

BINGHAMTON CHAPTER OF THE ADK  
Minutes for January 11, 2011

The Board meeting was called to order at 7 PM with Chair Donna Cole presiding.

Chair – Donna Cole introduced the Chapter's incoming officers for 2011. The minutes from the previous meeting were read, Gary Vanderbles moved to approve. Minutes were approved.

Vice Chair – No report

Treasurer – The balance at the end of December was \$1335.00. Mark Epstein will present the 2011 budget at the February meeting.

Director – Erik Gregory reported that the Club budget for 2011 was approved at the December meeting. He said that it's a realistic break-even budget. As always, it's made possible by the generous support of members and donations back from the Chapters, which are much appreciated. The biggest revenue source for the Club (about 1/3 of revenue) is the Heart Lake Property. The largest expense (nearly 2/3 of expenses) is payroll. Costs are effectively contained by the staff.

Erik also reminded the Chapter about several upcoming Club events:

- (1) Multiple work weekends and work weeks for the Heart Lake Property and Johns Brook Lodge (April, May and November);
- (2) National Trails Day – June 4;
- (3) the Black Fly Affair – Saturday May 21;
- (4) Ididaride! – August 14;
- (5) Annual Paddle Outing at Paul Smiths – July 18-28;
- (6) Fall Outing – October 14-16.

Outings Chair – Gary Vanderbles reported that 4 people turned out for the GOTS (Get Out and Stretch) hike on January 9. The group did approximately 2.3 miles and started at Oakley Corners. **Donna Cole reminded members of a Winter Fun Day on January 22 at Whitney Point Dam. The event will be held from 11 – 1 and there will be snowshoeing, ice fishing, fun for kids, and a bonfire.**

Programs Chair – Gary Vanderbles mentioned the program for the evening presented by Oakdale Physical Therapy & Fitness.

Conservation Chair – No report

Membership & Communications Chair – If anyone has input for the newsletter, please get it to

Ken Jackson by the end of January. The next newsletter will be published in February. If you have any schedule updates for the website, please notify Teri Gracin.

New Business – No new business

Ongoing Business – No ongoing business

The meeting was adjourned at 7:20

Following the meeting 3 physical therapists from Oakdale Physical Therapy & Fitness - gave us an informative program on preventing injuries while cycling, hiking, skiing, canoeing, and running. They demonstrated stretches and strengthening exercises and even got the audience involved.

The next meeting will be held February 8 at Gander Mountain on Harry L. Drive in Johnson City. A Board Meeting will be held from 6:00–6:45; the general meeting will begin at 7:00.

Submitted By:  
Elaine Gregory, Secretary