



# Binghamton Outdoors!!!

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

Volume 4, Number 1      Winter 2011

## **A Message From Your Chapter Chair**

### ***Hello from the Chapter Chair:***

I hope you have enjoyed winter as much as I have! If not rest assured spring is on the way. Days are getting longer and thoughts of hiking, cycling, canoeing and kayaking abound!

To celebrate the return of spring, come to our March meeting. Frank Urban will be presenting "Planning For and Hiking The Appalachian Trail". Frank completed the 2179 miles of trail in 128 days at the age of 61. This is a great presentation for those planning on, interested in, or just plain curious about, hiking the AT.

What are your plans for experiencing the "Wild Places" this spring? Not sure? Check out our outings schedule and come join us. You'll be glad you did. Thank you for being a Binghamton ADK member. Feel free to call or email me with ideas thoughts or suggestions.

Hope to see you soon, Donna Cole, Chair  
607-237-6311, [coledonnarn@yahoo.com](mailto:coledonnarn@yahoo.com)

## **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. Or would you like to help the chapter with a specific project such as Earth Day activities? If so please contact any of the officers.

## **1From The Director**

Thanks to all members for your financial support and volunteer efforts during the past year – the combined efforts of all members make a multitude of things possible. ADK Board meetings are held quarterly, with the next meeting in early March. We always discuss the club's financial picture and review the wide range of club activities and interest areas. These items are presented to you in the monthly ADK Today e-mail newsletter; the ADK web site also provides excellent updates on overall club activities and events. If you have questions or concerns, please let me know – I'll do my best to raise issues for consideration or get you specific answers. I usually highlight the Black Fly Affair (mentioned in our newsletter for May 21), since it's the annual fund-raising event for ADK – our group from Binghamton had a good time there last year – it should be another good event this May – hope to see you there!

Erik Gregory, ADK Director, [egregory@threearrows.com](mailto:egregory@threearrows.com)

## 1From The Treasurer

We finished the year 2010 with \$1285 cash, almost exactly what we had at the end of 2009. In 2010 we purchased 2 pairs of crampons for renting and a projector for presentations at meetings. We paid for web hosting for 5 years and made a \$600 donation back to the club. \$178 was spent for donated items for the Black Fly Affair and other miscellaneous expenses associated with meetings. Our budget for 2011 allots for the following:

	2010 Actual	2011 Budget
Postage/Printing	195	400
Outings/Events/Food	23	200
ADK Donation	600	600
Equipment Purchases	631	1,000
Black Fly Donation	178	300

Because of cash on hand, this budget forecasts a \$385 surplus. Our total hiking gear for rent is now 4 pairs of crampons, and 2 pairs of stabilizers.

Mark Epstein, Chapter Treasurer, [mepstein@stny.rr.com](mailto:mepstein@stny.rr.com)

## 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](mailto: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](http://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](mailto: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](mailto:kenjny@stny.rr.com)

**CHAPTER NEWSLETTER.** We hope you find this newsletter informative. Please send feedback/suggestions to [kenjny@stny.rr.com](mailto:kenjny@stny.rr.com)

***FYI...Our Chapter now has 177 members! Thank you for your support of ADK!*** A Special welcome to new chapter members Jonathan Cragle, David Conner, John Scales, Ray and Kathleen McGinn, and Brian and Cathlene Whitney

## Chapter Bylaws

**We've made a number of changes to the Bylaws recently.** The Bylaws are available for your review in the files section of the BinghamtonADK Yahoo Group. If you need a copy sent to you, please contact Chapter secretary Elaine Gregory at [cricket46@echoes.net](mailto:cricket46@echoes.net)

## 1From The Outings Chair

As our chapter continues to grow and develop we are hoping to continue to expand our outings choices and the involvement of all our members. I would like you all to consider joining us on some of the outings we currently have scheduled. As it stands now we have a selection of outings planned for local hikes, for hikes in the Catskills and hikes in the Adirondacks. We also want to expand our outing choices to include paddling offerings. We would like to expand the frequency of these outings so that we can involve as many of our members as possible. So please take advantage of the opportunity to join in on one of these adventures. If you're hesitant to join in an outing because, for instance, you've never done any "mountain" hiking, please realize that on all our outings we will be sensitive to capabilities of the participants and can adjust plans accordingly. Our club exists to provide our members with opportunities to get into the out of doors and to try new experiences, meet new people and learn new skills. So far we've had members on winter hikes that have never hiked in the winter before. We've had mountain hiking adventures in the Catskills with people who had never hiked in the Catskills before. I like to think that everyone had a good time and experienced something new...if fact I think some have "caught the bug" and have eagerly joined in subsequent trips! So please take a chance and join us on one of our adventures. I think you'll be glad you did.

Pat Connors, Outings Chair, [pat\\_connors\\_ny@yahoo.com](mailto:pat_connors_ny@yahoo.com)

# Binghamton Chapter Winter / Spring 2011 Schedule

Outings and Meetings list (post on your calendar!)

## ALWAYS CALL LEADERS FOR DETAILS

All area codes are 607 unless otherwise noted

**Each trip's leader must have all participants sign a liability release form.** The liability release form along with the ADK Outing Guidelines, which all outing participants should read, is posted on the BinghamtonADK Yahoo Group/Listserv. Persons wanting to lead an outing activity or have questions should contact Pat Connors: [pat\\_connors\\_ny@yahoo.com](mailto:pat_connors_ny@yahoo.com)

**Feb 13, Sunday, 1PM. Binghamton area GOTS hike!** Location: BU Nature Preserve. Questions or to register contact Gary at 722-3765 or [gvanderbles@stny.rr.com](mailto:gvanderbles@stny.rr.com)

**Feb 27, Sunday, Catskill hike - location dependent on conditions.** My original idea for this outing was to hike **Sugarloaf** (6 mile with 1,800' ascent) if conditions were icy. This way our chapter could break out the crampons. Novice winter hikers would get the chance to use this tool, which many may not have experience with. Conditions can change overnight, however, as I write this, I am unaware of the present need for crampons in the Adirondacks or Catskills. There as been so much fresh snowfall this winter.

My new idea, which may still be a novel experience for our members, is a rigorous dose of trail breaking. It may even be a favored goal for some. My first outing for the Chapter was to **Panther Mountain** in the Catskills. We approached from the south via Giant Ledges. I have been on Panther twice in the winter, and both times, the approach from the north was not broken. It is 4.9 miles and 2,420 ' from Fox Hollow road. While a group certainly could break the trail any time from now until the day before we get there, it is reasonable bet that this hike could make for a rigorous day. Right now, on top of an unbroken trail, I expect a hardened crust of snow. Breaking trail to the summit would be a challenge, but I find it makes for a fun day. If we have enough hikers, we can choose to bring two cars and make it a through hike.

Regardless of the chosen mountain, be prepared to use snowshoes and/or crampons or possibly microspikes if snowfall and ice is limited. Meeting time dependent on the hike. Dinner to be had at a restaurant after the hike (Mama Maria's if we hike Sugarloaf, The Inn Between if we hike Panther). Contact Mark Epstein ([mepstein@stny.rr.com](mailto:mepstein@stny.rr.com)) to discuss interest.

**Mar 5, Saturday, 10AM. Hike/ Snowshoe Chenango Valley State Park.** Meet at the Beach Parking Lot at 10:00 AM. We'll take an easy hike around the Lake. Great way to break up winter blues and get your energy flowing! For more information contact Donna Cole 607-237-6311, [coledonnarn@yahoo.com](mailto:coledonnarn@yahoo.com)

**Mar 13, Sunday, 1PM. Binghamton area GOTS hike!** Location: Jones Park in Vestal. One of the hike goals is to find the fireplace chimney that is there, or what is left of it! Questions or to register contact Gary at 722-3765 or [gvanderbles@stny.rr.com](mailto:gvanderbles@stny.rr.com)

**Apr 2, Saturday: SW Hunter followed by Catskill 3500 Club Annual Dinner.** The Catskill 3500 Club is a social club of members who have completed the 35 peaks in the Catskills over 3500 feet. They have an annual dinner with a social hour, presentation of certificates of completion, and a speaker. I didn't go when I first completed the club requirements, nor did I go when I completed the winter requirements. However, I understand it is an enjoyable evening, and I have since looked for an excuse to attend. Most go right from the trail, often in hiking clothes, or after having changed roadside. Our hike, before the dinner, will be SW Hunter. There are no views from this peak, but it is a requirement for club membership and has the novelty of a canister to mark the summit. It is a bushwhack, but there is a strong herd path from the trail to the canister. This is a 6 mile hike with 2,000 ft in elevation gain. The trail before the herd path is steep. Hiking conditions in early April can vary considerably. We will discuss equipment requirements, as the date gets closer.

I figure on leaving Binghamton at 6:30 am. This annual dinner is being held at the Hillside Manor in Kingston NY. The social hour is 3:30 – 5:00 pm and hopefully we will be there by 4:00 pm. I figure on bringing some clothes to change to in the parking lot. I have been told the speaker should start by 8:00 pm and is hopefully done by 10:00 pm. I also figure our group would leave at 9:45 pm weather the speaker was done or not. With driving, this should make for a full day. This year DEC Ranger Rick Dearstyne will speak. Dinner options are Prime Rib, Chicken Francaise, or a mixed vegetarian Lasagna. The price for the dinner is \$33.00/person and the clubs reservation deadline is March 19. I would send in our group's checks together by March 12. It seems groups of ten may arrange to sit together. More information may be found on the club's web site <http://www.catskill-3500-club.org/>. Certainly separate drivers may do the hike only, the dinner only, or choose to stay overnight and have the benefit of a hotel room. Contact Mark Epstein ( [mepstein@stny.rr.com](mailto:mepstein@stny.rr.com) ) if interested.

**Apr 10, Sunday, 1PM. Binghamton area GOTS hike!** Location: Chenango Valley State Park in early spring. Questions or to register contact Gary at 722-3765 or [gvanderbles@stny.rr.com](mailto:gvanderbles@stny.rr.com)

**Apr 23, Saturday. Earthfest 2011.** Your Binghamton ADK chapter will sponsor a booth. Watch [www.binghamtonadk.org](http://www.binghamtonadk.org) for details.

**May 6-7, Fri- Sat. Overnight Backpack to Silver Lake on the Northville Placid Trail.** This is an easy 15 mile round trip backpack with approx 1000 feet elevation gain...a great introduction to overnight backpacking if you've never done it before! Questions or to register contact Ken Jackson at 341-1584 or [kenjny@stny.rr.com](mailto:kenjny@stny.rr.com)

**May 15, Sunday, 1PM. Binghamton area GOTS hike!** Location: Kennedy State Forest spring hike. Questions or to register contact Gary at 722-3765 or [gvanderbles@stny.rr.com](mailto:gvanderbles@stny.rr.com)

**May 21, Saturday: ADK's Black Fly Affair: A Hikers Ball, [Hiland Park Country Club](http://www.adk.org), Queensbury, NY.** Details at [www.adk.org](http://www.adk.org)

**May 21, Saturday : We are planning a hike on Big Slide Mountain in the Adirondacks.** This is an 8 mile RT hike with a vertical elevation gain of about 2800 feet and could take 6-7 hours. This hike has many beautiful viewing areas on the way up. A series of subsidiary summits are reached 1.5 to 2 miles into the hike. These subsidiary summits are worthwhile destinations in themselves and can be a turn-around point for those who do not want to continue to the summit. Why not hike, then attend the Black Fly Affair! Contact Pat Connors at [pat\\_connors\\_ny@yahoo.com](mailto:pat_connors_ny@yahoo.com) if interested.

**June 4: National Trails Day.** This year's National Trails Day event will be based in the Adirondacks around the Town of Inlet. Drainage clearing and rock waterbar construction are among the projects that will be available. FREE; no participation fee, donations appreciated.

**Aug 14, Sunday: 2011 *ididaride!* Adirondack Bike Tour!** Watch [www.adk.org](http://www.adk.org) for additional details

**Oct. 1: Fall Trails Day, High Peaks Wilderness.** This is the last chance to clean drainages of fallen leaves and other debris before the snow arrives. Eight different trails located in the Adirondack High Peak Region will be focused on. A cold continental breakfast will be served at the High Peaks Information Center (HPIC) starting at 7:30 AM before the crews leave for the day at around 8:45 AM. Participants can camp for free in the ADK Wilderness Campground both Friday and Saturday nights. **Preregistration is appreciated.** especially if staying in the campground. Free.

**Oct. 14-16, ADK Fall Outing at Allegany State Park.** Join ADK members from around the state as we enjoy hiking, biking, paddling, and more in 65,000- acre Allegany State Park, the "wilderness playground of Western New York." A copy of the outing brochure is available at <http://www.adk.org/Documents/2011ADKFallOuting.pdf>. If you are planning on renting a park cabin for the event you should consider [making a reservation](#) right away.

## Binghamton ADK 2011 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!

**Mar 8, 2011 Tuesday** - Chapter meeting. Program: **Chapter Member Frank Urban to speak about his thru hike of the Appalachian Trail!** Frank hiked the AT in 2006 from May 1st to Sept. 5th. How fortunate we are to have an AT thru hiker in our membership! **Apr 12,**

**Apr 12, 2011 Tuesday** - Chapter meeting. Program: "**Nutrition for Optimal Performance and Recovery: Before, During, and After Outing**" presented by Chapter Chair Donna Cole. Donna is a long time hiker and paddler

**May 10, 2011 Tuesday** - Chapter meeting, Program: **Staying Found with a GPS - Bring your GPS & Questions.** This presentation & "play outside with the GPS's" will be led by Gary Vanderbles, Chapter member and long time wilderness traveler.

**Jun 21, 2011, Tuesday** - Chapter Picnic on Summer Solstice evening! Watch [www.binghamtonadk.org](http://www.binghamtonadk.org) for details

**Sep 13, 2011 Tuesday** - Chapter meeting. Program: **Summer Vacation 2011 Slide shows - What I did this summer** - 10 min each.

Additional programs being considered for 2011 meetings include a naturalist presentation, the Catskill 3500s, etc. If you have ideas on a chapter meeting program please contact Gary Vanderbles @ 722-3765 or [gvanderbles@stny.rr.com](mailto:gvanderbles@stny.rr.com)

## Chapter Outing Reports

### “Get Out There and Stretch” Sunday Hikes In the local area

Gary & Mary Jo Vanderbles have been leading the **GOTS** hikes on the second Sunday afternoon of the month. These are hikes of 4 to 6 miles long in wild places within a half to three quarters hour drive from Binghamton They start around 1:00 PM. The hikes are moderately paced, about 2 MPH, and designed to keep the group together. Dress for the weather. Have Micro spikes or the like if it is icy. Bring water, snacks, and binoculars or cameras if you like. We will stop to use them.

Our first hike was at Chenango Valley State Park back in November. Seven people showed up to hike from Tween Lake Picnic shelter parking lot to the overlook of the Ty & Chenango rivers. December was quick hike, between the raindrops and/or sleet, around perimeter trail of Wolf Park. In January, four of us hiked the south trails of Oakley Corners state forest. February 13<sup>th</sup> hike will be at the BU nature preserve. March 13<sup>th</sup> we will do Jones Park in Vestal. Still have to find the fireplace chimney that is there, or what is left of it. April 10<sup>th</sup> we will return to CVSP to see Mother Nature waking up. Always good shows if you know were to look. May 15<sup>th</sup> we will explore the X-C ski trails at Kennedy State Forest. Don't bring your skis though, the snow will be gone. If we are lucky, spring will be in full bloom.

**GOTS** hikes will be announced on the Chapter's list serve or by email for those members or friends that wish to be personally notified. Email me if you want to be added to the list. For questions or let me know you are coming 722-3765 or [gvanderbles@stny.rr.com](mailto:gvanderbles@stny.rr.com). Gary

### Hunter Mountain – Catskills Hike/Ascent

A group of four from our Binghamton Chapter had an outing in the Catskills on Dec 19<sup>th</sup>. We hiked Hunter Mountain from route 214, and enjoyed fairly clear skies, and a warm windless day en route to the fire tower.

Yes, the outing was planned for Kaaterskill High Peak. The group allowed a change in itinerary, as I am figuring on hiking KHP in the spring with a member who couldn't make it today and who is pursuing the 3500 club. Scant snow was found at the parking area. Ground snow increased with elevation and the trees at the summit were quite covered. Snow cover never warranted snow shoes, and we managed without crampons despite some brief ice on a trail we descended.

Dinner after the hike was enjoyed at Mama Maria's (for the third straight hike that I have led). Join my planned hike on February 27<sup>th</sup>!  
Mark





### **Outing report... Whitney Point Lake**

Saturday January 22<sup>nd</sup>, 2011, was a beautiful sunny winter day at Whitney Point Lake. Six of us braved the cold and were rewarded with an enjoyable time. Five of us snow shod out and back on the Anderson Trail for a total of 3 miles. Great views! Thankfully one stayed back and tended the campfire. Thank you Butch! Upon our return we enjoyed soup, hot chocolate, roasted hot dogs, toasted marshmallows and great conversation!

## **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](mailto:pat_connors_ny@yahoo.com) to rent items or for more information

## **Susquehanna River Cleanup**

Do you have an interest in participating in the Broome County Environmental Management Council's River Cleanup in October? If so, we need to sign up as a chapter to participate. If interested please contact Tom Stabler at 692-3698 or [kenneywallace1@aol.com](mailto:kenneywallace1@aol.com)

## **Cannonsville Recreational Boating 2011 season begins Friday May 27th**

Did you know that great recreational boating is allowed on the Cannonsville reservoir? This is the last year of the pilot program. Several different types of watercraft including kayaks, canoes, rowboats, sculls and sailboats may be used and launched from several specified sites around the reservoir. Canoes, sculls, and sailboats with removable center/dagger boards and rowboats must be at least eleven feet five inches (11'5") in length and kayaks must be at least nine feet (9') in length. See [http://www.nyc.gov/html/dep/html/watershed\\_protection/cannonsville\\_boating\\_program.shtml](http://www.nyc.gov/html/dep/html/watershed_protection/cannonsville_boating_program.shtml) for details.

## 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:

## ADK is on Facebook

\* Find the ADK at [www.facebook.com/AdirondackMountainClub](http://www.facebook.com/AdirondackMountainClub)

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

## ADK COMMUNITY NEWS & ACTIVITIES

### Acid Rain

Attorney General Eric Schneiderman is suing a major Pennsylvania polluter that contributes to acid rain in the Adirondacks. The suit is based on a Clean Air Act provision called New Source Review. That rule requires power plants that undergo major modifications that increase pollution to install state-of-the-art pollution controls. ADK was directly involved in two federal court cases to stop the U.S. Environmental Protection Agency from gutting that rule, helping to retain this important tool for fighting acid rain. Read the AG's press release at [http://www.ag.ny.gov/media\\_center/2011/jan/jan06a\\_11.html](http://www.ag.ny.gov/media_center/2011/jan/jan06a_11.html)

### DEC Commissioner

Governor Andrew Cuomo has nominated Joe Martens, president of the Open Space Institute and chairman of the Olympic Regional Development Authority, as the new head of the Department of Environmental Conservation. We believe it's a wise choice. ADK has had a long and beneficial relationship with Joe, who was our partner on the Forest Preserve Project. Joe has the experience and commitment to the environment that is needed for this difficult job. He also has the ability to bring together divergent interests and build consensus.

### Foothills Chapter

Information about ADK's newest chapter, based in the Gloversville area, is available at <http://www.adk.org/chapters/Foothills.aspx>

### Land Protected

A deal completed last month transferred a conservation easement on 89,000 acres from the Adirondack Chapter of The Nature Conservancy to New York State. Retaining these lands in the heart of the Adirondacks as working forest will support the region's forest-products industry while boosting tourism and outdoor recreation. For hikers, this easement will open key access to some of the most beautiful places in the Adirondack High Peaks. More at [http://adk.org/press/TNC\\_CE\\_Press\\_Release.aspx](http://adk.org/press/TNC_CE_Press_Release.aspx)

### Jobs

The Adirondack Mountain Club is now accepting applications for a number of positions. Details at <http://www.adk.org/about/jobs.aspx>

### Why ADK Cares About Hydrofracking

A reader asked why ADK cares about a chemical spill by an energy company in Pennsylvania. The short answer is that this could happen here. ADK's mission statement compels us to work for the protection of "wild lands and waters vital to our members and chapters." That includes Allegany State Park, the Finger Lakes and North County National Scenic trails, and thousands of acres of publicly owned forests in central and western New York that could be opened to gas drilling. The potential for widespread gas exploration using high-volume hydraulic fracturing is the greatest environmental issue facing New York. Potential impacts include water contamination, forest fragmentation, increased truck traffic, and air and noise pollution. Fracking a single well requires millions of gallons of water, and massive withdrawals could affect water levels on rivers and streams used by ADK paddlers. More information about ADK's efforts on this issue is available at [http://www.adk.org/issues/Gas\\_Drilling.aspx](http://www.adk.org/issues/Gas_Drilling.aspx) – Neil Woodworth, ADK Executive Director

### Thanks

We have raised nearly \$85,000 for the Campaign for Public Lands, exceeding our year-end goal by \$10,000. These dollars will help ADK in its fight to save our precious natural areas, whether it's protecting public lands from gas drilling, saving the Adirondacks from acid rain, or teaching a new generation to cherish and protect wild places



### ADK Volunteer Trails Program 2011

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 and more specifics will be sent to all volunteers upon registration.

*To register call 518-523-3441 or go to <http://www.adk.org/Documents/TrailsRegistrationForm.pdf> for a volunteer trails program registration form.* 2011 Trail Projects include:

**One-Day Project**

*June 18: River Trail, Wilmington Wild Forest*

**Two-Day Project**

*June 10–12: JBL Trail Work Weekend, High Peaks Wilderness*

**Four- and Five-Day Front Country Projects**

*June 19–23: Goodnow Mountain*

*June 26–July 1: Indian Creek Nature Center*

*July 31–Aug. 5: Erratic Trail, Wilmington Wild Forest*

**Four- and Five-Day High School Projects**

*July 4–8: Cedar Lake—Northville Placid Trail, West Canada Lake Wilderness*

*July 10–15: Phelps Trail—Johns Brook Valley, High Peaks Wilderness*

*July 17–22: Spruce Lake—Northville Placid Trail, West Canada Lake Wilderness*

*July 24–29: Big Slide Trail—Johns Brook Valley, High Peaks Wilderness*

*Aug. 7–12: Orebed Trail, High Peaks Wilderness*

**Four-Day Project**

*Aug. 14–18: Long Lake Canoe Trip, High Peaks Wilderness*



ADK – Binghamton Chapter  
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Endwell, NY 13760

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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 Cole  
237-6311 [coledonnarn@yahoo.com](mailto:coledonnarn@yahoo.com)  
Vice-Chair: Brooks Getty  
757-9427 [brooksgetty@gmail.com](mailto:brooksgetty@gmail.com)  
Secretary: Elaine Gregory  
775-0952 [cricket46@echoes.net](mailto:cricket46@echoes.net)  
Treasurer: Mark Epstein  
798-9115 [mepstein@stny.rr.com](mailto:mepstein@stny.rr.com)

Director, ADK: Erik Gregory  
775-0952 [egregory@threearrows.com](mailto:egregory@threearrows.com)  
Program Chair: Gary Vanderbles  
722-3765 [gvanderbles@stny.rr.com](mailto:gvanderbles@stny.rr.com)  
Conservation chair: Tom Stabler  
692-3698 [kenneywallace1@aol.com](mailto:kenneywallace1@aol.com)  
Webmaster: Terri Gracin  
[bingadkweb@gmail.com](mailto:bingadkweb@gmail.com)

Outings chair: Pat Connors  
625-4078 [pat\\_connors\\_ny@yahoo.com](mailto:pat_connors_ny@yahoo.com)  
Communications/Membership  
chair: Ken Jackson  
341-1584 [kenjny@stny.rr.com](mailto: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
- 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](http://www.adk.org) or call 800-395-8080