



Binghamton Outdoors!!!

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

Volume 9, Number 1 Winter 2017

A Message From Your Chapter Chair

SPECIAL CHAPTER MEETING

What: Future path of our local ADK Chapter

When: Thursday February 9th, 5PM

Where: Sliderz Restaurant, 3201 Vestal Parkway East
Vestal, NY 13850

Having found ourselves at a bit of a crossroads, we are hoping you will meet with us on Thursday February 9, 5pm, at Sliderz on the Vestal Parkway. The future path of our local ADK chapter will be determined by us as members. Please join us at this special meeting to discuss this matter. The club is funding food off the menu (not drinks) at this restaurant in hopes of making the meeting a bit more appealing and social. Our options can range from new leadership and ideas taking us in a new direction, to disbanding the chapter and becoming ADK members at large. Depending on interest areas and leadership commitments there can be several other viable paths for the chapter as well.

Our current officers are from the group of founding officers that have suffered from attrition since inception. Our chapter was founded over 10 years ago. With one exception, we have had no new officers volunteer. This group has generally rotated through available positions with exception of Ken Jackson who has been serving as Communications director since inception. Many posts have been unfilled and remain open. Our outings schedule has been sparse, reflecting difficulty we have had getting leaders to volunteer, and frankly getting people interested in the outings we have. Officer positions are supposed to be held for two year terms, however, people serving are all in at least their third year. All officers will be submitting their resignations at the end of 2017.

| Position | Currently Held By | Status for 2017-2018 |
|----------------|-------------------|----------------------|
| Chair | Mark Epstein | open |
| Vice Chair | open | open |
| Treasurer | Elaine Gregory | open |
| Secretary | Lindsey Leiser | open |
| Outings | Pat Connors | open |
| Director | Donna Coon | open |
| Communications | Ken Jackson | open |
| Programs | open | open |
| Conservation | open | open |

Thank you and hope to see you on February 9th, Mark Epstein

Upcoming chapter outings and meetings

Feb 9th, 2017, Thursday, 5PM: Future of our Chapter meeting. See first page

Plans for future meetings and outings will be determined by the outcome of the February 9th meeting

Upcoming ADK Events

Feb 19th, High Peaks Day Hike: Street (4,166') & Nye (3,895'), 9 miles

Feb 20th, High Peaks Day Hike: Tabletop (4,427'), 10 miles

Mar 4th, Women's Hike: Esther (4,240'), 6.6 miles

Mar 5th, High Peaks Day Hike: Phelps (4,161'), 8.8 miles

Mar 11th, High Peaks Day Hike: Tabletop (4,427'), 10 miles

June 3rd, 2017, National Trails Day. This year's projects will be based out of Adirondak 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/>

Chapter Membership Status

Our Chapter now has 200 members! Thank you for your support of ADK!

Welcome to new and rejoined chapter members and affiliates since the last newsletter: Jim Cartmell, Aimee Heavey, Faye Rafferty, Daniel and Stacey Flanagan, Hal Mattes, Kent Rapp, Robert Knight, Shaun Sensiba and Kerri Lee-Sensiba, Kari and Jeffrey Faherty, Robert Nolan, Annette and Brian Patten, Nolan Robinson, Thomas Shannon, Daniel, Armstrong, Dennis Petraske, John Scales, Margaret Shavalier, Alina Galyon, Nina Antonova-Heiler and Stewart W. Heiler, Raymond Baker, Angela Noble-Grange, Howard and Wendi Eames, Grace Cheevers, Richard and Shelly Haddock, Jake Haddock, Robert Clarke, William Butcher, Marsha Pulz, Alisha and Jonathan Fuller, Helen Resak, Chuck Schwerin, Albrecht Inhoff and Cynthia Connine, Donald and Diana LaBarr, Gregory Patinka and David Ruston, Wallace Wiegert, Janice Daly.

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

Skills Workshops (all dates are 2017)

Adirondack Landscape Photography Workshop, February 4th

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.

Location: Heart Lake Program Center (Lake Placid) Cost: \$75 (Members receive 10% discount)

Backcountry Snowshoeing for Beginners, February 18th

Snowshoes provide the opportunity to explore the beauty and peace of the world in winter. We'll spend a full day snowshoeing in the iconic High Peaks Wilderness. Our focus will be on learning about safe winter travel and some basic techniques that will make snowshoeing easier and more fun for you. We'll also share bits of natural history such on topics such as animal tracking and winter ecology. This program is suited for adults and children 12 and older.

Location: Heart Lake Program Center (Lake Placid) Cost: \$50 adults (members receive 10% discount); \$20 kids 12-15 y/o. Includes instruction and snowshoes.

Map & Compass Fundamentals, March 18th

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.

Outdoor Leadership 101, March 19th

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.

Location: Heart Lake Program Center (Lake Placid) Cost: \$75 (Members receive 10% discount); includes instruction and use of materials

Backcountry Cooking 101, April 1st

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.

Wilderness First Aid, April 1st – 2nd

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: \$250 (Members receive 10% discount), includes instruction and materials. Package: \$350 for non-members (Members receive 10% discount), includes instruction, materials, meals, and lodging for 2 nights.

ADK Winter Mountaineering School

Come experience an Alpine winter adventure! Whether you've just started on the trail to become a winter mountaineer or have some experience, Winter Mountaineering School may be just what you need to learn new techniques, refine existing skills, and experience new winter activities. Please see the Winter School website for more information. ADK Winter Mountaineering School is a separate non-profit group that has been sponsored by ADK for more than 60 years. Options include:

Weekend Day Hike: JAN 26-29, Weekend Backpack: JAN 26-29, Weeklong Combo Day Hike/Backpack: JAN 26-FEB 1

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.

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

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

Director, ADK: Donna Coon
445-4003 coledonnarn@yahoo.com

Outings chair: Pat Connors
625-4078 pat_connors_ny@yahoo.com

Vice-Chair: Brooks Getty
757-9427 brooksgetty@gmail.com

Program Chair: Open
(your name could be here!)

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

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

Conservation chair: Open
(your name could be here!)

Hospitality: Open
(your name could be here!)

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

Webmaster: Erik Gregory
rf8g46er@echoes.net

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, leantos, 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
- Adirondac Magazine six times a year

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