



# *Binghamton Outdoors!!!*

**Newsletter of the Binghamton Chapter of the Adirondack  
Mountain Club (ADK)**

Volume 2, Number 1

Published Quarterly

April 2009

## **A message from your Chapter Chair**

I was out a few days ago, with my spotting scope, looking at the Great Blue Heron Rookery across the river at the Owego Rest Stop on 17. There were a few pair of herons there, roosting in the nests. It is a sure sign of spring's coming. About this time of year, winter gets to be "a little long in the tooth" so to speak and I get anxious for the warm weather of spring. It is nice to look forward to hiking or paddling or just plain being outside in the "wild places" with the coming of new growth, in what ever form or shape it takes. Our ADK Chapter has a lot of new growth to it also. More has happened since my list server post in January. Yes, more than a year has gone by since our start as an ADK Chapter. We continue to move forward in establishing this new chapter as being a viable entity for enjoying the "wild places":

- ◆ An administrative team is in place and continues to grow.
- ◆ A set of bylaws for governance of the Chapter has been established.
- ◆ The establishment of a treasury has been accomplished.
- ◆ We had our first Chapter Fall Outing at CVSP.
- ◆ Outing events are increasingly being scheduled and members are coming out to participate.
- ◆ Our first & second newsletter, "**Binghamton Outdoors**" has been published.
- ◆ Two, "**How To, Show, Tell & Share**" sessions have happened. One on winter hiking and one on backpacking.
- ◆ We have had our first election of Chapter Officers.
- ◆ New members are joining and old members are renewing their memberships.

We have accomplished a great deal in such a short time. Members have volunteered to lead outing events locally, in the Adirondacks or Catskills, or have helped with the administration of running the Chapter. I encourage all Chapter Members to get involved, come out on an outing, and/or volunteer to help. If you are not sure how to help, and want to, then please ask. Later in this newsletter you can find a listing of contact information for committee chairs. We need your help for continued growth as an ADK Chapter.

Here's what we have in the works. Plans are in place to have a Chapter web site up in 45 to 60 days. The domain name will be **BinghamtonADK.org**. So start telling your friends. More "How to, Show, Tell & Share" sessions are planned. We hope to have a Chapter picnic at one of the local parks in June. We could use your help planning for this. More outing events will be scheduled as outing coordinators volunteer to lead them through spring and summer. The Chapter, at its last meeting, voted to adopt a lean-to. We have three members who individually have adopted a lean-to on their own. We are looking into trail maintenance opportunities that the Chapter can get involved in. What do you feel like doing? Hope to see you out there!

Regards,  
Gary Vanderbles, Chapter Chair  
607-722-3765  
[gvanderbles@stny.rr.com](mailto:gvanderbles@stny.rr.com)

# Chapter News and Information

## 2009 Officers Elected

At the January and February 2009 meetings officers were elected to the positions of:

Chair – Gary Vanderbles

Vice Chair – Donna Cole

Treasurer – Mark Epstein

Secretary – Elaine Gregory

Outings – John Lynch

Programs – Pat Connors

Conservation – Howie Thompson

Director – Erik Gregory

Communications/Membership: Ken Jackson

Contact information is provided on the last page of this newsletter. A description of each position's duties is included in the By-Laws.

Thanks to all who are serving the chapter.

## Chapter Opportunities

Would you like to give a little something back to the outdoors and the ADK? Your Binghamton ADK chapter has opportunities for you to serve on outings, programs, conservation, communications, and hospitality subcommittees. Or are you an aspiring artist that would like to help the chapter with a project? Or good with computers and would like to help communications? If so please contact any of the officers listed above!

## Chapter Bylaws

Several updates have been made to the chapter bylaws. The Bylaws are available for review at the Bing-ADK Yahoo Group: <http://groups.yahoo.com/group/Bing-ADK/> If you need a copy sent to you, please contact secretary Elaine Gregory.

## From The Outings Chair

One of the most important functions in a chapter of the Adirondack Mountain Club is that of a trip leader. OK, this may sound like an exaggeration considering all the environmental good the club does but I believe this is what holds us together as a group. It may sound like a daunting task to be a trip leader but is it? Not really. In fact I enjoy the planning almost as much as being on the trip. So who can be a trip leader? Any chapter member. All you have to do is choose an outing you would enjoy, plan an itinerary, coordinate with the chapter and lead the trip.

It's that easy! Well almost. Here's what is involved.

Choose the outing you want to do. This can include almost any outdoor activity except rock/ice climbing or paddling class three rapids which are not allowed by ADK insurance. Next, write a trip description. This can be accomplished by consulting guidebooks, topographical maps or informational web sites to give the members an idea of what to expect and decide if they have the ability and equipment to join you. Some very important resources not to be overlooked are your fellow members of the chapter who may have been on the same trip or have extensive knowledge of the activity. Once you have the description written up submit this to the Chapter Outing Chair for posting on the web site. This makes it an official chapter outing. Once you have three other people (four others in winter) sign up, you are set to go. On the day of the outing you must have the participants sign the Liability Release Statement and enjoy the day. Finally, if an accident was to occur during the outing you would need to prepare an Accident Report Form. And it's that easy!

Some points to consider when writing a trip description:

Type of trip - a stroll in a local forest, a hike up a mountain, a three-day backpack, paddle trips on fast moving or flat waters, cross country skiing, bike rides, family fishing

Family or Adults only - Dogs allowed?, Location to meet for car pooling

Equipment needed - crampons, snow shoes, rain gear, lunch and water

Elevation gain, distance to be covered, approximate trip time

Weather conditions

### Trip Participants -

You also have some responsibilities in choosing to join an outing. First, you must register with the outing leader. You must contact the trip leader to learn the details of the trip and determine if you are capable of safely participating. Do not be offended if the trip leader does not believe you have the correct equipment, skills or physical conditioning to accomplish the trip instead accept this and learn what you need to do in order to participate in the future. Second, you should read and understand the Liability Release form. It basically says you understand the activity you are undertaking, will act as a reasonable person would and assume responsibility for your own safety. On the day of the outing be on time and prepared. Outing leadership and participation are a shared responsibility, respect the leader's decisions. I usually research the trip myself which adds to the anticipation and experience of the trip. The most important point to remember is to ask questions of the leader. Do not assume anything.

The soon to be launched web site will have more details to help you plan a trip until then feel free to contact myself or anyone on the executive board. Now go plan an outing and enjoy the company of fellow ADK'ers in the wilderness.

John Lynch - spiderjohn@stny.rr.com

## From The Conservation Chair

The Binghamton chapter has adopted the Tirrell pond Lean-to for 2009! The lean-to is in the Blue Mountain Lake area. The lean-to is 4.2 miles from the RT. 30 trailhead, and a little shorter hike from the Blue Mountain trail head. This is a beautiful spot with a nice beach and view (see below). The lean-to is leaning a little but has a good roof. The lean-to is on the Northville Placid trail so it gets alot of use. A work/fun trip to the lean-to will be scheduled for later this spring, contact Howie Thompson if interested in going!



## Membership News

Our Binghamton chapter now has 147 members! A special welcome to new chapter members and members who have transferred their membership to the Binghamton chapter: Kalon Riehle, Ron Schmidt, Chris Garin, Thomas Kanyak, John Koniuto, Nanda Laudig, Markette Pierce & Jared Mistretta, Bruce Prindle & Robert Gancarz, Jamie and Kelly Hoyt, Greg Laskowski, Charles Tourtual. If you have updates to your membership information please provide corrections / updates (i.e.: email address or phone #) to Ken Jackson.

## Communications News

Our newest way to communicate, the [binghamtonadk.org](http://binghamtonadk.org) chapter web site will be online in a couple months! Special thanks to our new webmaster Terri Gracin for leading this effort! The new web site, a new companion Yahoo group Binghamtonadk, and this quarterly newsletter are all very important to our chapter livelihood. If you have something you would like to share in the June newsletter please send it to Ken Jackson. Also, a special email communication will be sent to all members when the chapter web site is ready! Please contact Ken Jackson if you would like more information!

## Chapter trip reports

### Hiking/Letterboxing at SUNY Campus Nature Center by Mark Epstein

A great time was had by all on the Holiday hike at SUNY! Thanks to hike leader Mark Epstein for leading this effort and sharing these great pictures with us! The snow was so much more fun in early Winter than in early Spring!



### Jones Park Winter Hike by Gary Vanderbles

Seven people were present to get out and stretch their legs for a Sunday afternoon in January. It was a short hike on the 3 mile perimeter trail. The maximum elevation gain was 450 feet. We traveled at a slow pace of a mile and hour. The trail had about 5 inches of snow over icy glaze which make hiking interesting. Trekking poles proved to be handy. It was an interesting sight to see the blow down of the pine forest in the middle of the park. It was grey day, we had no wildlife sighting but saw a number of animal tracks.

### Bick Hill Trip Report by Gary Vanderbles

Four hikers showed up for the accent of Binghamton's Eiger - Brick Hill. It was a 480 foot climb to the top along a power line right of way. Once on top, there is a panoramic view of the city of Binghamton and Chenango River. After a water and snack break, we proceeded northeasterly toward the Wittman Flood Control Dam. We found some ground pine in the woods on our decent to the dam. Continuing our clockwise trek around the hill, we gained another 320 feet for a total elevation gain of 800 feet. Hiking a total of 3 miles in about 2 hours, we had returned to the cars and all headed for home.

On the top – Where are the bricks?!



The view from the top



Catskills Panther Mountain Hike by Mark Epstein

It was a cold and beautiful winter day for these outdoor climbers! Thanks to Mark Epstein for leading this hike and sharing these great winter pictures with all of us!



Chenango Valley SP Winter Hike 2/14 Trip – by Gary Vanderbles

Where can you find ice covered trails, a pileated woodpecker, and emerging skunk cabbage? You got it, under the sunny blue skies of Chenango Valley State Park. Six of us hikers proved the value of Trek Poles satisfying our awaiting spring wander lust. It lasted for about 3 hours.

Reflections in the bog



On the Tow Path: Don, Mary Jo, June, & John



# BINGHAMTON CHAPTER Spring 2009 SCHEDULE

Outings and Meetings list (post on your calendar!)

## ALWAYS CALL LEADERS FOR DETAILS

All area codes are 607 unless otherwise noted

**Each trip's leader must have all participants sign a liability release form.** The liability release form along with the ADK Outing Guidelines, which all outing participants should read, is posted on the Bing-ADK Yahoo Group. Persons wanting to lead an outing activity or have questions should contact John Lynch or Gary Vanderbles.

**April 4, Saturday, 9AM – 3:30PM ADK Trip Leader Workshop** Interested in becoming a trip leader, but don't know where to begin? Would you like to be a more effective trip leader? Perhaps you would like to do a better job in planning your own trip. Please join us for a day of fun and learning with a group of experienced ADK trip leaders who will help you understand the dynamics of leading trips in the outdoors. Where? The Ellison Park Wetlands Center off Empire Blvd, right on Irondequoit Creek (Rochester area). A group from Binghamton will carpool to the workshop. Contact John Lynch asap to register.

**April 14, Tuesday 7PM Monthly meeting.** Gander Mountain Meeting Room, Harry L Drive, Johnson City, NY

**April 19, Sunday 9AM Oakley Corners Hike.** Meet for an easy hike around the state forest. Contact John Lynch to register.

**May 2, Saturday, 9AM. Chenango Valley State Park cleanup day.** Contact John Lynch to register.

**May 2-3, Sat/Sun. Overnight Backpack to Silver Lake Lean-to.** This 7.5 mile (15 mile RT) backpack is a great warm up to the backpacking season. We will hike the southern portion of the Northville Placid trail and overnight at Silver Lake with stops at Rock lake and Meco lake on the way. This backpack's hike and elevation gain is classed as moderate. You will experience the basics of the Lean-to adopter program, and enjoy the experiences of the southern Adirondacks around Northville and Benson. Contact Ken Jackson @ 341-1584 or [kenjny@stny.rr.com](mailto:kenjny@stny.rr.com) to register.

**May 12, Tuesday 7PM. Monthly meeting.** Gander Mountain Meeting Room, Harry L Drive, Johnson City, NY

**June 6, Saturday 9AM. National Trails Day.** ADK is sponsoring a major National Trails Day event at Cranberry Lake called "Celebration of The Cranberry Lake 50".

For more information go to <http://www.adk.org/pdf/NTD%202009%20Project%20List%20Info.pdf>

See <http://www.americanhiking.org/ntd.aspx> for more information about National Trails Day

A local trails project may also be announced

**June 9, Tuesday 7PM. Monthly meeting.** Gander Mountain Meeting Room, Harry L Drive, Johnson City, NY

**June 26-28, Fri – Sun. ADK Spring Outing on Long Island. See page 8 for more information**

Are you in need of some new gear for your great outdoor adventures this year? If so, here are a couple ways to save:

Eureka Camping Center Annual Tent Sale, located right here in Binghamton! Sale runs from Sat 3/28 thru Sat 4/11.

Eastern Mountain Sports Spring Club Days, April 17-18. ADK members receive a 20% discount on all merchandise. Remember to bring your ADK membership card if you make the trip to the stores closest to us: Ithaca or Syracuse.

## Binghamton ADK 2009 Meetings

Please mark your calendar for these upcoming chapter meetings. Each meeting has a little business and a lot of focus on ways to be prepared and enjoy the outdoors! Did you miss the winter hiking and gear demo by Gary, Pat, and Mark, or the backpacking and gear demo by Pat (see pics below)? These were great informative presentations! If you would like copies of the helpful information presented please contact one of them.

**April 14, Tuesday 7PM Monthly meeting.** Gander Mountain Meeting Room, Harry L Drive, Johnson City, NY

**May 12, Tuesday 7PM Monthly meeting.** Gander Mountain Meeting Room, Harry L Drive, Johnson City, NY

**June 9, Tuesday 7PM Monthly meeting.** Gander Mountain Meeting Room, Harry L Drive, Johnson City, NY

**July 14, Tuesday 7PM Monthly meeting.** Gander Mountain Meeting Room, Harry L Drive, Johnson City, NY

**August 11, Tuesday 7PM Monthly meeting.** Gander Mountain Meeting Room, Harry L Drive, Johnson City, NY

**September 15, Tuesday 7PM Monthly meeting.** Gander Mountain Meeting Room, Harry L Drive, Johnson City, NY

**October 13, Tuesday 7PM Monthly meeting.** Gander Mountain Meeting Room, Harry L Drive, Johnson City, NY

**November 17, Tuesday 7PM Monthly meeting.** Gander Mountain Meeting Room, Harry L Drive, Johnson City, NY

**December 8, Tuesday 7PM Monthly meeting.** Gander Mountain Meeting Room, Harry L Drive, Johnson City, NY



## ADK COMMUNITY ACTIVITIES

### Black Fly Affair: A Hiker's Ball

Black Fly Affair: A Hiker's Ball" will be held 7 p.m. to midnight, Saturday, May 30 at the Fort William Henry Conference Center, Lake George. Silent and live auction, food and drink, dancing all night long. Black tie optional; hiking

boots mandatory. If you are interested in being a sponsor or donating items to the auction, call Deb Zack at (800) 395-8080 ext. 42. Watch the ADK [Web site www.adk.org](http://www.adk.org) for details.

### ADK Spring Outing

Outing schedules and registration information is available for the ADK's 2009 Spring Outing, "The Undiscovered Island Revisited," hosted by the Long Island Chapter. (June 26-28)

More details at [http://www.adkli.org/SO\\_1-2009a.pdf](http://www.adkli.org/SO_1-2009a.pdf) To view a registration booklet, including an updated list of outings go to [http://www.adkli.org/so\\_brochure\\_2009.pdf](http://www.adkli.org/so_brochure_2009.pdf)

### Art Exhibit

A selection of works in watercolor, pastels and gouache by visual artist Diane Swanson is on display at ADK headquarters

in Lake George through April 30. Wildlife, local landscapes and other natural subjects are frequent motifs in her work.

### APA Annual Report

The Adirondack Park Agency has issued its 2008 annual report. You can download a pdf version at <http://www.apa.state.ny.us/>

## ADK CONSERVATION UPDATES

### Supreme Court Victory

The U.S. Supreme Court has rejected an attempt by polluters to reinstate a mercury-control regulation that would have had devastating impacts on the Adirondacks and Catskills. Last year, ADK won a major victory when an appeals court threw out the Environmental Protection Agency's Clean Air Mercury Rule. CAMR, a cap-and-trade program, resulted in regional mercury "hot spots." The Bush administration and the

utility industry appealed to the U.S. Supreme Court. Although the Obama administration withdrew the federal government's appeal, the industry continued to pursue the case. Read ADK's press release and the press release from the national coalition of environmental and health organizations that challenged CAMR at: [http://www.adk.org/press/SCOTUS\\_Mercury.aspx](http://www.adk.org/press/SCOTUS_Mercury.aspx)

### Allegany State Park

The Office of Parks, Recreation and Historic Preservation plans to revise its Master Plan for Allegany State Park. The wood-products industry is expected to push for the cutting of some of

the park's mature hardwood trees. The ADK Public Affairs Office is already gathering information to be used in opposing logging in the park.

### Sterling Forest

The Final Sterling Forest State Park Comprehensive Trails Plan and Environmental Assessment has been adopted by the Office of Parks, Recreation and Historic Preservation (OPRHP) and the Palisades Interstate Park Commission (PIPC). The plan addresses a range of trail issues in the park and provides for a

variety of recreational experiences balanced with the protection of significant natural resources. ADK, in conjunction with the New York-New Jersey Trail Conference, participated in the planning process. A copy of the final plan is available at <http://www.nysparks.state.ny.us/news/publicdocuments/>

## Clearing the Air

In its first month, the Obama administration launched lawsuits against operators of coal-fired power plants in Louisiana and Kansas. Both cases are based on New Source Review (NSR) provisions of the Clean Air Act, a section of the law that the Bush administration attempted to derail. ADK intervened in two cases, both of which went to the U.S. Supreme Court, to ensure NSR could continue to be used as a tool to clean up dirty power

plants. Under NSR, power plants that are modified and increase their emissions must install the latest pollution-control technology. The two new lawsuits are a strong signal that the new administration is willing to take on polluters whose emissions contribute to acid rain in the Adirondacks and Catskills.

## Alpine Stewardship Conference

The Adirondack High Peaks Summit Steward Program (a partnership of the ADK, The Nature Conservancy and the Department of Environmental Conservation) is hosting the next Northeastern Alpine Stewardship Gathering, May 29-30, at the

Crowne Plaza Resort in Lake Placid. This is the first time that ADK has hosted this prestigious event, which brings together alpine stewardship professionals from throughout the Northeast every two years.

## Lows Lake

The Adirondack Park Agency (APA) won't take up the issue of floatplanes on Lows Lake at its March 12-13 meeting. The agency has postponed consideration of DEC's proposed amendment to the Bog River Complex Unit Management Plan

until its April meeting. The amendment would allow floatplanes to use the lake under a permit system through 2012. Read more about the issue at

[http://www.adk.org/issues/Lows\\_Lake\\_Action\\_Alert.aspx](http://www.adk.org/issues/Lows_Lake_Action_Alert.aspx)

## Volunteer Opportunities

Here's your chance to give something back to the trails. ADK has scheduled a number of volunteer trail maintenance projects for the coming year, including a National Trails Day Event on Cranberry Lake, June 6; JBL Trail Work Weekend, June 12-14; and Fall Trails Day in the High Peaks, Oct. 17. See the complete

schedule at

[http://www.adk.org/trails/Volunteer\\_Trail\\_Projects\\_09.aspx](http://www.adk.org/trails/Volunteer_Trail_Projects_09.aspx)

Also, the ADK Education Department is looking for enthusiastic volunteers to staff our small nature museum at the Heart Lake Program Center.

## Open Space Plan

The Department of Environmental Conservation has released its Draft 2009 Open Space Conservation Plan, the blueprint for

protecting New York's natural treasures. More information at

<http://www.dec.ny.gov/lands/47990.html>

## ADK Books, Maps, and Gear

Did you know...when you shop the Adirondack Mountain Club's catalog, profits from your purchases support our three-fold mission of conservation, education, and recreation! ADK

members receive a **20% discount** on ADK publications and a **10% discount** on ADK logo wear and gear. Browse your ADK Online Store at: [http://www.adk.org/new\\_store/default.aspx](http://www.adk.org/new_store/default.aspx)

Address Label

Subscription to this newsletter is included in membership in the Binghamton Chapter of the Adirondack Mountain Club. It is available to the public and to non-chapter members for \$5 per year. Contact Ken Jackson at (607)341-1584 for more information.

### **Binghamton Chapter Officers and Committee Chairs**

Chairperson: Gary Vanderbles  
722-3765 [gvanderbles@stny.rr.com](mailto:gvanderbles@stny.rr.com)  
Vice-Chair: Donna Cole  
237-6311 [coledonnarn@yahoo.com](mailto:coledonnarn@yahoo.com)  
Secretary: Elaine Gregory  
775-0952 [cricket46@echoes.net](mailto:cricket46@echoes.net)  
Treasurer: Mark Epstein  
798-9115 [mepstein@stny.rr.com](mailto:mepstein@stny.rr.com)

Director, ADK: Erik Gregory  
775-0952 [egregory@threearrows.com](mailto:egregory@threearrows.com)  
Program Chair: Pat Connors  
625-4078 [pat\\_connors\\_ny@yahoo.com](mailto:pat_connors_ny@yahoo.com)  
Conservation chair: Howie Thompson  
237-9007 [juliethompson13@yahoo.com](mailto:juliethompson13@yahoo.com)  
Hospitality: Open

Outings chair: John Lynch  
757-3360 [spiderjohn@stny.rr.com](mailto:spiderjohn@stny.rr.com)  
Communications/Membership  
chair: Ken Jackson  
341-1584 [kenjny@stny.rr.com](mailto:kenjny@stny.rr.com)

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
- Adirondack Magazine six times a year

For more information go to [www.adk.org](http://www.adk.org) or call 800-395-8080