



Binghamton Outdoors!!!

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

Volume 5, Number 1 Winter / Spring 2012

A Message From Your Chapter Chair

As we venture into 2012, I reflect back to 2011:

← What a year it has been. Late August 2011 Hurricane Irene caused major damage to communities, roads and trails in the Adirondack and Catskill Mountains. Less than two weeks later Tropical Storm Lee appeared and our area was severely impacted by a devastating flood. We are still recovering from the devastating physical, emotional and economic toll the flood has had on the area. . Many have experienced upheaval and disruption, imbalance. How does one find balance? Maybe we need to look again at what we do and how we do it. Too often man thinks of controlling nature instead of working with it. We do need to be friends with our environment. It is part of us.

←

← Rest and closeness with nature always renew my energy and creativity. It's time to get out and enjoy.

←

← See you in the woods.

←

Donna Coon

Chapter Chair, 607-237-6311, coledonnarn@yahoo.com

1From The Director

2011 was a good year for the Adirondack Mountain Club, with a lot of positives. Leading the list is ADK's successful effort to influence DEC and the State regarding decisions and laws governing high volume hydraulic fracturing (HVHF). The DEC Commissioner has prohibited HVHF on all state forest, wildlife management areas and parks. ADK will continue to advocate for the protection of state lands, and for implementation of safe practices for the drillers. Our programs in the Adirondacks continue with acclaim, including our Summit Steward program, School Outreach program, and events like the Road Scholar trips, Leave No Trace Master Educator courses, and the Wilderness First Aid course. If you've never been, there are great trips sponsored by ADK that are listed on the web site, and in Adirondac Magazine.

The "monkey wrench" for 2011 was Tropical Storm Irene – the storm that dumped a horrendous amount of rain in the High Peaks region in a very short period of time. Although road washouts affected access to ADK facilities for a period of time, our campgrounds and lodges escaped the brunt of the storm, and are fully operational. Lots of enthusiastic volunteers helped spruce up our facilities at Heart Lake, Lake George and the Johns Brook Lodge in October. ADK really appreciated the contribution from our Chapter, and the contributions from individuals that helped to close the gaps in revenue lost to Irene.

ADK will have several new books coming out in the next few months, including Alan Via's new book about the 67 Catskill Peaks under 3,500 Ft (but over 3,000 Ft); and Phil Brown's flat water canoe and kayak guide to the Adirondack Park. Look for these in the coming year, along with our new series of Forest Preserve Trail Guides, designed to be fully integrated with the Adirondack and Catskill National Geographic trail maps.

Last, but certainly not least, I want to commend all of our Chapter members who volunteered their time and effort for ADK projects this year. Whether it's support for local trails and facilities, or time spent in the Catskills or Adirondacks, it's your spirit and willingness to participate that make the club an outstanding success!

Erik Gregory, ADK Director, egregory@threearrows.com

1 From The Treasurer

Our Binghamton chapter budget is sound, and our cash balance at the end of 2011 was \$1,232. Below is the planned budget for 2012.

Budget	2011 Actual	2012 Budget
Liquid Assets		
Cash		1232
Income		
Dues	1,572.70	1300
Rental Income	10.00	
Cash for Cabin Deposit		300
Expenses		
Postage, Printing	89.58	300
Web	0	
Outings/Events/Food	167.62	200
Stipend for Programs		240
Donation to ADK	1,100.00	600
Equipment Purchases	9.15	500
Black Fly Donation	268.97	300
Surplus + web savings		392

Mark Epstein, Chapter Treasurer, mepstein@stny.rr.com

Outing Schedule 1

We need to pull together as a chapter and get outdoors by scheduling and participating in more chapter outings. If you have suggestions on outings, or would like to lead an outing please contact Pat Connors: pat_connors_ny@yahoo.com

St.. Regis Paddle Outing July 23 - Aug 2, 2012

PADDLE IN THE ST. REGIS CANOE AREA, THE LARGEST WILDERNESS CANOE AREA IN THE EAST

The St. Regis Canoe Area is the only designated canoe area in New York state, and with 18,000 acres of 58 ponds, the area is a paddlers' dream. The area is noted for its clear spring-fed ponds, short canoe carries and tranquil beauty. The entire area is closed to all motorized forms of transportation so the best way to enjoy all of the ponds is by use of a pack canoe, ultra lightweight canoes that can be easily transported between the many waterways linked by "carries."

All trips are led by other paddle outing participants and vary in length and difficulty. Some trips may have carries, but you can select the trip that meets your interest and skill level. Following each day's trip, return to the dorm and enjoy a hot shower (laundry facilities are in the dorm), a snooze if desired and then enjoy the fellowship of other paddlers in the lounge. After dinner, we meet as a group to hear about the day's trips and plan the next day's trips. Evenings offer possibilities of walks, reading and games.

The cost includes your lodging and three daily meals - dinner on the first day through a box lunch on the last day. The price does NOT include canoes, kayaks or transportation of your boat. Membership in the Adirondack Mountain Club is REQUIRED.

Option 1: July 23 - 28 \$500 DOUBLE OCCUPANCY ONLY

Option 2: July 28 - Aug 2 \$500

Option 3: July 23 - Aug 2 \$900 DOUBLE OCCUPANCY ONLY

Please send leader your name, address, home phone number, and a \$100 per person non-refundable deposit, payable to ADK. Contact Outing Coordinator for more info: Marilyn Gillespie, 277 Lake Street, Saranac Lake, NY 12983, 518-891-2626

mgillespie82997@roadrunner.com

ADK Fall Outing Sept 28 - 30, 2012 Cold River Chapter, North Creek, NY

Join members from all ADK Chapters in the town of North Creek for a weekend of HIKING and PADDLING throughout the Central Adirondacks and High Peaks. Other activities are available for the whole family, including the new scenic train ride, wolf walk, river rafting, model train museum and quaint Adirondack village shopping and restaurants. North Creek is a historic Adirondack village with a variety of accommodations, including camping. Dinner will be hosted at the Copperfield Inn.

Registration fee (nonrefundable) is \$20. Registration check-in will be at the Tannery Pond Community Center, North Creek, NY. Registrations will be accepted between June 1 and Sept 15. More information in April on the ADK Web-Site and from the registrar, Jan McCann, at jmandkb@gmail.com

Binghamton ADK 2012 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! **NOTE OUR NEW MEETING PLACE!!!!**

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

March 13th, 7PM: Charles Yaple: Author of "Foxy Brown" An Adirondac Outlaw, Hermit and Guide. A compelling story of Adirondack history and mystery which takes place during the beginning of the American Conservation movement.

April 10th, 7PM: Helena Garan: Tour of Mont Blanc

May 8th, 7PM: Chapter meeting

June 12th, 6PM – 8PM: Picnic at Chenango Valley State Park (admission to park is free after 5PM)

July: No Meeting

August: No Meeting

September 11th, 7PM: Board and planning meeting, all invited, meeting place to be announced

October 9th, 7PM: Chapter meeting

November 13th: No meeting

December 11th: Holiday Party and Chapter Elections

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. If so please contact any of the officers.

From The Communications and Membership Chair

Are you receiving 'ADK Today' via email, and chapter messages from our BinghamtonADK Listserv? If not we need an updated email address from you! Please send your current email address to kenjny@stny.rr.com . Here are the ways you can find out the latest activities and happenings with your Binghamton ADK Chapter:

WWW.BINGHAMTONADK.ORG Check out our chapter web site for the latest information and pictures! This is the place to find the latest Chapter activities. Would you like to post a picture or article on our chapter website? If so contact our webmaster Terri Gracin at bingadkweb@gmail.com

BINGHAMTONADK Yahoo group listserv: <http://groups.yahoo.com/group/BinghamtonADK/> Chapter email communications tool. If you did not provide an email address with your membership and would like to be included, please send an email to kenjny@stny.rr.com

CHAPTER NEWSLETTER. We hope you find this newsletter informative. Please send feedback/suggestions to kenjny@stny.rr.com

FYI....Our Chapter now has 180 members! Thank you for your support of ADK!

Chapter Outing Reports

Outing thought of the day:

There is nothing like hiking in the woods on a crisp winter's day. The sun is shining bright. The crunch of my footsteps accompanies the music of the wind and the trees. There is an openness that allows for a chance to take in a new view. Words drift into my mind, and out again. The answers are all here. This is the precious jewel we must care for and preserve. Here within lie our roots.

Mark's Winter Adirondack adventure!!! Thigh deep in Uphill Brook

I don't normally write trip reports, but I thought some may be interested in my recent adventure. Joe Cedar and I started out early and hiked via Lake Arnold with Redfield and Cliff as targets. Joe estimates we were about ½ mile from the lean-to and found ourselves on the wrong side of Uphill Brook. We saw what seemed to be a clear way across. I did not test the ice with my poles – I just started walking. My left foot quickly broke through the ice and went in the water. It may be because of my forward momentum, but my thought process was to quickly get to the other side to tend to my foot. Next I knew, I was up to my middle thighs in the brook. I immediately turned around, told Joe "I'm swimming" (as if that wasn't obvious to him), and unable to step out, I lied on the ice to haul myself out. I remember Joe reaching down. I am not sure exactly how I got out, but it happened as quickly as I had gone in. I asked Joe if he thought I should return to the lean-to to change. Not getting an immediate answer, I vacillated for five seconds before telling him I was going to the lean-to and started hiking. Five seconds later Joe suggested I rethink that decision. I concurred and asked him stomp out an area on the trail for me. I dumped my back, and gave Joe my emergency blanket (the sheet many hikers carry and almost as many wonder if they are of any use). I removed my snowshoes and gaiters. Doing this work, I found my exposed hands getting quite cold (often my winter hiking difficulty). My boot laces were icy and I had difficulty with them. Joe did many little things for me. His next action was the single most appreciated help he gave me. Joe untied my boots. I removed my boots and sat on the blanket that Joe had spread. I removed my pants and socks. My underwear was damp only and I left them on. Putting on my dry pants took more than a few seconds. My wet feet made it difficult to slide them through. Joe actually unzipped the bottom of my right leg for me. I was a bit saddened to see Joe draining one of my boots. I did the same with other. I put each foot in a small plastic store bag brought expressly for this purpose and put my boots back on. My down jacket also went on (but I wasn't to need it long), and I needed my dry mittens. Joe had already put my icy pants, socks, and mittens in a bag he had before they iced up in a weird shape and stuffed them in his pack. I put the rest of my gear in my pack and we left for home. My core was warm, but I truly envisioned having problems with my feet. I figured my boots would ice up. Despite having bags, I figured my socks would get wet and wouldn't provide adequate insulation. I had no issue and somewhat lamented that we didn't hike Cliff. I was able to fully enjoy our hike out on Lake Colden and Avalanche Lake. Sometime after we were hiking back, I stood up too quickly under some blow down, and gashed my head. That was what almost brought me to tears. After doing that three times on the Santanonis, I expect my head looks like a checker board. At a lean-to stop so I could fuss with my gear, Joe showed me how heavy my icy clothes were. I briefly thought I should carry them – they were my clothes. I let him continue hauling them. He is stronger than I, and I was hoping to hike the next day. That was the second most appreciated thing Joe did. Thanks Joe. I did remove my wet boots and socks in Joe's car. My toes were a tad pruned. Joe brought out a pair of boots for me to get into his house. Joe let me put my bare yucky feet in a pair of his boots. That was a true act of friendship. We set out for Iroquois the next day but we were unable to summit Algonquin because of poor visibility. We had the same issue when we tried Wright. So, I hiked two days without achieving any peaks, but really had a great time. And I experienced a hike I am likely to talk about more than any other. Mark

Catskills hike: North South Lake and part of the Escarpment Trail

On Dec 17th, a group of 6 including Mark Epstein, Mike Fosbury, 3 Boy Scouts and a Scout leader hiked the Escarpment Trail on the Catskills. The scouts were strong hikers and one was new to winter hiking. It was cool with a scant amount of snow and ice. Microspikes did get some use. This trail offers plenty of views. We finished close to 4:00 pm and drove to the Village Bistro in Tannersville for dinner. As always, dinner was as enjoyable as the hike.



Chapter Equipment for Rent

Have you ever wanted to try a new outdoor activity but did not have the equipment you needed to try it? Specialized equipment can be expensive, so consider renting. **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

Earth Day / EarthFest 2012

Would you be willing to be part of an ADK team that participates in Earth Day activities on Saturday April 21, 2012? If so, we need to sign up as a chapter to participate. If interested please contact Ken Jackson at 341-1584 or kenjny@stny.rr.com

Broome County River Cleanup

Would you be willing to be part of an ADK team that participates in the Broome County Environmental Management Council's River Cleanup on Saturday October 13, 2012? If so, we need to sign up as a chapter to participate. If interested please contact Ken Jackson at 341-1584 or kenjny@stny.rr.com

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: www.adk.org

New Catskill Park Trail Map Available

The Adirondack Mountain Club (ADK) has collaborated with National Geographic to create a Trails Illustrated Catskill Park outdoor recreation map. Completely waterproof, the map features detailed trail charts and mileages, state Wilderness and Wild Forest areas, fishing access points, GPS coordinates and much more for anyone interested in recreating in the 700,000-acre Catskill Park.

This is the sixth Trails Illustrated map produced in the collaboration between ADK and National Geographic Maps. The other five waterproof outdoor recreation maps cover the entire Adirondack Park.

The Catskill map is designed to be used with ADK's guidebooks covering the region, including "Catskill Trails," "Catskill Day Hikes for All Seasons" and the soon-to-be-released "The Catskill 67: A Hiker's Guide to the Catskill 100 Highest Peaks Under 3500'."

ADK's Publications Director John Kettlewell said, "Trails Illustrated maps are not only the best full-color outdoor and hiking maps for their regions, but they also make fantastic driving maps with their great readability and rich information. Plus, the maps are designed to be used with today's popular GPS navigation devices, making it easier than ever to find a trailhead or a campground. Everyone interested in outdoor recreation should have a full set of these."

The large-format, folded, waterproof trail map retails for \$11.95. ADK member price is \$10.76. The map is widely available at bookstores, outdoor stores and at ADK stores in Lake George and Lake Placid. Quantity discounts are available for commercial customers. Order at www.adk.org, (select online store at bottom) or call ADK at (800) 395-8080 or (518) 668-4447 (Mon.-Sat., 8:30 a.m.-5 p.m.).

Adirondack Classic Now Available in Paperback

The Adirondack Reader Spans Four Centuries of History, Wilderness Adventure

The Adirondack Mountain Club (ADK) has released the third edition of "The Adirondack Reader" in paperback. The collection of writings about the Adirondacks, which is also available in hardcover, spans more than 400 years of the region's history and literature and reflects our nation's changing attitudes toward wilderness. Edited by the late Paul Jamieson with Neal Burdick, this edition includes the work of some 30 new writers as well as the classic entries of Adirondack explorers and philosophers for which the book is known. A glossy, 32-page, color insert features classic and contemporary Adirondack paintings, illustrations, etchings and photographs. The paperback edition retails for \$24.95 and the hardcover lists for \$39.95. Order at www.adk.org, (select online store at bottom) or call ADK at (800) 395-8080 or (518) 668-4447 (Mon.-Sat., 8:30 a.m.-5 p.m.).

ADK is on Facebook

* Find the ADK at www.facebook.com/AdirondackMountainClub

* Find the Binghamton Chapter at <http://www.facebook.com/group.php?gid=354287586956>

ADK COMMUNITY NEWS & ACTIVITIES

Adirondack Mountain Club comments on revised draft SGEIS to Bureau of Oil & Gas Regulation, NYSDEC Division of Mineral Resources (Hydro Fracking)

Submitted on January 10, 2012

Executive Summary: ADK strongly supports DEC's decision to prohibit surface drilling on state-owned land, including State Parks, State Forests, and Wildlife Management Areas. In the past, the State has leased State Forest land for gas exploration, but these older drilling operations used techniques that had far less impact than modern drilling operations that employ high-volume hydraulic fracturing (HVHF) combined with horizontal drilling. DEC correctly concludes that HVHF would be inappropriate on these lands and inconsistent with State law. All related infrastructure, such as pipelines, should also be prohibited on these lands. After exhaustive research, ADK has also concluded that there are significant and compelling legal, environmental, and practical reasons for banning the lease of subsurface drilling rights under publicly owned lands.

In the 16 Forest Preserve counties in the Adirondacks and Catskills, the legal issue is cut and dried. Under Article XIV, section 3 of the New York Constitution, state-owned land within these counties, but outside the borders of the Adirondack and Catskill parks, cannot be leased for gas drilling.

Outside the Forest Preserve counties, Article XIV section 3 requires that lands acquired for reforestation must forever be used for that purpose. We maintain that subsurface leases of reforestation lands would violate both the spirit and letter of section 3 and related state laws.

Leasing subsurface rights and allowing horizontal drilling under State Forests would place drilling operations at the border of these lands, and the highly industrialized nature of modern gas drilling operations would have a significant impact on these forests. These wild lands and their flora and fauna would be subject to air, noise, and light pollution from these operations. These lands and the streams that flow through them would also be at risk from well blowouts, chemical spills, and other drilling accidents. Land clearing for well pads and drilling infrastructure and road building to service these well sites would fragment habitats. And, as DEC acknowledges in the rdSGEIS, HVHF would facilitate the spread of invasive species, which already pose a major threat to our forests.

Subsurface leasing of state-owned forest land could also create serious issues for owners of adjacent land, many of whom purchased their property with the intention of supplementing State protection of plant and animal habitats. These lands abutting State Forests represent significant private investment to further the State's purpose of maintaining these areas in a wild or near-wild condition and protecting the rare species that call them home. But because of New York's Compulsory Integration Law, State leases of subsurface rights to State Forests could force DEC's longtime conservation partners into leasing agreements with the gas drillers. In other words, DEC would become complicit in undermining the very environmental protections it has encouraged for decades. Under compulsory integration, these adjacent landowners could lose significant property rights and the ability to sell their land because of leases they did not want or seek but which may be forced upon them with DEC's consent. Also, because DEC would be both a party and the arbitrator of any compulsory integration decision, such leases would create a clear conflict of interest for the agency.

Since Article XIV gives every New York resident legal standing to sue over any violation of this article, any attempt by the State to lease surface or subsurface rights to any State Forest land anywhere in New York would undoubtedly result in legal action against the State.

ADK also believes that HVHF anywhere in New York State could pose serious environmental threats to land and water. If HVHF is allowed anywhere in New York, DEC should put in place mitigation measures to limit environmental damage. We urge DEC to prohibit the use of benzene, formaldehyde, and certain other chemicals in fracking fluids and to require that drillers disclose the contents of all fracking and drilling fluids. We urge DEC to ban the use of open pits for storage of fracking fluids and wastewater (flowback) and require proper treatment and disposal of HVHF wastewater. We urge DEC to require adequate well casings to protect groundwater and adequate setbacks to protect water supplies.

ADK's detailed comments, including legal citations, can be viewed at http://www.adk.org/Documents/ADK_Comments_On_SGEIS.pdf

ADK Volunteer Trails Program 2012



Since 1986 thousands of volunteers have worked with trained ADK trail crew leaders to complete trail maintenance and reconstruction projects all over the Adirondacks and Catskills. Volunteers are provided with the unique opportunity to “give something back” to the trails that they use. Trail work is demanding so volunteers should expect to be challenged both physically and mentally. Through the course of a trail project, volunteers will share the experience with other participants forming new friendships and memories. Ultimately, a quality trail project is completed by volunteer trail crews that will protect the natural resource for many years. A fun and rewarding experience is guaranteed. ADK provides leadership, group camping gear, tools, transportation from base camp, and food for multi-day projects. ADK’s volunteer base camp serves as the staging area for the four and five day trail projects. It is located at the Adirondack Loj Campground adjacent to Heart Lake. Project information including an equipment list will be sent to all volunteers upon registration. Register at <http://www.adk.org/Documents/TrailsRegistrationForm.pdf>

One Day Projects

June 16 -- Cascade Mountain – High Peaks Wilderness
June 16 -- Ruth’s Easy Project

Two Day Project

June 8-10 -- JBL Trail Work Weekend – High Peaks Wilderness

Four and Five Day Projects

June 17-22 -- Goodnow Mountain
June 24-29 -- Elk Lake
Aug. 12-16 -- Long Lake Canoe Trip – High Peaks Wilderness

Workshops and Special Events

May 19 and June 23 -- Trail Steward/Maintainer Workshop
June 2 -- National Trails Day - Southern Adirondacks and trail projects will be located north of Caroga Lake
Oct. 13 -- Fall Trails Day, High Peaks Wilderness

ADK – Binghamton Chapter
3725 River Rd
Endwell, NY 13760

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OR STAMP

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 2010 Officers and Committee Chairs

Chair: Donna Coon
237-6311 coledonnarn@yahoo.com
Vice-Chair: Brooks Getty
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Secretary: Bruce Coon
201-4341 coonbsr@stny.rr.com
Treasurer: Mark Epstein
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Director, ADK: Erik Gregory
775-0952 egregory@threearrows.com
Program Chair: Gary Vanderbles
722-3765 gvanderbles@stny.rr.com
Conservation chair: Open
(your name could be here!)
Webmaster: Terri Gracin
bingadkweb@gmail.com

Outings chair: Pat Connors
625-4078 pat_connors_ny@yahoo.com
Communications/Membership
chair: Ken Jackson
341-1584 kenjny@stny.rr.com
Hospitality: 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, leantos, 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