

Binghamton Outdoors!!!

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

Volume 9, Number 2 Spring 2017

A Message From Your Chapter Chair

Not long ago we held a meeting at a restaurant on the Vestal Parkway to try to engage more club members, and frankly, to solicit the participation of new leadership. I was concerned about our future.

I'm now happy to report an embarrassment of riches. No Chair People are resigning unless to take over previously unfilled spots.

Lastly, and most excitedly, we have some completely new Chair People, most of which are new ADK members.

I will start by introducing Bob Strebel. Bob, a long time ADK member, advocate, and volunteer, has taken on the important task of being our Director. He is our representative and our vote at ADK board meetings. Bob recently lead a presentation and discussion on the Boreas Ponds Classification.

Carly Braman and Alexis Leonard have agreed to share Secretarial responsibilities. Thank you. We need the recording help. Because they are doing this, our current Secretary, Lindsey Leiser is able to become Outings Chair, which in turn frees up Pat Connors to take over as Vice-Chair now, and Chapter Chair next year.

Aubrey Nawrocki and Emma Baudendistel immediately took on the project of forming a **Facebook** page. It looks great. Please take a look at **Adirondack Mountain Club – Binghamton**. Take a look and participate – it is great way for us to become a strong community. Aubrey and Emma will also take over the newsletter next year. This frees up Ken Jackson to become the Conservation Chair. We have never had a Conservation Chair, and it has been something Ken has long hoped to have the time for.

Stacey Flanagan has agreed to become our Hospitality Chair immediately, and fill the spot of Treasurer starting in 2018. We have never had a Hospitality Chair, which I expect all will find welcoming.

In addition to all this, Patsy Strebel is assisting Erik Gregory with the web page.

Both Bob and Carly recently expressed much interest in show casing our chapter at local venues. I expect we will hear much about their ideas as they become involved in the chapter. All have had many new, and great ideas.

Binghamton ADK Leadership: 2017, and 2018 - 2019

Position	2017	2018-2019	
Chair	Mark Epstein	Pat Connors	pat_connors_ny@yahoo.com
Vice-Chair	Pat Connors	open	
Director	Bob Strebel	Bob Strebel	bobmail@stny.rr.com
Secretary	Alexis Leonard Carly Braman	Alexis Leonard Carly Braman	lexaleonard@gmail.com missjo27@aol.com , carly.braman@uhs.org
Treasurer	Elaine Gregory	Stacey Flanagan	stafla12@gmail.com
Outings	Lindsey Leiser	Lindsey Leiser	adk46@stny.rr.com
Program	open	Mark Epstein	mepstein@stny.rr.com
Conservation	open	Ken Jackson	kenjny@stny.rr.com
Newsletter	Ken Jackson	Aubrey Nawrocki Emma Baudendistel	Aubrey.nawrocki@gmail.com emma7514@gmail.com
Facebook	Aubrey/Emma	Aubrey/Emma	email listed above
Webmaster	Erik Gregory	Erik Gregory	rf8g46er@echoes.net
Hospitality	Stacey Flanagan	Stacey Flanagan	email listed above

Many members have newly committed to lead outings and we now have a much busier schedule than we have had in the past.

And our current presentation schedule is quite full.

So, now that we have a full slate of Chair People, all we need is your interest, and involvement in fun activities. Join us on an outing. Show up at a presentation. See this newsletter for increased activities we have planned.

Thank you, Mark Epstein

Chapter Membership Status

Our Chapter now has 189 members! Thank you for your support of ADK!

Welcome to new and rejoined chapter members and affiliates since the last newsletter: Nancy Gustafson, Janet Jordan, Emma and Thomas Baudendistel, Alexis and Matthew Leonard, Linda Smith, John Wells, Greg Peake, Nancy Coddington, Carly Braman.

Upcoming chapter meetings / presentations

Please mark your calendar for these upcoming Chapter meetings. Meetings are the 2nd Tuesday of the month at 7 PM in the Chenango Town Hall Community Room unless otherwise indicated.

Chenango Town Hall Community Room
1529 State Route 12
Binghamton, NY 13901-5504

Tuesday May 9

The Adirondack Mountain Club is one of ten national providers of Leave No Trace Master Educator courses. **A Leave-No-Trace presentation by Julia Goren**, the Education Director and Summit Steward Coordinator of ADK. Julia visited us not long ago to discuss the Summit Steward program.



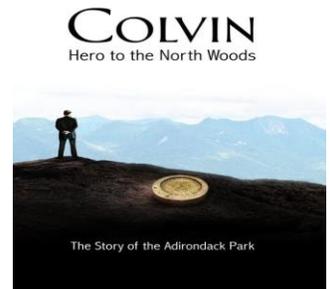
Tuesday June 13

Chapter Summer Picnic. See outings section for details

No meetings in July and August. Enjoy your summer!

Tuesday September 12

A presentation of the movie “**Colvin, Hero to the North Woods: The Story of the Adirondack Park**” produced by Bill Killon. Verplanck Colvin was, if not the first surveyor of the Adirondacks, certainly the first effective surveyor. His work directly led to the formation of the park, and this movie tells his story.



Tuesday October 10

“**Climate Change in New York State**”, Presented by Tony Antes. Climate Change in New York State – What info do the scientists have from the past to predict the future of weather? How bad is it? How bad could it get? Most important - Do humans play a role, and, if so, is it positive or negative? Tony will try to answer these questions.

Tuesday November 14

“**ADK Paddling at Paul Smith’s College**”, Presented by Tony Antes. ADK Paddling at Paul Smith’s College is a significant ADK event occurs each July in the Adirondacks. It’s the ADK Paddle Outing in the St. Regis Canoe Area. Come see a collection of trips and photos from the last seven years.

Tuesday December 12

Chapter Holiday Party. Watch for details in the fall

Upcoming chapter outings

If you would like to organize an outing please contact our outings chair Lindsey Leiser at 607-621-8945 or adk46@stny.rr.com

Saturday May 13 – Catskills, Sugarloaf and Twin Mountains

We will hike a loop around Sugarloaf Mountain and Twin Mountain from Elka Park Road. This is 8 ½ miles with an elevation gain of approximately 2,700'. Depending on time and the energy of the group, we may add the lower summit of Twin Mountain. That view is one of my favorite in the park, and the trail from the main summit to the lower summit is very appealing. This would add 1.4 miles and around 60' of elevation loss and gain to return.



(Picture is view from Twin)

We would leave my place of business in Binghamton at 7:00am. Figure to have eaten breakfast before and/or snack in the car. Bring lunch or snack for the trail. We will likely have dinner in the Catskills at a restaurant before our return. RSVP to leader Mark Epstein (mepstein@stny.rr.com)

Saturday / Sunday May 20-21 – Backpack to Silver Lake

Silver Lake is an easy to moderate 7.5 mile backpack on the Southern end of the Northville Placid trail. The trail gains 300 ft in elevation and has two enjoyable river crossings and beautiful views at Stony creek, Rock Lake, West Sacandaga River, Mica Lake, and Silver Lake. We will leave Binghamton at 7:00am Saturday morning for the 3 hr drive to the Godfrey Rd parking area / trailhead. While at Silver Lake we will meet with the DEC Forest Ranger Jonathan Desantis to perform a privy move. We will spend Saturday night at Silver Lake lean to then hike out and return to Binghamton on Sunday. We need 4 people at a minimum. RSVP to leader Ken Jackson kenjny@stny.rr.com or 607-341-1584.

Tuesday June 13 – CHAPTER SUMMER PICNIC

Place and time to be determined. See list-server and Facebook for final details.

Sunday June 25 – Canoe/Kayak Trip, East Branch of the Delaware

What: 21 mile canoe/Kayak trip on the east branch of the Delaware

When: June 25, 10:00am

Put in: Harvard, NY, Take out: Hancock, NY

Total trip time depends on current, consider it an all day outing of 6+ hours. According to bobbear.org this section of the river has a difficulty rating of 1 (novice) and has very nice scenery. There may be strainers in the river so as always we need to proceed with caution. Patsy and I have a spare canoe that someone can borrow. Bring your lunch. RSVP to leader Bob Strebel (bobmail@stny.rr.com), 607-239-3882

Sunday September 17 – Adirondacks, Plateau Mountain

Erik Gregory will lead a hike up Plateau Mountain in the Catskills on Sunday, 17 September. Erik will be travelling back from ADK meetings in Lake George, so he will meet hike participants at the trailhead.

Trip details: Travel independently. Detailed travel instructions to be posted prior to the hike to all participants. Meet at 10 AM at the Notch Lake parking area on Rte. 214. (A parking fee is required at this trailhead.) This is a difficult hike with 1900 Ft of elevation gain, with all of the gain and difficulty occurring in the first mile. The round trip distance is about 6.8 miles. Summit elevation is 3840 Ft. Bring a lunch or snacks for the hike. Excellent views occur after the initial climb, and during the plateau trek to the summit. No views at the summit, but we'll continue about .1 miles past the summit location for views to the East before we return. Depending on time, we will probably stop on the way back at a restaurant for dinner. RSVP to leader Erik Gregory, (rf8g46er@echoes.net) or 607-743-4519.

Saturday November 4 – The Great Eastern Trail

Lindsey Leister will lead a hike on The Great Eastern trail. Brand new trail, near Corning. Probably 9 miles. Definitely a car spot / only way to do it. We need 5 or 6 people with the carspot situation. Bring lunch and water. Early start. Leave Johnson City at 7am sharp. RSVP to leader Lindsey Leiser 607-621-8945, adk46@stny.rr.com



Saturday December 2 – Catskills, Westkill Mountain

From Spruceton Road, we will hike Westkill Mountain via St. Anne's Peak. This is 9.3 miles and approximately 2,400' elevation gain. The very picturesque view from Westkill would add another approximately 2/10 mile. Most hike Westkill more directly from the end of Spruceton Road. I thought it would be fun to make the approach from the West and include St. Anne's.

We would leave my place of business in Binghamton at 7:00am. Figure to have eaten breakfast before and/or snack in the car. Bring lunch or snack for the trail. We will likely have dinner in the Catskills at a restaurant before our return. RSVP to leader Mark Epstein (mepstein@stny.rr.com)

Chapter Equipment for Rent

The Chapter has 4 pairs of Crampons and 2 pairs of Microspikes available for rent at a rate of \$5 per week. Crampons are necessary equipment for winter hikes in the Catskills and Adirondacks to traverse ice that is frequently found on trails. Microspikes are increasingly viewed as necessary equipment for late fall/early winter and early spring when snow or ice conditions make snowshoes and crampons poor tools of travel, yet bare booting becomes precarious. The Chapter Equipment / Rental policy is available on the Yahoo Group listserv and the web site. Contact Outings Chair Pat Connors at pat_connors_ny@yahoo.com to rent items or for more information.

Community Events – See your Chapter at:

Earth Fest 2017 – Sunday April 30th



Volunteers from the Binghamton chapter will host a booth at this year's Earth Fest event. Information on both the ADK and the Binghamton Chapter will be available for distribution. Of course our theme will be Conservation, Advocacy, Recreation, Education and Stewardship – while I might add recruitment in this case. The team is designing a table skirt advertising the ADK. Handouts will include copies of the Adirondack Magazine, stickers and other flyers with general information. Discounts will be offered to anyone who may decide to join the ADK on the spot. A raffle will be held for an ADK t-shirt and tickets for ADK's Annual raffle for a Trick Boat, Custom Fat Bike, and kayak will be sold.

Earth Fest is sponsored by Earth Day Southern Tier, a non-profit dedicated to environmental conservation. The event draws over 3,000 visitors and is widely publicized. In partnership with SUNY Broome, Ross Park Zoo and the Roberson Museum, Earth Fest will be held [on Sunday, April 30th from 10AM to 4PM](#) at Broome Community College ([907 Upper Front St](#), Binghamton). The event is open to the general public for a \$1 admission fee or a donation to CHOW. There will be live music, magic show, hands-on children's activities, crafts, demonstrations and free give-a-ways. See www.myedst.org/earth.html for more information.

Emma Baudendistel, Aubrey Nawrocki, Carly Braman, Alexis Leonard, Linda Smith, Elaine Gregory, Erik Gregory, Patsy Strebel and Bob Strebel have all volunteered to host the booth. Stop on by and say hello.

Upcoming ADK Events

June 3rd, 2017, National Trails Day. This year's projects will be based out of Adirondack Loj in Lake Placid

July 17 – 27, 2017, ADK St. Regis Paddle Outing. This very popular outing books up quickly....make your reservations now! **Options include:**

Option 1: July 17-22, 2017; \$515 double room occupancy, \$590 single room

Option 2: July 22-27, 2017; \$515 double room occupancy, \$590 single room

Option 3: July 17-27, 2017; \$930 double room occupancy, \$1080 single room

July 30th, 2017, Sunday: 12th annual Ididaride Adirondack Bike Tour

ADK Master Calendar

ADK has created an online master calendar that consolidates in one place all the outings and activities planned by ADK and ADK Chapters. The calendar is packed with many great activities and shows activities for the next six months. One can browse by day or week or month, search on keywords, and request email and text updates. Check it out at <https://www.adk.org/play/calendar/>

ADK Earn A Patch Program

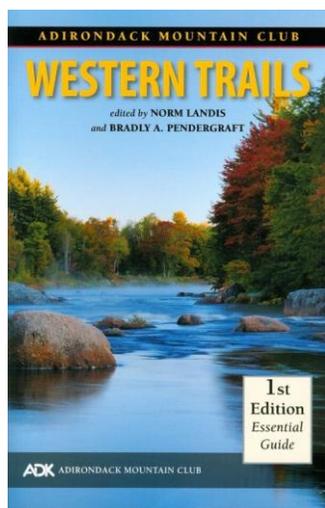
Love a challenge? ADK and ADK chapters offer the following patches:

- Fire Tower Challenge – Glens Falls-Saratoga Chapter
- Kids on the Trail – Laurentian Chapter
- Wilderness Weekends in Western New York Challenge
- Paddle Tour of the Finger Lakes – Genesee Valley Chapter
- Adirondack Paddle Pursuit
- Adirondack Quest – Genesee Valley Chapter
- Northville – Placid Trail – Schenectady Chapter

Visit <https://www.adk.org/play/earn-a-patch/> to learn more about each patch opportunity. Browse the ADK master calendar to see opportunities to join ADK members on hikes and paddles as you complete your challenge.

New ADK Guidebook – Western Trails

Purchase this new guidebook and many other publications at ADK shop: <https://www.adk.org/shop/>



Western Trails describes hiking opportunities defined by the Adirondack Park boundary to the north, west, and south and by the villages of Paul Smiths, Tupper Lake, and Long Lake to the east—arguably some of the wildest lands in the eastern United States.

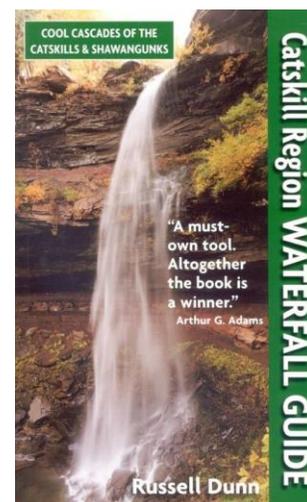
Seven Wilderness Areas, thirteen Wild Forest Areas, the extensive St. Regis Canoe Area, one Primitive Area, and two state forests fall within this guide's purview, as does the Cranberry Lake 50, a 50-mile hiker's challenge.

Western Trails is volume 4 in ADK's Forest Preserve Series of guidebooks covering the Adirondacks and Catskills. Volume 1 is *High Peaks Trails*, volume 2 is *Eastern Trails*, volume 3 *Central Trails*, volume 5 *Northville-Placid Trail* (currently unavailable) and volume 6 *Catskill Trails*.

341 pages. Softcover. 5 1/2" x 8 1/2". Member Price \$15.96

Catskill Region Waterfall Guide

Seventy plus cool cascades in the Catskills and 'Gunks.' From roadside views to wilderness treks, Dunn has selected waterfall adventures for every level of ability. Includes easy-to-follow directions, maps, vintage postcards, history and background. Paperback. 4.5' x 7.5'. Member price \$14.95





Kids on the Trail

Describes 62 hikes, treks, and opportunities to explore with children on trails throughout the Adirondack Park. The book provides anecdotes, planning information, and practical tips for addressing the needs of children of different ages as they and their adult companions take to the trails. Each trail description notes how to get to the trailhead, the round-trip distance, and where pertinent the ascent involved. Includes page maps, photographs, and illustrations by the authors' children. By Rose Rivezzi and David Trithart. 1st ed. 176 pages. 5.5' x 8.5'. Softcover. Member price \$10.36.

ADK education programs / activities. Register at www.adk.org

Skills Workshops (all dates are 2017)

Adirondack Landscape Photography Workshop, OCTOBER 7

Join landscape photographer Brendan Wiltse to improve your photography skills. Brendan will teach you the basics of exposure and composition, along with numerous tips and tricks. The program is geared towards beginner and novice photographers. Cost: \$75 (members receive 10% discount); includes instruction.

Adirondack Pack Baskets, JUNE 25 and OCTOBER 22

Create your own traditional Adirondack Pack Basket with the owners of Clear Creek Weavers, Bud Ziolkowski and Sandy Muller. During this full-day course, skilled craftsmen will take you through the step-by-step instruction to weave your own pack basket from start to "skids". You'll leave at the end of the day with a beautiful basket and a smile on your face! Cost: \$80 (members receive a 10% discount); includes instruction and materials.

Backcountry Cooking 101, JUNE 4

Does your backcountry cooking lean more towards ramen noodles or homemade cinnamon buns? Either way, ADK can teach you a few new skills in the backcountry cooking. Learn about good backcountry nutrition, meal planning, and the use of different types of stoves. You will also get a chance to make and eat multiple types of back country meals. Location: Heart Lake Program Center (Lake Placid) Cost: \$50 (members receive 10% discount); includes instruction and lunch.

Map & Compass Fundamentals, MAY 20 and JULY 22

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) Cost: \$75 (members receive 10% discount); includes instruction and use of materials.

Map & Compass Bushwhack, SEPTEMBER 30-OCTOBER 1

This is a great refresher course or a good place to learn the basics of map and compass skills. The first day will be an introduction to the fundamentals of map reading, compass use, triangulation, and identification of terrain features. On day two, participants will put their new found skills to the test with a guided bushwhack in the Heart

Lake area. You'll go home with much more confidence in your ability to use a map and compass when it really counts! Cost: \$110; includes instruction and use of materials

Outdoor Leadership 101, October 28

Ever wondered what makes some people such great outdoor leaders? Wanted to lead your own trip but feel a little intimidated by being called "leader"? This experiential course includes an introduction to leadership styles, managing group dynamics, decision making, trip planning and execution, and teaching methods. Whether new or experienced, this course can help you polish your leadership skills. Cost: \$75 (members receive 10% discount); includes instruction and use of materials.

The 46, JULY 1

Everything you need to know but were afraid to ask about hiking the 46 High Peaks in New York State. Spend the day with an experienced hiking guide going over how to be prepared for your adventure and get all of your questions answered. Cost: \$75; includes instruction and use of materials

5-day Wilderness First Responder, DECEMBER 2-6

Wilderness First Responder (WFR) is the definitive course in medical training for outdoor educators, guides, SAR team members, and others who work or play in remote areas. The curriculum is comprehensive and practical, including all of the essential principles and skills required to assess and manage medical problems in isolated and extreme environments. The 5-day format is for individuals with less time available for on-site training and requires 25 hours of pre-course preparation combined with 45 hours of on-site training. Students must register at least 2 weeks before the course date and must be at least 25 years of age. All students must complete all pre-course work prior to arrival on course. Location: Heart Lake Program Center. Cost: \$625 (Members receive 10% discount); includes instruction and materials. Package: \$825 (Members receive 10% discount); includes instruction, materials, meals, and lodging for 5 nights.

Wilderness First Aid, DECEMBER 9-10 and DECEMBER 16-17

These intense courses with Wilderness Medical Associates teach students how to deal with medical emergencies when they are miles from help. The classes offer hands-on scenarios and lecture structure, through which students will learn to assess patients and become certified in wilderness first aid, CPR, and anaphylaxis training. Class time will be spent both inside and out. Location: Heart Lake Program Center (Lake Placid). Cost: \$275 (Members receive 10% discount), includes instruction and materials. Package: \$375 for non-members (Members receive 10% discount), includes instruction, materials, meals, and lodging for 2 nights.

Leave No Trace Trainer, JUNE 3-4 and AUGUST 5-6

The Trainer Course is a vital component of the nationwide Leave No Trace program. You will receive training in Leave No Trace skills and ethics in this two-day course. Trainer Courses assist participants in learning more about the seven principles of Leave No Trace and techniques for teaching these low impact skills to others. Participants will be camping at a backcountry campsite during this course. Cost: \$125 (Members receive 10% discount) ; includes instruction, meals, use of group gear.

Leave No Trace Master Educator, AUGUST 16-20 (CANOEING) and SEPTEMBER 4-8 (BACKPACKING)

This five-day course is designed for individuals who are actively teaching others backcountry skills or providing recreation information to the public. Through classroom discussions, lectures and a four-day backpacking or canoe trip, this course will cover the seven Leave No Trace principles and discuss wildland ethics, as well as give the participants the tools and techniques for disseminating these low-impact skills to other users of the backcountry. Participants could include a mixture of federal agency partners, educators, outdoor retailers, youth group and outing club leaders, and other individuals. Upon completion of the course, you will be qualified to teach Leave No Trace Trainer courses. The Leave No Trace Master Educator qualification is recognized and valued throughout the outdoor industry. Cost: \$699, Course fee includes instruction, curriculum and teaching materials and a one-year Leave No Trace Individual Membership. One night's lodging in the loft of the Adirondak Loj, meals, group equipment, and transportation during the course are also included.

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 2017

Chair: Mark Epstein
798-9115 mepstein@stny.rr.com

Treasurer: Elaine Gregory
775-0952 cricket46@echoes.net

Communications/Membership chair:
Ken Jackson
341-1584 kenjny@stny.rr.com

Vice-Chair: Pat Connors
625-4078 pat_connors_ny@yahoo.com

Director, ADK: Bob Strebel
bobmail@stny.rr.com

Hospitality: Stacey Flanagan
stafla12@gmail.com

Secretary: Alexis Leonard/Carly Braman
lexaleonard@gmail.com,
carly.braman@uhs.org

Webmaster: Erik Gregory
rf8g46er@echoes.net

Facebook: Aubrey Nawrocki/Emma
Baudendistel,
Aubrey.nawrocki@gmail.com
Emma7514@gmail.com

Program Chair: Open

Outings chair: Lindsey Leiser
723-2357 adk46@stny.rr.com

Conservation chair: Open

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

For more information go to www.adk.org or call 800-395-8080