

Binghamton Outdoors!!!

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

Volume 9, Number 6 Spring / Summer 2020

ADK Binghamton Chapter Plans for 2020 By chapter leadership team

Hi Binghamton ADK chapter members. We hope everyone is safe and healthy during this COVID-19 pandemic. Your chapter is following the guidance from ADK to postpone / cancel all face to face meetings and outings through May 15th:

- **Cancelled:** All April and May outings and meetings
- **Postponed:** Pat Connors Grand Canyon hike presentation postponed to a fall meeting
- **Spring activities starting May 16th still on schedule (subject to change):** watch www.binghamtonadk.org and chapter emails for latest updates.
- **Note:** Chapter emails have moved to Google Groups...see page 3 for more details

If you hike, please do so locally...thank you!

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

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

September 08, Tuesday, 7PM. Chapter meeting, Program "Hiking Grand Canyon, by Pat Connors

October 12, Tuesday, 7PM. Chapter meeting, Program TBD

November 10, Tuesday, 7PM. Chapter meeting, Program TBD

December 08, Tuesday, 6PM. Chapter Holiday Party at Washingtonian Hall

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.

June 13, Saturday, Patch hike to Bowman Lake State Park. Leader: Erik Gregory (rf8g46er@echoes.net)

June 26, Friday. Patch hike to Virgil Mountain (loop). Leader: Ken Jackson (kenjny@stny.rr.com)

July 18, Saturday, Patch hike to Hoxie Gorge section of Finger Lakes Trail, Leader: Bob Strebel (bobmail@stny.rr.com)

August 15, Saturday, Patch hike to Basswood section of Finger Lakes Trail, Leader: Bob Strebel (bobmail@stny.rr.com)

October 01, Thursday, 7PM. Harvest Moon hike at Chenango Valley State Park. Moonrise 7:06PM
Leaders: Bob Strebel (bobmail@stny.rr.com), Ken Jackson (kenjny@stny.rr.com)

October 03, Saturday, 8AM. Riverbank cleanup conservation project. Leader :Ken Jackson (kenjny@stny.rr.com)

Date TBD: Postponed Chapter trail maintenance activity, Hawkins Pond County Park.
Leaders: Bob Strebel (bobmail@stny.rr.com), Ken Jackson (kenjny@stny.rr.com)

Date TBD: Postponed Patch hike to hike to Mount Utsayanth and Bramley Mountain loop. Leader: Pat Connors (pat_connors_ny@yahoo.com)

Date TBD: Postponed Chapter conservation activity, Finger Lakes Trail, Rock Rift Fire Tower area
Leaders: Ken Jackson (kenjny@stny.rr.com)

Date TBD: Postponed 2020 backpack: Patch conservation activity – Tirrell Pond and Silver Lake lean to caretaking. Leaders: Bob Strebel (bobmail@stny.rr.com), Ken Jackson (kenjny@stny.rr.com)

Upcoming ADK Events and Activities

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 (Full, waitlist only)

Jul 26, 2020. 15th annual ididaride! 55 mile road, and 23 mile gravel grinder options.

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!

Southern Tier Scramble Patch Completions!

Congratulations to these enthusiasts who have completed the Scramble:

1. Bob Strebel
2. Ken Jackson
3. *Who will be next??*

Chapter Membership Status

Our Chapter currently has 193 members. Thank you for your support of ADK!

Welcome to new and rejoined chapter members and affiliates since the last newsletter: Mark and Deborah Henry, Kyle Henry, Grace Carter, Jeffrey and Wendy Wood, Dennis Ebert, Lisa Hoteling, Cathy Bonin, Thomas Beavers and Chancey Mathews, Ashley Blackwell, Carrie Randall and Suzanne Smith, Richard and Shelly Haddock, Annette Patten, Dennis Petraske.

Chapter emails have moved to Google Groups!

Emails will now be from: binghamton-adk+noreply@googlegroups.com

If you are not getting emails from the chapter send an email to kenjny@stny.rr.com to be added

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.

Outings and Activities Reports

Full Moon Hikes...a new and popular activity!

A popular new chapter activity is full moon hiking. Our first Full Snow Moon hike in February was at Chenango Valley State Park. We met at Tween Lakes pavilion on a cool and partly cloudy Sunday evening. Six people enjoyed a 3 mile woods trail hike in 2-3 inches of snow, followed by a warm fire, hot chocolate, snacks, and great company. Thanks to Bob and Patsy Strebel for the drinks/food, and Ken Jackson for the fire. We went back to Chenango Valley/Tween Lakes in March and had a great turnout of seventeen people on a picture perfect Monday evening for the Full Worm Moon hike. Thanks to Erik Gregory for leading the large group on the hike around the lake, and to Bob/Patsy/Ken for providing the snacks and fire. A few pics of the fun are below.

Mark your calendars for the Full Harvest Moon hike on October 1st!



Local Patch Hikes

Four chapter members completed an early March patch hike to the Plymouth Loop in Chenango county. This was the last Binghamton ADK hike before the COVID-19 pandemic stopped ADK activities. Nick, Cindy, Bob, Ken and mascot Bailey enjoyed a lunch stop at the new lean to....a very enjoyable hike!



Chapter Holiday Party: a great ADK time! Mark your calendar for the Dec 8, 2020 party!



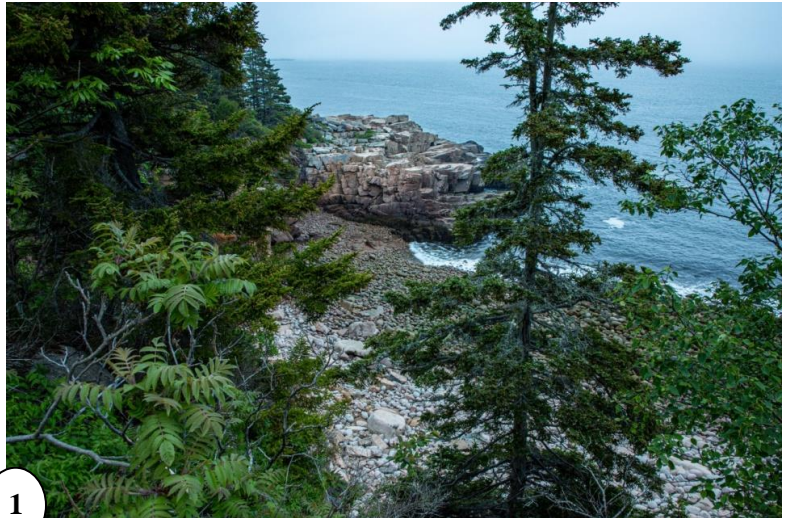
Acadia Photo Workshop: By Erik Gregory

Fun! Adventure. Excellent Instructors. Like-minded companions. Oh, and sleep deprivation. It's all part of a photo workshop. I like taking pictures. I take pictures to document trips and outings ("tourist" pictures, I call them – 'click' – we were here), or family events. I have way too many pictures of the dog – trying to get a good expression – the dog is usually uncooperative. And I take pictures of flowers (particularly because my wife likes them). But mostly I take landscapes – I'm partial to rugged terrain, mountains, and water. Flat water can have great reflections, and waterfalls come in all shapes and sizes. I'm continually trying for a great sunrise or sunset photo – you know – one that lights up all the clouds in the sky.

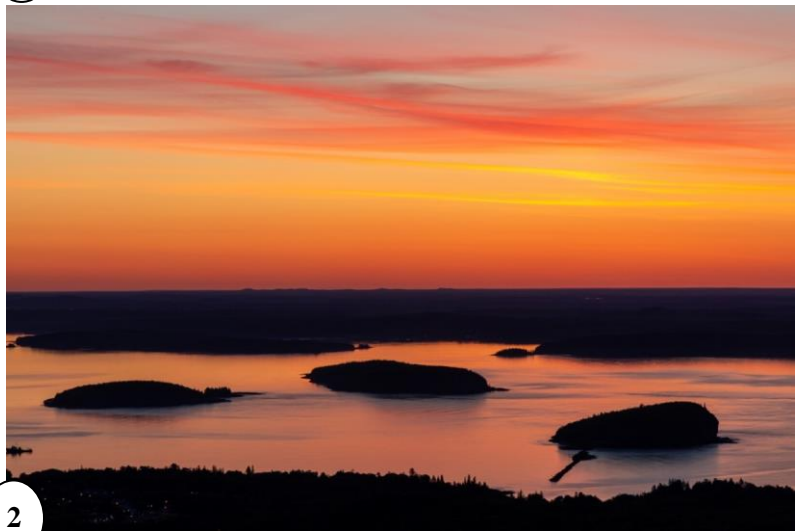
You'd think I would be out there all the time, but life seems to get in the way. And, as someone named Jim Richardson said, "If you want to be a better photographer, stand in front of more interesting stuff." So with that in mind, I signed up for another photo workshop.

I'd been to Acadia National Park before, and it's a fun place, with rugged coastline, interior lakes and trails, interesting harbors, crashing waves – all good backdrops for the aspiring photographer. (Photo #1 shows the rocks and beach below Otter Cliff). And who better to lead a workshop than Carl Heilman II, who runs his Wild Visions business out of Brandt Lake in the Adirondacks. Carl is a fixture in the Adirondacks, and many of you probably already know his work; he leads many workshops and sessions there, but he also leads a multi-day Acadia workshop each year in the June timeframe. He's very good, and his work shows it.

In June it's a 4 AM start in the parking lot to be able to get on location well before sunrise, but the rewards are awesome if the weather cooperates. We had a great time one morning shooting from the shoulder of Cadillac Mountain out over the Porcupine Islands in Frenchman Bay (Photo #2). The sky was perfect!



1



2

Shortly after sunrise on the same morning, we were treated to the sight of the full moon setting in the West – a "two fer" in one morning! (Photo #3)

Aside from the knowledge and experience to get us to great shooting locations at the right time, there's also instruction in the field, with tips and suggestions that lead to great compositions.



3

Part of the fun of the workshop is shooting with, and interacting with, other photographers. For 4 days it's photos all the time. People share info about Apps and cameras, and talk about what works and doesn't work. Being a "left-brain" person, my biggest challenge is composition and creativity – I'm always working on it when I'm in the field. To help with field work, there are instruction sessions in the classroom. There are also critique sessions, where everyone submits photos for review by the whole class. (This is always done in a positive light.) I'm always amazed by the compositions that others put together, when we're all shooting from the same location (why didn't I see that?).

We had opportunities to photograph flat water with great reflections (Photo #4), and the ubiquitous Maine lupines (Photo #5) on one of our morning outings.

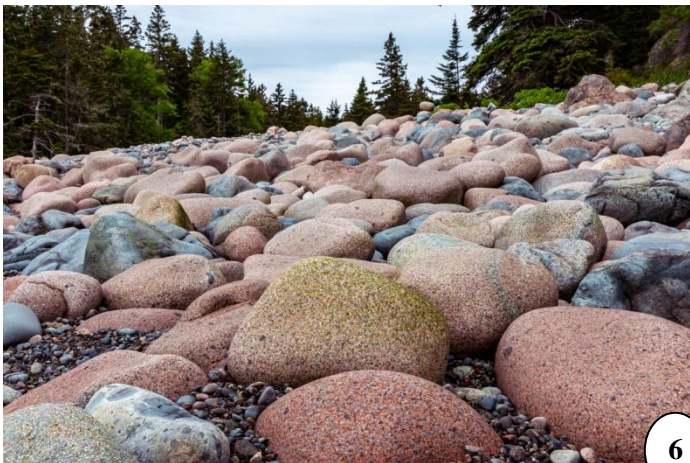


4



5

The nice part of Acadia is that you can go from those locations to boulder strewn beaches (Photo #6), with waves washing in, in a matter of 15 minutes.



6

The final morning we went over to a foggy Bar Harbor. The sunrise was non-existent, but all of the hard-working fishermen were fueling boats and heading out for the morning (Photo #7). Beautiful with the fog and mist.



7

Always something interesting to photograph – and always an adventure!

Erik Gregory

Isle Royale National Park Backpack by Cindy & Nick Gretzinger and Ken Jackson

Our group of six experienced backpackers has been doing ‘bucket list’ trips the last few summers. In August of 2019 we chose to backpack across Isle Royale National Park. Isle Royale is located in northwestern Lake Superior (Photo #1) and can only be reached by boat or float plane. Isle Royale is the 4th least visited national park and the only national park that closes all winter (Nov 1 to April 15)



Isle Royale National Park was established in 1931 to conserve a prime example of Northwoods Wilderness. It was designated part of the National Wilderness Preservation System in 1976, and a UNESCO International Biosphere Reserve in 1980.

Isle Royale is comprised of 894 square miles of water and land (400 islands). The main island of the park is the largest island in Lake Superior at 45 miles east to west, and 9 miles south to north (Photo #2).



Planning the logistics of getting to Isle Royale are one’s first challenge: Driving is 1200 miles/20 hours from Binghamton, and if flying once one reaches MSP (Minneapolis) it is a 5 hour drive north to the ferry location in Grand Portage, MN. Once there you are 5 miles from the Canadian border! Views of Canada are frequent from Grand Portage and as you hike Isle Royale (Photo #3)



Your choices to reach the island are ferry or float plane from Grand Portage, MN or Copper Harbor / Houghton, MI.

The ferry (Photo #4) runs several days a week and leaves at 7AM central time. It stops at Windigo (West end of island, several north shore harbors, and Rock Harbor (East end of island). We chose to hike from East to West, so the ferry time on day 1 was a long seven hours!

The float plane is quicker, provided it can fly! We decided to not take that risk, and it turned out that on our first day the float plane was grounded due to high winds.



Isle Royale offers 165 miles of hiking and backpacking trails. The Greenstone Ridge and its Trail are both named after Chlorastrolite (Greenstone), a local semiprecious stone that is the state gem of the U.S. state of Michigan. Greenstone is a weakly metamorphosed (altered) basalt that is, as its name suggests, greenish to gray. This type of rock formed about 2.7 billion years ago when the area that is now northern Minnesota was part of a volcanic island arc, much like the islands of Japan are today.

Our hike itinerary on the island totaled 66 miles over 5 days:

- Rock Harbor to Three Mile.....3 miles
- Three Mile to West Chicken Bone.....13 miles
- WCB to McCargoe Bay to Hatchet Lake...13.5 miles
- Hatchet Lake to Island Mine.....13 miles
- Island Mine to Feldtmann Lake.....14.5 miles
- Feldtmann Lake to Windigo.....9 miles

Backcountry campsites range from mostly tent sites along Lake Superior or inland lakes, to luxurious lean to like screened in shelters close to Rock Harbor! (Photo #5).



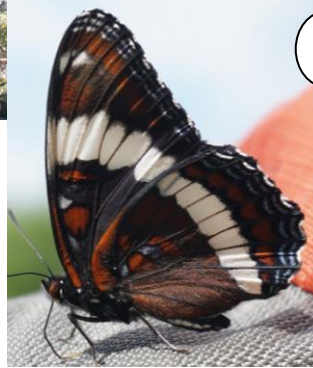
5



6

Isle Royale has a significant Moose population (approximately 1500, Photo #6) and Wolf (approx. 25). We heard wolf howling each night and saw wolf tracks in several areas.

Other inhabitants are red fox, butterflies (Photo #7) snowshoe hares, many birds, eagles, and waterfowl. Thankfully, insects and mosquitoes were few!



7



As one hikes across the island you have the opportunity to explore the rich mining history, ranging from ancient Native American copper mining pits, to 19th century copper mining remnants that used steam engines (Photos #8)



8

Each trail of the Island offers beautiful views of the national park islands, Lake Superior, Canada, Minnesota, and Michigan. Isle Royale lived up to a bucket list caliber trip for all of us! For 2020, we are hoping to spend a week backpacking Glacier National Park....fingers crossed we get picked for a permit (lottery system) and COVID-19 is a distant memory!

One to Remember, Mount Marcy ascent by Pat Connors

The forecast for the North Country for March 9 was clear, warm (for Winter, at least) and windy. Since our planned hike was to climb Mount Marcy the wind (40-50 MPH wind forecasted) was a concern. We were also concerned that we might encounter considerable ice at the higher altitudes so we decided to be appropriately prepared (crampons, microspikes, snowshoes, face coverings, etc.). As I travelled to Lake Placid I was surprised at the amount of snow that was on the ground up North since the Southern Tier had none. I was thinking (hoping) that even with the warmish temperatures perhaps this hike would, after all, feel like a true winter hike.

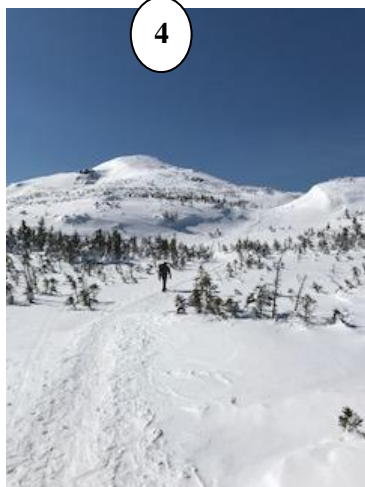
As we drove to the Loj trail head the temperature on the car thermometer varied from the high 30's to the mid 40's. The Loj parking lot was a sheet of ice and we kiddingly commented that we needed our microspikes to get to the registration box. The trail was firm packed snow so decided to forego snowshoes and went with microspikes. We soon passed Marcy Dam where I lamented the loss of the pond as I have so many fond memories of stopping on the dam and sitting to admire the pond and surrounding mountains. The snow increased as we gained altitude and, while we debated putting on snowshoes, we stayed with our microspikes since the trail was still hardpacked and we were not doing any postholing.

The weather was fantastic; clear and warm but we could occasionally hear the wind howl in the tree tops which foreshadowed what we would encounter higher up. We stopped at the lookout at Indian Falls (Photo #1 Algonquin, Wrights, Iroquois from Indian Falls) to get a snack and enjoy the crystal clear view of Algonquin and Wrights.



After steady climbing we were soon approaching treeline and we got our first view of Mount Marcy (Photo #2, first view of Marcy summit). The summit was just glorious in the snow and bright sunshine. As the trees disappeared the sights and experience grew even more special. It was like traveling through a different world. We had encountered a few skiers as we hiked and we wondered how they managed to descend the tight places in the trail. The trees became more and more scarce and the snow deepened. As we climbed we commented that one of the skiers had talked about skiing the snow bowl and we wondered where that area was.

Soon we were climbing the final summit cone (Photo #3, Marcy summit cone) in simply perfect weather with the sun reflecting brightly off the snow (it was then I had forgotten my sun glasses).



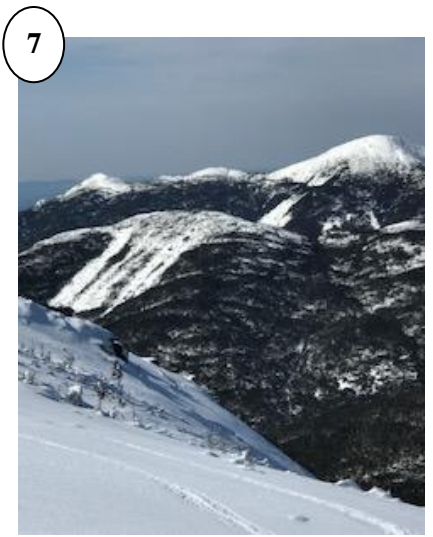
As we approached the summit (Photo #s 4 & 5) we hit the wind. On the summit itself it was difficult to stand without being staggered by the gusts. I don't know what the temperature (it could not have

been very cold) was but with the wind it felt frigid and very winter-like. We took some shelter in the lee of some rocks (Photo # 6, ice encased rock cairn) and enjoyed the views. Due to the wind we soon descended.





Soon after the leaving the summit we left the wind behind and stopped and just sat in the trail in the snow and enjoyed the spectacular view down the Great Range to Giant, to Big Slide and across to Lake Placid and Whiteface (photo # 7, Colden (foreground) Algonquin, Iroquois; and Photo # 8, Haystack). We sat in silence just soaking in the view and the glorious sunshine. It was a long, uneventful slog out and we arrived at the Loj parking lot about



5PM. This was the longest hike I had been on for a few years and I had been very apprehensive about trying it (after all 15 miles and a 3200 foot elevation gain is a pretty significant hike for a “Senior” hiker). Before the hike I had suggested to my hiking partner to do something more moderate like Colden but, in the end, I was very grateful that we decided the hike to Marcy and be able to experience that special mountain on a simply perfect winter hiking day.

Director’s Corner by Bob Strebel

Normally I would have driven to Lake George to attend the Board of Directors’ meeting at the end of March but, of course, there were complications. After a bit of a delay the meeting was held over the internet using Zoom meeting. Quite a different format but I believe it went well. As I am sure many of you know, lodging, education and adventure travel services usually offered by the ADK have been shut down. Income has ceased while expenses continue. Here are some of the things that the club did in reaction to the current situation. First, the decision was made to keep the staff employed during this time. Second, the club (Bruce Katz, the club accountant) applied for the Federal Paycheck Protection Program (PPP). The BOD voted unanimously to take on this loan which will be transformed into a grant for all businesses that keep their employees employed. The loan/grant will cover paychecks for about 2 months. Third, the club is scrutinizing every expense and cutting out all but what is absolutely necessary. As a chapter, Binghamton officers decided to donate \$1900 back to the main club to pitch in.

On a lighter note, the main topic was a presentation on the long anticipated Strategic Plan. Back in June 2019 the board voted to hire a consultant to get an outsider’s review of the club to identify strengths and weaknesses and a proposed direction. This is timely since our new Executive Director, Michael Barret, and new president, Tom Andrews, took over on the 1st of the year. While the executive team still needs to refine the plan and construct a way forward, the top three directives are: 1) One ADK- That is, a more cohesive organization including synergistic efforts between the departments of the main club as well as a stronger relationship with chapters. I for one am happy to hear this and look forward to the change. I hope that this will mean more support to chapters from the main office. 2) Focused Conservation and Advocacy- In the past, our limited resources have been spread thin while objectives were scattered. It is my guess at this point that more attention will be spent on the forest preserves themselves. 3) Education- The ADK considers itself a top-notch educator for responsible outdoor recreation and will better leverage this pedigree to expand class offerings and potentially take it on the road. OK, there’s a 4th – Development and Fund Raising. In order to expand, the ADK needs more funding. The executive team is creating a plan to develop better relationships with current and potential donors to increase fund raising.

I do have to applaud our new executive director and new president and, of course, the entire staff. They are taking the bull by the horns and running the club with a little more business savvy and purposeful direction. They are responsive to questions and take the boards concerns seriously.

Last year the club applied for a “Smart Growth Grant” to re-design the parking area at the ADK Loj to maximize parking and to meet environmental standards for water runoff. This design effort should start shortly. Also, for anyone who has been to the Loj in the past year you might have noticed a large blue tarp on the roof. That roof is

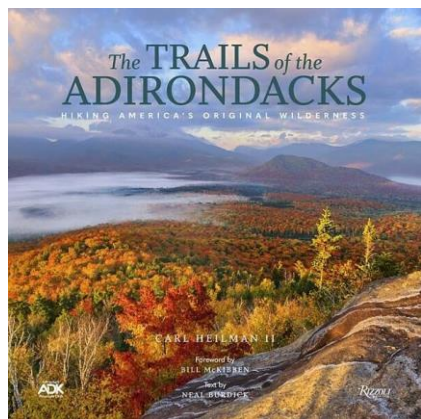
currently being replaced. Has anyone been out there hiking? I've been out bit and it seems the trails have become quite attractive for many. This might be a good time to work on knocking off some of trails for the chapter patch challenge. Remember to keep a safe distance. See the web site for more information.

Finally, be safe and take care, Bob

New ADK Guidebooks, Books, Maps

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

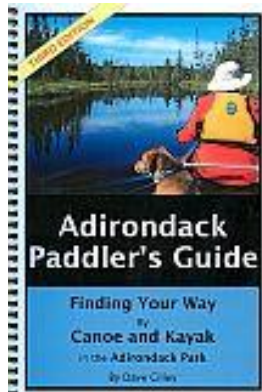
The Trails of the Adirondacks: Hiking America's Original Wilderness



New Rizzoli-ADK Book: Now Available !

Published by Rizzoli International with ADK, this book celebrates America's original hiking destination through breathtaking contemporary photography by Carl Heilman, maps, archival photos, and text by Neal Burdick that brings the history of these trails to life. Sidebars by Christine Jerome and Stuart F. Mesinger, excerpts from The Adirondack Reader and No Place I'd Rather Be, and an afterword by Neil Woodworth provide additional perspective and interest. The Trails of the Adirondacks is a 288-page, 10" x 10" hardcover that sells for US\$45 (\$36 members). It includes numerous color photos and a small Adirondack Park map in a pocket at the back.

Adirondack Paddler's Guide



Newly revised 3rd edition! This book has been made as a companion to the Adirondack Paddler's Maps. Where the book goes beyond the scope of the map, other maps are suggested. The routes are described as they are commonly paddled rather than simply by watershed. This book is arranged geographically starting in the NW and heading south and east. \$28.95

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.

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.

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, leanos, 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