

# *Binghamton Outdoors!!!*

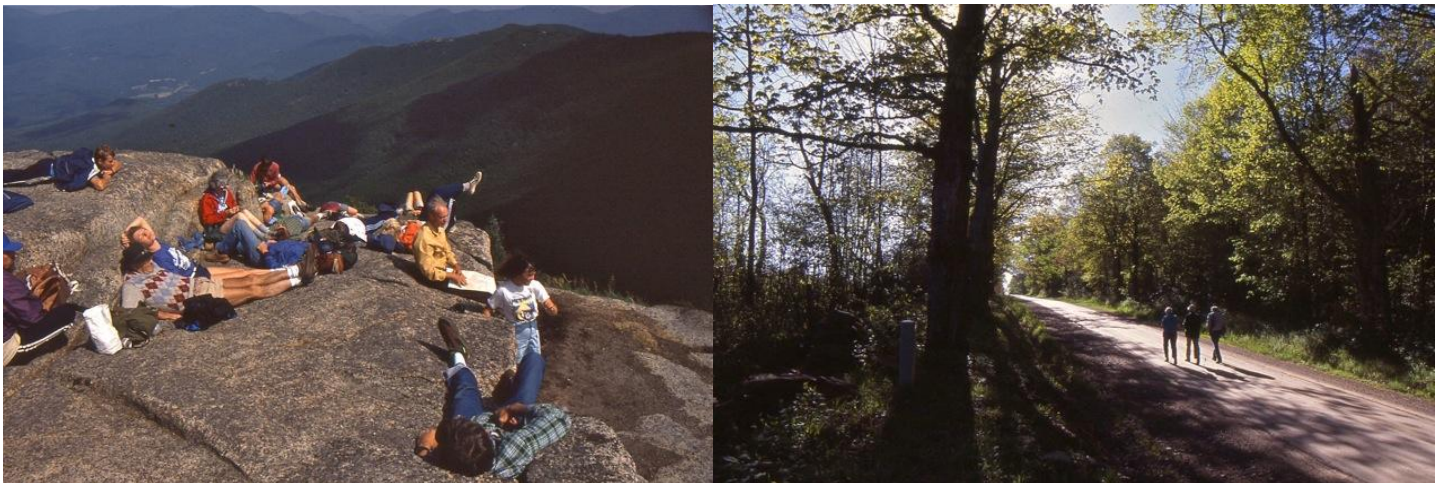
Newsletter of the Binghamton Chapter of the Adirondack Mountain Club (ADK)

Volume 5, Number 4 Winter 2013

## Chapter 5<sup>th</sup> Anniversary Celebration

Join your fellow ADK members on **Tuesday March 12, 7PM**, at the Chenango Town Hall for an evening of 5<sup>th</sup> anniversary celebration and a special, new presentation by **Writer, Photographer, Lecturer, and Naturalist Rick Marsi: "A Lifetime of Trails"**

From Rick: "I put it together especially for the ADK, given their love for hiking. However, I'm confident it will become one of my most popular programs. It chronicles a lifetime of trails for me. Some are through the woods, others down mountains, others on dirt roads, others on river trails, others on boardwalks through wetlands, etc. Life is a trail, and this program gives you a peek into my long and winding road through nature.



# A Message From Your Chapter Chair

## Why I am involved in our local chapter and what you should do

I remember clearly when I heard a local ADK chapter was being founded. I had been a member at large and had much appreciated the work ADK did for the Adirondacks, Catskills, and other natural areas in our state. I long marveled that Binghamton did not have its own chapter when they existed in many smaller communities.

However, I was not sure how much time I would be willing to give to a local chapter. I was happy sending in my dues, and I really did not think I had time for group outings. Frankly, I relish hiking alone, I have a winter hiking buddy, a summer hiking buddy, and a wife and two young children.

Nonetheless, I found myself signing a petition of interest at an inaugural meeting, and volunteering to be treasurer.

Reflecting back, I have made some new friends, some new hiking buddies, and feel pretty good to have given back some of what has been given to me.

My winter hiking buddy is still helping me pursue the winter Adirondack 46. Through chapter outings I have led, I have introduced a number of people to winter hiking in the Catskills. I even took a member to his very first snowshoe on a high peak in the Adirondacks.

A couple of buddies (and the Catskill 3500 Club) have helped me with various bushwhacks in the Catskills. I, in turn, have helped a couple of club members with their first bushwhacks in the Catskills. I am leading a formal outing on a Catskill bushwhack this April.

I am very pleased to have helped organize some pending presentations that I am looking forward to. Our summer picnics and holiday parties are always much fun. I made some new friends in this chapter - they are nice people.

Now I find myself volunteering to be chapter chair. I guess I am pleased with my having volunteered to the local chapter. So, I think you should be involved also. That doesn't mean you have to come to a meeting. You are welcome to come, but I realize meetings are....well....they are meetings.

I do think you should meet me or some of the other people involved in your chapter. Join one of the outings. Outings are....well they are just usually hiking, or camping. We expect some paddling this summer. They are just fun. Come to one of our presentations. We have had some enjoyable ones, and we have good ones scheduled.

Hope to meet you soon at one of our upcoming meetings or outings, Mark Epstein

### **Mark your calendars for these meetings and events!**

**March** we will celebrate our 5<sup>th</sup> Anniversary as a Chapter. To celebrate we'll have cake and refreshments and are bringing in a local legend: Writer, Photographer, Lecturer, and Naturalist Rick Marsi.

**April** brings renowned Author and Mountaineer, Carol Stone White. One interesting fact about Carol is she didn't climb her first High Peak until she was almost 50.

**May** we will have fun loving, Author and Storyteller; Marty Podskoch. His subject, "CCC Camps in the Adirondacks".

**June:** Finally just before we go into summer we'll have our Third Annual Summer Picnic.

## Chapter Opportunities – Open Office Positions

You can help serve your local ADK Chapter! The following positions are open: ***Program, Conservation, and Hospitality.*** If you are interested or know someone who is interested in any of these positions contact Mark Epstein at mepstein@stny.rr.com or Donna Coon at 607-237-6311. A brief description of the responsibilities of the open positions:

**Program** – Coordinates chapter meetings / programs / dates / locations using input/ideas from the membership

**Conservation** – Coordinates chapter conservation education / service projects using input/ideas from the membership

**Hospitality** – Coordinates refreshments and welcoming activities at chapter events

## Treasurer's Report

Attached is the February financial report. Elaine Gregory is treasurer for 2013. If anyone has questions, chapter expenses, or chapter deposits you can give to her at the meetings, or mail them to Elaine.

February 28, 2013		ADK - BINGHAMTON CHAPTER			
Treasurer's Report					
	YTD Prev Mo	Current Mo	YTD Current	2013 Budget	Over/Under
<b>INCOME</b>					
Dues from Club (Oct & Nov)	1,083.59	111.75	1,195.34		1,195.34
Investment Interest	0.00	0.00	0.00		0.00
Chapter Loan to Club	500.00	0.00	500.00		500.00
<b>TOTAL INCOME</b>	<b>1,583.59</b>	<b>111.75</b>	<b>1,695.34</b>	<b>0.00</b>	<b>1,695.34</b>
<b>EXPENSES</b>					
Speakers	0.00	0.00	0.00		0.00
Equipment Rentals	0.00	0.00	0.00		0.00
Hospitality	0.00	39.81	39.81		-39.81
Misc.	0.00	179.00	179.00		-179.00
<b>TOTAL EXPENSES</b>		<b>218.81</b>	<b>218.81</b>		<b>-218.81</b>
<b>MONTHLY DETAILS</b>					
<b>Checking Account</b>	<b>Prev Balance</b>	<b>Interest</b>	<b>Deposit</b>	<b>Withdrawal</b>	<b>Cur Balance</b>
	1,083.59				
Ck1001 - D.Coon (Holiday Party)				39.81	
Ck1002 - D.Martin (Grace Camp Dep)				179.00	
Dep. - Dec Share from ADK			111.75		
<b>TOTAL CHECKING</b>	<b>1,083.59</b>	<b>0.00</b>	<b>111.75</b>	<b>218.81</b>	<b>976.53</b>

## The following changes to Bylaws were approved at the December meeting:

### 1.) Article VII – CHAPTER FISCAL YEAR

For accounting purposes, the Chapter fiscal year shall be January 1 to December 31.

(This is a change to represent what we are actually doing and coincides with the Parent Club's fiscal year)

### 2.) Article VIII – MEETINGS

1. General Membership Meetings – The Chapter shall hold at least 2 (two) meetings of the general membership each year for the transaction of such business as shall come before it. One of these meetings shall be designated the Annual Meeting and shall be held in November. (Extra wording is removed. Annual meeting is changed from March to November to reflect the best time for elections to be held to comply with paperwork requested by the parent club.)

## 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.

## From the Outings Chair

Haven't been on a Binghamton ADK outing? We would love to see you. Check the schedule out...I hope there is something of interest for you. If you don't see something you would like to do let us know. Picture yourself on one of these trips. We have Catskill hikes including a bushwhack. A nature hike led by Don Powell. There are two lean-to hikes on the Northville-Lake Placid Trail. You can choose between the two, or enjoy both on the same May weekend. These are hikes to perform basic spring maintenance. If you're looking for an easier hike and/ or don't want to stay overnight choose the Tirrell Pond Lean-to hike. If you're looking for a more remote overnight backpack try Silver Lake Lean-to. Both are beautiful Adirondack spots with loons and all. For this summer we are planning a camping get together at the Cedar River Flow wilderness camping area (camping is free). This is a great area with hiking, paddling, and bicycling opportunities right from the camping area. Last but not least it is not too early to sign up for our chapters winter weekend 2014 at Grace Camp in the High Peaks area. There are only 6 spots which includes your hike trip leader, so don't delay, contact Dave Martin if you're interested.

Keep an eye on the yahoo group site for additions, updates and changes. Contact Leaders for additional information. As always outings are for your enjoyment so if you have an outing you are interested in let us know, or if you would like to find out more about becoming a trip leader, Contact Pat Connors, 607-625-4078, or Donna Coon 607-237-6311, coledonnarn@yahoo.com

## Outings Schedule

**April 13, Saturday - A bushwhack hike to Fir Mountain, one of the high peaks in the Catskills.**

Leader: RSVP to [mepstein@stny.rr.com](mailto:mepstein@stny.rr.com). Leave Mark's place of business in Binghamton @ 8AM.

Find the canister on top of this trailless peak. We will hike the Pine Hill West Branch trail from Route 47, and leave the trail for a direct compass bearing to the peak. Round trip 7.1 miles of hiking and 1600' elevation gain.

**April 27, Saturday- Windham Catskill High Peak.** Leader: Bruce Coon, 607-201-4340, [coonbsr@stny.rr.com](mailto:coonbsr@stny.rr.com)

Meet: Wegmans north parking lot at 7AM, Round trip 6.6 miles, elevation gain 1784 ft., moderately strenuous, varied forest and terrain, excellent views.

**May 4, Saturday - Woodbourne Preserve.** Leader – Don Powell, [Dspowell67@aol.com](mailto:Dspowell67@aol.com)

Meet: Conklin Community Center/driving range/disc golf course on route 7 at 9 AM for carpooling.

Most visitors seek out the Woodbourne Forest and Wildlife Preserve to witness its ancient trees. Located in northeastern Pennsylvania, this 648-acre preserve boasts a mixture of white pine, hemlocks, ash, maples, oaks and other hardwoods that blanketed the region before European settlers arrived. (See more on [www.nature.org/](http://www.nature.org/))

Join Don for a 2 to 3 mile hike through this interesting Nature Conservancy area located at Dimock, PA, below Montrose on route 29. Let's see how many trees and spring flowers we can identify.

**May 11<sup>th</sup> Saturday – Balsam Cap and Friday Catskill Peaks** Leader: Lindsey Leiser, [adk46@stny.rr.com](mailto:adk46@stny.rr.com). This is a wonderful, challenging bushwhack climb with steep cliffs. Contact leader for details, this is a long, strenuous, and very rewarding hike!

**May 18: Black Fly Affair: A Peace and Love Cruise,** Time: 6:30 pm - 10:00 pm, Location: Lake George

**May 18, Sat- Hike to Tirrell Pond Lean To** located on the Northville Lake Placid Trail, near the town of Blue Mountain Lake. Hike Leaders: Howie and Julie Thompson, c- 607-316-3633, h-607-639-2198,

[hthompson@bgcsd.org](mailto:hthompson@bgcsd.org) Meet: Rt 28 trailhead across from Lake Durant at 9 AM. We will do basic lean-to maintenance with options for exploration and/or overnight. This is the Lean-to that Binghamton ADK sponsors. This is a moderate hike/backpack, 9.4 miles round trip, gentle varied terrain.

**May 19-20, Sun-Mon, overnight backpack to Silver Lake Lean-To** located on the southern end of the Northville Lake Placid Trail. Leader: Ken Jackson, 341-1584 [kenjny@stny.rr.com](mailto:kenjny@stny.rr.com) This is a moderately/ strenuous backpack, 7.5 miles one way. Silver Lake is a beautiful Adirondack Lake. Up and down wooded terrain with several stream crossings. Most elevation gain in one stretch is 250 feet.

**June 1: National Trails Day in the High Peaks Wilderness.**

**June 14-16: ADK Spring Outing in St. Lawrence County.**

**July 13-14 Sat – Sun. Camping Weekend at Cedar River Flow Wilderness** Camping, Moose River Recreation Area, near the town of Indian Lake. Various activities available depending on interest including a hike to Wakely Mountain Fire Tower, Paddle to Lean-to at Cedar River Flo inlet, hiking on Northville Lake Placid Trail, or Biking on little traveled dirt roads. Contact Donna Coon 607-237-6311, [coledonnarn@yahoo.com](mailto:coledonnarn@yahoo.com), or Howie Thompson, 607-639-2198, [hthompson@bgcsd.org](mailto:hthompson@bgcsd.org)

**July 15-25: St. Regis Paddle Outing.**

**Aug. 11: ididaride! Adirondack Bike Tour.** Registration begins March 15.

**January 24-26, 2014 Grace Camp, Winter Hiking in the Adirondacks High Peaks Area**

Leader: Dave Martin, 607-237-3164, [dwmartin@stny.rr.com](mailto:dwmartin@stny.rr.com). Contact Dave for further information. Open to ADK Members. Sign up early to reserve your spot. Total cost \$62. Deposit \$30.

## **Binghamton ADK 2013 Meetings**

Please mark your calendar for these upcoming Chapter meetings. **Meetings are the 2<sup>nd</sup> 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

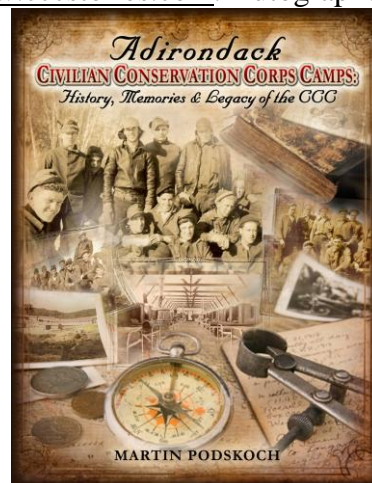
<b>March 12</b>	5 <sup>th</sup> Anniversary Celebration with Special Guest: RICK MARSI
<b>April 9</b>	Hiking in the Northeast- Mountaineer and author Carol White
<b>May 14</b>	Author Marty Podskoch on the CCC
<b>June 11</b>	Chapter Picnic at Chenango Valley State Park
July and August	NO MEETINGS, enjoy your summer
<b>September 10</b>	Program and location TBA
<b>October 8</b>	Program TBA
<b>November 12</b>	Chapter Elections
<b>December 10</b>	2013 Holiday Party

## Here is additional information about upcoming 2013 meeting programs:

**March:** Rick Marsi presents 'A lifetime of Trails'. Free-lance writer and former national syndicated nature columnist for the Press Sun Bulletin, he is the author of four books: *Wheel of Seasons*, *Once Around the Sun*, *A Doctors Life & A Bridge to Borovichi*. In addition, Rick is a noted ornithologist, photographer, naturalist and an avid outdoorsman. Rick has guided birding and wildlife expeditions in Costa Rica, Honduras, Brazil Argentina, Ecuador, Finland & Norway. Rick has received numerous awards including 12 Associated Press writing awards, Environmental Achievement Citation and a special commendation from the Susquehanna River Basin. Rick resides in Vestal, NY with his wife Jan. He has two children, Steve & Kate and is the proud grandpa of budding naturalist Ben Marsi. Since 1980, Rick has lectured and taught courses on birding, travel, forest ecology and edible wild foods at Broome Community College and Binghamton University. Between 1980 and 1999, Rick wrote a nationally syndicated nature column for Gannett News Service and contributed hundreds of outdoor and environment stories to the Binghamton, N.Y. *Press & Sun-Bulletin*. During his tenure at the *Press & Sun-Bulletin*, Rick won 12 Associated Press writing contest awards, including 1st place awards for both column and feature writing. Excerpts from Rick's column were quoted in James Kilpatrick's nationally syndicated column on good writing. Rick resumed writing his column for the Press in 2002. As a photographer and lecturer, Rick has given hundreds of slide programs on various outdoor-related subjects. He is a former 1st Place winner in the Outdoor Writer's of America Photo Contest. His salt water angling story, "In Search of Giant Bluefins" won 1st Place in the Outdoor Writer's of America writing contest. His photographs have appeared in *Sports Afield*, *Men's Health*, *Bird Watcher's Digest*, *Birder's World*, *Reader's Digest Books* and other publications.

**April:** Carol White will present highlights of her four anthologies about hiking in the Northeast. She is author most recently of *Peak Experiences: Danger, Death, and Daring in the Mountains of the Northeast*. Carol's other books are *Adirondack Peak Experiences: Mountaineering Adventures, Misadventures, and the Pursuit of 'the 46'*, *Catskill Peak Experiences: Mountaineering Tales of Endurance, Survival, Exploration & Adventure from the Catskill 3500 Club*, and *Women With Altitude: Challenging the Adirondack High Peaks in Winter*. Carol and David White have also combined to write Catskills Hiking Guides and assist National Geographic and the New York-New Jersey Trail Conference in updating Catskills maps. Both are accomplished hikers and have completed the NE 111, and the winter ADK 46, NH 48 and Catskill 3500. David is membership chair of the Catskill 3500 Club and a director of ADK. Carol is conservation chair of the Catskill 3500 Club and served four years on the Adirondack 46ers Club executive board. Autographed books will be available for purchase.

**May:** Marty Podskoch will present highlights of his book "Adirondack Civilian Conservation Corps Camps: History, Memories & Legacy of the CCC." Marty spent five years researching the CCC, a public works program that operated from 1933 to 1942 as part of FDR's New Deal. The CCC updated and reforested our parkland until WWII. Much of their work is benefit by us today. Information on Marty's many books may be found on-line at [www.firetowerstories.com](http://www.firetowerstories.com), [www.adirondackstories.com](http://www.adirondackstories.com), and [www.cccstories.com](http://www.cccstories.com). Autographed books available.



**June:** Mark your calendar for the June 2013 picnic at Chenango Valley State Park, one of our local treasures! We will meet in the Pine Room, and enjoy a hike by the water after dinner...see you there!

## Meeting and Outing Reports

**On Nov 10<sup>th</sup>,** five Binghamton Chapter members hiked to North Point and Stoppel Point in the Catskills. We got to enjoy some overcast but nice views, and added 4/10 of a mile to the original plan to make a small loop in the middle of the hike. We were done early and chose to eat at Brooks in Oneonta



**On Dec 1<sup>st</sup>,** five Binghamton Chapter members hiked the Acra Point and Blackhead Mountain loop in the Catskills. We enjoyed a cool day and hiked through several inches of fresh snow as we reached the higher elevations of Blackhead. We were done early and had a fine meal at Neptune Diner in Oneonta



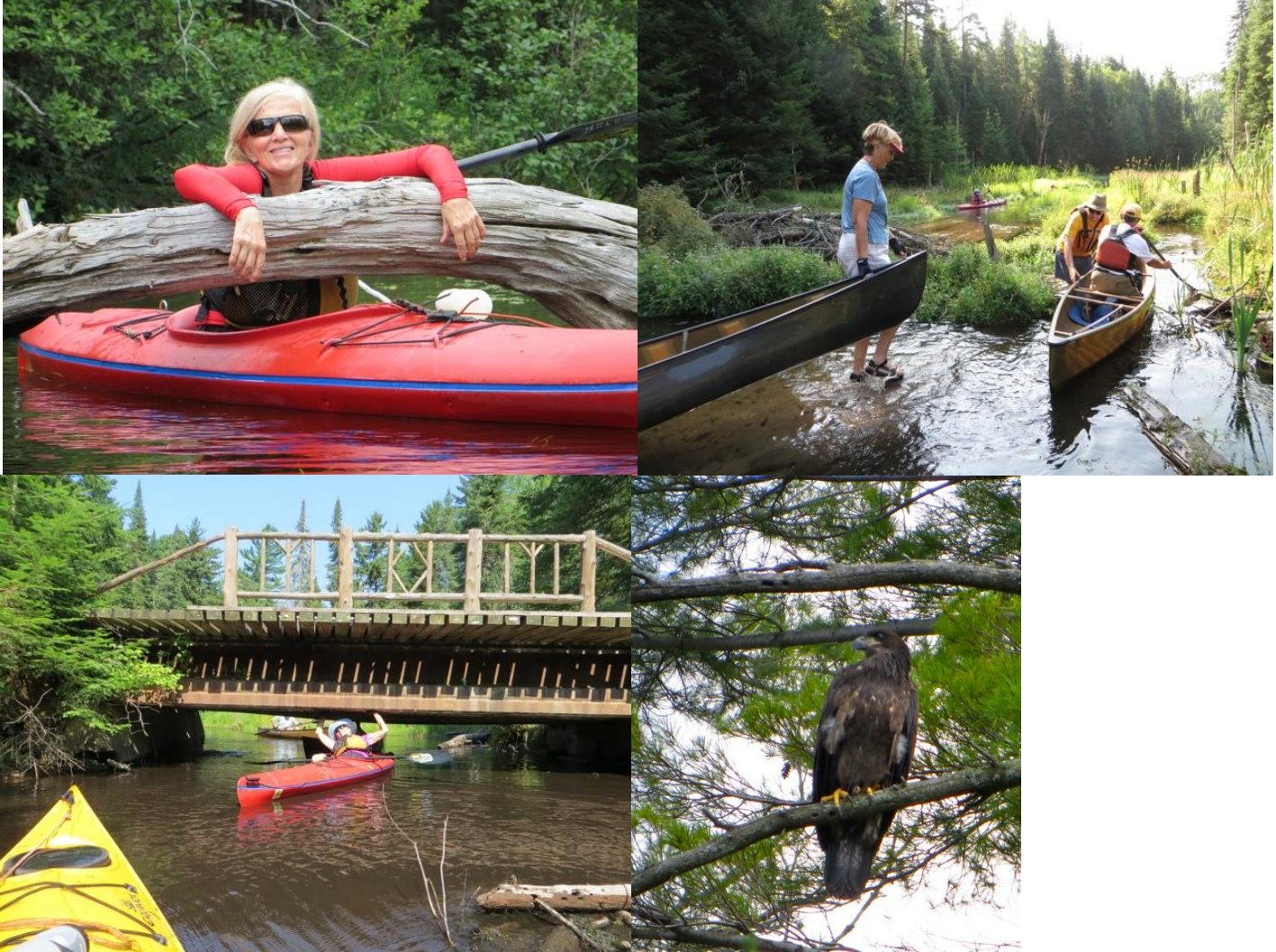
**On Jan 6-8,** Dave Martin led several chapter members and friends on a Grace Camp high peaks chapter trip. Another trip is planned for 2014! Grace Camp is a winterized cabin in the Johns Brook valley, near Johns Brook Lodge. You backpack to it 3.5 miles from "The Garden", the nearest parking/trailhead, which is near Keene Valley. The pictures on the next page show what a wonderful experience this was!!





On Jan 8<sup>th</sup>, Philip Terrie, presented “The current state of the Adirondack Park”. Author of: “Contested Terrain: A New History of Nature and People in the Adirondacks ADK member, Alan Via, Author of "The Catskill 67" A Hiker's Guide to the Catskill 100 Highest Peaks under 3500' gave an excellent presentation that showed us the beautiful Catskill peaks in 4 seasons, including sections on bears, porcupines, and old woods roads.

In preparation for the 2013 ADK Canoe Outing (Jul 15-25), here are some wonderful pictures from the 2012 outing. These are from Helena Garan. Thanks to Helena for sharing these, and thanks to Gary Vanderbles for sharing the canoe outing picture in the last newsletter. (4<sup>th</sup> picture below is a juvenile eagle).



## Adventure Travel

The ADK Outings Committee schedules over 20 exciting trips each year to all parts of the globe. These are active trips for varying ability levels that often combine physical activities such as hiking, walking, cycling, skiing, paddling, and rafting with natural history or cultural experiences. Accommodations vary, group sizes are small, and all trips are led by ADK volunteer leaders. ADK trips are noted for the camaraderie and lasting friendships that develop. ADK membership is required. Visit the ADK Adventure Travel website <http://www.adktravel.org/> for a complete listing of all trips, including pictures and contact information.

## 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!*** Welcome to new & rejoined chapter members: Lindsey Leiser, Teresa Calafut, William Dixon, Warren R. Johnsen, Kathleen Barnhart, Robert Hartmann, Karen Pflug Felder, David Taggart and Sue Miller, and Carol Zdimal.

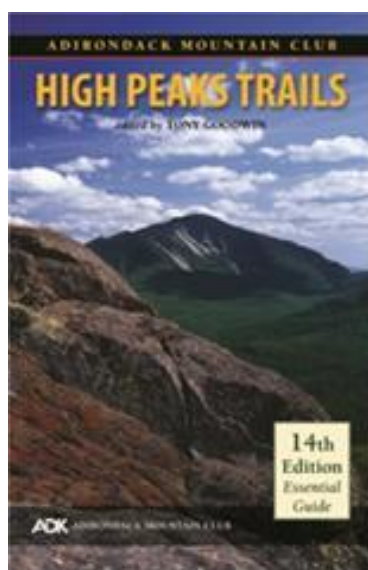
## ADK Books, Maps, and Gear

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](http://www.adk.org) for great guide books like these:

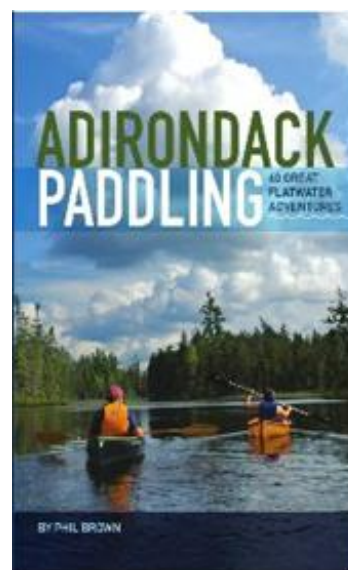
### Ski and Snowshoe Trails in the Adirondacks



### Adirondack Mountain Club: High Peaks Trails



### Adirondack Paddling: 60 Great Flatwater Adventures



## 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 AND INFORMATION

## 2013 ADK Education Programs

See: <http://www.adk.org/page.php?pname=workshops-skills> for more information. All programs are conducted at the Heart Lake Program Center in Lake Placid.

### **Winter Family Weekend, March 9 and/or 10, 2013**

Come join ADK for a day of winter fun with your family. Winter Family Weekend will include two days of winter exploration for both adults and children at the Heart Lake Program Center. Activities will include animal tracking, sledding, snow art, campfire, games and more. You can join us for one day or both. This will be a great way to celebrate winter and get outside with the Education staff.

### **Map and Compass Fundamentals, March 17 and May 4, 2013**

This course offers an introduction to the fundamentals of map reading, identification of terrain features, compass use, and triangulation. Once learned, these skills will enable participants to feel more confident with backcountry travel.

### **Wilderness First Aid, March 23-24, May 11-12, November 16-17, 2013**

This in-depth course with Wilderness Medical Associates teaches students how to deal with medical emergencies when they are miles from help. The classes offer hands-on scenarios and lecture structure, through which students will learn to assess patients and become certified in wilderness first aid, CPR, and anaphylaxis training. Class time will be spent both inside and out.

### **Wilderness First Responder, April 6-13, 2013**

These in-depth courses with Wilderness Medical Associates teach students how to deal with medical emergencies when they are miles from help. Wilderness First Responder (WFR) is the ideal medical training for outdoor educators, guides, search and rescue team members, and others who work or play in remote areas. The curriculum is comprehensive and practical, including the essential principles and skills required to assess and manage medical problems in isolated and extreme environments. All eligible students who successfully complete the course will receive Wilderness Medical Associates' Wilderness First Responder, Anaphylaxis, and Healthcare Provider level CPR certifications. Class time will be spent both inside and out.

### **Paddle Making Workshop, July 6 and August 2, 2013**

Create your own wooden canoe or kayak paddle with Caleb Davis from Tremolo Paddles. During this full-day course, Caleb will take you through the step-by-step instructions on how to make your own paddle.

### **Garden Baskets, July 14, 2013**

Create your own Garden Basket with Clear Creek Weavers. Weave your own basket from start to finish during this full-day course, as skilled craftspeople will take you through step-by-step instruction. You'll leave at the end of the day with a beautiful basket and a sense of accomplishment!

### **Survival Skills, August 16-18, 2013**

This three-day course will discuss survival philosophy, and teach navigation, fire-making, signaling, making cordage, finding and purifying water, wild edibles, tracking, trapping and fishing, constructing shelters, and more. This course will be taught by Bobby Plude from Wilderness Survival Systems and Equip2Endure. Bobby has worked alongside the country's best-known survival experts, and regularly conducts training for the US military including the Navy SEALs. He's has been teaching survival skills for over 25 years.

### **Map and Compass Bushwhack, October 19-20, 2013**

This is a great refresher course or a good place to learn the basics of map and compass skills. The first day will be an introduction to the fundamentals of map reading, compass use, triangulation, and identification of terrain features. On day two, participants will put their new found skills to the test with a guided bushwhack in the Heart Lake area. You'll go home with much more confidence in your ability to use a map and compass when it really counts

## **Environmental Protection Fund**

Gov. Andrew Cuomo's Executive Budget would add \$19 Million to the Environmental Protection Fund (EPF), increasing it to \$153 million for FY 2013-14!

**ADK**

Conservation

Advocacy

Recreation

Education

Stewardship

**ADK**

C.A.R.E.S.

Address Label

Subscription to this newsletter is included in membership in the Binghamton Chapter of the Adirondack Mountain Club. It is available to the public and to non-chapter members for \$5 per year. Contact Ken Jackson at (607)341-1584 for more information.

### **Binghamton Chapter Officers and Committee Chairs**

Chair: : Mark Epstein  
798-9115 [mepstein@stny.rr.com](mailto:mepstein@stny.rr.com)

Director, ADK: Donna Coon  
237-6311 [coledonnarn@yahoo.com](mailto:coledonnarn@yahoo.com)

Outings chair: Pat Connors  
625-4078 [pat\\_connors\\_ny@yahoo.com](mailto:pat_connors_ny@yahoo.com)

Vice-Chair: Brooks Getty  
757-9427 [brooksgetty@gmail.com](mailto:brooksgetty@gmail.com)

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

Communications/Membership  
chair: Ken Jackson  
341-1584 [kenjny@stny.rr.com](mailto:kenjny@stny.rr.com)

Secretary: Bruce Coon  
201-4341 [coonbsr@stny.rr.com](mailto:coonbsr@stny.rr.com)

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

Hospitality: Open  
(your name could be here!)

Treasurer: Elaine Gregory  
775-0952, [cricket46@echoes.net](mailto:cricket46@echoes.net)

Webmaster: Terri Gracin  
[bingadkweb@gmail.com](mailto:bingadkweb@gmail.com)

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](http://www.adk.org) or call 800-395-8080