

Binghamton Outdoors!!!

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

Volume 7, Number 1 Winter 2014

A Message From Your Chapter Chair

As I write this, it is sunny and 50F. I may have to go for a stroll before dinner, and while I appreciate the nice weather, I am a bit sad to see the snow melting. Hopefully everyone got to enjoy the plentiful snow we have had so far right at home this winter. I have enjoyed some great snowshoeing almost from my front door.

I am a bit busy this year and I won't be leading another winter hike. However, our chapter has other leaders planning outings. For myself, I am planning on following Lindsey for an outing he is planning in May. The trip sounds like fun and maybe I'll meet you that weekend. If not that date, perhaps we will meet at one of our scheduled presentations. Thanks, Mark Epstein, 798-9115

Winter/Spring outings and meetings! See details on pages 4 & 5

March 11, 2014 Tuesday 7PM: Dennis Webster presents "Wicked Adirondacks", Chenango Town Hall

April 8, 2014 Tuesday 7PM: Back by Popular Demand! Writer, photographer, lecturer, and naturalist Rick Marsi presents: "Few ecosystems can match a Southern Tier wetland for diversity of flora and fauna". Get to know how wetlands work and meet the species that inhabit them in this Rick Marsi slide presentation, Chenango Town Hall

May 3, 2014, Saturday Hike at Thunderswamp State Forest in Pennsylvania. Leader: Lindsey Leiser

May 13, 2014, Tuesday 7PM: Movie presentation of "The Mountains Will Wait For You"

May 30-June 1, 2014, ADK Spring Weekend at Cazenovia College

May 31, 2014, Saturday, ADK's Black Fly Affair: A Hikers' Ball, theme: Trek To The Track

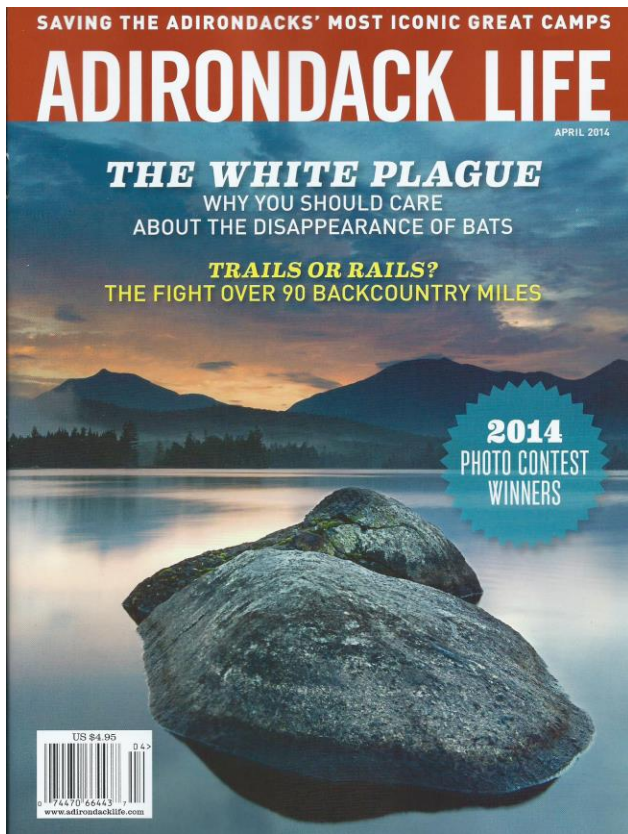
June 10, 2014, Tuesday 6PM: 4th Annual Chapter Picnic at Chenango Valley State Park

June 28-29, 2014, Sat/Sun. Backpack to Silver Lake, optional 2nd night & hike to Piseco. Leader: Ken Jackson

July 21-31, 2014, ADK St. Regis Paddle Outing

Congratulations to our Chapter President Mark Epstein, Winner of the annual Adirondack Life photo contest!

Grand-Prize Winner: Sunrise over Elk Lake, town of North Hudson, Mark Epstein, Vestal, New York



My wife and kids have been going to Elk Lake every summer for a number of years. I have been getting up before everyone to take sunrise pictures. It is often easier to devote that time to photography than sunset when my wife and kids are awake and/or we are eating dinner.

I had taken a number of photographs from the docks but this year decided to try the sunrise from a different vantage, and started paddling out into the lake before the sunrise. I had a couple of mornings with fully overcast skies, but kept getting up in hopes of seeing something great. I got my scene and my picture on my third morning. It was a great start to the day.

I cannot remember when I started thinking about submitting the photograph to the Adirondack Life annual contest. I relished the idea of it being published. Frankly I had high hopes for the photograph, but winning the grand prize was certainly a boon. If you don't get the magazine, please visit their website for a better viewing than we can reproduce in our newsletter. The website should have it available March 1. Mark



From the Treasurer

Below is the latest Chapter Treasurer's Report. If you have any questions please contact Elaine Gregory, 607-775-0952, cricket46@echoes.net

January 31, 2014		ADK - BINGHAMTON CHAPTER			
Treasurer's Report					
	YTD Prev	Mo	Current Mo	YTD Current	
INCOME					
Dues from Club			174.00		
Investment Interest			0.00		
Equipment Rentals			0.00		
Chapter Note			0.00		
Grace Camp Attendees			0.00		
TOTAL INCOME		0.00	174.00	0.00	
EXPENSES					
Speakers			0.00		
Hospitality			0.00		
Newsletter			0.00		
Misc. (Grace Camp & Winter Fest)			0.00		
Chapter Note			500.00		
TOTAL EXPENSES		0.00	500.00	0.00	
MONTHLY DETAILS					
Checking Account	Prev Balance	Interest	Deposit	Withdrawal	Cur Balance
	1,832.74				
Ck#1019 - Chpt Dep.Note Prog.				500.00	
Nov 2013 Share			174.00		
TOTAL CHECKING	1,832.74	0.00	174.00	500.00	1,506.74
Investments					
	Prev Balance	Interest	Deposit	Withdrawal	Curr Balance
Chapter Loan to the Club	0.00	0.00	500.00		500.00
(Redeposited on 1/16/14 @ 1.75%)					
TOTAL NET WORTH					2,006.74

Chapter Opportunities

Would you like to give a little something back to the outdoors and ADK? Your Binghamton ADK chapter has opportunities to serve on programs, conservation, and hospitality subcommittees. Please contact any of the officers

Suggestions and Ideas

Do you have suggestions or ideas about what you want from your ADK chapter? If so please share your suggestions and ideas with one of the officers. Feel free to call, email, or stop by a meeting!

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

ADK wants you for Our Membership Survey!

ADK is administering a new membership survey. Your responses will help us determine who we are now, where we want to go, and help the organization grow even stronger and more sustainable. Go to www.adk.org and login to complete the survey. If you prefer to receive a survey by mail, please call the Membership Department at 1-800-395-8080 or email membership@adk.org

Winter / Spring 2014 Outings Schedule

May 3, 2014, Hike at Thunderswamp State Forest in Pennsylvania. Contact leader: Lindsey Leiser, adk46@stny.rr.com with questions and for more information

May 30-June 1, 2014, ADK Spring Weekend at Cazenovia College. The ADK-Onondaga Chapter will host a unique combined Adirondack Mountain Club and Finger Lakes Trail Conference weekend at the beautiful Cazenovia College campus. (Cazenovia is a small, quaint village about 20 miles southeast of Syracuse, in Central New York.) Outings will include pedaling, paddling and hiking. Participants can hike on the Onondaga Trail, Finger Lakes Trail, North Country National Scenic Trail as well as other local trails. Pedal the rolling hills and scenic lakeside routes or paddle pristine Cazenovia Lake or nearby lakes. Evening programs are being planned including a musical concert Saturday evening. See <http://www.adk-on.org/2014-spring-outing/> for more info.

May 31, 2014, Saturday, ADK's Black Fly Affair: A Hikers' Ball, theme: Trek To The Track

The Adirondack Mountain Club invites you to an Evening of Racing....ADK Style. Proceeds from the event support ADK's programs "Across the Board". Whether you attend or not, show you CARE by supporting this event! See www.adk.org for more information and how to sign up!



June 28-29, 2014, Sat/Sun. Backpack to Silver Lake, with optional 2nd night and hike to Piseco. Contact Leader: Ken Jackson, kenjny@stny.rr.com with questions and for more information

July 21-31, 2014, ADK St. Regis Paddle Outing. Using Paul Smiths College as a base, over 40 different day trip are possible. The St. Regis Canoe Area is the only designated canoe area in New York state, and with 18,000 acres of 58 ponds, the area is a paddlers' dream. The area is noted for its clear spring-fed ponds, short canoe carries and tranquil beauty. The entire area is closed to all motorized forms of transportation. The best way to enjoy all of the ponds is by use of a pack canoe; ultra lightweight canoes that can be easily transported between the many waterways linked by "carries." See <http://www.adktravel.org/canoeouting.htm> for more information.



Boating on the NYC Reservoirs

Recreational boating is allowed from sunrise to sunset commencing the Friday of Memorial Day Weekend to sunset on Columbus Day on the Cannonsville, Neversink, Pepacton, and Schoharie reservoirs. A free access permit is required, and there are special steam cleaning rules. See this web site for the permit application and rules...happy paddling! http://www.nyc.gov/html/dep/html/recreation/cannonsville_boating_program.shtml

The 2014 Volunteer Trails schedule is now available at www.adk.org. New for 2014, you can now register for projects online! You will find a variety of volunteer opportunities, from one day workshops to five-day projects. Our High School Projects make for great service opportunities for teens. Additionally, they will learn trail building and camping skills from our professional staff.

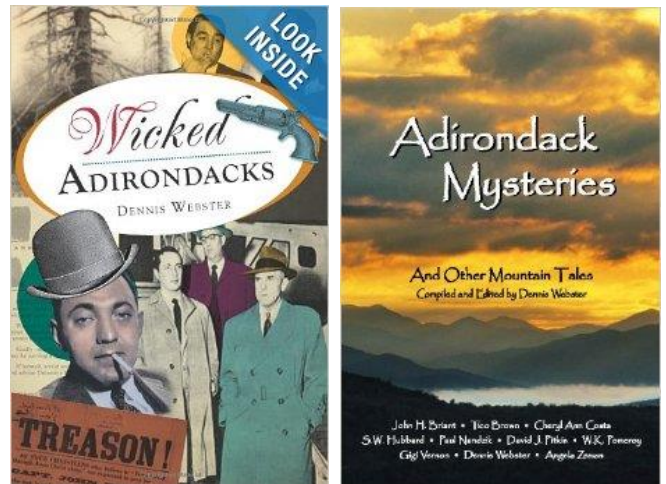
Winter / Spring 2014 Meetings Schedule

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

March 11, 2014 Tuesday 7PM, Dennis Webster presents **Wicked Adirondacks (Rescheduled!!)**

While the Adirondack Mountains are New York's most beautiful region, they have also been plagued by insidious crimes and the nasty escapades of notorious lawbreakers. In 1935, public enemy number one, Dutch Schultz, went on trial and was acquitted in an Adirondack courtroom. Crooks have tried creative methods to sidestep forestry laws that protect the flora of the state park. Members of the infamous Windfall Gang, led by Charles Wadsworth, terrorized towns and hid out in the high mountains until their dramatic 1899 capture. In the 1970s, the Adirondack Serial Killer, Robert Francis Garrow, petrified campers in the hills. Join local author Dennis Webster as he explores the wicked deeds and sinister characters hidden among the Adirondacks' peaks.

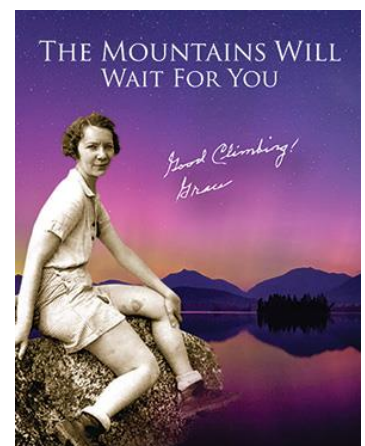


April 8, 2014, Tuesday 7PM: **BACK BY POPULAR DEMAND!!!** Writer, Photographer, Lecturer, and

Naturalist Rick Marsi presents: “Few ecosystems can match a Southern Tier wetland for diversity of flora and fauna”. Herons, frogs, turtles, wood ducks - the list of creatures dependent on local wetlands seems endless. Get to know how wetlands work and meet the species that inhabit them in this Rick Marsi slide presentation.



May 13, 2014, Tuesday 7PM: Movie presentation of “The Mountains Will Wait For You”, a new Documentary About the Matriarch of the Adirondack Mountains. “The Mountains Will Wait For You” is a story that any lover of nature and friendship can relate to and cherish. It is also a story of family. The family we discover through shared experiences. Grace Hudowalski had a deep influence on climbers of the Adirondack Mountains. As the first woman to summit the range’s 46 High Peaks, her passion for climbing was lifelong, and her devotion to an organization called the Adirondack 46ers made her the eventual matriarch of the group. Thousands of members wrote to Grace to share their climbs, and she responded to every letter with words of encouragement and recollections from her time on those very peaks. “The Mountains Will Wait For You” is an homage to Grace, who said, “If it’s worth climbing, it’s worth writing about.



June 10, 2014, Tuesday 6PM: 4th Annual Chapter Picnic at Chenango Valley State Park. Check www.binghamtonadk.org for updates

July and August NO MEETINGS, enjoy your summer!

From the Outings Chair

As Spring and Summer rolls around we can all look forward to another prime season for hiking. This past season we had several great hikes...we had an extensive bushwhack to two remote, trail-less peaks in the Catskills and an excellent trip into Grace Camp where we climbed Big Slide and Yard Mountains on the way in and made a valiant attempt the next day in difficult (but very exciting!) conditions at Gothics via the spectacular cable route. Please take a look at the write-up of this adventure and the pictures we were able to take....you'll notice that there are not a lot of pictures from the Gothics attempt because the conditions were definitely not conducive to taking gloves/mitts off and snapping pictures!

We have several interesting hikes on the calendar and hope to add several more so please watch the web site and monitor your e-mails for these opportunities. I heartily encourage all of you to try one of these hikes....we never push anyone so don't be worried if you are not an Olympic class marathoner. I am planning on a hike to the Catskills for Hunter and Southwest Hunter and potentially a hike in the Adirondacks. We also will have opportunities to hike the lowlands to our chapter's adopted lean-to at Tirrell Pond and our "adopted" adopted lean to at Silver Lake. So please stay tuned for these and other exciting opportunities to get "Outdoors Binghamton".

Pat Connors, 607-625-4078, pat_connors_ny@yahoo.com

From The Communications and Membership Chair

FYI...Our Chapter now has 184 members! Thank you for your support of ADK! Welcome to new and rejoined chapter members and affiliates: Matt Cook, Joan Parkes, Jean Hardik, Aimee Heavey, Stephen Norovich.

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

WWW.BINGHAMTONADK.ORG Check out our chapter web site for the latest information and pictures!

This is the place to find the latest Chapter activities. Would you like to post a picture or article on our chapter website? If so please send to kenjny@stny.rr.com

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

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

Chapter Equipment for Rent

Have you ever wanted to try a new outdoor activity but did not have the equipment you needed to try it? Specialized equipment can be expensive, so consider renting. **The Chapter has 4 pairs of Crampons and 2 pairs of Microspikes available for rent at a rate of \$5 per week.** Crampons are necessary equipment for winter hikes in the Catskills and Adirondacks to traverse ice that is frequently found on trails. Microspikes are increasingly viewed as necessary equipment for late fall/early winter and early spring when snow or ice conditions make snowshoes and crampons poor tools of travel, yet bare booting becomes precarious. The Chapter Equipment / Rental policy is available on the Yahoo Group listserv and the web site. Contact Outings Chair Pat Connors at pat_connors_ny@yahoo.com to rent items or for more information.

Meeting and Outing Reports

Jan 24-26, 2014, Grace Camp trip report

Five members of Binghamton Chapter ADK – Pat Connors, Bob Haefner, Dave Martin, Jim Naylor, and Bill Heim – spent the January 24-26, 2014 weekend at Grace Camp in the Johns Brook valley in the Adirondacks. Jim left Thursday evening and spent that night with family in Albany. Pat, Bob and Dave left the Binghamton area about 2:15AM Friday(!) to meet Jim in The Gardens parking lot/trailhead near Keene Valley NY about 6:45AM, and proceeded to hike the Brothers trail to Big Slide mountain. It was a glorious day – temps near 0 but clear blue skies and little wind. There was surprisingly little snow (actually, not so much a surprise to us because we had carefully watched trail conditions reports in the week before the trip) – there was only a few inches on the ground, not much more than in Binghamton. We all started out with Microspikes, but partway up the ice caused us to switch to crampons (we would not wear our snow shoes the entire trip). There are several great outlooks on this trail, and the views of the Great Range were superb! We summited Big Slide about noon, had a bite of lunch, then continued on over Yard Mountain, down to the Klondike Notch trail, and then down into the Johns Brook valley and on to Grace Camp, having seen no other hikers all day. Bill had driven alone and hiked straight into Grace Camp, and was waiting there when the four Slide/Yard hikers arrived. We had a pasta dinner, briefly discussed plans for the next day, and all were soon asleep.



On Big Slide!



It was COLD!

Our plan for Saturday was to do Pyramid and Sawteeth: go up the Orebed Brook trail to the col between Gothics & Saddleback, then up Gothics to the trail that leads to Pyramid and Sawteeth. Saturday was not a glorious day: temps were a few degrees warmer than Friday, but snow was in the air and the wind was howling in the treetops and on the summits. We left our snowshoes at Grace and started out on Microspikes. On the way up Orebed Brook trail, we were passed by three young French gents (“Where are you from?” “France.” “Oh, Montreal?” (I thought I’d misheard and that they were Quebecois) then realized “Oh, France, France!”). They were going to do Saddleback and Basin, and then camp at the Orebed Brook leanto. We also were passed by four guys from

NYC—all their gear looked brand new, and we wondered if this was their first winter trip to the ‘dacks. The 2011 flood damage to Orebed Brook is awe-inspiring, and it has caused a re-route of the trail that none of us had done previously. There is a stretch of trail a couple hundred yards long that is out on the slide, which on that day meant “on a sheet of ice at 45 degree slope”. Yeah for crampons! (But how are we going to get back down this??!) At the col, we met the Frenchmen coming down from Saddleback – they said that on the other side, going to Basin, the trail had not been broken and the snow drifts were mid-thigh deep, and they hadn’t brought snowshoes. All three groups were at the col about the same time: ourselves, the NYC guys, and the Frenchmen. We all started up towards Gothics, with almost everyone using the cables attached to the rock face. At the top of the cable, we considered the situation: blowing snow, no visibility (meaning no views), and dicey conditions for coming down. We decided that the mountains would still be there another day, and we turned back. (The NYC guys also turned back, but the French men continued onward and upward—hope they made it down safely.) The return to Grace

Camp was uneventful—the ice on the open slide that had seemed so tricky was, with crampons and ice ax, not difficult. We returned to Grace in mid afternoon, relaxed, had delicious dinner provided by Pat, and hit the sack.

Sunday dawned a day like Friday had been: blue skies and little wind. Why couldn't we have traded Sunday's weather for Saturday's?? Pack up, hike out to The Garden, lunch at the Noonmark Diner (and buy a pie to take home !), then drive home. A great trip!



Clockwise from bottom left: The trail goes where?; At the Klondike Notch & Yard Mtn trail junction; Now that's an erratic!; About to go out onto the Orebed Brook slide; On the Orebed Brook slide: massive storm damage from Sep 2011

ADK Skills Workshops

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

Map & Compass Fundamentals, March 16, 2014 Heart Lake Program Center (Lake Placid)

This is a great refresher course or a good place to learn the basics of map and compass skills. This course offers an introduction to the fundamentals of map reading, identification of terrain features, compass use, and triangulation. Cost: \$72 (Members receive 10% off)

Wilderness First Aid, March 29-30, 2014 Heart Lake Program Center (Lake Placid)

This in-depth course with Wilderness Medical Associates teaches students how to deal with medical emergencies when they are miles from help. Cost: \$240, includes instruction and materials. Package: \$325, includes instruction, materials, meals, and lodging for 2 nights.

Wilderness First Responder, April 6–13, 2014 Heart Lake Program Center (Lake Placid)

These intense 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, SAR team members, and others who work or play in remote areas. Cost: \$695 includes instruction and materials. Package: \$895 includes instruction, materials, meals, lodging

ADK Community News and Information

Aquatic Invasive Species Control

Some important recreational Boat Regulations were proposed early in 2014. On January 8th the NYS DEC announced a proposed rule-making which will affect State Boat Launching Sites, Fishing Access Sites, and Fishing Rights Areas. The purpose of the new regulation is to limit the spread of Aquatic Invasive Species. This new regulation applies to all watercraft, including kayaks, canoes, and any other recreational water transport device, as well as the trailer used to haul the watercraft. You can find more info at: <http://www.dec.ny.gov>

Marcy Dam Removal

The NYSDEC proposes to incrementally remove the Marcy Dam located on Marcy Brook in North Elba over a period of 5 years. The Dam sustained damage in Hurricane Irene and no longer meets NYSDEC Dam Safety Regulations. The first increment would be to remove two logs on the dam allowing for slow sediment release. The Dam will ultimately be lowered approximately 15' below spillway crest returning it to original stream grades. You can find more information at: http://www.dec.ny.gov/enb/20140108_reg5.html

The Campground Host Experience (and Opportunity!)

My wife, Kathy, and I have been campground hosts at Heart Lake for 8-9 weeks during the past 8 years. Our week at Heart Lake is always enjoyable and we look forward to it each year. The campground host program is available to all ADK members by contacting the coordinator. This past year Doug Paquette, the coordinator of the program “retired” and I was asked to coordinate the host program for this summer.

The week begins at 12 noon on a Sunday and ends a week later at 12 noon. A typical day for us begins early when we walk from the campground to the Loj to check our email using the Loj’s wifi. This is followed by breakfast in the dining room where we interact with the Loj guests and some campers who sign up for breakfast. Experiences hiking the High Peaks are exchanged; “newbies” are given advice; when asked, we suggest trails and hikes to inexperienced hikers, etc. At 8am, we check in at the front desk and provide with a list of late camping arrivals to contact about registering at the Loj. Sometimes there are other messages to transmit to campers. We make a circuit of all the campsites picking up litter as we go. We check the washroom to ensure both have necessary supplies. Usually we finish our loop between 9 and 9:30am and again check in at the front desk to let them know of any problems.

At that point, we are free for a few hours. We walk to the Loj kitchen to make our trail lunch then we usually hike somewhere that’s not too long—Rocky Falls, Marcy Dam, Mt. Jo, Mt Van Hoevenburg from Heart Lake or other trails in the vicinity such as Owl Head Lookout, Blueberry Cobbles, Rooster Comb, Baxter Mtn, Cooper Kiln Pond, Haystack Mtn (Saranac Lake), etc. With the campground responsibilities, there isn’t enough time to hike the longer High peak trails, although a few times I have climbed a high peak while Kathy did the host duties. Later in the afternoon, we make another circuit of the campground. This time, we check to see if campers who should have checked out actually left. We enter unoccupied campsites and pick up litter or other items that should not be there. We also check occupied sites where no one is around for food left out that bears and other animals would be attracted to. Since we are both musicians (hammered dulcimer, flute, pennywhistle) late afternoon is a good time for us to practice at our campsite. Dinner at the Loj is next with people extolling the day’s exploits and planning the following day’s hikes. After dinner we return to our site where we sell firewood after the High Peaks Information Center (HPIC) is closed. We usually sit around a fire reading between sales. Quiet hours are at 10pm and a staff member walks the campground at that time and speaks with groups who are too loud. Prior to the 10am quiet time, Usually 9:30-9:45 we make a loop in the campground to warn people of the impending quiet time. The campground has a short list of rules that we remind campers of during our interactions with them on each of our “walk-throughs”.

If the above appeals to you, perhaps you’re interested in learning MORE ABOUT THE Campground Host Program. If so, email ADK.CGH@gmail.com This email address can also be accessed through ADK’s website. www.adk.org Jon Bowen, Campground Host Program Coordinator

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

Director, ADK: Donna Coon
445-4003 coledonnarn@yahoo.com

Outings chair: Pat Connors
625-4078 pat_connors_ny@yahoo.com

Vice-Chair: Brooks Getty
757-9427 brooksgetty@gmail.com

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

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

Secretary: Lindsey Leiser
723-2357 adk46@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

Webmaster: Terri Gracin
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
- discounts on ADK merchandise
- invitations to member only outings and extended trips
- reduced rates at ADK facilities: lodges, lean-tos, 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
- Adirondack Magazine six times a year

For more information go to www.adk.org or call 800-395-8080