

Binghamton Outdoors!!!

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

Volume 9, Number 5 Fall / Winter 2019

Mark Your Calendar For The Dec 10th Chapter Holiday Party!

See page 2 for details. Spouses / partners welcome.
Call or text Ken Jackson @ 607-341-1584 if questions

What Does The ADK Mean To Me? By Bob Strebel

My first experience in the Adirondacks was a family camping trip at the Lake Harris campground in Newcomb. I was four years old. I caught my first fish there using a string tied to a stick. I was very proud. I wanted to eat the fish for dinner, for in my eyes it was at least a 40 incher. Well, my dad decided that we would keep the fish in a pot with water over night and see how it looked in the morning. In the morning I think I realized it was really only a few inches long. My dad convinced me to let it go so it could once again be with its friends and family. I can still picture the fish swimming away when we returned it to the lake that morning. We returned a few times after that but camping as a family activity faded away. There was something about these young experiences that left me wanting to visit again. In my late teenage years and early twenties, I organized camping outings with my friends and once again started to visit the north country.

I remember someone once telling about this club in the Adirondacks that helped maintain the trails in the park. I didn't know much more about it at the time but thought that since I used the trails that I could contribute a yearly membership in support of that. That was 28 years ago now. I simply maintained my yearly contributions without any other involvement until about six years ago when my wife and I decided to attend an event sponsored by the ADK. The event was the Black Fly Affair. We had a great time and met a bunch of really nice people with similar interests.

Since that time, I've learned about many of the great things the club does. Of particular interest to me are the ADK's Conservation & Advocacy and Education departments. Our Conservation and Advocacy office is located in downtown Albany just a few blocks from the capital. From this office Cathy Pedler keeps a pulse on issues at the state offices that are of concern to the ADK and advocates for changes in public policies and laws to protect our state lands. Her team is partially responsible for the boat cleaning stations that have popped up in the Adirondacks in the past few years to prevent the spread of invasive species. She helped to organize a team including Cornell College and the NY Department of Conservation (responsible for NYC water supplies) to develop a hatchery for a beetle to combat the woolly adelgid that are killing hemlock trees. You can read more about the work that Cathy does in the Adirondack magazine in the Conservation and Advocacy Report.

Our Education Department engages with literally tens of thousands of people every year to promote responsible recreational use of our state lands. The Summit Stewardship program places volunteers on the high peaks to educate the multitude of visitors every year on the fragile alpine plants that have been declining due to hiker trampling. The

Education Department offers Leave No Trace courses and other classes promoting safe and responsible use of the outdoors. The Outreach program introduces elementary age students to the outdoors. Again, these are just a few examples of the fabulous things the department does.

In 1916 Theodore Roosevelt said, *“Defenders of the short-sighted men who in their greed and selfishness will, if permitted, rob our country of half its charm by their reckless extermination of all useful and beautiful wild things sometimes seek to champion them by saying that ‘the game belongs to the people’. So it does; and not merely to the people now alive, but to the unborn people. The ‘greatest good for the greatest number’ applies to the number within the womb of time, compared to which those now alive form but an insignificant fraction. Our duty to the whole, including the unborn generations, bids us to restrain an unprincipled present-day minority from wasting the heritage of these unborn generations.”* While Roosevelt struggled in his fight for conservation in his day, the struggle is even more important today. He has done his part and now I feel I need to do my part. I would like to know that long after I am gone our children will be able to enjoy the parks as I did. The ADK has demonstrated itself to be an honorable steward of the New York State lands and supporting it is one way I can personally contribute to a sustained future of the parks.

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

December 10, Tuesday, 6PM. Chapter Holiday Party at Washingtonian Hall in



Endwell. Get in the holiday spirit with this very popular chapter event. Bring a dish to pass and your favorite beverage. Spouses/partners welcome.

Hosts: Ken and Linda Jackson (text or call 607-341-1584; email kenjny@stny.rr.com)



January 14, Tuesday, 7PM. Chapter Meeting. Program: Hiking Isle Royale National Park by Ken Jackson

February 11, Tuesday, 7PM. Chapter Meeting. Program: Sierra photo trip by Erik Gregory

March 10, Tuesday, 7PM. Chapter Meeting. Program: Hiking Banff National Park by Bob Strebel

April 14, Tuesday, 7PM. Chapter Meeting. Program: Hiking Grand Canyon by Pat Connors

May 12, Tuesday, 5PM. Chapter Meeting. Hike and trail maintenance at Hawkins Pond

June 09, Tuesday, 5PM. Chapter Picnic at Chenango Valley State Park

Director's Corner: The Year In Review By Bob Strebel

There have been quite a few changes at the main office in the past year. Our current executive director is retiring this year, our club's president is terming out, and the Heart Lake Loj property has undergone many improvements. Neil Woodworth is heading to retirement after 30 years of serving as the ADK executive director and representing our membership in Albany as an advocate in the preservation of the Adirondack and Catskill parks as well as other state lands in New York. I met Neil for the first time about six years back and have met him several times a year at the board of directors' meetings and other gatherings. He has consistently impressed me with his knowledge of the park and the current state of affairs from the cost to repair the last 2 miles of ADK Loj road owned by the town of North Elba to the development of emergency environmental clean up plans should a tanker train car of Canadian tar sands oil derail during its travels through NYS. When over a million acres of land was added to the NYS forest preserve a few years ago, Governor Cuomo personally phoned Neil to meet and discuss how the land should be classified for use. How impressive!

After a long and arduous process, the executive committee announced a final candidate for the future ADK executive director to the board of directors at the September meeting. In total there were about 10 applicants for the position. The committee reviewed all resumes to whittle the list. This was followed by telephone interviews and finally face to face interviews. All members of the committee agreed upon the final candidate. During the BOD meeting our current and future president and our executive director had nothing but great praise to say about the final candidate. The board unanimously voted to accept the candidate as our new executive director. Enter, Michael Barret. Michael is a practicing lawyer with a solid background in state government. He has worked the NYS assembly as well as holding executive positions during the Spitzer/Paterson government. He currently lives in Missouri where he has worked in state government as well. He has family living within the blue line and is ready to return to his roots in NYS along with his wife and children. His outdoor ethics align very well with that of the club. I look forward to seeing what he can bring to the future of the club and NYS lands. I believe that Michael will lead the club with the same dedication and competency as Neil.

After 3 two-year terms, John Gilewicz is stepping down as club president. In compliance with club bylaws, this is the maximum time someone can hold that position. It has always amazed me how much time and effort John has put into the club especially considering that this is an unpaid position. John works full time outside the club, travels extensively for his job and holds together a family. I truly admire John for his dedication and the tireless hours he has given up from his personally life to support the club. Thank you, John.

Tom Andrews will take over as club president beginning January 2020. Tom is no stranger to the club and is yet another hard-working individual who has given countless volunteer hours to the club. Tom is currently a club vice president and chairs the Heart Lake property committee. He has organized and lead many of the efforts at the loj from general lawn work to building repairs. John is a level-headed individual and kind soul with work ethic that never stops. While we will miss John, Tom will certainly fill the position with ease.

Finally, have you visited the Heart Lake property recently? Great things have been happening. The club invested in renovating the High Peaks Information Center (HPIC), revamped the campground bathhouse and added the Hungry Hiker concession building. The HPIC houses one of the two club retail stores and is staffed with ADK employees to help hikers plan their trips into the high peaks. The renovation has opened up the interior for better traffic flow, more retail space and a better presentation of information for hikers. A covered porch was added where hikers can prepare for their day's adventure or rest at the end of their trip. Sales at the HPIC is up from last, possibly attributed to the renovation.

Renovations on the campground bathhouse were completed this year. I am not familiar with the previous condition but during my stand this past summer I found it clean and freshly painted.

The Hungry Hiker is a new concession build near the HPIC serving breakfast, lunch and dinner from mid-May to mid-October. It's very convenient to be able to grab a snack either before and after a day of hiking. I had chance to eat there this summer – the breakfast burrito is outstanding.

Upcoming Chapter Outings and Activities

If you would like to organize an outing please contact our outings chair Lindsey Leiser at 607-621-8945 or adk46@stny.rr.com. Consider leading an outing to your favorite place...we need more outings leaders! Final details of outings will be shared on the chapter listserv, and you can contact the outing leader listed below.

December 7, Saturday: Patch hike on Shavertown trail. Leader: Lindsey Leiser (adk46@stny.rr.com)

February 9, Sunday 7PM: Full Moon hike/ski/snowshoe at Oakley Corners State Forest. Moonrise is at 6PM. If cloudy or snow storm, alternative date is Mon Feb 10th, or Mon Mar 9th (next full moon).
Leaders: Bob Strebel (bobmail@stny.rr.com), Ken Jackson (kenjny@stny.rr.com)

Watch www.binghamtonadk.org and the chapter listserv for dates on these 2020 hikes:

Winter 2020 hike: Bob Strebel will lead patch hike to Jenksville State Forest
Spring 2020 hike: Erik Gregory will lead patch hike to Bowman Lake State Park
Spring 2020 hike: Pat Connors will lead patch hike to Mount Utsayanth and Bramley Mountain loop
2020 Friday morning hikes: Ken Jackson will lead local patch hikes on selected Fridays

Upcoming ADK Events and Activities

Jan 17-19, 2020: ADK Winter outing, Tug Hill area. Hosted by ADK Iroquois Chapter

Jun 17-22 and Jun 22-27, 2020: ADK Cycle outing, Potsdam area

Jul 13-18 and Jul 18-23, 2020: ADK Paddle Outing, St Regis Canoe area

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/>

Have You Started Your Southern Tier Scramble Patch Challenge?

Check out <http://www.binghamtonadk.org/PatchPage.html> for the latest information

ADK Binghamton chapter is pleased to announce our Southern Tier Scramble patch challenge. The challenge focus aligns with ADK's mission of Conservation, Education, and Recreation.

Patch activities are available in the five NY counties where many of us live: Broome, Chenango, Cortland, Delaware, and Tioga.



Check out the 2020 chapter meetings and outings which offer opportunities to complete patch activities. Please make a commitment to participate in the Southern Tier Scramble!

Check out www.binghamtonadk.org for the latest activities schedule!

Chapter Membership Status

Our Chapter now has 191 members, down a bit. Thank you for your support of ADK!

Welcome to new and rejoined chapter members and affiliates since the last newsletter: Bruce Pero, Arthur Suggs, Ken Chambers, Cynthia Manchester, Kurt Davis, Dale Gerst, Blasé Hartman, Jennie Hartman, Margaret McGowan, Molly Nolan, John Greene, Hal McCabe, Michael and Kathy Mele, Kristy Cooke, David Johnston, Silvia Briga, Elizabeth Chilton, Charles Ford.

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 Pat Connors at pat_connors_ny@yahoo.com to rent items or for more information.

ADK Mission Statement

ADK (Adirondack Mountain Club) is dedicated to the conservation, preservation, and responsible recreational use of the New York State Forest Preserve and other parks, wild lands, and waters vital to our members and chapters.

Who We Are

ADK is the only nonprofit organization dedicated to protecting and advocating for New York State's wild lands and waters while also teaching people how to enjoy natural places responsibly. Since 1922, the organization has offered people opportunities to stay and play in as well as protect, discover, and explore the outdoors. Today, ADK has 30,000 members in 27 chapters statewide and is served by a professional, year-round staff. The organization is recognized as a vital voice in the commitment to environmental stewardship and ethical outdoor recreation in New York State.

Outings and Activities Reports

River Bank Cleanup Conservation project

On a sunny cool Saturday morning in October a small crew of 3 from the chapter cleaned the Chenango riverbank (and woods near the river) in Otsiningo Park. The river water level was low and we were able to remove 5 large bags of trash (approx. 75 lbs.) plus 3 tires, 3 rolls of orange construction fence, and two long pieces of plastic pipe! Thanks to Stacey, Dan, Ken for your efforts to improve and keep our river banks clean!



Finger Lakes Trail Maintenance Earth Day Conservation Project

On a beautiful day in early May a team from your chapter performed the annual trail maintenance on our adopted 4.7 mile section of the FLT from Dryden Brook Rd to Rock Rift Fire Tower to the Rt 10 trail register. It was a perfect sunny day for a working hike...and no bugs! Thanks Julie, Erik, Bob, Patsy, Rick, and Ken for your efforts.

Please consider joining us in 2020 for this Earth Day conservation and giving back event!



Adirondack Lean To Caretaking

In late April and early May teams from your chapter completed overnight backpack caretaking trips into Silver Lake Lean To and Tirrell Pond Lean To.

Tirrell Pond Lean To is adopted by your Chapter in memory of Howie Thompson. Our early May trip to Tirrell Pond was a beautiful weather and a great time. Thanks to Bob, Nick, Cindy and Ken for your caretaking efforts.



Silver Lake Lean To is adopted by Ken Jackson. Our late April trip to Silver Lake was a weather adventure ...hiked in the rain, crossing Jessup River was a challenge, then strong winds overnight brought in low 20's and snow. Thanks Chris, Nick, Dylan and Ken for your caretaking efforts.



Local Patch Hikes



In April, May and October several chapter members enjoyed hiking some of our local trail treasures....Suny Broome trails, Binghamton University trails, and Oakley Corners north trails were all excellent hikes.

A number of members completed hikes for their Southern Tier Scramble Patch challenge!



Fire Tower Finale: By Erik Gregory

I finished the Fire Tower Challenge this summer with my hike up Loon Lake Mountain in August. I had a great time completing this challenge (25 peaks in the Adirondacks, and 5 in the Catskills). I was a 46er before I started it, and it was fun going for the challenge and having other peaks around the parks to climb – it definitely got me to places I probably would not have gone to otherwise. You only need to do 18 of the 25 in the Adirondacks to get the patch, but the hikes were so interesting that I climbed all of them. The guidebook “Views from on High”, second edition, that we profiled in our last newsletter, gives all the details.

I started in December of 2010 with Hunter Mtn, on a chapter hike. We had snow at the top, and great views of snow-covered trees from the tower. (Photo #1)

I generally did Adirondack fire tower hikes in conjunction with other trips to the Adirondacks, adding a day or two to the trip to get in a Fire Tower hike. Larry Weill, the author and former forest ranger, was an early inspiration. He gave a talk at one of our Chapter meetings about his time at the Pillsbury Mtn tower, including his journey from Perkins Clearing and the climb up the mountain with an 80 lb. pack. When I climbed Pillsbury, I kept thinking about the weight of the pack – glad I didn’t have to carry it. Pillsbury was like a lot of other mountains with towers – no view without climbing the tower – then a great view all around.

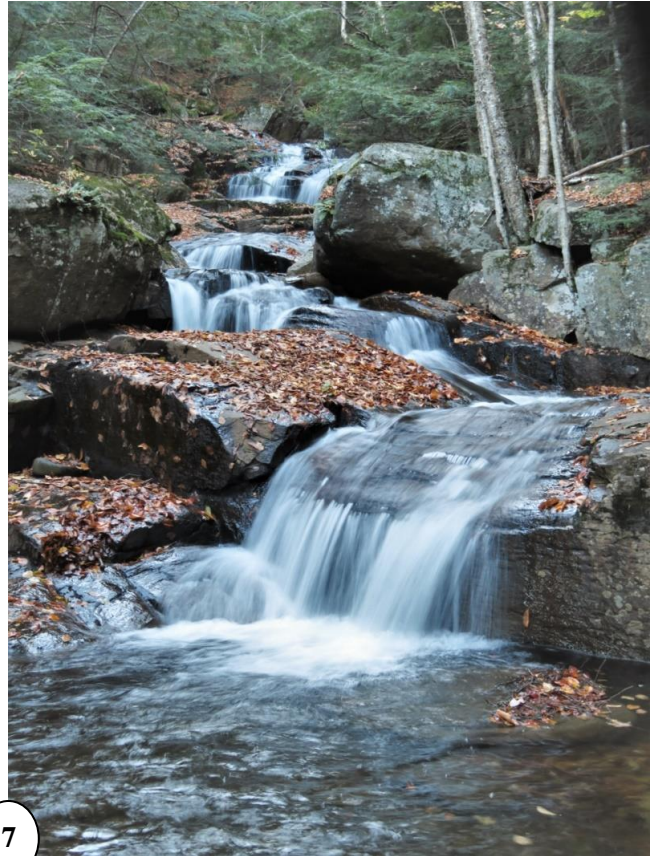


I’ve always enjoyed the view from Bald Mt. I hiked it many years ago, and re-hiked it for the challenge. The trail is best described as “rocks and roots”! (Photo #2) The view out over the Fulton Chain – even with overcast skies – is impressive. (Photo #3 – view of 4th Lake).



Likewise, the views from St Regis, Hurricane (even without being able to go up the tower), Blue, and Owls Head were favorites. (Previous page: Photo #4 shows the St Regis Tower; Photo #5 the East View from the Tower.)

The Gore tower, of course, is off limits, but I sat out in front of the warming hut nearby and enjoyed lunch with a fantastic view. Gore was also a favorite because of the waterfalls on the way up – made better by the fall color. (Below: Photo #6 shows the High Peaks view from Gore; Photo #7 one of the many waterfalls along the lower part of the trail)



Other peaks without accessible towers had views if you went to one rock out-cropping or another: a couple of good views of Lake George North and South from rocks near the Black Mtn tower; good views to the East and Southeast from the rock slabs on Loon Lake Mtn where I finished the challenge (tough, hard climb near the end on that one).

Photo #8 shows the Loon Lake Mtn Tower, and Photo #9 is my “Finish Photo”. (Note the 1st section of stairs has been removed on the Loon Lake Mtn Tower. And now... off to the next challenge – maybe the Saranac 6? Erik Gregory

2019 Grand Canyon Hike: by Pat Connors



One of the best things about being a hiker is that you can do it almost anywhere. You can do it at a local park, in our beloved Adirondacks or even in various world renowned places. In March of this year I was able to spend a few days at the Grand



Canyon National Park in Arizona. It was a great experience that I will always treasure and being able to hike it allowed the experience to be a personal and very special one. The views from the canyon rim are just beyond belief. While I had seen pictures of the Canyon a thousand times, seeing it in person was amazing. The sheer enormity of it is mind boggling. I knew there were trails down into the canyon but had always wondered how in the world these trails were possible when the canyon walls were so vertical. While taking in the sights from the various lookout points, one viewpoint showed the Bright Angel Trail as it snaked its way down the canyon and out onto the Indian Garden. I could see quite a few people on the trail looking like so many ants as they crawled along. The view hooked me and I knew that I was going to give the trail a try. Unfortunately, I only had a few uncommitted hours in which to hike and the weather at the Grand Canyon in March can be quite cold. While the weather was cool on the day we arrived, the forecast for the next day (my possible hiking day) was for cold temperatures and snow so I was a bit hesitant to hike into a canyon in potentially slippery conditions. I had brought microspikes in case I had a chance to hike so was somewhat prepared. I had told my wife I would hike for about 3 hours so I knew I was on a short schedule. The morning of my hike broke very cloudy, cold and overcast with a couple inches of new snow on the ground and as I left to go to the trailhead I was disappointed since I thought the views would be obscured by the cloud cover.

When I reached the trailhead I was surprised that the views were



beautiful...I realized that cloud cover was not an issue when hiking DOWN as opposed to hiking UP and into the clouds. My



daughter snapped a few pictures as I started. She was unable to come along as she was recuperating from knee surgery that winter. I discovered that the trail was quite easy and broad with

an easy grade. I could at times see the many switchbacks as it descended into the canyon. It was a thrill to hike through the short tunnel near the beginning of the trail and I saw many deer (mule deer?) as I descended.

While there was snow occasionally it was not an issue. As I descended, I did come to a spot that was in the shade and the trail was snow covered for as long as I could see. A number of people decided at that point to not continue. I considered donning my microspikes but found that my hiking boots provided enough traction if I was careful AND stayed away from the drop on the outside of the trail! After a quarter mile or so the trail returned to just mud with the occasional mule dropping (I did not encounter any mule trains that day).

The views were astounding as I descended. Looking across the canyon was awe-inspiring and looking back up was amazing. At times if you looked ahead it appeared that the trail had no place to go but somehow a route was found around the obstacles. Soon I was at One and a Half Mile Rest, a rock shelter that was, unsurprisingly, about 1 ½ mile from the trailhead.

The views continued to be fantastic with new vistas unfolding as I went deeper. Features that earlier were eye level I was now looking up at. Soon I was at Three Mile Rest, another rock shelter, (a descent of about 2100 vertical feet) at which point I had decided I would stop my descent but the lure of going deeper was too strong and I continued down. At the point the terrain was flattening out and started to resemble more of a desert and I saw my first cactus. At this point I was following what looked like a



dried creek bed. Looking back at the trail and the canyon wall behind me was amazing to see how the trail zig zagged down the canyon wall.

By now I was pretty much alone on the trail and starting to get that isolated, “on the edge” feeling. I had a vague goal to get

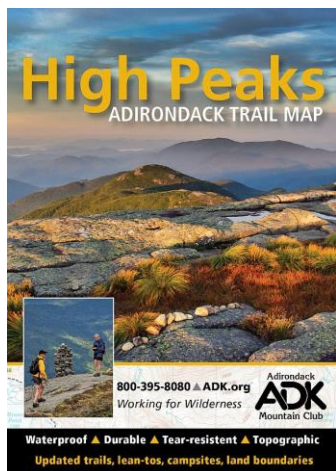
to the Indian Garden but figured it was just a bit too far with my short timeline. By now the hiking was basically flat but angry clouds were moving in and it was starting to sleet and rain. I snapped a picture of the sleet as it hit my daypack and decided I had had a great experience so far (and wouldn't be too late getting back) so I turned around and started up. At this point I figured I had descended about 2700 vertical feet into the canyon. So now it was all uphill. The hike up was easy (compared to uphill hikes in the Adirondacks!) with a gentle but unrelenting uphill grade. The views were as amazing going up as going down. It was raining pretty hard when I reached Three Mile Rest so I stopped for a bit before continuing my uphill grind. Soon the weather cleared a bit but remained cold. Going up made the switchbacks seem even more incredible than while descending. Soon I was in the last stages of the hike and passed back through the tunnel and to the trailhead. I was glad I was able to squeeze the hike in. It gave me a greater understanding and appreciation for the canyon and the people who originally explored it. The only problem was that I now really want to return to this amazing world and hike all the way to the Colorado River and camp....maybe a rim to rim? You can always dream....Pat Connors



New ADK Guidebooks, Books, Maps

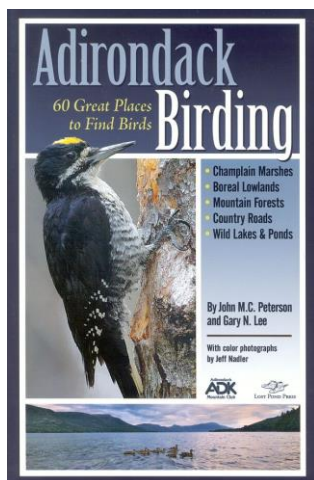
Purchase these guidebooks and many other publications at ADK shop: <https://www.adk.org/shop/>

High Peaks Adirondack Trail Map – new 15th edition



This new 15th edition topographic map corresponds with ADKs High Peaks Trails guidebook. Included in the new edition are updated trails, lean-tos, campsites and land boundaries on one folded, pocket-sized sheet. Waterproof, durable and tear resistant. 4 1/4" x 6" folded size.

Adirondack Birding



A comprehensive guide to birding sites in the Adirondack Park. Includes descriptions and directions to sixty places where you can walk or paddle to observe the most interesting birds. 200 illustrations including 16 pages of color photographs. By John Peterson and Gary Lee. Paperback. 240 pages. 5.5' x 8.5'.

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 Finger Lakes – Genesee Valley Chapter
- Adirondack Paddle Pursuit
- Adirondack Quest – Genesee Valley Chapter
- Northville – Placid Trail – Schenectady Chapter
- **Southern Tier Scramble – Binghamton 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.

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 2019/2020

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

Conservation chair: Ken Jackson
341-1584 kenjny@stny.rr.com

Outings chair: Lindsey Leiser
621-8945 adk46@stny.rr.com

Vice-Chair: Open

Treasurer: Stacey Flanagan
stafla12@gmail.com

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

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

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

Hospitality: Stacey Flanagan
stafla12@gmail.com

Program Chair: Open

Webmaster: Erik Gregory
rf8g46er@echoes.net

Communications/ Facebook: 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
- 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