.facebook.com/SusquehannaADK/>

Submitted by Linda Seifried, Chair



## Winter 2016-17 Trip Reports

### **Gilbert Lake State Park - December 13**

Twenty-four adventurers participated in the traditional “Charlie Brown Christmas Tree” hike at Gilbert Lake. On the western side of the lake we paused to observe and re-decorate the scraggly spruce discovered 5 years ago (12/20/11). Now the specimen is larger and more robust, but as noted by someone, the mature tree will never ever grace Rockefeller Center. *by Currie Marr*



### **Ridge Road Hike - December 27**

Twenty hikers traveled to the Ridge Road home of Kathy and Chris Carey on Tuesday, Dec. 27, 2016, for the last hike of the year. It had rained the night before, so the route had to be re-directed due to icy conditions, but everyone enjoyed soup for lunch at the end of the hike. A highlight of the hike was a bald eagle that flew overhead at very low altitude. *by Kathy Carey*



### **Strawberry Field Hike - December 2**

Aleda Koehn led this hike on Strawberry Field above Hartwick College



### **Franklin Mountain Hike - January 3, 2017**

About 20 ADKers began the New Year by hiking on Franklin Mountain starting from Sally and Rod Hebbard’s home. “Lady Luck” favored the venture by withholding the predicted freezing rain. Along the way a tree stump was found to be a perfect photo frame. After the hike we all entered the warmth of Hebbard’s lovely home where we enjoyed their 12 foot Christmas tree and a hearty lunch. Thank you Sally and Rod for such a fine introduction to 2017! *by Currie Marr*



### **Fortin Park Hike - January 10**

All nineteen ADK'ers enjoyed the two-plus mile hike around Fortin Park on Tuesday, January 10. The morning turned out to be partly sunny in spite of the weather prediction of sleet and freezing rain. Quite a number of Canada Geese were in the large field near the dock and did not seem to be bothered by us as we walked by them. Many hikers stopped at Brooks BBQ for lunch before returning home. *by Julie Smith*



### **Gilbert Lake State Park - February 21**

The Gilbert Lake St. Pk. hike was the first one in a while not cancelled by weather so 16 people welcomed a chance to get out with their friends. Since the trails continued to be dangerous under foot we hiked the plowed roads for 3.6 miles.



## **Programs Ahead - 3<sup>rd</sup> Wednesdays**

### **Spring Programs**

March 15 **Carol Saggese will present "A Year of Local Wildflowers"** Artist and photographer Carol Saggese has a wonderful eye for the interesting, unusual, and beauty of the subjects she photographs.

April 19 **Dr. P. Jay Fleisher will present "From the Swiss Alps to the Aegean Sea"** Whether standing in the shadow of the Eiger and Jungfrau or hiking at the base of the Matterhorn, the views are classic and the experience uplifting. Hard to follow until you get to Santorini.

May 17 **Dr. Willard Harman will present "Invasive Species"** Dr. Harman will be discussing the work done at the Biological Field Station regarding the management of Invasive Species in the Upper Susquehanna Watershed and the impacts of that work on the character and water quality of Otsego Lake.

June 19 **Picnic** at Gilbert Lake Pavilion

June 19 **Picnic** at Lucille Wiggin's cottage on Crumhorn Lake

August 16 **Picnic** - location TBA

## **Director's Report - Al Martel**

ADK will have a 'three-fer'. In addition to the usual Annual Meeting followed by the Director's meeting, there's a 'Director's Roundtable' earlier. We are to compare notes on successes or problems attracting new, particularly younger members. I will report on our newest asset, Jared Stanley and his contribution, a Chapter Facebook page. As always, I'll write up the highlights of the meeting and report soon after I return.

**Trails 'Committee'**: I'm anxious to see if the lean-to at Wilson Pond has indeed been moved and rebuilt. I time the spring trail work to occur after snowmelt but before black flies become fierce. That's usually in the latter half of May. I'll send a notice a couple weeks before I head up to the Wilson Pond Trail (near Blue Mountain Lake in the Adirondacks) in the event anyone wishes to participate.

## Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

www.susqadk.org

c/o Lucille Wiggin

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### Susquehanna Chapter Officers and Committee Chairs

Chair:	Linda Seifried 265-3780 sseifried@frontiernet.net	Conservation:	Erika Heinegg 432-0405 eheinegg21@gmail.com	Outings:	Julie Smith 432-8642 <a href="mailto:smithj3@hartwick.edu">smithj3@hartwick.edu</a> & Linda Pearce 432-8969 lpearce42@yahoo.com
Vice-Chair:	(open position)	Hospitality:	Jean & Joe Seroka 988-7007 jjwilser3@yahoo.com	Publicity:	Moira Beach 433-2832 <a href="mailto:adksusq@gmail.com">adksusq@gmail.com</a>
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Director, ADK:	Al Martel 588-6945 <a href="mailto:almartel@wildblue.net">almartel@wildblue.net</a>				

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 6 p.m. (please bring a dish to pass, your own table service and mug or cup); programs begin at 7 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 merchandise
- discounts on ADK workshops and programs
- invitations to member only outings and extended trips
- reduced rates at ADK facilities: lodges, lean-tos, cabins, and 20% discount on ADK trail guides, canoe guides, maps, campgrounds
- books and calendars
- membership in one of ADK's 27 chapters throughout the Northeast